



Local and National News

www.thetruthtoledo.com

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"And Ye Shall Know The Truth..."

March 6, 2019



Bill Pickard Shares His Entrepreneurial Message

Pickard at Jones Leadership Academy

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The Pre-K Challenge

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

The Truth Contributor

...The challenge is to discover how to effectively provide approaches to education in a way that provides group empowerment in a world hostile to group liberation and (that group's) value system.

- Alan Colon



The popular Pre-K train, after previous Ohio stops in Columbus, Cincinnati, Cleveland and Dayton, is rapidly approaching. The Toledo-bound movement, a strategic priority of Mayor Wade Kapszukiewicz, is loaded with tangible philanthropic resources along with support from Toledo's corporate and nonprofit communities.

What does universal Pre-K mean for Toledo's black community?

Black people have always understood the need for quality education. When the social and economic circumstances depended upon our need to provide agricultural labor in the South, many black children were required to help in the fields rather than attend school. But during the two or three month respite when planting or harvesting the crops were not taking place, these same children would go joyously running, skipping and jumping down unpaved roads to the schoolhouse to get their "edu-macation."

Also, during the part of American history when blacks were not allowed to go to schools with whites, poor blacks would raise chickens and sell eggs and put their nickels, dimes and quarters together in order to build their own black schools, colleges and universities.

So there has never been a lack of understanding in the black community about the need for children to develop literacy or other educational skills, even by those who, themselves, lacked those same abilities.

Rather, the question for black folks has been whether the interests of the black community can be aligned with the interests of the predominately white led educational system and its establishment friends or partners.

Bridging the Cultural Divide:

When queried about the arrival of Pre-K in Toledo, many people that I have talked to are wondering whether the recent Pre-K movement is an attempt to sever childcare (the largest black business industry in the community) away from black providers and redirect the enterprising activity to the white educational mainstream.

Also, many black parents will withhold their children from centers that they perceive as boring or not engaging as well as from those where they feel that their children are not emotionally or physically safe.

What is certain is that, historically, black daycare and the black church, have been the only consistent formal or informal efforts to inform, educate and socialize the masses of African Americans in culturally competent and culturally-affirming ways that enable them to effectively meet a world hostile to their existence.

So, the advancing pre-K train must find ways to bridge the cultural gap between the pre-K establishment and the interests of the black community.

Assessing Quality:

Related to the challenge of bridging the cultural divide is the need to discover alternative ways to assess the quality of Pre-K providers.

Current quality assessment of childcare centers is based on the Step Up To Quality (SUTQ) model, which provides one to five stars with each additional star indicating increasing quality.

The problem with this system is that the determinants of quality (stars) are commensurate with the amount of resources a provider brings to the table and thus elevates childcare centers that have resources or are more corporately structured over smaller neighborhood/community centers are often equally or more effective and more culturally responsive to the needs of black and children of color.

Providing Access:

Finally, how does universal Pre-K impact access for black children or

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Community Calendar

March 7

Kwanzaa Park Neighbors Meeting: 6:00 pm; Featured speaker is Councilman Nick Komives, who will speak about upcoming issues for Toledo and the work of City Council.

March 9

NAOMI Annual Massage Benefit: 8:30 am to 3 pm; Body massages, chair and hand massages, food, raffles, free health screenings: 419-351-9834 or 419-309-7720

March 9-10

St. Paul MBC Annual Men's Day Weekend: "Men Don't Stop in the Storm," Saturday Prayer Breakfast at 9 am with guest speaker Rev. Floyd Smith of Calvary MBC; Sunday Morning Service at 10:45 am with guest speaker Rev. Stanley Clark, associate minister at St. Paul: 419-246-2886

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 16

GLAD Federated Club an Affiliate of the National Association of Colored Women's Clubs, Inc. is sponsoring A Controlling Your Money Workshop for Youth (8th - 12th Grade: Kent Branch Library; 10:00 am - 4:00 pm; Topics: Set Your Goals Organize Your Money Credit Smart; Registration (9:45 am to 10:15 am); Lunch provided: 419-260-7453

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 30

Sylvania Franciscan Spring Art Festival: Celebrate Spring with beauty, imagination and joy; 10 a.m. - 4 p.m.; Fine Art & Crafts; Live Music; Good Food; Franciscan Center, 6832 Convent Blvd.

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

April 26-27

Calvary Baptist Church Women's Ministry Spring Retreat: 419-531-9444

April 27

The Libbey High School Historical Marker Dedication: 11 am; The former Libbey High School campus.

The Sojourner's Truth

Toledo's Truthful African American
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Black Lives Matter!

By Lafe Tolliver, Esq
Guest Column

If you need some solid suggestions as to how you can implement the concept of Black Lives Matter! into your household or lifestyle, try on the following ideas for size:

One: If you love your family and want to see peace within the family and avoid conflict, make out a will and a healthcare power of attorney which will determine who will make critical medical decisions for a household member who is not mentally able to make those decisions for themselves.

With a will, you can determine who gets what when you die; how much of what you have goes to a certain named person and who is allowed to control the decision process of carrying out your last intents.

Why leave to chance and to the decision of a probate court judge as to how you will dispose of your "worldly goods" when it is your time to cross that chilly, Jordan River?

The time it takes and the costs it takes to make out a will is stunningly small compared to the heartache and grief you can inflict on family members when you chose to be selfish and not engage in the process of an orderly disposition of your life's efforts.

Two: If you are a single male and are running around with a "loose zipper" and thus flowering the world with your living images, you need to man up and marry the mother of your children and stop this common law mess of having babies and not being responsible enough to marry the mother.

Enough of fractured black families and absent men or women who refuse to do the right thing and marry and stay together and raise what you planted. The family is the nucleus of the nation and your failure to "zip it and marry" is a reproach against nature. Man up and marry your baby's momma or get a vasectomy if you want to play Don Juan!

Three: If can not afford to buy hamburger and buns, stop playing the Lotto and give Johnny Walker Red his divorce papers. In other words, make it a priority as to what constitutes good spending habits and spend your money on substance and not on foolishness. Why live in a house with the lights off while you are busting your behind to make payments on a seven-year old Cadillac that has arthritis?

Four: If you are a driver and have a license, keep the license current! How many cases I see in court wherein the defendant is before the judge on the grounds that his license has expired (sometimes for years) and he is driving on a suspended license! How ignorant is that? Instead of paying court costs, a fine and attorney fees, renew your license and get insurance. A real no brainer.

Five: But you can do better! Enough of the rash of STNA jobs and jobs in hospitality at hospitals (translation: working cleaning up rooms and making meals in the cafeteria). Sit down, at whatever age you are and plan to succeed and do not settle for less. Get counseling from the local community colleges as to what skills you have and what skills you need to acquire in order to put yourself at another level of expertise and income. Yes, you can!...but will you?

Six: Snitches are heroes! That is what I said. When you see crime in YOUR community, you can anonymously report it. Why coddle criminals because they are black or you do not want to see them in jail! Believe me, some people, black or white, belong in a jail. They are of no service or benefit to the community but are takers and exploiters and we know that such attitudes are not beneficial to the positive growth of any neighborhood. Never associate Black Lives Matter! with condoning criminality.

Seven: Don't like it...do something about it! Tired of going to a retail merchant and being dissed and being offered inferior goods or services? Want a simple remedy? Do not shop there anymore and tell your friends and family to do the same. A word of caution: Do not do this if you are the one causing the ruckus or making a public fool of yourself when you shop at those stores. If the merchants will not accord you basic respect for your dollar, do not darken their doors again.

Respect yourself and your hard earned dollar and do not continue your own economic oppression.

Eight: Vote, like your life depended upon it! The black community should have one of the highest voter turnouts of any people...bar none. Even in special elections we should be shoulder to shoulder at the polls (word of wisdom: register to vote first) and we should not be discouraged due to rain, snow or being "tired". People literally were lynched and burned at the stake so that you could have a right to say what is what as to de-

cisions concerning your life and how your tax dollars are spent. Honor your ancestors and elders and vote.

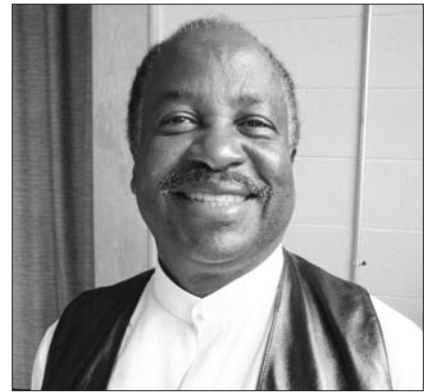
Vote early and vote often!

Nine: Wear it out and then get another one. Parents should be wearing out their library cards for both themselves and their kids. Nothing is more important than people getting a free education at a public library. Informa-

tion is free but yet too many people do not access the library as a vital part of their educational growth. Parents...be seen reading in front of your kids and discussing local and world events. Have your kids do reading projects that require going to the library and learning how to research basic topics and how to footnote their research so as to validate their reading time. It is too bad that an urban legend has been passed around by which it is said: "Do you know where to hide money from black people?" Answer: "Hide it in a book, especially a math or science book!"

So, in closing, if Black Lives Matter! take the time and effort to incorporate some or all of the above suggestions and you are a long way on the road to not becoming a victim but a victor!

Contact Lafe Tolliver at tolliver@juno.com



A large, stylized poster for a church revival. The background features a city skyline at night with a bright, glowing light source. In the foreground, there are portraits of Bishop Dr. Robert A. Culp and Pastor Troy Goode. Text on the poster includes: "Join Bishop Robert A. Culp and the First Church family for 2019 SPRING REVIVAL", "4 Powerful Life Changing Services", "Weds. March 6th - Friday March 8th @ 7pm", "Sunday March 10th @ 10:00am", "BISHOP DR. ROBERT A. CULP SENIOR PASTOR", "Guest Preacher PASTOR TROY GOODE", "AUTHOR OF THE BOOK THE CULTURE of HEAVEN", and "First Church of God Toledo 3016 Collingwood Blvd Toledo, Ohio 43610".

Bill Pickard Explains How to Achieve Financial Success

By Fletcher Word

Sojourner's Truth Editor

Wisdom, humor, sage advice and homespun tales of success and failure were the hallmarks of William Pickard's address to a select dinner audience of 50, primarily small business owners, on Monday, February 25 at Manhattan's Pub 'n Cheer.

"First, the world is not fair, but God is," Pickard began as he recited his three-pronged formula for success. "Second, if you can't make money while you sleep, you will work until you die. And third, anybody from anywhere can accomplish anything, but you must put in the work."

Pickard, an entrepreneur for decades in the city of Detroit, enthralled his audience with his after-dinner talk about how to succeed in business if you really, really try.

"Regardless of your aptitude, if you have the right attitude, you can reach the highest altitude in life," he offered.

The night's gathering was organized by the Northwest Ohio Conservative Coalition. Pickard, an avowed long-time Republican, touted his conservative credentials during his address while making it clear he did not vote for the current Republican president and disagreed, when asked by an audience member, that the president was an appropriate leader for the country. He said that Trump and many Republicans put greed before humanity and that is a problem within the party!

Pickard, PhD, is chairman of Global Automotive Alliance; co-managing partner, MGM Grand Detroit Casino; CEO, Bearwood Management Company and co-owner of five black-owned newspapers.

Pickard's 45-year entrepreneurial career began as a McDonald's franchisee in Detroit, Michigan. Since its founding in 1989, GAA has generated more than \$5 billion dollars in sales with eight plants in the U.S. and Canada, and service corporations such as Boeing, Mercedes Benz, Ford, General Motors, Chrysler, Delphi, Johnson Controls, Starbucks, Home Depot and Merck Pharmaceutical.

He has served on numerous business and non-profit boards including Asset

Acceptance Capital Corporation, Michigan National Bank, LaSalle Bank, Business Leaders for Michigan, National Urban League, Detroit Symphony Orchestra, Detroit Black Chamber of Commerce and is a life member of Alpha Phi Alpha Fraternity. In 2001, Pickard was awarded Michiganian of the Year for his business success, civic leadership and philanthropy. Pickard was the first chairman of the African Development Foundation in 1982, appointed by President Ronald Reagan, and under President George Bush he was appointed to The National Advisory Committee on Trade Policy Negotiations (1990) the Federal Home Loan Bank Board-Indianapolis Bank in Indiana (1991).

Pickard is also creating a new generation of entrepreneurs with his most recent book, *Millionaire Moves – Seven Proven Principles of Entrepreneurship*.

Pickard holds a Bachelor's Degree from Western Michigan University, a

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Pickard at UT



Pickard at Jones Leadership Academy

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Bill Pickard... continued from page 4

Master's Degree from the University of Michigan and a Ph.D. from The Ohio State University. He has donated over \$1M dollars to the National Museum of African American History and Culture in Washington, DC. The William F. Pickard Living Center is named in his honor at Grand Valley State University. He has donated over \$3M dollars to Western Michigan University which was used to build a new facility on campus Hall-Archer-Pickard East and Hall-Archer-Pickard West.

Part of Pickard's talk was an explanation of how to interact with others in order to start a business and keep it running. He noted that start-up capital could be raised from the three "f's" – "family, friends and fools," he explained to appreciative laughter from his audience. "You gotta find them – there are people out here every day waiting to invest."

He also touted the virtue of being active in the community. "If you don't network," he said. "You might not work."

And, above all, he cautioned his audience not to fear failure.

"Failure is never fatal," he said while informing his audience that probably no one in the room had failed more times than he had. "Failure is going from one bad situation to another bad situation with enthusiasm," he said. "Either you win or you learn."

Pickard will be releasing a new book soon – *100 Amazing African American Business Success Stories – 1850 to 1950*.

The following day, after his Manhattan's appearance, Pickard spoke to students at Jones Business and Leadership Academy and later at the University of Toledo where he spoke to an audience of about 200 at the Dorman Auditorium.

At Jones, Pickard stressed the importance of knowing the importance of black history in order to understand the contributions of ancestors.

At UT, Pickard spoke of the importance of relationships and networking. From his own experience he mentioned his first interaction with Toledo's Paul Hubbard, who helped coordinate his visit here, almost 50 years ago. Hubbard, at that time in the Detroit's Mayor Coleman Young administration, gave Pickard one of his first jobs because of the connection of Pickard's girlfriend with Hubbard's wife. The Pickard/Hubbard relationship has endured over the years.

He also mentioned the fact that as an undergraduate, his college roommate at Western Michigan was Dennis Archer who would later become the mayor



Pickard, Kristian Brown, Paul Hubbard

of Detroit and who was instrumental in Pickard becoming a partner in the MGM Grand Casino in the Motor City. Relationships matter, he said.

Pickard announced at the UT event that on behalf of Alpha Phi Boule – a fraternity for professional black men to which both he and Hubbard belong – he pledged a gift of \$40,000 to UT to start the Dr. Don Baker Endowment Tuition Scholarship Fund to be used by UT Alpha Phi Alpha Brothers who need help financial assistance.

Pickard and the late Dr. Don Baker were friends when Pickard was in graduate school at U of M and doing his internship at the Toledo Board of Community Relations.

Pickard's message on all occasions always held to one central theme – the virtue of hard work.

"You got to get up in the morning; you got to work harder than the guy next to you; you got to work harder than the woman next to you."

Alpha Phi Boule Archons Paul Hubbard and Mallory Williams, MD, contributed to this article



Willie McKether, PhD; Mallory Williams, MD; Paul Hubbard; William Pickard, PhD



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National Nutrition Month, March 2019

Patrice Powers-Barker, OSU Extension, Lucas County

The Truth Contributor

Every March, the Academy of Nutrition and Dietetics celebrates National Nutrition Month. They promote a “vision of a world where all people thrive through the transformative power of food and nutrition” at www.eat-right.org. Some years they promote a theme for National Nutrition Month. This year they share 10 key messages to help individuals and families make the best choices their unique lifestyle. As you think about yourself, your family and friends and your lifestyle, how can you best live out these key messages?

1. Discover the benefits of a healthy eating style. This is personal. What reasons do you need to eat healthy? Sometimes the details for our nutrition goals come from our family health history other times they come from our desire to feel better. What benefits do you reap from a healthy eating style?

2. Choose foods and drinks that are good for your health. Although foods are an important part of our diet, drinks can also offer good nutrients for health. Choose water and 100% juice and milk first. Save the high calorie drinks for occasional events.

3. Include a variety of healthful foods from all of the food groups on a regular basis. Do you eat or drink foods from all five food groups every day? Make half your plate fruits and veggies. Go for all colors of fruits and vegetables for a variety of nutrients. Look for the whole grains in bread, rice and cereals. Use the ingredients list on the back to be sure the first ingredient says “whole” grain. Choose lean meat, chicken and turkey and

skip the frying. Beans, peas, nuts, seeds, fish, and eggs are all great sources of protein, too. Calcium builds strong bones. If you cannot have milk products, choose other calcium sources like fortified soy milk

4. Select healthier options when eating away from home. It is not unusual that many of our meals are eaten away from home. What are your daily patterns? Do you eat on the road? At work? At restaurants? When you have the choice, make the healthy one.

5. Be mindful of portion sizes. Eat and drink the amount that is right for you, as MyPlate encourages us to do. Most people are aware that the portion sizes of food in the United States are usually much larger than the recommended serving sizes. The serving size is the recommended amount food for healthy eating given by the Dietary Guidelines for Americans. The portion size is what is served on the plate or how much we choose to eat. Sometimes, too large of portions lead to eating too much food and that can increase weight gain.

6. Keep it simple. Eating right doesn't have to be complicated. If you enjoy making elaborate recipes, that's great. If you don't enjoy making complicated dishes, that is OK too. Eating right can be as simple as making the healthy choices within the five food groups: fruits, vegetables, grains, protein and milk.

7. Make food safety part of your everyday routine. Most people are good about washing their hands before eating or preparing food. That is the easiest step to keep healthy. There are additional steps to keep your food safe for your health. Use different cutting boards for fresh produce verses raw meat. Do not cross-contaminate the raw meat with other raw foods or even cooked foods. Wash and sanitize cooking surfaces. Keep food that need to be cold in the refrigerated until you need them and heat up cooked foods to a high enough temperature to be food safe.

8. Help to reduce food waste by considering the foods you have on hand before buying more at the store. “Shopping” your refrigerator and pantry not only reduces food waste but also saves money. Match this tip with tip number five and keep your grocery list and costs in check. For meals at home, plan menus and shop the kitchen first. Review what food is already in the kitchen whether it's canned food in the cupboard, fresh food in the refrigerator or frozen food in the freezer.

9. Find activities that you enjoy and be physically active most days of the week. Healthy food choices and physical activity go hand-in-hand. Sure, you can do one and not the other, but together they help you meet the goals of tip number one.

10. Consult the nutrition experts. Registered Dietitian Nutritionists can provide sound, easy-to-follow personalized nutrition advice to meet your lifestyle, preferences and health-related needs. Registered Dietitians have studied, practiced and share the most up-to-date information on eating well. They can be of assistance to those who are currently facing a health crisis (such as kidney disease, or heart disease or diabetes) and they can help with guidance to those who are not currently ill. A registered dietitian nutritionist provides realistic nutrition advice that you can stick with for the long haul!

National Nutrition Month

If you have kidney disease, a registered dietitian nutritionist can be a valuable resource! Learn more about an RDN's role in treating this disease: <http://sm.eatright.org/kidneydisRDN> #eatright #NationalKidneyMonth

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Toledo African American Chamber of Commerce Presents

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\$10.00 registration fee included with new or renewed membership for \$100.00

5:30 p.m.	Networking
6:00 p.m.	Documentary (75 minutes)
7:15 p.m.	Discussion

Thursday, March 7th, 2019
Radisson Hotel at the University of Toledo
 3100 Glendale Ave., Toledo, Ohio 43614

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A Mental Health Moment: First Responders and the Question of Well-Being

By Bernadette Joy Graham, MA, LPC, NCC

Certified Grief Recovery Specialist

The Truth Contributor

First responders, men and women comprised of law enforcement, firefighters and paramedics, have chosen career fields that yield a great amount of risk to their own lives in order to help and save others.

While they dedicate themselves to serve and protect, underneath the uniforms are human beings with feelings, emotions, physical needs, as well as mental and emotional undercurrents as all others of humanity. I am sure they are often questioned why they chose the career field in which they serve due to the risks involved.

Bottom line, we all make our own choices with what to do with our lives and the purposes in which we wish to live out our lives that give us a sense of dignity, happiness and of course source of income and benefits whether just to support ourselves or in addition a family as well.

None of us can answer the question of the choices of others, especially when it comes to choosing a career. I am often asked, how and why I chose the profession of counseling especially when it comes to helping others to grieve various losses in their lives. I can answer my own question, but I know for sure, I knew I did not have what it takes to run into a burning building or face off with suspect armed and dangerous.

My own personal experiences and exploratory sense growing into an adult helped shape the career I chose. It was both personal and practical in my own sense. I served in the military on active duty for seven years, mostly overseas with a specific job that did not involve much risk. I chose that beginning career first as a means of just finding myself.

At 19 years of age, I was lost, not sure of who I was or who I wanted to become and certainly not financially stable to attend college. I did not have a support system of family to encourage me one way or the other, so I took a leap of faith and joined the military. The military was a place that taught me discipline, skills, and I collected a paycheck.

As years progressed, I learned to appreciate my country and those who came before us to give us the freedoms in which we now enjoy. I have never regretted my decision. Some of you reading this article may share in my story of why, some of you may not, but the point is that we all start somewhere and somehow.

Recently in the news, a local Toledo police officer took his own life, which to communities of people seem uncommon and even unreal resulting back to the question of why? Suicides of first responders are higher in their career field not just

here in the Midwest but worldwide and in my opinion due to commonalities such as significant on-the-job stressors, exposure to trauma and critical experiences such as fires, natural disasters, death and scenes of horrific images not useful to our imagination or sense of natural being.

Those experiences eventually take a toll on a person and can begin to tear away at one's natural existence.

First responders live lives at a higher risk of developing not just physical ailments but also mental and emotional imbalances that, if not identified, can cause harm to those who have sworn to serve and protect. If they are not well, how can they help others to the best of their ability? Who responds to their well-being, their needs and safety?

When people ask me why I chose my career field I usually answer with a well thought out genuine and honest truth, and then there are other times, I will say "well somebody has to do it!" Fortunately I enjoy my career and I am most faithful that it is my true calling. I am sure those who have chose career fields as first responders feel the same.

When in a career field of helping others, it is of the utmost importance that we ensure that we help ourselves first to ensure we are fit for the duties involved. I believe all of us as a community can share our condolences with the families, friends and partners of those who lost their lives in the line of duty whether self-incurred or natural.

I also believe that there is still a large gap of needed access and understanding of care for those putting their lives on the line for others and incurring the stressors that come with the job.

Take a mental health moment and ask yourself, especially our first responders, what is the status of your well-being and self-care? As a society,

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UMADAOP Expresses Appreciation for Community Collaborations

UMADAOP of Lucas County is very appreciative of the collective community collaborations with East Toledo's town hall held on Wednesday February 27, 2019, addressing the opioid epidemic that is impacting so many families. The town hall was held at St. Mark's Lutheran Church (611 Woodville Rd) along with their community dinner.



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Pastor Beth Giller and ministries, the City of Toledo Councilman Peter Ujvagi's office, and Cumulus Radio host Eric Chase of Q105.5 worked together to bring awareness, information and resources to communities and neighbors of East Toledo.

The professional panel included: Kim Toles (Lucas County Health Dept.); Deb Chaney (SCAT); Caren Steinmiller, PhD, (University of Toledo); Tamme Smith (Lucas County D.A.R.T.); Cynthia Brown-Chery (MHR SB of Lucas County); Lt. Zakaryia Reed (Toledo Fire and Rescue) and a host of community leaders, public officials, media outlets, agencies and service providers.

Life-changing testimonials were shared and heard from friends in the community, that embraced the "Joy of Recovery". The audience weighed in with conversations and surveys that included "High Remarks" for Dr. Steinmiller, Eric Chase, and the panel. Nearly 200 guests received door prizes from Michael's Cafe and Bakery and McDonalds.

UMADAOP will continue to support St. Mark's efforts to provide caring resources and services throughout the community in which they serve.

AKA Ladies Go “Pink for Red” for Heart Health Month

February is American Heart Health Month. The ladies of Alpha Kappa Alpha Sorority, Incorporated®, Zeta Alpha Omega Chapter, traditionally known for their signature pink and green colors, proudly wore “Red” in honor of “GoRed for Women’s Heart Health”.

Cardiovascular disease kills nearly 50,000 African Americans annually. Hypertension, diabetes, strokes and heart attacks are also more common among African Americans than any other group in the United States.

Chapter members distributed heart health flyers that educated over 1000 women on the warning signs of a heart attack. Chapter members also participated in “Pink Goes Red” Stroll Night on February 22, 2019. Members enjoyed a cardio workout to the latest strolls. Medically trained members pro-

vided blood pressure checks and other heart health information.

In recognition to their commitment to “Heart Health,” all sorority members wore “Red” to the chapter meeting. Lastly, members participated in a friendly step competition by recording daily steps.

Zeta Alpha Omega Chapter is under the leadership of President Morgannia Dawson and the Women’s Healthcare and Wellness Committee Chairman is Lisa McDuffie.

Alpha Kappa Alpha Sorority, Incorporated (AKA) is an international service organization that was found on the campus of Howard University in Washington, D.C. in 1908.

It is the oldest Greek-letter organization established by African-American college-educated women. Alpha Kappa Alpha Sorority, Incorporated® is comprised of over 300,000 members.



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Ohio Takes First Step to Create a State Plan for Alzheimer's to Address Needs of Ohio Families

Ohio is poised to take its first step in developing a comprehensive state plan to address the growing impact of Alzheimer's disease on Ohioans and the state's public health systems

Ohio is poised to take its first step in developing a comprehensive state plan to address the growing impact of Alzheimer's disease on Ohioans and the state's public health systems.

Last week, in a bi-partisan move, State Senator Steve Wilson (R-Maineville) and Ohio Senate Minority Leader Kenny Yuko (D-Richmond Heights) reintroduced legislation to create a process that would lead to an official plan of action to help Ohio confront the sweeping economic and social impact of Alzheimer's disease and related dementias.

"Alzheimer's disease doesn't care if you are Republican or Democrat. It will impact everyone regardless of economic status too. This is the right thing to do, and we will get support from both sides of the aisle," Senator Yuko said.

Currently 220,000 Ohioans live with Alzheimer's, a progressive brain disease that is fatal. For each one, there are 2-3 caregivers, who also need support, making an estimated one million Ohioans directly affected by the disease. By 2025, an estimated 250,000 Ohioans aged 65 and over will be diagnosed with Alzheimer's disease – a 13.6 percent increase. Last year, Medicaid costs associated with Alzheimer's stood at a staggering \$2.36 billion.

However, Ohio is the only state without a plan to address the growing health crisis caused by Alzheimer's and other forms of dementia, and the only state without a formal process to create a plan. Senator Wilson said, "We have to get out of last place and take action now."

"We have a runaway train coming at us fueled by demographics," he added.

Among the issues Ohio's state plan could take up are Alzheimer's as a critical public health issue, the importance of early detection and diagnosis,

resources for caregiver support, as well as safety concerns like wandering and driving.

Julia Faulkner Pechlivanos, Executive Director of Alzheimer's Association Northwest Ohio Chapter, said having a state plan will help guide the Alzheimer's Association's work to provide and enhance care and support for all affected and to reduce the risk of dementia through the promotion of brain health. Currently in Northwest Ohio, almost 32,000 people are living with Alzheimer's disease, and 96,000 family and friends are providing care.

"We are excited about the momentum we are seeing on Ohio's Alzheimer's State Plan. Tens of thousands of families in Northwest Ohio will benefit from the plan when its key elements move from the plan into action," she said.

To connect with the Northwest Ohio Chapter, visit alz.org/nw ohio or call the 24/7 Helpline at 800.272.3900.

Toledo Library Offers Free Yoga Classes

Jump start your weekend with FREE yoga classes with Yogaja Yoga. Rejuvenate yourself with mindfulness and physical movement. All experience levels welcome.

Where: Sylvania Branch Library

When: 8 a.m.

March 9, 16, 23, 30

April 6, 13

Register here <http://events.toledolibrary.org/events?l=Sylvania>

\$35.00



\$35.00

Hall of Fame

Scott High School
Hall Of Fame
Inductee Luncheon
March 16, 2019

Pinnacle Event Center
1772 Indian Wood Circle
Maumee, OH

12:00 PM Doors Open at 11:00 AM

2019 Inductees are:

C. Brown	Michael J. Rosenberg, CLU, ChFC, AIF
Darlene Sweeney-Newbern	James W. Scheib, CLU, ChFC
Willie Oliver	Stanford Taylor Shulman, MD
(Posthumously)	Gerald Stark, MD
Reva Rice	(Posthumously)
	Azure L. Utley, D.D.S., M.H.A., F.A.C.P.

Tickets can be purchased from the Scott High School Main Office,
Henry's Jewelers on Door Street or by contacting a member of the Hall of Fame Committee.
For more information, Sponsorship Opportunities, Souvenir Ads or Group Table Sales please contact:
Zahra Collins 419.450.3537 Z@Nathanielwaldon.com
Doris Jones 419.324.6398 dorisj2000@yahoo.com
Avie Dixon 419.373.7209 ednavie@aol.com

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The Truth

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Dear Ryan

By Ryan Rollison

The Truth Contributor

Dear Ryan,

I've been reading your articles for a long time and I find them very helpful. The one thing that I am bit confused about is the nutrition. You know you have touched on nutrition and I read a lot of articles and they are all saying different things to do in order to lose weight it is kind of confusing. Some say eat more; less; no carbs; low protein; more carbs; don't eat after a certain time; fast and everything in between can you shed some light on this and make it a little easier to understand?

Confused

Dear Confused

This is a great question. If you read my articles you will also see that I have said I believe in the K.I.S.S. acronym (keep it simple stupid).

You need to stop reading all this stuff because, as you said, the more you read the more confused you may become.

Now I am not saying do not read. What I am saying is when you do read, decipher what will work for you. There is no cookie cutter diet that works for everyone but there are basics that should be stuck to.

First of all, know your body! Are you carb sensitive, are you dependent on coffee or other stimulants, sugar or anything else that brings your weight up? I suggest keeping a food log to become more aware of your eating habits. You may not think you're eating a lot of food, which may be an issue as well, or too many sweets.

Do not be lazy! It will take you less than one minute to write down what you just ate. But there are different factors that contribute to weight gain or a halt in weight loss. Not eating enough can cause you to gain weight. You go all day without eating, then eat your meal before bed time and then go to sleep. This causes your body to think that you're starving it and it will store the food. It also raises your insulin way too high before bed time.

I know one of the big things is intermittent fasting right now and I personally am not a fan. I believe it sets you up for failure and that a lot of people binge eat at some point. You really need to simply clean up your eating and stop looking for that magic diet. By keeping a food log that I had mentioned earlier you will be better able to tell where you're making your mistakes and pay closer attention to your eating habits. This alone will make the difference in your food choices.

I say do not concern yourself so much at this point about being on a diet as much as eating cleaner. DIET is a four-letter word. You want to

...continued on page 13



Bernadette Joy Graham, LPC, LLC
Clinical Mental Health Therapist
National Certified Counselor
Certified Grief Recovery Specialist
419.409.4929
graham.bernadette@gmail.com
1627 Henthorne
Maumee, OH 43537

Health Department Hopes to Increase Awareness of Rare Disease Day

Rare Disease Day is globally recognized on the last day of February each year. The main objective of Rare Disease Day is to raise awareness amongst the general public about rare diseases and their impact on patients' lives.

The Board of County Commissioners in Lucas County passed a resolution to recognize February 28, 2019 as Rare Disease Day in Lucas County. Rare diseases are present across the medical spectrum. Some are widely recognized by name, such as cystic fibrosis (CF). Others are less known, such as the skin condition epidermolysis bullosa (EB).

Most forms of cancer are considered rare diseases. In the U.S., any disease affecting fewer than 200,000 people is considered rare. This definition comes from the Orphan Drug Act of 1983. There are more than 7,000 rare diseases affect-

ing 25-30 million Americans. Approximately one in ten Americans are suffering from rare diseases and more than half of them are children, equating to one person on your daily elevator ride. Of the 7,000 known rare diseases, approximately 95 percent have no treatment.

Many rare diseases and disorders are not even being studied by medical researchers. Awareness initiatives, like Rare Disease Day, are changing that. Building awareness of rare diseases is so important because one in 20 people will live with a rare disease at some point in their life. Despite this, there is no cure for the majority of rare diseases and many go undiagnosed.

Rare Disease Day improves knowledge amongst the general public of rare diseases while encouraging researchers and decision makers to address the needs of those living with rare diseases

Nutrition Month... continued from page 6

March 11-17: Did you know #nutrition plays a major role in brain health? These four foods may help boost your memory: <http://sm.eatright.org/memoryboost> #eatright #BrainAwarenessWeek

March 13: A registered dietitian nutritionist provides safe, realistic #nutrition advice that you can stick with for the long haul! Here are 10 reasons to visit an RDN: <http://sm.eatright.org/visitRDN> #eatright #NationalNutritionMonth #RDNDay March 14: School meals have most likely changed since you were a student! Learn more about today's school lunch program: <http://sm.eatright.org/shellunchprogram> #ISMD2019 #eatright

Looking for ways to get involved in #NationalNutritionMonth? Here are some ideas for schools, workplaces and grocery stores: <http://sm.eatright.org/getinvolvedNNM> #eatright There are many fun, creative ways to celebrate #NationalNutritionMonth! For inspiration, take a

look at this helpful resource: <http://sm.eatright.org/toolkitNNM> #eatright

Did you know #NationalNutritionMonth 2019 will be honored as its own theme? Learn more about the annual campaign: <http://sm.eatright.org/NNM2019> #eatright

Registered Dietitian Nutritionist Day is March 13! Here are some ways to recognize RDNs in your organization and community: <http://sm.eatright.org/RDNday2019> #RDNDay #NationalNutritionMonth

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AKA Sorority Volunteers for Two Events

The Zeta Alpha Omega Chapter of Alpha Kappa Alpha Sorority Incorporated did double duty volunteerism at the MLK Kitchen For the Poor along with MLK Unity Day at the University of Toledo on Monday January 21, 2019. This is in association with their National Community Impact Day. Donnetta Carter, Community Impact chairman, and Morgannia Dawson, president, and Nicole Williams, vice president, led the efforts.



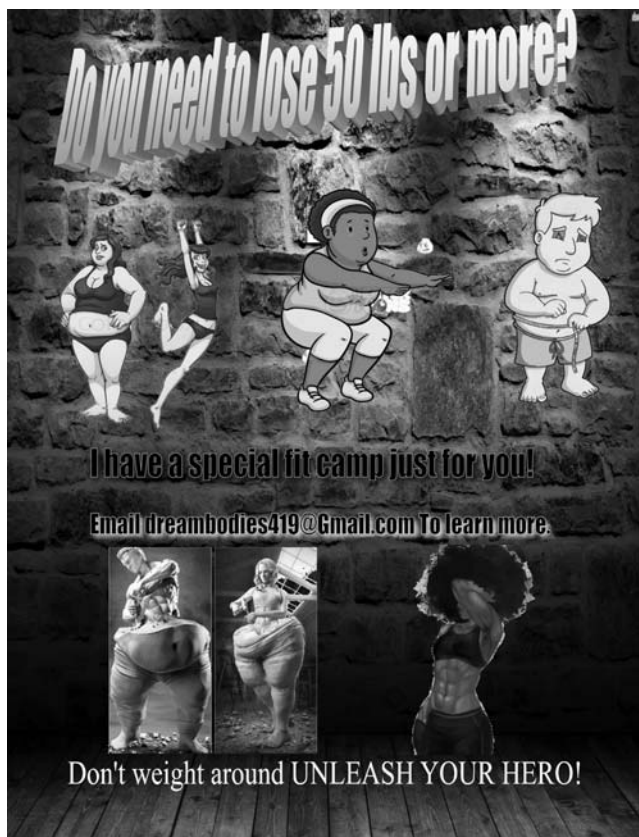
Mental Health Moment... continued from page 7

we need you (first responders) in our times of crisis and 911 calls for help. We, as a society need you to be your best, physically, mentally and emotionally.

The stigma of seeking mental health affects us all worldwide. If you can take the risk of running into a burning building or aiming your weapon in a possible deadly shootout, civilians can only hope you can take the small risk of taking care of your needs as first responders. Thank you to all the brave men and women who protect and serve all over the world.

In the Toledo area there are many avenues of care. If you need the help to start, I am happy to answer your calls, your questions or schedule an appointment to begin the process of well-being. Mental health is just as important as physical health. Take honor in taking care of yourself as much as you take honor in taking care of those in need.

Bernadette Graham is a Licensed Professional Counselor, National Certified Counselor and Certified Grief Recovery Specialist. She is in private practice and sees individuals and families and also provides presentations and speaking engagements on topics of mental health. She specializes in grief and loss recovery and substance use disorders. Contact at: www.bjgrahamcounseling.com graham.bernadette@gmail.com 419.409.4929



Perryman... continued from page 2

other children affected by generational poverty?

By placing universal in the education/childcare marketplace, people with greater economic means will also take advantage of the supported system in order to save the money that they are currently paying for childcare.

"If I can find a two or three-star rated center where I can take my kid for four hours and don't have to pay for it? Of course! I'll save \$1,200 a month, so I'm all in!" said one middle class parent.

At the same time, the black people and those living in poverty are likely to say, "I don't trust the system, I want Miss Mary, I want grandma, or I want my child at home."

So, while we all understand that there is a need for children to come to school prepared and even have a potential funding mechanism in mind, providing access and getting the maximum benefits to the children who need Pre-K most, has not yet been determined.

The solution requires an educational approach that meets both the interests of the black community as well as those of the white led power structure.

In other words, the system must be culturally responsive to black children, compatible with the business model of black childcare enterprises and provide equitable access for all children.

Contact Rev. Donald Perryman, PhD, at drdperryman@enterofhope-baptist.org

Mt. Nebo... continued from page 16

musical selection. The many sponsors were thanked and then Nicolle Brown offered a special presentation as Nikketa Sugarfoot.

After dinner, the Youth Ministry performed, then followed the presentation of honorees by Sister Geraldine of St. Paul AME Zion Church. This year's 23 honorees are: Dr. Karen Adams-Ferguson, MD; Barbara Allison; Marcella Cook; Collette Crosby; Barbara Crowell; Mary Dunning; Michelle Furr; Chris Gayle; Vickie Green-Horsley; Julia Holt; Michael Key; Laverne Knighten; Levon Rayford; Freddie Roberson; Lorena Roberts; Carolyn Robinson; Gertrude Robinson; Sharisse Rowell; Edward Sanders; Norma Savage; Adrian Thomas; Rita Winfree and Alberta Witcher

The annual event started as a dinner held in the church dining area 18 years ago with an attendance of about 150 people. It rapidly out grew that space and has been held in much larger banquet rooms for more than a decade.

The Voice of Hope Outreach Ministry is the brainchild of Pastor Brock and sponsors the banquet to honor the unsung heroes of the city and surrounding communities. Throughout the years, the ministry has sponsored a number of community services, such as: Radio Outreach (1520 AM and 95.7 FM); Adopt A Haircut Ministries at Poor Clark's Barbershop; Adopt A Belt Outreach; Coat Give-Away; Good Friday Ham Give-Away; Back To School Give-Away and Weekly Broadcast NOW Network.

Genesis Begins Again by Alicia D. Williams

By Terri Schlichenmeyer
The Truth Contributor

Leave me alone.

That's what you'd like to tell just about everybody right now: go away. Stop talking to me. Don't fuss, quit fighting, put away those bad words. You're done, so leave me alone. As in the new book **Genesis Begins Again** by **Alicia D. Williams**, life is much easier if you don't rely too much on people who hurt you.

The Mean Girls at her old school were dumb.

Thirteen-year-old Genesis Anderson had proof: the list they circulated was titled "100 REASONS WHY WE HATE GENESIS" but only 60 things were on the list and some were totally lame.

Whatever. Every now and then, Genesis added her own entries to the list.

She hated that she let Mean Girls get away with being mean. She hated herself because her Dad drank too much and gambled with rent-paying money, so her family moved a lot. She hated having to stay with her Grandma, however temporary it was each time. Most of all, she hated her dark skin and her tangly-thick curls, and that she didn't inherit her mother's coffee-with-milk complexion and "good hair."

She could've added that she hated having fake friends but, after yet another publicly humiliating home eviction, more promises from Dad, and an upgraded rental, she'd first see if a new school and another fresh start made any difference.

Thankfully, as it turned out, things weren't bad at Farmington Oaks Middle School, just outside Detroit. In the beginning, Genesis kept to herself because there were Mean Girls there, too, but she was happy to see that most of the kids were nice. She began to make real friends, and she found her first BFF. She even liked her teachers, including the one who encouraged her talents as a singer.

But none of these positives changed Genesis's view of herself as "ugly."

c.2019
Atheneum Books for
Young Readers
\$17.99 / \$23.99 Canada
384 pages

Dark skin, "nappy" hair, there had to be a way to fix it. Once she learned the secrets in her family, past and present, there was just no way she could accept herself as she was...

Starting with an awkward situation with frenemies, author Alicia D. Williams introduces nine-to-13-year-olds to an observant, smart-but-typical kid with modern problems, including a kind of racism that's not often discussed. What ultimately happens is a shocker to the story, in part because we're abruptly told the truth about some of the adults in Genesis' life and though it explains a lot, it's not pretty. We learn of this ugliness when she does, presenting an opportunity for readers to think about (and deal with) topics that might be new or uncomfortable. Happily, it's all done with the barest, mildest profanity and absolutely zero unnecessary drama. Also nice for both you, and for your young reader: the friends Genesis makes are real-life-real, and adults in this book are portrayed without a hint of malice or ridicule.

For a middle-schooler, this book set in a middle-schooler's life is perfect, especially if their life isn't. Hand your child *Genesis Begins Again*, and she won't be able to leave it alone.

Dear Ryan... continued from page 11

transition into a healthier lifestyle and better food choices. Take the time to start packing your lunches and include healthy snacks. Celery and natural almond or peanut butter. Any vegetables that you like and fruits that are high in fiber. you can find a list of foods on my website mydreambodies.com under the nutrition tab.

Get rid of anything you tend to eat an abundance of. Chips, cookies, cakes and processed foods are not your friends when you are trying to lose body fat. Make sure that when you eat you have protein and a vegetable. These will help keep your insulin from spiking to high and storing fat.

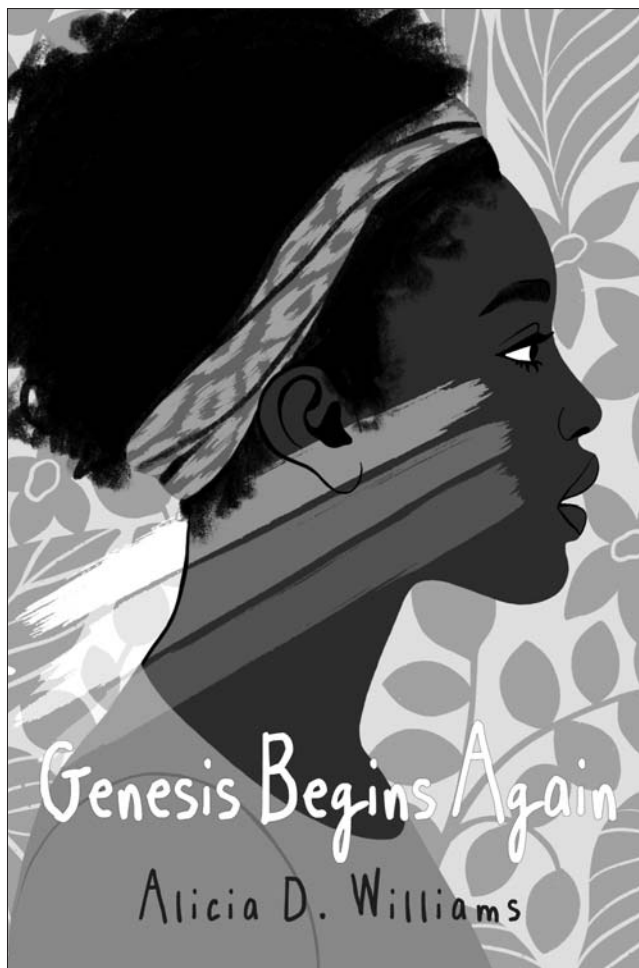
Stay away from sugary fruits, breads, pastas and other starchy carbs. You have to drink more water and begin some kind of exercise plan as well. DO NOT be one of those people who say that they want to lose weight before they start working out. Remember it's about making better food choices, knowing your body and increasing activity that lead you into a healthier lifestyle. Not the fad diets and misinformation that's floating around out there.

I hope this was helpful and that you will be able move forward in a positive direction. Good luck to you and all that are trying to make a healthy lifestyle change.

If ANYONE needs to lose 50 pounds or more, the right way and keep it off, Please contact me. I will be starting a special group program just for you!

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Ryan Rollison
Dream Bodies
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ARTS APPRENTICESHIP PROGRAM

The Arts Commission seeks creative students ages 14-18 for the Young Artists At Work program, a paid six week summer arts apprenticeship.

Application deadline: March 22. theartscommission.org/youth

CLIENT SERVICES SPECIALIST LUCAS COUNTY

Lucas County Planning & Development Agency is accepting applications to fill the position of Client Services Specialist until filled. Additional information regarding the duties is available on the Lucas County web site (www.co.lucas.oh.us). Click on "Apply for a Job" and then select "Client Services Specialist" from the list to read more or apply.

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PUBLIC NOTICE CITY OF TOLEDO ONE-YEAR ACTION PLAN

To all interested agencies, groups, and persons:

The City of Toledo is seeking comments on its **Draft** July 1, 2019 – June 30, 2020 One-Year Action Plan to be submitted to the U.S. Department of Housing and Urban Development (HUD) on or before May 17, 2019. The One-Year Action Plan is based on the HUD-approved Five-Year 2015-2020 Consolidated Plan submitted by the City of Toledo for housing, community, and economic development.

The One-Year Action Plan includes a description of the federal funds anticipated to be received, as well as other resources expected to be available within the City of Toledo during the 2019-2020 program year. The Action Plan provides a description of the activities to be undertaken when using these resources and the expected results of those activities. Also, the Action Plan depicts a geographic distribution of assistance, special needs activities, general and public housing actions, and activities specific to the 2019 45th Year Community Development Block Grant (CDBG), 33rd Year Emergency Solutions Grant (ESG), 28th Year HOME Investment Partnerships Program (HOME), and the Neighborhood Stabilization Programs (NSP). In addition, the Plan will contain HUD-required certifications, as well as a summary of the community input received at the public hearings regarding the Action Plan.

The **Draft** One-Year Action Plan is available for review beginning March 27, 2019 at the following locations:

- | | |
|---|---|
| 1) Dept. of Neighborhood and Business Development
One Government Center, 18th Floor
Downtown Toledo, Jackson & Erie Streets | 6) Toledo Lucas County Homelessness Board
1946 N. 13th Street, Suite 437
Toledo, Ohio 43604 |
| 2) Office of the Mayor
One Government Center, 22nd Floor
Downtown Toledo, Jackson & Erie Streets | 7) Toledo-Lucas County Public Library
325 Michigan Street
Toledo, Ohio 43604
(available at the Main Branch and by request at all other branches) |
| 3) Clerk of Council
One Government Center, 21st Floor
Downtown Toledo, Jackson & Erie Streets | 8) Lucas County Board of Developmental Disabilities
1154 Larc Lane
Toledo, Ohio 43614 |
| 4) The Fair Housing Center
432 N. Superior Street
Toledo, Ohio 43604 | 9) Dept. of Neighborhood and Business Development website:
http://toledo.oh.gov/neighborhoods |
| 5) Lucas Metropolitan Housing Authority
435 Nebraska Avenue
Toledo, Ohio 43604 | |

Public hearings on the **Draft** One-Year Action Plan are scheduled as follows:

Thursday, March 28, 2019, 3:00 p.m.
City Council Chambers, 1st Floor
One Government Center, Toledo, OH 43604

Wednesday, April 3, 2019, 5:30 p.m.
City Council Chambers, 1st Floor
One Government Center, Toledo, OH 43604

The City of Toledo will also receive comments from the public in writing beginning Friday, March 29, 2019 through Monday, April 29, 2019, at the following address:

CITY OF TOLEDO
DEPARTMENT OF NEIGHBORHOOD AND BUSINESS DEVELOPMENT
ONE GOVERNMENT CENTER, SUITE 1800
TOLEDO, OHIO 43604
ATTN: 2019-2020 ONE-YEAR ACTION PLAN

For reasonable accommodations or additional information, please contact Monica Brown, Administrative Analyst IV, Department of Neighborhood and Business Development at (419) 245-1400.

OWENS COMMUNITY COLLEGE SEEKS CANDIDATES FOR THE FOLLOWING POSITIONS:

- Applicant Pool for Aspire Instructor (Grant-Funded)
- Applicant Pool for Aspire Classroom Specialist (Grant-Funded)
- Applicant Pool for Aspire ESOL (English for Speakers of Other Languages) Instructor (Grant-Funded)

Owens Community College invites you to learn more about these exciting job opportunities at <https://jobs.owens.edu>

Become part of our inclusive culture that embraces and celebrates diversity.
AA/EOE

Notice to Bidders: Inquiry # FY19-51, (Project # 1130-19-204) for Mechanical System Improvements 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 2:00 p.m., Tuesday, March 26, 2019. Bids will be publicly opened that same day at 2:05 p.m. in the Plant Operations Building, Room 1000. Copies of Plans, Specifications, and Bid Forms may be obtained from Becker Impressions, 4646 Angola Rd., Toledo, Ohio 43615. Call 419-385-5303 for an appointment to pick up bid package. A cost of \$110.00 will be charged per set. Any further information may be obtained from Doug Smith of Dynamix Engineering Ltd. at 614-443-1178. One Pre-Bid Conference will be held on Tuesday, March 19, 2019 at 10:00 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: \$1,676,700.00; Breakdown: HVAC: 1,676,700.00.

CLASSIFIEDS

March 6, 2019

Page 15

INVITATION FOR BIDS CONCRETE REPLACEMENT SERVICES, AUTHORITY-WIDE IFB19-B002

Lucas Metropolitan Housing Authority (LMHA) will receive sealed bids for **Concrete Replacement Services**. Received in accordance with law until **March 26, 2019, 3:00 PM ET**. See documents: www.lucasmha.org; 201 Belmont Ave., Toledo, OH 43604; or 419-259-9446 (TRS: Dial 711). Affirmative Action and Equal Employment Opportunity requirements (Executive Order #11246). This contract opportunity is a Section 3 Covered Contract and any Section 3 Business Concerns are encouraged to apply.



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

Notice to Bidders: Inquiry # FY19-52, (Project # 1020-19-212) for Main Campus Soccer Field Turf & Lighting 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, March 26, 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 \$75.00 will be charged per set. Any further information may be obtained from Joe Adams of SSOE Group at 419-255-3830. One Pre-Bid Conference will be held on Tuesday, March 19, 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: \$396,000.00; Breakdown: Electrical: 396,000.00.

ABUNDANT LIFE OF PERRYSBURG ACCEPTING APPLICATIONS

Abundant Life of Perrysburg is accepting applications for its subsidized apartment facilities. Abundant Life #1 offers independent living for senior citizens 62 years of age or older and individuals 55 or older with a physical impairment. Abundant Life #2 is a supportive living complex for people 62 and older. To apply individuals must meet the age requirement and an annual income requirement of no more than \$23,550.00 for one person or \$26,900.00 for two people.

We are located in the Three Meadows subdivision near the Manor of Perrysburg. Our garden apartments offer one bedroom, private patios, with individually controlled thermostats for heat and air conditioning. Abundant Life #1 offers bathtubs, while Abundant Life #2 offers walk-in showers and pull cords for emergencies.

We have a bus that transports all residents to area grocery stores and monthly outings. We offer exercise, worship services and a variety of opportunities for our active and not so active seniors. Please call (419)874-4371 to find out more about our fabulous facilities and our availability for apartments. You may also visit us on the web at abundantlifeofperrysburg.org.



EMPLOYMENT OPPORTUNITIES

Lucas Housing Services Corporation (LHSC), located in Toledo, OH is seeking experienced applicants for the following position(s): **Community Development Program Manager**. For complete details, visit www.lucasmha.org/Careers. **Deadline: 03/19/19**. This is a Section 3 covered position(s). HUD recipients are encouraged to apply and are to indicate on the application if you are a LMHA Public Housing client or Housing Choice Voucher Program participant. Persons with disabilities are encouraged to apply. **NO PHONE CALLS**. Equal employment opportunity shall be afforded to all qualified persons without regard to age, race, color, religion, religious creed, gender, military status, ancestry, disability, handicap, sexual orientation, genetic information or national origin.



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

NOTICE IS HEREBY GIVEN that Sealed Bids will be received by the Toledo-Lucas County Port Authority for all material and insurance necessary for the Lighting Fixture Supply Purchase for One Government Center, Toledo, OH 43604 in accordance with the approved plans and specifications. This project consists of replacing existing fluorescent 1x4 troffers with LED programmable 1x4 troffers. This bid package is for procurement only of lighting fixtures & accessories and is not to include any installation. The bidder is to provide a combined BASE BID price to supply lighting fixtures for One Government Center based upon the quantities presented in the unit prices on the bid form. The engineer's estimate is approximately \$1,080,000.00. Bids will be received at the Port Authority's administrative offices at One Maritime Plaza, Toledo, OH 43604 until Friday, March 15, 2019, at 10:00 AM, at which time and place all bids will be publicly opened and read aloud. Plans, Specifications, Instructions to Proposers, and Forms of Proposal and Contract are on file and may be obtained by either (1) obtaining hard copies from Becker Impressions, 4646 Angola Road, Toledo, OH 43615, phone 419.385.5303, during normal business hours, or (2) ordering from Becker Impressions, via their website www.beckerplanroom.com at the cost of reproduction. Please note that this is a fixture supply purchase only and no pre-bid meeting will be held. Please submit all questions to the Port Authority, Tina Perkins at Projects@toledoport.org by Thursday, March 7, 2019 at 10:00 AM local time. Additional information can be found at www.toledoport.org

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

Mt. Nebo Holds Annual Black History Celebration and Honors “Silent Soldiers”

Sojourner's Truth Staff

Mt. Nebo Missionary Baptist Church, under the guidance of Pastor Cedric Brock, held its 18th annual Black History Celebration banquet on March 3 at the Premiere Banquet Complex and honored, as usual, the “silent soldiers” who accomplish so much behind the scenes. This year almost 600 people attended the event hosted by the church’s Voice of Hope Outreach Ministry as they celebrated the theme of “Stepping out I n Faith.”

The master of ceremonies for this year’s event was, once again, Larry Jones of Indiana Avenue MBC. After the introduction of this year’s honorees, from Deacon Alan Crawford, the church’s First Lady, Debra Brock, performed a



Pastor Cedric Brock and Master of Ceremonies Larry Jones



Pastor Cedric and First Lady Debra Brock

... continued on page 12



Levon Rayford (seated) and her sisters



The Silent Soldiers

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