



Volume 54, No. 5

"And Ye Shall Know The Truth..."

February 6, 2019



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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 McNair 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

The Sojourner's Truth

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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 23

Warren AME Gospel Extravaganza: "Changing Minds, Changing Lives; 4 to 7 pm; Welcoming dancers, singers, poets, gospel rap artists: 419-324-4189

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 Duane Tisdale and Friendship Baptist Church

March 10

Calvary MBC 30th 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 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 in-

fluencer 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://artistecard.com/EdMabrey>




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10:30 AM
African American hymns & Spirituals

10:30 AM
Honoring Community Pioneers

12:30 PM
Teen Summit: Bullying and protecting your identity


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2nd-4th Sundays

Afternoon Service
Holy Baptism

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United States Senate
WASHINGTON, DC 20510

January 24, 2019

Mary Barra
CEO
General Motors Company
Detroit, Michigan 48232

Dear Ms. Barra:

We write to express our concern about the reports of racist incidents at the GM Toledo Powertrain plant. The company response to these disturbing events has been to date inadequate, and we urge you to take stronger action to root out racism at all GM facilities and to establish more effective procedures for employee reporting of race-based discrimination. Such reports should always be addressed fully by management in a timely manner.

In recent news interviews, Toledo Powertrain employees have described racist attacks at the plant that were extreme, targeted, and meant to force black workers out of their jobs. According to reports, the factory was a downright hostile work environment for black employees who were subjected to hanging nooses, racial slurs, threats, and intimidation. This was not a one-off problem. These incidents occurred for months. The targeted workers attempted to make management aware of the racism multiple times, and each time they received virtually no support from the company. Reports indicate that the supervisors told them to address the situation themselves or to get over it. At one point, an employee accused of making racist statements participated in a disciplinary hearing, in which he admitted he had made the slur but no disciplinary action was taken. Instead, the victim was told to let it go.

The recent letter sent by Gerald Johnson states that GM condemns racist or discriminatory

behavior. We all do. It is hard to see, however, how that condemnation helped the workers at Toledo, where GM did nothing to stop repeated racist attacks against black workers. The letter also claims that GM initiated investigations at Toledo when the racism was first reported. It is difficult to understand how the company could have immediately opened an investigation into racist attacks at the Toledo plant if the perpetrators continued their behavior for more than a year with impunity. Mandatory anti-discrimination training is well intentioned, but, given the gravity of racist attacks at that facility, a day-long training may be insufficient to overhaul the hostile work environment cited by multiple employees. Simply put, GM must do more.

We ask you to describe in detail the comprehensive steps GM will take to address the racist behavior at the Toledo Powertrain plant and to ensure that the proper procedures are in place to provide effective, urgent action for any employee victimized by racism at any GM facility. The Toledo community and the entire GM family need these answers, and so we ask that you respond to this letter no later than January 30th.

All workers deserve a workplace free from discrimination and hate. We urge GM to commit the long-term resources and efforts needed to ensure that is the case for all of its employees.

Sincerely,

Shirley Brown
Shirley Brown
United States Senator

Rob Portman
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United States Senator

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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.

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.



Rep. Paula Hicks-Hudson

State Rep. Paula Hicks-Hudson (D-Toledo), a former Toledo mayor

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Rep. Emilia Sykes

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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.



Chelsea Tipton II

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.



De'Ron McDaniels

Toledo Library... continued from page 11

clear the confusion around various popular diets and explain their impact on your health. (T) Feb. 12 at 7 - 8 p.m.

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. Ensensi 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

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Heart Health Education Can Positively Influence Underserved, Rural Populations

Special to The Truth

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 recom-

mended 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 Fairweather 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.

Health Section • Health Section • Health Section • Health Section • Health Section • Health Section • Health Section • Health Section

Eating Well on Limited Dollars

By Patrice Powers-Barker, OSU Extension, Lucas County

The Truth Contributor

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 already 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.

If you 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.



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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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Business in the Black

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 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



Quintin Riley

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,



Georgia Rogers



Autum 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.

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Volunteer to Help an Abused Child



Information Night

Sanger Branch Library
3030 Central Ave., Toledo
Tuesday, February 12th
5:30 p.m. - 6:30 p.m.



Heatherdowns Branch Library
3265 Glanzman Rd., Toledo
Tuesday, March 5th
5:30 p.m. - 6:30 p.m.

Lucas County CASA (Court Appointed Special Advocates) is a Department of the Lucas County Juvenile Court and a member of the National CASA Association

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How One Volunteer is Helping End a Family Cycle of Alzheimer's

Special to The Truth

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.



Jacqueline Patterson

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




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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 your 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.

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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

...continued on page 5

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



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Honor Rosa Parks with an Appeal for More, Better and Just Public Transit on Transit Equity Day, Feb 4

Special to The Truth

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."

Perryman... continued from page 2

his being an absent father and an absent husband and marital infidelity, and all of that.

The guilt feelings worsened the depression, but nevertheless, it pushed him forward as he came to see himself more and more as a martyr and that martyrdom would be his only redemption. And so he increasingly felt determined to be a role model for everyone, a true suffering servant who would not give up, even though it looked like all the odds were against him.

Perryman: What lessons do you draw from King's spiritual struggle that might inform other leaders?

Burns: Well, as I was saying before, for the last four and a half years of his life he was a wounded warrior. It does seem that from a psychological or emotional perspective, it is very often the case that activists or people who are leaders for social change find themselves, not only at on the edge of society in the sense that they're really pushing for significant change in the society, but also that their minds and consciousness and spirits are somewhat on the edge of what's considered normal. So whether we're talking about draft resisters who are willing to go to prison for resisting the draft during the Vietnam War or Civil Rights or SNCC activists who were riding the busses from Washington D.C. to, aiming for New Orleans, but ultimately getting as far as Jackson, Mississippi, who wrote wills before they took off on the busses because they expected that they would be killed. If you look at a lot of the most significant leaders, there was always an emotional...a lot of vulnerability and a lot of...in order to take risks like activists sometimes need to take,... and this is putting it in kind of an extreme way, but someone might wonder about their sanity sometimes.

Why would someone be willing to risk his or her life? King stated as early as his first historic speech, I guess, the first night of the bus boycott, he said "if you're not willing to sacrifice your life for a cause you believe in, you're not fit to live." Now that's a pretty extreme statement and I'm not sure that King then really meant it for himself, but it takes courage to be an activist taking risks and a lot of times it's the warriors who have been wounded in one way or another, who are willing to take those risks.

But one of the lessons that I think we need to learn is that just because we might feel wounded in our lives in certain ways for whatever reasons doesn't mean that we should refrain from activism. It means that there's all the more reason to take part in activism. I also think that we should not see people's emotional and spiritual vulnerabilities or weaknesses, if you want to call them that, as something detrimental or as a liability...

Perryman: Is it possible for diverse individuals with diverse experiences to respond differently to the experiences that contribute to their "woundedness"? 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, subsequently 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 60's, early 70's, I think were also wounded warriors. I think if 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 interracial healing in higher education. He remains committed to applying King's legacy to our troubled world.

Contact Rev. Donald Perryman, PhD, at drdlperryman@enterofhopebaptist.org

Maid: Hard Work, Low Pay, and a Mother's Will to Survive by Stephanie Land

By Terri Schlichenmeyer
The Truth Contributor

That thing? You're ready to let it go.

It sparks joy, but not enough. Or it doesn't, and you're not sure why you didn't donate it before. Indeed, boxes of things are ready for giveaway and you're looking at sparkling-clean digs. Did you do it yourself or, as in the new memoir, *Maid* by Stephanie Land, were you assisted by a stranger in your space?

When she was a young woman, Stephanie Land dreamed of becoming a writer.

In the meantime, she tended bar and thought of moving from Washington to Montana, where so many writers found home. She took odd jobs to get by, applied for college, and met a man who fathered her child, a girl that neither had planned on having.

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

Newly homeless and with daughter in tow, she landed in emergency housing, then in transitional housing, awaiting final paperwork that might've allowed for more stability. Her predicament was embarrassing and exhausting; she wanted to work, to pay her bills, and buy basic necessities. Instead, Land endured hours-long lines, applying for grants and cards and bandages to keep her afloat.

She became a statistic.

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,"

c.2019
c.2019, Hachette
\$27.00 / \$29.99 Canada
288 pages

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 needed. 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 seemingly-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 pointed 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 Williams, 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, Connie Okoye-Nantwi, Carolyn Lewis, Pamela Green-Jones, and Fionne Roberts-Wright.

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FOREWORD BY BARBARA EHRENREICH

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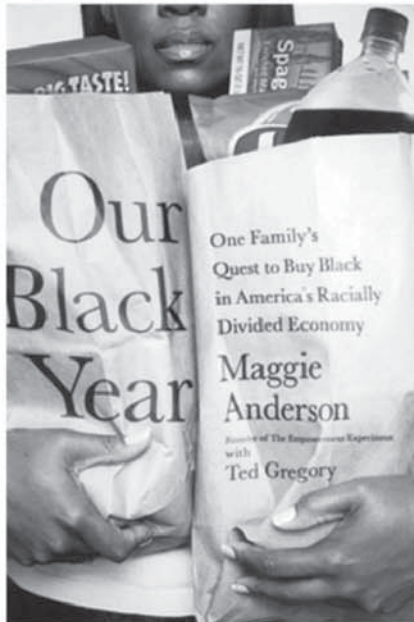
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Youth & Young Adult 4th Sunday

When: Every 4th Sunday
Time: 11:00 am
Where: Crusaders for Christ Church
910 Woodville Rd.
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Bishop Joseph Marshall Jr., Pastor
Evangelist: Celeste Mitchell, First Lady

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CLASSIFIEDS

February 6, 2019

Page 15

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 David Desjardins of JDRM 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! We currently 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/hr. Duties include cleaning and facility and grounds maintenance. Employment varies through December based on need. Must enjoy working outdoors and be able to learn to use power tools and equipment. Go to www.MetroparksToledo.com to view the job description, position requirements and apply online. EOE

NATURAL RESOURCES CONSERVATION ASSISTANT

Metroparks Toledo has openings for seasonal Natural Resources Conservation Assistants. Must be 18 or older with high school diploma or equivalent and valid driver's license. \$11.00/hr. Some training or coursework in environmental sciences or natural resources management preferred. Some outdoor work experience with natural systems, forestry or horticulture preferred. Go to www.MetroparksToledo.com to view detailed position description and job requirements. Must apply online. EOE

LEAD NATURAL RESOURCES CONSERVATION ASSISTANT

Metroparks Toledo has openings for Lead Natural Resources Conservation Assistant. Must be 18 or older with high school diploma or equivalent and valid driver's license. \$12.25/hr. Up to 40 hours per week. Some training or coursework in environmental sciences or natural resources management required. Some outdoor work experience with natural systems, forestry or horticulture required. Go to www.MetroparksToledo.com to view detailed position descriptions and job requirements. Must 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 Metropolitan Park District of the Toledo Area, Fallen Timbers Field Office, 6101 Fallen Timbers Lane, Maumee, Ohio 43537 **Friday, February 15, 2019 at 3:00 p.m.** local time.

THE SCOPE 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 Newfax Corporation, 333 West Woodruff, Toledo, Ohio 43604 between 8:30 a.m. and 4:30 p.m., Monday through Friday (check made payable to Newfax Corporation) or via the Newfax Digital Plan Room at www.newfaxcorp.com. Newfax can be contacted at 419-241-5157 or 800-877-5157. A non-refundable fee of \$30 is required for each set of full-size documents obtained. For additional information, please contact Jon Zvanovec @ 419-360-9184, jon.zvanovec@metroparkstoledo.com.

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

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
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"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.

Call to place your ad:

419-243-0007

www.TheTruthToledo.com

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.

The February 2, 2019 program opened with the procession of dais sorority guests while past chapter president Clara Petty served as mistress of ceremonies. Official greetings were then delivered by Marisa DuPree, president of Alpha Lambda Chapter; Morgannia Dawson, president of Zeta Alpha Omega chapter and Lisa Dubose, NOWP Cluster Coordinator.

"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 fea-

tured 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

... continued on page 13



Golden Sorors of Alpha Kappa Alpha Sorority Inc.



Celebration attendees



Chapter President Morgannia Dawson; Guest speaker Eva Evans; Founders Day Committee Chairman Richelle Watkins



Founders Day Committee members





HANOSIMANA, a new princess is born! A special storytelling doll! It's lovely. Its 15-minute story, *Song of the Mermaid* is a heart taking tale of love and kindness that everyone should listen to and read. **Especially children!** The doll comes with a booklet.

Excellent present for all occasions.

By Nahano L. (12 years).

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