

The *Sojourner's* Truth

Volume 57, No. 6

"And Ye Shall Know The Truth..."

September 4, 2019

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 went down to the Episcopal seminary in Virginia in November of 1969. I got there and the Dean says 'come back in September for the class of next year.' So I didn't have anything to do, football season had ended, I had resigned from the university so I came back here and went to work for the antipoverty program, and that's where I got educated by several people.

Perryman: Please elaborate on the "education" you received while working at the antipoverty program?

Finkbeiner: John Jones was our director when I first went to work, but Wayman Palmer was right underneath him and eventually became the director of the Economic Opportunity Planning Association (EOPA). From Wayman, that old Libbey High School graduate, and Robert Sciplin, I learned a ton. When there was a northwest community center on Vermont near Bancroft, Sciplin used to take me into rooms and he'd lecture me. It could be hot out, we'd be up in his office in the top floor of that big old brick building and it must've been 90 outside and about 110 up there and for an hour I'd be sitting there at the table and he'd be lecturing me, "Your heart's in the right place, Finkbeiner, but you don't know a damn thing about what it's like to be an African American or black!" I listened and I learned.

Perryman: Let's talk about your spirituality. You mentioned earlier that you were all set for the seminary before your life was rerouted. I've heard that you occasionally pop up at black churches and not just during the election season like most politicians do.

Finkbeiner: When I can't get to my church, which is a small...it's been there forever and a day, and last Sunday when the bells at 3 p.m. in the after-

noon were to chime for the first slavery ship, there were about 15 people there...

Perryman: This is your home church?

Finkbeiner: Yes, it's in Maumee. I still can't get them to come into Toledo to do things firsthand with their own hands. They mean well, heart's in the right place. We have a food pantry and all that, but it isn't moving some of that activism from Maumee into Toledo.

But the black services are - I tell everybody that, including my pastor at church - they're so much more uplifting. You'll occasionally

get a boring sermon or a boring church service in the black community too, but most of the white church services are too controlled and disciplined and nobody says Amen, nobody knows when to applaud when somebody's done something great, and are thinking should we applaud or should we not applaud. I just like the naturalness, I guess you would say.

This is just one white man's opinion but, I wonder if African Americans fully appreciate how much personality they give to the United States of America. We white folks don't have all that much personality, we're always trying to think of how you make the next buck or how do you look good to the neighbor next door, things like that. African Americans don't worry about that. They 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



Carty Finkbeiner

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The Sojourner's Truth

Toledo's Truthful African American
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Becky McQueen – Business Manager

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Rev. D.L. Perryman – Columnist

Megan Davis – Columnist

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A Certified MBE

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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 Pre-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 MBC 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

Letter to the Editor

Toledo Councilman Tyrone Riley

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Perryman... continued from page 2

go to these meetings, Toledo Council meetings, Perrysburg Council meetings, Maumee, night in and night out. He was only home on Friday, Saturday and Sunday night, but Monday through Thursday he was always going in a town hall meeting listening, because if they brought up anything that had to do with the water he wanted to be there and listen to them.

So, I worked a couple summers as a rodman for one of his engineering crews, but it made me a little more sensitive to the subject obviously when it came up in the last three or four years. They (citizens) always used to come to me at tables just like this and my utilities guys would want to implement increases in water, and I fought them back pretty vigorously, probably to a fault. I probably should've relented in more recent...my third term, especially. Because they were telling me that the Collins Park filtration plant was beginning to wear out and wear down and they wanted a big chunk of money to do exactly what we're doing right now, but we had to do it under the gun. I was willing to give them a four percent increase annually, but they were coming in asking for 8 and 11 to 12 percent increases and that's why in today's meeting I was interested in the numbers, asking what's this going to look like.

Perryman: You were intensely outspoken on the original Toledo Area Water Authority (TAWA) regional water plan. In fact, there was a viral video of your fiery exchange with Commissioner Pete Gerken in a town hall meeting sponsored by the NAACP held at the old Mott Library.

Finkbeiner: My research had told me that the original TAWA deal was a loser for Toledo. Arcadis, who bought out my father's old engineering firm Finkbeiner Pettis & Strout, completed a report. It's now about eight years old, but basically it said the value of our water system eight years ago was close to a billion dollars and I said well how much are the suburbs offering? They're offering \$175 million and as high as \$250 million, which is one quarter, and that

didn't even count the \$500 million investments that we have put in since 2014.

So, on top of the billion, another \$500 million has been sunk into that Collins Park filtration plant. They (City of Toledo) have now paid off half of that \$500 million to reduce that debt to \$250 million. If you do the homework it shows that you've got something over there that's clearly worth at least a billion and probably a billion and \$250 million but they were only going to offer Toledo \$175 million!

Perryman: So, are you happy now with the mayor's latest proposal which the City of Toledo retains ownership of its water plant?

Finkbeiner: I think so. That was a mistake, the first day on board when Wade signed that TAWA thing, but then he started going to the meetings and he started paying attention and he told me after about the third or fourth meeting, he says 'TAWA's dead, TAWA's dead.'

Perryman: We wanted to make sure that low income people were protected. Are you sufficiently satisfied that that will now be the case?

Finkbeiner: I'd say 95 percent. People like you and I and Ray Wood, we have to keep our eyes and ears open. I think they genuinely...we have in Wade a guy who does have a lot of spirituality.

When I called him on this about a week ago, I just left a message. My message was, 'I know how spiritually grounded you are, don't forget as the mayor that is about as good an underpinning as you can have, and in this case please don't forget about the seniors, the poor and the lead in those water lines. Those issues need to be addressed.' And within a couple of hours of that, Angela Lucas called me and said that the mayor would like to have a meeting to talk about that.

So, I listened and heard what I'd hoped to hear, but previously didn't think I would hear.

Perryman: Thank you very much.

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

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 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.

Slowing job growth: Ohio lost 9,000 jobs from January to July 2019 (preliminary). The state remains 28,000 jobs below levels in early 2000. Ohio lost 5,700 public sector jobs since January 2017 and manufacturing job growth weakened substantially in 2019.

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



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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 providing 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.



Floella Wormely, Officer Derek Kizer, Anita Madison

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 Gafaney, NAACP Chair of the Armed Services

Email: Clarencian@hotmail.com

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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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Cullian Hill, Dmin; Doni Miller; First Lady Rosalyn Byrd and Pastor Dennis Byrd of FaithWalk Ministries Unlimited and Rev. Cecil Graham



Banquet special tribute. Long member plaque presented by Trustee Norman Bell and awarded to Trustee Bellzora Duhart



Banquet guest speaker Brian LaMont Monford, Sr, Pastor of Philippians Church in Lima, Ohio.



Pastor Wilson of One way community church, First Lady Wilson and family



Rev. James Willis and Deacon Gayle of St. Paul Missionary Baptist Church

True Vine Missionary Baptist Church
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"Thankful for the Past, Rejoicing in the Present and Preparing for the Future!"

The Celebration Continues!



100th Anniversary

Sunday, September 1, 2019
Worship Service: 10:45 A.M.
Guest Speaker - Pastor Dennis Byrd
Faith Walk Ministries Baptist Church - Atlanta, Ga.



100th Anniversary

Sunday, September 8, 2019 - 4:00 P.M.
8-Women Board (67th Anniversary)
Guest Speaker - Pastor James Willis
St. Paul Baptist Church - Toledo, Ohio



100th Anniversary

Sunday, September 15, 2019
4:00 P.M.
Pre-Annuiversary Service
Guest Speaker Pastor Anthony Richardson
Spring Street M.B.C., Toledo, Ohio



100th Anniversary

Sunday, September 22, 2019
4:00 P.M.
Anniversary Service
Guest Speaker Pastor Hopel Smith
Celwyn M.B.C., Toledo, Ohio

Rev. Cecil James Graham, Pastor

TRUE VINE MISSIONARY BAPTIST CHURCH HISTORY HIGHLIGHTS

True Vine MBC evolved from a neighborhood Bible Study group led by Rev. G. W. Chin in 1917.

Rev. G. W. Chin and Rev. T. Lambert gathered together a group of the residents from the old north Toledo area in the home of Deacon and Sis. Charles Walls, located at 3150 Maher Street in 1919.

When the membership increased, the services moved to the home of Bro. Ernie Lewis, located at 730 Bronson Street where Rev. Parker was called to be Pastor.

Services remained at 730 Bronson Street until the church was completed at 3118 Pomeroy in September of 1919.

During the years of 1921-1943, charter members, deacons, and auxiliaries were formed, and other Pastors were called throughout the years. Rev. Sidney Lawson served as interim Pastor in 1933, and was a faithful servant in the church for many years.

In 1944, Rev. W. L. Barnes, 23 years old, was called to Pastor True Vine, where he preached for 50 years. He was bestowed the title of Pastor Emeritus to honor his years of faithful leadership.

In 1949 the ground was broken to build the church at 739 Russell Street, and dedication services were held in 1951 in the completed basement. The completed sanctuary was completed and dedicated in 1967. Pastor W. L. Barnes led the congregation into the new sanctuary, and the \$60,000 mortgage note was burned in 1967.

During the years of 1970-1990, females were elected to the Trustee Board, the Recreation Department was organized, Women's Department and Missionary auxiliary was established, new Bibles and hymn books were purchased, Finance Committee was organized, and the Joy Harris Memorial Scholarship Fund was established.

The Constitution and Bylaws were dedicated on June 22, 1997, and the church charter was reinstated by the Secretary of the State of Ohio. In 2013 the constitution and bylaws were revised and approved on November 3, 2013.

Dedication services to rename the church lower auditorium was held on September 27, 2003 in honor of Pastor Emeritus W. L. Barnes to the W. L. Barnes Fellowship Hall.

December 2, 2008 Toledo City Council, under Ordinance 708-08, voted to designate Russell Street to "Rev. W. L. Barnes Way."

January 4, 2010, True Vine's own son and Toledo Fire Chief for 18 years, Michael P. Bell, was elected Mayor of Toledo and took office.

November 20, 2013, Minister Cecil Jerome Graham was elected as Pastor of the church. Installation services were held on Sunday, January 26, 2014. The theme was "Feed My Sheep" from John 21:17.

Beginning in 2014, under Pastor Cecil Jerome Graham's leadership and vision, True Vine held its first of six annual Career & Health fairs with our community partners to offer career opportunities and free medical services to the public attending as part of its outreach ministry.

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-BTQ 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.

"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 empowers and educates, 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!

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Ryan Rollison

Dream Bodies

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Ryan Rollison

Braden Methodist... 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, Shiblethia 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 Missional 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. How-

ever, 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-

...continued on page 13

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 Bellzora 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 Monford, DMin, delivered a message that focused on three points during his inspiration 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 Monford was born in Lima, Ohio, earned a Bachelor of Arts degree from American Baptist College, and graduated from Winebrenner Theological 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.



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WHEN: September 14, 2019 | 8:00 am - Noon

To register for this event, visit eventbrite.com and type Sickie Cell Matters 5K Run/Walk into the search bar.

Sickie Cell Project
of Northwest Ohio

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A Daughter's Journey.... continued from page 12

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-Hickman'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 caregivers. 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 caregivers 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 commandment 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 families, and the greater community (laypersons, medical, and related professionals). 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. Chapter 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. Fittingly, 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 become 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 sister 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 statement? 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 necessary, 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 experienced 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 accept 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 negativity associated by some in our society, so does one's sexuality. I believe as human beings we have the right to express ourselves, to live and to love as we choose.

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 symptoms such as depression and/or anxiety. Seek out professional providers 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 it's fair but because it's mentally and emotionally HEALTHY!

Bernadette Graham is a Licensed Professional Counselor, National Certified Counselor and Certified Grief Recovery Specialist. She is available for presentations and speaking engagements on mental health topics. Provide feedback or reach out at graham.bernadette@gmail.com. Visit her website at www.bjgrahamcounseling.com. For appointment information please call 419.409.4929

ideas," 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 September 1st through September 8th, where there will be midday and evening events to support the homecoming celebration. Of these activities, there will be a Crafternoon DIY art class. Guests will make mesh 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, September 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 anyone 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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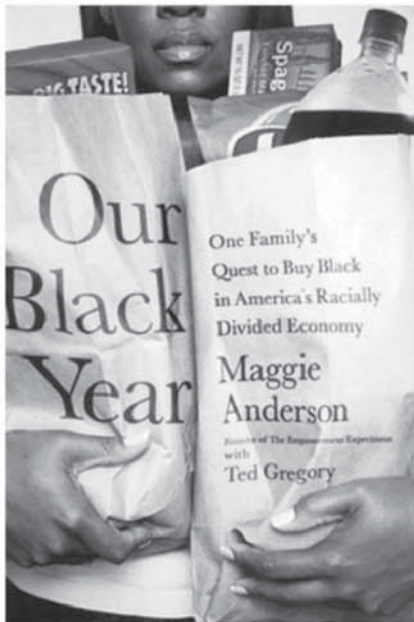
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CLASSIFIEDS

September 4, 2019

Page 15

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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 TOLEDO, OHIO

NOTICE IS HEREBY GIVEN that Sealed Bids will be received by the Toledo-Lucas County Port Authority for all labor, material, insurance, and equipment necessary for the Asbestos Abatement project located at 761 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

Bobby and Ernestine Lipkins Celebrate Their 50th Wedding Anniversary

Sojourner's Truth Staff

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.



The Grandchildren and Great Grandchildren



Bobby and Ernestine Lipkins



Bobby and Ernestine with children - Bobbie Jo (far left), Kenny and Terrance



FREE Masters Series:

JONATHAN CALM & ALVIN HALL

The Green Book Project

Thursday, Sept. 5: 6 p.m., Peristyle

1947 1956

Alvin Hall & Jonathan Calm

TMA Ambassadors

toledomuseum.org

Toledo Museum of Art



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- Build your own business?

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

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

Contact David Baldwin (313) 254-7268 for information