



Volume 56, No. 6

"And Ye Shall Know The Truth..."

July 3, 2019



Albert and Aletha Easterly with Tasha Jacobs, signing the final papers for the title to their new home

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State Rep. Paula Hicks-Hudson Named Minority Whip

Special to The Truth

Ohio House Democratic Leader Emilia Strong Sykes (D-Akron) last week announced the election of Rep. Paula Hicks-Hudson (D-Toledo) as Minority Whip and Rep. Richard Brown (D-Canal Winchester) as Assistant Minority Whip for the 133rd General Assembly. Brown joins the Democratic leadership team after former Whip Rep. Kent Smith (D-Euclid) stepped down last week.

"I want to thank Rep. Smith for his service to this leadership team and dedication to strengthening our caucus. I know he will continue to use that same vigor to fight on behalf of his constituents here at the Statehouse," said Leader Sykes. "I look forward to welcoming Rep. Brown into our leadership team and continuing working with Rep. Hicks-Hudson as we move Ohio forward and restore our promise as an opportunity state."

Hicks-Hudson moves from her position as Assistant Whip to Minority Whip.

"We have an incredible leadership team that's delivering results for taxpayers, and I look forward to continue working with members and staff to strengthen our caucus, expand opportunity for working families and build an economy that works for everyone," said Hicks-Hudson.

Brown joins Leader Sykes, Assistant Democratic Leader Rep. Kris-

tin Boggs (D-Columbus) and Minority Whip Hicks-Hudson on the House Democratic leadership team, which is the first majority-woman leadership team in Ohio House history.

"I am humbled by the support of my colleagues and thrilled to join this history-making leadership team," said Rep. Brown. "I am eager to expand my role here and to work alongside members and staff to build opportunity for working people and to give every Ohioan a shot at a better life and a brighter future."

Brown, an attorney of 37 years, was appointed to represent Ohio's 20th House district in 2017, serving for a year and a half before winning election in 2018.

Hicks-Hudson and Brown were elected in a full-house vote.



Rep. Paula Hicks-Hudson

Leader Sykes Statement on Supreme Court Ruling

Disappointed in decision to sidestep issue, uphold unfair maps

Ohio House Democratic Leader Emilia Strong Sykes (D-Akron) last week issued a statement following the Supreme Court's decision in the North Carolina and Maryland partisan gerrymandering cases. The decision will impact the ongoing court challenge to Ohio's congressional map.

While today's decision is a step back in the fight against unfair districts, we must continue to move forward and listen to the people of Ohio, who told us not once, but twice, that they want fair maps. It remains our duty, as legislative leaders, to prepare for a fair and accurate census and an open and transparent map-drawing process. Every voter deserves the opportunity to have their voice heard and their vote counted. We must uphold that fundamental promise to Ohioans."

Leader Sykes is the co-chairwoman of the Legislative Task Force on

Redistricting, Reapportionment, and Demographic Research, a body charged with managing the tasks involved in drawing Ohio's legislative and congressional districts. Her co-chairman is Senate President Obhof.



Rep. Emilia Sykes

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Community Calendar

July 4

The Nation's Birthday!!

July 20

African American Parade: Starts at 10 am at 1441 Dorr Street

July 26

Toledo Museum of Art's Visiting Artist Series: Featuring Kay Weprin - oil pastel, mixed-media and handmade paper; 6 pm; Offers families an opportunity to hear directly from local artists and musicians

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

Say It Ain't So, Joe ... Say It!

By Lafe Tolliver, Esq

Guest Column

Ah...the recent Demo-krat-tic debates! A tribute to retelling touched up stories and half-truths. Everyone is in to win it yet many know that their chances of becoming the party's nominee is as good as Trump's being sainted by the Pope.

From where I sat, during the first debate Sen. Elizabeth Warren stole the evening with her intensity and factual grasp of policy. Yes, candidate Warren could easily go toe to toe with Herr Trump and score a knockout or at least a convincing TKO.

Sen. Corey Booker was on point and showed he has the mustard to do the dance with Herr Trump, but I think he needs a little more seasoning before he is ready for prime time, to wit: sitting in the Oval Office.

In the second debate, it was a scrum until Sen. Kamala Harris cooled everyone's overactive zeal with a caveat that they were in danger of putting on a food fight instead of being attentive to the issues and the job of getting rid of Herr Trump.

Once everyone settled down, Harris showed the spit and shine that will do her well in the July debates.

Sen. Bernie Sanders looked the usual, like an overworked civil servant or harried English professor at a small elite college in the Northeast. He repeated his favorite lines from decades of practicing them and, at times, looked like he knew that this was his last roundup.

Mayor Pete Buttigieg came across as serene, grounded and in control of his narrative but he too, in my opinion is about eight to 10 years out before he can come into his own with the "bag-

gage" of being married to a man.

Let's be frank, his hugging and kissing a man and that other man becoming a possible First Lady, in drag (?) would not play well in the southern states. There, the acceptable rule is that men marry women and not men marrying men. Just saying!

Now...let's get to the former matinee idol from Delaware, former Vice President Joe Biden. Biden's stage performance was old (as he is) and tired (as he appeared to be at times) and what he said did not have me leaping up and running a lap or two in my living room.

Naw...Biden was flat and his defensive retorts to the justifiable attacks of Kamala Harris about his questionable voting history on civil rights and segregation and busing was not convincing. Understandable but not of the caliber that everyone could cover for him as he being a political product of that combustible era.

For all the reasons that Biden professed as his rationale to enter the political mud wrestling contest of vying for the White House, they were not convincing or causing me to reach for my check-book for his support.

Time has passed Biden by and his remarks reflected a thinking process that left much to be desired as he being "sharp" or a formidable foe to take on Herr Trump.

I have been thinking that if I served as someone's wing man and vice president for eight years that my boss (Barak Obama) would be the first out of the gate to glad hand me and shower me

with kudos and would make a Wowza! commercial in which Biden was endorsed with no reservations. That did not happen and, to date, has not happened.

Former President Obama is seemingly determined not to tilt the table towards Biden's campaign and one can only think that Obama has some reservations about

Biden's capacity and his "fire in the belly" to captain the ship of state.

As most candidates do, they all have baggage that they will have to relive while on the campaign trail or explain it away during intensive media interviews. Biden, Harris, Warren or Sanders will not get a free media pass to the White House.

As the media are wont to do, they will be examined with a sharp scalpel and if any candidate is found to be wanting, those short comings will be glaringly exposed for all to see and comment upon.

The end game is simple: Get rid of Herr Trump and his corrupt minions and win the Senate so that Mitch McConnell will lose his seat as majority leader. Without those two victories, America faces another four dark years of having a certifiable buffoon leading this country.

If I were asked to give my dream ticket and some of the cabinet positions that I would fill from the 20 candidates, this is where I now stand:

Warren and Booker for president and V.P., Kamala Harris for Department of Justice, Yang,

... continued on page 4

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United States Army Models Join W.E.S & I for a Great Cause

Local members of the United States Army strutted their stuff on the runway for a great cause on Sunday, June 23 at the Stranahan Theater and Great Hall. The men and women served as "celebrity" models during the second 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 beforehand, "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 Sherriff'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, served as the mistress of ceremony for the second consecutive year. The program also included dinner, a live band and dancing.

For more information about W.E.S. & I, Inc., visit www.widows-empowered.org (<http://widowsempowered.org>) or contact Idell Watson at 419-359-4001. Also check out the 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. They 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.



Councilman Larry Sykes welcomes guests



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Brigitte Burnette

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Tolliver... continued from page 3

head of the Department of Commerce, Hickenlooper, head of the Department of the Interior, Gillibrand as Secretary of Labor, Tim Ryan for HUD, Bullock for HHS and Gabbard as Secretary of Defense.

For Biden? Copious warm thank-yous for years of service and an autographed copy of Dr. Martin Luther King's book, *Why We Can't Wait*.

Contact Lafe Tolliver at tolliver@juno.com

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Toledo Urban's Mortgage Program off to a Flying Start

By Fletcher Word

Sojourner's Truth Editor

The Toledo Urban Federal Credit Union recently revived its mortgage lending program which had been dormant for about 10 years.

"We were receiving so many calls and referrals that we thought it was time to bring on our own lender," said Suzette Cowell, CEO of the credit union since its start over 22 years ago.

So Tasha Jacobs was brought in this spring from Greater Metropolitan Title Company, where she was a closing coordinator, to fill the mortgage loan officer/community lender position at TUFUCU.

During her months at TUFUCU, Jacobs has had to create a mortgage loan program. She interviewed a variety of loan officers at other institutions to determine how TUFUCU's could be competitive; she investigated the policies of Fannie Mae and Freddie Mac (even though TUFUCU's loans will not be sold to a secondary market); she set up a new loan origination system since the one in use more than a decade ago no longer fit the institution.

And on Friday, June 28, the new program bore fruit for two longtime

members of the credit union as Albert and Aletha Easterly joined Jacobs at Louisville Title to sign the final papers on the mortgage for their new home – the first loan of the new TUFUCU era.

What a whirlwind undertaking the first loan has been for TUFUCU and the Easterlys, said Jacobs. "We originated the process and closed within 34 days." Albert, a union electrician, and Aletha, owner/manager of Quality Time Day Care, will be occupying their new home within weeks, sometime this month, after they apply a few finishing touches on carpet and interior paint.

It's their final home, said Albert. "I'm never moving again," he announced enthusiastically during last week's closing.

What benefits did the Easterlys gain by using the services of the TUFUCU mortgage program?

"We do in-house underwriting," said Jacobs, explaining the benefits of the TUFUCU program. "We service all our loans, which means the process is faster; we have market rates."



Albert and Aletha Easterly with Tasha Jacobs, signing the final papers for the title to their new home



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Social Security Column

Celebrating Independence Day

By Erin Thompson

Social Security Public Affairs Specialist in Toledo, OH

Guest Column

July 4th brings family and friends together, as well as neighbors, to celebrate that we're all part of a community. Everyone pitches in, combining their resources — great food, music, and displays — to lift our spirits.

Social Security has been helping people maintain their independence for over 80 years. In that time, we've made it even easier for you to access the programs and benefits you might need. Today, applying online is a fast way to get those crucial benefits.

Here are some of the benefits you can apply for:

- **Retirement or Spouse's Benefits** – You must be at least 61 years and 9 months old and want your benefits to start no more than four months in the future. Apply at www.socialsecurity.gov/retireonline.
- **Disability** – You can apply online for disability benefits. Apply for

Disability at www.socialsecurity.gov/disabilityonline.

- **Extra Help with Medicare Prescription Drug Costs** – Some people need assistance with the cost of medications. Apply for Extra Help at www.socialsecurity.gov/i1020.

- **Medicare** – Medicare is a national health insurance program administered by the U.S. federal government that began in 1966. You should apply before your 65th birthday at www.socialsecurity.gov/retireonline.

- **Supplemental Security Income (SSI)** – SSI is a federal income program funded by general tax revenues designed to help aged, blind, and disabled people who have little or no income. You may be able to apply online if you meet certain requirements. See if you can apply online for SSI at www.socialsecurity.gov/benefits/ssi.



Social Security provides benefits for millions of people, including retirees, wounded warriors, children, and people with disabilities who cannot work. Find the help you or your family needs at www.socialsecurity.gov/benefits.

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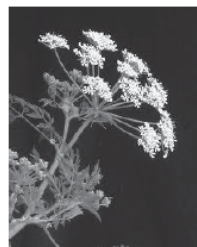
Health Department Warns of Noxious Weeds

This past spring has proven to be one of the wettest seasons on record and increased rainfall has led to an increase of weeds including wild parsnip and poison hemlock. Ingestion of either weeds, or allowing the sap to enter eyes or nasal passages can cause poisoning in humans and pets.

Wild parsnip has intense yellow flowers with a flat top appearance growing from a single stalk. Wild parsnip can grow up to five feet high with leaves that resemble celery leaves. It's found along roadways, in ditches, pastures, abandoned fields, on restored prairie land, and disturbed areas. Contacting the sap of this plant may increase the sensitivity of some people's skin to sunlight. Contact with sap found on wild parsnip can cause the skin to blister painfully.



Wild Parsnip
Photo: The Ohio State University



Poison Hemlock
Photo: USDA

Poison hemlock produces white flowers with a more rounded look, also growing from a single purple-spotted stalk, growing up to 9 feet tall. Poison hemlock is often found on roadsides, in waste areas and near fences. It can be mixed in with harmless plants in pastures and crops, making this plant particularly dangerous to livestock.

The biggest risk with poison hemlock is ingestion. Lethal doses are fairly small, so it is important for animal owners or parents of young children to identify it in their area and remove it if possible. The toxins can also be absorbed through the skin and lungs, so be sure to wear gloves and a mask if handling these plants.



A Mental Health Moment

Post-Traumatic Stress Disorder (PTSD) & The 4th of July Celebratory Stressors

By Bernadette Joy Graham, MA, LPC, NCC

Licensed Mental Health Therapist

The Truth Contributor

Finally, the snow is gone, and summer is in full swing with several holidays to celebrate in the sun and fun. As a child, the 4th of July was one of my favorite holidays as I would gather with friends to watch the colorful bursts from the Cherry Street bridge.

We enjoyed sparklers, firecrackers and of course all the cookouts and ice cream. The 4th of July is still a great celebratory holiday where friends and family gather for various events but not all individuals can enjoy those events due to post-traumatic stress disorder (PTSD). Both children and adults can be diagnosed and suffer from PTSD due to exposure to traumatic events experienced in a myriad of ways. It is especially common among veterans who have served in combat.

The American Psychiatric Association lists the criteria for PTSD and states that all must be met for an individual to be diagnosed. Some of the criteria includes direct exposure to death, actual or threatened. The individual will often re-experience this through nightmares, flashbacks or reminders (such as fireworks, sounds of gun fire or alike.) The individual suffers emotional distress and a difficult or an inability to experience positive feelings and emotions.

Post-traumatic stress disorder is diagnosed by a mental health professional and treatment is available. Success of treatment depends upon many factors

unique to each individual. Take a mental health moment if you or someone you know may be showing signs of PTSD and speak to a mental health professional.

Also, consider that individuals who suffer from PTSD have symptoms often triggered by loud sounds such as those utilized for the 4th of July celebrations. Not all celebrations need to include firecrackers and other noise makers in and around neighborhood gatherings, but a great cookout and ice cream warrants minimal damage (Just don't eat too much.) To all my fellow veterans, thank you for your service and for those who continue to serve.... thank you, thank you, thank you.

Bernadette Graham is an active duty Air Force veteran and now serves as 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.



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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

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

19 JULY

20 JULY

African American Parade + Festival
Dates: Saturday, July 20 2019 | Time: Kickoff at 10:00AM (4441 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

Blue Zones for a Long, Healthy Life

By Patrice Powers-Barker, OSU Extension, Lucas County

The Truth Contributor

I work for The Ohio State University so it is unusual for me to say, “Go blue.” This “blue” is not about competing college sports teams. Nor is this statement about politics – although some political pressure could help build these blue communities. The theme of this article is “Blue Zones,” specific locations of the world where people live long, healthy lives.

Why call them Blue Zones? Researchers identified Sardinia, Italy as the region of the world with the most males who live to be at least 100 years old. The researchers drew blue circles on their maps, highlighting villages with extreme longevity. They nicknamed this area the blue zone. Author Dan Buettner, a National Geographic Fellow, has coined the term Blue Zones as a way to highlight and learn from the people of these areas. The five Blue Zones where people live the longest and are the healthiest are: Sardinia, Italy; Okinawa, Japan; Nicoya, Costa Rica; Ikaria, Greece and Loma Linda, California.

Many Seventh Day Adventists live in Loma Linda and their lifestyle prac-

tices help them live long lives. Obviously, the centenarians and their communities around the world have been in existence much, much longer than the term “Blue Zone” but this current work helps us learn from them.

The current research on the five Blue Zones is listed as nine specific lifestyle habits called the Power 9. How many of these nine Blue Zone habits do you employ in your life? The following quotations are from <https://www.bluezones.com/>

1. Move Naturally

While the gym might be great for many of us, those in the Blue Zones live in environments that allow them to get their physical activity through daily life. They get their exercise by gardening and daily tasks around the home and yard without all of our mechanical conveniences. Are there any household chores that could add more physical activity to your day?

2. Purpose

This is explained as “why I wake up in the morning”. Research shows that knowing your sense of purpose can add up to seven years of extra life expectancy. Have you considered your purpose lately?

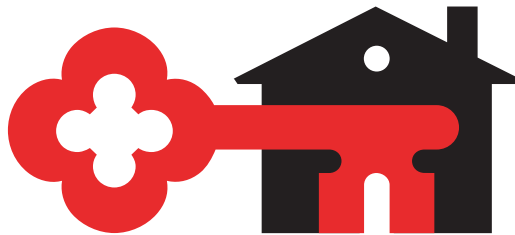
3. Down Shift

People everywhere experience stress – including those who live in Blue Zones. One big difference for those in Blue Zones is that they have specific routines to counteract stress. For example, Buettner writes, “Okinawans take a few moments each day to remember their ancestors, Adventists pray, Ikarians take a nap and Sardinians do happy hour.” How do you address stress in your life?

4. 80 Percent Rule

Buettner shares that Okinawans say a 2500-year old Confucian mantra said before meals to remind them to stop eating when their stomachs are 80 percent full. He explains, “The 20 percent gap between not being hungry and feeling full could be the difference between losing weight or gaining it. People in the Blue Zones eat their smallest meal in the late afternoon or early evening and then they don’t eat any more the rest of the day.” Do you pay attention and notice feelings of fullness during the day?

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AKAs Host Jazz Brunch and Celebrate Scholarship Recipients



AKA members with Professor Jelani Jefferson Exum

Girl Friends Celebrate New Officers and End of Year

The members of Toledo Chapter of Girl Friends, Inc. held their installation of new officers and their celebration of the end of the program year Sunday with a barbecue at the home of Alisha Gant in Maumee.

Outgoing president Marie L. Bush, Ph.D., passed the leadership torch to the new president Katrina Barry. Over 30 Girl Friends and their Boy Friends attended the celebration. Dr. Lati Osinowo serves on the Girl Friend National Nominating Committee and Marie L. Bush was elected vice president of the national Girl Friend Fund this past May at the national conclave.

Toledo Chapter has had three national scholarship winners awarded funds from The Girl Friend Fund whose purpose is to help needed scholars "make dreams come true" by financially assisting them with college expenses for four years if they meet the criteria.

Steven Thomas was the first winner in 2017 and will be a junior at The Ohio State. Courtney Draper is entering her sophomore year at Wright State and Jas-

mine Brown was the winner this year and will be attending Spelman College in Atlanta this fall.

Newly elected officers for Toledo Chapter of Girl Friends, Inc. are Katrina Barry, president; Lisa Dubose, EdD., vice president; Aimee Fitzgerald, recording secretary; Alisha Gant, corresponding secretary;



L to R Faith Hairston, scholarship chairman; Courtney Draper; Steven Thomas; Jasmine Brown; Marie Bush

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ProMedica Community Events in July

Aromatherapy

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Wednesdays, July 3 and 17

1 - 2 p.m.

The Victory Center

5532 W. Central Ave., Suite B, Toledo, Ohio, 43615

ProMedica Summer Concert Series

The ProMedica Summer Concert Series Presented by Coors Light and Hollywood Casino Toledo is hosting weekly concerts at Promenade Park through September featuring a variety of local and national musicians and musical genres, including alternative, country, pop, rock, R&B, soul, and Tex-Mex. Tickets are \$15 presale or \$20 the day of the show. Super fans may purchase VIP tickets for entry closer to the stage for \$45. Tickets are available at Ticketmaster and www.promenadeconcerts.com <<http://www.promenadeconcerts.com>>.

Thursday, July 4 - Eric Chesser and Toledo Symphony Orchestra

Friday, July 19 - Killer Queen (An international tribute band)

Friday, July 26 - En Vogue and Kid 'n Play

6:15 p.m.

Promenade Park

400 Water Street, Toledo

ProMedica Dementia Education Series

ProMedica's Goerlich Center is offering free dementia education sessions for family members, caregivers, friends, and community members. ProMedica experts will provide insight, strategies, techniques and care

approaches for managing the course of Alzheimer's disease and dementia. A Certified Dementia Practitioner will provide free adult day care supervision and recreational activities during the event. Light refreshments will be provided. This series takes place on the second Tuesday of each month. Pre-registration is requested, but not required. For more information, call Cheyenne Abrego 419-824-1758 or email Cheyenne.Abrego@ProMedica.org <<mailto:Cheyenne.Abrego@ProMedica.org>>.

Tuesday, July 9

5:30 - 6:30 p.m.

ProMedica Flower Hospital

Conference Center, Boardroom

5200 Harroun Rd., Sylvania, Ohio, 43560

Nursing Mothers Support Group

ProMedica Toledo Hospital's women's services is hosting a breastfeeding support group for nursing mothers. Do you have breastfeeding questions? Drop in and receive support from a certified lactation consultant and other nursing mothers. The group meets the second Tuesday of every month. For more information, call 419-291-5666.

Tuesday, July 9

1:30 - 2:30 p.m.

ProMedica Toledo Hospital

Entrance F, Mom & Me Boutique

2142 N. Cove Blvd., Toledo, Ohio, 43606

Blood Drive

ProMedica is hosting a blood drive for the American Red Cross. Registration to donate blood is required. To schedule a donation time, call Megan Thomas at 419-291-2215 or visit redcrossblood.org and enter sponsor code: TOLEDHOSP.

Tuesday, July 9

11 a.m. - 3 p.m.

ProMedica Toledo Hospital

Croxtan Auditorium

2142 N. Cove Blvd., Toledo, Ohio, 43606

Scale Down Seminar

Are you ready to diet differently? ProMedica's Scale Down Weight Management Program is easy-to-follow. This supplemental diet plan helps you lose weight safely with a long-term maintenance program to keep the weight off. During this hour-long session, you will be able to hear about the HMR Program and success stories from patients both in and out of our clinic. Allow an additional 30 minutes of time after the presentation if you have additional questions and for signing up. The seminar is free but registration is required. To register, call 855-251-8615 or email promedica.wellness@promedica.org <<mailto:promedica.wellness@promedica.org>>.

Wednesday, July 10

11:30 a.m. - 12:30 p.m.

ProMedica Health and Wellness Center

Community Education Room

5700 Monroe St., Sylvania, Ohio, 43560

Wednesday, July 17

5 - 6 p.m.


ProMedica Health and Wellness Center

Community Education Room

5700 Monroe St., Sylvania, Ohio, 43560

Alzheimer's Support Group

ProMedica Memorial Hospital is hosting a monthly Alzheimer's support group. This group is for family members, friends and patients as



presents

2019 BACK TO SCHOOL BLOCK PARTY

LMHA families are invited to join us for FREE books, school supplies and lunch!

TWO GREAT LOCATIONS:

Birmingham Terrace
(W) July 17 | 1 - 2:30 p.m.
Special participation by the Alpha Phi Alpha Fraternity, Inc.

Weiler Homes
(W) July 31 | 1 - 2:30 p.m.










HIGHLIGHTS INCLUDE:

- 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

Thank you to our Community Partners:

... continued on page 12

Five Reasons Kids Should Play Outside More

Special to The Truth

Whether it's dance lessons, computer projects, art class or yoga, kids these days are busy bees. And while such activities are enriching and fun, experts say that many kids aren't spending enough time doing something much simpler and every bit as important as structured programming: playing outdoors.

"Finding time for the kids to play outside can be such a challenge for parents," says Keri Wilmot, a pediatric occupational therapist and an expert contributor to TheGeniusOfPlay.org. "As a parent I worry about 'stranger danger' or whether my kids will be able to navigate social issues on their own. Without spontaneity, playtime has lost some of its fun."

Outdoor play is necessary for healthy child development, according to The Genius of Play. The initiative, whose mission is to raise awareness about the importance of play and help parents make play a critical part of raising their kids, is sharing five benefits of unstructured outdoor playtime:

- **Physical Development:** Research has shown that physically active kids tend to be leaner and healthier, while an inactive childhood can lead to a sedentary (and likely unhealthy) lifestyle in adulthood. Furthermore, physical play builds gross and fine motor skills necessary for success in school and beyond. Hanging from the monkey bars, for instance, helps kids develop the hand muscles needed to grip a pencil.

- **Risk-Taking:** Through outdoor play, children are given the opportunity to step outside their comfort zones and try new things. While taking risks won't always lead to success on the first try, moments like a first bike ride without training wheels, or the first trip down the big slide in the playground, are critical for building the confidence and resilience needed to pursue a future career, start a business, or handle life's many challenges.

- **Social Skills:** Childhood games played outdoors can help build social

skills and teach kids to follow directions. From games as simple as tag, to those with more complicated rules, like "Kick the Can," "Capture the Flag," and sports like soccer and basketball, communication, teamwork and other important social skills are developed during outdoor play.

- **Problem Solving:** Children's imaginations are often stimulated by the world around them. Being outside widens their horizons and can encourage kids to tap into their creativity in order to come up with solutions to challenges, such as learning how to build a sandcastle or figuring out how to climb up a jungle gym.

- **Reducing Stress:** So much outdoor play involves physical activity, thrilling moments and a sense of freedom, all of which can boost endorphins, helping to lower stress levels and reduce anxiety and depression. Interestingly, simply touching dirt when creating mud pies or digging for worms can be beneficial. According to a Bristol University study, certain types of "friendly" bacteria in soil have been found to activate the group of neurons that produce serotonin, which contributes to a feeling of well-being and happiness. So, don't be afraid to let your kids get a bit dirty out there!

For play ideas, expert advice and other play resources, visit TheGeniusOfPlay.org.

Playtime is essential for children. To promote health, happiness and confidence, be sure some of it is spent outdoors.

Courtesy StatePoint

Andrew Cares Summer Splash 2019, Saturday, July 20, 2019

*at Willys Pool from 12:00 pm - 3:00 pm.**

*This has become a FREE annual event for area kids, keeping them engaged and motivated during the summer. It's also a cool way to beat the heat and have fun. FREE pool access, food, ice cream, games and much more!

We are honored to have support from the City of Toledo Division of Parks, Recreation and Forestry. Help from YOU would make all the difference... you can donate using cash app; \$AndrewCares or call me for sponsorship/partnership opportunities at (404-587-1438).

Thanks for caring and investing in our future, hope to see you July 20th. *

Andrew Kinsey, (Andrew Cares)*

The Truth

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Blue Zones... continued from page 8

5. Plant Slant

This is the friendly reminder to “make half your plate fruits and vegetables.” Many of those who live in Blue Zones eat a lot of beans and lentils for their protein. If they eat meat, it is seldom and the serving sizes are the recommended three to four ounces (about the size of a deck of cards). How does your diet match up? Can you pay attention to serving sizes and dish up some more fruits and vegetables?

6. Wine @ 5

Except for Adventists, people in Blue Zones drink alcohol regularly, in moderation. They drink only one to two glasses a day and it is with friends and/or with food. Buettner reminds us, “No, you can’t save up all week and have 14 drinks on Saturday.”

7. Belong

The research showed that almost all of the interviewed centenarians belonged to some faith-based community. The denomination does not seem to matter. “Research shows that attending faith-based services four times

per month will add four-to-14 years of life expectancy.” How do you strengthen your spiritual beliefs?

8. Loved Ones First

In Blue Zones, aging parents and grandparents live nearby or in the home. Not only is it healthy for the older generation, it is also beneficial for children in the home. It was found that throughout the decades, most centenarians commit to a life partner and they spend time with their children.

9. Right Tribe

“The world’s longest lived people chose—or were born into—social circles that supported healthy behaviors” Studies show that smoking, obesity, happiness, and even loneliness are contagious. Does your social circle support healthy choices?

Want to learn more? Check out the website on Blue Zones or check out one of Dan Buettner’s books from the library. Get out your blue pen and circle what you can do to add or improve some Blue Zone concepts to your lifestyle. Information from www.bluezones.com

ProMedica... continued from page 10

they navigate through the complexity of the illness. It is an opportunity to get support from others who are experiencing the trials and tribulations of dementia. This support group meets on the second Wednesday of every month and is free and open to the public. For more information, call 567-938-9394.

Saturday, July 13

6 - 7:30 p.m. - Entertainment

7:30 p.m. - Movie starts

Promenade Park

400 Water Street, Toledo

Regenerative Medicine Seminar

Do you suffer from joint pain or non-healing fractures? Regenera-

tive medicine procedures use your own stem cells and platelets to encourage your body’s natural healing abilities to restore function and relieve pain. ProMedica’s board-certified physicians have received extensive training in these non-surgical procedures that treat common injuries and degenerative orthopaedic conditions in the knee, hand, hip, back, ankle and shoulder. Come to the free seminar to learn more. Registration is required. To register, visit www.Promedica.org/regenerativemedicine or call 419-578-7515.

Wednesday, July 24

6 - 8 p.m.

ProMedica Flower Hospital Conference Center

5200 Harroun Rd., Sylvania, OH 43560

Room E (Use Conference Center entrance)

Stroke Support Group

This free, monthly support group is for stroke survivors and their caregivers. Scheduled speakers and topics vary each month and are related to stroke survival. For more information, contact 419-291-7537 or stroke.support@promedica.org

Thursday, July 25

4 - 5:30 p.m.

ProMedica Flower Hospital

Conference Center Board Room

5200 Harroun Road, Sylvania, Ohio, 43560

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Tech Boss Lady: How to Start-Up, Disrupt & Thrive as a Female Founder by Adriana Gascoigne

By Terri Schlichenmeyer
The Truth Contributor

One foot in front of the other.

That's how you get anywhere: whether it's a toe-sliding shuffle or a one-two-three-waltz, the only way forward is step by step. Slow-walk it if you must, but you have to keep going and in **Tech Boss Lady** by **Adriana Gascoigne**, you'll find helpful business shoe-prints to follow.

c.2019
Seal Press
\$28.00 / \$36.50 Canada
219 pages

From the time she was a child, Adriana Gascoigne knew that she didn't want a 9-to-5 job as an adult. Both her parents were entrepreneurs who did whatever it took to keep the family afloat, and Gascoigne spent after-schools and weekends pitching in. For her, self-employment was natural; even so, Gascoigne found herself working in a boys-network Silicon Valley office after college.

Before #MeToo was a thing, she was harassed for being a woman.

Undaunted, Gascoigne persevered until she spotted a problem and created a solution, finally becoming the entrepreneur she always knew she was. In this book, she offers advice for "founders" of the tech sort – which, as she says, is everyone now, because almost all "business today relies on technology to scale."

The first point she stresses is that every entrepreneur, "and I mean

every single one," has "absolutely no fear," which is "quickly followed by acute urgency to propel forward." If that doesn't describe you, says Gascoigne, then "hit the bench and sit this one out."

Stay focused on your goals because hard work "will only get you so far..." Be willing to give other women a hand-up; in fact, start doing so as early as possible by giving your daughters or nieces STEM toys. Know how to hire, be a leader, and foster a sense of intrapreneurship in your business. Find a great mentor and be willing to ask for help if you need it but exercise caution when you think you might need a partner. Don't let failure freak you out. And finally, watch yourself for signs of stress or burnout. You might need an extra jolt of confidence to get back on track.

You've got this.

As business books go, Tech Boss Lady isn't bad. It's not great, either – mostly because, if you're an entrepreneur, you already know what's inside it.

Indeed, there's a lot of same in this book. Like many current authors, Gascoigne focuses more on tech start-ups and relies a lot on personal examples, despite an avowal to avoid doing so. Neither can you avoid rah-rah words about goals and hiring, both which are seen in just about every entrepreneurial book from the last three decades.

And yet, Adriana Gascoigne's style is surely appealing. She's smart and bold, and ideas are presented just freshly enough to capture the attention of young businesswomen who maybe haven't seen this information a dozen times. They might benefit from it, and from Gascoigne's no-nonsense, straightforward, steel-fisted warmth, the most.

This book can surely be read by anyone with entrepreneurial spirit but it's really not for men, or for women over 40. For younger women with business-sense, though, *Tech Boss Lady* can be a great first step.

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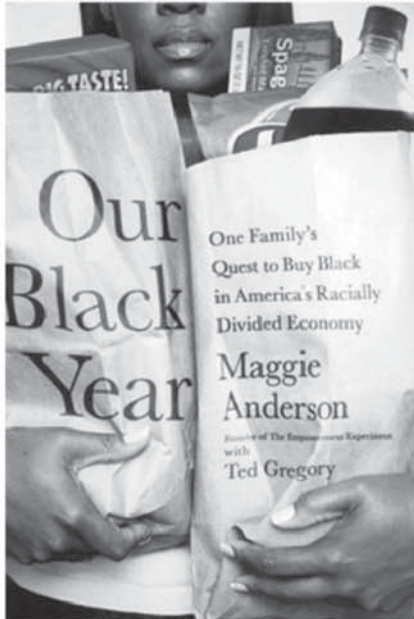
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One Family's Quest to Buy Black in America's Racially Divided Economy

Maggie Anderson
Author of The Empowerment Experience with Ted Gregory



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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
Evangelist Collette Mitchell, First Lady

Crusaders for Christ Church • www.crusadersforchristchurch.org



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CLASSIFIEDS

July 3, 2019

Page 15

SPECIAL NOTICE

RE: EXAMINATIONS FOR JOURNEYMAN WIREMAN

Applications for the Journeyman Inside Wireman test will be accepted July 1-5, 2019 at the International Brotherhood of Electrical Workers Local 8, 807 Lime City Road, Rossford, Ohio between 9:00 a.m. and 3:00 p.m.

The qualifications to be eligible for this examination are:

1. Must be 18 years of age or over,
2. Must live in the jurisdiction of Local 8 for one year prior to application.
3. Must have proof of 4 years employment in the commercial/industrial electrical construction industry.

OUTDOOR SKILLS PROGRAMMER

Metroparks Toledo is looking for an Outdoor Skills Programmer to conduct outdoor skills programs such as kayaking, archery, hiking, etc... Must have completed some college class work in environmental science, biology, education, outdoor recreation or related field, or equivalent work experience. Previous experience working with groups of children and leading outdoor education programs for all ages required. \$9.47/hr. Seasonal position, now through December as needed. Go to www.MetroparksToledo.com for complete job requirements and descriptions; must submit online application and resume. EOE

NATURAL RESOURCES CONSERVATION ASSISTANT:

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

Triad Residential Solutions is seeking to fill multiple positions including direct support professionals as well as a full time, salaried Residential Manager for their Toledo area. The Residential Manager will oversee the operations of 5-6 homes with individuals with disabilities. Supervisory experience is preferred and experience working with people with disabilities is a must. For more information, please contact Wendy Bejaige, wbejaige@triadresidentialolutions.net



VOLUNTEER COORDINATOR:

Metroparks Toledo is seeking a Volunteer Coordinator. Two years college-level education in business, liberal arts, environmental science, or related field, or equivalent work experience required. Moderate experience with volunteer administration or special event management. The candidate should have excellent communication, computer, database management, and public speaking skills, Fulltime. \$15.87/hour. Go to www.MetroparksToledo.com to view the complete job description and submit an online application and resume by July 3. EOE

ABUNDANT LIFE OF PERRYSBURG ACCEPTING APPLICATIONS

Abundant Life of Perrysburg is accepting applications for its subsidized apartment facilities. Abundant Life #1 offers independent living for senior citizens 62 years of age or older and individuals 55 or older with a physical impairment. Abundant Life #2 is a supportive living complex for people 62 and older. To apply individuals must meet the age requirement and an annual income requirement of no more than \$24,150.00 for one person or \$27,600.00 for two people.

We are located in the Three Meadows subdivision near the Manor of Perrysburg. Our garden apartments offer one bedroom, private patios, with individually controlled thermostats for heat and air conditioning.

Abundant Life #1 offers bathtubs, while Abundant Life #2 offers walk-in showers and pull cords for emergencies.

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



Call to place your ad:

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www.TheTruthToledo.com

NOTICE TO BIDDERS

SEALED PROPOSALS for bidding on **Glass City Metropark Bid Package No.1, 1001 Front St., Toledo, OH 43608** 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, July 12, 2019 at 3:00 p.m.** local time.

THE SCOPE OF WORK consists of **park site construction**: select demolition, erosion control measures, mass excavation and embankment, riprap, stone landscape walls, landscaping, irrigation, seed & mulch and **park amenity construction**: including boardwalk overlooks & bridges, railings, aggregate paths, riverfront platform/structure, asphalt road and lot, concrete curbs and plaza, 3,500 sq. ft. pavilion building, green roof, rooftop plaza, concrete retaining walls, benches, signage, and site utilities. 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 \$100 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
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A Message for the Youth of St. Paul MBC – “God’s Got It”

Sojourner's Truth Staff

The congregation of St. Paul Missionary Baptist Church celebrated Youth Day on Sunday, June 23. The theme of this year's celebration was “God’s Got It,” taken from Jeremiah 1:19.

“The theme gives respect to God as He is all seeing and everywhere at the same time,” wrote Pastor James H. Willis, Sr. just before the service began. “As our young people begin to mature and prosper, there will be circumstances that are out of their control, however with God on their side, they will be victorious.”

This year's Youth Day Committee was led by Chairperson Sharon Hubbard and Co-Chairperson J’Vann Agnes Winfield. “To our youth, you are our future and we, as adults, must lead by example,” wrote Hubbard. “We must teach you the way of the world and the importance of worshipping our almighty God.”

The Order of Service featured an opening devotion by the congregation's youth – Brooklyn Prayer; Justin Fisher, Jr; Samarion Buckson; Maleah Jackson and Keonna Jenkins.

Following prayer, scripture readings, song and worship dance, the morning's speaker, Min Jasmine Aaron-Pope of Canaan Manifested

Word Church offered some words on the idea that “God’s got an assignment for you.”

“The main purpose,” she said, “is no matter what your age or the circumstances, God is able to use you – He has a purpose for you.”

Pope is a two-time graduate of the University of Toledo with a bachelor's degree in psychology and a minor in criminal justice. She has also earned a master's degree in criminal justice with a certificate in juvenile justice. After UT, Pope earned a master's in social administration from Case Western Reserve and is currently attending Payne Theological Seminary where she will obtain a master's of divinity.

She is an active member of the Canaan Manifested Word Church where she is a licensed minister and continues to build her own brand Blessings in Disguise.

Pastor Willis, now in his 15th year as the shepherd of the St. Paul congregation closed Sunday's service with remarks and the benediction.



Volunteer Information Meeting

Mott Branch Library
1010 Dorr Street
July 16th, 5:30 pm-6:30 pm
www.casakids.net

CHANGE A CHILD'S STORY



(l. to r.) J'Vann Winfield, Pastor James Willis, Jasmine Lynn Pope, Terran Taylor, Sharon Hubbard, Samarion Buckson



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