

The Sojourner's Truth

Volume 58, No. 1

"And Ye Shall Know The Truth..."

October 2, 2019

A Celebration of the Renovated Main Library!



Debbie Barnett, State Rep Paula Hicks-Hudson, State Rep. Lisa Sobecki, Councilwoman Yvonne Harper

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A Higher Purpose

By Rev. Donald L. Perryman, PhD

The Truth Contributor

By no means do I count myself an expert in all of this, but I've got my eye on the goal... I'm off and running, and I'm not turning back.

— Philippians 3:13,14 The Message



He is young, black and “saved” at a time when a generational divide exists, not only between older and younger black churchgoers, but also among current members of Toledo’s city council. If elected though, Shaun Strong, candidate for District One, brings the inspiration and spirit of “grandmama’s African-American church” and a black millennial voice to local government, two perspectives which have been absent from recent public discourse in Toledo.

I caught up with Mr. Strong for a one-on-one talk about his candidacy.

Perryman: Please tell me a little bit about your background.

Strong: I was born and raised in Toledo, grew up in the Washington Local Schools area graduating in 2007 from Whitmer High School where my pride and joy was being the mascot my senior year.

Perryman: So, you were the panther?

Strong: I was Pete the Panther. And after Whitmer, I studied at the University of Toledo majoring in English education and English literature. During my college career I also moved in to care for my grandmother for almost six years until she passed away.

Perryman: You have a church background, tell me a little bit about that.

Strong: I was born and raised in the grand old Church of God in Christ (C.O.G.I.C.). My mother’s family are charter members of what is considered the mother church of this area and that was Wabash Church of God in Christ. It’s now on Oakwood and called New Life COGIC. My father’s family grew up at St. James Church of God in Christ, first at 801 Vance and then on Nebraska.

I was officially licensed as a minister at the age of 15, ordained an elder August of 2013 at age 23 and served in various capacities, locally. As a youth pastor at St. James, I taught Sunday school, taught Bible study, I’ve also done things on the district and state level. On the national level, I held a couple elected positions including secretary of our International Youth Advisor Council.

Perryman: How has the church shaped your philosophy towards becoming a council person?

Strong: The church definitely has reminded me to have principles and standards. I don’t think that I’ll always be perfect, I don’t think that I’ll always make the mark, but there ought to be something that I’m striving toward and reaching for. I believe that as long as I keep those things at the forefront of all the decisions I make then I won’t have issues of losing myself in the process and I won’t have issues of a marred character or loss

of integrity.

Perryman: How has your work experience shaped your candidacy?

Strong: I’ve been working with the City of Toledo for the last seven years. I was an intern in the mayor’s office under the Bell administration and then the late Mayor D. Michael Collins actually hired me. While I



Shaun Strong

was in his administration, I was his personal assistant and then helped with the transition between Collins and Mayor Hicks-Hudson. After Mayor Hicks-Hudson I worked in several other divisions of the city.

So, one of the things that I think is very unique about my candidacy is, if being elected to City Council, I’m the most recent and probably one of the few that have actually worked for the administration. I’ve seen it up close so when we talk about funding and where we can make improvements and changes, I think I would be the person most knowledgeable on city council to do that because I worked right there in the thick of it.

My time at the mayor’s office has also helped me understand the role of the mayoral administration and the role of city council and how that relationship should work together in harmony. I’ve written legislation before, using the administration’s tools like Legistar, so it’s all stuff that I’m very familiar with and although I’m a new face, I don’t have the steep learning curve as someone who would just walk off the street and put their name in

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The Sojourner's Truth

Toledo's Truthful African American
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A Certified MBE

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Community Calendar

October 6

St. Marks MBC 64th Women's Day: 11 am speaker Mother Betty Johnson of St. Marks; 4 pm speaker Vera Sanders of Ebenezer Baptist; “Stand on Faith and Hope Knowing that God Is Almost There”

October 10

Toledoans United for Social Action Core Team Meeting: 6 to 7:30 pm; Parkwood Seven Day Adventist Church; Discussion on Tenant Blacklisting; Community members are invited to share their stories

October 12

Calvary MBC Cancer Awareness Workshop: Sponsored by the Women's Ministry; 11 am; Guest speaker Dr. Changhu Chen, MD, professor and chairman of the Radiation Oncology Dept of UT; Free lunch afterwards

October 12-13

St. Marks MBC Men's Day Weekend: Saturday at 10 am panel discussion “On Domestic Violence” with Lucas County Division of Domestic Violence; Guest speaker Elgin Rogers of LC Auditors Office; Sunday morning service at 11 am

October 20

St. Paul AME Zion Church Correctional Lay Sunday: 11 am; Speaker Harold Watson of Detroit St. Paul AME

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

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Bipartisan Kaptur Bill to Improve Healthcare for Veterans is Introduced in Senate

The bipartisan legislation passed the House of Representatives in March 2019

This week, Congresswoman Marcy Kaptur (OH-09), released the following statement after her bill H.R. 1271, the Veterans'-Specific Education for Tomorrow's Health Professionals Act of 2019 (VET HP Act), was introduced on a bipartisan basis in the Senate by Senators Tammy Baldwin (D-WI) and Thom Tillis (R-NC).

"I am deeply grateful to Senators Tammy Baldwin and Thom Tillis for their bipartisan effort to advance this important legislation in the Senate," said Rep. Kaptur. "Earlier this year, the House passed the VET HP Act unanimously. This legislation will help create a pilot program that would establish a pipeline of future medical professionals into the VA system, reducing the number of medical vacancies within VA and improving care for veterans. I am glad to see this bill overcome a major hurdle on its path to becoming law."

The VET HP Act would direct the Department of Veteran's Affairs (VA) to create a one-year pilot program in at least five VA medical centers for pre-med students to gain clinical observation experience, allowing them to gain a deeper understanding of veterans' specific health needs and experi-

ences, while creating a viable pipeline of future medical professionals in the process.

The shortage of Veterans Health Administration (VHA) physicians and medical professionals has been a major problem for medical centers across the country, including in Northern Ohio, forcing VA facilities to provide care with fewer staff than are medically necessary to properly care for our nation's veterans. According to a recent VA report, the Louis Stokes VA Medical Center in Cleveland currently has 188 medical vacancies, VA Healthcare System in Ann Arbor has 163 medical vacancies, and the John D. Dingell VA Medical Center in Detroit currently has 145 medical vacancies.

The VET HP Act has been endorsed by the American Legion and Paralyzed Veterans of America (PVA).

Perryman... continued from page 3

opponent?

Strong: One is, I offer fresh ideas, a fresh face and not the same ole same ole, but something new. I also offer responsive and responsible leadership, and that simply means that it's not just going to be a group of people in the district that know me that I'm comfortable with and they will be the only people that I serve. My availability, in contrast, is for all the residents of Toledo. I have to resign from my job once elected and that's a sacrifice

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Second Annual Ready, Set, AIM Summit Empowers Local Women

By Mariah Hicks

Sojourner's Truth Reporter

"Success is different for everyone. Often, you don't see what is under the success that is standing," said Katy Crosby, who facilitated this year's panel discussion alongside her three friends.

The Ready, Set, AIM Summit was founded by Tianna Anderson and first took off in 2018.

Anderson's inspiration to start the summit stemmed from her move to Toledo and her individual journey as a businesswoman.

"I just met so many brilliant women who kind of lacked that network that they needed to advance themselves and their careers or their businesses," Anderson said. "A lot of people have advanced education, advanced degrees, but yet were still kind of stagnant in their careers and their businesses, so I wanted to provide an opportunity to have a solution to that."

Anderson founded her own business, Anderson Innovative Marketing, where she provides strategic marketing consulting and copywriting services to small businesses. After having provided her services free of charge for several years, Anderson realized she had something going and should have been charging all along. Through the summit, she strives to help other women also recognize their worth and navigate their way through the business world.

"The number one way that it's helped women is through the networking aspect," Anderson said. "So many women have connected on a partnership level and mentorship level. I tell people all the time, this is the place where you come to find your tribe."

Saturday's panel discussion titled "Becoming: I'm Here, Now What?" was facilitated by Crosby, City of Toledo chief of staff; alongside Demetria Simpson of LMHA; Wendi Huntley, president of Connecting Kids to Meals and Stephanie Kynard of Kynard's Child Development Center..

The panel touched on how women can balance their personal and professional lives while also staying true to themselves.

"It's just something about giving people the opportunity to fly, to strive, to be the best that they can be," said Simpson.

As a first lady, president and CEO of Lucas Metropolitan Housing Authority, and a member of various boards, Simpson touched on how she balances her roles while tending to those in underserved communities.

"For me to be able to overcome my obstacles to become that leader, I want to be able to reach back and grab the women who are trying to get there," Simpson said. "I look forward to continuing to redefine leadership, but I'll do it in a way that I can reach behind me and pull the young women, other women who so greatly need to be encouraged."

A key point she left with the audience was that it has caused her more grief as a black woman trying to be like others rather than just being herself.

"It's so easy for us to second guess ourselves when we are measuring ourselves to others," Simpson said. "We should just clap for each other every time

we are in each other's presence."

The panel discussion also included conversation on the roles of leadership. The panelists described leading as servanthood and sowing into others.

"Leadership is a state of being. It's not a title, it's not the person, but it's how you treat people, it's how you allow people to be who they are in their spaces," said Crosby. "It's about rolling up your sleeves and doing the work. It's about making sure you create opportunities for other people to be in leadership roles which sometimes means you're that watermark in the background whispering in somebody's ear and pushing them out there."

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The Padua Center Announces the "Peaces" of Art Banquet

Earl Mack and The Buffalo Soldiers will be honored at the Padua Center's "Peaces" of Art celebration on October 13, 2019, from 5:00-8:00 at the Sullivan Center. The Buffalo Soldiers, a motorcycle club, is a community service organization that promotes safety especially for youth. They are frequent guests are schools, clubs and are the hit of any parade.

The keynote speaker for the event is Monsignor Michael Billian, pastor of St. Joseph Church in Sylvania, Ohio. After the closing of St. Anthony Parish in 2005, Msgr. Billian conceived the idea of starting an outreach center in the former rectory. In 2006 The Padua Center was begun. He has been instrumental in the formation of the Center and presently serves on the Board of Directors.

A highlight of the silent auction will be the auctioning of two framed counted cross stitch pictures done by Kay Shrewsbury. These pieces of

work made of thousands of small stitches reflect the cultural and ethnic riches of the African American community. The silent auction will begin at 5:00 p.m. Persons who are unable to attend and wish to bid on these pieces can come to The Padua Center, 1416 Nebraska Ave and review the art work and place a silent bid.

Art work created by the children of The Padua Center will be auctioned in the live auction.

Music will be provided by "Straight Up" and a banquet will be served. Tickets and more information are available by calling The Padua Center, 419-241-6465, or visiting the webpage: www.paduacenter.org.

If you go: Peaces of Art, a silent and live auction to benefit the work of The Padua Center, Sunday, October 13, 2019 from 5:00-8:00 at The Sullivan Center, 2049 Parkside Blvd., Toledo, Ohio.

The "100th Birthday" of Ethel Lee (Bazar) Walden

Special to The Truth

Ethel Lee Walden, the wife of prominent Toledo physician, founding MCO (UTMC) faculty member, and founding medical director of the Cordelia Martin Health Center, Dr. Robert E. Walden, M.D. (deceased), will celebrate her 100 years on this earth next Saturday, October 5, 2019.

Ethel Walden played an important role in the fledgling days of the Medical College of Ohio; one of several faculty wives who filled a role as de facto hospitality and social coordinators in support of their husbands' dream of starting a "community medical college."

She often hosted parties, gatherings and dinners in their Westmoreland home when the entire faculty and students were few enough to fit into one living room. She was there to help

turn the first shovel of dirt for the inaugural building of the new campus, the Health Science Building.

She continued to support the college even after her husband's passing, having funded a scholarship in his honor for UTMC students wishing to pursue a career in psychiatry.

In addition, Ethel Walden has been a strong supporter of the arts and community service. She's an emeritus past-president of the local chapter of The Links, Inc. (one of the nation's oldest and largest social service organizations of outstanding African American women), as well as the local Study Hour Club of prominent African-American women. She worked in the Gift Shop at the Toledo Museum of Art,

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"Peaces" of Art

The Padua Center

1416 Nebraska Ave., Toledo, Ohio 43607
More information on the web: www.paduacenter.org
thepaduacenter@gmail.com

During the last couple of years the Padua Center has been undergoing a lot of changes. Some of these changes were long in coming and some caught us by surprise. When the bricks fell from St. Anthony Church we did not anticipate that in the next two years we would be a separate non-profit corporation owning land and buildings. We have completely separated from the Roman Catholic Diocese of Toledo and are now an independent organization, yet continuing as a ministry of St. Martin de Porres.

Thanks to the support of the Padua Center Board and you, our steady supporters, we have emerged from this challenging time with a revised Mission Statement, focus and core values. We are designing programs, renewing programs and all the while listening to the needs of the community. Some of our programs have been eliminated because of a loss of funding. Other programs have been renewed and re-invigorated.

Thanks to a donor, our Emerging Young Ladies met a number of times in the Spring and, we were able to run a second program during the summer. Pictured here is Mirrah Johnson-Bell who, under the guidance of Agneta Sealy, made a pillow case.



Join us for a banquet, a silent, and live auction celebrating the work of The Padua Center.



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“Use-By” When?

By Patrice Powers-Barker, OSU Extension, Lucas County

The Truth Contributor

What's today's date? What are the dates on the food items in your refrigerator or pantry? Americans throw out a lot more food than they expect to throw out. One of many reasons for this might be in part because of unclear date labels on food packages. What do those dates and phrases really mean?

First, let's start with food safety. Food safety is an important topic for all people, although there are a few groups of people who are at higher risk of food poisoning. These groups include children younger than five years old, pregnant women, people with weakened immune systems and adults older than 65 years old.

Not all of us fall into those higher risk groups but it's likely that if we're eating with other people, someone will be in one of those groups. It is important to follow the four basic steps of food safety for all people. 1) Clean hands and surfaces 2) separate raw meat from ready-to-eat food, 3) Cook to the right temperature and 4) chill raw meat and cooked leftovers promptly (within two hours). These same four basic steps are important for any food preparation whether it's canned, frozen or fresh food.

No matter what type of food (fresh, canned, frozen), please follow the basic food safety steps. When it comes to food quality (not safety), there is often a peak time for foods for things such as freshness and taste. We want our food to be of high quality but if it is eaten a day or two past the recommended date for quality, it does not necessarily have anything to do with food safety. A food can be safe but not high quality. For example, if someone leaves the cereal box open, the cereal may become stale – and not the highest quality for enjoyment – but it does not mean it will cause illness. A similar example is frozen food that has been in the freezer for too long. It can be safe to eat but if it has freezer burn it won't taste as good.

The goal is to eat food that is good for your health, good for your wallet and good for the environment. This means limiting the amount of food waste. One study estimated that the average American household spends more than \$2,000 annually on wasted food. Will understanding the food labels help you cut food waste and maintain food safety?

Unfortunately, there is no uniform or universally accepted description to use for food. The only type of food that requires a “Use-By” date is infant formula. For all other foods, some examples of commonly used phrases include:

- **Best if Used By/Before** indicates when a product will be of best flavor or quality. It is not a purchase or safety date.
- **Sell By** tells the store how long to display the product for sale for inventory management. It is not a safety date.
- **Use By** is the last date recommended for the product while at peak quality. It is not a safety date (except when used on infant formula).
- **Freeze By** is when a product should be frozen to maintain peak quality. It is not a purchase or safety date.

Canned food might have two different types of codes. They may have a “best if used by” date and they will also have a closed date or code. This code used by the manufacturer indicates when the product was canned. This code doesn't usually mean anything to the consumer unless there is a food recall. This code is used to track the product, help rotate stock and it will help locate products in the event of a recall. For food safety, don't let canned foods freeze.

Also, throw away any cans that show signs of bulging, leaking or severely dented. Most canned food products are safe to use after the date if they are properly handled and do not show any signs of spoilage. For best quality (not safety), high-acid canned foods like tomatoes and fruits will keep their best quality for 12 to 18 months. Low-acid foods like meat and vegetables will keep for two to five years.

There is a free app called the FoodKeeper and the same information can be found online at foodsafety.gov. Review and rotate the food in your pantry, cupboard, refrigerator and freezer. If food appears spoiled, don't keep it for the sake of saving money. To avoid throwing away food, keep in mind the following, be aware of what foods you throw away, don't buy more foods than can be used before spoiling, plan meals and usually a grocery list. Keep track of the food in your cupboards, refrigerator and freezer and plan snacks and meals from food on hand.

All the information is from the US Food and Drug Administration, the US Department of Agriculture and OSU ChowLine.

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Ethel Lee... continued from page 6

donated to its Glass Pavilion construction fund, and has been a long-time supporter of PBS.

Walden has seen a lot of changes in this country and the world during the past century. She worked her way up from farm labor picking cotton and domestic help, to being the wife of a prominent doctor and community leader amidst the harsh realities of Jim Crow racism and the Civil

Rights Movement.

She lived through the end of the "Old West", saw men land on the moon, shared in this nation's sacrifice during WWII, and saw the first African American inaugurated president of the United States! Yet, among all of her accomplishments, her proudest achievements have been watching her children and grandchildren go on to lead proud successful lives of their own.

Perryman... continued from page 4

that I'm willing to make because I believe in District 1, which means all of my time is going to be devoted to improving my community. So, when people call me, I will definitely call them back, I'll be walking the neighborhoods and meeting with residents, sitting down in their homes discussing the things that affect them the most.

Also, I'm not against expanding my network. I think one of the things that we need to do that we may not have done in the past in the city is branching out, meeting new people, going to trainings across the nation to learn how to do our job better. When we open up our mind and our scope of influence to other things, then we can get better ideas that we can tailor to Toledo. I have a friend who is president of City Council in Columbus, Ohio and just recently they recently were championed for growing their population and economy. Things like that, going to Columbus City Council President Shannon Hardin saying, "Hey, what have you done in Columbus that has helped boost your economy and surged your population growth?" Let me see that so I can tailor it to Toledo and do the same thing here.

Perryman: Do you have any further thoughts on your candidacy?

Strong: At the end of the day I just want people to really hear my heart and to hear my passion. This whole thing (campaign) is like a rollercoaster so you have your high days and low days and you have your times when you ask yourself 'can I even really do this, is it really worth it?' And the other day in my meditation time I came across a quote from Bobby Kennedy that said there are two types of politicians or politics, something of that sort. And, he said, there's the election you know you can win and then there's the election that you believe in. And so, some people will say that I'm probably biting off more than I can chew and I probably won't win this, and that's fair, they're entitled to that opinion. But what I do know is that this is something that I 100 percent believe in and that I'm committed to and that's my community. This isn't a case of if I were to lose then I'll just throw my name in the hat for 2021 and run at large. I don't plan on doing that. I care about District 1 right now, that's my focus, that's my passion, and this is what I really want to do and I really hope that people have a chance to see that passion and to really hear my heart, that I care for the community.

Perryman: Alright, thank you very much.

Contact Rev. Donald Perryman, PhD, at drdperryman@centerofhope-baptist.org

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AIM Summit... continued from page 5

The panelists gave examples of how they grew into their leadership roles and shared some valuable resources that helped them along the way. As founder of the Ready, Set, AIM Summit, even Anderson thought back over her role as a leader.

"The number one way I've grown is in my leadership skills," Anderson said. "After last year's summit, I realized that I lacked leadership skills, and so I poured myself into every leadership devotional that I could find. In order to get people on board with my vision, I had to be able to lead."

In addition to Saturday's panel discussion, this year's summit also included a meet and greet on Friday, then presentations by Carolyn Fraser, CEO of the PR Shoppe; Bria Hash of 4ourty; Melanie Towns, a commercial banker and Kelly Miller, talent lead at Owens Corning. Saturday's presentations included Tracee

Perryman, PhD, CEO of Center of Hope Family Services; and Kenny Farrar, deal flow associate at JumpStart, Inc.

Looking towards future summits, Anderson hopes to continue connecting with women, building relationships and encouraging the rise of leaders amongst the black women community.



Wendi Huntley, Rhonda Sewell, Demetria Simpson, Katy Crosby, Stephanie Kynard



Artina McCabe Honored at 2019 Race for the Cure

The Susan G. Komen Toledo Race for the Cure, this past weekend, celebrated Artina McCabe this year, just as she has celebrated her new positive attitude about her struggle.

In 2017, McCabe was diagnosed with breast cancer and thinking she was soon to die, she went into a deep depression, even giving away all her clothes as she expected to die soon.

Finally, during her third round of chemo, McCabe regained her footing, decided to fight and recovered her sense of purpose – even going so far as to reach out to others to encourage them.

For those reasons, McCabe was honored at this 2019 Race for the Cure



Artina McCabe



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Health Department Launches Community Survey on Tobacco and Smoke-Free Policies

While tobacco use and smoking rates have declined in Lucas County, the problem still exists in our community. The Ohio Department of Health reports that 21 percent of Lucas County Adults (18+) are current smokers.

To reduce the number of tobacco users, state and local health agencies across Ohio are working together on policy implementation to reduce tobacco use and initiation among youth and adults. The Toledo-Lucas County Health Department's Tobacco Prevention Program is conducting an online survey to gather community input on tobacco (including elec-

tronic cigarettes) and smoke-free policies in Lucas County.

The feedback from the community will allow the Tobacco Prevention Program to gauge community approval and empower the program to move forward on improving the health of Lucas County residents.

The survey is available on the Health Department's website at: <http://www.lucascountyhealth.com/> and can be accessed directly: <https://www.surveymonkey.com/r/TLCHDTobacco> For additional information, please contact Safa Ibrahim, Tobacco Prevention Program Coordinator, at 419-213-4120.

West Nile Virus Death in Lucas County

The Toledo-Lucas County Health Department (TLCHD) has confirmed its first human West Nile virus related death in Lucas County for 2019. A 68 year-old Lucas County man, passed away after being hospitalized with encephalitis. WNV continues to circulate in mosquitoes throughout Lucas County. However, the Sanitary District continues to spray or fog on a routine basis.

"Although we're getting closer to the end of summer, you still can be at risk of getting West Nile virus," said Eric Zgodzinski, Health Commissioner. "It's important for everyone to continue taking precautions such as wearing insect repellent and staying indoors between dusk and dawn."

The most effective way to prevent becoming infected with WNV is to follow the 3 R's:

- Remove standing water around your home in pet bowls, flower pots, old tires, baby pools and toys and remove leaves and debris from gutters so water doesn't accumulate. Pools of water allowed to stagnate for three or four days become breeding grounds for mosquitoes.

- Repel mosquitoes when outdoors between dusk and dawn by applying insect repellent with DEET and wear light, loose fitting clothing.

- Repair or replace torn screens on doors and windows

Most people infected with WNV have no symptoms of illness and never become ill. But illness can occur three to 15 days after an infected mosquito bite and cause symptoms of fever, headache and body aches. The disease can affect all ages, but people over the age of 50 and those with a chronic disease, such as heart disease or cancer, may be at increased risk for serious complications such as encephalitis or meningitis. For that reason, people who experience high fever, confusion, muscle weakness, severe headaches, or a stiff neck should see a doctor immediately.

For additional information, please visit <http://www.cdc.gov/westnile/> or <http://www.tasd-mosquitoes.org/sprayschedule.php>.



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A Mental Health Moment

Who Do You Really Love?

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

The Truth Contributor

In 2015, one of my favorite rap artists, Kendrick Lamar, released an album called *To Pimp a Butterfly*. I watched and listened in awe as Kendrick Lamar perform "I" as in I love myself, one evening on an episode of Saturday Night Live.

Before the end of the song, I was already in the process of searching up YouTube and other search engines for the video and lyrics to the song and other songs on the album. Along my search, I discovered two profound sources of information. One was an interview of Kendrick Lamar sharing his struggle with depression as he was previously diagnosed while in a rehabilitation center with a depressive type disorder and suicidal ideation.

Another was a brief commercial in an effort to address the stigma of mental health in the black community by Keiser Permanente, a non-profit managed healthcare system within the United States. The commercial utilized Kendrick Lamar's lyrics in the song "U" of a young black adolescent with the voice over Kendrick Lamar lyrics of his hidden pain of what it feels like to suffer symptoms (loneliness, hopelessness, fear, sadness, etc) of depression and thoughts of suicide.

Kendrick Lamar was very serious in his discussion during the interview about his depression and wanting to commit suicide and shared a lot of his feelings in the lyrics presented on his album.

I was drawn to the performance on Saturday Night Live due to Kendrick Lamar's lyrics "I." It seems quite common that each of us are supposed to love ourselves but express loving others instead. In my profession as a counselor, many clients are often diagnosed with a depressive type disorder whether it be hereditary or experiential. A number of them consider suicide as a way out not only because of the pain of feeling the severe discomfort but the stigma. There is the silence and the disbelief by others that it's not real.

Depression is not just about having a bad day, feeling sad or a broken heart. In fact, it is so painful people will and do often attempt or complete the act of suicide. Some of Lamar's lyrics of the song "U" read.....*"I know your secrets... I know depression is restin' on your heart for two reasons... And if this bottle could talk I cry myself to sleep / B -- everything is your fault... Shoulda killed yo a-- a long time ago / You shoulda feeled that black revolver blast a long time ago / And if those mirrors could talk it would say 'you gotta go' / And if I told your secrets / The world'll know money can't stop a suicidal weakness."*

To the contrary some of the lyrics to Kendrick Lamar's song "I".... *I done been through a whole lot Trials and tribulations, but I know God Satan wanna put me in a bow-tie Praying that the holy water don't go dry, yeah yeah As I look around me So many motherfe&%\$rs wanna down me But ain't no nigga never drown me In front of a dirty double-mirror they found me And I love myself.....*

Take a mental health moment and consider both the "I" and the "U" in your life. We can write the lyrics to our lives however we choose. More often than not, we need help with our lyrics. Kendrick Lamar reached out for help and he's still here writing more and more lyrics to song's many enjoy. Give other's the opportunity to enjoy the lyrics to your song even if the only words to your song is "I love you;" (yourself) as they will be the most important words in your life for a healthy quality of life.

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

Toledo Regional Walk to End Alzheimer's Brings Advocates for Alzheimer's Cure Together

Metro Toledo will experience the largest local gathering of advocates for a cure for Alzheimer's disease at the Toledo Regional Walk to End Alzheimer's on Oct. 12.

More than 1,700 Lucas and Wood county residents are expected to converge on Promenade Park in downtown Toledo as caregivers, those living with the disease, people who have lost a loved one and supporters come together with one voice and one purpose. The Walk is the world's largest event to raise awareness and funds for Alzheimer's care, support and research.

The Walk is sponsored by the Alzheimer's Association Northwest Ohio Chapter. Julia Pechlivanos, Executive Director, said, "The Walk to End Alzheimer's is a great opportunity for those whose

families have been impacted by memory loss to engage in the cause to end Alzheimer's and other dementias. We come together to remember and honor our loved ones, and to celebrate the vision of a world without Alzheimer's."

"People attending The Walk to End Alzheimer's tell us they leave feeling energized, hopeful, and not so alone," Pechlivanos said. "Caregiving can be a very isolating experience. The Walk celebrates caregivers to those with dementia and offers everyone inspiration to keep up the fight against the disease."

While at the Walk, participants can learn about Alzheimer's disease, advocacy opportunities, clinical studies enrollment and support programs and services from the Alzheimer's Association Northwest Ohio Chapter. Walk participants also honor those affected by Alzheimer's disease with a poignant tribute known as the Promise Garden ceremony. Last year's event raised more than \$300,000.

Nashville Singer-Songwriter Jay Allen will be a

... continued on page 12

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ProMedica Events in October

ProMedica will offer the following community events in October:

Aromatherapy

Discuss the special ways that essential oils can be used for everyday health and wellness. This program is free to people with a cancer diagnosis and is sponsored by ProMedica Cancer Institute. Aromatherapy takes place the first and third Wednesday of each month. Call the Victory Center at 419-531-7600 for details.

Wednesdays, October 2 and 16

1 - 2 p.m.

The Victory Center

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

Wellness Across the Age Spectrum: Enhancing Your Mental Wellbeing

ProMedica's Continuing Medical Education Department is hosting a community event where guests will be exposed to a variety of wellness topics, discussed by local and regional experts. These topics will include aging and the fountain of youth, the benefits of aromatherapy, the importance of leisure and relaxation, and brain health and sleep. The event will also include a make your own tea bag "make and take." This event is free and open to the public, but registration is required. You may register by calling our automated registration line at 419-291-7901 or emailing kimberly.roberts@promedica.org or kimberly.roberts@promedica.org.

Thursday, October 3

6:30 - 8:45 p.m.

ProMedica Toledo Hospital

Donald V. Kellermeyer Medical Education Center Auditorium

2113 Hughes Dr., Toledo, Ohio, 43606

Mobile Dueling Pianos Show

ProMedica Monroe Regional Hospital Foundation is hosting a dinner event to benefit ProMedica Monroe Regional Hospital. Join us for cocktails, cuisine, and lively entertainment! The event cost is \$80 per person, and your gift will ensure students have access to telehealth technology and clinical expertise to support quality health care in school. For more information or to make an additional donation for the event, visit giving.promedica.org/piano or PHSI/AppData/Local/Microsoft/Windows/INetCache/Content.Outlook/TD-LAYORG/giving.promedica.org/piano.

Thursday, October 3

6 - 9 p.m.

Monroe Golf and Country Club

611 Cole Rd., Monroe, Michigan, 48162

Nursing Mothers Support Group

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

Tuesday, October 8

1:30 - 2:30 p.m.

ProMedica Toledo Hospital

Entrance F, Mom & Me Boutique

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

ProMedica Dementia Education Series

ProMedica's Goerlich Center is offering free dementia education sessions for family members, caregivers, friends, and community members. ProMedica experts will provide insight, strategies, techniques and care approaches for managing the course of Alzheimer's disease and dementia. A Certified Dementia Practitioner will provide free adult day care supervision and recreational activities during the event. Light refreshments will be provided. This series takes place on the second Wednesday of each month. Pre-registration is requested, but not required. For more information, call Cheyenne Abrego 419-824-1758 or email Cheyenne.Abrego@ProMedica.org.

Wednesday, October 9

6:30 - 7:30 p.m.

ProMedica Flower Hospital

Conference Center, Boardroom

5200 Harroun Rd., Sylvania, Ohio, 43560

Alzheimer's Support Group

ProMedica Memorial Hospital is hosting a monthly Alzheimer's support group. This group is for family members, friends and patients as they navigate through the complexity of the illness. It is an opportunity to get support from others who are experiencing the trials and tribulations of dementia. This support group meets on the second Wednesday of every month and is free and open to the public. For more information, call 567-938-9394.

Saturday, October 12

9 a.m. - Noon

ProMedica Flower Hospital

5200 Harroun Rd., Sylvania, Ohio, 43560

Women's Cancer Support Group

ProMedica Monroe Regional Hospital's Cancer Center is hosting a cancer support group for women who have a cancer diagnosis. It is a safe harbor to come to give or receive support. The group meets the third Tuesday of each month and provides education, encouragement and sharing in an informal social environment. Guest speakers who are compassionate professionals specializing in cancer issues may occasionally be invited. Come, share, and receive encouragement, love, compassion, hope, laughter and much more!

... continued on page 13

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Alzheimer's Cure... continued from page 11

special guest at this year's Walk. Allen, who is a Celebrity Champion for the Alzheimer's Association, is best known for his song "Blank Stares," which pays tribute to his late mother, who had Alzheimer's disease.

This year's Walk Chair is Steven M. Cavanaugh, Chief Financial Officer of ProMedica. Cavanaugh said, "ProMedica is proud to be part of the Walk to End Alzheimer's, not only here in Toledo, but in the communities we serve across the country. Many of us have a loved one or know someone with a family member who has been affected by this devastating disease. We are honored to join the Alzheimer's Association in their pursuit for preventing and curing Alzheimer's and related dementias."

Alzheimer's disease is a progressive brain disease that cannot be prevented, cured or slowed. In the United States, more than 5.8 million people live with Alzheimer's disease. In Northwest Ohio, there are 32,000 living with the disease and there are 96,000 caregivers.

Participants can pre-register for the Walk at alz.org/nw ohio/walk. Registration is free. Day-of registration begins at 9 a.m. and the Walk Ceremony begins at 10 a.m. Promenade Park is located at 400 Water St., Toledo.

Rare Breed: A Guide to Success for the Defiant, Dangerous, and Different by Sunny Bonnell and Ashleigh Hansberger

By Terri Schlichenmeyer

The Truth Contributor

Your knees were always scabby and hurt.

Skinned elbows, bloody scratches, dirt, bruises, scuffs, they were hallmarks of your childhood and you earned every one of them by playing hard and never ignoring a challenge. That was then, same thing now – but how to you convert fearlessness into business acumen? In *Rare Breed* by Sunny Bonnell and Ashleigh Hansberger, see how feistiness can work for you.

Some things don't make sense.

For Bonnell and Hansberger, though, dropping out of college just short of graduation did. Eager for entrepreneurship, they left their classes behind to start their branding agency, Motto, and road-tripped to grow it. For them, despite well-intentioned naysayers and a few head-hanging bumps along the way, the timing was right; even so, they're aware that their success story is unusual.

Bonnell and Hansberger are rebels in business, not button-down Wall Street types. No, they're "defiant, dangerous, and different," which they use as "selling points" for clients who want to upend the status quo, and they embrace this all wholeheartedly. And though they don't always like to follow arbitrary rules, there are some rules of thumb for "rare breeds" like them: daring entrepreneurs, the authors claim, share seven "Virtues," which "are the keys to becoming a Rare Breed."

Rebelliousness is what shakes things up. It helps avoid that which is normal. It ignores some of the rules of etiquette and it makes people ask "why?" Audacity is what urges an entrepreneur to try things nobody's ever done. It's about making big change to what's working, just to make it work better. Obsession demands perfection from a business, and it won't rest until it finds it. Being Hot-Blooded keeps the intensity high; it's passion, times ten. Weird-

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HarperOne
\$25.99 / \$31.99 Canada
320 pages

ness is absolutely a "superpower" that lets you be you, and it shows clients authenticity. Being Hypnotic beams charisma "that turns heads," and being Emotional lets your intuition free to work for you.

These are things, the authors indicate, that you probably already own, so why not let them make you successful? After all, they say, "norms can look cozy and comforting... but so can a casket."

For every person who ever dropped out of college, everyone who never even went, for every serial job-holder with a won't-let-go dream, *Rare Breed* is like an entire wind storm of fresh air.

And yet – read super-carefully.

Not-so-buried inside their book, authors Sunny Bonnell and Ashleigh Hansberger offer well-considered downsides to their seven "Virtues," and they can't be ignored. Indeed, despite that its verbiage is breezy and sometimes hip and flip, this book demands a fair amount of restraint and maturity from a reader who wants to put it to use. For the still-unbridled reader, "Dark Side" portions of the chapters explain in plain language what could happen if those warnings are dismissed.

While this book may seem best for Millennials, it's not for unripened kids. Anyone with a good head and a rebel streak will get something from it, though, and if that's you and you're ready for a shake-up, *Rare Breed* can't hurt.

ProMedica... continued from page 12

Tuesday, October 15

6:30 - 9 p.m.

ProMedica Monroe Regional Hospital

Conference Room A, 4th Floor

718 N. Macomb St., Monroe, Michigan, 48162

Browse-n-Buy Gift Shop Holiday Open House and Flower Ladies Show

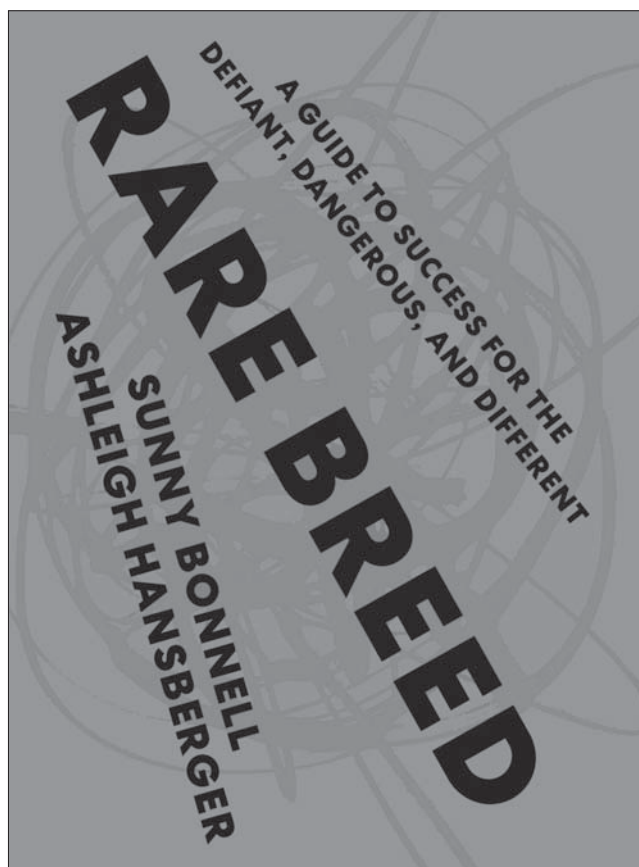
The Auxiliary of ProMedica Memorial Hospital is hosting its annual holiday open house and flower ladies show in the lobby area in front of the Browse-n-Buy gift shop. 25% discounts will be given on merchandise purchases and also on all beautiful holiday creations shown by The Flower Ladies. Refreshments will be served. For more information, please contact Debbie Koebel at 419-332-7321, ext. 323304.

Wednesday, October 20

8 a.m. - 6 p.m.

ProMedica Memorial Hospital

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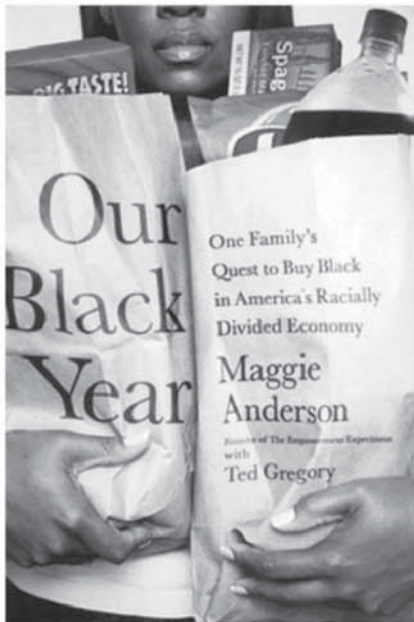


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One Family's Quest to Buy Black in America's Racially Divided Economy

Maggie Anderson

Author of The Empowerment Experience with Ted Gregory



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CLASSIFIEDS

October 2, 2019

Page 15

Glenwood Lutheran Church, 2545 Monroe Street, Toledo, OH, 43620 is seeking a Music Director. The ideal candidate should possess a Masters Degree in Music or equivalent, and be familiar with Lutheran liturgical music as well as African American music and instrumental accompaniments. Salary is negotiable commensurate with education and experience. Candidates may send resume to the church: glenwoodpastor@gmail.com. The closing date is October 11, 2019. Interview process: 6 on hiring committee, each select one area to share with candidate. Others are not to BUTT IN!

1. History of church (P4 Pr Chris., P2 Nancy)
2. Teaching necessities (P3 Chris, P1 Nancy)
3. Existing rehearsal, meeting schedule (Christ past choir routines, Nancy, P 5)
4. Available equipment
5. Expectations (Chris p 2 P4)
6. Housekeeping responsibilities

Candidate to request salary package, have questions answered, and be notified ASAP about committee's decision.

NOTICE TO BIDDERS

SEALED PROPOSALS for bidding on **Blue Creek Metropark Multi Use Trail Extension** will be received; opened; and read aloud at the Metropolitan Park District of the Toledo Area, Fallen Timbers Field Office, 6101 Fallen Timbers Lane, Maumee, Ohio 43537 **Friday, October 18, 2019 at 3:00 p.m.** local time.

THE SCOPE OF WORK consists of construction of a 12 foot wide paved multi use path 1,879 feet in length. General construction includes erosion control, limited select demolition, earthwork, aggregate base, asphalt, striping, topsoil, seeding and mulching. Bidders may obtain copies of plans, specifications, contract documents and plan-holder's list through Newfax Corporation, 333 West Woodruff, Toledo, Ohio 43604 between 8:30 a.m. and 4:30 p.m., Monday through Friday (check made payable to Newfax Corporation) or via the Newfax Digital Plan Room at www.newfaxcorp.com. Newfax can be contacted at 419-241-5157 or 800-877-5157. A non-refundable fee of \$15 is required for each set of full-size documents obtained. For additional information, please contact Jon Zvanovec @ 419-360-9184, jon.zvanovec@metroparkstoledo.com.

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

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

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

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

David D. Zenk, Director

CANINE CARE CENTER SUPERVISOR LUCAS COUNTY

Lucas County Canine Care & Control is accepting applications to fill the position of Canine Care Center Supervisor until the position is filled. Additional information regarding the duties are available on the Lucas County web site (www.co.lucas.oh.us). Click on "Apply for a Job" and then select "Canine Care Center Supervisor" from the list to read more or apply.

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SNOW PLOW OPERATORS WITH VEHICLES

The City of Toledo, Streets, Bridges, & Harbor Division is interested in contracting with owners/operators of snow plow vehicles for plowing on residential streets during heavy snow conditions. All bids must be received by **1:30 PM October 22nd, 2019**. For a copy of the bid proposals and specifications visit <https://www.planetbids.com/portal/portal.cfm?CompanyID=22576> or contact:

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1189 W. Central Ave. Toledo, Ohio 43610
PHONE: 419-245-1589

ATTENTION AFRICAN AMERICAN VENDORS!

Join us for the 2nd Annual REAL BLACK FRIDAY TOLEDO! Black Business Expo. If you are an African American owned business looking to market your products or services to HUNDREDS of customers, register today to be a vendor at the largest Black Business Expo in Northwest Ohio.

The REAL BLACK FRIDAY TOLEDO! Black Business Expo is conveniently located within the central city of Toledo at The New Life Center on the campus of Bethlehem Baptist Church. This attractive, secure, one-level building offers 7,000 square Ft. of opportunity for vendors to have a wonderful and interactive experience with convenient and easy to access parking. The event is inside and will take place come rain or shine!

The event will take place November 29, 2019, from 11:00am until 5:00pm. Early bird registration is open now and you can take advantage of a 25% discount on the purchase of your table until September 27, 2019. Tables are limited, so don't miss out on this opportunity to sell on the hottest shopping day of the year. Visit www.ivinstitute.org or <http://www.ivinstitute.org> to register.

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TLAS Fellowship Program is hiring up to six attorneys in Lucas County, Ohio. Successful candidates must be licensed with the Ohio Supreme Court. Graduates from an accredited college of law who are awaiting Ohio bar results will be considered for the program. Please see <http://www.nlada.org/node/27416> for a more detailed description. Email cover letter and resume by October 11, 2019 to: ToledoLegalAidSociety@yahoo.com

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Main Library Reopens to Acclaim

Sojourner's Truth Staff

The renovated Toledo Lucas County Main Branch Library opened on Saturday, September 28 in a ceremony led by local officials, library staff and a six-person orchestra. Hundreds of visitors stopped by to see the wide-open spaces and added resources. The new library features more books, more computers, more meeting spaces, more children libraries and more creative opportunities with its recording studios, editing rooms and printers.

A series of short speeches were presented by Library Director/Fiscal Officer Jason Kucsma; Congresswoman Marcy Kaptur; Christa Luttman (representative for Gov. DeWine); State Sen. Teresa Fedor; Lucas County Commissioners Gary Byers and Tina Skeldon Wozniak; Mayor Wade Kapszukiewicz, Council Members Yvonne Harper, Tyrone Riley and Larry Sykes and TPS Superintendent Romules Durant, EdD.

The remodeled main library with its architectural updates and added 21st century resources was the vision of long-time director, Clyde Scoles, who died on February 15, 2019, months before his planned retirement and while the renovation of the main branch and the construction of the new Mott Branch Library were well underway.

The Mott Branch opened earlier this summer in June.

Scoles was deeply invested in the future of library architecture, as reflected in the design for both Mott and the main branch. He was one of six people to judge entries in an annual library design competition and, in recent years, joined representatives from several architectural firms, the University of Portland, and the Los Angeles Public Library System on the jury appointed by the American Institute of Architects and the American Library Association. The jury reviewed 81 library projects built both in the United States and foreign countries during 2014 as candidates for the 2015 AIA/ALA Library Building Award Program.

The speakers paid tribute to Scoles' leadership and contributions to the library system over the years. In addition, two days before the re-opening ceremony, a section of Michigan Avenue in front of the Main Branch was renamed for Scoles.



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**Saturday, Sept. 28 or
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