



# The Sojourner's Truth

Volume 51, No. 7

*"And Ye Shall Know The Truth..."*

August 1, 2018



**Min. Chris McBrayer  
Helps Keep The Peace!**

North Toledo Shooting and Unease - Pages 3 and 16

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# Councilman Sykes Asks for More HUD Funds for Neighborhood Agencies

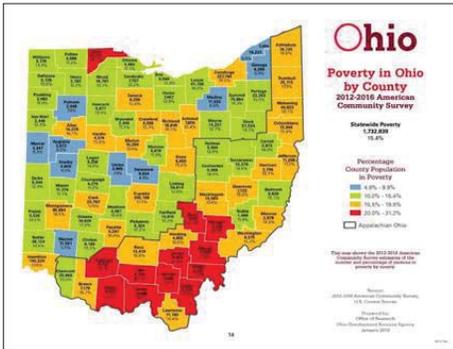
Sojourner's Truth Staff

Toledo City Council has doled out approximately \$1.83 million in Community Development Block Grant funds this year to area non-profit agencies. The funds, part of the total \$7.5 million CDBG monies received from the U.S. Department of Housing and Urban Development, did not get to enough agencies in the central city, said Toledo City Councilman Larry Sykes last Tuesday as he announced his request for \$275,000 in CDBG funds for an additional six agencies.

### Councilman Sykes' Statement

Census and other data sources have consistently revealed that Lucas County, and more particularly, the urban area of Toledo, as compared to every Ohio county outside of the Appalachians, has been mired in the highest level of chronic poverty.

Poverty including homelessness, especially for people with mental illness or substance use disorders, transcends races, ethnicity, education, and age along with other factors.



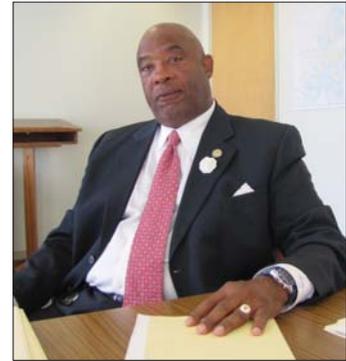
are no easy or quick fixes. As a community, we need to recognize that poverty, weighs heavily, like a steel anchor, on countless members of our community. Poverty is a factor in the overall economic health of our community and our ability to grow and attract new globally competitive, well-paying jobs for our workers so they can remain in the Toledo area.

Factors such as the quality, condition, and safety of our housing stock are key measures that new businesses consider when deciding where they would like to locate. These are a few examples as to why poverty must matter to everyone in our community if we wish for the very best opportunities for our children to remain and raise their families in this community.

My concern is that Toledo has no unified economic development plan. We are merely reactionary. Toledo will forever remain in this cycle unless our community takes a serious review of the realities of our economic health. We must engage the best of the best to craft a plan to move us out of this cycle for the benefit of every part of our community.

Due to these concerns, on the current Council Agenda, I have a re-appropriation request for \$275,000 in CDBG funds for six social service agencies.

Those agencies are: The MLK Kitchen for the Poor, Family House,



Councilman Larry Sykes

... continued on page 5

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# Crucial Consumer Protections Headed to Governor's Desk

*Payday lending reform passes amid FBI probe into alleged GOP corruption at the Statehouse*

House Democrats today applauded the passage of House Bill (HB) 123, a bipartisan effort to enact consumer protections for the thousands of Ohioans who utilize short-term loans every day. Borrowers in Ohio currently pay some of the highest rates in the nation for payday loans, with estimated average interest rates at over 500 percent.



"HB 123 provides a fix to a loophole that has allowed predatory lenders to rig the system against working Ohioans," said state Rep. Michael Ashford (D-Toledo), one of the bill's joint sponsors. "These protections put money back into the pockets of consumers and gives them a chance to get a fair deal for an opportunity to get ahead."

Under HB 123, borrowers would have more time to pay back loans, and monthly payments would not exceed seven percent of monthly net income. The bill also prohibits interest and fees from exceeding 60 percent of the original loan principal and prohibits lenders from making harassing phone calls to borrowers.

"Working families who struggle to put food on the table or gas in the tank will benefit from this long overdue reform," said House Minority Whip Emilia Sykes (D-Akron). "These commonsense consumer protections were a long time coming, and Ohioans will now have the peace of mind of knowing that when they apply for a short-term loan, they will be getting a fair deal."

The bill's swift passage comes amid allegations of corruption and criminal activity at the Statehouse. Former House Speaker Cliff Rosenberger (R-Clarksville) resigned his office in April after reports surfaced the GOP lawmaker had taken illegal money from payday lending lobbyists for overseas trips.

"Payday lending reform is long overdue, but it concerns me that it took an FBI investigation into alleged criminal corruption at the Statehouse to get this bill moving," said Assistant Minority Leader Nick Celebrezze (D-Parma). "Questions remain, and Ohio taxpayers deserve answers to know who is really calling the shots in Columbus."

The FBI has since launched an investigation into the alleged activity, raiding the former speaker's office, home and personal storage unit earlier this year. Rosenberger is the first speaker in Ohio

... continued on page 4

# Hit and Miss Items of Interest!

By Lafe Toliver, Esq

Guest Column

Now and then, I put together a column of "Odds N' Ends" which is basically topics that do not generate a full column all by themselves but are newsworthy or of interest...so here they are.



(1) PUBLIC NOTICE: I would ask the public to kindly cease any further contributions to the GO-FUNDME account that I set up to help pay Councilman Tyrone Riley's bar/food tab or overdue water bills. To date, the fund has only generated a measly \$18 of which \$10 came from Councilman Larry Sykes, \$2 from Councilwoman Yvonne Harper, \$3 from the Peacock Bar and \$3 from Attorney Keith Mitchell. I regret that more funds were not raised.

I will closely monitor the situation and, if need be, I will make a further appeal but this time, I will make the pitch statewide instead of just county wide.

(2) JUST A NOTE, IF I MAY: Kudos to the mayor for his quick response to the recent shooting that occurred in the "central city." Calling what he may deem as the local "black leadership" to meet with him and certain politicians was positive and necessary.

But, whenever a crisis occurs, be it in the white or black community, local leaders from all of Toledo need to be showcased because such events, especially concerns about any deadly shooting, involves everyone and not just those who live in the affected area.

(3) DO YOU MIND! I would beseech community members or "leaders" to throttle any vitriol regarding any unfounded opinions on who or what caused the recent police shooting death that occurred this past week end.

Nothing is worse or more contagious when people rant and rave about what they thought may have occurred and start to throw fiery darts at suspects unknown.

My position is very clear. Once the dust settles and the police are exonerated as the incident being termed a "good shoot" due to unimpeachable findings that the deceased was armed and posing an immediate threat, then I say, "OK, let's move on."

But, if the dust settles and the police are found to be guilty of a "bad shoot" and/or violated policy, then I say, "Sue the city and the officers for their last dime!"

There is nothing worse than once an investigation is done and the perpetrators, who wear a badge and a gun and violate the public trust and confidence are found to be guilty, that they are allowed to go scot-free with no more than a weak hand slap.

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# Reflections on Tragedy and Loss

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

The Truth Contributor

*Never be afraid to sit a while and think.*

- Lorraine Hansberry

There were 8,124 gun murders in the United States, according to FBI 2014 data. That is approximately 22 per day. In Toledo there have been 28 homicides and over 90 people shot this year alone, as reported by The Blade.



When 25-year-old Lamar Richardson was shot and killed in North Toledo by police last week, the incident functions, on a meta level, as the tragedy of loss experienced by a community living under the constant threat of violence and without a sense of security.

The truth is that our society does not typically deal with loss or handle pain well. At least when it is the pain or loss of "certain people."

So, after taking time to think over last week's tragic shooting I resist the temptation to provide explanations but instead will offer a few personal observations.

What We Did Well

A Restrained Response:

Police are often perceived as an occupying force that is more concerned with serving and protecting each other than they are of assisting the black community. Yet, last Friday, our Toledo Police officers, the object of yelling, anger, criticism, frustration and in-your-face verbal assaults showed restraint and remained patient while hundreds of emotional residents tried to come to grips with what they felt was injustice. This, along with a timely dashcam video release, was a 180-degree improvement than their response to a similar incident approximately two weeks ago during a central city traffic stop.

Until You Grieve You Can't Heal - McBrayer's Intervention:

Too often we neglect grief. We are often urged to be strong, stand up and don't cry. However, the truth is that grief occurs whenever an individual is taken out of our family or community and unless there is a threat of harm or damage to individuals or property, the attempt to arrest the grieving process amounts to violence itself.

Like individuals, communities and neighborhoods also need to be allowed to grieve and/or vent without judgment even if their loss was not perfect or fails to meet the standards of others'. Minister Chris McBrayer was able to calm an inflamed crowd simply by giving comforting words and an authentic but compassionate hug to a distraught family member.

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# Fire Chief, Director of Neighborhoods and Business Development, and Chief Information Officer Announced

Toledo Mayor Wade Kapszukiewicz on last week announced the appointment of a new Fire Chief, Director of Neighborhoods and Business Development, and Chief Information Officer.

Senior Battalion Chief Brian Byrd will become the city's next Fire and Rescue Department chief. He replaces Chief Luis Santiago, who plans to retire on Aug. 2, 2018.

Chief Byrd has been a Toledo firefighter since 1988. He was promoted to lieutenant in 1992, captain in 1997, battalion chief in 2000, and deputy chief in 2008. Chief Byrd is currently responsible for administrative and emergency operations of all personnel and resources in a fire district comprised of six fire stations. He is responsible for daily staffing, training, and logistics of 19 fire stations and more than 100 firefighters/paramedics.

Chief Byrd has served as Lucas County Coordinator for the Ohio Fire Chiefs' Emergency Response Plan; sat on the Ohio Department of Homeland Security EMS Subcommittee, and served as proxy for the fire chief on the Lucas County Emergency Medical Services Policy Board and on the Lucas County Emergency Communications Board. He is a member of the Salvation Army Advisory Board, sits on the board of directors for Big Brothers, Big Sisters of Northwest Ohio, and serves as the national chairman and local coordinator for the African American Male Wellness Walk Initiative.

Amy Sackman Odum, of Lima, was appointed by Mayor Kapszukiewicz as the director of neighborhoods and business development.

Odum is currently principal of Asodum LLC., a practice focused on developing strategies for sustainable communities. The firm's services include grant acquisition and management, land bank development, property maintenance systems improvement, neighborhood capacity building, housing assessment and planning, and land use development.

She was director of community development for the city of Lima from 2004



Brian Byrd

to 2016. In that role, Odum directed, managed, and coordinated activities of community development department. Her duties included administration of 15 local, state, and federal funding sources serving 25 different project areas. As an active advocate for small to midsize communities, Odum developed creative scalable partnerships for land management, neighborhood design, and economic development.

Anne Bennett, the former chief information officer for the Toledo Museum of Art, was appointed as Toledo's new Chief Information Officer. Bennett supervised the museum's information technology from 2013 to 2017. She is currently a consultant with Great Lakes Information Architects, a boutique consulting firm. Bennett was chief information officer for The Andersons Inc. in Maumee from 2007 to 2013.

"These three individuals are all committed to the people of Toledo and my administration's mission of making Toledo the best possible city," Mayor Kapszukiewicz said. "Chief Byrd is a veteran of the Toledo fire and rescue department while Ms. Bennett and Ms. Odum bring new and innovative ideas from the private and public sectors. They join a dynamic, diverse, and talented team that has been assembled to make sure Toledo is a successful city."

### Governor's Desk... continued from page 3

history to resign while under federal criminal investigation. The scope of the ongoing criminal probe is not yet known

After passing the House by a vote of 60-24, HB 123 moves to the governor's desk to be signed into law.

Here is what other state lawmakers are saying about the passage of HB 123:

... continued on page 5

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# TARTA Proposal Rejected by Sylvania Township

By Fletcher Word

Sojourner's Truth Editor

Most Sylvania Township residents would support the new Toledo Area Regional Transit Authority proposal to expand its service area and hours and implement a sales tax to pay for the expanded service according to the results of a telephone survey conducted by Odesky and Associates of 300 likely voters in the township.

According to the survey, 46.3 percent supported the TARTA proposal, 21 percent were against it and 32.7 percent were undecided; 58 percent favored a sales tax and only 5.7 percent supported a property tax.

Most Sylvania Township Board of Trustees members will not support the new proposal, however, and for a third time those voters rejected the proposal by a 2-1 vote. The township's residents will not have the opportunity to have their say about the matter of expended service.

TARTA's proposal, which calls for a countywide 0.4 percent sales tax to replace the property taxes now collected by the TARTA community members – Toledo, Ottawa Hills, Sylvania, Sylvania Township, Maumee, Rossford and Waterville – has been approved by Ottawa Hills and Maumee – both unanimously. That is of little matter now – all of the community members, plus Lucas County, had to approve the new structure.

The reasons for the rejection, according to the naysayers on the Sylvania Township Board of Trustees, revolve mainly around the bad taste a "new tax" leaves in the mouths of the majority of trustees, says Carly Allen, president of the bus drivers' labor union, who worked closely with TARTA on the proposal.

"They said they were now impressed with the plan, the 0.4 percent sales tax was too big and they didn't feel they had been informed enough," she said after the vote. "However, the first thing we did to re-tool was to reach out – they have been in the loop and would have been accepted even more."

This year, TARTA put together a plan that will dramatically alter its mass transit concept – expanding service, improving service, improving efficiency, introducing new programs and innovative technologies. It's a plan that has been conceived after a lengthy public research study that examined not only what current and potential riders want and expect but also what a variety of public transit systems from around the nation are offering to their customers.

In order to create a strategic plan that would win the approval of member communities and the voters come election time, TARTA teamed up with Hart Associates, the area marketing firm, and AECOM, a multinational engineering firm. The new strategic plan – Move Toledo – is an effort to respond to regional changes; to address problems identified with current services; to make it easier to use public transit; to identify adequate funding and to create efficiencies if operations.

The result of that study is a plan that includes advances in three key areas: core improvements – a makeover of current services and funding; technology – changes that will enhance the rider's experience and alternative fuels to improve efficiency; new services – that will grant broader access and offer more personalized transportation options.

The area of core improvements presents the immediate impact to riders in streamlining main-line services, updating the aging fleet, enhancing services

for the elderly and for passengers with disabilities and creating a citizens committee.

The key to the whole package, however, is funding – finding more funding with greater flexibility. Ultimately, a change in funding is the issue TARTA is waiting for member communities and the Board of Commissioners to approve. That change is critical, said CEO/General Manager James Gee, in order for TARTA to bring enhanced and improved services to more area customers.

The proposed change would eliminate the property tax that provides 46 percent of TARTA's funding and replace that source with a county-wide sales tax – an increase of .05 percent. There are three benefits to this change, says Gee. First, area property owners would not have to pay the 2.5 mill in taxes; second, much better transit service would be provided and, third, of the proposed .05 percent increase in sales tax, one-third of that amount would go back to the member communities for infrastructure improvements.

After the rejection by Sylvania Township the next step for TARTA and supporters, says Allen, is to start a door-to-door campaign to reach out directly to voters to force the trustees to reconsider their vote.

## Councilman Sykes... continued from page 2

*...pertise and experience of those best able to formulate a long-term economic development plan with the objective of breaking the perpetual cycle of poverty our community finds itself in.*

Toledo City Councilman Tyrone Riley also requested additional funds in the amount of \$20,000 for the YWCA of Northwest Ohio to help pay for advertising for the agency's "No More" campaign to prevent domestic violence and sexual assault.

On Tuesday Toledo City Council recommended referring Sykes' proposal to the City's neighborhoods committee, but did not take action on Riley's proposal.

## Governor's Desk... continued from page 4

"Taking on unfair practices and cracking down on predatory lenders ensure Ohio consumers are getting a fair deal," said state Rep. John Patterson (D-Jefferson). "This bill is a step in the right direction to close legal loopholes that have cost Ohioans for over a decade."

"These reforms come on the heels of the suffering of our communities, as more and more people die from drug overdose and families struggle to get by," said state Rep. Teresa Fedor (D-Toledo). "I am happy to see the General Assembly agree on a version of the bill which will prevent predatory lenders from taking advantage of Ohioans in their most vulnerable times."

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# The Following Democrats for Statewide Office Earned the Endorsement of Ohio Fraternal Order of Police

*The Ohio FOP represents approximately 30,000 members across Ohio*

## Judge Melody J. Stewart

Last week, Eighth District Appeals Court **Judge Melody Stewart** released the following statement after earning the Fraternal Order of Police of Ohio (FOP) endorsement in her race for the Ohio Supreme Court:

"I am honored to be endorsed by the men and women of the Fraternal Order of Police of Ohio. This endorsement says to FOP members and the communities they serve that my election to the Supreme Court this November is vitally important to the balance and forward progress of the court. It also demonstrates the FOP's confidence in my ability to help make our judiciary a stronger and better one, and I am truly grateful for this vote of confidence."



## Zack Space

Former United States Congressman and Democratic nominee for Ohio Auditor of State Zack Space released the following statement Tuesday afternoon after earning the endorsement of the Ohio Fraternal Order of Police.

"First responders and law enforcement officers are vital public servants with profound reach and insight into their communities. That's why I'm deeply honored to be endorsed by the Ohio Fraternal Order of Police and its 30,000 members across the state, who so courageously protect and serve Ohioans every day.

Ohio's law enforcement communities deserve an ally in the Auditor's office who will stand with them against anti-labor attacks such as Right to Work -- which my opponent Keith Faber supports -- and advocate for the resources and assistance they need from their government.

I will hold accountable the self-interested incumbents in the Ohio General Assembly, who would rather subjugate themselves to corporate and special interests than provide much needed funding to keep our law enforcement officers safe on the streets."



## Rob Richardson

Last week, the Fraternal Order of Police of Ohio (FOP) announced their endorsements in the 2018 election, which included Democratic nominee for treasurer, Rob Richardson. Richardson said in a statement:

"I am honored to have the support of the 30,000 men and women of the Fraternal Order of Police of Ohio who protect our families and communities. In 2011 I stood with the FOP during the assault on collective bargaining rights, and as Treasurer I will continue to stand with them and ensure they have a voice in Columbus. Police are among the most overworked, underpaid members of the workforce, and I will do everything I can to advocate for fair pay, proper training, and affordable healthcare, particularly related to PTSD treatment which often goes overlooked." Ohio FOP President Gary Wolske said that Richardson and the other endorsed candidates share the FOP's values and will stand for officers and their families.

"These candidates share our values and have proven a willingness to fight for our members," Wolske said. "We're supporting them, because we

know they will support us."

Rob Richardson is a former chairman of the University of Cincinnati Board of Trustees, where he established the U.C. Scholars Academy for students in the Cincinnati Public School District. He also founded the first Next Lives Here Innovation Summit and led the development of the 1819 Innovation Hub where students, faculty, and staff collaborate with entrepreneurs, startups, and



others in the private sector.

Richardson has been a longtime advocate for workers as a marketing construction representative. He also serves "of counsel" with the law firm Branstetter, Stranch & Jennings, where he practices in securities litigation.




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## The Power of Elimination or Do You Poop Enough?

By Angela Steward, Fitness Motivator

The Truth Contributor

In the year 2000, I lost one of my favorite people, My Aunt Bea. My aunt was always vibrant, full of energy and always fun to be around. I still remember that beautiful small gap between her teeth. I often wished I had inherited her gap...lol! However, my mother tells me that I did inherit a lot of her qualities, good and bad...."You're just like your Aunt Bea, you're always going somewhere, and you're always doing something .....lol!

In 2000 my Aunt Bea shared with me that she had been diagnosed with colon cancer. Before she passed away, she told me...."Angie, you're shaped just like me, you remind me so much of myself." Then she asked me...do you poop regularly or do you sit on the toilet for long periods of time trying to poop?

I was stunned that she knew me so well. Me, not thinking I'd ever be subjected to a conversation about my pooping habits, I reluctantly answered, "I sit and wait and sit and push"! Her eyes opened super wide, full of tears, and said "I knew it."

"Please schedule a colonoscopy, don't wait like I did, please." I promised my aunt that I would. My aunt passed away in June, 2000. I think of her often! I know she's watching over me.

So with my aunt's voice whispering in my ear, I scheduled my first colonoscopy. Everything turned out fine, clean, no polyps. But my aunt's words were still present in my mind, so I decided to research the power of colon cleansing. I talked to my doctor about it. We discussed my aunt's health and how I had researched colonics. My doctor, who is very supportive, said....Go for it, I don't see any harm in it. To this day, I'm so thankful that I did.

Before we get started, let me inform you that a Colonics should always be done under the supervision of a qualified professional who is licensed and trained. The cleansing takes about one hour and each session can cost \$50 or more.

Colonics aren't usually recommended for pregnant women or children or people with kidney problems or bad hemorrhoids.

**So how do you know if you should consider a colon cleansing?**

If you're not having at least one bowel movement every day, this makes you a good candidate for a colon cleanse. It's well-known that a variety of health problems stem from poor digestive health — for example, stomach pains, abdominal cramps, fatigue, constipation, low energy, headaches and allergic reactions can all be traced back partially to problems with waste elimination.

**So How is the Colonics Performed?**

During a colonic you lay flat on a table and the pro-

fessional inserts a lubricated, small speculum (the size of a Q-tip) into your colon, which is attached to two tubes that control the release of water in and out. You are also able to view what's coming out if you'd like. My therapist can actually tell what I've been eating by the color of my stool. After the colonics is over, you can use the bathroom until you're comfortable. A beverage to replenish your electrolytes is given to you to drink.

**So, your next question is probably, What Does a Colonics do for the colon?**

**It Cleanses the Colon:** Breaks down toxic excrement (poop) so it can no longer harm your body or slow down elimination. Toxins built up over a long period are gently removed during the treatment. Your colon can begin to co-operate again as it was intended. In this sense, a colonic is a rejuvenating treatment.

**It Exercises the Colon Muscles:** The build-up of toxins weakens the colon and impairs its functioning. The gentle filling and emptying of the colon improves muscular contraction so your colon can naturally move its material (poop). Having Colonics is like taking your colon to the gym!!!

**It Helps To Reshape the Colon:** When problem condi-

...continued on page 11



Angela Steward




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# Food: Enjoy It, Don't Waste It

By Patrice Powers-Barker, OSU Extension, Lucas County

The Truth Contributor

Most people are aware that the portion sizes of food in the United States are usually much larger than the recommended serving sizes. The serving size is the recommended amount food for healthy eating given by the Dietary Guidelines for Americans. The portion size is what is served on the plate or how much we choose to eat. Sometimes, too large of portions lead to eating too much food and that can increase weight gain.

On the other hand, although we don't want to overeat, food waste is another problem. It's estimated that 40 percent of the United States food supply is not eaten. Food loss occurs for many reasons from all the steps it takes from the farm to the store, like spoilage, problems during processing or over-ordering by the grocery store.

Some of the ways that consumers waste food is by overstocking the refrigerator and then not using all the fresh food in time. Is it just a choice between two different problems? Either we eat too much food or we waste too much food? There are easy ways to reduce food waste as well as eating healthier.

Take home leftovers from restaurants. As mentioned earlier, many portion sizes (amount of food served on the plate) are much

larger than the recommended serving size. This is often true at restaurants. Instead of overeating a meal or throwing away the food, a good option is to request a to-go box when your meal is served. Put part of the meal in the box to take home and stick to a reasonable portion size for more than one meal. Another option is to share meals or to order a smaller serving such as off of the appetizer menu.

For meals at home, plan menus and shop the kitchen first. Review what food is already in the kitchen whether it's canned food in the cupboard, fresh food in the refrigerator or frozen food in the freezer. This planning will help with using already purchased foods which might also have a positive influence on the cost of groceries. In addition, shopping the kitchen first is a good way to check all the food so that it doesn't get forgotten in a back corner, shelf or crisper drawer.

It's not nutritious or economical to buy fresh produce and then forget about it in the refrigerator until after it has started to rot. Foods like fresh produce and meats do have a specific shelf life and will not last indefinitely. If food has spoiled and

is not healthy for consumption, it needs to be thrown out. This is especially important for fresh food in the refrigerator.

It is also important to understand the dates on food packages. Some of these dates might be sell-by, use-by, best before and best used-by. These different terms are used for different reasons on different types of foods. They provide useful information but they do not necessarily mean "throw away by this date". For example, sell-by is a date decided by the food manufacturer. So, I could buy a gallon of milk before the sell-by date but if I follow food safety recommendations like storing it in the cold refrigerator, that milk should be good to use for the following week. In a similar way, if I purchase some fresh meat just before the sell-by date and immediately put it in my freezer, it is fine to use. Most of the dates on food packages are an indication of food quality and not about food safety. No one wants to eat or serve food that is not safe but it's important to know that dates on food packages are not indicating the day food needs to be thrown away.

Be careful with bulk purchases of food. If the lower cost of bulk food fits into your meal plans, that's great. If it just sounds like a good deal at the store and in reality you won't use it all, it's not a good buy.

Have a plan of easy to make recipes to use up

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... continued on page 10

Health Section • Health Section

# Universal Health Aid's Annual Health Fair

Special to The Truth

On Saturday, July 22, 2018, from 9 a.m. to 1 p.m., the Toledo Chapter of Universal Health Aid held its sixth annual free health fair at the Wayman Palmer YMCA. Approximately 250 patients came to the fair to avail themselves of assorted 15 free services including: dental screenings, blood sugar and cholesterol readings, pediatric tests and optometry evaluations.

The purpose of the Universal Health Organization is to build a social movement based on improving health standards. Some examples of the organization's projects include: implementing health workshops across the country; designing extracurricular programs in schools; educating communities, leaders organization on current health issues and the ways to tackle them.

This year's fair was sponsored by The Toledo Clinic, Gilmore Jason Mahler, Ltd and Becker Impressions, among others.



YMCA Director Eric Williams (center) with Universal Health Aid volunteers



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**The Access Center at River East** \*  
(Opiate Addiction Treatment Center)  
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Toledo OH, 43605  
**419.691.1322**

**Holland Health Care**  
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Holland OH, 43528  
**567.703.8985**

\* WIC (Women, Infants, & Children) services available at these locations.

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Health Section • Health Section

## A Mental Health Moment

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

Members of the black community can agree that, historically, we are not a community that, when in need, reaches out for mental health counseling/therapy. Issues of the family were either dealt with within the family or with the pastor of the family's church.

In 2018, there are still those individuals who believe the same applies and, even as a professional counselor, I can understand why black families do not feel comfortable reaching out for mental health counseling for reasons of: 1 – There are not many counselors of color in their area, 2 – Their Insurance does not cover mental health or they chose not to put it in their plan, 3 – The stigma is still broad in the sense that going to counseling means you are crazy and 4 – Lack of information and resources in black communities about the importance of mental health counseling in how it affects so much of one's physical, biological and sociological livelihood.

So, is it possible to integrate spirituality and religion into counseling? And if so by whom?

I was raised Christian and of course my mother put the fear of God in me, something I now very much appreciate and have replicated in my own children. While in graduate school earning my master's degree in counseling, I took an elective course titled, Integrating spirituality and religion into counseling. I found it to be a very interesting and a very necessary course and wondered why it was an elective because spirituality and religion is a huge part of our human existence.

When an individual attends her/his first session, an assessment is completed to acquire information and background history, such as strengths, weaknesses, past traumas, family dynamics, etc. and within the questions we ask, "do you have a specific faith, religion or spirituality in which you practice or in which you hold beliefs?"

These questions give the counselor a better understanding of the client's belief system, as well as the client's background in general and can be used as part of the client's treatment planning and goal setting. For example, I

met a client in crisis for the first time one afternoon with the appointment being put on my schedule due to her usual counselor being absent. Her fiancé passed away the night before at the age of 36.

I quickly read her original assessment, asked her a few questions such as support and safety to rule out suicide or suicidal thoughts and then asked her, "Do you believe in God, are you Christian?" As she answered my questions through her tears and emotional upset, she said she believed in God, but she could not come to terms as to why God would take her fiancé away from her as their wedding was only weeks away.

... continued on page 12

Food... continued from page 8

foods like soups, pasta, stir-fries or casseroles. Sometimes this type of meal planning takes some mixing and matching but it's a good way to use food without it going to waste. A soup could include vegetables and ingredients from the pantry, refrigerator and freezer. In addition, when making a recipe like any of those mentioned above, the meal plan might include freezing a few individual portions of the food to use on another day. Just remember to use what's in the freezer!

Check the garbage can. Are there any foods that are commonly thrown away in your kitchen? Do you need to purchase less of that food? Do you need to find other recipes to use the food? For example, if the potatoes start sprouting before they are used, plan to use them sooner by adding baked potatoes, potato soup and hash browns to the weekly menu. If the bag of apples in the refrigerator are starting to become soft but are not rotten, chop them up and add to a salad or slice and bake them with cinnamon for a side dish.

Resources used: OSU Extension, University of Nebraska Extension, Iowa State University Extension and Outreach



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Health Section • Health Section

*Power of Elimination... continued from page 7*

tions exist in the colon, they tend to alter its shape because the **colon is a muscle and it will enlarge to the build up of toxins not being released (poop)!!!** That in turn causes more problems. The gentle action of the water, coupled with massage techniques of the colon therapist, help to eliminate bulging pockets of poop finally enabling the colon to resume its natural state.

**It Stimulates the Colon:** THE COLON IS CONNECTED TO EVERY SYSTEM AND ORGAN IN THE BODY BY REFLEX POINTS. The colonic stimulates these points thereby affecting the corresponding body parts in a beneficial way. Creating overall well-being and health in the body.

**It Hydrates the Whole Body:** Water is absorbed into the body through the colon which increases the volume of blood. The circulation of the blood is increased, resulting in a greater bathing of the cells. This dilutes the toxins and flushes them out; relieving toxemia and uremia; and increasing elimination both through the kidneys, and the skin as well as the bowels. All this generally assists the cardiovascular and circulatory systems to be more efficient.

**It Relieves Compression of neighboring organs.** When you're full of poop your other organs such as your liver, heart and lungs are compressed. A sensation of lightness and relief may be experienced. I'm telling you, it works!

**It Reduces Pressure in the Abdominal Area** (pelvic zone). Relaxes pressure on the hips and lumbar column and is beneficial to their mobility. Relaxes abdominal muscles from the action of water temperature and massage that accompany the colonic. Increases abdominal muscle tone due to reducing intestinal residues (poop).

**It Stimulates action of intestines** restoring normal muscle tone and removing the feeling of constipation. Potential to correct constipation and diarrhea without resorting to over the counter or prescription drugs.

**It Provides a Sensation of well being** due to the elimination of mucus, foods not fully digested, gas and toxic bacteria. Relieves inflammation and edema

due to elimination of irritating substances.

**It Expels parasites** due to alternating water temperatures and complementary additives to colonic water such as garlic and other vermifuge (parasite killing) herbs. Decreases demineralization of body because it improves metabolism.

**It Reduces weight** and slims due to activating elimination. Creates an increase in mental capacity and rejuvenation by removing toxic substances that affect biological aging.

**So what is the true role of our colon?**

The colon is the longest part of the large intestine, which is attached to the small intestine at one end and the anus at the other. The role of the colon is to eliminate stool from the body that's made up of a combination of bacteria, water, unused nutrients, unneeded electrolytes and digested food. Yes, Christmas dinner residue may actually still be somewhere in your colon...lol!!!

**Are Colon Cleanses Safe?**

Colonics have been performed for over 100 years and are done by hygienists or colon hydrotherapists. These treatments are sometimes called "colon irrigation" and are normally done at a treatment center outside the home. Naturally cleaning the colon with water is safe for most people, but it's not for everyone. If you're pregnant, have active hemorrhoids, suffer from kidney disease or are dehydrated, it's possible for colon cleansing to cause side effects like weakness or dizziness, cramping, bloated stomach, nausea, and vomiting. When a cleanse is done too often, it can lead to an electrolyte imbalance.

Always get your doctor's opinion if you have a form of IBS (irritable bowel syndrome) such as Crohn's disease, diverticulitis or ulcerative colitis.

I realize that this article may be a little unsettling

or even gross to some, but let's face it, we all poop, so get over it!! Pay attention to the color, shape and smell of your poop. Be proactive in eliminating toxic waste from your body. Eat fermented foods like yogurt, sauerkraut to help nourish the beneficial bacteria in our colon. Eat more fiber. A healthy colon needs bulk to eliminate regularly, and fiber provides that bulk. Drink plenty of water. Our colons need hydration to ease elimination of waste. And lastly, exercise! Regular exercise promotes healthy blood flow and circulation!!!

In closing, our poop says a lot about our health! While most of us don't want to put much thought into the power of elimination, it can be a strong indicator that something is wrong.

I'm grateful to my Aunt Bea for her love and concern for me. I AM a lot like her. She's been gone 18 years, but it seems like yesterday, when she asked me....."Angie, do you poop regularly?? In turn, I ask.....do you???

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*This article is for information only, and should not be considered as medical advice. I am supplying this information so that you can make an informed decision. Please consult with your health practitioner before considering any therapy or therapy protocol.*

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*Perryman... continued from page 3*

#### What We Need To Do Better Understanding Complexities:

Instead of hugging as McBryer did, too many of us were using the rhetoric of blame as a weapon; even before we all of the facts were known. We beat the police over the head with blame. We pilloried the mayor. We crucified black faith leaders. We cursed the community. And we damned the victim publicly calling him a criminal and robber without also talking about the important and complicating factors such as mental illness.

The psychological and spiritual health of black people may be the most devastating issue of our current situation. We need to learn more from black experts about our psychological well-being, which is unique and distinct in many ways from the emotional needs of others.

#### Know Where "You Is"

The rural North Carolina born, Harvard-educated preacher Joe Ratliff once told me and a group of faith leaders: "Always know where you is!" Ratliff was talking about pastors understanding the context and makeup of the churches they were attempting to lead. But the principle applies to a variety of other settings.

Knowing where "you is" means understand that we are a society awash in a flood of guns and a community of neighborhoods saturated with crime. So it behooves us to support both the police and Black Lives Matter. We need the police to respond to our calls for help. Yet, as professor Gerald Horne has said, "we still have unresolved issues of race and inadequate discussion about the legacy of slavery, Jim Crow and white supremacy that helps to portray black people as criminals which inevitable leads to their slaughter."

#### What We Can Do Now

##### Testing the Commitment:

At the mayor's inauguration this year, I held a prayer service where many faith leaders and community members joined the mayor in praying for our city to come together, put past divisions behind and move into a future that can be sustainable and just. Mayor Kapszukiewicz publicly pledged and promised a future in Toledo where the justice and dignity of every person is to be upheld.

While there are still some ambiguities surrounding the facts of last week's shooting, the incident remains a test to the mayor's commitment and evidence that prayer is not passive but willful action.

As further facts emerge, we must remember that our mission of bringing our community together remains the same imperative that it has always been. We must move toward the truth together.

Contact Rev. Donald Perryman, DM in [drdperryman@centerofhope-baptist.org](mailto:drdperryman@centerofhope-baptist.org)

*Mental Health Moment... continued from page 10*

My job as a counselor is certainly not to question God. We were in a hospital setting and walked down to the small chapel and sat silently for at least an hour. She began telling me happy stories of the times they had together and how much she cared for him. Unbeknownst to her I was praying rapidly on the inside for God to please relieve this young woman's pain and give me the knowledge and ability at that moment to remove her from her crisis.

Later I met a grandmother of a young girl client about the age of 12 whom did not like attending her weekly counseling session and would often scream, holler and lock herself in the restroom. On this particular day, security was called and I asked the grandmother to come into my office, since for both her and her granddaughters screaming was not a solution. As we sat in my office, I asked the grandmother if she herself had ever considered counseling and she yelled in a very loud and adamant voice, "Jesus is my counselor!" Who was I to argue. I just hoped in her counseling sessions with Jesus that she would find help and assistance in working through the issues in which her granddaughter held.

There are many different types of counseling. Some require certifications and licensures and others require experience and knowledge but mostly all the above. As ethically required, all licensed professional counselors must respect client's rights to believe in which ever faith or religion they choose. If a client answers that she has no faith and does not believe in God I do not talk about my own beliefs and we work on her other strengths.

There are other counselors who specialize in Christian Counseling and/or incorporate it within how they practice. So, if an individual wants to find a counselor who specializes in this area, he would ask for a referral to a Christian counselor who also utilizes secular psychology. Biblical counselors do not believe or utilize secular psychology. Psychotherapy is needs-based such as the need for love and self-esteem and if these needs are not met, the belief is that people will be miserable immoral, and overall unhappy.

... continued on page 13

*Tolliver... continued from page 2*

(4) BELIEVE ME...NOT YOUR LYING EYES! Well, Herr Trump is at it again with his bombastic nonsense of now telling people that what they see or hear is not really happening! Imagine for a moment if your child threw a rock through your front door glass window and you saw him do it ; and he has the audacity to say to you with a straight face, "What you saw Dad was not real...don't believe it!"

That is what this faux autocrat in the White House is now touting as his latest maneuver to confuse his base from believing anything that Michael Cohen or Bob Mueller are saying about Trump and his suspect activities in the Russian Probe.

Trump's sixth sense is screaming at him that the hounds of hell are bay- ing and they have caught his scent and they are on the trail!

It is only a matter of time before Bob Mueller breaks his unearthly silence and shows everyone his evidence that the White House has been slimed by the off-setting presence of Herr Trump & Family.

Of course when that tsunami of evidence is released to the public and the media, Herr Trump will call it, "Fake News!" and will discredit the report as being a witch hunt.

Hopefully by the time this long anticipated investigative report is released, the yearned for "Blue Wave" (voters going Democrat) will have swept out of Congress some or most of the hidebound GOP sycophants; Herr Trump's rantings and petulant conduct will be of no avail because as they say, "The gig is up!"

(5) I WISH YOU WELL...Toledo Public Schools will be convening again in late August. The recent publications of their academic offerings and programs are impressive by any standard and I believe that the teachers are committed to excellence if only for their own professional pride in their work.

But...Can we talk? If the report card or cards throughout this school year, as issued by the Department of Education in Columbus, gives TPS marks of a "D" or a "F", it is time to call in TPS's best cheerleader, Romules Durant, thank him for his years of intense and dedicated service but give him his walking papers.

Speaking hypothetically, if you, as a boxer, have a record of 2-27, it may be time to reevaluate your career choices or options or maybe change your chosen field of endeavor and become a salesman for heavy construction equipment machines or high end luxury cars.

Nothing personal...strictly business.

Contact Lafe Tolliver at [tolliver@juno.com](mailto:tolliver@juno.com)

<h1>SUMMER 2018 BUSINESS &amp; HEALTH EXPO</h1> <p>SAVE THE DATE</p> <p>WHEN <b>Sunday, August 12th</b> <b>12:00pm - 4:00pm</b></p> <p>WHERE <b>St. Clements Hall</b> 2990 Tremainsville Rd. Toledo, OH 43613</p>   	<p><b>FREE EVENT OPEN TO THE PUBLIC</b></p> <p>Come enjoy free health screenings, exclusive shopping, and networking opportunities.</p> <p><b>THANK YOU TO OUR SPONSORS</b></p> <p>WOODFOREST NATIONAL BANK COSTCO WHOLESALE MERCY HEALTH PARAMOUNT THE TRUTH NEWSPAPER TYRELL L. BETTS PRODUCTIONS OMG PRODUCTIONS BY TRACY ROBERTS ADVENTUROUS TRAVELS TOLEDO CONVENTION &amp; VISITORS BUREAU</p> <p><b>CONTACT</b> Ms. Donnetta Carter Phone: (419) 367-9765 E-mail: <a href="mailto:donnetta_c@msn.com">donnetta_c@msn.com</a></p>
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# Better Late Than Never by Kimberla Lawson Roby

By Terri Schlichenmeyer

The Truth Contributor

Life has handed you a lot of chances.

You've taken some, for good or not. Others, you've passed up, and regretted it. Maybe you'd be richer today. Maybe you'd be poorer. For sure, you'd have an existence unlike what you have now and, as in the new novel *Better Late Than Never* by Kimberla Lawson Roby, you wonder what might've been...

First Lady Charlotte Black was tired.

Every Sunday for 19 years, she'd gotten up, put on her finest clothes and her best face, and gone to church with her husband, Reverend Curtis Black, leader of Deliverance Outreach. That's a lot of Sundays, a lot of dressing up, of pretending to be nice to people Charlotte really didn't want anything to do with.

She was going to tell Curtis soon that she was taking a sabbatical, but she had to wait because of drama: their daughter, Curtina, was having some sort of pre-teen phase and Curtis's sister, Trina, was sick.

In the meantime, Charlotte coped by drinking vodka.

Twelve-year-old Curtina's parents were always treating her like an infant.

They never let her leave the house whenever she wanted and she had strict bedtimes, even on weekends. As for hanging out with her friends, forget it. Her parents even took her phone away! It was so unfair and it would be much worse, had Curtina not caught her mother drinking.

Blackmail was a good thing. Secrets were even better.

The phone call that Curtis Black received from his brother-in-law was one he never thought he'd get.

It had been decades since Curtis had seen his sister, Trina. At eighteen, he'd left home, escaping an abusive father, abandoning Trina and their mother with an angry, bullying alcoholic. Leaving had been self-preservation; Curtis had been planning an escape for years by then and he hadn't seen Trina but a handful of times since. Now her husband had called to tell Curtis that she was dying.

That brought back every bad memory Curtis had. Was it too late to replace them with answers and better kinds of memories?

All good things, as they say, must come to an end and, alas, that includes characters and book series. In *Better Late Than Never*, it also goes for the Curtis Black family.

But fear not – author Kimberla Lawson Roby doesn't send readers away with a whimper in this book. No, this novel goes out with a gentle bang that includes the scandals you need but not the profanity you don't. That

c. 2018  
Grand Central Publishing  
\$26.00 / \$34.00 Canada  
306 pages

gives this novel – the entire series, in fact – a curious soap-opera feel, but churchy: everybody in the Curtis Black series has some sort of mess attached to their lives at some point or another and it's oh-no delicious but God forgives and so, eventually, does everybody else.

If you're not familiar with Curtis Black, don't start here; go back to Book One and dive in. You'll be happier that way. If you're a fan, though, *Better Late Than Never* is the end of the line, and how could you miss your chance?



Kimberla Lawson Roby  
photo courtesy Brian Adams

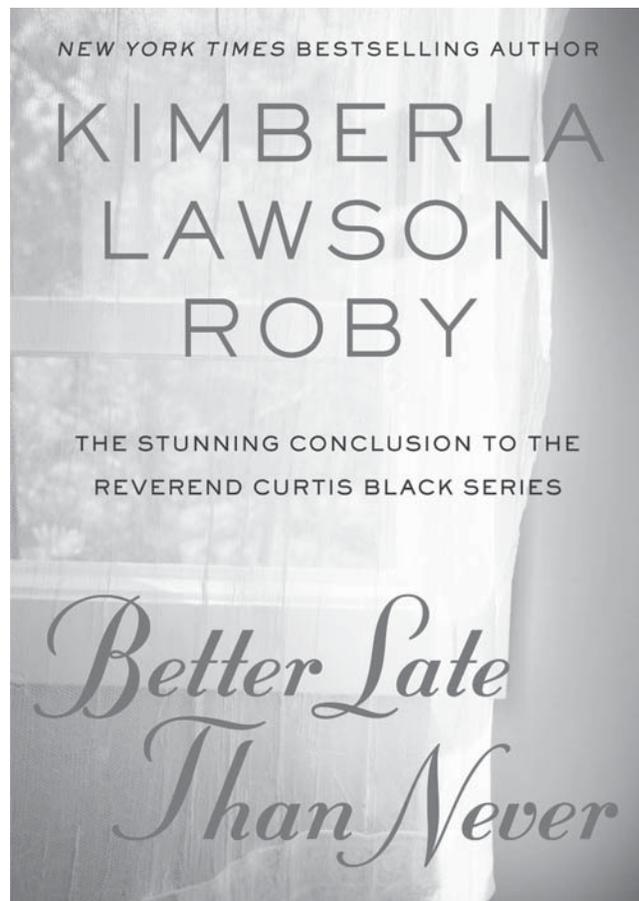
## Mental Health Moment... continued from page 12

Biblical counseling shows the importance that one's true satisfaction and happiness will only be found in a relationship with God and the pursuit within. Unfortunately, secular psychology is based on man and his ideas such as Sigmund Freud and his theory of the Id, Ego and Superego.

Take a mental health moment and think about what type of counselor would work best for you. This is your life and your happiness. You have every right to be happy and counseled to your choice. I personally believe that both secular and a Christian based counseling treatment plan would work best. I trust my own psychotherapist who is a wonderful individual and has advised me well on many issues I have come across in my life.... But I will always remember the words of my late mother as she would tell me "trust no one but God, he has all the answers, will never let you down but most importantly never forget he's in charge." If something does not go the way you planned, it's probably because that's your plan not God's plan.

Psalm 145: 18-19 The Lord is near to all who call on him, to all who call on him in truth. He fulfills the desires of those who fear him; he hears their cry and saves them.

Bernadette Graham is a Licensed Professional Counselor, National Certified Counselor and Certified Grief Recovery Specialist. You may contact her for questions or resources at [graham.bernadette@gmail.com](mailto:graham.bernadette@gmail.com)



# CLASSIFIEDS

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August 1, 2018

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## SPECIAL PROGRAMS DIRECTOR

The Padua Center is seeking an enthusiastic person with experience and leadership abilities to be a Special Programs Director. This position will be full time, with benefits. The Special Programs Director will direct the Nia After-School Program and the Emerging Young Ladies Program. A Bachelor Degree in Education or related field is required, with experience in administering programs. Complete job description will be furnished upon request. DEADLINE to apply is August 17, 2018. EOE. TO APPLY: Send resumes or inquires to Special Programs Director Search committee: email thepaduacenter@gmail.com or The Padua Center, 1416 Nebraska Ave., Toledo, Ohio 43607.

## EMPLOYMENT OPPORTUNITY PARTNERS IN EDUCATION EDUCATION SPECIALIST

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ndscaping and construction. 40 hour work week. \$17.69/hr. Go to [www.metroparkstoledo.com](http://www.metroparkstoledo.com) for complete job requirements and to apply by July 24th. EOE.

## TOLEDO MUSEUM OF ART RECRUITING FOR DOCENT PROGRAM

Toledo Museum of Art (TMA) is opening recruitment for its docent program. Those who have a passion for teaching and sharing the arts with children are encouraged to apply to the upcoming docent training class.

Docents are trained Museum volunteers who engage with visitors to facilitate enriched experiences with works of art and create a warm and welcoming Museum environment. These "gallery teachers" encourage visitor inquiry and enjoyment of the arts.

**The 2019 docent class will include:  
A calendar year worth of training**

Becoming a docent gives the opportunity to participate in a thorough training process. Training will take place from January through December 2019 and will include mentorship from experienced docent peers.

### Training for specific groups

Participants will attend classroom and gallery training sessions to become familiar with the TMA collection and gain skills to connect PreK-8 students with works of art. The training program includes specific training for the PreK-8 school tour program.

### Convenient training hours

Training sessions will be held weekdays to coincide when school tours take place. For further information, please visit [www.toledomuseum.org](http://www.toledomuseum.org) and attend an information session on Aug. 9, from 10 to 11:30 a.m. Applications are now being accepted and interviews will take place late August and early September. Classes will officially begin January 2019.

## EDUCATIONAL LEADER

The Padua Center is seeking an educator with experience with culturally diverse children and with leadership abilities to be Educational Leader. This position will be full time, with benefits. The Educational Leader is responsible for development and implementation of the Padua Possibilities program. A Bachelor Degree in Education and five years teaching experience is required, with experience in administering programs. Complete job description will be furnished upon request. EOE DEADLINE to apply is August 17, 2018. TO APPLY: Send resumes or inquires to Educational Leader Search committee: email thepaduacenter@gmail.com or The Padua Center, 1416 Nebraska Ave., Toledo, Ohio 43607.

## REQUEST FOR PROPOSALS

### PEST CONTROL SERVICES RFP#18-R011

Lucas Metropolitan Housing Authority (LMHA) will receive proposals for Pest Control Services. Received in accordance with law until August 7, 2018 at 3PM ET.

For documents: [www.lucasmha.org](http://www.lucasmha.org), 201 Belmont Ave., Toledo, OH 43604 or 419-392-3637 (TRS: Dial 711).

Affirmative Action and Equal Employment Opportunity requirements (Executive Order #11246).

This contract opportunity is a Section 3 Covered Contract and any Section 3 Business Concerns are encouraged to apply.



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## NOTICE TO BIDDERS

SEALED PROPOSALS for bidding on **Chessie Circle Trailhead Facilities**, Metroparks Toledo will be received; opened; and read aloud at the Metropolitan Park District of the Toledo Area, Fallen Timbers Field Office, 6101 Fallen Timbers Lane, Maumee, Ohio 43537 **Friday, August 17, 2018 at 3:00 p.m.** local time.

THE SCOPE OF WORK consists of the construction of a 10 vehicle parking lot & drive and installation of an owner-furnished prefabricated restroom unit. General construction includes erosion control, excavation & embankment, aggregate base, asphalt & concrete paving, pavement marking & signage, utilities, and landscaping. Bidders may obtain copies of plans, specifications, contract documents and plan-holder's list through Newfax Corporation, 333 West Woodruff, Toledo, Ohio 43604 between 8:30 a.m. and 4:30 p.m., Monday through Friday (check made payable to Newfax Corporation) or via the Newfax Digital Plan Room at [www.newfaxcorp.com](http://www.newfaxcorp.com). Newfax can be contacted at 419-241-5157 or 800-877-5157. A non-refundable fee of \$20 is required for each set of documents obtained. For additional information, please contact Jon Zvanovec @ 419-360-9184, [jon.zvanovec@metroparkstoledo.com](mailto:jon.zvanovec@metroparkstoledo.com).

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

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

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

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

David D. Zenk, Executive Director

## In Memoriam

# John C. Moore – July 5, 1936 – July 20, 2018

*Banker, College Administrator and Educator, Author, Entrepreneur, Fundraiser, Volunteer, Motivational Speaker*

John C. Moore passed away on Friday, July 20, 2018. A resident of Holland, Ohio, he was 82 years old. He was born to the late Vera and Samuel Moore and attended elementary school and junior high school in Toledo. He spent his high school years in Fordyce, Arkansas, living with his beloved Uncle Bert and Aunt Babe returning to Toledo in 1954 after he graduate ad class valedictorian.

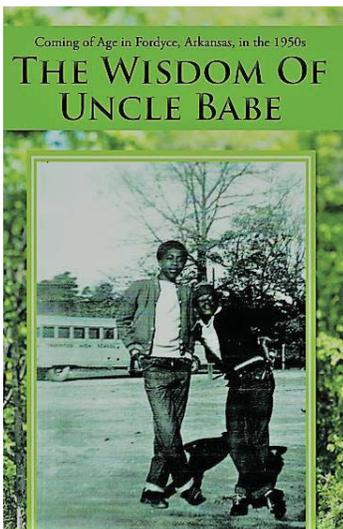


He married the late Alvetta Moore in 1955 and began working as a general laborer while attending night school at the University of Toledo where he earned his bachelor's degree in 1978. After starting as a stock clerk and janitor at the Toledo Trust Corp, he was promoted 19 times and retired as VP of the then-Society Bank and Trust in 1990.

He later became an administrator at Bowling Green State University and retired from there in 1998.

While developing his talents as a leader in the banking industry, John became an entrepreneur and was one of the owners of Black Knights Men's Shop, a retail clothing store in downtown Toledo. Throughout its existence, he worked both behind and in front of the scenes, even serving as a model for the shop when the need arose.

John was well known for his dedicate community service and his ability



to pull people together from all works of life to achieve a common goal. John was so involved in the community before and after his retirement that it was not unusual to see his signature smile on a billboard while driving Anthony Wayne Trail, turn on the television and see him in a commercial for Hospice of Northwest Ohio and open a newspaper and see him featured in a social function – all in one day!

John lost his father at the age of 10 and credits the nurturing that he received from Uncle Babe – John Roscoe Dixon – as the foundation that kept him committed to his family, friends and community throughout his life.

After retirement, he increased his volunteer activities. He served as a consultant for several organizations. In 2000 he was appointed as a trustee of Owens Community College and later served as chairman.

He also served on the boards of Ohio Association of Community Colleges, Hospice of Northwestern Ohio, African American Legacy Project of Northwest Ohio, Boys & Girls Clubs of Toledo, Toledo Public Schools. He was an active member of Alpha Phi Boule, the Toledo Chapter of Sigma Pi Phi Fraternity, Inc.

He received numerous awards and accolades for his civic duty, especially for his commitment to education and disadvantaged youth.



*John Moore and daughter Audrey Madyun*

John was an avid golfer and often combined charity work with his love of th game. He made news when he made a hole in one at age of 80.

In his spare time, John became a published author and a motivational speaker. His books include: A Positive Attitude Is a Muscle: A Managed Stress Survivor's Manual; Alvetta; The Wisdom of Uncle Babe: Coming to Age in Fordyce Arkansas in the 1950s and Moore Wisdom.

His Uncle Babe stressed in him the importance of having a good education and that is why he worked tirelessly to help the youth in the community to better themselves. He tutored in the Public School district, set up scholarship fund and helped many brothers on the rise events at the University of Toledo and was often seen at education functions with his grandchildren and others.

In his latest book, he wrote: "Education must become our most important resource."

Both parents, his wife, Alvetta Y. Moore; daughter, Cathy Y. Moore and a grandson, Abdul-Bayyan Madyun, sister Oralee Walters and brother Samuel Moore preceded him in death. Surviving are his sons Kevin Braswell and Howard "Ric" Moore, daughter Audrey Madyun, brother Robert Moore, mother in law Mary Rankins Howard, 10 grandchildren and 19 great-children.

PERFECTING CHURCH TOLEDO  
**ONE YEAR ANNIVERSARY CELEBRATION**  
**SUNDAY, AUGUST 5, 2018 • 8:00 A.M.**  
 PERFECTING CHURCH TOLEDO  
 5025 GLENDALE AVE, TOLEDO, OH  
 EVERYONE WELCOME!  
 Special Celebration Brunch  
 immediately following service!

# Community Leaders Help Keep North Toledo Neighborhood Calm in Wake of Deadly Shooting

*Sojourner's Truth Staff*

In the aftermath of the deadly shooting on Friday evening at the corner of Lagrange and Hudson in north Toledo, several community leaders took an active part in engaging a crowd of about 200 and helping to keep the peace on a summer's night that could have been explosive.

Chief among those speaking with both the police and the crowd were Earl Mack, former police officer, member of the Toledo Police Citizens' Advisory Board and president of the area Buffalo Soldiers; Christopher McBryer, chaplain at the Toledo Correctional Institute and Toledo City Councilman Larry Sykes.

The tensions were a result of the shooting by Toledo Police officers of Lamar Richardson, a suspect in a number of convenience store robberies. Richardson who was being followed by police officers reportedly ran away, first in a car, then on bike, finally on foot. When he "produced a weapon," officers fired and hit him three times, once in the head. He died on the spot and his body lay uncovered for some time, much to the anger of many in the crowd, until Chief George Kral arrived and ordered the body covered.

As certain members of the crowd began to become agitated to the point of increasing the overall tension, community leaders reached out individually and kept those tensions from boiling over.

That evening, Mayor Wade Kapszukiewicz called together African-American pastors and convened a press conference late at night. A cruiser's camera video was released within hours of the shooting.

"Something went wrong in Ferguson [MO], something went wrong in Baltimore; something went right in Toledo in the midst of a tragedy, in the midst of the passion," said Kapszukiewicz at the news conference.



#### mobile apps

- Apple iOS Maps iOS
- TARTA FindMyBus iOS
- Google Maps Android/iOS
- moovit Android/iOS
- Transit Android/iOS

#### online providers

- Apple Maps Connect
- Bing Maps
- Google Maps

**TARTA route information**



100% wheelchair-accessible and bicycle rack-equipped.



## Fall 2018 updates effective August 19

On Sunday, August 19, 2018, the TARTA summer route schedule will begin. While some routes will be affected by routing and time changes, new timetables and maps are available at [TARTA.com/Fall2018](http://TARTA.com/Fall2018)

#### LINE SERVICE UPDATES

- **3 North/South Crosstown** - inbound curbside service at Franklin Park Mall
- **12 Front/Starr** - one Sunday morning inbound trip time adjustments
- **15A Summit/Suder/Alexis** - one Sunday morning inbound trip: time adjustments
- **17E Lagrange/Eleanor via Miracle Mile** - one weekday afternoon inbound trip time adjustment
- **22 Bancroft via UT Campus/Franklin Park** -weekends-only inbound curbside service at Franklin Park Mall
- **27N Nebraska/Angola-Wenz** - one weekday morning inbound trip time adjustment

#### SCHOOL DAYS-ONLY UPDATES

- **27A/B/C Reynolds Road Crosstown** - morning schedule adjustments
- **34A/B/C Airport Highway Crosstown** - morning and afternoon schedule, and routing adjustments

#### NO changes:

- **11A/B East Broadway Crosstown**
- **18A/B/C Sylvania Avenue Crosstown**
- **20A/B Upton Avenue Crosstown**
- **36A/B Hawley Street Crosstown**
- **37A/B Central Avenue Crosstown**

#### UT-ONLY ROUTES UPDATES

- **BLUE** - Main Campus, The University of Toledo: Lancelot Thompson Student Union; Center for Performing Arts; Driscoll Alumni Center; Transportation Center; Gateway Plaza; Palmer Hall; Rocket Hall
- **GOLD** - Main Campus, The University of Toledo: Lancelot Thompson Student Union; Center for Performing Arts; Driscoll Alumni Center; Transportation Center; Gateway Plaza; Palmer Hall; Rocket Hall
- **SCOTT** - Main/Scott Park/The Flats



419-243-RIDE | [TARTA.com](http://TARTA.com)



TARTA serves the communities of Maumee, Ottawa Hills, Rossford, Sylvania, Sylvania Township, Toledo, and Waterville