



Volume 56, No. 3

"And Ye Shall Know The Truth..."

June 12, 2019



Ariana Stone



Deontae and Deontre Wright



Jalil Mitchell



Whitney Hughes

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It's The Sauce

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

The Truth Contributor

We thank you for our mathematic, scientific, and literary genius...for jazz, gospel, and the blues...for beautiful locks of hair and beautiful shades and complexions of skin, and even for soul food.

- Thaddeus L. Price



On a recent warm Sunday afternoon, a woman and her traveling companion stopped by Ruby's Kitchen on N. Reynolds Road. She was middle-aged, I assumed, with well-cropped graying naturally-blond hair. I overheard her mention to the waitress that she was traveling from Chicago to Buffalo, New York and that she always makes it a point to stop at this particular restaurant whenever she travels and is near to Toledo.

The way that black people cook food, despite the protestations of some fitness gurus, is one of the unique gifts, contributions, talents, and cultural blessings that have been poured out upon people of African heritage. But the distinctiveness of black cooking isn't just limited to traditional African-American dishes such as greens, fried chicken, or black-eyed peas.

Many European-associated dishes have gone through a process of what my friend and retired Wilberforce University chief of police Rev. David Fox calls "blackening." While sociologists term the phenomenon "acculturation," I refer to the process as adding "the sauce."

It happens at the intersection of two or more cultures and is the innate ability of those with an African heritage to adapt aspects of the majority culture without losing their own African traditions and customs.

One such "sauce" European dish is the stringy, cordlike form of pasta associated with Italian cuisine better known as spaghetti. Rumor has it that spaghetti may have originated around 2,000 B.C. in northern Africa and brought to Europe in the 12th century and then to America in the 19th century. It remains, even today, a staple of Italian cuisine.

Yet, you will most likely find spaghetti on the menu of every soul-food restaurant in America.

What is the difference in majority spaghetti and "blackened" spaghetti? Of course, it's all about having a great sauce.

Blackened sauce must be:

1. Synthesized with the pasta:

Good blackened spaghetti requires that a tomato-based sauce be mixed in with the pasta rather than separated and placed on top or on the side. Blending the sauce allows it to become absorbed by the pasta so that the flavors can build, be allowed to meld and ultimately become intensified.

2. Smooth

A good pot of spaghetti also begins with a sauce which needs to be "smooth" rather than "sour" or too tart. Adding just a "hint" of sugar and some extra virgin olive oil will break up the acidity that often leads to indigestion. Remember, though, that spaghetti that is too sweet is anathema to many. The secret is to add only enough sugar to break up the acidity and not so much that the spaghetti actually tastes sweet.

3. Seasoned

Rather than meat balls, blackened spaghetti utilizes generous amounts of highly seasoned chunky or coarsely-chopped meat in the sauce. For a large pot of spaghetti, start with 4 lbs. of a lean cut of ground beef, such as ground chuck and 1 ½ lbs. of Italian sausage. Then, season the meat with onion powder, celery seed, fresh onions, bell pepper, fresh garlic, kosher salt, freshly ground pepper and a very small amount of oregano, thyme or Italian seasoning. A bay leaf added to the sauce also provides an extra layer of flavor.

4. Paired with a classic Southern Sidekick

Fried chicken wings or fried fish work perfectly. My friend Councilwoman Yvonne Harper loves fried catfish. We might have agreed on this particular issue, except I prefer catfish filet rather whole fish bone-in, which suits the councilwoman's fancy. Season the fish directly with kosher salt and lemon pepper and dredge in equal parts cornmeal and flour (egg and buttermilk wash are optional) and fry in very hot "grease" (peanut oil).

5. About Sitting Back and letting it flow

Relax with the food, grown folks' music, Pepsi or grape soda, while talking smack with Yvonne Harper or brother Andre Washington for a good time!

Oh, and remember – "It's all about the sauce!"

For the entire recipe, please contact me:

Contact Rev. Donald Perryman, PhD, at drdperryman@centerofhopebaptist.org

The Sojourner's Truth

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The Sojourner's Truth, 1811 Adams Street, Toledo, OH 43604

Phone 419-243-0007 * Fax 419-255-7700

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Community Calendar

June 23

United MBC Youth Day Service: 10:45 am

St Paul MBC Annual Youth Day: Joint Sunday school at 9:30 am with Min.

Jaron Jackson; Morning service at 10:45 am with speaker Jasmine Aaron-Pope of Canaan Manifested Word Church; "God's Got It:" 419-246-2886.

June 30

Calvary Baptist Church Lion of Judah Victory Choir Anniversary Celebration: 4:00 pm; "I Will Bless the Lord at all Times, His praises shall Continually Be in My Mouth!"

St. Stephen AME Annual Pew Rally: 3 pm; An inspirational program: 419 244-0402

Ebenezer MBC 100 Women in White Service: 4 pm; Speaker Min. Kay Crenshaw of 2nd Baptist; "This Little Light of Mine; I'm Gonna Let It Shine"

October 23

UT's "Tricks Treats & Dunks:" 6 to 8 pm; Savage Arena; Trick or treat for kids from 6 to 7 pm; Costume contest at 7; Rockets players at various games

United States Army Prepares to Strut Its Stuff on the Runway for a Great Cause

Local members of the United States Army are gearing up to strut their stuff on the runway for a great cause. The men and women will serve as "celebrity" models during the 2nd Annual Uniforms On The Runway fashion show, sponsored by W.E.S. & I, Inc., also known as Widows Empowered Strengthened and I, Inc., a non-profit organization whose mission is: Empowering and enabling widows and women through love, support, training and education.

Idell Marian Watson, founder and president of W.E.S. & I, Inc., said, "We look forward to hosting this wonderful event every year. We are grateful that the Army said 'yes' when we asked them to be our models. During our inaugural event last year, the 'celebrity' models included officers from the Toledo Police Department, the Lucas County Sheriff's department and the Toledo Fire Department. It was great to see our local first responders rally around such a wonderful cause."

Brigitte Burnett, host and producer of the Daily Downtown at Buckeye Broadband, will be the mistress of ceremony for the second consecutive year. There will be a live band, delicious food and dancing. Uniforms On

The Runway will be held Sunday, June 23 at the Stranahan Theater and Great Hall, 4645 Heatherdowns Blvd., Toledo, OH 43614. Event starts at 4 p.m., doors open at 3 p.m. Tickets are available at Eventbrite.com (search: 'Uniforms') or at Fletcher's Hair Design (419-810-1409), Jack's Mens Wear, and Ruby's Kitchen.

For more information about W.E.S. & I, Inc., visit www.widowsempowered.org (<http://www.widowsempowered.org>) or contact Mrs. Idell Watson at 419-359-4001. Check out this video of last year's show: <https://www.facebook.com/watch/?v=1115345828628558>

W.E.S. & I, Inc. is a non-profit organization whose mission is empowering and enabling widows and women through love, support, training and education. The organization is comprised of widows of all ages, ethnicities, races and backgrounds. We provide support, friendship, social, learning, volunteer and mentoring opportunities. There is no fee to participate. The group meets the third Saturday of every month at 1:00 p.m. at the Lucas County Reynolds Corner Branch Library. The atmosphere is fun, light-hearted and diverse. Join us. ###

Ohio Legislative Black Caucus Statewide Conference

The Ohio Legislative Black Caucus will be holding their Statewide Conference at the Sheraton Columbus Friday June 21 beginning at 1 p.m. In attendance will be Governor Mike DeWine, U.S. Congresswoman Joyce Beatty, House Speaker Larry Householder, House Minority Leader Emilia Strong Sykes, and other community and business leaders.

To see the invitation which includes a full schedule of the day's events go online or contact: Dennis Willard 614-209-8945 dennis@precisionnewmedia.com. The Ohio Legislative Black Caucus Foundation's

mission is to advance Ohio's Black community through educational research, developing community leaders, facilitating public policy development, analyzing issues of social and economic importance to include, but not limited to, the promotion of diversity and inclusion in the public and private sector.

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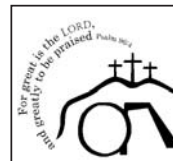
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Pride Flag Raising Ceremony

Toledo leaders will highlight the city's commitment to inclusivity at 9 a.m., Wednesday, June 12 in front of One Government Center by raising the Pride Flag in honor of LGBTQ+ Pride Month. The flag will fly in front of One Government Center in place of the city flag through the end of June.

"The city of Toledo is supporting and celebrating LGBTQ+ Pride

Month," Mayor Wade Kapszukiewicz said. "This is just a small way we show our commitment to LGBTQ+ issues and building a community where everyone feels included and valued."

Toledo Council Member Nick Komives donated the Pride Flag that will fly in place of the Toledo flag. The city flag will be returned to the flagpole on July 1.

Toledo Library and Metroparks Toledo Partner to Host Educational Programs

This Summer



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Looking for educational fun this summer? The Toledo Lucas County Public Library (TL-CPL) has partnered with Metroparks Toledo to bring resources and knowledge to the community. While kids are on summer break TLCPL and Metroparks Toledo encourages families to learn about northwest Ohio and get hands-on with free programs about:

* Forest Therapy

- * Birds in my Backyard
- * Toledo Trivia
- * Orienteering
- * And much more!

Learn more about the Library's programs at (<http://www.toledolibrary.org/metroparks>) oledolibrary.org/metroparks. (<http://www.toledolibrary.org/metroparks>)

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National AA Male Wellness Walk & Run

Every year African American Men die prematurely of the top five preventable diseases nationwide. The National African American Male Wellness Walk Initiative (AAWALK) addresses these issues, but also raises awareness from a national perspective. In 2019, Toledo will be building on the success of last years AAWALK by bring together the community to host the African American Male Wellness Initiative 5k Walk/Run. This health awareness campaign, which has been in existence nationwide for more than 15 years, will bring together various entities with the community to collectively address the health of African American men. Looking at the challenges facing African American men and their families, it is our understanding that our readers share the same vision as AAWALK, to empower individuals and raise awareness regarding the health disparities impacting African American men. Join us Saturday, August 17 at Warren AME Church.

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Toledo-Area Dentists Join Forces to Battle Opioid Crisis

Sojourner's Truth Staff

Some years ago, recalls Dr. Bill Zouhary, DDS, a Rossford dentist, he and his office partner did not quite see eye-to-eye on the types of prescriptions they should be giving patients to relieve the after-effects of dental procedures – the pain that accompanied such procedures.

Dr. Zouhary admits now that he didn't see the danger in prescribing, even over prescribing narcotics such as Vicodin. His partner did indeed see the risks and frequently cautioned him against the dangers of being too liberal with pain medications.

"A patient would need one Vicodin and I might prescribe 15," he says. He also says he was wrong.

Much to his regret he, as did so many doctors and dentists, fell prey to the propaganda that pharmacy companies spewed forth in the 1990s to promote narcotics that they knew would be addictive. And much to his regret, he realized, far too late, that his partner's skepticism was well placed.

So in time, Dr. Zouhary awakened to the crisis, particularly when the president of the Ohio Dental Association reported that one of her family members had become addicted to opioids and committed suicide.

Dr. Zouhary began working with the Toledo Dental Society to encourage their members to alter their prescription habits. In the past two years the TDS has hosted the Drug Opioid Symposium and Education (D.O.S.E.) events. The dentists are assisted by the Ohio Automated Rx Reporting System (OARRS), a

database that tracks the dispensing of controlled prescription drugs to patients.

Dentists with the TDS and involved with the D.O.S.E events have recognized that various groups are vulnerable to the over-prescription of narcotics. Teenagers, in particular, who have their wisdom teeth removed, and senior citizens who regularly take pain medication, are two groups particularly susceptible to opioid addiction.

The dentist group is focusing efforts on the correct disposal of unneeded pain pills. The Drug Disposal Solution offers a number of local sites where medications can be dropped off so that they can be properly destroyed since drugs should not be flushed down toilets or thrown away in the garbage.

The disposal locations will be printed in The Truth in upcoming weeks and can be seen online at all times.

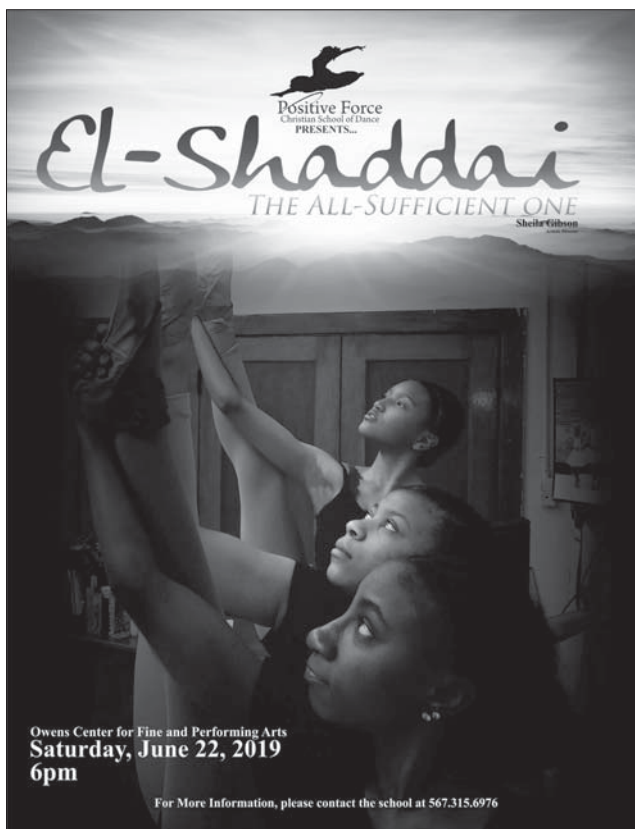
Art Loop Art of Sport on June 20

The Arts Commission is pleased to present Art Loop | Art of Sport on Thursday, June 20 from 5:30-9:00 p.m. The Art Loop, in partnership with the Toledo Mud Hens and The Blade, celebrates the unique relationship between art, sports, and culture to present a vibrant evening of local sports history, special exhibitions, interactive art, and athletic competitions.

For additional information and complete June Art Loop offerings, see the attached release or visit www.theartscommission.org/artloop.

Art Loop is free and open to all. Wristbands to ride the Art Loop bus are \$1.25 and include unlimited bus rides all evening. All children 12 and under, senior citizens, and students with an ID will receive complimentary wristbands to ride the Art Loop bus free of charge. Additionally, anyone wearing a professional or local team shirt will receive complimentary wristbands for the Art of Sport Art Loop.

Questions may be directed to Ryan A. Bunch, Communications & Outreach Coordinator, 419-254-2787 x1013, rbunch@theartscommission.org or Natalie Tranelli-Jacobs, Event & Volunteer Coordinator, 419-254-2787 x1017, njacobs@theartscommission.org



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How to Prepare for and Tackle Unexpected College Costs

Sojourner's Truth Staff

Smart financial decisions can help your family make good college investment decisions. Unfortunately, unexpected costs throw many families for a loop. To plan realistically, consider the following:

- **Pad Your Budget:** Many college expenses are variable -- from fun stuff, like entertainment and trips, to the serious, like books, supplies and other educational fees. Pad your budget in case these costs are larger than anticipated.

- **Look Beyond the Letter:** Those receiving financial aid from their school should look beyond their Expected Family Contribution (EFC). Forty-three percent of parents of college students nationwide report paying more than their EFC, according to a recent survey by College Ave Student Loans and conducted by Barnes & Noble College Insights. The bright side? Of those families that received financial aid award letters, 17 percent appealed, with 58 percent of those parents successful in receiving more aid from the school.

- **Stretch Book Budgets:** The cost of textbooks and supplies often surprise families. While the exact amount is unpredictable, the College Board reports that the average student spends \$1,240 each year on course materials. Purchasing used, renting or downloading textbooks electronically are all smart strategies for reducing costs.

- **Grow Your Budget:** Families surveyed were nearly split on whether a child helps pay for the cost of college -- 49 percent said yes, 51 percent said no. Having a child kick in can teach respon-

sibility and grow your overall budget, whether that contribution comes in the form of a part-time job or a work-study program. Another substantial way a student can help is by reducing or even eliminating housing costs and becoming a resident advisor.

- **Borrow Strategically:** If you need to borrow to pay for college, first take out federal loans in the student's name, which carries special benefits, such as public service forgiveness and income driven repayment options not typically available on private loans. When federal loans in the student's name don't cover you fully, determine whether private student loans or private parent loans may be right for you and your family. Those from College Ave Student Loans, for example, are available at competitive rates and feature a wide range of repayment options. Its customer-friendly experience -- from application through repayment -- takes some of the stress out of the equation.

- **Control Loan Costs:** You can reduce the overall cost of a loan by starting to make payments while in school, even if it's only a small amount. To see the impact that various repayment options have on total loan costs, use the student loan calculator available at colleagevestudentloans.com.

"Whether parents are advocating for more financial aid, helping create a budget or helping pay off loans, their support serves as a cornerstone in many student's financial plans," says financial industry veteran Joe DePaulo, CEO and co-founder of College Ave Student Loans. "Being realistic and having a plan can help families face both the expected and unexpected costs of college."

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- Hamburger and hot dog cookout
- Vision screening
- TPS kindergarten registration
- TPS Head Start registration
- Art and crafts

Books4Buddies is an organization that collects new and gently used books for disadvantaged children and young adults. Books4Buddies has donated more than 70,000 books that have been delivered all around NW Ohio and the world! Books4Buddies is represented by "Book Ambassadors" who will help promote the program. books4buddies.com

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A Few of the Best and Brightest Are Working Hard to Achieve Success

By Fletcher Word

Sojourner's Truth Editor

It's the most wonderful time of the year!

No, it's not the Christmas holidays. It's the time of the year when we celebrate the achievements of our graduating students; when we celebrate their talents, their maturity and, above all, the years of hard work and diligence that brought them to this point.

Also to be celebrated are the parents – for their hard work and diligence ... and their patience. For some parents, such as Richard Mitchell, Esq., and Dr. Hope Mitchell, MD, it is the end of a long journey.

"He's the last one," each parent beamed proudly on Saturday, June 8 as they hosted a graduation party at their home for their son, **Jalil Mitchell**, who graduated from St. John's Jesuit and, within weeks, will be headed to Vanderbilt University. He's the last of four siblings to flee the nest and, for the soon-to-be empty nesters, Jalil's success in high school and acceptance at one of the nation's top-flight colleges is a confirmation of a parenting job extremely well done.

If Jalil's success at St. John's is any indication, we can expect it to be replicated at Vanderbilt. Jalil entered St. John's in the sixth grade and graduated this year with a 4.616 grade point average – one of the valedictorians of his class. During those years he also found time to compete on the cross country and the swim teams, join the student council, become vice president of the student body, become a member of the National Honor Society.

This year, Jalil was rewarded for all that hard work when he received acceptance notices from 11 colleges, including the University of Pennsylvania, the University of Cincinnati and Vanderbilt University, the three that ended up being his top choices.

He selected Vanderbilt where he plans to major in a combination of pre-medicine and health and society with a dose of human and organizational development.

"Ever since I was nine or 10 years old, being a doctor is what I wanted to do, I've always wanted to do that," he says noting that he choices of colleges was inspired by that desire and "an opportunity to excel in the medical field." His choice of a major and minor at Vanderbilt will enable him to "learn more about the field and the history behind it."

Ultimately, Jalil would like to become a surgeon, perhaps an orthopedic surgeon. He would also, in that future as a doctor, relish the opportunity to use his education and expertise to give back to the community.

Speaking of valedictorians, **Whitney Hughes** also achieved such honors at Jones Leadership Academy of Business. Whitney, in fact, was all over the map this spring and we kept bumping into her at just about every event honoring students.

For example, the Delta Gamma Sigmas honored her as one of the sorority's scholarship winners during their annual Breakfast for M'Lady. Several weeks later, Whitney participated in the 2019 Debutante Cotillion sponsored by the National Association of Negro Business and Professional Women's Clubs, Inc, Toledo Chapter and finished as the second runner up.

That level of achievement is a reflection of a number of years of hard



Debutante Whitney Hughes and John Allen

work and success in and out of school. Whitney was part of Upward Bound, the Law and Leadership Academy, the Ohio State Young Scholars, the Chess Club, Young Women of Excellence, Model United Nations, Student Council. She also ran track, played volleyball and served as a varsity cheerleader.

... continued on page 10



Deontae and Deontre Wright

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Hope and Richard Mitchell Celebrate Son Jalil's Graduation

Dozens of friends and family members joined Dr. Hope and Richard Mitchell at their home on Saturday, June 8, for a graduation party for their son, Jalil, who will be heading off to Vanderbilt University in the near future. It's the fourth time the Mitchell's have celebrated a graduation – and the last. At least for high school graduations.

Jalil will be studying medicine with an eye towards becoming a surgeon. He has a few more graduations to come!



Dr. Hope Mitchell



Diana and David Patton



Jalil and a few friends



Jalil and family

...photos continued on page 9

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Jalil's Graduation Photos... continued from page 8



Richard Mitchell and his mother, Minnie Mitchell



Will and Angela Lucas and Family



Richard Mitchell



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Best and Brightest... continued from page 7

The Drama Club, however, commanded her attention, first and foremost. A Midsummer's Night Dream, 12 Angry Men, the Brothers Grimm are a few of the productions in which she played a prominent part; she has been in every production, in fact, during her time at Jones Leadership.

Whitney finished with a 4.51 GPA, a host of scholarships and a desire to take her dramatic talents to the next level – the top level, in fact. Whitney is headed to Broadway ... almost. She is actually headed to the New York University with a hefty scholarship package and a desire to major in journalism and ultimately perform on the Great White Way.

"I've been meant for that," she says of her desire to head to the Big Apple. Her mother concurs. Thandi Hughes took her four-year-old daughter to New York for a visit and the four-year-old fell in love with the big city and bright lights and became determined to return for more than just a visit.

They say the neon lights are bright ... on Broadway.

And speaking of bright lights, few lights shone brighter this year than the lights at the top of the senior class at Scott High School. Twins **Deontae and Deontre Wright** will be leaving soon to study electrical engineering at The Ohio State University, continuing an affinity that only identical twins can perhaps fully appreciate.

Curious about their relationship and how they have achieved such success thus far, we asked whether they were primarily motivated by competition against one another or being able to inspire each other?

"Both," they both said ... simultaneously, of course.

"There are times that one of us does something and the other will know he has to do it also," said Deontae ... or Deontre, explaining the competi-

tive urges.

"And sometimes one of us has to make sure that the other one knows we have got to get something done, get to a class, for example," said Deontre ... or Deontae.

... continued on page 12



Whitney Hughes



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The Steve Taylor All Star Event

Sojourner's Truth Staff

Pizza, prizes and fun were the order of the evening on May 22 at Taylor Hyundai in Perrysburg as the dealership brought together the stars of the weeks who were honored throughout the 2018-2019 academic school year.

This year the dealership honored students throughout the school year on a weekly basis for academic and athletic achievement. To celebrate the students' accomplishments, the year-end fete was organized and along with the pizza, invited guests included the Toledo Thunder football team.

The Steve Taylor Stars of the Week has been the result of a collaborative effort by Steve Taylor, Tom Cole of BCSN and Nick Marconi, marketing director for the Taylor Automotive Family.



Toledo Thunder with Tom Cole and Steve Taylor



Steve Taylor, Terry Crosby, Marcus Newbern



UPCOMING EVENTS

19

JULY

Prayer Breakfast
 Date: Friday, July 19 2019
 Time: 8:00 AM
 Location: Friendship Baptist Church - 5301 Nebraska Avenue
 Toledo, OH 43615

19

JULY

Gospel Concert
 Date: Friday, July 19 2019 | Time: 6:00 PM
 Location: Friendship Baptist Church - 5301 Nebraska Avenue
 Toledo, OH 43615

20

JULY

African American Parade + Festival
 Dates: Saturday, July 20 2019 | Time: Kickoff at 10:00AM (1441 Dorr St.)
 Festival Location: Seagate Center (401 Jefferson Ave, Toledo)
 Featuring: Local Talent 1:00 PM - 9:00PM +
 Confunkshun "The Heroes of Funk"
 Tickets Available on Ticketmaster and at the Credit Union

21

JULY

African American Festival
 Date: Sunday, July 21 2019 | Time: 1:00 PM - 9:00 PM
 Location: Seagate Center (401 Jefferson Ave, Toledo, OH 43604)
 Featuring: Local Talent + The ZAPP Band +
 R&B Singer - Angela Windbush
 Tickets available on Ticketmaster and at the Credit Union

Best and Brightest... continued from page 10

At any rate, the combination of competition and inspiration moved them right to the top of the class. Deontae is this year's valedictorian; Deontae is the salutatorian. Befitting their work ethic, they finished with nearly identical GPAs of 4.3 and 4.31. During their high school years they have been part of student government – treasury and secretary, respectively, the Teen Outreach Program, the Youth Opportunity Program, the Bowling Green State University Upward Bound Program and Skills USA, to name a few.

Both have worked at Pinnacle Technology and McDonald's.

They were inspired to study electrical engineering by their grandfather, Terrence Wright, a Chrysler employee, who would buy houses to renovate, along with his grandsons' assistance. Their ultimate goal is to return to the Toledo area after college and start their own electrical engineering firm.

They are not, however, planning to walk through life always sharing every challenge or adventure. For example, they won't be roommates during their freshman year at OSU. Together or separate, they are bound to continue to find success – hard work guarantees that.

Woodward's valedictorian is also headed to The Ohio State University. **Ariana Stone** is also vice president of the student council, a recipient of a multitude of scholarships, participates in the Lourdes University Upward Bound program and is a member of the softball team.

As eager as she is to enter the next phase of her life, Ariana reflects on her years at Woodward relishing the time spent there. "It was loads of fun," she said. "I can't believe it's over. I have so many good memo-

ries, it's going to take some adjusting to leave."

No wonder! It's been a full four years!


Ariana achieved a 4.35 GPA while also becoming involved with the Black History Month program, spoken word, dance, Young Women of Excellence, the Mental Health Support program, Woodward's SMARTS program representative – focusing on communication, school spirit and attendance.

"Partaking in group activities and conversations with students and administrators from my community made me proud," she said. "It was inspiring to see so many people of different ages and ethnicities with the same goal for Toledo Public Schools."

At OSU, Ariana will major in business, specializing in marketing, and, since she has been dancing since she was 10 years old, she plans to study contemporary jazz dancing as well.

A lot of work ahead of her, ahead of all of them. Fortunately they are all used to hard work.




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HEALTH CARE FACILITIES- AREA COMMUNITIES

MERCY HEALTH SYSTEM Emergency Department Entrances St. Vincent Hospital 2213 Cherry St. Toledo, 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 635 N. Erie St. 419.213.4100 Drop-Off 8-4:30 M-F	PRO-MEDICA HEALTH SYSTEM Emergency Department Entrances All Pro-Medica Hospitals with exception of Monroe Hospital Toledo Hospital 2142 N. Cove Blvd. Toledo, Ohio Drop-Off 24/7 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 3000 Arlington • Drop-Off 24/7
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PHARMACIES-TOLEDO AREA COMMUNITIES

CVS 4121 Monroe St. Pharmacy Drop-Off 24/7 2104 S. Byrne Rd. Pharmacy 8-10 daily MEIJER All Stores- Drop-Off 24/7 or open till close Check with individual store	WALGREENS Monroe & Secor 419.474.3915 Drop-Off: M-F 9-9, Sat 9-6, Sun 10-6 WALMART All Stores-Dispose Rx Packets (Neutralizes Drug Effectiveness). Drop-off at Pharmacy counter when pharmacy is open
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OPIOID

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AREA OFFICE
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KINSHIP
NAVIGATOR
PROGRAM,
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COME LEARN HOW TO
SAVE LIVES!

Going Down Home with Daddy by Kelly Starling Lyons, illustrated by Dan Minter

By Terri Schlichenmeyer
The Truth Contributor

Getting together with your family this summer is going to be fun!

You'll see your cousins and grandparents, friends and kin, and your aunts and uncles will be there, too. You'll eat foods you love, play games to win, and you'll hear stories that your family likes to tell. But what will you bring to the family picnic? In

***Going Down Home with Daddy* by Kelly Starling Lyons, illustrated by Daniel Minter**, that's a question one boy struggles with.

As Sis slept in the back of the car next to him, Lil Alan worried and worried.

They were on their way to Granny's house on the family farm, going to Daddy's side of the annual family get-together, and everybody'd have something to share for this year's celebration. Sis would sing a song for Granny. One of Lil Alan's cousins had made a scrapbook. Another boy was reading a story aloud.

Everyone had something, but Lil Alan's hands were empty.

Still, he had time to think.

When they got there, all the adults were laughing and slapping backs and giving out hugs; the women had been cooking for days and everything smelled delicious for the feast. Daddy fired up the tractor and took Lil Alan and his cousins out for a ride on the farm that had been in the family for a long, long time. Daddy's Pa had been proud of the land and its crops, and so was Daddy, and Lil Alan, too.

When Sunday morning rolled around, Lil Alan's hands were still empty and so was his heart. At church, he heard more family stories as everyone worshipped together, but he was sad that he still hadn't come up with something to share. Back at Granny's house, he thought about what he was going to offer at the celebration as he looked at a wall full of old pictures of grandparents and great-grandparents. He thought of his family's land and the people who cared for it. He remembered stories of folks before them.

And then he knew. Lil Alan did have something to share.

It was right in front of him all along...

Much like a lazy summer afternoon, *Going Down Home with Daddy* unwinds at a leisurely pace, covering a mere weekend but starting with a restless car ride.

Since your child may be looking forward to this summer's family reunion, that may seem like an odd place to begin but this book isn't just about a reunion: au-

c.2019
Peachtree Books
\$16.95 / \$22.95 Canada
32 pages

thor Kelly Starling Lyons and illustrator Daniel Minter wrap the event around a warm family tale that feels like being snuggled in a soft blanket. Even the youngest kids will understand Lil Alan's struggle for meaning, the comfort of knowing that you're loved, the goodness of being surrounded by family, and the strength of knowing where you came from.

Whether your family is next door or half a world away, this book is great for the four-to-seven-year-old who loves them. Isn't it time, then, to put that kid and *Going Down Home with Daddy* together?

AKAs.... continued from page 16

Tiara Medley is a graduate of Woodward High School and will enter Eastern Michigan in the fall to earn a bachelor's degree in media communications. She is the daughter of Catrese Medley.

Jasmine Miller is also a graduate of Woodward High School and will attend the University of Toledo to pursue a bachelor's degree in early childhood education.

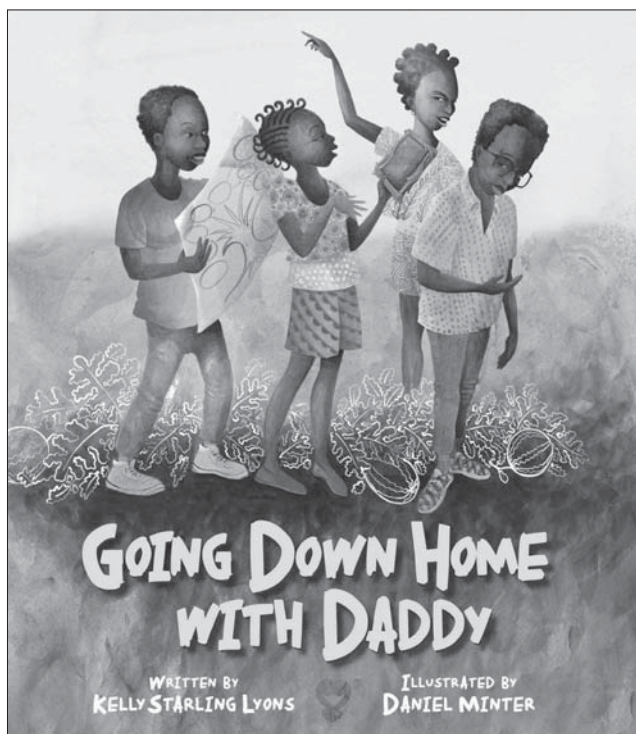
Saturday's jazz brunch was held at the Radisson Hotel at the University of Toledo Medical Center Campus.

CJ Manning & Company presented the opening musical prelude and Morgannia Dawson, president of the Zeta Alpha Omega Chapter offered the welcome to the brunch attendees. Pastor Eric Slack of New Creation Ministry COGIC brought the invocation.

After brunch, Rhonda Sewell, manager of External and Governmental Affairs for the Toledo Lucas County Public Library and a member of the Zeta chapter, served as the mistress of ceremonies and introduced the keynote speaker, Professor Jelani Jefferson Exum.

Exum, a professor at the University of Toledo College of Law for the past eight years, is also an associate dean of Diversity & Inclusion and is a member of the editorial board of the Federal Sentencing Reporter. She teaches Criminal Law, Criminal Procedure, Sentencing and Race and American Law. Her interests include the impact of race on criminal justice.

The Alpha Kappa alpha Sorority, Inc was founded in 1908 as the first African-American sorority whose mission is "service to mankind." The Zeta Alpha Omega Chapter was formed in Toledo in 1952 and has been awarding scholarships to Toledo area students for many years.



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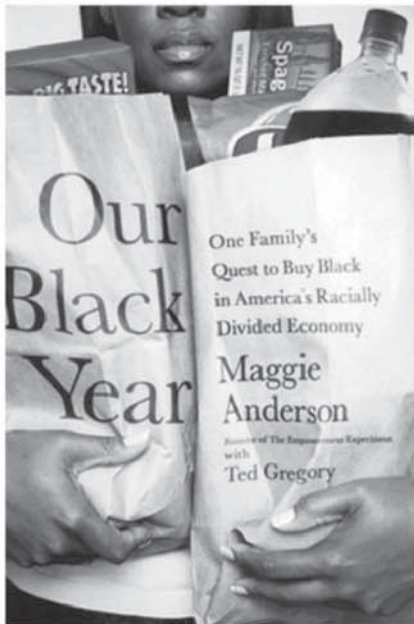
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Youth & Young Adult 4th Sunday

When: Every 4th Sunday
Time: 11:00 am
Where: Crusaders for Christ Church, 910 Woodville Rd., Toledo, Ohio

Bishop Joseph Mitchell Jr., Pastor
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CLASSIFIEDS

June 12, 2019

Page 15

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@lcmhsb.oh.gov by June 14, 2019. Details regarding the project deliverables and submission criteria are located on the MHRSB's website: <http://www.lcmhsb.oh.gov/publicnotice/>.

NOTICE TO BIDDERS

SEALED PROPOSALS for bidding on Metroparks **Toledo Surplus Structures Demolition** 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, June 21, 2019 at 3:00 p.m.** local time.

THE SCOPE OF WORK consists of demolition of select residential buildings, excavation of foundations, site cleanup, disposal of wastes, backfilling of excavations and site restoration work including removal of patios and sidewalks, fine-grading and seeding. Bidders may obtain copies of plans, specifications, contract documents and plan-holder's list through Newfax Corporation, 333 West Woodruff, Toledo, Ohio 43604 between 8:30 a.m. and 4:30 p.m., Monday through Friday (check made payable to Newfax Corporation) or via the Newfax Digital Plan Room at www.newfaxcorp.com. Newfax can be contacted at 419-241-5157 or 800-877-5157. A non-refundable fee of \$10 is required for each set of full-size documents obtained. For additional information, please contact Jon Zvanovec @ 419-360-9184, jon.zvanovec@metroparkstoledo.com.

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

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

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

By order of the Board of Park Commissioners
METROPOLITAN PARK DISTRICT OF THE TOLEDO AREA

David D. Zenk, Director

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)

Toledo Campus Ministry hiring an Administrative Assistant \$12 - \$15, 30 hrs. a week. Call 419-377-3404 for further information send resume to momavjc@yahoo.com

MARKETING/COMMUNICATIONS MANAGER

WGTE Public Media seeks a creative, hands-on, highly organized professional to oversee its marketing/communications department. Working with all aspects of WGTE (television, radio, educational and web services, membership, special events, etc.), you will craft, refine and implement an innovative, cost-effective marketing/communications strategy to support WGTE's objectives. The strategy will include public relations and media relations, traditional and digital media, social media, web analytics, e-communications and direct marketing. Implement, maintain and optimize content for company website and WGTE App to improve and enhance user experience. Candidate must have strong writing skills and be able to handle multiple, time-sensitive projects. A bachelor's degree required, preferably in marketing, communications or journalism. Send your letter and resume to: Human Resources, P.O. Box 30, Toledo, OH 43614 or at employment@wgte.org

MENTAL HEALTH & RECOVERY SERVICES BOARD OF LUCAS COUNTY MANAGER OF RECOVERY SERVICES

MHRSB is accepting applications to fill the positions of Manager of Recovery Services. Additional information regarding the duties is available on the Lucas County web site (www.co.lucas.oh.us). Click on "Apply for a Job" and then select Manager of Recovery Services from the list to read more or apply.

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