

The Sojourner's Truth

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"And Ye Shall Know The Truth..."

May 12, 2021

The Devastation Caused By Gun Violence



Oleen Clinton

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Caution: Bumpy Road Ahead

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

The Truth Contributor

Lots of people want to ride with you in the limo, but what you want is someone who will take the bus with you when the limo breaks down.

- Oprah Winfrey



Fasten your seatbelts! It appears that the 2021 local election year will be a bumpy ride that could ultimately leave northwestern Ohio voters queasy as we prepare for the statewide races of 2022.

Republicans in the Ohio Legislature are throwing down to make sure that they tighten their grip on power through gerrymandered redistricting, expanded police rights, and toughened voter suppression laws.

The response? Lucas County Democrats are at war with themselves over endorsements.

So far, three candidates have expressed an interest in screening for the Democratic Party (Party) endorsement for the Toledo Public School Board – Bob Vasquez, Chris Varwig and Polly Taylor-Gerken.

Although each has served on the School Board for multiple terms, the Party – under the new leadership of Michael Ashford, party chairman – has re-designed the screening application process to require that candidates provide their own criminal background check and a credit report or proof of credit score.

Taylor-Gerken is protesting the “higher standards,” calling the process “unnecessarily intrusive.” As of this writing, the Party is not allowing Taylor-Gerken to screen. Thus, she is ineligible to receive an endorsement at this time.

Seven Endorsements for Six Seats:

In another unusual move, the Party has endorsed seven individuals for only six at-large Toledo City Council seats: Mac Driscoll, Michele Grim, L.P.D.; Sam Harden; Nick Komives; Cerssandra McPherson; Katie Moline and Tiffany Preston-Whitman, Ed.D.

African-American candidates Keith Jordan and Charlie Mack screened but, surprisingly, were told that they “didn’t qualify for the endorsement,” according to sources.

What is the Problem?

Some in the Party are not happy with Ashford’s “autocratic style and unilateral decision-making,” especially with his re-design of the screening application process.

Others accuse Ashford of supporting the endorsement of those he likes and excluding those individuals he doesn’t like.

Additional Party members complain that the Party is afraid to make any “noise” and hasn’t taken any real stance on important issues “other than putting up a lame-ass statement after George Floyd.”

However, many see no fault whatsoever in Ashford’s strengthening the Party’s endorsement and background check requirements.

Ashford “got burned” in 2018 when the Party denied him the endorsement for Lucas County Treasurer in favor of an opponent who had a poor personal credit score. The Party’s decision negatively impacted Lucas County’s ability to provide necessary bonding for the endorsed candidate.

Ashford is also expected to tighten the requirements for a criminal background check given last year’s ethics probe that led to the indictment of four sitting city councilpersons.

Meanwhile, Ohio Republicans are currently pushing bills through the legislature aimed at “criminalizing protests and interactions with police.” This action could have a tremendous impact on voting rights, free speech and rights of assembly. For instance, if you are videotaping police in their “official business,” you can be arrested if they subjectively deem that you are interfering with their work.

Redistricting is another process that requires the Party’s vigilance. The Ohio Legislature will likely attempt to re-draw northwest Ohio’s districts. Instead of having three Democratic and one Republican districts, Ohio will probably try to re-configure existing maps into two Democratic and two Republican districts. Republicans may try to eliminate Lisa Sobecki (D., Ohio District 45) from the Ohio House of Representatives or another vulnerable Democrat from northwestern Ohio.

Meanwhile, local Democrats and other activists all over the nation celebrated the legacy of John Lewis with an organized “votecade” this past weekend. Councilwomen Tiffany Preston-Whitman and Cerssandra McPherson – both “temporary,” but ever-present-in-the-community councilpersons – are gearing up to experience running their first political campaigns.

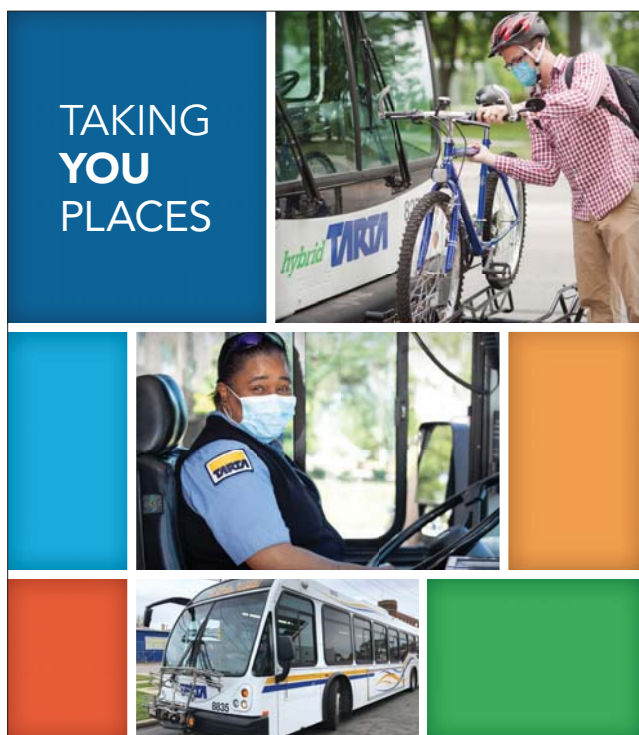
In addition, the Party is financially stronger than it has been in the past 15 years. There is also a diverse mix of new candidates and young people actively participating at the committee level.

At the same time, Democrats are coming together outside the Party to form the Lucas County Progressive Caucus. The new platform will allow a wing of the Party to discuss issues such as housing, police reform, homicides and violence in the city, and other issues that they have “not had the opportunity to discuss within the Party.”

So, hold on to your hat. The ride is expected to be both exhilarating and terrifying.

However, if nothing else, maybe the ride will help the Party relieve some of its internal stress so it can fight oppression and suppression more effectively.

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



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The White Skin Privileges Quiz

By Lafe Tolliver, Esq

Guest Column

Hey, no fair! If you are a person considered to be a minority, you cannot take this quiz and qualify for the drawing of the grand prize which is a paid year's membership in the NAACP.

So, if you are white and think you are hip, cool or liberal and, once a year, you have a black person over for Bar-b-Q and a serious discussion on the short comings of President Obama, this quiz is for you.

Now, the grounds rules are: (1) no fair calling your black or brown friend for help; (2) you cannot access any library materials and (3) if you are married to a black person, you must go to a separate room and take this quiz by yourself and lastly, no... the TV program, Soul Train is not one and the same as The Underground Railroad!

This quiz is in response to some white folks freaking out about their precious Johnny or

Suzie being exposed to critical race theory (aka: CRT) in the classroom. CRT propounds that society uses a theory that employs "race" as a defining characteristic and an artificial construct against people of color and which can then (and has resulted) result in arbitrary and oppressive treatment.

Too many white folks are anathematized by the mere thought that they have benefited, directly or indirectly, from being white in a high all-white country (until the "turning year" of 2042), that if you were to challenge their guarded and favored place on society's totem pole of who gets the overwhelming share of the attendant privileges, perks and benefits, they are ready to fight you or deny such a totem pole even exists!

Therefore, being the kind person that I am, I wanted to ease them into experiences where they have blithely taken as their rights and, as a group, to those who deserve or have "earned" those upper slots on the totem pole.

Remember, their airs of superiority manifest in daily conduct or attitudes that connote rights of privilege or a right to question everything that challenges their beliefs as to how society should be governed.

So, without further ado...take the quiz! All are yes or no questions:

(1) You believe that affirmative action in college and professional schools admission processes hurt or harm "equally" qualified white students who apply to those same institutions. Yes/No.

(2) You believe that the Great Land Rush wherein white settlers were given 160 acres of land if they settled and farmed it for five years,

did not work against similarly situated black settlers who were categorically denied such a land grab by the US government. Yes/No.

(3) You are OK with the US Constitution in which it stated at one time that a black person was only to be counted in the census as three-fifths of white person for purposes of apportioning seats in the House and Senate. Yes/No.

(4) You saw no problem with racially restrictive Southern professional schools in the early history of this country paying for black applicants to leave home and travel North for such an education. Yes/No.

(5) The issue of restrictive racial covenants in residential housing developments in both the North and the South were issued for a valid purpose. Yes/No.

(6) The idea of reparations as a tool to level the economic playing field in the United States is not fair to present day descendants of those people who engaged in economic racial acts. Yes/No.

(7) When it comes to teachers in grades K-1 through high school, you would prefer a teacher who is of the same racial identity as your child. Yes/No.

(8) White policemen should be given every benefit of the doubt when they kill a black or brown person in highly suspect circumstances...even when police body cameras show some troubling facts about the use of deadly force. Yes/No.

(9) To you, do Black Lives Matter? Yes/No.

(10) You would rather worship in a church or synagogue with people who look, act and talk like you. Yes/No.

(11) A large portion of what is being called, "The Big Lie" about the recent presidential election, was built around the huge turnout of minority voters in certain critical key states who voted against Trump. Yes/No.

(12) If your son or daughter were to be engaged to a minority person, you would feel uncomfortable warmly embracing that person as a future member of your family. Yes/No.

(13) If you see names such as: Leroy, LaShunda, Dy'bellina, Ty'ronne, Marcus, Fantasia or DeMarcus, you automatically assume that it is a black person, and you act accordingly. Yes/No.

(14) For professional services such as an ac-

countant, dentist, OB-Gyn, lawyer, home decorator, mortician, financial planner or plumber, you would be more at ease and confident with that person being white. Yes/No.

(15) If you get on an airplane and see that the pilot and co-pilot are Mexicans, you have thought more than once about changing your ticket to another flight. Yes/No.

(16) If you walk into a new restaurant and notice that the majority of patrons are minorities, do you slowly look around and then head for the door to leave? Yes/No.

(17) In your private conversations with friends and family members, do you ever use the "N" word. Yes/No.

(18) In your private conversations with friends and family members, if one of them uses the "N" word, do you speak out then and show your displeasure with that person. Yes/No.

(19) Between mortgage borrowers of the same credit worthiness, if a brown or black person received a mortgage but at a higher rate than yours (assuming all is equal), would that difference of financial treatment bother you. Yes/No.

(20) Have you ever wondered how "certain" black or brown people can afford the same vacation spots as you enjoy or drive the same luxury cars as you drive or live in a house that obviously cost more than your house. Yes/No.

Well, there it is! I know, I know. It is a lot but so is dealing and negotiating with a society that is seemingly determined to maintain the status quo regardless of how that impacts people of color.

So, if you want to know the answers to the above, please send me a non-traceable money order of \$44.19 (includes postage and handling) to this newspaper and I will tell you where to meet me at a future date at one of the Metroparks to hand over the answers.

Contact Lafe Tolliver at tolliver@juno.com



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Here We Go Again – The Stop-The-Gun-Violence Boondoggle

By Rev. Benjamin Green

Guest Column

So here we go again, reinventing the wheel – the prevention of gun violence wheel – which was never invented in the first place. Okay, folks, this is not hard to anticipate. I'm sure that there are some really concerned citizens in this city, including city council members, but sometimes we have more fluff than stuff, organized stuff that is!

How do you kick a can down the road?

Just like this! You bring the black community together around an unclear mission, celebrate the knocking down of a building, something we have been doing for years, and then you create a church-like experience, and Negroes fall for it every time. No disrespect, but I love Jesus too, but Jesus did more than preach to the choir.

Here's the quintessential question? Whose lives will we be impacting, Certainly not the "Trouble makers," for lack of a better term. And by the way, these "Trouble makers," are valuable persons, and will be of more value, when we bring them to the table, my targeted goal.

Murder has been going on since the beginning of time, but why? I'm glad you asked.

The characteristics of a troublemaker, begin developing at an early age. It starts with our young people and those same babies I lift up every day. The development of this unwanted behavior begins in the formative years.

Everybody talks about "training up a child," as well as "it takes a village," but we don't do either. Well, as usual, we will be triaging out the youth who need the most attention and, like always, they will fall through the cracks!

And if it "takes a village to raise a child," why hasn't anyone noticed

that the village is missing? From where I sit, the village consists only of a handful of poor, concerned citizens who love Jesus – mostly women – and whose only resources will have to come from government? Are we to only depend on monies that will soon be devoured by those who will ultimately be creating a workplace for themselves under the premise of doing something related to violence or whatever?

Ok, I thought about taking a quieter and more diplomatic approach, but there is not enough time for that, not on my end, because my time is short! Whenever you want to do anything, NOW is always the time to begin planning.

The cry of these few concerned citizens is, "Show me the money!" You can hear it in their voices, as they beat those church tambourines, and scream Hallelujahs, as the mayor preaches a well-oiled sermon, that Jesus is coming, and he will save "Holy Toledo."

Well, not quite, because when you listen closely, he'll tell you that he doesn't know a lot about religion. And quite frankly, mayor, that is perfectly all right, because a true village does not consist of just church folk. It consists of those who have no religion at all as well.

And while the concern citizens whom I love, are crying, "show me the money," I'm crying show me the plan.

Speaking of money, this city has money, and it's not just in grants, but it's with big and small businesses. They will not unleash those mighty coffers that we need to make a significant difference, until someone can show them much more bang for their buck. Aren't we tired of asking people for peanuts that they will use as deductions for their taxes? We need investors, they are a part of the village as well..

And please, before we spend another \$80 to \$100K bringing in outsiders to repeat what we already know, let's do our homework. And if I can offer you a bit of wisdom, they've given these same evaluations in other cities and they didn't work there either.

Pastor Benjamin Green of New Covenant Church is the survivor of two big health scares: double lung transplant, COVID-19



Pastor Benjamin Green

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A Murdered Son . . . A Mother's Pain

By Carla Thomas

The Truth Contributor

All too often we turn on the news only to hear of yet another young black life being taken. So often to the point that our senses are becoming numb to it and unless it's our loved one or someone we know, we turn off the television or scroll past the story on our newsfeed and forget the information almost as quickly as we heard it.

Some of us may go as far as saying a small prayer while truly meaning it, or even post a rant on social media expressing our disdain for "black-on-black" crime, but if we're truly honest, most of us will forget the name, the face and we're on to the next big story.

Parents of murdered children don't have that luxury. It's a pain that lingers long after the news clip has ended, long after friends and family have expressed their condolences, and an eternity after their child who was supposed to outlive them, is laid to rest.

I met Oleen "Cookie" Clinton seven years ago. Upon our first meeting, she shared that her son had been recently murdered. Our connection grew over the years and, recently, I felt compelled to share her story. I've often wondered how she's coping. I see her smile and laugh and yet behind her silliness and laughter, her kindness and out-going charm, lies a dark, unmistakable heaviness in her eyes.

I wanted to share her story to let her, and other parents of murdered children, know that we see you. I also want to help keep her story alive until her son's murder is solved.

Oleen Clinton became the mother of a murdered son July 24, 2014. Her son was Tyler McIntouch and this is their story.

Tyler would have been 24 years old this year if not for the random act of violence that ended his life prematurely.

According to his mom, on July 24, 2014, Tyler left their home located on Collingwood Boulevard and Highland Avenue sometime after 12 a.m. to meet a female friend at the Church's Chicken located on Cherry Street where she was working the late shift. She had expressed concern about walking home alone after her shift, so Tyler agreed to meet her there and walk with her to her home located on Dorr St.

After making sure she made it there safely, Tyler headed back home. The rest of the details are unclear, but as Oleen explains it, "The word on the street is, he was walking home when he encountered two men, words were exchanged and a fight ensued, Tyler was winning and so the man ran back to his van, got a gun and shot him in the head. He died just a few blocks from his home."

As of the time of this publication, there have been no new leads in the case.

Watching her son's case grow cold has not been easy for Oleen. "Someone told me I should put pressure on the police to make them do their job" she says, "but for me it's so difficult after calling and constantly being told there are no new leads . . . it was discouraging."

Unless we've experienced this ourselves, we can't possibly know the aftermath of such a loss, the grieving process, or how parents of murdered children adjust to a "new normal".

Experts say that parents of murdered children often speak of being afraid



Oleen Clinton visiting the location of her son's murder

or distrustful, and even angry. Therapist counsel that anger is normal, and the survivors may express their anger in unanticipated ways. It is important for friends and family not to be judgmental and critical because this expression could be an important part of their healing. These truths are echoed in Oleen's words as she shares some of the emotions she experienced after Tyler's death.

Oleen explains, "When this first happened, I had to quit my jobs because I hated how I felt towards black people. Not knowing who killed my son, I judged everybody. I was working at Walmart and the DMV at the time of his murder and the locations where I worked were predominantly black. I found myself judging everyone one who came in. I got so sick of people coming in there, especially the young guys who were everything that I was raising my son not to be. I kept seeing it and I hated it because I didn't want to look at them that way because I didn't know them and yet I was judging them."

Through tears she continues, "Here I am a mom who taught her son right from wrong and he's dead while these other kids are living. I didn't like feeling this way but every time I looked at someone I'm wondering if it was them that killed my son. So, I quit both of my jobs working with the public, I even stopped doing taxes for people, and no longer wanted to be around anybody. I isolated myself."

It's so easy to assume that those who die in the streets must have lived a street life, belong to a gang or run with the wrong crowd. Not Tyler.

...continued on page 6

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A Murdered Son... continued from page 5

As described by his mom, Tyler was funny, loved comedy and was always telling jokes. She says, "In school, teachers were surprised to hear that he wanted to be an engineer and not a comedian or writer of comedy."

His favorite singer was Lady Gaga, and he played the trombone in the band when he attended Springfield Highschool. He also attended Maritime Academy where he would have been a Junior.

One of his first jobs was at Netty's and Oleen recalls how hard he worked and advocated for a raise because he wanted to buy her a pair of diamond earrings for her birthday. He earned the raise but was murdered before he received the paycheck that he planned on using to purchase the earrings for his mom.

With his picture cradled next to her heart, Oleen shares, "I was doing so good. I graduated, my kids were doing good and once Tyler turned 18, our plan was to move to Yuma, Arizona." She continues, "He was extremely excited and would tell everyone that when he turns 18, he would be moving to Yuma. That was our goal."

Lamenting over the parts of his life that she will never be able to experience, Oleen states, "Tyler never got to meet his nephew. My son didn't get to get his driver's license, experience prom or graduation . . . he didn't get to grow up and it hurts not getting to see what he would have turned out to be."

Most of us know someone whose child has been murdered, and we witness firsthand how they seemingly function day to day. But are we aware of what's going on behind the smiles and polite gestures?

Our mission should be to understand that everyone will react to their child's murder in their own way. There is no right or wrong way to grieve, and people process and heal at their own pace.

Oleen states, "I basically quit life. People always say to me, 'Oh you're so strong, I don't know where I would have been, or I would have been in a looney bin somewhere if this happened to me.' 'I want to say to them, what makes me strong? Because I get out of bed? I have to.'" She continues, "As far as I'm concerned, my life stopped seven years ago and I let it, but now I'm trying to get it back. I know that I have to get up . . . but some days I don't want to . . . I swear, if I didn't have my daughter and grand-kids, I know I would have given up."

In the midst of her tragedy, Oleen finds comfort in knowing just how much



Oleen Clinton

her son was loved.

With a smile on her face, she reminisces about Tyler's funeral and how it was standing room only adding that the mayor, city council, and different city leaders were amongst those in attendance. She smiles as she mentions how he always wanted to be famous. Oleen says, "I remember his sister saying, 'Well at least he's going out like he was famous' . . . 'my son was a really good kid.'"

When asked what she would want people to know, through tears she replied . . .

"Part of my hurt and anger is because I know I put my foot on Tyler's neck to stay out of the streets. I told him this is what you wear, and this is what you do."

I also taught him how to use a gun and explained to him that this is for protection and not a toy and that once you pull this trigger, whoever you point this at is not coming back. I get angry because my son had access to a gun and could have used it for bad just like these other people, but my son made a choice."

She adds, "I also want people to know that it hurts, the pain doesn't go away. Just because you're smiling on the outside, doesn't mean it's not tearing you up on the inside."

"Just because you're trying to get through your day does not mean you're not thinking about your kid. you think about them all day, constantly. I miss him."

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Women of Toledo to organize Art, Food & Fun Festival in conjunction with Asian Heritage Month

On Saturday, May 22, 2021, from 1 pm to 6:30 pm, Women of Toledo, with the support of the HerHub Business Network, will be presenting an IN-PER-SON festival: 'Art, Food & Fun': A showcase of various local Asian-owned businesses and restaurants in celebration of Asian Heritage Month (AHM).

Open to all, this event will offer family-friendly activities including Chinese calligraphy, Japanese Ikebana station, henna, and a community mural of Pond of Koi. Samples of Asian-inspired Mocktails, Indian, Japanese, Korean, and Vietnamese foods will be offered.

In the response to the hate crimes and discrimination towards Asians in communities across the United States, Women of Toledo aims to strengthen our neighborhoods and community through the appreciation of racial, ethnic, and cultural diversity to encourage an inclusive and peaceful society.

... continued on page 9

Doctors Urge Americans to Rely on the Science

By Fletcher Word

Sojourner's Truth Editor

"Let us not pass up the opportunity to benefit from science," said Dr. Marcella Nunez-Smith during last week's virtual press conference that brought together numerous black-owned newspapers from around the country with several members of the White House Task Force on COVID-19.

Dr. Nunez-Smith and her colleague, Dr. Cameron Webb, were invited by the National Newspaper Press Association President and CEO Benjamin Chavis, PhD, to speak with the black press about the impact of the several available vaccines on the African-American community and what the Biden Administration and the community at large can do to overcome vaccine hesitancy.

Dr. Nunez-Smith is associate professor of medicine and epidemiology at Yale University's School of Medicine and the chairman of the White House COVID-19 Equity Task Force. Dr. Webb is an assistant professor of medicine and public health science at the University of Virginia's School of Medicine and a senior policy advisor for the Task Force.

Nunez-Smith opened the discussion by responding to an inquiry about the causes of vaccine hesitancy among the nation's Black population. She divided the concerns into two time frames – historic issues and contemporary experiences.

The famous Tuskegee Experiment falls into the historic time frame she said, while an ongoing "level of skepticism" fits into the contemporary experience. "We are eager to provide facts," she noted of the Task Force's challenge.

Dr. Webb spoke of three issues – the three "C's" in the framework of vaccine hesitancy: complacency – "I'm not going to get the vaccine;" confidence – "is it safe and efficacious?" and convenience – whether there is real access to the shot.

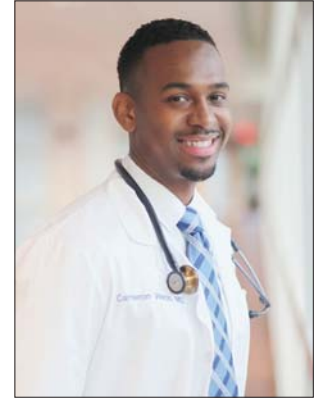
To determine why a person has yet to receive a vaccine, "we should start the conversation by asking 'why are you still in a wait and see mode?'" said Dr. Webb.

While vaccine hesitancy has started to dissipate to some degree in the black population compared to some other groups, the numbers indicate that there is quite an issue getting the vaccines into black arms. According to Dr. Webb, in those instances where the breakdown of vaccines by ethnic groups are known, only nine percent of shots have gone into black arms, only 12 percent into Hispanic arms. However, said Dr. Webb, such information has not been provided for about 40 percent of those vaccinated.

If the Biden Administration's goal is to see that 70 percent of the popu-



Dr. Marcella Nunez-Smith



Dr. Cameron Webb

lation is fully vaccinated by July 4, how can Americans help their fellow Americans reach that goal, the doctors were asked.

"It's about getting everyone in our social network vaccinated," said Dr. Nunez-Smith. "You have to see people you know."

"We have to emphasize what is misinformation and disinformation," said Dr. Webb. Disinformation, he described as deliberate distortion of facts and science which evolves into a mass spread of misinformation.

"We have to understand what's true and real," he said. "The science bears

... continued on page 12

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New Fund to Address Rising Emergent Needs as a Result of the Pandemic

Special to The Truth

Mom's House and The Taylor Automotive Family announced last week that they will kick off a new Mom's House Crisis Relief Fund. On Friday, May 7, at Taylor Hyundai of Perrysburg a seed gift was presented to Mom's House in the amount of \$5,245.

Mom's House has seen a dramatic increase in emergent needs over the past year as a result of the pandemic. In response, Mom's House reached out to Steve Taylor, Owner of Taylor Automotive, earlier in the year to help provide support for a specific family and they answered the call, not only to help the family, but also to give a seed gift for this new Fund.

Terry Crosby, Taylor's community ambassador, opened the presentation event by announcing the amount of the gift and also revealing that the \$5245 funds came not from Taylor's management but from the auto group's employees.

Steve Taylor, owner, Taylor Automotive, then announced that he would be doubling the amount of the funds presented, bring the total to over \$10,000.

"When crisis hits, a family who already has a level of instability can crumble," said Christina Rodriguez, Executive Director, Mom's House. "We are seeing many new challenges since COVID-19 hit and we are thrilled that The Taylor Automotive Family has answered the call for a seed gift to kick off our new Crisis Relief Fund."

Mom's House is a non-profit organization that offers programs to help low-income, single mothers complete their education. Mom's House is open to low-income, student parents of children aged six-weeks to five-years, who are dedicated to completing their education. Students must be enrolled full-time in programs such as, high school, a GED program, college or university, or vo-tech training.



Tom Cole, Terry Crosby and Steve Taylor of Taylor Automotive present funds to Mom's House Executive Director Christina Rodriguez, Program Director Julie Haas, Board Pres. Mike Kruse

Mom's House has served the Toledo Community for 28 years and celebrated more than 150 graduates. The organization has also assisted more than 150 additional young mothers through some portion of their education and this life-changing experience. For more information on Mom's House or its programs, please visit: www.MomsHouseToledo.org or call 419.241.5554.

THE STRUGGLE IS REAL

Mental Health affects 4 in 10 adults, and communities of color experience these symptoms at almost a **10% PERCENT HIGHER RATE THAN WHITES**, according to the Kaiser Family Foundation.

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Mental Health & Recovery Services, Board of Lucas County

PACE Health Care for Seniors

By Paul Hubbard

Special to The Truth

Billie Johnson, president and CEO of the Area Agency on Aging of Northwestern Ohio, has been trying to get a Pace Health Care for Seniors here in Lucas County. Ohio has one PACE Program but will not expand it because of lack of funding.

For the past several years Johnson has been able to attract three partners to advocate for a Lucas County PACE program. They are United Methodists Retirement Center (UMRC), National Church Residences (NCR), and Otterbein Senior-Life Neighborhood. However, they have not been able to get the Ohio Department of Medicaid to approve a new PACE Health Care Program for Toledo and Lucas County.

This would be a model of care for that would let the elderly remain at home. As seniors cope with losing loved ones and isolation brought on by covid 19 pandemic and getting the their COVID 19 vaccine it is critical that we not only reassure our most vulnerable citizens, but keep them safe.



Paul Hubbard

In the Detroit area PACE has partnered with Henry Ford Hospital and Presbyterian Villages of Michigan (I am a board member of PVM). Our goal is to enable seniors with chronic illness to be independent in their own homes for as long as possible. PACE accomplishes this by providing access to the full continuum of preventive, primary, acute and long-term services through its health centers and in the homes. In this way seniors have more hope, vitality and joy and overall higher quality of life. The seniors can receive appropriate care and resources in the comfort of their home.

Women of Toledo... continued from page 6

Partnering with the University of Toledo's Center for International Studies with the support from the City of Toledo's Human Relations Commission, we will raise awareness of the vital role that Asian Americans have played in building a strong and successful community and nation.

To adhere to COVID-19 guidelines, masks will be required. There is a limit of 50 guests for each of the three 90-minute time slots: 1 pm to 2:30 pm; 3 pm to 4:30 pm; and 5 pm to 6:30 pm. Therefore, pre-registration is required. Link:

...continued on page 13



Billie Johnson

The Movement Puts More Shots in Arms

Tina Butts and The Movement held another vaccine clinic on Saturday, May 8 at Pathway from 10 a.m. to 4 p.m. and brought along ProMedica staffers and the Moderna vaccine for the benefit of about 200 walk-in patients – most of them for the first dose.

Volunteers and patients were greeted in the Pathway parking lot with music by The Mix and food by the Off The Rails food truck.

The turnout, mostly walk-ins, was light considering previous such community events since so many have now received the vaccines. Butts noted that 72 percent of residents in the cities zip codes The Movement has been reaching out to, have been fully vaccinated.

However, so many people in this and other communities have not yet received the vaccine because it has not been as convenient as possible – certainly one of the obstacles Tina Butts and The Movement are striving to overcome.



Dadria Barringer receives a dose from Linda Grimm



Annalisa Jackson administers shot to Michael Earley



Tina Butts

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Saturday, May 8 at 3 p.m. – Westwinds Metropark
Wednesday, May 19 at 6 p.m. – Side Cut Metropark

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PROMEDICA

Talladega College Valedictorian Excelled Even While Battling Covid-19

Talladega College's Class of 2021 valedictorian Amber Ellington completed her senior year online after COVID-19 struck her entire household. The determined biology major, who will graduate summa cum laude on Saturday morning, lives in a multigenerational home that includes her grandmother and her great-grandmother.

"My entire family contracted Covid-19 in September. Fortunately, I was able to take my classes online, but I was so tired that it was difficult to focus," said Amber. "My great-grandmother had to be hospitalized, and my grandmother was too weak to stand."

"I decided to complete both semesters of my senior year online, which was extremely difficult because I find it much easier to learn in a classroom setting," Amber said. "But I feel grateful and proud of myself for pushing through and completing my degree despite these obstacles."

Working primarily from home, she conducted extensive research on the structural analysis of coronaviral macrodomains: SARS-CoV, HKU9-CoV, and SARS-CoV-2 with Talladega College's Chemistry Department Chair Dr. Pamela Brady.

Prior to the pandemic, Amber was active in many campus organizations including the Pre-Med Society, Biology Club, Ronald E. McNair Scholars Pro-

gram, Presidential Honor Society, Alpha Chi, and Beta, Beta, Beta Honor Society.

Amber is a recipient of numerous scholarship awards, including the Chapman-Jones Memorial Scholarship, Anthony Luizzi Memorial Scholarship, CIC UPS Scholarship, Lettie Pate Whitehead Foundation Scholarship, Daniel Hand Foundation Scholarship, United Church of Christ Scholarship, and Provost's Scholarship.

Amber is now focused on studying for the MCAT (Medical College Admissions Test). She aspires to earn a Ph.D. and a M.D. simultaneously. Talladega's 146th commencement ceremony was live-streamed on Saturday, May 1, 2021, on the College's website.

Talladega College, Alabama's first private historically black college, is consistently ranked among the best southeastern colleges and top HBCUs in the nation. It was founded in 1867 by two former slaves, William Savery and Thomas Tarrant, and is the home of the renowned Hale Woodruff Amistad Murals.



Amber Ellington

Exploring the Connection Between Math and the Arts

Special to The Truth

Talladega College's Class of 2021 valedictorian Amber Ellington completed her senior year online after COVID-19 struck her entire household.

The determined biology major, who will graduate summa cum laude on Saturday morning, lives in a multigenerational home that includes her grandmother and her great-grandmother.

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"I decided to complete both semesters of my senior year online, which

... continued on page 12

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Ensure Kindergarten Readiness Through Reading!

Parents and caregivers can foster the love of reading by reading to their babies from the start. Studies show that when children enjoy reading and being read to, they tend to perform better in school.

The best way to develop a love of reading is to do it often, and most importantly, have fun with it! There is no wrong way to read a book. Babies often “read” by chewing on a book, toddlers love exploring the pictures, and pre-schoolers enjoy “reading” (pretend reading) to you!

Like singing, children are exposed to many new words with each page they turn and remember—the more words children hear before entering kindergarten, the better readers they become. You can also show your children that reading is important by having your child see you read!

To learn more about the benefits of reading, contact the Ready to Read team at the Toledo Lucas County Public Library at readytoread@toledolibrary.org to schedule a 30-minute virtual or telephone early literacy training.

Teachers and Their Students Remain Resilient Amidst the Pandemic

Special to The Truth

Throughout this past year, teachers have been tasked with conducting hybrid or fully remote learning while guiding students through a global pandemic and nationwide social injustices. Amid such challenges, teachers have developed unique ways to stay resilient, while also driving engagement for students.

One program in particular, The Lead4Change Student Leadership Program, provides free leadership curriculum along with opportunities for students to pilot service-learning projects through collaboration, critical thinking, problem-solving and reflection. Teachers are using tools like this program to encourage students in making an impact in their local communities.

Treana Edwards, a teacher at Lithia Springs High School in Lithia Springs, Ga., explained how Lead4Change allowed her to gain a greater connection with her students.

“When I got back to school and discovered there were some students who were homeless, without food and clothes, and hurting emotionally, it opened my eyes that I needed to do what I could to make a difference,” says Edwards. “Our high school is a Title I school where a large majority of the student population is on free or reduced lunch. We have a food bank located in the school to help those students. Ever since the pandemic began, it’s been low on supplies.”

To support their community, Edwards’ students created a food drive to increase donations to local food banks.

At Grassfield High School in Chesapeake, Va., teacher David Thaw explained the whirlwind of teaching during the pandemic and how he ultimately rose to the challenge and learned from his students. “Most of us felt like we were jumping out of a plane and hoped our parachute would work when pulled,” says Thaw. “But what happened was amazing. As much grace I showed my students, they showed me an equal amount of grace and more.”

Among the many instructional obstacles of the past year, Education Week found that the two most prominent challenges for educators during the pandemic are motivating students (77%) and meeting the needs of diverse learners (58%).

Teacher Holly Hartman of Eastern Lebanon County High School in East Lebanon, Pa., was able to reignite her passion for teaching. “Developing connections virtually is so difficult, but Lead4Change gave me and my students a reason to be in class,” says Hartman. “It brought purpose to the work my students were doing, and they liked knowing they could still make a difference in their community, despite the challenges the pandemic posed.”

This program has allowed educators to reinforce students’ immense potential to make a difference on important issues facing their communities.

“We are inundated with research reports advising Gen Z students are clueless about societal concerns,” explains Kenia Brown, a teacher at Plantation Middle School in Plantation, Fla. “I found just the opposite. Students were very aware of current events and civic mindedness and thanks to Lead4Change, I actually feel much better about the direction of society.”

Brown’s students formed the “Motivational Mondays” team, which promoted positive interpersonal communication within their community by spreading words of kindness on Mondays. The students’ efforts were awarded by Lead4Change as one of the grand prize-winning teams of the Lead4Change Challenge, earning a \$10,000 grant for the nonprofit of their choice. However, the students’ impact on the local community and leadership skills acquired were rewards in of themselves.

For more information about the Lead4Change Student Leadership Program, visit lead4change.org.

During one of the most challenging years in recent history, teachers and students are remaining resilient and driving positive change by being leaders in community service.

Courtesy StatePoint

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¹ “Medicare & You,” Centers for Medicare & Medicaid Services, 2020

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Fedor Applauds Passage of Covid-19 Relief Legislation

Last week, State Senator Teresa Fedor (D- Toledo) announced the Senate concurrence on Senate Bills 108 and 109, which will provide critical Covid-19 financial assistance for bars, restaurants, small businesses, indoor entertainment venues and childcare assistance.

"Covid-19 has triggered a devastating women's recession, with many women being forced to leave the workforce to care for children who were learning virtually," Fedor said. "These dollars will go a long way to help us build back our economy and help Ohio workers and families."

These bills will provide financial support to assist in Covid-19 relief efforts, including:

- \$150 million for small businesses
- \$100 million for restaurants and bars
- \$25 million for the lodging industry
- \$20 million for indoor entertainment venues
- \$10 million for new businesses
- \$4.7 million to support local fairs
- \$3 million to support costs of the two veterans homes in Ohio
- \$21 million for the Pandemic-Electronic Benefit Transfer Program (PEBT)
- \$10 million for food banks
- \$20 million in Medicaid Program Support
- \$26 million for the foster care program
- \$41 million in Federal Unemployment Programs
- \$34 million TANF block grant to counties

The bill will also provide \$10,000 to all eligible applicants for grants through the Business Grant Relief Program on or before December 11, 2020, whose requests were not funded. Senate Bills 108 and 109 originally passed the Senate in March and underwent changes in the House, including an additional \$55 million for childcare support, bringing the total to \$122 million for that purpose.

"Increased childcare support is crucial for women reentering the workforce after the Covid-19 pandemic," Fedor said. "Since the start of the pandemic, women have accounted for 56% of workforce exits, despite making up just 48% of the workforce. Employment for women may not recover to pre-pandemic levels until 2024—two full years after recovery for men. We have a long way to go on the road to recovery, but these pieces of legislation are important first steps."

Connection Between Math and The Arts... continued from page 10

was extremely difficult because I find it much easier to learn in a classroom setting," Amber said. "But I feel grateful and proud of myself for pushing through and completing my degree despite these obstacles."

Working primarily from home, she conducted extensive research on the structural analysis of coronaviral macromolecules: SARS-CoV, HKU9-CoV, and SARS-CoV-2 with Talladega College's Chemistry Department Chair Dr. Pamela Brady.

Prior to the pandemic, Amber was active in many campus organizations including the Pre-Med Society, Biology Club, Ronald E. McNair Scholars Pro

Rely On Science... continued from page 7

out that these vaccines are effective."

The Pfizer and Moderna vaccines are based on the m-RNA science and the Johnson and Johnson vaccine relies on viral vector science. Both sciences "teach the body how to recognize the threat of the virus without introducing the actual virus into the body," said Dr. Webb.

This science, which has been in development for decades, is dramatically different from the vaccines, such as the smallpox vaccine, which have been in existence for several centuries.

Traditionally, vaccines have introduced into the body a bit of the virus in hopes that the body will fight off the small amount and develop an immunity.

"The date on the 105 million fully vaccinated tells us how safe these vaccines are," said Dr. Webb.

"The processes are transparent," said Dr. Nunez-Smith. "There was a diverse representation of scientists as part of that process. Please go to people you trust for information—seek voices you know who have your best interest at heart."

ASIAN HERITAGE FESTIVAL
Art, Food & Fun

A Showcase of local Asian Women Owned Businesses

Saturday, May 22nd from 1 pm - 6:30 pm @ Bombay Kitchen (outdoor tent)
5228 Monroe St, Toledo, OH 43623 | www.419asianheritage.eventbrite.com

ART

- Chinese Calligraphy with the Confucius Institute
- Henna Artist with Artist Afreen
- Japanese Ikebana Station
- Community Mural Project with Uncork the Artist
- Live Music 'Violin & Cello Quartet' with Merwin Siu of the Toledo Symphony Orchestra and Cello Quartet group.

FOOD

- Bombay Kitchen Indian Cuisine
- Shokudo Kitchen Japanese/Korean Cuisine
- Kay's Table Vietnamese Cuisine
- Social Events Co. Travelling Bar Asian Mocktails

FUN

- Bollywood Dance lesson
- Martial Art Demo with Elite Karate
- Karaoke DJ Aby Sadovy

Presenting Partners:

CITY OF TOLEDO, HUMAN RELATIONS COMMISSION, HUNTINGTON, BUCKEYE, EDWARD JONES, SAMUEL

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Discover the beauty within.

The Final Revival of Opal & Nev by Dawnie Walton

By Terri Schlichenmeyer

The Truth Contributor

It's got a good beat.

The melody is fun, too; it makes your body move, and you've already caught yourself singing along when you hear it again. That song's a hit, but in the new novel, *The Final Revival of Opal & Nev* by Dawnie Walton, there's still something off-key about it.

For most of her life, Sunny Curtis had "taken great pains to conceal" what had happened in 1970. It's not that she was embarrassed that her father and Opal Jewel had an affair – he was beaten to death at the Rivington Showcase, she never even knew him – she just preferred to make her own mark. But after she became the first Black editor-in-chief at Aural magazine, Curtis realized that there was her chance to do something she couldn't do before.

She reached out to Opal and Nev.

Nev Charles had grown up in Birmingham, England, and was a tall, geeky, red-headed fourteen-year-old the year he started writing songs for the Boys from Birmingham, a small-time, local band. It didn't take long for his talents to eclipse theirs and soon enough, Nev moved to New York to find fame. Rivington Records signed him but owner Howie Kelly wanted Nev to have a female singing partner.

Together, they found Opal in Detroit.

She was "ugly," skinny and bald, and the truth was that her sister, Peggy, was supposed to have the singing career, but Peggy went and married a Pastor in Birmingham, Alabama. It was just before that when Nev and Howie saw Opal behind Peggy at an open mic event. She was wearing a gold dress and moving, and Nev knew Opal was it.

Everybody always thought he was in love with her, but he seemed a little scared of her, too. Opal didn't suffer fools. She stood up for herself, with words or all-out war, and she was almost fearless but she could be impulsive. That impulsivity was part of why Sunny Curtis's father died, and it almost killed Opal's career...

Reading *The Final Revival of Opal & Nev* is like driving down the road

c.2021
37Ink
\$27.00 / \$36.00 Canada
361 pages

with the radio on: most of the time, everything's fine but sometimes, you have bad reception and you can't quite understand the content. Two miles (or two pages) later, everything's good again.

You might blame that on this novel's "interview" style. Author Dawnie Walton lets Sunny do the bridge narration – be sure to start reading with the "editor's note" – and other characters weigh in as the tale progresses. That's an interesting method of storytelling, but it can skip like a broken record or a corrupted file, and can be just as annoying.

And yet--

Readers who deep-dive into the music scene, who love immersing themselves in an album, or who relish a complicated novel with a decades-long



Author Dawnie Walton
courtesy Rayon Richards

Women of Toledo... continued from page 9

www.419asianheritage.eventbrite.com

Some of the Asian groups and HerHub Members we will showcase include: The Confucius Institute, The Toledo Symphony Orchestra's Cello Quartet, Bombay Kitchen, Shokudo Kitchen, Kay's Table, Artist Afreen, Social Event Co., Pineapples and Parties, Uncork the Artist, Simplicity Sounds, and Elite Karate.

HerHub was established in 2018, under the governance of Women of Toledo. HerHub is committed to serving and supporting Toledo's diverse female business owners and community leaders via our online resources, online networking events, and social media marketing.

Established in 2014, Inclusive for Women Inc. - Women of Toledo (WoT) is a 501c3 nonprofit organization serving the Greater Toledo community that advocates for diversity and inclusion with a focus on economic empowerment. The organization offers programs and services that help tackle issues critical to women's economic advancement and interrupt various biases in the workplace, marketplace, community, and family. We have a remarkably diverse group of women leaders committed to bringing together youth and women to learn from and support each other. For more information on WoT and other initiatives, please visit womenof-toledo.org

Legal Notice

Bids will be received by Lucas County Department of Job & Family Services (LCDJFS) until **2:00 p.m., June 4, 2021** for the selection of Vendor(s) to provide Non-Emergency Medicaid and Title XX Transportation Services for eligible LCDJFS clients. Submitted bid packets must be completed according to the specifications and provisions outlined in the Request for Qualifications. The contract period will be from approximately **October 1, 2021** through **September 30, 2022**.

No bids will be accepted after 2:00 p.m., June 4, 2021; bids that are submitted via any method other than that described in the RFQ will not be accepted.

The Request for Qualifications will be available on May 10, 2021 and can be downloaded from the Lucas County Website site: <https://co.lucas.oh.us/3322/Bid-Opportunities>

Suppliers interested in doing business with Lucas County must register in the Supplier Portal. To access the Lucas County Oracle Supplier Portal, please visit: https://eieb.fa.us6.oraclecloud.com/fscmUI/faces/NegotiationAbstracts?prcBuld=300000007278812&_adf.ctrlstate=l5ps8sau3_1&_afLoop=7126760101772357&_afWindowMode=0&_afWindowId=avudlxmca&_afFS=16&_afMT=screen&_afMFW=1920&_afMFH=932&_afMFDW=1920&_afMFDH=1080&_afMFC=8&_afMFCI=0&_afMFM=0&_afMFR=96&_afMFG=0&_afMFS=0&_afMFO=0

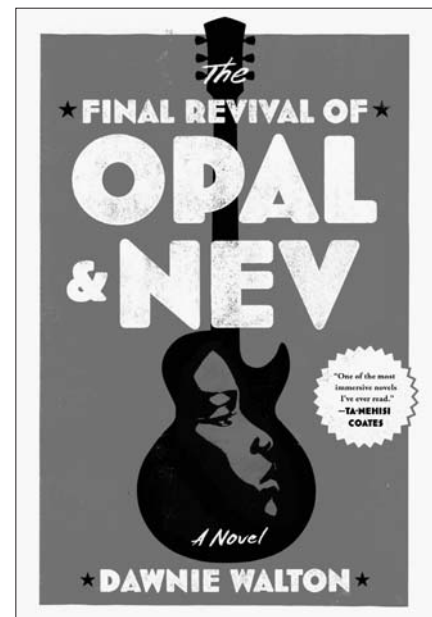
An electronic Question & Answer period (Q&A) will be from May 10, 2021 to May 21, 2021. **PARTICIPATION IS OPTIONAL, BUT IS HIGHLY ENCOURAGED.** Questions for the Q&A must be submitted in writing to LUCAS_CONTRACTS@jfs.ohio.gov. The posting of the Q&A will be on **May 25, 2021**. If any changes are made to the RFQ as a result of the Q&A, an addendum to the RFQ will be added to <https://co.lucas.oh.us/3322/Bid-Opportunities> address noted above.

This notice is posted, as of **May 10, 2021**, at <https://co.lucas.oh.us/3322/BidOpportunities>

The right is reserved to reject any and all bids.

By order of the Board of County Commissioners, Lucas County, Ohio.

Tina Skeldon Wozniak - President
Pete Gerken - Commissioner
Gary Byers - Commissioner Bid. 48-21-RFQ-01



Entities wishing to have their points of view captured in the County's submission to the State must email proposals (not to exceed two pages) to Lucas_Contracts@jfs.ohio.gov by 4:00 p.m. on May 10, 2021. If individuals would like to present their proposals virtually at the hearing as well, they must indicate that at the bottom of their proposal. This should include the speaker's name and contact information. Those wishing to speak must notify LCDJFS at Lucas_Contracts@jfs.ohio.gov by May 10th and all efforts will be made to accommodate everyone who would like to speak. If time constraints don't allow for that to happen, individuals will still have their written proposals reviewed and included in the LCDJFS summary report to the State.

Legendary ECSU Coach Bobby Vaughan Dies at 94

By Robert Kelly-Goss, Elizabeth City State University

Legendary Elizabeth City State University coach and athletic director, Robert L. "Bobby" Vaughan has died.

During his 37-year career, Coach Vaughan would become one of the most celebrated basketball coaches in CIAA history. He would serve as head basketball coach, full professor, department chair and mentor and advisor to thousands of students. He would lead his teams to 502 career wins and two CIAA basketball championships.

"Coach Vaughan was the ultimate Viking, a legend, and this is a devastating loss," said ECSU Athletic Director George Bright. "I have relied hugely on his advice, counsel and insights cherishing in his terrific stories about his family, his players, and his life. He will be remembered forever."

The 94-year-old Coach Vaughan spent his entire career with ECSU, becoming the institution's first coach in 1949 and first athletic director in 1957, through his retirement in 1986. He would also serve as the first chairman of the university's Department of Physical Education from 1957 to 1978.

"Coach Vaughan's legacy exemplifies exceptional dedication to his students and to ECSU," said Chancellor Karrie G. Dixon. "He has made a significant impact on this university and community, and he will be missed by so many."

After graduating from Virginia State College at 19, Coach Vaughan would attend graduate school at Columbia University in New York. Before he could finish graduate school, then Elizabeth City State Teachers College would recruit him to become the first head basketball coach.

Jumpstart Growth... continued from page 16

listening to the Isley Brothers and the Ohio Players while riding around the city with your friends. Now we're ready to start community-led walking groups!

Let's Walk!

If interested in leading or joining a walking group, join us at the Ebeid Center or online, Thursday, May 20 at 5:30 p.m. for an introductory meeting. We will develop walking groups utilizing the Walk Your Heart to Health program

<https://www.hepdetroit.org/our-documents/walking-in-detroit.html>. Walk Your Heart to Health helps to build health, well-being, social support, and cohesion while addressing challenges to walking in urban areas. This program intends to build on existing assets, especially in places where people historically lack access to recreational space. It also meets physical activity recommendations (150 minutes per week), while still accommodating differing needs for walkers.

Considering the wealth of partners, residents, supporters, and continued development in UpTown, this is an ideal opportunity to build a diverse, healthy, engaged and connected group of neighbors and friends. All ages, backgrounds and abilities are welcome!

PUBLIC BID ADVERTISEMENT (ELECTRONIC BIDDING) STATE OF OHIO STANDARD FORMS AND DOCUMENTS PROJECT # 5012-21-1875 COMPREHENSIVE CARE CENTER ROOF REPLACEMENT PROJECT THE UNIVERSITY OF TOLEDO LUCAS COUNTY

Bids Due: 2:00pm EST June 1, 2021; through the State's electronic bidding system at: <https://bidexpress.com>

EDGE Participation Goal: 15.0% of contract
Domestic steel use is required per ORC 153.011

Contract

General Contract – Electrical System Enhancements Project

Estimated Cost

\$550,000.00

Pre-bid Meeting: May 18, 2021, 10:00am – 11:00am via Webex. The Webex address is: <https://utoledo.webex.com/meet/tracey.brown>

Walkthrough: A walk through of the project site is scheduled for May 18, 2021 at 2:00 p.m.

Walkthrough Location: Comprehensive Care Center Building, 3333 Glendale Ave., Toledo Ohio, 43606

Bid Documents: Project contact: Rick Craig, Integrity Moisture Solutions, Phone: 419-376-2235, E-mail: rcraig@inmosolc.com

That was in 1949 and Coach Vaughan was only 21-years old. He would oversee the construction of the ECSU's first gymnasium, and be named the Eastern Intercollegiate Athletic Conference Coach of the Year during the athletic program's inaugural year.

After being drafted and spending two years in the U.S. Army, Coach Vaughan would return to ECSU. He would spend his career not only building ECSU's championship winning athletics program, but also become an integral part of the CIAA where he served as president of the conference and eventually named lifetime honorary president.

Coach Vaughan was inducted into the Hall of Fame of the National Association of Collegiate Directors of Athletics, Hall of Fame of the CIAA, Hall of Fame of Virginia State University, and Hall of Fame of Elizabeth City State University. Throughout his career he has won numerous awards and honors such as the North Carolina Order of the Longleaf Pine, and the News and Observer's "Tar Heel of the Week," to name only a few.

He also holds the distinction of being only one of three coaches in North Carolina to win 500 basketball victories and to have a building, the R.L. Vaughan Center, named in his honor while still living.

Coach Vaughan was known as a great chronicler of ECSU athletic history and donated his entire collection of papers and photos to the university archives. He also authored "Elizabeth City State University: Sports Legacy with Coach 'Bobby' Vaughan 1949-1986."

Aside from his work in athletics, Coach Vaughan is remembered for his work with students. He was a mentor and an important role model across the ECSU campus.

"For all of his accomplishments as a long-time Viking coach and administrator, his rich personality and clearly defined him," said A.D. Bright. "He often times spoke of his best titles being father, grandfather and husband, and mentoring decades of coaches and players with a boundless love for Viking nation. I will miss him dearly."

According to the Vaughan family, services for Coach Vaughan will be announced at a later date. Memorials, however, can be made to the R.L. Vaughan Scholarship Fund c/o the ECSU Foundation, P.O. Box 1467, Elizabeth City, North Carolina 27906.

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Bobby Vaughan

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JUSTICE IN THE AGE OF COVID-19

ONE DAY VIRTUAL REVIVAL

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SCRIPTURE: 2 CHRONICLES 7:13-14

THURSDAY, MAY 13, 2021
@7:00 PM

DR. OTIS MOSS, III
TRINITY UNITED CHURCH OF
CHRIST FROM CHICAGO, IL

LIVE VIRTUAL STREAM FROM WARREN
AME FACEBOOK PAGE

Time to Jumpstart Your Growth in Financial and Personal Health

Spring is the season for rebirth and renewal. It's also the perfect time to refresh your financial know-how to grow key financial habits that will put you on the road to living a healthier, happier life, all year round. We know that just getting started is often the biggest challenge.

So what is financial capability? It's the knowledge to manage financial resources effectively, the ability to build skills that lead to strong financial health, and access to high-quality financial products and services.

You already know that good financial habits help to save money and reach financial goals. Did you know that your relationship with money also affects your personal health?

What About Money and Health?

Social determinants of health are defined as the conditions to which people are born, grow up, live and work. These conditions directly affect an individual's health and quality of life. Improving your financial well-being decreases mental stress, the kind of stress that often leads to physical health problems such as headaches, sleep problems, heart problems, high blood pressure and more.

The ProMedica FOC provides financial and career coaching and training to help you build effective money habits and get on track to better financial well-being. We also connect to income support programs that provide access to food, utility, and housing resources.

Where Should You Start?

Getting on track with financial goal(s) requires a solid financial plan. Fortunately, our professional Financial Coaches are skilled in helping to create such plans. Our coaches work with you to:

Understand your spending habits

Create a budget

Understand the emotional components of managing money

Learn how to establish an emergency fund

Manage debt

Manage credit

Hundreds of households have already benefitted from improved spending habits, increased savings, decreased debt, and increased credit scores by working with our coaches. This helps them become first-time homebuyers, purchase new vehicles, land better jobs, and more. All of the things that make life a little better. You can start building your plan today by connecting with a Financial Coach right away.

Get Started

Walk & Roll Walking Groups - Lead a Walking Group!

Since its socially-distant beginning last fall, Walk & Roll has been engaging residents and supporters of UpTown in walking clubs, neighborhood-wide monthly walks, and weekly leisurely-paced bike rides. It's a chance to build community health and well-being by getting together outdoors, including exercise into our routines, and connecting with others.

UpTown is well on its way to meeting these goals:

A month-long, socially distant kick-off with the UpTown Walk & Roll activity booklet and scavenger hunt (grab a copy here

<https://drive.google.com/file/d/1sHPKZB-vSz7iuhd47h4ZWGgGfI8F-bOfz/view?usp=sharing>) last fall.

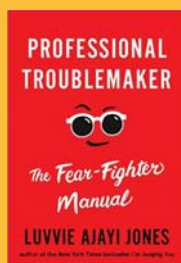
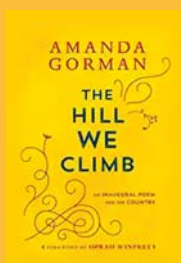
Bike Rides Matter

<https://www.facebook.com/groups/340179803833086/>, led by residents and supporters of UpTown, meets every Saturday at 8 p.m. for a Glow Roll – where participants light up Downtown, UpTown, the Old West End, and more.

Bike Rides Matter also meet every Sunday at 3:30 p.m. for a Soul Roll where participants ride around the city listening to old school jams. Imagine

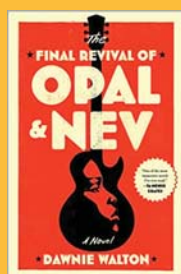
... continued on page 15

WHAT WE'RE READING NOW



The Hill We Climb
by Amanda Gorman

Professional Troublemaker: the Fear-Fighter Manual
by Luvvie Ajayi Jones



Of Women and Salt
by Gabriela Garcia

Final Revival of Opal and Nev
by Dawnie Walton

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