



Local and National News

www.thetruthtoledo.com

Volume 49, No. 9

"And Ye Shall Know The Truth..."

April 4, 2018

YWCA Milestones 2018



2018 Milestones Awardees:

(Seated): Randa Mansour-Shousher, Jan Ruma, Sarah Skow, (Standing): Cynthia Thompson, Debra Monagan, Judge Denise Cubbon, WilliAnn Moore

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Sandy's Song

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

The Truth Contributor

It's going to be up to us to challenge [both] the Democrats and the Republicans on the issue of democracy.

- Melvin H. King



One of the drawbacks of our two-party electoral system is that it often sorts candidate selection preferences into one of two camps based solely on "political identification rather than substantive analyses of policy issues."

We have, in fact, "the Demopublicans," decried one labor leader, describing the political ideology that the two major parties often hold in common. The truth is that both parties disappoint and either party can provide tangible outcomes, provided that one climbs, early, aboard the bus that is "traveling in the right direction necessary to arrive at its intended destination."

I caught up with Sandy Spang at Plate One, her dap, new downtown coffee shop to discuss her policy views as she begins her campaign as a candidate for the Board of Lucas County Commissioners. This is the finale of our two-part conversation.

Perryman: Councilwoman, we've talked previously about the regional water issue and the proposed new jail site. I'd like to delve a little more deeply into your candidacy to join the Lucas County Board of Commissioners.

Spang: So here's probably the most surprising. I don't think that my opponent Gary Byers has built relationships in the black community, while Councilwoman Yvonne Harper and I have such an interesting relationship. I think grudging respect under her is how I would characterize it. She sometimes tells people about herself, 'I'm starting to sound like Sandy Spang.'

I'll tell you what it is. She's not afraid to at least listen to what I'm saying because she knows that I do my homework and she says people have asked her, "How can that little goody two-shoes stand toe to toe with the likes of Pete Gerken?" And she says to them, "Oh you so don't know her the way I know her." I thought that was fun.

But you know I'm not running to be obstructionist, I'm running to work with Gerken and Skeldon Wozniak. I look for creative solutions and I think that relationship will be good because that's the way I intend it to be. Look at where I've had to be on council. I've been the minority before. I am a minority on city council. I am one stand-alone person and yet I've been able to get a lot of stuff done and so I think that's the key.

I don't think Tina, Pete and I are going to have different goals. I don't think there's one issue on which we're going to have different goals. So that's the way I'm approaching it.

Perryman: Who are some of those who have been reaching out to you in support of your candidacy?

Spang: Folks from Maumee, for instance. Folks in western Lucas County

still have something stuck in their craw with Gary (Byers). He really ticked off Maumee City Council and the entire western Lucas County corridor, and it wasn't just over this latest thing about the water. He sued them for not funding his court as much as he wanted and he shunned transparency. So, I think that he's going to have a hard time in the western part of the county. I've got some obstacles too. Somebody told me Republican Kevin Haddad had everybody rumbling around that apparently he believes Mary Taylor is begging him to run as an independent for commissioner. I've been in those big races where you've got four or five people running and that's not helpful. John Stainbrook, by running somebody else named Sandy and that certainly was no mistake. Remember when he ran Mark Wagner against Mark Wagner? You never saw the guy, you never needed to, it was the name confusion, and he never calls her by her last name, everything he says is Sandy this and Sandy that, so thank you very much John Stainbrook. So this is going to be, I think, a very winnable race for me.

Perryman: What is your opponent's message?

Spang: Byers' message seems to be that he brings valuable criminal justice reform expertise to continue Carol Contrada's legacy. So I actually did a little investigating and he was on the committee as the representative of the suburban cities, but they complain that they had to drag him kicking and screaming because he represented Maumee and Sylvania and a different point of view.

Perryman: If Byers is framing his candidacy as a continuation of Carol's work or as a "criminal justice expert," what is your message?

Spang: That criminal justice is important. The MacArthur grant has been so important to our beginning to reform the way that we view prisoners and

... continued on page 3

The Sojourner's Truth

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Community Calendar

April 5

Kwanzaa Park Neighbors and Black Watch Meeting: 6 pm; The Padua Center; Speaker is Gary Arbuckle of the Board of Developmental Disabilities; Discussion on razing of St. Anthony Church Race and the Criminal Justice System: A Conversation: 4 to 6 pm; St. Timothy Episcopal Church in Perrysburg; Moderator UT's Shelley Cavalieri; Presented by the Episcopal Diocese of Ohio Commission for Racial Understanding

April 9

Community Forum for Ohio State Senate Seat District 11: Presented by Community Solidarity Response Network; 6 pm; "Black Lives;" Frederick Douglass CA: 419-973-0248

April 17

2nd Annual Edward Drummond Libbey Day: The Libbey House at 2008 Scottwood; 4:30 to 6 pm; City proclamation, award presentation, tours of the historic house: 419-699-8215

April 17-20

Ohio North First Ecclesiastical Jurisdiction Women's Convention Crusade 2018: Rock of Praise Church; Guest speakers: April 17 - Mother Thelma Giles Butts, Jurisdictional Supervisor, April 18 - Bishop Pat McKinstry, Worship Center, April 19 - Lady Karen Clark Sheard, Greater Emmanuel Institutional COGIC, Detroit, Mi., April 20 - Bishop Edward T. Cook, New Life COGIC, Toledo, Oh.

April 27-28

Calvary MBC Women's Ministry 21st Women's Retreat: Holiday Inn in Lima on Leonard Road: 419-531-9443 or 419-865-0019

Bishop Daniel E. Thomas Statement

On the 50th Anniversary of the Assassination of Rev. Dr. Martin Luther King, Jr.

April 4 marks 50 years since Rev. Dr. Martin Luther King, Jr., an American Baptist minister and civil rights activist, was assassinated in Memphis, Tennessee. On this day, as we reflect on his life and work, we need to ask ourselves if we are doing all we can to build a culture of love, respect and peace to which he was so dedicated and to which the Gospel calls each one of us.

The foundation of Dr. King's message was transmitted through non-violent means to spread the Word and protest injustice. To quote Dr. King, "Returning hate for hate multiplies hate, adding deeper darkness to a night already devoid of stars. Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate, only love can do that."

As we commemorate Dr. King, I call on all people of good will to pray and act for peace and the eradication of violence from our hearts, our homes, our society, our country and our world. Today, let's commit to make our own

the words of Martin Luther King Jr., "Nonviolence means avoiding not only external physical violence but also internal violence of spirit. You not only refuse to shoot a man, but you refuse to hate him..... I have decided to stick with love. Hate is too great a burden to bear."

Sadly, after 50 years, much of the violence, racism and injustice addressed by Dr. King still exists. In loving God with all our heart, mind, soul and strength, and in loving our neighbors as ourselves, we will respect each person as created in the image and likeness of God. In that way, we will best honor the legacy of Dr. Martin Luther King.

For more on Dr. Martin Luther King Jr., please see the recent statement of the U.S. Conference of Catholic Bishops Administrative Committee Statement on the Life and Work of Rev. Dr. Martin Luther King, Jr. of which Bishop Daniel E. Thomas is a member.

Perryman... continued from page 2

there's been real progress made and I want to see that continue, but that is only 1-dimensional. There is so much more to the work of the county. That \$600 million budget focuses on many other things. Workforce development, which is so critical to changing lives, employment is critical to changing lives. The budget is also critical to economic development. The county has so much more juice (than the city) when it comes to economic development.

So much of that money flows from the state. Community health, the county has so much involvement in community health. The environment sustainability and helping Lake Erie is also a major piece. These are the broad issues and I'm prepared. I'm ready and I'll always be first on the issues.

Perryman: So can you crystalize your message for our readers?

Spang: So, to speak of who I am, I have idealistic goals, but pragmatic methods. So that's my work piece, people know that. I do my homework, I do the research, I have the lofty goals, but I want to get the job done, I want to see results, and so that's my style.

Perryman: Let me ask it like this. What is your vision for Lucas County?

Spang: Well, without a doubt, it is "Inclusive Growth." It is always a good thing when we can start to blur borders and bring or take things in different directions.

Perryman: Before I let you go, can we talk about the proposed youth curfew legislation that's being talked about?

Spang: Okay, so my gut reaction to this is that I think this is really restrictive on young people that are not doing anything they shouldn't be doing. It felt to me as if the legislation's sponsor may have had some bad press and he pulled a Trump. When

you've got bad press, come out with something outrageous, get everybody to look in another direction and I felt like that was what it was. And, he was just a few days out of a bad situation and he's calling for curfew. What do you think?

Perryman: I have never been a fan of punishing children in order to get them to conform to adults' beliefs. I've always felt like that is a tool of domination. It certainly is not effective in this era of youth nihilism or hopelessness where many behavior problems are the outcomes of boredom resulting from demands to conform. I think that more opportunities to allow young people to express their creativity and giftedness would be more effective. But also, you already know who's going to be targeted or overrepresented among the people who are picked up.

Spang: Kids out in the community doing stuff, especially 16 and 17 year olds. I had freedom at that age. We were doing positive things.

Perryman: Right, but my concern is that they're going to pick up young black kids for minor non-violent offenses and that's going to have needless negative consequences for their futures.

Spang: And then the whole thing, it's also going to come down hard on the parents. There's an extra thing in there about the parents. I can't see any way that it's going to make any real difference in young lives, because you know what? That gun-packing kid, he is not going to honor the curfew.

Perryman: Any final thoughts on your campaign that you would like to leave with our readers?

Spang: I told my team, I said 'I want to work very hard in the African-American community because I don't know that a white judge from Maumee can fill the bill. Yes, he's going to have that D besides his name, but I don't know if he's going to resonate.

He knows that his relationship with the African-American community is not strong. So let's talk about that. I have done reasonably well as a council candidate when people could choose 6 people. I've done reasonably well in center city neighborhoods. As a matter of fact, surprisingly well.

Perryman: A lot of people will choose, perhaps, based upon the D label. But I think the name Spang might provide even more name recognition.

Spang: Well, Jack Ford...before he died, he had a lot of interest in me. I think I amused him, and he said 'we're going to get you out to the African-American communities,' but the thing is, I always go when I'm invited and I always want to be respectful.

I really want this commissioner's position. It is a fit for me. It is the right fit for me. I am excited about this work. I want to do this work. So, and I need guidance, but we think that there is opportunity for me to continue to build upon a strong vote and following within the African-American community.

Contact Rev. Donald Perryman, DMin, at drdperryman@centerofhopebaptist.org

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State Rep. Mike Ashford, Local 92 Union President, Unveil Toledo Firefighters Memorial Highway

State Rep. Michael Ashford (D-Toledo) and Rep. Michael Sheehy (D-Oregon) were joined by Jeff Koenigseker, Toledo Firefighters Local 92 union president, to unveil the "Toledo Firefighters J. Dickman and Stephan Machcinski Memorial Highway," on Thursday, March 29. The road signs were placed at the northbound I75, just north of the Nebraska Ave overpass and southbound I75 just south of the Monroe Street overpass.



Rep. Michael Sheehy, Rep. Michael Ashford, Fire Chief Luis Santiago, Local 92 President Jeff Koenigseker

"The Toledo Firefighters Memorial Highway

honors the courage, sacrifice and commitment to service of our firefighters, especially those who have lost their lives in the line of

State Rep. Michael Ashford Announces the Release of \$208,000 in State Funds

Money will help bring Ohio's school districts' buildings up to code

State Representative Michael Ashford (D-Toledo) today announced the release of \$208,000 in state funds to amend Ohio Facilities Construction Commission (OFCC) contracts with Lucas County agencies, Thomas Porter Architects and the JDI group, INC. The funding was approved by the state Controlling Board, a panel tasked with oversight of state spending.

"I'm excited to see funds go toward Lucas County contractors to evaluate buildings and provide data on how to best bring Ohio's

school districts up to code with renovations and structural designs," said Ashford.

The contracts provide facility assessment services, providing data on facility conditions. The information aids in the development of master plans for school districts. These funds come as a part of the OFCC's commitment to Ohio's Encouraging Diversity Growth and Equity (EDGE) program that aims to provide assistance to economically and socially disadvantaged businesses.

duty," said Rep. Ashford. "This renaming shows Toledo's unwavering support for the truly amazing work first responders do every day to keep our communities safe."

Ashford and Sheehy introduced House Bill (HB) 324 which designated the stretch of Interstate Route 75 between Nebraska Avenue and Monroe Street, as the Toledo Firefighters Memorial Highway.

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Civil Rights Commission Finds Discriminatory Practices at Powertrain Plant

By Fletcher Word

Sojourner's Truth Editor

After a lengthy investigation, the Ohio Civil Rights Commission has determined that the General Motors Powertrain & Fabrications plant in Toledo has probably engaged in "an unlawful discriminatory practice in violation of Ohio" law and has ordered the matter for conciliation. Powertrain has appealed the decision for reconsideration and a hearing is scheduled for this week in Dayton, between the charging party, Ray Wood, president of the Toledo NAACP and the former president of the union, and General Motors.

The incidents that led to Wood filing a charge of discrimination against General Motors occurred in the first half of 2017 when he became aware of an increasingly hostile work environment after the first incident of nooses hanging in the Powertrain workplace along with racial comments made and racial slurs painted on restroom walls. That first incident was reported to management of March 22, 2017.

Wood charged that management failed to take the incident seriously and, as a result of the hostile work environment fostered by this failure, Wood, after having been president of the union for 10 years, was not re-elected and forced to retire because of his race and in retaliation for opposing racial discrimination.

"I wanted them to address the situation right away – put out a letter about nooses and discrimination," says Wood now. "They would not do that."

The second noose incident occurred on May 2 and a third one on June 2. In between these noose hangings, Nazi symbols and other offensive graffiti were painted in restrooms. Indeed, reports of such incidents continued through the rest of 2017 and as recently as January 2018.

As president of the Union, Wood met on occasions with the human resources director and the plant manager to try to put together a plan of action on how to proceed with remedying the situation but noted in his complaint that his suggestions were ignored. "The human resources director did not have an idea of how to make people safe and comfortable when coming to work," says Woods. In short time, he adds, "the floor got crazy with blacks against whites."

Election time came for union positions and the hostility in the plant led to Wood's defeat in his re-election attempt particularly after union members went to management during this period complaining that Wood belonged to a racist organization – the NAACP.

The Civil Rights Commission went into the plant and interviewed numerous witnesses, both management and non-management, over a period of time and concluded that: 1) the incidents had occurred,

2) that management "has not taken effective remedial action to address a racially hostile work environment" and 3) "employees continue to endure offensive symbols, comments, and hostility in the workplace causing them anxiety, fear, and apprehension due to race in violation" of Ohio law.

The Conciliation Agreement and Consent Order issued by the Toledo Regional Office on March 16, 2018 seeks to bring the parties together "to ensure voluntary compliance with the provisions of the Ohio Laws Against Discrimination." The agreement that the Office wants both parties – charging and respondent – to sign states that GM will not allow discrimination, shall provide a work environment free of harassment and hostility, shall establish an Equal Opportunity Officer within the facility and shall hold annual training sessions equal opportunity issues for every employee. In addition, the Office asks GM to have Wood reinstated as union president and to pay any back wages he would have received as president since June 19, 2017, although it is difficult to understand how this could be accomplished and Wood himself says he is not interested in such reinstatement.

The agreement, on the other hand, asks Wood, as charging party, to refrain from further suits against GM if both are partied to the agreement.

General Motors opted to file a Request for Reconsideration and a hearing on that matter will be held this Thursday, April 5 in Dayton.





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Super Foods? Super You!

By Patrice Powers-Barker, OSU Extension, Lucas County

The Truth Contributor

While “superfood” does not have a legal, medical or formal definition, some foods pack in more nutrients, fiber and antioxidants than other foods. In addition, a “superfood” is also low in fat, sugar and sodium. Don't rely on advertising and marketing to convince you that a food is “super” but be choosy about the foods you eat in order to make the most of their benefits. By choosing healthy foods, it will improve your diet as well as possibly reduce your risk for some chronic diseases.

Once again, there is no single “superfood” but research is continuing to show us the physical benefits of eating healthy. The title of one research study by Jennifer Di Noia, PhD was “Defining Powerhouse Fruits and Vegetables: A Nutrient Density of Approach.” The study defined PFV (Powerhouse Fruits and Vegetables) by comparing 17 nutrients of public health importance as determined by the Food and Agriculture Organization of the United Nations and the Institute of Medicine.

This article will name all of the PFV from that research as well as list additional foods beyond fruits and vegetables which are commonly recognized as superfoods. So, whether you are looking for superfoods or powerhouse foods, this will share a variety of ideas to add to your day.

One Day Only!



BUSINESS IN THE BLACK
The Rise of Black Business in America
1800's - 1960's

DOCUMENTARY — ANTHONY BROGDON

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Dark Green Leafy Vegetables

Spinach, collards, chard and kale are dark green leafy vegetables packed with vitamins and minerals such as vitamins A, C, E, and K, iron, calcium and potassium. Add in turnip greens, mustard greens and beet greens. Many (but not all) dark greens can be used raw in salads as well as cooked such as in soups or stir-fries. Although Iceberg lettuce doesn't get as much praise as its cousins, leaf lettuce and romaine lettuce, it also makes it on the PFV list. For extra flavor in the salad, add some dandelion greens, arugula or endive.

Additional Dark Green Vegetables to add to the plate include broccoli and Brussels sprouts. Other cousins in the cruciferous vegetable family include cabbage, cauliflower and kohlrabi. While many of these vegetables are served hot, they can also be shredded and used in side dishes like salads.

Root Vegetables

Enjoy adding the flavor of onions including scallions and leeks. Other root vegetables to eat: carrots, radishes, rutabagas and turnips. Never tried some of those last vegetables? Roasting root vegetables with a little bit of olive oil in the oven is a nice way to enjoy them.

Sweet Potatoes

Sweet potatoes are full of vitamin A and fiber. They are also a good source of vitamin C and potassium. They can be baked, mashed, or sliced into thick fries and baked in the oven. In addition to sweet potatoes, other orange and yellow vegetables include pumpkin all other varieties of winter squash. They can easily be baked in the oven or the slow cooker.

Citrus Fruit

Grapefruits (white, pink and red!), oranges, lemons and limes add fiber, vitamin C, folate. Although they are not citrus fruits, red peppers are listed as a PFV and a good source of vitamin C!

Berries

Try blackberries, blueberries, strawberries and others. They can be eaten alone, on top of whole-grain cereal, in a smoothie or as a dessert.

Tomatoes

Eat all types of tomatoes: fresh in a salad, canned and heated up or in a sauce. Canned tomatoes offer the best option of lycopene but they all have nutrients like vitamin C and potassium.

Beans

Dry beans are a superfood because they are high in vitamins, minerals and fiber. In addition, a half cup of beans offer as much protein as an ounce of meat but they do not have saturated fat. There are so many options: kidney beans, pinto beans, black beans, chick peas or black-eyed peas.

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Health Section • Health Section

A Mental Health Moment

By Bernadette Joy Graham, MA, LPC, NCC
 Certified Grief Recovery Specialist

Falling in love is very intoxicating. If you have had the pleasure of falling in love at least once in your life you can relate. Life is absolutely fabulous! Everyday is a good day and nothing can get you down. You view the world as



perfect and you finally feel whole.

Have you ever wondered how a person could become addicted to drugs/alcohol? Drugs and alcohol also cause an amazing high and some even describe the feeling of better than love or sex. When you're in love relationship begins to fizzle, you desperately try to get that groove back once more. It becomes the most important thing on your plate even taking precedence above family, friends or employment.

Individuals who can no longer get their drug of choice begin to withdraw with some rather uncomfortable side effects. Just think about the side effects of that lost love. You probably couldn't eat, sleep or find hope or happiness in anything you had before.

If you are a person who has never understood drug addiction, compare it to falling in love, the fear of losing that love and the desperate moves you made with hopes of reuniting. Looking back, any one of us can recall a time in our lives when we acted out of character for the sake of love and then swore to never do it again.

Those afflicted with drug addictions will often say the same, that they will never go back to using because of the costs involved. Eventually, unexpectedly, we come across a person who again brings about those intoxicating feelings and although we said never again, we rationalize and say this time it will be different.

This relapse is common with drug addiction and an individual in recovery will share that they have relapsed numerous times.

It is difficult when a friend or family member becomes addicted and we just want them to stop. Stop hurting themselves and us. We become enraged and cut them off from connection, making them choose us or the drug.

Think about those times you fell in love and friends or family told you to slow it down or just say no. Fortunately, falling in love can end in living happily ever after.

A drug addiction will not end in living happily ever after but will often result in death. There is no end in sight for this war on drug addiction, but it doesn't mean we have to give up just yet. Having a greater understanding of the difficult journey of our loved one's path is a start.

Take a mental health moment and begin to understand your loved one's journey. Love and drug addiction involves enormous amounts of emotions that we are unable to control. When we find ourselves in those doomed relationships with love or drugs, we know when to say enough is enough, but we are the only one who can make that choice for us.

Graham, is a Licensed Professional Counselor, National Certified Counselor and Certified Grief Recovery Specialist.

Super Foods... continued from page 6

Nuts

One ounce of nuts adds healthy fats to the day. Try a small handful of nuts or seeds such as walnuts, almonds or sunflower seeds. .

Fish High in Omega-3 Fatty Acids

Fish high in healthy fats are sometimes referred to as "fatty fish." Salmon is well known in this group. Other fish high in omega-3 are herring, sardines, mackerel, trout, and albacore tuna. Try to add it to the menu two times a week.

Whole Grains

Whole grains offer vitamins and minerals as well as fiber. Some examples of whole grains are whole oats, quinoa, whole grain barley and whole-wheat. Look at the first ingredient on the food label to check for the word "whole".

Herbs

While herbs are a great way to add flavor without added salt, parsley and chives are specifically listed on the Powerhouse Fruits and Vegetable research.

Are you interested in focusing on your Super Powers for a healthier you this spring? Could you use some encouragement and guidance but don't have time to attend classes? Starting April 9th, Ohio State University Extension will start the 2018 Spring online email challenge. The theme is Superhero for a Super You! It's free and open to any adult with an email address. Each week participants will receive weekly e-mails, containing nutrition, health and fitness tips. Additional food and activity logs will be available for download to help participants track their progress. Interested in participating in this on-line challenge? Sign up by following this (case sensitive) link to enroll: <http://go.osu.edu/LucasSp18>

Nutrition information for this article is from the American Diabetes Association and the Center for Disease Control.

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2018 YWCA Milestones: 23 Years of Celebrating Women

Sojourner's Truth Staff

On Wednesday, March 28, the YWCA of Northwest Ohio held its annual luncheon honoring seven local women for their contributions to the community in a variety of categories. Their accomplishments, writes YWCA President and CEO Lisa McDuffie, "reflect the core values of the YWCA – the elimination of racism and the empowerment of women."

This year's honorees were: Cynthia Thompson in the arts category, WilliAnn Moore for education, Randa Mansour-Shousher for science, Sarah Skow for volunteerism, Debra Monagan for business, Denise Cubbon for government and Jan Ruma for social sciences.

This year's luncheon ceremony was hosted by Diane Larson of 13 abc Action News – a 2008 honoree for business – and the event blessing was offered by YWCA Board Member Ireatha Hollie and a 2008 honoree for science.

Thompson, business woman, philanthropist and longtime supporter of the arts in northwest Ohio, has been a member of the Toledo Museum of Art's board of directors since 2003. In 2016, she became the first African American and the first woman to serve as the chairman of the board of the Museum. Over the years Thompson has served on a variety of committees and offices for the Museum, in addition to volunteer service with many organizations, particularly

for the Girl Scouts of America – chairman of the National Board of Directors of the Girl Scouts of USA.

Moore, a longtime educator with the Toledo Public Schools, now serves as the NAACP's Ohio State Director of Education and third vice president of the local chapter. She is also responsible for Toledo's participation in the ACT-SO (Afro American Cultural & Scientific Olympics) competition. Moore was a trailblazer in education here in Toledo as one of the few teachers



*2018 Milestones Awardees:
(Seated): Randa Mansour-Shousher, Jan Ruma, Sarah Skow, (Standing): Cynthia Thompson, Debra Monagan, Judge Denise Cubbon, WilliAnn Moore*

of students with disabilities in the early 70s.

Mansour-Shousher has been an audiologist since 1981 and started her private practice, the Northwest Ohio Hearing Clinic, in 1998. In her practice she provides advanced audiology services for families with incomes up to 250 percent of the federal poverty level. Over the last five years her contribution to the community has been enhanced through her establishment of the HearCare Connection, a nonprofit hearing center providing healthcare to low-income adults and underserved children. She has also taken the concept to countries in the Middle East and Africa in her travels.

Skow, currently president of The Arts Commission, also serves on the boards of the Toledo Bar Association, Advocates for Basic Legal Equality, Legal Aid of Western Ohio and the Children's Theater Workshop. Her professional endeavors and community service have been recognized on numerous occasions as she has received awards such as the Toledo Business Journal's "2016 Who's Who in Toledo Law," 2015 Toledo 20 Under 40 Award, 2015 Ohio State Bar Foundation Statewide Community Service Award for

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...continued on page 12

TUSA Celebrates Anniversary of Affordable Care Act, Bemoans Republican Obstructionism

Sojourner's Truth Staff

Toledoans United for Social Action gathered on Friday, March 23 to celebrate the passage of the Affordable Care Act (ACA) and what it has done for over 20 million Americans.



Deacon Christ Gayle, Rev. Robert Birt, Rev. Marcia Dinkins, Rev. James Willis, Rev. John Walthal, Art Walker, Rev. William Davis

"Thanks to the ACA, the number of people in our country without health care coverage fell to a record low in the last year of President Obama's presidency," said TUSA President Rev. James Willis as he led off the press conference. "The Affordable Care Act didn't just expand insurance coverage to give more people access to health care, it also established new rules for insurance companies that made health care more affordable, that increased quality and that protected patients from debt and bankruptcy because of medical bills."

Willis was joined by Rev. Marcia Dinkins; Art Walker, co-president of TUSA; Rev. John Walthal of Mt. Ararat MBC and Rev. William Davis of Braden United Methodist.

Dinkins spoke about what the ACA had done for Americans. "The ACA

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Return trips leave 20 minutes after the end of the game on the first base side of Fifth Third Field; when post-game fireworks are featured, return bus trips leave 20 minutes after the fireworks.

Visit TARTA.com or call **419.243.7433** for more information.



Health Section • Health Section

ProMedica Community Events in April

ProMedica will offer the following community events in April:

Aromatherapy

Discuss the special ways that essential oils can be used for everyday health and wellness. This program is free to people with a cancer diagnosis and is sponsored by ProMedica Cancer Institute. Aromatherapy takes place the first and third Wednesday of each month. Call the Victory Center at 419-531-7600 for details.

Wednesdays, April 4 and 18

1 – 2 p.m.

The Victory Center

5532 W. Central Ave., Suite B, Toledo, Ohio, 43615

Bariatric Seminar – First Step

ProMedica Weight Loss is hosting free bariatric seminars. Attending an in-person seminar is your first step in the journey toward weight loss surgery. Learn from one of our expert surgeons who will explain the weight loss surgery process, eligibility requirements, types of surgical procedures, and your potential benefits and risks. Talk with someone who has already had bariatric surgery. Ask questions, and get answers that will inform your healthy weight loss decision. For more information or to register, call 419-291-6777 or 1-800-971-8203 or visit promedica.org/bariatric.

Thursday, April 5

Tuesday, April 10

Monday, April 16

Wednesday, April 25

6 – 8 p.m.

ProMedica Health and Wellness Center

Community Education Room, Suite 101

5700 Monroe St., Sylvania, Ohio, 43560

Nursing Mothers Support

ProMedica Toledo Hospital's women's services is hosting a breastfeeding support group for nursing mothers. Do you have breastfeeding questions?

Drop in and receive support from a certified lactation consultant and other nursing mothers. The group meets the second Tuesday of every month. For more information, call 419-291-5666.

Tuesday, April 10

1:30 – 2:30 p.m.

ProMedica Toledo Hospital

Entrance F, Mom & Me Boutique

2142 N. Cove Blvd., Toledo, Ohio, 43606

CARE - Pregnancy and Infant Loss Support Group

If you have experienced the loss of a baby during pregnancy or after birth, ProMedica Toledo Hospital is here for you. Families who have experienced miscarriage, stillbirth or infant death are invited to the C.A.R.E. (Caring and Restoring Each other) support group. Topics covered include the journey through grief, questions about the next pregnancy, dealing with your feelings, relationships, holidays and anniversaries, and siblings and grief. This free support group will meet for four consecutive weeks on a quarterly basis. Reservations are appreciated but not required. For more information or to register, contact Kim Folk-Axe at 419-291-9475 or kim.folk-axe@promedica.org.

Tuesdays, April 10, 17, 24

Tuesday, May 1

7 – 8:30 p.m.

Ronald McDonald House

3883 Monroe St., Toledo, Ohio, 43606

Look Good Feel Better

ProMedica Cancer Institute is hosting Look Good Feel Better, a free program from the American Cancer Society designed for women dealing with hair loss and skin changes from chemotherapy and radiation. You will learn specific techniques to help make the most of your appearance while undergoing treatment. You will also take home a makeup package valued at \$200. Registration is required. For more information or to register, call 1-800-227-2345.

Monday, April 16

2 – 4 p.m.

ProMedica Bixby Hospital

Hickman Cancer Center, Suite 130

717 Kimole Lane, Adrian, Michigan, 49221

Wednesday, April 18

3 – 5 p.m.

ProMedica Monroe Regional Hospital

Monroe Cancer Center

800 Stewart Road, Monroe, Michigan, 48162

Thursday, April 19

9:30 – 11:30 a.m.

ProMedica Flower Hospital

Hickman Cancer Center

Oncology Conference Room

5200 Harroun Road, Sylvania, Ohio,

Women's Cancer Support Group

The Women's Cancer Support Group is a gathering of women who have a cancer diagnosis. It is a safe harbor to come to give or receive support. The group meets the third Tuesday of each month and provides education, encouragement and sharing in an informal social environment. Guest speakers who are compassionate professionals specializing in cancer issues may occasionally be invited. Come, share, and receive encouragement, love, compassion, hope, laughter and much more!

Tuesday, April 17

7 – 8:30 p.m.

ProMedica Monroe Regional Hospital

Conference Room A, 4th Floor

718 N. Macomb St., Monroe, Michigan, 48162

Diabetes Education Support Group

This monthly support group is for people living with Type 2 diabetes and features certified diabetes educators and others with diabetes for a source of inspiration, education and an opportunity to better your health. The support

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...continued on page 12

Drug and Alcohol Abuse: A Growing Problem for Those Growing Old

Special to The Truth

Misuse and abuse of drugs and alcohol among the elderly is one of the fastest growing health problems in the U.S., according to the Substance Abuse and Mental Health Services Administration (SAMHSA), yet it can often be mistaken for normal aging behavior.

The statistics are alarming: according to The National Council on Alcoholism and Drug Dependence, Inc., 2.5 million older adults have an alcohol or drug problem; while a SAMHSA report shows that the use of illicit drugs, combining drugs with alcohol, and the nonmedical use of pharmaceuticals, results in an average of nearly 300 emergency room visits nationwide each day for those aged 65 and older.

Despite these disturbing trends, substance abuse among the elderly often goes unrecognized and untreated. According to "The Tough Talk: Aging Parents and Substance Abuse," a new survey commissioned by WellCare Health Plans, Inc., adult children of elderly parents know very little about the drugs and alcohol their parents consume, and three-quarters say it's possible that they may not even know if their parent had a substance abuse problem, likely mistaking the signs -- such as slurred speech, dozing off and confusion -- for normal behaviors of aging.

"While family members may not feel equipped to identify an abuse problem, they are often the ones who can best spot changes in behaviors that could indicate one exists," said Kevin Middleton, Psy.D., vice president, behavioral health, WellCare. "Given the serious consequences that overuse or abuse of drugs and alcohol can have on seniors, it's important to look for those signs and also ask questions that will help determine if and what kind of help is needed."

Dr. Middleton advises those with aging loved ones to be aware of the following.

- Life Changes Can Trigger Abuse: Retirement, the death of a spouse or dear

friend, the loss of a pet and other significant life events, are times when the elderly are most likely to begin misusing or abusing drugs and alcohol.

- Signs of a Potential Problem: Many older people will hide their problem out of shame, and while substance abuse can mimic symptoms of other diseases, always consider the possibility of abuse if there are any major changes in behaviors, such as loss of interest in hobbies, activities or socializing, as well as changes in appetite and sleeping habits. Other signs to be aware of are noticeable memory loss, slurred speech and confusion.

- Asking Questions is the First Step: At times when loved ones appear sober and alert, start asking questions about their use of drugs and alcohol and if they think they have a problem. Speak frankly about your concerns and the risks of substance abuse, but also be sympathetic to the difficulties with which they're dealing.

- Seek Help: If you do suspect a substance abuse problem, contact his or her health care provider and discuss the best approach to getting appropriate treatment.

For more tips and information on managing substance abuse for aging parents, visit WellCare's blog at tinyurl.com/ycu6e7g2.

Identifying substance abuse can be challenging, particularly when it comes to the elderly. However, addressing the issue quickly is critical. If you've detected signs of a problem, start by asking the right questions.

Courtesy StatePoint

Wear BLUE April 11th
Unite Against Child Abuse

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April is National Child Abuse Prevention Month.

Lucas County Children Services received more than 4,800 reports of suspected child abuse and neglect last year. Join us on April 11 as we unite to protect kids in our community.

Take a Stand Against Child Abuse. Wear Blue on April 11, 2018

Take a picture of yourself, your group, classroom or company wearing blue, and post it on our Facebook page! Tag it #OhioWearsBlue

For more information, email information@co.lucas.oh.us or find "Lucas County Children Services" on Facebook.

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Contact Information: Patricia Turner - Walk the Word Scholarship • scholarship@walktheword.org
 419-290-1341 • www.scholarship.walktheword.org

YWCA... continued from page 8

Attorney 40 and Under and the 2013 Crosby Award from the Toledo Botanical Gardens.

Monagan, co-owner and president of Communica, Inc, a full-service advertising and marketing firm in Toledo with offices in Columbus, Charlotte, Detroit and Shanghai, has more than 30 years in the advertising, marketing business. In addition to her business accomplishments, Monagan is also on the board of directors of the Toledo Regional Chamber of Commerce, the Rotary Club, the Toledo Repertoire Theater, the Toledo Ballet Association, the Toledo Juvenile Diabetes Research Foundation and the University of Toledo College of Business Advisory.

Judge Cubbon is a nationally known leader in Juvenile Justice Services and Reform. Under her guidance, the Lucas County Juvenile Court has been recognized as a national leader in reducing youth incarceration and in growing com-

munity resources to support youth and families. She has been instrumental in the development of evidence-based practices for youth and families – such as the Crossover Youth Model, which serves youth involved in both the Juvenile Court and the Child Welfare system.

Ruma, vice president of the Hospital Council of Northwest Ohio and the executive director of Toledo/Lucas County CareNet, has connected with hospitals, physicians and insurers to provide care for the most vulnerable in the community. She is the founding director of CareNet, a national award winning healthcare program that was a collaborative effort between then Mayor Jack Ford and health system presidents.

“What a remarkable year for women,” write McDuffie and Diane Friedman, chairman of the board of directors of the YWCA of Northwest Ohio. “From the birth of the Women’s March to the “Me Too Movement,” the YWCA of Northwest Ohio has led the way for women in our community to champion the cause of advocacy, activism and social responsibility.”

TUSA... continued from page 8

stopped gender discrimination in health coverage ... before the ACA, 92 percent of insurance policies charged women 1.5 times more than men for the same policy; the ACA increased the quality of coverage by requiring that 10 basic essential health benefits be covered under all policies sold on exchanges ... because of the ACA, insurers can no longer impose lifetime or annual limits in coverage.”

Walker noted that while Americans have cause to celebrate, Republican elected officials around the nation are doing what they can “to repeal, undermine and weaken the ACA.” However, Walker added, the American people have fought back against attempts to derail Obamacare. “Constituents across the country confronted the GOP for trying to take away health care and sent a clear message that the ACA is here to stay.”

Walthal cautioned though that the battle to preserve the ACA is not over. “Grass-roots activists stopped the worst attacks on the ACA and Medicaid but that didn’t stop Republicans ... from continued efforts to repeal and dismantle the law.” Walthal observed that the Trump Administration is attempting to “sabotage the law by rolling back ACA gains like no-cost birth control, refusing to make the cost sharing reduction payments to insurers that lower costs and by expanding

short-term junk insurance policies that don’t meet basic ACA rules.”

Davis added that Congress can fix the damage caused by Republicans and can pass a bipartisan measure to stabilize markets and lower premiums for constituents but Republicans in both houses have blocked efforts to “clean up their mess.” In the Senate, said Davis, Republicans have offered a bill that “would leave even more people without coverage and raise costs.” And in the House, there are “no provisions to address cost sharing reductions, premium hikes or additional funding for tax credits that help working families made it into the bill” that was voted on that week.

Toledoans United for Social Action is a faith-based community organization founded in 1989 to address serious local problems. The group is comprised of 24 religious congregations from the greater metropolitan area and is racially, religiously and economically diverse.

The organization had drifted rudderless for quite a while until, in recent years, new leadership breathed life into the group and rebuilt its membership and activities. In 2014, TUSA held its first annual conference and the organization’s achievements have subsequently been evaluated

Currently TUSA members have prioritized the following issues: re-entry programs for ex-offenders, lead abatement, domestic violence and the ease with which children are turned into criminals. More recently the organization has addressed issues of gun safety, the federal budget and the harm caused by cutting programs within the social safety net along with health care concerns.

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*ProMedica... continued from page 10*

group meets on the fourth Wednesday of each month and is free and open to the public. Friends and family are welcome. For more information, contact 419-291-6767 or sarah.cordrey@promedica.org.

...continued on page 13

7TH ANNUAL BUSINESS & HEALTH EXPO

SAVE THE DATE – SPRING 2018

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The Heavens Might Crack: The Death and Legacy of Martin Luther King Jr. by Jason Sokol

By Terri Schlichenmeyer

The Truth Contributor

One minute.

That's all it can take to change history. Sixty seconds, as long as an average TV commercial or two, a few blinks of your eyes and nothing is ever the same. And things can keep changing, as you'll see in the new book *The Heavens Might Crack* by Jason Sokol.

c. 2018
Basic Books
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344 pages

The evening of April 4, 1968 was ordinary, just like many others on the road.

Andrew Young hadn't kept Martin Luther King Jr. satisfactorily apprised of a legal situation in Memphis, and was on the receiving end of a pillow fight. Later, "Young and [Pastor] James Orange shadowboxed in the parking lot" of Lorraine Hotel and, while preparing for the next event, King wondered if he might want a jacket for the cooling air. And then, a "firecracker" sound, and King was quiet...

By most accounts, King was prepared for his death. He'd discussed it with friends and family, and they knew that loving him would mean losing him; it had been this way for years but, says Sokol, "the early months of 1968 felt different." White people largely feared and hated King. The FBI told him to "take his own life." And yet, King hadn't once backed down in his ideals.

Shock rolled through the nation following that spring evening. Some wept, and some questioned the need to go on. Others looted, burned, stood against the police in nearly every major city in the country. Many white Americans rejoiced, while black militancy increased. Gun con-

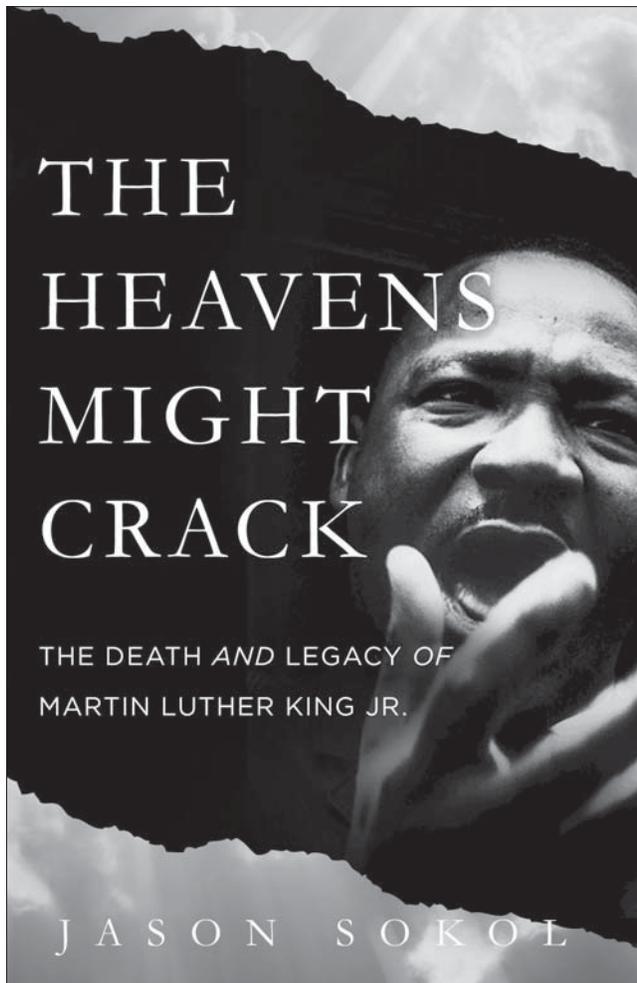
trol, which the Senate had discussed just hours before King's death, became a political hot-button.

And in the days that followed his assassination, it was feared that King's legacy would be forgotten. Instead, it became sullied: says Sokol, "...the historical King – a courageous dissident who unsettled the powerful – would be replaced by a mythical one."

Because it has been fifty years since Martin Luther King Jr. was assassinated, it can be assumed that many Americans today are too young to remember it. "The Heavens Might Crack" serves as a good fill-in for them (and for the not-then-born), as well as a look back for those who can recall with great detail.

But beware – it's a painful read, not because of how it's written but because of what's told. Author Jason Sokol picks the scab off old wounds that may've once seemed healed as he puts current events into reverse-perspective: readers might be surprised to see that some issues have softened with age, while others are as sharp today as they were then – and that includes shocking examples of racism, inequality, and violence. He doesn't stop there, though: Sokol shows how King's birthday became a reluctant holiday, and how his legacy leaves us with a "duty" to "make clear the substance of his actual teachings..."

This is a history book, to be sure, but it also feels quite meditative, making it the perfect read for those who remember and those who can't. *The Heavens Might Crack* is highly recommended. You'll be grabbed by it in the first minute.



ProMedica... continued from page 12

Wednesday, April 25
6 p.m.
ProMedica Mary Ellen Falzone Diabetes Center
Conference Room A
2100 W. Central Ave., Toledo, Ohio, 43606

Stroke Support Group

This monthly support group is for stroke survivors and their caregivers. Scheduled speakers and topics vary each month and are related to stroke survival. This free stroke support group meets on the fourth Thursday of every month. For more information, contact 419-291-7537 or stroke.support@pro-medica.org.

Thursday, April 26
4 – 6 p.m.
ProMedica Flower Hospital
5200 Harroun Road, Sylvania, Ohio, 43560

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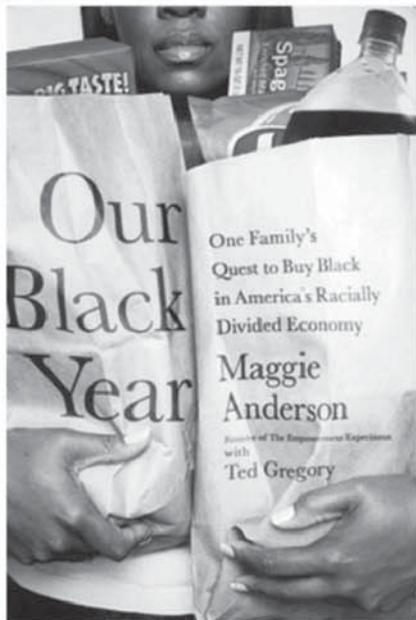
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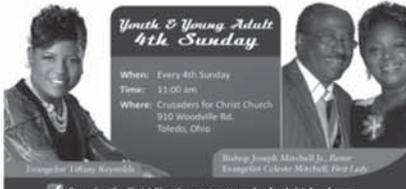
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Youth & Young Adult 4th Sunday

When: Every 4th Sunday
 Time: 11:00 am
 Where: Crusaders for Christ Church
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 Toledo, Ohio



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CLASSIFIEDS

April 4, 2018

Page 15

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EMPLOYER



SPECIAL NOTICE REQUEST FOR PROPOSAL

In continuing efforts to foster activities that promote positive mental health and prevent substance abuse, The Mental Health and Recovery Services Board (MHRSB) of Lucas County is pleased to announce an opportunity for funding. MHRSB will provide up to \$5,000 each to support grass roots organizations with a broad community impact that promote health and wellness, promote prevention activities, fight stigma and/or build individual and community resiliency. A complete description of the Request for Proposal can be found at <http://www.lcmhrsb.oh.gov/publicnotice/>. Interested parties should submit electronic proposals to: netmail@lcmhrsb.oh.gov

Proposals must be received no later than **4:30 PM on Monday, April 30, 2018**

ASSISTANT PROFESSOR OF LATIN AMERICAN LITERATURE AND CULTURE

The University of Toledo Department of World Languages and Cultures invites applications for a full-time, tenure-track position, at the rank of Assistant Professor, in the area of Latin American Literature and Culture, to begin in Fall 2018. The position will involve teaching at all undergraduate as well as graduate levels within the Spanish program. Applicants must have native-like fluency in Spanish and English, and hold a Ph.D. in Spanish by August 20, 2018. We seek a candidate with a commitment to teaching excellence, and experience teaching upper level courses is preferred. An interest in teaching writing and experience mentoring underrepresented minority students is a plus. Area of research is open, but must be related to Latin American literature or culture. Screening of applications will begin immediately and continue until the position is filled. Applicants must apply for this position at <https://jobs.utoledo.edu>. Applicants must include a cover letter, CV, three recommendation letters, and a statement of teaching philosophy. Teaching evaluations must be available upon request.

The University of Toledo is an affirmative action, equal opportunity employer. The University is dedicated to the goal of building a culturally diverse and pluralistic faculty and staff committed to teaching and working in a multicultural environment and strongly encourages applications from women, minorities, individuals with disabilities, dual-career professionals and covered veterans.

EMPLOYMENT OPPORTUNITIES

Lucas Metropolitan Housing Authority (LMHA), located in Toledo, OH is seeking experienced applicants for the following position(s): Laborers Crew Leader. For complete details, visit www.lucasmha.org/Careers. Deadline: 04/05/18. This is a Section 3 covered position(s).

HUD recipients are encouraged to apply and are to indicate on the application if you are a LMHA Public Housing client or Housing Choice Voucher Program participant. Persons with disabilities are encouraged to apply.

NO PHONE CALLS.

Equal employment opportunity shall be afforded to all qualified persons without regard to age, race, color, religion, religious creed, gender, military status, ancestry, disability, handicap, sexual orientation, genetic information or national origin.



Call to place your ad

419-243-0007

www.TheTruthToledo.com

Notice to Bidders: Inquiry # FY18-34, (Project # 0068-18-193) for Larimer Training Room Expansion for the University of Toledo. Sealed bids for this project must be clearly marked with the project number on all inner and outer envelopes and/or shipping containers. Bids must be addressed and delivered to the University of Toledo, Facilities and Construction, Plant Operations, Room 1100, 2925 E. Rocket Drive, MS 216, Toledo, Ohio 43606 before 3:00 p.m., Tuesday, April 24, 2018. Bids will be publicly opened that same day at 3:05 p.m. in the Plant Operations Building, Room 1000. Copies of Plans, Specifications, and Bid Forms may be obtained from Becker Impressions, 4646 Angola Road, Toledo, Ohio 43615. Call 419-385-5303 for an appointment to pick up bid package. A cost of \$70.00 will be charged per set. Any further information may be obtained from John Brock of Consulting Services Logistics at 419-214-3670. One Pre-Bid Conference will be held on Tuesday, April 17, 2018 at 11:00 a.m. in the Plant Operations Building, Room 1000, at the University of Toledo, 2925 E. Rocket Drive, Toledo, OH 43606. Total Bid Guaranty and Contract Bond are required per section 153.54 of the Ohio Revised Code. EDGE Participation Goal: 15%. Project Estimate: \$325,000.00; Breakdown: General Construction: \$325,000.00.

NORTHWEST STATE OFFERS FREE, COMMUNITY-WIDE JOB FAIR APRIL 10

Area job seekers have an opportunity to network with close to 100 employers at a community-wide Job & Career Fair on Tuesday, April 10 from 10:30 a.m.-2:00 p.m. The event will be held in the Atrium at Northwest State Community College in Archbold and is co-sponsored by NSCC Career Services and Ohio Means Jobs. The Job & Career Fair is free and open to the public.

"This year, we will have close to 100 area businesses looking to fill full-time, part-time and seasonal positions, as well as internships. This event is a great opportunity for community members, NSCC students and alumni to connect with those businesses," said Mike Jacobs, career services coordinator at NSCC. "Preparation is key for any job seeker, especially at an event like this. Attendees should bring several copies of their resume, dress in professional attire and be prepared with a brief 'sales pitch' covering their skills and experience."

Industries that will be represented at the 2018 Job & Career Fair include health-care, manufacturing, human services, financial, business and more. The entire list of employers scheduled to be on-hand is available at NorthwestState.edu/2018-job-career-fair/. For more information, call NSCC Career Services at 419.267.1330 or email careerservices@NorthwestState.edu.

I Dream Cast Visits Our Brothers Place

Sojourners Truth Staff

Mere days before the world premiere of I Dream, an opera recounting the last 36 hours in the life of Dr. Martin Luther King, Jr, the cast of the opera stopped by Our Brothers Place on Wednesday, March 28 to dine and mingle with a few of the city's music lovers.



Derrick Davis, Laquita Mitchell, City of Toledo's Katy Crosby, UT's Shanda Gore, EdD, Krysty Swann, Ken Overton

Derrick Davis, who sings the part of MLK; Laquita Mitchell (Coretta Scott King); Victor Ryan Robertson (Hosea Williams); Ken Overton (Ralph Abernathy) and Krysty Swann (Grandma) along with the Opera's leadership – Suzanne Rorick, executive director and Loviah Aldinger, associate director – came for the meet and greet, sponsored by the Toledo Opera, Paul Hubbard and Fletcher Word, and featuring entertainment by Karen "Lady K" Harris and a greeting by Toledo Mayor Wade Kapszukiewicz.

al performances on April 7 at 7:30 p.m. and April 8 at 2 p.m. The opera is part of the North Star Festival produced by the Toledo Symphony and the Toledo Opera. The festival began on March 11 with a spiritual concert performed by instrumental quartets – "Romance and Spirituals" – at the Toledo Lucas County Main Library. On March 16, the famed soprano Kathleen Battle brought her "Underground Railroad – A Spiritual Journey" – to the Toledo Museum of Art Peristyle.

I Dream, a rhythm and blues opera, by composer/librettist Douglas Tappin, will open on April 6 at the Valentine Theatre, with addition-

The final act in the North Star Festival will be "Classical Ellington" also at the Peristyle on April 20 and 21 – an orchestral tribute to the jazz icon.



Glenn Johnson and Paul Hubbard



Karen Anderson, Victor Ryan Robertson, Larry Anderson



Lady K thrills the opera stars



Victor Ryan Robertson, Derrick Davis, Councilman Larry Sykes



Paul Hubbard and Laura Draheim

douglas tappin's

I DREAM

april 6, 7 & 8, 2018 | valentine theatre | the story of a preacher from atlanta

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