



Volume 55, No. 6

"And Ye Shall Know The Truth..."

May 1, 2019



Journi Wren, Jayla Spearman, Princess Noble, ZaNyia Knox

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The School-to-Prison Pipeline

By Anthony Bouyer, PhD

Guest Column

Every several years there is a new catch phrase that grabs the public attention. In order to understand the gravity of these catch phrases, we must understand what social, instructional, and political policies or conditions that produced the catch phrases. The school-to-prison-pipeline has generated a national conversation on how it has impacted public school students, particularly students of color. In order to proceed with this conversation, let me provide some back ground on the school-to-prison-pipeline.

According to Toldson (2011) "Over the past several decades a number of policy organizations have called for reversing a trend commonly known as 'the school-to-prison pipeline.'" The school-to-prison pipeline argument typically highlights the following:

- (a) Zero-tolerance disciplinary policies at school often precipitate youth involvement with the juvenile justice system
 - (b) Schools that rely on law enforcement to handle minor offenses are tracking students into the juvenile justice system
 - (c) Not having adequate educational accommodations for students with special needs and unique life circumstances lead to greater involvement of youth in the juvenile justice system
- All of the problems related to the school-to-prison pipeline disproportionately affect African American males.

Zero tolerance policies were put into place ensure school safety, but the implementation of zero tolerance policies nationally has failed to improve school, community or student safety (Children's Defense Fund 2012).

"Research suggests exclusionary zero-tolerance approaches to school behaviors are not the best way to create a safe climate" (Skiba and Sprague 2008, p. 38).

According to Jimenez (2018) research shows public schools have overdisciplined African American and Latino students, as well as students with disabilities and English language learners for at least 40 years. This trend is highly prevalent in urban low-income schools with a high minority population (Dupper, Theriot, and Craun, 2009).

Every other year since 1968, the Office for Civil Rights has conducted the Civil Rights Data Collection, chronicling public school programs and, over time, the rates of seclusion, restraint, and exclusionary discipline practices. Because of these data, in 2014, the U.S. Department of Education reiterated the legal limitation of exclusionary discipline and reminded school districts of their responsibility to serve all students.

Further research according to Balingit (2018) indicates that black students



Anthony Bouyer

continue today to face greater suspension, expulsion and arrest than their white classmates, and the disparities have widened despite efforts to fix them. Balingit continues to show how the Civil Rights Data Collection contains detailed information for 2015-2016 school year on more than 96,000 public schools, where evidence indicates that certain young people, including black, Hispanic and American Indian male students face harsher discipline than their white counterparts. These disparities are widespread and have persisted regardless of the type of disciplinary action, level of school poverty or type of public school attended.

The Obama administration in 2014 issued guidance aimed at curbing suspensions and expulsions. It also warned school districts that they could be violating civil rights laws if significant and inexplicable racial disparities exist in discipline. The Trump administration is weighing eliminating the Obama-era guidance and that brought criticism from some educators that such elimination would make some schools less safe.

Conservatives, on the other hand, believe the federal government should have little say in school discipline.

Conservatives argue racial suspensions gap can be explained by differences in behavior that are driven in large part by those same background factors that affect the achievement gap, such as poverty, fatherlessness and low levels of parental education. However, to the contrary, there is racial bias in discipline practice because poverty rates or levels of misbehavior do not entirely explain the disparities.

Teachers and schools must be equipped to serve all students. The teaching force remains overwhelmingly white. However, since 2014, the majority of public school students have been non-white, and public schools continue to serve a growing number of low-income students. In many school districts in America, public schools are more segregated today than before Brown vs the Board of Education.

It is important to examine the extent to which race may influence how teachers interpret and respond to students' behavior and guard against bias.

SOLUTIONS

- Educational policies should address the natural social disadvantages that students might have from low income homes by supplementing schools in impoverished areas with resources to build and maintain school-based activities.
- Juvenile justice policies should be examined to reduce the frequency and burden of jail and detention center involvement among black males.

Teacher profiles were particularly effective in fostering academic growth among black males:

Teachers who were interested in their students as a person.

Teachers who treated them fairly.

Teachers who encouraged them to express their views, and gave extra help when needed.

Teachers who were effective also routinely let their students know when they did a good job.

Black male students perform best in environments they perceive as safe.

High-achieving black males reported feeling safe more often in school.

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Community Calendar

May 1-3

Interdenominational Ministerial Alliance Spring Conference 2019: 7 pm nightly; "The Church Changing the City for Christ;" First Church of God

May 2

Kwanzaa Neighbors Meeting: 6 pm; The Padua Center; Guest speaker is Adam from Make America Beautiful; Also community police officer on safety

May 2-3

Eleanor Kahle Senior Center Rummage Sale: Thursday - 9 am to 7 pm; Friday - 9 am to 5 pm; Saturday - 9 am to 1 pm

June 1

"Rock the Block:" Junction Neighborhood Cleanup; 9 am to 2 pm; Asking neighbors, community partners to work together: 419-382-1964

After 1500th Property Finishes Early, Land Bank Sets New Goal

Announces New Plan to Renovate or Demolish 2,000 Properties in 1,500 Days

If it's worth doing, it's worth doing well.

That was the theme from leaders of the Lucas County Land Bank as they announced that their goal to renovate or demolish 1,500 properties in 1,500 days, begun in summer 2016, has finished 500 days early. Standing in front of a beautifully restored home in Toledo's Old West End neighborhood, those gathered made clear they weren't finished and that another 500 properties would be tackled in the next 500 days.

"There are very few times when an organization finishes a goal this massive this early, but that's exactly what the Land Bank has accomplished," said Mayor Wade Kapszukiewicz, who serves as the chairman of the Land Bank's Board of Directors. "And even better – before we complete these 1,500 days, we now hope to renovate or demolish a total of 2,000 properties."

The news conference was held in front of a home on Glenwood Avenue that the Land Bank took ownership of due to tax delinquency in 2017. Sold to Kathi & Gary Taub – who live next door – and Wanda & Larry Tibai for \$1,500, the couples invested thousands of dollars to turn the once blighted home with boarded windows and falling gutters into one of the best looking homes on the block. They intend to list the property for sale in the coming weeks and bring a new homeowner to

the neighborhood.

"The Land Bank could not have reached the goals we've set without the blood, sweat, and tears of neighbors like the Taubs and Tibais," said David Mann, president & CEO. "Whether someone buys a home from us to renovate or takes control of that vacant lot next door after a demolition, it is residents who are slowly bringing back our neighborhoods."



Councilwoman Yvonne Harper speaking at news conference

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School-to-Prison Pipeline... continued from page 2

Low-achieving black males were more likely to carry a weapon to school for self-defense than middle- or high-achieving black male students.

The classroom teacher is the critical linchpin in student engagement.

The statistical findings in Breaking Barriers are consistent with the research literature that confirms a relationship between teacher quality and diversity and student success.

Demographic mismatch between the public-school student population and its teaching force:

The demographic mismatch between African-American students and the adults who teach them has reached the point that many African-American students can get through 13 years of public education and never have an African-American teacher.

If students are to believe that they may be educated people, then they need to see diverse examples. They stand as models of what it is like to be an educated person. Perhaps the singular thing that policy-makers can do to respond is to expand the minority teaching pipeline and fund efforts to increase the number of African-American male teachers. Less than two percent of the nation's teachers are African-American males.

I was recently invited to be a panelist on a school-to-prison-pipeline, however, that offer was rescinded. When real change occurs it's because that elephant in the room is addressed "Race", we cannot address problems without asking uncomfortable questions that demands solutions.

References

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Lucas County Announced as Certified Welcoming

The Board of Lucas County Commissioners announced that it has achieved for Lucas County the status of Certified Welcoming, the first county in Ohio and only the second community in the state to earn the merit. The commissioners and Welcoming America announced Lucas County's achievement today during a press conference in One Government Center.

According to research published by New American Economy, the immigrant population in the city of Toledo grew from 2.8 percent in 2000 to 3.7 percent in 2014. During the same the period, the U.S.-born population decreased nearly a 13 percent. Also, local immigrants, who account for 3.4 percent of the overall population, make up 4.2 percent of the workforce, generate nearly \$242 million in spending power for the local economy, and contribute more than \$31 million in state and local taxes.

"We are thrilled that Lucas County has received this special recognition for the commitment we have made to treat all people equally regardless of where they came, how they worship, or who they love. We are a diverse community that respects everyone from all nations and all cultures," the Lucas County Commissioners said. "We hope that more cities and counties will follow our example for the values that we have established for embracing immigrants and refugees and fostering diversity."

Isha Lee, Deputy Director of Welcoming America, said: "Communities all over the country are distinguishing themselves by leveraging change to create even more vibrant, prosperous places to live where everyone enjoys a sense of belonging. We congratulate Lucas County, Ohio for their rigorous work to meet the Welcoming Standard to become Certified Welcoming, proving once again that it is a great place to live, work, and invest."

Immigrants make significant contributions to local economies and neighborhoods across the United States, and immigrant-owned businesses employ nearly six million workers nationally. Immigrants-owned businesses also

play a critical role in revitalizing neighborhoods through entrepreneurship, reversing population decline, and homeownership.

"We are proud of the work that Lucas County and partners of Welcome TLC have done to attain Certified Welcoming, a national recognition of our best practices," said Welcome Toledo-Lucas County (TLC) Co-Chairs Mechelle Zarou, an attorney and partner with Shumaker Loop & Kendrick, LLC, and Reem Subei, Advocates for Basic Legal Equality (ABLE) staff attorney. "Our community will continue to implement policies and programs that support and engage our small but growing and economically important immigrant community. In the face of negative rhetoric and policies at the national level, we remain committed to our work to make Toledo-Lucas County a more welcoming community for all."

A growing number of places recognize that being welcoming leads to prosperity. Currently, one in seven Americans live in a welcoming community and those communities that become Certified Welcoming are leading the movement by demonstrating their commitment to equity and inclusion through policy and programmatic activities. Certified Welcoming communities gain a competitive advantage by using their designation for attracting and retaining a global workforce and businesses whose values align with welcoming and inclusion.

"We congratulate Lucas County on achieving Certified Welcoming status," said Wendy Gramza, president and CEO of the Toledo Regional Chamber of Commerce. "Positioning the Toledo region as both diverse and inclusive is vital to attracting and retaining the talent our employers need, both today and in the future. Certified Welcoming designation shows our community is a place where individuals can succeed, regardless of who they are, what they look like, and where they come from."

Lucas County completed an intensive evaluation to earn the Certified Welcoming designation, led by Lucas County and LISC staff for Welcome Toledo-Lucas County. Local policies and programs were compared to the comprehensive Welcoming Standard that covers community investments from education to economic development to policing.

"Immigrants add social, cultural, and economic benefits to our country. The recognition of Lucas County as a Certified Welcoming community validates this point," stated Meyling Ruiz, the president of the Latino Alliance of Northwest Ohio, immigrant, and recent naturalized citizen from Nicaragua. "Latino Alliance of Northwest Ohio is a proud partner of Welcome TLC, Lucas County, and local efforts to building a welcoming and immigrant-friendly community."

In 2014, the Lucas County Commissioners launched the Welcome Toledo-Lucas County (TLC) initiative in partnership with LISC Toledo with resolu-

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Toledo Library Authors Authors Series Features Stacey Abrams

By Tricia Hall

Sojourner's Truth Reporter

Voter rights' activist and author, Stacey Abrams, received a warm reception at a sold-out Authors Authors showcase sponsored by the Toledo Lucas County Public Library on Sunday, April 28 at Bowsher High School.

The showcase opened with a brief introduction of the featured author by Mike Pearson, The Blade features writer; welcome address delivered by Toledo Library interim director Jason Kacsma and showcase moderator national columnist Connie Schultz.

"It's important for us to not only read about leaders, but hear them. This is truly one of the hottest tickets in town tonight," explained Pearson.

The moderated portion of the showcase covered a wide range of topics including: Abrams' future political moves, lessons learned after the campaign, the media, women and people of color, the current president of the United States, and others.

One of the first questions addressed whether Abrams will run for a U.S. Senate seat in Georgia or take a bid to run for vice president in the upcoming election.

"It takes jobs serious because it must be intentional. The space that I am currently in is a deviation from the original plan. I have a role and responsibility to remember that it's about the work and not the title. The real question is how I use this space to get back to my core mission," began Abrams.

"I actually heard about the rumor (running as vice president on the Joe Biden campaign) from Twitter. I don't really have a long history with Joe Biden, but it seems unlikely that he made up this rumor. The rumor snowballed into 14 different editorials before I finally spoke with his (Joe Biden) team. My honest answer is, I won't run for second place. If I'm going to run for the Senate than I will run. Who says that the current Georgia governor will have another term, that's always an option? But if not, I won't



Abrams in 2012 as Minority Leader in the Georgia House of Representatives



Mike Pearson



Connie Schultz and Stacey Abrams

run for second place. No one runs for vice president," explained Abrams.

The next round of discussion topics allowed Abrams to expand upon her views on her campaign, women in power and people of color. "I learned from the governor's campaign that I am more resilient than I realized. Keep in mind that I didn't run this campaign alone, I had volunteers and voters. My name was simply on the ballot, but I allowed people to own their space. I had to spend time during the aftermath of the election that it's not about me. When you make decisions about you, you forget the purpose about it. I represented someone else's dream, someone else's dreams were on the line," began Abrams who received a standing ovation.

"As a woman of color, we're not supposed to acknowledge that we want power or have power. Early on, when I was younger, I never understood why that was a problem. Power isn't worthy of the holder if you don't benefit others," Abrams explained.

The subject of current President Donald Trump and the media received stern comments from Abrams, "I am not a fan of Donald Trump. He's a failure, has lost important international positions for the United States, and just mean spirited. These are terrible times that we live in, which make this situation worse when a political party doesn't stand up. When abuse of

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Clarence Smith Community Chorus to Perform in the Peristyle May 11

The Clarence Smith Community Chorus (CSCC) will perform the Choral Odyssey, a program showing the power of the Negro spiritual, at the Toledo Museum of Art (TMA) Saturday, May 11 at 7 p.m. on the Peristyle stage.

It will be an enlightening, poignant, entertaining program from one of Toledo's outstanding choral organizations. The 30-member CSCC will highlight the beauty of the Negro spiritual, in addition to classical and gospel selections.

Celebrating its 43rd season, the CSCC again shares with the greater Toledo area a unique series of cultural offerings. The Chorus specializes in the performance of Negro spirituals and is dedicated to its preservation as well as the performance of works by African American composers. The CSCC also maintains a liberal helping of standard classical music in its repertoire. Its members come from all walks of life, unified by their mutual love of great music.

"We are pretty excited about the opportunity," said Chorus Director Mr. Clarence R. Smith, Jr. "The Peristyle is an absolutely beautiful environment and it is inspiring to perform on its stage."

"We hope to inspire, to educate, as well as entertain," Smith said.

The longevity of the choir speaks to its purpose and the dedication of those members who share the same vision, Smith said. The membership of the CSCC is drawn from a wide variety of backgrounds, united by their

love of music.

"The music itself is important enough but it isn't just entertainment, it is historically and culturally important," Smith said. "The music reflects not only the pain and struggle of the slavery experience but also shows the tenacity, determination and faith it took to survive it."

In the past, the choir has performed everything from classical literature, to Broadway, gospel and jazz. The focus of the May 11 concert will be spirituals but will include a little of the musical variety that audiences have come to expect. The Chorus will also feature violist, Dr. Steven Kruse and an African drum ensemble directed by Kenneth Peterson. There will be arrangements and compositions from historical figures such as Undine Smith Moore, R. Nathaniel Dett, contemporary composer Stacey V. Gibbs, Moses Hogan and classical composers Melchior Vulpius and L.V. Beethoven.

"This concert is a wonderful collaboration between the Museum and one of the most vibrant local arts organization," explained Scott Boberg, TMA's manager of programming and audience engagement. "We are delighted to be able to showcase both the local talent and the beautiful music."



Clarence Smith

The Truth

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Self-Care Suggestions

Patrice Powers-Barker

Family and Consumer Sciences, OSU Extension, Lucas County

The following seven recommendations are valuable to the health of every individual, family and community. If you are someone who is living with diabetes, please utilize the professional expertise of a Diabetes Educator along with your team of medical staff. The American Association of Diabetes Educators (AADE) defined the AADE 7 Self-Care Behaviors for patients. In addition, they recommend that this framework can also be used for health promotion and other disease prevention - not just diabetes. Everyone can practice these seven tips for better health and wellness: (1) healthy eating, (2) being active, (3) monitoring health outcomes, (4) have access to medical care and medications, (5) problem solving, (6) reducing risks and (7) healthy coping.

Eat Healthy

MyPlate is a reminder to eat plenty of healthy foods. A healthy eating pattern limits the amounts of sodium (salt), solid fats, added sugars, and refined grains and promotes more nutrient-dense foods and drinks like vegetables, fruits, whole grains, fat-free or low-fat milk products, seafood, lean meats and poultry, eggs, dried beans and peas, and nuts and seeds. Avoid oversized portions – unless you're getting a second helping of some colorful vegetables! Avoiding oversized portions can help you reduce the amount of sodium, solid fats, added sugars and refined grains that are often eaten throughout the day.

Be Active

The recommended amount of physical activity for adults is 150 to 300 minutes of moderate-intensity aerobic activity, like brisk walking or fast dancing, each week (this is 30 to 40 minutes of physical activity five to seven days a week). Adults also need muscle-strengthening activity, like lifting weights or doing push-ups, at least two days each week.

Physical activity has immediate health benefits like reducing anxiety and blood pressure and improving quality of sleep and insulin sensitivity. Meeting the recommendations of physical activity consistently over time can lead to even more long-term health benefits. New evidence shows that physical activity can help manage more health conditions that Americans already have.

For example, physical activity can decrease pain for those with osteoarthritis, reduce disease progression for hypertension and type 2 diabetes, reduce symptoms of anxiety and depression, and improve cognition for those with dementia, multiple sclerosis, ADHD, and Parkinson's disease.

Monitor health outcomes

For someone with a diagnosed health condition, monitoring health might include, checking blood glucose levels, blood pressure, weight, etc. In addition, daily self-monitoring can be a personal check-in or awareness of how you are feeling physically and mentally.

Do you feel rested? How do your muscles and joints feel when you are being active? When you are eating, what is your level of fullness? What emotions are you noticing? As you make small changes in your health and wellness, take note of how you feel and how it helps change your health in positive ways.

Follow recommendations for medical care and medications

The general goal for all people is to utilize your health professionals for guidance and care and be personally knowledgeable about medicine use. For example, when it comes to medicine (over the counter and prescription), what are the expected actions, side effects, dosage and timing of taking it? What are the instructions for storage and safety? Be knowl-

edgeable and follow all recommendations.

Problem solve

Everyone has different life situations and personal challenges. Some problems might be health problems. Identify areas where you can improve your healthy practices and make those changes. You've got this!

Reduce risks

To reduce any unnecessary risks in dealing with diabetes and other health conditions, be sure to take the proper precautions. This includes, but is not limited to, quitting smoking, knowing the facts about your medications, and getting regular eye, dental, foot exams and mental health care.

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Eighth Annual Business & Health Expo

By Asia Nail

The Truth Reporter



City of Toledo Chief of Staff Katy Crosby, Donnetta Carter, Mayor Wade Kapszukiewicz

On Saturday, April 27, organizer Donnetta Carter brought together over 50 business owners and health agencies to hold the Eighth Annual Business and Health Expo at the Stephenson-Roberts Fellowship Hall at Indiana Avenue Missionary Baptist Church.

Over 700 visitors turned out for the event to sample the wares and to take advantage of the free health screenings provided by Mercy Health.



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In addition to the health agencies, other vendors featured women's apparel, tailoring, natural products, massages, jewelry, candles, desserts, photography, hand bags, shoes, financial investments, authors and home repair.

The official food vendor was "We Be Ribs" Owner James McDay and entertainment by DJ Steven Wolfe. This year's sponsors were Woodforest National Bank, Mercy Health, CareSource, Paramount, Powell's Beauty Supply, Tyrell Betts Production, OMG Production, DJ Rocky Love, WIMX the MIX 95.7 FM and The Sojourners Truth Newspaper.

The next EXPO is scheduled for Saturday, November 30, 2019 at Indiana Ave. MB Church. For information contact Donnetta Carter at (419) 367-9765 or donnetta_c@msn.com

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A Mental Health Moment

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

Acceptance is an important aspect in our human existence. One of my favorite quotes is "God grant me the serenity to accept the things I cannot change, the courage to change the things I can and the wisdom to know the difference." There are so many things in our lives we can and cannot change and it often brings us torment and challenge.

As a black woman, I cannot change the fact that I am black. None of us can change our family of origin and on another note, none of us can change our past. Yet there are so many things we can change. We can make better choices for our futures. We can decide to marry, have children, who to marry, how many children and jobs and careers.

Without the understanding of what we have the power over of to change or not, it can bring with it a whole host of frustration, anger, hatred. Negative emotions that will affect our lives and quality of life for our entire existence. Blaming ourselves and others who really are just there for the simple fact of blame.

For example, a black woman prepares for a job by completing educational requirements, researching the company, prepares an outstanding resume, dresses appropriately and arrives 15 minutes early. She does not get the job and at this point of her thought process possibly she turns to "I did not receive the job because of my skin color." Which is highly possible but then anger sets in, as it should and as an adult, we have all had those moments.

There is so much she could change, maybe a better resume, maybe a different suit, or even better answers to the interview questions but in her mind, our minds we may first attribute our failure of receiving the job to our skin color. Something we can never change throughout our life time. Over time, this affects our mental and emotional health especially if it happens often.

So, what can we change in this scenario? It is not always our skin color and we can take this type of situation several ways. We can become more and more angry believing it is our skin color, we can become hopeless and feel we will never gain the job we desire, or deserve and hold a sense of worth. Or we can continue by not giving up on something we can never change. Instead we boost up our resume, we seek out additional education and training but one of the most important things we can do is change our perspective. Our perspective gives us the power to change ANYTHING!

As a counselor, I work with clients with many, many issues especially when it comes to losses such as divorce, death, and finances. You as an individual, know what you are working with. You know what you can change, you know what you cannot change. Change what you can. Leave the past in the past, learn from your mistakes.... We all make them and will continue to do so as we are human.

Take a mental health moment....or two and take note about those issues in your life that you can and cannot change. It can make the difference in your quality of life, your happiness and a deeper understanding of you. Afterall, counseling is a large component of understanding you and it makes those around you who love you and care for you easier to communicate and assist you in your times of need. We can't change everything, but those things we can change starts within. And may God grant you that serenity to accept the things you cannot change, change the things you can and the wisdom to know the difference.

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

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Portman, Brown Bill to Make Sure Children Get Medical Care They Need Signed Into Law

Last week, Trump signed U.S. Senators Rob Portman (R-OH) and Sherrod Brown's (D-OH) bipartisan bill to improve health outcomes and care coordination for children with complex medical conditions on Medicaid into law.

"The ACE Kids Act gives us an exciting opportunity to give some of our nation's most vulnerable children the support that they need to succeed," said Portman. "Focusing on care coordination for children with complex medical conditions is a common-sense idea that will deliver results and save lives. I'm proud that this legislation is now the law of the land, and I look forward to seeing Ohio's children's hospitals, which serve as national leaders in pediatric care, paving the way on this front in the years to come."

"When children have specialized health needs, they need specialized care - often times that means crossing state lines, which can be confusing for patients," Brown said. "Many of these children are battling serious illness - they shouldn't have to jump through hoops to get the care they need."

"For the most vulnerable and medically complex children in our community the ACE Act gives Cincinnati Children's flexibility to deliver the right care, at the right time in the right setting, which creates better patient outcomes and substantially eases the burden for these families. We thank Ohio Senators Portman and Brown for their spon-

sorship and work getting this bill passed. Cincinnati Children's and our fellow Ohio children's hospitals are fortunate to have such strong leadership for child health in the United States Senate," said Michael Fisher, President and CEO of Cincinnati Children's Hospital.

Portman and Brown's Advancing Care for Exceptional (ACE) Kids Act would make it possible for healthcare providers to coordinate care, lower costs, and improve quality outcomes for children with complex medical conditions on Medicaid who require specialized care.

About two-thirds of the three million children with complex medical conditions are covered by Medicaid, representing nearly 40 percent of Medicaid costs for children. These children have illnesses and conditions including cancer, congenital heart disease, cystic fibrosis, Down syndrome, and chronic health challenges from premature birth, which often require them to travel to another state to find treatment.

This bill would help hospitals coordinate and standardize care across state lines, ensuring our nation's most vulnerable children receive seamless treatment. It would also ease the burden of government bureaucracy on families, establishing case managers to help them navigate the complicated, and often expensive, healthcare system.

Business & Health Expo Photos... continued from page 8

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Dear Ryan

By Ryan Rollison

The Truth Contributor

Dear Ryan,

I am a 47-year-old female and I am overweight. Not just a little bit overweight but severely overweight. I am to the point that my doctor is very concerned about my health, but not more than I am. I have a hard time simply getting through my daily functions without being out of breath, miserable and uncomfortable.

I follow Dream Bodies on social media and I saw a couple of videos of overweight clients that do your camps. I would love to do them but I know I lack the stamina and flexibility to be in a class like that. I lack the confidence and motivation to join a gym or do anything where people can see me. I am embarrassed to be out in public trying to exercise. I have seen on social media how people at gyms look and it's not like me. I want/need to do something. Is there anything simple that I can do to get started? Thank you

I'm Desperate

Dear Desperate,

First thank you for following my pages. Keep in mind that everyone has to start somewhere no matter what level of fitness she is. A skinny person who wants to gain muscle has the same anxieties as someone who is trying to lose fat. The fears of being laughed at because she can't lift too much weight or she looks like a baby giraffe stumbling her way through the unfamiliar territory of a gym. There is a starting point for everyone and it's one step at a time, one goal accomplished at a time, one day at a time and one meal at a time.

Pound by pound, meal by meal, workout by workout, you will get there. I do not know how big you are nor do I care. The important thing is that you recognize your issue and you want to take steps to change it. You may never be a size 10 but you can be a healthier person who is over weight. You can become more mobile, flexible, stronger and maintain a certain level of functionality that is conducive to your life.

I have a class specifically for you and people like you. That's the class you saw the videos on. The videos that you of Will and Joy were just after two weeks of working with me. They are already feeling much better by just making the choice to come in and get moving. This camp is for people who need to lose a lot of weight, have ailments or a hard time just doing their daily activities. They go at their own pace and do what they can at the time.

Self-Care... continued from page 7

Cope in healthy ways

Life can be stressful! Some healthy ways to cope with stress include eating healthy and exercising. Some other ways to cope with stress include seeking out the support of friends and family, practicing relaxation exercises like mindfulness, getting enough sleep, expressing gratitude and finding joy in the small things.

A special thanks to all the Diabetes Educators who work hard every day to teach and guide patients so they can live a healthy lifestyle. In addition to those who are currently benefiting from the care of a diabetes team of medical and educational professionals, others who do not have a diabetes diagnosis can employ these same steps for overall health and wellness. Information from the Physical Activity Guidelines and the American Association of Diabetes Educators <https://www.diabeteseducator.org/living-with-diabetes/aade7-self-care-behaviors>

If rest is needed then they rest, if they can dig a little deeper then they keep it moving. I modify anything for you that needs modified so that you can continue to make progress. We have no judgment. Everyone is friendly, encouraging and supportive. Come join us for a day and see if it is right for you. Bring a friend and make a few new ones.

Support on this journey is a necessity. At the very least you will learn a few things to do and possibly find some motivation and encouragement to proceed. It is not an easy road to travel – especially alone.

The best advice I can give you right now is to just do more than you are doing now. Get up and go for small walks, do some range of motion exercise, standing high knees and other low impact movements that will get you moving and raise your heart rate. I understand that it is not easy and that a lack of confidence can prevent you from doing a lot of things. But we are talking about YOUR health now. It is time for YOU to focus on what YOU need and not worry about what others are thinking of you. This is for YOU not for them! Do not let others discourage you from improving YOUR life!

This is why my slogan is "UNLEASH YOUR HERO!" It's about YOU, overcoming and becoming a better you by making the necessary changes in YOUR life to benefit YOU! So do not ever be discouraged, embarrassed, ashamed or uncomfortable to make improvements in your life! Life is about change, growth, becoming better and UNLEASHING YOUR HERO! Get moving!

Feel free to contact me for more information about my Fit Camp Extra!

UNLEASH YOUR HERO
Ryan Rollison
Dream Bodies
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Health Department Taking Back Unwanted Prescription Drugs

On Saturday, April 27, from 10 a.m. to 2 p.m. the Toledo-Lucas County Health Department (TLCHD) and the U.S. Drug Enforcement Administration gave the public its 17th opportunity in nine years to prevent pill abuse and theft by ridding their homes of potentially dangerous expired, unused, and unwanted prescription drugs.

The service was free and anonymous, no questions asked. Last fall Americans turned in nearly 460 tons (more than 900,000 pounds) of prescription drugs at more than 5,800 sites operated by the DEA and almost 4,800 of its state and local law enforcement partners. Overall, in its 16 previous Take Back events, DEA and its partners have taken in almost 11 million pounds—nearly 5,500 tons—of pills.

This initiative addressed a vital public safety and public health issue. Medicines that languish in home cabinets are highly suscep-

tible to diversion, misuse, and abuse. Rates of prescription drug abuse in the U.S. are alarmingly high, as are the number of accidental poisonings and overdoses due to these drugs.

The Substance Abuse and Mental Health Services Administration's National Survey on Drug Use and Health shows year after year that the majority of misused and abused prescription drugs are obtained from family and friends, including someone else's medication being stolen from the home medicine cabinet. In addition, Americans are now advised that their usual methods for disposing of unused medicines—flushing them down the toilet or throwing them in the trash—both pose potential safety and health hazards.

For more information about the disposal of prescription drugs or about the April 27 Take Back Day event, go to www.DEATakeBack.com

Toledo Library... continued from page 5

power happens, we have a mechanism to deal with it. We often forget that as Americans we have individual and collective power. As for the media, I can speak from my experience that the media was too skeptical about the leadership abilities and behaviors of a black woman. I wish journalists understood it's about the erosion of our democracy, not about one person winning or losing," explained Abrams.

Abrams' book is titled, *Lead from the Outside: How to Build Your Future and Make Real Change*. She was born in Wisconsin and raised in Gulfport, Mississippi. In 1995, she earned a Bachelor of Arts in Interdisciplinary Studies, magna cum laude honors, with a concentration in political science, economics, and sociology from Spelman College.

Her service-oriented choice was influenced by her parents who, after the family moved to Atlanta, pursued graduate degrees and later became Methodist ministers. While attending Spelman College, Abrams worked in youth services in the Atlanta mayor's office.

In 1992 she took part in a protest on the steps of the Georgia Capitol. She went on to become a Harry Truman Scholar and studied public policy at the University of Texas at Austin's LBJ School of Public Affairs where

she earned a Master of Public Affairs degree in 1998.

In 1999 she earned a J.D. degree from Yale Law School. In 2002, she was appointed the Deputy City Attorney for the City of Atlanta. Then from 2007 until 2017 she served in the Georgia General Assembly.

In 2018, she won the Democratic nomination for governor, making her the first black woman in the U.S. to be a major party's nominee for governor. She ultimately lost a close gubernatorial contest to then-Governor Secretary of State Republican Brian Kemp – a contest marred by the controversy that Kemp had actively suppressed votes as the Secretary of State, a position he declined to resign during the campaign.

She also delivered the Democratic Party response following the State of the Union address on February 5, making her the first African-American woman to give the rebuttal to the address, as well as the first and only non-office holding person to do so since the SOTU responses began in 1966.

The Toledo Lucas County Public Library's Authors Authors series is presented by the Library Legacy Foundation, The Blade, Buckeye Broadband, Buehrer Group, HCR ManorCare and Friends of the Library.

Certified Welcoming... continued from page 4

tions of support from Lucas County and the City of Toledo. Welcome TLC is governed by a Steering Committee of cross-sector community partners and leaders that works to build a welcoming and inclusive community for immigrants, refugees, and people of diverse cultures. More information on Welcome TLC can be found on their Facebook page www.facebook.com/WelcomeTLC and on LISC Toledo's webpage www.lisc.org/toledo/our-work/welcome-toledo-lucas-county.

Welcoming America launched the Certified Welcoming program in April 2017 to establish a formal designation for cities and counties that have taken action on their commitment to welcoming and met the high bar set by the Welcoming Standard. The Welcoming Standard was developed in collaboration with local governments, advocates, and diverse experts and addresses a range of essential policies, programs, and partnerships, from language access to hiring practices. Certified Welcoming participants complete a rigorous independent audit to evaluate their compliance with the Standard. Both Certified Welcoming and the Welcoming Standard were designed following standards set by ISEAL. More information on Certified Welcoming and the Welcoming Standard can be found on the Welcoming America website.

Welcoming America is a nonpartisan, national nonprofit that leads a growing movement of inclusive communities becoming more prosperous by helping everyone know they belong. We provide a roadmap and support for places to reduce barriers to full participation and build bridges between immigrants and long-time residents through direct contact and dialogue. Welcoming America believes that all people, including immigrants and refugees, are valued contributors who are vital to our shared future. More information on Welcoming America can be found on their website www.welcomingamerica.org.

Girl in Black and White by Jessie Morgan-Owens

By Terri Schlichenmeyer
The Truth Contributor

Water stains and tattered edges.

It was a shame that that happened to the picture you found, though those wounds give it dignity. You have no idea who's in the snapshot; you just know that someone wanted to remember a moment in time – or, as in the new book *Girl in Black and White* by Jessie Morgan-Owens, someone wanted to spark change.

If you didn't know the whole story behind the daguerreotype, you would think it was just an image of a charming, anonymous little girl, circa 1855.

And you'd be half right.

Its story starts in 1808 when Virginia widow Conney Cornwell dealt with a thorny issue: her 15-year-old daughter, Kitty, became pregnant by one of Conney's slaves and, ignoring possible ruination of the family's reputation, Conney kept the baby they named John. Though he was technically free due to matrilineal laws, John was raised in the slave quarters by Conney's slave, "Prue," until he was 16.

In 1825, when Conney fell ill, she did something that she hoped would ultimately protect Prue from enduring the heartbreak of separation from family: Conney left Prue to John in her will. Also included were Prue's children and future grandchildren – and there would be many, most fathered by white men of power.

The problem was that John's whereabouts were unknown when Conney died, and there was a battle for her estate; in the meantime, Prue gave birth to more children, as did her children. Through complicated circumstances, one of them, Prue's very light-skinned granddaughter, eventually caught the eye of anti-slavery Massachusetts Senator Charles Sumner, who knew that white audiences would be interested in her story and the horrors that might befall her as a black child who looked white.

c.2019
W.W. Norton
\$27.95 / \$36.95 Canada
324 pages

He wanted to show her to his abolitionist supporters and to opponents.

And so Sumner arranged a portrait session with a little girl called Mary...

Much as you'll be interested in Mary's story, too, *Girl in Black and White* may be a challenging way to get it.

While it's good that a major chunk of the first part of this book is a Genesis-like account of begetting and ancestry, that soon devolves into court cases and courtroom wranglings that may be hard to follow for all but the most legal-minded readers. Author Jessie Morgan-Owens valiantly offers some help with this and she includes plenty of fascinating side-stories on mid-1800s culture, photography, abolition, and attitudes, but there's still a lot to take in, especially if you're not prepared for it.

Take that as fair warning because, despite its depth, you'll have a hard time tearing yourself away from the small stories Morgan-Owens offers inside the larger account: tales of everyday life, helpful celebrities, and Mary's final days in what may have been a "Boston Marriage."

Perhaps the best advice is to give yourself plenty of time to digest and plenty of room to back-page while reading *Girl in Black and White*. Do that, and you'll be fine; without space to contemplate, though, it may leave your brain a little tattered.

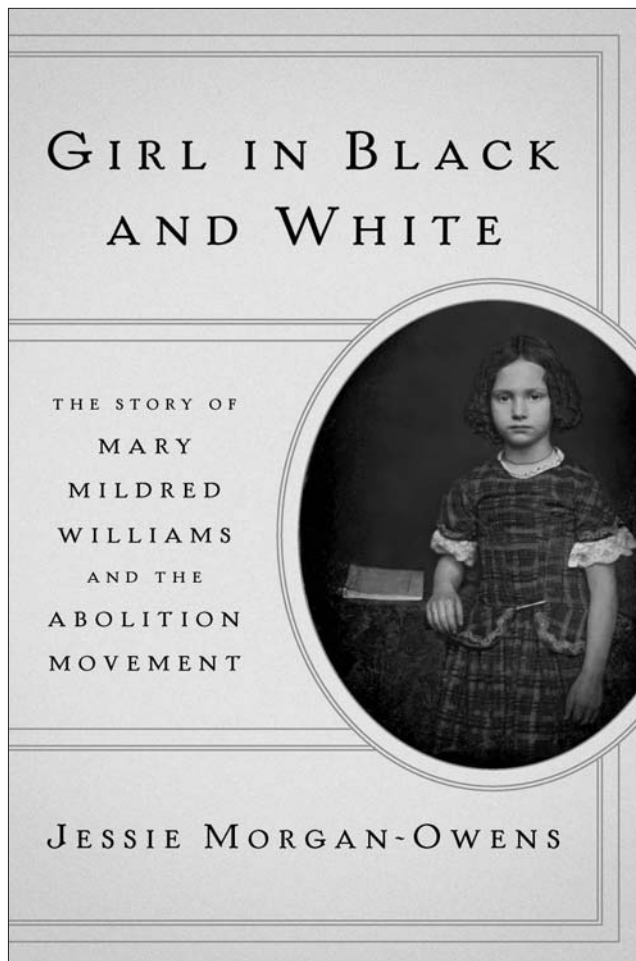
Land Bank... continued from page 3

In the past 1,005 days, the Land Bank has seen 222 homes and business properties renovated with another 184 in progress. In addition, 1,284 blighted properties have been demolished. This work has been accomplished largely due to a \$29 million commitment by the Ohio Housing Finance Agency and the United States Department of Treasury from the Hardest Hit Fund. The Lucas County Land Bank's award is the largest per capita in the State of Ohio.

Also speaking at the news conference were Lucas County Treasurer Lindsay Webb, Lucas County Commissioners Tina Skeldon Wozniak and Gary Byers, Congresswoman Marcy Kaptur, Toledo City Councilwoman Yvonne Harper, and State Representative Paula Hicks-Hudson.

Those interested in the learning more about the Land Bank can visit its website at lucascountylandbank.org.

The Lucas County Land Bank is a community organization dedicated to strengthening neighborhoods and preserving property values by returning vacant, abandoned, and tax-delinquent properties to productive use. Since its inception in 2010, the Land Bank has returned 3,300 vacant lots, residential homes, and commercial properties to productive use and demolished over 2,700 properties that were nuisances to the community.



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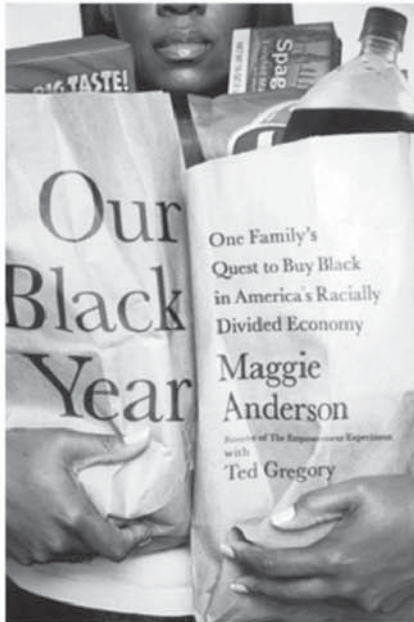
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CLASSIFIEDS

May 1, 2019

Page 15

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Notice to Bidders: Inquiry # FY19-65, (Project # 1130-19-203) for Building Automation System Upgrades 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, May 21, 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 \$150.00 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, May 14, 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.

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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 labor, material, insurance, and equipment necessary for the Construct Taxilane Phase 1 and 2 project located at Toledo Executive Airport in Millbury, Ohio 43447, in accordance with the approved plans and specifications. The engineer's estimate for the base bid is approximately \$244,000.00, additive alternate #1 is approximately \$84,000.00 and additive alternate #2 is approximately \$105,000.00. Bids will be received at the Port Authority's administrative offices at One Maritime Plaza, Toledo, OH 43604 until Wednesday, May 8, 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 there will be a pre-bid meeting for this project for all prospective bidders on Monday, April 29, 2019 @ 1:00 PM at the Port Authority's administrative office at One Maritime Plaza, 7th floor, Toledo, OH 43604. Attendance is suggested, but not necessary. Please submit all questions to the Port Authority, Tina Perkins at Projects@toledoport.org by Wednesday, May 1, 2019 at 10:00 AM local time. Attendance is suggested, but not necessary. Additional information can be found at www.toledoport.org
BBBSNWO

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NOTICE TO BIDDERS

SEALED PROPOSALS for bidding on **LUC Metroparks Paving, FY2019** 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, May 10, 2019 at 3:00 p.m.** local time.

THE SCOPE OF WORK consists of asphalt resurfacing and new asphalt paving of approximately 26,450 square yards of select lots and drives within five Metroparks Toledo locations – all in Lucas County. General construction includes asphalt paving, catch basin repair & adjustment, pavement planing, pavement marking, concrete curb, and topsoil, seed & mulch. 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.newfax-corp.com. Newfax can be contacted at 419-241-5157 or 800-877-5157. A non-refundable fee of \$25 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.

The bidder must be an Ohio Department of Transportation (ODOT) pre-qualified contractor. Pre-qualification status must be in force at the time of bid, at the time of award, and through the life of the construction contract.

The Encouraging Diversity, Growth and Equity (EDGE) goal for this project is minimum five percent (5%).

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.

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David D. Zenk, Director

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The 2019 YMCA Storer Camp Scholarship Awarded to Four Third Graders

The 2019 Lesley Harper Sr. Memorial YMCA Storer Camp Scholarship will be awarded to four third graders at Ella P. Stewart Academy for Girls. Princess Noble, ZaNyia Knox, Journi Wren and Jayla Spearman will receive a scholarship for one week of summer camp with horseback riding lessons at YMCA Storer Camps in Jackson, Michigan.

The selection was made based on academics, citizenship, attendance and an essay contest.

"I was inspired by it because I can learn and do new things in camp and make new friends," wrote ZaNyia in her winning essay.

Paul D. Thomas founded the annual scholarship in 2004 in memory of Lesley Harper Sr. The late Mr. Harper was a local General Contractor who employed, trained and mentored many young men and women from the central city area of Toledo, many of them went on to become very successful in business and construction.

"I never went to camp before," wrote Journi. "I would like to experience what you do at Camp Storer."

Paul Thomas was one of those lucky individuals that Mr. Harper trained and mentored. Mr. Thomas has been a member of the Carpenters Union for 33 years and is currently a Retired Senior Representative/Business man-



Students - Journi Wren, Jayla Spearman, Princess Noble, ZaNyia Knox; Standing - Counselor Shannon Tisdale and Paul Thomas

ager from the Indiana/Kentucky/Ohio Regional Council of Carpenters. Mr. Thomas sits on the Board of Directors for YMCA Storer Camps, YMCA Storer Camps Scholarship Committee and the Properties Committee.

"I want to learn new things about camp ... I want to meet new people," wrote Jayla.

Thomas chose Ella P. Stewart Academy for girls because he attended Ella P. Stewart before it became an all-girls school. He chose third graders because it is a great entry age for summer camp at Storer and his first experience at Storer summer camp was as a third grader.

He has not been alone in the administration of the program, he noted. The school's staff conducts the contest and Jackie Morris, a third grade teacher at Ella P. Stewart, was instrumental in helping Thomas start the program 15 years ago.

This year's sponsors are John Tharp, Lucas County Sheriff, and Laborers' Local 500. The contributors are Books 4 Buddies, Howards-N-Company, Trina Hall, Wesley Harper, Taneka Thomas and Diane Bowsher

The scholarships were presented on Friday April 26, 2019 at 10:00 A.M. at Ella P. Stewart Academy for Girls.



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Great Performances is supported in part by the Dorothy MacKenzie Price Fund and Hartmann & Associates



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A Project of 

Saving Our Sons, Saving Our Lives

a conversation with
SYBRINA FULTON
Mother of Trayvon Martin
Hear Her Message of Peace, Hope, and Moving Forward.

FREE AND OPEN TO EVERYONE

MAY 25, 2019
SEAGATE CENTRE | 1:00 PM

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