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Behind The Warrior’s Mask

By Rev. Donald L. Perryman, D.Min.
The Truth Contributor

Having to always navigate what it means to be a wounded healer and then stand up, often wearing a mask, to bring a word of hope will drive you to depression, other illnesses, family disruption, etc.

- Iva Carruthers

Why would someone place the interests of others above their own self-interest? Why would a person put their life on the line to improve the lives of others? Yet, that is what those who fight for social change often do. And, like for cultural hero and political messiah Martin Luther King Jr., along with the external fight there also comes an accompanying internal struggle resulting from the experience of being a suffering servant, wounded healer or wounded warrior that requires one to deliver tangible hope to marginalized communities while attempting to mask the leaders’ own inner pain.

King’s experience is also informative for black religious and community leaders and those today who are attempting to “save America from America.” I spoke with noted King biographer Stewart Burns, Ph.D. to get a sense of the inner anguish experienced by King and its implications for the social and political strategies of today’s leaders.

This is part one of our two-part discussion.

Perryman: Black History month or MLK celebrations are unlikely to talk about King’s personal spiritual journey. Please describe his spiritual struggles.

Burns: Well, most of us know that Dr. King was suffering from severe depression during the last few years of his life, but Birmingham Sunday, the destruction of Denise McNaill and Cynthia Wesley and Carol Robertson and Annie Mae Collins on September 15, 1963, was as significant a turning point for him as his initial so-called kitchen conversion in January 1956. King felt directly responsible, even though he was not, and was completely devastated by that tragedy and it triggered a full-scale depression.

Perryman: What other issues did King wrestle with?

Burns: So his depression accelerated after he came back from the Nobel Peace Prize in Oslo and was also very evident to people during the Selma Campaign in the spring of 1965. People on the march from Selma to Montgomery talked about how King just seemed really depressed, really remote and not really engaged, which was so unusual for him. That all tied in with his struggle over the Vietnam War and his struggle over corporate capitalism and his belief that corporate capitalism had to be replaced.

Perryman: Can you elaborate?

Burns: King was a Democratic socialist but was actually more to the left and ultimately more of an outright socialist than other allies such as Bayard Rustin or Philip Randolph. King, then, was somewhat alone in his opposition to corporate capitalism and US imperialism around the world, but also alone in his speaking out against the Vietnam War. So that was a huge emotional struggle for him, and then when he came out against the Vietnam War, in particular, to be lambasted - he expected the hostility from the White House and from some reporters, some of the media, but he did not expect that even his fraternity brothers and close friends would turn against him and Jackie Robinson, in particular, who had become a friend. It’s one thing to privately oppose you, but to publicly oppose you as Jackie Robinson did, that made King cry.

So it was all of these things, and then it was just three months after the Riverside Church speech when the riots or uprisings broke out in Newark and Detroit and 160 other cities. King, again feeling responsible, because he felt that he hadn’t delivered, even though he had not really made promises about economic justice or ending poverty, but nevertheless, he felt that, by omission, he had neglected the inner cities and had neglected poverty as an overriding issue.

Perryman: I am aware of some difficulties in the north where King was disillusioned by a lack of success as compared to what he was able to accomplish in the south.

Burns: In Chicago, the campaign was focused on opening up rental and home ownership for black people in the suburbs of Chicago, it didn’t really focus on the ghettos, the west side and the south side of Chicago as it originally had intended to. And so even with this major year-long campaign, they didn’t achieve...they achieved another half a loaf agreement with Mayor Daily this time, but King had a lot of reasons for feeling that he had failed in various ways. Even though they had achieved the Voting Rights Act and Civil Rights Act, he still felt this tremendous sense of failure. And so there was one layer of guilt on top of another and then of course there was also the guilt of... continued on page 12

Community Calendar

February 7
The Appold Planetarium at Lourdes University presents The Birth of Planet Earth: 7 & 8:30 pm: 419-517-8897.

February 17
Indiana Avenue MBC 73rd Church Anniversary Celebration: 4 pm; “Don’t Worry about Anything, Instead Pray About Everything.” Guest speaker Pastor Jerry Boose of Second Baptist

February 21

February 24
Indiana Avenue MBC 73rd Church Anniversary Celebration: 4 pm; “Don’t Worry about Anything, Instead Pray About Everything.” Guest speaker Pastor WL Perryman of Jerusalem MBC

Calvary MBC 30th Pastoral Anniversary for Rev. Floyd Smith, Jr: 4 pm: Guests Bishop Dwayne Tisdale and Friendship Baptist Church

March 10
Calvary MBC 10th Pastoral Anniversary for Rev. Floyd Smith, Jr: 4 pm: Guests Pastor Melvin Barnes and the Greater Faith Fellowship Church

March 17
Calvary MBC 30th Pastoral Anniversary for Rev. Floyd Smith Jr: 4 pm: Guests Pastor Roger Carson and Southern MBC

March 24
Calvary MBC 30th Pastoral Anniversary for Rev. Floyd Smith Jr: 4 pm: Guests Pastor James Willis and St. Paul MBC

March 31
Calvary MBC 30th Pastoral Anniversary for Rev. Floyd Smith Jr: 4 pm: Guests Pastor Nathan Madison and Fourth Street Baptist Church of Lima, OH
Lourdes University Presents Black History Month Celebration

‘The Stars Within Us: Black Excellence and the Arts’

Lourdes University and the Office of Multicultural Services and Diversity presents the annual Black History Month Celebration ‘The Stars Within Us: Black Excellence and the Arts’, with special guest Spoken Word Artist, Ed Mabrey on Thursday, February 28 from 4:30 p.m. to 6 p.m. at the Franciscan Center Theater, 6832 Convent Blvd. in Sylvania. This year’s celebration will highlight the artistic achievements and contributions of Black Americans throughout history. Free and open to the public. To RSVP or for more information, contact Ashley Jackson at (419) 517-8413 or ajackson@lourdes.edu or email at ajackson@lourdes.edu.

Ed Mabrey

Ed Mabrey is a two-time Individual World Poetry Slam Champion. The first person of color to win the title, Mabrey continues to be an influencing factor in the performance arts community. An Emmy nominated actor and National Best Selling poetry anthology contributor, Mabrey has served as Master of Ceremony/Host for over 600 events in the past 8 years, and toured internationally holding performances and workshops at over 70 colleges and universities. Mabrey is an Ohio native, who now resides in Charlotte, NC.

For more information about Ed Mabrey, visit http://artistcard.com/EdMabrey
House Democrats Announce New Leadership Team for 133rd General Assembly

The Ohio House Democratic Caucus today announced its leadership team for the 133rd General Assembly. In an all-caucus vote, Dems elected current Democratic Whip and state Rep. Emilia Sykes (D-Akron) as the next Democratic leader.

“Ohioans want leaders who put people first, who know how to work together to get things done,” said Sykes. “I am humbled by the support of this caucus and look forward to working with this leadership team, members, staff and my Republican colleagues over the next two years to improve the lives of Ohio’s children, families and workers.”

Joining Sykes will be Rep. Kristin Boggs (D-Columbus) as the next Assistant Minority Leader, her first leadership post since joining the Ohio House in 2015.

“I am excited to join this leadership team and look forward to working together on the issues that matter most to everyday Ohioans—issues like attracting good-paying jobs, protecting healthcare and improving our children’s education,” said Boggs.

Rep. Kent Smith (D-Euclid), elected to be the next Minority Whip, formerly served as the caucus’s policy chair during the 132nd General Assembly. He is serving in his third term as state representative.

“I am honored to join this leadership team and am committed to fight for Ohio’s working families with my Democratic colleagues as we forge a new path to grow opportunities for the 11.5 million Ohioans that we serve,” said Smith.

State Rep. Paula Hicks-Hudson (D-Toledo), a former Toledo mayor and current state rep, serving her first term, rounds out the caucus’s leadership team as the next Assistant Whip.

“I am grateful to the caucus members for their support,” said Hicks-Hudson. “We have an incredible opportunity this General Assembly to make a difference in the lives of everyday Ohioans by giving a voice to the voiceless and continuing to move our state forward.”

A formal all-House vote on Democratic and Republican House leadership will take place Feb. 6.
A Black History Month Concert Revisited

By Fletcher Word
Sojourner’s Truth Editor

St. Martin de Porres Parish is welcoming back to Toledo Maestro Chelsea Tipton II for the 29th Annual Black History Month concert and is dedicating the concert to the memory of Rev. P. Martin Donnelly, who was pastor of St. Ann’s Parish and instrumental in the first Black History Month Concert 29 years ago.

Six months after the first concert at St. Ann’s Church, the parish was closed, as was St Teresa of Avila, and a new parish was founded named St. Martin de Porres. The annual concert continues in the same location, now St. Martin de Porres Church. The concert will be Feb. 24, 2019 at 5:00 p.m. at the Church, 1119 W. Bancroft Street, Toledo, Ohio.

The concert, part of the Black History Month observance, features baritone De’Ron McDaniels as soloist. A Cleveland native, McDaniels is a graduate of the University of Cincinnati College-Conservatory of Music (CCM) and also the Oberlin Conservatory of Music. He has performed with the TSO earlier and is eager to return to Toledo. The Black History Month Concert offers a variety of music that reflects upon the African American experience both through the composers and the style of music.

Maestro Chelsea Tipton II, former resident conductor of the Toledo Symphony Orchestra, will conduct a program that will invite the audience into the depths and the exhilaration of African American Music. This year’s concert will highlight music by Hailstork, Higdon, and Still. In addition, an arrangement of Grainger’s Danny Boy will be dedicated to the memory of Fr. Martin Donnelly.

The St. Katharine Drexel award will be given to Rev. F. Anthony Gallagher. Fr. Gallagher, a retired priest from the Diocese of Toledo, is a supportive presence to marginalized persons and a voice for justice. He is active at the Milan Federal Prison, Jobs with Justice, FLOC, United Pastors for Social Empowerment, and was a founding member of the Association of US Catholic Priests. He is a member of St. Martin de Porres Parish. His hopes are to melt silos, build bridges, listen, accompany and support. He follows in the spirit of St. Katharine Drexel who used her resources generously in creating opportunities for children. St. Katharine Drexel founded over 60 schools for black and Native American children. She also founded Xavier University in New Orleans.

Tickets for the Concert are on sale at the Parish, 1119 W. Bancroft Street, 419-241-4544 at $20.00; $25.00 at the door. Student tickets at $10.00. Shuttle parking is available at Swayne Field.

For more information call: Sister Virginia Welsh or Rochelle Hite at 419-241-4544.

Toledo Library... continued from page 11

Brain Attacks and How to Recognize Them
Many people are familiar with heart attacks, but may not know as much about “brain attacks,” also known as strokes. Learn prevention tips and the early signs and symptoms of a stroke from St. Luke’s Hospital’s Stroke Coordinator, Ann Thompson, BSN, RN. (T) April 16 at 7 - 8 p.m.

Mercy Health Talks
King Road Branch Library

Shoulder Replacement with Dr. Ensesi Momoh
(Th) Feb. 14 at 2 – 3 p.m.

Foot and Ankle Care with Dr. Clay Carmody
(Th) March 14 at 2 – 3 p.m.

Women’s Health for 50+ with Dr. Tracy Griffith
(Th) April 11 at 2 - 3 p.m.

Skin care with Dr. Erin Heuring
(Th) May 9 at 2 - 3 p.m.

Programs are free, no registration required. For more programs visit http://www.toledolibrary.org/programs.

Media Contact: Kelsey Cogan, (mailto:kelsey.cogan@toledolibrary.org)
Media Coordinator 419.280.5271
Heart Health Education Can Positively Influence Underserved, Rural Populations

Improving dietary habits and learning skills such as reading food labels and recognizing the signs of a heart attack have the potential to improve cardiovascular health among underserved rural populations, according to newly published research from Florida State University.

Laurie Abbott, an assistant professor in the College of Nursing, found significant improvements in food-related behaviors associated with cardiovascular health by African-American participants from rural northern Florida counties after they completed a six-week intervention that addressed major cardiovascular disease risk factors. The study, published in the journal Health Education Research [1], examined the results from an earlier cluster randomized trial with a secondary data analysis.

“The positive findings indicate that the population may be receptive to health behavior research efforts and health promotion strategies to help them learn ways to stay well,” Abbott said. “During the program sessions, the participants actively engaged in the program activities and verbalized positive comments about the intervention and the interactive strategies used.”

In the first study, researchers recruited 229 African-Americans from 12 churches in two rural northern Florida counties to participate in the study. Half were exposed to “With Every Heartbeat Is Life,” a culturally relevant health promotion curriculum developed by the National Heart, Lung, and Blood Institute. The other half served as the control group.

Health habits or behaviors associated with cardiovascular disease such as food-related risk factors, physical activity, alcohol and tobacco use and confidence levels in health habits, were measured at baseline and at six weeks for both groups.

After the intervention group participants completed the program, researchers found significant improvements in food-related behaviors, such as increased fruit consumption and eating more vegetables than meat at meals. Participants were also more likely to read food nutrition labels while grocery shopping, drain fat after cooking meat, consume fewer sugar-sweetened beverages and reduce intake of high-fat dairy products.

In addition, there were significant group differences postintervention regarding confidence in cooking heart healthy foods, reading food labels and recognizing heart attack symptoms.

“Improved confidence in reading food labels meant that they could go to the grocery store and make healthier choices,” Abbott said. “I had one participant in his 60s who stated that, prior to participation in the program, he had never read labels when shopping for food in the grocery store. After receiving the program, he began looking at the sodium content and choosing foods lower in sodium as recommended for people diagnosed with hypertension.”

Recognizing signs of a heart attack can help people seek medical assistance sooner, especially in rural areas where the hospital and emergency medical services may be farther away than in urban settings.

“Sometimes, remote distance can influence delays that could cause loss of life or damaged heart muscle if the patient is experiencing a heart attack,” said Abbott, who received the 2018 American Public Health Association Public Health Nursing Junior Investigator Award for her research on advancing cardiovascular health equity among underserved, rural populations.

The American Heart Association projects a 10 percent increase in the prevalence of cardiovascular disease when patients have detrimental social and environment health habits such as physical inactivity, unhealthy dietary practices and lack of preventive health services.

Over her 25-year career as a nurse working in hospital, clinic and community facilities, Abbott noticed that her rural patients didn’t always have the knowledge, skills and resources they needed to reduce disease risk factors and enhance wellness.

“Recognizing this need instilled a passion within me to go into rural community settings and do something more to help rural citizens learn how to stay well, reduce modifiable cardiovascular disease risk factors, and avoid hospitalization and chronic disease exacerbation.”

Primary prevention strategies for promoting healthy lifestyle behaviors such as increasing produce consumption and physical activity levels and reducing dietary fat intake and smoking can potentially improve heart health awareness, build individual capacity and advance cardiovascular health equity among people living in rural areas.

Abbott said future research efforts will involve testing the sustainability of improved cardiovascular health habits over longer intervals of time and the inclusion of biometric screening components such as blood pressure measures and weight. More research is also needed to understand the influences of factors such as race, ethnicity and rurality on health risk behaviors as well as strategies for risk reduction.

Elizabeth H. Slate, the Duncan McLean and Pearl Levine Fair-weather Professor in the FSU Department of Statistics, and Jennifer L. Lemacks, associate professor of nutrition and food systems at the University of Southern Mississippi, also contributed to the study.
Many Americans are feeling the negative effects of the government shutdown. In general, there are many unknowns which can be stressful for everyone. For some, the shutdown may be staining their household finances and food budget. For many people, feeling stress might encourage them to reach for comfort foods that are high in sugar and fat and low in fiber and vitamins. Unfortunately, a diet with high sugar and high-fat food doesn’t help stop the stressful situation.

With hopes that the US government will be open again by the time this article is published, the tips offered here are for stretching the food budget throughout the year – no matter what your current financial situation.

For those who are on furlough, if you have school-aged children who are not currently receiving free or reduced school breakfasts and lunches you may be eligible to apply for these school meals due to current income situation. Please apply at your school.

For those who qualify for SNAP (Supplemental Nutrition Assistance Program) previously known as “food stamps”, the February 2019 SNAP benefits have been issued onto the electronic benefits card in January. It is important to ration and conserve as much food money as possible throughout the month of February. Look at how many SNAP dollars you have on your card and decide how much to spend at each grocery trip to last until March. If you are not a SNAP recipient but believe you qualify, you can contact the Lucas County Department of Job & Family Services at 419-213-8800 or online at https://co.lucas.oh.us/858/Job-and-Family-Services. They will take applications but it is important to know that benefits have already been issued for February.

For those who are fortunate to have enough money for food and are looking for a way to help others, now is a good time to add extra food items to your grocery list and/or money to donate to a local food pantry or soup kitchen. It is not uncommon to find outreach services at places of worship and community centers and many are preparing for an increase in need in our community. If you are not yet connected with an outreach site, it might be helpful to find one near you and contact them to find out their greatest needs. For those who are looking for resources as well as those looking for where to donate, United Way’s 211 is a good place to start. You can dial 2-1-1 on the phone or go online at http://referweb.net/211toledo/

Sometimes paying for convenience of prepared foods is worth the extra cost but now is a good time to consider how much extra money you’re willing to spend. Planning and preparing meals takes time but it often pays off at the cash register. Start at home. What food is available? Are there any foods in your cupboard or freezer that you forgot about? If you use the donations from an emergency food pantry, what foods can you get there? Can you use that food as a starting point for planning a meal? What other foods would you need to go with it to make an inexpensive recipe? Although recipes like casseroles or beans and rice might be snubbed as basic, they can be altered to your own tastes and are the type of recipe that can feed a family and limit the cost of expensive ingredients.

When writing the grocery list and shopping at the store consider some of these good buys:

- Oatmeal is an easy breakfast food and it can also be a healthy, inexpensive ingredient for other foods like pancakes and muffins. From a health standpoint, oats are whole grains with the benefits of fiber.
- Although fresh fruits and vegetables are associated with healthy eating, canned and frozen produce can be just as healthy. Compare the cost of different types of fruits or vegetables. Canned fruit, packed in juice is healthy and might cost significantly less than the fresh option. There are local vegetables (also available at the Saturday morning Toledo Farmers Market) that store well throughout the cold months and you might find a good deal. Some examples of these vegetables are onions, carrots, potatoes, and sometimes greens.
- Meat is often a more expensive option compared to other protein foods like eggs or beans or peanut butter. Consider making more recipes using these basic ingredients to save money at the store.
- For those who would like more detailed information about eating healthy on a limited budget, OSU Extension offers SNAP-Ed (Education) classes in Lucas County. In February there is a series of three classes titled, “Shop Smart, Eat Healthy.” This is free and open to anyone who qualifies for SNAP benefits, although there is a limit of 16 participants due to space. The series of three classes will be from 5:00 – 6:00pm on February 5, 12 and 19 at the Promedica Ebeid Institute, 1806 Madison Avenue, Toledo, Ohio, second floor above Market on the Green grocery store. Please RSVP for the series by email to marketonthegreen@promedica.org. Information for this article from Illinois Extension and local Lucas County resources.
Rogers High School Business Accounting Professionals of American Chapter Wins Regionals

Business Accounting Technology at Rogers High School, Accounting BPA chapter won second place in Financial Analyst Team, (Zachary Payne, Ariyah Jones, Jonathan Freeman, Joshua Trowbridge), third place in Payroll Accounting (Ariyah Jones), fourth place in Personal Finance Management (Daren Goodwin), and fifth place in Business Ethics (Ozzie Hall). Students will be traveling in March to compete at the BPA State Leadership Conference being held at the Convention Center in Columbus, Ohio in March. The student’s teacher and advisor, Ms. Rana Daniels. Please wish these hard working students good luck at states. TPS Proud.

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The Toledo African American Chamber of Commerce invites you to attend “Business in the Black” on Thursday, March 7th, 2019, 5:30 - 8:00 PM at the Radisson Hotel, University of Toledo, 3100 Glenwood Ave., Toledo, OH 43614.

The Rise of Black Business in America 1800’s - 1960’s

This event will offer business networking, and a film documentary including names of black millionaires from the 1800’s, and interviews with people whose family owned a business in the early 1900’s.

5:30 PM - Networking
6:00 PM - Film Documentary by Anthony Brogdon
7:00 PM - Discussion
7:30 PM - Networking

Confirm your RSVP by purchasing $10 tick-ets at the Eventbrite link below, and receive a $10 credit towards your membership in the organization for year 2019.
MD’z Floors & More Excels in Excellent Service

MD’z Floors & More opened in 2010 with just a borrowed 1994 station wagon and a rented portable carpet extractor. Our leader, Quintin Riley has 10 years of experience in floor care. With faith, dedication, a desire to perfect the floor care craft, and a focus on providing exceptional service; MD’z Floors & More has grown into a reputable business and a go-to floor care company for home owners, businesses and community organizations in just 5 years.

The mission of MD’z Floors & More is to serve their customers with a reliable and honest work ethic, while guaranteeing exceptional work at a fair, affordable price. They do this by:

- Giving you the BEST carpet cleaning experience possible
- Using environmentally friendly “Green” products
- Offering competitive rates and exceptional value
- Removing dirt, germs, pollutants, allergens, dust and bacteria from your home

Riley, the founder/owner/operator of MD’z, has 10 years of floor care experience and studied Business Management at Davis College. A true floor care guru, Riley keeps his skills up to date with the latest training and industry standards. Excellent customer service is the company’s goal! At MD’z Floors & More they want every customer 100 percent satisfied.

Mother Georgia’s Red Room Is Open For Business

Located at 5113 Dorr Street, Mother Georgia’s Red Room, which celebrated its grand opening in this past month of January, features artwork, furnishings for home and office, decorations, kitchenware and a host of other creative pieces provided by owner Georgia Rogers and her contracted vendors – Gale’s Creations Plus, Autumn Gineen Atelier and Cee Cee’s Artwork Plus.

“It Feels Like Home” is the recently opened boutique’s slogan. The store is now open on Tuesdays, Thursdays and Saturdays from 11 a.m. to 5 p.m.

Reach Rogers at georgiarogers90@yahoo.com

Volunteer to Help an Abused Child

We care about your health. And we are deeply committed to the wellness of this community. As a local center of nationally recognized care, The University of Toledo Medical Center provides both life-saving treatment for the most complex cases and compassionate care for more routine injury and illness – just minutes from home.

Community health experts who treat you like a neighbor.

Investing in the health of our hometown.

We’re strong. We’re committed. And we’re confident in the future.

Visit utmc.utoledo.edu
How One Volunteer is Helping End a Family Cycle of Alzheimer’s

Jacqueline Patterson, 66, knew from a young age what Alzheimer’s looked like, but didn’t call it by its name until she started caring for her mother, Ruby, in 2008.

“When I took on caregiving responsibilities for my mom, the only thing I knew was that this is just something that everyone in my family gets – we accepted it,” Patterson recalls. “But once I saw my mom die from the disease, I made it my mission to learn as much as I can and educate as many people as I can, especially African Americans who are disproportionately impacted by the disease. I don’t want anyone to go through what I did.”

Patterson has a long family history of Alzheimer’s disease. Her grandfather had the disease, and of her mother’s nine sisters, six passed away with Alzheimer’s or dementia and three are currently living with the disease. Patterson’s father, Matthew, also passed away from the disease. “At that time, it didn’t occur to any of us that this was a disease,” Patterson says. “Once I began to look more closely, I realized there was more to it. It really hit home once my mother developed the disease.”

According to the Alzheimer’s Association, there are currently more than 5 million Americans living with Alzheimer’s disease, the sixth leading cause of death in the U.S. Disproportionately impacting African Americans, older African Americans are twice as likely as older white Americans to develop the disease.

By the time Patterson realized her mother was showing symptoms of Alzheimer’s, she was already in the late stages. “Her doctor said that it was just normal aging, but I knew there was more going on – something was obviously very wrong.”

Patterson, a high school biology teacher, retired early to be a full-time caregiver for her mother. Frustrated with the lack of information and support services available, she reached out to the Alzheimer’s Association where she was able to learn about the disease and access needed resources like respite care.

After Patterson’s mother passed away, she made it her mission to educate others about the disease and end the cycle within her family. She started volunteering with the Alzheimer’s Association’s, meeting with physicians serving rural and minority populations, sharing information about the importance of early detection and diagnosis and making resources available to those living with the disease. Since her mother’s diagnosis, she has earned a Master’s degree in Public Health and is working towards a Doctorate of Public Health.

Currently, Patterson is enrolled in a clinical trial. She aims to overcome the stigma related to such research within the African-American community. African Americans and other ethnic minorities are vastly underrepresented in these trials, limiting what researchers can learn.

“There is still a fear of participating in studies, which is understandable when you think about the history with terrible, unethical trials like Tuskegee,” Patterson says. “But I wanted to be the one to say look – I’m doing this, and it’s okay.”

Patterson says she’s come a long way from “accepting” the disease as her family’s destiny and is encouraging other African Americans to do the same.

“We need to raise awareness about African Americans’ increased risk for Alzheimer’s and encourage participation in research that can help us understand the reasons behind it. I now look at Alzheimer’s as a disease that can be cured,” says Patterson.

Courtesy StatePoint
Motivation

By definition, is the reason or reasons one has for acting or behaving in a particular way, a sudden brilliant, creative, or timely idea?
So, I am asking the questions this time. What motivates you to get up and get going? Are you even exercising yet or do you just give it a passing thought?
“I will start tomorrow.” You say. Now that tomorrow was three or four weeks ago and you are still waiting. What is it that you are waiting for? It only gets easier when you get started.
You have to start by setting a goal, a realistic goal. Don’t set a weight goal just yet. Set a feel better goal. A more energy goal, a sleep better goal, a positive thinking goal or a love yourself more goal.
Even if it’s just getting up earlier and not doing anything but taking time for yourself and reflecting at first. Maybe you can get up a half hour earlier and start a simple stretching routine. How easy is that? Get up and just stretch for a while get the blood flowing, relax your mind, feel your energy and perhaps plan your day.
So many times we wake up with the alarm, jump up (after hitting snooze three times) and we are off to the races. This is no way for you to start your day. It keeps you always behind the eight-ball, rushing, tired and stressing out. Studies have shown that such stressful routine leads to over eating, high blood pressure, release of cortisol and numerous other negative effects on our mind and bodies that we can all do without.
A simple change in your morning routine will alleviate a lot of unwanted stress and help provide you with a better sense of control and positivity. Now that you have started this three-to-five days a week and you are feeling better you will be, what’s the word? – MOTIVATED – to continue to keep going with this new routine.
Now you can add your new workout to the day as well. You have been waking up early now take two of those days and begin your exercise program. Just substitute two days of stretching for your work out. So now you have M/W/F as your stretch days and T/TH as your work out days. Next week switch it around. And keep it simple, this is about staying motivated and feeling better.
Perhaps begin with a few sets of push-ups, sit-ups and squats. If you have time left in you half hour finish it with stretching. Remember this is about motivation and feeling better. Creating this new habit and sticking to it will create more motivation. And remember that by definition it is a REASON.
Keep your reason fresh in your mind daily as you improve, begin to change your goals as you become more consistent, challenge yourself and believe that you can achieve any goal you set your mind to. Be your own motivation and be an inspiration to others. It’s not about the Inn it’s the journey that get you there. It may be a slow process but as long as you keep going you will get there.
UNLEASH YOUR HERO!
If you have 50 lbs or more to lose I have a specific fit camp just for you. Please email me at mydreambodies419@gmail.com if you’re interested, in the subject put 50+ and I will get information to you.

Ask an Expert at the Toledo Library

The Toledo Lucas County Public Library has partnered with local health care experts to provide community members with medical advice at two library locations. Ask an Expert and Mercy Health Talks are series focusing on different health and wellness related topics and will provide an opportunity for community members to get their questions answered by professionals.

Ask an Expert with St. Luke’s Hospital

Maumee Branch Library
Keto, Paleo and Vegan, Oh My! Special Diets and Your Health
There are an abundance of diets in the world and it can be difficult to know what each entails. St. Luke’s Hospital’s clinical dietitian team will help to

Health Department Offers Free Beginner Tai Chi Classes

The Toledo-Lucas County Health Department is providing an updated Tai Chi class location list for residents 60 years of age and older.
Tai Ji Quan: Moving for Better Balance, focuses on improving functional abilities such as balance and coordination, in order to prevent falls, while improving physical health and enhancing mental focus. Locations: Maumee Senior Center 2430 S. Detroit Ave. Maumee, OH 43537 (419) 893-1994 11:00 a.m. – 12:00 p.m., Tuesdays & Fridays
Mercy Senior Wellness Center 545 Indiana Ave. Toledo, OH 43604 (419) 251-8930 9:30 a.m. – 10:30 a.m., Wednesdays & Fridays
Spencer Twp. Neighborhood Center 330 Oak Terrace Blvd. (Off Angola Rd., west of Crissey) Holland, OH 43528 (419) 865-4700 12:45 p.m. – 1:45 p.m., Tuesdays & Thursdays

For more information, contact: Dennis Hicks, Community Engagement C
Amalgamated Transit Union International President Larry Hanley released the following statement to mark Transit Equity Day to celebrate Rosa Park’s birthday._

“Nearly two-thirds of a century ago Rosa Parks broke the law by refusing to give up her seat to a white man. She was arrested and locked up in a Montgomery, AL, jail.

“In response, the black community of Montgomery decided to boycott the city’s buses until they could ride with dignity. The boycott lasted 381 days – until the U.S. Supreme Court ruled that such discrimination was unconstitutional.

“One of the organizers of the Montgomery bus boycott was Rev. Martin Luther King, Jr. He helped Americans understand that civil rights included not only the right to vote and to take any seat on the bus, but the right to a decent home, and a good job; the right to join a union, and equal access to a good life.

“King also recognized that equal access to public transportation was one of those essential rights because rapid-transit systems determine the accessibility of jobs. Unfortunately, transit systems did not provide that access. So, King proclaimed, ‘urban transit systems’ have become ‘a genuine civil rights issue.’

“Since then our urban transit systems have grown far worse.

“Privatization of public transit has led to private companies running a public service not for the public good, but for their bottom line.

“Our cities have become full of transit deserts where riders in low-income communities have to spend hours walking and taking circuitous routes simply to get to their jobs, see their families, buy groceries, or get to a medical appointment.

“From Portland, OR, to Trenton, NJ, to Minneapolis, MN, to San Francisco, CA and many other cities transit systems have cut service and raised fares. People of color and low-income families, who depend most on public transit, are bearing the brunt of these reductions in public transit service and rising fares.

“To celebrate Rosa Parks birthday, the Amalgamated Transit Union is joining with the Labor Network for Sustainability, Jobs with Justice, the Institute for Policy Studies and others to declare Transit Equity Day on February 4, 2019 to call for increased investment in public transit.

“More investment in public transit will create a cleaner environment. Transportation is the second largest source of climate change. Riding a bus, train, trolley or light rail rather than a car helps reduce pollution. Buses emit 80% less carbon dioxide than a car and rail transit emits almost none.

“More investment in public transit will give every person in every neighborhood regardless of age, race, class, gender, or disability the right to safe, convenient transportation at an affordable cost.

“So to honor Rosa Park’s legacy let’s invest in public transit to create a more just, clean and accessible future for all.”

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Perryman: Is it possible for diverse individuals with diverse experiences to respond differently to the experiences that contribute to their “wounded-ness”? King had a relatively drama free childhood and experienced no personal trauma that I am aware of, prior to the Birmingham tragedy.

BURNS: I considered myself a wounded warrior coming out of my childhood and family alcoholism and all the rest. And, for me, getting involved in the new left, the anti-war movement and then other movements, subsequent-ly was a healing experience. Now on the other hand, a lot of people who got involved in the sort of armed struggle wing of the movement during the late 60s, early 70’s, I think were also wounded warriors. I think they had not been wounded warriors they would not have got involved in such “crazy activities,” as The Weather Underground organization would say. But the movement experience, for them, was not a healing experience. If anything, it worsened their woundedness and ultimately kind of spiraled out of control to the bombings that they did and all that, and all the dehumanizing rhetoric too, including calling police “pigs” and all of that, I feel was not helpful to them in terms of their mental or emotional health.

Whereas in the nonviolent movement, we also were far from perfect and there were all kinds of personality conflicts, people with problems, and bad things that nonviolent activists did for sure. But overall, I think the experience of nonviolent activism was a healing experience for many of us, and I think for many in the Civil Rights Movement.

And then when you’re feeling that you’re getting healed in terms of your emotional struggles, it can further encourage you to keep on keeping on and maybe continue to take risks because you have this healing experience, part of which is just simply, experiencing community, as I did for the first time, real community. And I really miss that from those days.

Ed. Note: Highly regarded historian of the Civil Rights Movement, author or editor of eight books, Stewart Burns served as an editor of the King Papers at Stanford University, where he also taught U.S. History. His first book Social Movements of the 1960s (1990), still in print, has been the most widely used college text on the subject. His documentary history of the Montgomery bus boycott, Daybreak of Freedom (1997), was made into the HBO feature film Boycott (on which he consulted), winner of the NAACP Image Award in 2002.

Burns has been a nonviolent activist for most of his life, for over a quarter century engaged in inter racial healing in higher education. He remains committed to applying King’s legacy to our troubled world.

Contact Rev. Donald Perryman, PhD, at drdpperryman@enterofhopebaptist.org
Maid: Hard Work, Low Pay, and a Mother’s Will to Survive by Stephanie Land

By Terri Schlichenmeyer

To Survive

Maid: Hard Work, Low Pay, and a Mother’s Will

Table, part-time housecleaner.

With little support and few options, she started working as a paid-under-the

is fraught with “fragile circumstances.” Land needed a job, but childcare was


want-

/17


planned on having.

plied for college, and met a man who fathered her child, a girl that neither had

Montana, where so many writers found home. She took odd jobs to get by, ap-

er.

Shortly after the baby was born, he told Land to leave.

For Land, and millions of Americans like her, pulling oneself out of poverty

is fraught with “fragile circumstances.” Land needed a job, but childcare was

iffy and more income meant less help. No help meant no gas money to job-seek.

With little support and few options, she started working as a paid-under-the-

table, part-time housecleaner.

“My job offered no sick pay, no vacation… no foreseeable increase in wage,”

she says, “yet… still I begged to work more.”

When “more” was not forthcoming, Land started her own fledgling business, hustling for clients, branching out to lawn care, and bartering for what she need-
ed. Still, she endured humiliation and difficulties, until a client who didn’t see her as “invisible” gave her advice and a caseworker gave her a lifeline…

Your desk, bathrooms, conference room, your entire home sometimes seems
to sparkle more than normal. You write a check each month to make it happen.

Now Maid shows you who does the work.

This, however, isn’t a new story: author Stephanie Land begins with a few

hindsight-regretful decisions and a paycheck-to-paycheck existence that’s lost,
along with reliable shelter. Readers are likely familiar with this, and the seem-
ingly-endless bureaucracy that comes next.

The narrative shifts considerably, once we reach the part in which Land takes

a job as a housecleaner, but it’s not always a good shift. There, readers get

an eloquently-written look at uncomfortable, complicated processes that seem
designed to keep people from getting out of poverty. We also get a peek inside

the life of a maid, but Land makes the work seem like last-ditch, last-chance

employment. Housekeepers who love their jobs might beg to differ.

In her foreword, author Barbara Ehrenreich points out a happy ending inside

this book; getting there will open your eyes wide. You’ll absorb Maid like a

sponge. You won’t be able to let it go.

AKA... continued from page 16

and their children. All people are created equal, she emphasized. She point-
ed to the importance of continuing to utilize programs like the arts, health,

science, technology and mathematics. The members should be uplifting as

they climb.

The sorority’s national programs promote: HBCU for Life, Women’s

Healthcare and Wellness, Building your Economic Legacy, the Arts, Global

Impact and (CAP) College Admissions Process.

Zeta Alpha Omega officers: Morgannia Dawson, president; Nicole Wil-

liam, vice president; Pam Green-Jones, recording secretary; Katrina Barry,

assistant secretary; Treva Jeffries, corresponding secretary; Jacalyn Brown,
treasurer; Paula Martin, financial secretary; Denise Black-Poon, Ivy Leaf

reporter; Cheryl Wallace, Alpha Lambda advisor; Desiree McGee, Iota Iota

advisor; Felicia Dunston, parliamentarian; Elinor Allen, historian; Mary

Dawson, Sergeant at Arms; Frances Collins, PhD, member at large; Pamela

Wilson, hostess; Marge Huntley, chaplain; and Julia Holt, attendance registrar.

Founders’ Day Committee: Chairman Richelle Watkins; Co-chairman

Clara Petty; and members Lisa Dubose, Felicia Dunston, Mary Dawson,

Morgannia Dawson, Nicole Williams, Lenora Barry, Malinda Prowell, Con-

nie Okoye-Nantwi, Carolyn Lewis, Pamela Green-Jones, and Fionne Rob-

erts-Wright.
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BOOK YOUR EVENTS NOW!
Notice to Bidders: Inquiry # FY19-32, (Project # 1130-19-205) for Electrical System Enhancements for the University of Toledo. 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, Facilities and Construction, Plant Operations, Room 1100, 2925 E. Rocket Drive, MS 216, Toledo, Ohio 43606 before 3:00 p.m., Tuesday, February 5, 2019. Bids will be publicly opened that same day at 3:05 p.m. in the Plant Operations Building, Room 1000. Copies of Plans, Specifications, and Bid Forms may be obtained from Becker Impressions, 4646 Angola Rd., Toledo, Ohio 43615, Call 419-385-5303 for an appointment to pick up bid package. A cost of $150.00 will be charged per set. Any further information may be obtained from Dr. Richard H. Dennis, JRM Engineering at 419-824-2400. One Pre-Bid Conference will be held on Tuesday, January 22, 2019 at 11:00 a.m. in the Plant Operations Building, Room 1000, at the University of Toledo, 2925 E. Rocket Drive, Toledo, OH 43606. Total Bid Guaranty and Contract Bond are required per section 153.54 of the Ohio Revised Code. EDGE Participation Goal: 15%. Project Estimate: $1,300,000.00; Breakdown: Electrical: $1,300,000.00

GROUNDS MAINTENANCE ASSISTANT

Metroparks Toledo has a great opportunity for you to join our team! Currently we have openings for seasonal maintenance staff. If you are going to work, why not do it in the beautiful outdoors. Must be 18 or older with high school diploma or equivalent and valid driver’s license. Graduating high school seniors may apply if 18 years of age or older. $9.00/hour. Duties include cleaning and facility and grounds maintenance. Employment varies throughout December based on need. Must enjoy working outdoors and be able to learn to use power tools and equipment. Go to MetroparksToledo.com to view the job description, position requirements and apply online. EOE

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Notice to Bidders

SEALED PROPOSALS for bidding on Manhattan Marsh Metropark Development will be received; opened; and read aloud at the Metropark Development Office at 6157 Fallen Timbers Field Office, 6101 Fallen Timbers Lane, Maumee, Ohio 43537 Friday, February 15, 2019 at 3:00 p.m. local time.

The SCHEDE OF WORK consists of new park development including construction of 1.74 miles of multi-use aggregate path, 1,631 feet of wooden boardwalk & overlooks, canoe/kayak launch, 20 car aggregate lot, concrete walks, asphalt approaches, signage, landscaping, and aggregate base, plumbing & electric utility work related to the installation of an owner-supplied precast restroom building. Bidders may obtain copies of plans, specifications, contract documents and plan-holder’s list through Newfawx Corporation, 333 West Woodruff, Toledo, Ohio 43604 between 8:30 a.m. and 4:30 p.m., Monday through Friday (check made payable to Newfawx Corporation) or via the Newfawx Digital Plan Room at www.newfawxcorp.com. Newfawx can be contacted at 419-241-5157 or 800-877-5157. A non-refundable fee of $30 is required for each set of full-size documents obtained. For additional information, please contact Jon Zvanovec @ 419-360-9184, jon.zvanovec@metroparks Toledo.com

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

No bidder may withdraw its bid within thirty (30) days after the actual date of the opening thereof.

THE BOARD OF PARK COMMISSIONERS OF THE METROPOLITAN PARK DISTRICT OF THE TOLEDO AREA reserves the right to reject any or all bids, and to waive any informality in bidding.

By order of the Board of Park Commissioners

METROPOLITAN PARK DISTRICT OF THE TOLEDO AREA

David D. Zenker, Director

**BUSINESS IN THE BLACK**

Toledo African American Chamber of Commerce presents “Business in the Black” 3-7-19, 5:30 PM

The Toledo African American Chamber of Commerce invites you to attend “Business in the Black” on Thursday, March 7th, 2019, 5:30 - 8:00 PM at the Radisson Hotel, University of Toledo, 3100 Glendale Ave., Toledo, OH 43614.

The Rise of Black Business in America 1800’s - 1960’s

This event will offer business networking, and a film documentary including names of black millionaires from the 1800’s, and interviews with people whose family owned a business in the early 1900’s.

5:30 PM - Networking
6:00 PM - Film Documentary by Anthony Brogdon
7:00 PM - Discussion
7:30 PM - Networking

Confirm your RSVP by purchasing $10 tickets at the Eventbrite link online, and receive a $10 credit towards your membership in the organization for year 2019.
Local AKA Chapters Celebrate Founders’ Day in Style

By Tricia Hall
Sojourner’s Truth Reporter

The local chapters of Alpha Kappa Alpha Sorority Incorporated organized a collaborative Founder’s Day 2019 celebration. The sisterhood was established in 1908, and marked as the first and oldest Greek-letter sorority that openly welcomed African-American women.

The Zeta Alpha Omega, Alpha Lambda, and Iota Iota chapters filled the Heatherdowns Country Club in Toledo with sorority colors salmon pink and apple green that were surrounded by pearl decorations and attendee attire.

This year’s Founders Day theme was “Exemplifying Excellence Through Sisterhood and Service.” The keynote address was presented by Eva L. Evans, Ed.D, the 24th National President of Alpha Kappa Alpha Sorority, Inc.

“I’m honored to stand here, surrounded by these lovely women and celebrate our service to mankind. We have promoted and sponsored programs in Toledo that are based on our target programs,” said Dawson.

Christian-based praise dance team Total Praise of St. Paul Missionary Baptist Church delivered a powerful dance that was immediately followed by a spirit-filled invocation presented by Margaret Huntley. The celebration featured Eva Evans, the 24th Supreme Basileus, as keynote speaker, who was properly introduced by Ann Battles, the 20th Great Lakes Regional Director, and special recognition of past chapter presidents, Silver Stars, and Golden Sorors.

Alpha Kappa Alpha Sorority Incorporated was founded January 15, 1908 at Howard University located in Washington, DC and incorporated on January 29, 1913. Locally, Zeta Alpha Omega Chapter was chartered on April 25, 1952 in Toledo.

“I personally want to thank the committee. I’m proud to serve with these sorors. We’re here to celebrate and stand on the legacy of our founders and those sorors who came before us,” explained Committee Chair Richelle Watkins.

Today Alpha Kappa Alpha Sorority, Inc ® has grown to include over 300,000.00 members and has become international. Some of the places are located in the District of Columbia, South Africa, Canada, South Korea, the Middle East, Japan, Liberia, Germany, US Bahamas and the Virgin Islands.

As Alpha Kappa Alpha continues to give “Service to Mankind”, the keynote speaker Evans reminded her audience that they should remember the struggles that their forefathers fought for and know their struggles still need to be taken seriously today. The sorority still has work to do. They should know the laws, know their rights, and learn about finances to help themselves

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