



Volume 56, No. 2

"And Ye Shall Know The Truth..."

June 5, 2019



Pastor Otis Gordon and the Trailblazer Committee - Darlene Sawyer, Debra Jelks and Jamee Taylor

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A Connected Community

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

The Truth Contributor

Since we live in a changing universe, why do men oppose change? If a rock is in the way, the root of a tree will change its direction.

- Melvin B. Tolson



Emmajean Road has been the pride of the "black suburbanite" class since the late 1960s and early 1970s. Along with its distinctive ambience of pastoral peacefulness, this two block-long residential sanctuary shares a geographical border with its esteemed neighbor, the moneyed bedroom community of Ottawa Hills, and remains relatively unchanged since blacks first moved to the community nearly six decades ago.

Recently, however, a battle has begun over control of the community's "spirit" or mystique. Michael Leizerman, a wealthy local attorney, recently purchased 20 acres of land at the end of the cul-de-sac on Emmajean. Leizerman then built a house on 10 of the acres and donated the remaining acres to the Buddhist Temple of Toledo. The Buddhists plan to erect a new temple on the connected property to serve their small 30-member community.

Although construction for the temple satisfies all zoning and code requirements, some of the long-term Emmajean residents oppose the project.

While concerns over potential increased traffic are often expressed as the reason for the resistance, the fear of change usually rises from beneath the surface.

"A lot of us [residents] have concerns about the amount of traffic," said one homeowner, "But we haven't really got street lights or curbs and storm sewer tile in here, so we like it because it is nice and quiet out here, the way it's been for years. But having a temple down there in the woods changes things," he quickly added.

Would the long-term residents' interference occur if a Baptist Church were to be built rather than a Buddhist temple?

"The type of religion never came up at all. Just about how it will affect our neighborhood. Folks have been living here a long time," the homeowner continued.

On the other hand, longtime Emmajean Road resident and pastor Rev. John Roberts concedes that the street is narrow and lacks curbs, but adds, "but you know me, I'm not going to get in a fight with anybody about 'church.' I'd rather have people angry with me than God," he chuckled.

Rev. Rinsen Weik, the temple's leader who is credentialed as a "fully transmitted teacher" according to Zen practice and is also an

accomplished musician and professor at the University of Toledo, has been frustrated by the intensity of the opposition given his organization's promise to be a good neighbor.

"When I have asked for the residents' vision for improving the neighborhood, all we hear in the public meetings is 'We want our neighborhood exactly the way it is, so go away,'" he laments.

With a plan commission hearing scheduled for June 13, can anything be done to reach a satisfactory outcome?

If so, the answer lies in knowing how to manage change in, what is now, a rapidly changing society.

Peaceful change is unlikely to take place when those most effected by the change do not feel a sense of ownership or involvement, posits Alison Gilchrist author of *The Well-connected Community*. Mutuality has to override feelings of 'us' and 'them' in order to address inevitable conflicts and misunderstandings that come with change. One essential way to accomplish this, says Gilchrist, is by "extending informal networks to tackle social exclusion and build neighborhood or community cohesion."

Rev. Weik has hired consultant Jason Daniel to attempt to connect the Buddhist Temple organization and the Emmajean Road residents into a well-connected community. I am convinced that building mutual trust and ensuring more representative involvement is the only way to bridge the current differences. The discovery of joint solutions or the development of alternatives that are acceptable to both the old and new neighbors are, only then, likely to take place.

Contact Rev. Donald Perryman, PhD, at drdlperryman@centerof-hopebaptist.org

Community Calendar

June 3-7

United MBC Vacation Bible School: 5:30 to 8 pm nightly; Free light dinner 5:30 to 6 pm
St. Paul Vacation Bible School: 6 to 8 pm nightly

June 7

Mott Branch Grand Opening: Join the Toledo Lucas County Public Library (TLCPL) for the grand opening of the new Mott Branch Library! Festivities begin at 4:30 p.m., followed by a formal presentation at 5:30 p.m. with community leaders and organizations; Activity stations for children; Toledo Library's Book Bike, Light refreshments; Musical performances by Clarence Smith Community Chorus, Toledo Public Schools and more; Guest speakers including: Congresswoman Marcy Kaptur, Toledo Mayor Wade Kapszukiewicz and Toledo City Councilman Tyrone Riley

June 8

True Vine Missionary Baptist Church Annual Career /Health Fair: Noon to 3 pm; Woodward High School Cafeteria; Career Opportunities and Health Screenings; Resources for the family and vendors; Prize giveaways, Free Smoke Detectors and Refreshments; Bounce House and Face Painting for the children

June 10

Lincoln School Community Coalition Meeting: 6 pm; St. Paul MBC; Organized by Councilman Tyrone Riley to discuss neighborhood improvement with representatives of the City of Toledo—roads, pest control, cleanups, etc

June 23

United MBC Youth Day Service: 10:45 am

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Impeach ... Full Speed Ahead

By Lafe Tolliver, Esq

Guest Column

If you listened last week to the straightforward but telling remarks of Robert Mueller regarding his report on Russia's attempted coup of the 2016 election and the finding of obstruction of justice by the now-sitting president, only one conclusion can be reached: IMPEACH!

We need no more hand wringing and monochromatic safe words from Democrats who are nervously looking at the possible 2020 election results and visualizing not seeing their names on a juicy Congressional payroll.

The short remarks (10 minutes in length) by Mueller were decisive and on point and, as always, a respecter of the limiting process he was laboring under insofar as he was constrained by policy from indicting a sitting president.

Mueller took off his "handcuffs" long enough to shout in whispers that his committee did not vindicate the president from a finding that he committed crimes while in office, but he would leave that verdict to a recalcitrant Congress that is gun shy of pulling the impeachment inquiry trigger.

There is no way that any person with two operating brain cells could take from his statements that, if Mueller had his way, Trump would be indicted on several counts of criminal activity regarding the obstruction of justice.

Even the hardened and conscience-seared press secretary, Sarah Huckabee Sanders could not put firetruck red lipstick on this pig and take it to the prom!

Nancy Pelosi, the extremely confident and able Speaker of the House, will have to take a monster dose of caffeine and steel herself for the pending fury that will engulf her if she tries to mollify more members of her caucus who see an impeachment inquiry as the only means by which Trump can be brought to task to atone for his many sins.

The nation is in a moral dilemma. On one hand, you have those who see the miscreant Trump as thumbing his nose at decades of acceptable presidential protocol and conduct establishing how one acts as a president.

On the other hand, you have those who believe impeachment, although worthy and righteous, would only further divide the nation and with the very clear reality that a GOP-controlled Senate would not, as the jury, convict him of crimes committed while in office.

If one takes the high road and votes that the interest of the country takes clear precedent over party politics, then an impeachment inquiry is the only remedy to rectify the obnoxious abuses that Trump gladly puts the nation through.

I ran off a copy of volume two of the Mueller Report and, in my opinion, the findings of obstruction (maybe not all of them) yell and point a bony

finger at Trump and the ways he has "slime balled" the Oval Office with his delusions that he is some type of autocrat-in-training who is untouchable by the laws of the land.

Of course, there are those who have the opinion that we should wait until the results of the 2020 election and, if Trump wins, proceed to impeachment but, if he loses, indict him!

But what about now? How morally long can you allow an unindicted co-conspirator to mock and prance around and throw sand into your face before you must reach out and discipline the errant bully child?

If Trump is mocking the Democrats to impeach him, it is because he remembered that when former president Bill Clinton was impeached, his poll numbers went up!

Trump needs a boost in his poll numbers to win in 2020 and being impeached would be his ticket to winning.


Regardless of the politics involved, Nancy Pelosi and the nervous Democrats need to bite the bullet, put on their big boy pants and take on this toxic president and the swamp creatures that he has populated his cabinet without a care that they are remotely competent (Ben Carson or Betsy DeVos anyone...?)

Even if the Democrats impeach and the Senate judges Trump not guilty, the Democrats would get the glory for being willing to fight for the rule of law as opposed to be viewed as whiny political cowards worried only about their seats in 2020.

An impeachment inquiry can serve as a cleansing of the Oval Office and would educate the American public on basic Constitutional Principles 101 and with a focused narrative of Trump's criminal behavior, people would, it is hoped, understand the scope and depth of the criminality of the president that would warrant his removal from office.

The Democrats must stop listening to polls to tell them what is right. What is right is to impeach an arrogant, malignant narcissist who lies as easily as people blink. Trump has Pied Pipered both the GOP and Attorney General

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Snitch Them Out!

By the Manning Family

Another Mother's Day has passed and one Toledo Mother is still praying that the murderer of her son, Cethus Manning II, will be identified, arrested and brought to justice soon. Early one Tuesday morning Gwen Manning received the heart breaking news no mother ever wants to hear, her son had been killed.

He was not killed in an automobile accident, or a mishap at work; he was shot in the face by a cold blooded killer as he sat and talked with his girlfriend in front of her grandmother's house.

Gwen describes her son, a Rogers High School Graduate, as a "Good Kid". He had no criminal record. Yet someone plotted to take his life. His life was not taken in a fit of rage, or as an act of self-defense, it was cold blooded murder. The early morning shots that took young Manning's life changed the lives of those who loved him forever. His birthday is now remembered at Woodlawn Cemetery. Sweet memories have to replace his voice and the presence of the love they forever miss.

Cethus Manning II was the eighth homicide of 2017. His story is one of many unsolved murders in Toledo. These senseless killings must stop. But what can we as a community do?

Brothers and Sisters the time has come to snitch them out. Let the perpetrators(s) of this and other horrific crimes know they don't run these streets. Inform on them, drop a dime, be a tipster. Do the right thing, because it is the right thing to do.

It is time for them to know and understand that there is a God Who sits high and looks low!

No longer must these cold blooded killers be allowed to sit at our tables, eat our bread, sleep in our beds, ride in our cars all while bragging about taking the life of another human being!

SNITCH them out! They must be exposed. Justice must and will come when the people of our community take a stand. If you know something, say something, or the blood of these victims is on your hands. There is nothing noble about keeping the se-

cret of a murderer! Snitch Them Out! The taste of blood is in their mouths and they are thirsty for more! Oh, and by the way don't think you are exempt from the havoc they wreak, these killers do not value life and the next life they take could be yours.

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Racial Justice & Harm Reduction Summit

Sojourner's Truth Editor

Black Women Rising, the Ohio Organizing Collaborative and local clergy and public health leaders hosted a day-long summit on May 17 in order to address the racial divide in the current drug overdose crisis.

The Harm Reduction: Harm to Healing Summit's goal was to investigate how the false narrative that opioid addiction is a "whites only" medical epidemic impacts resources, treatment and stigma, while continuing to exacerbate racial disparities and barriers. Despite persistent assumptions that rates of opioid use, addiction and deaths are limited primarily to white Americans, data show that in 2017 the combined rate of opioid abuses among blacks and Latinos in Ohio resembles that of white Americans.

Even though the black community has historically evidenced higher rates of cocaine use when compared to the nation as a whole, the current issue is the increasing number of abused synthetic opioids. As recently as 2014, the number of black opioid-related deaths began to rise similarly to white opioid-related deaths. The number of overdoses involving black Americans and opioids has been increasing over the past eight years.

Experts from the Lucas County Health Department, the Drug Policy Alliance, the Harm Reduction Coalition and the National Congress on Faith and Social Justice offered perspectives and guidance on strategies for more equitable and comprehensive solutions to the crisis.

The panel consisted of Daniel Raymond, Kassandra Frederique, Alexis Pleus, Anton Parks, Sr., Tonya Duran and Rev. Jerome McCorry.

Raymond is the policy director for the Harm Reduction Coalition and has worked with federal and state officials, advocates and providers to expand critical drug user health interventions. He is the chairman of the Drug Users Health Alliance and serves on a host of other boards and committees in the state of New York that focus on drug addiction issues.

Frederique is the New York State director at the Drug Policy Alliance working for policy solutions to reduce the harms associated with drug use. She works with communities throughout the state to address and resolve the collateral consequences of the War on Drugs – state violence and in building a reparative justice framework that positions black and Latino leaders to create solutions to repair and end the harms of the drug war.

Pleus, a professional engineer and adjunct professor at SUNY Broome in the civil engineering technology program, founded Truth Pharm after she lost her son, Jeff, to a heroin overdose. She had discovered that as a parent she had been given false information about how to deal with addicted children so her primary focus is raising awareness, reducing stigma and providing accurate education on substance abuse disorder.

Parks, a recovering substance abuser and former gang member, sits on multiple boards, volunteers extensively in his community in Toledo and with the Re-entry Coalition. He fights against unjust legislation that bans returning citizens from Federal Safety Net programs and has traveled to D.C. to share his story of opioid addiction and stand up for returning citizens.

Duran, executive director of Believe Center, Inc, has dedicated her life to helping youth grow through sports into well-rounded additions to the Toledo community. She co-founded the Sports Academy Center organization and has established and maintained over 20 different sports teams working with a variety of community groups such as the Farm Labor Organizing Community, the



Racial Justice Panel - Daniel Raymond, Kassandra Frederique, Alexis Pleus, Anton Parks, Tonya Duran, Rev. Jerome McCorry



Toledo Sports Alliance, the Toledo Community Center Alliance, and others.

McCorry of the National Congress on Faith & Social Justice is committed to ending the new Jim Crow era of mass incarceration by addressing poverty, voting inequities and lack of faith in the application of criminal justice reform. He founded the Adam Project of Dayton, OH in 2008, a faith-based non-profit that works with African-American men and boys returning from jail and prison to provide mentoring, counseling and employment opportunities.

The Toledo Lucas County Health Department was represented by Kimberly Toles who presented an overview of the impact of overdoses on people of color.

Panelists and audience members were welcomed by Rev. Marcia Dinkins, the organizer of the event and Erica Poellot served as the moderator.

Frederique spoke of the racial undertones of the overdose crisis and the erasure of people of people in the present opioid epidemic.

Pleus addressed the negative impact of stigma; Raymond broke down the social autopsy of the current public health crisis. McCorry wrapped up the presentations by addressing faith leaders and examining the theological tensions of the crisis.

After the panel's presentations a question and answer session followed.

After lunch, a world café session was conducted by Blythe Barnow; a clergy corner with McCorry and naloxone training with Toles. Dinkins presented the day's closing remarks.

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Minority Business Showcase Connects Businesses with UT Faculty and Staff

Sojourner's Truth Staff

The University of Toledo Office of Diversity and Inclusion and the Supply Chain Department hosted a Minority Business Showcase on Wednesday, May 29 from 10 a.m. to 2 p.m. in the Ingman Room of the UT's Main Campus Student Union.

Several dozen businesses brought information to explain their services and products to the hundreds of guests who attended the Showcase. The goal of the event was to connect University of Toledo faculty and staff with local businesses in certain categories of goods and services in which there may be department spending as well as personal spending opportunities.

The UT Office of Diversity and Inclusion operates the Minority Business Development Center on the Scott Park Campus which offers free business technical assistance, procurement assistance and certification.



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What's So Great About "Local" Food?

By Amy Stone and Patrice Powers-Barker, OSU Extension, Lucas County

The Truth Contributors

First of all, what is "local" food? There is no single definition for "local" foods. Food miles is sometimes used as a way to classify local foods. Food mile is the distance between where the food was grown and where it was purchased or eaten.

Other ways food might be determined as "local" include geographic region like city, county or state. Sometimes buying local is equated with direct-to-consumer marketing where producers sell products directly to the final consumer like at the farmers market or a farm stand.

Individual, family and community food decisions are made for a variety of reasons: nutrition and health, accessibility and convenience, food safety, the environment, economics, and enjoyment and taste. Some reasons people might choose local foods (versus foods that were grown farther away) are for convenience, taste or cost. If you grow any of your own food in a garden, that's certainly local and it's usually tasty and convenient! When produce is in season and being harvested from local growers, it is usually sold at an affordable price.

Farmers and producers, whether they are in our urban centers like Toledo, or out in rural areas, grow and raise the foods that we ultimately consume. Local food in Ohio might come from small, medium or large-scale growing sites. While some foods like tropical fruits and coffee beans will never grow in Ohio, many foods can be grown and produced near us. Some examples of local foods in Northwest Ohio:

- Bees pollinate our crops and give us honey.
- Tomatoes grown in fields in our region are processed into tomato sauce and canned tomatoes.
- Chickens raised on farms in in NW Ohio are raised for meat, while others lay eggs that we enjoy.
- Maple trees are tapped each winter to produce maple syrup to top off pancakes and more.
- Milk, yogurt and cheese comes from dairy cows right here in Ohio.

Agriculture is very diverse in Ohio and we as consumers can enjoy many locally grown and produced food right here in our own backyard.

One way to learn about what's so great about local foods is to buy directly from the grower. We are very fortunate in our area to have options of different farmers markets as well as farm stands in various parts of the city of Toledo and in Lucas and Wood counties.

Another option to learn about local foods is a "field-trip" to a working farm. This month, you are invited to visit a family-owned and operated dairy farm in Northwest Ohio. The 2019 Fulton County Breakfast on the Farm will be hosted by Henricks & Krieger Dairy in Fayette, Ohio, west of Toledo.

The state of Ohio is unique because of the close proximity between

rural and urban communities. While this field trip to the Fulton County Breakfast on the Farm is not quite as close as the Toledo Farmers Market or a local farm stand, it is in northwest Ohio - and it is an opportunity that many people don't get the chance to see.

On Saturday, June 15, 2019 from 9 am – 1 pm, the public is invited to come out to a working dairy farm. A free breakfast will be served from 9 am – 12 pm. This fun, family-friendly event will give everyone a chance to meet local farmers, see dairy cows, and learn about agriculture in Ohio. Visitors will enjoy a free breakfast and discover more about the foods we eat.

While there is no registration fee, please register your friends and family so we know how many visitors to expect. Register can be done online at www.go.osu.edu/fultonbotfregister2019. You may also contact the OSU Extension Office in Fulton County with any questions at 419-337-9210. Additional information about the event can be found at: <https://www.fultoncountyoh.com/1495/Breakfast-on-the-Farm>

Mark your calendar and make plans to join us! It will be a day you and your family won't soon forget. The Fulton County Breakfast on the Farm gives consumers an up-close and personal view of food production in today's environment. This event gives families a look into the production of safe and healthy foods for Northwest Ohio and throughout the country. If you do visit Breakfast on the Farm, please be sure to look for OSU Extension, Lucas County staff at the event and say "hello". We will have staff from Lucas County at the registration tent as well as at the final ice cream tent.

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A Mental Health Moment

Giving Yourself a Pat on the Back...and a Break

By Bernadette Joy Graham, MA, LPC, NCC, Licensed Mental Health Therapist

The Truth Contributor

We as human beings all carry our own sets of issues, problems, disturbances and stress. Unfortunately, we often look at other's lives as better or worse, but the bottom line is that our lives are "our lives." As I counsel clients, each of them has issues he or she wants to work out. Being a counselor is a career to help others process their issues, fears, angers and so forth. Counselors are non-judgmental and provide clients with the tools necessary to work through those issues.



An individual in counseling provides clients the opportunity to create goals they wish to achieve and objectives on how to arrive and complete those goals. More often than not, many clients are very, very, very hard on themselves. Yes, we have all made mistakes, we have made ill choices in our lives and the truth is we cannot change the past but most of us stay in the past. The best we can do as human beings is learn from our mistakes and take the experiences that we felt less desirable and do better

Counseling is not a place to come to be criticized or to be put down...we can do that all by ourselves. As human beings, we often look at the negative, the bad choices, the things we cannot change and find ourselves living in a past we are unable to change.

Regardless of your challenges, you deserve a break. I wish I could say that we could do that by hearing it and receiving it from others whom seem to care but that's not often the case. Some of us are lucky enough to have a great support system, some of us are not.

Summer has just begun. Many of us have already tossed out our new year's resolutions for whatever reason. Today, take a mental health moment and take the time to give yourself a pat on the back for doing better, making change for the better and continuing to try.

If you must look at your past, look at how far you have come from wherever you were from childhood on up to decades of age and experience and even yesterday. The only one who can give up on you is you. Many of us have made it through obstacles, challenges, bad choices and a literal hell. Give yourself permission to know and understand that you deserve a break and a pat on the back from YOU! You deserve some time to say, "you know what, I did what I did but I'm still standing, I'm still breathing and I'm going to keep on keepin on."

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Dr. Mallory Williams

By Fletcher Word

Sojourner's Truth Editor

Dr. Mallory Williams, MD, a Toledo resident, is professor of surgery and chief of Trauma & Critical Care at Howard University College of Medicine in Washington, D.C. He is an academic acute care surgeon who specializes in general surgery, trauma surgery and critical care surgery.

Although most of his work these days is centered in the nation's capital, the oft-traveled Dr. Williams home is very much in the Toledo area with his wife Patrice and three daughters and his "great friends in the community." He and family moved here about nine years ago when he accepted a position with the University of Toledo Medical Center to head the Division of Trauma, Critical Care and Acute Care Surgery.

Dr. Williams is a native of Chicago but, at an early age, moved with his mother to East St. Louis, then back to Chicago and, finally, while still in his early, quite formative years, to Fort Meade, MD so that his mother could find the employment which had been difficult to find in Chicago.

Settling in one of the bedroom communities of the Fort Meade area, Dr. Williams encountered one of his first mentors, Cleveland Chandler, PhD, who became "a benefactor of the family." Chandler, a professor of economics and chairman of the Economics Department at Howard University, was the first in a long line of mentors and influential friends who have helped shape his life.

Chandler influenced the young student to head to Morehouse College for an undergraduate degree. At Morehouse he served as a Ford Foundation Fellow and National Institutes of Health Research Fellow. After college he entered the University of Maryland School of Medicine and then trained in general surgery at Wayne State University/Detroit Medical Center.

Then began a career focused on relieving the pain of trauma along with promoting the education of future health care professionals. That was also the start of a life during which Dr. Williams has been engaged in issues of social justice that affect disadvantaged communities around the world.

As a combat veteran, Lt. Colonel Dr. Williams served his country in Operation Iraqi Freedom as a combat surgeon and Chief of Surgery of the United States Army's 345th combat support hospital and, later, in Afghanistan, as co-commander of the 1st Forward Surgical Team dur-



ing Operation Freedom's Sentinel.

As a teacher, he has been awarded the teacher of the year award by both the residents and medical students at the University of Toledo College of Medicine and his research efforts have been recognized by a number of surgical societies including the Detroit Surgical Association, the Eastern Association for the Surgery of Trauma and the New England Surgical Society.

As a writer, Dr. Williams has authored over 30 peer-reviewed manuscripts, textbook chapters and commentaries and has also examined issues of critical importance to minority communities. He is the co-author of a National Medical Association position paper titled "The Violence Epidemic in the African American Community: A Call for Comprehensive Reform;" the co-author of a manuscript titled "Reducing the impact of violence on the health status of African-Americans: Literature review and recommendations from the Society of Black Academic Surgeons;" and the co-author of a manuscript titled: "Patterns of



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Senator Brown Joins Colleagues in Introducing Legislation to Address Black Maternal Crisis

Senator's Bill Invests in Implicit Bias Training and Resources to Address the Black Maternal Mortality Crisis

Special to The Truth

U.S. Senator Sherrod Brown (D-OH) has joined his colleagues in introducing the Maternal Care Access and Reducing Emergencies (Maternal CARE) Act, legislation to address persistent biases and shortcomings in our nation's health care system that have contributed to the ongoing crisis in Black maternal mortality.

The United States is one of only 13 countries in the world where the rate of maternal mortality is now worse than it was 25 years ago. The CDC estimates that about 700 women die each year in the United States as a result of pregnancy or delivery complications. The disparity in maternal mortality also continues to grow - as the risk of dying from pregnancy-related causes is three to four times higher for black women than that of white women. Further, black women are twice as likely to suffer from life-threatening pregnancy complications.

"Too many black mothers are dying in Ohio and across the country, and it's past time to correct the injustices that have contributed to this crisis. This is one important step we can take toward ensuring black mothers and babies are getting the care they need and deserve," said Brown.

Specifically, Brown's Maternal CARE Act would:

- Invest \$25 million in program to address racial bias in maternal health care. The new grant program will be directed to medical schools, nursing schools, and other health professional training programs to support evidence-based implicit bias training that will improve care for Black women by reducing bias in judgment or behavior resulting from implicit attitudes or stereotypes.

- Allocate \$125 million to identify high-risk pregnancies, and provide mothers with the culturally competent care and resources they need. The new grant program will help states develop and carry out pregnancy medical home programs. These programs improve care by incentivizing

maternal health care providers to deliver integrated health care services to pregnant women and new mothers and reduce adverse maternal health outcomes, maternal deaths, and racial health disparities in maternal mortality and morbidity.

- Help medical schools incorporate bias recognition in clinical skills testing by directing the National Academy of Medicine to study and make recommendations.

The legislation was led by Senator Kamala Harris (D-CA) and is co-sponsored by Senators Tammy Baldwin (D-WI), Richard Blumenthal (D-CT), Cory Booker (D-NJ), Ben Cardin (D-MD), Bob Casey (D-PA), Tammy Duckworth (D-IL), Dick Durbin (D-IL), Mazie Hirono (D-HI), Doug Jones (D-AL), Tim Kaine (D-VA), Amy Klobuchar (D-MN), Ed Markey (D-MA), Jeff Merkley (D-OR), Bernie Sanders (I-VT), Debbie Stabenow (D-MI), Elizabeth Warren (D-MA), and Ron Wyden (D-OR). Companion legislation has been introduced in the House of Representatives by Rep. Alma Adams (D-NC).

Brown's legislation is supported by a number of organizations, including: the American College of Nurse-Midwives, American College of Obstetricians and Gynecologists, Association of Maternal & Child Health Programs, Black Mamas Matter Alliance, Black Women Birthing Justice, Black Women's Health Imperative, Center for Reproductive Rights, Children's Hospital of Philadelphia, Commonsense Childbirth - National Perinatal Task Force, Every Mother Counts, In Our Own Voice: National Black Women's Reproductive Justice Agenda, March of Dimes, National Association to Advance Black Birth, National Birth Equity Collaborative, National Black Midwives Alliance, National Health Law Program, National Partnership for Women & Families, National WIC Association, National Women's Law Center, Planned Parenthood Federation of America, Society for Maternal-Fetal Medicine, WomenHeart, and 1,000 Days.

In March, Brown introduced the Healthy Maternal and Obstetric Medicine (Healthy MOM) Act, legislation to ensure that all women eligible for coverage through the Affordable Care Act (ACA) insurance marketplaces, as well as women eligible for other individual or group health plan coverage, can access affordable health coverage throughout their pregnancies. The bill would do this by establishing a special enrollment period (SEP) for expectant mothers. Right now, marriage, divorce, having a baby, adoption and changing jobs are considered qualifying life events that trigger a special enrollment period. However, becoming pregnant is not considered a qualifying event. The bill would also guarantee 12 months of continuous Medicaid eligibility for postpartum women, thus removing key barriers that often prevent mothers from getting the care they need after birth.

Brown's Healthy MOM Act will work to improve outcomes by expanding quality access to care, which research demonstrates could help prevent pregnancy related deaths.

Mental Health Moment... continued from page 8

Our thoughts provoke our feelings and our feelings lead to our behaviors. Take a seat and tell yourself today that your life may not be your greatest of your expectations, but you deserve some time to know, feel and understand that you love yourself and will do all you can do to continue to do so.

Again, we are all human beings and each of us put on our pants one leg at a time. There is no perfection in humanity and "If your mind can conceive it, and your heart can believe it, then you can achieve it. Now, reach around pat yourself on the back. Give yourself a break, you deserve it.

Bernadette Graham is a Licensed Professional Counselor, National Certified Counselor and Certified Grief Recovery Specialist. She is available for presentations and speaking engagements on mental health topics. Provide feedback or reach out at graham.bernadette@gmail.com or visit her website at www.bjgrahamcounseling.com



Ask Ryan

By Ryan Rollison

The Truth Contributor

Dear Ryan,

I have been working out now for about three years and I want to get more results. I am a 36 year old male and I consistently train three days per week. I do a total body workouts and they last for about two hours. What could I be doing to add some more size to me?

Dear Size-Needed,

A majority of people put more emphasis on the workout and not enough on nutrition. A good workout along with proper nutrition will harvest new results for your physique. You must first take a look at your eating habits. Are you getting enough protein in your diet? Are you drinking enough water? How much fats and carbs are you consuming?

Evaluate your diet and make changes to fit your desired results. Protein should be at least one gram per pound of lean body tissue. This is the most important macro nutrient that your body needs to produce the results that you are seeking.

A good starting point with your food ratio for putting on muscle mass and not gaining fat is 40 percent protein, 30 percent carbs and 30 percent fats.

Two hours in the gym is a bit much unless you are doing your aerobic work too. Depending on what you are doing, you may not be giving your muscles enough time to rest between workouts. This will cause you to over train and put a halt on your muscle gains. You should try to break up your workouts and concentrate on the large muscle groups such as: legs, back and chest.

On a three-day a week program, I would work legs and shoulders one day, back and biceps another, chest and triceps for the last workout. Also switch the days you do bi's and tri's so that you're not always working them with your chest and back (Back bi's one week then the next week do tri's with your back). The days and order you would choose to do them are completely up to you.

Do mass building exercise such as: squats, straight leg dead lifts, bench press, incline press, seated rows and pull-ups. Do a good warm-up set.

Dr. Mallory Williams... continued from page 9

Law Enforcement Related Injuries in the United States."

As a reader, Dr. Williams' curiosity is boundless. His mother was an English teacher, primarily at various Baltimore-area colleges, such as Coppin State. He mentions with evident fondness his excursions through the writings of classical authors, such as Charles Dickens, Mark Twain, Herman Melville, and those of the modern classicists such as Richard Wright and Toni Morrison.

"I am mesmerized by Ishmael's transformation," he notes of the hero of his favorite novel, Moby Dick. "Melville is doing something on a level I haven't seen any other author do."

As a leading member of the community, Dr. Williams is the president of the Reede Scholars, a nonprofit organization committed to a healthcare policy that produces equity, quality and access for disadvantaged groups. He is a member of Alpha Phi Alpha Fraternity, the Prince Hall Masonic Order and is the current president of the local Alpha Phi Boule.

There is perhaps nothing more significant in the life of Dr. Williams, however, than his commitment to the development of a health care policy that positively impacts the lives of those in the minority population. His research interests, according to one biography, "include better understanding health care delivery in safety net hospitals and improving communication and team dynamics in high stress health care delivery areas such as the trauma care unit, intensive care unit and operating room."

"I try to do what I can to bring a great experience to the community," he says.

After you warm-up then pyramid up for four to five sets. On your last two sets you should go heavy for at least five reps. Don't worry about how much weight you can lift. Make sure that the weight you are lifting is heavy but comfortable and manageable for you to lift. Five heavy reps with good strict form is what is important. You cannot sacrifice proper form for heavy weights.

Remember quality not quantity along with

common sense is what builds good muscle and prevents injury. Change your workouts every four to six weeks so that your muscles don't get used to the same old workout. Shocking the muscle like this will also help it to grow. Stay focused on your goal, eat well, train hard and good luck achieving your Dream Bodies.

--

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Trailblazers Banquet... continued from page 16

grandparent to three.

Ethel McCollum was born in Fayetteville, NC and has been a member of Warren since she moved to Toledo. She was married to Johnny McCollum for 67 years. She has been Warren's Mother of the Year, a member of the NAACP, a member of the Membership Training Class, a chaplain of the Stewardship Board, supervised the Junior Usher Board and is still a Class Leader.

Jeanette Bradley is a graduate of the University of Toledo and has been a Warren member for her entire life after her move to Toledo. She has been a member of the Children and Young Adult choirs, a member of the Steward Board and a Sunday School teacher. She was a teacher with TPS for 40 years and is a member of Delta Sigma Theta Sorority,

Inc; the So N' Sew N' So's Club, the Christ Child Society of Toledo and Charms, Inc. She is an ambassador with the Toledo Museum of Art.

Myrna Gross Banks, born and reared in Toledo, is a lifelong member of Warren. She has been a member of the V.I.P. Choir since the beginning. She has also been part of the Poinsetta Committee, the Intermediate Usher Board, the Missionary Society, the Food Pantry and a teacher with the Vacation Bible School.

Nevaeh Harris, born in 2005, has always been a member of Warren, a part of baby contests as an infant and toddler. She is a member of the Young People's Division, the youth choir, the youth usher board and is a Children's Ark Classroom Aide. Nevaeh is an honor roll student and enjoys singing, dancing, roller skating and playing her viola. She

plans to become a doctor.

"When I look back on everything, my pastor and church family have always been there and I owe them everything," said Nevaeh.

James Porterfield, a native of Anderson, SC and a graduate of Benedict College. Moved to Toledo after a stint in the Air Force and joined IBM, retiring after 28 years. He joined Warren in 1973 and has been active in the Chancel Choir, the Celestial Choir, the Male Chorus, the Steward Board, the Trustee Board and the Finance Committee.

Peggy McKnight Wilson, PhD – writer, mother, grandmother, social worker – is a member of Zeta Phi Beta Sorority and a firm believer in positive behavior and providing opportunities to allow young people to access self-growth, education and the ability to fulfill their purpose in life. She is a member of Family Baptist Church.

Willie Braggs, a member of Norwood Baptist Church, is a lifelong Toledoan. He graduated from UT and taught schools with TPS for over 30 years.

Councilwoman Yvonne Harper has represented District 4 since May 5, 2015. Harper is a retired Toledo Municipal Court bailiff. Her other experience includes serving as the past executive director of the Lucas County Democratic Party and the long-time, current president of the Perry Burroughs Democratic Women's Club

Maurine Simmons was honored as a Trailblazer posthumously. She was a long-time receptionist at Senior Centers, Inc prior to her retirement.

...continued on page 13



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Albon & Monclova 419.865.9423
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Drop-Off Tue-F 8-4:30

OTTAWA HILLS

Police Dept.,
2125 Richards Rd. (419.531.4211)
Drop-Off 24/7

PERRYSBURG

City Police (419.872.8001)
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PERRYSBURG TOWNSHIP

Township police (419.872.8861)
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ROSSFORD

City Police 419.666.7390
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Admin Bldg 419.865.0239
7617 Angola Rd • Drop-Off M-F 8-4:30

SWANTON

Police dept. (419.826.4696)
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Drop-Off 24/7
2.) Downtown--525 Erie St. Safety Bldg.
(419.245.3246) Drop-Off 24/7
3.) N.W.-- 2330 Sylvania at Douglas
(419.936.3800) Drop-Off M-F 8-4

UNIVERSITY OF TOLEDO

Police Station 419.530.2600
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Police Dept.(419.726.0478
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Police Dept 419.877.9191
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HEALTH CARE FACILITIES- AREA COMMUNITIES

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Ohio Drop-Off 24/7

St. Anne Hospital 3404 W. Sylvania Ave. Toledo,
Ohio Drop-Off 6am-9am daily

St. Charles Hospital 2600 Navarre Ave. Oregon,
Ohio Drop-Off 6am-9pm daily

Mercy Health Franklin Ave. Med. Center 2213 Franklin
Ave. Toledo, Ohio Drop-Off 7:30am-6pm

TOLEDO-LUCAS COUNTY HEALTH DEPARTMENT

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Toledo Hospital- 2142 N. Cove Blvd. Toledo, Ohio
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Bay Park Hospital- 2810 Bay Park Dr. Oregon, Ohio
Drop-Off 24/7

Flower Hospital -5200 Harroun Rd. Sylvania, Ohio
Drop-Off 24/7

UTMC--Emergency room waiting room
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Tolliver... continued from page 3

William Barr. For reasons unknown to sane people, they have fallen under his spell and the fear of his tweet machine.

No courage. No guts. The GOP is behaving like pitiful blind sheep in lockstep with a blustery moron who cares only about himself and his brand.

The Democrats need to pay for a national two-day town hall on this crisis and engage the American people with indisputable facts about his criminal acts and his coverups.

To allow Trump to continue to flaunt his criminal behavior is a shameless reflection on a Democratic Party that is anxious about its political future. For one, this "ain't" about politics but about righting a listing ship, the US Constitution. History will award kudos to the party or persons who are willing to stand in the gap and pronounce a political equivalent of an Ichabod! on the White House.

Any further delay in starting at least an impeachment inquiry would only embolden Trump to continue to star in his own play in which he is the supreme emperor who wears no clothes and no one around him has the moral guts to tell him that his hiney is hanging way out in the wind.

Contact Lafe Tolliver at tolliver@juno.com



Martin Luther King, Jr.: Voice for Equality! by James Buckley, Jr. and YouNeek Studios

By Terri Schlichenmeyer
The Truth Contributor

The heroes in comic books arrive in fancy costumes.

Their heads are ringed by bubbles that say things like "POW!" and "ZOOM!" and that's when bad guys fall like dead twigs from a tree. BAM! All the heroes in comic books are super-powerful and mighty but here's the thing: as you'll see in the new book *Martin Luther King, Jr.: Voice for Equality!* by James Buckley, Jr. and YouNeek Studios, real heroes sometimes quietly wear suits and ties.

Welcome to this history tour. Your guides are Libby (a.k.a Lady Liberty, the statue) and the boy who will someday be your "Uncle Sam."

Today, they'll take you on a tour of the life of a boy named Mike.

Yes, that was his name at birth: Michael King, Jr., but when Mike was a boy, his father changed both their names to honor a religious man. That was also when Martin Luther King, Sr. decided to become a minister. Later, Martin Luther King Jr. did, too.

Back then, young King knew that it was wrong to deny someone their rights, based on the color of their skin. As a child, he vowed to do something about Jim Crow laws someday but it wasn't until he was older and visited Connecticut that he learned what it was like not to be segregated. That trip changed his focus: he was still a man of God, but he'd use his talents as speechmaker and leader to gain civil rights for African Americans.

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96 pages

It wasn't easy.

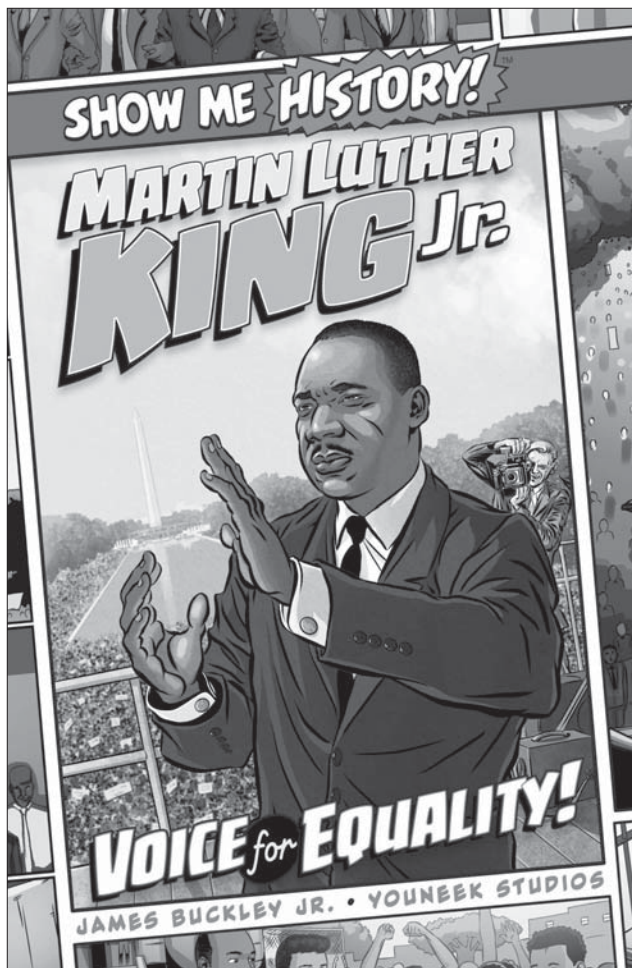
King's house was bombed and, although his family was safe, it was scary. His followers and friends were beaten and bloodied in fields, on the streets, and in marches. His life was threatened and that landed him in the hospital once.

And yet, King never gave up; he persevered by reaching out to politicians and other influential people who could help the cause. He planned and marched, even though there were times when he was just plain tired. And he did it until the day he died on a hotel balcony, killed by a man with a gun...

Kids who struggle to read, or who claim they don't like to read may change their tune with *Martin Luther King, Jr.: Voice for Equality!* Parents take note: this isn't your old-school stuffy history book.

Using the younger versions of two historical icons, author James Buckley, Jr. tells the story of Dr. King through comic-book-like illustration and balloon-text, mediums that are familiar to both readers and reluctant readers. Inherently, that makes this a tale kids can relate to, but Buckley Jr. also uses modern language that children understand, which helps get them involved by subtly including them in the emotions inside the story. Crisp illustrations by YouNeek Studios then keeps them engaged.

That makes this a story that could turn a middle-schooler's groans into smiles this summer, while it'll still appeal to kids who love books. For either kind of child in your home, *Martin Luther King, Jr.: Voice for Equality!* is a book they'll ZOOM! through.



Trailblazers Banquet... continued from page 12

The guest speaker for this year's Trailblazer Banquet was Rev. Cecil Jerome Graham, pastor of True Vine Missionary Baptist Church.

The program opened with a musical prelude by Calvin Hughes & Company. Nate Jackson served as the master of ceremony and Deborah Washington, PhD, welcomed guest and honorees.

After Rev. Darlene Williams, associate pastor of Warren, offered the afternoon's prayer, guests were treated to a musical selection by Deborah Garner of St. Paul Missionary Baptist Church.

Dinner was then served as the honorees were acknowledged.

After Rev. Graham's address, the honorees were presented with tributes and Rev. Gordon and Chairman Debra Jelks closed the ceremony with their remarks.

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The Toledo Refining Company LLC is currently hiring First Class Maintenance Electricians.

Overview

The Toledo Refining Company LLC (TRC) is located in Oregon, Ohio and is owned by PBF Energy LLC. The refinery has a crude oil processing capacity of 170,000 barrels per day. **The refinery is currently accepting applications for First Class Maintenance Electrician positions.** Starting pay is \$40.63 per hour. After completion of a twelve month probationary period, the rate of pay is \$43.16 per hour.

Description

First Class Maintenance Electricians will complete assignments relative to the inspection, repair, installation and maintenance of refinery electrical equipment. Work will be performed inside the maintenance shop as well as outside in all weather conditions. Electricians will be expected to perform tasks in other incidental craft areas as assigned. TRC is committed to a foundation of safe and environmentally compliant operations so First Class Electricians must follow all procedures and safe work practices. First Class Electricians will be scheduled to work five, eight hour shifts in a regular work week; however, mandatory overtime including weekends, holidays and shift work is required as needed.

Basic/Required Qualifications

Must be at least 18 years of age; be legally authorized to work in the United States without restrictions; have a High School diploma or equivalent; and hold a current/valid driver's license.

For consideration, candidates must have completed a state approved Electrician apprenticeship program with no less than 4 years work experience. Equivalent work is no less than 8 years as an Electrician. Successful candidates must possess First Class Electrician work experience and First Class Electrician skills. Candidates must be able to demonstrate First Class performance. Candidates must have the ability to read blueprints as it pertains to electrical work and follow written and verbal directions to complete tasks. Candidates must also have the ability to coordinate work; function as a member of a team to get work done; perform tasks in any craft as incidental work; participate in training programs to maintain and/or upgrade skills; and must have working knowledge of equipment and tools required to expedite the efficient installation and repair of refinery equipment.

Must be willing to perform/comply with the following: working overtime; working on holidays and weekends; working in enclosed/confined spaces, such as tanks and towers; working with large, hot, high-speed machines; lifting a minimum of 50 pounds; working around chemicals; wearing fire retardant clothing and personal protective equipment; performing fire-fighting duties; working outside in harsh weather conditions; and working with petroleum products and support systems that are under high pressure and heat.

Conditions of Employment

Written tests and assessments including an interview; meeting physical criteria for the job; a physical skills demonstration test; ability to demonstrate basic computer skills; pass a background check and drug screening; and be eligible to qualify or hold a Transportation Workers Identification Credential (TWIC card).

In order to be considered for this position, **applicants must submit their resume in Microsoft Word or .pdf format** per the following process. All interested candidates may apply by going to www.pbenergy.com/careers and select "First Class Maintenance Electrician" (Oregon, OH). **All applicants must provide a valid e-mail address where they can be contacted regarding updates on the recruiting process.** Should an applicant be selected for testing, contact will be made via email. All contact information must be accurate and up to date. Relocation is not available for this position. **Phone calls will not be accepted.**

EOE/M/F/D/V



Toledo Refining Company LLC is currently hiring First Class Maintenance Instrument Mechanics.

Overview

Toledo Refining Company LLC (TRC) is located in Oregon, Ohio and is owned by PBF Energy LLC. The refinery has a crude oil processing capacity of 170,000 barrels per day. **The refinery is currently accepting applications for First Class Maintenance Instrument Mechanic positions.** Starting pay is \$40.63 per hour. After completion of a twelve month probationary period, the rate of pay is \$43.16 per hour. Once completely qualified as an Instrument Technician, the rate of pay is \$44.10 per hour.

Description

First Class Instrument Mechanics will complete assignments relative to the inspection, repair, installation and maintenance of refinery instrumentation. Work will be performed inside the maintenance shop as well outside as in all weather conditions. TRC is committed to a foundation of safe and environmentally compliant operations so First Class Instrument Mechanics must follow all procedures and safe work practices. First Class Instrument Mechanics will be scheduled to work five, eight hour shifts in a regular work week; however, mandatory overtime including weekends, holidays and shift work is required as needed.

Basic/Required Qualifications

Must be at least 18 years of age; be legally authorized to work in the United States without restrictions; have a High School diploma or equivalent; and hold a current/valid driver's license.

For consideration, candidates must have completed a state approved Instrument Mechanic apprenticeship program or a 2 year Technical Degree in Process Control with no less than 2 years work experience OR have equivalent work experience. Equivalent work experience is no less than 4 years as an Instrument Mechanic. Successful candidates must possess First Class Instrument Mechanic work experience and First Class Instrument Mechanic skills. Candidates must have the ability to read blueprints as it pertains to instrumentation and follow written and verbal directions to complete tasks. Other requirements include: the ability to demonstrate First Class performance; proficiency in all four primary process variables: flow, level, pressure and temperature; ability to work from written and verbal directions to perform assigned tasks; experience in coordinating work; function as a team member; perform tasks in any craft as incidental work; and participate in training programs to maintain and/or upgrade skills. Candidates must have knowledge of equipment and tools required to expedite the efficient installation and repair of refinery equipment.

Must be willing to perform/comply with the following: working overtime; working on holidays and weekends; working in enclosed/confined spaces, such as tanks and towers; working with large, hot, high-speed machines; lifting a minimum of 50 pounds; working around chemicals; wearing fire retardant clothing and personal protective equipment; performing fire-fighting duties; working outside in harsh weather conditions; and working with petroleum products and support systems that are under high pressure and heat.

Conditions of Employment

Written tests and assessments including an interview; meeting physical criteria for the job; a physical skills demonstration test; ability to demonstrate basic computer skills; pass a background check and drug screening; and be eligible to qualify or hold a Transportation Workers Identification Credential (TWIC card).

In order to be considered for this position, **applicants must submit their resume in Microsoft Word or .pdf format** per the following process. All interested candidates may apply by going to www.pbenergy.com/careers and select "First Class Maintenance Instrument Mechanic" (Oregon, OH). **All applicants must provide a valid e-mail address where they can be contacted regarding updates on the recruiting process.** Should an applicant be selected for testing, contact will be made via email. All contact information must be accurate and up to date. Relocation is not available for this position. **Phone calls will not be accepted.**

EOE/M/F/D/V

KAYAK CONCESSION WORKER

Metroparks Toledo is seeking individuals to serve as Kayak Concession Workers at Farnsworth Metropark. This includes operating Metroparks kayak concession and performing a variety of light building and grounds maintenance tasks. Must be dependable and committed to providing excellent customer service. \$9.47/hr. High School diploma or equivalent and valid driver's license required. Go to www.MetroparksToledo.com/careers to view entire position description and to apply. EOE

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Toledo Refining Company LLC is currently hiring First Class Maintenance Machinists.

Overview

Toledo Refining Company LLC (TRC) is located in Oregon, Ohio and is owned by PBF Energy LLC. The refinery has a crude oil processing capacity of 170,000 barrels per day. **The refinery is currently accepting applications for First Class Maintenance Machinist positions.** Starting pay is \$40.63 per hour. After completion of a twelve month probationary period, the rate of pay is \$43.16 per hour.

Description

First Class Machinists will complete assignments relative to the inspection, repair, installation and maintenance of machinery/equipment within the refinery. Work will be performed inside the maintenance shop as well as outside in all weather conditions. TRC is committed to a foundation of safe and environmentally compliant operations so First Class Machinists must follow all procedures and safe work practices. First Class Machinists will be scheduled to work five, eight hour shifts in a regular work week; however, mandatory overtime including weekends, holidays and shift work is required as needed.

Basic/Required Qualifications

Must be at least 18 years of age; be legally authorized to work in the United States without restrictions; have a High School diploma or equivalent; and hold a current/valid driver's license.

For consideration, candidates must have completed a state approved Machinist apprenticeship program with no less than four years work experience OR have equivalent work experience of no less than eight years as a Machinist. Successful candidates must possess First Class Machinist work experience and First Class Machinist skills. Candidates must have the ability to demonstrate First Class performance; proficiency to read blueprints as it pertains to machining; ability to work from written and verbal directions to perform assigned tasks; experience in coordinating work; function as a team member; perform tasks in any craft as incidental work; and participate in training programs to maintain and/or upgrade skills. Candidates must have knowledge of equipment and tools required to expedite the efficient installation and repair of refinery equipment.

Must be willing to perform/comply with the following: working overtime; working on holidays and weekends; working in enclosed/confined spaces, such as tanks and towers; working with large, hot, high-speed machines; lifting a minimum of 50 pounds; working around chemicals; wearing fire retardant clothing and personal protective equipment; performing fire-fighting duties; working outside in harsh weather conditions; and working with petroleum products and support systems that are under high pressure and heat.

Conditions of Employment

Written tests and assessments including an interview; meeting physical criteria for the job; a physical skills demonstration test; ability to demonstrate basic computer skills; pass a background check and drug screening; and be eligible to qualify or hold a Transportation Workers Identification Credential (TWIC card).

In order to be considered for this position, **applicants must submit their resume in Microsoft Word or .pdf format** per the following process. All interested candidates may apply by going to www.pbenergy.com/careers and select "First Class Maintenance Machinist" (Oregon, OH). **All applicants must provide a valid e-mail address where they can be contacted regarding updates on the recruiting process.** Should an applicant be selected for testing, contact will be made via email. All contact information must be accurate and up to date. Relocation is not available for this position. **Phone calls will not be accepted.**

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Section 8 Welcome
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REQUEST FOR PROPOSALS

The Mental Health & Recovery Services Board of Lucas County (MHRSB) is seeking proposals from interested OhioMHAS-certified facilities to develop a sobering center in Lucas County accessible to all Lucas County residents. Proposals are to be delivered no later than 5:00 p.m. EST on June 25, 2019. All questions should be submitted to crs@lcmhrsb.oh.gov by June 14, 2019. Details regarding the project deliverables and submission criteria are located on the MHRSB's website: <http://www.lcmhrsb.oh.gov/publicnotice/>.

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 Rehabilitate Taxiway B – Phase 3 project located at Toledo Express Airport in Swanton, Ohio 43558, in accordance with the approved plans and specifications. The engineer's estimate for the base bid is approximately \$2,984,265.00, and additive alternate #1 is approximately \$288,760.00.

Bids will be received at the Port Authority's administrative offices at One Maritime Plaza, Toledo, OH 43604 until Tuesday, June 11, 2019 at 2:00 PM, 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.becker-planroom.com at the cost of reproduction. Please note that there will be a pre-bid meeting for this project for all prospective bidders on Friday, May 31, 2019 at 10:00 AM in the Banquet Room at Toledo Express Airport at 11013 Airport Hwy., Swanton, OH 43558. Attendance is suggested, but not necessary. Please submit all questions to the Port Authority, Tina Perkins at TPerkins@Toledoport.org by Tuesday, June 4, 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

BLACK & BROWN UNITY COALITION EXECUTIVE DIRECTOR POSITION

The Executive Director is the key management leader of the Black/Brown Unity Coalition. The Executive Director is responsible for overseeing the administration, project management and strategic plan of the organization. Other key duties include fundraising, marketing, and community organizing. The position reports directly to the Board of Directors.

For more information please contact:
Mrs. Juanita Greene
@ 419-255-0097
First church of God
3016 Collingwood Blvd
Toledo, Ohio 43610

NOTICE OF 'CONDITION PRECEDENT'

In compliance with Executive Order 13132 ("Federalism") signed by President Bill Clinton on August 10, 1999 Section 2:

"(d) The people of the States are free, subject only to restrictions in the Constitution itself or in constitutionally authorized Acts of Congress, to define the moral, political, and legal character of their lives."

I hereby define my political and legal characters as follows:

Be it known by all, that I Ramona Smith, as a living flesh and blood man that on this day of 25 in the month of May and the year 2019 do hereby give notice to all in the world that I am not a citizen of the United States Federal corporation. [See 28 U.S. Code Sec 3002] Any who wish to challenge this admission must do so by responding to this notice within 30 days of last publication. Notice is also given to any one in the world who may have a contract (or unsigned presumed contract) under the above name, living at the below address, that this notice serves as an addendum to all contracts or presumptions ab initio, in which the signatory name (or electronic signature) may appear. Notice that the following be included as part and above the signatory name: "without prejudice."

Let it be known to all that this notice also serves to amend my son's and daughter's Certificate of Live Birth and rebut any presumption that the State has parental authority (parens patriae doctrine) over my son's and daughter's Kyle Martel Milton (date of birth: 4-15-1991), Kariana Chafon McKinney (date of birth: 4-8-1996), Kemyia Nicole Smith (date of birth: 6-26-2001), Henry Benjamin Smith Jr. (date of birth: 11-06-2002), Emmanuel Smith (date of birth: 02-20-2005). All return address or responses to be addressed as follows. Notice – all three line addresses will be returned to senders.

Ramona Smith
3627 Willys Parkway
Toledo, Ohio [43612]
(united States of America)

CONSULTANT TO ASSESS GUARDIANSHIP NEEDS

In collaboration, the Lucas County Probate Court and the Mental Health & Recovery Services Board of Lucas County (MHRSB) are seeking an experienced consultant to assess the current Guardianship service needs in Lucas County, review the existing Guardianship operations utilized in comparably sized Ohio counties, and make a recommendation for the most appropriate course of action to pursue for the provision of Guardianship Services based on the review and assessment. Proposals are to be delivered no later than 4:00 p.m. Eastern Standard Time on June 21, 2019. All questions should be submitted to crs@lcmhrsb.oh.gov. Details regarding the project deliverables and submission criteria are located on the MHRSB's website: <http://www.lcmhrsb.oh.gov/publicnotice/>.

ASSISTANT DIRECTOR – STUDENT SUPPORT SERVICES TRIO Programs

Bowling Green State University is a tier-one, public university serving 19,000 students on two campuses in northwest Ohio. The University has nationally recognized programs and research in the natural and social sciences, education, arts, business, health and wellness, humanities and applied technologies. BGSU seeks talented individuals to join our community in Bowling Green, Ohio, recognized as one of the "Best College Towns of America."

TRIO Student Support Services (SSS) is a federally funded program serving first generation, low income and/or disabled students with academic needs to ensure their retention and graduation from Bowling Green State University. The Assistant Director of SSS assumes a leadership role in supervising and coordinating all components for the SSS program while working cooperatively with University staff and faculty to provide quality services to program participants. The position is responsible for supervising and planning the advising, tutoring, writing, math and study skills components as related to the goals and objectives of the BGSU federal grant and in accordance with the U.S. Department of Education federal policies. This position also takes a lead role in the coordination and monitoring of persistence and retention efforts of participants within the SSS program. Deadline to apply: June 3, 2019

Full-time Administrative Staff position available. For a complete job description and to apply for this position, visit <https://bgsu.hiretouch.com/> or contact the Office of Human Resources.

BGSU
Bowling Green State University

BGSU. AA/EEO/Disabilities/Veterans. In compliance with the ADA Amendments Act (ADAAA), if you have a disability and would like to request an accommodation in order to apply for a position with Bowling Green State University, please call 419-372-8421.

Warren AME Church Third Annual Trailblazers Banquet

Sojourner's Truth Staff

The Warren AME Church Christian Education Department hosted the church's third annual Trailblazers Banquet on Saturday May 25 and honored the past, the present and the future by recognizing the contributions of a number of members of the church.

"Your sacrifices and dedication to God's work and your willingness to share His bountiful blessings has inspired many at Warren and this community to 'pay it forward,'" wrote Rev. Otis J. Gordon, Jr., pastor of Warren in the event's program.

"Each nominee selected today has blazed the trail for others in teaching and serving," said Debra Jelks, Christian Education Department chairman.

This year's Trailblazer honorees are: Maurine Simmons; Elmer and Jean McGruder; Ethel McCollum; Jeanette Bradley; Myrna Gross Banks; Nevaeh Harris; James Porterfield; Peggy McKnight Wilson, PhD; Willie Braggs and Councilwoman Yvonne Harper.

Elmer McGruder joined Warren in 1953 along with his wife Jean shortly after they moved to Toledo. He was a teacher for more than 30 years with Toledo Public Schools and, during retirement, continued work as a substitute teacher.

Jean McGruder, a nurse by training, raised five children with Elmer and is a

... continued on page 13



Pastor Otis Gordon and the Trailblazer Committee - Darlene Sawyer, Debra Jelks and Jamee' Taylor



Elmer and Jean McGruder



Layoffs reached the double-digits, but Primerica is GROWING and looking for people to join our business opportunity.

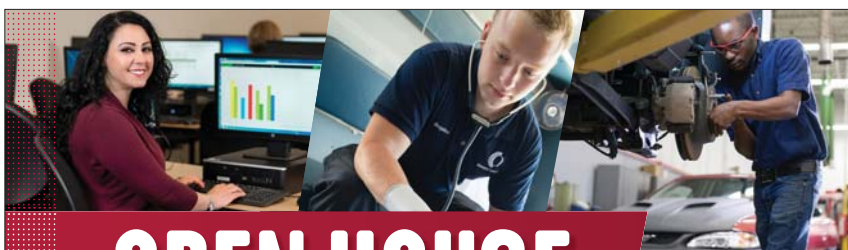
How can you tell if the Primerica opportunity is for you? Do you want to:

- Be your own boss?
- Have the freedom of time?
- Earn Extra money?
- Build your own business?

If you answered "yes" to any of these questions, Primerica might be just what you've been looking for! Primerica Business Seminar Hosted By: Taylormade National Champion (TNC) Friday, May 31 from 6:45 to 8 pm, The Marriott Courtyard, 5875 Hagman Rd – Across from Meijers off Alexis Road

Come find out how to own a business & build financial freedom "FREE ADMISSION"

Contact David Baldwin (313) 254-7268 for information



OPEN HOUSE

Wednesday, June 12 • 12 - 5 p.m.

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Join us to:

- Talk with faculty and representatives about our majors
- Complete the Admissions application
- Learn more about Financial Aid and receive assistance completing the FAFSA
- Sign up for New Student Orientation
- Speak with current students
- Check out our student clubs, organizations and activities
- Discover on-campus child care options



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Rev. Otis Gordon, Jr and Rev. Cecil Jerome Graham



Nevaeh Harris



Jeanette Bradley