

The *Sojourner's* Truth

Volume 59, No. 5

"And Ye Shall Know The Truth..."

January 1, 2019

Sheryl Riggs: June 6, 1946 - December 24, 2019



The Truth's Cover Photo - August 4, 2004

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Law Man

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

The Truth Contributor

Provided it is adequately enforced, law can change things for the better; moreover, it can change the hearts of men.

— Thurgood Marshall



The March 17 primary election is right around the corner. Expect the contest for Lucas County Sheriff to be very spirited where community advocate and Public Safety official Earl Mack, Oregon Police Chief Mike Navarre and Toledo City Councilman Gary Johnson are among the favorites in a crowded field of competent candidates.

If elected, Mack would become the first African-American sheriff in Lucas County. He brings a wealth of law enforcement experience, community relationships and passion.

I was happy to have Mack sit down with me to discuss his candidacy.

Perryman: Tell me a little bit about your experience.

Mack: I have 39 years' experience in law enforcement, including serving as a police officer with the University of Toledo. I have also been a Liquor Enforcement Agent, Field Supervisor and Agent-In-Charge – all with the Ohio Department of Liquor Control. Then, in 2007, I was appointed by Governor Ted Strickland as Deputy Director of the Ohio Department of Public Safety, Division of Ohio Homeland Security. I was also a member of the Federal Bureau of Investigation's Joint Terrorism Task Force Executive Board. Currently I am the owner and Security Director for Key Resource Protection and Investigations, licensed by the Ohio Department of Public Safety and ride my Harley-Davidson all over the country.

Perryman: What led you to enter law enforcement?

Mack: As a child, there was a fire station that use to be located at the corner of Indiana and 15th up the street from where I lived in the Port Lawrence Homes. One day I decided to run away from home because I was upset at my father and mother fighting one another. I walked to what we then called the "Fire House" and saw this very tall black man, dressed in black, with a large badge on his chest, wearing a black holster with a gun, a long brownish club and keys hanging from his side, later learning he was a policeman.

I remember crying as I stood there looking at the policeman and several firefighters. One was sitting in this big red firetruck, that had a lad-

der on the side, with the door opened. The policeman asked, "boy, what is wrong with you and where do you live?" After trying to tell the policeman about the fight my father and mother were having, he walked me back home and spoke with both of them. He then came over to me as I sat on the couch and said, "everything is Ok," and shook my hand.

A few days later, as I was playing outside, a black and white police car stopped in front of my home. This police



Earl Mack

officer was seated in the front passenger side. He motioned me over to the car and shook my hand as he asked, "is everything Ok?" I thought this was so cool. From then on, I watched all the police shows I could on our black and white television and would play the police roles I had watched, putting two or four chairs in the middle of the floor to simulate a police car.

... continued on page 3

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Community Calendar

2019 Kwanzaa Celebration: Martin Luther King Jr. Academy for Boys

December 26 – Umoja- Unity – Diane Gordon Kujichagulia / Self Determination – Donald Lynn

December 27 – Ujima - Collective Work & Responsibility – Steve Easton, Ujamaa / Cooperative Economics Rev. Kenneth Peterson

December 28 – Nia - Purpose Keith Jordan, Kuuma / Creativity – Willie Ward & MLK Jr. Academy for Boys

December 29 – Review of the 6 Principles, Imani -Faith -El' Alizar
Pre -Kwanzaa Programs -5:00 p.m. Open Market / Vendors Presentations: African Quilts -Alice Grace; The Legacy Foundation- Robert Smith; Toledo Collard Green Festival -Joyce Stubblefield; Sickle Cell - L Scott; African Head Wrapping demonstrations -Jeanette Martin

December 29

Darius Coleman & Friends Present Farewell Gospel Concert "Through It All:" 4:30 pm; New Psalmist Church

January 1

Happy New Year!

January 14

The Sylvania Franciscan Village and Lourdes Lifelong Learning presents TED Talks on Tuesdays: A Black Man Goes Undercover in the Alt Right; Noon - 1 p.m. Franciscan Center Board Room. In an unmissable talk about race and politics in America, Theo E.J. Wilson tells the story of becoming Lucius25, white supremacist lurker, and the unexpected compassion and perspective he found from engaging with people he disagrees with. He encourages us to let go of fear, embrace curiosity and have courageous conversations with people who think differently from us. Bring your lunch and join the discussion. Coffee and cookies provided. Free and open to the public. No reservations required

Perryman... continued from page 2

ing place now. You're right, we need to look at who we are housing in the jail. Do we keep a person for a minor charge that can't afford their bond? And some of those we lock up are found not guilty in a trial. So, as a result, we've spent all these tax dollars needlessly multiplied by hundreds or thousands of instances.

Another thing to look at, and I think a lot of people often miss, is that we have to look at behavior. We have always talked about how people need a job. And you do need a job to sustain a family. And so I would look at some of the things that we do as members of Buffalo Soldiers. We have interaction with our children and try to make sure that we have a positive influence on children and families. There is a mom that is working three jobs trying to feed her family. Why is that?

We also need to make fathers more responsible but we need to do all we can to keep families together as a unit. So, we need to look at how we raise our children, how we influence our children and how to find or create opportunities for our children. When we start changing their behavior, and this community starts coming together collaboratively, the jail population will start dropping. And that's what needs to happen.

Perryman: If your campaign is successful, you would be the first African-American sheriff in Lucas County. That would certainly leave a positive message to those coming behind us.

Mack: Well, I can tell you this. The sheriff is the top law enforcement officer in the county. A police chief is appointed but the sheriff is elected. So, if you have any complaints about what is or what is not being done by law enforcement, you should go to the sheriff because that person is obligated to take a look at the issue. Most people are not aware of this.

Perryman: Good Luck and thanks for stopping by.

Mack: Thank you.

Contact Donald Perryman, Ph.D. at drdlperryman@centerofhopebaptist.org

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In Memoriam

Sheryl Anderson (Green) Riggs – June 6, 1946 – December 24, 2019

Sheryl Anderson (Green) Riggs departed this life on Tuesday, December 24, 2019 at the age of 73 at Hospice of Northwest Ohio, surrounded by her beloved family. She was born June 6, 1946 to Russell and Beryl (Anderson) Green in Detroit, MI.

Sheryl Riggs a compassionate friend to the community and a successful business operator and manager of the Dale-Riggs Funeral Home located on City Park & Nebraska Avenue, an African American well-known business for Toledo, OH for over 100 years.

Sheryl came to Toledo, Ohio and worked with one of the original owners and founders of the Dale Funeral Home in 1992 and was an asset to the continuation of this legacy.

She leaves to cherish her loving memory one son, Gregory Allen Riggs, Jr., who resides in West Bloomfield, MI.; cousins: Renee Ozburn of Williamston, MI., and Collette Floyd of Pasadena, CA; her aunt Bettina Chapman of Southfield, MI., many godchildren and her Dale-Riggs Funeral Home family.

Visitation was held at the Dale-Riggs Funeral Home Chapel, 572 Nebraska Avenue, Toledo, OH on Friday, December 27, 2019 from 12:00 noon until 7:00 p.m. with rite services at 6:00 p.m. Family Hour was held on Saturday, December 28, 2019 at 10:00 a.m. with funeral service at 11:00 a.m., Warren AME Church, Reverend Dr.



Sheryl Riggs

Otis J. Gordon Jr., pastor. Interment Woodmere Cemetery Detroit, MI.

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South Toledoans Question ProMedica/UToledo Affiliation Agreement

Special to The Truth

In August 2015, ProMedica Health System, Inc and the University of Toledo published a document titled "Academic Affiliation Agreement for the UT College of Medicine and Life Sciences." Now the steps that the two entities are taking to implement that agreement have some South Toledo residents concerned about the potential harm to their neighborhood.

Recently some important health care professionals have been moved from the University of Toledo Medical College – in South Toledo – to Toledo Hospital, leaving residents to wonder if such transfers will leave the neighborhood campus empty as time goes on.

"This campus has been an integral part of South Toledo for half a century," said former Mayor Carty Finkbeiner during a press conference he helped organize on Saturday, December 29, 2019. "This was committed to by the state government 50 years ago."

Finkbeiner and other residents expressed their concern about "the uncertainty of what was taking place – with doctors and departments leaving for Toledo Hospital."

Finkbeiner mentioned that he had shared those concerns with UT Executive Vice President for Clinical Affairs and Dean of the College of Medicine and Life Sciences Christopher Cooper. Dr. Cooper advised Finkbeiner that South Toledoans "need to tell us what they want," the former mayor reported. As a result, a series of town hall meetings have been organized, starting Saturday, January 3, 2020.

"Here in South Toledo we have this hospital – this teaching school, this healing hospital, this research hospital," said Finkbeiner. "We can't afford to see the build up of Toledo Hospital at the expense of this healing, teaching, research hospital."

"We are wide awake and not sleeping on this issue," said Randy Desposito, president of AFSCME Local 2415. "UTMC has been vital to South Toledo for a long time."

Desposito noted that, until recently, information provided by UT showed that the UTMC facility had been financially profitable for years. Recently however, information has been leaking out, he said, that the facility is losing money, justification for the movement of personnel. Such information has not been backed up by financial statements and such statements have been requested by the Local with no luck so far.

"We want transparency," said Patrick Jennings, another officer with AFSCME 2415. "But we can't get them to sit down and talk to us."

Finkbeiner noted that the Cancer Center on the UTMC campus was the best such facility in northwest Ohio. "We don't want anyone to overlook the role of this hospital in South Toledo. We are not against ProMedica and its growth – we are for this community and UTMC."



Randy Desposito, Greg Bond, Pat Jennings, Carty Finkbeiner, Art Jones



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A Mental Health Moment The Coping Toolbox

By Bernadette Joy Graham, MA, LPC, NCC

Licensed Mental Health Therapist

The holidays, especially Christmas and New Year's and many others during these wintry cold months can bring out the worst in all of us. We are antagonized with cold weather conditions that keep us in or out from the sun which can significantly affect our mental health.

The holidays are considered cheerful and the celebrations bring together family and friends enjoying great foods and drinks. Yet somehow each year we seem to figure out ways to fill those holiday dates with stress. Gift buying especially can put a strain on our wallets and many of us over do it only to be miserable when the credit card bills arrive. We make the sacrifice of making a purchase instead of paying the bills due and later ask ourselves "was it worth it?" Another stressor may be having kids at home out of school for the holiday break and finding child care or finding things to keep them busy.

Those are just a few stressors named above and unfortunately, individually we all uniquely have our everyday stressors in our lives throughout the whole year. Stress can be very debilitating. While in some ways it keeps us on our toes per

se, making sure we get things done and other ways it can cause us to behave in some very erratic ways that can tear apart one's life. Watching the news through the holidays season, we hear about fatal car accidents, gun violence, fires, physical violence and so much more.

Everything I have mentioned, we all know but what we need to learn and know is having our own coping toolbox and ensuring those in our homes are just as well equipped because we each have our own stressors. A coping toolbox can consist of things that help you get through trying times. For example, if you have been diagnosed with depression and anxiety (they often come together), your toolbox may include the following:

Positive self-talk (negative self-talk makes us feel worse and the things we say are often not true.... "I'm a terrible person, I'm ugly, I'm fat, I never do anything right." Some examples of positive self-talk can be: "I'm a human being; every-

... continued on page 8

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Ryan's Thoughts on New Year Resolutions

The time of year has come again when people feel obligated to set New Year resolutions. Most of them are health related and last about three to four months.

If it's a weight loss goal, most people end up gaining more weight back than they lost.

People feel it's the beginning of the new year so they want to make a change or two to their current lifestyle or situation. How about looking at this not as the beginning of a new year but the beginning of the rest of your life?

Set lifestyle goals and not weight goals. Do not get so obsessed with the scale but more so the kale. Pay attention to what you are eating and becoming active. Focus on your meals and doing some sort of activity at least three times a week.

If I have said this once I have said it a thousand times, "Be patient, this takes time and consistency." If you were to focus on a food goal and not a weight goal your results will be much more pleasing and more encouraging. The scale can be extremely deceiving and discouraging.

If your focus is on eating healthier, becoming active and getting rest then your body will have no option but to respond. Pay attention to how your clothes fit you differently, how you feel, how you sleep better, how your skin looks and stay off the scale for a while. Don't get sucked into the numbers game with the scale. Your body is so much more than that number.

I know people who obsess with their weight and weigh themselves every morning and stress out about it all day long. They skip meals, drink only water all day and try all kinds of fad diets. This only leads to more stress, frustrations, muscle loss and fat gain.

You have to approach this one day at a time, one meal at a time and one workout at a time. If you have something bad to eat do not beat yourself up about it! OK, so you made a bad choice, now make a better one for your next meal. Don't just give up on yourself.

So many people make a bad food choice then think, "Well I blew it" and continue to eat bad for the rest of the day. Stop! You are not that weak minded. If your kid fell off their bike would you tell them to put it away and never try again? Well, I certainly hope not.

I assume you would give them some words of encouragement that would make them get back on and move forward.

Give yourself that same pep talk. "OK, I messed up but now I will make a better food choice my next meal." Jump back on that bike and move forward as well. It is not easy to create a new habit but it is worth it.

When you start seeing your results, feeling energized and you are getting around better, it's motivating and you will want to continue. Be stronger than your weakest temptation! Practice self-talk and convince yourself this is what you are going to do. Say positive words of encouragement to yourself daily. Control your mind do not let it control you.

Baby steps are all that's needed then before you know it you will be running. May the New Year bring you joy, health and happiness.

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Are You Getting All Your Vitamins? Revamping Your Diet in 2020

Special to The Truth

Getting all the vitamins and nutrients you need each day is one of the most important things you can do to feel your best.

The good news is that you don't need to devote hours each week to meal prep to ensure you're healthfully getting essential vitamins. As you make your 2020 plans to revamp your diet, here are a few things to keep in mind:

- Don't follow fads: When it comes to your wellness, it's best to rely on basic science, not the latest fad diets or sports drinks and supplements that rely on added sugars, fillers, preservatives, artificial flavors, sweeteners, dyes, and negatives. Look for products that transparently list all their ingredients.

- Drink your vitamins: Did you know that liquids are the most bioavailable form for your body to absorb nutrients? For complete health on-the-go, consider drinking your vitamins. One effective solution is Drink Nutrient, which offers single-serve stick packs that make it easy to get the essential vitamins you need. Among its offerings is Vitamin Coffee, a natural sustained energy booster made from 100 percent Colombian Arabica coffee that offers 50 percent of your daily essential vitamins in each serving. Served hot or cold, it's a good choice for anyone who needs a caffeine boost without the crash. Or, to get 100 percent of your daily essential vitamins and 610 mg of electrolytes in one go, consider Vitamin Booster+, which contains real fruit juice, less than one gram of sugar, and is only 15 calories per serving.

- De-stress: Too much stress can compromise your body's ability to absorb nutrients. So, take steps to relax and unwind. Whether it's through meditation, journaling, cooking or jogging -- discover what hobbies and wellness activities help you reduce your stress levels and be sure to make time for them.

- Refuel wisely: If you hit the gym frequently, you likely have tried one or two sports drinks and know how important it is to refuel quickly and wisely after a workout. For optimal high performance, consider upgrading your drink of choice. With double the electrolytes of leading sports drinks, Liquid Nutrient has a potassium-to-sodium ratio intended for high-quality hydration, as well as amino acids for mental focus and muscle repair.

- Maximize meals: To maximize meals, make sure the bulk of the calories

you consume are not "empty." Empty calories, such as added sugars and solid fats, contain little to no nutritional value. Fill up on dark leafy vegetables, berries, nuts, seeds and good-for-you fats like avocado and salmon, while avoiding chips, cakes and other junk foods.

Don't let your busy lifestyle get in the way of ensuring you're getting all the nutrients you need to feel your best. This new year, resolve to revamp your diet for optimal nutrition.

Courtesy StatePoint

Mental Health Moment... continued from page 6

one makes mistakes; I don't care what other people think of me; I'm great at making other's feel better."

Humor. Laughing causes our brain to produce chemicals that make us happy, we smile, we feel good and we have so many sources of humor. (I personally like stand-up comedian type shows in person, on you-tube, various cable network programs. I can listen to it in my car, in my office, while taking a walk and so forth.

Surround yourself with other people. Isolating is one of the first things individuals diagnosed with depression do whether it is staying in bed all day, calling off work, turning off our phones, refusing social activities. No one's asking you to be the life of the party but invite a friend over to watch a movie, enjoy a lunch together, take a walk together.

Exercise. It's been scientifically proven that exercise is a key component in warding off symptoms of depression and an overall way of feeling better. No one's asking you to prepare for a marathon. Be realistic. Begin exercising one day a week, then two, then three.....15 mins will turn into 30 mins then 45 then an hour.

Find a hobby. If you have difficulty finding a hobby, here is your opportunity

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The Truth

Art Gallery



The finest art by local artists such as Harry Terrell and Mack Walton

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The Gallery's Autumn Gineen



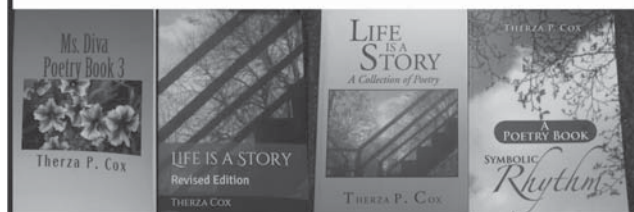
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My name is Therza Cox. I am an author of 4 poetry books and I'm working on a 5th. All of my books have a legal copyright. My success can be determined by the amount of time, energy, talent, and patience that I put into my writings. My books are titled: Life is a Story: A Collection of Poetry, Symbolic Rhythm: A Poetry Book, Ms. Diva: Poetry Book 3, and Life is a Story: Revised Edition. You can find my books at <http://www.amazon.com>. And they are available as a paperback and eBook,

Living with mental illness, I strive to continue my journey, as a writer. As a way to give encouragement to others, I created a youtube channel to showcase my poetry, to discuss mental health awareness, and never the less, I have a video diary blog. Dealing with the stigma associated with mental health, a person can become isolated and afraid to come forward to discuss past or current concerns. I feel that it is important, as a woman of color, living with this condition, to reach out. And give a sense of hope and not condemnation. Having a positive outlook on life and a licensed therapist and psychiatrist has helped tremendously, in managing any symptoms that I may have had.

Check out my books and follow my youtube channel at <http://www.youtube.com> to learn more about me.



2020 Food Trends

By Patrice Powers-Barker, OSU Extension, Lucas County

The Truth Contributor

A review of food trends for 2020 including updates from restaurants and chefs as well as large grocery store chains highlight a wide range of topics but there are some common themes among all of them. This article shares a summary of some predictions but more importantly, it's an invitation to you to try some new things with food as we enter a new year and decade!

How and Where Food is Produced

Like past years, the topic of local food is still trending. For those of us in Northwest Ohio, we are fortunate to have the Toledo Farmers Market open all year round on Saturday mornings and there are many options of food that is produced and packaged in Northwest Ohio. This offers us the opportunity to learn about the food and those who grow and produce it for us. Another common term related to food is "sustainable". While this does not have one specific meaning across all types of foods, it does suggest that the food is grown or produced in a way that is not draining resources, possibly addressing environmental, social or economic concerns. If this is an important value to you, learn about the meaning of sustainability in the foods that you choose. Another topic that comes up with food and sustainability is composting. More places are composting foods on a larger scale such as restaurants, grocery stores and entire communities. On an individual level, it is not uncommon for backyard or community gardens to choose to compost.

Refrigerated Snack Packs

Have you noticed the wide variety of refrigerated snack options at the grocery store? It almost reminds me of grown up Lunchables when I see the options of nuts, fruit and cheese or meat, crackers and pickles. They are convenient for times when people are out and about. Is this trend one that you can also replicate in your kitchen? It's not that hard to prepare meals on-the-go that you can grab from the refrigerator.

Popular Ingredients

Green vegetables like Brussels sprouts, kale and cabbage are trending. One nice thing about these vegetables is their versatility. Not only can they be prepared in healthy ways they can also be used raw or cooked in many ways. Another type of food that has more options than ever before is flour. While wheat flour is common, there are many alternative flours such as other grains, nuts or vegetables. For whole grains, farro is an ancient grain option that is being used more by chefs. Other grains that are popular in other parts of the world and starting to be used more here include fonio, teff and millet.

Global Inspiration

Foods and recipes from West Africa are noted as becoming more popular in the US. A common base for many recipes includes tomatoes, onions and chili peppers. In addition, other common ingredients in West African dishes include peanuts, ginger or lemongrass. Probably one of the biggest challenges with global inspiration is that some of the foods are already available at local restaurants and grocery stores whereas others that are just gaining popularity here might be harder to find.

This following recipe was chosen for two reasons. First, while it cel-

brates food traditions and flavors of West Africa, most of the ingredients are not hard to find in the US. Secondly, January is known as national soup month, so this is a delicious way to celebrate! This recipe for African Peanut Soup can be found online at All Recipes.

Ingredients:

2 Tablespoons olive oil
2 medium onions, chopped
2 large red bell peppers, chopped
4 cloves garlic, minced
1 (28 ounce) can crushed tomatoes, with liquid
8 cups vegetable broth or stock
¼ teaspoon pepper
¼ teaspoon chili pepper (optional)
2/3 cups extra crunchy peanut butter
½ cup uncooked brown rice

Directions:

Heat oil in a large stock pot over medium high heat. Cook onions and bell peppers until lightly browned and tender, stirring in garlic when almost done to prevent burning. Stir in tomatoes, vegetable stock, pepper and chili powder. Reduce heat to low and simmer, uncovered, for 30 minutes.

Stir in rice, cover, and simmer another fifteen minutes or until rice is tender. Stir in peanut butter until well blended and serve.

Happy New Year!



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Secondhand: Travels in the New Global Garage Sale by Adam Minter

By Terri Schlichenmeyer

The Truth Contributor

The paper on your living room floor was waist-high.

That tossed-aside wrapping – ripped off the presents in two-point-five seconds – was a good indication of a good holiday and everyone was content. The mess that was left, though, begged the question of where to put all those new things. In the new book *Secondhand* by Adam Minter, the answer is always a little complicated...

No doubt about it, most of us have a lot of stuff and our houses are full.

So, says Minter, are our garages: a 2006 study indicates that “90 percent of garage space is now used to store stuff, not automobiles.” It’s gotten so bad, this gathering and keeping, that businesses have sprung up to deal with what inevitably happens when personal belongings become an overload of unwanted items that someone must reckon with.

In Minneapolis, Minter found one example of the solution to the deluge.

Empty the Nest helps seniors to downsize, hoarders to let go, and surviving adult children to clean out parental homes. Discarded items – which, he discovered, could be family treasures or antiques – go to those in need, or to a thrift shop where they’re sold to people looking for such things. Ultimately, discards may go to landfills, but every effort is made to recycle before that happens.

Goodwill Industries (“the king of an American thrift trade”) runs another kind of secondhand enterprise, relying mostly on donations from the general public. Goodwill’s efforts to reclaim items include boutique stores and outlets for the items least wanted; this way, Goodwill helps “divert more than three billion pounds of stuff from the trash heap annually.”

c.2019
Bloomsbury
\$28.00 / \$38.00 Canada
300 pages

From Japan to India, rag pickers to rag-cutters, Minter explains what happens to our discards and where our excess goes when we toss it. This underscores one important point that should give every shopper pause: most of that which we own is worthless to everyone but ourselves.

That’s a notion that’s really quite sobering: all those antiques, heirlooms, papers, and old projects you’ve been saving for the kids someday...? Chances are, says author Adam Minter, they’ll go to the thrift store when you’re gone, or to a business that deals with the detritus of life. Once you’ve read *Secondhand*, in other words, the presence of that fourth spatula in your kitchen drawer seems a little wrong.

Yes, you’re probably already familiar with thrift stores but there’s more to them than that 99-cent vase; as Minter shows, they’re part of a relatively-hidden network of businesses that handle what amounts to a genuinely shocking weight of accumulation. Those and other such companies opened their doors to him and answered his curiosity, thereby teaching us what not to donate, what not to purchase, why most stuff is worthless, and why too-much-itis is a problem around the world.

If you are curious, downsizing, or trying to be a conscientious consumer, you’ll want this book. Having it on your shelf is perhaps the ultimate irony, but that’s exactly where you’ll want it because *Secondhand* is not something to toss aside lightly.

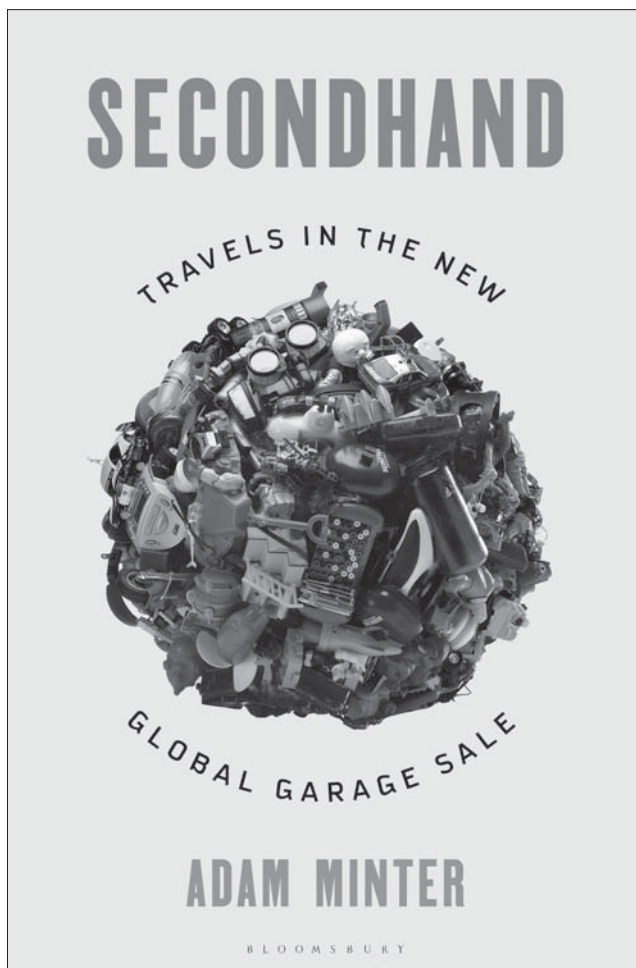
Mental Health Moment... continued from page 8

to try new things. Learning is a great hobby. A second language, sewing, painting, music, braiding hair, fixing cars.....

So, there you have it an example of five things for a coping toolbox. A few important things to note are: share your toolbox with others such as your family. Know your triggers and take note and let your family know when you need to pull out your toolbox. When your symptoms begin to escalate, tell your family how you are feeling and how they can help. If your family does not understand how you are feeling, it can begin a snowball effect and they take things personally and before you know it, words are being said that are not truly meant, feelings begin to grow into unnecessary problems.

Take a mental health moment and create your own coping toolbox. We all need one because we all have issues and problems. We are all human and none of us possess superhero qualities. You can always add things to your toolbox or create multiple one’s for multiple issues. A coping toolbox will greatly improve your holiday experiences with a better chance of enjoyment as compared to fist fighting in public over something as small as a chicken wing.

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 For appointment information please call 419.409.4929



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**LEGAL NOTICE
REQUEST FOR QUALIFICATIONS FOR SERVICES FOR
THE DESIGN OF A NUTRIENT-
REDUCTION WETLAND
RESTORATION FOR THE TOLEDO-
LUCAS COUNTY PORT AUTHORITY**

The Toledo-Lucas County Port Authority (TLC-PA) in partnership with the City of Toledo (COT) and the Ohio Department of Natural Resources (ODNR), is seeking a qualified consulting and engineering firm to provide professional planning, engineering and design services in connection with the Grassy Island Wetland Restoration project. These services are to be provided in connection with the H2Ohio Grant agreement between the TLCPA and ODNR. This project will incorporate innovative coastal wetland design and nutrient reduction approaches that will enhance the Maumee River and Lake Erie water quality. The total project budget is approximately \$700,000.00. The targeted design completion date is May 1, 2021. The required format for the proposal to be submitted to the Toledo-Lucas County Port Authority is described in detail in the full copy of the Request for Qualifications, and is available by either (1) emailing Tina Perkins at Tperkins@Toledoport.org or (2) visiting the Port Authority's website at <https://www.toledoport.org/projects/public-notice/>. Proposals are due no later than 1:00 p.m. (local time), Wednesday, January 15, 2020.

**PROJECT COORDINATOR
TRIO PROGRAMS**

Bowling Green State University is a tier-one, public university serving 19,000 students on two campuses in northwest Ohio. The University has nationally recognized programs and research in the natural and social sciences, education, arts, business, health and wellness, humanities and applied technologies. BGSU seeks talented individuals to join our community in Bowling Green, Ohio, recognized as one of the "Best College Towns of America."

The TRIO Ronald E. McNair Post-Baccalaureate Program is a federally funded program designed to prepare talented students who are from disadvantaged backgrounds for doctoral study through involvement in research and scholarly activities. The purpose of the McNair Program is to assist in the academic and professional development of undergraduates whose goals are to teach and research at the college level. The Project Coordinator will coordinate the recruitment, application and selection process of the McNair Scholars program which also includes identifying faculty mentors. This position is responsible for monitoring all activities and collaborative efforts in accordance with the established goals and objectives of the program. Deadline to apply: January 17, 2020

Full-time Administrative Staff position available. For a complete job description & to apply for this position visit <https://bgsu.hiretouch.com/> or contact the Office of Human Resources. BGSU. AA/EO/Disabilities/Veterans. In compliance with the ADA Amendments Act (ADAAA), if you have a disability and would like to request an accommodation in order to apply for a position with Bowling Green State University, please call 419-372-8421.

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**PROPOSALS SOUGHT FOR
STRATEGIC PLANNING SERVICES**

The Mental Health & Recovery Services Board of Lucas County (MHRSB) is seeking proposals for strategic planning services for the MHRSB's next three-year strategic plan. Proposals are to be delivered no later than 5:00 p.m. ET on December 31, 2019. All questions should be submitted to crs@lcmhrsb.oh.gov. Details regarding the project deliverables and submission criteria are located on the MHRSB's website: <http://www.lcmhrsb.oh.gov/publicnotice/>.

**QUALITY IMPROVEMENT
COORDINATOR**

At the Area Office on Aging, we're passionate about making sure the those age 60 and better get the high quality nutrition, home care, Alzheimer's Day Care and other aging services they need to live long, quality lives that are as independent as possible. With the Quality Improvement Coordinator position, you have an opportunity to do meaningful work.

Make an impact in the lives of those age 60 and better in need by developing and advancing a multi-pronged strategy to re-energize the network of service providers who provide these services throughout northwest Ohio. We need someone who is a goal-oriented and data-driven people person who will interact with service providers and other stakeholders to create a culture of quality that leverages the agency's data, dollars and services to make them as effective and impactful as possible.

By finding ways to better align what is in the interest of the Area Office on Aging, its service providers and older adults/their family caregivers, this position will help the agency more fully realize the growth potential that lies within it.

The Area Office on Aging is a mission-driven organization that is full of people who have passion, purpose and contagious energy for the worthy work we do and who care for one another and the older adults, family caregivers and younger persons with disabilities whom we serve. We are on a mission to provide quality services that make a positive impact in the health, well-being and overall lives of older northwest Ohioans and their family caregivers.

So, if you believe in the work that the Area Office on Aging does and you want to advance the agency's focus on ensuring quality, send your resume to jobs@areaofficeonaging.com or mailto:jobs@areaofficeonaging.com with Quality Improvement Coordinator in the subject line or go to www.AreaOfficeOnAging.com/Careers to keep reading about this position.

SPECIAL NOTICE

**RE: EXAMINATIONS FOR
JOURNEYMAN WIREMAN**

Applications for the Journeyman Inside Wireman test will be accepted December 30 – January 3, 2020 at the International Brotherhood of Electrical Workers Local 8, 807 Lime City Road, Rossford, Ohio between 9:00 a.m. and 3:00 p.m. The qualifications to be eligible for this examination are:

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

RN (FULL-TIME & INTERMITTENT)

Lucas County Children Services is seeking a Full-Time AND Intermittent RN to assess, document, track and ensure medical care of children. Valid Ohio RN license required. Experience in Pediatrics preferred. If you are interested in making a difference in the lives of abused and neglected children in our community, review additional requirements and apply at www.lucaskids.net. EOE Valuing Diversity

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- Must be able to provide training/certification documenting one or more of the following qualifications:
 - Journeyman's Pipefitter or Boilermaker certificate;
 - Or a minimum of 8 years documented relevant work experience in a similar process industry as a Pipefitter or Boilermaker;
 - Equivalent military experience as a Pipefitter or Boilermaker.
- A minimum of 4 years industrial maintenance experience.
- The ability to successfully pass the code welding certification.
- Willingness to work eight to sixteen hour shifts and temporary off shifts that may include weekends, holidays and overtime, and perform physically active job tasks, many of which involve year-round outdoor work in all types of weather.
- Required equipment will accommodate a maximum of 275 lbs. weight requirement.

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The Blue Gill Fishing Club's Christmas Party and Donation to The Boys and Girls Club

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FUELING TOMORROWS



THE UNIVERSITY OF
TOLEDO

The members of the Blue Gill Fishing Club held their annual Christmas Party on Sunday December 22 at their clubhouse on Detroit Avenue and the members hosted guests and raised funds to donate money to a worthy community organization.

On hand to receive the donation was Shawna Woody, chief operating officer for the Boys & Girls Club. The Blue Gill members gifted \$500 to the Boys & Girls Club to help the organization continue its work in the Toledo area. The Boys & Girls Club operates out of four locations locally and will be opening a fifth during the next year.

Pork chops, ham, chicken, collard greens, stuffing, tossed salads and macaroni and cheese were some of the menu items the members and guests enjoyed after the funds were passed out.

The Blue Gill Fishing Club was organized in 1992 by



Seated: Nate Greene, Shawna Woody, Sherry Frost, George Gray
Standing: John Chapman, Thomas Walker, Garland Edwards, Sharanda Harvill, Renae Palmer, Linda Bell, LA Frost

five community men, initially as a social club. Over the years, the Blue Gill has also evolved into a service club that raises funds for scholarships, to feed neighborhood youth and to assist community action organizations in their missions.

Mt. Nebo's Christmas Donations – Toys for Youngsters

The congregation of Mt. Nebo Missionary Baptist Church put together a roomful of presents on Sunday, December 22, to distribute to several hundred children of the community.

The Christmas donations were organized by Felicia and Ervin Mitchell following the success of the church's Thanksgiving turkey handout of over 200 birds.



Felicia Mitchell

