



Women In Purple

Search-Lite Honorees: Avis Files, Pastor Celeste Mitchell, WilliAnn Moore

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A New Season

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

The Truth Contributor



We need leadership that thinks about the future and asks us to invest ourselves.

- Anita DeFrantz

The 2018 primary election provides not only an opportunity to shape the quality of candidates to appear on the November ballot, but also affords us the power to affect policies and life outcomes for possibly the next decade.

Democrat, Lisa Sobecki, a candidate for Ohio House District 45, is attempting to initiate a new season of legislative outcomes at the state level and simultaneously transition to a new stage in her own personal and political evolution.

I spoke with Sobecki just prior to her May 2 campaign kickoff.

Perryman: Lisa, please describe your history of service to the community.

Sobecki: Okay, I served for eight years on the Toledo Board of Education through some of the roughest economic times. When I came on the board in 2008 we were facing a projected \$94 million deficit and knowing that, I took the challenge, stepped up to the plate, and working with our labor unions, we put together a performance audit strategic plan for the future of Toledo Public Schools (TPS). And through that strategic plan performance audit, you see all the great things that they're experiencing now in Toledo Public Schools. Today, TPS provides many opportunities for college and career readiness that weren't there before that came out of our strategic plan. So, I'm very proud of that and the fact that we worked through that problem and didn't actually experience a \$94 million deficit because we faced it head on before it got to that point.

Perryman: Talking about the schools, you also went through the building era where you oversaw a lot of construction. Please talk about that period.

Sobecki: Sure. Of my eight years on the Board of Education I spent eight

years on the Ohio Schools Facility Commission Committee, either chairing or vice-chairing it. During that interval, had we not had that Building for Success Program going on, our unemployment rate in Toledo would've probably been double if not triple the amount it was back then. We kept this workforce working through the Building for Success Program. We opened up 44 brand new schools and renovated two high schools and a number of other elementaries that did not get new schools. It was a successful program and we continue to see those rewards, building our kids up to technology, which we know, was not back in

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Community Calendar

May 2-4

IMA Spring Revival Conference: 7 pm nightly; First Church of God; "The Church Changing the City for Christ: 419-255-0097

May 2 & 6

United MBC 15th Pastoral Anniversary Celebration: Pastor Robert and First Lady Anita Bass; May 2 - Pastor Robert Lyons and Greater St. Mary's MBC at 6:30 pm; May 6 - 10:45 am service with guest Pastor Dana Darby of Detroit and 5 pm service with guests Pastor Floyd Smith and Calvary MBC congregation: 419-242-1455

May 2/May 30/June 28

Main Library Community forum about the ways the renovated Library space can best be used to provide lifelong learning and opportunities: 6 to 8 pm; Huntington Room; Each forum will build on community discussions from preceding forum/s, so attending all three forums will provide you with the broadest understanding of the renovation. However, if you are only able to attend one or two forums, your input will still make a difference! Areas of discussion will include:

- Overview of project and key decision points
- Serving community needs during Main Library's temporary closure
- How to use the new spaces following renovation

Discussions will be interactive, including the Library sharing information and seeking information from participants. The information shared and feedback provided will be shared on the Library's website (LINK) along with a tool for people unable to attend the meetings to submit feedback

May 5

The Toledo Plant Exchange, in its 14th year, begins with plant drop-off from 8:30 to 10 in the parking garage of Main Library downtown. Bring labeled, weed-free plants and gently used gardening paraphernalia. There will be informational booths and experts to answer questions. Plant giveaway begins at 10 and continues until about 10:45. Attendees will receive five free plants, while those who bring items to share will receive more. Enter the garage from Adams off of 11th street, and drive to the garage's far end. It's a collaboration of the Toledo-Lucas County Public Library, OSU Extension Lucas County Master Gardener Volunteers, and community gardeners. FREE. Facebook and 419-578-678

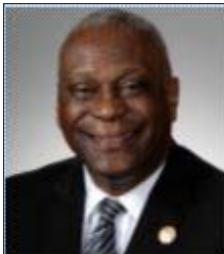
May 6

New United, FREE event for all kids and teens: 4pm. Doors open at 2:30pm where there will be a meet and greet. We will Minister Andrea Lesley speaking for us and there will be prizes and pizza will be served at 3 pm: Contact Sister Babbie Bell at 419-508-3255.

Erie Council of Boy Scouts Present CUB Girls Event: Camp Miakona; 1 to 4:30 pm; For girls grades 1-4; Some of the things the girls will get to do include: archery, a confidence course, initiative games, a - STEM experience, and interaction with local female leaders. O-I will be sponsoring and leading an event at the Wildlife Center and Kroger will be sponsoring and leading an outdoor cooking activity: 419-241-7293

May 20

St Paul MBC "100 Women in Red:" 4 pm; Guest speaker 1st Lady Jeanette Barnes of Greater Faith Christian Church: 419-246-2886



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ELECTION DAY ON MAY 8TH

Issues that matter to us

Representative Ashford has a strong record for Toledo:

- ◊ Representative Ashford worked with area agencies to secure \$200 thousand dollars in state funds to ensure that seniors can make affordable home repairs and stay in their homes.
- ◊ Representative Ashford was the lead sponsor on House Bill 123 (Payday Lending Reform) a measure that will eliminate predatory lending and will reduce 591% interest rates on small loans.
- ◊ Representative Ashford fought for major roadway improvements in Toledo that will improve public safety and help create 679 new full-time good-paying jobs and retain 4,485 jobs.
- ◊ Representative Ashford stood with the ACLU to fight against the unreasonable "Stand Your Ground" legislation (HB 203), a measure that would have produced harmful outcomes from gun violence in our communities.

Endorsed by:	IBEW Local 245	NW Ohio Realtors
Ohio Democratic Party	UFCW Local 75	Commercial Workers of America (CWA)
Lucas County Democratic Party	NW Ohio Carpenters Local 351	Insulators Local 45
AFL-CIO	IBEW Local 8	Roofers Local 134
NW Ohio AFL-CIO	NW Ohio Building Trades	Plasters and Cement Masons' Local 886
Laborers Local 500	Ohio Realtors	NECA

Paid for by: Citizens for Ashford, Kris Ball Treasurer, 2910 Collingwood, Toledo, OH.

Kick Kanya to the Kurb

By Lafe Tolliver
Guest Column

Yeah, I know. Really, I do know. I know that sooo many black people below the age of 40 are in luv with Kanye West...and some white folks also, in that same age bracket, swoon over Kanye.

Many people think that Kanye is some type of rappin' prophet, that his words are solid gold and that he has much to say.

Proudly, I am not one of those that think Kanye's recent sycophantic adulation of President Trump needs to find resonance in the black community.

For Kanye to justify his commentary on approving Trump's personality or style of politics begs the issue that art can be politics and what artists say about politics can have implications.

Political protest using art is not new. Picasso's famous artwork titled Guernica was a bold statement about the injustices of war when the German Luftwaffe in 1937 allegedly committed human atrocities by bombing a Basque group in northern Spain.

The Black Panthers in their heyday regularly used art depicting police as, "pigs" and Lenin and Stalin both used artsy and fiery political posters to support their terrible regimes in which millions of Russian peasants lost their lives.

It bemuses me when an artist thinks that due to the public's acceptance of his art, music or dress that he is automatically endowed with intellectual and logical facilities that now make their every utterance worthy of note and discussion.

Kanye has every right to speak his mind about politics and he has the right to embrace or associate with any character he so chooses. That is a given. But what is not a "gimme" or a "mulligan" is for that artist to try to hijack public opinion that due to his or her support of a personality, like President Trump, that such a person should be viewed as normal, acceptable or beneficial.

Kanye must have been out grazing in the grass for the past 20 months in order not to be present and accounted for when President Trump continuously berated and denigrated people of color including Muslims.

Somehow, Kanye must have had a brain freeze when President Trump lauded neo Nazis in Charlottesville and verbally pummeled black footballers for their stance against police brutality.

In Kanye's way of thinking, those disturbing aspects of a president spewing such vile and bitter hatred towards minorities and the shaming of women and those with disabilities, those acts

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Flagg Unfurled Masters of Our Fate

By Steven Flagg
Guest Column

Americans year by year have abrogated their responsibility to control and manage the election process. The result of this neglect is two tribes that pander to their base and assure that we have leaders unable to find solutions in the best interests of all Americans. This political reality has brought wedge issues that drive us apart and deferred action on major problems that daily become more costly and intractable to solve.

We are emotionally and intellectually whipsawed between the views expressed by the extreme right and left of the political spectrum. Those of us in the middle - and can see bipartisan compromise as the path forward - stand powerless given the choices presented by partisan primaries. The voices of moderation and compromise are lost in the constant vitriolic bickering between two entrenched tribes.

Still, three major reforms would give everyone a voice while moderating the extreme ideas and voices that hold us hostage and make compromises few and far between

First, county boards of elections which manage the election process should be non-partisan. Current Ohio statutes require a board of elections comprised of two Democrats and two Republicans. Interestingly, a January 2018 Gallup poll had 42 percent of Americans identifying themselves as independents as compared to Democrats at 29 percent and Republicans at 27 percent. As a member of the

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Perryman... continued from page 2

the day. When I came on the board kids weren't carrying smart phones like they are now, but that technology was built into the schools through the process and they're testing, as we speak, for the state testing, which is being done online.

Perryman: And just as a matter of full disclosure, so to speak, you and I have not always seen eye to eye, politically. We've had our disagreements in the past, but we've not allowed that to stop our friendship.

Sobecki: Absolutely. But the beauty of that, though, shows the strength that I have, is we can always come to the table and work together. And, if necessary, we can agree on those disagreements, but you're exactly right. We continue to have conversations and I think there's more that we do agree on than what we've ever disagreed on in the past.

Perryman: Right, and moving forward and not holding grudges and exchanging ideas whereby some of the things that you've done have had an effect on my thinking and hopefully I've been able to do the same. So TPS today, at least in my thinking, has also been able to develop a lot more community partnerships than when you first began on the Board. Can you talk about how they've expanded their community outreach?

Sobecki: Sure. When I came on as a board member, we lost community partners for whatever reasons were out there that, sometimes were my predecessors, but through that though, it wasn't just Lisa Sobecki, it was our board. It was all five of us, and our administration and our labor unions out there that said 'we can't keep operating like this. This is not good. It's not good for Toledo Public Schools, it's not good for our communities, it's not good for the city.' And so that is something that we took on - to rebuild those relationships and to incorporate those community partners in our schools.

Again, I go back to that strategic plan and also hiring Dr. Romules Durant. I came on the board and we went through three different superintendents. We had Dr. Durant and a couple of treasurers and we had board vacancies, but the board members that were elected, we stayed strong, we built those community relationships, but we couldn't do it in a vacuum and we couldn't do it without that top leadership at the table, and Dr. Durant knew the value of that and we are continuing to see those partnerships grow and become strengthened every day. So it's been a win-win for everyone.

Perryman: Right. And, from my observations, it appears that there has been an increase in inclusivity and diversity as far as in leadership and I would venture to say, also as far as adding minority employees, am I right about that?

Sobecki: Yes, you're absolutely correct. And again, I keep going back to that

strategic plan. I think that sometimes we have to face criticism head on to correct what we're being criticized for and acknowledge it, and that's exactly what our board did, along with the administration and our labor unions. It's all about working together. Bob Vasquez and I always kept saying we can't continue to work in silos. If we're going to continue to work in silos that we're going to be a very small school district in a very lonely place.

Perryman: Again, as a matter of full disclosure, I was privileged to serve as a community representative on the advisory committee for the strategic plan, which you chaired at the time. Correct?

Sobecki: Yes, yes.

Perryman: Okay, so having been gone from TPS since 2015, how do you think that that experience has equipped you for the next stage of your political career?

Sobecki: Through all my experiences I had with TPS, I've gained an insight that I didn't have before and looking at what's going on in Columbus, the legislature is very siloed. What I can bring down there in Columbus is to, as I used to say back in the day, is hang your hat up back there on that hat rack and put your agenda back there and leave it there as well as let's come to the table and work on those things that we can work together well on. We have to build relationships and trust, and I believe on that advisory board, as other committees that we put together at TPS, the Athletic Advisory Committee, the College to Career Advisory Committee, the Business Committee that we had, we had to put our hats on a hat rack and come to the table, have some honest conversations and to move collectively together. It wasn't about what Lisa Sobecki wanted, it wasn't about what Pastor Perryman wanted, but it was about what was right for our school district and what is right for our community and what was right for our City of Toledo.

Perryman: Should your campaign prevail what would your agenda be for this community?

Sobecki: I don't have an agenda; I'm a representative of my community so the community gives me their agenda. What I hear my community saying is that we continue to send those same tax dollars down to Columbus, but we're not getting that amount that we used to get in the past back here in Toledo. Everyone else is getting their funding, and I've always heard since I've lived here, the three C's get everything, but where's the T? We need to move the T in front of the three C's and we can see that through our infrastructure here. We can see that through the schools here, and we can see that through the judicial reform here, so we need to make a T go down in Columbus. So, I'm going to continue to remind people that Toledo does exist in Ohio.

Perryman: What issues are at the forefront of your campaign?

Sobecki: Well, I am strictly opposed to right to work. I am for adequate and appropriate funding for public education. But something else I've not heard anyone else talking about though, is how we're preparing our public education process for the opioid crisis that we're currently in. Now that we have this opioid crisis going on, we're going to start seeing these young babies that are being born through the opioid crisis entering into school, and how are we going to be able to address that when districts have been forced to cut back on so many counselors, psychologists in the buildings because of those budget cuts and the lack of funding. How are we going to address that?

Perryman: What are the major challenges faced by your campaign?

Sobecki: I really haven't come across any major challenges, because I've talked with folks out there and we've built relationships, we've built that network, and so I'm getting really good responses of support. I recently have been endorsed by the Ohio AFL CIO; been recently endorsed by Ohio Federation of Teachers, Toledo Federation of Teachers. I've already been endorsed from Emily's List and also NARAL Pro-Choice and just had some private conversations with folks on endorsements that are going to be coming out after the primary.

Perryman: So can you crystallize your campaign message into a sentence or two?

Sobecki: I continue to be a mom on a mission. That was my slogan on the school board. I'm still a mom and I still am on a mission. I'm just taking my mission down to Columbus. I should say the people's mission down to Columbus, not mine.

Perryman: How do you feel about this potential new season of life where you go from being a mom at home to becoming a public official on the road?

Sobecki: I would just say that I'm excited to get back into being an elected official. My family is supportive; they've always been supportive. They understand that I'll be spending some time away from home, but the beauty is that both of my boys have graduated and are starting their path to adulthood. And the reward is just knowing that I have their support and it means a lot because if you don't have that family support, you start out losing from the beginning. They were the first ones on board and have always stood beside me and just continuing to have that strength from my family makes me a stronger representative.

Perryman: Thank you very much.

Contact Rev. Donald Perryman, D.Min, at drdlperryman@centerofhopepastor.org

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Protect Our Water Coalition Blasts TAWA Proposal

Sojourner's Truth Staff

Members of the Protect Our Water coalition gathered at International Park on Tuesday, April 24 to comment on the recent public hearings on a regional water system and to express their concerns about the proposed Toledo Area Water Authority (TAWA).

Sean Nestor of Toledoans for Safe Water, Steve Kowalik of AFSCME and Ray Wood of the NAACP spoke at the press conference, surrounded by a dozen supporters including former Mayor Carty Finkbeiner and City Councilman Tyrone Riley.

"We need to bring a stronger voice for citizens of Toledo," said Nestor as he led off the event.

Kowalik mentioned the talking points that the coalition has put together. Some of the key issues mentioned were: the TAWA in its current form is unacceptable; it is fitting that regionalism continue, and that it does so at an equitable rate; Toledo should be represented on a governing board in proportion to the city's population; Toledo should not have to agree to sell its water assets; a rate study should be completed before an agreement is completed; current workers' jobs should be ensured; senior citizens' discounts should be preserved

Ray Wood, who attended the public hearings, spoke to the concerns voiced by those in attendance. "What I heard was that the poor, the disadvantaged and the elderly should be taken care of and all of our jobs should be protected - we don't want to lose a single job. Today is an indication that we were listening."

Nestor added at the end of the event that the coalition wants Toledo City Council to pass a resolution stating that the Memorandum of Understanding in its current form is unacceptable.



Ray Wood addresses water issues



Councilman Tyrone Riley and former Mayor Carty Finkbeiner

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Ashford's Efforts Leads to the Passage of House Bill 123

Predatory Lending Reform bill passes out of committee 9-1

In March of 2017, Representative Michael Ashford introduced House Bill 123, legislation which would reform the payday loan industry. Since its introduction the representative has been at the forefront of fighting against predatory loan practices and cracking down on high interest rates of these loans on Ohio's working and poor communities.

"Payday lending loans are predatory and cast Ohioans into a spiral

of debt that is nearly impossible to climb out of. We need better regulations to protect people from being trapped by these loans' high interest rates and hidden fees." Said Rep. Ashford

On Wednesday, April 18, HB 123 passed out of committee by a vote of 9-1 and will head to the house floor in May.



Rep. Michael Ashford

Rep. Fedor Calls for Criminal Probe of ECOT

Whistleblower accuses Electronic Classroom of Tomorrow of deliberate scheme to pad attendance

State Rep. Teresa Fedor (D-Toledo) is calling for a criminal probe into the actions of the Electronic Classroom of Tomorrow (ECOT), an online charter school accused of putting in place a scheme to falsely inflate its attendance in order to overbill Ohio taxpayers for more money. Rep. Fedor, a former educator, has long been an advocate of charter school reform and transparency.

"ECOT owes Ohio taxpayers at least \$80 million. The best way to make sure the money is repaid is to have the proper authorities launch a criminal investigation," said Rep. Fedor. "By not properly

examining the whistleblower's allegations nearly a year ago, Auditor Yost failed the people who elected him."

A persistent whistleblower repeatedly tried to warn state officials that ECOT put in place a scheme to pad its attendance and collect more public money, according to a report by the Associated Press (AP). His warnings were ignored.

Almost a year ago, the whistleblower met with employees of Auditor David Yost, who was paid \$11,400 in campaign donations from ECOT's founder*. After no movement from Auditor Yost, the whistleblower sent an email to the head of Ohio State Board of Education, who also did nothing. The whistleblower then emailed the Ohio Department of Education's top lawyer. Only after the AP story was published did the Department say it is looking into the explosive claims.

* Yost also spoke at ECOT graduation ceremonies in 2014 and 2015 and awarded them an Auditor of State Award for exemplary record-keeping in 2016.



Rep. Teresa Fedor

Rep. Ashford Announces \$1.1 Million in State Funds for Prison Upgrades

Toledo Lawmaker says funds will be put toward building upgrades, non-lethal electric fence projects

State Representative Michael Ashford (D-Toledo) last week announced the release of over \$1.1 million dollars in state funds to the Toledo Correctional Facility (TOCI) for two projects out of the Ohio Department of Rehabilitation and Correction. The funding was approved this week by the state Controlling Board, a panel tasked with oversight of state spending.

"Since its opening in 2000, the Toledo Correctional Facility has always remained dedicated to the fair treatment and the security of its inmates, staff and volunteers," said Ashford. "I'm excited to see the correctional facility receive funds that will be put to increasing security and sanitary improvement projects."

The first project, the Secure Recreation Area project, will receive \$1,182,315 and will fund:

- Installing six new stainless steel shower security areas in the shower rooms of the existing facilities,
- Plumbing and electrical work and a fire sprinkler and lighting modification.
- Installing twelve new galvanized steel exterior recreation security areas to be constructed along with site prep and install of concrete in said recreation area.
- Installing four indoor painted (by TOCI personnel) mild steel security areas.

The remaining funds will go toward a second project, the third phase of the ongoing Statewide Population Management Fence program. This project includes the design and installation of Non-Lethal Electrical Fence (NLEF) systems at TOCI.

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The Cotillion 53rd Annual Mother-Daughter Luncheon

Sojourner's Truth Staff

The Toledo Club of The National Association of Negro Business and Professional Women's Clubs, Inc. held its annual Mother-Daughter Luncheon on April 21 at the Inverness Country Club as part of its run-up to the 2018 Cotillion.

This year the Toledo Club is presenting 27 young debutantes to society on Saturday May 26 at the Stranahan and the Mother-Daughter Luncheon is a perennial prelude to the main event.

In an unusual twist, this group of 27 young women includes three sets of twins: Courtney and Terri Draper, Kambrea and Karla McCarney and Tiana and Tiara Jones. Another young woman has a twin brother who will participate in the escorts contingent..

This past weekend, Cotillion Co-Chairman Karen Jarrett opened the event and served as mistress of ceremonies. Toledo Club Chaplain Tommie Lee McGhee offered the invocation and after the preliminaries, lunch and a poem by Etiquette Chairman Denise Cardwell, all of the debutantes and their mothers, or guardians, were introduced and asked to describe their relationships.

After the tearful expressions of mutual love and gratitude, the young women were apprised of the next step in the Cotillion event – the talent show – by Talent Co-Chairmen Deborah Carlisle and Beverly Tucker.

Closing out the luncheon, Cotillion General Chairman Wilma Brown, who has helped to guide the event since the onset 53 years ago, addressed the attendees on some of the issues they will face this year.



Debs and Moms



Debs and Moms



NANBPWC Members



The Jones twins and Mom



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- NEIGHBORHOODS:** Create safe and vibrant neighborhoods where families can live, work and raise a family.
- LAKE ERIE:** Work to protect the lake with stronger laws and oversight. Introduce legislation requiring polluters to reduce excess chemicals.

VOTE Tuesday, May 8th
Democratic Primary

Paid for by PHH 44, Lequella Worthy, Treasurer

You Exercise...So Why Aren't You Seeing The Results You Want?

By Angela Steward, Fitness Motivator

The Truth Contributor

I have a little tough love for you today. It's about your workouts. You go to the gym several times a week, sometimes twice in one day, and yet you aren't as fit as you should be or want to be.

As a certified group fitness instructor and personal trainer - I've taught hundreds of classes over 10 years - and based on what I see, I think a lot of you should take a step back and get honest about your approach! It might help you to work out smarter, and maybe even a little harder next time!

Are you Paying Attention in Class?

I get it! Some instructors are better than others, but let's assume you aren't wasting your time with bad instructors or "do your own thing" fitness facilities. When you go to a fitness class, listen to what the person with the microphone is asking you to do. They are certified instructors who spend hours creating quality workouts for their classes. Good instructors will take the time to correct your form. Good instructors always demonstrate modifications to their carefully choreographed workouts! No one should ever feel excluded or feel as if they can't do what the rest of the class is doing! Trust your instructors. They want you to reach your potential as badly as you do!

Are you Working Hard Enough?

Most instructors know how hard you are working, and that you aren't always working at your highest potential. Example: You are in a weight-training situation and even though you've been doing the same moves for months, you're still using the same weights...the same five pound weights. You wonder why you aren't getting stronger. Guess what? You aren't challenging your muscles when you always choose the same weights. So, pick up something heavier. What's the worst thing that can happen? If it's too heavy, switch back to the lighter weights and finish the class. Switch weights often

if you want to see results.

Here's another example: You're in a high energy cardio class. There are people that are going to go half-speed the entire class. And then there are those that work half-speed, half way through to take a break, chit chat, sip some water, then slowly rejoin the class! You know how I know? Because I CAN SEE YOU! Don't worry, I'm not staring at you while you work out. My job as your instructor is to scan the room for safety reasons and to see how hard you're working. I promise you.... you'll see better results when you take fewer breaks and put in a bit more effort.

Compete Only With Yourself!

Stop comparing yourself to the other people in class. Who knows what they had for breakfast or lunch? Who knows how many workouts a week they do when you don't see them? After all, it's not about them. It's about you and what you can achieve! Whenever I teach class, I want my students thinking, "Today I am going to do more than I did last time. I am going to jump a little higher! I'm going to do a few more sit ups than before. I'm going to pick up the eight-pound dumbbells instead of the five-pound." You go to fitness classes to improve yourself. We all have special strengths and abilities. You may struggle at push-ups but you can plank for two minutes. You may have spaghetti arms but can crush squats all day long. Just Be You, Do You! Don't worry about anyone else. Stay in your lane, stay on your own mat, mentally and physically and watch your fitness levels bloom!

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Personal Stories Behind National Food Messages

Patrice Powers-Barker, OSU Extension

The Truth Contributor

Last week the National Farm to Cafeteria Conference was held in Cincinnati, OH with over 1,000 attendees from all around the country. Although Farm to Cafeteria, also referred to as Farm to School, started with pre-school through high school meals, it is also about colleges and universities, worksites and community meal providers.

In addition to providing healthy meals to eat, other goals of Farm to Cafeteria include education about healthy food, connections with local growers and producers (which also strengthens the local economy) and collaboration within the community.

Plant to plate can be as personal as the food you eat from your vegetable garden and as public as the food that is served at local restaurants, schools and community events. This article will highlight the work of two national speakers at the conference and how their stories inspire healthier eating in Northwest Ohio.

There is not enough room in this article to list all of the accolades for both Rodney Taylor and Haile Thomas. Both are nationally recognized speakers and ambassadors for healthier food choices.

Taylor has over 40 years of experience in the food service industry and currently directs a school food and nutrition program in Virginia at the 10th largest school district in the country with 184 schools. Taylor is known as a leader in the early farm to school movement for his "Farmers' Market Salad Bar" program in California in 1997.

Thomas is an international speaker, the youngest Certified Integrative Nutrition Health Coach in the United States and the CEO of HAPPY (Healthy Active Positive Purposeful Youth). She's also a senior in high school.

In a speech to a group of youth, Michelle Obama stated, "Haile is an example for all of you, what your little powerful voices can do to change the world." Both Taylor and Thomas have reached thousands of youth and families through their different but complementary work in food and nutrition.

Haile Thomas shared her family's story and how it has inspired her to work on empowering young people to make healthy lifestyle choices. In 2010, her father was diagnosed with type-2 diabetes. As a close family, they learned about type-2 diabetes together.

As her mom read the side effects of the medicine prescribed to her dad, Haile, at eight years old, couldn't understand why the doctor would give her dad medicine that could have negative side-effects.

As a family, they learned about living a healthier lifestyle and together they made changes and choices that successfully reversed her father's diabetes. During this time she also learned that "that kids were also increasingly being diagnosed with conditions like diabetes, heart disease, and obesity." (www.hailevthomas.com)

Thomas also shared about her family's Jamaican culture and the importance and value of food as part of family connection. By age 12, she was working to help other children learn about food, plant-based nutrition and culinary education in schools and summer camps.

After their separate speeches, there was time for questions and answers. Probably the most notable difference between the two as they stood on stage is the different generations they represent. Taylor has already retired once and Thomas is graduating from high school this month.

Another difference was about their personal food choices and the role of meat in the diet. Obviously, for his much-admired work in school food service, Taylor follows the standards for school meals which includes offering food from all five food groups (vegetables, fruit, grains, protein and milk), offering meals with lower-sodium and he promotes fresh fruits and vegetables through programs like the "Farmers Market Salad Bar."



Haile Thomas – Photo courtesy Tenneal McNair

Taylor referred to her focus on a plant-based diet. "Plant based diet" can mean a few different things. Depending on how people use the term, it can mean 100 percent plant-based such as a vegan diet (no animal products) or a vegetarian diet.

Depending on the person, this would exclude meats like beef and chicken, but might include animal products such as milk and eggs. Regardless whether a person eats meat or not, there is health value in increasing the amount of plants, especially vegetables and fruits, although this also includes nuts and grains, in the daily diet.

The healthy way to eat meat is to choose lean varieties and to grill, broil or roast – but not fry, the meat. Both Taylor and Thomas are dedicated to promoting healthy food that is appealing and user-friendly for youth and their families.

In answering one question, Taylor joked, "I'm a carnivore and proud of it" and he introduced his youngest son in the audience as a vegan who eats sticks and leaves. Although he was joking, Thomas did take a turn at the microphone and gracefully balanced out his joke with the reminder that different food choices are valuable and welcomed as ways for people to consciously make a choice about their family and health.



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Health Section • Health Section

A Mental Health Moment

By Bernadette Joy Graham, MA, LPC, NCC

Certified Grief Recovery Specialist

An unfortunate part of living is dying. Nothing nor no one lasts forever. Grief is what is felt in our hearts when we lose a loved one or a part of our life that was very dear to us such as our health or a relationship. Grief is defined as the normal and natural reaction to a loss of any kind. Over our lifetimes, we experience grief more than we wish.

I became interested in grief after the death of my own mother when I was 14 years old. It was the most painful time of my life and many years have passed since. The adults around me including family and teachers told me to get over it and go back to school and that my mother was in a better place now. None of that made sense to me and I did not want my mother in a better place I wanted her with me. Throughout my life journey, I met other young women who had also lost their mothers at a young age. While each of our experiences were unique, there were many commonalities such as the incapacity to have a healthy relationship as an adult, mood swings, angry outbursts and during holidays and anniversaries isolation. We began to realize that something was happening to us that was holding us back from enjoying our lives fully.

As I journeyed through my academic career in psychology and counsel-

ing, I began to focus on grief related topics. This allowed me to understand the process of grief and how to help others who were suffering from grief and loss related issues.

Grief is not considered a diagnosis because it is not a disorder. While it may be debilitating, grief and loss can be worked through so that you can live a life of hope and happiness. When you have lost a loved one or a significant part of your life, there is no medication or magic wand that will conceal the pain. When your heart is broken, there is no denying the cause. Many individuals will say, "I just don't think about it and I just stay busy," or "time will heal." Not acknowledging the pain will only cause more harm. There are stages of grief and there are various types of grief. Many symptoms of grief can often mimic those of depression, bi-polar or anxiety. Individuals can be misdiagnosed due to the symptoms if not honest with the counselor in what you have experienced.



Children grieve as well and often adults expect them to just return to school and get over it and I can personally attest that that is not the best route of help. There are children losing their parents daily due to the opiate epidemic, crimes and illnesses. There are more children in the foster care system than can be assisted. I will never forget my experience in losing my mother suddenly so many years ago, but I learned to grieve and process that major loss of my life. Take a mental health moment and give yourself or others the opportunity to grieve by first acknowledging the pain and the experience. There are professionals that can help this process. There are also many books on the topic of healing through grief. We all plan our lives to go according to how we want and wish to live. We will never be able to change the experience that broke our hearts, but we can change how we respond to the experience and begin to re-write our lives as they now exist.

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

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Health Section • Health Section

Dear Ryan

By Ryan Rollison

The Truth Contributor

Dear Ryan,

It seems the more I read or listen to people talk, the more confused I get about nutrition. Some say to eat no fat, eat fat, eat only fat free things, no carbs, high carbs, eat only one time a day. Blah blah blah. I just want to lose some weight. What is the right way to good nutrition?

Confused

Dear Confused,

I'll just get straight to the point. Sugars are bad and carbohydrates are both good and bad. It's a bit complex (no pun intended) but I will give an easy explanation in a moment. Protein is great and you should not cut your fats completely out. Your body will convert other nutrients into fat and store it.

You want to pay close attention to your sugars and carbohydrate type. These raise your insulin levels very high and help your body to store unwanted fat. Sugars have no positive nutritional value at all and it causes a spike in your insulin levels causing storage of body fat. Sure it tastes great but is it worth all the calories and fat that it will store into those unwanted fat cells.

Eat carbohydrates that are low on the glycemic index and eat only fibrous carbs with your last meal.(you can obtain a glycemic index list on the internet) I don't care if you're trying lose fat or gain muscle, protein is top dog here! I suggest keeping protein high at about 50 to 60 percent of your calories. Your active carbs should be at about 20 to 25 percent and fats around 10 to 25 percent.

You may have to play with these ratios to make them work for you, everyone is different. Give yourself a few days to adapt to this before you adjust your grams. This will promote an increase in fat loss, keep your blood sugar from rising too high and help keep your hunger at bay.

Design yourself a menu that is easy and convenient for you to follow. Quick foods like tuna, cottage cheese and hard-boiled eggs are protein rich and easy to take with you. I keep a can of tuna in my glove box or a protein shake just in case I'm not going to make my mealtime.

If you do not have things with you to eat it will cause you to make bad food choices out of sheer hunger. It's so much better to consume protein than to stop at McDonalds or any of the other fast food chains. And with the little vacuum sealed packs they have now it's a breeze to be prepared.

If I have to grab something fast I prefer it to be a protein. This will keep me full longer, keep my insulin levels from skyrocketing and keep my fat intake down. If you take the fast food route you get tons of saturated fat, lots of cabs to help store it and little protein. Important keys to follow here are:

- Increase protein
- Cut out your sugars
- Watch for high glycemic carbs
- Drink lots of water
- Be prepared with convenient foods
- You can get a great food list at mydreambodies.com

Good luck you way to your Dream Bodies out there and keep the questions

coming.

UNLEASH YOUR HERO!

Ryan Rollison
 Dream Bodies
 Toledo Ohio
 419-944-4200
 mydreambodies.com

Why No Results... continued from page 8

100 push-ups in two minutes! You will NEVER change the biology of your body. If you're bottom heavy, you will likely always trend that way when gaining weight. If all the women in your family get saggy underarms by the time they are 40, you probably will too. If your mother, grandmother and aunts have large rear ends, chances are your rear end is going to be pretty large too! However, you can tone and shape that rear end, heavy or not. You can strengthen and tighten your triceps to help that underarm sag. But remember: there is no amount of exercise that will completely transform you into someone else — and you shouldn't want it to. You were made to be you, YOUnique and special! You can be the very best you possible, and that should be your goal. Once you accept that, you can stop fighting your body and start working with it to achieve your goals.

Are You Rewarding Workouts With Food?

...continued on page 13

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Tolliver... continued from page 3

should not or do not factor into his decisions to withhold his syrupy support of Trump.

For Kanye to skin and grin with President Trump (as did Omarosa and Ben Carson and others), it shows that he is clueless about what it means to associate with a pathological liar that will use him or others like him for their own gain.

By now, Kanye should understand that his commentary about loving all things Trump comes with the accompanying baggage that he will be confronted by others who will see him as an imposter using the images of he and Trump locked in a perpetual mutual hug as simply being a means to sell records and concert tickets.

And for Trump, he can smile and pimp off of Kanye's reputation as Trump being seen as, "down with" black people. What a joke!

Kanye has not issued any coherent press releases about the genesis of his tender love for Trump but what he says simply amount to head-scratching statements that have the same benefit of putting used coffee grounds in one's scrambled eggs.

I hope that no one takes Kanye seriously about Trump being a character worthy of allegiance or someone to embrace on the faulty premise that such an embrace will or may somehow change Trump's malevolent character makeup.

For example, you probably have heard or seen the footage of the shooting at the Waffle House outside of Nashville Tennessee in which a black man single handedly took down the white shooter after four were shot dead and many wounded.

The black hero James Shaw Jr., saved many patrons from a certain death but yet you have not even seen a tweet from Trump about such heroics. Why? Because it does not fit into his myopic view of such mass shooters being done by Muslim or the shooter being radicalized by ISIS.

If the shooter was a Muslim and killed those four Americans, Trump would be dizzy throwing out tweet after tweet to show that his ban on Muslims should be affirmed by the American courts.

For a black man to be a hero and risk his own life in light of what Trump has said about black males (the NFL remarks about they being, "SOB's") not worthy of been viewed other than being born from a female dog, Trump thanking this man would run counterintuitive to his racist rants.

Is and was Kanye totally blind to President Trump and his outrageous state-

ments about black people?

No. Tragically, some black people can be victims while believing that if they can just touch the hem of Trump's garment, they will be made whole.

The remarks about Trump coming from Kanye are not cool, hip, or refreshing. They are simply the remarks of a confused and politically adrift person who wants the limelight and if that means kissy-kissy with Trump, well, so be it.

The black community is ill served by those who can command the national media spotlight where they spout a lot of inane political gibberish; and when they face back lash, it is because the back lash hopefully serves to educate the errant speaker that what he or she said is without merit or redeeming value.

Just because a person is black does not mean that their utterances or actions are to be accepted without any critique or a rebuke.

In the matter of Bill Cosby, already I am hearing talk of a "legend" being destroyed or it was a conspiracy against Cosby because he once tried to buy the NBC network; and thus the criminal charges on being a serial rapist was a devious plan. Hogwash!

Needless to state, we will never reach a consensus as to the mindset of the artistic person who may delusionally presume that their celebrity status equates political savvy.

But what we can do is not allow our senses to be befuddled by entertainers who may want to parlay their popularity as a means to lead others into their stream of thought simply because they possess an Emmy or an Oscar.

That is opting for vain images as opposed to meaningful substance.

Contact Lafe Tolliver at tolliver@juno.com

Flagg... continued from page 3

largest voting block, I along with many other Ohioans, will never be chosen to serve on a local board of elections. We have no voice in how elections are managed and decisions and problems resolved.

Second, determination of district maps for both state and federal offices should be the province of an independent impartial commission. The commission would draw district maps based upon criteria and rules as passed by a referendum of the state's voters. It's patently obvious that we need competitive elections to promote involvement of all voters regardless of party affiliation and assure we have a marketplace of ideas, not just struggles between tribal ideologies.

While the referendum on the Ohio ballot in May 2018 establishes minority party participation and some commonsense rules in the district drawing process, it still doesn't go far enough to assure that districts are fair and competitive. The commission proposed is bipartisan, but still leaves too much power in the hands of the majority party. It's a step forward - and while it shouldn't be the end of change in the process - it should be supported.

Finally, primaries to determine who will stand before the voters in a general or special election should be non-partisan. Anyone should be able to run in a primary regardless of party affiliation with every voter allowed to participate, not just Democrats and Republicans. The top two candidates would then square off in the general election. The extreme choices we now face in almost every election - and that many of us find unacceptable - would be significantly abated.

Those of us that see compromise as an essential tool in solving the challenges before us would once again see our voices included in the discussion. No one should have to join a tribe to have influence in both the election process and the election of those that run in a general election.

We can only blame ourselves for the current political mess that paralyzes and polarizes us. Still, we hold the solutions. The election process is our responsibility to control and manage, not political parties that divide rather than unite.

Isn't it time Americans become masters of their fate and not merely pawns in tribal warfare?

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Heads of the Colored People: Stories by Nafissa Thompson-Spires

By Terri Schlichenmeyer

The Truth Contributor

So what do you think?

For sure, you've got opinions. You know what you like and what you don't like. You have ideas and choices, attractions, and things you'd just as soon avoid. And sometimes, as in *Heads of the Colored People* by Nafissa Thompson-Spires, you just don't know what to think.

c. 2018
37Ink
\$23.00 / \$32.00 Canada
211 pages

For weeks – ever since he found a used paperback by James McCune Smith – Kevan Peterson had been thinking about a project. He was an artist, knew a lot of artists and he wanted to do a book based on Smith's words. He thought about it when he spent time with his little daughter and again when he saw an online newsfeed, complete with "chalk outlines." But there was more to *that* story...

Lucinda Johnston hoped her daughter, Fatima, might make friends easier at the private school Lucinda paid for. There was one other black girl at the academy, and Lucinda thought friendship might happen naturally, but that girl was a bully whose mother denied her awful misbehavior. In "*Belles Lettres*," the two women square off in writing, though money talks loud. In "*The Body's Defenses Against Itself*," there's proof that the girls' friendship wouldn't have happened as their mothers had hoped. In "*Fatima, the Biloquist: A Transformation Story*," you'll think you know why.

Jilly, on the other hand, couldn't think of anything but herself.

In "*Suicide, Watch*," she couldn't decide: posting suicidal hints didn't get enough LIKES on social media, so maybe it was time to step up her game. She didn't want to be sick or anything – not like that girl, Fatima, she knew in high school – but she did want more attention. How she was going to get it, well, that was a good question.

Why No Results... continued from page 11

We all do it. Now that I've worked out, I can go have that platter of pasta I've been craving. I can hit the drive-thru for that Big Mac and fries "because I earned it." You really haven't though. You've earned the right to refuel your body. You've worked so hard to achieve a higher level of fitness, to lose weight, to feel good about yourself, and yet you sabotage it, sometimes daily, by rewarding your workouts with food!

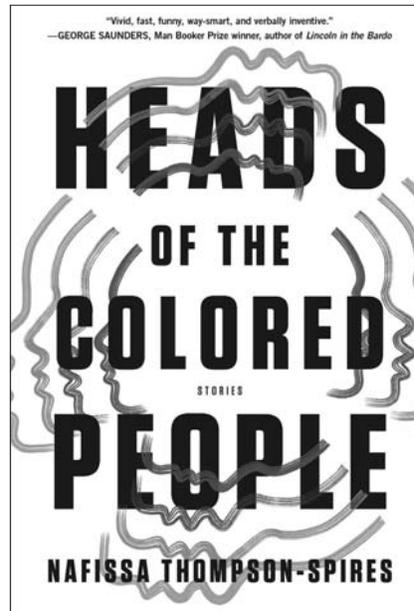
Take a step back from food. Instead of it becoming a reward system, it should be a means to an end. The reward for the work you've put in is called...Pride! Satisfaction! Confident! You can't get those things from a drive-thru. If you want the burger, eat it. But don't confuse yourself about why you're having it. You haven't "earned" it. You've allowed it. And that's OK, once in a while. The next time you see the double arches or any fast food restaurant...think about where you are physically headed and whether that detour is worth it on your path to being in the best shape of your life! If not, keep driving.

I wish you much luck on your path to health and wellness. Don't drag yesterday's mistakes into today! Start each day with a fresh mind. Take each class as if it's your last class. Be kind to yourself: You've only got one body – so help it - help you - go the distance to look and feel your best!!!

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Author Photo
courtesy Adrienne
Mathiowetz

And Alma? Alma always thought she'd be a good mother. She was willing to go to great lengths to have a child, but in "*Wash Clean the Bones*," worry could get the best of her – and of her son.

You may not know *what* to think when you first start *Heads of the Colored People*. This collection of short stories initially seems a bit odd, as life meets literature in its opening story and author Nafissa Thompson-Spires pays homage to Smith's book from the mid-1800s. Indeed, her overall work here is similarly titled to his but the difference between the two is like earth and sky.

These stories glitter, every one of them.

Granted now, some don't seem to be much more than slice-of-life tales that stop for no apparent reason but that they were done. Fear not: they circle around, and you may meet characters again in a layered manner, like building a sandwich. That'll make you gasp, and put the book down a minute to catch your breath.

Even so, these stories aren't for everybody. If you like your fiction tied up neat with a bow, take a pass on *Heads of the Colored People*. If you enjoy tales that play with your head a little bit, though, it's a book you'll think is perfect.

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LEGAL NOTICE

Bids will be received by Lucas County Department of Job & Family Services (LCDJFS) until **3:00 p.m., May 24, 2018** for the selection of Vendor(s) to provide **Non-Emergency Medicaid and Title XX Transportation Services** for eligible LCDJFS clients. Submitted bid packets must be completed according to the specifications and provisions outlined in the Request for Qualifications. The contract period will be from approximately **October 1, 2018** through **September 30, 2019**.

No bids will be accepted after **3:00 p.m., May 24, 2018**; bids that are submitted via any method other than that described in the RFQ will not be accepted.

The Request for Qualifications will be available on **May 2, 2018**. It will be available in the Lucas County PlanetBids system for potential bidders to download by going to the site: <http://www.co.lucas.oh.us/bids.aspx>.

An electronic Question & Answer period (Q&A) will be from May 2, 2018 to May 16, 2018. **PARTICIPATION IS OPTIONAL, BUT IS HIGHLY ENCOURAGED.** Questions for the Q&A must be submitted in writing via PlanetBids. The posting of the Q&A will be on May 18, 2018. If any changes are made to the RFQ as a result of the Q&A, an addendum to the RFQ will be posted in PlanetBids at the website address (noted above).

This notice is posted, as of **May 2, 2018**, at <http://www.co.lucas.oh.us/bids.aspx>.

The right is reserved to reject any and all bids.

By order of the Board of County Commissioners, Lucas County, Ohio.

Pete Gerken - President

Tina Skeldon Wozniak - Commissioner

Carol Contrada - Commissioner

Bid. 48-19-RFQ-01

REQUEST FOR PROPOSALS

Labor Relations Services

RFP#18-R006

Lucas Metropolitan Housing Authority (LMHA) will receive proposals for Labor Relations Services.

Received in accordance with law until April 26, 2018 at 3PM ET. For documents:

www.lucasmha.org, 201 Belmont Ave., Toledo, OH 43604 or 419-259-9533 (TRS: Dial 711).

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Paula Hicks Hudson Fundraiser Features a Very Special Guest

Sojourner's Truth Staff

Paula Hicks Hudson, Democratic candidate for the Ohio House 44th District seat, held a fundraiser at the African American Legacy Project on Tuesday, April 17 and her supporters found themselves in for a double treat. They not only had the opportunity to meet and greet the former mayor, but they also were able to chat with one of America's heroes, Tuskegee Airman Harold Brown, PhD, who had stopped by the Project to have some of his experiences recorded and to lend his support to Hicks Hudson.

"There is no better reason than to come over here and support this young lady for office," said Brown when he took the microphone. "The message needs to carry out - to all the folks who didn't vote the last time, when you vote, you are a member and you get to decide who sits in that seat."

Hicks Hudson explained that her candidacy is an effort to bring about "common sense legislation that will address the needs of our community." She noted that "we are not getting our fair share back in terms of tax revenue- we need to get more back and it's getting worse."

Hicks Hudson encouraged people to vote and to bring others to the polls with them. "Help spread the word," she said as she encouraged her supporters to help overcome the image of an African-American community that does not turn out for elections held in years in between general elections.

Having the last word was Earl Murry, who spoke to the audience about the need to donate money to the cause if they wanted their candidate to have the funds to mount a campaign. Murry also praised the book that Harold Brown and his wife, Marsha Bordner, have recently completed, *Keep Your Airspeed Up*, about his adventures as an airman and subsequent life as an educator.



Paula Hicks Hudson, Harold Brown, Marsha Bordner



Rev. Timothy Pettaway, Hicks Hudson, John Moore



Councilman Tyrone Riley, Rev. James Willis



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Earl Murry

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Search-Lite Sponsors Annual Women in Purple Worship Service

By Tricia Hall

Sojourner's Truth Reporter

Women wearing various shades of purple gathered at Search-Lite Community Church on Saturday, April 28 for a 10:00 a.m. worship service. The two-hour experience focused on healing hearts and mending souls for women of faith, and was facilitated by Reverend Rowena Less, the associate minister at Mt. Pilgrim Baptist Church.

"You know you're strong Lord. There is nothing that we can't take to God in prayer. I know I can trust in you, Lord. We commit our situation to you. Our hearts may be broken or down, but we're going to say thank you Lord for making a way," prayed Rev. Barbie Harrison, an associate minister of Third Baptist Church, during a prayer of commitment.

Musical selections were delivered by the community church's own music ministry several times throughout the service. Rev. Emily Mitchell, the associate pastor at First Presbyterian Church officially welcomed all attendees, and then various women of faith delivered words of encouragement.

Paula Williams of Wright-Patterson Air Force Base's Department of Defense spoke about mentoring the mentor. Elder LaShanna Alfred, an adjunct professor at the University of Toledo spoke about taking your mature assertive nature back. Lorine Bell, a member of Charity Baptist Church's Missionary Society spoke about purpose.

"These women of God spoke to me and I hope you received it, like I did. Sister Bell talked about walking and understanding our purpose, it may not be God's plan, and there is a difference," explained Demetria Simpson, first lady of Shiloh Baptist Church.

The service continued, as Sonya Peele, director of Women in Motion

in Akron, Ohio served as the service speaker. Peele is a marriage and relationship author and entrepreneur. She founded, Work It to Win It, an organization that provides leadership for all women. She delivered her message by focusing on the Biblical book of Psalms, the 91st chapter, verses one through three.

"Faith isn't a Sunday morning thing, it's every day, not moment by moment. No matter what happens around me. I won't allow you to remove me from my dwelling, which is my place of worship and praise. When praises go up, blessings come down. We also need to balance our praise with our worship. Worship is about him, not asking for anything, but speaking to him and allowing him to speak to you," said Peele.

Women were urged to wear purple to honor Lydia, a woman of faith who was a dealer of purple cloth. The service also acknowledged women who demonstrate Lydia's spirit of giving and service with an award. "Lydia was a giver and did great things. God blessed her. The blessings that God gave to her, she shared with others," shared Pastor Celeste Mitchell, a 2018 Lydia honoree.

In addition to Pastor Mitchell, Avis Files and WilliAnn Moore also received Lydia awards for service and dedication. "People have asked me what women in purple mean. It's about helping us as men, to become better men of God. I'm successful as a man because of the women in my life. It started with my grandmother and mother, these women took care of me. I am doing this to serve as a community women's day. It's bigger than Search-Lite Community Church," said Rev. Le Roy Williams, senior pastor of Search-Lite.

The 2018 service sponsors: 1st Presbyterian Church Maumee; Bishop Marjorie Holt, PhD, publisher of Interfaith Gazette; Search-Lite Community Church Maumee; St Luke's Hospital

Pathways; and Fletcher Word, publisher of The Sojourner's Truth newspaper.

The Search-Lite Community Church is located in Maumee, Ohio. The congregation and pastor will celebrate their fifth anniversary on in October 2018 and the next Women in Purple is scheduled for May 4, 2019.

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