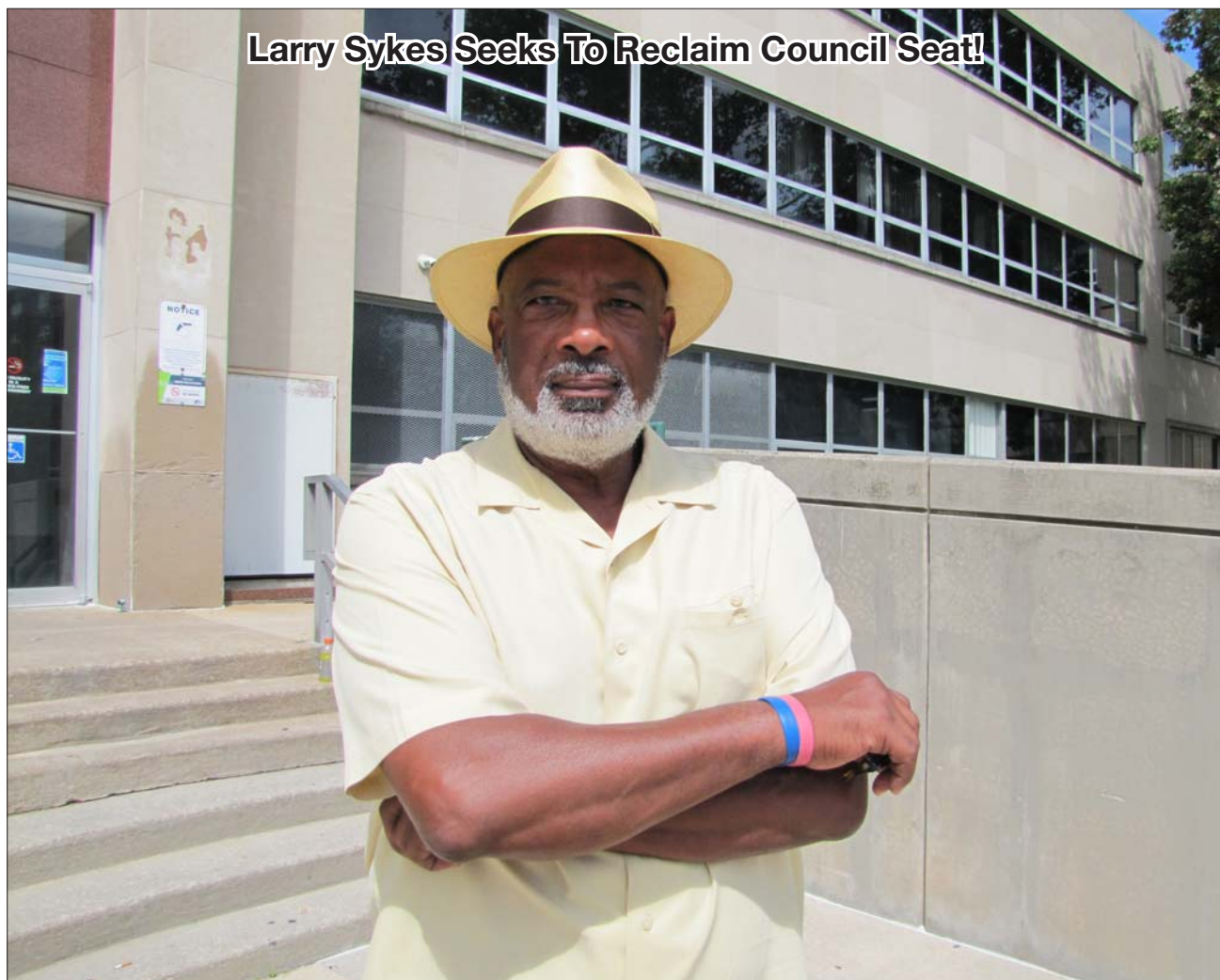




Volume 68 No. 6

*"And Ye Shall Know The Truth..."*

September 1, 2021



## Larry Sykes Seeks To Reclaim Council Seat!

Candidate for At-Large City Council Larry Sykes

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# Pay Attention

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

The Truth Contributor

*A school board is, perhaps, the most important thing you can vote for.*

- Mike Mikus



The Toledo Public Schools Board of Education general election campaign is taking place imperceptibly while our attention is focused on the glittering Toledo City Council At-large races.

Yet, school board elections are urgently important.

School boards ensure that the superintendent effectively manages the district's operations and expertly administers the millions of levy dollars they receive from taxing our homes.

A school board's decision to open or close schools affects property values and can enhance or destroy neighborhoods. In addition, education priorities influence students' knowledge, character, skills, and future.

A board's decisions determine whether working parents have to play teacher or worry about child care while attempting to work. Board determinations also influence the quality of a child's education if they have to attend school remotely. In addition, their judgments increase parental concern over schools' health and safety, given the ongoing risks of COVID and the rise in violence.

Thus, voters must become familiar with those running for such an important position.

The following is my conversation with Bob Vasquez, candidate for Toledo Public Schools Board (TPS). The lifelong Toledo resident has served on the TPS Board since 2008.

**Perryman:** A few of The Truth's readers may not be familiar with you. How would you describe yourself?

**Vasquez:** I'm a lifelong resident of Toledo, and I grew up in East Toledo. I went to Waite High School, so I'm a product of Toledo Public Schools. I have a master's degree in public administration and a bachelor's degree in criminal justice from the University of Toledo. I have worked in nonprofits, working with children and families most of my life. I'm currently vice president of External Affairs for the Toledo Zoo, where I've been for six years.

**Perryman:** How about your experience with the Toledo Public Schools Board?

**Vasquez:** I've been on the school board since 2008, and since then, I have been president and the vice president more than a couple of times. I have been chairman of the finance committee since about 2009. So, I've served on every committee that we have on the board. So, I have a history with the district and from being on the board of education.

**Perryman:** What specific strengths would you bring to the board?

**Vasquez:** What I bring to the board is consistency, and that consistency allows me to see things over time. For example, when I first joined the board in 2008, the country experienced the last major financial crisis. The school district was in the same predicament, and we had to make cuts in our finances. We had to ask for concessions from our staff and balance our budget until we could get back to being viable financially. I was there, and I know some of the reasons we were in those situations and, as president, I had to address all of those situations. It took powerful leadership. There were some tough decisions to make. I was not very popular at the time. The decisions weren't popular at the time, but I really felt with the help of my colleagues and staff that we could do this, and we would get back on our feet. And when we did get back on our feet, what I promised was that I would make our employees whole, and we would continue to thrive as a district, and that's precisely what happened.

Since those days, we have come a long way, so I want everybody to know that we are in the best financial situation, I believe, in two decades.

**Perryman:** What are the current challenges facing TPS?

**Vasquez:** My first challenge is to make sure that we remain financially viable. That is very important because, without finances, we can't run a school system. The other thing is providing a safe learning environment for our students. There's been an increase in violence in our community, and our schools are a microcosm of the community. Our students need to feel safe coming to and from school and feel secure in our buildings. Some of that involves our resource officers, some of that involves mental health, and some involve students having somebody to talk to. Students need somebody to talk to if there is something that they know about

or something going on that could be harmful to themselves, their fellow students, or their families.

**Perryman:** Well, the head of your teachers' union talked about tripling the police. How do you respond?

**Vasquez:** We have an adequate number of TPD police and school resource officers and our own officers in our schools. It would be good to maintain what we have and constantly provide training and professional development for our officers while enhancing our mental health capabilities for our students.

**Perryman:** How do you plan to budget the American Rescue Plan Act funds? I've been in other meetings where organizations have come to the City and the County requesting funds. The reply was, 'you guys are coming to us to fund these educational programs, but TPS got a bunch of money too, and nobody's going to them with requests.'

**Vasquez:** We're currently trying to make sure that we have the proper guidance on how we can spend the money. The district is also going through and deciding what the priorities are within those guidelines for TPS. Then they also have it so that the board also contributes to that conversation. In the end, we'll decide on what direction and what our priorities are. I think essential priorities right now are what's important for the money within the guidelines we have.

**Perryman:** Are there any plans to involve the public in the conversations?

**Vasquez:** I believe that the district and staff are already engaged and getting feedback from the community through our already created channels. But I can't say that we're having any public forums.

**Perryman:** Are you committed to a yearly survey of families, students, graduates, community residents, faculty, and staff about what they see as the significant strengths and shortcomings of the district?

**Vasquez:** Absolutely, I always think that that's a good thing to do. Right now, we do a number of surveys with our staff and with our students and their families. We have regular surveys, but I think what you might be getting to depends on what those questions are. We're asking and surveying for specific purposes, which would be a combination of many things people would be interested in. Still, we could design something to get input from all of our families and all of our staff. So, yes, I'm committed to doing that.

**Perryman:** Are you willing to share the results publicly?

**Vasquez:** Yes, and for two reasons. One is, there's no reason to survey if we're not going to try to come up with some solutions, and to do that, we have to involve the people we're surveying. So yes, they would have to have that information to engage them in helping come up with solutions. And here's the other reason, we have the responsibility to be transparent and open to the public in anything we do.

... continued on page 4



Bob Vasquez

## Community Calendar

### August 31

Community Safety Discussion; Wayman Palmer YMCA; 11 am; With TPD Officer: 419-241-7218

### September 7

CSRN Mayoral Forum: Frederick Douglass Community Association; 6 pm

### September 11

FAMED Studio Open House: Free Tuition enrollment; Noon to 6 pm; Dancing, acting, modeling lessons for 2 years to adult students; 2610 W. Central Ave: 419-273-7423/famedstudios.com



# Carty Loves Toledo – Let's Love Him Back, Voters!

*Sojourner's Truth Staff*

Carty gets things done for Toledo!

Carty Finkbeiner, former three-term mayor whose last stint as the city's chief executive was from 2006 to 2010, has thrown his hat into the ring for one more session atop One Government Center. The Sojourner's Truth feels that his time has indeed come ... again.

Finkbeiner's opposition in the September 14 primary are businessman Jan Scotland and incumbent Mayor Wade Kapszukiewicz. The top two vote-getters will face off in the November general election.

If there is one person who embodies the spirit of Toledo, defines its very essence, it must be Carty Finkbeiner. During his previous stints he presided over some of the most difficult periods the city has known – dwindling populations, loss of manufacturing jobs – all the typical calamities that have plagued most upper Midwest cities in recent decades.

Never one to throw in the towel, Finkbeiner took on the challenge and managed to bring in a new Jeep plant and a new world headquarters for Owens Corning Fiberglass during his first term.

Later he managed to get the Docks restaurants in place, which started the ongoing facelift on the east side of the river. The Marina District, which he laid the foundation for, is now a vital piece of that ongoing facelift.

Finkbeiner not only managed to get things done in his official capacity, but in the ensuing years as a private citizen, he has been just as forceful a presence – getting things done.

In the last four years, Finkbeiner has worked with other citizens to maintain Toledo's ownership over a water system valued as high as \$1.5 billion after the current administration, the Chamber of Commerce and the daily paper had urged the sale of the facility for a mere fraction of the cost. The former mayor helped organize a series of community forums to convince those who would give away the facility to change their minds.

When the University of Toledo was ready to abandon the UTMC in South Toledo, Finkbeiner worked with citizens to shine a light on that decision and keep the hospital in place.

For years now, in office and out, Finkbeiner has used his passion for the city of Toledo to get involved with and stay involved with any number of causes designed to make life better for Toledoans. Given that track record, The Sojourner's Truth endorses his candidacy and urges our readers to vote for him in the September 14 primary and in the November general election.

Of particular concern to our readers is the impact that Finkbeiner has had on the African-American community and that impact has been enormous.

"When I was mayor, about 2/3 of the total city budget was spent in the central part of Toledo and 1/3 was spent around the rest of Toledo – we took care of alleys ... were following up conscientiously on complaints that we got from the most challenged neighborhoods ... we were putting our money where our mouth was.," he says now.

Regardless of the ultimate outcome of the election, Toledo is blessed with the trio of candidates on the ballot. Mayor Kapszukiewicz has done a good job in challenging times but things have sometimes gone better for the city because Finkbeiner has been in the background as a watchdog during the current mayor's term.

Scotland is an accomplished businessman, a pillar of the community, but without the administrative or public policy experience of the other two candidates.

Toledo needs not only the administrative and leadership abilities that Finkbeiner possesses but also the passion, the fire in the belly, he has in



*Eric Hillenbrand, Theresa M. Gabriel and Carty Finkbeiner*



*Paul Hubbard and Carty Finkbeiner*



*Finkbeiner and guests at recent fundraiser*

spades.

We believe that a Finkbeiner fourth term is just what the Glass City needs and deserves.

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<sup>3</sup>Borrower income must be below 80% of the area median income, or property must be located in a low- to moderate-income census tract, as updated annually by the FFIEC (Federal Financial Institutions Examination Council).

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# Why Now is the Time to Schedule That Check-Up or Screening

*Special to The Truth*

If you haven't visited your physician since the start of the pandemic, medical experts say that the time is now to book check-ups and screenings for the entire family.

"The pandemic has had wide-scale negative health consequences beyond COVID-19. Many Americans have delayed important routine health services critical to keeping them healthy, including vital pediatric immunizations and preventive cancer screenings. Prevention is the best cure, so it's

important to get your health back on track today," says Gerald E. Harmon, M.D., American Medical Association (AMA) president.

With school beginning and the cool weather months ahead, the AMA urges Americans to call their physician's office to learn if they are due for preventive care or screenings.

*Courtesy StatePoint*

## OhioMeansJobs Lucas County to Host Pop-Up Virtual Job Fair

OhioMeansJobs Lucas County is hosting a Pop-Up Virtual Career Fair on Thursday, September 9, 2021, from 10 a.m. to noon.

To participate, job seekers must register online at: <https://pvapi.premiervirtual.com/s/ndApn8> Area employers are continuing to struggle to recruit qualified applicants for positions.

Given that COVID19 and its variants are still very much active in the community, a virtual hiring event is the best option for employers to recruit job seekers. The following companies plan to participate in the Pop-Up Virtual Career Fair:

- Adler Pelzer Group
- Lucas County Sheriff's Department
- Ternion Schools, Training and Education Centers
- Renaissance Hotel, Downtown Toledo
- TARTA

*... continued on page 11*

*Perryman... continued from page 2*

**Perryman:** So, can I nail you down as to when you might do some type of survey with the general public?

**Vasquez:** I don't want to make any promises because I can't say as one board member. That's something that we'd have to discuss with the board and Dr. [Romules] Durant, but you can nail me down that I will make that request.

**Perryman:** What are your positions on vouchers, charter schools and tuition tax credits?

**Vasquez:** I think that tuition vouchers and charter schools are negative, and I'll tell you why. Charter schools are not required to have the same reporting requirements by the state as public schools, and they're not required to have the same input from the community as public schools. They like to call themselves community schools, but I don't believe at all that they're genuinely community schools, so that's one thing. With the vouchers, they're taking public money without public accountability, and I think that's absolutely horrible. If they're going to take public money, they should have the same public accountability as any other governmental agency and especially as public school districts, so that's the way I feel about that.

**Perryman:** Final question. Do you see yourself primarily as a representative of the community or representative of the school system?

**Vasquez:** I see myself as a representative of the community, absolutely. It's the community that elects me, and that's why I am a powerful advocate for making sure that we are fiscally responsible with their tax money. It is all about our students and their families. So that's who I represent.

**Perryman:** Thank you.

Contact Rev. Donald Perryman, PhD, at [drdperryman@centerofhopebaptist.org](mailto:drdperryman@centerofhopebaptist.org)

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# Toledo Leaders Slam Republican Senate Candidates for Attacking Infrastructure Bill

*Sojourner's Truth Staff*

On Thursday, August 26, several Toledo leaders held a press conference to condemn Republican Senate candidates' opposition to the Infrastructure Investment and Jobs Act.

"Democrats are delivering for working families by creating good-paying jobs and investing in roads, bridges, water pipes, and high-speed internet. But instead of standing up for our state and supporting this commonsense plan Ohio Republicans running for Senate are too busy jockeying for Trump's endorsement," said State Rep. Paula Hicks-Hudson during the event.



State Rep. Paula Hicks-Hudson

The bill will bring a one-time supplemental appropriation of \$548 billion to fund everything from major highway projects, to mass transit, to Great Lakes restoration and bringing broadband internet access to areas that don't have it.

Ironically, the bill is the culmination of a bipartisan effort led, in great part, by Republican Ohio Senator Rob Portman who is retiring. The Republicans vying to replace him – Josh Mandel, former Ohio treasurer; Jane Timken, former chair of the Ohio Republican Party; J.D. Vance, author and venture capitalist; Mike Gibbons, Cleveland businessman; Bernie Moreno, Cleveland car dealer – have all issued statements opposing the Portman crafted legislation in order to curry favor from Donald Trump who has stated his own opposition.



Tony Totty

Trump often announced that his administration would be creating an infrastructure bill – vowing to "begin the urgent task of rebuilding" the USA – only to fail in four years to bring any such legislation to the table.

CWA Local 4319 President Erika White: "Clearly, the Ohio Republican Senate candidates who are opposed to this funding don't care about helping working families or growing jobs in Ohio - or

else they would support the bipartisan infrastructure bill. Instead, they only care about looking out for themselves and their political ambitions. Ohioans deserve leaders focused on Ohio. It's time for the House to pass this vital bill so we can make meaningful investments in our infrastructure and build our economy."

Mandel, the polling leader in the race, has made it clear that his primary concern is more about the fact that the Republicans in the Senate who have supported the bill – 19 of 50 senators – should not have embraced the spirit of bipartisanship. "Now is not the time for bipartisanship in DC – now is the time for fighting the woke liberal agenda," said Mandel. "If I were in the Senate I would have fought tooth and nail to stop this bill which is a wasteful wish list of the radical left."



Erika White

UAW Local 14 President Tony Totty would disagree with such sentiments: "It's past time for us to make upgrades to our roads, bridges, public transit, and water pipes. It's shameful leading Ohio GOP Senate candidates have decided they would block progress for all of our families to put their corporate special interest donors first."

Parts of the infrastructure bill will be paid for by redirecting money from previously awarded coronavirus relief funds and enhanced unemployment funds that states rejected. The Congressional Budget Office has said the bill will add \$256 billion to the federal deficit over 10 years.

*OhioMeansJobs... continued from page 4*

- Ohio Pickling & Processing, LLC
- Welch Packaging
- Great Lakes Windows

This Pop-Up Virtual Career Fair had previously been scheduled for August 19 but was postponed

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# Health Department Promotes Event Honoring International Overdose Awareness Day

On August 31, the Lucas County Opioid Coalition and Northwest Ohio Syringe Services are hosting an event to raise awareness surrounding International Overdose Awareness Day.

In 2020, 309 people died in Lucas County as a result of a drug related death. International Overdose Awareness Day is an opportunity to remember those we have lost to drug overdose. Local artists will "Chalk the Walk" by creating chalk art on the sidewalk at the Glass City Metropark, 983 Front St. Toledo, OH.

Chalk will be provided for the public and community members to leave messages and drawings on the surrounding sidewalks. Narcan training & distribution will be provided during the event along with Opioid Overdose Prevention.

A remembrance ceremony is planned and includes guest speakers Randy Lafond, Executive Director of Talbot Clinical Services, Laurie Clemons with Mom's SOUL (Surviving Our Ulti-

mate Loss), local activist, Julian Mack and local author, Jodie Summers. A brief meditation from one of our local artists, Pete DeWood, will be offered throughout the event.

Chalk the Walk will follow all public health COVID-19 guidelines. Face coverings are strongly encouraged where social distancing cannot be maintained. Participants are asked to bring their own chairs/blankets if they wish to stay for food and fellowship.

Throughout the event, artists will "go live" and be interviewed regarding their work and inspiration. The remembrance ceremony and moment of silence will also be broadcast live. If unable to attend the event, please follow the Chalk the Walk events at [www.facebook.com/LucasCountyOpiateCoalition](https://www.facebook.com/LucasCountyOpiateCoalition).

Schedule of Events 11:00 a.m. - 2:00 p.m. Chalking: Artists & Community 12:00 p.m. - 12:45 p.m. Remembrance Ceremony 12:45 p.m. - 2:00 p.m. Food & Fellowship 11:30 a.m., 12:30 p.m., 1:30 p.m. Guided Meditations

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# Larry Sykes: Working to Reclaim His Council Seat

By Fletcher Word

Sojourner's Truth Editor

After more than a year of living in a legal limbo, waiting for the federal government to decide whether to pursue a prosecution for a variety of charges, including conspiracy, Councilman Larry Sykes – whose resignation from City Council was forced due to the pending charges – has decided that his turn has come again.

Sykes is once again on the ballot for an at-large City Council seat, a position he first won in 2013. A retired banker, he certainly brings a wealth of experience to the task. He spent years on the Toledo Board of Education before winning election to City Council and, over the years, has served on dozens of boards in the community, most notably Lucas Metropolitan Housing Authority, Metroparks, United Way, Cordelia Martin and Planned Parenthood. More recently, he served on the boards of Lucas County Children Services, St. Vincent Mercy and the University of Toledo African American Community Advisory Committee.

In the midst of his legal troubles, why would Sykes take on such a public challenge and run again?

He answers that question with a question of his own.

"Why wouldn't I?" he replies. "I'm not term limited. I still have a lot to do."

He has, in fact, spent a lifetime doing a lot, he reminds his listener.

"All the good work I've done in my life – with TPS, for example – establishing scholarships, increasing enrollment and graduation rates, hiring two Black superintendents ..."

Thereafter, while on city council for the seven years before he was removed, Sykes led the charge on several key issues.

"There were the 40 homes in Oakwood that those women were going to lose," he mentions. Sykes noted that he met with the housing development residents who were having trouble negotiating the buy out of their homes.

"I met with them and the banks; they were able to buy the houses outright," he says.

In addition, he mentions the police reform measures that he advocates for and helped pass: Abolishing the "no knock" practice, eliminating chokeholds, requiring body cameras and requiring officers to report fellow officers for violations against the public.

He was a face of Council in its quest to pass a lead ordinance – "the first in Ohio," he notes. And he also took a stand against the vaping industry that was starting to push its products into families and schools. Council here was the first in Ohio to put limits on what the industry could peddle – passing an ordinance to end the sale of flavored vaping products.

Top on Sykes' to do list, should he get re-elected, is the city's gun violence crisis – 61 such deaths in 2020 (a 62 percent increase over the previous year) and 2021 is on pace to surpass the 2020 total.

Recently Sykes collaborated with several other community members to host a forum on gun violence.

"We invited the mayor, JoJuan Armour, the police chief, the fire chief ... and no one came," he says of the Kent Branch Library session.

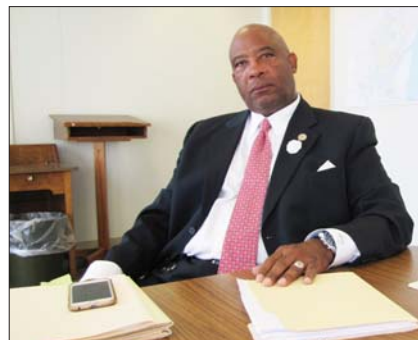
As Sykes, the city council candidate sees it, the way to solve the rampant homicide problem is to get everyone involved – the whole community. "Go to TPS, to LMH, the court system, the unions ... look at kids who are delinquent, who are truants. Track those kids, put them in a diversionary program.

"Black men – get them to wake up, to clean up, to stand up – you know who the shooters are. The community has to take responsibility. Parents do you know where your children are?"

Also of great concern for the candidate is the City's intentions for the \$180 million funds coming for the Toledo Recovery Plan through the federal American Rescue Plan Act. The city has held a number of community conversations to solicit input on the best ways to invest the funds but Sykes fears that such discussions are not particularly well intentioned, that city administrators have presented limited choices to the citizens for their input.

"We don't need that money to go to parks and roads," he says, noting

... continued on page 13



Larry Sykes

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# J. Frank Troy's Afternoon of Food, Entertainment and Fun

*Sojourner's Truth Staff*

The J. Frank Troy Booster Club hosted an afternoon picnic at the Walbridge Park Shelter House on Friday, August 27 and dozens of attendees were able to enjoy lunches of barbecued ribs and chicken while listening to the music of Bobby G and Dorothy Gray, among others.

LaVera Scott, director of the Lucas County Board of Elections, spoke to the guests about the ongoing elections.

Tyrone Tarver, president of the Booster Club, and members of the Club's board, were present to help guests enjoy the afternoon event



Deborah Witten and Tyrone Tarver



Vivian Carroll and LaVera Scott,  
Director Board of Elections



Michelle White-Wanjohi, Program Manager, and  
Tyrone Tarver



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# Ask Ryan

By Ryan Rollison

The Truth Contributor

Dear Ryan,

I am starting a workout program and I'm not sure how much weight I should be using. I don't want to get big & bulky by lifting weights. I just want to tone up and look good for my anniversary. How much weight would be good for me to start with and how long before I see results?

Marleesha

Dear Marleesha,

Congratulations to you for starting your new program. First, I would like to rid you of the myth that you will get big and bulky if you weight train. You are not a man nor are you built like one. You will get more muscle tone, burn more calories, have a ton of energy, feel better about yourself, plus develop your new body.

So, bulking up will not happen for you. You would have to increase calories and lift heavy for a few years to get large muscles. Now you don't have an excuse not to train hard.

Use a weight that you are comfortable with and can get a hard 12 repetitions. I take my clients through a one repetition max test to determine how much weight they can comfortably use for the workouts that we start with. I take 50 percent of their max weight and do two sets of 12-15 reps per



Ryan Rollison

body part and increase from there.

Here is how to find your one rep max. If you are using a selectorized stack machine, use a light weight to warm the muscle. After 12-15 reps increase the weight by one plate and do only one repetition. Continue this process until you can not lift the weights for one complete rep.

Let's say the last rep you fully completed was 100 lbs. You would take 50 percent of the weight and begin your workouts with that poundage. You may have to change the percentages depending on the strengths of each muscle group. This will work the muscle and bring results.

Keep your reps in the eight to 12 range and make sure that 12 is not easy for you. If it is increase the weight and shoot for another 12. If you get only eight reps, that's fine. Work your way back up to 12 reps and increase weight again.

If you do your weight training three times a week and follow a good eating regimen you will see results in a few short weeks. Remember that losing more than two to three pounds a week will result in losing muscle tissue and not body fat. Set realistic goals and stick to them. Good luck achieving your Dream Bodies and keep up the good work.

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Ryan Rollison

Dream Bodies

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# Faithfull Utterances

## Impacting the Health of Black Women: Fibroids and the Facts

By Froswa Booker-Drew

Guest Column

Uterine fibroids are incredibly common, especially in Black women. I must admit, I was one of those women struggling with this issue in my 30s. I had no idea what to do and because of the amount of pain and other issues I began to experience, I made a decision that was best for me. It is important for Black women to know that options are available.

According to Dr. Suzanne Slonim, an expert in the field of interventional radiology, the problem is multifactorial. "Genetics and race play a role, but their contributions are yet to be fully understood. Cultural differences including diet, exercise habits, environmental exposures, stress levels, and underlying health disparities all contribute as well.

In Black women, fibroids begin developing at much younger ages, they grow faster, are more likely to be in multiples, are more likely symptomatic, and more often result in surgery. Black women are seven times more likely to have surgery for fibroids and more than two times as likely as white women to have a hysterectomy."

Slonim began her career as an Interventional Radiologist which is minimally



Froswa Booker-Drew

invasive image guided surgeries using cutting edge technologies. After working on staff at Stanford University for several years teaching residents and fellows, she moved to Dallas to head up the Interventional Radiology department at Methodist Dallas and Charlton for 16 years.

A physician for 32 years, she conducted her first uterine fibroid embolization (UFE) in 1997, the first year they were performed in the USA. In 2016, she left her practice at Methodist and pursued her passion to focus solely on treating uterine fibroids. On a systemic level, structural racism contributes to disparities in healthcare.

Slonim says, "Black women are more likely to have received suboptimal care through the years, have a poorer state of health, or have a delayed diagnosis of fibroids. Their more complex fibroid situation contributes to higher risks and worse outcomes during fibroid surgery than other ethnic groups."

Slonim notes that there are a couple of known risk factors that can be addressed directly in regard to helping prevent or treat uterine fibroids, one being Vitamin D deficiencies. Most American women are vitamin D deficient, but especially Black women. She suggests that:

- Black women start taking vitamin D supplements, 2000 units/day. Stress

... continued on page 12

Anita Lopez, Lucas County Auditor wants to inform you about this new pandemic law: SB57

# HELP FOR PROPERTY OWNERS IMPACTED BY COVID-19



August 3 - September 2, 2021



Property owners or commercial tenants (lease requires to pay property taxes) can file property value complaints with the Board of Revision and seek property tax reductions for **tax year 2020**

Property owners must **prove specifically how COVID-19 caused a reduction in property value** and should be prepared to provide the following:

- Audited financial statements or tax returns for the owner of the real estate for calendar years 2018, 2019, & 2020
- Year-to-date financial income and expenses, up to and including 60 days prior to the hearing date
- Property appraisal utilizing authorized approaches to value
- Description and amounts of federal funds received as of date of appeal including, but not limited to: funds received under the CARES act
- Written summary outlining and supporting your request
- **Other evidence supporting your request may also be submitted**



Complaints can be filed electronically at [smartfile.co.lucas.oh.us/SmartFile](https://smartfile.co.lucas.oh.us/SmartFile) Click on "Board of Revision Original Complaint (COVID)" **OR** request a paper form (**DTE1A**) from the Lucas County Auditor's Office

For more information, contact the Lucas County Auditor at (419) 213-4406 or AuditorBOR@co.lucas.oh.us



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## A Mental Health Moment

## Mental Health of Dreams

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

The Truth Contributor

Dreams occur during our sleep and often includes thoughts, emotions and images from our waking life and memories. They can range from intense to confusing, vague, joyful and sometimes frightening and sad. Dreams allow the content from our brain to declutter our thoughts. Many dreams are not easily remembered and can be random. Dreams can seem to have a clear narrative and others to make no sense at all.

Some prominent theorist contend functionality of dreaming as a way to process emotions, express emotions, desires or even confronta-



tion of potential dangers.

Dream interpretation is quite complex. Some may refer to dream books to decipher the content and meaning. Dreaming is a normal process of our human nature. Nightmares are often experienced by individuals who have had traumatic events occur in their lives directly or indirectly and can be related to mental and medical issues. If you have nightmares that are reoccurring or disrupting your sleep cycles, seek help from a medical professional.

Take a mental health moment to reflect on your dream cycles. If you find they are not "normal" do not hesitate to seek help. Our minds are the CEOs of our bodies and where you place your thoughts, dreams or nightmares can follow. If you have interest to interpret your dreams one recommendation is the book *The Dream Interpretation Dictionary: Symbols, Signs, and Meanings* by J.M. DeBord. Also, keep a dream journal and upon waking write down as much of the dream you can remember and look for themes, content, feeling and any personal meaning. Happy dreaming.....

*Bernadette Graham is a Licensed Professional Mental Health Counselor, National Certified Counselor and Certified Grief Recovery Specialist. She is also a Certified Clinical Hypnotherapist. Provide feedback or reach out at [graham.bernadette@gmail.com](mailto:graham.bernadette@gmail.com) For appointment information please call 419.409.4929 (Appointments available on Tuesdays and Fridays only). Office location is 3454 Oak Alley Ct. Suite 300 Toledo, OH 43606 [www.bjgrahamcounseling.org](http://www.bjgrahamcounseling.org) Available for team building, employee empowerment in motivation and better understanding mental health in the work place. Accepting new client ages 13 and older.*

## Food Fight Against Inflammation

By Patrice Powers-Barker, OSU Extension, Lucas County

The Truth Contributor

The Food and Agriculture Organization (FAO) of the United Nations states, "Good nutrition is our first defense against disease and our source of energy to live and be active". The Dietary Guidelines for Americans (2020 – 2025) are written to be flexible and applicable at different life stages. They are not hard and fast rules. They are meant to be used as a guide as we make food choices for our long-term health and wellness. Many Americans live with one or more chronic diseases, and this often includes ongoing, low-grade systemic inflammation.

According to the Mayo Clinic, inflammation is a normal response to an infection or injury. For example, a fever helps fight off infection or your ankle swells when it's sprained. These are short-term examples when the body is helping fight off or repair a problem. The challenge with low-grade, systemic inflammation is that it is ongoing. It might not be noticeable like a fever or swollen ankle, but it keeps the immune system in a constant state of high alert. Overtime, that ongoing chronic inflammation increases the risk of heart disease, stroke, cancer, diabetes, and other chronic conditions.

Just like we have learned that there are better food choices to help decrease the risk of heart disease, stroke, cancer and diabetes, there is now more emphasis and research on foods and eating patterns that have an anti-inflammatory effect on the body. A recent review identified the following foods as "functional foods": yogurt, whole grain products, green tea, and others. While these have shown anti-inflammatory properties,

...continued on page 12

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*Inflammation... continued from page 11*

remember, there is no single food that is the answer to all health conditions. We are reminded to include these foods as part of our overall healthy eating plan,

Mayo Clinic's simple suggestions for anti-inflammatory eating:

Eat more plants. Whole plant foods like fruits, vegetables, whole grains, and legumes (beans and lentils) have anti-inflammatory nutrients. Some great fruits to add include: strawberries, blueberries, cherries, and oranges

Focus on antioxidants. Antioxidants can help prevent, delay, or repair some types of cell and tissue damage. Antioxidants are found in the list of previous plant foods above (fruits, vegetables, whole grains, legumes). Add green leafy vegetables, such as spinach, kale, and collards, as well as tomatoes, avocados, ginger, turmeric, and green tea to the grocery list.

Eat Omega-3s. Omega-3 fatty acids might also help regulate pain related to inflammation. These healthy fats are available in fish like salmon, tuna

and mackerel, as well as smaller amounts in walnuts, pecans, almonds, ground flaxseed and soy.

Eat less red meat. Red meat can increase inflammation. Dieticians recommend making realistic goals. They do not say "never"

to red meat but encourage you to substitute the foods listed above like fish and soy-based protein a few times a week for red meat.

Cut down on processed food. Many of the following foods contain unhealthy fats that can increase inflammation: sugary cereals and drinks,

... continued on page 13

*Faithfull Utterances... continued from page 10*

is also a risk factor for fibroids, so obtain and maintain peace in daily life, whether it is from prayer, meditation, connecting with friends, or enjoying a relaxing spa day or hot bath.

- Statistics show that women that are a part of an exercise program tend not to form new fibroids.

- Eating a lot of red meat is a risk factor and fruits and vegetables are protective.

- Being overweight is a risk factor. The bottom line is that fibroids are fed by estrogen, which is made by the ovaries, but estrogen is also made in fat cells. So, if you have a lot of excess fat, you have more estrogen than normal. All that extra estrogen feeds the fibroids and makes them grow. And the last thing she mentions is that hair relaxer contains a chemical that mimics estrogen, so for women who used hair relaxers long term, there is an increased risk of fibroids that correlates with how long it has been used and how many times scalp burns occurred from the chemicals. Black women may start their fibroid journey earlier in life with poorer health due to inequities that exist because of inadequate access to healthcare facilities, lack of quality doctors, and mistrust of the medical system.

Slonim says, "If you look at the COVID-19 vaccine numbers in Texas as of mid July 2021, only 33 percent of Black people have been vaccinated while 44 percent of Whites have. When I talk to my Black friends who haven't gotten vaccinated, it's because they remain suspicious of the vaccine. "That suspicion is well justified given American history, but unfortunately, it's also dangerous when we're dealing with a potentially deadly disease like COVID or a widespread problem like fibroids." She states, "Unfortunately, there is no cure for

fibroids.

They can be surgically removed, leaving the uterus in place, but if the patient is more than a few years from menopause, the only way to be sure the fibroids won't come back is to have a hysterectomy. Fortunately, there are many fibroid treatment options."

Recently, legislative bills in Texas focused on Uterine fibroids--HB1966 and HB1967 were passed due to the behind the-scenes efforts of Dr. Slonim. In partnership with State Rep. Senfronia Thompson [D], and others, these bills will make every July Uterine Fibroids Awareness Month and provide a database of information about women with uterine fibroids and to uterine fibroid education and research.

Dallas County Commissioners Court passed a resolution to promote fibroid awareness as well. Slonim's hope is that bringing awareness and education to the topic of uterine fibroids will remove the taboo about discussing it and help women make informed decisions about their healthcare. "Uterine fibroids have a significant impact on the quality of life for women. The need to educate people may appear daunting, but it is not insurmountable. I have seen the impact that my small practice is making, and I know that every year more women's lives can improve exponentially."

To learn more about fibroids, visit [www.fibroidfree.com](http://www.fibroidfree.com) for more information. HERitage Giving Circle will also host a forum on the topic. To attend this virtual event on August 17 at 7 pm, visit <https://www.heritagegivingfund.org/> for more information.

Froswa' Booker-Drew, PhD, is the Founder and CEO of Soulstice Consultancy, specializing as a partnership broker and leadership expert for companies and organizations to thrive with measurable and meaningful impact. She also is the VP of Community Affairs and Strategic Alliances for the State Fair of Texas.

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Medicare does not cover dental care<sup>1</sup>. That means if you need dental work done, it can cost you hundreds or even thousands of dollars out of your own pocket.

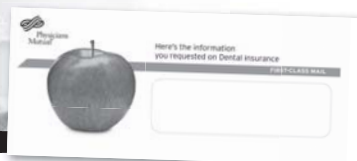
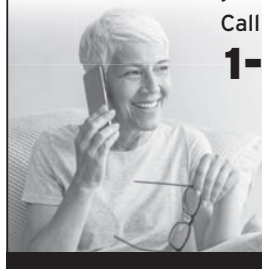
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# Business Books Round-Up

By Terri Schlichenmeyer

The Truth Contributor

Business is not One Size Fits All.

The needs of your office are not the same as those of your competitor's. What you require might not even be the same upstairs or in a warehouse down the block. You might sell the same things but your business is unique, with unique requirements. So why not address those needs with these great books...

Email is a wonderful thing. And it's wonderfully irritating sometimes, too, because it's easy to misunderstand intention in a few dozen electronic word. Change that, and your next Zoom meetings by reading **Digital Body Language: How to Build Trust & Connection, No Matter the Distance** by Erica Dhawan (St. Martin's Press, \$28.99). Here, you'll understand digital body language and how it will affect what you say, verbally and physically. You'll learn how to deal with various methods of modern communication, how to show respect from your corner office, and how to gain and feel trust when email replaces face-to-face, and how to speak influentially when you're not in the room. If you might be heading back to Zoom meetings this fall for awhile, you can't go wrong with this book.

If you're a C-suiter or you're responsible for a thriving business, learn how to roll with all the changes afoot today by reading **Rogue Waves** by Jonathan Brill (McGraw Hill, \$30). This book teaches you how to recognize threats to your business, how to spot how deep the trouble could be, and how to right your ship before it has a chance to sink. Bonus: it's

c.2021  
various publishers  
\$16.95 - \$30.00  
various page counts

an easy and engaging read.

If you're up for a business biography, look for **Made from Scratch: The Legendary Success Story of Texas Roadhouse** by Kent Taylor (Simon & Schuster, \$27). This is the story of a business run unconventionally, written by the guy who did it first. Part memoir, part business tale, this book also includes some helpful hints that anyone can use.

And finally, if it's almost time to pack 'er up and go home, **What To Do With Everything You Own to Leave the Legacy You Want** by Marni Jameson (The Experiment, \$16.95) is what you should save out of the box. Here, you'll learn how to make your assets make change, both in individual lives and in much bigger pictures. Find out how to leave things with meaning, how to ensure that your family is taken care of, creating endowments and establishing large legacies, what to do with the things nobody seems to want, how to preserve documents and photos for another generation, and what not to do even when you're feeling guilty. Easy to flip through, great for any-time reference, this is the kind of book to have, no matter what your age or bank account.

Or maybe you're in the mood for a business book that's even more different than these, above. In that case, head for your favorite library or bookstore. The librarians and booksellers there will be able to help you find exactly what fits for you.

*Inflammation... continued from page 12*

deep-fried food, margarine and sweets. They can contain unhealthy fats that have been linked to inflammation.

There is still ongoing research to continue to learn about inflammation in the body and how to prevent and reduce it. Right now, the main message is not to eat certain foods all the time, but to eat a variety of foods that include the ones listed above for health and wellness.

Just like eating healthy is important, there are additional habits that can have a positive impact on chronic inflammation. The Academy of Nutrition and Dietetics reminds of us of the following:

- Get enough sleep
- Be physically active
- Achieve and maintain a healthy weight

Harvard Health Publishing also recommends aiming for an overall healthy diet. They suggest that if you're looking for an eating plan that follows the ideas of anti-inflammatory eating, consider the Mediterranean diet which is high in fruits, vegetables, nuts, whole grain, fish and healthy oils. One last reminder = in addition to helping lower inflammation, these types of food choices can have positive effects on your overall physical and emotional health.

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*Larry Sykes... continued from page 7*

that such items are already sufficiently budgeted for with funds on hand.

He suggests that social services should receive the lion's share of the funds – "social services with a history of success."

As an example, he cites the success that Pathway's Avis Files has had in the past five years with her Brothers United program – designed to bring guidance and a path forward to young fathers.

"You can sustain such a program for the next 20 years and changes lives," he adds.

Given his record of working for the Toledo area in a number of platforms over the years, Sykes believes he has earned the consideration of voters in this September 14 primary and the November general election to put him back in the seat that he was so unceremoniously stripped of more than a year ago – well before he had a chance to defend himself before a panel of his peers – presumed guilty rather than innocent as the law requires.

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## REQUEST FOR PROPOSALS

### RFP21-R014 Move Management Consulting Services

Lucas Metropolitan Housing (LMH) will receive proposals for Move Management Consulting Services. Received in accordance with law until September 21, 2021, 3:00 PM ET. see documents: [www.lucasmha.org](http://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 opportunity is covered under Section 3 of the HUD Act of 1968.



## Public Bid Advertisement (Electronic Bidding) State of Ohio Standard Forms and Documents

**Project #0018-22-266**  
Carter Hall Demolition  
The University of Toledo  
Lucas County

**Bids Due:** 2:00pm, September 14, 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	Estimated Cost
Demolition Contract	\$1,100,000.00
Remediation Contract	\$1,350,000.00
Combined Bid	\$2,450,000.00

**Pre-bid Meeting:** August 31, 2021, 10:00am, Plant Operations Building - Room 1000, The University of Toledo, 2925 East Rocket Drive, Toledo OH 43606

**Walk-through:** A walk-through of the project sites is scheduled for August 31, 2021 immediately following Pre-bid.

**Walk-through Location:** Plant Operations Building

**Bid Documents:** Available electronically at: <https://bidexpress.com>

**More Info:** Project contact: Thomas Stuckey, Poggemeyer Design Group, Phone: 419-352-7537, E-mail: TStuckey@kleinfelder.com

## REQUEST FOR PROPOSALS

**RFP21-R021 Snow Removal Services AMP 111 Scattered Sites**  
**RFP21-R022 Snow Removal Services AMP 112 Scattered Sites**  
**RFP21-R023 Snow Removal Services AMP 121 & 122 Scattered Sites**  
**RFP21-R024 Snow Removal Services AMP 131 Scattered Sites**  
**RFP21-R025 Snow Removal Services AMP 133 Scattered Sites**

Lucas Metropolitan Housing (LMH) will receive proposals for Snow Removal Services. Received in accordance with law until September 3, 2021, 3:00 PM ET. see documents: [www.lucasmha.org](http://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 opportunity is covered under Section 3 of the HUD Act of 1968.



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## JOB POSTING

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We are seeking a Communications Manager for Rudolph Libbe Group in Walbridge, OH. The Communications Manager will be responsible for leading the content creation, sourcing, design, production, and distribution of internal communications including introduction of new technology/employee engagement tools, leading public relations efforts (press releases, media inquiries, and crisis communications), and contributing to strategic communications plan and campaigns that will help further organizational goals.

The ideal candidate will have great writing and storytelling skills, strong interpersonal skills and ability to build collaborative relationships across organizations, and proficiency in the following technologies: Microsoft Office, Adobe Creative Cloud, Social Media (LinkedIn, Twitter, Instagram, etc.). 5-7 years of relevant experience and an Undergraduate degree in journalism, communications, public relations, or other relevant program required.

For more information and to apply, visit: [www.rlgbuilds.com/careers](http://www.rlgbuilds.com/careers).

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## FAIR HOUSING INVESTIGATOR & TESTING COORDINATOR

The Fair Housing Center (TFHC) is accepting applications for a Fair Housing Investigator/Testing Coordinator to conduct investigations of allegations of housing discrimination, including coordinating tests of landlords, financial institutions, insurance agencies, home appraisals, real estate professionals to determine whether or not housing discrimination is occurring. This position will also manage tester recruitment, training and retention. You will work in collaboration with a team of seasoned professionals. Previous experience in fair housing or other related experience coordinating volunteers preferred and demonstrated ability to operate databases and perform grant reporting. Bachelor's degree or at least 3 years of equivalent experience required. This is a full-time position which includes a competitive salary and benefits package. Hours, Monday- Friday 9a-5p with occasional evening and weekend hours. Reliable transportation is required. TFHC offers a competitive wage and benefits package. Interested applicants should email their cover letter, résumé, and references in PDF form to [HR@toledofhc.com](mailto:HR@toledofhc.com) No phone calls please. TFHC is an equal opportunity employer.



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## MAINTENANCE/JANITOR

The Padua Center with St. Martin de Porres Community Center is seeking a full time maintenance/janitor person. The job requires basic electrical, painting, plumbing and cleaning skills, as well as time management and organization. High school diploma or equivalent, basic computer skills and at least five years of experience **desired**. The job offers health benefits. Applicants must have an active driver's license. BCI and FBI clearance are required. Pay range: \$15-20 an hour, based upon experience. EOE. Send resumes to: [thepaduacenter@gmail.com](mailto:thepaduacenter@gmail.com), or Job Search 1416 Nebraska Ave. Toledo, Ohio 43607 by September 10, 2021

## Public Bid Advertisement (Electronic Bidding) State of Ohio Standard Forms and Documents

**Project #1130-21-240**  
Underground Utility Infrastructure Upgrades  
The University of Toledo  
Lucas County

**Bids Due:** 2:00pm, September 14 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	Estimated Cost
General Contract	\$700,000.00
Alternate #1	\$80,000.00
#2	\$225,000.00
Alternate #4	
\$175,000.00	
\$125,000.00	

**Pre-bid Meeting:** August 31, 2021, 11:00am, Plant Operations Building - Room 1000, The University of Toledo, 2925 East Rocket Drive, Toledo OH 43606

**Walk-through:** A walk-through of the project sites is scheduled for August 31, 2021 immediately following Pre-bid.

**Walk-through Location:** Plant Operations Building

**Bid Documents:** Available electronically at: <https://bidexpress.com>

**More Info:** Project contact: David Mercer, RMF Engineering, Phone: 614-441-9411, E-mail: [David.mercer@rmf.com](mailto:David.mercer@rmf.com)



# Yes, We Are Still Marching for Voting Rights in 2021...2021!!!

By: Annette Wright

Special to the Truth

Although just a child when the Rev. Dr. Martin L. King, Jr. delivered his "I Have A Dream" speech, (which was actually planned as the March for Jobs and Freedom) on August 28, 1963, I can recall how important this event was because my parents spoke about it often.

Certainly, over the years, and into adulthood, I learned firsthand how vitally important voting rights are. That said, I present to you a recap of the 2021 March on for Voting Rights event held in Washington, DC on the 58th anniversary of Dr. King's famous speech and historical gathering.

I cannot count how many times I have attended protests and marches around our country. There are many people who feel marching is a waste of time, energy and resources. I disagree. To me, marching highlights a cause. It is akin to a public announcement on the public stage stating an affirmative stance for or against an issue or concern. By contrast, it is not an attack on our democratic processes, the Capitol Building or an assault and murder of police officers. That's called something else.

Rev. Al Sharpton, via the National Action Network, along with many other organizations, planned the March on for Voting Rights event along with a host of other leading Civil Rights Organizations.

It was well over 90 degrees in the shade in Washington, DC this past Saturday. A few of the 50,000 plus marchers fainted from heat exhaustion. However, the vast majority of the marchers completed the 1.5 miles, or so, trek from McPherson Square to the National Mall. Although VIP Seating was openly available to everyone, most of the crowd gathered up under some into the trees lining the mall, myself included.

The master of ceremonies for the event was Al B. Sure, the still very handsome R&B artist from the 80's and 90's. (I must admit, I was tempted to take one of the VIP seats sunshine, heat and all when he came onto the stage). Speakers included Martin King, III; Drum Major Institute Director, his lovely wife Andrea Waters King; Drum Major Institute President the Chair of the Congressional Black Caucus, Ohio's own Rep. Joyce Beatty and many others.

However, the most passionate, bold, and articulate speaker was Yolanda Renee King, the 13-year-old granddaughter of Dr. King. This little lady is a testament to the adage that says "the apple does not fall far from the tree." I could just imagine Dr. and Mrs. Coretta Scott-King beaming with pride as we listened to her passionate and resounding words:

"My generation can't vote, but your vote affects us, so we have to demand that our leaders do their jobs. Marching and activism are the tools we have and we need to use them. I marched because this isn't a game. This is about the issues and policies that affect our lives. It's about the kids who are scared to go to school because of gun violence. It's about the Black women who are fighting hard every day in places like Georgia to make it easier for people to vote. I marched because I'm tired of elected officials putting themselves first -- to be honest, I am disgusted by the behavior of many of our leaders in this country."

"It's easier to register to own a gun, than it is to register to vote. Think about that. If you are a Congress person protecting firearms, why

won't you protect the right to vote? That is completely unacceptable.

"I marched because I want change, not just for me, but for everyone who comes next. My grandma said that every generation has to earn their freedom. I believe that our generation can free the generations yet to be born," she said. "Adults have failed us so we need to take matters into our own hands."

Wow!! Out of the mouth of babes. Her speech pretty much summed up the meaning and purpose of the



entire event. Her words empowered the crowd, more so than any of the other speakers, from my observation. To hear a child speak words of truth and wisdom to adults in the United States Congress and beyond. And here I thought it was supposed to be the other way around.



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# A Party at The Truth Gallery

Tariq McKinney-el and Autumn Gineen did it again!

Together the two put on a party on Adams Street in front of The Truth Gallery on Sunday, August 29 and dozens of guests enjoyed an evening of music and food in the improvised open-air theatre.

The musicians in attendance was a veritable who's who of Toledo entertainers: Katrina Barnhill, Ramona Collins, Aayan Naim Bey, Bobby G, Lady K, Phyllis Gray, Peggy Jackson, Cathy, Glenn McFarland, Steve Perry, Kaiden Chase, John Cunningham, Brandon Benson, Gordon Henry, Hideomi Kobayashi, Michael Williams, C.J. Manning, Rico Rosario, John Richardson, Andre, Mark Cavanagh.



Saxophonists Katrina Barnhill and C.J. Manning



Tariq McKinney-el

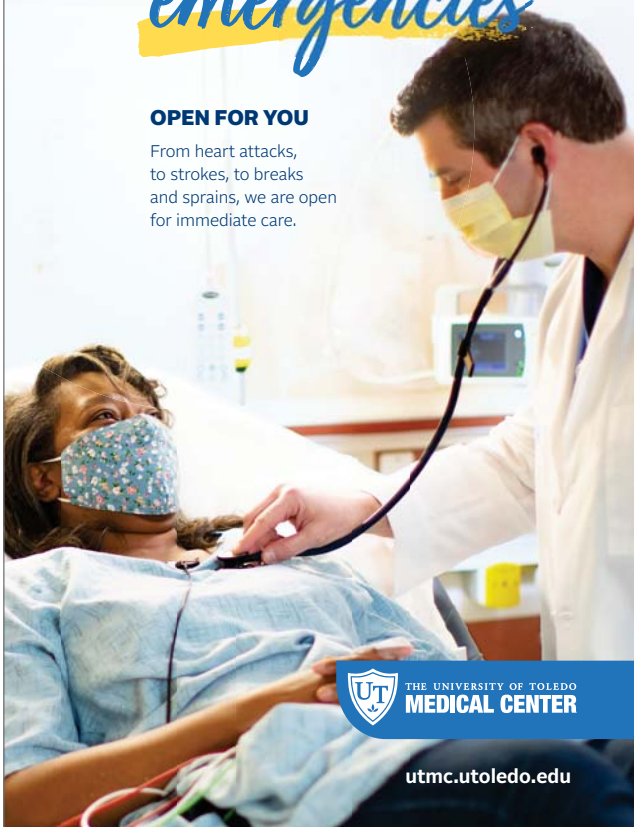


Ramona Collins

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## Momentum

SEPTEMBER 16 - 18 WITH A SPECIAL GLASS EXHIBIT BEGINNING SEPTEMBER 3.

FOR MORE DETAILS, VISIT  
[THEARTSCOMMISSION.ORG/MOMENTUM](http://THEARTSCOMMISSION.ORG/MOMENTUM)



Momentum is a free, three-day festival along the riverfront that celebrates our vibrant community through arts and culture. Day one is for the art lovers, day two is for the party people, and day three is for families. Do as much or as little as you want, but we feel confident there is something that will spark a little creativity in everyone.

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