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In This Issue...

<p>Perryman Page 2</p> <p>Re: Janus v. AFCSME Page 3</p> <p>Tina Butts and Her Movement Page 5</p> <p>First Federal Donates for Home Purchase Page 6</p>	<p style="text-align: center;">Health Section</p> <p>Food Thoughts Page 8</p> <p>Mental Health Page 9</p> <p>Health Fair Page 10</p>	<p>AKAs HBCU Outreach Page 16</p>
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The Quiet Storm

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

The Truth Contributor

Do the right thing.

- Spike Lee



More old school and country values than a reflection of contemporary urban mores, but just as soulful and serene as the late night radio genre of contemporary r&b mixed with jazz fusion known as Quiet Storm, the Reverend Robert Lyons also leads with a similar serenity, calmness or savoir faire.

All month long we have been listening to a group of local exemplars as they drop knowledge on the topic of fathers and fatherhood. This week I spoke with Bob Lyons, who is in his 30th year of ministerial leadership and currently serves as the senior pastor of Greater St. Mary's Baptist Church. Lyons and his wife Shirley are the parents of four children, who now range from 41 to 53 years of age.

This is the final installment of a four-part series on fatherhood styles and wisdom.

Perryman: Pastor, a part of your professional duties involves mentoring young fathers, so what does fatherhood mean to you?

Lyons: Oh, leadership. Responsibility. It means that I've got to be the forecaster. I've got to look beyond the obvious to provide, protect and also keep balance within family.

Perryman: Please elaborate on what you mean by balance.

Lyons: Well, whenever there's struggle on one end, such as when kids are having growing pains or kids not following the order of the house and the mother becomes frustrated. She is trying to make sure she's the mama bear and now the kids and mom are butting heads. And as dad, I've got to try to sort that out to keep balance, whereas the respect for mom as mom and also the respect for self stays in place with the child. A lot of times, you see the tensions developing and you steer around that. And, continually, you have to steer around that so that many times the rest of the family doesn't even know that the problem even existed. You saw it because you were looking further down the road and were able to defuse it before it turned into something bigger.

Perryman: What memories of your dad do you have from when you were growing up?

Lyons: My father was 17 and my mother had just turned 15 when I was born. Although my father was in my life it was not until I was grown, in my mid-20s, that he was really recognized as father. While I

knew who my biological dad was, my parents were never married and so grandmother was actually the father in my life.

So all the older men in the church served as father figures to me in a little town in Oklahoma where I was raised. They paddled my butt, gave me lectures about what to do and what not to do, and how to act. And the strongest father figure I had from about the fifth grade until 12th grade, graduating high school, was my football and basketball coach. They all became the father figures in my life.

Perryman: What lessons did you learn from them?

Lyons: I learned to weigh things while making choices. I had an old deacon in the church by the name of Stokes that probably was a pivotal point in my life as a young man. Deacon Stokes had been a sparring partner for boxer and heavy weight champ Ezzard Charles. And he used to talk to me about not being reactionary, not letting anger control me. I had a little bit of a temper and I'd often lose it rather quickly. I wanted to handle everything with my fists. And he was the guy that taught me to listen before I talked and before I reacted to things. Still today, I can hear that old man's voice telling me – his word was Be cool. 'Be cool, son,' he'd say. And now, I can calm down at the darndest times because we all have different buttons that will upset you or send you over the edge.

Perryman: What lessons do you try to convey to today's generation of young men?

Lyons: Focus. Pace yourself. Don't run too fast. Count the costs before you do things. Working here in the juvenile court system has reinforced that thinking that the old man taught to me – you make choices that work for you and not because of somebody else that you want to impress. Be your own man. And also, get an education. If you don't get an education, you're always hustling, trying to make a dime. And it's going to be a dime's worth of results. But with education, you can make a dollar rather than a dime. And demand it because of what you've put into it. Don't be arrogant and full of yourself.

Perryman: Finally, I have noticed in your leadership as well as your persona, a certain savoir-faire and tranquil diplomacy. How do you describe your model of fatherhood and leadership?

Lyons: (Laughing) At 73 years old, I'm just a young man with some old ways and some old country values. I want to think that I'm humble yet I'm slow to make decisions about life because every time I haven't been slow it's cost me a high price. So I work hard to be humble and focused, almost methodical at making choices and ultimately decisions. I want to think my decisions are Spirit led, taking the time to hear God rather than hear Bob. And that seems to help me stay in the right spiritual path.

Contact Rev. Donald Perryman, D.Min., at drldperryman@centerofhopebaptist.org

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thetruth@thetruthtoledo.com

Community Calendar

July 8

Calvary Baptist Church "100 Women in White:" 4 pm; Guest speaker First Lady Linda Copeland of Bethel Baptist: 419-242-9173

July 15

Indiana Avenue MBC: 69th Homecoming Celebration; 10:45 am. Dr. John E. Roberts, Pastor

July 21

Sixth Annual Free Universal Health Clinic: Wayman Palmer YMCA; 9 am to 1 pm

Re: SCOTUS Janus v. AFSCME Ruling • Re: SCOTUS Janus v. AFSCME Ruling • Re: SCOTUS Janus v. AFSCME Ruling

Senator Brown: Janus Decision Will Weaken Workers' Voices and Middle Class in America

Last week, the U.S. Supreme Court issued its decision on the Janus vs. AFSCME case, stating that public-sector unions' fair share fees, collected from employees who decline to join a union but still benefit from their negotiations, are unconstitutional. The decision will essentially bring "right to work" to public sector workers across America.

Ohio state Senator Edna Brown (D-Toledo) issued the following statement in response:

"Unions built the middle class and have played an integral role in protecting and

supporting people in the workforce for over a century. As a former AFSCME Local 7 member and strong supporter of collective bargaining rights, I know firsthand that unions provide essential safeguards for workers. They ensure that workers are operating under safe conditions and provided fair wages. Without the protection of unions, people risk losing these fundamental rights. Unfortunately, the Supreme Court's decision weakens unions, weakens workers' voices and weakens the middle class in America."

Statement by Ohio AFL-CIO President Tim Burga on Janus v. AFSCME 31 Supreme Court Decision

On Wednesday June 27, The Supreme Court of the United States issued its decision in the Janus v. AFSCME 31 case. In response to that decision, Ohio AFL-CIO President Tim Burga issued the following statement:

"This decision comes just as millions of workers across the country are recommitting to unions with new organizing drives and growing ranks in important sectors of our economy right here in Ohio. Public support for labor unions has risen to its highest level in years.

The billionaires and corporate special interests that have manipulated our system of justice have succeeded in getting the highest court in the land to do their bidding. The labor movement, however, remains undeterred.

We have faced similar attacks in Ohio and ultimately prevailed. Powered by our membership and carried by the expressed support of a vast majority of Ohioans, labor unions will continue to fight to sustain our families, improve our workplaces and make our communities stronger regardless of the court's ruling."

Statement from Policy Matters Ohio: Supreme Court Sides with Special Interests over Working People

[Last week], the U.S. Supreme Court made it more difficult for 17.3 million working people to join together to seek safer working conditions, fair pay, and family-sustaining benefits. The court has undercut long-standing law in 22 states, including Ohio, that requires state and local government employees who benefit from a union but opt out of membership to pay a fee that covers the costs associated with contract administration and grievance protection. Making these payments optional means that workers can receive the benefits from a union contract without having to pay for them.

"This decision will drain funds away from unions, making it more difficult for workers to secure a fair deal through collective bargaining," said Hannah Halbert, project director with Policy Matters Ohio. "Unions will continue to represent all members, but free-riders will not contribute, to the long-term detriment of all workers."

"Judicial attacks like Janus and so-called "Right-to-Work" legislation do nothing to address the real struggles of working people," said Halbert. "When unions are weak, working people get a smaller share of the growth they help create. When unions are strong, middle incomes grow. Black, white, male and female workers all earn more when they are in a union, and the gap between races and sexes shrinks when wages are collectively bargained. Unions help balance the overwhelming power of employers in our political and economic system. Today's decision is a sure step in the wrong direction."

Nationally, 58.3 percent of state and local government workers affected by the Supreme Court decision are women, and nearly a third are workers of color. Nearly 47 percent of Ohio's state and local government employees have joined together in a union.

"Many teachers, mostly in states that are unfriendly to unions, walked off the job this spring demanding better compensation and better education conditions for their students. Today's decision will drain re-

sources from worker bargaining, but as the teacher strikes around the country demonstrate, it will not dampen workers' resolve to get a fair deal," said

Halbert. "Workers will continue to create new ways to build strength despite a climate that is hostile to unions."

...another article on page 12

House keys + welcome mat

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Lawsuit Accuses Bank of America of Neglecting Foreclosed Homes in Toledo and 36 Other Cities Across the U.S.

The Fair Housing Center Joins the National Fair Housing Alliance and 18 Other Fair Housing Organizations to File a National Housing Discrimination Lawsuit Against Bank of America

Today, The Fair Housing Center joined the National Fair Housing Alliance (NFHA), 18 other fair housing organizations, and two homeowners in Maryland to file a federal lawsuit against Bank of America, N.A., Bank of America Corp., and Safeguard Properties Management, LLC ("Bank of America/Safeguard"). The lawsuit alleges Defendants intentionally failed to provide routine exterior maintenance and marketing at Bank of America-owned homes in working- and middle-class African-American and Latino neighborhoods in 37 metropolitan areas, while they consistently maintained similar bank-owned homes in comparable white neighborhoods. More than 1,600 homes were investigated, including 44 homes in the Toledo area.

"This is not an isolated problem," stated Michael Marsh, President and CEO of The Fair Housing Center. "This is the same discriminatory conduct we have seen with other national banks, impacting neighborhoods across the country. Owning a home is the foundation of both personal wealth and neighborhood stability. Neglect and blight of foreclosed homes only adds to the disinvestment that has been devastating communities of color for decades. It is impossible to address the need without acknowledging the cause—and holding those entities accountable."

The data presented in the federal lawsuit, which is supported by 35,000 photographs, shows a glaring pattern of discriminatory conduct by Bank of America/Safeguard. In neighborhoods of color, Plaintiffs found evidence of poor maintenance such as wildly overgrown grass and weeds, unsecured doors and windows, damaged steps and handrails, accumulated trash and debris, unsecured pools, graffiti, and even dead animals decaying in yards. The lawsuit alleges that Bank of America-owned homes in predominantly white working-

and middle-class neighborhoods are far more likely to have the lawns mowed and edged regularly, invasive weeds and vines removed, windows and doors secured or repaired, debris and trash removed, leaves raked, and graffiti erased from the property.

This lawsuit is the result of a multi-year investigation undertaken by NFHA and its fair housing agency partners. Beginning in June 2009, NFHA met with Bank of America officials for more than a year and offered recommendations to ensure proper treatment of its homes in communities of color. However, after seeing absolutely no improvement in routine exterior maintenance of Bank of America-owned homes in communities of color, NFHA began a multi-year, multi-city systemic investigation. Bank of America was put on notice multiple times since 2009, including the filing of a HUD housing discrimination complaint.

"Bank of America and Safeguard's deplorable and intentional inaction left innocent homeowners exposed to numerous health hazards and personal risks. No one should have to live like this due to Bank of America's refusal to maintain its own properties," said Lisa Rice, President and CEO of NFHA. "NFHA and the co-plaintiffs filed this lawsuit to make sure that these discriminatory practices come to an end and that perpetrators like Bank of America are held responsible for their unjust policies and practices," Rice continued.

The poor appearance of Bank of America-owned homes in middle- and working-class neighborhoods of color destroys the homes' curb appeal for prospective owner-occupant buyers and invites vandalism because the homes appear to be abandoned. Additionally, the blight created by Bank of America/Safeguard results in a decline in home values for African-American and Latino families who live next door or nearby, deepening the racial wealth gap and inequality in America.

Highlights of Significant Racial Disparities in Toledo

Between 2012 and 2017, The Fair Housing Center investigated 44 Bank of America foreclosures in African American, White, and predominantly non-white neighborhoods in Toledo.

- 28.6% of the REO properties in predominantly white neighborhoods had fewer than 5 maintenance or marketing deficiencies, while only **6.3% of the REO properties in neighborhoods of color had fewer than 5 maintenance or marketing deficiencies.**
- **93.8% of REO properties in neighborhoods of color had 5 or more marketing or maintenance deficiencies,** while only 71.4% of the REO properties in white neighborhoods had 5 or more marketing or maintenance deficiencies.
- **50.0% of REO properties in neighborhoods of color had 10 or more marketing or maintenance deficiencies,** while only 7.1% of the REO properties in white neighborhoods had 10 or more marketing or maintenance deficiencies.
- **6.3% of REO properties in neighborhoods of color had 15 or more marketing or maintenance deficiencies,** while none of the REO properties in white neighborhoods had 15 or more marketing or maintenance deficiencies.

... continued on page 5

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The Movement Starts: Ohio Democratic Party Names Tina Butts Minority Engagement Consultant

By Sojourner's Truth Staff

Now it's official!

After a number of years of volunteering for local Democratic Party candidates – holding fundraisers, giving of her time to keep people informed about their right to vote, getting souls to the polls – Tina Butts has become the Ohio Democratic Party's minority engagement consultant for northwest Ohio. It's an appointment that is much to the delight of those who have not only witnessed her activities over the past few years but have also directly benefitted from her efforts.



Tina Butts and Richard Mitchell

"I want to make this fun," says Butts of her new responsibilities. "I want to make this like a movement."

Currently, says Butts, there are about 20,000 to 22,000 minority voters in Lucas County and she would like to increase that number through her efforts by 5,000 to 8,000. In fact, over the past years, Butts has been engaged in just that sort of effort at election time but now she has the opportunity to perform that task in an official capacity while giving her attention to it on a regular basis throughout the year. What she has been doing as a community activist has been recognized by the Democratic Party. The new minority engagement consultant has spent the past five and a half "happy years" as a bail bondsman with T-Bonds and will continue in that capacity.

"The Democratic Party needs to re-engage in this community, that's what this is all about," adds Attorney Richard Mitchell whose downtown office is in the same complex as Butts. Mitchell, who once directed the Middle Passage Political Action Committee, knows a thing or two about organizing political activities.

Butts new entity as the regional minority engagement consultant is Midwest Advocate, LLC. She starts her activities, her first rally, during the African American Parade on July 14, then at the African American Festival on July 22. She has already brought 20 captains on board to assist the fledgling operation and is currently seeking volunteers as the fall election season approaches.

"She is taking on a task she feels strongly about," says Mitchell.

Butts' focus will be to turn out those citizens who are not often inclined to vote, especially those in lower income housing – LMHA housing, nursing facilities, for example. She will be placing an emphasis on early voting and absentee voting as well. "I want people to know how serious this is," she says.

Former Mayor Paula Hicks-Hudson seconded the importance of the work Butts is undertaking and why it is essential to "explain why it's important to vote, why it's beneficial to the average person." That importance has been magnified, said Hicks-Hudson, with the recent efforts by state Republican office holders to purge voters from the polls.

Going forward, Butts will be coordinating her efforts with local party leaders and elected officials, many of whom have been supportive of her in the past. Those interested in more information or wanting to volunteer to assist can contact her at 419-450-3325.

Foreclosed Homes... continued from page 4

The plaintiffs are represented by Brown, Goldstein & Levy, LLP.

Below is a list of the fair housing organizations and individual plaintiffs involved in the investigation:

- NATIONAL FAIR HOUSING ALLIANCE
- HOUSING OPPORTUNITIES PROJECT FOR EXCELLENCE, INC.,
- METRO FAIR HOUSING SERVICES, INC.
- NORTH TEXAS FAIR HOUSING CENTER
- FAIR HOUSING CENTER OF WEST MICHIGAN
- FAIR HOUSING CONTINUUM, INC.
- SOUTH SUBURBAN HOUSING CENTER
- HOPE FAIR HOUSING CENTER
- METROPOLITAN MILWAUKEE FAIR HOUSING COUNCIL
- FAIR HOUSING CENTER OF CENTRAL INDIANA
- DENVER METRO FAIR HOUSING CENTER
- FAIR HOUSING OPPORTUNITIES OF NORTHWEST OHIO, INC.
- D/B/A TOLEDO FAIR HOUSING CENTER
- GREATER NEW ORLEANS FAIR HOUSING ACTION CENTER
- FAIR HOUSING ADVOCATES OF NORTHERN CALIFORNIA
- FAIR HOUSING CENTER FOR RIGHTS & RESEARCH
- FAIR HOUSING CENTER OF NORTHERN ALABAMA
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First Federal Bank Donates \$50,000 to Purchase Homes in Toledo

Special to The Truth

First Federal Bank presented a check for \$50,000 to Empower 1 Toledo to purchase a new home and renovate two additional homes in South Toledo. The check presentation was held at 1465 Prouty Ave., Toledo on June 29.

"This donation gives families the opportunity to own a home for the first time in their lives," said Donald P. Hileman, president and CEO of First Federal Bank. "We know the lasting impact homeownership can have on a family and a community. It provides a space for stability, security and a place to call home. This donation was made possible by the support of our customers, and we are proud to continuously reinvest in our communities."

The bank has partnered with Empower 1 Toledo to identify families in need and locate properties to invest. Together they will work to transform a community, one home at a time. A local family will live in the home mortgage-free for five years. During this time, they will receive financial education to learn effective savings and credit habits. "Our goal is to instill financial confidence within these families so that they can build upon their assets for future success," said Hileman.

After five years, the family will have the opportunity to purchase the home and begin making mortgage payments or purchase a new home of their choosing. Funds from the sales of the home will go towards purchasing additional houses to be used in the same manner. "I want to thank First Federal Bank and Empower 1 Toledo for investing in our community," said Toledo Chief of Staff Katy Crosby. "Neighborhoods in cities like Toledo need corporate partners and investment that will help revitalize areas. I moved to Toledo because I see great potential here and I'm thankful others see the same potential."

The donation will also cover the cost to complete needed renovations for two homes on Prouty Avenue so that they can be included in this program. "This gracious and heartfelt contribution will allow Empower 1 the ability to assist families in the beginning process of obtaining and maintaining family stability, safe housing, educational goals, financial security, and home ownership," said Pastor Charles Allen, president and CEO of Empower 1 "The continuous support and generosity is an encouraging reminder of why Empower 1 is essential and vital to our community."

Also present for the check presentation were Toledo City Councilwoman Sandy Spang, Bonita Bonds, director, Toledo Department of Neighborhoods and Joel Jerger, executive vice president of First Federal's Toledo Market.

Throughout the month of June, the bank and its affiliate agency First Insurance Group have charged their employees with a challenge to contribute 500 hours of community service to support current and potential homeowners. Their initiative, Building Better Communities, is in celebration of National Homeowners Month. To track their progress towards 500 hours of community service, visit <https://www.first-fedbanking.com/About/Community-Support/Building-Better-Communities>.

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Councilwoman Sandy Spang thanks First Federal



Pastor Charles Allen, Donald Hileman, Joel Jerger



Pastor Allen and Bonita Bonds



Making the Most of Local Produce

Special to The Truth

Fresh, local produce is in its prime, making now the perfect time to take part in the farm-to-table movement. Whether you join a community supported agriculture (CSA) group or shop at your local farmers' market, it's easy to taste the elevated flavor profile of just-picked fruits and veggies.

Make the most of the season with these tips for storing, cooking and savoring fresh produce.

Plan, Prioritize, Prepare

Plan what produce you will purchase ahead of time. Many farmers' markets and CSAs distribute eNewsletters or flyers that highlight what's available. You can also search for seasonality charts in your region to get an idea of what items are at their peak, and plan accordingly.

Once you've shopped, prioritize your goods. Use tender greens and any ripe fruits and veggies right away. Roots, bulbs and squash tend to last longer and can be saved for later in the week.

Next, properly store produce to help to extend its life. If fridge space is limited, consider cooking down greens by either partially boiling or sautéing prior to putting them away, depending on what recipes you've selected for those items.

Smoothies, Sauces, Soups

Smoothies are a delicious, easy way to pack a lot of produce and nutrition into a meal. And if you're processing the toughest whole foods, like dark, leafy greens, be sure to use a high-powered blender such as the Ascent Series A3500, which offers five program settings, including one for smoothies. A recipe for the "Everything Smoothie," which incorporates a wide variety of

produce found at your farmers' market, is available at vitamix.com.

Take advantage of tomato season, preparing pasta sauces to enjoy now or freeze for those months when they aren't readily available from local growers. Try adding red and green bell peppers, and even carrot shavings, to boost the nutritional value of a veggie Bolognese.

Soups make use of veggies now and later. Warm weather calls for cool concoctions like gazpacho or cucumber dill soup. A cabbage soup that combines hearty potatoes, onions and carrots can be made for cool fall nights or stored in your freezer for winter.

Use it Up

Remember that nearly all parts of produce are usable. Vegetables like beets, carrots, kohlrabi and turnips have edible greens that make an excellent addition to morning smoothies or a nutrient-rich stir-fry. Compost any remaining scraps.

Don't be afraid of bruises or dents. Greens with slightly wilted leaves can be blended with a bit of water and frozen in ice cube trays for future use in soups or smoothies. If you see a great deal on fruit like strawberries or cherries, buy them and combine with sugar and pectin for an easy freezer jam, or dry them out for on-the-go snacks.

Shopping for whole foods at farmers' markets or joining a CSA is an opportunity to help local farmers and explore your culinary interests. The availability of specific fruits and vegetables ebbs and flows; capture each at its peak to enjoy the bounty throughout the year.

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Chill Down with Healthy Options

Patrice Powers-Barker, OSU Extension, Lucas County

The Truth Contributor

Last week at a nutrition program we made a batch of Peach-Carrot Smoothies for samples. I know most people don't usually add carrots to their smoothies but this recipe is popular. Not only is it tasty (you don't really taste the carrots) but it is also a healthy option since the main ingredients are fruit and vegetables.

Recipe for Peach-Carrot Smoothie (youth and adult tested and approved!) from FoodHero.com: Combine the following ingredients in a blender or food processor: one medium banana (peeled), one cup canned carrots (drained and rinsed) and one 15 oz. can peaches, undrained. Add all the ingredients, including the juice from the can of peaches. Blend for a smoothie.

We made two batches of the Peach-Carrot smoothie and by the end of the program, we had some left over. We poured the rest of the smoothie into push-up popsicle molds and put them in the freezer. These molds happen to be silicone but there are many different kinds of popsicle molds at the stores. Many of the molds are reusable but there are also some disposable ones available like the plastic tube bags.

This article will suggest some healthy ingredients for making homemade popsicles. If you don't have any molds specific to popsicles, do you have any mini muffin pans or small paper cups or ice cube trays? Any of these different containers can be filled with the healthy recipe and then covered with plastic wrap. The handle or stick can be popsicle sticks, a paper straw cut in half or an appetizer toothpick. Make sure to keep the added liquid a little below the top of the container because it will expand and therefore rise higher when it freezes.

As mentioned above, if you have a favorite smoothie recipe, you can add it to a popsicle mold and freeze it into a summer treat. The following popsicle recipes will highlight some of the food groups that can be featured in your



frozen treats.

Focus on the fruit group. While many (but not all) purchased popsicles are named after fruit flavors such as cherry, orange or grape, often the main ingredient is sugar and added fruit flavors. Homemade popsicles are a good way to start with fruit or 100 percent fruit juice as the main ingredient. It can be as simple as adding some sliced or chopped fruit to the popsicle and using 100 percent juice as the liquid.

Try this two-ingredient combination recipe for Grape Refresher Popsicles from the minituremoose.com: Slice or chop two cups of seedless grapes and add the grapes to the molds or cups. After filling with grapes, add 100% grape juice to the popsicle mold, add the stick and then freeze. This recipe will use approximately the same amount of grapes and grape juice (2 cups) although the exact amount will be dependent on the size of molds or cups that you use.

Add more vegetables to your day. As shared before, carrots can be added to smoothies and another type of vegetable that is often added to smoothies is leafy greens like spinach or

...continued on page 10

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A Mental Health Moment

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

On a fall day in 1974, twin girls sat on their mother's bedroom floor playing as they most usually did. The next moment of their life changed their lives forever. Their mother took a gun and shot herself in the head falling dead on her bed bleeding to death.

In the days to come, the twin girls were put into foster care and later adopted by a woman who took them in as her own children. The twins entered grade school and would often share, at appropriate times, their memories of their mother's death. In reality, they used their story for empathy and, at times, it seemed as if they used it as a shock value. I spent the remainder of my elementary grade school years thinking about their horrible experience and often listening to their story of how their mother ended her life in such a tragic and shocking way.

There are many reasons why people decide to take their own lives. There are many decisions they make when and how. For those of us left behind, we will never know precisely the reasons why. Even with great efforts we will never understand why they hurt us.

Lately, in the news there have been several celebrity suicide deaths. We scratch our heads as if to say why would they want to die? They have money, fortune, fame. Everything they want they can have right? Like you, I assume the answer is wrong because something is obviously missing in their lives that does not allow them to escape the unfortunate pains of life.

I have helped many clients in my many years as a counselor who have either wanted to take their lives or need help getting through the reasons why other family members have taken their own lives. Honestly, there is no answer yet but there is a genetically-linked trait that on twins that shows suicidal behavior is between 30 and 50 percent due to heritable factors. Suicide victims' biological relatives who were adopted away also show an

increased risk of suicide.

The rate of suicide in America is 10.9 suicide deaths per 100,000 people, according to the latest information from the National Institute of Mental

... continued on page 11



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419.691.1322

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Holland OH, 43528
567.703.8985

* WIC (Women, Infants, & Children) services available at these locations.

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Universal Health Aid

Fifth Annual Free Universal Health Fair

On Saturday, July 21, the volunteers of Universal Health Aid (UHA) will be transforming the Wayman D. Palmer Community YMCA into a medical center for the Sixth Annual Free Universal Health Fair.

With no cost of admission, individuals of all backgrounds are welcomed from 9:00 a.m. to 1:00 p.m. to partake in as many or as few of the comprehensive screening services as they choose. The variety of medical specialties provided by local healthcare professionals ranges from dentistry to ophthalmology, cardiology to family medicine. Blood sugar readings, cholesterol evaluations, and even school physicals are all available simply upon request.

The Toledo Chapter of UHA is made up of student volunteers who dedicate most of their summer to ensuring the success of the Health Fair. Volunteers coming from St. John's Jesuit High School, Maumee Valley Country Day School, and many other local schools organize every aspect of the event from recruiting doctors to obtaining sponsorships from local businesses. "My favorite part of this clinic is the shared vision of UHA and the commitment from the doctors, volunteers, and sponsors to really help and serve all who walk through the door," says Toral Soram, co-director of this year's event.

In addition to the free medical services, there will also be food and refreshments for patients to enjoy as they wait to be helped. If one is feeling more intuitive than hungry however, there will also be a spectrum of information booths offering healthcare literature and other services for the sake of holistic treatment.

Universal Health Aid strives to improve health and lifestyle through preventative medicine, health education, and leadership development. "We believe that preemptive and educative care is the key to solving the major medical issues prevalent today," notes Steven O'Neill, Associate Director of Marketing at UHA. "The improvement of healthcare is a community-wide initiative that requires honest dialogue between patients and healthcare specialists. We at the Toledo Chapter believe the Health Fair to be a prime appointment to facilitate this interaction."

Any questions should be directed towards toledo@universalhealthaid.org. Join UHA in helping to give Toledo a healthier tomorrow.

Chill Down... continued from page 8

kale. This is a great way to add more vegetables to the day. The following recipe is from Kids Activity Blog. If you like things sour, you can double the lime. This recipe is for Lime Green Popsicles. Blend the following ingredients until smooth and then fill the popsicle molds: juice from one lime (approximately two tablespoons lime juice), one cup chopped fresh spinach, one banana, one green apple (diced) and one cup of apple juice. Add the stick and freeze.

Add dairy for added calcium. This is an easy two ingredient recipe that features fruit and yogurt. The Strawberry Yogurt Pops recipe is from What's Cooking, USDA online recipes. You will need one cup of low-fat strawberry yogurt and six large strawberries. Cut the strawberries into small pieces and mix them with the yogurt. Divide it up into ice cube containers or four small paper cups. Add sticks and freeze.

This last recipe is also from What's Cooking. If you want to skip the popsicle mold, try this cold Easiest Banana Ice Cream recipe. You will need two-to-three bananas that are very ripe, three tablespoons of milk and optional chocolate syrup to add to the top.

Directions:

1. When bananas have become very ripe, peel and slice them into medium size round pieces. Place on a plastic wrap covered baking sheet and put in freezer overnight.
2. Place frozen bananas in a food processor or blender with a small splash of milk (not over 1/4 cup total).
3. Pulse food processor or blender until bananas begin to break up. They will be tiny balls of bananas at this point.
4. Using a spoon or rubber spatula, scrape down the banana mixture. Continue running the food processor until the mixture is smooth and creamy. This may take a few minutes. The ice cream will look and tasted like soft serve ice cream when finished.
5. Serve in an ice cream cone or in a small bowl with a small ribbon of chocolate syrup on top (optional).

Enjoy these healthy recipes as you keep cool this month!

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ProMedica Community Events in July

ProMedica will offer the following community events in July:

Family Movie Nights

ProMedica and Buckeye Broadband is hosting free, outdoor family movie nights in Promenade Park this summer. Guests are encouraged to bring their lawn chairs and blankets. Food trucks will be on site. This event is free and open to the public. For more information about the family movie nights, visit our Facebook event.

Saturday, July 7 – Coco

Saturday, July 28 – Finding Dory

Movie times will vary.

Promenade Park

400 Water Street, Toledo, Ohio, 43607

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.

Tuesday, July 10

Monday, July 16

Wednesday, July 25

Monday, July 30

6 – 8 p.m.

ProMedica Health and Wellness Center

Community Education Room, Suite 101

5700 Monroe St., Sylvania, Ohio, 43560

Nursing Mothers Support

...continued on page 12

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The David C. and Lura M. Lovell Foundation Designated Fund Awards Grants Totaling \$150,000 to Six Nonprofit Organizations

The Board of Trustees of Toledo Community Foundation recently approved \$150,000 in grants from the David C. and Lura M. Lovell Foundation Designated Fund of the Toledo Community Foundation (Lovell Fund) to six area nonprofit organizations.

Grants from the Lovell Fund are made to nonprofit organizations whose programming seeks to reduce the stigma around living with and seeking services for a mental health issue. Executive Director of the Lovell Foundation, John Amoroso, said "The Lovell Foundation appreciates the opportunity to partner with Toledo Community Foundation in offering this fund to the area organizations that help reduce the stigma people face when recognizing and seeking help for mental health issues. The legacy of David and Lura Lovell lives on in this way, and we are very pleased to be a part of that."

Grants were made to:

- **Center of Hope Family Services** – \$20,085 was awarded to enhance the Family Navigator Program, located within Lucas County Juvenile Court, which offers support to families navigating the juvenile justice system.
- **Imagination Station** – \$12,460 was awarded to support a STEM-based learning experience designed to help youth receiving services from the Zepf Center to develop confidence, resiliency and team building skills.

- **NAMI of Greater Toledo** – \$30,000 was awarded to support educational programming and support for families coping with the mental health diagnosis of a family member.

- **NAMI of Greater Toledo** – \$5,000 was awarded to support the Kidshop program that helps children with a mental health diagnosis or who have a family member with a mental health diagnosis to build self-esteem, develop coping skills, form positive relationships and minimize isolation.

- **Family House** – \$38,700 was awarded to expand the emergency shelter's What's the Future Program that provides limited on-site mental health services to homeless families.

- **Toledo Lucas County Homelessness Board** – \$16,775 was awarded to support the Housing First/Housing Now project, which is implementing the Housing First model of service delivery in metro Toledo.

- **US Together** – \$26,980 was awarded to support mental health access for refugees resettled in the Toledo area.

Toledo Community Foundation, Inc. is a public charitable organization created by citizens of our community to enrich the quality of life for individuals and families in our area. In existence since 1973, the Foundation has more than 800 funds with assets of approximately \$291 million. The Foundation provides philanthropic services for individuals, families, businesses and corporations to meet their charitable giving needs. For more information about Toledo Community Foundation, visit www.toledocf.org or follow us on Facebook.

A Mental Health Moment... continued from page 9

Health. That means, although the likelihood of suicidal behavior increases in families, a completed suicide is still a rare event. According to the Washington Post 2018, suicide rates for black children are twice that of white children. Suicide is one of the leading causes of death for older children and teens in the United States.

So how do we know if a loved one is at risk for suicide? Most of the time we don't but there are certain signs we can look for such as those we know becoming withdrawn, tying up loose ends and settling debts and having investigated or discussed suicide methods.

During an assessment with clients, it is our norm to ask clients if they ever felt suicidal or homicidal in their lifetime and, if so, do they have a plan? Have they ever attempted suicide in the past?

Will we be given the most honest answer? Probably not, but it is in the trained counselor's eye and instinct that their behaviors be looked upon as such. Then we keep a close eye and provide the client and parents if necessary with suicide information such as resources and available apps for their phone.

Many colleges are equipped with suicide apps for students as they arrive in their new surroundings, but these apps can be used by any individuals who need help. Some apps are: Jason Foundation A Friend Asks, MY3, Ask and Prevent Suicide, Suicide Crisis Support, Stay Alive and Operation Outreach.

If you know anyone who is showing signs of suicide or threaten suicide, do not take it lightly – call 911 and report it. Lastly, keep an open line of communication with those you love and care for. Ultimately, if an individual takes his own life, there is no one to blame and there is virtually nothing anyone could or should have done that could have spared that life.

If you have a loved one you have lost to a suicide, please don't blame yourself. Seek out counseling to begin to understand human nature and never give up.

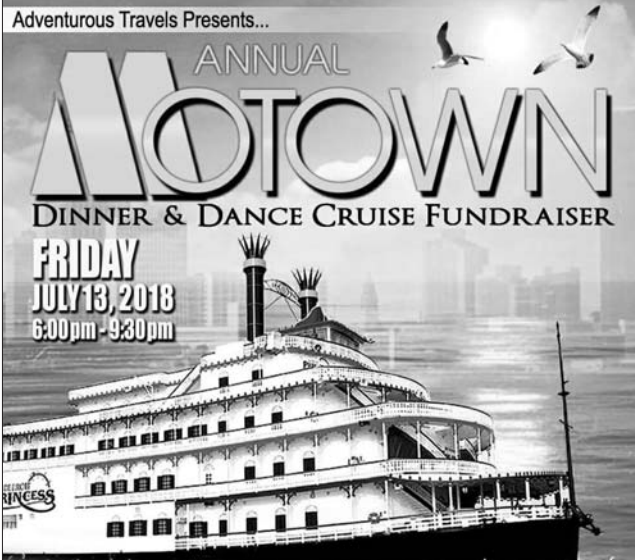
"Death is life's way of telling you you're fired. Suicide is your way of telling life you quit." Anonymous

Bernadette Graham is a Licensed Professional Counselor, National Certified Counselor and Certified Grief Recovery Specialist. You may contact her for questions or resources at graham.bernadette@gmail.com

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ProMedica... continued from page 10

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, July 10

1:30 – 2:30 p.m.

ProMedica Toledo Hospital

Entrance F, Mom & Me Boutique

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

Alzheimers 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, July 11

6 p.m.

ProMedica Memorial Hospital

Chestnut Café – 1st Floor

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

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, July 16

2 – 4 p.m.

ProMedica Bixby Hospital

Hickman Cancer Center

717 Kimole Lane, Suite 130, Adrian, Michigan,

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, July 17

7 – 8:30 p.m.

ProMedica Monroe Regional Hospital

Conference Room A, 4th Floor

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

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.

Wednesday, July 18

1 – 2 p.m.

The Victory Center

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

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 diabetes@promedica.org.

Wednesday, July 25

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, July 26

4 – 6 p.m.

ProMedica Flower Hospital

5200 Harroun Road, Sylvania, Ohio, 43560

Zack Space Statement on SCOTUS Ruling in Janus v. AFSCME

Supreme Court rules in favor of plaintiff, striking blow to 5 million public-sector employees nationwide

Former United States Congressman and Democratic nominee for Ohio Auditor of State Zack Space released the following statement last Wednesday morning in response to the Supreme Court's ruling in Janus v. AFSCME. The SCOTUS ruling prohibits public-sector unions from charging "fair share" fees from non-union members.

"The Supreme Court's decision in Janus v. AFSCME is a victory for the wealthy special interests who at every opportunity seek to diminish and derail the organized labor movement. This particular case -- launched by a conservative governor, and decided by the inhabitant of a stolen Supreme Court seat -- proves the extent to which our broken political system is rigged to benefit corporations, the professional political class, and their donors at the expense of working people.

Corporations will stop at nothing to advance their anti-worker agenda, all for the sake of shareholder profit. The outsized influence of corporate interests and their money in our political system is a disgrace to democracy itself, and must be reined-in.

As Auditor of State, I will champion the labor movement, and do everything in my power to ensure that working Ohioans and their families are again represented in Columbus. The forces seeking to rig our democracy to suit their narrow needs will not prevail."

AKA... continued from page 16



cial Work); Dannie Duhart (Morehouse College, May 2018 graduate), Myranda Duhart (Spelman College); Jillian Highsmith (Johnson C. Smith University, May 2018 Magna Cum Laude graduate in Criminology); LaShay Macon (North Carolina A & T University, graduating senior majoring in Child Development and Family Studies), Ramzee McGee (Dillard University); Blake Minter (Bethune-Cookman University, rising junior majoring in Accounting); Jewel Rollins (Central State University, a rising junior and member of the track team majoring in Exercise Science); Joirdin Quinn (Central State University, May 2018 Magna

Cum Laude graduate with a degree in Social Work); Deonne Williams (North Carolina A & T University, rising junior majoring in Business Management)

Committee members: Katina Johnson (Chairman), Cassandra Adams (Co-Chairman), Elinor Allen, Lenora Barty, Pamela Cockrell, Alice Cole, Alexii Collins, Julia Holt, Treva Jeffries, Janae Miller, Cheryl Phillips, Sandra Smith, Leigh Utley and Cheryl Wallace.

HBCU students who wish to participate in the "HBCU Village" should email Katina Johnson at katinaj73@gmail.com with their name, school and contact information.

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Grandad Mandela by Zazi, Ziwelene & Zindzi Mandela with Sean Qualls

By Terri Schlichenmeyer
The Truth Contributor

Please tell me a family story.

You never get tired of hearing about your Mom and Dad, and how much fun they had on their first date; or that one tale about your uncle (so funny!); or the story about your cousin's very first car. Please tell me a story, you ask, and in *Grandad Mandela* by Zazi, Ziwelene & Zindzi Mandela and Sean Qualls, two children hear of their great-grandfather's heroism.

c. 2018
Lincoln Children's Books
\$17.99 / \$23.99 Canada
40 pages

When Zazi and Ziwelene were playing at their Grandma's house one day, they found a picture of someone they'd never met, and they asked Grandma Zindzi to tell them about the man in the photo. He was Grandad Mandela, Grandma Zindzi's father.

The story was a familiar one; they'd heard it before, but there were parts of it that they loved hearing again. Zazi always asked why Grandad Mandela went to jail, and Grandma Zindzi answered that Grandad went to jail "because he was fighting against apartheid... a law in South Africa that separated black people and white people."

Grandad Mandela hated that law. He hated it enough to be imprisoned for his beliefs, and that was "hard" for his family. Grandma Zindzi was just a little girl then, and she had to be sent away to school, for her own safety. Being away from her mother, Big Mummy, was especially difficult but it made Grandma Zindzi stronger.

Ziwelene asked where Grandad Mandela went to school, and Grandma Zindzi told the children so much more about him. His need for justice in South Africa started very early; even as a boy, he was a champion of equality and many people around the world agreed with Grandad that apartheid was "evil." He was willing to be jailed to end apartheid, and he was glad to

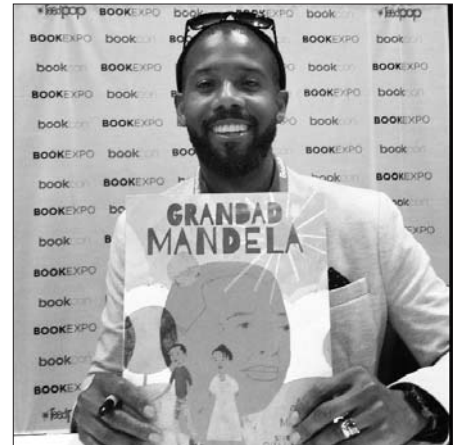
know that "people were pushing harder... for him to be free."

That meant a lot, so Grandad waited patiently until eventually, he was freed. Later, he became President of South Africa and this year, the 100th anniversary of his birth, there is one big way that children everywhere can honor him...

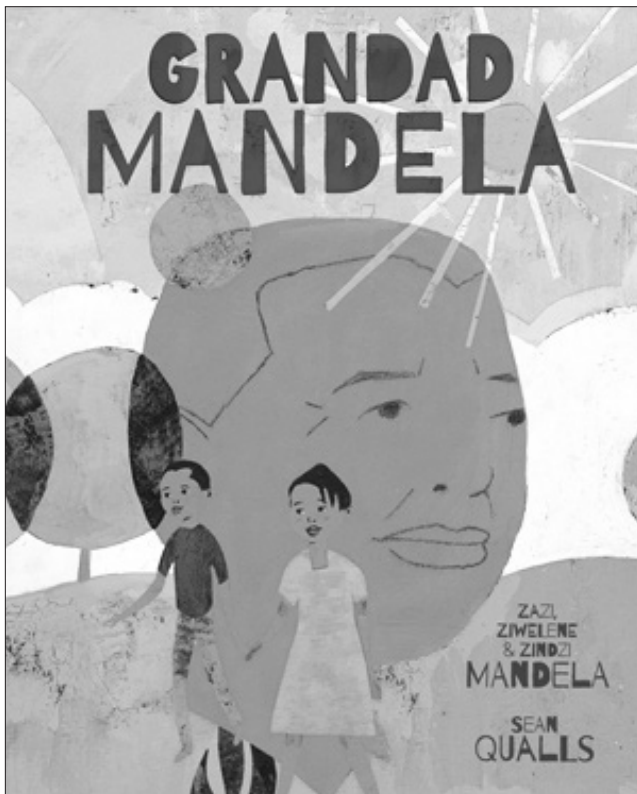
Grandad Mandela may be a lot for your child to take in.

Don't be mistaken: the story that Zazi, Ziwelene & Zindzi Mandela, with Sean Qualls, tells is an important – almost essential – one that young children may not know. It's absolutely a great way to start teaching about Mandela's legacy. But the narrative for this book is long, perhaps too long for squirmy picture-book connoisseurs, and it contains a lot of big words that kids may not quite grasp. Also, while Qualls' illustrations set the tone for this book perfectly, they may not be colorful enough for youngsters who are used to the flash usually found in other age-appropriate books.

Even so, as we near what would have been Mandela's 100th birthday, here's a great book to have around – especially if your child is patient or a little past the picture-book age. Five-to-eight-year olds might like *Grandad Mandela* a lot; for younger children, that may be a different story.



Grandad Mandela, photo courtesy Terri Schlichenmeyer



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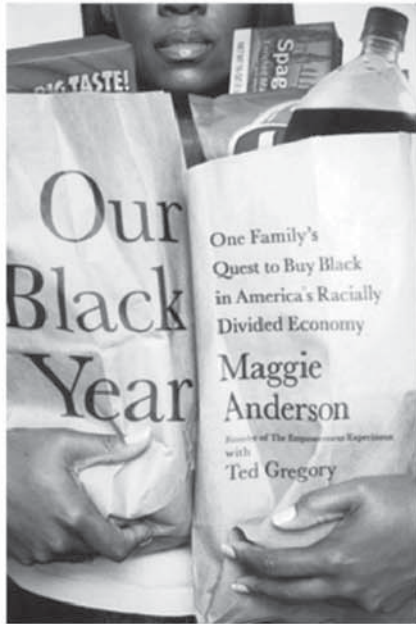
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Maggie Anderson
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When: Every 4th Sunday
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610 Stickney Avenue
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THE ARTS COMMISSION ACCELERATOR GRANT INFORMATION SESSION

Monday, June 25, 5:30-6:30 p.m.
The Arts Commission offices – 1838 Park-
wood Ave. Suite 120, Toledo OH 43604

The Arts Commission is proud to present the second year of the Accelerator Grant program, offering financial support with quick turn-around for area artists to advance their creative projects and careers. Upcoming 2018 deadlines are June 25, July 23, August 27, and September 24. The first round of Accelerator Grantees from the May deadline will be announced later this month.

The Arts Commission will present an information session on June 25, 2018 to detail guidelines for eligibility and review the online application process. The session is recommended for artists across all media-literary, performing and visual who live or hold a studio or creative space within 25 miles of downtown Toledo. Attendees should come prepared to ask questions. Artists who applied for an Accelerator Grant in 2017 are also encouraged to attend.

Find more details in the attached media release or on our website. Questions may be directed to Michelle Carlson, Artist and Youth Services Coordinator, 419-254-2787 x1015, mcarlson@theartscommission.org

TOLEDO OPERA
seeks children for *CARMEN!*

We need boys & girls ages 9 - 14 with unchanged voices to sing in the chorus of *Carmen* (performances February 8 & 10, 2019).

AUDITIONS: Saturday, September 8 from 11-3 pm

Vocal rehearsals will begin October 21
Staging rehearsals will begin January 28

Contact James Norman for more information or to schedule an audition
jnorman@toledoopera.org or 419.255.SING

NOTICE OF JOB VACANCY

TITLE: Billing Specialist – Full Time - Toledo Office

FUNCTION: Responsible for processing provider billing for various internal programs. This includes editing and data entry of provider billing data, reconciliation procedures, invoicing and other clerical tasks. This position also performs consumer liability functions including invoicing, cash receipts, and reconciliations. Responsibilities will also include processing coupons submitted for redemption through the Senior Nutrition Farmers Market Program, including scanning coupons and reconciliation to invoicing.

QUALIFICATIONS: Responsibilities for this position are varied in nature. The successful candidate will possess strong computer skills including experience utilizing Microsoft Office programs along with the accounting package Quickbooks is desirable. Minimum 5 years' experience in Accounts Payable/Receivable required. Accuracy, flexibility, and the ability to maintain deadlines while working within a team environment are essential.

SALARY: Non-Exempt. \$16-\$17/hr

EEO/APP, Bilingual and minority applicants encouraged to apply.

Deadline for Application: Until Filled

Submit resumes to:
Samuel H. Hancock Ed.D.
Human Resources Officer
Area Office on Aging of NW Ohio, Inc.
2155 Arlington Avenue
Toledo, Ohio 43609

Or jobs@areaofficeonaging.com

This description is intended to indicate the kind of tasks and level of work difficulty required of the position. The title of this job shall not be construed as declaring the specific duties and responsibilities of the position. This position description and/or job vacancy notice is not intended to limit or in any way modify the rights of any supervisor to assign, direct, and control the work of employees under supervision. The use of this particular expression or illustration describing duties shall not be held to exclude other duties not mentioned.

TRAINING AND DEVELOPMENT PROFESSIONAL

The Mental Health and Recovery Services Board (MHR SB) of Lucas County is seeking to acquire the services of a training and development professional with capacity to inform the development of clinical behavioral health curriculums to support select initiatives under its diversity and health equity plan and strategic goals. Additional information is available at <http://www.lcmhrsb.oh.gov/publicnotice>. Proposals must be received by July 27, 2018 at 4:30pm.

SPECIAL NOTICE

RE: Examinations for Journeyman Wireman Applications for the Journeyman Inside Wireman test will be accepted July 2-6, 2018 at the International Brotherhood of Electrical Workers Local 8, 807 Lime City Road, Rossford, Ohio between 9:00 a.m. and 3:00 p.m. The qualifications to be eligible for this examination are:

1. Must be 18 years of age or over,
2. Must live in the jurisdiction of Local 8 for one year prior to application.
3. Must have proof of 4 years employment in the commercial/industrial electrical construction industry.

NOTICE OF JOB VACANCY

TITLE: RN Assessor

QUALIFICATIONS:

Registered Nurses with one (1) year experience in-home services, home health, and gerontology needed to work in our Toledo office. This position conducts in-person assessments for individuals in need of community based long-term services and supports. Benefit package. Knowledge of community resources. Reliable transportation, insurance, valid driver's license, background check and drug/alcohol screening required.

EEO/AAP, Bilingual and minority applicants encouraged to apply.

Deadline for application: Until position filled

EEO/APP, Bilingual and minority applicants encouraged to apply.

Deadline for Application: Until Filled

Submit resumes to:
Samuel H. Hancock Ed.D.
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Call to place your ad
419-243-0007
www.TheTruthToledo.com

The AKA Zeta Alpha Omega Chapter Launches Think HBCU Campaign

Special to The Truth

The Alpha Kappa Alpha Sorority, Inc. has launched a national campaign – Think HBCU – to highlight the contributions of historically black colleges and universities to the sorority and society, and the local alumnae chapter, Zeta Kappa Alpha, through its Educational Enrichment Committee, has organized a local campaign – “Support Historically Black Colleges and Universities” I which HBCUs will be showcased as a critical venue for moving students to and through college.

Since 2016, nearly two dozen Zeta Alpha Omega chapter members have formed “villages” and adopted local HBCU students to support and encourage students on their journey to graduation. Members of the village send cards, text messages, notes and, of course, care packages to let students know they are cared for and to uplift them when things get tough.

“These students are part of a village,” explains Katina Johnson, chairman of the committee. “Sorority members have reached out to mentor them.”

While most of the contact between students and village members has been electronic, many students have already met their village members for lunch, dinner or casual outings to get to know each other. An official meet and greet was held on Saturday, June 23, 2018 at Sanger Branch Library to bring students, their families and village members together and to celebrate the students’ academic and athletic accomplishments.

The committee briefly shared a presentation to introduce the HBCU students to those in attendance and later heard from the



students themselves who shared details about their HBCU experience and how their village experience has impacted them. Parents also had the opportunity to share how attending an HBCU has impacted their student. Students received a certificate acknowledging their academic success, as they have either been or are on the Dean’s List.

The program concluded with guests viewing an HBCU gallery of paraphernalia and artifacts and a fellowship reception sponsored by Vito’s Pizza and members of the organization.

Participating HBCU students include: Tanevea Bush (Johnson C. Smith, double-majoring in Biology and Chemistry); Brittany Coleman (Central State University, a graduating senior majoring in So-

... continued on page 12

mobile apps

- Apple iOS Maps iOS
- TARTA FindMyBus iOS
- Google Maps Android/iOS
- moovit Android/iOS
- Transit Android/iOS

online providers

- Apple Maps Connect
- Bing Maps
- Google Maps

TARTA route information



100% wheelchair-accessible and bicycle rack-equipped.



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



419-243-RIDE | TARTA.com

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