



Volume 72 No. 7

"And Ye Shall Know The Truth..."

May 25, 2022

The Living With Lupus Weekend!



Brenda Brooks, Tymeeka Gipson, Rachelle Roy, Joyce Goings and Barbara Howard

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Reclaiming "The Block"

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

The Truth Contributor

Once it was humming with vitality. It was the center of black entrepreneurship, stores, restaurants, and taverns. This was a black empowerment zone. And then it was gone.

- Michael D. Sallah



Even today, one can sense the proud but "troubled" soul of Toledo's Dorr Street Corridor. Formerly known as "The Block," the nearly two-mile stretch bound by Smead Avenue on the west and Washington Street to the east is the place where a vibrant Black community once stood.

Rich in food, art, music, culture, entrepreneurial initiative, and activism, Dorr Street was home to over 70 Black commercial enterprises and mirrored Bourbon Street in New Orleans. The corridor also featured professional concerns such as doctors, dentists, lawyer's offices, and banks. It was a Black empowerment zone that Toledoans regarded as our Black Wall Street.

That changed in the mid-1970s when the government decided to "save us from ourselves." With promises to beautify the neighborhood and widen streets, city leaders spent \$25 million in federal funds to demolish and relocate over 400 homes and businesses in the name of urban renewal.

Over the past few decades, continued disinvestment has led to depopulation and increased violence and poverty. Yet, the spirit of Dorr Street has started to rekindle with the recent efforts to reclaim the community's great cultural heritage.

I spoke with David Mann, president and CEO of the Lucas County Land Bank, about his work and whether Dorr Street's glory might be restored. Here is our discussion.

Perryman: Please tell our readers a bit about your background.

Mann: I grew up in Dayton but came here to go to UT for both law school and undergrad. Coming out of undergrad, I worked for the county commissioners in various roles and helped with projects like The Huntington Center. Lucas County was the second Ohio county to form a land bank. I was asked to help lead that entity. For the last 11 years, I have helped to tackle all of those challenges related to vacant, abandoned properties and work to strengthen our community's neighborhoods.

Perryman: I also remember you working for a very prestigious law firm. Talk about how you shifted your focus to help lift neighborhoods.

Mann: I had worked in government throughout law school. After I graduated, I thought it was worth experiencing what it'd be like to be in private practice. So, I joined the prominent firm of Marshall & Melhorn and worked very closely with folks like Keith Wilkowski. Having been there for a year, my experience taught me that my passion is really about public service and giving back to the community.

I liked what I did there, but in private law practice, most of your clients are folks who have enough money to pay somebody a lot of money for legal services. But still, many folks in our community need help who can't afford that level of service. So that's where my heart lies, doing something that benefits the community.

Perryman: What are land banks?

Mann: Land banks are public, private, hybrid organizations whose job is to help make vacant, abandoned and usually tax-delinquent properties productive again. They are a little bit government, a little bit non-profit. They are the tool kit that communities can use to make change happen in the neighborhood.

Perryman: How can the Land Bank aid coalitions like the Junction Coalition, Dorr Street Corridor Redevelopment Coalition and Engle-

wood, who are trying to address the negative impact of disinvestment in their communities that began during the 1960s and 1970s?

Mann: The first thing is to deliver opportunity for those neighborhood coalitions to see the kinds of things they'd like to see start to happen.

In places like the Junction neighborhood or Englewood, there are far more vacant lots and undeveloped pieces of property because of challenges with red-lining, lack of investment, and inequity. The Land Bank's tools and our ability to take ownership of vacant and abandoned property is one of the first steps. We can clear the title, take control of those sites from out-of-town speculators who neglected them and start fresh.

Perryman: What other ways can the Land Bank help?

Mann: The second thing is that we have resources to partner with coalitions to actually make investments. We recently worked with the Junction Coalition and Habitat for Humanity to transfer a couple of vacant lots where two new homes will get built, the first new construction for homeowners in the neighborhood in almost 15 or 20 years. So, positive reinvestment that way.

Those things are possible because we are listening to what neighborhoods and what the Junction Coalition, in that example, wants to see happen. Then using the Land Bank's tools to help carry it out.

Perryman: I've heard talk about commercial development in other cities designed to return historic neighborhoods to their glorious heyday of the past. Would the Land Bank consider buying rights to spur commercial development to revitalize neighborhoods like Junction and Dorr Street?

Mann: In the right context, absolutely that can happen. An example of that possibility with us and the neighborhood as a partner is the St. Anthony's church building, which was a property that many people didn't want to see demolished. They didn't want to lose that history.

For the Land Bank and Junction, that means an opportunity to rebuild that commercial corridor, rebuild that sort of business, and opportunity that was basically stolen from the community in the 50s and 60s and bring it back. But you have to have real estate assets to do that. So, investing in those real estate assets to catalyze that new development is precisely the kind of thing that we regularly talk about and think about.

Perryman: Are there other development possibilities?

Mann: We might have some exciting news with Congresswoman Marcy Kaptur in the next few months. But St. Anthony is one example of, 'let's use the assets that are available to catalyze growth and opportunity because what was lost can come back.'

The story of our community has been a lot of pain over the last 50 or 60 years. But that pain doesn't have to last forever. That's not a given, and it's not that we as a community always have to struggle. But, we have to recognize why there was so much pain in the past and not repeat

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David Mann

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Guest Editorial

Why Schools Can No Longer Ignore Anti-Black Hate

By K. Hasan Hamilton

Contributing Writer, *The San Diego Voice & Viewpoint*

As we head into summer wrapping up the 2021-22 school year, our nation is faced with yet another anti-Black hate tragedy. This time, the gunman is an 18-year-old White male who drove nearly 3.5 hours to murder 10 people and injure three additional victims while racially traumatizing countless others. Among the deceased are retired Buffalo police lieutenant Mr. Aaron Salter who risked his life as a security guard to prevent further deaths from occurring.

What we know is that last year, this 18-year-old, Payton Gendron, previously threatened to shoot up his predominantly White high school, where approximately 2.7 percent of the student body is Black and 3.2 percent are two or more races. Although he received a psychiatric evaluation, the former student was allowed to continue school and graduated without incident.

Interestingly, Black students are continually suspended and expelled for willful defiance like not putting away their cell phones fast enough in class and other acts of "disruption." In contrast, non-Black students, in particular, receive passes for the most egregious acts that are verbal or physical in nature.

In 2016 alone, school hate crimes rose 25 percent. From racial slurs of the n-word to all-out assaults, Black students are saying that they no longer feel safe in school. Take into consideration that 35 percent of all racial bullying and harassment reports come from Black students who make up roughly 15 percent of public school enrollment. In other words, Black students make up the highest incidents of school-based racial bullying and harassment nationwide (CRDC, 2018).

School is a microcosm of society, so whether acts of anti-Black racism occur on or off campus grounds, they should always be taken seriously and acted upon by school administrators and staff. Just last month, right here in San Diego County's Lakeside community, a 16-year-old African-American female was stabbed outside of her apartment complex by a White male neighbor and schoolmate. Both this 16-year-old and his 15-year-old girlfriend are believed to have ties with White 'supremacist' groups.

Lakeside, which neighbors Santee and its local high school, El Capitan, shares similar school demographics to gunman Payton Gendron's Susquehanna Valley High School in New York. Schools can no longer turn a color-blind eye to what is happening to Black children and adolescents across the country, no matter how small the Black student population may be, as we see in these two tragic incidents.

Anti-Black hate is real and we call on schools to protect our youth at every level, including from being harmed by their own peers when they are trying to learn like everyone else. Just imagine how differently the national headlines and local headlines would be if both Susquehanna Valley High School in New York and El Capitan High School in San Diego would have addressed anti-Black hate at schools head on. The time is now for us to take action at the local, state, and federal levels.

Locally, we are calling on San Diego County DA Summer Stephens, San Diego County Board of Supervisor Joel Anderson (District 2), the Grossmont Union High School District, and Lakeside Sheriff's Department Substation to continue to work with the San Diego Community at large to address anti-Black hate and racism head on in communities and in schools.

State and federal wide, to Assemblymember Dr. Akilah Weber, Rep. Scott Peters, and President Biden: we are grateful for the recent passage of the anti-lynching bill in honor of the late Emmitt Till but we need more. On this day, we call for specific legislation that will denounce anti-Black hate in schools and communities. Our students matter. When schools and our nation address anti-Black racism as soon as threats of violence first happen in schools, we can keep our families and communities safe by preventing mass shootings in the first place.

Katrina Hamilton is the Co-Chair of Black Minds Matter Advocacy Group of San Diego (BMMAG-SD), and founder of United Shades of Black and Brown (USB²), an organization focused on eradicating anti-Black Racism in schools.



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Faith Leaders Embrace Grieving Family

By Tricia Hall

The Truth Reporter

Almost two weeks ago, 14-year-old Zho'nasia Ticey, was murdered when shots were fired into a crowd. In response to this tragedy, pastors from the faith community gathered to encourage and embrace the family. A service was held on Friday, May 20 at Jerusalem Baptist Church, located on Dorr Street.



Zho'nasia Ticey

Rev. Cedric Brock, pastor of Mt. Nebo Baptist Church and president of Interdenominational Ministerial Alliance of Toledo, opened the service by greeting attendees and served as program M.C. Mt. Nebo's choir sang emotional musical selections including, 'My God is Awesome,' which brought many people to tears. The service continued as area faith-based leaders delivered Biblical scriptures and passionate words of encouragement to the family members and friends.

"Dear family and friends, as I wrestle with this pain knowing that we lost a 14-year-old child. I wonder why and ask the Lord what does this mean. We all have to go sometime and right now it's not our time," shared Bishop Darrell Shears.

"We're here today because we care, we care about the loss. There are people who don't care or understand, we do care and stand with you. Violence in the city has to stop. People who care must stand up and stand together, say enough is enough. Enough is enough, we stand with you," shared Rev. Otis Gordon, MinD, pastor of Warren A.M.E. Church and member of Toledo Community Coalition.

"We are here to celebrate with this family, even during a time like this," shared Rev. James Willis Sr, pastor of St. Paul Missionary Baptist Church and member of Toledoans United for Social Action.

The sanctuary was filled as Rev. Willie Perryman, pastor of Jerusalem Baptist Church and Toledo NAACP president delivered a sermon. Attendees were asked to donate to cover funeral expenses. Donations are still accepted at Toledo Urban Federal Credit Union on Dorr Street.

"Our objective is we want them to be able to just have a level or a sense of closure, and so closure to families who have lost loved ones, specifically around violence. Give them an opportunity to celebrate their loved ones they lost," shared Rev. Perryman.

Ticey is the 17th Toledo homicide victim and fourth juvenile shooting victim this year.



Rep. Lisa Sobecki Revises Barbering and Cosmetology Laws in Ohio

Sobecki's bill to allow Ohioans to start barbering School at age 16 unanimously passes the Ohio House

Special to The Truth

House Bill (HB) 542, introduced by State Rep. Lisa Sobecki (D-Toledo), passed the Ohio House during session last week by a vote of 82-0. HB 542 contained revisions to Ohio's barbering and cosmetology laws, including reducing the minimum age to start barbering school to 16.

"Currently, young Ohioans can begin cosmetology school at age 16, but have to wait to age 17 to begin barbering school. HB 542 lowers the age for barbering school to 16 to be consistent," said Rep. Sobecki. "With this change, more young Ohioans will have the opportunity to jumpstart their career training earlier."

HB 542 was introduced to harmonize Ohio's barbering and cosmetology laws; in 2013 the two professions were put under the jurisdiction of the newly merged State Cosmetology and Barber Board. HB 542 cleans up the law and streamlines the licensing process.

HB 542 now awaits further consideration by the Ohio Senate.

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St. Martin de Porres Parish Mourns Recent Homicide Victims

St. Martin de Porres Parish joins in mourning the multiple deaths throughout the city and the nation during the past month. The killing of a seven-month-old child and a 10-year-old girl (only blocks from our parish campus) emphasizes the senseless and erratic displays of hate, revenge, and violence.

We are stunned by the weekend shooting in Buffalo which is being prosecuted as a hate crime, and the violation of the worship service of Christians in California. Running errands, trips to the grocery store, family gatherings, Sunday Worship Services have become dangerous partially because of the easy access to guns. We have witnessed hatred,

revenge, and disregard for lives escalate to the murder of innocent adults and children.

We call for a full out effort by the mayor, the city, the police, the sheriff and every citizen to work together to stop the violence. St. Martin de Porres is the patron Saint for Social Justice and we stand tall in his shadow to call and work for justice in our city and nation. Let us all come together and stop the violence and work for peace.

*For information: Sister Virginia Welsh, osf (419-460-3071 – cell)
Pastoral Leader, St. Martin de Porres Parish*

Perryman... continued from page 3

that. Yet, we also have so many opportunities to make this community better. As I said, the Land Bank is one piece of that larger puzzle to get that done.

Perryman: You mentioned Junction, but are there other partnerships with nonprofits, community organizations, lenders, or local government that would help you?

Mann: Yes, all of the above. If you go to the Old South End, we work very closely with the Sofia Quintero Arts and Cultural Center on neighborhood beautification. We work with the Historic South, one of the entities that continue to exist that is actually creating opportunities by investing in property and then re-selling it for homeownership. Everything we do at the land bank is a partnership with someone else trying to make a difference in the community.

Perryman: Is the Land Bank a financial institution?

Mann: We partner with financial institutions; we don't do any direct financing. We do have a program that we call RISE Neighborhoods. It



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One of those neighborhoods is the Clinton Park neighborhood at Upton and Bancroft. Again, this is a neighborhood that is overwhelmingly Black folks. Clinton is a strong neighborhood in many ways but suffers from industrial blight that hasn't been tackled.

In Clinton Park, even though we're not a lender, we offer matching grants and other investment opportunities that can help people get these kinds of projects done.

Perryman: The Dorr Corridor is also a gateway that connects downtown with the University of Toledo via the central city. Is any of your work coordinated with UT's vision?

Mann: A little bit, from time to time. The University is, I think, first and foremost focused on a couple of places that are right adjacent to its campus. However, for many institutions, like ProMedica or Mercy, I think there's a renewed sense that employers can't isolate themselves from the community and just hope that everything goes well.

Neighborhoods are never in a position to do redevelopment alone. They need the public sector to help them. Still, the private sector also has to step up and think about what kind of community they want to be located in and what type of help they want to provide. So it's going to take all of us to tackle some of the challenges that we see today.

Perryman: So, you've shifted from focusing on demolition to concentrating on investment and reinvestment. Is that correct?

Mann: Yes, I don't know that our focus was ever solely on demolition. Sometimes demolition is necessary. But it's more important to invest in the people there and invest in building a neighborhood fabric that delivers opportunities to build wealth, healthy options, and basic quality of life. So all of that matters, too. And that's what makes a neighborhood successful ultimately.

Our focus is on the people there and making sure that they're supported and have all the different things they need. One of them is the removal of really bad buildings, but they need gardens, stable housing, and businesses too. So we want to be focused on all of that as we go forward.

Perryman: So, would you be willing to be a commercial developer for major community development?

Mann: Commercially, I will say that we are the owner of two skyscrapers in downtown Toledo right now. Those will be complicated redevelopment projects, although they will be an enormous benefit for downtown if it comes to pass.

Maybe there is a scenario where we are much more directly involved as developers. But, I think our first task is to find an excellent private developer who can meet the community's needs, and we have some control over that as opposed to being it ourselves. But one never knows.

I couldn't have told you 10 years ago that we would be doing all the things we are doing today, so I hate to pretend there isn't that possibility.

Perryman: Thank you for giving our community hope that an opportunity exists to reclaim what was lost.

Contact Rev. Donald Perryman, PhD, at drdperryman@enterofhope-baptist.org

Lucas County Commissioners and Local Leaders Hold Strong on Supporting Women's Abortion Rights

On Monday morning, May 16, the Lucas County Commissioners and various elected officials held a press conference at the One Government Center to reaffirm their position on women's abortion rights. County Commissioners plan to vote on a resolution stating that they support a woman's right to choose and for them to have access to abortion care and other reproductive services.

Those in attendance included Commissioner Pete Gerken; Commissioner Tina Skeldon Wozniak; State Representative Paula Hicks-Hudson; State Representative Lisa Sobecki; Jamie Miracle, deputy director for Pro-Choice Ohio; Toledo Councilman Nick Komives; State House of Representative Candidate Erika White; Kristin Hady, local pro-abortion advocate and other supporters.

The group highlighted the state's actions towards scaling back on abortion care if the U.S. Supreme Court overturns *Roe v. Wade*. Under pending House Bill 598, also known as the Enact Human Life Protection Act, abortions in Ohio would be prohibited without any exceptions.

This proposed legislation comes after the leaking of a U.S. Supreme Court draft decision regarding the overturning of *Roe v. Wade*. Justice Samuel Alito has written in a majority draft opinion that the decision on women's abortion rights is the responsibility of the individual state's elected officials, giving ammunition to state governments that would like to do away with those rights—Ohio being one of them.

"This particular bill would immediately come into effect and will effectively ban the right for a woman to choose what she is going to do with her own body," said Hicks-Hudson. "We can talk about pro-life or pro this-and-that, but what this bill effectively does is cuts out all of that conversation. That takes the government into the bedroom and into the private lives of individuals, and says to them, 'No matter what and no matter what condition or circumstance, if a woman becomes pregnant, she must carry that child to term.'"

Fellow leaders and lawmakers agree that the state should stay out of the matter, citing that most Ohioans believe that a woman should have the right to choose.

Rep. Sobecki opened up to the crowd, sharing her experience with abortion care as a young woman and how the opportunity to make that choice is essential for women. She continued to say that "the decision to have an abortion should be between a woman and her doctor. Many women have no one to turn to and it's important to ensure all women have equal access to abortion."



State Rep Paula Hicks Hudson addresses potential denial of women's right to choose in Ohio

Speakers for the morning urged for the Lucas County Commissioners to move forward with voting for the resolution and wanted to assure the public that the fight to retain a woman's choice is their priority amid the revelation of the U.S. Supreme Court's upcoming decision on *Roe v. Wade*.



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The Lupus Awareness Parade

By Dawn Scotland

The Truth Reporter

"This is a Jesus moment," said Rachelle Roy, founder of the Living with Lupus Walk in Toledo.

On Saturday morning, May 21 Roy was filled with emotion as hundreds of allies drove in support of Lupus Awareness. The parade, in partnership with the Corvette Club, spanned from Dorr and Collingwood to Club Evolution on Reynolds Rd.

The event, she says, exceeded the amount of her inaugural Living with Lupus Walk last year that she created in just 16 days.

Corvette riders from Toledo, Columbus, Detroit and Pennsylvania came out to support the event. Many wearing special purple "We Ride for Lupus Awareness" shirts.

"When I was envisioning [the event]... I was asking [the Corvette Club] to just come out and show a couple of cars (at Ottawa Park)." God exceeded her vision and plans.

"[God] gave a parking lot much bigger. He gave me Dorr and Collingwood and he [brought out] a whole bunch of corvettes and slingshots." Over 200 people participated in the event Saturday.

This parade is a part The Corvette Club's annual day party celebration. The club plans to do more community service and outreach in the future. They have been in operation in Toledo since the 1970s.

Roy hopes that the event will bring more awareness to Lupus, a condition that is often known as a "mystery disease."

"What I wanted to do more than anything was raise the awareness about Lupus... no one was talking about Lupus... I didn't see the bridges turn purple [during Lupus Awareness Day]," said Roy.

Roy was diagnosed with Lupus in 2005. "We look healthy... but

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Rachelle Roy and members of the Corvette Club



Rachelle Roy and her Zeta Phi Beta license plate



Corvette Club members



Felicia Towbridge and Roshunda Woods at Lupus Parade

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The Second Annual Living With Lupus Walk

Sojourner's Truth Staff

Rachelle Roy and a host of supporters held the second annual Living With Lupus Walk on Sunday, May 22, at Ottawa Park to conclude a weekend of activities designed to raise the awareness of lupus in the Toledo area.

Dozens of those afflicted by lupus and their family members and supporters turned out to bear witness to ravages of lupus and to raise money for the Lupus Foundation.

The highlight of Sunday's event occurred when Roy selected three of those afflicted to release white doves, symbolic of the release they might one day experience from pain and discomfort, and in an offering to the Holy Trinity of the Father, the Son and the Holy Spirit.

Felicia Howard, Tymeeka Gipson and Schatzia Depp released their captive birds one at a time to the cheers of the onlookers



Schatzia Depp releases her bird



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Increase Your Faith and Give Yourself Some Grace: Grow Your Own Food This Season

By Carla Janell Pattin, PhD

Guest Column

While I did not grow up gardening for fruits and vegetables, I have fond memories of my mother planting beautiful flowers, appearing as a rainbow in the distance. She worked for hours on her lawn as if each task was a form of prayer.

Our next-door neighbor, James Carlisle, grew a large garden and delivered fresh produce throughout the neighborhood. I understood the same feeling of toiling over my soil and spirit and my part of the Earth as a place of peace, discovery, and community.

I started gardening in 2015 in need of a place to escape from my doctoral studies. I soon began to enjoy seeing the growth of tomatoes and cucumbers for the first time. Once I grew in knowledge, I established gardens for others and got educated on food access in my community. As I tossed around the soil with more experienced Black gardeners, I absorbed their stories of beauty, struggle, and survival in the natural environment.

Black people have grown through many circumstances, which compels me to share our knowledge about gardening in such a time as this, hoping to increase the faith of others to grow a garden or get involved in their local community garden.

My name is Carla Janell Pattin, I am an assistant professor of Humanities at The University of Toledo's Honors College, and I am a gardener. Throughout the season, I am working at Grace Community Center (GCC) in Toledo, serving on the farm and bearing witness to Central State University's Fast Track Farming Program, delivering culturally relevant farming education to the community.

Throughout the growing and harvest seasons, I will share the process of growing food, especially for those who believe they do not have a "green thumb." First and foremost, a "green thumb" is a person who handles many pots stained with algae and has green fingers as a result.

The knowledge of growing your own food is your birthright. If you are too nervous to try it yourself, come to GCC's urban farm and enroll in CSU's Fast Track Farming Program or get involved in your local community garden. Many outstanding farmers and gardeners in Toledo will



Carla Janell Pattin, PhD

help get you started. In the meantime, I would like to share the basics of growing food.

What is a Garden?

A garden is a collection of fruits, vegetables, flowers, and herbs growing in your yard or balcony to prepare your family's meals. A garden is your personal ecosystem, which is a collection of plants, animals, climate, weather, bugs, soil, and other features that make your garden grow. Your garden can be of many sizes, ranging from one pot on a balcony to a large homestead.

Location

Your garden should be close to a water source. There is no fun in dragging a heavy water hose across the yard, especially in 90-degree weather. Installing a drip irrigation system is best for the growth of plants because overhead sprinkling systems can damage your plants. Your garden should be away from puddles and soggy soil because there is insufficient drainage.

Pick a sunny spot and remember that trees, fences, and your house cast shadows, making it hard to grow crops that need a lot of sun. Finally, think about the amount of time you want to spend in your garden. It takes about two minutes per square foot to maintain a garden per week. If you have a 2x3 garden, you'll spend about 12 minutes per week on upkeep. Growing pots of mint, lavender, basil, and fresh thyme will do just fine! Growing herbs is the easiest, next to the collard green family members like cabbage and kale. Did I convince you already?

What is Soil?

Topsoil is the top layer of the Earth, comprising a mixture of organic material. Soil can make or break your garden, so conducting a soil test for possible contaminants is critical. A soil test may not be necessary if you build a new raised bed and purchase soil for the first time. However, it is important to know the history of the space, including the Native American communities that once thrived in your part of Northwest Ohio!

If you have a garden in the previous years, crop rotation is necessary, changing the plant family in your garden. Let's say you planted peas or beans this year. In year two, you should plant beets, carrots, and onions. You can plant eggplants, tomatoes and cucumbers in the third year. You can grow lettuce, collards, and cabbage in the fourth year. Planting the same plant family in the same space year after year will breed diseases, and most

... continued on page 11

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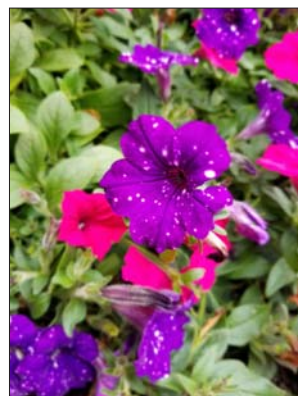
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Give Yourself Some Grace... continued from page 10

people give up after this. It would be best to write down everything you've grown in prior years. I hope I didn't lose you! Please keep reading, and I promise it gets better.

Plants Love Fluffy Soil

If you have not started your garden, turn the soil over to fluff it out. Soil needs air pockets for roots to breathe. That is why you should never walk on the soil. Walking on soil collapses the air pockets and packs the soil together, making it challenging for plant roots to breathe, stretch, and grow. Remember to wear gardening gloves and always wash your hands before and after touching the soil. Soil is the giver of life, but it also carries pathogens that can be dangerous to you and other plants.

Secret Soil Blend

I am dishing my secret soil blend to the Toledo community. Are you ready? My custom soil blend includes worm castings, potting soil, compost, and a little bit of sand (not play sand). Worm castings is a beneficial fertilizer that can help the plants produce giant vegetables. Potting soil is a mix of peat moss, perlite, and vermiculite, all the good ingredients for plants. The small amount of sand (not play sand!) is good for drainage and texture. Compost is decomposed plant matter, including rotten plants, grass clippings, sticks, and more. Then, I mix these components, water the soil, and plant my crop. So there you have it—my secret to a thriving garden. GCC has a unique soil blend for the farm that can rival any large-scale operation. You'll have to stop and speak with Preston Ingram, GCC's farm manager, for their secret!

Get the Bags

Knowing the correct number of bags of soil prevents frequent trips to the nursery. I calculate the length multiplied by the width of the garden. You must include the depth in the calculations if you are growing a garden in a raised bed. For example, if a raised bed is two feet wide by three feet long and one foot in depth, the calculation is $2 \times 3 \times 1 = 6$ cubic feet, which equals about six to seven bags of one cubic foot bag of soil. Got it?

Plant Food

Gardening is a billion-dollar industry, and companies are good with labeling products to increase consumer spending. Have you seen products labeled as plant food? The reality is plants are the only living organism that makes their own food. Plants get their food from sunlight, carbon dioxide, and water. The plant uses these elements to make sugar, and the plant releases oxygen. Products labeled as plant food are merely vitamins and minerals so that the photosynthesis process can run smoothly (and so much more). Always read the directions before treating your crops.

Level Up

A raised garden bed, also known as a grow box, is a structure that allows you to grow a garden elevated from the ground. Raised beds clearly define your garden against the yard space. Raised beds encourage the plant's root system to grow vertically. In addition, they keep the soil warm over the winter, allowing you to start planting cold crops like spinach in early spring. GCC farm is entirely grown in raised beds, and the amount of har-

vests from their raised beds is commendable. I would encourage you to check us out!

Vertical Gardens

I am a huge fan of vertical gardens. To grow up, you can use stackable pots, lattices, cow panels, garden arches, obelisks, and more. Plants like Kentucky Wonder green beans, cucumbers, and some varieties of tomatoes will climb trellises, and it is incredible to witness. Vertical gardening encourages upward growth leaving more room to grow other plants. They are perfect for people who have chronic pain or those who have trouble bending their arms and legs.

Lastly, vertical gardens allow huge growth. Cucumbers and melons can grow up to eight feet or more, while beans and tomatoes can grow fifteen feet. Some varieties of grapes can grow up to a whopping length of fifty feet! Make sure the structure is strong enough to withstand the weight of these massive plants and hanging harvests. I have had structures collapse due to the heaviness of these plants.

Gardening Benefits

In addition to growing healthy foods, gardening provides privacy and a chance to escape the inequality and stress-inducing microaggressions we often experience. For many of us who are challenged by carceral logistics, a garden offers a quiet, personal space to reflect, wonder, and dream about the future. Growing a garden regulates blood pressure, reduces stress, and can provide a good workout. A garden can heal you from hurtful events, and it can relieve feelings such as anger, fear, and anxiety.

I've listened to the stories of Black gardeners over the past few weeks, and they have all concluded that having a garden teaches creativity and the value of a dollar. Their wisdom reminds me of Ron Finley's 2013 TED Talk when he famously declared, "Growing your own food is like printing your own money." Gardens can save you trips to the local grocery store because you'll grow your family's priority dishes.

My family loves kale, we grow about 10 kale plants each year, and we rarely purchase it from the store. Instead, we cook innovative dishes with our excessive amount of kale, tapping into the meaning of soul food and remixing our foodways. This creativity brings families a sense of joy. The process of reaping what is sown leads to the great pleasure of a harvest.

Let's Get Growing

I am happy to share gardening basics to increase your faith in the power of the soil and the blessings that come from it: free food and so much more. I will share more tips, tricks, and pitfalls I've learned throughout the planting and growing seasons.

If you are interested in learning more about gardening, please follow me on Instagram @Theharvestdoctor or contact me via email Carla.pattin@utoledo.edu. For hands-on training in urban farming and education on how to bring your garden to scale, contact Grace Community Center's farming manager, Preston Ingram, at 419-248-2467 to enroll in the Central State University's Fast Track Farming Program.



Carla Pattin, PhD

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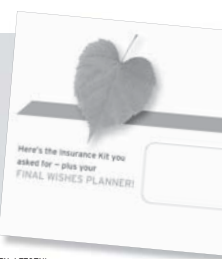
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TARTA Outlines Fare Structure For Pilot Program

More than two years after implementing a zero-fare policy as a coronavirus safety measure, the Toledo Area Regional Transit Authority (TARTA) has released a structure to renew fares beginning with a pilot program scheduled to kick off Monday, Aug. 1.

In preparation to begin collecting fares, TARTA conducted a fare study that analyzed the Authority's pre-COVID fare structure; conducted a state and national peer and best practice review; and established fare goals of simplification, alignment, affordability and modernization.

Study results were presented to the TARTA Board of Trustees at their May 19th meeting. TARTA's simplified fare structure adds a day pass that can be purchased on board or at area locations, where pre-COVID day passes were available only through the EZfare app.

It also expands the types of riders eligible for discounted fares to include veterans and active-duty military.

How much will it cost to ride the bus?

Pass Type Pre-COVID Fare Structure Pilot Program Fare Structure (Begins Aug. 1) Regular \$1.50 (no transfers) \$1.50 (free transfers within 2 hours of ticket purchase)

Reduced Fare \$0.75 Remains same

TARPS \$3 (\$30 10-trip pass) Remains same

Call-A-Ride \$3 Remains same

Day Pass \$5 (EZfare only) \$3 7-Day Pass \$15 (\$7.50 reduced fare) Remains same

30-Day Pass \$60 (\$30 reduced fare) \$45 (\$22.50 reduced fare)

TARTA is eliminating tokens and the TARPS 20-trip pass from its fare structure.

"We are proud to be one of the first transit agencies in the country to go to a zero-fare system during the pandemic, but it is now time to invest and expand our system as people are returning to work and re-engaging with life after the pandemic," said TARTA CEO Laura Koprowski. "This equitable and affordable fare structure recognizes the value of public transportation, and the fares will be re-invested back into the system."

"Our value to TARTA customers is more access and increased reliability as a ride to work, medical appointments, grocery shopping and so many other essential destinations."

New fare boxes and validators placed on TARTA vehicles will be capable of accepting digital payments through the EZfare app in addition to passes and cash payments. TARTA will conduct a six-month pilot program – approved by the Federal Transit Administration – and host community meetings in late 2022 before proposing a permanent fare structure to its Board of Trustees.

In addition to downloading and purchasing passes on the EZfare app, customers can pay for passes on board or at TARTA facilities. Passes and EZfare credit will also be available for purchase at other area locations, and TARTA will provide a complete list of those in the coming weeks.

TARTA's simplified fare structure adds a day pass that can be purchased on board or at area locations, where pre-COVID day passes were available only through the EZfare app. TARTA is eliminating tokens and the TARPS 20-trip pass from its fare structure. Individual customers or organizations who have less than 10 tokens and trade them in one-way tickets through September 30, 2022. Those will 10 or fewer passes can turn them in passes of the same value. Organizations with more than 10 passes from 2020 can also trade those in for current passes of the same value.

Individuals who wish to exchange more than 10 tokens or passes should call (419) 245-5203 to schedule an appointment at TARTA's Central Avenue headquarters (1127 W. Central Avenue).

Reduced fare rides are available to:

- Seniors (65 and over)
- Persons with disabilities
- Medicare card holders
- Youth ages 6-18 with a valid ID
- Veterans
- Active-duty military

Children under the age of 6 may ride for free. TARPS-eligible riders may take zero-fare trips on either fixed route or Call-A-Ride vehicles.

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Lupus Parade... continued from page 8

we don't look like the battle that's being going on inside our bodies... and finally somebody is talking about it."

"Because when I first was diagnosed with lupus I didn't know anything about it anything at all... I didn't know any of this was going on because none of this was going on."

This was the kickoff event for the Lupus Weekend. Saturday night Roy hosted a bowling party. The second annual Living with Lupus Walk took place Sunday, May 22 at Ottawa Park.

Inclusion Revolution: The Essential Guide to Dismantling Racial Inequality in the Workplace

by Daisy Auger-Domínguez

By Terri Schlichenmeyer

The Truth Contributor

Everybody in.

The meeting's about to start, the train is leaving soon, the car is idling, so pack it up and let's go. We're not leaving anyone behind and nobody can complain about being out of the loop if we're together, so everybody in. With *Inclusion Revolution* by Daisy Auger-Domínguez, we can be sure that no one's missed.

The best there is. Now that the world seems to be getting a little closer to normal, that's what you want for your business: the best employees for the positions you have open. And now, says Auger-Domínguez, is the best time to add inclusivity to your hiring practices.

To start the *Inclusion Revolution*, she says, "commit to... understanding who you are and what... barriers" your business has when it comes to BIPOC employees. Don't allow yourself to say it's "always been done" this way or that because even if it has, things can change.

Be sure to discuss your ideas with everybody on your team and ask for careful referrals. Auger-Domínguez says that going the "friends and family" route may have worked before but studies show that recommen-

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\$30.00
352 Pages

dations from those categories often result in new hires that are the same as current employees in race, gender, and identity.

Use your privilege for change, but remember that "Privilege is a transient concept." Be bold with your goals and willing to acknowledge that progress is good but there's always room to do better. Know the legalities of inclusive interviewing and hiring, and make sure all managers are aware, too. Try to ignore resumes or, at the very least, cover the names on them before you look them over; likewise, know how to use the right language when recruiting. Change the way you interview by asking "better... questions." Strive to focus on "culture add" rather than "culture fit." Use a good balance of mentorship and sponsorship to help employees get accommodated. Expect that you'll get uncomfortable now and then. And finally, check yourself constantly: what if you're the problem?



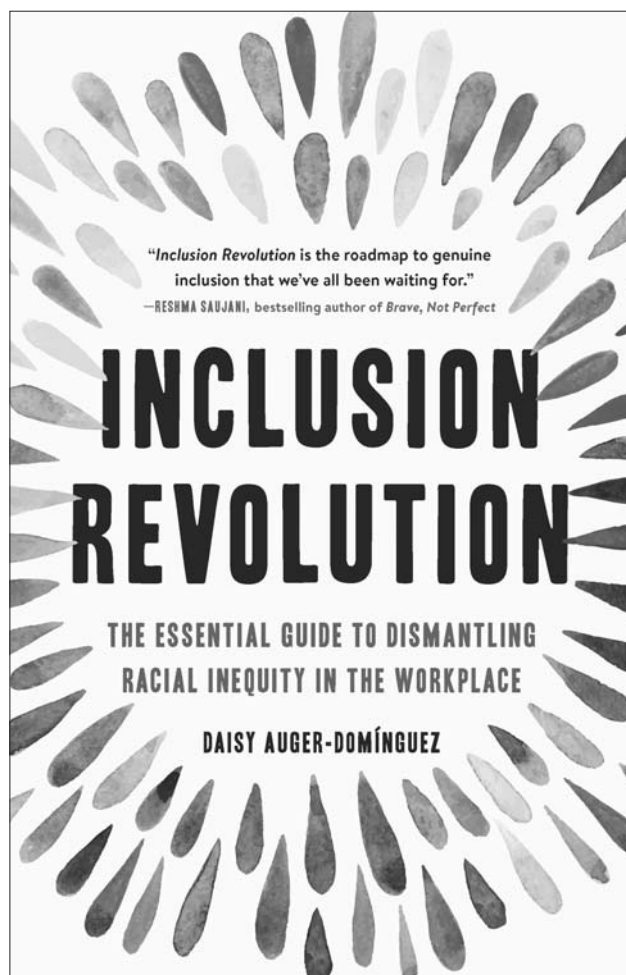
Inclusion Revolution author -
courtesy Jeffrey Mossier

Chances are that if you're a manager or business owner, yours is not strictly an 8-to-5 job; you probably put in a considerably longer day. And if you plan on tackling *Inclusion Revolution* by yourself, you can count on some very late nights for a while, too.

Indeed, there's a lot to unpack inside this book – almost a full-time job's worth of information to know, understand, and implement to do this thing right. The reward, as author Daisy Auger-Domínguez suggests, lies in a newly-diverse group of employees with a wider breadth of experiences to enhance your product.

And yet, judging by this advice-packed book, this won't be easy; some businesses may even find that implementing this book could be a serious challenge. In that case, readers may get the feeling that Auger-Domínguez has merely scratched the surface of what there is to do.

Still, you have to start somewhere and this book is a good beginning. *Inclusion Revolution* may be overflowing, but it's what you want when you're all in.



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LEGAL ADVERTISEMENT FOR PROPOSALS TOLEDO-LUCAS COUNTY PORT AUTHORITY TOLEDO, OHIO

NOTICE IS HEREBY GIVEN that Sealed Bids will be received by the Toledo-Lucas County Port Authority for all labor, material, insurance, and equipment necessary for the Component 2: Reconstruction of Dock Face Phase 3 Rebid project located at Facility One, 3518 St. Lawrence Dr., Toledo, Ohio 43605, in accordance with the approved plans and specifications, to the Port Authority at One Maritime Plaza, Toledo, Ohio 43604.

The "Component 2: Reconstruction of Dock Face Phase 3 - Rebid" project consists of:

WATERFRONT: Removal of old fendering system, supply and install new fendering, repair sheet pile wall, and create new drainage openings in the sheet pile wall. Remove and replace the sheet pile concrete cap.

DOCK SURFACE: Remove existing crane rails, remove pavement to 50 feet from sheet pile wall, removal electrical manholes and conduit, furnish and install new drainage, backfill and new pavement. Pavement will also be required between tracks in the areas of the track where there are turnouts or switches. In addition, tie backs, as directed on the drawings, should be completely dug up so that they may be inspected.

A portion of the existing storm system will need to be reworked including a lift station. This will require excavation, new pipe, manholes, backfill and discharge through the sheet pile wall. The electrical power for the lift station is to be coordinated with the electrical contractor.

RAILROAD TRACK: Track is to be removed and replaced, including ballast. Pre-cast concrete crossing panels will also be installed along the tangent portions of the track.

The base bid for the dock surface and rail would be too non-perform replacement between 0+00 and 2+50 and also 37+00 to 41+60. The alternate for this area would be to remove and replace as indicated.

PHASING: The Port of Toledo operations will continue through construction. As such, the dock face reconstruction will be completed in sections along the dock. All work must be completed in a section of the dock (including rail and pavement) prior to moving to the next section. The drawings currently show 5 phases to complete the dock restructuring. The order and location of these phases are indicated on the drawings, however, Toledo-Lucas County Port Authority and Midwest Terminals of Toledo Inc., may reorder the phases during construction to fit the shipping schedule. **GENERAL:** This is a lump sum bid. All quantities shown on the bid sheet are to be verified with the plan documents by the bidder. The sum of the line items may not add up to your total lump sum fee. These unit prices are to be used in the event of an owner directed change to the contract documents.

This project is funded through a U.S. Dept. of Trans. Maritime Administration (MARAD) PIDP grant and an Ohio Maritime Assistance Program grant (MAP). The engineer's estimate for Component 2: Reconstruction of Dock Face Phase 3 – Rebid combined total is approximately \$13,200,000.00. The Base bid is approximately \$11,800,000.00, and Alternates 1 through 6 are approximately \$1,400,000.00. Bids that are in excess of 10% above the engineer's estimate would be considered non-responsive. This project may be awarded by the Toledo-Lucas County Port Authority at its sole discretion.

Sealed bids will be received at the Port Authority's administrative offices, 1st floor reception area at One Maritime Plaza, Toledo, OH 43604, until Wednesday, May 25, 2022, 1:00 PM, at which time and place all bids will be publicly opened and read aloud via conference call. Conference call-in information will be shared in addendum no. 1.

Only qualified contractors are eligible to submit bids for this project. Contractor qualification status must be in force at the time of bidding, at the time of award, and through the life of the construction contract.

Plans, Specifications, Instructions to Proposers, and Forms of Proposal and Contract are on file and may be obtained by either (1) obtaining hard copies from Becker Impressions, 4646 Angola Road, Toledo, OH 43615, phone 419.385.5303, during normal business hours, or (2) ordering from Becker Impressions, via their website www.beckerplanroom.com at the cost of reproduction.

Please note there will be an on-site pre-bid meeting for this project for all prospective bidders on Monday, May 16, 2022, at 10:00 AM, with a site visit immediately following. Prospective bidders interested in attending should contact Tina Perkins (TPerkins@Toledoport.org) at Toledo-Lucas County Port Authority prior to Friday, May 13, 2022, at 10:00 AM. A maximum of two (2) individuals per bidder with valid identification and proper personal protective equipment (PPE) will be permitted to attend. Attendees should meet at the stone parking lot next to the main gate at George Hardy and St. Lawrence Dr. Attendance is suggested, but not mandatory. Please submit all questions to the Port Authority, Tina Perkins at TPerkins@Toledoport.org by Wednesday, May 25, 2022, at 10:00 AM local time. Additional information can be found at www.toledoport.org

Thomas J. Winston
President and CEO
Toledo-Lucas County Port Authority

Public Notice

Program of Projects

TOLEDO AREA REGIONAL TRANSIT AUTHORITY
5307 FEDERAL FISCAL YEAR 2022 PROGRAM OF PROJECTS

Total Funds Available for 2022 Capital Projects Section 5307: \$7,743,213* after split
*Does not include the allocations of Sections 5339

Activity	Fed Share	Total Price
Capital	\$7,743,213	\$9,679,018
<i>Preventive Maintenance</i>	\$4,056,771	\$5,070,964
<i>Hardware</i>	\$766,309	\$957,887
<i>Software</i>	\$936,599	\$1,170,749
<i>Misc. Equipment</i>	\$600,000	\$750,000
<i>Support Vehicle</i>	\$499,200	\$624,000
<i>Renovation/Rehab</i>	\$299,099	\$373,874
<i>Vehicle Replacement</i>	\$585,235	\$731,544
Total Section 5307 funded items	\$7,743,213	\$9,679,018

Written public comment on the proposed Program of Projects will be accepted by the Toledo Area Regional Transit Authority until the close of business on June 10, 2022. All comments shall be addressed to Laura Koprowski, CEO, Toledo Area Regional Transit Authority, P.O. Box 792, Toledo, Ohio 43697-0792. Comments received by the closing date will be considered in preparing and carrying out the program. An opportunity for a public hearing will be afforded if requested in the comments.

This program will become final and will be submitted to the Federal Transit Administration on completion of the public participation process unless amended by the action of the Board of Trustees of the Toledo Area Regional Transit Authority.

Laura Koprowski, CEO

INVITATION FOR BIDS IFB22-B003 LEAD HAZARD ELIMINATION – BIRMINGHAM TERRACE & PULLEY HOMES

Lucas Metropolitan Housing Authority (LMH) will receive sealed bids from General Contractors for the for the removal of Lead Base Paint and Improvements at selected locations in Lucas County. Received in accordance with law until June 6, 2022 at 3:00 pm. See documents: www.lucasmha.org; 435 Nebraska Avenue, Toledo, OH 43604; or 419-259-9446 (TRS: Dial 711). Affirmative Action and Equal Employment Opportunity requirements (Executive Order #11246). This contract opportunity is a Section 3 Covered Contract, and any Section 3 Business Concerns are encouraged to apply.



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At Last Lupus Is Out in the Open

Sojourner's Truth Staff

What exactly is lupus? Lupus is different things to different people in the affect on their lives but essentially it is for everyone a **chronic** health condition that lasts a long time and that currently has no cure.

It is a disease that involves the immune system and can damage any part of the body. The immune system is like a bodyguard against invaders, such as viruses, bacteria, and other germs. Normally, a part of the immune system works to fight off these invaders by making antibodies - molecules in the body that, when working correctly, protect the body from foreign invaders such as viruses and bacteria.

However, in the case of lupus, the immune system can't tell the difference between the invaders and the body's own healthy tissue. It creates autoantibodies - antibodies that destroy the body's own healthy cells, which can cause inflammation and organ damage, that attack and destroy the healthy tissue, causing inflammation.

Over five million people around the world have some form of lupus. While anyone can suffer from lupus:

- Women ages 15-44 are most likely to develop lupus. In fact, lupus occurs 9 out of 10 times more often in women than in men.
- Women of color, including African American, Asian, Hispanic/Latina, Native American, and Pacific Islander women, are also more likely to develop lupus compared with Caucasian women.



Brenda Brooks

- People who have a family member with lupus or another autoimmune disease are more at risk

Rachelle Roy, organizer of the Toledo area effort to bring awareness to lupus, was diagnosed with discoid lupus in 2005. She suffers from discoid, or cutaneous, lupus which primarily affects the face and results in frequent outbreaks and inflammation. A Scott High School graduate who attended Bowling Green State University and has been a letter carrier for 25 years, she first experienced a skin rash in her early 30's - a skin rash that was not properly diagnosed in the initial stages. That early stage appeared as an acne breakout and the medicine prescribed was ineffective.

She quietly lived with the discomfort and the loss of self-esteem for years before accepting her fate and deciding that it was time to do something about the public's indifference to the disease.

"I've been wanting to do a walk for many, many years," she said. "I had been getting perturbed about a lack of attention lupus has been getting, so it made



Barbara Howard

me reach out."

And so she did. She organized the first Living With Lupus Walk last year and followed up with an entire weekend this year - parade, bowling, walk - this year.

And, she brought together other lupus sufferers for this photo shoot.

Brenda Brooks was diagnosed with lupus in 2009 but it took a while for doctors to reach a conclusion. Brooks was working at the University of Toledo Medical Center's Dana Cancer Center in a job that required a lot of standing on concrete floors. Over time her legs became and remained swollen with "red hot pain."

Typically, the diagnosis was not easily forthcoming - fibromyalgia was the first suspect. The intense pain in her legs and hands continued until a rheumatologist correctly diagnosed the problem and she was medicated for lupus.

Today she is on "a lot of medication" and although it helps to a degree, the pain has not nearly disappeared.

Tymeeka Gipson was diagnosed with lupus in 1997 and, unlike many other victims, has virtually all types of lupus and all kinds of symptoms. She has systemic lupus erythematosus, discoid lupus erythematosus and lupus nephritis.



Rachelle Roy

She has experienced the facial skin outbreaks, kidney issues and heart problems. While she has not undergone surgeries, she has spent "a significant time in hospitals," particularly for her heart issues.

Barbara Howard was diagnosed with lupus relatively late in life and only two years ago, after perhaps six years of experiencing pain in her joints.

Asked what type of lupus she has been diagnosed with, she replied "the pain kind - nothing but pain."

As she sought understand and find relief, she saw numerous doctors and specialists who were not able to provide answers for so long - some thought she might be suffering from multiple sclerosis (MS).

Now Howard still suffers "most of the time" if not as much as before the diagnosis.

If Howard, who was diagnosed relatively late in life with lupus, represents one extreme of the diagnosis spectrum, Joyce E. Goings certainly represents the other - the longevity extreme.

Goings, 80 years old, has been suffering from lupus for 41 years - that is she was diagnosed 41 years ago. Goings suffers from discoid lupus as does Roy. And for her, there are only two primary ways of coping with the ongoing pain and discomfort "keep a positive attitude and keep doctors appointments."



Tymeeka Gipson



Joyce Goings

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Survivors

Photos courtesy Carla Thomas

...Lupus Parade and Walk on Pages 8-9