



Volume 49, No. 5

“And Ye Shall Know The Truth...”

March 7, 2018

Ella P. Stewart's BHM Event



Paula Hicks-Hudson and Paula Hicks-Hudson

In This Issue...

Black Lives Matter
Page 2

Tolliver
Page 3

Local Officials Reconize UT Football
Page 4

Tappin's I Dream
Page 5

TARTA's New Loop
Page 6

Jerry Jones
Page 7

Teewns and Tots
Page 8

Health Section

Mental Health
Page 9

Angela Steward
Page 10

Ask Ryan
Page 11

Book Review
Page 13

Classifieds
Page 15

Ella P. Stewart Black History Month
Page 16

Brown Led Charge to Designate Young's House a National Monument in 2013

Sen. Brown Introduces Bipartisan Resolution Honoring Buffalo Soldiers During Black History Month

In honor of Black History Month, U.S. Sen. Sherrod Brown (D-OH) introduced a bipartisan resolution recognizing the dedication and courage of the Buffalo Soldiers. Brown's resolution honors the Buffalo Soldiers for their contributions to the U.S. military following the Civil War and their service as the nation's first National Park Rangers.

Brown's resolution honors soldiers like Colonel Charles P. Young, a U.S. Army Officer born to slaves in 1864. Young was the third African American to graduate from the U.S. Military Academy at West Point. As a Buffalo Soldier with the 9th and 10th Cavalry and the 25th Infantry, Young eventu-

ally became the first African American to achieve the rank of Colonel in the United States Army. Young also taught military science at Wilberforce University in Wilberforce, Ohio.

Brown led the charge to designate the Charles P. Young House in Wilberforce as the Charles Young Buffalo Soldiers National Monument in 2013.

"Colonel Young broke barriers for so many who came after him," Brown said. "The contributions made by Young and the rest of the Buffalo Soldiers who fought for our nation should be recognized on a national scale."

Black Lives Matter Co-Creator Launches the Black Futures Lab and the Black Census Project to Build and Mobilize Black Political Power

Spearheaded by a team of leading Black sociologists and activists, Black Futures Lab will survey 200,000 Black people across 20 States in the largest survey of Black people in recent history

Alicia Garza, co-creator of Black Lives Matter, launched last week the Black Futures Lab (BFL), a new mobilization effort that will engage black people, legislators, and community-based organizations to build political power and push for policies that help strengthen black communities. Launched in partnership with Demos, Color of Change, Center for Third World Organizing, Socioanalytica Research, and the Tides Foundation, the Black Futures Lab will develop strategies that help black people imagine the political, social and economic alternatives needed at the local, state, and federal level, while also building the political power needed to implement those alternatives.

"If we've learned anything from this past election, it's that black folks drive the progressive political power in this country, but rarely benefit from the fruits of our labor. Today, we are launching the Black Futures Lab as a way to mobilize around our needs, hopes and dreams," said Alicia Garza, founder of The Black Futures Lab. "For too long, people have spoken for us and perpetuated false representations of the issues that drive our votes."

As its first initiative, Black Futures Lab also launched the Black Census project, a national data collection effort to hear directly from 200,000 Black people in 20 states about the issues directly affecting them in their communities. Designed by a group of distinguished sociologists and social science researchers, the Black Census will capture a more precise and holistic picture of the issues affecting Black

... continued on page 7

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Community Calendar

March 10

Massage Benefit and Vendors: 8:30 am to 3 pm; Friendship Baptist Church; Jewelry, cosmetics, food, clothing and more: 419-304-2733
TurnerMan Productions Auditions: Seeking female actors ages 13-17 and ages 21 - 40; Main Branch Library Searles Room; 2 to 5 pm: 419-975-7849

March 10-11

St. Paul Missionary Baptist Church Annual Men Day Weekend on Saturday and Sunday: Saturday at 9:00 a/m Kick off Breakfast, with Rev. Floyd Smith and the Calvary Baptist Church. Sunday at 9:45 a/m Sunday School and Morning Service at 10:45 with TPS Superintendent, Romules Durant, EdD; Theme "Christian Men Acknowledging God;" 419-246-2886

March 11, 18, 25

Calvary MBC Pastoral Anniversary Celebration: Pastor Floyd Smith Jr.; 4 pm; March 11 - guest Pastor Melvin Barnes and Greater Faith Fellowship Church; March 18; Pastor Roger Carson and Sothern MBC; March 25 - Pastor James Willis and St. Paul MBC
Jerusalem MBC 13th Pastoral Anniversary Celebration: Pastor Willie L. Perryman; March 11 Pastor Andrew Maize & New Beginnings Church at 10:45 am; Pastor Roger Carson & Southern Baptist at 4 pm; March 18 Pastor Milton French & Second Temple Baptist at 10:45 am; Pastor IJ Johnson & St. Mark Baptist at 4 pm; March 25 Pastor David Curry & Wade Baptist at 10:45 am, Pastor John Roberts & Indiana Ave Baptist at 4 pm

April 27-28

Calvary MBC Women's Ministry 21st Women's Retreat: Holiday Inn in Lima on Leonard Road: 419-531-9443 or 419-865-0019

When You Lie ... Tell a White One!

By Lafe Tolliver. Esq
Guest Column

Have you seen the recent news headlines in which the communications director for the White House, Hope Hicks, (recently resigned) has confessed that while doing her job duties for President Trump, she engaged in what she calls "little white lies."

Now, you would want to think or believe that the communications director for the White House, the supposed epitome or symbol of veracity, would always tell the truth, the whole truth and nothing but the truth... but alas, tis not so!

Think about this outrage in these scenarios: (1) you go to your doctor and she tells you that you have three years to live but, the truth is, if you make another 60 days, it would be a miracle! (2) you go to the meat store and you ask the butcher for three pounds of ground chuck and they give you beef but it is a utility grade chuck and you don't know it until you cook it up and it is like chewing on a plastic spoon! (3) you go on a date that you hooked up with from an internet match site and the guy says that he seeking his, "soul mate" but when you Google his lying behind, you find out that he is a father of three and is in a 14-year marriage!

These were all lies but they qualify as "white" lies because in the above (1), you were in fact on "death row" it is just that the doctor lied about the real time stay on death row. In (2), you were given a beef selection but the problem was that it was not exactly the quality that you were expecting and for (3) it was a date, as you were expecting but the guy answering your inquiries left out some important details about his past.

I betcha, according to Hope Hicks, the above three scenarios qualify for her definition of, "white lies" or, also known as, intentional and misleading distortions or half

truths put forth in order to pursue an alternative agenda or to mislead a honest question.

It is not a leap of logic to state that Hope Hicks works for a known prevaricator of the first degree and Hope Hicks was simply taking her cues from her bud...President Trump.

That is simply how they run. It is as if Trump's character is akin to a bad case of dandruff and, when he scratches his head, the dandruff scatters and others get those flakes on their clothes and hair and they also start to scratch.

What is amazing about Hope Hicks' confession is that she, like many other white folks, use the misleading term, "white lie" as if somehow lying is permissible and acceptable as long as you characterize it as, "white."

Why is that? It is simple! White is right! When you are white and you speak half truths and you are caught up in it, you can save face by labeling your lies as, "white" and the venom or sting is taken out of the lie and it is not as bad...as say, a "black" lie!

Tell me. What other colors of lies are there? We know about white lies and maybe even black lies, but what about making room for green lies or purple lies or red lies?

Why limit our vocabulary to just white lies? Why give white lies the favored spot

in the hierarchy of lying?

I know...I know...It is better that an attractive white person utters a white lie than for it is for a disgruntled or mean looking brown or black person to utter a white lie. Somehow, minorities claiming that what they said was just a white lie and they should also be excused or not chastised, since that is the purpose of saying it was a white lie!

If you are caught in a iffy situation or if you are challenged as to the veracity of a statement and you need immediate relief, all you have to do is blush and say is, "That was a white lie!" and all may be forgiven.

However, the problem for Hope Hicks is that Bob Mueller, the special prosecutor, is not a person who does a "winky-wink" about lies, white or otherwise. If what Hicks told his legal team are white lies that could lead to an obstruction of justice felony charge, Hicks will rue the day that she ever met Trump.

And all of that for a person who has shown the keen ability to toss personalities to the dump heap if it serves his own venal ends.

I called Dr. Tyneshia Depetiss at the Ohio Institute of Political Values regarding the comments by Hope Hicks and the telling of lies, white or otherwise. She laughed and said there is a hierarchy of lies that people

... continued on page 7

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Rep. Ashford Honors UT Rockets for MAC Championship, 100th Anniversary

University of Toledo Football Team receives Ohio House Recognition

State Rep. Michael Ashford (D-Toledo) last week honored the University of Toledo Football Team with House Resolutions (HR) 350 and 328, which recognize the UT Rockets for their recent Mid-American Conference Championship title and their 100th year anniversary, respectively.

"I'm extremely proud of the coaches and the students for all of their efforts and talent, on and off the field," said the Toledo lawmaker. "The road to the MAC Championship was not easy, but the players and Coach Jason Candle are a great source of pride for the entire Toledo community. They showed an immense amount of integrity and dedication throughout the season."

The University of Toledo football team was crowned the 2017 Mid-American Conference (MAC) Champion after defeating the Akron Zips 48-25, making this the first MAC title for the team since 2004 and their 11th crown overall. The team also celebrated its centennial in 2017.



Reps Ashford (4th from left) and Sheehy (far right) honoring Rockets

Senator Brown Honors UT Football Team, 2017 MAC Champions

Last week, Senate Minority Whip Edna Brown (D-Toledo) and Senate Majority Floor Leader Randy Gardner (R-Bowling Green) presented the University of Toledo football team with a resolution honoring their 2017 Mid-American Conference (MAC) Championship on the Senate floor.

"In the historic 100th year of UT's football program, the Rockets brought home the MAC Championship," said Senator Brown. "Their first-place fin-

ish is the measure of an outstanding collective effort by a gifted group of athletes and coaches. They have made Toledo and Ohio proud."

In December of 2017, the UT football team won their first MAC Championship since 2004 by defeating the Akron Zips 45-28. The Rockets boasted a 7-1 conference record and finished the season 11-3 overall.

"I am pleased to join my friend Senator Edna Brown in paying tribute to the Toledo Rockets MAC Championship football team," said Senator Gardner. "The Lucas County Senate delegation salutes the Rockets through our Senate resolution on a great season."



Senators Gardner (far left) and Brown (third from left) honor Rockets

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Composer Douglas Tappin Brings MLK to Life in I Dream

By Fletcher Word

Sojourner's Truth Editor

When composer/librettist Douglas Tappin first conceived the idea of creating an opera based on the life of Dr. Martin Luther King, Jr., he had no clear idea of how to start such a project so he set out to learn as much as he could about the late civil rights icon.

Tappin, a London native who relocated to Atlanta, GA as an adult, read dozens of books about King and the Civil Rights Movement, he picked the brains of those close to King or to the movement, he scanned FBI files and numerous other law enforcement records.

Finally, his brain loaded, or overloaded, with detail, he decided to incorporate into his story as much of the information he had gleaned from that extensive research as he could. He elected to use a rhythm and blues format combined with a classical operatic style.

The musical style "is a balance between operatic and rhythm and blues," says the composer. The R & B aspect is included because "I had to pay attention to 21st century sensibilities – no way could this be done without it being rhythm and blues or without including some jazz and spiritual overtones." A classical opera format was a thought initially but finding a balance enabled Tappin to tell the story in a more appropriate way, he says.

The final story content was another matter. When the work first premiered in 2010, "the story was more flowing and less focused" than it is now. Although the reviews, particularly from King's family and associates, were glowing, Tappin felt there was a good deal more work to be done.

After three subsequent readings in New York in collaboration with director Daniel Goldstein (who is still the director), the story evolved into one in which the King character reflects on his life from the vantage point of the last 36 hours.

Tappin had begun to place great importance on King's speech on April 3, 1968 at the Masonic Temple in Memphis, the night before his assassination, when he spoke the inspirational words "I've been to the mountaintop."

"What prompted those words? Was it a sense of imminence? Of death?" Tappin asked himself. "I asked myself 'what if?' What if he had seen it? What if he knew it was coming? Did he feel that death was imminent?"

"After an initial reading in New York – I had my own thoughts at LaGuardia [about imminence] and I thought I can use a similar approach."

Tappin's ideas for the last 36 hours then turned towards a dream. "King has had a dream, a recurring dream, and reflects on the dream in which he returns to particular periods of his life – his childhood, his days at the university. Then there is a series of steps, a physical journey

to Memphis and a reconciliation of his life."

In addition to the challenges of the format, Tappin also felt compelled to examine what he perceived to be the conflicts such a man as King must have faced – the internal wars; the drive to be non-violent versus the desire to retaliate and seek revenge; the façade presented to the outside world regardless of the inner turmoil.

Examining what might have been the conflicts King faced enabled the rewrites, recalls Tappin. However, after all these years of writing and rewriting, Tappin freely admits that he still rewrites. He is currently making some edits on Act 2, in particular, and when asked if he might be standing in the stage wing on opening night here in Toledo in April making an adjustment or two, he acknowledges that possibility.

"I don't know if things like this are ever done," he confesses.



Douglas Tappin



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The Current TARTA Downtown Loop to Be Replaced by Cherry/Huron Loop

Special to The Truth

The Toledo Area Regional Transit Authority (TARTA) is the local public transit system for the Toledo, Ohio area. Its annual ridership is approximately three million trips and the majority of this ridership is along its 32 fixed routes. Of these routes, all but four are radial in nature, originating or terminating within the Central Business District (CBD), and stopping at four separate downtown transit transfer points.

Service to these stops is provided on the "Loop," a dedicated bus-only lane that surrounds a 12-block area bounded by Jackson, Summit, Jefferson, and Erie Streets. The Loop and its original five stations were opened for service in 1982 on the basis of the current regional demand patterns. At that time, downtown Toledo was the primary destination in the metropolitan area.

Subsequent shifts in land use, employment activity, commercial development, and overall travel patterns have made the Loop less useful, however. There have been significant changes in the more than 30 years since the Loop was built.

Downtown has changed. Viewpoints on how traffic and transit can assist downtown development have changed. The origins and destinations of



where TARTA's passengers live, work, and wish to journey to in their daily lives have changed, and TARTA also needs to continue to change.

"With a single downtown hub, the efficiency of buses coming downtown has decreased," said Steve Stinson, communications director for TARTA. "We have used the loop less and less."

Proposed central transit "Hub" The TARTA Transit Hub project addresses the current Loop issue through the acquisition of a new centralized transit facility in downtown Toledo and the reconfiguration of surrounding streets to improve bus operations, transit connectivity, and access to downtown Toledo. In addition to improvements to local bus service, the project also includes streetscape and connectivity upgrades that will benefit pedestrians and bicyclists.

The Goodwill building has been identified as a preferred transit center location through a multiyear alternatives evaluation and stakeholder engagement process. The project will feature an indoor transit center waiting area and commercial space, ticketing center and administrative offices headquarters. The location is transit rich, situated within two blocks of Toledo's current primary transit hub: the Jackson Street/Government transit loop station.

The proposed TARTA Downtown Transit Hub area is served today by all TARTA routes in the network. It is positioned along the inbound corridor for most routes serving the northwestern service area and represents a natural downtown gateway or service terminal area for the remaining inbound routes. Cherry Street, its retail frontage corridor and a major arterial, has been identified as a transit enhancement priority area through TARTA's strategic planning process.

"Demand has shifted to Jackson Street but it has not been as efficient as having a stop at Cherry/Huron will be," said Atkinson. "We are making it more comfortable for passengers and we need a place where passengers have a one-stop shop."

The site intersects three neighborhood areas: the downtown business district, the Civic Center, and the Vistula/United North historic mixed-use and residential neighborhood. Land uses in the immediate area include subsidized housing towers along Cherry Street, government office buildings, other office properties and places of worship.

The Cherry Street/Huron Street intersection fronts one of the highest concentrations of affordable housing in the city. The Goodwill building features the only sidewalk-oriented retail space in the surrounding Civic Center and Cherry Street corridor. The building presents a turnkey solution for a well-lit, visible and sidewalk-oriented indoor transit waiting area with activating and neighborhood-supporting retail. Locating the transit center at Cherry and Huron complements downtown planning initiatives to create a more walkable environment (see Downtown Toledo Master Plan 2017 and Cherry Street Legacy Plan 2009).

Cherry Street borders the northern edge of downtown Toledo. It is a wide

... continued on page 12

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In Memoriam

Jerry Jones – April 26, 1941 - February 23, 2018

Jerry Jones, 76, died peacefully on February 23, 2018 at the Cleveland Clinic. He was born on April 26, 1941 in Demopolis, Alabama to Isiah and Della (Simmons) Jones. He grew up in Mobile, AL and after high school, he was a pitcher for a minor league baseball team that fed into the Los Angeles Dodgers. Jerry proudly served his country in the U.S. Army during the Vietnam conflict. He graduated from the University of Toledo and began his career in retail advertising sales with the Toledo Blade. He retired after 30 years and founded his business consulting firm, the Woodlands Consulting Group. He worked in the public, private, and faith based communities helping business and people thrive in Toledo.



Jerry was generous of his time and talent in retirement, serving on many boards, including the United Way, American Red Cross, Toledo Council of Boy Scouts, and Promedica. He served on the executive committee of both the Lucas County Improvement Corp. and 22nd Century Committee, a partnership to revitalize our downtown community.

Jerry was an ordained minister, and he enjoyed preaching in various churches around Toledo. He married several special people,

Black Lives Matter.. continued from page 2

communities.

Unlike the U.S. Census, which polls only for population count, the Black Census will be conducted online as well as through a coordinated on-the-ground, door-knocking effort. The survey will collect information about key issues impacting black communities, including: generational oppression, mass incarceration, police violence, and inequities in healthcare and economic access. This information will then help organizers better understand how to build and mobilize Black power within their communities and nationally.

“For a country built on the exclusion of Black votes, the Black Census Project is a vital step towards asserting the power of our community’s voices in an era where our president is leading a white nationalist movement against us,” said Rashad Robinson, executive director of Color of Change.” Never before has there been such a concerted effort to survey the concerns of Black voters and shore up Black political power.”

Forms for the Black Census Project are available online starting today, which coincides with the 92nd anniversary of Dr. Carter G. Woodson’s launch of “Negro History Week”. Black Future Lab’s organizers will begin conducting in-person surveys starting in March. The survey will be available online and in person through August, when the data will be compiled, analyzed and revealed by the end of 2018.

The 20 states the survey will be targeting include: **Alabama, California, Delaware, Washington, DC, Florida, Georgia, Indiana, Louisiana, Maryland, Massachusetts, Michigan, Minnesota, Mississippi, New Jersey, New York, North Carolina, Ohio, South Carolina, Tennessee, Texas and Virginia.**

To access the Black Census survey, go here: www.blackcensus.org

including his daughter Michelle. Jerry was a wise and spiritual leader, believing in all people and the power of love in action. He was notably the moderator in the forums, “Changing Minds and Changing Lives: Combating Racism” in 2013.

He is survived by his loving wife Annie, daughters Bridgette Jones and Michelle (Ron) Szabo and his 3 grandchildren Elisia, Gabriella and Andrew.

Friends may visit at the Coyle Funeral Home, 1770 S. Reynolds Rd. on Friday, March 2, from 2:00-7:00 p.m. The funeral will be held on Saturday, March 3 at 11:00 a.m. at Cornerstone Church, with an hour of visitation beginning at 10:00 a.m. Interment will be private.

Memorial donations can be given to The Jerry Jones’ Grandchildren College Fund, First Federal Bank, 1077 Louisiana Ave. Perysburg, OH 43551.

Please view Jerry’s Memorial Video tribute and leave a condolence message for the family at CoyleFuneralHome.com.

Tolliver.. continued from page 3


will or will not accept; and she emailed me the following chart of lies and what they meant:

COLOR OF LIE	INTERPRETATION	THE SPEAKER	VALIDITY
WHITE	ACCEPTABLE	WHITE FOLKS	VALID
BLUE	ALMOST ACCEPTABLE	WHITE FOLKS AND ASIANS	VALID
YELLOW	QUESTIONABLE	WHITE FOLKS ASIANS INDIANS	SO-SO
PURPLE	GRAVE RESERVATION	WHITE FOLKS ASIANS INDIANS HISPANICS	SUSPECT
RED	NEED MORE FACTS	LATINOS HISPANICS MEXICANS	FLAGGED
BLACK	NEVER ACCEPTI	BLACK FOLKS	NO CREDENCEI

As you can ascertain by the above sobering chart, black people are given the least credibility when they speak and that is one reason why so many black people mumble when they speak.

That way, you can’t find out if what they are saying is a lie, or not! Now...that is true genius!

Contact Lafe Tolliver at tolliver@juno.com



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Tween and Tots Youth Entrepreneur Display EXPO

Budding CEOs displayed their wares at the Tween and Tots Youth Entrepreneur Display EXPO on Tuesday, February 27 at the Mott Branch Library. Jewelry, shirts and artwork were available for visitors to gaze

upon or purchase.

Marvon Smith, the CEO of "Bubba Teez," and his grandmother, Genevia Odoms and mother Breana Hicks-Odoms, displayed t-shirts emblazoned with catchy expressions. Marvon's shirts are on sale on Facebook under Bubba Teez.

Jordan Collins, a 16-year-old artist who attends the Toledo School for the Arts, brought his drawings for visitors to admire. Jordan, an accomplished sketcher, sells his artwork for \$10 on a commissioned basis.

Akira Gross was inspired by her teacher at Rise and Shine Academy to start her own business, "paparazzi," selling jewelry. "My teacher said you can do anything if you believe in yourself," she said. Akira started her business in January selling jewelry on Facebook Live.

Donnetta Carter organized the Tween and Tots event and was assisted by several sponsors. WoodForest National Bank supplied literature for the youth on savings plans; Marco's Pizza supplied the food. Annie Newell, owner/operator of Someone Prayed for Me, not only displayed her wares for guests but also offered a number of items for free to the youthful attendees.

"I want them to be able to come, touch and get the feel of shopping. Hopefully I can get them started in the right direction in their own businesses," she said.



Akira Gross of paparazzi



Annie Newell of Somebody Prayed for Me



Marvon Smith, Genevia Odoms, Breana Hicks-Odoms

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Jordan Collins and his drawings



A Mental Health Moment

By Bernadette Joy Graham, MA, LPC, NCC

Certified Grief Recovery Specialist

If you have completed a mental health assessment you have had some choices to make. Those choices depend upon if you have received a mental health diagnosis or not. If you have been diagnosed, you can seek out a second opinion, set up counseling sessions to receive treatment or do nothing and hope for the best.

If you have not been diagnosed, counseling is still a healthy option. How so? Life happens.

We all experience a range of issues throughout our lifetimes. Some of those issues are not always easy to handle and speaking with a mental health professional may provide some greater insight into making healthy decisions.

For example, a college student who is not sure how to proceed with her future. The student can talk through with the counselor about goals and options. A single mother in a violent domestic relationship may need support and guidance in finding safety for her and the children.

The counselor/therapist is skilled and educated to provide the tools necessary derived from evidenced-based theories that show best how an individual can move towards a successful outcome.

Receiving a mental health diagnosis brings with it an enormous stigma thanks to many of our societal and familial "norms." Unfortunately, in this day and age, individuals still use terms such as crazy, nuts and retarded. No one wants to be labeled. It is bad enough we are judged by many on a daily basis for things not in our control.

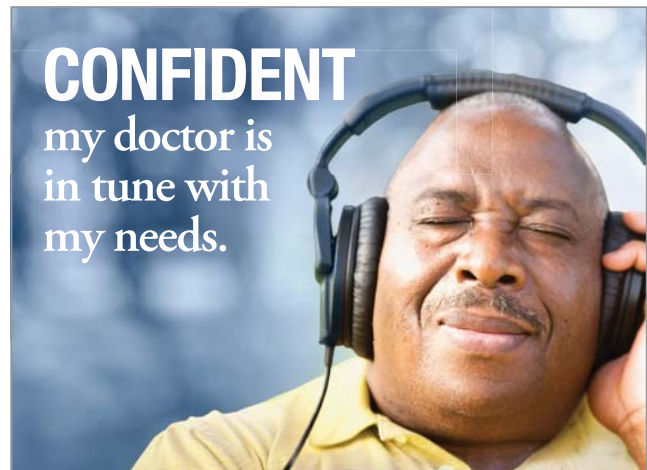
Receiving a diagnosis such as major depressive disorder or bi-polar carries a lot of uneducated weight with no real understanding outside of the

notion that there must be something wrong with the individual and his family. The truth is having a mental health diagnosis is just as "normal" as having a physical diagnosis such as diabetes or high cholesterol.

The real unfortunate truth is that not many individuals see any good in being realistic in these terms because it can be easily hidden. Behaviors can be based on any number of reasons. Mental health diagnoses are based on heredity, genetics, drug abuse, environment or experiences that shaped our development from childhood to adulthood. Many times, it is a combination especially when drug abuse is an issue. Many individuals self-medicate with drugs to escape feeling the symptoms of depression, psychosis or mania.

A typical counseling session is 60 minutes that entails the client building

...continued on page 12



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Mindful Ways to Lose Pounds!

By Angela Steward, Fitness Motivator

The Truth Contributor

Well... More than likely your 2018 New Year's Resolution has faded away and your "swimsuit body" still hasn't arrived! You may start to think it's impossible to lose weight, but don't give up! Your approach could possibly be the problem!

Maybe you jumped in on January 1 with a goal of losing 25 pounds by summer, but realized pretty quickly that the diet you're using isn't giving you the numbers on the scale you thought it would! While making that weight loss resolution, you probably didn't realize summer was many months away...lol!

In actuality, most diets do work - temporarily - but eventually your life will return to normal! You won't live the rest of your life in diet mode! Eventually, real life takes over and fried chicken, mac and cheese, and smothered biscuits start to slide in your mouth pretty easily!

We're all searching for our "perfect" body. In actuality, God gifted us with our perfect body! It's how we've treated our body overtime and our tainted perception of what the "perfect" body is, is the problem! Gaining weight is easy! Why? Because it's mindless! It takes little thought to eat what's in front of us! If we thought about what we eat, why we're eating it, then change it, we'd lose weight pretty quickly, because mindful eating works!

The next step is to put our mindful eating into action! Being mindful of what we're eating and drinking puts us IN CONTROL! By setting realistic weight loss goals and making a few mindful eating changes - you can lose weight and still enjoy the foods you love - on occasion, without gaining weight!

The first step in making a realistic goal is to forget about what or who you compare yourself to in the magazines, or on television, or in everyday life! Most of the people whose body you so desperately want, have more than likely had weight loss surgeries, body altering surgeries, a little tuck here, a little snip there, and a lot of umphhh added up there and back there! So start your weight loss journey with fresh eyes, start with YOU!

Go through your old pictures and find one that reflects a time in your life where you thought you looked your BEST! Chances are, that picture is of a

young lady 17 - 25, who hasn't yet experienced LIFE! Now, insert your LIFE experiences into that picture - by losing a few pounds, using mindful eating habits, and exercising regularly, the person you are today can look even better than that young, inexperienced little girl captured in that picture! We can never go back to how we used to look, but believe me, it's possible to look better! Now go grab that little girl picture, and let's work toward setting realistic goals! Let's lose a few pounds a week!

These few tips can help you lose a few pounds per week:

1. If you don't like vegetables on their own, hide them.

You can save up to 360 calories by adding cauliflower, broccoli or carrots to your salads, casserole and pasta recipes without changes in taste or texture.

2. Use hummus in place of other high-fat dips and spreads (toss the ranch dip, mayonnaise and even high-sugar ketchup).

You'll increase your daily fiber content (making you fuller for longer) and it will save you an average of 250 calories.

3. No cheese - Please!

Removing cheese from one sandwich can save you between 70 and 120 calories. If you skip it for a week, you can save almost 500 calories weekly!

4. Substitute Greek yogurt for sour cream.

If you can't eat your baked potato without sour cream - use Greek yogurt! It could save you 175 calories! Buy the low fat, plain version of Greek yogurt for a great sour cream taste without all the calories and fat.

5. Chew your calories - don't drink your calories!

Getting rid of specialty coffee drinks and sodas can save you between 500 to 700 calories a day! Wow!!!!

6. If you can - Change the color of your coffee back to black.

You can save up to 200 calories in your coffee by passing on half-and-half and non-dairy creamers. If you pass on the sugar as well that's an additional 100 calorie savings. *This is a hard one for me...lol!*

7. Gotta grab & go? Think "kid's size"!

Ordering off the kids menu from fast-food restaurants and "kiddie cups" from the ice-cream parlor can save you up to 500 calories.

8. Try not to eat out so much, and if you do...Eat Half!!

By making your meals at home you can save up to 1,000 calories a day (depending how often you eat). Just think about it! Many restaurants serve your lunch on a dinner plate and serve your dinner on a platter! Ask for a carry out container immediately - put half of your meal in the container and eat what's left on your plate! Enjoy your left overs later!!!!

9. When you eat out - learn to say "on the side, please"!

Asking for salad dressings and sauces on the side (you control the amount of sugar and fat added to your food) you can save up to 400 calories. You're in control, so control it!

10. Cook with cooking spray instead of butter or oil.

By using cooking sprays in place of butter or oil, you're reducing the amount of fat you're using in your pan! Using cooking sprays can save you up to 100 calories.

11. Use balsamic vinegar with oil instead of salad dressing!

By eating balsamic vinegar with oil, you can save up to 200 calories on your salad! Balsamic vinegar is full of flavor, not calories! And chances are - you won't notice a difference.

12. Eat out of a smaller plate! Think 9 inches not 12 inches and up!

Switching from a 12-inch plate to a 9-inch plate will trick your eye into believing you're eating more. This, in turn, will cause you to eat less at every meal.

13. Talk to yourself. Take a few minutes before you eat and ask yourself if you're truly hungry. Am I eating because I'm bored, thirsty or stressed? The answer may surprise you!

14. Exercise, Exercise, Exercise! Do I have to repeat it? Exercise!! Even though my "ladies only" gym "Fabulously Fit" is awesome and I'd love to share my love of exercise with you, you don't have to join a gym to exercise! Walk through our local parks! Dance while you're cleaning your house! Do squats every time you get up out of your chair! Chase your kids and grandkids! Don't sit your body down, move your body!

By following these few small tips, you will start to see actual results soon.

... continued on page 11

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Thoughts on Altering Your Lifestyle and Getting Healthy

A lot of people are struggling with starting a workout program and eating better. I have been a part of a few weight loss programs this last month and everyone is having the same issues. People say that they lack the time to dedicate to a consistent regiment and are making poor food choices on top of that. I can sympathize with that to a point, but not completely.

Make time! You make time for anything else that you want to do and this should be no different, considering that you really want to make the changes. People seem to make mountains out of mole hills and turn this into a bigger problem than it needs to be. They seem to think that they have to rearrange their whole life in order to obtain a healthier lifestyle.

You do not have to make more than 30 minutes a day in order to make a significant difference in your health. It is about time management and making time for the things that are necessary. It takes some sacrifice of your old lifestyle and implicating new things that benefit your new goals.

Schedule a half hour into you day first thing in the morning. Oh wait, that interferes with your sleep right. Well how about going to bed a half hour earlier. Get off of your phone and go to sleep. Perhaps you can take a half hour before bed. You can exercise while you're watching "Dancing with the Stars" or whatever you're into.

Just stop making the excuse that you have no time because you have bad time management.

You can start by doing very simple movements such as pushups, crunches, lunges or squats, jumping jacks, mountain climbers, steam engines or any exercises you choose. If you can only get 15 minutes at first then at least get that in. Start with five reps of everything and work up from

there. As you get stronger and better you can increase your time and reps. This along with cleaning up your eating will make a big difference in your conditioning.

The most important thing about eating healthy is being prepared. Most people fail in their attempts because they are not prepared, get hungry and eat the first thing they can find. While you are cooking make extra food, cut vegetables, boil eggs and have fibrous fruits available for you to eat. It's so much easier when you have healthy foods available and ready. This really doesn't take that much extra time.

Remember to keep it simple and stick to foods that are easy for you to prepare and that you enjoy. Don't make this harder than it needs to be. Don't bring that extra stress into this attempt to be healthier. This is a life change, a life style, not a temporary fix. Work this into your life so that it becomes part of your daily routine and declare this as your new life. Visualize your workouts, your meals and how you want to look. Visualize yourself the way you want to be and how you want your lifestyle to be.

Good luck and UNLEASH YOUR HERO.

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Health Department Reports Elevated Flu Activity

The Toledo-Lucas County Health Department is experiencing elevated flu-related hospitalizations within the community. Lucas County has 538 confirmed Influenza-associated hospitalizations since October 2017. In order to protect yourself from the flu, please take the following steps:

- Try to avoid close contact with sick people.
- While sick, limit contact with others as much as possible to keep from infecting them.
- If you are sick with flu-like illness, stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone for 24 hours without the use of a fever-reducing medicine.)
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.

- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs like the flu. "Everyone older than six months of age and able to be vaccinated against should get a flu shot. If you have not yet been vaccinated this year, it's not too late. When you get vaccinated, you are not just protecting yourself. You are also protecting the people you love," said Health Commissioner, Eric Zgodzinski.

The Toledo-Lucas County Health Department offers the Quadrivalent Influenza Vaccine, protecting you from four different flu viruses, and high-dose for those 65 years and older. For individuals requiring special accommodations, please contact the Health Department at 419-213-4163 to set up an appointment.

Lose Pounds.. continued from page 10

Your summer body can actually be here sooner than you think!!

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 Angela R. Steward, Owner
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“No Mic Night Reunion” for Area Authors

PRIZM Creative Community is sponsoring a “No Mic Night Reunion” on Tuesday night March 13 for area authors to enjoy an evening of camaraderie and peer review. The session will be held at the “Gathering Volumes Bookstore, 196 E South Boundary St. in Perrysburg from 6:30- 8 p.m.

Over the last eight years, many area authors have attended the informal literary review sessions sponsored by PRIZM at its venue partners: Books A Million in Levis Commons, and at The Way Public Library in Perrysburg. The program over the years has featured tips on creative writing and getting published by both area professionals as well as peer reviews by local authors. The evening will be a chance for alumni to catch up with friends or interested writers to attend and learn or to become aware of ongoing creative writing work.

Attendees will hear a short summary by host Denise from Gathering Volumes sharing her vision of supporting the local literary community, and will then allow time for author sharing. Participants are encouraged to bring a dozen copies of the selection they will read for the audience share so that listeners can document feedback and return to the author. Selections should be no more than 5 minutes long. Leading the feedback discussion will be local author Sandra Rivers-Gill.

A native of Toledo, Rivers-Gill retired from the University of Toledo and has immersed herself in poetry, prose, photography, performance and playwriting since then. “I enjoy the creative writing process from inspiration to fruition, and the power that words have”, she remarked.

In addition to receiving recognition from PRIZM sponsored events, Rivers-Gill has garnered creative awards from the Toledo Arts Commission, the Toledo Museum of Art and the Toledo Artists Club and the African American

Legacy Project; with publications in *The Kerf*, *UChange* and *Flight Literary Journal*. A graduate of the University of Toledo in communication, she volunteers as an instructor teaching poetry to women in recovery, and is currently compiling books of poetry and short stories. Rivers-Gill is married with children and grandchildren; and enjoys a family who supports her many creative endeavors.

This FREE and open to the public program is for community members who enjoy all genres of Creative Writing. Participants can expect to receive inspiration, motivation, and useful feedback within an informal atmosphere. One need not share a manuscript in order to attend, but are welcome to just enjoy, or take notes and learn.

PRIZM Creative Community is a nonprofit 501 c. 3. for education, collaboration, and service in the literary and visual arts supported by The Ohio Arts Council, the Toledo Community Foundation and many public and private donations. Our projects can be found at www.MyPrizm.com We welcome your participation.



Sandra Rivers-Gill

Richardson Urges Action on Private Prisons

Last week, Cincinnati attorney and candidate for Ohio Treasurer, Rob Richardson sent a letter to current Ohio Treasurer Josh Mandel urging him to conduct a fiscal and economic impact study into Ohio's prison system.

“I'm writing out of a deeply personal concern about one of the most devastating trends over the last decade in Ohio. With the rise of for-profit, private prisons, Ohio now has one of the highest levels of mass incarceration in the country, tearing families apart and costing taxpayers \$1 billion every year,” writes Richardson. “Taxpayers have a right to know how much of their tax dollars are being used to line the pockets of private prisons. This money could be used to more adequately invest in education equality, affordable healthcare, and better paying jobs. By re-focusing our state's resources into lifting people up, rather than locking them up, we can keep more families together and grow our state's economy.”

Rob Richardson is a former chairman of the University of Cincinnati Board of Trustees. During his tenure he established the UC Scholars Academy for students in Cincinnati Public Schools, where he raised hundreds of thou-

sands 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.

Tarta.. continued from page 6

corridor with over 8000 daily vehicle movements. The 2017 Downtown Master Plan identifies the objective to redesign the street to improve non-motorized connectivity between the Vistula neighborhood and downtown, with Huron Street as a major pedestrian gateway. The transit center presents an opportunity to focus pedestrian infrastructure at Cherry/Huron, connecting bus bays and destinations on all sides of the intersection.

The proposed Transit Hub is an existing two-story structure at 612 N. Huron Street in downtown Toledo. This building will contain a climate-controlled indoor waiting area of approximately 5,000 square feet. The waiting area will provide various amenities, including restrooms and water fountains, an information area and attendant booth or service counter, and an active monitoring technology to be monitored by TARTA customer service and security personnel. TARTA will use the upper floor of this building for administrative and office functions. The building has roof-top parking, and will include a sheltered bicycle parking station. Street furniture will also be installed, including bicycle racks, benches, trash receptacles, wayfinding and directional signage, traffic control related to multiuse path crossings, and outdoor canopies.

Mental Health Moment.. continued from page 9

a relationship with the counselor/therapist and voicing her needs and goals. The client agrees to a number of sessions based upon the issue(s) at hand. Success of the sessions depends upon the openness and the ability to communicate with the counselor/therapist.

The client is not expected to open up full force on the first session and that is why over time a relationship is built and the counselor/therapist is better equipped to provide the help necessary to meet the client's needs and goals. Most important, mental health counseling is strictly confidential. It is unethical and illegal for a counselor/therapist to disclose any information outside without written release of information by the client or a request from a court system.

Also, counselors/therapists are mandated to report any information if suicidal or homicidal ideation is present or in cases of child abuse. Lastly, if you do not feel comfortable with the counselor/therapist you may request a referral to another counselor/therapist.

Take a mental health moment and ask yourself if counseling would add to the well-being of your livelihood. Life happens and when it does you want to be equipped to take it on successfully.

Bernadette Graham, is a licensed professional counselor, national certified counselor and certified grief recovery specialist.



Black Fortunes by Shomari Wills

By Terri Schlichenmeyer
The Truth Contributor

A dollar doesn't buy as much as it used to.

Once upon a time, you could get a good steak and a drink for under ten bucks. You could buy a house for less than five figures, and it was big enough to raise a good-sized family in it. A dollar used to stretch farther, last longer, buy more, and in the new book **Black Fortunes by Shomari Wills**, it took fewer dollars to make someone rich.

Growing up, Shomari Wills heard many stories about his uncle, "the millionaire" son of a slave who became a rich man. Such a tale, says Wills, is an "overlooked subject" in American history.

Strictly speaking, he says, the first Black millionaire in America was William Alexander Leidesdorff, real-estate mogul, philanthropist, and friend to the powerful, who lived in San Francisco well before the Civil War.

But this book isn't about Leidesdorff.

It's about Mary Ellen Pleasant, who received an inheritance from her late first husband, and parlayed that "small fortune" into a much larger one that she used as an activist. It's about O.W. Gurley who bought land in Oklahoma and built a predominantly Black town that was exceptionally prosperous – especially for Gurley.

It's about Annie Turnbo Malone and her protégée, Sarah Breedlove. After Emancipation, Malone made it her mission to create hair and beauty products that worked specifically for Black women. Once her business was successful, she hired salesladies – one of which was Sarah Breedlove, who married C.J. Walker and created her own product to rival her mentor.

It's about Robert Reed Church, former slave, favorite son of Memphis,

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301 pages

and the richest Black man of his time. Even now, more than a century after his death, his legacy can still be seen in his adopted home town.

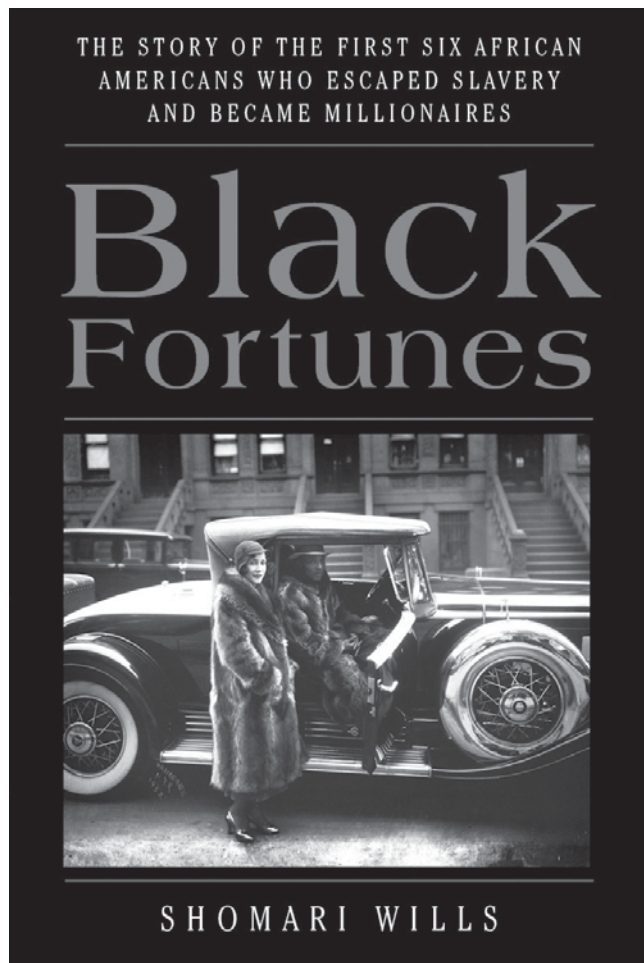
And it's about Hannah Elias, who spent most of her life in scandal and built her wealth with the money of her lovers, then disappeared. To this day, says Wills, nobody knows where Elias landed – or how much of her ill-gotten fortune was intact.

Black Fortunes is a good idea in bad need of an editor.

Over and over, I found dates that didn't match, incorrect information, statements that conflicted with other statements, silly repetitions, and a lot of "huh??" moments. After awhile, these errors superseded any information I was gleaning.

Still, author Shomari Wills offers interesting, thoughtful tales that basically show readers how Black entrepreneurs – some of whom could barely read or write – changed U.S. economics and paved the way for later wealth-builders and, in some cases, for overall equality. Wills admits in his introduction that he brought these stories forth, even though "Few records exist" from his subjects' times, and diaries and letters were largely non-existent.

That would explain the deep novelization of the tales, which is not the bigger distraction; lack of attention and a red pen are more the issue. Even so, with a dose of patience, this book is worth a look. Just be aware that *Black Fortunes* isn't what you may be used to.



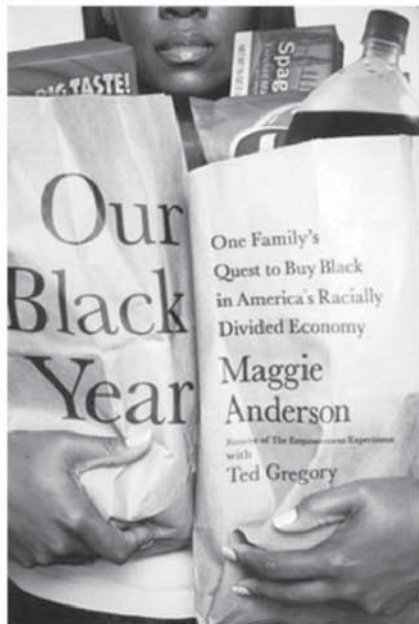
Shomari Wills



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CLASSIFIEDS

March 7, 2018

Page 15

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NOTICE TO BIDDERS

SEALED PROPOSALS for bidding on **Metroparks Springer Farm Pond Construction, 9725 Monclova Road, Monclova, Ohio 43542** will be received; opened; and read aloud at the Metropolitan Park District of the Toledo Area, Fallen Timbers Field Office, 6101 Fallen Timbers Lane, Maumee, Ohio 43537 **Friday, March 16, 2018 at 3:00 p.m.** local time.

THE SCOPE OF WORK consists of pond with wetlands construction. General construction includes clearing and grubbing, erosion control measures, mass excavation and adjacent embankment of pond spoils, fine grading, site stabilization seeding & mulching, and natural habitat structures. Bidders may obtain copies of plans, specifications, contract documents and planholder's list through Newfax Corporation, 333 West Woodruff, Toledo, Ohio 43604 between 8:30 a.m. and 4:30 p.m., Monday through Friday (check made payable to Newfax Corporation) or via the Newfax Digital Plan Room at www.newfaxcorp.com. Newfax can be contacted at 419-241-5157 or 800-877-5157. A non-refundable fee of \$20 is required for each set of documents obtained. For additional information, please contact Jon Zvanovec @ 419-360-9184, jon.zvanovec@metroparkstoledo.com.

EACH BIDDER MUST FURNISH either (1) a bond for the full amount of the bid or (2) a certified check, cashier's check or irrevocable letter of credit in an amount equal to ten percent (10%) of the bid with its bid. The successful bidder must furnish a 100 percent (100%) Performance Bond and a 100 percent (100%) Labor and Materials Bond.

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EMPLOYMENT OPPORTUNITIES

Lucas Metropolitan Housing Authority (LMHA), located in Toledo, OH is seeking experienced applicants for the following position(s): Director of Security Operations & Clerical Specialist/File Clerk. For complete details, visit www.lucasmha.org/Careers. Deadline: 03/16/18. This is a Section 3 covered position(s). HUD recipients are encouraged to apply and are to indicate on the application if you are a LMHA Public Housing client or Housing Choice Voucher Program participant. Persons with disabilities are encouraged to apply. NO PHONE CALLS. Equal employment opportunity shall be afforded to all qualified persons without regard to age, race, color, religion, religious creed, gender, military status, ancestry, disability, handicap, sexual orientation, genetic information or national origin.



ADVERTISEMENT FOR PROPOSALS TOLEDO-LUCAS COUNTY PORT AUTHORITY TOLEDO, OHIO

NOTICE IS HEREBY GIVEN that Sealed Bids will be received by the Toledo-Lucas County Port Authority for all labor, material, insurance, and equipment necessary for the **Rehabilitate Taxiway D - Lighting** project located at Toledo Express Airport in Swanton, Ohio 43558, in accordance with the approved plans and specifications. The engineer's estimate for the base bid for the project is approximately \$875,000.00

Bids will be received at the Port Authority's administrative offices at One Maritime Plaza, Toledo, OH 43604 until Thursday, March 29, 2018 at 1:00 PM, at which time and place all bids will be publicly opened and read aloud.

Plans, Specifications, Instructions to Proposers, and Forms of Proposal and Contract are on file and may be obtained by either (1) obtaining hard copies from Becker Impressions, 4646 Angola Road, Toledo, OH 43615, phone 419.385.5303, during normal business hours, or (2) ordering from Becker Impressions, via their website www.beckerplanroom.com at a cost of reproduction.

Please note that there will be a pre-bid meeting for this project for all prospective bidders on Wednesday, March 14, 2018 at 1:00 PM in the Banquet Room in the Toledo Express Airport terminal building, 11013 Airport Highway, Swanton, Ohio 43558. Attendance is suggested, but not necessary. Please submit all questions to the Port Authority, Tina Perkins at Projects@toledoport.org by Monday, March 19, 2018 at 10 AM local time. Attendance is suggested, but not necessary. Additional information can be found at www.toledoport.org

Toledo-Lucas County Port Authority
Paul L. Toth, Jr., P.E., President & CEO

Call to place your ad

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Ella P. Stewart Students Bring Black History to Life

Sojourner's Truth Staff

Twenty third grade students brought black history to life on Wednesday, February 21 as they entertained and educated visitors on the lives and accomplishments of 20 women who have figured prominently in African-American history – national and local.

Third grade teacher Jackie Morris, now in her 15th year of organizing the Living Wax Museum that pays tribute to historic African-American women, tasks her students with researching the lives of women. Once the essays are complete, they are distilled into short time-bites that the students recite when approached by visitors to the Living Wax Museum.

This year the third graders presented glimpses into the stories of Alice Parker, inventor of a gas heating furnace; Stephanie Tubbs Jones, former U. S. Representative from Cleveland, OH; Moms Mabley, comedian; Gabrielle Douglas, Olympic gymnast; Kim Fields, actor; Shirley Chisholm, former U.S. Representative from Texas and a candidate for president; Mary McLeod

Bethune, educator; Fannie Lou Hamer, activist; Lyda Newman, inventor; Ruby Bridges, a New Orleans, LA student; Bessie Coleman, aviator; Condo-leeza Rice, former Secretary of State; Jocelyn Elders, former U.S. Surgeon General; Rosa Parks, civil right icon; Ella P. Stewart, local activist; Mae Jemison, astronaut; Wilma Rudolph, Olympic track star; Phillis Wheatley, 18th century poet, Paula Hicks-Hudson, Toledo's first female black mayor and, our personal favorite, Sojourner Truth, abolitionist.



Actress Kim Fields talks to eager listeners



Fannie Lou Hamer



Lyda Newman



Moms Mabley tells her story



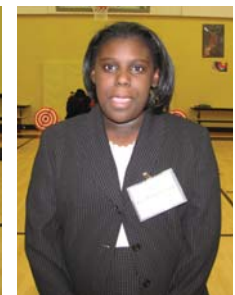
Sojourner Truth



Stephanie Tubbs Jones



Mae Jemison



Mary McLeod Bethune

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