



Local and National News

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The *Sojourner's* Truth

Volume 50, No. 8

"And Ye Shall Know The Truth..."

June 6, 2018

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St. Anthony Catholic Church, Corner of Junction and Nebraska

Smart On Race

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

The Truth Contributor

The struggle is much more difficult now because racism is more entrenched and complicated.

- Angela Davis



Oh, Jesus! The response to Roseanne Barr's reprehensible racist rant on twitter was not only swift but also strong.

Barr, the co-creator and star of American Broadcasting Companies' (ABC) number one rated sitcom "Roseanne" had tweeted: if the "muslim brotherhood & planet of the apes had a baby = vj." This reprehensible anti-black, Islamophobic and misogynist slur was targeted at Valerie Jarrett, the ultra classy senior advisor to former president Barack Obama.

Within a matter of only a couple of hours, ABC's Channing Dungey, in a thunderous clapback, personally cancelled the rebooted "Roseanne" show stating: "Roseanne's Twitter statement is abhorrent, repugnant and inconsistent with our values."

Evidently, the fact that the show garnered \$45 million in advertising revenue this season made little difference to Dungey, the first black entertainment president of a major television network and also a woman.

Is there a sense of satisfaction or sweet revenge?

No doubt.

While black women have always "controlled things" from behind the scenes, many across the landscape of Black Twitter viewed Dungey's power-house response to Roseanne Barr as a seminal moment in the rise of capable black women in powerful public spaces today who are "taking authority."

Yet, while expressions of racial hostility have increased and are more open during the current White House administration, which has appeared to provide green lights through its own words and actions, it is a mistake to focus only on the vile and viciousness of the rhetoric.

For every person like Roseanne Barr, there are millions of "good-intentioned whites" who are shocked by her comments and their condemnation is sincere, but who also perpetuate the same race-based domination of the past because they do nothing to confront the dynamics of contemporary racism.

This allows "racism without racists" to exist and "regular white folks" to distance themselves from racism, says James B. Duke Distinguished Professor and sociologist Eduardo Bonilla-Silva of Duke University.

"It is their 'killing me softly' approach, which explains black and brown poverty, high unemployment and higher incarceration rates as the product of their culture or due to seemingly non-racial market dynamics, that prevents us from moving forward in the race terrain," he told me last week before jetting off for a Memorial Day weekend get away.

"Although racial animus has increased in Trumpamerica, corporate America has to respond to consumers who wish to see themselves as 'beyond race.'"

The Sojourner's Truth

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Even most of Trump supporters claim to be 'not racist' and decry comments such as those of Barr.

That the person (Dungey) at Disney (which owns ABC), happens to be a black woman, the fact is that Disney has also been working hard at revamping its racial image and adding shows and movies (e.g. *Black Panther* and *Blackish*) to signify the change. These things matter and thicken and add texture to what I have called 'the new racism' system of racial domination," he adds.

The truth is, that contemporary forms of racism, although more subtle than the in-your-face racism of a Roseanne Barr, create and recreate racial inequalities and disparities that are silent but perhaps more destructive.

There is, as Bonilla-Silva points out in his work, a higher propensity for the State to incarcerate, arrest or brutalize blacks compared to whites. The median net worth of whites is \$142,000 per person compared to black wealth of \$11,000. The labor market is less likely to hire blacks than whites even for low-level service jobs and if blacks do happen to get hired they find a lack of upward mobility as an ordinary way of life as they are less likely to receive promotions.

With the courts now requiring a "smoking gun" or higher burden of proof of discrimination, we must continue to condemn the hateful speech of the Barrs, KKK and the Tea Party.

However, if we are smart, really smart, we also need to confront the subtler, sophisticated and silent but destructive actions and forms of contemporary nationalism, supremacy and privilege.

Perhaps dynamic businesswomen like Channing Dungey or powerful black women on the rise such as Georgia gubernatorial candidate Stacey Abrams and many others are just what we need to move us forward.

They have the strength. They have the respect. They understand the struggle in all its dimensions. And they are smart

Contact Rev. Donald Perryman, D.Min, at drdlperryman@centerofhope-baptist.org

Community Calendar

May 30/June 28

Main Library Community forum about the ways the renovated Library space can best be used to provide lifelong learning and opportunities: 6 to 8 pm; Huntington Room; Each forum will build on community discussions from preceding forum/s, so attending all three forums will provide you with the broadest understanding of the renovation. However, if you are only able to attend one or two forums, your input will still make a difference! Areas of discussion will include:

- Overview of project and key decision points
- Serving community needs during Main Library's temporary closure
- How to use the new spaces following renovation

Discussions will be interactive, including the Library sharing information and seeking information from participants. The information shared and feedback provided will be shared on the Library's website (LINK) along with a tool for people unable to attend the meetings to submit feedback

June 4-8

Vacation Bible School: "Follow the Leader;" United MBC; 5:50 to 8 pm; Free light dinner served from 5:30 to 6 pm

June 10

New Prospect Baptist Church Anniversary Month: 4:00 p.m. Ebenezer Baptist Church will be the guest, Rev. J.L. Jordan, Pastor

June 24

New Prospect Baptist Church Anniversary Month: 4:00 p.m., Fourth St. Baptist Church will be the guest, Rev. Nathan Madison, Pastor

Community Leaders Fight to Stop Demolition of St. Anthony Catholic Church

Sojourner's Truth Staff

The demolition of St. Anthony Church, at the corner of Junction and Nebraska, is scheduled for the month of June and the prospect of the loss of the historic structure has community leaders, and area residents, eager to find a way to salvage the building. The Catholic diocese, however, has turned a deaf ear to the pleas of the community and the Demolition contractor is at the gates ready to level the church that was built in 1894 and whose steeple is such a part of the neighborhood's physical identity.

On Saturday, June 2, a number of elected officials and community activists gathered to voice their disapproval of the diocese's plan to raze St. Anthony, pleading for a chance to save the building which was closed in 2004. They cited the history of the building and the neighborhood; offered, in some cases, personal experiences with the now closed parish and criticized the diocese for the failure to consider the community's concerns about the proposed demolition.

"The diocese says 'the decision has been made, there's nothing to talk about,'" said Toledo Councilman Peter Ujvagi in his opening remarks. "We need to do everything we possibly can to preserve this building."

The speakers included Congresswoman Marcy Kaptur, Mayor Wade Kapszukiewicz, former Mayor Carty Finkbeiner, former Mayor Paula Hicks-Hudson, Councilman Larry Sykes, former City Council President Louis Escobar, labor leader Sean Enright and community activist, and president of the Junction Coalition, Alicia Smith.

"I deeply wish our community can accomplish something good here," said Kaptur. "Great cities are defined by their past ... we can't lose the appreciation of that history." Kaptur explained in some detail the history of St. Anthony - named for the saint Anthony of Padua. The church was constructed at a time in which the neighborhood filling up with Polish immigrants. The area was called Kuschwantz, explained Kaptur, "the tale of the cow" in contrast to the more upscale Polish area of Lagrinka along Lagrange Street.

"We will be losing an important part of our history," said Kapszukiewicz, who spoke of his own connection to the church and parish on his mother's side.

Now, of course, the community is primarily African-American and non-Catholic. The Junction Coalition and the Padua Center - which sits adjacent to the church - are working



Congresswoman Kaptur makes the case for saving St Anthony

to revive the area. Finkbeiner called the Junction Coalition under Alicia Smith's leadership, "the most vibrant community coalition in Toledo."

"We are here about history, the present, and definitely, the future," said Hicks-Hudson. "Things are happening today in this neighborhood. We have tried to have conversations about the use of this building - all has fallen on deaf ears. All we are asking for is time to evaluate the building."

The demolition is being handled by I.J. Irving & Son's Demolition of Napoleon, a firm that Enright disparaged during his remarks as being frequently unfair to its workers and untimely in meeting its financial obligations. The diocese is donating the land to the Padua Center. Demolition can start any day now.

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Senator Brown Introduces Two Bills to Curtail Algal Blooms in Lake Erie

Special to The Truth

State Senator Edna Brown (D-Toledo) recently introduced two pieces of legislation to regulate the application of fertilizer and manure in Ohio and address the long-term health of Lake Erie.

Senate Bills 303 and 304 aim to decrease the amount of phosphorus and nitrogen that flow from Ohio's farms to Lake Erie and Ohio's waterways. Studies have established that high levels of those substances, which are found in fertilizer and manure, feed the toxic algal blooms that have plagued the lake, particularly its western basin.

SB 303 implements more sustainable manure application standards at large livestock operations, by:

- Requiring that owners or operators of animal feeding facilities file annual reports with the Ohio Department of Agriculture detailing the total amount and location of manure applied on their fields, and of the manure sold or transferred to other parties.
- Requiring that certain livestock producers develop and follow plans to prevent agricultural pollution.
- Strengthening and streamlining the enforcement of the law.

"By now, we should recognize the effects that nutrient runoff has on our waterways," said Senator Brown. "We can't protect Lake Erie — and North-



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Also present to support the movement to stop the demolition were Councilmen Larry Sykes, Sandy Spang, Gary Johnson and Cecelia Adams, PhD; Lucas County Treasurer Lindsay Webb and assorted clergy including Revs Cedric Brock and James Willis.

The neighbors would prefer to see the church remain as part of the community, remodeled and serving as a community center. Councilwoman Yvonne Harper, in whose district St. Anthony sits, has said the building could be converted to a farmers' market, a place for children and a meeting place. The community's pleas have been ignored by the diocese.

Especially irked by the diocese's unresponsiveness was Escobar, who was a member of St. Anthony's congregation in his youth and a student at the school. The former altar boy urged concerned citizens to contact Pope Francis directly and express their displeasure of the diocesan actions. "The bishop is not listening to the people," said Escobar, a former Catholic priest. "The people need to be heard."

On Sunday, the City of Toledo issued a stop work order citing a problem with the demolition permit. Once the necessary paperwork has been completed, the demolition can go forward, said a city spokesman.



Former Mayor Paula Hicks-Hudson (Alicia Smith to her right) speaks of the importance of the historic structure

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TARTA's Strategic Plan Takes Shape – Awaits Approval

By Fletcher Word

Sojourner's Truth Editor

In 2017, The Toledo Area Regional transit Authority attempted to get a new funding model approved by its nine principals – seven member communities, the TARTA board and the Lucas County Board of Commissioners. Had the mass transit authority gained that approval, the measure would have been placed on the county-wide ballot for approval by the voters. The unanimous approval was not forthcoming, primarily because it was felt that TARTA had not done enough to strategically change its mass transit concept.

In 2018, TARTA has done just that – put together a plan that will dramatically alter its mass transit concept - expanding service, improving service, improving efficiency, introducing new programs and innovative technologies. It's a plan that has been conceived after a lengthy public research study that examined not only what current and potential riders want and expect but also what a variety of public transit systems from around the nation are offering to their customers.

In order to create a strategic plan that would win the approval of member communities and the voters come election time, TARTA teamed up with Hart Associates, the area marketing firm, and AECOM, a multinational engineering firm. The new strategic plan – Move Toledo – is an effort to respond to regional changes; to address problems identified with current services; to make it easier to use public transit; to identify adequate funding and to create efficiencies if operations.

And now TARTA will be seeking approval once more from its membership in hopes of getting the plan on the ballot and before the voters in time for the forthcoming November election.

The result of that study is a plan that includes advances in three key areas: core improvements – a makeover of current services and funding; technology – changes that will enhance the rider's experience and alternative fuels to improve efficiency; new services – that will grant broader access and offer more personalized transportation options.

The area of core improvements presents the immediate impact to riders in streamlining main-line services, updating the aging fleet, enhancing services for the elderly and for passengers with disabilities and creating a citizens committee.

The key to the whole package, however, is funding – finding more funding with greater flexibility. Ultimately, a change in funding is the issue TARTA is waiting for member communities and the Board of Commissioners to approve. That change is critical, says CEO/General Manager James Gee, in order for TARTA to bring enhanced and improved services to more area customers.

The proposed change would eliminate the property tax that provides 46 percent of TARTA's funding and replace that source with a county-wide sales tax – an increase of .05 percent. There are three benefits to this change, says Gee. First, area property owners would not have to pay the 2.5 mill in taxes; second, much better transit service would be provided and, third, of the proposed .05 percent increase in sales tax, one-third of that amount would

go back to the member communities for infrastructure improvements.

Part of the reasoning behind switching from property tax to sales tax is the inflexibility the current system has in raising revenues. While the costs for TARTA have gone up over the years, revenues from property taxes haven't.

TARTA has raised fares to try to compensate for the loss of revenue from stagnant property taxes and federal assistance (which comprises

31 percent of the operating budget) but, as Gee says, there are two problems with raising fares. "One, we lose passengers and, two, we hurt folks who need transit the most."

Now that the plan is complete, the city councils of the member communities – Maumee, Ottawa Hills, Rossford, Sylvania, Sylvania Township, Toledo and Waterville – along with TARTA's board and the Lucas County Board of Commissioners, will vote on approval. If the vote is unanimous, then it's up to the voters.

"We'll see," says Gee. "We just want the voters decide. If voters want to remain status quo or if they want to eliminate the property tax ... it's their choice." But, says Gee, the member communities have told the transit system "we need a new vision for TARTA." The new strategic approach, he repeats for emphasis, has the advantages for "getting rid of property taxes, getting a better public transit system and improving streets and infrastructure."



James Gee



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Summertime is for Grilling

By Patrice Powers-Barker, OSU Extension, Lucas County

The Truth Contributor

Grilling food in the summer is a great way to keep the kitchen cool, cook up some tasty food and try some healthy new recipes. Most people have their favorite recipes and techniques for grilling. This article will share reminders for keeping the food safe as well as suggest small changes for healthier eating.

No one wants to be sick any time of year but especially not summertime. The following steps for grilling (as well as other food preparation) will help reduce the risks of getting and sharing foodborne illness. To help keep spaces clean, use warm soapy water or use disposable cleaning wipes.

It's important to keep fresh fruits, vegetables and cooked meat separate from raw meat. Defrost frozen food in the refrigerator and marinate foods in the refrigerator. When marinating raw meat, do not reuse the marinade on cooked meat. Choose to either marinate the raw meat and dispose of the marinade or take the marinade and boil it (after touching raw meat) before using it with cooked foods. To help keep raw meat separate from cooked foods, use two sets of plates – one for the raw meat and one for the cooked food. In a similar way, use a different cooking tool to place the raw meat on the grill versus the cooking utensils used to remove, serve and cut cooked meat. Use a cooking thermometer to make sure grilled foods are cooked to a safe temperature and not overcooked. Hamburgers and ground meat should be cooked to at least 160 degrees and chicken should be 165 degrees.

There has been some question about the safety of cooking meats at high temperatures. According to the American Cancer Society, chemicals created

by cooking meat at high temperatures may raise the risk of cancer. One way they recommend reducing the risk is to line the grill with heavy foil and then poke some holes in the foil. The fat from the meat will drip through the holes but the smoke won't be as heavy on the meat. If not using foil, remember to clean charred bits from the grill before cooking and from your food before eating.

Try some healthy food tips this summer on the grill:

- Try new recipes featuring chicken and fish while eating a little less ground beef and sausage
- Marinate a skewer filled with chicken or shrimp along with added vegetables like pepper and onion slices and grape or cherry tomatoes.
- To grill vegetables, either line a skewer or cut in long, wide pieces to lay on the grill or the foil. Add a tiny bit of olive oil or vegetable oil before grilling and sprinkle with your favorite seasonings and herbs.
- Grill your dessert! Grill pineapple slices or peaches to bring out their natural sugars.

What's happening in the community this summer?

The Ohio State University Extension office in Lucas County is pleased to announce that we are participating on a statewide project called weGrill. WeGrill is an 8 session program for fathers and their child between the ages of 10-16. The program will focus on healthy grilling as well as strengthening their relationship. By the time this article is published, we anticipate that the class might be full but you can find out more information at <http://lucas.osu.edu/wegrill>. Even if you are not a father or a participant in the summer we-Grill program, check out the monthly nutrition articles this summer to learn about what the weGrill teams cook up!

Lunch (and sometimes breakfast, snacks or dinner, depending on the site) is served while school is out. During the school year many children in our community rely on the school lunch program for balanced meals. When school is out for the summer, meals are served at locations such as libraries, parks, schools, places of worship and community centers. The Summer Meal Partners (SMP) of Northwest Ohio is dedicated to making sure every child is offered nutritious meals at no cost each summer. SMP is a collaboration of community organizations that have joined together to form community wide partnerships designed to create enrichment opportunities at summer meal sites. For a list of over 100 site locations that serve summer meals in the Toledo area, please visit the Connecting Kids to Meals website at <http://www.connectingkidstomeals.org/our-work/summer-meals/>

Information for the article from the American Cancer Society and Academy of Nutrition and Dietetics

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Contact

Autumn Gineen Ph:(567)318-2248

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Community Cessation Initiative Aims to Reduce Smoking in Lucas County

Special to The Truth

According to the Centers for Disease Control and Prevention (CDC), tobacco use remains the single largest preventable cause of disease and death. One in every seven (14 percent) Lucas County adults are smokers. The diseases caused due to tobacco use include: cancer, heart disease, COPD, and many other chronic illnesses. If someone is able to quit smoking, they greatly reduce their chance of being diagnosed with a deadly disease later in life.

The Toledo-Lucas County Health Department has launched the Community Cessation Initiative (CCI), funded by the Ohio Department of Health, aimed to help individuals quit tobacco use in Lucas County and surrounding areas.

Lucas County reported in 2017, 17 percent of the African-American population and 24 percent of adults with an annual income less than \$25,000 were smokers. The CCI program offers access to free tobacco

cessation services to help residents in Lucas County quit using tobacco products. By partnering with non-profits, organizations and hospitals in Lucas County, CCI has created a network of providers dedicated to offering high quality tobacco cessation services.

Health Educators with CCI help determine what type of cessation services best fit the individual's needs. Cessation partners may provide individual, group, and telephonic counseling at a large variety of locations across the county. Health Educators will also guide the journey to quit tobacco use and provide relapse management at no cost.

Both Spanish and Arabic translators are available for assistance, if necessary. The benefits of quitting smoking are invaluable and include saving money, immediate health improvements, and the happiness of loved ones who are able to see healthy choices being made. If you, a family member or friend are ready to

quit using tobacco products, help is available.

The Community Cessation Initiative is interested in adding both providers and referral partners, including medical professionals, community health workers, faith based organizations, social services, or any agencies providing to Lucas County residents.

Referral partners connect individuals who are ready to quit smoking to the CCI network. Provider partners perform cessation services, [so long as they meet program guidelines set by the Ohio Department of Health.] Agencies interested may contact Mahjida Steffin, Tobacco Cessation Acting Program Coordinator and Health Educator, at 419-213-4792 or stefinm@co.lucas.oh.us.

Call the Toledo-Lucas County Health Department at 419-213-4558 or e-mail tobaccofree@co.lucas.oh.us to start your journey to a healthier, tobacco free lifestyle!

Avoiding Possible Exposure to Rabies and Wild Animals

Toledo Lucas County Health Department officials are reminding residents that bats become active during this time of year, which means the possibility of exposure to rabies is increasing. A bat tested positive for rabies in East Toledo this week and was the first in Lucas County for 2018.

Rabies is a virus that affects the nervous system in humans and other mammals. A person may contract rabies through a bite, scratch, or saliva from an infected animal. A bat bite or scratch may not be seen or even felt by the injured person due to the small size of its teeth or claws. A potential rabies exposure should never be taken lightly. If untreated, rabies is fatal.

Animals do not have to be aggressive or behaving erratically to have rabies. Changes in any animal's normal behavior can be early signs of rabies. Bats that are on the ground, unable to fly, or active during the day are more likely than others to be rabid. Such bats are often easily approached but should never be handled.

Recommendations to help prevent the spread of rabies:

If a bat is in your home, do not release the bat outdoors until after speaking with animal control or public health officials. It may be possible to test the bat and avoid the need to receive rabies treatment. 2. Teach children never to handle unfamiliar animals, wild or domestic, even if they appear friendly. 3. Keep vaccinations up-to-date for all dogs, cats, ferrets and other animals you own

Ohio Administrative Code 3701-3-28 states: "Whenever a person is bitten by a dog or other animal, report of such bite shall be made within 24 hours to the health commissioner of the district in which such bite occurred." Please call the Health Department at 419-213-4100 option 3 to report a bite or with additional questions.

For additional resources on animal bites and rabies, please visit: <http://www.lucascountyhealth.com/community-health/animal-bites/>

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AKAs Hold Community Impact Day

On Saturday, May 26, 2018, members of the Zeta Alpha Omega Chapter of Alpha Kappa Alpha Sorority Incorporated® participated in the Community Impact Day for 1908 Playground Mobilization Day. The event was held at the YWCA Northwest Ohio.

The project involved the members refreshing the playground equipment and restoring the flower beds with new plantings of flowers and mulch. The chapter was excited to assist with the additions and improvements that Zeta Alpha Omega donated to the park.

...continued on page 9



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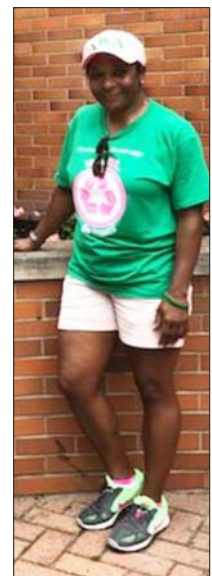
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Morgannia Dawson,
President



Cheryl Phillips,
Chairman


AKAs... continued from page 8

"This place is special and plays a vital role in our community. This was our way of giving back to the families and the staff here at the YWCA," said Chairman, Cheryl Phillips.


The project was overseen by the chapter's Environmental Ownership Committee.

Playground Mobilization Days are part of a global campaign, started by the first sorority for African-American women. The goal of the initiative is to ensure that children have safe and inviting places to play by restoring, refreshing, and renewing 1,908 playgrounds internationally.






CCI Community Cessation Initiative
Lucas County



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Toledo-Lucas County Health Department

TARTA serves the communities of Maumee, Ottawa Hills, Rossford, Sylvania, Sylvania Township, Toledo, and Waterville

The 47th annual Historic Old West End Festival—
Friday, June 1 through Sunday, June 3, 2018—
is accessible via TARTA routes 2 and 22.
www.ToledoOldWestEnd.com



Summer 2018 updates effective June 3.

On Sunday, June 3, 2018, the TARTA summer route schedule will begin. While some routes will be affected by routing and time changes, new timetables and maps are available at TARTA.com/Summer2018

- **3 North/South Crosstown** - schedule adjustments with additional routing and timepoints for Brookview Dr via Airport Hwy; Food Town on Central Ave via UT Transit Center, Palmer Hall, and Douglas Rd; and routing changes at UT Health Science Campus for improved access via Glendale Ave
- **5 Dorr via UT Main Campus/Walmart** - schedule adjustments
- **10 Rossford Call-A-Ride** - schedule adjustments; Meijer bus stop moved to east side of store
- **10L Rossford via Hollywood Casino** - schedule adjustments
- **12 Front/Starr** - Sunday inbound schedule adjustments
- **15A Summit/Suder/Alexis** - Sunday inbound schedule adjustments
- **20F Central Ave/Franklin Park Mall** - schedule adjustments
- **20M Central/Meijer Drive** - schedule adjustments
- **20W Ottawa Hills via Westgate** - schedule adjustments
- **22 Bancroft via UT Campus/Franklin Park** - weekday evening schedule adjustments
- **27H Nebraska/Hill-Reynolds** - schedule adjustments
- **27N Nebraska/Angola-Wenz** - schedule adjustments
- **28A Indiana via UT** - schedule adjustments with additional service to UT Transit Center
- **28B Oakwood via UT** - schedule adjustments with additional service to UT Transit Center
- **28C Art Museum** - schedule adjustments with additional service to Toledo Museum of Art and UT Transit Center

mobile apps	online providers
<ul style="list-style-type: none"> • Apple iOS Maps iOS • TARTA FindMyBus iOS • Google Maps Android/iOS • moovit Android/iOS • Transit Android/iOS 	<ul style="list-style-type: none"> • Apple Maps Connect • Bing Maps • Google Maps

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A Mental Health Moment

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

Anger is a common and natural emotion we all feel from time to time. How you handle your expression of anger is what can determine the outcomes of many situations.

Many of us will say "you make me so angry," or "you made me do this." Honestly, the only persons who can make us angry or do anything are ourselves.

Among the many emotions we express, anger is one that can cause the most destruction in our lives. Either we hold in anger until we explode, or we just explode neglecting any consequence that will ensue as the outcome. People have lost their jobs, their friends, their families, their freedom and even their lives due to their inability to express anger in a healthy manner.

As a clinical therapist, I have worked with many clients who find themselves in counseling due to their inability to manage their anger or who are now suffering the consequences of how they expressed their anger. This often leads to just more anger and more anger.

Anger management courses are designed to assist individuals in learning the root of their anger and teach them how to effectively handle and express their anger more appropriately without traveling down the road to negative consequences that could possibly destroy one's life and livelihood. We all get angry but understanding more about some of the underlying causes of your anger and techniques to handle your anger will go a long way.

Most anger management courses begin with techniques such as deep



...continued on page 11

Small Changes – Big Benefits!

By Angela Stewart, Fitness Motivator
The Truth Contributor

Ok, we've all tried a crash diet or two. We all know that in most cases they don't and won't last throughout your lifetime! So, here are a few easy lifestyle tips and shortcuts that will help you eat and live happier for the rest of your life!



1. Keep frozen veggies in the freezer! Why? Because they're handy and easy to add to every day meals! Scrambled eggs - add sautéed spinach, onion and broccoli! Preparing pasta, add frozen veggies!! Frozen veggies are also convenient for a quick stir-fry!

2. When eating out with family and friends, don't be tempted by what everyone is ordering - ORDER FIRST! Chances are if you order first you'll make a healthier choice! Once you hear your friend order a double bacon cheeseburger, it's easy to forget about your healthy salad!

3. Eat your veggies first! By eating your veggies first, followed by protein, then carbs, you'll feel full and less hungry by the time you get to the carbs!

4. Don't stop eating your favorite sweets and snacks! It's okay to eat your favorite sweet or treat — just try to keep it under 150 calories. Instead of eating a 500-calorie slice of cheesecake with ice cream, have a small slice of cake and a few spoons full of ice cream. When eating your favorite chips, popcorn, etc., adjust the size of your snack! DO NOT EAT OUT OF THE BAG!! Your brain won't tell you "STOP" until the bag is empty! Instead, read the label to determine the portion size, put your portion size snack into a plate or bowl to control overeating! Once your plate or bowl is empty, your brain will scream.... SNACK TIME IS OVER!

5. Use a mister for your olive oil or buy it in an aerosol can. One tablespoon of olive oil is 120 calories, but if you spray the pan with olive oil its only five to 10 calories!!

6. Don't multi task while eating! Put your cell phone, tablet or lap top down! It's easy to overeat while multitasking!

7. Eat breakfasts high in protein, fat and veggies and low in carbs! I know.... it's so tempting to grab a doughnut, blueberry muffin or croissant, but sugary foods cause your blood sugar levels to rise significantly, then crash, making you crave sugar even more! The better choice is to boil or scramble a few eggs, remember to add your frozen veggies! You'll stay full longer!

8. Invest in cute plastic containers!! Seriously, I look forward to packing my lunch or snacks in my cute containers! Putting your lunch or snacks in a leftover Cool Whip container— ain't cute....lol!!

9. When seasoning your food, instead of salt, use other spices like garlic, basil onion or curry powder! They all provide nutritional value and adds flavor to your food without the health risk of salt!!

10. When ordering a salad, always, always order your dressing on the side!! Restaurant salads can be close to 1,000 calories, 200 – 300 of the calories comes from the dressing! By asking for the dressing on the side, you can add it as needed!!!

11. You love Smoothies? Make sure it's a balanced mix of protein, fat and carbs! Use a cup of spinach and kale for protein, and no more than one cup of fruit, preferably berries because they're high in antioxidants and lowest in sugar compared to bananas or tropical fruits like pineapples or mangos! Use unsweetened nut milks like coconut or almond milk for your healthy fat!

12. Always take a water bottle with you! Invest in a cute water bottle to help you get excited about drinking more water! Drink water throughout the day!

13. Meal Prep Ain't Easy! Try to prep your breakfast, lunch, and snacks for the next day before going to bed. It can be as simple as throwing the dry ingredients for your morning smoothie in the blender so that all you have to do is add frozen foods and the almond milk in the morning. Just 15 minutes of planning can make you feel good about your food intake the next day. I boil or scramble my eggs the night before, so they're ready to eat! Some people meal prep in large batches over the weekend to make packing week-night lunches easy, I'm not one of those organized individuals!

14. To get a better sense of your eating habits and how much you eat – sit down and write down everything you've eaten over a few days! It's not that

...continued on page 11

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Ask Ryan

By Megan Davis

The Truth Contributor

Dear Ryan,

I am trying to get in shape for my wedding coming up in September. I would love to lose about 15 pounds by the time I have to say "I do!" I have a few women in my bridal party that would like to drop some weight also. First I want to know if it's possible to lose 15 pounds in that amount of time, what's the best way to do it and do you give any specials to a group of people?

Thanks in advance

Bride 2 B

Dear Bride 2 B,

Congratulations on your up-coming wedding. It is very obtainable for you to lose 15 pounds or more by your wedding in September. Shoot for one pound of fat loss per week but no more than three pounds. I want you to be aware that

Mental Health Moment... continued from page 10

breathing, taking a deep breath or counting to ten before acting on your anger. Making critical decisions in the heat of rage and anger is not a good option and will always end in disaster. Another technique involves walking a way from the situation and distract yourself long enough to cool down. These are easier said than done but much better than the alternatives of putting your life or someone else's life in jeopardy.

Secondary emotions such as jealousy, intimidation, envy, embarrassment, grief, and being overwhelmed often trigger our anger. Most individuals I treat in anger management courses will straight out say "I'm not an angry person or I'm not angry." I reply, none of us our for the most part but there will come a time and place and if you do not understand how your anger is drawn out or your own bothersome secondary emotions, you can and will explode at any given moment with a trigger of just road rage.

Now let's look at family and friends and grudges and anger we hold against them or them against us. I ask clients how long they have decided to be angry at a family member or friend. Your anger is on you. You decide how long you want to be angry as your anger is doing nothing but tearing you apart and separating you from a possible great relationship.

Take a mental health moment and check yourself and your anger. Has it caused you issues in the past that led to negative consequences? Does it cause you somatic or bodily symptoms such as migraines or abdominal pain? If so, it's time to work on processing through the circumstances and learn how to better manage your anger.

I recently read a quote "holding in anger is like drinking poison and waiting for the other person to die." Your anger is your anger and only you can control how and what you feel. Take responsibility and own up to how you want to feel as there are so many other pleasurable emotions to be felt by the human condition.

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

Small Changes... continued from page 10

you're counting calories, it's more like checking your daily intake. Writing down what you eat can help you get a sense of your food habits, or figure out why you're always hungry and of course, helps identify better food choices!

15. Exercise!!! Whatever you do - Move Your Body daily!! Walk, run, ride a bicycle!! Small Changes = Big Benefits!!

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Angela R. Steward

Certified Fitness Professional

Group Fitness Trainer

Head Instructor and Owner of

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if you are weight training, which you should be, that the scale may discourage you. Remember that muscle is more dense than fat. A pound is a pound but you must realize that your goal is to look better and the scale will deceive you.

The main thing I tell my clients to do is go by how your clothes fit and how you appear in the mirror. NOT THE SCALE!! Your eating is obviously going to be key in your success or failure and your meals should not contain sugars or fast acting carbs (see mydreambodies.com for nutrition list). Remember to eat five small meals per day and consume a majority of your calories earlier in the day or as needed per your activity for work or exercise. Eat only lean meat and veggies in your last meal.

Actually if you can tolerate it, white fish and two cups of veggies are the best thing to eat at night time for fat loss. Don't forget to drink lots of water. Your workouts can be total body workouts three days per week, making sure you hit the major muscle groups, followed by 20-30 minutes of cardio. You should do extra cardio on the days you don't weight train.

Mix your workouts up as well don't do the same thing every time you go. After the first month you can add a day train two days then rest one. but at this point you will no longer do total body days. You will need to split the body up. You can do lower body one day and then upper body the next.

As far as deals go, of course I will give you a price break if you come in with a friend and train at the same time. I do not like to do personal training for more than two people at a time because it takes away from the attention that I can devote to your session. Although if you have three or more in your group I do Dream Bodies Fit Camps and I will come to you. I do them at the parks in the summer or where ever you would like to meet. Feel free to contact me if you are interested.

Congratulations and I hope you have a happy long successful marriage.

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ProMedica Community Events in June

ProMedica will offer the following community events in June:

Aromatherapy

Discuss the special ways that essential oils can be used for everyday health and wellness. This program is free to people with a cancer diagnosis and is sponsored by ProMedica Cancer Institute. Aromatherapy takes place the first and third Wednesday of each month. Call the Victory Center at 419-531-7600 for details.

Wednesdays, June 6 and 20

1 – 2 p.m.

The Victory Center

5532 W. Central Ave., Suite B, Toledo, Ohio, 43615

Bariatric Seminar – First Step

ProMedica Weight Loss is hosting free bariatric seminars. Attending an in-person seminar is your first step in the journey toward weight loss surgery. Learn from one of our expert surgeons who will explain the weight loss surgery process, eligibility requirements, types of surgical procedures, and your potential benefits and risks. Talk with someone who has already had bariatric surgery. Ask questions, and get answers that will inform your healthy weight loss decision. For more information or to register, call 419-291-6777 or 1-800-971-8203 or visit promedica.org/bariatric.

Thursday, June 7

Tuesday, June 12

Monday, June 18

Wednesday, June 27

6 – 8 p.m.

ProMedica Health and Wellness Center

Community Education Room, Suite 101

5700 Monroe St., Sylvania, Ohio, 43560

Look Good Feel Better

ProMedica Cancer Institute is hosting Look Good Feel Better, a free program from the American Cancer Society designed for women dealing with hair loss and skin changes from chemotherapy and radiation. You will learn specific techniques to help make the most of your appearance while undergoing treatment. You will also take home a makeup package valued at \$200. Registration is required. For more information or to register, call 1-800-227-2345.

Monday, June 11

9:30 – 11:30 a.m.

ProMedica Flower Hospital

Hickman Cancer Center

Oncology Conference Room

5200 Harroun Road, Sylvania, Ohio,

Wednesday, June 20

3 – 5 p.m.

ProMedica Monroe Regional Hospital

Monroe Cancer Center

800 Stewart Road, Monroe, Michigan, 48162

Nursing Mothers Support

ProMedica Toledo Hospital's women's services is hosting a breastfeeding support group for nursing mothers. Do you have breastfeeding questions? Drop in and receive support from a certified lactation consultant and other nursing mothers. The group meets the second Tuesday of every month. For more information, call 419-291-5666.

Tuesday, June 12

1:30 – 2:30 p.m.

ProMedica Toledo Hospital

Entrance F, Mom & Me Boutique

2142 N. Cove Blvd., Toledo, Ohio, 43606

Alzheimer's Support Group

ProMedica Memorial Hospital is hosting a monthly Alzheimer's support group. This group is for family members, friends and patients as they navigate through the complexity of the illness. It is an opportunity to get support from others who are experiencing the trials and tribulations of dementia. This support group meets on the second Wednesday of every month and is free and open to the public. For more information, call 567-938-9394.

Wednesday, June 13

6 p.m.

ProMedica Memorial Hospital

Chestnut Café – 1st Floor

715 S. Taft Ave., Fremont, Ohio, 43420

Women's Cancer Support Group

The Women's Cancer Support Group is a gathering of women who have a cancer diagnosis. It is a safe harbor to come to give or receive support. The group meets the third Tuesday of each month and provides education, encouragement and sharing in an informal social environment. Guest speakers who are compassionate professionals specializing in cancer issues may occasionally be invited. Come, share, and receive encouragement, love, compassion, hope, laughter and much more!

Tuesday, June 19

7 – 8:30 p.m.

ProMedica Monroe Regional Hospital

Conference Room A, 4th Floor

718 N. Macomb St., Monroe, Michigan, 48162

Diabetes Education Support Group

This monthly support group is for people living with Type 2 diabetes and features certified diabetes educators and others with diabetes for a source of inspiration, education and an opportunity to better your health. The support group meets on the fourth Wednesday of each month and is free and open to the public. Friends and family are welcome. For more information, contact 419-291-6767 or diabetesed@promedica.org.

Wednesday, June 27

6 p.m.

ProMedica Mary Ellen Falzone Diabetes Center

Conference Room A

2100 W. Central Ave., Toledo, Ohio, 43606

Stroke Support Group

This monthly support group is for stroke survivors and their caregivers. Scheduled speakers and topics vary each month and are related to stroke survival. This free stroke support group meets on the fourth Thursday of every month. For more information, contact 419-291-7537 or stroke.support@promedica.org.

Thursday, June 28

4 – 6 p.m.

ProMedica Flower Hospital

5200 Harroun Road, Sylvania, Ohio, 43560

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The Sun Does Shine: How I Found Life and Freedom on Death Row by Anthony Ray Hardin with Lara Love Hardin

By Terri Schlichenmeyer
The Truth Contributor

You always keep your eyes on the prize.

You've given yourself no other options and your steadfastness is your compass. What you believe will happen. What you know is truth. Say it enough, and everybody else will know, too – especially when, as in the new book *The Sun Does Shine* by Anthony Ray Hinton with Lara Love Hardin, the truth is one of innocence.

c. 2018
St. Martin's Press
\$25.99 / \$34.99 Canada
255 pages

On a night in the summer of 1985, 29-year-old Ray Hinton checked in with the security guard at his workplace, just as he'd been told to always do. He hadn't been at the job long, but that had become his routine every night before getting assignments for his shift, doing work he liked.

Reaching that point hadn't been easy.

The youngest of 10 children, Hinton was his mother's "baby" and he continued to live with her after high school; though he'd thought about college, there was no money or scholarship for it. Instead, he found work at an Alabama coal mine, hating the work, loving the paycheck, still wanting what he couldn't afford.

He took a car he never paid for, and it cost him a few months in jail.

By that evening in the summer of 1985, though, Hinton had resolved to make his Mama proud. He was again employed, sober, living on the straight-and-narrow, had checked in with the guard as he was told, and worked until it was time to go home.

And that was where he was arrested five days later, accused of a robbery and murder committed while he was at work, miles from the crime scene. His trial was short. The jury was all-white, as were the judge, prosecutor, defense attorney, and a ballistics "expert" that was no expert. During the trial, Hinton "knew" he'd be convicted, knew it in his heart, even though he clearly had an alibi.

He was innocent. And he was sent to Death Row.

Because there's a book about this, you've probably already figured out that author

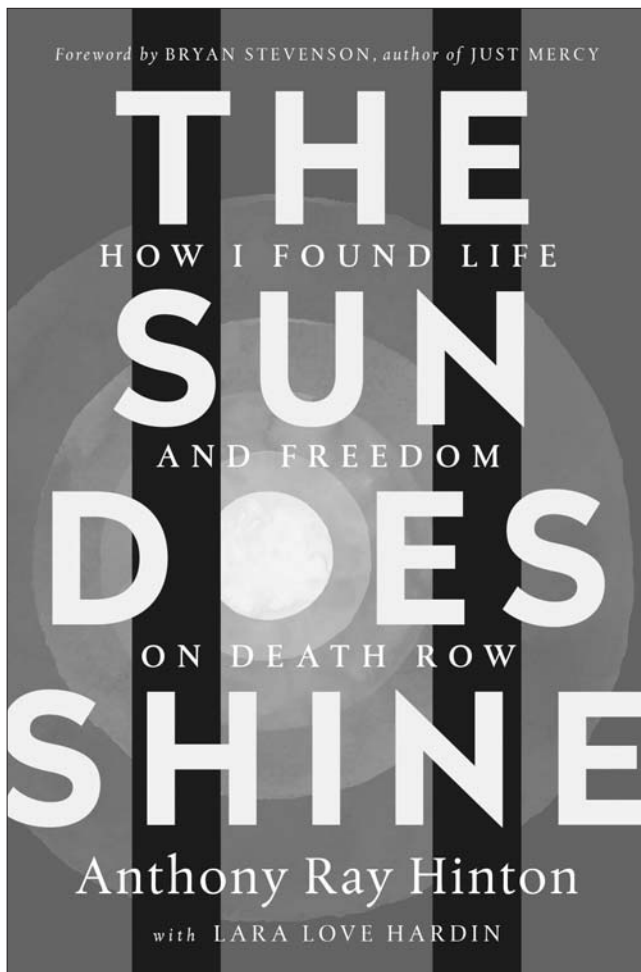


Author Anthony Ray Hinton photo courtesy Cody Love

Anthony Ray Hardin is a free man now. You already know of his innocence. The shocker is that that took 30 years for exoneration, and when you read *The Sun Does Shine* (with Lara Love Hardin), be prepared to be shocked some more.

Or maybe you won't be: at times, Hardin himself seems to expect many of the things that happened to him, which leads to a whole host of emotions for a reader. You shouldn't, in fact, be at all surprised to feel frustration, sadness, white-hot anger, and crushing despair – sometimes, from the same page. And yet, despite that you'll cringe inside, Hardin also makes readers' souls soar with words that reveal small beauties between horrors, and kindness where you don't expect it. That's like taking an amusement-park ride with no seat belts: hang on tight, because it might hurt.

What's left to say, then, about this book? Nothing, except that you'll like it for everything it wrings from you. *The Sun Does Shine* could be the most impressive book you'll lay eyes on.



Senator Brown... continued from page 4

west Ohioans' drinking water — without investing in policy that curbs pollution at its source. Furthermore, lack of such plans undermines the efforts of farmers who already invest significant resources to protect water quality."

SB 304, jointly sponsored by Senate Minority Leader Kenny Yuko (D-Richmond Heights), addresses application standards of fertilizer and manure on agricultural fields in the western basin of Lake Erie. The bill requires that fertilizer and manure must be applied to fields in the region at the agronomic rate, which is the amount needed for crops to achieve optimal growth while minimizing the potential for nutrient runoff. Farms already in operation at the passage of this law would have two years to adjust to the new criteria for manure application. State Representative Michael Sheehy (D-Oregon) sponsors companion legislation (House Bill 655) in the Ohio House.

"We have been working with the Great Lakes Legislative Caucus for a while to protect the drinking water supply of the hundreds of thousands of Ohioans who reside by the lake," said Senator Yuko. "Toxic algal blooms are negatively affecting the safety of our waters as well as our tourism industry. Ultimately, we have to protect our lake."



THE TOLEDO BLACK

Market Place

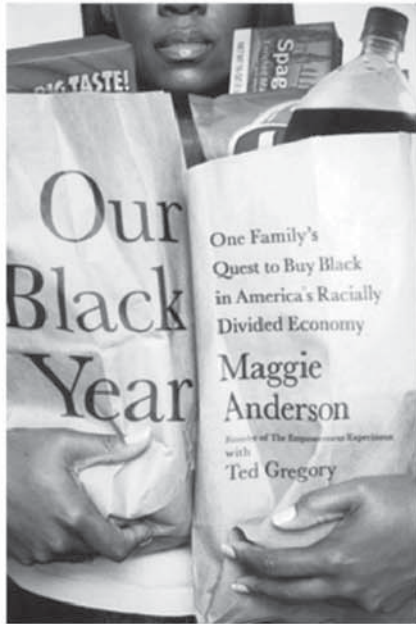
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Our Black Year

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Maggie Anderson
Journal of The Entrepreneur Experience with Ted Gregory



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Youth & Young Adult 4th Sunday

When: Every 4th Sunday
Time: 11:00 am
Where: Crusaders for Christ Church
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 Pastor Joseph Marshall Jr., Pastor Emeritus Calista Mitchell, First Job

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CLASSIFIEDS

BACKPACKS AVAILABLE

Start the school year off right with a new backpack and supplies. For Toledo Public School guardians/parents, please call 2-1-1 between June 1-15 to find out how your student can receive a free book bag, conveniently available to your child on their first day of school.

Students not enrolled in the Toledo Public School System are also encouraged to call 2-1-1 to locate the nearest community center, holding additional backpacks for qualifying families in financial need.

WHO: Toledo Public School Students Students in other Lucas County school systems Students in Wood County school systems

Students in Ottawa County school systems

WHEN: Friday, June 1 – 15, 2018

WHERE: United Way 2-1-1.

Parents or guardians of students in need - simply pick up the phone and dial two, one, one, to reserve a backpack or locate the nearest community center.

FAMILY HOUSE NEEDS BOTTLED WATER FOR HOMELESS

Reneé Palacios, executive director, Family House has announced that the record heat in the area has taken its toll on the resources at the shelter which is now in dire need of bottled water for homeless families --- Some of which are children.

"We are also in need of plastic refillable water bottles. Portable water for hydration is key. We had a five-year-old pass out about six years ago from dehydration. So when it gets this warm, we can't take chances and issue a plea for bottled water," said Palacios.

Those wishing to donate water can drop it off at the shelter at 669 Indiana Ave. in Toledo.

Family House is also working the EnPuzzlement, a non-profit organization, which serves the community with access to food, water, and other services.

"We are partnering with EnPuzzlement to purchase a skid of water (1728 bottles). The cost is \$300 or \$1.36 a case or 5-cents a bottle," said Palacios. "Those wishing to donate can go to the Family House Toledo Facebook Page for a link to make a contribution. For more information on EnPuzzlement, visit enpuzzlement.org."

Family House, the second largest homeless shelter for families in Ohio, serves families in a homeless crisis. The shelter serves approximately 300 families a year totaling 800 people --- 500 are children. The average age of a homeless child is four-years old. Through its unique mission, Family House keeps all family members housed together, while providing emergency shelter, skill building programs and rehousing.

The Mental Health and Recovery Services Board of Lucas County is seeking to acquire the services of a qualified local marketing firm to support select initiatives under its Community Engagement and Outreach functions. Additional information is available at <http://www.lcmhrsb.oh.gov/publicnotice>. Proposals must be received by June 29, 2018 at 4:30pm.

POOL OPENING DATES ANNOUNCED

Toledo Mayor Wade Kapszukiewicz is pleased to announce today an accelerated schedule for opening the city's public pools and splash pad.

- **Pickford, Wilson, and Jamie Farr pools** will open on Saturday, June 9.
- **Roosevelt and Willys pools** will open on Saturday, June 16.
- The Savage Park Splash Pad will open on June 23.
- Navarre Pool remains under construction. The Kapszukiewicz administration will announce an opening date for Navarre Pool as soon as it is available.

Pool hours are noon to 6 p.m.

Willys and Roosevelt pools, and the Savage Park Splash Pad, will be closed on Mondays. Wilson, Pickford, Jamie Farr, and Navarre pools will be closed on Tuesdays.

Thanks to a generous donation from the Buffalo Soldiers Motorcycle Club, the first 1,000 children at Wilson Park Pool will swim free. The pools have a modest entry fee of \$1 for children 12 and under. The cost is \$2 for those who are 13 and older. The splash pad is free.

Locations and Phone Numbers:

Willys Pool, 1375 Hillcrest Ave., 419-936-2928
Roosevelt Pool, 910 Dorr St., 419-936-2501
Wilson Pool, 3253 Otto St., 419-936-3071
Pickford Pool, 3000 Medford Dr., 419-936-2863
Navarre Pool, 1001 White St., 419-936-3064
Jamie Farr Pool, 2000 Summit St., 419-936-3072
Savage Park Splash Pad, 645 Vance St., 419-936-2502

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WGTE Public Media seeks a hands-on, highly organized professional to develop communication tactics for digital, print, television and radio that advance business outcomes.

Candidate must have strong written and oral communications skills, excellent team collaborating abilities, and be able to handle multiple, time-sensitive projects. Experience with content development for social/digital communications preferred. Experience producing video content a plus.

A bachelor's degree in communications, journalism, media or related discipline is strongly preferred or a minimum of an Associate's degree in similar discipline, or two years related experience. Send your letter and resumé to: Human Resources, P.O. Box 30, Toledo, OH, 43614 or at employment@wgte.org. EOE/ADA

Notice to Bidders: Inquiry # FY18-46, (Project #5002-18-1857) for Mulford Library Building Roof Replacement for the University of Toledo Health Science Campus. Sealed bids for this project must be clearly marked with the project number on all inner and outer envelopes and/or shipping containers. Bids must be addressed and delivered to the University of Toledo, Main Campus, Facilities and Construction, Plant Operations Room 1100, 2925 E. Rocket Drive, MS 216, Toledo, Ohio 43606 before 2:00 p.m., Tuesday, June 19, 2018 Bids will be publicly opened that same day at 2:05 p.m. in the Plant Operations Building, Room 1000. Copies of Plans, Specifications, and Bid Forms may be obtained from Becker Impressions, 4646 Angola Road, Toledo, Ohio 43615. Call 419-385-5303 for an appointment to pick up bid package. A cost of \$55.00 will be charged per set. Any further information may be obtained from Julie Apt of Thomas Porter Architects at 419-243-2400. One Pre-Bid Conference will be held on Tuesday, June 12, 2018 at 10:00 a.m. in the Health Education Building, Room 227, at the University of Toledo, Health Science Campus, 3000 Arlington Avenue, Toledo, Ohio 43614. Total Bid Guaranty and Contract Bond are required per section 153.54 of the Ohio Revised Code. EDGE Participation Goal: 15%. Project Estimate: \$775,000.00; Breakdown: General: \$775,000.00.

Courtney Draper Crowned Miss Debutante 2018

Sojourner's Truth Staff

Twenty-seven young women and their supportive escorts were presented to the City of Toledo during the annual Debutante Cotillion. This rite of passage is sponsored annually by the National Association of Negro Business & Professional Women's Club, Inc; (NANBPWC) Toledo Club, and was held on Saturday, May 26 at the Stranahan Great Hall with over 350 guests in attendance.

Dressed in various white ball gowns, each debutante received a string of pearls, and completed the escort waltz and parent waltz.

Debutante 2018 is Courtney Draper. She currently attends Toledo School for the Arts and earned first place in the talent competition. Debutante Nakiya White currently attends Central Catholic High School and earned first place runner up. Debutante Christa Parker currently attends Springfield High School earned second place runner up.



Poon, first vice president; Alexii Collins, 2nd vice president; Marquita Scott Chong, director of membership; LyCynthia Jones, recording secretary; Tommie Lee McGhee, chaplain; Mironda Harris, corresponding secretary; Barbara Tucker, financial secretary and parliamentarian; Wilma Brown, treasurer, and cotillion general chairman.

The cotillion's purpose is to present outstanding young ladies to society clothed with the finer thoughts of living and endowing with a complete sense of responsibility, and accomplish culture, charm, talent, and congeniality. This year's mistress of ceremonies was Denise Cardwell, the club's Debs-In-Waiting and Etiquette chairman.



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