

The Sojourner's Truth

www.thetruthtoledo.com

Volume 64 No. 3

“And Ye Shall Know The Truth...”

November 4, 2020

A Soldier's Story - The Soldier's Medal



Wilbur Lewis Finally Honored for Action He Took 64 Years Ago

In This Issue...

City's Fair
Housing Decision
Page 2

Tolliver
Page 3

Rance Allen
Page 5



Pay Day Lending
Page 6

Diversity Needed in
Medical Research
Page 7

A Soldier's Story
Page 9

Diabetics
Page 10

Mental Health
Page 11

Book Review
Page 13

Classifieds
Page 15

Sena Adult
Care
Page 16

City of Toledo Affirms its Commitment to Fair Housing and Preserves Core Civil Rights Protections Gutted by HUD

Ordinance upholds the City of Toledo's commitment to Affirmatively Furthering Fair Housing (AFFH) by addressing residential segregation and other historic inequities

The City of Toledo recently passed legislation to uphold its commitment to housing equity and preserve fundamental civil rights protections. An ordinance drafted by The Fair Housing Center was introduced by Councilmembers Theresa Gados, Nick Komives and Sam Melden in response to new Affirmatively Furthering Fair Housing (AFFH) regulations issued by HUD that will effectively gut a key policy designed to dismantle residential segregation and promote neighborhood choice.

AFFH is a longstanding fair housing enforcement tool that requires local entities to identify and proactively address housing barriers, and the new ordinance will ensure this critical work continues in the City of Toledo.

"I couldn't be more proud to see our area housing advocates continuing to push the envelope in affordable, sustainable housing," said Toledo City Councilmember Komives. "The AFFH ordinance will allow us to monitor ourselves and provide valuable data and insight into the state of housing in our city. Toledo deserves nothing less than a city that cares for all of its residents."

"When our federal government attempts to destroy core civil rights protections that have been in place for half a century, it's up to our local communities to take a stand," stated Marie Flannery, president and CEO of The Fair Housing Center. "To our knowledge, Toledo is the first city in the country to take this important step and we're grateful that our local leaders recognize the value of inclusive, vibrant communities. Fair housing means more than having a place to live; it means living in a neighborhood where you can access education, employment, transportation, health care, and other vital resources. AFFH is a critical fair housing enforcement tool that holds local communities accountable for addressing barriers to housing choice and promoting integration, so that everyone has the chance to live in a neighborhood where they can thrive and succeed."

"As soon as HUD's new rule was released, The Fair Housing Center drafted a local ordinance that would continue the AFFH requirements locally and asked our City Council to pass it," said George Thomas, vice president and General Counsel of The Fair Housing Center. "When local jurisdictions like Toledo commit themselves to continuing this work, it means that these protections will be in place long into the future, regardless of what changes occur at the federal level. We hope cities across the country follow Toledo's example."

"HUD's decision to end the regulations that brought about this work is deeply misguided," stated Rev. Donald Perryman, PhD, president and founder of United Pastors for Social Empowerment. "By passing this ordinance, Toledo sends a message of solidarity and continuity of purpose. Even where the federal government hopes to end our progress, we-as a community-commit to the march forward."

"With the events unfolding over the last few months across this country, it's clear that people are calling on leaders and elected officials to take meaningful steps to dismantle historic inequities - AFFH is one tool to do that," stated Ray Wood, president of the Toledo Branch NAACP and Board Member of The Fair Housing Center. "Now is not the time to be rolling back civil rights protections. Passing this ordinance is a way for the City of Toledo to demonstrate that this community is welcoming and inclusive for everyone. This is precisely the kind of step that communities throughout the country should be taking in order to protect the right to safe, stable, affordable housing-not just for some, but for all."

Neighborhood segregation is the result of deliberate policies such as redlining, which systematically blocked people of color from homeownership for decades and contributed to disinvestment in racially diverse neighborhoods, the effect of which can still be seen today. Decisions about zoning regulations, transportation funding, and affordable housing development are dictated by local communities, and these policies impact a person's ability to access neighborhoods of opportunity. AFFH provides a framework for communities to improve housing equity by recognizing and correcting the discriminatory practices that led to racially exclusive neighborhoods and ensuring policies foster inclusion.

Seniors Encouraged to Use Emotional Support Line and WISE Program

COVID-19 is continuing to have substantial effects on community members' mental health, especially seniors. In collaboration with Harbor's Wellness Initiative for Senior Education (WISE) Program, the Mental Health Board of Lucas County will be delivering care packages to seniors in different areas of Lucas County over the next few months.

The first location for deliveries will be Kingston Care Center of Sylvania and Kings Pointe Senior Apartments. Packages will include resources for the Lucas County Emotional Support Phone Line and Harbor's WISE program, handwritten notes from students at Sylvan Elementary School, and individu-

... continued on page 5

The Sojourner's Truth

Toledo's Truthful African American
Owned and Operated Newspaper

Fletcher Word - Publisher and Editor

Becky McQueen - Business Manager

Tricia Hall - Reporter
Rev. D.L. Perryman - Columnist
Megan Davis - Columnist

Jennifer Retholtz - Webmaster
Jessica Crans - Layout

A Certified MBE
The Sojourner's Truth, 1811 Adams Street, Toledo, OH 43604

Phone 419-243-0007

thetruth@thetruthtoledo.com

www.thetruthtoledo.com

A Grant up to \$1,500 towards your Mortgage Closing Costs

ELIGIBILITY QUALIFICATIONS

- Purchase of a primary residence
- A signed purchase agreement must be presented to reserve funds
- Must meet income eligibility requirements at or below 80% of the area median income¹
- Property must be located in federally designated low or moderate income census tracts where State Bank lends²

State Bank CARE Grant funds are limited, so **APPLY TODAY.**



1900 Monroe Steet, Suite 108 930 W. Market Street
Toledo, OH 43604 Lima, OH 45805
419.508.0806 419.228.3361

YourStateBank.com

Member FDIC | Equal Housing Lender

Program subject to change with or without notice. Other restrictions may apply. Please see lender for complete details. Subject to credit approval.

¹As updated annually by the FFIEC (Federal Financial Institutions Examination Council).

²Property must be located in a census tract within the following counties: Allen Ohio, Allen Indiana, Defiance, Delaware, Franklin, Hancock, Lucas, Madison, Union, Williams, and Wood. Actual amount applied at closing.

Reparations? Not In This Lifetime!

By Lafe Tolliver, Esq

Guest Column

Let us take a show of hands. How many readers believe that in your lifetime that America will respond positively to the idea of reparations for the descendants of slaves?

Odd. I do not see many hands go up. Let me tell you why I think that. The concept of reparations or the economic rehabilitation and restoration of rights and benefits that were wrongfully denied due to one's ethnic heritage is a deal breaker to start with.

First of all, white America, which still controls the majority of the levers of political and economic power in this country is not at a place intellectually, much less morally, to uproot their economic streams of income and place monies at the disposal of people of color.

Even if you were to argue that it is in their best interest to do so, white America would balk at the thought that they are, first of all, liable to anyone for what their "ancestors" did to Black Americans and, secondly, they would not give up economic "goodies" and benefits that are destined for their progeny and that would inure to unknown "others."

There are books galore on the issue of reparations and the righteousness of it and how it is overdue and that unless it is done, there can be no righting of this racially-listing American ship called America.

Imagine, if you can, the top one percenters in this country (those are the ones who hold the true wealth of this country in their tightly closed hands) agreeing to lend their credibility to programs that have the effect of shifting tens of trillions of dollars to ideas and programs that would monetize the economic aspirations of Black Americans.

Any Congress, regardless of its political makeup,

is not going to affirm the case (and which case, I might add is clear cut) that White Americans stole, robbed, killed and cheated both Native Americans out of their land (sorry, folks, but Christopher Columbus did not discover America) and did horrendous things to Black Americans in order to subjugate them to a mentality of inferiority.

When you consider that the national debt is approaching 27 trillion dollars, imagine asking for tens of trillions more to be added on to it if the federal government was to be responsible for reparations.

The roar and howl about such a price tag for reparations would have the fiscal hawks in Congress losing all their feathers if they had to construct and fund such a mammoth financial undertaking.

Of course, opponents would raise the issue of who really qualifies for reparations. Is it direct descendants of slaves or is it anyone who has faced discrimination due to their being considered Black?

Would reparations include those who are not considered, "Black" insofar as they have mixed parentage and thus are not in a direct lineage from any African ancestors?

Also, what timeframe are we speaking about? Are we going back to the date line of 1619, when Africans first appeared on these shores or are we referring to the time that slavery, based upon racial markers, became codified in the law?

What are some of the forms or platforms that rep-

arations could utilized? Try these on for size:

(1) Two hundred billion dollars to the HBCU schools and universities.

(2) One trillion dollars in direct aid and grants to small and medium size minority businesses including lines of credit and placement of funds in minority owned and controlled credit unions, banks and hedge funds.

(3) Five trillion dollars for no interest loans to purchase both real estate in the form of homes, business startups and lines of credit.

(4) Funding to establish a commission on racial reconciliation which would examine the effect of slavery in America; and how slavery was institutionalized in America via its political, religious and economic systems.

(5) Sufficient funding to re-examine and re-write the slanted history books to illustrate the real drama and dread of holding people in bondage and peonage, the intended purposes and effects capitulated America to become a world class power.

(6) Last, but not least, a computation of placing X dollars directly in the hands of former slaves and their descendants, be they who stayed in the US or



... continued on page 4



Bernadette Joy Graham, LPC, LLC
 Clinical Mental Health Therapist
 National Certified Counselor
 Certified Grief Recovery Specialist
 419.409.4929
 graham.bernadette@gmail.com
 1627 Henthorne
 Maumee, OH 43537

Welcome Home to Sylvan Lakes Apartments!

Our elegant apartments feature spacious bedrooms with ample storage, high ceilings and breath-taking views! Stop in today to see our beautifully landscaped grounds, resort-like swimming pool and clubhouse with its fully-equipped fitness center. Located just west of King road off of Sylvania Ave.

Sylvan Lakes Apartment Homes

4045 A Langston Place, Sylvania, Ohio 43560
 P: 419-842-8480 E: investekmanagement.com

DIXIE Auto Leasing
 Toledo, OH

5880 N. Detroit
Month to Month Leasing
 419-476-8674

WE ARE A FULL SERVICE BUSINESS




guided by goals

When you say goals. We say, let's go! Our local teams are here to bring your ideas to life.

2920 W. Central Ave., Toledo | 419-537-9300
 1707 Cherry St., Toledo | 419-214-4302
 (Inside the Seaway Marketplace)



YourPremierBank.com ■ Member FDIC

POWERED BY PEOPLE.

Extended Evening Hours Return to the Toledo Museum of Art

The Toledo Museum of Art (TMA) will implement new hours of operation beginning Nov. 20, including extended evening hours on Fridays and Saturdays. The new hours are intended to better serve the public and increase accessibility for visitors with varied schedules. The change comes after TMA's hours were reduced in response to the coronavirus pandemic.

"Bringing back evening hours has been a goal since TMA began to gradually reopen to the public on June 23," said Rebecca Nowacki, the Museum's visitor engagement manager. "With the changing of the season and two new major exhibitions opening in the coming weeks, it's a good time to expand our hours and welcome more visitors."

Starting Friday, Nov. 20, TMA will be open from 11 a.m. to 5 p.m. on Wednesdays, Thursdays and Sundays and from 11 a.m. to 8 p.m. on Fridays

and Saturdays. The Museum will be closed on Mondays and Tuesdays as well as major holidays.

The change in hours coincides with the openings of *Radical Tradition: American Quilts and Social Change* and *Telling Stories: Resilience and Struggle in Contemporary Narrative Drawing*. Member previews for both exhibitions will take place Friday, Nov. 20, from 4 to 8 p.m. The exhibitions will open to the public Saturday, Nov. 21, at 11 a.m. Information about the exhibitions is available at toledomuseum.org/art/exhibitions

Guests are no longer required to reserve a museum pass in advance of their visit but are required to register at the Information Desk when they arrive. TMA has developed an extensive Q&A about reopening that may be accessed at: toledomuseum.org/reopen. In addition, Vis

Metroparks Wins National Gold Medal Award

Metroparks Toledo is the recipient of the National Gold Medal Award for excellence in parks and recreation management, the most prestigious honor in the parks and recreation industry.

Metroparks was awarded the Grand Plaque last week during a livestreamed presentation by the American Academy for Park and Recreation Administration, in partnership with the National Recreation and Park Association.

"It says a lot about our community that it has supported the top park system in the country," said Dave Zenk, executive director. "We are shattering negative stereotypes about the 'Rust Belt' as people around the country learn about

our incomparable quality of life. On behalf of our board, I want to thank our talented team for its dedication to achieving the highest level of professional standards."

Metroparks was among 20 park and recreation agencies and four military installations across the U.S. and in Germany to receive this year's National Gold Medal Award Program Finalist Award. The other finalists in the large district category for agencies serving populations of more than 400,000 were Dallas Parks and Recreation, East Baton Rouge Recreation & Park Commission and Mesa Parks, Recreation & Community Facilities.

Social Media Training

HOW TO
MULTIPLY
YOUR MESSAGE
& GROW
YOUR REACH
WITH
SOCIAL MEDIA

Marketing
Branding
& Managing



a FREE 30min consultation for
ORGANIZATIONS, CHURCHES,
PUBLIC FIGURES, BUSINESS OWNERS
& CORPORATIONS



REGINA WHITTINGTON
CEO of REGWHITT.COM

Regina has a passion for Christ and Social Media coaching and consulting. With years of experience in ministry and the business world, Regina can help you reach and impact the world utilizing the platforms of social media.

CALL 567-703-6272 TODAY!
www.regwhitt.com

Tolliver... continued from page 3

A or who left for Liberia and other parts of the world to escape being a continuing captive of American style racism.

(7) Funds for the various African countries which were ravaged by the slavery trade and lost millions of people and their talents to this heinous trade.

Any meaningful discussion of reparations would be a powder keg of acrimony, bellicose accusations, denials, lies, distortions and sorrowful stories of those who lives were deliberately snuffed out due to their courage to speak truth to power.

Reparations. It is not a topic that is easy on the tongue or kind to the ear since by its very nature it says that one person is wrong and the other person is awaiting both an apology and real dollars to make some amends, albeit, not being made whole.

Reparations can only say to the aggrieved that, "We were wrong, and we economically benefitted for hundreds of years from your losses, free labor and illegal subjugation."

Contact Lafe Tolliver at tolliver@juno.com

GLASS CITY
GRIND

Saturdays @ 8 AM
Sundays @ NOON
Anytime on VOD

Find us on:







In Memoriam

Bishop Rance Allen --- November 19, 1948 – October 31, 2020

Gospel music star Bishop Rance Allen died Saturday morning. He was 71.

“While recovering from a medical procedure at Heartland ProMedica [in Sylvania, OH], Bishop Rance Allen passed away around 3 AM this morning,” said Allen’s wife of 49 years, Ellen Allen, and his manager, Toby Jackson, in a joint statement posted on Facebook.

The world-renowned gospel singer and songwriter, known for the gospel hit “Something About the Name Jesus,” formed The Rance Allen Group with his brothers Tom and Steve in 1969.

The group performed together nearly 50 years, including a 2015 performance at the White House for then-President Barack Obama.

“I wasn’t expecting to hear this news this morning,” Bryant Scott, the president of Allen’s record label, Tyscot Records, said in the statement. “This is a great loss to us personally but also to the church community at large.”

Rance Allen was born in 1948 in Monroe, Michigan, one of 12 children. At the age of five he began his preaching ministry and by age nine was preaching throughout Michigan, Ohio and Pennsylvania. He was licensed to preach at age 12 and has since carried the Word of God throughout the United States and abroad. In 1978 he was ordained an Elder by the late Bishop John Seth Bailey and subsequently served six and a half years as associate pastor of Holiness Temple Church of God in Christ in Monroe, MI.

In 1985, the late Bishop Gilbert Patterson founded New Bethel Church in Toledo and installed Rance Allen there as pastor where he served until his death. He served many years on the board of the Neighborhood Improvement Foundation of Toledo, Inc, a community organization whose mission was dedicated to improving inner-city environments. In recognition of his dedicated years in ministry the Urban Bible Institute of Detroit bestowed upon him an Honorary Doctorate of Divinity in 1995.

In September 2011 Rance Allen was elevated to the office of Jurisdictional Prelate of Michigan Northwestern Harvest in Detroit, succeeding the late Bishop Alfred Knight, Jr and was consecrated a bishop on November 7, 2011 during the 104th Holy Convocation in St. Louis, Missouri. He has also been blessed with the opportunity to preach the main message to thousands during the 90th, 96th and 105th International COG-IC Holy Convocations.

A gifted musician and gospel singer, Bishop Allen and his brothers Tom and Steve formed the Rance Allen Group in 1969 and began to invade the world with a new contemporary and innovative gospel sound.

Bishop Allen’s incomparable vocals are as much sought after by the



Rance Allen



Steve, Rance and Thomas Allen

industry and have been heard on the projects of various gospel greats. In 2009 he was celebrated as one of the Great Men of Gospel by The Black Academy of Arts and Letters and has made a name for himself as an actor by appearing in several gospel music stage and on-screen productions.

Bishop Allen was married to Evangelist Ellen Marie Groves since December 1970. The calling on her life has been an enormous blessing to Bishop Allen as she has helped him take his ministries to a greater level in God. While there are no natural children born to this union, they share their love and support to many of God’s children.

Bishop Allen always expressed himself in the words of his favorite scripture – Romans 8.28. “And we know that all things work together for good to them that love God, to them who are the called according to His Purpose.”

Emotional Support Line... continued from page 2

ally-wrapped baked goods from The Next Sweet Thing located in Mayberry Square.

The Lucas County Emotional Support line was created by the MHR SB in March 2020 to help those who need a listening ear. The support line is available 7-days a week from 8-12 a.m.

Please contact Morgan Gabrielson at mgabrielson@lcmhrsb.oh.gov for any additional information.

Join Us!
Worship EXPERIENCE
Every Sundays at 5:30 p.m.
Let's FELLOWSHIP together - Acts 2:42

Dr. John W. Williams, Pastor

Eastern Star Missionary Baptist Church
2102 Mulberry Street, Toledo, Ohio 43608
(419) 726-1180, FAX: (419) 726-6240
E-mail: EasternStarMBC@aol.com
Website: www.drjwilliams.org

**DEATH AND DYING IS IN YOUR FUTURE...
SO PREPARE FOR IT:**

**WILL PREPARATION
PROBATE OF A WILL
POWER OF ATTORNEY
HEALTHCARE POWER OF ATTORNEY
GUARDIANSHIPS
DEED TRANSFERS
ADOPTIONS**

ATTY. LAFE TOLLIVER
419.249.2703
TOLLIVER@JUNO.COM
FREE OFFICE VISITS

NALCAB, Public Citizen, CRL Sue to Restore Payday Lending Protections for Borrowers in U.S. District Court

CFPB Repeal Rule Will Leave Consumers at the Mercy of Payday Lenders' Abuses

The National Association for Latino Community Asset Builders (NALCAB), represented by Public Citizen and the Center for Responsible Lending (CRL), sued the U.S. Consumer Financial Protection Bureau (CFPB) today in the U.S. District Court for the District of Columbia, seeking to overturn a regulation issued in July 2020 concerning short-term payday and auto-title lending.

The regulation repeals consumer protection measures that the agency adopted in 2017 to protect vulnerable consumers from an unfair and abusive practice. The lawsuit explains that the 2020 rule is unlawful under the Administrative Procedure Act and violates the Dodd-Frank Wall Street Reform and Consumer Protection Act.

Payday and auto-title loans are short-term loans that lenders typically offer without assessing borrowers' ability to repay. Annual interest rates can be 300 percent or higher. Lenders' failure to underwrite traps many borrowers in expensive cycles of unaffordable debt. Financially distressed consumers

are forced to take out loan after loan because they cannot afford to repay the first one.

In 2017, after years of research and public engagement, the CFPB issued a rule to address the substantial harm that consumers suffer when payday and title lenders make loans without reasonably determining that borrowers can repay. In its 2017 rule, the CFPB concluded that the practice is unfair and abusive and adopted measures to protect consumers from the harmful practice. But in July 2020, the CFPB issued a new rule that prevents those consumer protections from taking effect.

The new rule repealing the consumer protections is based on an invented evidentiary standard and on re-interpretations of Dodd-Frank Act standards that appear designed to undermine the CFPB's earlier consumer protection measures. Serving predatory lenders rather than consumers, the CFPB's rule leaves consumers vulnerable to payday lenders' abuses, rests on one-sided portrayals of the 2017 rule's effects and applies the agency's new standards in unreasonable ways. The suit asks the court to set aside the 2020 rule.

"Payday and auto title lenders are the proverbial bottom feeders of the financial services marketplace," said Noel Andrés Poyo, executive director for NALCAB. "They make more money when their customers fail because they seek to catch poor people in a trap of revolving debt and then use penalties and fees to fleece them of what little money they earn. Why the CFPB would ignore its own research and overturn its own rules to make these abusive practices easier makes no sense, until we see the volume of political donations flowing from these unscrupulous companies to decision makers in this administration."

"This rule is a slap in the face to consumers and is particularly ill-timed when so many people are facing financial distress due to the pandemic," said Rebecca Smullin, the Public Citizen attorney serving as lead counsel on the case. "The CFPB's rule appears to be crafted solely to boost lenders' profits, contrary to the consumer financial protection mission of the agency."

"The pain caused by gutting these protections will be felt most by those who can least afford it, including communities of color who are disproportionately targeted by payday lenders," said Will Corbett, litigation director at the Center for Responsible Lending. "The CFPB spent five years developing these consumer safeguards, taking input from lenders, faith leaders, veteran and military organizations, civil rights groups, consumer advocates, and consumers from across the country. Reversing course, without any rational basis for doing so, as the COVID-19 pandemic continues to ravage the economy, will only push struggling families closer to the brink."



Dental Insurance

Get the dental care you deserve with dental insurance from Physicians Mutual Insurance Company. It can help cover the services you're most likely to use -

✓
Cleanings

✓
X-rays

✓
Fillings

✓
Crowns

✓
Dentures

- ◆ Preventive care starts right away
- ◆ Helps cover over 350 services
- ◆ Go to any dentist you want - but save more with one in our network
- ◆ No deductible, no annual maximum

Call now to get this **FREE** Information Kit!

1-844-334-8627

dental50plus.com/truth

Product not available in all states. Includes the Participating Providers and Preventive Benefits Rider. Acceptance guaranteed for one insurance policy/certificate of this type. Contact us for complete details about this insurance solicitation. This specific offer is not available in CO, NY, call 1-888-759-4433 or respond for similar offer. Certificate C250A (ID, C250E; PA, C250D); Insurance Policy P150 (GA, P150GA; NY, P150NY; OK, P150OK; TN, P150TN). Rider kinds B438/B439. 6154-0120

Physicians Mutual
Insurance for all of us.™

FINAL EXPENSES

Check this off your to-do list!

Guaranteed, modified whole life coverage from Physicians Life Insurance Company that's affordable and easy to get.

- Guaranteed acceptance for ages 45 to 85*
- No medical exam! No health questions!
- Lock in your rate for life

Call for a FREE Information Kit.

1-855-961-2209

>> www.life55plus.info/truth

*Ages may vary by state. Guaranteed for one of these life insurance policies. Benefits reduced first two years. Insurance Policy L770 (ID: L770ID; OK: L770OK; TN: L770TN). 6238



Five Reasons We Must Increase Diversity in Medical Research

Special to The Truth

For better or worse, the COVID-19 pandemic highlights the devastating impact health inequities have on people of color; especially members of the Black and Hispanic/Latino communities.

Mentions of medical studies are at an all-time high, given the focus on the search for a COVID-19 vaccine; but it's important to understand that research has existed since the advent of modern-day medicine. It is through research that we learn if a treatment is safe and works as it is supposed to.

Participation in medical research is particularly important if you are from a racially and/or ethnically diverse background because these groups have been historically underrepresented. Here are five reasons why this matters and what you can do for yourself and others.

1. Shifts in Population. According to U.S. Census data, Black/African Americans represent 13 percent and Hispanics/Latinos make up 18 percent of the U.S. population. However, from a clinical research perspective, the U.S. Food and Drug Administration (FDA) reports that Blacks only represent 5-7 percent and Hispanic/Latinos 1-6 percent of the volunteers in medical research. Caucasians account for 67 percent of the population, but 83 percent of research participants.



A Grant up to \$1,500 towards your Mortgage Closing Costs

ELIGIBILITY QUALIFICATIONS

- Purchase of a primary residence
- A signed purchase agreement must be presented to reserve funds
- Must meet income eligibility requirements at or below 80% of the area median income¹
- Property must be located in federally designated low or moderate income census tracts where State Bank lends²

State Bank CARE Grant funds are limited, so **APPLY TODAY**.



1900 Monroe Steet, Suite 108 930 W. Market Street
Toledo, OH 43604 Lima, OH 45805
419.508.0806 419.228.3361

Member FDIC | Equal Housing Lender

Program subject to change with or without notice. Other restrictions may apply. Please see lender for complete details. Subject to credit approval.

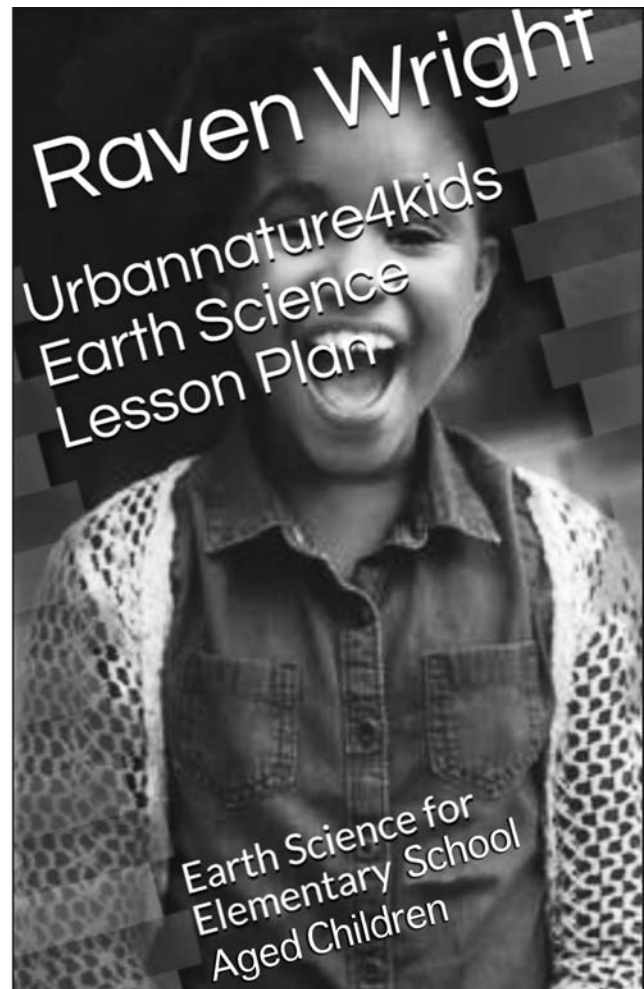
¹As updated annually by the FFIEC (Federal Financial Institutions Examination Council).

²Property must be located in a census tract within the following counties: Allen Ohio, Allen Indiana, Defiance, Delaware, Franklin, Hancock, Lucas, Madison, Union, Williams, and Wood. Actual amount applied at closing.

2. Treatments proven to work for everyone. Medical research, and the people who volunteer for it, are essential to the development of ways to fight illnesses. Research has shown that certain populations can be at higher risk for different diseases, such as diabetes and heart disease. That's why it's important for studies to include diverse volunteers who represent the population most likely to be treated with the medicines or devices being studied.

3. Equal access to care. Everyone deserves quality healthcare but, unfortunately, not everyone has equal access to it. According to the U.S. Department

... continued on page 12



Urbannature4kids Earth Science Lesson Plan ebook for children in grades K-4 available on Amazon. The book is authored and created by the Founder and CEO, Raven Wright
UrbanNature4Kids.com

The Financially Lit 1st Annual Resource Fair

The Financially Lit First Annual Resource Fair for finance, credit repair, home buyers, investments and more was held on Saturday, October 10, 2020 at the Southland Plaza on Byrne Rd.

Guests were able to gather pertinent information and initiate community building partnerships with financial resources while acquiring valuable and educational information.

The event organizers and founders were Dominique Pryor-McCall, Brian Kyser and Kiara Pryor-McCall along with host Montrice Casey and DJ Moni Mpress Featchurs. Financial vendors in attendance were Northwest Mutual, Jonathan Wheeler, McMillian Investors Company, Phillip McMillian and Danberry Realtor, Doreann Alexander, Witness to Riches, Jason White and Shawn Tompkins, Pasker Real Estate, Rob Pasker and Dominique Allen. Guests practiced social distancing and mask coverings were required.



Kiara Pryor-McCall, Brian Kyser, Dominique Pryor-McCall, Founders of the Financially Lit Company



Founder of Witness to Riches Jason White and Shawn Tompkins, Assistant

American Standard
Walk-In Tubs

WALK-IN BATHTUB SALE! SAVE \$1,500

AS SEEN ON TV



- ✓ EXPERIENCE YOU CAN TRUST!**
Only American Standard has **OVER 140** years of experience and offers the Liberation Walk-In Bathtub.
- ✓ SUPERIOR DESIGN!**
Ultra low easy entry and exit design, wide door, built-in safety bar and textured floor provides a safer bathing experience.
- ✓ PATENTED QUICK-DRAIN® TECHNOLOGY**
- ✓ LIFETIME WARRANTY!**
The **ONLY** Lifetime Warranty on the bath **AND** installation, **INCLUDING** labor backed by American Standard.
- ✓ 44 HYDROTHERAPY JETS!**
More than any other tub we've seen.

Lifetime Warranty!
Finance Options Available*

Limited Time Offer! Call Today!
855-481-9036
Or visit: www.walkintubinfo.com/truth

FREE! Savings Include an American Standard Right Height Toilet **FREE!** (\$500 Value)

FREE! An In-Home Evaluation Will Be Scheduled At Your Earliest Convenience

Discount applied at time of purchase. Terms and Conditions Apply. * Subject to 3rd party credit approval. Minimum monthly payments required. Receive a free American Standard Cadet Toilet with full installation of a Liberation Walk-In Bath, Liberation Shower, or Deluxe Shower. Offer valid only while supplies last. Limit one per household. Must be first time purchaser. All offers subject to change prior to purchase. See www.AmericanStandardBathubs.com for other restrictions and for licensing, warranty, and company information. * CSLB 0682796; Suffolk WV35438; NVC#H0F2022749-DCA. Safety Tubs Co. LLC does not sell in Nassau NY, Westchester NY, Putnam NY, Rockland NY.



Montrice Casey, Host

I AM HERE TO PROTECT AND SERVE - SERVE THE COMMUNITY - SERVE OUR CITIZENS - SERVE TOLEDO

THIS IS MY City

APPLY NOW | TPDHIRE.COM



TOLEDO POLICE DEPARTMENT



Doreann Alexander, Danberry Realtor

Wilbur Lewis Finally Receives His Soldier's Medal – Six Decades Later

Sojourner's Staff

He waited 64 years to receive his Soldier's Medal for individual heroism, but on Wednesday, October 28, during a ceremony in which he was surrounded by his wife and children, Wilbur Lewis finally achieved the long overdue recognition for his bravery and quick-thinking action on June 6, 1956 when he saved a fellow soldier's life.

Lewis, a private first class, a paratrooper in the 82nd Airborne Division, had returned home from Korea where he earned a Purple Heart when he was wounded in action, having been hit in the face with shrapnel. He was stationed at Fort Bragg in North Carolina where the young paratrooper continued his service.

"Like floating on a cloud," he has said of the sensation he feels after the chute opens. During a practice jump, a fellow soldier's parachute failed to open and the soldier dropped rapidly, hitting Lewis' chute and falling into Lewis grasp.

"His chute collapsed or something," said Lewis years later recounting the dramatic events. "So I grabbed him and told him 'we would go down together.'" The two continued their drop, falling, as Lewis recalled, "twice as fast, maybe 10 times as fast," as their fellow paratroopers. But they hit the ground uninjured.

The 24 year-old Lewis had saved the life of his 20 year-old fellow soldier. The news spread and PFC Lewis' name was submitted for the Soldier's Medal, the highest non-combat award for a service member. For reasons



Lewis describes the action that earned him the medal



Odessa and Wilbur Lewis, Congressman Bob Latta, Lee Armstrong

unknown, he never received that honor.

Years later, news of Lewis' heroism resurfaced. Lee Armstrong, executive director of the Lucas County Veterans Service, uncovered the story this past June and set about to rectify the oversight. He reached out to Congressman Bob Latta's office to help.

On Wednesday, Latta opened his remarks by thanking Lewis for his service before explaining the process his office used to uncover facts that were now 64 years old. Latta and his staff had to spend a considerable length of time working with military officials to dig up unit and event documents verifying the action.

For Lewis, the long wait was over. He had the satisfaction of allowing Latta to pin the Soldier's Medal on his lapel. His family members, who were familiar with the story, were present for the ceremony: Lewis' wife, Odessa, and his children, Gloria Lewis, Jennifer Lewis, Robert Lewis, Wilbur Lewis, Jr and Joyce Lewis-Johnston. He also had the satisfaction of saluting his family members for being part of so much of his life, including the ceremony.



Congressman Latta pins the medal on Wilbur Lewis as Odessa Lewis looks on



Help us grow our team!

For nearly 50 years, UTMC has proudly served our community with outstanding patient care for the treatment of common health needs and complex cases — a tradition we're honored to carry on.

Through Nov. 30, UTMC is offering a special incentive to join that tradition. New hires in select, critical positions are eligible for a \$1,000 signing bonus after the completion of a 180-day probation period.

Visit utmc.utoledo.edu/jobs for more detailed information about the open positions and hiring incentives.



LeafFilter CLOG-FREE GUTTERS OR YOUR MONEY BACK GUARANTEED!

15% OFF
YOUR ENTIRE LEAFFILTER PURCHASE*
Exclusive Offer - Redeem By Phone Today!

ADDITIONALLY

10% OFF SENIOR & MILITARY DISCOUNTS

MADE IN THE USA

PLUS!

THE FIRST 50 CALLERS WILL RECEIVE AN ADDITIONAL 5% OFF
YOUR ENTIRE INSTALL!
*Offer valid on estimates only.

FINANCING THAT FITS YOUR BUDGET!
*Subject to credit approval. Call for details.

CALL US TODAY FOR A FREE ESTIMATE
1-866-275-2715

Promo Code: 285
Mon-Thurs: 8am-11pm, Fri-Sat: 8am-5pm, Sun: 2pm-8pm EST

*The leading consumer reporting agency conducted a 16 month outdoor test of gutter guards in 2010 and recognized LeafFilter as the "#1 rated professionally installed gutter guard system in America." CSLB# 1035795 DOP# 1010783658-5501 License# 7656 License# 50145 License# 41354 License# 09338 License# 126344 License# 218294 License# 603_233_977 License# 2102212986 License# 2106212946 License# 2705132153A License# LEAFFNW822JZ License# WV056912 License# WC-29998-H17 Nassau HIC License# H01067000 Registration# 176447 Registration# HIC_0649905 Registration# C127229 Registration# C127230 Registration# 366920918 Registration# PC6475 Registration# IR731804 Registration# 13VM00953000 Registration# PA069383 Suffolk HIC License# 52229-H

Health Section • Health Section • Health Section • Health Section • Health Section • Health Section • Health Section • Health Section

Healthy for All During American Diabetes Month

By Erin Thompson, Social Security Public Affairs Specialist in Toledo, Ohio
Guest Column

American Diabetes Month in November is a good time to assess healthy habits for yourself as well as your family. Even if you do not have a diabetes diagnosis, it is possible that you have a loved one who does. There are some factors that cannot be controlled and there are many factors that you can address to minimize your risk for diabetes.

Prediabetes has no clear symptoms but before people develop type 2 diabetes, they almost always have prediabetes. The American Diabetes Association (ADA) shares that prediabetes is when blood sugar levels are higher than normal but not yet high enough to be diagnosed as diabetes. Please check with your doctor and get tested if you think you might have diabetes or prediabetes. Your chances of having prediabetes go up if you:

- Are 45 or older
- Are Black, Hispanic/Latino, American Indian, Asian American or Pacific Islander
- Have a parent, brother, or sister with diabetes
- Are overweight
- Are physically inactive
- Have high blood pressure or take medicine for high blood pressure
- Have low HDL cholesterol and/or high triglycerides
- Had diabetes during pregnancy
- Have been diagnosed with polycystic ovary syndrome

The good news is that having prediabetes does not guarantee that you will develop type 2 diabetes, especially if you work with your health care providers and makes some healthy lifestyle choices related to food choices and increasing physical activity.

Although one of the risk factors of prediabetes is increased age, the other reality is that people can be diagnosed with diabetes at any age. In 2020, the National Diabetes Month is focusing on taking care of youth who live with diabetes. Diabetes is one of the most common chronic conditions in school-age youth in the United States. While the following tips are specific to youth with a diabetes diagnosis, check out the recommendations for healthy living at any age. The National Institute of Diabetes and Digestive and Kidney Diseases makes the following recommendations:

- **Manage blood glucose levels.** Make sure your child or teen takes their medicines as prescribed, at the right time, and the right dose—even when they feel good or have reached their blood glucose, blood pressure, and cholesterol goals.
- **Encourage healthy habits.** Follow a healthy eating plan (especially if your youth is taking insulin), get enough sleep, and aim for regular physical

activity. Youth with type 1 diabetes should also check their blood glucose levels before, during, or after physical activity.

- **Stay prepared for emergencies.** A basic “go-kit” could include
 - medical supplies and equipment (at least a week’s worth) emergency and health care professional contact lists a medication list, including doses and dosing schedules, and an allergy list
 - Face coverings, hand sanitizer, and disinfecting wipes may also be added to your “go-kit” during a pandemic.
- **Monitor for diabetes complications.** Early diagnosis and treatment can help reduce risk for heart disease, vision loss, nerve damage, and other related health problems.
- **Seek mental health support.** Encourage them to connect with other youth who have diabetes. Youth may not be used to talking about feeling anxious or alone about their diabetes. Speak with your health care team for help.

The following recipe is from the Mayo Clinic under their list of Healthy Recipes, Diabetes meal plan recipes. They note that it is not always easy to follow a diabetes meal plan day after day, but a variety of tasty recipes and menu ideas might help. This recipe is called **Easy Pizza for Two**.

Ingredients

- 1/2 cup chunky no-salt-added tomato sauce
- 1 ready-made whole-wheat flatbread (about 10-inch diameter)
- 2 slices of onion, 1/4-inch wide
- 4 slices red bell pepper, 1/4-inch wide
- 1/4 cup shredded low-fat mozzarella
- 2 tablespoons chopped fresh basil

Directions

Heat the oven to 350 F. Lightly coat a baking pan with cooking spray. Spread tomato sauce over the flatbread. Top with the onion, pepper, mozzarella, and basil. Place the pizza on a baking pan and bake until the cheese is melted and golden brown, 5 to 7 minutes.

Dietitian's tip:

Use any variety of herbs on this pizza: cilantro (Mexican), oregano (Italian) or rosemary (French). Also try different vegetables, such as green onions, thinly sliced tomatoes, eggplant, hearts of palm, mushrooms, or asparagus tips. For variety, try roasting the vegetables first.

Nutritional analysis per serving, Serving size: 1/2 pizza, Calories 163, Total fat 5 g, Saturated fat 1 g, Saturated fat 3 g, Trans fat 0 g, Monounsaturated fat 1 g, Cholesterol 1 mg, Sodium 296 mg, Total carbohydrate 26 g, Dietary fiber 6 g, Total sugars 8 g, Added sugars 0 g, Protein 8 g

Information from the National Institutes of Health, American Diabetes Association, and the Mayo Clinic.

American Standard
150 YEARS OF EXCELLENCE

NEW SHOWER DESIGN

ENJOYING A NEW SHOWER IS EASIER THAN YOU THINK

FREE IN-HOME DESIGN CONSULTATION CALL TODAY

newshowerdeal.com/truth | 866-996-3136

*Offer valid only while supplies last. Limit one per household. Must be first time purchase. Minimum spend amount applies. Financing subject to third party credit approval. Some financing options cannot be combined with other offers and may require minimum monthly payments. All offers subject to change prior to purchase. See AmericanStandardShowers.com for other restrictions and for licensing, warranty, and company information. CSLB 8992796; Suffolk NY 55431H NYC HC 2022748-DCA. Safety Tubs Co. LLC does not sell in Nassau NY, Westchester NY, Putnam NY, Rockland NY.

THANK YOU ALL FOR JOINING US ON SATURDAY MORNINGS AND SHARING! THANKS TINA BUTTS AND YOUR ORGANIZATION FOR ALL THAT YOU DO TO GET PEOPLE TO THE POLLS...VOTE! THANK YOU TO OUR FIRST SPONSOR, THE SOJOURNER'S TRUTH AND FLETCHER WORD FOR KEEPING THE COMMUNITY INFORMED!!!!

CLASSIC SOUP

WITH YOUR GIRL LADY K!
EVERY SATURDAY AT 9 AM! LIVE

vote vote vote

Health Section • Health Section • Health Section • Health Section • Health Section • Health Section • Health Section • Health Section

A Mental Health Moment

Are You Okay? (Positive Self-Affirmations)

By Bernadette Joy Graham, MA, LPC, NCC, Licensed Mental Health Therapist
The Truth Contributor

Probably the most likely question asked to others and to ourselves is... are you okay? Am I okay? We often call on friends and on relatives with an opening question of are you okay? Many of us awaken in the morning and ask ourselves the same question but within our thoughts.

What was once the expected of a usual work or school day has changed drastically just within a year. The majority of each of our lives have changed and what was once the expected, we have adapted to just expect the unexpected. For instance, at the time of this writing, voting was still ongoing but by the time this is read, the United States will either have a new president or the same for another four years. Either way, none of know what to expect even to answer the simple question am I okay?

Since my most early years as a mental health therapist, clients often ask me "am I okay?" The only person who can say we are really okay is ourselves. The most I can do as a mental health therapist is help an individual find insight into what they feel as problems, what they want or need to change to improve their functioning or new perspectives on life to heal and become what they feel is okay.

I, as just an individual outside of my therapist self, find that being okay

is okay but we can always be better, we can be fantastic, amazing and a wealth of other positive adjectives to just be. We are the architects of our own lives. There is that in which we can create and change and there is that in which we cannot. The structure of our DNA is set in stone. We can put a wig on it but it is what it is underneath it all.

I would refuse to argue or debate such things as privilege as some of us are born into an easier layer of concrete to mold such as race, class, wealth even countries of origin deemed better than others but even then, anyone coming into this world on the worst of circumstance still has the freedom of free will. If you think you are then you are if you think you are not then you will not be....speaking in terms of are you okay?

As a therapist, one of the biggest problems I see that people face are themselves. Within 10 mins of a session, I have learned some of the most nega-



... continued on page 12

Ohio Alzheimer's and Dementia Deaths Trending Higher During the Pandemic; Families' Pain Heightened

Special to The Truth

Tillie Day's beautiful brown eyes looked blank into the glass window. Then there was terror. Distress. She holds a phone not knowing what to do with it.

She cries, her worn hand covering her face. She purses her lips and looks down as nursing staff try to get her to look up to see her daughter Deneen, a constant fixture on the other side of the glass.

That was Deneen Day's experience as an Alzheimer's caregiver with a mother in an assisted living facility. For four months, Day saw her mother decline. Tillie Day died on July 8, one week before her 83rd birthday.

Since the coronavirus pandemic began, people with Alzheimer's and de-

mentia have been dying in numbers higher than the five-year average for this time frame. According to Centers for Disease Control and Prevention data, there have been at least 31,047 more reported deaths due to Alzheimer's

... continued on page 12



Ms. Ronda
Independent Beauty Consultant

If you love yourself call me.
Let's transform your life.
920-550-8968
Email: msiamjafra@gmail.com
Website: www.jafra.com/rcoger

JAFRA COSMETICS

When You Look Good, You Feel Good.



Discover the beauty within.

No Clipping Required.

ON AVERAGE, AARP MEMBERS ENJOY


\$449* SAVINGS

ON AUTO INSURANCE

when they switch from companies like
GEICO, State Farm and Allstate

Your savings could be even more!

Call The Hartford
1-866-934-1379



The AARP® Auto Insurance Program from The Hartford.†

Saving is easy! With this policy, experienced drivers who switch save an average of \$449* in the first year alone — and they get all the benefits and privileges you'd expect with the AARP Auto Insurance Program from The Hartford. Your own savings could actually be greater.

- 24/7 claims service
- Lifetime renewability*
- Lock in your rate for a full 12 months
- New car replacement^{5,6}


96% of customers recommend The Hartford**

The only national auto insurance program endorsed by AARP.

Call The Hartford now to request a FREE money-saving quote.
1-866-934-1379
No coupon necessary.

Not an AARP member? If you're 50 or over, request a FREE quote and more information today!

FREE duffel bag when you request your free quote!***



* Savings amounts are averages based on information from The Hartford's AARP Auto Insurance Program customers who became new auto insurance policyholders between 1/1/18 and 12/31/19 and provided data regarding their savings and prior carrier. Your savings may vary.
** Based on customer experience survey shared online at www.thehartford.com/aarp as of April 2019.
*** The gift offer is good for first time responders who provide a valid email address. Responders will be sent an email to confirm the gift. All responders in IL, IA, MA and RI who do not provide an email address are still eligible to receive the gift. The gift offer is not available in CA, HI, MD, MI or PA. Not available to AARP members who still request a quote. The gift is available only as a limited time offer. Please allow 4-7 weeks for delivery. Stock and subject to change.
† If you are age 50 or older, once you've insured through this Program for all past 60 days, you cannot be refunded without us being so. Applicable premiums are paid when due. Also, you and other customer drivers of your vehicles must obtain valid licenses, remain licensed and remain capable of operating an automobile (not applicable in WA), have no convictions for driving while intoxicated and must not have obtained your policy through national reinsurance. Benefit currently not available in HI, IA, MA, NC and TX.
§§ Limitations apply.
AARP and its affiliates are not insurers. Paid endorsement. The Hartford pays royalty fees to AARP for the use of its intellectual property. These fees are used for the general purposes of AARP. AARP membership is required for Program eligibility in most states. The AARP Auto Insurance Program from The Hartford is underwritten by Hartford Fire Insurance Company and its affiliates, One Hartford Plaza, Hartford, CT 06183. It is underwritten in CA by Hartford Underwriters Insurance Company, in WA by Hartford Casualty Insurance Company, in RI, by General Insurance Company, and in MA, MI and PA, by Hartford Insurance Company. Specific terms, conditions, coverages and amounts may vary and may not be available in all states in accordance with state laws and applicable law. Applicants are individually underwritten and some may not qualify. The program is currently available in Canada and US Territories or possessions.
†† Terms, the Auto Program is underwritten by Southern County Mutual Insurance Company, through Hartford Fire General Agency, Hartford Fire Insurance Company and its affiliates are not financially responsible for insurance products underwritten and issued by Southern County Mutual Insurance Company.

Alzheimer's and Dementia... continued from page 11

or another dementia through September. That above average number far exceeds all other disease categories reported by the CDC, according to an Alzheimer's Association analysis.

In Ohio, there have been 1,164 deaths above the average through September and that represents a 14 percent increase.

"This is alarming," said Eric VanVlymen, Regional Leader for the Alzheimer's Association in Ohio. "We must continue to push for the safety of people with Alzheimer's both in the home and in facilities because we know they are more at risk."

Reasons for the increased deaths are varied and VanVlymen said more analysis is needed to learn why. The Association has created guidelines to help protect those living at home from getting COVID-19 and guidelines to help long-term care facilities. They can be found at: <https://www.alz.org/>

"Our state has taken measures to help deal with this, but it is terrible to see people with Alzheimer's who already suffer to actually be burdened even more as well as their families," VanVlymen said. He urged families with questions about care that can help protect their loved ones to call the Association's 24/7 Helpline at 800.272.3900.

According to an AARP Nursing Home COVID-19 dashboard, more than 33 percent of Ohio nursing homes reported having less than a week's worth of PPE on hand over the four-week period ending Sept. 20, and some 35 percent of Ohio nursing homes also reported staffing shortages in direct care workers during this period. Both were higher than national averages.

Although Day said it was heartbreaking knowing she could not directly help her mother the way that she did prior to COVID-19, she was thankful for the staff and the hospice nurse assigned to her mom, who tried to compensate for the absence of family help. The staff "they became their family, they became their daughters, they became everyone to them," Day said.

Currently 220,000 Ohioans live with Alzheimer's disease. Nationwide, according to the 2020 Alzheimer's Disease Facts and Figures report:

- Forty-two percent of residents in residential care facilities have Alzheimer's or other dementias.
- Forty-eight percent of nursing home residents have Alzheimer's or other dementias

"As an Association, we are here to support Alzheimer's caregivers whatever their caregiving situation is," said Pamela Myers, Program Director for the Alzheimer's Association Northwest Ohio and Central Ohio Chapters. "Imagine how you would feel if you thought your parent was declining yet despite your strongest desires, you couldn't touch them or advocate strongly in person for them."

To document her COVID-19 caregiver journey and to honor her mother, Day created a five-minute video that started in March with window visits at her mother's assisted living facility and ended after she died. "I wanted to be able to tell a story to honor others going through this to say 'I see you. I get it.'" What people need to see and understand is "not just dying of COVID but dying during COVID and what families are going through," she said.



Tillie Day

The Alzheimer's Association is the leading voluntary health organization in Alzheimer's care, support and research. Our mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health. Our vision is a world without Alzheimer's®. Visit www.alz.org or call our 24/7 Helpline at 800.272.3900.

Sena's... continued from page 16

Braswell has operated supported living homes – five currently – for about nine years. Prior to that she had been employed for a number of years in the adult care business, for example with Sunshine Residential for some years. In 2011, "by the grace of God," she says, an opportunity presented itself for her to start her own facility.

Those credentials – her experience and her expertise – greatly impressed the decision makers at Toledo Urban and Signature Bank.

"We met with her and her brother," said John Szuch, Signature vice president. "She has a wonderful background, is a good solid person. We were very impressed with her and wanted to participate."

Toledo Urban's CEO Suzette Cowell was similarly impressed with Braswell and her credentials and worked with Szuch to come up with the necessary financing. That financing enabled Braswell to open the facility on Tremainsville, which is structured to work with up to 15 clients, and to plan for another facility that is expected to open as soon as this month on Secor.

It's a thriving and growing business that Braswell is managing. She currently has 32 employees at her various locations and the list of clients is growing steadily, thanks to her experience, her determination and the efforts of two supportive local financial institutions.

Mental Health Moment... continued from page 11

tive traits and thoughts of a person. They put themselves down, they live on repetitions of past failures and the wrong doings of others and then ask me do I think they are okay.

Take a mental health moment and ask yourself are you okay? If you find the answer to not be to your liking, ask further questions such as what would make you okay, how would you get there and what would it feel like? Positive self-affirmations can make a world of difference and while they may not change the world, they will change your world. You don't need a degree in architecture to create the perfect version of you but you do need yourself to be okay, to be okay and if not better. The next time you hear your self say something on the lines of I hate my hair, I'm a failure or I'm not good enough, Demolish your vocabulary and rebuild it to say I love my hair, I am great, I am and will always be better and I expect the best outcome of all of my experiences.

Bernadette Graham is a Licensed Professional Mental Health Counselor, National Certified Counselor and Certified Grief Recovery Specialist. Provide feedback or reach out at graham.bernadette@gmail.com For appointment information please call 419.409.4929

Diversity in Medical Research... continued from page 7

of Health and Human Services, members of the Black/African American community are 30% more likely to die from heart disease than Caucasians. Additionally, The Center for American Progress reports that one in five Hispanics/Latinos in the U.S. don't seek medical care due to language barriers.

4. Knowledge is power. Research shows that by putting your health first, you may fare better. As you learn more about your health risks, it's important to consider learning about medical research that may benefit you. By volunteering, you might gain access to cutting-edge treatments and ensure your condition will be closely monitored. Talk to your doctor about the studies underway and search for clinical trials by visiting www.clinicaltrials.gov.

5. Safety for all study volunteers. It's understood that there's a level of mistrust in medical research based off historical abuses experienced by women and people of color. That does not happen in today's research as it is closely monitored to ensure protection of all volunteers. When volunteering for a study, you will be given information explaining what will take place and before anything happens, you must give your approval to participate. If at any time you're not comfortable, you have a voice to express your concerns with your physician.

One initiative working to improve inequities is the Boston Scientific Close the Gap program, which aims to help all patients understand their medical condition and different therapies available to help them live better lives. This includes broadening clinical trial participation. More information can be found at knowyourhealth.com.

Courtesy StatePoint

THIS SATURDAY WE SALUTE THE ONE AND ONLY GLORIA TAYLOR!

THE PARTY KICKS OFF AT 9AM THIS SATURDAY MORNING!

FACEBOOK LIVE

TOMY KAYE PRESENTS
CLASSIC SOUL
WITH YOUR GIRL LADY K
TYRONE BRYANT & AND @MOP

WE WOULD LIKE TO WELCOME OUR NEW SPONSOR
THE SOJOURNER'S TRUTH NEWSPAPER
1811 ADAMS STREET * TOLEDO, OHIO
thetruthtoledo.com

Black Women, Black Love: America's War on African American Marriage by Dianne M. Stewart

By Terri Schlichenmeyer
The Truth Contributor

You can't stand to watch another happily-ever-after movie again.

You're done with all those romancy novels, tender songs of love, and dreams of flowers every Valentine's Day. Statistically speaking – and being realistic – that stuff isn't in the cards for you, and in *Black Women, Black Love* by Dianne M. Stewart, you'll see how this might have happened.

About a decade ago, the Census Bureau released a sobering fact: nearly three out of four Black women in America were not married. More than half of those women had never even been to the altar and, says Stewart, it wasn't really their fault.

"The trouble is not with Black women failing to value marriage," she says, "it is the shrinking demographic of those whom Black women want to marry."

The issue, she says, goes back to the time of slavery.

By the very act of being brought to America on slave ships, African women were separated from husbands, families, and cultures and, once here, were shuffled from place to place. For young enslaved women, then, finding a new partner often meant looking elsewhere, "on different estates," leading to more separation. Sometimes, slave women had no choice in partners, period: they were told who they were going to marry and procreate with.

Post-war, it was discovered that some of the unions created or forced during slavery weren't always recorded, leaving former slaves with multiple spouses, scattered families, invalidated marriages, and war-widows who

c.2020
Seal Press
\$30.00 / \$38.00 Canada
336 pages



Black Women, Black Love author

couldn't prove their status.

By the early 1900s, Black women began losing their husbands – and their own lives – to attacks and lynching. In the 1930s, Aid to Dependent Children (later, AFDC) was created; by the 1960s, such programs "punished Black love" through programs that essentially sent Black men away from their families. And in this century, the astronomical rates of incarceration of Black men of marriageable age mean fewer Black men on the "marriage market."

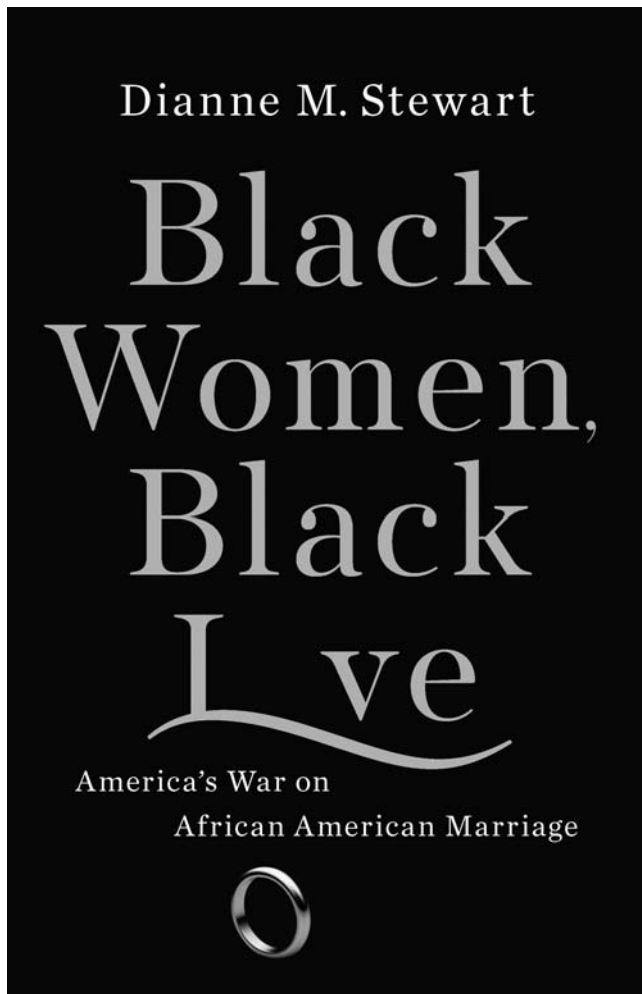
So "will Black women ever have it all?"

It'll take some adjustment, as author Dianne M. Stewart indicates, and the solution may be controversial and absolutely will require change in government, in our collective attitudes, and within an individual woman's mindset.

To be clear, this isn't a How-To guide. It's not even a relationship book, really. Instead, *Black Women, Black Love* lays out an eye-opening, painful, provocative history lesson that points solidly back to, and underscores, Stewart's point: that Black Americans – men and women – have been manipulated for centuries toward a dearth of romantic options, through no fault of their own.

And yet, before offering a number of ideas for change within the Black community, Stewart reserves some blame for Black Americans themselves. She points, for instance, at perceived "value" that allows unmarried Black men to "develop simultaneous relationships" and delay settling down, and she examines Black attitudes toward dark and light skin and perceptions of marriageability.

This leaves readers with thought-provokers, things to reflect upon, and reasons to roll up their sleeves. There's work to do, and *Black Women, Black Love* could finally get you that happily-ever-after, after all.



America's urban community alternative station!

iHeartRADIO

Entrepreneurs
Independent Artist & Producers
Actors
Sports
Fashion
Book Authors
Educators

With your host
DeVonn
aka The Musical Teddy Bear!

Jam Packed Emagazine Morning Show!

All Genres Welcome!

Community Awareness
Health Awareness
Safety Awareness

"We Make Stars Happen!"
Independent Music & Majors welcome!

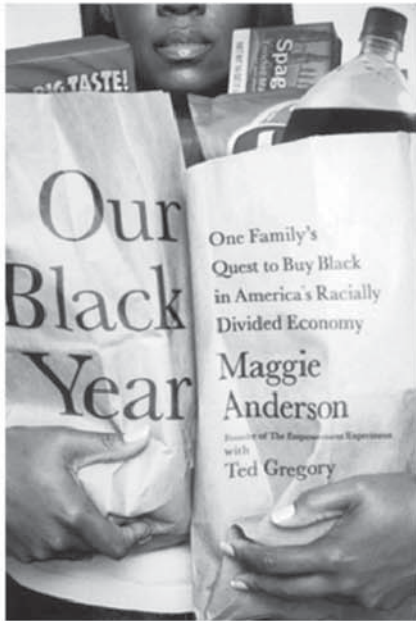
www.blackbeatmusicgroup.com

Call in days Monday 12 noon - 2pm & Wednesday 12 noon - 2pm
(712) 770-4010 use access code 760462

THE TOLEDO BLACK

Market Place

Toledo's First Online Source for African-American Owned Businesses (419) 243-0007

Our Black Year

One Family's Quest to Buy Black in America's Racially Divided Economy

Maggie Anderson
Founder of The Empowerment Experience with Ted Gregory

LITTLE GENERATION DAY CARE



419-724-7920

NEED A RIDE?

TRANSPORTATION COMPANY

1.855.475.RIDE(7433)

Truth Art Gallery

and Event Center

1811 Adams Street • Toledo, Ohio 43604

ADS POSTED ONLINE AT:
www.TheTruthToledo.com and
www.ToledoBlackMarketplace.com

POZATV PROMOTIONS
Making Your Marketing Dream a Reality

Monique Ward
 Owner/CEO

c 419.870.8757
 b 347.692.8481

 Pozativ Promotions, LLC
pozativpromo@gmail.com

"THE GATHERING PLACE"

Nothing but PURE FUN!

5235 Hill & Reynolds @ Meadowbrook Plaza, Toledo, OH 43615
 419.320.8571 or 419.322.4462
 Hours Open Thursday - Sunday @ 7 PM

Wedding Receptions, Book Signings, Birthday Celebrations, Retirement Parties, Board Game Tournaments, Special Celebrations, and much more!

Annual Membership available and receive priority bookings, church and organizational bookings welcomed
 Free Wi-Fi, Light refreshments available, Safe and secured lighted parking, Accommodations for parties up to 45.
 Standard booking fee for Profit and Non-profit, Event Planner available upon request
 Catering Referral Services Available upon request
 Come and enjoy comedy, spoken word, music talent and more

BOOK YOUR EVENTS NOW!

A-1 BONDS

Tina Butts
 BAIL BONDS AGENT

419-450-3325
 24 HOURS

Child Care

Footprints Day Care and Pre-School,
 3215 Lagrange Street, Toledo, OH 43608,
 419-242-9110



RUBY'S



803 N. Reynolds
msrubyskitchen.com

CRUSADERS OF CHRIST CHURCH Presents **Youth & Young Adult 4th Sunday**

Have you been feeling the nudge to develop your life more spiritually but aren't quite sure how to begin? If so, this theme-enriched and spirit-filled experience is designed just for you. Visit us on Facebook - I have a special video message for the serious pursuer!

Youth & Young Adult 4th Sunday

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



Evangelist Tiffany Reynolds
Bishop Joseph Mitchell Jr., Pastor
Evangelist Laketa Mitchell, First Lady

 www.crusadersforchristchurch.org

Attention Seniors:
 House(s) For Rent.
 Two Bedroom
 Call (419) 708-2340

Charleston House of Toledo

A Premiere Consignment Shop for the Economical Conscious Woman

STOP BY AND SEE OUR LARGE SPRING AND SUMMER SELECTION

Sizes small to plus - excellent prices

Designer Suits and Dresses
 Elegant Hats - Name Brand Shoes
 Open 10:00 a.m. - Tuesday thru Saturday
 4055 Monroe Street - Toledo, Ohio
 419.472.4648

ADS POSTED ONLINE AT:
www.TheTruthToledo.com

"THE GATHERING PLACE"

Nothing but PURE FUN!

5235 Hill & Reynolds @ Meadowbrook Plaza
 Toledo, OH 43615
 419.320.8571 or 419.322.4462
 Hours Open Thursday - Sunday @ 7 PM

Wedding Receptions, Book Signings, Birthday Celebrations, Special Celebrations, and much more!

Annual Membership available and receive complimentary Bookings Church and Organizational Bookings welcomed
 Free Wi-Fi

BOOK YOUR EVENTS NOW!

CLASSIFIEDS

November 4, 2020

Page 15

DATA ANALYST

Lucas County Children Services is seeking a Data Analyst. If interested review requirements and apply at www.lucaskids.net. EOE Valuing Diversity

Public Bid Advertisement (Electronic Bidding) Inquiry # FY21-17, (Project # 0115-20-229) for Lake Erie Pole Barn Storage Facility for the University of Toledo. Bids due: 2:00 p.m., Tuesday, November 24, 2020; through the State's electronic bidding system at <https://bid-express.com> Bid documents \$50.00 per set (no refund) from Becker Impressions, 4646 Angola Rd., Toledo, Ohio 43615, 419-385-5303 and through the State's electronic bidding system at <https://bidexpress.com>. Any further information may be obtained from Tadd Stacy of Architecture by Design, Ltd. at 419-824-3311. One Pre-Bid Conference will be held on Tuesday, November 17, 2020 at 10:00 a.m. at Lake Erie Center, Room 1019, Atrium, 6200 Bayshore Dr., Oregon, OH 43616. Construction PPE and Face Masks will be required. Total Bid Guaranty and Contract Bond are required per section 153.54 of the Ohio Revised Code. EDGE Participation Goal: 15%. Project Estimate: \$210,000.00; Breakdown: General Contractor: \$210,000.00.

LEGAL NOTICE REQUEST FOR QUALIFICATIONS FOR SERVICES RELATING TO THE DESIGN OF DOCK IMPROVEMENTS LOCATED AT FACILITY 1

The Toledo-Lucas County Port Authority ("TLCPA") is requesting qualification statements from professional full-service consulting engineer firms to provide planning, engineering, and design services in connection with the subject project. The project involves designing the necessary repairs and modifications to all dock related components, existing rail system, site utilities, and storm drainage system. It is anticipated that this project will restore, improve, and upgrade the existing Facility 1 dock. The project area includes the 4,200 LF of existing dock within Facility 1 along the southeastern bank of the Maumee River, the submerged water areas adjacent to the dock, and a stretch of St. Lawrence Drive within Facility 1 (Figure 1). The project will be designed for phased construction to maintain continuous operation of the port during the restoration.

MARAD and ODOT MAP grant funds will be used to fund planning, engineering, and design work for the dock improvement project. The total project budget for the project described below is approximately \$14,000,000.00. Of this total, \$355,000.00 has been allocated for design and engineering services as described below. The targeted design completion date is April 30, 2021.

The required format for the proposal to be submitted to the Toledo-Lucas County Port Authority is described in detail in the full copy of the Request for Qualifications, and is available by either (1) emailing Tina Perkins at Tperkins@Toledoport.org or (2) visiting the Port Authority's website at <https://www.toledoport.org/projects/public-notices/>. Proposals are due no later than Friday, November 13, 2020, at 12:00 p.m. (local time), to apply.

VENDORS FOR BEHAVIORAL HEALTH CRISIS SERVICES

The Mental Health and Recovery Services Board (MHR SB) of Lucas County, Ohio, is soliciting competitive bids from qualified vendors for behavioral health crisis services. Proposals are to be delivered no later than 5:00 p.m. EST on January 18, 2021. All questions are to be submitted to Administration@tdsolutions.com. Details regarding the project deliverables and submission criteria are located on the MHR SB's website: <http://www.lcmhrsb.oh.gov/publicnotice/>.

TOLEDO LEGAL AID SOCIETY

Assistant Public Defender and TLAS Fellowship Program positions available in Lucas County, Ohio. Successful candidates must be licensed with the Ohio Supreme Court. Graduates from an accredited college of law who are awaiting Ohio bar results will be considered for the fellowship program. Please see <http://www.nlada.org/node/34681> for more detailed descriptions. Email cover letter and resume by November 6, 2020 to: ToledoLegalAidSociety@Yahoo.com

CONTROLLER POSITION AVAILABLE

The Fair Housing Center, 432 N. Superior St., Toledo, Ohio, seeks an experienced Controller to oversee accounting and financial operations. Reporting directly to the CEO, the successful candidate must demonstrate proficiency in generally accepted accounting principles for non-profit organizations to ensure that the highest accounting standards are met, maintain financial records to ensure accuracy and ease of reporting on fiscal activities to Board and funders, be well-versed in basic Microsoft Office software applications (Word, Excel, etc.) and Sage accounting software, with the ability to track activities in our proprietary case management system, and possess the knowledge and ability to interpret, Federal, State, and Local laws regarding non-profit financial management, including 2 CFR Part 200 and other federal guidance documents. The Controller is also responsible for managing the annual audit process, forecasting, budget preparation, 990 submission, preparation of the agency indirect cost proposal, and other duties as assigned, including the fiscal components of the grant writing process.

Qualifications: Bachelor's degree in accounting, finance or related field; 3 to 5 years of non-profit financial management experience; and Certified Public Accountant or advanced degree preferred.

This is a full-time exempt position, with some evenings or weekends as needed.
How to Apply: Please submit cover letter and resume to HR@toledofhc.org.

NOTICE FOR REQUEST FOR PRICING OF AUDIT SERVICES

Preferred Properties, Inc. is seeking a Request for Proposal (RFP) from qualified accountants to provide professional audit/tax services for their entities and managed projects. A detailed RFP letter can be requested from Paul H. Bressan at pbressan@Preferred-Properties.org or pbressan@Preferred-Properties.org by October 26, 2020. EOE.

EMPLOYMENT OPPORTUNITIES

Lucas Metropolitan Housing (LMH), located in Toledo, OH is seeking experienced applicants for the following position: Safety & Security Mobile Patrol Officer. For complete details, visit <https://www.lucasmha.org> and click on Careers. Deadline: 11/29/20. This is a Section 3 covered position. HUD recipients are encouraged to apply and are to indicate on the application if you are a LMHA Public Housing client or Housing Choice Voucher Program participant. Persons with disabilities are encouraged to apply. NO PHONE CALLS. Equal employment opportunity shall be afforded to all qualified persons without regard to age, race, color, religion, religious creed, gender, military status, ancestry, disability, handicap, sexual orientation, genetic information or national origin.



ABUNDANT LIFE OF PERRYSBURG ACCEPTING APPLICATIONS

Abundant Life of Perrysburg is accepting applications for its subsidized apartment communities. Abundant Life #1 offers independent living for senior citizens 62 years of age or older and individuals 55 or older with a physical impairment. Abundant Life #2 is a supportive living complex for people 62 and older. To apply individuals must meet the age and annual income requirement of no more than \$25,200.00 for one person or \$28,800.00 for two people.

We are located in the Three Meadows subdivision near the Manor of Perrysburg. Our garden style apartments offer an open floor plan, one bedroom, secured buildings with private patios and individually controlled heat and air conditioning.

We have a bus that transports all residents to area grocery stores and monthly outings. We offer exercise, worship services and a variety of opportunities for our active and not so active seniors. Please call (419)874-4371 to find out more about our fabulous communities and our availability for apartments. You may also visit us on the web at abundantlifeperrysburg.org.



Call to place your ad:
419-243-0007
www.TheTruthToledo.com

Sena's Quality Adult Care LLC Opens Location on Tremainsville

Sojourner's Truth Staff

Charsena Braswell took an unusual step this past month ... unusual for the current business climate in this age of the COVID-19 pandemic. During a time when so many businesses have been forced to close their doors, either temporarily or permanently, Braswell bucked the tide and opened her doors. She started a business and literally opened her doors to a clientele of low to high-functioning adults who require quality adult day care.

Sena's Quality Adult Care, LLC, 2805 Tremainsville Road, opened in October, with some collaborative financial assistance from Toledo Urban Federal Credit Union and Signature Bank. The two financial institutions put together a loan package for Braswell to enable her to take a step forward and expand her care business into yet another direction.

... continued on page 12



Sena Braswell



Braswell cuts ribbon as staff looks on

Now Hiring

- Part-Time Fixed-Line Operators
- Full-Time TARPS Drivers
- Transit Planner

TARTA Mobility Management
ACCESSIBLE
TRANSPORTATION
NETWORK



To uphold the mission of serving our community, applicants must meet the following requirements for all TARTA positions:

- A background worthy of public trust; a background check free from infractions and driver's license suspensions
- High School Diploma/GED
- Must be at least 21 years of age
- 5 years driving experience (any vehicle)
- Minimum of 5 years valid driver's license
- Safe driving record (less than 2 points)
- Legally able to work in the United States



100% wheelchair-accessible and bicycle rack-equipped.

TARTA.com/Careers

Apply online today at **TARTA.com/Careers** or in-person at 1127 W Central Ave 8 a.m.-5 p.m. weekdays.

TARTA
419 243 RIDE
TARTA.com

TARTA is an equal opportunity employer. ©2018 TARTA