

Volume 49, No. 1

"And Ye Shall Know The Truth..."

**February 7, 2018** 



Norris Finley; Doris Roberts; Elgin Rogers; Frances Collins, PhD; First Lady Lydia Arnold; Deacon Fletcher

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# A Meet and Greet with Toledo's New Mayor

By India Duke

Sojourner's Truth Reporter

Toledo community members came out Wednesday night, January 31, to ask the new Toledo mayor, Wade Kapszukiewicz, questions about public safety, water regionalism, road repair and issues pertaining to the city's youth.

The event was organized by Paul Hubbard, a local entrepreneur and former government official; Keith Mitchell, attorney, and Fletcher Word, publisher of The Sojourner's Truth newspaper.

Gearing up for the session held at Our Brothers Place in downtown Toledo, singer Karen "Lady K" Harris and fellow musician J Bone performed covers of various song titles.

After being introduced to the packed room, Kapszukiewicz expressed his gratitude for such an opportunity.

"I really appreciate this opportunity to be here tonight, I really do. I'm really looking forward to working together and I am thankful for Fletcher and Paul and Keith Mitchell to bring this together," said the mayor.

He began with a brief speech expressing his desire to try different approaches to handling city issues including bringing new people into roles in city government. He urged the audience to remember that the city leaders are people as well and will naturally make mistakes. "But when we do make mistakes, we're going to admit them, we're going to learn from them . . . we're going to get up off the ground and dust ourselves off, we're going to figure out what we did wrong and the next day we're going to try something else," said the mayor.

He expressed his willingness to have these meetings as often as necessary and opened the floor for questions.

The first question to the mayor focused on public safety specifically methods to prevent incidents like the one resulting in the death of 22-year-old Marquise Byrd last December when youngsters threw a sandbag from a I 75 overpass. A community member asked why didn't the city provided training and prevention tips prior to such a tragedy?

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Mayor Wade Kapszukiewicz and Paul Hubbard



Karen Sock and Deborah Barnett



Mayor Kapszukiewicz and Karen Lady K Harris

## **Community Calendar**

#### February 8

Community Conversation on Redevelopment of Museum Place Residences: Frederick Douglas CA; 6 to 7:30 pm: 419-255-8000 or edesmond@toledomuseum.org

#### February 10

Peep Game Comix and The Toledo Public Library are proud to present The Glass City Black Comix Arts Festival (#GCBC), Saturday, February 10, 2018 11 AM to 4 PM, at the Down Town Toledo Library. GCBC celebrates and supports black comic book creators from around the world in their effort to tell compelling, uplifting, and fantastic stories. The Festival aims to educate all comic book fans about the amazing work available by Black Comic Artists and spread the word that all audiences deserve representation and to be present as subjects in the comic arts and popular culture. Our expert team of Comic Artists will help kids learn how to: Draw, create and develop cool characters, and tell a story visually! FREE! OPEN to the Public.

#### February 15

Black Panther Viewing Party at Rave Cinemas Levis Commons. At 5pm, come join in the fun with movie trivia and other games before viewing the Marvel film starring Chadwick Boseman, Angela Bassett and Lupita Nyongo. The viewing party is FREE. (Guests must purchase a movie ticket to participate!

#### February 25

Calvary MBC Pre=Pastor Celebration: 4 pm; Guests Bishop Tisdale and Friendship Baptist Congregation

# Regional Water Authority Memorandum of Understanding Signed

Toledo Mayor Wade Kapszukiewicz, along with leaders from Lucas County, Maumee, Perrysburg, Sylvania, Whitehouse, Fulton County, Monroe County, and the Northwestern Water and Sewer District, signed a memorandum of understanding Wednesday to form the Toledo Area Water Authority.

Leaders from Toledo and the suburban communities have been meeting since May, 2017, with a consultant hired by the Toledo Regional Chamber of Commerce, to help the parties come to a consensus.

The city of Toledo posted information on the Toledo Area Water Authority at toledo.oh.gov/regional-water. The Chamber of Commerce launched ToledoWater.org today to provide information. View video of the signing here.

"There has been much work and many meetings on a regional water sys-

tem," Kapszukiewicz said. "We have studied it for more than a decade. If we do nothing, our rates will continue to go up. Today is another step in this process. It is not the end. We want everyone, the legislative representatives of every community, the residents, and the business owners, to look at the memorandum of understanding and ask questions. We want everyone to have as much information on this process as possible. We look forward to working with all and holding public meetings."

The mayor said the memorandum of understanding accomplished a great deal.

"There is still work to be done," he said. "We need to solve issues and continue to work on this together. It is our hope that we can come to a common understanding of the process and shape the final agreement together."

# Darlene Sweeney-Newbern named OCRC Director of Regional Operations

Ohio Civil Rights
Commission (OCRC)
Toledo Regional
Director Darlene
Sweeney-Newbernhas
been chosen to serve
as the new statewide
Director of Regional
Operations. As Director of Regional Operations, Ms. SweeneyNewbern will oversee



Darlene Sweeney-Newbern

agency personnel and management of the five regional offices in Akron, Cleveland, Columbus, Dayton and Toledo in their enforcement of Ohio's laws against discrimination. She fills the vacancy left following the retirement of former Director of Regional Operations, Keith McNeil.

"Darlene is passionate about civil rights and has served the OCRC with distinction for over 28 years. We are confident Darlene will maintain our tradition and values of dedication, integrity, respect, teamwork, and public service," said OCRC Executive Director, G. Michael Payton. Ms. Sweeney-Newbern has broad experience in investigating, supervising and managing employment and fair housing charges for the Commission. Upon invitation, she has traveled throughout the United States speaking, teaching and training state and federal law enforcement agencies, judges, attorneys, employers, unions, fair housing advocacy groups, realtors, the NAACP, corporations and

members of the general public on employment and fair housing laws.

Sweeney-Newbern has investigated or consulted in many notable cases, including a \$4.3 million settlement in a redlining case against Farmers Insurance in Toledo and an \$850,000 settlement in a race and familial status discrimination case involving a Massillon, Ohio landlord who limited the number of African American tenants in his properties.

Sweeney-Newbern has been an instructor on

... continued on page 6

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# A Passion for Fairness

by Rev. Donald L. Perryman, D.Min.

The real [progressive] is that person who has a vision of equality and is willing to do those things that will bring reality closer to that vision.

- Bayard Rustin



With the endorsement of Joe McNamara for Judge on The Lucas County Court of Common Pleas, the Lucas County Dems appears to have finally gotten it right.

Although blacks constitute a mere 12 percent of the population, they represent approximately 50 percent of prison inmates and receive longer sentences for the same offenses committed by whites. This unfair, targeted over-incarceration of black and brown men and women has perhaps, more than anything else, helped to perpetuate the tragic collateral consequences of structural inequality's grip on the black community.

Yet, the pipeline from the black community to jail and its negative social, economic, environmental and

racial impact doesn't begin in the prisons. Mass incarceration and the resulting devastation heaped on black individuals, children and families starts in the courts with the application of the law and how cases are handled. Thus, it is critical to hire prosecutors and elect judges who are evaluated, not by number or rate of convictions, but rather, by their passion for justice or fairness.

Too much of the talk concerning local criminal justice reform is centered on obtaining dollars from the federal government or philanthropy. All the while, the shot-calling decision-makers give a wink and a nod while the African-American community becomes the poster child for social and economic pathology.

McNamara, a progressive Democrat and graduate of the University of Michigan and New York University Law School, deserves

... continued on page 15



Joe McNamara

# Rob Richardson Files Petitions for Ohio Treasurer

Last week, Cincinnati attorney Rob Richardson filed petitions as a Democratic candidate for Ohio Treasurer, making him the first downballot candidate to file petitions for statewide office during this election cycle.

"I want to thank the thousands of Ohioans who have already supported



TheKitchenSalon.com

my campaign for Ohio Treasurer," said Richardson. "Since launching the campaign last year, I have traveled around the state talking to voters and hearing about the issues that matter most to them. I look forward to addressing these very serious matters in my capacity as Treasurer, including student debt, government transparency, and infrastructure. With the voice of the people behind me, I promise to bring accountability, innovation, and opportunity for all back to Ohio and the Treasurer's office."

Rob Richardson is a former chairman of the University



Rob Richardson

of Cincinnati Board of Trustees. Over his tenure he established the UC Scholars Academy for students in Cincinnati Public Schools, where he raised hundreds of thousands of dollars for student scholarships. He also founded the 1819 Innovation Hub, where university students have the chance to interact with the private sector, helping to design, test, and improve products and processes for private companies. Richardson has been a longtime advocate for workers' rights as a marketing construction representative. He also serves of counsel with the law firm Branstetter, Stranch & Jennings, where he specializes in securities litigation.



# The Toledo Symphony's North Star Festival **Starts This Week**

By Fletcher Word

Sojourner's Truth Editor

In February, Black History Month, the Toledo Symphony will contribute to the celebration by starting a series of musical events as a prelude to its North Star Festival, taking place in March and April. The main performances of the North Star Festival include: "Romance and Spirituals" at the Toledo Lucas County Public Library on March 11; Kathleen Battle's "Underground Railroad - A Spiritual Journey" at the Toledo Museum of Art's Peristyle on March 16; the opera I Dream at the Valentine Theatre on April 6 - 8 and "Classical Ellington" at the Peristyle on April 20 and 21.

But woven between these very bigtime events is a series of performances - many of which are free - binding together the over-all theme of the North Star and the journey on the Underground Railroad that helped slaves escape to freedom in the first part of the 19th century.

"In this North Star Festival, we highlight our local heritage and celebrate the musical contributions of Black Americans throughout history from the 1`850s top 1960s," reads the introduction in the Symphony's promotional material.

A gallery event at the Toledo School for the Arts on February 8 from 5:50



Rosa Parks Photo





to 7:00 p.m. is the start of the North Star Festival; followed by "Lift Ev'ry Voice: The Musical and Historical Legacy of the Underground

Duke Ellington Photo



I Dream Photo



#### 2018 CRISPUS ATTUCKS BLACK HISTORY MONTH ESSAY CONTEST SPONSORED BY TOLEDO CITY COUNCILMAN TYRONE RILEY

IN PARTNERSHIP WITH THE THURGOOD MARSHALL LAW ASSOCIATION AND TOLEDO NAACP COVER SHEET

STUDENT'S NAME:	First	Last
STUDENT'S EMAIL		Lust
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TELEPHONE:		
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DIVISION (please c SCHOOL: ADDRESS: TELEPHONE:	Grades:	(9/12) (6/8)
SCHOOL: ADDRESS:	Grades:	(9/12) (6/8)

(DO NOT INCLUDE TITLE, CITATIONS, FOOTNOTES AND BIBLIOGRAPHY) DEADLINE: THURSDAY, MARCH 1, 2018 - 4:00 P.M.

Mailing address: Councilman Tyrone Riley, One Government Center, Suite 2120, Toledo, Ohio 43604; Fax #: 419-245-1072- kim.baker@toledo.oh.gov (a cover sheet or information requested must accompany each essay and emailed

submissions must be in PDF or Microsoft Word format)

# **Black History is American History**

The Toledo Lucas County Public Library will host a range of events for details). throughout February celebrating Black History Month.

This February, join the Toledo Lucas County Public Library in celebrating Black History Month with a variety of programs. We will honor the important contributions and achievements of African Americans throughout our nation's history and raise awareness of the accompanying struggles and challenges.

We have planned a little something to appeal to everyone, from our Glass City Black Comix Fest (Feb. 10 11a.m. – 3 p.m., Main Library) and our month-long exhibit Chasing Light: Michelle Obama Through the Lens of a White House Photographer Feb. 1-28, Main Library) to fascinating programs exploring subjects like African Dance and Beadwork , the Underground Railroad in Northwest Ohio, Toledo Buffalo Soldiers, and the 5th Regiment of U.S. Colored Infantry that fought in the Civil War (all various library locations - see website

If you can't make it in, you can still discover award-winning African-American authors by reading, watching, or listening to one or more of the featured titles selected for this year's Black History Month Read-In. Titles we selected include: Chasing Light: Michelle Obama by Amanda Lucidon, Underground Railroad by Colson Whitehead, The Hate U Give by Angie Thomas, Mighty Miss Malone by Christopher Paul Curtis, Radiant Child by Javaka Steptoe and Last Stop on Market Street by Matt de la Pena.

The Black History Month Read-In runs through March 15. Participants earn a small treat for both registering and completing the challenge. Register online or at your neighborhood branch for a chance to win a Kindle tablet and other prizes. All links to activities and the Read-In are available on the Black History Month page of our website: http://www.toledolibrary.org/black-history-month.

# 2018 Crispus Attucks Black History Month **Essay Contest Sponsored by Toledo City**

FOR STUDENTS IN GRADES:

9 THROUGH 12

6 THROUGH 8

Francis Scott Key wrote the Star Spangled Banner in 1814 about the American victory at the Battle of Fort McHenry.

The song itself is controversial because Key was a slaveholder and anti-abolitionist. He was also very unforgiving of Blacks who joined the British (Loyalist) to fight against the Americans (Patriots).

The song has four verses. At many events, including sporting events, only the first is sung. Here is the third verse, which attacked the former slaves for fighting with the British:

And where is that band who so vauntingly swore, That the havoc of war and the battle's confusion A home and a Country should leave us no more? Their blood has wash'd out their foul footstep's pollution. No refuge could save the hireling and slave From the terror of flight or the gloom of the grave, And the star-spangled banner in triumph doth wave O'er the land of the free and the home of the brave.

It officially became the national anthem in 1931.

Considering this background, the question asked is:

Is kneeling for the National Anthem (Star Spangled Banner) free speech or unpatriotic?

PLEASE SUBMIT YOUR ENTRY BY March 1, 2018, AT 4:00pm.

#### Autumn Gingen Trunk Show



Pate: February 24, 2018

Cost: \$8

Time: 6pm

This year's debut of Autumn Gineen's collection will feature couture gowns for women of all sizes. As a bonus, the mini fashion show will be held in the beautiful Sojourner's Truth Art Gallery located on 1811 Adams St, Toledo OH @7:15 pm. Join us for an enriching evening of fine custom clothing & refreshments.

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#### OCRC... continued from page 3

fair housing laws and author of two fair housing training manuals for the National Fair Housing Training Academy located in Washington, D.C.. She is a popular motivational speaker who has presented at national and international conferences throughout the United States. During the Obama administration, she met at the White House and in Ohio with senior staff to discuss national housing policy reform.

Sweeney-Newbern sits on numerous boards and committees including the Northern Ohio Development Agency (NODA), the Toledo Chapter of the NAACP, Toledo Community Coalition, the Toledo Chief of Police Advisory Board, Dialogue to Change and State of the State Conference Committee. Sweeney-Newbern is the recipient of various awards including The Rev. Fred L. Shuttlesworth Humanitarian Award, Shanna L. Smith-Spirit of Fair Housing Award, Ohio Civil Rights Commission's "Rosa Park Medal," the NAACP Outstanding Community Leadership Award and, the "Keeping the Dream Alive Award" for brokering the Farmers Insurance case settlement.

For more information, please visit crc.ohio.gov or contact Mary Turocy at mary.turocy@civ.ohio.gov.

# **Our Apologies to Our** Readers

In our January 24, 2018 issue, our guest columnist, Larry Sykes, inadvertently neglected to attribute quotes in his article "Your Credit Score: The Lending Industry's Propaganda" to a website - clubthrifty.com. As a result we have taken down the article from our website and reached out to the website's owners to apologize for our oversight. Mr. Sykes has also reached out to the website owners' and offered his apologies, which have been graciously accepted.

Fletcher Word, Publisher

#### New Mayor... continued from page 2

The mayor resounded, "This is not passing the buck but that was the state of Ohio's responsibility and they should've done it and they didn't and that's not an acceptable answer." He went on to say, "We have to do better to anticipate problems and cut them off before they happen."

Then followed a question about the threat of water regionalism and its tendency to create urban sprawl. "Is it regionalism by giving away the water or is there some way we can share some revenue and the city can benefit and the suburban communities in an equal way," asked community member Terry Glazer.

Kapszukiewicz assured the audience that the concern was keeping water in and not forcing it out. "I would be thrilled if we can merely hold on to Sylvania and Perrysburg and Maumee as our customers," he said. He expressed that water talks are still in the beginning stages of the process despite the celebration by the Chamber of Commerce and extending the water beyond its current limits would result in a tripled water rate for its consumers.

Earlier that day the Toledo City Council had held the first meeting to discuss the water proposal. The mayor confessed that the suburbs are starting to leave and get their water from neighboring cities including Bowling Green. "This isn't about extending water I'm just hoping to hold on to what we have"

A question directed towards street repairs and transforming the vacant buildings in the city into training centers for the youth to aid in the reduction of crime seemed to be one of the easier questions for the mayor. He explained that Toledo was simply an older city with an aging infrastructure and that funding was an issue in regard to rehabbing abandoned buildings.

"We have a pretty good vessel in this town to get our hands on vacant abandoned properties. But, here's the trick, you have a whole bunch of great ideas and how to redevelop them, but where are you going to get the money to open your center? That's tough."

In a similar question about training programs for youth, the newly-elected mayor said that those programs are carried out through Lucas County through the Jobs for Ohio initiative but admitting that it's "a kick in the gut when you have businesses that want to hire and people who want to work

and we can't connect."

Expanding on youth issues, a young questioner suggested a curfew to decrease in trafficking and homicides. Councilman Larry Sykes joined the conversation to discuss the ordinance he has drafted for a curfew for those 16 and under to be home by 9 p.m. and those, 17 and under, home by 11 p.m. Unless members of either age group are accompanied by an adult or legal guardian, they will have to abide by the curfew, he has proposed.

The councilman went on to say that the city cannot hire enough police and arrest its way out of safety problems and suggested that "what we have to do is start taking back out our neighborhoods."

The final question the mayor fielded was one in which he described as trying to solve world peace in 90 seconds. It was a question of the education system and the return of extracurricular activities. He disclosed that the library is investing \$8.2 million in Smith Park. "There's a brand new school there and a brand new library," said the mayor.

"We're going to do our part for youth and Smith Park is going to be the first example of that."

Before leaving for another meeting Mayor Kapszukiewicz closed with a thank you and the hopes that this isn't the last of these conversations.

"This is the first of a long conversation, this is not the end, this is not goodbye."

These meetings are planned to be held on a semi-regular basis by the organizers in the hope keeping elected officials informed on the residents' wants and needs.



Dr. Houston Johnson and Keith Mitchell



North Star Festival... continued from page 5

Railroad" in the Peristyle on February 15. On that day the Toledo Symphony will collaborate with various community organizations to explore Toledo's Underground Railroad history through song. This event is free to school and homeschool students

On February 22, at the Sanger Branch Library, members of the Symphony will present A Preschool Storytime from 10:30 to 11:30 a.m. for preschoolers and their parents - also a free event.

The Orchestra will perform at St. Martin de Porres on February 25 in a neighborhood concert starting at 5 p.m. in a ticketed event titled "Reaching for the Stars" and the Orchestra and the Toledo Symphony Youth Quartet will perform at the Kent Branch Library on February 27 from 4:30 to 5:30 p.m. with a selection of spirituals prepared for the Lathrop House titled "At the Purchaser's Option" – also a free event.

Merwyn Siu is the artistic administrator for the Toledo Symphony and the person primarily responsible for organizing the North Star Festival. "We wanted to do a festival and create something that lasted," he said of the effort. "A few things percolated," he noted of the various inspirations for the program including the Symphony's ability to work with "wonderful quartet arrangements," the fact that there had been a collaboration with Lathrop House over the summer and the fact of opera diva Kathleen Battle's comeback and her ongoing tribute to the Underground Railroad.

to learn and do a better job of learning how to program for a number of audiences." The North Star Festival, said Siu, has given the Symphony the opportunity to highlight a number of African-American artists.

After February, as the main four events take shape, there will still be several introductory events leading to the "big four" including a "A Conversation on Romance and Spirituals" at the West Toledo Branch Library on March 1 from



Kathleen Battle Photo

6:30 to 7:15 p.m. which will feature Merwyn Siu providing insights behind the programming of the Chamber Series performance on March 11. Rehearsal for "Romance and Spirituals" will also be open during the afternoon of March 11\.

Then come the major events in March and April. "Romance and Spiri-"We're trying to pursue something in depth," said Siu. "We need tuals" will present small groups of musicians performing traditional

> spirituals and new compositions as the hip-hop beats of Haitian-American composer Daniel Bernard Roumain. Battle, a world-renowned soprano and native of Portsmouth, Ohio, has for several years been presenting a musical tribute to the Underground Railroad only in those cities along the route of the railroad. She was quickly convinced to add Toledo to her schedule and participate in the North Star Festival. Douglas Tappin's I Dream opera, produced by Toledo Opera, will have its world premiere here in Toledo. The opera is a rhythm and blues recounting of the last 36 hours of Martin Luther King Jr's life. Ironically the student performance on April 4 will occur exactly 50 years after the assassination of the civil

Jazz takes center stage on April 20-21 with "Classical Ellington." This will be in part his version of The Nutcracker and his tone poem, Harlem.

rights' icon.

For more information on the festival. call the Toledo Symphony at 419-246-8000 or go online at toledosymphony.com/ northstarfestival.

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# **Toledo Library Announces 2nd Annual Glass City Black Comix Arts Fest**

The Glass City Black Comix Arts Fest (#GCBC) celebrates and supports the early 90s with Milestone Comblack comic book creators from around the world in their effort to tell compelling, uplifting and fantastic stories. The Festival aims to educate comic book fans about the amazing work created by black artists and to spread the word that all audiences deserve meaningful representation in the comic arts and popular culture.

In addition to the programs listed below, invited vendors will be on hand all day selling their books, graphic novels, and more in the GCBC Marketplace located in Main Library's Huntington Room.

> **Glass City Black Comix Arts Fest** Saturday, Feb. 10 | 11 a.m. Main Library, 325 Michigan St. FREE and open to the public!

PROGRAM SCHEDULE 11:00 a.m. - 3 p.m. Welcome to the 2018 Glass City Black Comix Fest! with Martini Rox and Imani Lateef

11:00 a.m.

Location: Huntington Room

Panel discussion and Q & A with Michelene Hess, Ashley Woods and Jamar Nicholas. \*\*

Moderated by Martini Rox

11:30 a.m. - 12:15 p.m. Location: Huntington Room

**UCreate Comics Workshop with Victor Dandridge** 

12:30 p.m. - 1:30 p.m. Location: The Metro

White Scripts Black Supermen Q & A with Sean Mack, Imani Lateef and Michael Watson. \*\*

Moderated by Darryl McCullough

1:00 p.m. - 2:15 p.m. Location: Huntington Room

Presentation: Discovering Black Comic Books and Graphic Novels for Young Readers \*\*

Presented by Terreece Clarke and Books 4 Buddies

2:30 p.m. - 3:00 p.m. Location: Huntington Room

#### ACTIVITIES AND DROP-IN PROGRAMS 11 a.m. - 3 p.m. Screening of documentary film White Scripts Black Supermen Jonathan Gayles, Ph.D.

Through interviews with prominent artists, scholars and cultural critics along with images from the comic books themselves, this film examines the degree to which early Black superheroes generally adhered to common stereotypes about Black men. From the humorous, to the offensive, early Black superheroes are critically considered.

Location: McMaster Center

Comic Book Workshops and Activities with Various Comic Book Creators \*

1:30 p.m. - 3 p.m.

Location: Creativity Lab

\*Kid Friendly, interactive workshop

\*\*Great for Parents and Educators

(The program schedule is subject to change without notice. All events listed

Giveaways and prizes have been generously provided by Penguin Random House.

#### Meet Our Heroes!

Michelene Hess - comic book illustrator, publisher: Born and raised in New York City, Micheline started her professional comic book career in

ics as a colorist. She has several creator-owned works such as the award-winning fantasy-adventure comic, book series Malice in Ovenland, The Anansi Kids and the All Saints' Day Adventure, and the children's book The Island Cats of Cunga Ree.

Ashley Woods - comic book illustrator, publisher: A Chicago native, Ashley A. Woods got her start self- publishing her action-fantasy comic series Millennia Wars while attending the International Academy of Design and Technology. She began working for actress, Amandla Stenberg and Stranger Comics on NIOBE: She Is Life which went on to sell tens of thousands of cop-



ies and lead the movement of representation in comics, as well as with writer, Delilah S. Dawson on Ladycastle for BOOM! Studios. Her most recent work includes Dark Horse Comics' Tomb Raider.

Jamar Nicholas - comic book illustrator, publisher, educator: An awardwinning, Philadelphia-based artist and educator, Jamar has taught and lectured on the topic of comics creation at numerous institutions, dedicating his

... continued on page 15



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# ITS 2018 - Time To Get Your Groove Back!!

By Angela Steward, Fitness Motivator

The Truth Contributor

What is a "groove"? My definition of groove is: feeling good, looking good, to change the unhealthy lifestyle you've accepted. feeling healthy and confident! My groove might not be the same as your groove but, surely, everyone wants to feel and look her best, no matter her age!

So, how do lose your groove? I lost mine in my 30's while raising my kids, more than likely, that's when you lost yours too! Raising children can suck all the "groove" from your life! All your energy is donated to them!

They don't do it intentionally, we allow it to happen, because that's what we mothers do. We put our kids and everyone else at the very top of our priority list – we're not only at the bottom of our list, but more than likely we're not even on our own priority list!

We (moms) fall into a rut, caring more and more about others, while caring less and less about how we look and feel. The word "exercise" is a word used in someone else's vocabulary. It's easier to spend money to cover up our unhealthy, overweight body than it is to actually work on our unhealthy, overweight body!! My philosophy is: Clothes look great on a body, but a fit body looks great without clothes!

Mom - It's time to break out of that "mom" shell and get back to your premom life! It's possible to get your groove back, but you have to take that first LEAP! It's not a step because the hole is deep, you will have to literally LEAP

I always say if you're happy in the skin you're in, by all means celebrate!! But if you've ever looked in the mirror and said I really want to do something about this weight, I want to get rid of this belly, or I'm tired of feeling tired - then get out there and get your groove back. No matter your age - It's possible!

Start by making small changes. Prepare simpler meals. For the most part, eat your foods in their natural state. Prepare a baked potato, not scalloped po-

Eat lean meats and fresh fruits and vegetables. Avoid canned vegetables they're loaded with salt and canned fruits are loaded with sugar. Eat fresh if possible.

Drink water, water, and more water. Avoid soda. You can cut hundreds of calories by switching to water: add sliced lemons, limes or cucumbers for extra

Move, move, move! Move your body! No matter how tired you are, get up. Make a promise to walk at least 30 minutes a day, at the same time every day. Make it part of your daily routine. A good cardio workout will deliver true cardio benefits. Walk at a pace where you're mildly breathless but can carry on a conversation! For example, I prefer to walk by myself so I walk with my Ipod. If I'm able to sing while inhaling through my nose and exhaling through my mouth, I'm walking at a good pace. If you can talk continuously without stopping to take a breathe, you're not walking fast enough, on the other hand if you can't catch your breath to speak a sentence, you're intensity is too high. Slow down and breathe, inhale through the nose, exhale out the mouth.

Get an accountability partner. Invite someone to share this new healthy lifestyle with you. But be forewarned, that person may begin the journey with you, but more than likely won't end it with you. It's always nice to have a partner during this time, but fitness requires commitment. Encourage someone to walk this journey with you, but don't let that person's lack of commitment or dedication overpower your desire to get healthier and fit.

Don't let excuses get in the way of your Groove! If it's raining - walk with an umbrella or walk in the mall!. Spare me the infamous excuse: "I don't like to sweat my hair out." Frankly, I don't know of anyone who's died from a sweaty head of hair, but I do know of many who've died of a heart attack or stroke, which for the most part could have been prevented by living a healthier lifestyle!. Once again.....No Excuses!!!

Offer No Apologies for taking the time to exercise, be proud of your healthier lifestyle - everyone should do some form of exercise activity daily.

By following these simple steps you could take up to 20 pounds off in 10 weeks!! To begin your healthier lifestyle, you have to believe that you can be healthier than you are today! You have to commit to eating healthier: cut back on the fast food restaurants, cook at home. Plan daily meals using lean meats, fresh fruits and vegetables. Ditch the sodas and drink more water! Move your body for 30 minutes daily. Commit to this healthy new lifestyle!

I'd love to hear from you! I've helped women of all ages and fitness levels in their fitness journey, allow me to help you in yours!! If you have questions or if I can be of help to you, feel free to email or text me. Everyone needs a little help now and then. Now get out there & Get your Groove Back!

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Health Section • Health

# **Your Health Numbers**

By Patrice Powers-Barker, OSU Extension, Lucas County

The Truth Contributor

Keeping track of personal health numbers like blood pressure, blood sugar, total cholesterol, HDL (good) cholesterol and body mass index (BMI) can provide a picture of your health status as well as your risk for certain diseases or conditions, such as heart disease, diabetes, or obesity. What do these numbers mean and how can your diet help? The following information is from the Centers for Disease Control.

#### **Blood Pressure**

What is it? The force of blood pushing against artery walls.

Why is it important? High blood pressure, also called hypertension, indicates excess force and stress on artery walls, which could lead to damage.

What does it mean? Two numbers are recorded when measuring blood pressure. The top number, systolic pressure, refers to the pressure inside the artery when the heart contracts and pumps blood through the body. The bottom number, diastolic pressure, refers to the pressure inside the artery when the heart is at rest and filling with blood. The National Heart, Lung and Blood Institute guidelines define normal blood pressure as less than 120/80.

#### Blood Glucose also called Blood Sugar

What is it? The amount of glucose, a type of sugar, in the blood.

Why is it important? Blood sugar levels indicate risk for diabetes.

**What does it mean?** A normal blood glucose level while fasting is less than 100 mg/dl. A fasting blood glucose level of 100-126 mg/dl may indicate prediabetes. A fasting blood glucose level greater than 126 mg/dl may be used to diagnose diabetes.

#### Body Mass Index (BMI)

What is it? BMI is a person's weight in kilograms divided by the square of their height in meters. The Centers for Disease Control and Prevention have an adult BMI Calculator on their website that you can use to find your BMI by plugging in your height (in feet and inches) and weight (in pounds) or it can be computed for you at your doctor's office.

Why is it important? A high BMI can be an indicator of high body fatness and increased risk of health problems.

**What does it mean?** A BMI of 18.5 to 24.9 indicates normal (i.e. healthy) weight. A BMI of 25 to 29.9 indicates overweight, and a BMI at or above 30 is considered obese.

#### Cholesterol - Total Cholesterol and HDL (good) Cholesterol

What is it? A waxy substance that can be found in all parts of your body.

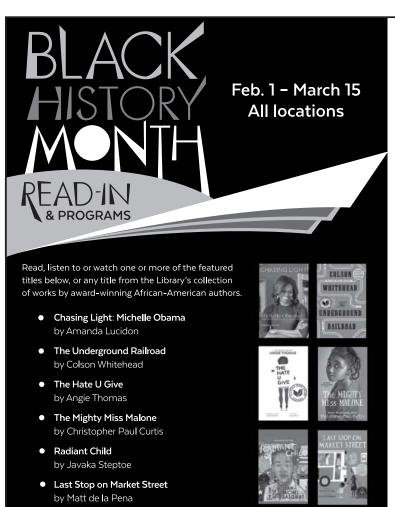
Why is it important? High cholesterol is a significant risk factor in heart disease. Cholesterol build-up can cause plaque and blockages to form in arteries.

What does it mean? Up to four types of cholesterol may be recorded when cholesterol is measured: LDL ("Bad" Cholesterol), HDL ("Good" Cholesterol), Triglycerides and Total Cholesterol.

In general, ideal levels are:

- LDL less than 100 mg/dl (milligrams per deciliter)
- $\bullet$  HDL greater than 40 mg/dl for men, greater than 50 mg/dL for women
- Triglycerides less than 150 mg/dL

... continued on page 12



#### **PROGRAMS**

Chasing Light: Michelle Obama

On display until Feb. 28 at Main Library.

#### Glass City Black Comix Fest

Feb. 10, 11 a.m. – 3 p.m., Main Library

A celebration in support of black comic book creators from around the world in their effort to tell compelling, uplifting and fantastic stories.

#### Poetry Speaks! African-American Poetry Read-In

Feb. 14, 6 - 8 p.m., Main Library

Share an evening of African-American poetry. Register to read your favorite at **toledolibrary.org/events.** 



The Toledo Symphony North Star Festival

#### A Preschool Storytime

Sanger: Feb. 22, 10:30 - 11:30 a.m.

Instrument "Petting Zoo" with Toledo Symphony Kent: Feb. 27, 4:30 - 5:30 p.m.

"Romance and Spirituals:" An Open Rehearsal Main Library: March 11, 1:15 – 4:30 p.m.

More programs at toledolibrary.org/black-history-month



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Health Section • Health

## A Mental Health Moment

By Bernadette Joy Graham, MA, LPC, NCC Certified Grief Recovery Specialist The Truth Contributor

Taking care of ourselves seemingly involves, getting a physical and a yearly dental check-up and cleaning. There has been much more attention recently focused on the early detection of possible health care concerns through procedures such as breast exams and prostate exams, for

Even then, many individuals will refuse to visit a healthcare provider until their pain has surpassed what they can handle. While we focus our attention on our physical needs and pains, many forget one of the most important parts of ourselves, one we cannot see – our mental and emotional health

Just because we are unable to see mental health does not mean it is not just as important as the parts we can see or feel physically. We will often

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put off how we feel emotionally as part of life while assuming "it too shall pass." Sometimes it will pass depending on the scenario, but mental heal issues exist not only in adults, but in children. Just as physical ailments can be genetic, hereditary or just plain situational so too can mental and emotional disorders.

As new school years begin, parents are given forms to be completed by their primary care providers to assess their children's physical care and to update their immunizations. As the school year progresses, many students are put in detention or expelled for behaviors beyond the expertise of many teachers and parents and a mental health assessment may be in order.



Bernadette Joy Graham

Teachers are not mental health professionals they are educators. If you as a parent or a teacher have concerns about a child's behaviors or emotions, seek out a mental health professional for an assessment. If a child is not performing in school, they may need a psychological assessment for a possible learning disorder.

Life can be full of chaos and experiences that may cause us a range of emotional and mental disturbances. Taking the extra time to assess our mind is just as important as assessing our physical well-being. Cutting off one's head would not just end our lives physically but mentally as our minds ultimately rule our behaviors.

Our thoughts, hopes, wishes, dreams and thinking capacity lay within our brain. Taking a moment to explore the needs of our mental health is worth more than you can imagine. Ask your medical providers and insurance about obtaining mental health assessments to assess issues that may be detrimental to our core being as a human being.

An assessment is usually a 60 to 90- minute exploration of one's history such as physical health, education, family background and dynamic, abuse, trauma, interests, strengths and weaknesses. Once an assessment is complete, the mental health professional will discuss any diagnoses and concerns and develop a treatment plan catered to your unique needs. This can include individual counseling, group counseling or other specialized care.

Child or adult, we feel, we think, and we explore through our minds which often affect how we produce, engage and live within our physical selves. Living within your maximum capacity is detrimental to the success of the outcome of your life. Take a mental health moment and seek an assessment today. It could mean the difference between living your life to the best of your capacity and just living.

Ed. Note: Bernadette Graham, is a Licensed Professional Counselor, National Certified Counselor and Certified Grief Recovery Specialist.



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#### Your Health Numbers... continued from page 9

• Total cholesterol – less than 200 mg/dL

straight-answers.org

Knowing these very important numbers is an important step to a healthier lifestyle. Be sure to ask your health care provider what tests you need and how often. If your numbers are too high or too low, he/she can make recommendations to help you get them to a healthier range.

# We have the expertise and insight to provide exactly what you need - whether in your home, a nursing home or in our home-like Hospice Centers. We can help like no one else can. Starting right now.

#### How to manage numbers with diet?

Ask your health care team for advice on food decisions for your specific numbers. The following general guidelines are usually helpful for managing the different numbers:

- Eat a variety of healthy foods every day.
- Fill half your plate with fruits and vegetables, one quarter of the plate with lean protein and the other quarter of the plate with whole grains. Include fat-free and low-fat milk.
- Eat less fat and avoid fried foods. Choose foods

... continued on page 13

# Black Ink: Literary Legends on the Peril, Power, and Pleasure of Reading and Writing, edited by Stephanie Stokes Oliver

By Terri Schlichenmeyer

The Truth Contributor

Read this.

And that. Read what's next to it, what's above it, and the next page. Read it, because words soar. Read it because you can. As you'll see in *Black Ink*, edited by Stephanie Stokes Oliver, it wasn't always so.

c. 2018 37 Ink/Atria Books \$26.00 / \$35.00 Canada 245 pages

For 200 years of this country's history, it was il-

legal for a person with black skin to read. Also illegal was writing in words that made sense; slaves who defied the law faced severe punishment, as did their teachers. Because of that, the story of "full literacy among African Americans has yet to be documented," says Oliver, and this book helps "fill that void."

When Frederick Douglass was a young man, for instance, he was owned by a "kind and tender-hearted woman" who taught him to read. Before he fully understood the process, however, she turned "evil," but Douglass was undaunted. Seeing that which was started as a means to a better future, he used "various stratagems" and found unaware "poor white children" who helped him fill in the blanks

Books helped Ta-Nehisi Coates to learn who he was, while Booker T. Washington saw a schoolroom as "paradise." Zora Neale Hurston once claimed that she was "supposed to write about the Race Problem" – problem was, that wasn't her interest.

As one of the best students in his eighth grade class, Malcolm X dreamed of being a lawyer until a teacher put him down with words meant to "be realistic." Instead, it lit a fire in young X's spirit and drove him to be successful.

Maya Angelou was prodded to read by a neighbor who gave Angelou a voice. Toni Morrison looks at writing, in part, as "...awe and reverence and mystery

and magic." Stokely Carmichael was a bookworm (and was teased mercilessly for it). Jamaica Kincaid bemoans the loss of a library in her hometown (since reconstructed). As a girl, Terry McMillan never even considered that black people could write books.

And on the subject of diversity in abildran's literature. Welter Dean Muses.

And, on the subject of diversity in children's literature, Walter Dean Myers says "In the middle of the night, I ask myself if anyone really cares."

By virtue of reading this far here, you know you're a reader. But what kind of meaning does the written word hold? For the 27 African American writers included in *Black Ink*, words are *everything*.

Beginning with slavery still fresh, and wrapping up with a former president's thoughts, Stephanie Stokes Oliver pulls together African-American literary giants who seem to make literacy something that should be in bold neon letters. Indeed, the essays you'll find in here will make bookworms want to stand up and cheer. Reading is a superpower, in Solomon Northup's essay; and an old friend, with Roxane Gay. Words feel playful, with Colson Whitehead; and like precious gems with Maya Angelou.

This is one of those books that you can browse, flip through, and consume at leisure, with essays of varied lengths and interests. If you are a reader or a writer, or both, Black Ink will be a delight.

Read this.

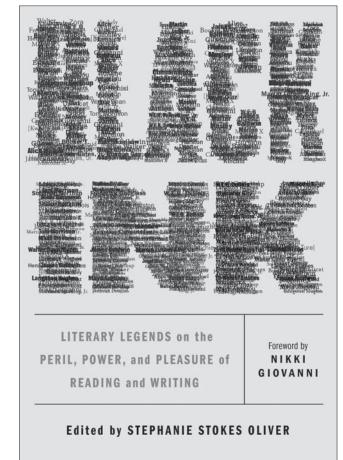
#### Your Health Numbers... continued from page 12

that are baked, broiled, grilled, boiled, or steamed.

- Eat less sugar. Enjoy the sweetness of fruit (without added sugar) and limit foods like drinks and desserts with added sugar.
- Eat less salt.
- Eat smaller portions of food.
- Physical activity and weight loss (if BMI is too high) can have a great impact on your numbers.

Upcoming community events for healthy living and eating: OSU Extension, Lucas County is partnering with the Toledo Lucas County Public Library to offer a one hour "Slow Cooking for All Seasons" at different branches on different dates. Join us on either Tuesday February 20th at 3pm at Toledo Heights Library, Thursday March 14th at 6:30pm at Washington Branch Library or Tuesday April 10th at 6:30pm at Point Place Library.

The annual Toledo GROWs Seed Swap is Saturday February 24th from 12pm-3pm at Scott High School, 2400 Collingwood Blvd, Toledo. Admission is Free and each attendee receives 5 free seed packets. Featuring garden displays, workshops, food, music and children's activities. OSU Extension will be there with the Lucas County Blender Bike.





# **CLASSIFIEDS**

Page 14

**February 7, 2018** 

#### HIGH SCHOOL TEACHERS SOUGHT

English, Math, Science & Foreign Language, June 11 – July 19, 2018; afternoons approximately 16 hours per week, \$25/hr for UT Upward Bound Math Science Program. Email (.pdf) letter of interest, resume, certification & THREE REFERENCES to progers@utoledo.edu. Place UBMS Teacher Application in email subject line.

#### SPECIAL EVENT ASSISTANT

Metroparks of the Toledo Area has an opening for a Special Events Assistant at Wildwood Preserve Metropark. Must be 18 or older with HS diploma or equivalent and valid driver's license. \$8.51/hr. Some experience in customer service, special events, or maintenance preferred. Go to www.metroparkstoledo.com for complete job requirements and descriptions; must submit online application by February 13th. EOE

#### **ANNOUNCEMENT**

Interested in a career as a lawyer? If so, you are invited to the FREE conference and workshops for all junior high and senior high school students to be held on February 17 starting at 8:30 AM and finishing at 2:30 PM.

The event will take place at the University of Toledo College of Law. A free lunch will be provided. To register, email Atty Lafe Tolliver at: tolliver@juno.com and state your name, age and name of school ... or leave a voicemail at 419-249-2703. Parents are also invited and encouraged to attend!

#### NORTHWEST STATE COMMUNITY COLLEGE IS RECRUITING STUDENTS

Verna Chears is the outreach specialist for the Custom Training Solutions division of Northwest State Community College. One of Chears' tasks is to reach out to community institutions, such as churches, to bring the word of the opportunities offered at the campus. For more information on the programs, schedules, financial aid offered by the Custom Training Solutions Division of Northwest State Community College, call Verna Chears at 419-377-3404 or contact via email at vchears@northweststate.edu.

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#### SEASONAL MAINTENANCE

Metroparks of the Toledo Area has openings for seasonal maintenance staff. Must be 18 or older with HS equivalent and drivers license. \$9.00/hr. Duties include cleaning and facility and grounds maintenance. Must enjoy working outdoors and be able to learn to use power tools and equipment. Go to www.metroparkstoledo.com for complete job requirements and descriptions; must submit online application.

#### NATURAL RESOURCES CONSERVATION ASSISTANT

Metroparks of the Toledo Area has openings for seasonal Natural Resources Conservation Assistants. Must be 18 or older with high school diploma or equivalent and valid driver's license. \$9.75/hr. Some training or coursework in environmental sciences or natural resources management preferred. Some outdoor work experience with natural systems, forestry or horticulture preferred. Go to www. MetroparksToledo.com to view detailed position description and job requirements. Must apply online. EOE

#### **ANNOUNCEMENT**

Interested in a career as a lawyer? If so, you are invited to the FREE conference and workshops for all junior high and senior high school students to be held on February 17 starting at 8:30 AM and finishing at 2:30 PM.

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To register, email Atty Lafe Tolliver at: tolliver@juno.com and state your name, age and name of school ... or leave a voicemail at 419-249-2703.

Parents are also invited and encouraged to attend!

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# **Lourdes Announces Black History Month Celebrations**

In recognition of Black History Month, Lourdes University is pleased to announce the following events presented by the Office of Diversity and Multicultural Student Services. Several of the events are free and open to the public.

#### Thursday, February 8 - Poetry Jam from 5:30 to 7 p.m.

Local writers of all levels of experience are invited to participate in this reading and informal slam competition. Participants are invited to read for 3-5 minutes on the theme "Our Roots Run Deep," reflecting on their per-

#### Toledo Library... continued from page 9

career to empowering young people to create their own cartoons and comics, and helping them realize the power of visual narrative. His works include adapting and illustrating Geoffrey Canada's *Fist Stick Knife Gun*; the serialized full-color comic strip, *Detective Boogaloo: Hip-Hop Cop*; and *Leon: Protector of the Playground.* 

**Andre Batts** – comic book illustrator, publisher: Detroit-based illustrator, writer and founder of Urban Style Comics.

**Terreece M. Clark** – children's book author, journalist, marketing consultant: Terreece has written for a variety of websites, magazines and newspapers including MyBrownBaby.com, Columbus Parent Magazine, and is a YA and children's book reviewer for Common Sense Media. Her first children's book Olivia's Potty Adventures has spent weeks as a #1 Amazon New Release comes out February 13, 2018.

**Victor Dandridge** – comic book illustrator, publisher: Writer of The Samaritan, The Trouble with Love, the Origins Unknown series, and the anthology novel 8 Mins, Victor is a leading, new voice for innovation and production within the self-publishing market.

**Sean Mack** – publisher, Short Fuse Media Group: Born and raised in Detroit, Sean is the founder and publisher of Short Fuse Media Group, a full-fledged creator-owned comic book publishing company releasing over thirty titles from various indie creators across the United States.

**Darryl E.McCullough** – author, filmmaker, podcast host: A self-published author and award-winning independent filmmaker, Darryl is the founder of the National Podcast Power Conference, and the co-creator and host of the Full Circle podcast.

Michael Watson – comic book illustrator, publisher: A Cleveland native and graduate of Cleveland School of the Arts. He received his bachelor's degree in Fine Arts with a focus in illustration from the Columbus College of Art and Design. Michael has been creating comics for over 10 years and established Freestyle Komics (FSK) in 1999 as his own independent publisher.

sonal cultural heritage and/or the diversity of American culture as a whole. The event is offered at the Ebeid Student Center on the first floor of Russell Ebeid Hall.

#### Friday, February 16 - Step Afrika! at 8 p.m.

Step Afrika! is the first professional dance company in the world dedicated to the tradition of stepping. Established in 1994 as an exchange program with the Soweto Dance Theatre in Johannesburg, South Africa, the Company has expanded to become an international group that presents performances, residencies and workshops worldwide. Cost: \$5 per person. Lourdes University students, staff and faculty are free with a valid I.D.

## Thursday, February 22 – Black History Month Celebration from 4 to $5:30~\mathrm{p.m.}$

Lourdes University community members participate in theatre performances to commemorate the month's celebration of events. Planned selections include spoken word performances and the Lourdes University Chorale performing *I Dream Sundays* based on the life of Dr. Martin Luther King, Jr.

The month's events began with a Soul Food Dinner on February 1st with well-known dishes, Mancala game and live music. For more information on the month's events, please contact Ms. Ashley Jackson, Coordinator of Student Activities and New Student Orientation, at ajackson@lourdes.edu.

#### Perryman... continued from page 4

support from the community. Unlike most, he understands how institutionalized racism in the criminal justice system perpetuates the criminalization of the poor and, in return, the cycle of poverty. Joe also seems to have a passion for making the system fair, finding ways of keeping people out of prison and helping returning citizens or ex-offenders find the resources necessary to restore their dignity and reconnect them to the community so that they are less likely to return to prison.

At a time when there is only one justice from the Democratic Party currently represented on the Ohio Supreme Court (soon to step down to run for governor), it is urgent to build a bench of judicial candidates that can provide some balance to the high court's staunch conservatism. McNamara has the fundraising ability and the aggressive style necessary to compete and serve as a fair, wise and good judge for the next 30 years.

For too long, we have been too indifferent, too unmoved and too undisturbed about inequality in Toledo. It is time to put forward a passion for fairness.

(contact Rev. Dr. Donald Perryman at drdlperryman@centerofhopebaptist. org)



# #THEGIRLPRENEUR GROWNED GROW

**Groomed for Greatness** is sponsoring a **Girlpreneur Expo** in collaboration with **Assets Toledo**. Girls from the Toledo and surrounding areas will be selling, pitching and marketing their products/business concepts to the public. This is a **FREE** family fun event so please come out and show your support.

The **Girlpreneur Expo** will be held at

2200 Jefferson Ave. Toledo, Ohio March 3' 2018 From: 11am-4pm.

For more information, please contact Michelle at (313)623-9313 or Alisa at (419)360-0015.

# **African American Leadership Caucus Honors** a Few Heroes

Sojourner's Truth Staff

In a night of celebration at The Truth Art Gallery, members of the African American Leadership Caucus, along with friends, supporters and a number of public officials, honored a handful of men and women who have been particularly active in the community in general and with the AALC in par-

Elgin Rogers, president of the AALC, served as master of ceremonies for the event and spoke of his personal interaction with each honoree. Norris Finley, vice president of the AALC, was the evening's DJ.

The evening's honorees were Frances Collins, PhD; Doris Roberts; Rev. I.J. Johnson; Weldon Douthitt and Rev. Derek Arnold.

Collins, an educator, was a teacher of Rogers during his childhood, he observed. She was also present at the founding of the AALC and served as an advisor.. "I will cherish it," she said f the award. "And I will continue to provide service to the Toledo community."

Roberts, who works at St. Mercy's Medical Center, is a behind the scenes political worker whom Rogers described as active in "educating the general public on what it means to be African American."

Johnson, the pastor of St. Marks Missionary Baptist Church for over 60 years, is the dean of pastors in the Toledo area. His award was accepted by the church's elder, Deacon Fletcher.

Douthitt, a longtime Democratic Party political grass roots worker and the driving force behind Pathways, Inc's home repair program for senior citizens, was not present to accept, but his award was accepted by State representative Michael Ashford. "Without Weldon Douthitt a lot of seniors wouldn't have houses today or they wouldn't have heat or they wouldn't have water."

The final awardee, Derek Arnold, pastor of Bethlehem Baptist Churchsince



Norris Finley; Doris Roberts; Elgin Rogers; Frances Collins, PhD; First Lady Lydia Arnold; Deacon Fletcher

1994 was not present but his award was accepted by a member of his congregation, Dawn Chung, who is also the treasurer of the AALC. "He is very in tuned to what's happening in the community," said Chung of her pastor.

The AALC is an organization of citizens concerned with removing the structural challenges facing African-American advancement in Lucas County. As a result of a focus group in 2012, it was determined that the AALC should be affiliated with the Lucas County Democratic Party.

Funds from the event will be used to assist candidates and issues, the AALC Youth Initiative and the organization's Brotherhood Breakfast, which helps increase voter registration.

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