

The Sojourner's Truth

Volume 60, No. 1

“And Ye Shall Know The Truth...”

February 5, 2020

Changing the World at Scott High School



Kadens and Mer'Kyah Warren

Angela, Amil and Ronald Rejoice at Scott during Pete Kadens Speech

In This Issue...

Perryman
Page 2

Community
Reinvestment
Page 6

Tolliver
Page 3

Heart Health Problems
Page 9

UToledo Intern
in DC
Page 5

The Coronavirus
Page 10



ProMedica in
February
Page 11

Cover Story:
Scott
Scholarships
Page 16

Book Review
Page 13

Classifieds
Page 15

Lucas County Dems: Boiling Beneath the Surface

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

The Truth Contributor

Just because the water is still doesn't mean the crocodiles have gone away.

- African Proverb



Regardless of who wins the 2020 nomination of the Democratic Party for U.S. President, the Lucas County Democratic Party needs to get its own act together.

40,000 to 50,000 Democrats stayed home in the 2018 Ohio gubernatorial race. The local Party is in poor financial shape, say some. The cupboard of new and fresh quality candidates to replace soon retiring or termed-out veteran Lucas County politicians is bare. Moreover, northwest Ohio is no longer a political player on the state and national stage. Once a favored destination on the campaign trail, presidential candidates are no longer making nearly as many stops in our area as they have in the past.

What is the reason for the Lucas County Dems' lack of relevance and apparent lack of effectiveness?

Recent incidents reveal several internal Party problems that are boiling but hidden beneath the surface.

City Council President Matt Cherry, in what seemed like a "unilateral, strong-arm" move, appointed Katie Bibish to replace former Councilwoman Sandy Spang's at-large seat without consulting the Party. This was an embarrassing affront to Democratic Party Chair Kurt Young, who had earlier placed an ad in The Blade inviting interested parties to screen for the position.

Besides, several councilmembers also felt that they were overlooked and did not have the opportunity to provide input or express their feelings about the appointment. Although Cherry later apologized, the move bruised Cherry's relationship with a few exasperated councilmembers who felt that the council president single-handedly snatched a "fair shake" away from minorities and other potential candidates such as Keith Jordan, a well-known local community advocate.

Another boiling issue has been the Party's decision to "hold back" on endorsing Toledo City Councilman Gary Johnson for Lucas County Sheriff in the March primary. The Dems' bylaws, insiders say, only require there to be no endorsement "when there are two or more quality candidates."

However, Mike Navarre chose not to screen for the endorsement. Candidates Chris Delaney and Dan Raab chose not to file their petitions and Earl Mack will run as an Independent, leaving only Gary Johnson as the sole Democratic Party candidate who actually screened.

The Party, some reason, has so far withheld its endorsement due to the popularity of candidates Mack and Navarre, and that decision has generated further internal conflict. "There's an endorsement process in place. You can't change the rules to accommodate your own personal agenda or somebody you like," one Party member told me.

How does the Lucas County Democratic Party, described by another insider, as "a ship with a broken rudder sailing into a 2020 Presidential Election storm," become relevant again?

Look for significant changes to take place. The Northwest Ohio Building Trades Council has quietly worked behind the scenes to help increase their representation on the central committee. This strategic intervention will help the group regain its former clout and provide an opportunity to exert more influence in the Dems' decision-making.

Meanwhile, the boiling beneath the surface continues to make the seat of Kurt Young, current Lucas County Democratic Party Chairman, extremely warm. The Party needs strong leadership, fundraising, the ability to recruit critical volunteers and quality candidates, and someone to stop the in-house fighting.

I would not be surprised to see others, such as former State Representative Mike Ashford, emerge before the pressure causes the Party to explode.

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

Community Calendar

February 6

Kwanzaa Park Neighborhood Meeting: Noon; Padua Center; Thomas Jackson, Urban Farmer is the guest speaker; Blockwatch Report also

February 8

VIP Breakfast for CEO's VPs and Managers: 10 to 11:30 am; Complimentary; Crusaders for Christ Church; Register Eventbrite.com – Deadline 02.02.2020
Imagination Station "Girl Power:" 8:30 am to 5 pm; Interested in a career in science, technology, engineering or math (STEM); Fun-filled day of learning and workshops: 419-244-2674, ext 129

February 16

The Movement on the Move: 2 pm; Over the Top Occasions (formerly Garden Lake); To inspire and energize young adults in the voting process: 419-304-2733 or 419-283-8369
Indiana Avenue MBC 74th Church Anniversary: "My Church, My Rock;" 4 pm; Guest Rev. Jerry Boose

February 22

St. Marks Baptist Church Sounds of Black History: 4 pm; Dramatically inspired works in honor of those who fought and died for a unified country

February 23

Indiana Avenue MBC 74th Church Anniversary: "My Church, My Rock;" 4 pm; Guest Rev. WL Perryman
Calvary Missionary Baptist Church 31st Pre-Anniversary of Pastor Floyd Smith Jr: 4 pm; Fellowshiping with Bishop Duane C. Tisdale and Friendship Baptist Church

February 29

Calvary Baptist Church Planning for the Expected and Unexpected Forum: 11:am-1:pm; Topics of Discussion are: Insurance, Hospice Care, Living Wills, Wills, Medical Power of Attorney and Preplanning Funeral Arrangements
Warren AME Church "Let's Talk About Cancer:" 11am to 1 pm; Free lunch to discuss the impact of breast, colon and prostate cancers in the black community

The Sojourner's Truth

Toledo's Truthful African American
Owned and Operated Newspaper

Fletcher Word – Publisher and Editor

Becky McQueen – Business Manager

Tricia Hall – Reporter

Rev. D.L. Perryman – Columnist

Megan Davis – Columnist

Jennifer Retholtz – Webmaster

Jessica Crans – Layout

A Certified MBE

The Sojourner's Truth, 1811 Adams Street, Toledo, OH 43604

Phone 419-243-0007

thetruth@thetruthtoledo.com

www.thetruthtoledo.com

HOME MORTGAGES

Every part
personalized.

eMail
[EAGLE MAIL]

Dear Eagle,

We wanted a backyard and enough bedrooms for all of us. When we got our house, it had everything we wanted and more. Thank you!

Sincerely, James Bailey

Watch James' story and
start your conversation at

First-Fed.com/EagleMail



Offer of credit subject to credit approval.

JAMES BAILEY | FIRST-TIME HOMEOWNER



Better together.

1707 Cherry St., Toledo | 419-214-4302
(inside the Seaway Marketplace)
2920 W. Central Ave., Toledo | 419-537-9300



Black History Month Flag Raised at Government Center

Sojourner's Truth Staff

February is Black History Month and the City of Toledo and Lucas County raised the black, green and red Black History flag on Monday, February 3 at One Government Center to commemorate the occasion. Numerous elected officials joined the celebration organized by the Community Solidarity Response Network (CSRN).

CSRN's Washington Muhammad opened the ceremony by asking an "elder," as is done in Africa, Muhammad explained, to grant permission to proceed. Robert Smith, executive director of the African American Legacy Project, granted such permission and Rev. W.L. Perryman, pastor of Jerusalem Baptist started:

... continued on page 6



Tolliver... continued from page 3

Shame...shame...and more shame on any and all black churches that were lax and clueless as to sharing their weekly wealth for the economic good of their communities.

The same black communities whence they draw their sustenance and wealth but yet save for the proverbial and paltry "50 dollar" scholarships, our youths are not being blessed with such needed largesse.

Shame and more shame on the diffident pastors and boards of elders, deacons and trustees who did not and still do not make provision to find ways to share their individual church wealth with other local churches so that the black community could thrive; and they not look as if they are trapped in the forties with backward thinking and sticky hands that will not share.

Shame and more shame that a white person had to light such a fire in black folks to show them that even though you may not have billion dollar wealth, you could still be affirmative and organize and invest income so that decades later, you could

be a giver and not just a passer of the offering plate.

There are articles that bespeak of the national collective wealth of black churches amounting in the billions, but you would not know it from our scanty track record of supporting large scale academic or social uplift programs.

If you did not know better, you would think that the black church, the most wealthiest entity in the black community, was asleep at the pulpit being satisfied with jubilant songfests, drawn out pastor appreciation days, youth outings to Cedar Point and raising money for new choir robes!

Contact Lafe Tolliver at tolliver@juno.com



Social Media Training

Marketing
Branding
& Managing

HOW TO
MULTIPLY
YOUR MESSAGE
& **GROW**
YOUR REACH
WITH
SOCIAL MEDIA

YouTube, Twitter, Instagram, LinkedIn, Snapchat, Facebook

a FREE 30min consultation for
ORGANIZATIONS, CHURCHES,
PUBLIC FIGURES, BUSINESS OWNERS
& CORPORATIONS

REGINA WHITTINGTON
CEO of REGWHITT.COM

Regina has a passion for Christ and Social Media coaching and consulting. With years of experience in ministry and the business world, Regina can help you reach and impact the world utilizing the platforms of social media.

CALL 567-703-6272 TODAY!
www.regwhitt.com

GLASS CITY GRIND

Saturdays @ 8 AM
Sundays @ NOON
Anytime on VOD

Find us on:
Facebook, Twitter, YouTube, Instagram

Channel 69

UToledo Student Interns on Capitol Hill Through Congressional Black Caucus Foundation

By Christine Billau
Special to The Truth

Emir Moore started his senior year at The University of Toledo in Washington, D.C., interning on Capitol Hill in the office of the youngest black woman ever elected to Congress.

"My capacity to make a change in the world is way higher than I thought," said Moore, who studies business management and marketing at UToledo and serves as president of the Black Student Union. "The experience of being involved in such important work raised my glass ceiling, in a way. I hope this can be an inspiration for other students of color."

Moore is one of 25 African-American college students across the country selected by the Congressional Black Caucus Foundation for its internship program sponsored by State Farm. He is the first UToledo student chosen to participate.

During fall semester, he worked in the office of Lauren Underwood, a freshman representative from Illinois and member of the Congressional Black Caucus, which is made up of 55 members of the U.S. House of Representatives and the U.S. Senate.

Based with the communications staff, Moore learned the intricacies of the federal legislative process and media relations.

"This is such an incredible learning experience, and we are so glad that Mr. Moore applied and was selected for this prestigious opportunity," Diane Miller, chief of staff and associate vice president for government relations, said. "This internship gave him an up-close view of our federal government in action that very few get a chance to experience. I hope that his unique experience motivates other students to pursue meaningful experiential learning opportunities as well."

In addition to meeting Democratic presidential candidate Sen. Elizabeth Warren and civil rights leader Rep. John Lewis of Georgia, Moore said the highlight of the internship was witnessing Underwood lead two of her bills toward passage in September — H.R. 3525, the U.S. Border Patrol Medical Screening Standards Act, and H.R. 3526, the Counter Terrorist Network Act.

"I've been exposed to aspects of how Washington works and found that you have to think fast and be flexible," Moore said. "No two days this semester were alike. A work day might include a press conference in the morn-



Moore and U.S. Rep. Lauren Underwood

ing and then guiding constituents on tours so they can witness proceedings on the House floor. On the day H.R. 3525 passed, I had the honor of accompanying two young constituents and their mothers. They were survivors of gun violence."

"Emir is an emerging leader and remarkable intern. His tenacity and positive attitude have helped create an office culture of always striving for the best for our constituents," said Andrea Harris, chief of staff in the Office of Congresswoman Lauren Underwood (IL-14). "During his time in our office, he was resourceful and dedicated to serving the Illinois 14th District."

After Moore graduates from the College of Business and Innovation in the spring, he plans to continue his education through UToledo's MBA Program and enhance his civic engagement.

"The friendships I've developed with fellow Congressional Black Caucus interns and the experiences we've shared are invaluable," Moore said. "Congresswoman Underwood inspired me and challenged me to grow outside my comfort zone. If I continue to work hard, stay focused and remain determined in my passion for economic development and entrepreneurship, I can be a successful servant leader in my community."



Emir Moore

Honor Black History Month by EXERCISING YOUR RIGHT TO VOTE!

Early Voting for the March 17th Primary begins
Wednesday, February 19th



- ✓ Assoc. Degree - Criminal Justice from Owens Comm. College
- ✓ University of Toledo graduate in Business & Technology
- ✓ Completed Ohio Peace Officer Training Academy (OPOTA)
- ✓ 30 years of service with the Lucas County Sheriff's Office
- ✓ 30 years sworn Ohio Peace Officer
- ✓ Qualified by the State of Ohio & the Courts
- ✓ 30 years Business & Administrative Experience
- ✓ Member - Toledo City Council At Large
- ✓ Chair - Toledo City Council's Public Safety & Criminal Justice Reform Committee

Supported by

Lucas County Democratic Party

Rev. Dr. Otis J. Gordon, Jr., Rev. James H. Willis, Sr., Rev. John D. Walthall III
NW Ohio Building Trades Council, Carpenters Local 351, Insulators Local 45,
UAW Local 3056, IUPAT Local 6, IBEW Local 8, and UA Local 50

Learn more about Gary Johnson at
VoteGaryJohnsonForSheriff.com or follow us on Facebook

Paid for by Citizens to Elect Gary Johnson

Join Us!
Every Sundays at 5:30 p.m.
Let's FELLOWSHIP together - Acts 2:42

Worship EXPERIENCE

Dr. John W. Williams, Pastor

Eastern Star Missionary Baptist Church
2102 Mulberry Street, Toledo, Ohio 43608
(419) 726-1180, FAX: (419) 726-6240
E-mail: EasternStarMBC@aol.com
Website: www.drjwilliams.org

The City's Concerns about the Proposed Community Reinvestment Act

Special to The Truth

Toledo Mayor Wade Kapszukiewicz released the following statement last week regarding proposed changes to the Community Reinvestment Act:

The City of Toledo is deeply concerned with the recommended changes to the Community Reinvestment Act (CRA) that will weaken banks' responsibility to provide adequate banking services to low-to-moderate income communities. Weakening the CRA will have a disproportionate impact on communities that bear the brunt of concentrated poverty, racial segregation, declining housing stock, and a lack of affordable housing. Homeownership is still the greatest opportunity for wealth accumulation. The lack of access to mortgage lending due to discriminatory barriers has a significant impact on communities of color and poor neighborhoods that are perceived to be unworthy of investment. We believe our community offers a great opportunity for families to build a good quality of life. CRA is a meaningful and crucial vehicle to create opportunity for community and economic investment.

The lack of branch locations also significantly increases the difficulty small businesses face in securing loans. While business owners can travel to other branches, research shows that the further the distance between the firm and the bank, the higher the loan interest rate. As a matter of fact, a 2014 MIT study shows that the impact is hyper-local, within a six-mile radius of the branch closure. For communities like Toledo, we depend on the success of small businesses to attract and retain employment opportunities. A declining branch network creates an opportunity for predatory financial service providers to prey on our residents and small businesses by filling in the gap where traditional financial institutions have left a void.

The proposed changes to the CRA are a disincentive for banks to tailor products and services to the needs of the local community and promotes targeting the "low-hanging fruit," which tends to be upper income communities that are predominantly white, to meet CRA requirements. Over the past three years, deregulation has benefited business and corporate interests over the very citizens and communities that laws like CRA were designed to aid. Instead of easing CRA regulation and enforcement, the OCC and FDIC should partner with the Federal Reserve to put teeth into CRA so that rural and urban communities, and the hardworking families that reside in them, can access the financial tools needed to secure their American dreams. We should be holding banks - especially those rescued

during the 2008 housing crash with taxpayers' dollars - more, not less, - accountable for their obligations to the law and our country.

The City of Toledo stands with civil rights and consumer protection leaders on this issue. The proposed rules weaken a compliance system that needs to be strengthened, introduce new loopholes, and add confusion and inconsistency, all while failing to address the real changes needed to modernize CRA to respond to changes in our country's demographics and changes in the structure of the banking industry. We urge the FDIC and the OCC to abandon this misguided approach and craft a new set of proposals that will ensure that all communities have access to safe, affordable credit, as the CRA intended.

Black History Month... continued from page 4

"The raising of this flag represents what Black History Month means to us. We are proud and grateful to civic leaders ... our flag is to be raised for the next 26 days to celebrate black history."

Remarks were also offered by a variety of elected city and county officials in honor of the occasion.



Rob Pasker and Washington Muhammad hold Black History Month flag prior to raising

No Clipping Required.

ON AVERAGE, AARP MEMBERS ENJOY

\$449* SAVINGS

ON AUTO INSURANCE

when they switch from companies like
GEICO, State Farm and Allstate

Your savings could be even more!

Call The Hartford **AARP** Auto Insurance Program
1-866-934-1379

The AARP® Auto Insurance Program from The Hartford.†

Saving is easy! With this policy, experienced drivers who switch save an average of \$449* in the first year alone — and they get all the benefits and privileges you'd expect with the AARP Auto Insurance Program from The Hartford. Your own savings could actually be greater.

- 24/7 claims service
- Lifetime renewability*
- Lock in your rate for a full 12 months
- New car replacement^{§§}

96% of customers recommend The Hartford**

The only national auto insurance program endorsed by AARP.

Call The Hartford now to request a **FREE** money-saving quote.
1-866-934-1379
No coupon necessary.

Not an AARP member? If you're 50 or over, request a FREE quote and more information today!

FREE duffel bag when you request your free quote!***

AARP Auto Insurance Program

* Savings amounts are average based on information from The Hartford's AARP Auto Insurance Program customers who became new auto insurance policyholders between 1/1/16 and 12/31/16 and provided data regarding their savings and prior carrier. Your savings may vary.
** Based on customer experience surveys shared online at www.thehartford.com/arp as of April 2019.
*** The gift offer is good for first time responders who provide a valid email address. Responders will be sent an email to confirm the gift. All responders in IL, IN, MI, MA and PA who do not provide an email address are still eligible to receive the gift. The gift offer is not available in GA, NC, NY or VA, but customers may still receive a gift. This gift is available only as a limited time offer. Please allow 4-7 weeks for delivery. Gifts and included.
† If you are age 50 or older, once you've insured through this Program for at least 60 days, you cannot be refused renewal so long as applicable premiums are paid when due. Also, you and other customary drivers of your vehicles must meet stated financial, credit, personal and health criteria of operating an automobile (not applicable in MA), have no convictions for driving while intoxicated and must not have obtained your policy through national reinsurance. Benefits currently not available in HI, HI, HI, NC and TX.
§§ Limited-time offer.
AARP and its affiliates are not insurers. Paid endorsement: The Hartford pays yearly fees to AARP for the use of its intellectual property. These fees are used for the general purposes of AARP. AARP membership is required for Program eligibility in most states. The AARP Automobile Insurance Program from The Hartford is underwritten by Hartford Fire Insurance Company and its affiliates, One Hartford Plaza, Hartford, CT 06183. It is underwritten in CA by Hartford Underwriters Insurance Company, in WA, by Hartford Casualty Insurance Company, in MA, by Sentinel Insurance Company, and in MI, NY and PA, by The Hartford Insurance Company. Specific features, coverages, conditions, exclusions and amounts may vary and may not be available in all states in accordance with state ratings and applicable law. Applications are individually underwritten and prices may not qualify. The program is currently unavailable in Canada and U.S. Territories or possessions.
†† The AARP Program is underwritten by Southern County Mutual Insurance Company, through Hartford Fire General Agency, Hartford Fire Insurance Company and its affiliates are not financially responsible for insurance products underwritten and issued by Southern County Mutual Insurance Company.
500131

ASK HOW TO GET THE AMAZING iPhone 11 ON US WHEN YOU SWITCH TO AT&T

iPhone 11

Skip the line and get your new phone today! Call now.

855-521-9093

Contact sales rep for details.
© 2019 AT&T Intellectual Property. All rights reserved. AT&T and the Globe logo are registered trademarks of AT&T Intellectual Property. All other marks are the property of their respective owners.

AT&T Preferred Dealer

NDO SF T 1019 3589 E

Brown, Alexander Call for Hearing on Legislation to Create National Network of African American Burial Grounds, Ahead of Black History Month

Senators' Bipartisan Bill Would Help Identify, Preserve Historically Black Burial Grounds

Ahead of Black History Month, U.S. Senators Sherrod Brown (D-OH) and Lamar Alexander (R-TN) are called for a hearing on their bipartisan legislation to create a voluntary, nationwide network of African-American burial grounds and to provide federal assistance to ensure the burial sites are preserved and maintained for future generations. In a letter to Energy and Natural Resources Committee Chairman Lisa Murkowski (R-AK) and Ranking Member Joe Manchin (D-WV), the Senators urged the committee to hold a hearing on the African American Burial Grounds Network Act, so that the Senate can take up and pass the legislation into law.

Brown and Alexander's bill, the African American Burial Grounds Network Act, would:

- * Create a voluntary, national database within the National Park Service of historic African American burial grounds and;

- * Provide grant opportunities and technical assistance to local partners to research, identify, survey and preserve the burial grounds.

"Under the stain of slavery, Jim Crow, and racism, generations of African Americans were barred from burying their loved ones on the same land as their neighbors. Because of these restrictions, many of these burial grounds were located in rural areas, on undesirable land far from their communities' centers, and were otherwise denied the same level of support as other community cemeteries. As a result, many of these final resting grounds are now unknown, unmarked, or in serious disrepair," the senators wrote in the letter.

For many African American burial sites, there is no official record or database of where these sites are located. Creating and maintaining a network of African-American burial grounds will help communities preserve local history while better informing development decisions and community planning.

Brown and Alexander's bill has the support of more than 50 organiza-

tions around the country, including the Coalition for American Heritage, Union Baptist Cemetery in Cincinnati and Heritage Ohio.

A copy of the Senators' letter can be read below.

Dear Chairman Murkowski and Ranking Member Manchin:

As the Energy and Natural Resources Committee begins the second session of the 116th Congress, we strongly encourage the Committee to hold a hearing on the African American Burial Grounds Network Act (S.2827). This bipartisan, bicameral legislation helps fill an important gap in protecting and preserving African American cemeteries and promotes partnerships between the National Park Service (NPS), non-profits, and the private sector to ensure that the legacy of these historic sites is not forgotten.

Under the stain of slavery, Jim Crow, and racism, generations of African Americans were barred from burying their loved ones on the same land as their neighbors. Because of these restrictions, many of these burial grounds were located in rural areas, on undesirable land far from their communities' centers, and were otherwise denied the same level of support as other community cemeteries. As a result, many of these final resting grounds are now unknown, unmarked, or in serious disrepair. Many of these burial grounds face further damage or destruction due to development.

S.2827 will help prevent continued damage or destruction of these sites by authorizing NPS to create a voluntary, nationwide network of African American cemeteries. NPS would also be directed to develop a program to assist stakeholders in identifying, safeguarding, and restoring these historic places. NPS's expertise would ensure that communities of all sizes, regardless of their location, would have access to the tools and information necessary to protect these sites.

As the Committee develops its hearing schedule for the year, we urge you to include S.2827 so that the Senate can take up and pass this legislation into law.

Change The World... continued from page 16

"They consistently called to remind me not to miss it," she said.

The preceding months had been filled with concern and worry about finances for Amil and his parents. "My son is very smart," said Angela of Amil, who carries a 4.4 grade point average and plans on becoming an engineer. "We really were working hard on his finances," she said of her family's struggle to find a solution for a bright kid who has been trying to decide which of five colleges to attend without having the access to the necessary funds.

For Amil, as with so many of the students present that day, the assembly seemed to be a distraction from everyday tasks and activities. "I don't know why we're here," he told his parents. "What's the big deal?"

It was a very big deal, as it turned out – as Kadens, reaching the climax of his speech, told Amil and Angela and Ronald and the other 107 seniors and their parents: "Tuition, room and board and fees will be paid for, and you will go to college for free!"

The room exploded.

Slouching students came to life gasping in disbelief, astonished at the sudden change in their futures and their fortunes.

Parents were on their feet, crying, each seeking someone to hug.

Some students, like Amil, were too stunned to move, but as he sat there, head in his hands, he knew how big a deal it was. It was the best day of his life, he said later.

Kadens, however, was not quite finished. He told his weeping, laughing, dancing audience after they calmed down a bit: "So too, can one of your parents go to college or trade school," bringing the excitement in the room to another fever pitch.

Angela McNeal has been slowly collecting college credits over the years. She has not yet had time to process what it will mean to her to complete her degree because she is still focused on the impact on Amil.

And for Kadens, this is the start, he hopes, of a broad effort to bring education to all who want it. He has formed HOPE Toledo (Helping Our Population Educate) to continue the work. "We want to do more, our work is not done," he said. "Thank you for the opportunity to use my responsibility in this life."



Experience **MORE** from the most experienced Choose from our enhanced services - including massage, Reiki, aromatherapy, music and art expression - for the best end-of-life experience possible.

INSIST on Hospice of Northwest Ohio

HOSPICE OF NORTHWEST OHIO
hospicenwo.org 419.661.4001



A Mental Health Moment

The Power of Parental Influence.....

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

The Truth Contributor

Each of us experience what it is like to be a child. Many things influence our childhood experience starting in our mother's womb. More and more babies are born addicted to drugs and or alcohol. Many children no longer grow up in a two-parent home, many are raised by a grandparent or come up through the foster care system. Unfortunately, to no choice of their own, many children experience trauma related ex-

periences that have ill effects for the remainder of their lives.

Many clients I see on a daily basis seek counseling for issues that stem from childhood. Mental health disorders are linked to genetics, drug abuse, a medical condition and/or trauma experienced in childhood. Like physical issues, none of us are perfect.

Genetic predisposition is out of our control; if any of our first line family members such as mother, father or grandparents were diagnosed with a mental disorder we have a high chance of inheriting that disorder. It is the one thing out of our control...yet what is in our control is



... continued on page 10

Protect your world
Auto • Home • Life • Retirement

Leslie Poellnitz
419-893-2228
223 Conant Street
Maumee
a002177@allstate.com

Call me today to discuss your options.

Some people think Allstate only protects your car. Truth is, Allstate can also protect your home or apartment, your boat, motorcycle - even your retirement and your life. And the more of your world you put in Good Hands®, the more you can save.

Insurance subject to terms, qualifications and availability. Allstate Property and Casualty Insurance Co., Allstate Fire and Casualty Insurance Co., Allstate Indemnity Co., Allstate Vehicle and Property Insurance Co. Life insurance and annuities issued by Lincoln Benefit Life Company, Lincoln, NE. Allstate Life Insurance Company, Northbrook, IL. In New York, Allstate Life Insurance Company of New York, Hauppauge, NY. Northbrook, IL. © 2010 Allstate Insurance Co.

Auto Home Life Retirement

Elegance with Style

Featuring Fashions From:
Lily & Taylor / Ben-Marc • Champagne • Donnavina / Devine Denim

Available Sizes – 10-28W

Mention this ad and receive a 50% discount on any hat in store with purchase of any other item

2909 W. Central Avenue
419-531-5720

National Black HIV/AIDS Awareness Day

Join The University of Toledo Medical Center and International HIV Activist and Humanitarian, Hydeia Broadbent

Reclaiming our Narrative: Ending the Epidemic

Saturday, Feb. 8, 2020
4 – 6:30 p.m.

The University of Toledo Medical Center
Collier Building,
Room 1000 A & B
3000 Arlington Avenue,
Toledo, OH 43614

Hydeia Broadbent

This event is free and open to the public.

Visit utmc.utoledo.edu/ryanwhiteprogram/event/ for more information.

Sponsored by The Ann Wayson Locher Memorial Fund for HIV Care in partnership with The University of Toledo Office of Diversity & Inclusion

Health Section • Health Section

Healthy Heart

By Patrice Powers-Barker, OSU Extension, Lucas County

The Truth Contributor

American Heart Month is an ideal time to remind individuals to focus on their own heart health as well as to encourage families, friends and communities to work on the common goal of eradicating heart disease and stroke. The American Heart Association also promotes Go Red for Women®, a global initiative to close the gap in awareness and remove barriers women face to achieving good health.

Heart disease is the No. 1 killer of women, killing more women than all forms of cancer combined. Go Red is used as an acronym to spell out five steps to heart health. Although this educational campaign is targeted to women, the information is applicable to everyone. Get your numbers. Own your lifestyle. Realize your risk. Educate your family. Don't be silent.

G: GET YOUR NUMBERS

Ask your doctor to check your blood pressure and cholesterol. Work with your health care provider to know your personal health goals and numbers

O: OWN YOUR LIFESTYLE

Most Americans know what is good for our health. For a healthy heart: stop smoking, lose weight, exercise, and eat healthy. It's up to you. No one can do it for you, but you can encourage, and help loved ones at the same time.

R: REALIZE YOUR RISK

We think it won't happen to us, but heart disease is the leading cause of death for all Americans. More than 40 percent of blacks have high blood pressure, which is more severe in blacks than whites, and develops earlier in life. Researchers have found that there may be a gene that makes African Americans much more sensitive to the effects of salt, which in turn increases the risk for developing high blood pressure. The most common conditions that increase the risk of heart disease and stroke among black Americans are high blood pressure, obesity and diabetes. Use these facts to work with your doctor to monitor your personal risks.

E: EDUCATE YOUR FAMILY

Make healthy food choices for you and your family. An adult consuming 2,000 calories daily should aim for:

- **Fruits and vegetables:** At least 4.5 cups a day
- **Fish (preferably oily fish, like salmon):** At least two 3.5-ounce servings a week

- **Fiber-rich whole grains:** At least three 1-ounce servings a day

- **Nuts, legumes and seeds:** At least 4 servings a week, opting for unsalted varieties whenever possible

Other food and diet recommendations:

- **Sodium:** Less than 1,500 mg a day
- **Sugar-sweetened beverages:** Aim to consume no more than 450 calories a week from sugar-sweetened beverages

- **Processed meats:** No more than two servings a week

- **Saturated fat:** Should comprise no more than 7 percent of your total calorie intake

- Make a few small step goals such as:

- Make vegetables the main part of the meal and fill up with those and enjoy smaller servings of

- If you're thirsty, reach for water and not juice

• Familiarize yourself with standard food nutrition labels. You may be surprised by hidden sodium, sugars and fats in the foods you considered healthy. In regard to sodium, some ways to lower intake include using the food nutrition labels to compare and then choose the item with less sodium. Choose fresh, frozen (no sauce or salt seasoning added), or no-salt-added canned vegetables. Limit sauces, mixes, and "instant" foods and flavor your own with herbs and spices instead of salt. Don't forget to add physical activity. It can be

as simple as walking 30 minutes a day. Why wouldn't we want to exercise regularly when we can enjoy the following benefits? Exercise:

- Improves blood circulation
- Keeps your weight under control
- Helps you quit smoking
- Improves cholesterol levels
- Prevents and manages high blood pressure
- Prevents bone loss
- Boosts energy level
- Helps manage stress
- Helps you fall asleep faster and sleep more soundly
- Reduces coronary heart disease in women by 30-40 percent
- Reduces risk of stroke by 20 percent in moderately active people
- Delays and chronic illness and disease associated with aging

D: DON'T BE SILENT

Help others know the risk of heart disease. Also, don't wait to make major health changes in your life. Starting with small but consistent changes can make a big difference in the long run.

If you are interested in attending a community nutrition class this month, join OSU Extension for "Fight Stress With Food" on Wednesday, February 26, 2020 from 12:00-1:00pm. Lunch is NOT provided but you are free to bring your own lunch. The class will be at ProMedica Ebeid Institute, 1806 Madison Ave, Toledo, OH on the 2nd floor above Market on the Green. There is no cost to attend but please RSVP by email MarketOnTheGreen@ProMedica.org or call 567-585-0201.



50 DANCE THEATRE HARLEM CELEBRATING 50 YEARS

neta

PROMEDICA

Sat., February 15, 2020/8 PM

2016 TONY AWARD WINNER! BEST MUSICAL REVIVAL

THE COLOR PURPLE THE MUSICAL

Mon., April 27, 2020/7:30 PM

The Valentine Theatre!

LIVE ON STAGE!

Valentine Box Office | 419/242-2787 | valentinetheatre.com

Health Section • Health Section

NACCHO Statement on Novel Coronavirus

Special to The Truth

The National Association of County and City Health Officials, on behalf of the nation's nearly 3,000 local governmental health departments, issued the following statement in light to the ongoing novel coronavirus outbreak in Wuhan, China.

As of this past weekend, there have been eight confirmed cases in the U.S., with more than 100 people being monitored for possible infection.

"As our global public health system tracks and responds to the 2019 Novel Coronavirus outbreak, local health departments are working with their federal and state counterparts, along with health care partners, to ensure that our communities are doing all they can to prevent domestic transmission and prepare for possible cases in their communities," said Dr. E. Oscar Alleyne, DrPH, MPH, NACCHO's Chief of Programs and Services.

"Local health departments are working with partners in their communities to protect the public's health: they are communicating with transportation officials on airport screenings, educating healthcare providers about what to look for, facilitating quick diagnosis of potential cases, and communicating with the public about general best practices to reduce the spread of infectious diseases.

"While the work of local health departments often occurs in the background, events like this highlight the importance of a strong public health infrastructure and the critical role that the public health workforce plays in keeping our communities healthy and safe.

"The Centers for Disease Control and Prevention continue to deem the current risk to the general public as low, local health departments and NACCHO will continue to engage with relevant partners to ensure that all communities have the information and resources they need."

How You Can Protect Yourself and Others

While the immediate risk of coronavirus to the American public may be low at this time, it is still highly important to remain vigilant against the spread of infectious diseases. It is peak flu season and the CDC estimates that from October through mid-January, there have been upwards of 21 million cases of flu illnesses and anywhere between 8,200-20,000 deaths resulting from the flu. The CDC recommends preventive measures to help mitigate the spread of respiratory illnesses, including:

* Wash hands often with soap and water for 20 seconds or using an alcohol-based hand sanitizer

* Stay home when you feel sick

* Get the flu vaccine

* Avoid touching body orifices like eyes, mouth, and nose with unwashed hands

* Properly cover your sneeze and cough, and dispose used tissue in the appropriate trash receptacles

* Frequently disinfect objects and surfaces; and

* Avoid close contact with those who are sick.



Dr. Oscar Alleyne

About NACCHO
The National Association of County and City Health Officials (NACCHO) represents the nation's nearly 3,000 local health departments. These city, county, metropolitan, district, and tribal departments work every day to protect and promote health and well-being for all people in their communities. For more information about NACCHO, please visit www.naccho.org or <http://www.naccho.org>.

...continued on page 13

Mental Health Moment.. continued from page 8

taking measures before having children such as assessing one's mental health for both parents. Become educated, seek help on how to manage it and if your children do inherit the traits, you have a head start on how to care for them.

How we live our lives, the child's environment and the support we offer them all influence on the well-being of our children. As a parent, it is our duty to keep them safe, protect them and give them the opportunity for a healthy start at life. They deserve it; they didn't ask to be here. It takes sacrifice, time, and energy.

I recently had the opportunity to see my son play his first basketball game...at 8 a.m. on a Saturday morning. I was impressed by how many parents and family members came to support their child in a most positive and cheerful manner. These young kids played their hearts out. It was great to witness all the adult support. I applaud parents who

...continued on page 13

LeafFilter GUTTER PROTECTION

NO MORE GUTTER CLEANING, OR YOUR MONEY BACK - GUARANTEED

BEFORE LeafFilter AFTER LeafFilter

Installs on your existing gutters!

0% FINANCING* AND! 15% OFF ENTIRE LEAFFILTER PURCHASE

PLUS AN ADDITIONAL SENIOR OR MILITARY DISCOUNT! We offer Senior & Military discounts ON TOP of the 15% off & 0% financing!

CALL US TODAY For A FREE Estimate!

1-866-275-2715

Promo Number: 285
Mon-Thurs: 8am-11pm, Fri-Sat: 8am-5pm
Sun: 2pm-8pm EST

MADE IN USA

WARRANTY

ACCREDITED BUSINESS

CALL# 1035795 DGPL# 10783658-5501 License# 7656 License# 50145 License# 41354 License# 99338 License# 128344 License# 218294 License# 003 233 977 License# 2100212586 License# 2100212586 License# 22051321524 License# LEAFFILTER2020 License# WV056912 License# WC29998-H17 Nassau HIC License# H01067000 Registration# 176447 Registration# HIC0649905 Registration# C127229 Registration# C127230 Registration# 386920918 Registration# FC6475 Registration# IR31104 Registration# 31809953900 Registration# PA049283 Suffolk HIC License# 52229-H *Contact us for additional details

Honoring

Dr. Martin Luther King Jr.

"Everybody can be great...because anyone can serve." - Martin Luther King, Jr.

State Bank GIVES

State Bank GIVES (Gathering Individuals to Volunteer, Empower and Serve) is a Volunteer program created to provide local nonprofit organizations access to State Bank employees who volunteer their time to make a difference in the lives of the people and communities where we live, work, and play.

Request volunteers at YourStateBank.com/GIVES

statebank

Sound advice. Smart money.

1900 Monroe Street, Suite 108
Toledo, OH 43604

Member **FDIC**

Subject to credit approval.

Health Section • Health Section

ProMedica Community Events in February

ProMedica will offer the following community events in February:

Aromatherapy

Learn and 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, Feb., 5 and 19

1 - 2 p.m.

The Victory Center

Suite B

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

Bariatric Informational Seminar

ProMedica Weight Loss Surgery is hosting free bariatric informational seminars to help people learn about the ProMedica Weight Loss Surgery Program and the benefits of weight loss surgery. To register for a seminar or for more information, visit promedica.org/bariatricseminar or call 419-291-6777.

Tuesday, Feb. 11

Monday, Feb. 17

Wednesday, Feb. 26

6 - 8 p.m.

ProMedica Health and Wellness Center

Community Education Rooms 1 & 2

5700 Monroe St., Sylvania, Ohio, 43560

Nursing Mothers Support Group

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

Tuesday, Feb. 11

1:30 - 2:30 p.m.

ProMedica Toledo Hospital

Entrance F, Mom & Me Boutique

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

Alzheimer's Support Group

Golden Threads at 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 Cheryl at 567-938-9394.

Wednesday, Feb. 12

6 p.m.

ProMedica Memorial Hospital

Bistro Café

715 S. Taft Ave., Fremont, Ohio, 43420

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, Feb. 12

6:30 - 7:30 p.m.

ProMedica Flower Hospital

Conference Center, Boardroom

5200 Harroun Rd., Sylvania, Ohio, 43560

Multiple Sclerosis Connection Support Group

This monthly support group provides those living with Multiple Sclerosis with support, conversation and educational topics. The free support group is held on the third Tuesday of every month. Individuals diagnosed with Multiple Sclerosis as well as family and caregivers are welcome to attend. For more information or to RSVP, contact Nikki Artiaga at nikki.artiaga@promedica.org.

Tuesday, Feb. 18

5 - 6 p.m.

ProMedica Neurosciences Center

Second Floor, Education Rooms 1 & 2

...continued on page 12



Starting Jan. 1, 2020, Toledo Public Utilities is:

Offering Bill-Paying Assistance for Low-Income Customers

Toledo Public Utilities will provide up to \$500,000 a year to assist low-income customers pay their utility bills. Households at or below 200 percent of the Federal Poverty Level will be eligible for assistance coordinated through ProMedica Ebeid Institute's Financial Opportunity Center. Please contact ProMedica Ebeid FOC at 567-585-0059 to schedule a confidential appointment.

Eliminating Minimum Water Charges

Toledo Public Utilities has eliminated minimum water charges to allow customers to reduce utility costs based on actual water consumption.

Starting Monthly Billing

Monthly billing is in place for all Toledo retail customers. Billing by the month also allows Toledo customers to participate in the Federal Emergency Food and Shelter Program.

Offering Lead Service Line Replacement Assistance

Toledo Public Utilities allocates up to \$300,000 annually for private lead service line replacement loans on private property. Loans of up to \$2,000 at zero percent interest will be offered to private homeowners, regardless of income, with up to a ten-year term, payable through the utility bills.

Offering Water Conservation Education

"Conservation Kits" with low flow shower restrictors, toilet leak detection kits, and conservation information for inside and outside the home are available for the public at community events and the Toledo Customer Walk-In Water Center, 420 Madison Ave.

For more information, visit our website, toledo.oh.gov/water, call 419-245-1800 from 7 a.m. to 6 a.m., Monday through Friday, or email dpucustomerservice@toledo.oh.gov.

Thank You, Kobe

By Arthur Cribbs

Special to *The Truth*

When I heard of the passing of Kobe Bryant and his daughter, Gianna, along with seven others in a helicopter crash in Calabasas, California, I had an initial feeling of shock, disbelief and numbness. And in the hours since hearing the news, that feeling has not gone away. For a lot of us in this world, this feeling isn't going away anytime soon. It truly felt like losing someone close.

In this time of mourning, I just want to say thank you, Kobe.

Growing up in Los Angeles, you were everything for me. You introduced me to winning at an extremely young age. When I was born in 1999, you were a three-year veteran in the NBA and in my first three years of life, you helped the Lakers win three straight league finals. Although I was too young to remember those championship years, I do remember you leading the Lakers to two more NBA finals in 2009 and 2010.

Your ability to be a winner inspired my interest in sports and competition, and it has been a passion of mine ever since. And while winning is great, it was the way you won that stuck with me.

Your "Mamba Mentality" of being your best self and making sure nobody worked harder than you is a work ethic you consistently lived by, and I have been aiming to emulate you in that regard.

You also had infectious confidence in your game that gave viewers confidence in themselves. I remember when you played your final game on April 13, 2016. Everyone remembers the 60-point performance, but people may forget that you struggled early on in that game, going just 7-20 from the field in the first half. Several players would have just stopped shooting at that point, but you remained confident in your training and took 30 more shot attempts.

Your confidence influenced a generation of kids who watched you play. When I started playing organized basketball, you were in the midst of your MVP season and all I could hear at practice was "Kobe!" every time someone attempted a shot. When it came to shooting a fadeaway jumper or having a pre-free throw ritual, every kid tried to emulate your style.

You also were a symbol that brought unity in the city of Los Angeles.

When the Lakers won their championships, you brought the city together at the championship parades. I personally remember waiting for several hours just to see a glimpse of you.

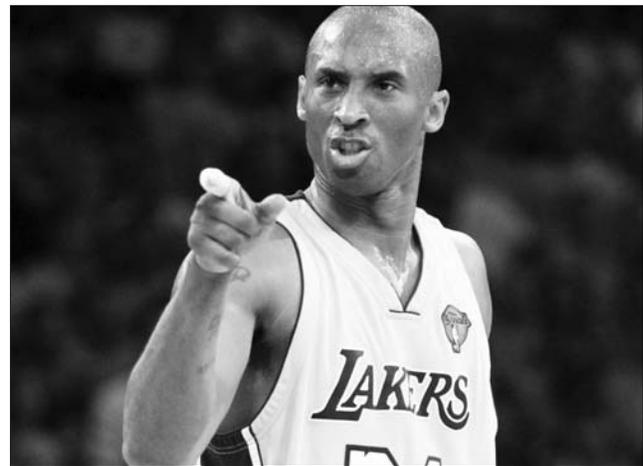
When you played your final game, the country was heading into a heated presidential election. Watching you play though, people were able to detach from the stress of the real world and enjoy your play. Whether it was your first game or your last, you always put on a show and you gave your fans everything you could offer.

As someone who uses sports to connect with people, you helped me find the confidence to have conversations. With you being such a global figure, it didn't matter how much the other person was invested in sports. We could always have a conversation about Kobe. With deeply rooted sports fans, I have formed so many close relationships that started by debating where Kobe stands as the greatest of all time (GOAT).

Beyond my life though, you meant so much more to the world. You helped globalize the game of basketball, making the NBA popular in China. At a time when WNBA players struggle to receive support, you served as an advocate for the league. As a family man, you showed what it means to be a father, taking interest in your daughters' passions and putting them in positions to succeed. When Gianna's favorite player was Atlanta Hawks guard Trae Young, you took her to Hawks games to watch Young firsthand.

Thank you, Kobe, for all the memories. You, Gianna and the seven others were taken way too soon, and this world will never be the same.

Arthur Cribbs is a junior journalism major from Los Angeles. He is a Rhoden Fellow at ESPN for TheUndeclared.com. He also works with the Department of Athletics at Howard University and was a production manager for WHUT's Spotlight Network.



The Truth

Art Gallery



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



Fashion and jewelry by:
The Gallery's
Autumn Gineen





Our visitors will find: a variety of outstanding items:
Art Jewelry • Fashions • Fragrances & Event Space Available

Open Tuesday – Friday 10am to 5 pm
Saturdays by appointment

1811 Adams Street - 419-243-0007

ProMedica... continued from page 11

2130 W. Central Ave., Toledo, Ohio, 43606

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!

Tuesday, Feb. 18

7 - 8:30 p.m.

ProMedica Monroe Regional Hospital

Conference Room A, 4th Floor

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

Franchise: The Golden Arches in Black America

by Marcia Chatelain

By Terri Schlichenmeyer
The Truth Contributor

Your hand is in the bag again.

Those French fries you bought aren't going to make it home, that's for sure. You should've bought a double order; your burger won't taste the same without them alongside. Sometimes, a craving hits and that kind of food saves the day; in the new book *Franchise* by Marcia Chatelain, that kind of food once changed neighborhoods.

What did you have for lunch today?

If you're like a third of your fellow Americans, you ate lunch or some other meal at a fast-food restaurant. It wasn't always so: a century ago, cooked ground beef was a food for the lower- and working-classes, not for the masses. Eventually, though, the taste of a burger and fries won over just about everyone – and then came McDonald's which, says Chatelain, "has affected the ways Americans eat, play, and work." The restaurant also affected the Civil Rights movement – and vice versa.

In 1961, after Ray Kroc assumed control of the chain he created, he began flying around the country in search of places to further expand his McDonald's restaurants. There were already two in the Chicago area and they were profitable. Though both stores were then owned by white men, one store was run by a black manager; that was fine with Kroc, as long as the place was profitable.

The idea of a restaurant that served everyone, regardless of race, intrigued African-American southerners who were living under Jim Crow laws. When McDonald's moved to their areas, segregation was

c.2020
Liveright
\$28.95 / \$38.95 Canada
336 pages

in effect but the Civil Rights movement was coming, along with protests and sit-ins. Kroc tended not to get involved, preferring that franchisees deal with situations on their own.

By spring of 1968, that was no longer tenable. White-owned restaurants were an "irritation" in black neighborhoods and after Dr. King was assassinated, resentment boiled over. Kroc decided that it was best to find black franchisees to assume ownership of such restaurants in those areas. So by the end of that year, Herman Petty of Chicago proudly opened the first black-owned McDonald's location...

With a sub-title of *The Golden Arches in Black America* on the cover of this book, one might think that it would include something about nutrition. It does – but not much, and not until the end. Instead, author Marcia Chatelain uses *Franchise* to focus mostly on a history of the chain itself and its business relationship with the black community.

It's a 60-year account that's tasty, but there's not always a happy story to go along with the Happy Meal, which Chatelain explains, starting at mid-century. It's a tale of unknowns who are usually unsung, and some that are total surprises; Chatelain also examines oft-told Civil Rights stories as they relate to the McDonald's chain, showing history from a different spot at the table.

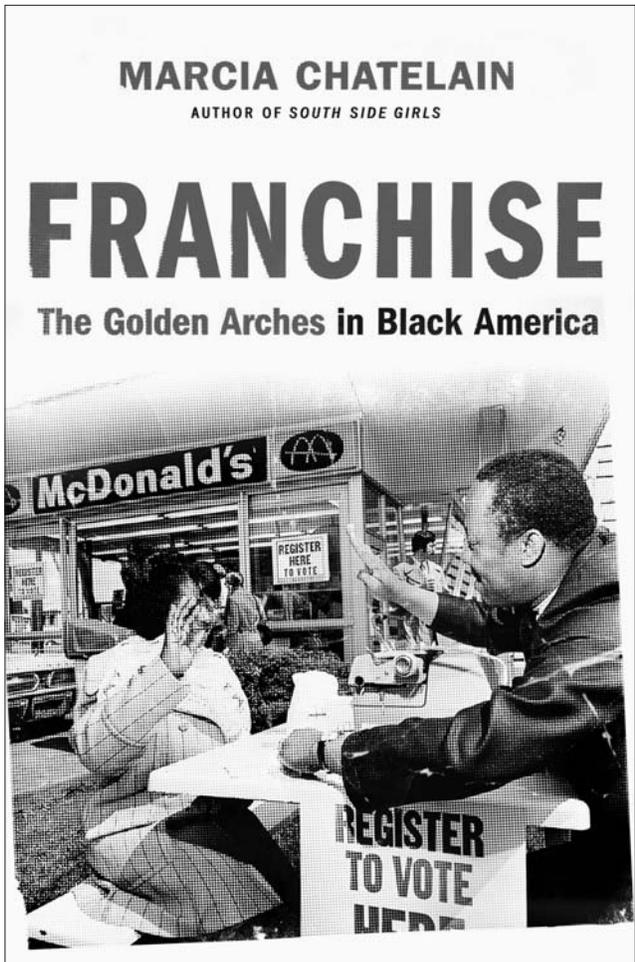
This is not your run-of-the-mill business book, nor is it an everyday history read. It's actually a little of both, and worth a look. If you're seeking something to learn and enjoy, *Franchise* has it in the bag.

Mental Health Moment.. continued from page 10

support their children through organized sports. I just hope that parents are also supporting their children's academic needs, health needs and providing a positive and safe home environment. It is our responsibility as parents to be enthusiastic about helping our children grow into strong and empowered adults. If as many parents who attend an 8am Saturday basketball game attended PTA meetings and homework support, how great could our kids really be?

Take a mental health moment and assess how you support and protect your children. One day they will be living their own adult life. How we treat and care for them now will greatly influence their outcome.

Bernadette Graham is a Licensed Professional Mental Health 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



America's urban community alternative station!

iHeartRADIO

- Entrepreneurs
- Independent Artist & Producers
- Actors
- Sports
- Fashion
- Book Authors
- Educators
- Community Awareness
- Health Awareness
- Safety Awareness



With your host
DeVonn
aka The Musical Teddy Bear!

iHeartRADIO

Jam Packed Emagazine Morning Show!

All Genres Welcome!

"We Make Stars Happen!"
Independent Music & Majors welcome!

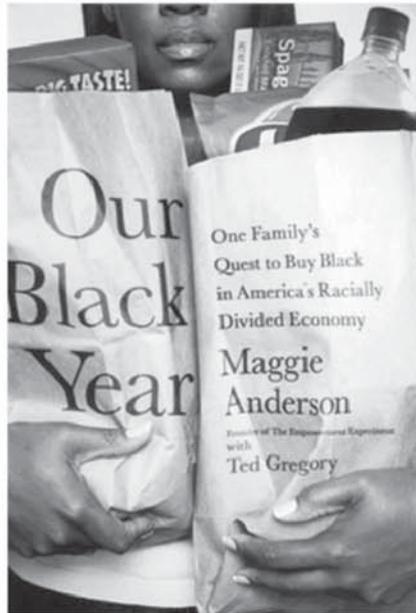
www.blackbeatmusicgroup.com

Call in days Monday 12 noon - 2pm & Wednesday 12 noon - 2pm
(712) 770-4010 use access code 760462

THE TOLEDO BLACK

Market Place

Toledo's First Online Source for African-American Owned Businesses (419) 243-0007

Our Black Year

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

Maggie Anderson
Founder of The Empowerment Experience with Ted Gregory

LITTLE GENERATION DAY CARE



419-724-7920

NEED A RIDE?

TRANSPORTATION COMPANY

1.855.475.RIDE(7433)

Truth Art Gallery

and Event Center

1811 Adams Street • Toledo, Ohio 43604

ADS POSTED ONLINE AT:
www.TheTruthToledo.com and
www.ToledoBlackMarketplace.com

POZATV PROMOTIONS
Making Your Marketing Dream a Reality

Monique Ward
Owner/CEO

c 419.870.8757
b 347.692.8481

 Pozativ Promotions, LLC
pozativpromo@gmail.com

"THE GATHERING PLACE"

Nothing but PURE FUN!

5235 Hill & Reynolds @ Meadowbrook Plaza, Toledo, OH 43615
419.320.8571 or 419.322.4462
Hours Open Thursday - Sunday @ 7 PM

Wedding Receptions, Book Signings, Birthday Celebrations, Retirement Parties, Board Game Tournaments, Special Celebrations, and much more!

Annual Membership available and receive priority bookings, church and organizational bookings welcomed
Free Wi-Fi, Light refreshments available, Safe and secured lighted parking, Accommodations for parties up to 45,
Standard booking fee for Profit and Non-profit, Event Planner available upon request
Catering Referral Services Available upon request
"Come and enjoy comedy, spoken word, music talent and more"

BOOK YOUR EVENTS NOW!

Child Care

Footprints Day Care and Pre-School,

3215 Lagrange Street, Toledo, OH 43608,
419-242-9110



Ruby's



803 N. Reynolds
4055 Monroe St. Toledo, OH 43608
803 N. Reynolds

A-1 BONDS

Tina Butts
BAIL BONDS AGENT

419-450-3325
24 HOURS

CRUSADERS OF CHRIST CHURCH Presents **Youth & Young Adult 4th Sunday**

Have you been feeling the nudge to develop your life more spiritually but aren't quite sure how to begin? If so, this theme-enriched and spirit-filled experience is designed just for you. Visit us on Facebook - I have a special video message for the serious pursuer!

Youth & Young Adult 4th Sunday

When: Every 4th Sunday
Time: 11:00 am
Where: Crusaders for Christ Church
910 Woodville Rd.
Toledo, Ohio

 Pastor Joseph Mitchell Jr., Pastor
Pastor Joseph Mitchell Jr., Pastor
Pastor Joseph Mitchell Jr., Pastor

 Crusaders for Christ Church • www.crusadersforchristchurch.org

Attention Seniors:
House(s) For Rent.
Two Bedroom
Call (419) 708-2340

Charleston House of Toledo

A Premiere Consignment Shop for the Economical Conscious Woman

STOP BY AND SEE OUR LARGE SPRING AND SUMMER SELECTION

Sizes small to plus - excellent prices

Designer Suits and Dresses
Elegant Hats - Name Brand Shoes
Open 10:00 a.m. - Tuesday thru Saturday
4055 Monroe Street - Toledo, Ohio
419.472.4648



ADS POSTED ONLINE AT:
www.TheTruthToledo.com

"THE GATHERING PLACE"

Nothing but PURE FUN!

5235 Hill & Reynolds @ Meadowbrook Plaza
Toledo, OH 43615
419.320.8571 or 419.322.4462
Hours Open Thursday - Sunday @ 7 PM

Wedding Receptions, Book Signings, Birthday Celebrations, Special Celebrations, and much more!

Annual Membership available and receive complimentary Bookings Church and Organizational Bookings welcomed
Free Wi-Fi

BOOK YOUR EVENTS NOW!

CLASSIFIEDS

February 5, 2020

Page 15

STAFF ATTORNEY 2

Lucas County Children Services is seeking a Staff Attorney 2. If you are interested review additional requirements and apply at www.lucaskids.net. EOE Valuing Diversity

REGISTERED NURSE

Lucas County Children Services is seeking a RN, 3:00pm - 11:00pm, Monday – Friday shift. If you are interested review additional requirements and apply at www.lucaskids.net. EOE Valuing Diversity

POLICE OFFICER

The Village of Ottawa Hills is accepting applications for the position of full-time Police Officer.

Required Training and Experience:

Minimum two year college degree or equivalent, from an accredited college. Must be a commissioned Peace Officer according to the rules of the Ohio Peace Officer Training Council at time of appointment.

Testing must be conducted through the National Testing Network (www.nationaltestingnetwork.com) and completed no later than **March 1, 2020**. Lateral entry applicants may bypass testing and complete an employment application for consideration. For more information, please visit www.ottawahills.org/employment or email police@ottawahills.org.

Pay Range: \$60,370-\$71,760

The Village of Ottawa Hills is an equal opportunity employer.

START 2020 BY READING MORE

A frequent New Year's resolution people make is to read more books. Let the Library help you resolve to read more in 2020 – join the inaugural Winter Read!

Everyone who logs at least one book will receive one-size-fits-most Toledo Library touch screen gloves for adults and kids or red mittens for little ones (while supplies last) and will be eligible for grand prizes such as:

- Two round-trip airline vouchers to Florida from Toledo Express Airport
- One overnight guest room stay at Maumee Bay Lodge
- \$100 Sylvania Playland gift card
- \$50 Cinemark movie gift card (2 winners)

PARK RANGER

Metroparks Toledo has openings for part time Park Services Rangers and a full time Deputy Ranger for community policing and some park maintenance. Part time averages 16 to 20 hours per week, \$14.67 per hr. Deputy ranger is 40 hour work week, \$18.09 per hr. Certification as a Peace Officer in the State of Ohio is required. Go to www.MetroparksToledo.com to view detailed position description, job requirements and to apply.

EDUCATIONAL INTERPRETER

Metroparks Toledo is looking for a qualified individual for Environmental Education Interpreter at Wildwood Metroparks to develop and present high quality park programs and experiences. Bachelor's degree in biology, environmental science, communication, education, outdoor recreation or related field, or equivalent combination of education and work experience. Moderate level of experience in educational program development, presenting public or educational programs and producing special events. Valid driver's license required. 40 hour workweek. May include evenings, weekends, and holidays. \$18.09/hr. Employees who are interested in applying, must submit an online application and resume at www.MetroparksToledo.com/careers by February 13. EOE

PARK SERVICES ASSISTANT SUPERVISOR

Metroparks Toledo is looking for an individual to fill a Park Services Assistant Supervisor position at Swan Creek Preserve Metropark. Associate Degree or equivalent work experience in Parks and Recreation services, Natural Resources, Grounds Management, Criminal Justice Services or related field. Park or outdoor operations experience including leadership responsibilities. Horticultural, arboricultural and project management preferred. \$21.75/hr. 40 hour workweek. Go to www.metroparkstoledo.com for complete list of position requirements and duties; must submit online application and resume by February 13. EOE

INVITATION FOR BIDS LAWN CARE SERVICES – AMP COMMUNITIES

- IFB20-B001 AMP 111 Communities
- IFB20-B002 AMP 112 Communities
- IFB20-B003 AMP 121 Communities
- IFB20-B004 AMP 122 Communities
- IFB20-B005 AMP 131 Communities
- IFB20-B006 AMP 133 Communities

Lucas Metropolitan Housing Authority (LMHA) will receive sealed bids for **Lawn Care Services – AMP COMMUNITIES**. Received in accordance with law until **February 27, 2020, 3:00 PM ET**. See documents: www.lucasmha.org; 201 Belmont Ave., Toledo, OH 43604; or 419-259-9446 (TRS: Dial 711). Affirmative Action and Equal Employment Opportunity requirements (Executive Order #11246). This contract opportunity is a Section 3 Covered Contract and any Section 3 Business Concerns are encouraged to apply.



INVITATION FOR BIDS LAWN CARE SERVICES – AMP SCATTERED SITES

- IFB20-B007 AMP 111 Scattered Sites
- IFB20-B008 AMP 112 Scattered Sites
- IFB20-B009 AMP 121 Scattered Sites
- IFB20-B010 AMP 122 Scattered Sites
- IFB20-B011 AMP 131 Scattered Sites
- IFB20-B012 AMP 133 Scattered Sites

Lucas Metropolitan Housing Authority (LMHA) will receive sealed bids for **Lawn Care Services – AMP Scattered Sites**. Received in accordance with law until **February 27, 2020, 3:00 PM ET**. See documents: www.lucasmha.org; 201 Belmont Ave., Toledo, OH 43604; or 419-259-9446 (TRS: Dial 711). Affirmative Action and Equal Employment Opportunity requirements (Executive Order #11246). This contract opportunity is a Section 3 Covered Contract and any Section 3 Business Concerns are encouraged to apply.



MOVE TO AMEND IS SEEKING NATIONAL INTERNS FOR SPRING 2020!

Move to Amend national interns work remotely from around the country with board and staff on a variety of projects including grassroots organizing, volunteer retention, writing, research, lobbying, legislative tracking, donor retention, and other hands on projects to support the functions of a national, grassroots amendment campaign.

Interns can be any age and work from anywhere in the country. Our wonderful interns receive a monthly stipend to help cover costs like phone and internet.

Please see more details and learn about the application process and email me, jessica@movetoamend.org for questions.

Call to place your ad:

419-243-0007

www.TheTruthToledo.com

“And This, My Friends, Is How We Change the World”

By Fletcher Word

Sojourner's Truth Editor

According to Pete Kadens, you start to change the world by making sure every qualified, graduating senior has the opportunity to attend college without being overly burdened by bills and student debt. And you start that change, if you are Pete Kadens, at Jesup W. Scott High School.

“If I had been an African-American kid going to Scott high School, would I have been afforded the second and third chances I’ve received in life?” asked the Ottawa Hills native of his audience of Scott High School seniors and their parents on January 29, 2020

In response to his own question, Kadens announced just how he is going to change the world – bypassing committees and feasibility studies. He is striking out on his own after failing to build a local coalition to assist him in his endeavor.



Mayor Kapszukiewicz, Pete Kadens, Superintendent Durant



Kadens and Nathaniel Mitcham

Kadens is presenting every senior – all 108 – at Scott High School the funds to attend a four-year college or trade school. Furthermore, he will also provide funds for one parent of each student to attend college or trade school as well once the student is ready to matriculate.

In a stirring speech before he announced the gift, Kadens, a retired former CEO of Green Thumb, a national cannabis company, explained his privileged background and his growing awareness that he was obligated to help others

“The minute in the most important moment of my life,” he said, was when he realized how important “youth, education and the future of our youth” are.



Now a Chicago resident, Kadens said he came back to Toledo with the intention of bringing on board other similarly privileged individuals and organizations to build an entity that would help vast sums of Toledo-area high school students but had made little progress in getting others to share his vision.



So he struck out on his own and started in the logical place – an inner-city school, plagued with poverty and with a primarily African-American student body; a school his wife’s own grandfather had attended decades earlier.



For those high school students and their parents in the audience, the assembly was a complete mystery. Even the Scott teachers were not informed what Kadens would be announcing during the assembly.



Senior Amil Bates and his parents, Angela McNeal and Ronald Bates, attended the assembly because, as Angela said later, she was called so many times by the school about how important the event would be. “They consistently called to remind me not to miss it,” she said.

The preceding ... continued on page 7

Diabetes got you on pins and needles?



Call us – your primary experts.

Establishing control over your diabetes can be a challenge, especially if you have questions about managing medications or concerns about the impact on your vision or circulation.

Your primary care provider can work with you and your specialists to help establish a plan to get control and successfully manage your condition.

Build a relationship with your primary care provider at The University of Toledo Medical Center and discuss your ongoing health needs.

Start a conversation today, 419.383.4000.



utmc.utoledo.edu/primarycare
 @utoledomedicalcenter
 @UTMedCenter