

## Xtreme Fitness!



*Phillip Weeden of Naturally Gifted Fitness Center Visits Toledo*

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Opinion \* Perspective

# For Strangers In Their Own Land

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

The Truth Contributor

*Sometimes I feel like a motherless child, a long way from home.*

- Negro Spiritual



The existential condition for African Americans can be described as being “a long way from home.” Whether due to disparities, inequality, slow public response to human tragedy or lack of equal protection under the law, the lived experience for American citizens who are racial and other minorities is like that of “pilgrims, tourists or strangers in their own land.”

Yet, the experience of one current city council person has helped to foster sensitivity to the desolation and alienation experienced by marginalized persons and people of color.

Born in Toledo, Councilman Kurt Young, a candidate for one of six at-large council seats in the November 7 election, grew up living in San Juan, Puerto Rico; Newport, Rhode Island; Virginia and everywhere in between, but describes Toledo as “where home was.” Young finished college in Akron, law school in Cleveland and found his first job back in Toledo. He has been on the battlefield of social justice activism ever since.

I sat down with Mr. Young in his office to talk about his work for the citizens of Toledo and agenda should he be elected in November. This is part one of our two-part conversation.

**Perryman:** You are a hidden gem in Toledo. Please tell our readers a little bit about you and your work.

**Young:** Well, my mom and dad were high school sweethearts from Libbey High School and my dad, out of high school, went into the Navy. So I come from a family of service. Basically, we lived, except for a couple years of me growing up, everywhere but Toledo, but I made my way back because this was home no matter where we lived. Been practicing law for 24 years now. Worker’s Comp, on the injured worker’s side is what we do. I’m a graduate of the Leadership Toledo Program, I won an award from them for asking the tough questions and standing up for my beliefs, or as I used to say to my wife Cheri every three weeks during the year, ‘I went and I ticked off the police chief now and now I’ve ticked off the doctors now, and now I’ve ticked off the bankers now.’

But anyway, so I went through that. I also went through the Servant Leadership Program, my wife’s a pastor so I’m a person of faith and have been involved now with two church turnarounds with her and one church start



Councilman Kurt Young

from scratch and served as a leader in all three of those churches.

I’ve been pretty active in the community, as you said; working on voting issues is my primary passion. I helped found our voter protection team in Lucas County so we train and equip and deploy in presidential years about 100 attorneys and in non-presidential years we put together about a dozen to go out and make sure everybody gets the right to vote.

I’m a life member of the NAACP and I’ve worked with them on issues of voter protection and also voter registration, because again, too many people in this country have died for people to get that right to vote and stood up to dogs and fire hoses and everything else and I don’t want to see it go away.

For the last 10 years I’ve been working with Toledo Area Jobs with Justice to make sure that, again, people have rides to the polls every year so we shut my law office down on primary and general election day. I’ve been very active with Lilly Briggs and the folks at Promise House Project; trying to work on youth homelessness because I have a real passion obviously for kids as well. My kids are very privileged and haven’t experienced anything like that, but I don’t want a kid, especially an LGBTQ kid out on the street because parents don’t accept him. Also, when my wife pastored Central United Methodist, I was a volunteer and a board member for their afterschool program for the kids at Glenwood School called Grand Central Station.

I’ve also been very active with the Toledo Bar Association, chairing their worker’s comp committee and the Ohio State Bar Association, on their worker’s comp committee. I’m a board member of the Ohio Association for Justice, f/k/a Ohio Academy of Trial Lawyers, so working hard, helping out people with disabilities and people who have been injured on the job, too, is where I’ve been trying to put my faith in action and be a servant.

**Perryman:** Your background and community work is certainly impressive but I’m not sure if the public is aware of your service.

**Young:** That’s one of the things I’m combating as a candidate is that not enough people know about all this stuff and it’s really hard to get that word out to people and with having 4-1/2 – 5 months of incumbency, I haven’t made a lot of waves and gotten a lot of publicity.

**Perryman:** That’s a good segue to my next question. You’ve been en-

... continued on page 12

## The Sojourner's Truth

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thetruth@thetruthtoledo.com

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## Community Calendar

### October 6-8

Church of the Living God Evangelist Revival: 7 pm nightly ; 10 am service on Sunday; “Create in me a clean heart, O God, and put a new and right spirit in me.” 419-279-4747

### October 7-8

St. Mark’s Baptist Church Annual Men’s Day Weekend: “Christian Men Standing Strong for Christ;” Prayer breakfast on Saturday from 10 am to noon; Service on Sunday featuring guest speaker Rev. Michael Gaston of Genesis Baptist: 419-385-5468

### October 8

Organ Study Scholarship Audition: Students in grades seven to 12 and adults; 3 pm; Our Lady of Lourdes Church: 419-473-1167 ext 230 or dma-thias@monroestumc.com

### October 14

Calvary MBC Women’s Ministry Cancer Awareness Luncheon: 11 am; Agencies with information, vendors, free luncheon

### October 22

Calvary MBC 88th Church Pre-Anniversary: 4 pm; Guest speaker Pastor Perry Harris of United Vision MBC

### October 29

Calvary MBC 88th Church Anniversary: 4 pm; Guest speaker Brian Lamont Monford, Northwest Ohio Missionary Baptist Association Moderator

Opinion \* Perspective

# Whooo Let the Dogs Out ...!

By Lafe Tolliver, Esq  
Guest Column

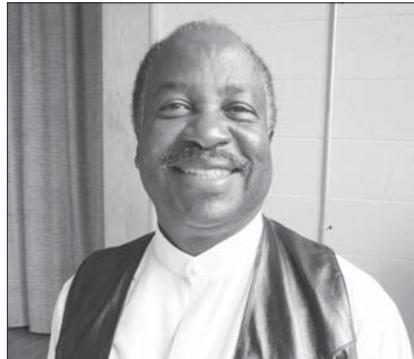
Now, people, if President Trump has the audacity and nerve to call out grown black men as "SOB's" (which also means that he called their mothers, female dogs!) because they are standing in solidarity with Colin Kaepernick regarding police misconduct against people of color, you can only imagine his real private thoughts about uppity black people men in particular.

We all know now that Trump has no moral center. His outrageous comments about women, Mexicans and birtherism, along with the Judge Curiel slur, his profanity-laced comments, disrespect for the act of Communion, pathological lying, disrespect for John McCain as a war hero, intense political hatred for all things Obama – all of this makes Trump a very polarizing person.

Yet. He loves it! He relishes the chances to gin up his base and have them howl to the moon whenever he denigrates or slams his opponents. It is as if he is a medium channeling their personal grievances and frustrations at those "other" people who seemingly have it better than they do.

Trump is now trying to call out successful rich, black athletes for being ungrateful for their place in the pantheon of sports. America seemingly gives god-like status for athletes' deft abilities on the playing field or court.

Now, Trump and his minions are pumping out the bilge that uppity NFL African-American ballers should be full of gratitude and praise for what white America, has allowed them to accom-



Lafe Tolliver

plish; and for them to protest anything in the coliseums, (now known as football stadiums), shows that they are not worthy and should be fired!

For the president of the US of A to gladly call the protesting black athletes "SOB's", is to relegiate black men to the status of chattel as they once were in the days of slavery and Jim Crow.

Trump, by the use of such vile language, challenges the very humanity and manhood of those black men and, for good measure, he degraded their mothers as female dogs for giving birth to them!

... continued on page 4

# Ashford Announces over \$3M in State Funds for Lucas County Roadwork, Public Safety Projects

State Rep. Michael Ashford (D-Toledo) last announced the release of nearly \$3 million in state funds to the Toledo/Lucas County Port Authority and Northwest Ohio Psychiatric Hospital for public roadwork renovations and technological improvements.

"I'm pleased to see the state support projects that will improve our community's roads and infrastructure," said Ashford. "Not only do these projects help ensure public safety, but they will also help create hundreds of good-paying jobs, bringing opportunities to hard-working residents of Toledo and Lucas County."

... continued on page 4

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Tolliver... continued from page 3

Trump clearly showed by his choice of words, that he wants to demonize black, protesting athletes and to throw mud and utter contempt on their mothers.

Remember, these protests are not about Trump (until now!) or the flag or the national anthem. It started with one black quarterback who got sick and tired of being sick and tired and wanted to use his visible platform to bring rightful attention to the alarming stats of black men being killed and murdered by white police officers for the crime of being black.

It is no secret that if a cop is caught up in a "situation" involving a black man that results in the white officer killing or maiming the victim, all that white officer has to say is one of these tried and true canards: [1] I feared for my life! [2] He made a furtive move! or [3] I saw something shiny and thought he was going for a gun!

Say any one of those statements and that is the equivalency of a, "Get Out Of Jail" free card. No white jury will convict since it has been assessed that criminality is oft equated to being black and that all black men are inherently violent.

Trump, being an astute and seasoned race baiter, knew exactly what he was doing when in Huntsville, Alabama, he threw to that virtually all-white crowd the red meat of kicking black athletes in the butt and doing it with great glee.

Is Trump a despicable person? By all means he is. He cares only for himself and his own brand. Not being a man of history and seemingly not willing to learn from history, Trump acted as a demi-god and wanted to have all such black protesters fired by the owners of the affected football teams.

Protests are messy affairs. Just ask Rosa Parks, the late Dr. Martin Luther King Jr., Fannie Lou Hamer and the thousands of others who were killed, maimed, beaten, jailed, lost their jobs and were forced to leave upon threat of imminent bodily injury in their quest for equal freedom and justice.

Those who opposed kneeling during the national anthem or sitting during the pledge of allegiance when they attend sporting events, want to see the show and not be reminded that there are structural inequalities that have yet to be remedied.

They simply want to see high, flying acrobatics from the wide receiver or see daring yard eating runs from the tight end.

They do not want to see others protesting during their recreational time. They want to forget about their ancestors taking America by force from the Native Americans.

They want to forget slavery and how that system of free labor enabled the early wealth of this country.

They do not want to be forced to revisit the evils of Jim Crow and the still ever-present stark evidence of residential segregation and ongoing employment apartheid.

They just want rich young black athletes to perform and razzle-dazzle them; and then, after the show, for them only to return for their next performance. They want no pangs of conscience.

They want no big, burly black defensive lineman to look at them and demand an accounting of their racial machinations in creating two Americas.

Trump hijacked that righteous protest as his chance to stir America's racial pot and to vent his spleen on those "SOB's" who were bringing to the forefront America's unwillingness to do the right thing regarding the criminal justice system.

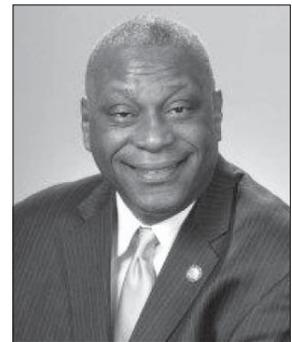
By the comments Trump did and did not make about the Charlottesville Riot, Trump has shown his true colors and if he can polarize even more Americans against Americans, he wins!

Don't let him win. Resist! Speak out! Say and do what is fair and right! Don't accommodate evil in its various forms even when that evil glaringly resides in the Oval Office.

Contact Lafe Tolliver at tolliver@juno.com

Ashford... continued from page 3

\$1,300,000 of the money granted to the Toledo/Lucas County Port Authority will be used for a public roadwork development project in the Village of Swanton, conducted by Tronair, Inc. The development project will create 110 new fulltime-equivalent jobs in road widening, paving, construction and right-of-way infrastructure improvements such as sewer and utility lines. \$1,750,000 will fund public roadwork improvements in Toledo, managed by IronUnits LLC. Improvements include the construction of two roundabouts in the Front Street and Millard Avenue corridor, creating 130 full-time jobs.



Rep. Michael Ashford

Additionally, Northwest Ohio Psychiatric Hospital on Monday received \$35,000,000 to replace the transformer and generator at the hospital, as well as improve connection to the emergency generator.

"For years, Northwest Ohio Psychiatric Hospital staff have set an example in providing quality care for patients struggling with mental illnesses," said Ashford. "I am glad to see the state fund technological upgrades at the hospital, as this will help ensure that staff continue and advance their quality treatment."

The Northwest Ohio Psychiatric Hospital in Toledo is one of six regional psychiatric hospitals that operate under the Ohio Department of Mental Health and Addiction Services. These specialized facilities provide short-term, intensive treatment to patients in both inpatient and community-supported environments.

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# What Impact Does Race and Racism Have on Infant Mortality?

Infant Mortality (IM) refers to the death of an infant before their first birthday. The Infant Mortality Rate (IMR) is the number of infant deaths that occur for every 1,000 live births. The IMR is an important measure of how we care for our women, children, families and the overall health of a society. There is racial disparity between black infant deaths and white infant deaths in Ohio and Lucas County.

Infant Mortality Rates in Ohio are among the worst in the nation, while the rest of the nation IM has improved, Ohio has gotten worse. According to the Ohio Department of Health in 2015 the Infant Mortality overall rate for Ohio was 7.2 deaths per 1,000 live births, for Lucas County it was 6.3. In Lucas County for white infants it was 1.6 deaths per 1,000 live births and for African-American infants it was 16.8 infant deaths per 1,000 live births **Why This Disparity?**

One of the best-studied and most troubling examples of racial disparities in health outcomes is the difference in rates at which our babies survive the first year of life. We generally discuss the causes of infant mortality in clinical terms, explaining that the most common causes are Preterm Birth, Congenital Anomalies and Sudden Infant Death Syndrome. Where groups, communities, cities, states, or countries maintain low infant mortality rates the likelihood is fairly good that the quality of life for that group or geographical area is good. The converse is also true. Where the IMR is high the quality of life for that group or geographical area is likely fairly poor.

This is critically important to understand. The infant mortality rates can tell us something about the health of a community and the quality of life experienced by its residents. In this way, the IMR is a social indicator, and in general finds correlation with variables like; income status, educational attainment, neighborhood quality, housing stability, food security, access to care, relationship cohesiveness, racism, sexism, and others. Individually, none of these can account for high rates of infant mortality, but together, the devastation of their collective force cannot be denied.

*“When a flower doesn’t bloom, you fix the environment in which it grows, not the flower” (Alexander Den Heijer)*

Poverty, including decreased access to health care, diminished access to adequate housing, lack of sufficient nutrition, and increased

exposure to environmental insults—are important direct correlates of infant mortality as well as risk factors for many of the key causes of infant death including preterm delivery, low birthweight, infant homicide, and Sudden Infant Death Syndrome (SIDS).

Moreover, the underlying causes of disparities in infant health and survival must be specifically tackled. Improved access to health care services is necessary but not sufficient for closing the gap. Social determinants of health—such as income inequality, unequal treatment, and institutionalized racism—are associated with adverse birth outcomes and infant mortality. Changing the underlying social and economic factors that drive disparities must be a top priority in our national strategy for improving birth outcomes and reducing infant mortality.

Preterm or delivering prior to 37 weeks gestation and low birth weight are the biggest contributors to infant deaths. African-American women are far more likely to have a baby born early. Researchers say the reason for this remains unclear. It cannot be fully explained by inadequate prenatal or medical care or genetics, income or by education. The research in Ohio shows that an African-American woman with 16 or more years of education have poorer birth outcomes than a white woman with less than a high school education.

A growing body of evidence (research) has suggested that chronic stress related to racism may play a key role in influencing birth outcomes for African-American women. The stress can affect African-American women regardless of their economic status, even if they do everything right during their pregnancy. Discrimination is a documented source of harmful stress.

Birth weight distribution of African-born blacks are more closely related to US-born whites than to US-born blacks.

An indicator of one’s health can be linked to the neighborhood that person lives in. Where a person is born, lives, grows, works, age and the Social Determinates of Health (SDOH). These factors influence the health of a person more than clinical care and behavioral lifestyles. The following zip codes show the highest racial disparities with the worst birth outcomes they are 43604, 43605, 43607 and 43608

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Health Section • Health Section

# Ask Ryan

By Ryan Rollison  
The Truth Contributor

Hi Ryan,

My name is Sandra and I have been reading you articles for years and I find the information in them very interesting. On the other hand I have not implemented one single thing. I am very overweight, out of shape and embarrassed to even attempt the things I read in your articles. I fear that if I don't do something my health is going to diminish quicker and I'll be more embarrassed and miserable than I already am. I want to do something but I just don't think I can find a starting point. I'm hoping that if I read something directly for me it will help me to get in gear. I really want to make changes but I'm ashamed of how I look and I can't do too much without resting. I feel helpless and hopeless.

Sandra

Dear Sandra,

It's great that you realize you have an issue with your health and that you want to make changes. Here's the thing, it's about you, your health, self-esteem and quality of life! Who cares what anyone thinks as long as you are doing things to improve YOU! You are not doing this for others approval you are doing this to improve you and that's all it's about.... YOU! Be selfish with it, you need to realize it's a personal commitment to yourself not to spectators and people that have no bearing on your life. Second of all, it's about your family, you have loved ones who want to see you, do things with you, and have you in good health so you'll be around for a long time.

Start out slow. Set aside 10 minutes a day for the first week then increase it five to 10 minutes each week until you reach 30 minutes. Begin with walking, if you can't walk too far then don't walk far, but try to go farther every time you walk. Go five minutes out then walk back to your starting point. Without knowing of any health conditions or limitations you may have, I can't really be too specific on how you should proceed. I can make a few "suggestions".

Chair squats: stand over a sturdy kitchen chair with your feet shoulder width apart or wider (adjust according to your flexibility and range of mo-

tion) and just simply sit down and stand back up trying not to use your arms to push off or your legs. Begin with five reps and progress to 12.

Push-ups: start on your knees keeping your hands even, a little wider than your shoulders but in line with them. Lower yourself with control and if you can't push yourself back up then just return to the starting position and repeat. You will eventually be able to push yourself back up. Again start with 5 reps and increase.

Shoulder presses: you won't even need weight to start with just do them until you feel your muscle start to burn. Stand with your feet shoulders width apart, raise your hands straight up as if you were touching the ceiling then lower your hands just to the outside of your shoulders like your trying to touch your elbows to the ground, then repeat until you feel like your fatiguing. Lastly just do a simple high knee march for 30 seconds. Pump your arms and land your feet softly on the ground, don't stomp. This will help get a little more cardio in, work on your flexibility and range of motion in your knees and hips. I hope this was a help to you. Good luck.



Ryan Rollison

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# Public input sought for 2018 route proposals.

- **Tuesday, October 17, 2017**  
**12:30 p.m.**  
 Main Library, 325 Michigan Street, Toledo, Ohio
- **Tuesday, October 17, 2017**  
**6:00 p.m.**  
 TARPS Facility, 130 Knapp Street, Toledo, Ohio
- **Wednesday, October 18, 2017**  
**12:30 p.m.**  
 TARPS Facility, 130 Knapp Street, Toledo, Ohio

**Proposed Service Changes:**

- New daytime lineups for all TARTA weekday fixed-line services for increased Downtown route connectivity every 30 or 60 minutes
- Time schedule and routing adjustments are proposed as follows:



- **1/4 Ottawa Hills/Sylvania/Sylvania Twp Call-A-Ride** — *NO CHANGES*
- **2 (currently 2M/H) Franklin Park via Toledo Hospital** — *adjust schedule for lineup and routing changes with access to ProMedica Toledo Hospital on all trips; rename 2H/M to 2*
- **3 North/South Crosstown** — *NO CHANGES*
- **5 (currently 5R) Dorr via UT Main Campus/Wal-Mart** — *adjust schedule for lineup and routing changes; no access to the Independence/Nebraska/Richards loop; UT Transit Center outbound only*
- **6N/S King Road/City of Sylvania** — *NO CHANGES*
- **8/29 Maumee/Waterville Call-A-Ride** — *NO CHANGES*
- **10 Rossford Call-A-Ride** — *NO CHANGES*
- **10L Rossford via Hollywood Casino** — *NO CHANGES*
- **12 (currently 12/13) Front/Starr** — *adjust schedule for lineup and routing changes; all trips clockwise; rename 12/13 to 12*
- **14 (currently 11/14) East Broadway/Oak** — *adjust schedule for lineup and routing changes; all trips clockwise direction; rename 11/14 to 14*
- **15A Summit/Suder/Alexis** — *adjust schedule for lineup changes*
- **15E Summit/Point Place via Alexis** — *adjust schedule for lineup changes*
- **16 Alexis via Meijer** — *adjust schedule for lineup changes*
- **17B Lagrange/Bennett via Miracle Mile** — *adjust schedule for lineup changes*
- **17E Lagrange/Eleanor via Miracle Mile** — *adjust schedule for lineup changes*
- **19F Cherry/Franklin Park** — *adjust schedule for lineup and routing changes; no access to Laskey/Secor*
- **19T Cherry/Tremainsville** — *adjust schedule lineup and routing changes to absorb Laskey/Secor*
- **20F (currently 24) Central Ave/Franklin Park Mall** — *adjust schedule and routing for lineup changes; absorb route 24 between Downtown and Delaware/Detroit; no access to ProMedica Toledo Hospital; modify to Franklin Park via Central/Talmadge; no access to Executive Parkway/Secor Rd*
- **20M Central/Meijer Drive** — *adjusted schedule for lineup changes*
- **20W (currently 24T) Ottawa Hills via Westgate** — *Ottawa Hills via Westgate; adjusted schedule for lineup changes; rename 24T to 20W*
- **20 (currently 20/24) Central/Westgate/Wal-Mart** — *no route or schedule changes; rename 20/24 to 20*
- **22 Bancroft via UT Campus/Franklin Park** — *adjust schedule for lineup changes; no access to Harvest/Sylvania*
- **26D Berdan/Douglas/Miracle Mile** — *adjust schedule for lineup changes*
- **26L Lewis/Alexis/Miracle Mile** — *adjust schedule for lineup changes*
- **27H Nebraska/Hill-Reynolds** — *adjust schedule for lineup changes*
- **27N Nebraska/South-Reynolds (currently Airport-Wenz)** — *adjust schedule for lineup and routing changes; no access to Reynolds/Angola/Wenz/Airport loop; to be covered by route 32H*
- **28 Indiana/Smead/Oakwood (currently 28/30)** — *adjust lineup schedule and routing; clockwise direction with 28/30; rename to 28*
- **29X Waterville Express** — *NO CHANGES*
- **31G Glendale/Southwyck** — *adjust schedule for lineup changes*
- **31H Heatherdowns/Southwyck** — *adjusted schedule for lineup changes*
- **32H South/Airport via Home Depot** — *adjust schedule for lineup and routing changes; no access to Southwyck Blvd; add Reynolds/Angola/Wenz/Airport loop*
- **32R UTMC/Southwyck** — *adjust schedule for lineup changes*
- **34 Detroit/Byrne/Western via UTMC** — *adjust schedule for lineup changes*
- **35 Airport/Maumee-Arrowhead** — *NO CHANGES*
- **39 Franklin Park/City of Sylvania** — *NO CHANGES*
- **39M Monroe/Sylvania-Centennial** — *NO CHANGES*
- **41 Glendale-Southland/Maumee-Arrowhead** — *adjust schedule and Downtown routing*
- **43 Maumee-Arrowhead/Western via UTMC** — *NO CHANGES*
- **44X St. Luke's Hospital** — *NO CHANGES*
- **School Day Routes**
  - **11A/B East Broadway Crosstown** — *NO CHANGES*
  - **18A/B/C Sylvania Avenue Crosstown** — *NO CHANGES*
  - **20A/B Upton Avenue Crosstown** — *NO CHANGES*
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Health Section • Health Section

# Eat Right to Help Combat Effects of Lead

By Patrice Powers-Barker, OSU Extension, Lucas County

The Truth Contributor

While healthy eating is an effective way to counteract lead exposure, it is just one of many steps that should be taken to keep individuals healthy and to prevent lead poisoning. Any amount of lead in the blood is considered dangerous. Too much lead is considered "lead poisoning." It is not good for anyone to consume but it is extra harmful to young children. In addition to young children, it is important that pregnant women not have lead poisoning because they can pass it on to the baby during the pregnancy.

Lead is a heavy metal that is not normally found in our bodies. When lead does get into our bloodstream, it can cause serious, long-term health problems, such as brain, kidney and liver damage. Children's digestive systems can absorb much more lead compared to an adult body. From a nutrition standpoint, one of the harmful effects of lead in the body is that it can keep the body from absorbing the beneficial nutrients.

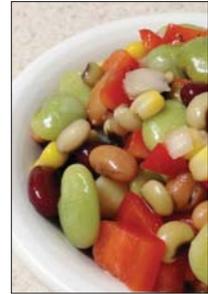
The Ohio Department of Health notes that the most common way to be exposed to lead is through lead-based paints in old homes. This could be in peeling, chipping or even dust forms of lead-based paints. Lead can also be in contaminated soil and drinking water from older plumbing fixtures. They state that high lead levels in drinking water is rare. If you plant a garden, please do a soil

test to check for lead in the soil. Limiting exposure to lead is the first step in preventing lead poisoning. Another important step is having children tested for lead poisoning by getting a blood test. The recommendation is to test with their doctor at least once a year for children under the age of six years old.

A well-balanced diet, rich in nutrients will help impact health in a positive way. Three nutrients in particular help combat the effects of lead: calcium, iron and Vitamin C

Enough calcium in the diet will minimize the amount of lead that the body will absorb. Foods high in calcium include: milk, cheese and yogurt, dark green leafy vegetables like collard greens, kale and spinach, tofu, canned salmon and sardines (both with the bones in) and calcium-fortified foods and drinks like orange juice.

If lead is absorbed, it can cause anemia. Iron



helps prevent anemia and it also makes it hard for lead to be absorbed into the body. Iron-rich foods: lean red meat, turkey, chicken and fish, green leafy vegetables, like collard greens and kale, dried fruit, kidney beans, dried peas and lentils and iron-fortified foods like breakfast cereals.

Vitamin C is important to help the body better absorb iron. It is also important for skin and bone health. Sources for Vitamin C are: Citrus fruits like oranges and grapefruit and their juices, red and other bell peppers, cantaloupe, strawberries, tomatoes and tomato juice, broccoli, potatoes, sweet potatoes and other fruits and vegetables.

Use the following recipe as a dip or topping with foods like eggs, chicken or tacos. You can use black beans or other beans instead of black-eyed peas.

## Cowboy Caviar

**Number of Servings:**  
16

**Serving Size:** 1/3 cup  
(1/16 of prepared recipe)

### Ingredients

- 1 medium red bell pepper, chopped
- 1 small red onion, chopped
- 2 15-ounce cans black-eyed peas
- 1 15-ounce can corn kernels, no salt added
- 1 15-ounce can tomato sauce, no salt added
- 3 tablespoons canola

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... continued on page 11

Health Section • Health Section

# Xtreme Hip Hop Guru Visits Toledo's FabFit

By Angela Steward, Fitness Motivator  
The Truth Contributor

One day, four years ago, I decided to reach out to Phillip Weeden and his team! We would occasionally exchange emails and had several phone conversations, but arrangements were never finalized. By following him on Facebook and Instagram I watched as his popularity grew. Xtreme Hip Hop was in high demand and Phil Weeden was traveling around the world with his fitness program. I truly thought he was way too busy to make Toledo one of his stops. Then one day...my phone rang! The person on the phone asked...are you ready for Xtreme?? I screamed... ABSOLUTELY!

September 24, 2017 was one of Toledo's hottest days!! On that same day, one of the hottest places in Toledo,

... continued on page 10



# It's Never Too Late To Exercise!

By Angela Steward, Fitness Motivator  
The Truth Contributor

We're all going to age. That's a given! As we get older health issues arise, normally made worse by being overweight. Quite often by the time we reach our 50's and 60's, our kids are grown and we have a little extra time to refocus on our own health. The problem is...how?? How do you jump into exercise, especially if you've been out of shape for a long time? You may worry that it's just too late! Fear can often keep you from starting!! But studies show that starting a fitness routine later in life, even after 70, can improve your cardiovascular health, brain function and overall quality of life!!

Ask yourself: what are some of my favorite activities?? What did I love to do when I was young?? Am I afraid to start exercising or am I afraid of what others may say or think?? Am I too old to exercise??

I started exercising at age 50. I remember asking myself.... why did I wait so long? I weighed 240 pounds, I was 50 and I was disappointed in

... continued on page 12



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Health Section • Health Section

# PTSD – After The Storm

Dianne Pettis, CRNP  
The Truth Contributor

Post-Traumatic Stress Disorder (PTSD) is a physical and emotional disorder that results from a major traumatic event that someone experiences. We've had a lot of those events recently with the back-to-back hurricanes and terror attacks. Other traumatic events happen to people every day that we never hear about on the news. The after-effects of the trauma disrupt life and can make it hard for a person to conduct normal daily activities.

Not everyone who experiences a traumatic event develops PTSD. Doctors are not sure of the exact cause, or why some have severe symptoms and some don't. They think it may be related to differences in brain structure, or individual chemistries that affect the way people deal with stress. Women seem to be twice as likely as men to develop PTSD. Risk factors for developing PTSD are: a history of being physically, sexually, or emotionally abused; working in an occupation that involves exposure to trauma, such as firefighters, military, police, or medical personnel; current depression or mental illness or history of depression/mental illness; drug or alcohol abuse; lack of social support; and being a survivor of traumatic events such as natural disasters, accidents, fires, or terror attacks.

The symptoms of PTSD can start within one month, up to several years after the event. The symptoms can also come and go. The severity depends on how severe the trauma was, and how long it lasted. The symptoms can be physical, but primarily mental/emotional: intrusive thoughts and memories, nightmares, and flashbacks; efforts to avoid places or people that may trigger feelings and reminders; feeling detached or unable to connect to loved ones; feeling depressed, hopeless, or numb; feeling guilty; feeling irritable with angry outbursts; experiencing hypersensitivity, always on guard, and easily startled; trouble sleeping or concentrating; headaches; self-destructive or risky behavior; substance abuse; and elevated heart rate, blood pressure, or respiratory rate.

I was at a business conference last week with a young lady who lost everything when Houston was hit by Hurricane Harvey. She coped by working to collect supplies and clothing for other people. She said she still felt numb; she didn't want to leave the conference and the supportive people because she nothing to return to...nothing. I have a friend whose parents and all siblings live on what is left of Puerto Rico. For many days, she had no contact, and didn't know anything about their welfare. That was also traumatic for her. She still cries as she fills her gas tank in Ohio, knowing that her people must wait many hours in long lines to get just a containerful of gas.

If the symptoms last over one month, or if they are severe; an appointment should be made with the Primary Care Provider (PCP). If there are suicidal thoughts, or risk of harm to others; 911 should be called immediately. A diagnosis of PTSD is made based on the symptoms. There are also questionnaires that help to assess severity. The PCP may refer to a specialist for evaluation and treatment. Early intervention helps to prevent severe effects. Support groups, prayer, medications, and psychotherapy may be helpful. The main treatment for PTSD is Cognitive Behavioral Therapy (CBT). This treatment is with a psychotherapist, and helps to control fear and anxiety. Other treatments include stress management, medications for depression and anxiety, and mind-body techniques by licensed professionals that also address depression and anxiety. General healthy lifestyle habits also help mind and body; such as healthy diet, light exercise, balanced multi-vitamins and minerals, and avoidance of addictive substances.

The prognosis? If the symptoms don't resolve in three months, the condition is referred to as 'chronic'. In this chronic state, the symptoms can range from mild to debilitating. The most helpful thing would be to get help as soon as possible.

Contact Dianne Hart Pettis, CRNP  
724-375-7519



Dianne Pettis

### Eat Right... continued from page 8

- oil
- 2 tablespoons vinegar
- 1 teaspoon cumin
- 1/2 teaspoon ground black pepper

**Directions**

1. Wash and dice red bell pepper after removing core and seeds.
2. Peel, rinse, and dice onion.
3. In a colander, drain and rinse black-eyed peas and corn.
4. In a large bowl, add bell pepper, onion, black-eyed peas, corn, and the remaining ingredients. Mix well.

Recommendations for healthy eating that help counteract lead:

- Eat a healthy diet to meet recommendations, especially for calcium, iron and vitamin C.
- Wash hands with soap and water before eating

any snack or meal.

- Wash fresh vegetables and fruit with clean, running water.
- Eat meals and snacks on a regular basis throughout the day. Lead absorption happens most often on an empty stomach.
- Stay hydrated and get exercise.

If you have any concerns about lead or your diet, please talk with your health care provider to take positives steps now.

**References:**

- Ohio Department of Health
- Fighting Lead with Nutrition, MSU and University of Minnesota Extension
- EPA <https://www.epa.gov/lead/fight-lead-poisoning-healthy-diet>
- OSU Extension <https://cfaes.osu.edu/news/articles/how-good-nutrition-can-combat-effects-lead-in-water>

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*Perryman.. continued from page 3*

dorsed by the Democratic Party and currently serve on Council. Please describe how you got there.

**Young:** Well, again, I've been someone who's been pretty active in the Democratic Party with the voter protection thing and then I was made a central committeeman. I took over Paula Hicks-Hudson's seat on the central committee and been elected twice to that. I was then elected by the folks in Ward 10 as the ward chair. Having worked for a while on the constitution and bylaws, I was made the parliamentarian of the central and executive committee of the party. Was asked to consider running for City Council a few years ago when Jack Ford died and they considered Cecelia Adams and I and the screening committee of the party chose Dr. Adams and I asked, because there was some contention in the party about that, to be the one to nominate Dr. Adams. Cecelia is a wonderful asset in council and I didn't want there to be a fight about getting her on there, but the party asked me to consider running now.

So I've gotten everything together and was ready to do that, and then Theresa Gabriel stepped aside from council and basically I went to the party and asked for their support and they supported me, and then I went to the members of council and I called. At the time, there were 11 of them, and I called all 11 of which nine of them agreed to meet with me and six of them told me they would vote for me. That's what happened, so they appointed me to that open seat on council.

When I got on council, President [Steve] Steele took me in his office the first night and said, "Now Kurt, we want to appoint you to all of our committees" and I'm like "absolutely." It didn't make any sense, nine months at the end of a term to shuffle the committees around. And he says that includes her committee leadership positions, and I'm like wait a minute now, hold on a second, time out, Doc! Ms. Gabriel was the chair of the Public Safety and Criminal Justice Reform Committee and the vice chair of the Water Quality, Streets and Infrastructure Committee, I'm like isn't that about 80 some-odd percent of what a city does? And he says, "Yeah, 89 percent, welcome aboard." So I've been serving as a public safety chair now for five months. In that time, we've taken a look at the process as far as liquor permits and that type of thing because we wanted to make sure there was more transparency for everybody on how that was done, so we're fixing that. I've also been working with the police department on trying to get more diversity on the police force. We've got to work on that because we're losing the generation of police officers to retirement that we had to get in through court order to give some diversity to the police department so we can't afford to continue to lose officers. The force needs to represent the community.

One of the things I'm going to be working on next is the Civilian Review Board. We've had one for years now, but we've never formally put that into our actual Toledo Municipal Code that we have to have one. Well, we're working on drafting that legislation right now, so whether I am done in January or continue on we can make sure that is preserved for the future. And then with the infrastructure committee we've been busy dealing with the situation as far as the water supply and the roads. So like I said, council's been kind of exciting and busy so far.

**Perryman:** What are your thoughts about your finish in the primary?

**Young:** Well, I finished in ninth and that wasn't where we wanted to be. We would prefer top six. Half of the folks ahead of me are incumbents and they have name recognition and they have been out there for a while in the community. Some others have family names that transferred into more

recognition than I have. We knew we had a lot of work to do and that's what we've been trying to do. Brittany Moore is my campaign manager and we've been out there ever since pretty hard knocking on doors and calling on the phone and trying to get the word out about me. So we're going to keep fighting on until Election Day and hopefully we can get up in the top six.

**Perryman:** You've already spent in excess of \$35,000 in the primary, what do you think your chances are of finishing in the top six?

**Young:** Better than anybody else who's ever finished ninth, let's just put it that way. Between now and election day we are going to do some advertising on Urban FM, try to get the word out, because again, one of my failings I think is to get out in the African-American community as far as being known and so we're going to try to reach out that way. Citywide, we focused on Democrats for the primary, this time we're going to do direct mail to people who vote often and hope to reach voters of all stripes.

**Perryman:** Thank you.

Next week join us for the conclusion of our conversation as we talk about the racial divide and violence in the community.

Contact Rev. Donald Perryman, D.Min, at [drdlperryman@centerofhopebaptist.org](mailto:drdlperryman@centerofhopebaptist.org)

*Never Too Late To Exercise...continued from page 9*

how unimportant my health had become. I was very much involved in the successes and happiness of others. My health was not a priority. I'm sure I am not the only woman who has felt or feels this way.

So, how do you start??

First, how much activity can your body handle? Older adults come in all shapes and sizes. Some are in better shape than others.

As a fitness professional, the worst thing a person can tell me is...I want to come to your gym, but, I need to get in shape before taking your classes. To me, that is very much like saying before I take a bath I need to take a shower.

Everyone who begins to exercise later in life will start off at a lower level than those who have been exercising for many years. You have to give your body time to adjust to exercise. I compare it to bike riding, most of us learned to ride our bikes by using training wheels. Once you've gained confidence, the training wheels are removed. It's the same with exercise, it takes your body time to adapt. So, don't overdo it!! While you may be excited to begin any fitness program, take it easy. Pushing yourself too hard can lead to injury.

What are your fitness – and life – goals?? Make sure your goals are reasonable. Perhaps your goals are to keep up with the grandkids, or to be able to dance with your spouse or friends. I know when I began to exercise, my goal was to improve my quality of life, to be able to walk up and down stairs, and walk long distances without losing my breath. I would suggest you start with whatever it is you like to do such as dancing, bike riding, or walking and increase the frequency of that activity. By doing something you enjoy, you'll more than likely stick with it because you look forward to it.

Are you social?? I try to encourage working out with others if possible. When you get to meet other people working towards the same goals, you hold each other accountable. Being around people with healthy habits tends to rub off and social support has healthy benefits. Whether you join a tennis club or a fitness gym, committing to a group activity is a great way to ensure you keep up the habit.

Lastly, how much time are you willing to spend?? Setting aside a regular time to exercise (consistency) is more important than the length of the session. If you start off exercising for 15 minutes daily, chances are 15 minutes will increase to 30 or more minutes, especially if you're doing something that you enjoy!! Just remember, a little exercise is always better than none at all.

It's never too late to start a fitness routine – and love it! You're older, so what!! We're all going to age!! Exercise - When you feel good, you look good!! So, don't let others tell you what you can and cannot do, if you're breathing and you can move, then you can and should exercise!! It's the fountain of youth!! We all should take a sip!!

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# “Pretty Sick: The Beauty Guide for Women with Cancer” by Caitlin M. Kiernan

By Terri Schlichenmeyer  
The Truth Contributor

Oh, that’s not good.

There’s more hair on your shower drain than there is on your head. Not good at all, but thanks, Chemo, for that and for dry skin, no eyebrows, weight fluctuations, and brittle nails. You’re trying to get better; *looking* better shouldn’t be so impossible. With **Pretty Sick by Caitlin M. Kiernan**, though, you’ll look primo despite chemo.

So the diagnosis is in. You’ve got cancer and you’re no dummy: you know what’s about to happen, to the inside of you and the outside. So how do you take care of the former, while keeping the latter looking great?

First of all, says Kiernan: smell.

Yes, chemotherapy might affect your sense of smell and your taste buds. You’ll want to avoid your favorite foods on chemo day, and set aside your usual scented lotions for now. Look for a second-best to get you through, and return to your faves after treatment is over and your olfactory sense returns.

The subject of hair is touchy, but it’s something that can be easily handled. Wigs today are stylishly realistic, hats are fashionable, scarves look great if you wear them right. Shop for these things now while you still have hair or, if thinning is what’s to come, talk to a stylist. Remember: it’s only hair. It’ll come back.

It might sound like just another thing, but make an appointment with your dentist before starting treatment and know how to make “magic mouthwash” to combat mouth sores. Be willing to experiment with make-up; if you can, get a makeover or, at the very least, ask for samples of product you can try at home. Go a little crazy. Have fun with it.

As for your skin, yes, chemotherapy will change that, too, so beware. Now’s the time to consider changing your morning routine with different cleansers and products, but think twice before going “organic.” Showers are always better than baths, and be sure to slather on moistur-

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izer once you’ve patted yourself dry. There are also lots of great products to use if you’ll have radiation, but talk to your doctor or oncologist first.

I was very happy to see that warning inside *Pretty Sick*. I was happy, in fact, to see that author Caitlin M. Kiernan is careful to caution her readers on just about everything in this book, which makes it even more helpful.

So does the fact that Kiernan herself is a cancer survivor, which gives her words a been-there-done-that ring of truth – not just for beauty, but in dressing comfortably, finding a surgeon, reconstruction, and reclaiming a healthy sex life, all with purpose and strength. Also nice: while her examples do have a certain big-city tone to them and there’s a lot of celeb name-dropping, the tips and advice are totally down-to-earth.

And on that note, while this book was written for cancer survivors, it could be helpful for any woman facing serious illness. If you want to look great when you’re not feeling it so much, *Pretty Sick* is pretty good.

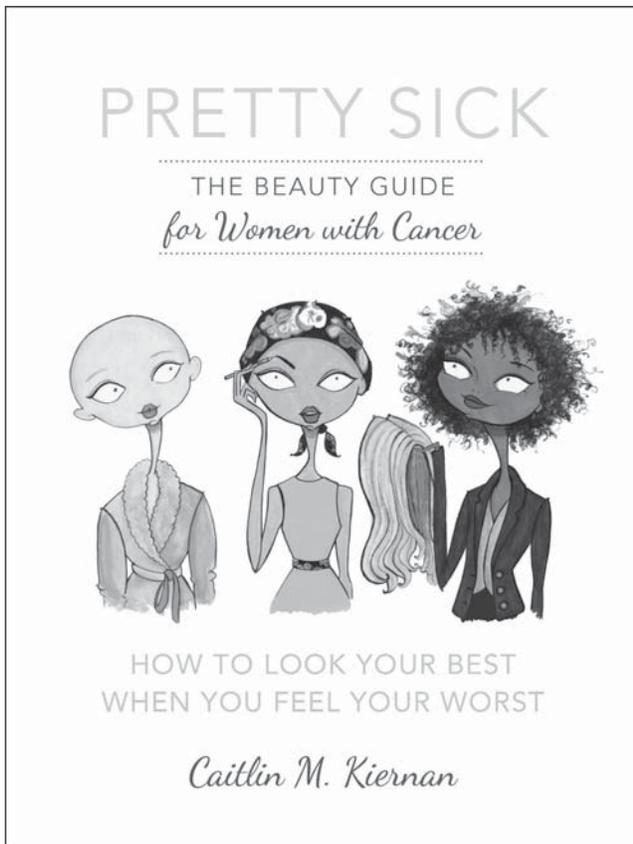
### Infant Mortality... continued from page 5

Michael C. Lu, MD, MPH, Associate Administrator Maternal and Child Health, Health Resources and Services Administration, U.S. Department of Health and Human Services has done extensive research on Racial-Ethnic Disparities in Birth Outcomes. To make impact in reducing this racial disparity, he recommends taking a “Life-Course Perspective”. A way of looking at life not as disconnected stages but as an integrated continuum. He states “You can’t cure a life time of ills in nine months” You must not only look at the child-bearing age woman’s life experiences but that of her mother’s life experience as well.

Toledo-Lucas County’s Ohio Equity Institute (OEI)’s Getting to 1 is a community-driven effort working towards elimination of the disparities and reducing Infant Mortality in Lucas County The participants are community serving agencies and community members that come from multiple sectors such as, faith based, health care, education , elected officials, hospitals, community members and those affected by this disparity. Everyone’s voice is needed at this table to eliminate this disparity. OEI intervention in the community are ongoing, from preconception and inter-conception education, safe sleep education, referral into the community for social services and addressing racism as a SDOH.

Eliminating this Disparity requires all hands on deck!

The Ohio Equity Institute (OEI), welcomes the community to become a part of the team because we want community collaboration. The meetings are held every second Tuesday of the month. The next meeting will be Tuesday October 10 at 9 a.m. at the Kent Branch Library. ALL ARE WELCOME TO ATTEND!



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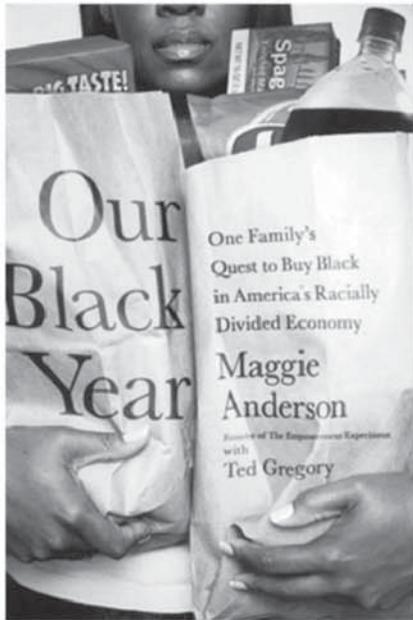
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## LUCAS METROPOLITAN HOUSING AUTHORITY

**NOTICE OF SIXTY (60) DAY RESIDENT COMMENT PERIOD ON PROPOSAL TO REVISE UTILITY ALLOWANCES (Resident Paid Utilities)**

Lucas Metropolitan Housing Authority ("LMHA") proposes to revise the Utility Allowances (Resident Paid Utilities). The proposed changes can be found at <https://goo.gl/JBwJkQ>. The Proposed Utility Allowance Changes and Utility Notice and Comment Notice and Comment Request can be reviewed at <https://goo.gl/1jpu6T>. If you have a comment, contact LMHA at [publiccomments@inboundna11.springcm.com](mailto:publiccomments@inboundna11.springcm.com).



## MENTAL HEALTH & RECOVERY SERVICES BOARD OF LUCAS COUNTY

### OFFICE MANAGER

Mental Health and Recovery Services Board of Lucas County is accepting applications to fill the positions of Office Manager until position is filled. Additional information regarding the duties is available on the Lucas County web site ([www.co.lucas.oh.us](http://www.co.lucas.oh.us)). Click on "Apply for a Job" and then select Office Manager from the list to read more or apply.

An Equal Opportunity Employer

## NOTICE TO BIDDERS

SEALED PROPOSALS for bidding on **Metroparks Cannalely Property Restroom Renovations, 3520 Waterville – Swanton Road, Swanton, Ohio 43558** will be received; opened; and read aloud at the Metropolitan Park District of the Toledo Area, Fallen Timbers Field Office, 6101 Fallen Timbers Lane, Maumee, Ohio 43537 **Friday, October 13, 2017 at 3:00 p.m.** local time.

THE SCOPE OF WORK consists of interior building renovations to add restrooms and showers within an existing 3,200 SQ FT metal barn. General construction includes select demolition, rough and finish carpentry, concrete footings & slab, masonry walls, plumbing, electric, HVAC, fixtures and finishes. Bidders may obtain copies of plans, specifications, contract documents and plan-holder's list through Newfax Corporation, 333 West Woodruff, Toledo, Ohio 43604 between 8:30 a.m. and 4:30 p.m., Monday through Friday (check made payable to Newfax Corporation) or via the Newfax Digital Plan Room at [www.newfaxcorp.com](http://www.newfaxcorp.com). Newfax can be contacted at 419-241-5157 or 800-877-5157. A non-refundable fee of \$30 is required for each set of documents obtained. For additional information, please contact Jon Zvanovec @ 419-360-9184, [jon.zvanovec@metroparkstoledo.com](mailto:jon.zvanovec@metroparkstoledo.com).

EACH BIDDER MUST FURNISH either (1) a bond for the full amount of the bid or (2) a certified check, cashier's check or irrevocable letter of credit in an amount equal to ten percent (10%) of the bid with its bid. The successful bidder must furnish a 100 percent (100%) Performance Bond and a 100 percent (100%) Labor and Materials Bond.

No bidder may withdraw its bid within thirty (30) days after the actual date of the opening thereof.

THE BOARD OF PARK COMMISSIONERS OF THE METROPOLITAN PARK DISTRICT OF THE TOLEDO AREA reserves the right to reject any or all bids, and to waive any informality in bidding.

By order of the Board of Park Commissioners  
METROPOLITAN PARK DISTRICT OF THE TOLEDO AREA

David D. Zenk, Executive Director

## LEGAL NOTICE - INVITATION TO BID

The Toledo Zoo is soliciting sealed proposals for the **Museum of Science Redevelopment Project Bid Package #5**. The bid package includes all supervision, materials, labor, and equipment for the **Museum of Science Redevelopment Project Bid Package #5**. Work shall consist of general trades, electrical, plumbing, mechanical, fire protection, acrylic, and life support systems plumbing.

**Copies of bidding documents may be obtained on and after 12:00 PM on 25SEP17 upon coordination with The Toledo Zoo. Bidders will be allotted one set of bid documents, and are responsible for any additional sets.** Bid documents may be reviewed at The Toledo Zoo.

**Sealed bids will be received at the Toledo Zoo's Administration Building at 2605 Broadway St., Toledo, Ohio 43609 until 2:00 PM on 03NOV17 and opened immediately following in the Administration Building.** Bids will be accepted only on the bid package forms provided and only if the bids are received on or before the bid time stated. **The official bid clock will be the clock located within the Toledo Zoo's Administration Building.** A certified check, cashier's check, or a letter of credit, in the amount of ten percent (10%) of the bid amount, or a bid bond in accordance with all applicable sections of the Ohio Revised Code is required. Particular attention should be given to Ohio Revised Code Section 307.88, 153.54, 153.57, and 153.571. If your proposal is accompanied by a certified check, cashier's check, or a letter of credit, a performance and payment bond for 100% of your bid proposal will be required.

Minimum Wage Rates, Prevailing Wage Rates, and Equal Employment Opportunity laws of the United States and the State of Ohio are applicable to all bids received for this project.

**A pre-bid meeting and joint MBE Reception will be conducted commencing at 10:00 AM on 10OCT17. The MBE reception will walk all bidder through the project, highlight the different bidding opportunities with this project and future projects at the Toledo Zoo, and explain the goals for MBE participation for the Museum of Science Redevelopment Project Bid Package #5. The MBE reception will be followed by the pre-bid meeting and site visit. Bidders will meet at the Toledo Zoo's Administration Building at 2605 Broadway St., Toledo, Ohio 43609. A site tour will follow and be part of the pre-bid meeting. No proposal will be accepted by The Toledo Zoo from a contractor that had not visited the jobsite prior to bidding. Confirmed attendance is required for the site visit, by signature from a representative of the bidding contractor on the official pre-bid walk-thru and/or the official site visit "sign-in sheet". No separate site visits will be scheduled the same day as the bid date.**

Bids are subject to the terms and conditions of the Bidding Documents and the terms and conditions are hereby incorporated into the Invitation to Bid the same as if written in full herein. The owner may reject any and all bids on any basis and without disclosure of a reason. The Owner may waive any informality in the bidding to the extent permitted by law, or accept the bid which is the "lowest and best" and which embraces such combination of alternates as may promote the best interests of the Owner. Such actions taken by the Owner shall not result in accrual of any right, claim, or cause of action by any unsuccessful bidder against The Toledo Zoo, the Board of Lucas County Commissioners, or Consultants under contract to The Toledo Zoo who prepared the specification and drawings.

Lonnie Ritter Facilities Con-  
struction, The Toledo Zoo.

Call to place your ad

419-243-0007

[www.TheTruthToledo.com](http://www.TheTruthToledo.com)

# Autumn Gineen: Designer Opens Her Atelier in UpTown

*Sojourner's Truth Staff*

"Atelier." An artist's or designer's workshop or studio.

"I always wanted to be a fashion designer but didn't want to go to school for it," says Autumn Gineen, who just relocated her clothing and jewelry shop – her atelier – to the UpTown area of Toledo. So she taught herself.

The Detroit native, who moved to the Glass City about five years ago, starting sewing when she was nine years old and has been in the clothing business for 10 years, providing her designer fashions for Toledo residents since she made the move south. A few years ago, she expanded her vision and began designing jewelry as well – a hobby that turned into "an everyday thing."

In September, Gineen moved her shop to 1811 Adams Street, in The Truth Art Gallery, next door to Carlos Poco Loco, where five days a week she creates clothing and jewelry – pants, shirts, re-mix skirts, wedding dresses, prom dresses, men's ties, along with necklaces and bracelets – a wide variety of items and styles. She custom designs her fashions for her clientele, in fact.

In addition to her own creations, Gineen also offers sewing lessons for those who might be inspired to create for themselves

Gineen's Atelier is open five days a week – Tuesday through Saturday. Find her on Facebook or call her at 419-699-9798 for more information.



*First Church Of God*  
*Banquet*  
October 14, 2017  
6:00 p.m. - 11:00 p.m.

Featuring  
Saturday Evening 10/14/17  
Recording Artist  
James Crumbly

Speaker  
Sunday Morning 10/15/17  
Rev. Miki Merritt  
St. Louis, MO

Speaker  
Saturday Evening 10/14/17  
Rev. Clifton McDowell Sr.  
East New York

**CELEBRATING 100 years 1917 - 2017**

**Parkway Place Main Hall**  
2592 Parkway Plaza  
Maumee, Ohio 43537  
Cost: \$40.00

Tickets are available at First Church of God 74191255-0097

**LUCAS COUNTY CHILDREN SERVICES**

*foster*  
**HUGS**

Children belong in families, and Lucas County Children Services believes that every child should have a caring family. Foster parents fill that role when kids are separated from their birth families. Whether it's for a few days, a few months, or forever, LCCS needs foster parents who can give a child something—and someone—to hold on to.

Train to become a foster parent on Saturdays, starting October 14. Register at [lucaskids.net](http://lucaskids.net) or call 419-213-3336.