



Volume 69 No. 5

"And Ye Shall Know The Truth..."

November 3, 2021

Black Men Matter!



The men of the 1st Annual Black Men Matter Photoshoot



State Rep. Juanita Brent



Until I Am Free author Keisha Blain



Jason White

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Inaction is Not an Option

By Rev. Donald L. Perryman, PhD and Reem Subei of Advocates for Basic Legal Equality

The Truth Contributors

Let food be thy medicine, and medicine be thy food.

- Hippocrates



What happens when a specific housing area limits access to nutritious food options?

The question is more than a philosophical discussion. Cities across the country have recognized the importance of housing stability and are passing tenant protection laws such as right to counsel legislation, as we did in Toledo. So, it becomes even more imperative to think practically about the relationship between specific housing census tracts and fresh food.

As with most things in our country, race directly impacts the relationship between census tracts and access to fresh food, leading to wide disparities in health outcomes. Food access reflects the historical, systemic patterns of racial segregation in housing, causing supermarket availability to be much lower in predominantly Black and low-income neighborhoods, according to Ashanté Reese, assistant professor of anthropology at Spelman College. Consequently, White flight and corporate redlining have left Black Americans without access to fresh food. Moreover, the racial disparities persist across income lines, according to an analysis conducted for CNN Business by the Reinvestment Fund, a nonprofit community development organization.

Healthy people and healthy places go together. Thus, access to food and housing are not separate issues. Food apartheid is a housing issue and a racial one. And while it is a racial issue, it is not one that Black people in America created. It is one that corporations and governments created. Black community members and leaders in Toledo know that those in power have disinvested their

neighborhoods. They also know that food apartheid leads to poor diets and higher obesity, diabetes, and heart disease levels. Indeed, 70 percent or more of all diseases are connected to what we eat. Yet, access to healthy food attacks disease at the root cause. At the same time, medicine and health care only manage the disease or merely address symptoms.

However, we also know that individuals' dietary choices are dictated by where they live and which healthy food options they have access to. Therefore, it is now time to focus on the needs of vulnerable populations and the questions of race and place that contribute to the current health disparities maintained by food apartheid in Toledo.

Yes, change is possible!

Earlier this year, Toledo residents, including the United Pastors Social Empowerment (UPSE), the Junction Coalition, Community Reinvestment Englewood, Advocates for Basic Legal Equality (ABLE), and others, formed a new alliance focusing on equity and eliminating health disparities.

An impending expiration of an emergency one-year ordinance that restricted small box stores from opening in a specific district within the City of Toledo triggered this movement for healthy communities. The City of Toledo's Plan Commission 2020 report recommended amending its zoning code to prohibit small box discount stores from being located within a 1-mile radius from one another.

Health Equity Now!

Community groups request that the City immediately take steps to ensure a Toledo without

unjust health disparities and that all its residents have access to fresh, healthy food.

Our action plan requests that the City of Toledo join us on this platform for change by allocating American Rescue Plan and other federal dollars for an initial investment in a Grocery Fund. The community will oversee the fund used for the development of fresh grocery stores in food desert areas. The plan also asks the City to support healthy zoning codes and healthy food overlay districts.

Today, we formally renew those asks.

Creating a healthy food overlay district incentivizes grocery stores. It restricts convenience and discount stores that primarily sell non-fresh food items. The American Planning Association describes an overlay zone as "a zoning district which is applied over one or more previously established zoning districts, establishing additional or stricter standards and criteria for covered properties in addition to those of the underlying zoning district." The City of Hartford, Connecticut; Tulsa, Oklahoma and Birmingham, Alabama, are three of several cities that have enacted policy approaches to help increase healthy food retail. Zoning is a power delegated to local governments under "police powers" that empowers local governments to make decisions on land use to promote general health, safety, and welfare.

We are grateful to the several city leaders and local and federal elected officials who have joined with the community to achieve the goal of ending food apartheid in Toledo. However, this is only the beginning.

We envision a future without unjust health disparities. We anticipate equal access to the most basic of human rights – health, to all Americans regardless of race, income, zip code, age, education, or gender.

That is why inaction to end food apartheid is no longer an option.

Contact Rev. Donald Perryman, PhD, at drdperryman@centrofohepbaptist.org

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Community Calendar

November 5

Martin de Porres revival: 6:00 pm; Revivalist is Rev R. Tony Ricard of the Archdiocese of New Orleans; Sponsored by the Diocese of Toledo and a grant from the Black and Indian Fund. There will be a free-will offering; All are welcome

Having a Tough Time, Are You?

By Lafe Tolliver, Esq

Guest Column

The headline for this column is my exclamation at the agonizing time that the prosecutor and defense counsel are having in getting a jury selected for the soon-to-be sensational jury trial of the three white men who collectively chased down and brutally murdered Ahmaud Arbery in Glynn County, Georgia.

Hundreds of potential jurors have been called in for jury duty for that national profile case but, to date, very few have passed muster to be a potential juror.

Some of the excuses given by the jurors are that they know the alleged killers or that they are hesitant to sit for such an emotional riveting case due to possible negative blowback from their neighbors.

The bottom line is that either way the jury goes, there will be consequences and these potential jurors want to avoid any accountability for dispensing justice and racial justice at that.

I do not know how much of a racial reservoir of history that they may have regarding their home state of Georgia, a state that was noted for a high number of lynchings of Black people "back in the day" when white jurors did not have to bother with the nuisance of even having a jury to try white men for their arbitrary and capricious killings of Black men and women.

In those documented cases, white folk normally did not try white folks when white folks did what white folks did and mind you did well, when they, with impunity, killed Black folks for some reason, little reason or no reason at all.

You did not have to comply with the niceties of impaneling an impartial array of white jurors to come to the local county courthouse and spend hours listening to testimony about how Roy Simpson shot Ray Jones because Ray Jones said, "No" to Roy when Roy wanted to steal his land or cheat him out of his crops.

White jurors back in the day did not have to comply with telling the truth or even try to convince their neighbors that Ray Jones was an uppity "Negra" who got out of his place and thought he was white when Ray Jones looked a white grocer in the eye and told him that he was shorted a dollar and 30 cents.

To call a white man a cheat or a liar back in the day was akin to you simply going out and telling the Black undertaker where to find your bullet ridden body or hanged corpse.

Why even law enforcement (if you want to call it that) rooted for the outraged white person who was accosted by a Black person who demanded his rights or demanded being treated fairly.

Those type of cases simply never made it to a prosecutor to present to a grand jury because it was an understood and foregone conclusion that in "certain" places, a Black person simply did not bring a criminal charge against a white person.

It simply was not done, and it surely was not tolerated. So, when we fast forward to the year 2020 and onward, we still see white folks possessing some of that same disinclination to prosecute white folks for brutality and murder against Black people.

It practically took Glynn County, Georgia forever and a day to even bring charges against these upright fine citizens for their brazen and cowardly acts of hunting, running down and killing Mr. Arbery for his simple act of JWB...a/k/a: Jogging While Black.

Of course, the alleged thugs used the tried-and-true chestnut of saying that Mr. Arbery was caught in some type of nefarious con-

duct, but the evidence later shows that such was a ruse to cover their racist acts of murder.

Glynn County, Georgia would be more than happy if they could simply brush this whole matter under the lynching tree and go on to other issues but the public outcry (not led by the whites in that county) was too loud for the feckless prosecutors to run and hide.

Now, white folks in that county are going to have to face each other and make an uncomfortable decision that if the overwhelming evidence shows that the three white men deliberately killed Mr. Arbery, they are going to have to convict or lie to themselves and the public, why they would not or could not convict one of their own for a public murder of a black man.

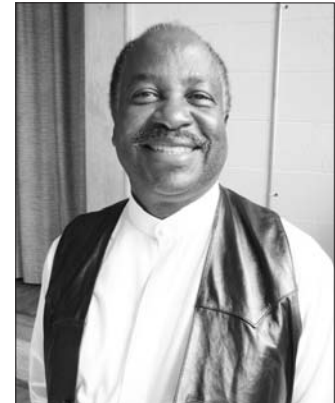
In the good ol' days, such a public murder would nary draw a second thought because everybody knew that the "Negra" was a bad "Negra" and he deserved it and it would teach a lesson to the other "Negras" that this is what will happen to them if they do not stay in their designated lane.

The classic story "To Kill A Mockingbird" harrowingly tells the tale of an innocent Black man being set up by the justice system to be a convenient scapegoat for a crime he did not commit, but no matter, being black is a crime in and of itself at that time in history.

So, when this murder trial commences, we will be first row witnesses to see if and how white jurors will turn themselves into pretzels to justify the killing of Mr. Arbery by those three vigilantes.

The trial is supposed to be televised nationally (like the OJ Simpson trial) and there will be no hiding place for shenanigans by overzealous defense attorneys or wimpy prosecutors. America will have a chance to see justice made (or not made) before their very eyes.

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Lafe Tolliver

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Letter to the Editor

Dear Editor,

A rather tedious story appeared recently in The Blade. Friends of UT athletic director Mike O'Brien attacked University President Greg Postel, and Board Chairman Al Baker for allegedly orchestrating the retirement of Mr. O'Brien. These gentlemen were joined by former University of Toledo Board Member, Joseph Zerby IV.

The really tedious aspect of this story, quite simply, is this. While Mike O'Brien is a respected athletic director, there has been a case brewing for a few years suggesting the athletic programs of recent years have not held-up the UT banner anywhere nearly as high as the championship years of Frank Lauterbur and Bob Nichols of the sixties and seventies.

Mr. Zerby went way off track when he characterized Al Baker, UT Board of Trustees Chair, as leading a "Jihad". That is the most unfair characterization of Al Baker I've ever heard. The Baker Family, all of whom graduated from UT and have spectacular success stories in their personal & professional lives, are some of the most quality persons as I've ever known. Al Baker was a starting tight end for three undefeated

UT Football teams led by Chuck Ealey. Mr. Baker never has placed winning ahead of integrity and respect. Al Baker would never accuse anyone of leading "Jihad".

I believe Mike O'Brien had a good run at UT. Mike's term, with good moments and fair moments is winding down. His retirement was announced with the University allowing him to complete an assignment for NCAA Basketball.

Dr. Postel, who has done an excellent job of leading our University forward, should not have been injected into this matter, period.

"Thank you" Mike for your steadfast efforts on behalf of our University. "Thank you" Al Baker for all you have given to our community and our University. And Dr. Postel, "Thank you" for agreeing to lead our University into a bright future. Many Toledoans and Rocket fans, have great confidence in the leadership team the University has in place.

Carty Finkbeiner

South Toledo 419-389-4940 Former 3 term Mayor & University of Toledo assistant football coach

Ohio Board of Education Members Forced to Resign for Opposing Racism

Last week, Desiree Tims, president and CEO of Innovation Ohio, released the following statement after two State Board of Education members were forced to resign for refusing to repeal an anti-racism resolution:

"Unfortunately, Governor Mike DeWine and Ohio's Republican supermajority are failing Black and brown children in Ohio. They are forcing two members to leave Ohio's State Board of Education, simply because they stood up against racism.

"Last year, Ohio's State Board of Education passed a resolution con-

demning racism and acknowledging that Ohio could do more to address inequities in education. This month, far right radicals on the board repealed that resolution. Now the governor and Republicans are going even further — they're forcing appointed board members who supported the anti-racist resolution to resign or face expulsion.

"This reeks of Jim Crow era policies that impacted Black and brown communities for generations. It's clear that Governor DeWine is too weak to stand up to the extremists in his own party. We've seen him give in to the anti-mask, anti-vaccine crowd over the past few months. He has repeatedly chosen to place our children's lives at risk rather than enforce basic safety measures. And now the zealots have convinced him to move to overt racism.

"This assault on education is just one of many. Extremists are using lies about Critical Race Theory to ban discussions of American history and critical thinking skills in our classrooms. These attacks must be stopped at every level of government. And we must support people regardless of their party affiliation who stand up to racism and hate.

"It is vital that Ohioans are informed about local school board candidates and vote in local elections. We need to support candidates who value honesty in education. We need leaders who will stand up for all of Ohio's children."



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The Room Where It Happens: TolHouse – For the Vibrant

By Dawn Scotland

Sojourner's Truth Reporter

Attendees lined up outside of the newly repurposed Haas- Jordan Umbrella factory on 1447 N Summit St. Saturday evening October 23 for the official opening of TolHouse. The members-only exclusive club provides a social playground for the creatives of the city to collaborate, socialize and enjoy.

The innovative and pioneering space is unlike anything seen in Toledo.

Will Lucas, Toledo native and entrepreneur, saw the vision for TolHouse while in New York City. This sparked a six and-a-half-year vision that, on Saturday evening, officially came to fruition.

"You guys are living in my literal dream right now," said Lucas, founder of TolHouse, Creadio and brand manager for AfroTech and Black Green Money, who addressed his acknowledgements to 200 attendees and supporters, while thanking the people who help to foster this dream with acknowledgements from Sandy Spang, City of Toledo commissioner of Small Business Services, and Mayor Wade Kapszukiewicz.

Attendees enjoyed hors d'oeuvres and access to the club's four lounge spaces, two bars and coffee house.

So, who is the space for?

"This place was designed for people who are doing the work to help Toledo be what it could be if we got out of our own way." Lucas ensures that the vibrant is not limited. "Whatever work you're doing whether it be in the creative industries, law, education, whether you're a home-maker or retired and you're mentoring now. If you're doing the work in your way to help us be better – that's who this is designed for."

Lucas pinned the 50 founding members of TolHouse club with gold numbered pins. The members will have exclusive access to events, ticket sales and additional perks.

Tolhouse hosted major events during Solheim Cup Week and recently the afterparty for John Legend's one-night engagement at the Toledo Museum of Art. While public access to preview the space for nonmembers ended October 22, the public can enjoy access to this private club through events and programming.

The space will include a jazz venue, Lucille's, that will be open to the public with hopes for its official opening by the end of this year.

It is important to note that while most private clubs of its ilk are exclusive by economic status, TolHouse is not.

"It's not meant to be economically discriminatory. There are people who can't afford this and we found a way to get them in. There are people who can afford this and did not get approved."

Lucas has one message – Apply.



Will and Angela Lucas

"Don't be put off by the rates: Apply. We find ways to get people in whether it be through scholarships, grant programs... we find ways to get people in who can't straight up write a check," says Lucas.

"I want people to know that this is a place for us to be among people who are also doing the work. So, if you feel like you're missing that ecosystem. That network of people who are doing great work and you just want to be around people who are pushing the ball forward and you can add value to other people who are pushing the ball forward. This place is for you."

TolHouse's next event is BUT MAKE IT FASHION on November 11 and will provide "an inside look into the minds of two of our communities most successful fashion designers." This is the club's inaugural speaker series of many and features Toledo native Darryl Brown, founder and creative director at Midwest Kids and Darryl Brown Clothing Brands, and Erin Feniger Maggio, founder and creative director at Rialto Jean Project. Tickets are on sale on the club's website at TolHouse.com

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Dr. John W. Williams, Pastor

John Legend Enthralls Audience at Toledo Museum of Art

By Dawn Scotland

Sojourner's Truth Reporter

The Toledo Museum of Art held a private concert featuring award winning singer-songwriter John Legend Friday evening October 22 in the Museum's Art Gallery. The event, entitled "Art Meets Legend," featured the artist pairing his famous songs and covers alongside notable artwork to an audience of sponsors, community members and local children.

Adam Levine, director of the Toledo Museum of Art, opened the event and introduced the night. "I see Toledo tonight at Toledo's Museum of Art," Levine said. The event was the first of its kind. It featured the artist singing with spotlighted artwork throughout the gallery and was co-presented with TAPA (Toledo Alliance for the Performing Arts).

"So excited to be with you in here in this beautiful place... and just enjoying your company." Legend opened the night with "Made to Love" followed by a cover in Legend's signature style to the Beatles' 1969 hit "Here Comes the Sun."

The non-stop 11-song serenade featured songs "Save Room," a new single "Never Break" from his recent album "Bigger Love," the song "Love Me Now," and a surprising cover of Bruce Springsteen's "Dancing in the Dark" (1984).

His breakout 2004 hit "Ordinary People" was met with a singalong from the audience.

"Green Light" and "Conversations in the Dark" were also followed by hearty applause.

The night offered an intimate concert in the museum's Art Gallery that sat about 400 attendees including about 40 local school aged children from the community as a part of the museum's outreach effort. The children were from Junction Coalition, Englewood neighborhood, Art Tatum Zone, the Frederick Douglass Community Association, Toledo Lucas County Public Library, Eboli Institute and YWCA. Tickets were also given to first responders.



BGSU Choir

While the first half of the concert featured a man and a piano, the last two songs featured special local guests.

Legend was accompanied by the Bowling Green State University String Quartet during "All of Me" and the concert ended with Bowling Green State University's choir singing "Glory," the Grammy award winning song from the 2014 civil rights film "Selma," to a standing ovation.

The event was sponsored by ProMedica, the Dana Corporation, Rita B. Kern Foundation, Craig and Amy Findlay, Brent and Pam Cousino, Cynthia and Ron Thompson, Bowling Green State University and the Greater Toledo Community Foundation. While the event is the first of its kind, the museum plans to have more events like it in the near future.

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Art Tatum Zone Youth

The First Annual Black Men Matter Photoshoot

By Carla Thomas

The Truth Contributor

For the past seven years, I've held the Naturalista Photoshoot for African-American women and girls, who proudly embrace the natural hairstyle, as a way of celebrating and highlighting the positive aspects of African American women and their hair.

Each year as the photoshoot is featured in The Truth newspaper and images are shared on social media, I am approached with the question, "when will you be hosting a photoshoot for the men?" Well, that time is now.

Tired, worn and weary from the abundance of negative images of black men in the media, I wanted to use this local media platform to celebrate the true essence of black men, their value and their importance to our community, and decided to call it "The Black Men Matter Photoshoot."

The First Annual Black Men Matter Photoshoot was held October 17 and open to all men ages 18 years and older. Participation was not determined by title, status or pay grade, they qualified simply by the melanin skin that they are in.

The theme of the shoot was "Sugar Sharp" meaning, come dressed in your best and dressed to impress. The colors were black, white, grey, burgundy, and navy blue to be worn in whatever combination the men chose.

This photoshoot was about more than the men dressing up and having their pictures taken. This was an opportunity for them to also give back by supporting a local non-profit organization. The cost to participate in the photoshoot was a minimum \$15 donation with all money collected, going to support the nonprofit of choice, The Program Inc.

The Program Inc., under the direction of Tramain Rayford is a 501(c)(3) certified nonprofit organization that teaches fatherless young men the skills necessary to be successful men of courage, commitment, and integrity. The Program Inc. exists to provide an opportunity for boys to develop their social and life skills, leading them to deal effectively with the demands of everyday life. They specialize in but are not limited to fatherless young men, and provide mentoring, personal development and economic education.

This organization is 100 percent privately funded, meaning most of their donations come from local businesses and people like you and me and they are always looking to partner with organizations that are consistently making a positive impact on the community by providing resources and showing compassion to youth in need.

To learn more, please visit their website at <https://programinc.org>.

The men of the First Annual Black Men Matter Photoshoot raised \$800 for The Program Inc. with a portion of the donation coming from Taylor Automotive on behalf of their Community Ambassador Terry Crosby.

I was so impressed with these men. What first caught my attention as they each entered the room was their style, stature and the attention to detail they gave to their overall appearance. Beyond their physical appearance, however, was the noticeable energy they brought with them. It was the vibe of pure confidence, readiness and purposeful intent wrapped in poise and positivity. Witnessing the way, they humbly and unpretentiously embraced each other's presence was inspiring.

In planning for this article, I knew I wanted to include two or three quotes

"After I was referred by Carla Townsend, I wanted to show our younger black men how much of an impact we truly have in this world. We are Kings, we need to acknowledge that WE are role models. What I enjoyed most is the positive energy as soon as I walked into the room. I truly enjoyed being surrounded by other black men that play a certain role in life." ~ **Keith Reid**

"The experience started before I even got to the actual photo shoot. Simply walking down the street headed toward the Davis building, I could see other well-dressed men, lots of acknowledgement, mutual respect and compliments took place all around. Far too often, the mass media tends to portray men of color in a negative light, this was the perfect opportunity to say otherwise. I also went to help support a worthy cause, The Program Inc. For me, it was the camaraderie and the overall sense of brotherhood and support for one another that made the experience enjoyable and memorable. Gentlemen took direction with ease and there was some good networking going on as well. Overall, this was very fun, definitely worth the time and I would do it again." ~ **Michael Stubblefield**

"It was a great experience coming together with positive men in the community.

There was a lot of confidence in the room." ~ **Johnnie Hannah Jr.**



Seated-Keith Reid and Michael Stubblefield. Standing Johnnie Hannah Jr., Blair Johnson, Reginald Beverly

from a few of the men, so I asked the following questions: Why did you decide to attend the BMM photoshoot? What did you enjoy most about the shoot? Describe the experience.

The responses I received were so remarkable, that I found it necessary to include them all.

This was more than just a photoshoot . . . it was about the men who graciously agreed to participate, coming together, and saying, I MATTER . . . MY BROTHERS MATTER. It was about giving back, supporting the Program Inc. and letting the next generation know that THEY MATTER.

... photos continued on pages 8 & 9



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Carlo Phini, Dorian Rayford, Edwin Rhodes and Ron Roberts

"What I enjoyed most about The Black Men Matter photo shoot was the coming together as brothers, for one common cause. The shoot revealed that we could think of others, truly being our brother's keeper, donating to a great organization. This demonstration of black men dressed professionally, not with sagging pants, dresses etc., fitting a stereotype that the world has for us. We are MEN . . . strong united, masculine! Those young men in the Program Inc. can see black men dressed in suits. It's more than enough to inspire them with a different view of what the world wants them to see. This was a joy to my heart!" ~ **Dorian Rayford**



Clyde Kynard, Moni Featchurs, Quintin Riley and Lance Price

"I decided to attend the BMM photoshoot because I found it to be intriguing and refreshing that an African American woman would be so thoughtful to capture, honor and recognize black men.

What I enjoyed most was the fellowship and great conversations shared between good brothers.

It felt awesome to be a part of a great group of black men of all ages coming together for a common cause, embodying the fact that Black Men DO Matter!" ~ **Clyde Kynard**

"What I enjoyed most about the shoot is that we have a chance to control/change the image of how black men are portrayed in the media. The images you see of black men "normally" don't include a suit and tie. We must be the ones who change that. The experience was amazing. Black men from all walks of life, suited and booted, entered that room. . . walked up to people they knew and greeted them THEN walked up to people they didn't know and introduced themselves. No ego, no hate, complementing and supporting each other (which somehow became against societal norms), all in support of an organization to help the next generation of young men follow our example!!!!" ~ **Moni Featchurs**

"My wife made me do it! Honestly speaking, the opportunity to dress up while supporting a worthy local charity was too appealing to turn down. Creating a representation of black men that people don't often see was powerful. Perhaps some young man with pants sagging to his knees and struggling with his self-esteem is inspired by images of black men they might not have seen before. Seeing old friends and acquaintances and meeting new people in our community was enjoyable. The experience uplifted my spirits. Small things can yield big results." ~ **Lance Price**



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Julian Mack, Terry Crosby and Brian Hayward Sr.

"It's a rare opportunity for professional, black men in the city of Toledo to come together all at once and exhibit class, etiquette, unity and strong Brotherhood...all wrapped into a couple hours.

I enjoyed how well organized this event was...the ambience, energy, fun and positive vibes we received from each other. The experience was one that I will remember for a lifetime and gave me so much hope and clear evidence that this world can be a beautiful place to live...laugh and love."
~Terry Crosby

"I attended because with all of the negative things that are portrayed about the African American male, I thought it would be wonderful to show our community the camaraderie, love, unity and strength of the black man. I've seen on social media black men coming together in other cities and wanted to answer the call to participate in my city along with giving back to a worthy cause that The Program Inc. is fostering with youth. I truly enjoyed the laughter and conversation with my brothers. The experience was awesome." ~Brian Hayward



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Terence Ellis, Carlie Phoenix, Steve Harris and Tariq EL

"I decided to attend the BMM photoshoot because I loved the concept of getting dressed up along with other men who like to dress, and I knew this would be a great experience for me and everyone involved . . . something we could all feel good about once when we saw the final shots. I really enjoyed the fellowship with the guys and ladies, everyone worked well together!!! The experience was awesome, dope, excellent . . . all the above and I can't wait to be a part of the next shoot!" ~Steve Harris

"The camaraderie of the brothers!! The energy was very good in the room. The confidence of brothers coming together, some I knew, some I did not . . . at the end we were brothers." ~Tariq EL

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Play Your Way Through the Holidays

By Patrice Powers-Barker, OSU Extension, Lucas County

The Truth Contributor

This week the Ohio State University's Live Healthy Live Well team kicks off the annual six-week email challenge with the 2021 theme of *Play Your Way Through the Holidays*. They ask: *Does the holiday season stress you out instead of making you smile? Do you feel like you don't have time to spend doing the important things?*

Consider joining the "Play Your Way Through the Holidays" six-week email wellness challenge for tips, research, and resources to help you navigate life so you can spend time doing things that are truly important to you. It's free, you will need an email and you will need to sign-up by the end of this week at go.osu.edu/LHLWLUCAS.

This topic made me wonder, can you play your way to eating healthy food? One of the dictionary definitions of play is "activity engaged in for enjoyment and recreation." I would not recommend eating just for recreation purposes, but we can eat with enjoyment.

Some suggest that slowing down while we eat can make it more enjoyable. We can appreciate the food and the time that it took to prepare it and to eat it. We can pay attention to all our senses such as the temperature and taste of the

food. We can also be aware of our fullness. When we slow down to eat versus rushing through the meal and multitasking, we pay more attention to the food as well as our bodies. This can lead us to healthier choices.

Another advantage of enjoying your healthy food and playing your way through the holidays is that we can notice when we are feeling better. We might feel a little clearer, healthier and find it easier to add more steps to the day. More energy will allow us to do more play in other areas of life!

As adults we might remember during childhood, being warned: do not play with your food! Although we don't want children making a big mess, there's a different understanding now about children's development.

Now, parents might encourage young children to play or explore with their food. They can use their hands to touch it before putting it into their mouth. They might squish new food around in their mouth as they make a decision about it. Maybe adults can take an example about playing with food. Once again, this is not to suggest that we're making a mess. For adults, playing with food might look like:

- Have a mix-up of different cuisines. Think of a fusion restaurant where more than one type of food is served together. It's a nice way to mix up the menu and try some new tastes.
- Try "old" foods in new ways. Can you think of a vegetable from childhood that you didn't particularly care for? Maybe it was just the way it was served. For example, many people might not have fond memories of overcooked vegetables. Roasted vegetables taste good and don't taste like what you remember of those far away, overcooked memories!
- Keep trying the new food over and over. While this might not sound like play, with more exposure to a food we can train ourselves to like – and maybe even crave – that new food. Just a small amount is fine. Keep trying it over and over to retrain your brain!
- Match the new and unusual food with some of your favorite menu items. It's a good way to look forward to new foods because you already know you will have a favorite food on the plate.
- Play with the table by adding a different centerpiece, candle, or tablecloth. Do something different to change the scene. It doesn't have to be anything major but go for a playful and enjoyable update.

How will you actively engage in play for enjoyment when it comes to your meals? Can you play your way through the holidays with healthy meals, traditions, gratitude, activity, and laughter? And some new food?

One additional resource offered this month is a Dining With Diabetes online webinar to recognize Diabetes Awareness Month. Join the Dining with Diabetes Team for a FREE virtual class to learn how to manage your diabetes while still enjoying festive holiday foods and seasonal family gatherings. Our statewide team will be offering a **Take Charge for the Holidays webinar on November 17, 2021, at 12:00 - 1:00 PM**. You can register at: <https://go.osu.edu/takechargeholidays2021>

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Racial Disparities in Infant Mortality and Maternal Health

By Dawn Scotland

Sojourner's Truth Reporter

Nan Whaley, the current mayor of Dayton and Ohio gubernatorial candidate, held a virtual roundtable on the topic of "Racial Disparities in Infant Mortality and Maternal Health" on October 14. The discussion was led by State Representative Juanita Brent and featured the leaders of three black-led grassroots health organizations.

"Infant mortality" is the death of a live-born baby before his or her first birthday." According to odh.ohio.gov "Ohio infant mortality across all races was 6.9 per 1,000 live births in 2019. The Black infant mortality rate was 14.3 in 2019."

While the overall infant mortality rate in Ohio has remained consistent, the black infant mortality rate has increased, signifying a widening gap between black and white infant mortality.

"We can do better and we must do better on this issue," Whaley opened. "Black women are 2.2 times more likely to die from a cause related to pregnancy than white women and black infants in Ohio are dying before their first birthday at a rate of nearly three times as that as white infant. Many of these tragic deaths are preventable but we need a governor and a state government that recognizes how urgent this problem is and takes concrete steps to address it."

State Representative Juanita Brent of District 12 was introduced by Whaley to lead the half hour panel discussion. Participants in the roundtable included Jazmin Long of Birthing Better Communities, Veranda Rodgers of Pregnant with Possibilities Resource Center and Jessica Roach and Dorian Winguard of Restoring Our Own Through Transformation (ROOTT). "This is where it starts... these are the people that are doing the work," said Brent.

Jazmin Long, president and CEO of Birthing Beautiful Communities based in Summit and Cuyahoga Counties shared her frustration with the state and provided solutions. "Many of us around this zoom have really been advocating and articulating the need to support grassroots community-based organizations," said Long. "Many of our organizations have zero infant deaths. You see that when you are able to provide culturally relevant services."

One of these services that the organizations provide are the use of doulas. A doula, according to Americanpregnancy.org, "is a professional trained in childbirth who provides emotional, physical, and educational support to a mother who is expecting, is experiencing labor or has recently given birth. Their purpose is to help women have a safe, memorable, and empowering birthing experience." While doulas do not provide medical care, as a labor support specialist "the goal of a doula is to help the mother experience a positive and safe birth, whether an unmedicated birth or a cesarean."

The organizations provide holistic services that support both the physical and mental needs to the entire family of the expectant mother. The services provided by some of these organizations are for up to two years after the child's birth.

When asked by the candidate about what Ohio can do, the organizations



Nan Whaley, Mayor of Dayton



State Rep. Juanita Brent

had a unanimous sentiment: support grassroots organizations that are doing the work with funding and provide quality healthcare.

"Get out of our way [and] let us do the work. It's really that simple," said Winguard (COO and Co-founder of Restoring Our Own Through Transformation (ROOTT). "Fund the organizations that do the work."

"It really isn't about access to care it's about receipt of quality care", said Roach (CEO and Co-founder of ROOTT), "we shouldn't have to do all of the work to find someone that's going to be able to provide the respectful amount of care that we deserve."

Included in the suggestions from the panel were doula reimbursement, the extension of Medicare through babies' first year of life and providing funds for grassroots organizations that are not restricted to Medicaid.

"We need leaders who are listening to subject matter experts", said Representative Brent, "[Whaley] is listening and this is a priority to get this address in the state of Ohio."

20 under 40... continued from page 15

ZAHRA APRILI COLLINS, Toledo Urban Federal Credit Union

Zahra Aprili Collins serves as the program manager for Toledo Urban Federal Credit Union (TUFCU). In this position, she is responsible for identifying and pursuing resources that are vital to the enhancement and fulfillment of TUFCU's mission to assist members in achieving economic empowerment. Her responsibilities include cultivating new and maintaining existing relationships between TUFCU and other community organizations and institutions, as well as grant writing, grant management, and new program development.

After joining the staff in February 2020, she immediately faced challenges amidst the COVID-19 pandemic. Her first task was to interface with the Small Business Development Center (SBDC), the Minority Business Assistance Center (MBDC), and the Small Business Administration (SBA) to assist local business owners and the community in accessing the resources and funding available through the C.A.R.E.S. Act. In the last three weeks of the Payroll Protection Program (PPP), she helped lead the effort to open (PPP) lending at TUFCU and assisted in servicing / distributing nearly \$1.5 million in PPP loans to small businesses in Toledo. Her biggest achievement is having successfully written and received confirmation of approximately \$2.1 million in private and government grants for TUFCU.

Within the community, Collins serves on a number of non-profit boards, including as second vice president of the Scott High School Alumni Association; as chair of the Scholarship & Hall of Fame Committees; and she volunteers as a member of the Community Hub Team, as well as other notable leadership positions in the area.





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A Mental Health Moment

Mental Health 90-Day Challenge (Part 2)

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

The Truth Contributor

Happy November dear readers! Last month I wrote about readers taking a mental health 90-day challenge raising questions and concerns on how to get started with your own mental health.

We now have roughly 60 days until 2021 comes to a close but in the midst of those days comes issues with holiday blues that can weigh heavily on one's emotions, thoughts and actions that can adversely affect our mental health. For example, many of us have lost loved one's over the past year or years of many and the holidays often bring about memories shared with those we've lost.

If you had the opportunity and interest to begin this challenge, I commend you greatly for taking care of yourself. Some noted steps were to begin the conversation with yourself such as "how do I feel, am I angry, anxious, hopeless, or even depressed?" Followed by how to begin to address those issues by seeking professional help or at least reaching out to a trusted friend, family member or colleague.

Healthcare, and lack thereof, features a huge disparity as well as having the ability to share your weaknesses. Open enrollment is still ongoing if you do not have health insurance through an employer. Jobs and family services is a great start in obtaining insurance.

If you have not started this challenge, I greatly encourage you to take a first step. That first step is to acknowledge that your mental health is an immense part of your overall health. You can be fit, in shape and have optimal physical well-being but if you lack the ability to regulate your emotions, appropriately function in social, work and relationship areas, running five miles a day will not fix those issues.

A few tips for the month of November and this on-going challenge. Veterans day is November 11, while to some it's just another day, but my fellow veterans take it a bit more serious due to their service experience. If you are a veteran or have a family member who is a veteran and find this time to be a trigger that can exaggerate feelings and emotions of self-harm or harm to others reach out to the veteran's crisis line



(800-273-8255) or text (838255) or link up with the Toledo Outpatient clinic (419-259-2000) The clinic is located at 1200 S Detroit Ave in Toledo, lastly the Lucas County Veterans Services can be reached at 419-213-6090 and can assist with many needs as housing, food, legal, burial and benefits.

Thanksgiving Day this year is Thursday November 25. Most of us look forward to spending time with our families and friends and of course great meals but can be very difficult to celebrate if family members are no longer with us. Memories can be wonderful when the experience was wonderful. Life is ever changing as can be our memories.

If you are unable to continue a tradition of this celebrated holiday as in the past, create new traditions. This will create new memories yet allow you to always appreciate the past. We all know change can be excruciating and even anxiety provoking but unfortunately life will not stop for any of us. Change will happen whether we want it to or not but we all have the ability to create the change we prefer to the best of our ability.

A challenge is meant to prove to ourselves that we can do something different. The outcome of that challenge is up to us. Be well, be healthy and be honest with yourself. Get your mind right and start by challenging yourself to becoming the best you closing out 2021.

Note: If you are interested in participating in a grief group, please contact me as there are limited spaces. This is a 6-week action-based group for adults to learn how to grieve and process the difficulties faced with a loss.

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. 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 Available for team building, employee empowerment in motivation and better understanding mental health in the work place. Accepting new clients ages 13 and older.

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Until I Am Free: Fannie Lou Hamer's Enduring Message to America by Keisha N. Blain

By Terri Schlichenmeyer

The Truth Contributor

Tis the season of giving.

A few coins in a bucket, folded dollars in an envelope, an extra donation to the church, you don't mind. Wrap a small gift for a child in need, give to someone who has nothing, it's the holidays. Or read *Until I Am Free* by Keisha N. Blain and give of yourself.

c.2021
Beacon Press
\$25.95 / \$34.95 Canada
200 pages

From the day she was born in Mississippi in the fall of 1917, Fannie Lou Townsend knew only poverty. She was the youngest of 20 children, and her parents were mostly sharecroppers; because they needed every pair of hands to keep ahead, Fannie Lou often stayed home from school to help, beginning right at age six.

As a younger woman, Fannie Lou stayed on the same plantation where she was born and though she seemed to live a quiet life, there were hints of mid-20-century scandal: documents show that she may've been wedded to a man named Gray before marrying Percy "Pap" Hamer in 1944. She never birthed any children; it's said that she tried to, but was sterilized without her permission in 1961, a fact that she learned fourth-hand.

The following year, says Blain, Hamer "found her calling" when she attended a meeting through her church, with the Student Nonviolent Coordinating Committee (SNCC). It was an important event: instantly, Hamer saw how voting could give Black citizens better opportunities and better lives through their ballots. For the rest of her days, Hamer worked for civil rights, teaching and speaking with an emphasis on the Constitution.

She was a big proponent of letting people decide their own political



Until I Am Free author Keisha Blain

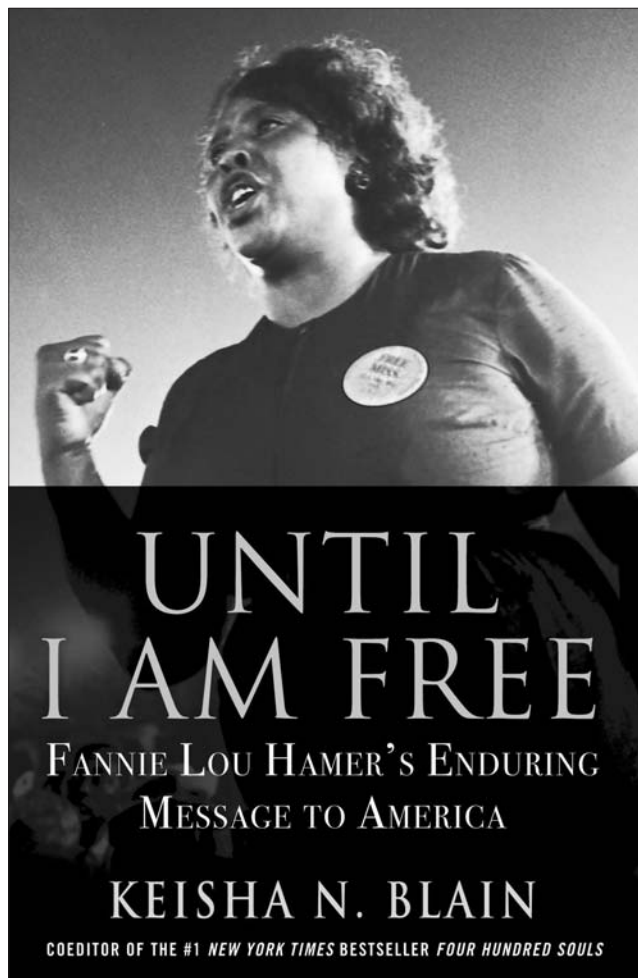
futures locally, without interference. She promoted leadership within the Black community, working for the future of all, and especially Mississippi. Hamer was not a feminist but she was fierce about empowering women. Almost right up to the day she died of breast cancer in 1977, she was an activist and advocate...

In her introduction to this biography, author Keisha N. Blain wonders why the name of Fannie Lou Hamer doesn't often stand in the company of Dr. King, Rosa Parks, John Lewis and Angela Davis. In *Until I Am Free*, Blain fixes that omission.

Though it's often repetitious, Blain's account of Black life in the Jim Crow South is important – maybe more so because she leaves none of Hamer's personal stones unturned. This makes for a very good portrait of Hamer, but biography is only half the story.

Using today's headlines as a frame for Hamer's life, Blain shows readers how events from the past still resonate today. She also lets us imagine what Hamer's outrage might be like over Philando Castile, Breonna Taylor, Ahmaud Arbery, Sandra Bland and George Floyd by tying their deaths to the mistreatment that Hamer endured through her childhood, during her rise in activism, and beyond.

For younger readers, that could be an important part of their education. *Until I Am Free* will be a great inspiration for you, if you've never heard it before. This time of year, it's also a good book to give.



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CLASSIFIEDS

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November 3, 2021

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REQUEST FOR PROPOSALS RFP21-R033 FIRE SYSTEMS TESTING, INSPECTION, AND MAINTENANCE SERVICES

Lucas Metropolitan Housing (LMH) will receive proposals for Fire Systems Testing, Inspection, and Maintenance Services. Received in accordance with law until November 16, 2021, 3:00 PM ET. see documents: www.lucasmha.org; 201 Belmont Ave., Toledo, OH 43604; or 419-259-9446 (TRS: Dial 711). Affirmative Action and Equal Employment Opportunity requirements (Executive Order #11246). This opportunity is covered under Section 3 of the HUD Act of 1968.



MANAGER OF TREATMENT SERVICES MENTAL HEALTH & RECOVERY SERVICES BOARD OF LUCAS COUNTY

Mental Health and Recovery Services Board of Lucas County is accepting applications to fill the position of Manager of Treatment Services until position is filled. The salary for the position starts at \$54,000 a year. There are twelve (12) paid holidays, two (2) personal days, paid sick leave, and two (2) weeks' paid vacation to start. The position works a hybrid schedule, allowing both work from home & the office on an approved schedule. The position is also eligible for health insurance coverage and participation in the Ohio Public Employees Retirement System (OPERS). Additional information regarding the duties is available on the Lucas County web site (www.co.lucas.oh.us). Click on "Apply for a Job" and then select Manager of Treatment Services from the list to read more or apply.

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REQUEST FOR PROPOSALS RFP21-R034 ROOFING SERVICES

Lucas Metropolitan Housing (LMH) will receive proposals for Roofing Services. Received in accordance with law until November 19, 2021, 3:00 PM ET. see documents: www.lucasmha.org; 201 Belmont Ave., Toledo, OH 43604; or 419-259-9446 (TRS: Dial 711). Affirmative Action and Equal Employment Opportunity requirements (Executive Order #11246). This opportunity is covered under Section 3 of the HUD Act of 1968.



GIS/ENGINEERING TECHNICIAN LUCAS COUNTY ENGINEER

Lucas County Engineer is accepting applications to fill the GIS/Engineering Technician position. Application deadline is November 26, 2021 at 4:00 pm. Additional information regarding the duties is available on the Lucas County web site (www.co.lucas.oh.us). Click on "Apply for a Job" and then select "GIS Engineering Technician" from the list to read more or apply. Resumes are also accepted by email to jamiller@co.lucas.oh.us

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20 Under 40... continued from page 16

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An advocate for mental health, Thomas sits on the Board of Directors for the Lucas County Suicide Prevention coalition, The Warren AME Senior Resource Center and the National Crisis Residential Association. She is also a member of The Mental Health Liaison Group, The Lucas County Community Psychiatric Emergency Service Subcommittee and the local Recovery Council.

Thomas is a regular co-host of the Eric Chase Daily Podcast and she recently acted as consultant for Back Packs for Humans, where she shared the importance of volunteering.

A graduate of the University of Toledo, Thomas resides in Perrysburg.

ANTHONY GOODWIN, National Co-op Grocers

As a young leader in public health, Anthony Goodwin, Business Innovation Director at National Co-op Grocers, has dedicated his career to improving the lives of others. His work has focused on addressing the social determinants of health to improve the health and well-being of the community.

Goodwin joined National Co-op Grocers (NCG), a business services cooperative for retail food co-ops located throughout the United States, in September of this year. Prior to NCG, he was Director of Resourceful & Market Solutions at ProMedica where he was responsible for the product development and commercialization of digital health and well-being solutions.

As past director in the 15th largest non-profit healthcare system in the US, he has worked locally and nationally to reduce health disparities in the country. A few key highlights have been the development of three non-profit grocery stores in Ohio and Michigan to eliminate food deserts in low-income communities, allowing thousands of people access to healthy and affordable food in the community; and developing job training programs to offer workforce development and living wage jobs to the community.

Goodwin is currently pursuing his Ph.D. in public health with a research focus on the food environment, health disparities, and racial equity. He plans to graduate in 2024 and then secure a position as a professor to educate future generations of public health professionals. Goodwin serves the community in a range of ways, including as an Engage Toledo ambassador; on the board of the Toledo Public Schools Foundation; and as a committee member for the V-Project; among others.

JASON WHITE, Witness Riches

Jason White died unexpectedly on August 16 leaving a wife and two children and is receiving his award posthumously. White was the owner of Witness Riches, which provided financial coaching and credit repair services to people across America. He attended Adrian College, where he earned his degree in marketing. In 2013, after quickly failing at selling life insurance, he took a leap of faith and started his financial improvement company. He used his self-education and life experiences to teach and serve his community of over 100,000 Dough Chasers on using their money as a tool and improving their creditworthiness so they could reach their goals more quickly using credit. To help those who may not have been able to afford his services, he often shared financial tips and strategies on his YouTube channel, which had over 400 videos and 25,000 subscribers. His social media had over 30,000 followers, and his financial literacy blog had over 45,000 subscribers.

Through his career, he had many notable achievements, such as authoring a book, *Credit Building Secrets*; owning his business since 2013, with seven brands serving the community; maintaining employment for all 13 staff members during the pandemic; achieving an A+ Better Business Bureau rating; increasing the company revenues by 21% and total clients served by 29%; and fostering a community of over 100,000 with financial literacy tools and services through the company, among others.

In the community, White had donated 500 backpacks and school supplies to families in underserved communities and he was excited to double that this year; gave 100 turkeys away each Thanksgiving to families in the Toledo area; and hosted free credit building workshops to the community at The University of Toledo, the Mott Library, and Canaan Manifested Word Church.

KATHY TUCKER, Historic South Initiative

Kathy Tucker is the vice president of operations for the Historic South Initiative, managing all the residential real estate development projects in Toledo's Old South End for the organization. She previously worked as the CEO of the Northwest Ohio Homeownership Development Agency (NOHDA), where she was responsible for the overall strategic



direction and execution of homeownership opportunities for low to-moderate income families in Lucas County. Prior to her role as CEO of NOHDA, she worked in the banking industry for several years where she held positions in retail/branch banking, small business lending, and CRA planning.

She was accepted at The University of Toledo (UToledo) College of Law Juris Doctorate Program last fall and awarded a scholarship. Additionally, this summer, Judge Lindsay Navarre selected her as a legal intern for the Court of Common Pleas.

Tucker has been intentional about serving her community and currently volunteers her time on several boards, committees, and coalitions including the Lucas County Homelessness Board, the Lucas County Family Council Board, the Impact Coalition, and the Broadway Corridor Coalition. She has served as a chair and a director on a range of boards, as well as a chair and member on different committees.

KRISTAL BARHAM, Health Partners of Western Ohio



Kristal Barham is the center director of Health Partners of Western Ohio, where she leads a team of 32 professionals at three community health centers in Toledo. Her leadership skills are played out daily as her team delivers high-quality care to its patients in an environment that is inclusive, has high morale, few office politics, and a team that are experts on how to communicate with one another.

Barham earned her certificates in non-profit management and executive leadership from the

Center for Non-Profit Resources, a Bachelor of Science in exercise science, and a Master's in public health from The Northwest Ohio Consortium for Public Health.


Barham serves the community in a number of ways, including, among others, as a four-year board trustee with the West Toledo YMCA in the capacity of the program committee chair and the captain of the Scholarship Committee Campaign; as secretary for the Elmhurst Elementary School Parent Teacher Association and chair of the wellness committee; and serving on the Toledo Public School (TPS) District Health Advisory Council, which was tasked with updating the TPS District Wellness Policy.

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Supported by the John D. and Catherine T. MacArthur Foundation

Lucas County will provide up to
\$10,000
in grants to innovative community-based organizations to further criminal justice reform.



FOR MORE INFORMATION AND TO APPLY, PLEASE VISIT:
lucascountycjcc.org/SJC

APPLICATION DEADLINE
November 22, 2021

The 26th Annual 20 Under 40 Leadership Recognition Award Recipients

By 20 Under 40 Toledo

Special to The Truth

Celebrating the 26th year of the *20 Under 40 Leadership Recognition Awards* program, sponsors recognized 20 young leaders in a virtual event on October 28. This year's recipients were selected from 209 candidates and joined 500 alumni bringing the total to 520 awardees over 26 years.

The 20 Under 40 program focuses on the accomplishments of individuals under the age of 40 who have distinguished themselves in their career and/or as a volunteer in the community. It is intended that the program will further motivate young leaders in our area.

The 2021 20 Under 40 Recipients:

- Ramsey Aljahmi, Sr. Director of Operational Excellence of North America, Whirlpool Corp.
- Sinan Alo, Co-founder & Vice President, Halim Clinic
- Quinton Babcock, Mayor, Village of Oak Harbor
- Kristal Barham, Center Director, Health Partners of Western Ohio
- Zahra Aprili Collins, Program Manager, Toledo Urban Credit Union
- Anthony Goodwin, Business Innovation Director at National Co-op Grocers
- Jim Herrick, Partner, TDC Investment Advisory
- Elijah Jones, Manager of Treatment Services, Mental Health & Recovery Services
- Erin McPartland, Development & Engagement Dir., Maumee Valley Habitat for Humanity
- McKenna Reitz, Teacher, Springfield High School
- Breanne Rubin, Attorney, Eastman & Smith Ltd.

- Matthew Rubin, Principle/Real Estate Developer, Crane Development
- Carlos Ruiz, Director of Finance, Zepf Center
- Meyling Ruiz, Program Assistant, Local Initiative Support Corporation (LISC)
- Carly Salamone, Director, NW Ohio Pathways HUB, Hospital Council of Northwest Ohio
- Alexandria Thomas, Wellness & Recovery Center Manager, Neighborhood Properties
- Kathy Tucker, Vice President of Operations, Historic South Initiative
- Jennifer Van Horn, Vice President of Construction and Planning, Toledo Zoo
- Jason White, Posthumously, CEO & Founder, Witness Riches
- Daniel Woodcock, CEO, Peacock Social & Drone Works Toledo

An independent panel of judges selected the 20 candidates for recognition. Judges for 2021 program were Erin Baker, Director of Equity, Diversity, and Inclusion, Toledo Lucas County Public Library; Jay Black, Chief Executive Officer, Pathway, Inc.; Tyrann Boyd, Managing Director, Boyd & Associates Consulting, LLC.; Eugenio Mollo, Managing Attorney, Advocates for Basic Legal Equality, Inc.; Rita Mansour, Senior Managing Director, Mansour Wealth Management; Suzanne Sobel-Poage, President & CEO, Sylvania Graphics, Inc.; Mark Urrutia, General Agent, Catholic Order of Foresters. Four of the judges were past recipients.

Individuals are nominated via an on-line nomination form at 20under40Toledo.com. Nominees who were under 40 through June 30 became candidates by completing their profile which was then reviewed by the judges.

The sponsors extend their sincere appreciation to BCAN for their support of the virtual program.

Program sponsors include Eastman & Smith LTD., Fifth Third Bank, Plante Moran, The Andersons, University of Toledo and Dana Incorporated. Leadership Toledo and the Toledo Business Journal are Community and Media Partners respectively. Buckeye Broadband serves as Broadcast Sponsor; Thread and UlrichPinciotti serve as Creative Partners. Community support is provided by EPIC Toledo, Imagination Station, The Toledo Repertoire Theatre, The Toledo-Lucas County Public Library, Toledo Alliance for the Performing Arts, Toledo Museum of Art, Toledo Opera, Toledo Zoo, and Valentine Theatre.

The following are some of this year's recipients:

ALEXANDRIA THOMAS, The Wellness and Recovery Center

Alexandria Thomas has directed operations of The Wellness and Recovery Center (WRC) since its debut in 2018. Currently, the WRC is the only peer run mental health respite care center in the state of Ohio and one of only 40 in the country. WRC received the 2019 Innovation and Excellence Award from the Greater Toledo Community Foundation. In response to the COVID pandemic, Thomas created The Lucas County Emotional Support

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November is Diabetes Awareness Month



DID YOU KNOW:

- More than 34 million Americans are living with diabetes.*
- 88 million Americans age 18 and older have prediabetes.*
- 1 in 5 Americans don't know they have diabetes.*

*American Diabetes Association

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