True Vine Missionary Baptist Church’s Centennial

Rev. Brian Monford, Trustee Norman Bell, Mother Ora Bell, and Pastor Cecil Graham

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Fire in My Belly
By Rev. Donald L. Perryman, PhD
The Truth Contributor

Get involved in an issue that you’re passionate about. It almost doesn’t matter what it is…. We give too much of our power away, to the professional politicians, to the lobbyists, to cynicism. And our democracy suffers as a result.

- President Barak Hussein Obama

When Carleton “Carty” S. Finkbeiner was mayor of Toledo, Ohio, he was perhaps the most controversial of any mayor that preceded or followed him. Colorful and resilient, often capricious but generous, Finkbeiner ran the city with a combustible passion from 1994 to 2002 and again from 2006 – 2010.

Now, Carty is still displaying his fire and fervor as an activist working with the community group Protect Our Water. I ran into the former mayor, ironically, on the 22nd floor of One Government Center where he had just held court with current mayor Wade Kapszukiewicz and members of his administration.

Finkbeiner spoke with me about his life, career and current events.

Perryman: Activism is a new role for you, isn’t it?

Finkbeiner: No, no. Out of college I didn’t know what I wanted to do, so I taught for a year at my old alma mater, Maumee Valley, and then I enjoyed the experience that was coaching, so I became a football coach at the University of Toledo for four years. But I thought I was going to become a minister and I then went down to the Episcopal seminary in Virginia in November of 1969. I got a view of America, is they’ve got all these different colors and shapes of people let themselves be themselves and that is a wonderful asset to the international view of America, is they’ve got all these different colors and shapes of people there and they’re not all the same.

Perryman: Well, what brought you to the interest in the water?

Finkbeiner: Having been here before (as mayor), number one. And, I’m sure the fact that my father was a civil engineer is in my stream of consciousness as well. He built the Collins Park filtration plant. He started in the Depression, didn’t make any money. He partnered with another man, Mr. Champ. I think they made $5 one year in the Depression, they got paid, but dad would

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Community Calendar

September 5
Padua Center Kwanzaa Park Neighbors Meeting: 6 pm; Speaker’s topic – Cherry Street Mission and what is being done to address poverty at Life Revitalization Center: 419-241-6465

September 14
Eleanor Kahle Senior Center 2019 Fall Bazaar: 9 am to 3 pm; Crafts, gifts, bake sale; Hosted by the Happy Hookers Crochet/Knitting Club: 419-476-2745
Braden UMC Total Wellness Health Fair: 9 am to 4 pm; Screenings for diabetes, blood pressure, prostate cancer; Education about nutrition, insurance, CPR, cyber and fire safety
St. Mark’s MBC Pes-Women’s Day Workshop: 9 am; “Praying with Faith and Hope Makes All Things Possible;” Featuring discussion of “Fen” by Priscilla Shirer: 419-350-8150 or 419-266-1291

September 14-15
St. Paul MBWC Women’s Day Weekend: “We Are Women of Faith, Value and Vision;” Saturday – lunch at 11, guest speaker Sis El’Freda Agboka of Rochester Hills, MI; Sunday – 10:45 am service – speaker Elder Teresa McBee of Family Baptist: 419-246-2886

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
Toledo Councilman Tyrone Riley

Letter to the Editor

Dear Eagle,

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James Bailey

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Ohio Dems File Federal Lawsuit Against LaRose to Stop the Purge

Special to The Truth

After weeks of news about Ohio Secretary of State Frank LaRose’s continued purging of Ohio voters -- and revelations that thousands of Ohio voters were improperly targeted for removal -- the Ohio Democratic Party is filing a complaint in the U.S. Southern District Court of Ohio seeking an immediate halt to LaRose’s purging of Ohio voters.

“What we’ve seen over the past few weeks is one revelation after another that the lists used to purge voters from Ohio’s rolls have been strewn with errors. Despite all of these mistakes the secretary of state is still planning to go through with his planned voter purge on Sept. 6, less than a week before a primary election set for Sept. 10,” said Ohio Democratic Party Chairman David Pepper.

“It makes no sense to remove voters from the rolls four days before an election. And it makes even less sense to stubbornly move forward when so many errors in the list have been found by outside volunteers and journalists in recent days and weeks. Doing so places thousands of Ohio voters at risk of losing their ability to cast a ballot -- through no fault of their own, simply because of bureaucratic bungling. We have been calling for weeks for LaRose to halt the purge and allow an outside entity to conduct a statewide audit of the entire process. Today we are taking the only step left: filing suit in federal court to stop the purge.”

In a news conference call Friday morning announcing the lawsuit, Pepper was joined by state Rep. Bride Rose Sweeney, a leading advocate for voters’ rights in the Statehouse.

“I applaud the Ohio A. Philip Randolph Institute, the ACLU of Ohio, and Demos for fighting for the rights of Ohio voters and winning. We should absolutely count the ballot of every voter who is wrongfully purged, but that doesn’t mean we should keep on purging eligible Ohioans from the rolls,” said Sweeney. “Eligible voters shouldn’t have to go through extra hoops to have their ballots counted because of government mistakes. We know how many errors we have found, and they’ve all been found through different entities. This might be just the tip of the iceberg. No one really knows. We’re calling on the secretary of state to halt this purge.”

In early August, there were errors revealed with the lists in Franklin, Henry, Huron and Mercer counties. <https://www.dispatch.com/news/20190805/dozens-of-ohio-voters-improperly-on-purge-list-in-franklin-county>

In the case of Franklin County, more than 100 voters had already been mistakenly purged, and more than 1,000 were mistakenly removed on the list.

In mid-August, a coalition of good government and voting rights groups informed the secretary of state’s office that there were more than 4,000 active voters on the purge list. <https://www.dispatch.com/news/20190815/groups-urge-ohio-to-pause-voter-purge WARN-thousands-could-be-error-neously-removed-from-rolls>

They also found as many as 17,500 voters who had cast a ballot as recently as the 2018 general election <https://my.lwv.org/sites/default/files/leagues/wysiwyg/5Bcurrent-user%3Aog-user-node%3A1%3Atitle%3DLarosepurgetn081519.docx.pdf>

Several days later, the Ohio House Democratic Caucus informed the secretary of state’s office that they had found 6,500 voters wrongly set to be purged, just in Franklin, Cuyahoga, Summit and Lucas counties. <http://www.ohiohouse.gov/Assets/Media/Content/68556.pdf>

And over this past weekend, thanks to reporting by the Columbus Dispatch, Secretary of State Frank LaRose acknowledged problems with a vendor that had mistakenly flagged more than 1,600 voters who had cast a ballot since 2016 <https://www.dispatch.com/news/20190825/vendors-errors-lead-to-hundreds-of-voters-targeted-for-purge-in-ohio/1>

City Council… continued from page 3
At height of expansion, Ohio workers not thriving

Special to The Truth

The economic expansion begun in June 2009 has stretched for more than 121 months, making it the longest in history. For most Ohioans, however, benefits are proving elusive, according to the State of Working Ohio, 2019: Realities and Remedies, a report from Policy Matters Ohio. While unemployment is extremely low at the state and national level, Ohio job growth has stalled, Ohio labor force participation is lower than it has ever been, and Ohio wages have not caught up to previous peaks.

"Ohio's economy is increasingly not delivering for working families, even in what should be the best point in the business cycle," said Amy Hanauer, report author and executive director of Policy Matters. "Inequality is way up, wages lag the nation's and are below previous peaks, and, despite great unemployment rates, a record share of men have left the labor market."

The report also finds that state and federal policymakers have cut taxes for the wealthiest, leaving communities with insufficient resources to invest in the next generation, treat addiction, and address effects of climate change like floods and lake pollution. Additional findings include:

Wage troubles: Median wages have been edging up since 2011, but Ohio wages remain behind U.S. wages (an $1,100 annual deficit) and behind Ohio's 1979 median. Nine of Ohio's top 10 most common jobs pay under $36,000 a year, too little for a family of three to afford food without aid. With full-time work, women still earn nearly $7,000 less a year than men and black Ohioans earn over $10,000 less a year than white Ohioans at the median. Black workers earn far less than they did in 1979 – $4,742 less a year adjusted for inflation – and the gap has worsened.

Employment paradox: Ohio's unemployment rate – 4.5% for 2018 and 4% in June and July 2019, is almost as good as it gets (2001's annual rate was 4%). But Ohio has never had such a large share of men who are not working and no longer looking for work and the share of women working or seeking work is also below previous peaks.


Unions help: The typical union member earns over $10,000 more a year than the typical non-union worker. Unions hike wages for people of all races and...

...continued on page 7
The Jazz and More Fundraiser

Jazz and More Fundraiser raises funds to support the Brains and Body Summer Fitness Camp which is held at Woodward High School and runs for five weeks beginning in June 2020. The Brains and Body Camp provides educational classes such as Sign Language, Math, Science, Chess, Nutrition of Life and much more. The physical component is taught by Toledo Police Officers, which includes basketball, dodge ball, soccer and more.

The Brains and Body Summer Fitness Program has become an all-encompassing program for both educational and physical fitness for a wider range of students. Retired Officers Floella Wormely and Anita Madison are the faces of the program.

They have plenty of help, however. The Toledo Police Department assists with in-kind funding by proving police officers, such as Officer Derek Kizer, as mentors, particularly for the fitness part of the program. Toledo Public Schools provides the building (the program has been housed at Woodward High School after its initial two years at Robinson Elementary) and the transportation. Brains and Body uses certified TPS teachers for the educational program activities.

Wormely and Madison also raise funds from a variety of private and public sources in order to continue their efforts which is how the Jazz and More Fundraiser comes into play.

If you are a parent, young adult or person who has benefited or from STRIVE or believes in this organization please support. Tickets can be purchased from the Toledo Police Museum 2201 Kenwood Blvd (419-720-2485) – on Fridays and Saturdays from 10 a.m. to 4 p.m. or by calling Flo Wormely 419-322-8425.

Letter to The Editor... continued from page 3

map to Empower Veterans to End the National Tragedy of Suicides (PREVENTS) a.k.a. Executive Order #1386 to be a major issue to be discussed at the aforementioned NAACP Convention. I would welcome the opportunity to also make a presentation about the PREVENTS Act to the Toledo City Council along with Mayor Kapszukiewicz. I am quite confident that the 2020 presidential candidates will make Toledo, Dayton and Cleveland focus points of their campaigns to be the Democratic nominee.

In summation, I generally find Rev. Perryman’s journalistic efforts informative and insightful. Particularly, when he writes of the socio-economic psychosis that exists in the African-American community. In my opinion, such a mindset has left many Toledo residents suffering from being “spiritually incarcerated” to use W.E.B. DuBois’ term.

Please contact me if you think I have failed to spell out the political ramifications.

Sincerely,
Clarence Gafney, NAACP Chair of the Armed Services
Email: Clarencian@hotmail.com
Land line: 419.206.1090
Cell: 419-205-2267
Lunchtime: Providing Nutritious Meals to Our Children

By Sara Turner-Smith, BGSU Dietetic Intern, co-authored by Patrice Powers-Barker
Ohio State University Extension, Lucas County

The Truth Contributor

Many adults with school aged children have been there; it’s getting late, and you find yourself once again standing in the kitchen with the cupboards and refrigerator open, trying to pack a lunch your child will actually eat for school tomorrow. These are the back to school moments, many caregivers dread.

Being in the situation described above can lead to filling lunchboxes with prepackaged snacks in an effort to get one more thing crossed off the “to do list” at the end of the night. Luckily, on the nights we are frustrated, wishing we could come up with a healthy lunch for our children, we can lean on our schools to give us a helping hand.

The US Department of Agriculture’s (USDA) National School Lunch Program (NSLP) is the second largest government food assistance program in the United States, and its primary objective is to “safeguard the health and well-being of the nation’s children.” Participating schools receive federal funding to assist low-income families in need through free and reduced lunches.

Whether a family qualifies for free and reduced lunches or not, all students are able to benefit from the nutritious meals provided during the school day. School lunches must follow guidelines to provide a variety of nutrients and therefore there will be food served daily from all five food groups: milk, grains, protein foods, vegetables and fruit.

By eating lunch at school, students will be meeting one third of the nutritional recommended dietary allowance (RDA) for children. It has been found that children who participate in the National School Lunch Program have higher intake of fruits and vegetables in and outside of school than a student who does not. For sites that have Farm to school programs (42 percent of schools in the USA), students have increased access to locally produced foods and it helps them learn where their food comes from through activities such as farmers’ visits and school gardening.

Having healthy lunches can lead to children adopting healthier nutrition habits beyond the lunch line. We know that children are influenced by their peers, so sitting side by side with friends who are also eating healthy school lunches makes them even more likely to do the same! As stated above, children who participate in the National School Lunch Program eat more fruits and vegetables in and outside school than a student who does not.

What are some additional ways that families can help children eat and enjoy the school lunch? The Myplate guide to school lunch for families suggests:

- Try new foods at home. Kids need many opportunities to taste a new food to “get used to it.”
- Talk with your student about what’s on the menu. Make sure he or she knows about all the foods that are included at school.
- Check with the school about eating lunch with your child. Some schools encourage it and offer meals to adults for a low cost. Learn more about what’s offered and meet the school nutrition staff.
- Encourage your child or teen to join in taste-testing events or surveys about school lunch, when available.

Finally, children who adopt healthy eating habits have better school performance, higher grades, and standardized test scores as a result. Why not set children up for success in any and ways that we can? The next time you find yourself with no ideas to pack for lunch the next day, remember that having them eat lunch at school will continue the work you have started in laying a nutritional foundation that will contribute to their achievement this school year and beyond.

Information from the National School Lunch Program USDA ERS (online) and the Centers for Disease Control and Prevention. Visit ChooseMyPlate.gov/Families for additional tips and activities for families.

Ohio Workers... continued from page 5

- genders – while most Ohio union members are white, black Ohioans are more likely to be in a union than white Ohioans.
- The report provides remedies. “Ohio policymakers can support workers by raising the minimum wage, enforcing labor law and encouraging unionization. They should also fix Ohio’s upside-down tax code, which increases inequality. Finally, let’s use that revenue on people and infrastructure, especially in ways that mitigate climate change, educate our kids and create good jobs,” Hanauer said. “We can choose an economy where every job is family-supporting. We can choose less polluting approaches to transportation and energy. It’s up to us.”

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True Vine Missionary Baptist Church
Centennial Banquet

By Tricia Hall
Sojourner’s Truth Reporter

True Vine Missionary Baptist Church kicked off their 100-year anniversary celebration with a banquet and celebration program on Saturday, August 31, 2019 at the Premier Banquet Hall in Toledo.

Event attendees were greeted at the door and enjoyed prelude music, festive event colors and casual conversation. “The remarkable journey of this church has impacted the lives of black people and this community for over 100 years. I commend you, True Vine for your work and substantial impact,” said the banquet mistress of ceremonies, Doni Miller, CEO of Neighborhood Health Association and host of Bridges.

The banquet officially opened with remarks by banquet Chairperson Moth-

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Braden United Methodist Church Hosts Friends, Family & Tailgate

By Megan Davis

The Truth Contributor

Braden United Methodist Church has been woven into the fabric of Toledo’s history for 111 years. Their old building on Lawrence Avenue, was a central hub for families to attend, engage and develop lasting fellowship through its community outreach.

Moving to Dorr Street 10 years ago, in 2009, was new to the congregation and community, but the church has continued to be a strong supporter of the local community.

There is a spirit of revival taking place at Braden. New life, new faith, new hope is in abundance as people are being healed from illnesses, and overcoming life challenges that may otherwise discourage them. Each week, services begin with praise and worship and end with powerful messages that encourage people to keep the faith grow in Godly wisdom.

Last year, Braden welcomed a new pastor, Rev. Cecil J. Fitzgerald Thompson, in September. In his first year, he has established a new vision for the church with a goal to meet the spiritual needs of its members, educate them in the word of God and to inspire people to experience true joy.

“At the close of this year, 12 people will be baptized.” said Pastor Thompson. He has spent a number of months providing classes to new Christians and members and those who have expressed their desire to be baptized. He takes joy in helping others come into the knowledge and faith of God’s unwavering love and grace for His people.

This unspeakable joy is something he hopes members will take hold of, that they... continued on page 11

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A Mental Health Moment
By Bernadette Joy Graham, MA, LPC, NCC, Licensed Mental Health Therapist
The Truth Contributor

Sex, a word with multiple uses in the English language. Used as a verb or a noun to differentiate one’s gender, male or female. When conducting a counseling intake or diagnostic assessment, one question asked is about a person’s sexuality. Personally, I don’t give client’s options rather I allow them to explain their own sexuality in their own words. Some of the answers I hear are: “I’m straight,” “I like both boys and girls,” “I’m gay,” and at times “I don’t know yet.” As mental health counselors, I believe I can speak for most, but it is highly respectful ensuring that we are clear on how client’s wish to be addressed whether it is a nickname or pronoun.

Last weekend, Toledo celebrated Pride Weekend, a time when the LG-BTGQ community comes together as well as individuals who support the community. I attended my first Pride festival in Washington, DC in 2005 with a female friend who was having a difficult time “coming out” or sharing with her family and friends that she was attracted to women and identified sexually as a lesbian. It would be her first Pride experience as well.

... continued on page 13

Neighborhood Health Association’s Sickle Cell Project of Northwest Ohio Hosts 5K Walk/Run

Special To The Truth

On September 14, 2019, the Sickle Cell Project of Northwest Ohio, a member of Neighborhood Health Association (NHA), invites advocates, friends and family to participate in the Sickle Cell Matters 5K Walk/Run. This fundraiser event brings awareness to those living with sickle cell disease and trait. The family-friendly race will take place at Ottawa Park, Toledo, Ohio.

Sickle cell disease is a group of inherited red blood cell disorders, where the red blood cells are C-shaped like a sickle, impeding the body’s ability to carry adequate oxygen. When these cells travel through smaller blood vessels, they stick together and block blood flow, causing extreme pain and other complications, including frequent infections, stroke, organ damage, vision problems, delayed growth and even death. Although Sickle Cell Disease predominately affects the African-American population, NHA’s Sickle Cell Project of Northwest Ohio Director, La’Shardae Scott, is determined to inform and educate the different ethnicities also affected by Sickle Cell. Sickle Cell Disease occurs in 1 out of 365 African-American births and 1 in 16,300 births in the Hispanic population.

The Sickle Cell Matters 5K Walk/Run takes place on Saturday, September 14, 2019 at 2201 Ottawa Park, Toledo, Ohio. Register at Eventbrite. “I feel blessed and excited to have listened to my patients concerns and interests. My goal is to shine a light on sickle cell disease and sickle trait. I would like for my community leaders to become more involved with NHA Sickle Cell Project of Northwest Ohio,” says Scott.

The Sickle Cell Matters 5K Walk/Run takes place on Saturday, September 14, 2019 at 2201 Ottawa Park, Toledo, Ohio. Register at Eventbrite.com by searching Sickle Cell Matters 5K Walk/Run in Toledo, Ohio. Adult registration is $10.00, Children 12 and under are free. In addition to the 5K walk/run, there will be prizes, contests, bounce house, face painting and local vendors.

Through its exceptional health care services, NHA empower and educate, aggressively working to eliminate health care inequities, while supporting personal responsibility for one’s own health regardless of the ability to pay.

If you would like more information about NHA’s Sickle Cell Project of Northwest Ohio, please contact Lisa Matthews at 419-720-7883 ext. 214 or visit www.nhainc.org/sickle-cell-project.

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Dear Ryan

By: Ryan Rollison
The Truth Contributor

Q. I am getting started with a work-out program but I have arthritis and I don’t know what exercises I should do. Should I not do certain exercises because of this condition? How beneficial will this be for me or could it make it worse?

M.E.D

Dear M.E.D.

A. First I would like to say consult your physician before you begin your regimen. Several studies show that a regular exercise program is extremely beneficial for people suffering from arthritis. I also suggest consuming an eating regimen that is void of inflammatory foods.

Understand that when you first begin you will be limited by your range of motion depending on how severe your condition is. DO NOT give up! You will find yourself getting better and more flexible as you continue to exercise regularly. Your range of motion will increase and you won’t be in as much pain as you used to be.

I know that some doctors tell their patients that they should exercise and some do not. I could tell you my theory why some doctors tell you not to exercise, but I don’t think it would sit well with some people.

Are there any exercises that you shouldn’t do? Well my advice is to try them all. If one causes you pain then skip it and move on to something else. When you get more flexible and you’re feeling less discomfort in your body then try it again.

Do not try to go into your gym and do a lot on the first day you’re there. Start very easily and then increase if it is needed. Start out with just the bar or just the first plate on the machine and go through the range of motion to see how you feel. If it is comfortable for you then by all means add a little bit of weight.

Only do two sets of 12 until you are feeling well enough to do more. You will be a bit uncomfortable if you are not used to being active but this will pass and get better as you stay consistent.

I suggest starting a very simple yoga or stretching program as well. Flexibility is very important and most people neglect it. Be resilient with your water consumption as well. Chose H2O over any other option when you can. I know water gets boring but do your best. Have something else occasionally but try to stick with water.

Please pay attention to your body and listen to it well. Do not try to do too much too fast, but do not sell yourself short either.

Well, M.E.D. good luck and don’t hesitate to send me anymore questions if you need additional information. Good luck to all of you trying to achieve your Dream Bodies and live a healthier lifestyle.

Dream Bodies Fit Camps have started back this month. It is $85.00 for 12 sessions or an $8.00 drop in fee. They are Mon., Weds., Fri. @ 6:00 p.m. @ American Academy of Martial Arts / Judan Judo on the corner of Laskey/Lewis Please contact me if you are interested. I will also do on site camps for you and your group at your location.

REMEMBER: Nothing changes unless you do something!

UNLEASH YOUR HERO!
Ryan Rollison
Dream Bodies
Toledo Ohio
419-944-4200
mydreambodies.com

Dream Bodies... continued from page 9

may live each day without fear and in the confidence of Christ and his arms of compassion.

Every year, the church has its anniversary in October, called Homecoming. This year, Braden kicked off the Homecoming Season with Friends and Family Day where people in casual dress and came to give thanks and lift up praise. Following the service, members and friends gathered in the parking lot for a tailgate style lunch complete with a hot dog bar, pasta salad, potato salad, baked beans and an abundance of home baked goods.

There, people remarked about the experience saying that it should be an annual event, and that they felt good about the new thing God is doing in the local church. Among the guests, Mattie Daniel, who is on the church’s stewardship committee and

...continued on page 13
...A Daughter’s Journey of Duty and Honor

By Dr. Anita Lewis-Sewell, MD

Special to The Truth

“This is a love story,” Cynthia J. Lewis-Hickman, PhD, recounts in the preface of her first published book, which is dedicated to her “amazing husband” for his love and support.

From the Lens of Daughter, Nurse, and Caregiver: A Daughter’s Journey of Duty and Honor denotes the special perspective from which this 10-chapter, 82-page treatise is written. In it Dr. Lewis-Hickman shares personal, often painful and poignant insights gained over the 20 years that she, with the invaluable support of her husband, was primary caregiver for her mother, Shiboletahia B. Lewis.

She relays an intensely personal account of love, devotion, and loss while exploring the complexities encountered during her journey as caregiver for her “mommy”. The “lived” or life lessons she learned from this experience are explored in breadth, depth, and intricacy.

The Hickmans invited Lewis to live with them after her retirement from the Toledo Public School (TPS) system. She had lived most of her adult life Toledo, OH, where she had, raised four daughters, buried her husband, and helped care for grandchildren.

She had helped educated students of all ages for over 26 years. She was actively involved in Phillips Temple C.M.E Church, Church Women United, and many other community organizations. As a woman of faith, she loved and trusted God and loved her family. So after much difficult reflection, Lewis accepted that invitation.

In 1997 at the age of 77, she left behind family and old friends to go and start a new chapter of life in Texas with her daughter, Cynthia, and son-in-law, Bernis (B.H.) Hickman.

Chapter six, “A Sign of What’s To Come,” includes a speech her mother delivered on September 30, 1990 at the Annual Missonal Day at Friendship Baptist Church (formerly on Nebraska Ave. in Toledo, OH) where Rev. Duane Tisdale was then pastor. It contains content with captivating implications which you may find particularly intriguing and are encouraged to read.

Lewis was an active, vibrant, intelligent, independent, and functional woman who could cook, clean house, and drive. She embraced her new life in Missouri City, Texas. She started attending the local Willowridge Baptist Church, and relished participation in the life of the Fort Bend Senior Center where she even found a “boyfriend, Mr. Henry,” on her relocation to Texas.

The medical problems she had were easily managed at that point. However, seasons change. Like the pages of a book which unfold and disclose the plot inherent, Lewis gradually began to experience significant health-related changes over the ensuing years, Lewis-Hickman explains. Her book describes evolving health problems from multiple strokes and diabetes, to heart and joint problems, which result in her mother eventually becoming bedridden, unable to perform the most basic activities of life.

But the author had already resolved to care for her mother at home, knowing full well the health risks involved in (some) long-term care facilities from falls, infections, and bedsores. Such risks are multiplied for patients with cognitive, speech and mobility limitations, she considered.

Circumstances leading to an ultimate role reversal wherein Lewis-Hickman became a virtual surrogate parent for her mother developed in ways she could have speculated or expected, based on her years of nursing experience, but had never actually envisioned happening.

The role and responsibility of caregiver for chronically ill, cognitively im...

True Vine Missionary... continued from page 8

er Ora Bell; an invocation by Rev. Cecil Jerome Graham, the pastor of True Vine Missionary Baptist Church; a musical selection by the church youth choir, a presentation of a Toledo City Council resolution and musical selection by Shanda Barnhill.

“This moment is finally here,” opened Ora Bell. “I’m going to speak from my heart. I am happy to see so many people here tonight. True Vine has been a blessing over the years. This banquet has been a labor of love, but I have enjoyed myself and want to thank my pastor and the banquet committee for their help and support.”

The banquet’s program continued after the meal with a resolution presentation by U.S. Congresswoman Marcy Kaptur. “I want to thank True Vine for this invitation. I have known True Vine since I first ran for office. Thank you for embracing the city of Toledo for the past 100 years.” Kaptur went on to read the resolution and explain that True Vine’s history would be preserved at Congress and the National African American museum in Washington, D.C. “It’s important that we preserve this landmark within the history of this country.”

Trustee Norman Bell presented three congregational members with plaques and other tokens of appreciation to acknowledge their contributions to the church’s long history. Trustee Bellaqua Duhart was recognized as a life-long member; Mother Mattie McAllister was recognized as the eldest member and Trustee Robert Harris was recognized as the longest serving member.

“God has blessed me all these years and allowed me to do exactly what I wanted to do. I can do all things through Christ who gives me strength,” shared honoree Trustee Duhart.

Pastor Dennis and First Lady Rosalyn Byrd led the crowd into a spiritual hymnal selection before the guest speaker, Pastor Brian LaMont Montford. DMM delivered a message that focused on three points during his inspirational speech. He encouraged attendees to refrain from allowing their past to paralyze them, fortify their focus and passionately press towards the promise of God. “What we accomplished in the past shouldn’t paralyze us because your best days aren’t behind you. We are here to understand our greater mission that is ahead and at the same time stop trying to be like everyone else.”

Pastor Montford was born in Lima, Ohio, earned a Bachelor of Arts degree from American Baptist College, and graduated from Winebrenner Theologial Seminary with a master’s and Doctor of Ministry. He became pastor of Philippian Missionary Baptist Church in 1991, authored a book, co-founded Mary Alice House, a Sober Living environment for those who struggle with addiction or substance abuse, and married with four children.

“We praise you Father for being so kind to True Vine, and the church has come a long way but we look forward to the future,” shared Rev. Graham.

The centennial celebration continues with four additional spiritual events. Sunday worship service was held on September 1 with pastor Dennis Byrd of Faith walk Ministries Baptist Church of Atlanta, Usher board anniversary afternoon service on September 8 with Pastor James H Willis of St. Paul Missionary Baptist Church, pre-anniversary afternoon service on September 15 with Pastor Anthony Richardson of Spring Street Missionary Baptist Church, and anniversary afternoon service on September 22 with Pastor Floyd Smith of Calvary Missionary Baptist Church.
paired, physically disabled, or otherwise fragile family members and loved
ones is fraught with challenges that deserve our considerable attention and
understanding. Her insights linked with scholarly academic contributions in
this book adds to this endeavor, and makes this text well-worth reading.

With a spirit of excellence and doing all things as unto God, Lewis-Hick-
man’s mission and goal became to provide a rich and full quality of life for
her mother, despite the inevitable ravages of ill-health, immobility, and time.
The author discusses the joys, routines, duties, aggravations, stressors, and
sorrows of the progressively co-dependent relationship (of necessity) unique
to caregivers.

She helps us understand the concept of “caregiver burnout” (sometimes
called caregiver syndrome) and offers examples from personally trying times.

Burnout is multifaceted. It can mimic or result in post-traumatic stress
disorder (P.T.S.D.). Fueled by sleepless nights, it can manifest in anxiety,
irritability, depression, fatigue, and even further endanger the health of care-
givers. Lewis-Hickman presents the experience of burnout with compelling
and captivating honesty, noting the sense of loneliness or isolation (despite
efforts of family and friends to assist); along with feelings of anger, loss of
freedom, and financial challenges.

In chapter seven, Lewis-Hickman discusses the need of caregivers to have
respite; and the concomitant conundrum that make respite difficult for care-
givers who are overly enmeshed in their roles.

Most importantly, Lewis-Hickman affirms that her faith in God provided
the strength and resilience she needed to accomplish the Biblical command-
ment to “Honor… Thy Mother,” found in Exodus 20:12.

Like Lewis-Hickman, many others have accepted the awesome, often
overwhelming, role as caregivers for parents, spouses, or others they love.

Her particular advice for caregivers is presented in chapter ten of this very
readable and touching treatise. By sharing her own journey, Lewis-Hickman
expresses the hope to educate, inform, and encourage caregivers, their fami-
lies, and the greater community (laypersons, medical, and related profes-
sionals). Her topic is timely in light of America’s aging population, and the
challenges this is expected to present for future generations.

Born on August 13, 1920, Lewis lived for 97 years and seven days. Chap-
ter 8 of this work, titled “Hospice, Heaven, and Homegoing,” tells about
the final hours of her life and describes the circumstances of her death,
for which Lewis-Hickman and her sister, Diana L. Hughes, were present. Fit-
tingly, somehow, she died early on a Sunday morning, the Lord’s Day of rest.

Family and friends grieved the death of Lewis. That grief was significantly
more profound for Lewis-Hickman, having been so close to her mother for
so long. Her mother trusted, depended, and relied on her. Their lives had be-
come intricately entwined far beyond typical mother-daughter relationships.
Lewis-Hickman explained how writing this book helped her to find solace
and resolution of her grief.

For years, the lion’s share of Lewis-Hickman’s life had involved meeting
the needs of her mother. Writing this book helped her come to terms with the
loss of her mother and to slowly begin to repair the tremendous breach or
vacuum in her life that resulted after her mother’s death.

Lewis’s first-born daughter, Brenda L. Lewis (a nurse educator like her sis-
ter Lewis-Hickman) frequently avowed that “momma wouldn’t have lived
this long without Cynthia!”

These words of praise were well-deserved. How can I make that state-
ment? Quite easily. I was privileged to witness this bitter-sweet love story
unfold. I have the highest regard for the loving, faithful, and devoted care
my sister, Cynthia J. Lewis-Hickman, and her husband, Bernis E. Hickman
provided for our mother.

Braden Methodist... continued from page 11

is in the choir, was inspired by the event and shared ideas that could take place
moving forward.

“This was the goal for having the tailgate; to let members know that we can
have fun in fellowship and that getting together in this manner is both neces-
sary, but it brings people closer to each other and sparks joy and a flow of

Mental Health Moment... continued from page 10

I had no idea what to expect nor did I have any opinions of other’s
sexual orientation. I was a heterosexual woman attending a festival
of other sexual orientations different than my own. I had a great time, it
was a festival, we enjoyed entertainment, food, drinks and I experi-
enced the “pride” of others and helped a friend become more engaged in
a community in which she wanted to become a part.

Over the years of counseling other’s, I have had many client’s who
were experiencing mental and emotional distress due to being a part of
the LGBTQ community by other’s in our society not willing to ac-
cept them especially their families. I’m a black woman, I know what
it’s like to be discriminated against due to something I can’t change
nor hide, not that I would want to. Just as one’s skin color has a lot of
importance, role as caregivers for parents, spouses, or others they love.

Take a mental health moment to remember your freedoms and rights.
Not being heterosexual is not a mental health disorder but not having
your sexuality accepted may cause some mental and emotional symp-
toms such as depression and/or anxiety. Seek out professional provid-
ers whom may offer support in working through issues of sexuality.
While counseling may not be able to change other’s opinions, it can
help in providing assistance living in a world with other’s who don’t
always understand or are strongly opinionated of various aspects of life
that is affecting yours in a negative manner. Be who you are no matter
what not just because its fair but because it’s mentally and emotionally
HEALTHY!

Bernadette Graham is a Licensed Professional Counselor, Nation-
al 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. For ap-
pointment information please call 419.409.4929

idea,” said Megan Davis, Homecoming chair for 2019.

The tailgate was the first of several activities taking place throughout the
homecoming season at Braden. Other activities include Spirit Week from Sep-
tember 1st through September 8th, where there will be midday and evening
events to support the homecoming celebration. Of these activities, there will be
a Craftsmen DIY art class. Guests will make wreaths, upcycled denim
purses and body scrubs lead by member-instructors. There will also be “year-
book” pictures taken on Wednesday and Thursday evenings, September 4-5.

On Friday, September 6, there will be a Friday Night Line dance class, where
guests can learn the popular “hustles” from Glass City Hustler, Tee Cuffie and
Braden Communications Director, Skip (Imani) Davis. Each of these classes
are $10 and all proceeds support the 2019 Homecoming fund.

Spirit Week at Braden will close with a “Pep Rally” Day on Sunday, Septem-
ber 8. Guest artist, Whitney Jones will be singing and the whole service will
be geared toward free praise, worship and fellowship. Davis states, “I hope these
activities birth new ministries that the leaders can continue to do throughout the
year. This develops a deeper connection with the church and its members.”

All activities and services taking place in the next six weeks are open to any-
one who wishes to attend. The theme for this year’s Homecoming is “Welcome
Home” and is taken from Hebrews 13:1-2. To learn more about Braden UMC or
any Homecoming activities, please send the church an email at bradenumc@
gmail.com or by calling (419) 386-2700.

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LCCS PARALEGAL
Lucas County Children Services is seeking candidates for a Paralegal position. Education and experience requirements can be viewed at www.lucaskids.net. Apply online by 9/13/19. No Phone Calls Please. EOE valuing diversity.

MANAGER TRAINING & DEVELOPMENT
Lucas County Children Services is seeking candidates for a Training & Development Manager. Education and experience requirements can be viewed at www.lucaskids.net. Apply online by 8/30/19. No Phone Calls Please. EOE valuing diversity.

MARKETING AND COMMUNICATIONS COORDINATOR
WGTE Public Media seeks a highly organized professional to execute communication tactics for digital, print, television and radio that advance business outcomes.

Candidate must have strong written and oral communications skills, excellent team collaborating abilities, and be able to handle multiple, time-sensitive projects. Experience with creating and managing content through existing social/digital platforms and systems required. The ideal candidate should have direct experience with website content management systems, email marketing administration, and digital analytics.

A bachelor’s degree in communications, journalism, media or related discipline is strongly preferred or a minimum of an Associate’s degree in similar discipline, or two years related experience.

Send your letter and résumé to: Human Resources, P.O. Box 30, Toledo, OH, 43614 or at employment@wgte.org. EOE/ADA

WEB DEVELOPER
Madhouse is looking for a web developer

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Apply here: madmadmad.com/careers

MECHANIC
LUCAS COUNTY ENGINEER
Lucas County Engineer, Road Maintenance department, is accepting applications to fill a Mechanic’s position. The position is open until filled. Additional information regarding the duties is available on the Lucas County web site (www.co.lucas.oh.us). Click on “Apply for a Job” and then select “Mechanic-Lucas County Engineer” from the list to read more information and/or apply.

An Equal Opportunity Employer

Notice to Bidders: Inquiry # FY20-08, (Project #6000-18-1858) for the Tech Park Solar Field for the University of Toledo Health Science Campus. Sealed bids for this project must be clearly marked with the project number on all inner and outer envelopes and/or shipping containers. Bids must be addressed and delivered to the University of Toledo, Main Campus, Facilities and Construction, Plant Operations Room 1100, 2925 E. Rocket Drive, MS 216, Toledo, Ohio 43606 before 2:00 p.m. Tuesday, Sept 17, 2019 Bids will be publicly opened that same day at 2:05 p.m. in the Plant Operations Building, Room 1000. Copies of Plans, Specifications, and Bid Forms may be obtained from Becker Impressions, 4646 Angola Rd., Toledo, Ohio 43615. Call 419-385-5303 for an appointment to pick up bid package. A cost of $65.00 will be charged per set. Any further information may be obtained from Darren Keil of JDRM Engineering at 419-824-2400. One Pre-Bid Conference will be held on Tuesday, Sept. 10, 2019 at 10:00 a.m. in the Health Education Building, Room 227, at the University of Toledo, Health Science Campus, 3000 Arlington Avenue, Toledo, Ohio 43614. Total Bid Guaranty and Contract Bond are required per section 153.54 of the Ohio Revised Code. EDGE Participation Goal: 15%. Project Estimate: $315,000.00; Breakdown: Electrical: $315,000.00.

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WGTE Public Media seeks an innovative educator who will create, promote and deliver teacher professional development focused on early childhood education and technology integration in the classroom. Requirements include a Bachelor’s degree (Education or similar degree preferred) and 1 year of experience in the field of early childhood education - OR - an early childhood Associate’s degree and 3 years of experience in the field of early childhood education. Applicants must also have two years of experience teaching adult learners. Educational technology skills and previous experience with Google Apps preferred. Must be self-motivated and have excellent oral and written communication skills.

Send your letter and resume to: Human Resource Manager, PO Box 30, Toledo, OH 43614 or online at employment@wgte.org. 

EOE/ADA

ADVERTISEMENT FOR PROPOSALS
TOLEDO-LUCAS COUNTY PORT AUTHORITY

NOTICE IS HEREBY GIVEN that Sealed Bids will be received by the Toledo-Lucas County Port Authority for all labor, material, insurance, and equipment necessary for the Asbestos Abatement project located at 781 Berdan Avenue, Toledo, Ohio 43610, in accordance with the asbestos abatement specifications. The engineer’s estimate for the base bid is approximately $433,000.00

Bids will be received at the Port Authority’s administrative offices at One Maritime Plaza, Toledo, OH 43604 until Thursday, September 12, 2019, at 11:00 AM, at which time and place all bids will be publicly opened and read aloud. Asbestos Abatement Specifications, Instructions to Proposers, and Forms of Proposal and Contract are on file and may be obtained by either (1) obtaining hard copies from Becker Impressions, 4646 Angola Road, Toledo, OH 43614, phone 419-385-5303, during normal business hours or (2) ordering from Becker Impressions, via their website www.beckerplanroom.com at the cost of reproduction.

Please note that there will be a pre-bid meeting for this project for all prospective bidders on Wednesday, September 4, 2019 @ 1:30 PM at the Port Authority’s administrative offices at One Maritime Plaza, 7th floor, Toledo, OH 43604. Attendance is suggested, but not necessary. Please submit all questions to the Port Authority, Tina Perkins at Projects@toledoport.org by Friday, September 6, 2019 at 10:00 AM local time. Additional information can be found at www.toledoport.org

Toledo-Lucas County Port Authority
On August 23, 1969, Bobby and Ernestine Lipkins exchanged wedding vows at Shiloh Baptist Church. On August 24, the Lipkins renewed those vows at the same church – Shiloh Baptist – with their three children, and virtually all of their 11 grandchildren and 14 great grandchildren, in attendance.

After the church ceremony, the once-again newlyweds and their hundred-plus guests headed over to Club 300 to dine, dance and partake of a wedding cake that was a replica of the original one they enjoyed in 1969.

Bobby and Ernestine are both Toledo natives who grew up in the same neighborhood, one street apart. They both attended Waite High School, several years apart. Bobby retired from Detroit Edison after 32 years; Ernestine from the former Sheraton Hotel on Secor.

Terrance, Kenny and Bobbie Jo are the couple’s three children.