

Volume 78 No. 1                      *“And Ye Shall Know The Truth...”*                      April 26, 2023



**Laborers Local 500: Part Of The Solution**

*David Fleetwood, Laborers Local 500 Business Manager*

***In This Issue...***

**The Ralph Tarl Issue**  
Page 2

**Black Women  
Imprisoned**  
Page 4

**The Fitness  
Freeway**  
Page 7

**Book Reviews**  
Pages 12-13

**In Memoriam -  
William Brown**  
Page 15

**Sen. Hicks-Hudson  
On Recent  
Legislation**  
Page 3

**Cover Story:  
David Fleetwood**  
Page 5

**ACES Students  
at the Doug**  
Page 8

**Classifieds**  
Page 14

**Theodis  
Shelmon's 70th**  
Page 16

# Family of 16-Year-Old Shot in Alleged “Wrong House” Incident Retain Attorneys Ben Crump and Lee Merritt

By Lauren Victoria Burke, NNPA Newswire Contributor

NNPA NEWSWIRE — “This was not an ‘error,’ this was a hate crime. You don’t shoot a child in the head because he rang your doorbell. The fact that the police said it was an ‘error’ is why America is the way it is,” Faith Spoonmore told the Kansas City Defender. Spoonmore is an aunt of Ralph Yarl.

A story broken by the Kansas City Defender, a family is claiming that their 16-year-old son, Ralph Yarl, was shot twice at the front door of a man after appearing at the wrong home as he attempted to pick up a sibling.

According to news reports, Ralph Yarl, who is Black, was shot twice by a white man in North Kansas City. The man who shot Yarl was later questioned and released by police. The reaction that has followed after reports of Ralph Yarl’s shooting by the Kansas City Defender has been strong and pointed.

“This was not an ‘error,’ this was a hate crime. You don’t shoot a child in the head because he rang your doorbell. The fact that the police said it was an ‘error’ is why America is the way it is,” Faith Spoonmore told the Kansas City Defender. Spoonmore is an aunt of Ralph Yarl.

“There can be no excuse for the release of this armed and dangerous suspect after admitting to shooting an unarmed, non-threatening and defenseless teenager that rang his doorbell!” Our offices have been retained to seek justice for Ralph Yarl. We demand immediate action,” wrote attorney Lee Merritt of Texas on social media on April 16.

“We’ve been retained by Ralph Yarl and his family following the unjustifiable shooting of the 16-year old by an unidentified white male assailant. Lee Merritt and our legal team demand Clay County prosecutors and

law enforcement swiftly identify, arrest and prosecute the man responsible,” wrote attorney Ben Crump on the evening of April 16.

The Yarl shooting happens as the country is gripped in debate about the rise in gun homicides. The number of mass shootings has also risen over the last two years.

“Ralph Yarl, 16, was shot twice by a white man in Kansas City after accidentally ringing the doorbell of the wrong home. The man shot Ralph in the head through his glass door, and then when Yarl was already bleeding out on the ground, shot him again,” wrote Moms Demand Action founder Shannon Watts.

“My goodness...let’s be for justice, which is a continuum. That means the man who did this should be charged AND we need to work for the legislative and heart change to prevent these tragedies,” wrote Bernice King, the daugh-

... continued on page 3



Ralph Yarl



## Step in the driver's seat of your career

TARTA offers:

- Sign-on bonuses
- Paid training
- Excellent benefits

Visit [www.tarta.com/careers](http://www.tarta.com/careers) to find out more and apply.

**TARTA**  
TAKING YOU PLACES

# Hicks-Hudson Introduces Urban Agriculture Legislation

Last week, state Senator Paula Hicks-Hudson (D-Toledo) issued the following statement on Senate Bill 111, her recently introduced legislation to eliminate and ease barriers for farmers in urban settings and promote the advancement of urban agriculture in Ohio:

"S.B. 111 will enable and encourage urban youth to learn how to cultivate their own food," said Hicks-Hudson. "Furthermore, it will show young farmers the relationship between producing healthy food and living a healthier lifestyle."

The most significant part of the legislation is a re-introduction of House



State Sen. Paula Hicks-Hudson

Bill 592 (<https://legislature.ohio.gov/legislation/134/hb592>) from the 134th General Assembly, which sought to create the Urban Farmer Youth pilot program and make an appropriation.

Additionally, the legislation would make two minimal changes to Ohio's building and tax regulations as they pertain to agriculture: First, the bill will offer a uniform way of regulating temporary greenhouses, such as hoop houses, by clearly defining them and extending Ohio's agricultural use exemption to include them. Second, it will clarify provisions relating to Ohio's Current Agricultural Use Valuation (CAUV) program in the Ohio Revised Code.

"This legislation is part of a national effort to restore, educate, and improve the lives of the next generation of farmers."

For more information on Senate Bill 111, go online to: <https://legislature.ohio.gov/legislation/135/sb111>

# Hicks-Hudson Condemns Passage of S.J.R. 2 and S.B. 92

Last week, state Senator Paula Hicks-Hudson (D-Toledo) issued a statement after the Ohio Senate voted along party lines to pass Senate Joint Resolution 2 and Senate Bill 92. S.J.R. 2 would raise the threshold for Ohioans to pass constitutional amendments from a simple majority to 60 percent, while S.B. 92 would allow for August special elections when a proposed constitutional amendment is on the ballot.

"Let's be clear about what Republicans did today: passing S.J.R. 2 and

... continued on page 4

## 16-Year-Old... continued from page 2

ter of Martin Luther King, Jr.

Protest events are scheduled in support of Ralph Yarl in the community to demand justice.

"The Yarl family is urging supporters to help spread awareness about the case and bring attention to the issue of racial violence in America," reports the Kansas City Defender.

The engagement of Attorneys Ben Crump and Lee Merritt confirm that the Yarl case is likely to gain national media attention.

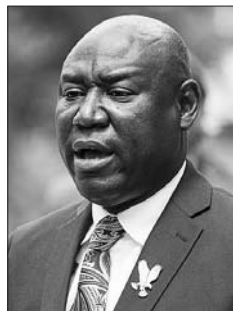
Crump rose to national prominence in 2012 when he represented the family of Trayvon Martin, who was murdered by a self-proclaimed "neighborhood watch" volunteer in Sanford, Florida. Crump's advocacy helped bring attention to the case and led to the indictment of Martin's killer — George Zimmerman.

Since then, Crump has continued to represent families of victims of police brutality and other civil rights violations, including the families of Michael Brown, Breonna Taylor, and George Floyd. He has also been involved in advocacy efforts to reform the criminal justice system and end police brutality.

Lauren Victoria Burke is an independent journalist and the host of the podcast BURKEFILE and the founder of Black Virginia News. She is a political analyst who appears regularly on #RolandMartinUnfiltered. She may be contacted at [LBurke007@gmail.com](mailto:LBurke007@gmail.com) and on twitter at @LVBurke.



S. Lee Merritt



Ben Crump

**First Church of God**  
**Honoring Bishop Robert A. Culp**  
*The Legacy Of The Man*  
**Retirement Banquet**  
**Hiltons at Downtown Toledo**  
**May 20, 2023 at 6:00 P.M.**



**Ticket Price**  
**\$125**





**Vanessa Bell-Armstrong**   **Kishna Davis Fowler**   **James Crumbly**

For more info call 419-255-0097  
[retirement2023@fcogtoledo.com](mailto:retirement2023@fcogtoledo.com)

**TICKETS ON SALE**  
[bishopculpretirement.eventbrite.com](http://bishopculpretirement.eventbrite.com)



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

### DO YOU QUALIFY?

- Purchase of a primary residence located within State Bank's lending area²
- Must meet borrower or geography low- to moderate-income eligibility requirements³
- A signed purchase agreement must be presented to reserve funds

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



statebank  
 YourStateBank.com

1900 Monroe Street, Suite 108  
 Toledo, OH 43604  
 419.508.0806

930 W. Market Street  
 Lima, OH 45805  
 419.228.3361



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

¹Actual amount applied at closing.  
²Property must be located within one of the following counties: Allen Ohio, Allen Indiana, Defiance, Delaware, Franklin, Hancock, Lucas, Madison, Union, Williams, or Wood.

³Borrower income must be below 80% of the area median income, or property must be located in a low- to moderate-income census tract, as updated annually by the FFIEC (Federal Financial Institutions Examination Council).

# With Women Imprisonment Rising, Black Females Still Feel the Brunt of America's Mass Incarceration

By Stacy M. Brown, NNPA Newswire Senior National Correspondent

@StacyBrownMedia

Special to The Truth

America imprisons many more of its citizens than any other developed nation, with men comprising most of the incarcerated.

But the rate of growth for female imprisonment has been twice as high as that of men since 1980, according to The Sentencing Project, which estimates that 976,000 women are currently under the supervision of the criminal justice system.

The nonprofit documented a 525 percent increase in women's imprisonment in America between 1980 and 2021; the vast majority are Black females.

"As this year marks fifty years since the United States began its dramatic increase in imprisonment, it is clearer than ever that our criminal legal system is not working," Amy Fettig, Executive Director of The Sentencing Project, said in a statement. "The continued overcriminalization of women and girls does nothing to improve public safety but needlessly destroys lives, families, and communities."

In 2021, the Sentencing Project reported that the imprisonment rate for Black women – at 62 per 100,000 – was 1.6 times the rate of imprisonment for white women – 38 per 100,000.

Latinx women were imprisoned 49 per 100,000 or 1.3 times the rate of white women.

Additionally, 58 percent of women in state prisons have a child under 18.

While the overall imprisonment for Black and Latinx women has declined since 2000 and increased for white women over that same period, Black and Native American girls remain more likely to face incarceration than white, Asian, and Latinx girls.

Over one-third of incarcerated girls are held for status offenses, like truancy and curfew violations, or for violating probation.

The statistics compiled by The Sentencing Project arrive after several reports revealed mass incarceration's heavy burden on Black women in general.

"The war on drugs treated Black women as if they were just collateral consequences," Ashley McSwain, executive director of Community Family Life Services, which serves formerly incarcerated women, said during a panel discussion on mass incarceration.

"We were well into this war and this crisis before we realized that women were being affected at alarming rates," McSwain asserted.

She continued:

"When you arrest a woman, ... you got her, her three kids, her grandma, an aunt — everybody's incarcerated when a woman goes to prison. "So, the impact is huge, and we never seem to talk about that."

Three years ago, the National Black Women's Justice Institute partnered with the Cornell Center on the Death Penalty Worldwide and The Sentencing Project to co-lead the Alice Project, an initiative to end the extreme punish-

...continued on page 12

## Modeling is a career, it is not an activity.

If you are seriously thinking about getting into acting or modeling you are going to

need an agency that will be willing to work with you to find you paid assignments.

Alright let's get down to business, Do you have to pay to be a client of a modeling agency? NO

Do I need to pay for photos? Yes, However not out-of-pocket....

What does that mean? Agencies work on commission and some will work with you, now that digital photos are what they work with.

The agency will have that in your agreement.

Do I have to sign with the agency? Yes if you want to be considered for work through the agency.

How much do I get paid?

You are paid 80% of what the assignment pays and the agency 20%.

you will get more information from your agency.....

submit your photo to: [expressionsmodels@gmail.com](mailto:expressionsmodels@gmail.com)



**XI Models**  
Expressions International Model Management

151 N. Michigan St. Suite 316 Toledo, Oh [www.ximodels.com](http://www.ximodels.com)

## Paula Hicks-Hudson...continued from page 3

S.B. 92 put democracy in Ohio on its deathbed," said Sen. Hicks-Hudson. "This legislation attacks people's rights to govern themselves. Ohioans are not 'outside, special interests,' and we must fight back against these blatant Republican attempts to suppress and undermine our voices."

This legislation would undermine ballot issues that are likely to be supported by a majority of Ohioans, such as protecting reproductive rights, creating an independent citizens' redistricting commission to stop partisan gerrymandering, increasing the minimum wage or fully legalizing marijuana.

During the 134th General Assembly, the Republican-controlled legislature passed House Bill 458, which eliminated August special elections under almost all circumstances. S.B. 92 would reauthorize special elections, immediately resulting in a costly and unnecessary \$20 million August 8 special election.

Now that a citizen-initiated constitutional amendment to codify abortion access in Ohio is likely to be on the ballot this November, Republicans are trying to make it more difficult for voters to amend Ohio's constitution this August.

**GLASS CITY GRIND**

Saturdays @ 8 AM  
Sundays @ NOON  
Anytime on VOD

Find us on:

# David Fleetwood: Local 500 Is Part of the Solution

By Asia Nail

The Truth Reporter

Local unions are the heart and soul of the construction industry, standing as pillars of support and advocacy for workers in their respective communities. They are the driving force behind fair wages, safe working conditions, and dignified treatment of construction workers.

"We play a vital role in empowering workers, promoting justice, and shaping the construction industry," suggests David Fleetwood, business manager of Laborers Local 500.

In case you don't know, through collective bargaining, Local 500 secures better compensation, job security, and safety regulations for its members, helping to protect their rights and interests, among many other things.

"Each construction craft has a jurisdiction," explains Fleetwood. "The Local 500 represents the physical laborer's jurisdictions. If it's walking, carrying, lugging, pushing, raking, hauling, maintaining the underground sewers ... anything that's grimy and physically challenging, we do it."

The Laborers Local 500 encompasses six county areas: Lucas, Wood, Fulton, Henry, Defiance and Williams.

As business manager, Fleetwood strives to secure a decent standard of living for member workers and their families here in Ohio. "Fair wages allow workers to earn a living wage, afford housing, education, healthcare, and other essential needs," he says. "We also offer training programs to our members, developing them into skilled and qualified workers in our industry."

These programs provide education and hands-on training, so construction workers have the necessary skills and expertise to perform their jobs both safely and efficiently. "Our programs help members get and maintain high paying jobs often requiring specialized training."

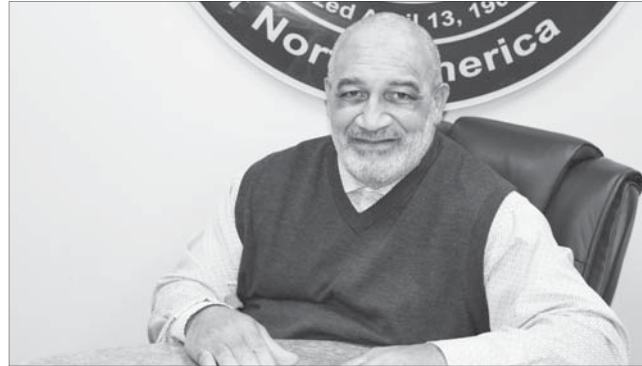
The Laborers Local 500 has a brand new training center on Nebraska Avenue and members are excited to be partnering with local organizations that prioritize education, skills development, and career advancement. "We want to be a part of the solution," suggests Fleetwood.

"We are coming into our construction season," he explains. "Our newly renovated training center on Nebraska Ave. is 51,700 square feet and ready to go. We are looking to collaborate with community partners that can generate enough training dollars to lease spaces in the building while training people in many different specialties."

Fleetwood's hope is to provide training to everyone in need. "We want those who feel disenfranchised, marginalized or underserved to know that our center is a safe space. We are here to help," he asserts.

"We've been reaching out to many of the local schools and universities who may need specialized spaces for their culinary arts classes. Our new building has a remarkable commercial kitchen."

The Laborers Local 500 also collaborates with employers who create unique job opportunities for residents. This can be especially beneficial for construction workers during periods of economic downturn or industry fluctuations, says Fleetwood. "Our members worked the entire pandemic. When



David Fleetwood

many were laid off we were blessed to stay gainfully employed."

Negotiating provisions such as seniority rights, job bidding, and layoff protections, are just a few of the things David Fleetwood is responsible for as business manager.

"What I do helps to support the growth of the middle class," he shares.

"I tell everyone the local 500 was my avenue after incarceration. It was my instrument to know that I could work an honest career and master a skill set. The Union made sure I wasn't reduced to the few jobs available to those of us with criminal records."

So far Fleetwood has been in talks with partners Stephanie Boutte at Ter-nion Training and Education Center (better known as TTEC) on Hill and Reynolds, The Junction Group and the Lucas County Workforce Development Team.

"We've been speaking to Dr. Durant at TPS also to see how we can collaborate," explains Fleetwood. "Every student is not going to go to college. We want to be a viable option for them."

The new state-of-the-art training center has 13 meeting size offices in the front of the building, 5 classrooms, a fully epoxied 22,000 foot training bay and a room with 8 overhead exhausts for those who are learning welding or using firing torches.

"We're expecting our laborers to use about one third of the building," explains Fleetwood. "Our ideal partnerships are working with groups that help the less fortunate and train them in careers that will lead them out of poverty."

To add context Fleetwood goes on to explain when he says culinary arts he wants people to be trained as chefs and not only as fast food workers, for

...continued on page 6

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

**Worship EXPERIENCE**

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

Dr. John W. Williams, Pastor

**Hit the road with Glass City auto financing!**

- New & used auto loans
- Great rates & terms
- Convenient payment options

Apply online or at a branch.  
Or ask for Glass City financing at an area auto dealership.

**GLASS CITY FEDERAL CREDIT UNION**

Toledo • Maumee • Bowling Green  
419-887-1000 • glasscityfcu.com

Financing subject to credit approval & membership eligibility.

**We're working for you!**

# Four Tips to Grow Cash Flow For Your Small Business

Special to The Truth

As every small business owner soon learns, growing sources of revenue and cash flow are key to survival, particularly during a venture's first few years. While this is easier said than done, small businesses can focus on attracting new customers, building partnerships and scaling up sustainably to improve cash flow.

To get you started, Wells Fargo is sharing actionable tips for entrepreneurs, along with information about how to leverage helpful resources:

1. Create an action plan: Don't just make a business plan, put it into action. Tech tools can help. For example, the Silver Lining Action Plan, a data-driven software service from the American Small Business Growth Program, provides wide-ranging support and structure so you can develop behaviors

and drive actions that lead to long-term, sustainable growth. The program also offers the opportunity to build capital, lending money to business owners based on their behavior in the program, not their credit history. With Wells Fargo philanthropic funding, the program is expanding and is now available in Spanish.

"Having access to a trusted expert in business and financial planning can be a game-changer for any small business owner to get their initial footing and grow for the long-term," said Jenny Flores, head of small business growth philanthropy at Wells Fargo. "We are very intentional about funding non-profit organizations that can help guide small business owners through goal setting and improving their profitability."

2. Expand your network: Expanding your network can be a powerful path to attracting new customers, contracts and cash flow. In addition to joining your local chamber of commerce, consider opportunities like Wells Fargo's Connect to More program, which through the Nasdaq Entrepreneurial Center, places women entrepreneurs from across the country into "circles" that receive virtual and in-person peer and professional coaching over 12 weeks, plus the support of a growing network of fellow business leaders. Since its inception, the program has empowered more than 1,200 entrepreneurs in 47 states to grow their business through a wider network of engagement.

3. Scaling up: From streamlining operations to adjusting the business model, there are many moving parts to scaling up a business. Look into programs that can help you develop a growth mindset and provide you with an empowering ecosystem of support needed to make it happen.

The Latino Business Action Network's Business Scaling Program, a nine-week online and in-person hybrid program at the Stanford Graduate School of Business, teaches participants about funding and capital options and pairs them with mentors who will challenge and support them. Corporate funders like Wells Fargo make it possible for the program to offer significant scholarships to admitted participants.


4. Get certified: If you're a diverse business owner, consider getting certified with a third party, such as the Women's Business Enterprise National Council, the National LGBT Chamber of Commerce or Disability:In. Doing so can open up lucrative opportunities. For example, Wells Fargo, which is committed to working with diverse suppliers, spent over \$330 million with certified women-owned businesses in 2021 alone.


For more small business ideas that will help you take action and increase your opportunities for business success, visit <https://smallbusinessresources.wf.com>.

"As a bank that serves millions of small business customers, we know that success is hard to come by without support," said Flores. "That's why we're always trying to connect entrepreneurs to valuable resources and contacts. It's important to find the right expertise for where you are on running or growing your company."


*Courtesy StatePoint*

*The Celebration of*  
**BLACK KINGS**





**Monday, June 19, 2023**  
**Black Kings Dinner**



**5pm - 9 pm EST**  
**The Toledo Club 235 - 14th Street,**  
**Toledo, Ohio**

**NOMINATE A KING**  
DEADLINE TO SUBMIT: APRIL 30, 2023

**Honorees will be notified by May 1, 2023**

**JUNETEENTH**  
EDUCATION AND ENTREPRENEURSHIP

**TPS PROUD**  
TOLEDO PUBLIC SCHOOLS

**COMMUNITY**  
RE-INVESTMENT COALITION  
TOLEDO COMMUNITY

*David Fleetwood... continued from page 5*

instance.

"We also value a holistic approach for our members and will be providing advisors and counselors to get folks out of a poverty mindset," says Fleetwood. "If you have the want-to's, we will provide the how-to's."

Overall, the Laborers Local 500 is dedicated to promoting the rights for all. By empowering laborers with better wages, benefits, and working conditions, they help achieve economic stability locally, benefiting not only the workers themselves but also the broader Ohio communities they serve. Through their collective action, the union strives to create a more inclusive and equitable construction industry, where all workers, regardless of their background or identity, have access to fair opportunities for employment and advancement.

The union also strives to help create a more inclusive and equitable society by giving back, says Fleetwood. They regularly donate to local non-profits who are doing what they can to lift up the community.

"We can't sit in this community and not be a part of it," he says. "We gotta help. Unions have flourished during the pandemic, so we gotta help. We want to get people out of poverty and into the middle class. I want to be part of the solution and break the poverty cycle."

For more information or to collaborate contact [dfleetwood@local500.com](mailto:dfleetwood@local500.com)

# The Fitness Freeway: Journey to Health and Wellness

By Dr. Anita M. Lewis-Sewell, MD

Special to The Truth

Life is a journey. This is a familiar and frequently used phrase.

We can all agree that life, like a human kaleidoscope, is constantly changing, always in movement, full of mundane moments and repetitive chores, or complicated by unexpected twists and turns.

For some, life can be a joyous adventure as with the birth of a long-awaited child. For others, life can be fraught with sadness, disappointments, and setbacks.

Good health is one of life's most valuable possessions. Without good health, life can prove to be limited, painful, depressing and difficult.

Good health and physical fitness are the focus of this article. Your fitness and mine. What type of fitness journey have you committed to taking?

The hope of most healthcare providers is that people of all ages, and from all walks of life, will commit to living healthy lifestyles. The rewards and benefits of being healthy are priceless, far beyond money, trophies or even Olympic medals.

Sometimes people get discouraged on achieving health goals, such as managing their weight; or controlling diabetes, cholesterol, or high blood pressure.

As an advocate of healthcare and change theory, I believe that we have a choice and that life is what we make it. With education, understanding, and effort, we have the power to effect positive changes. What we ultimately believe, understand, and are willing to work for will inform the health choices we make and shape the health journeys we take in life.

National Minority Health Month (NMHM), annually observed in Ohio since 1989, and now nationwide, invites us to pause, review, reflect, and focus on our individual and national state of health and wellness.

We are challenged each year to begin again, reset, step-up, or continue to learn more about how to live healthy lives.

"Better Health Through Better Understanding" is the 2023 theme for this April's NMHM. In this post-pandemic period, understanding issues re-



Dr. Anita Lewis-Sewell

lated to health, wellness, physical fitness, and self-care are more important than ever before.

I invite you to take this journey on **The Fitness Freeway**, but first some background and explanation is required.

Physicians, nurses, and other healthcare professionals are people first. We don't always do what we know, nor do we always practice what we teach or preach. We are vulnerable to the same health challenges and life events as every other person in this world.

The COVID-19 Pandemic was a horrendous time for our entire nation and, in particular, for me. On June 3rd, 2021, COVID-19 claimed the life of my only child, my daughter, Kerri Kaye King, RN, age 49. She was a registered nurse and an accomplished, creative nail technician with two sons.

To date over 1.1 million people in the United States have died due to COVID-19, according to the Center for Disease Control (CDC: as of 3.29.23). Worldwide, COVID-19 has killed an estimated 6.8 million people, according to the World Health Organization (WHO: as of 3.28.23).

These lost souls were our family and friends. They were our mothers and fathers, our sisters and brothers, our co-workers and neighbors, our husbands and wives, and our children and elders.



... continued on page 10



## Want to become a nurse? There's never been a better time.

The University of Toledo, Owens Community College and ProMedica have come together to diversify the nursing profession through QUEST for Success.

### QUEST for Success provides:

- Underrepresented minorities and male nursing students the opportunity to become successful, employed, bachelor-prepared nurses.
- Financial support may be available from ProMedica's Ebeid Diversity in Nursing Scholarship and/or other tuition assistance programs
- Career opportunities through ProMedica

Scan the QR code with your smart device or visit [utoledo.edu/nursing/partnerships/quest.html](https://utoledo.edu/nursing/partnerships/quest.html) to learn more!



# Prepare for power outages today

WITH A HOME STANDBY GENERATOR

\$0 MONEY DOWN + LOW MONTHLY PAYMENT OPTIONS

Contact a Generac dealer for full terms and conditions

REQUEST A FREE QUOTE

CALL NOW BEFORE THE NEXT POWER OUTAGE

(866) 967-3358



FREE 7-Year Extended Warranty\* - A \$695 Value!

\*To qualify, consumers must request a quote, purchase, install and activate the generator with a participating dealer. Call for a full list of terms and conditions.





A NURSING EDUCATION PARTNERSHIP PROGRAM

# ACES Students Introduce Their Culture to Doug Visitors

The Truth Staff

Rasheed Akparibo has lived all of his life, until this academic year that is, in a rural village in northern Ghana and, until this academic year, Rasheed, now a junior at Scott High School, had not seen a movie theatre, a shopping mall or a library.

Rasheed arrived in America through the good graces of the American Cultural Exchange Services, a non-profit organization that serves as a contractor for the U.S. State Department and through which the State Department provides the funding for students from around the world, such as Rasheed, to spend a year in the U.S.

"It's a huge diplomatic initiative," says Tracee Ellis, the local ACES coordinator. "The State Department enables us to reach these places, like Rasheed's village in Ghana. Both Democrats and Republicans support and allocate funds to the State Department and I'm so excited about what we are going to do.

Through the ACES programs, students from developed countries such as those in western Europe can spend a year in the United States as well as those in less developed areas of the world – those in Asia, Africa, the Middle East and eastern Europe, for example.

The impact on Rasheed's life is hard to fully fathom at this point. As a young boy, an accident had caused him to lose vision in one eye. The process to bring him to this country had taken a year – recommendations, applications, final approval. But these few months have certainly been momentous – academically and athletically. In spite of his visual handicap, Rasheed played on the Scott soccer team and was selected to The Blade's All City, First Team, Offense Soccer Team this past December.

American Cultural Exchange Service was founded in 1995 in Little Rock, Ar-

... continued on page 9



Annisa from Thailand



Erika from Indonesia



Hamdan from the Philippines



Kathya from South Africa

**ADVOCATE FOR AN ABUSED CHILD**

**CASA Volunteer Information Meeting**

Sunday, May 7  
2:00 p.m. - 3:00 p.m.  
Sanger Branch Library  
3030 Central Ave., Toledo, OH 43606

**CASA**  
Court Appointed Special Advocates  
FOR CHILDREN  
LUCAS COUNTY, OHIO

Lucas County CASA trains community volunteers to advocate in court for the best interests of abused and neglected children.

**APPLY TODAY AT [WWW.CASAKIDS.NET](http://WWW.CASAKIDS.NET)**



*ACES Students...continued from page 8*

kansas, with the support of a group of professionals including lawyers, accountants, university professors, business and community leaders who believe in the value of international exchange in the pursuit of world peace. ACES is a non-governmental, non-profit organization dedicated to international cultural and educational exchange.

One of the most significant aspects of the program, says Ellis, is the impact on American students who become ambassadors to the world, with an opportunity to make a true difference in increasing global competency.

There are 14 students in the local program this year and most were at the Frederick Douglas Community Association this past Saturday with displays of their nation's key points of interest – the food, the costumes, the landscape and architecture and parks,

Along with Rasheed from Africa, among others, were Kathyia from South Africa and Khoudia from Senegal. From Asia, Hamdan was there from the Philippines, Erika from Indonesia and Annisa from Thailand. And Europe was represented by, among others, Virginia from Italy and Nicole from Germany.

As the year winds down for the kids they have two trips to look forward to before they head home. Ellis will be taking them to Chicago and then to Niagara Falls to view a spectacular scene and to contemplate the various ways in which energy can be used for the benefit of humankind.

All will be heading home but virtually all of the kids wish to return to the United States, perhaps for college.



Tracee Ellis



Nicole from Germany



Rasheed from Ghana



Virginia from Italy

**TRUGREEN**  
Live life outside.®

Save now with  
**50% OFF\***  
Your First Application

Get the most out of your lawn this spring.

**SCHEDULE YOUR APPOINTMENT TODAY!**  
**1-833-978-4736**

\*Requires purchase of annual plan. Special price is for first Lawn application only. Requires purchase of annual plan, for new residential EasyPay or ProPay customers only. Valid at participating TruGreen locations. Availability of services may vary by geography. Not to be combined with or used in conjunction with any other offer or discount. Additional restrictions may apply. Consumer responsible for all sales tax. †Purchase of annual lawn plan required for TruGreen Lawn Assessment, which is performed at the first visit. ‡Guarantee applies to annual plan customers only. BBB accredited since 07/01/2012. ©2023 TruGreen Limited Partnership. All rights reserved. In Connecticut, B-0153, B-1380, B-0127, B-0200, B-0151.

Open for wellness

**OPEN FOR YOU**

From preventative health and wellness to management of chronic conditions, we are open to care for our community.

Tanya, UTMCMC primary care patient

utmcc.utoledo.edu

**THE UNIVERSITY OF TOLEDO MEDICAL CENTER**

The Fitness Freeway... continued from page 7

Our psychological distress and uncertainty during the pandemic was pervasive, and, to a degree, remains an element of our changed reality.



COVID-19 negatively impacted the physical, mental, and emotional health; the educational and financial well-being of millions. Rising rates of anxiety, depression, suicidal thoughts and behaviors were prevalent, even among healthcare professionals.

Abuse, crime, violence, and drug overdose rates increased. Historic job losses impacted the ability of people to provide basic food and shelter for their families. School closings and social distancing affected both the mental and educational well-being of students at every level.

Disparities that continue to plague minorities now made us prime targets for COVID-19: obesity, diabetes, sickle cell disease, chronic lung disease, and those who are immunocompromised.

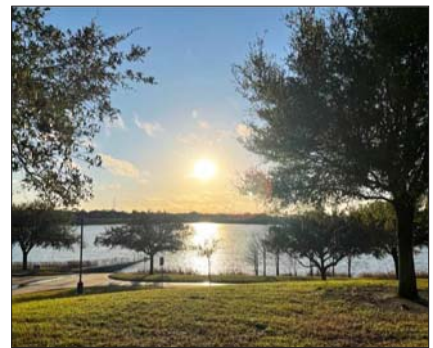
National obesity rates, over 40 percent for all adults, did not improve as most Americans were now locked-down into more sedentary life styles.

For myself, after topping 230 pounds in June 2022, I knew it was time for me to make a change. But I was dealing with multiple challenges, including the unexpected death of my daughter, major depression, and a job loss.

I felt horrible, both mentally and physically, and was having trouble functioning. My excess weight exacerbated the arthritis in my knees. I never smoked and did not have asthma, but I was chronically tired and short of breath.

Worse of all I was despondent after Kerri died, not caring much if I lived

or died except for the duty I felt toward my youngest grandson, Aaron. I cried and screamed and raged inside. I could not believe my only daughter was taken from us by this awful disease.



Aaron's mother was on life support at Toledo Hospital six weeks before she died. We spoke by phone and texted the first two weeks. But we were not allowed to visit her until after she had been placed on artificial ventilation. Kerri was on life support when her son, Aaron, graduated as valedictorian from Horizon Science Academy on May 27, 2021. Kerri died one week later on June 3, 2021.

Her death was hard on our entire family. My grandson was my primary reason and motivation to feel better. I needed to get better for him.

Wellness is a family affair among my relatives. Many of us have health-care careers or backgrounds. But it was actually one of our non-medical family members who most influenced me to seek help for depression by sharing how much they found it helpful.

After much resistance, I started talking with a counselor for my depression. I was already taking medication for depression, but it was not enough to drag me off the couch or out of the doldrums where I was languishing, despite the prayers, the love, and the encouragement of family and friends.

Self-care was the counselor's watch word. Self-care. Looking back, now I am so grateful for her support. It came with recommendations and baby steps. Did you take a shower today? Are you eating? You need to try and get a good night's sleep. Why don't you take a walk and get some fresh air? She suggested one day.

... continued on page 11

**The Truth Colours Art Gallery**  
 Featuring an outstanding array of art by local artists!!!

**1811 Adams Street - Open 11 to 6 Tuesday through Saturday**  
**419-243-0007 or 347-286-9227**

*The Fitness Freeway... continued from page 10*

The counselor congratulated me with each small step. She was gently pushing and prodding me to start taking better care of myself. In retrospect, and as a physician, I understood her process.

For *better health*, a person has to want to feel better. A person has to want to be healthy. Then a person must take the steps, make the daily effort, through better understanding, to achieve good health: mind, body, and spirit.

The notion of a **Fitness Freeway** drifted back to mind. It was an idea I had discussed with my sister, Diana Lynne [Lewis] Hughes.

She stayed with me for five months after the death of my daughter. Although she had lived in Texas over 40 years, she remained with me during one of the worst times of my life, for which I am forever thankful.

We often discussed how dissatisfied we both were with our out-of-control weight and our poor state of physical fitness. And we reflected on how this had gradually happened over the intervening years.

Like other kids from our neighborhood, my sister and I both learned how to swim at the former Indiana Avenue YMCA in Toledo. In the summertime, as kids, swimming was the thing to do. In those years, swimming was also taught in the public school system.

"Lady Diana," as we like to call her now, was a very healthy, active, and fit majorette while attending Toledo's J. W. Scott High School (Class of 73.)

Hughes worked as a life guard at the former City Park Pool in Toledo, OH, for years. She majored in Physical Education at Central State University. After relocating to Texas, she taught in the Houston Independent School District (HISD) and also earned her Master's in Educational Administration. She also continued to work as a life guard and pool manager in Texas during the summer.

On the other hand, I was not very athletic in high school, but I took up distance running while attending the University of Toledo. My college years, and those immediately following, were my most physically active years.

Then life started to happen! The combined demands of raising families, eating fast foods, busy work schedules, and inattention to self-care insidiously began to take its toll. The pounds mounted, and physical activity was shunted to no-man's (or rather no-woman's) land.

My sister and I together came up with the idea of **The Fitness Freeway** while brainstorming. We both already knew what to do. With our combined knowledge in healthcare and physical education, we would become each other's fitness buddy. We would hold each other accountable. We would encourage each other (long-distance) to start a fitness regimen, then stick to it. We just needed to get busy and do it, just like that!

But it is important to check with your healthcare provider before starting any new or strenuous fitness regimen, especially if you are older or have chronic health problems.

On your mark. Get set. Ready. Go! So our fitness journeys began.

Journey defined is: an act of traveling from one place to another. In this instance, our goals were to travel from a current state of health to a better state of health.

Our journeys happened gradually. We each took different "on ramps" to enter this **Fitness Freeway**. I focused on mental health, nutrition and weight management.

Hughes, 67, a retired educator, started swimming again in February of 2022 after clearance from her family doctor.

During the pandemic years of 2020 and 2021, my sister had only gone walking in nearby community parks. When she began "to feel it was safe to go out in 2022," she started swimming.

I asked her why she decided to swim as a form of exercise, after not doing it for years.



Brenda Lewis, RN, MSN-Ed

"Swimming was an activity I enjoyed from my youth into adulthood. It's like going back home," she explained. "I chose swimming because it was an activity that I was not only raised up doing, but one that I was good at," adding that "it's a total body workout for cardio and endurance."

Why exercise?

Everyone will benefit from any amount of moderate-to vigorous physical activity; age, abilities, ethnicity, shape, or size don't matter {CDC: Benefits of Physical Activity.}

I will always remember the health advice shared by Dr. Murthy Gokula, MD, a charming geriatrician, at a women's health forum. He said, "Do you want to know the secret of youth? It is this: Exercise. Exercise. Exercise."

Those three words packed a lot of wisdom.

"Regular physical activity is one of the most important things you can do for your health. Being physically active can improve your brain health, help manage weight, reduce the risk of disease, strengthen bones and muscles, and improve your ability to do everyday activities. Only a few lifestyles choices have as large an impact on your health as physical activity {CDC: Benefits of physical activity article}."

The immediate benefits of exercise also include improved thinking or cognition, and improved sleep; lower blood pressure; sharper thinking, learning, and judgment; and reduced risks of depression and anxiety. {CDC: Immediate Benefits of Physical Activity}."

As a 13-year breast cancer survivor, I still wasn't ready to get physically active yet, so I decided to work on nutrition and weight management. I took an online nutrition course, then set a weight loss goal. Proper nutrition and physical activity both decrease the chance of recurrence or developing many types of cancer.

My own progress was slow, but steady. I was able to lose twenty (20 pounds) over seven months, between July 2022 and January 2023. I began to feel so much better. I want to lose additional weight, but my next goal is to increase my physical activity.

Federal guidelines still recommend getting 150 minutes of physical activity each week, but it doesn't have to be done all at once. Whatever activity you choose can be divided into smaller segments and spread out over the week. {CDC: Benefits of Physical Activity}."

Hughes said: "I started out going swimming two days a weeks, and have now increased to five." She usually stays one hour for each pool session, adding that "the weekends are my rest days."

Is there a fitness goal you want to pursue?

NMHM is a great time to begin anew. Understanding is key. We must know better to do better.

**Here are a few tips to bear in mind as you plan your own fitness journey:**

1. What's your why? Understand why physical fitness is important.
2. Choose an activity you enjoy. You will be more likely to stick with it.
3. Decide when and where the best times are and places for you to engage and remain committed to a fitness regimen.
4. A fitness buddy, or group of supportive and like-minded people, can encourage you to remain on track.

Hughes said, "Since I started swimming it takes me back to a part of my life when I was busy, active, and engaged with the community."

Your journey toward physical fitness and good health is well worth the effort. It will be different for each person. There may be individual hurdles to overcome. However, choose to practice self-care in all its dimensions. You deserve to be physically, mentally, and emotionally healthy.

The CDC website ([www.cdc.gov](http://www.cdc.gov)) is a valuable resource which I highly recommend. Check out "**Getting Started**" under the CDC section titled "Healthy Weight, Nutrition, and Physical Activity."



Diana Hughes, B.S. Ed, M.Ed

**Bernadette Joy Graham, LPCC, LLC**  
 Licensed Professional  
 Clinical Counselor  
 419.409.4929  
 Mental Health...Get Your Mind Right  
[www.bjgrahamcounseling.com](http://www.bjgrahamcounseling.com)  
 2525 W. Bancroft  
 Toledo, OH 43606  
[graham.bernadette@gmail.com](mailto:graham.bernadette@gmail.com)

**DIXIE** Auto Leasing Toledo, OH  
 5880 N. Detroit  
**Month to Month Leasing**  
 419-476-8674  
 WE ARE A FULL SERVICE BUSINESS

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 Sylvan Ave.  
**Sylvan Lakes**  
 Apartment Homes  
 4045 A Langston Place, Sylvania, Ohio 43560  
 P: 419-842-8480 E: [investekmanagement.com](mailto:investekmanagement.com)

# Love, Honor, Betray by Mary Monroe

By Terri Schlichenmeyer  
The Truth Contributor

The truth, the whole truth, and nothing but the truth.

Those are words you hear when someone is about to testify in a court of law. They put the "sworn" into sworn testimony, and you'll also find the phrase in courtroom dramas, legal thrillers, and Perry Mason. You don't hear those words in a marriage ceremony, but in the new book **Love, Honor, Betray by Mary Monroe**, maybe you should.

He could've looked all over Lexington, Alabama, for the rest of his life and Hubert Wiggins wouldn't have found a more-fitting wife than his Maggie had been.

Before he met her, she'd been sexually assaulted and though she wanted to repeat her vows with someone special, she vowed that she'd never have relations again – which was fine with Hubert. He preferred to sleep with men anyhow, so their marriage was perfect.

Alas, Maggie died just over a year ago and Hubert needed a new wife.

Jessie, Maggie's best friend, had her sights set on Hubert the day he put Maggie in the ground. In order to land him, she lied to him, said that he'd raped her when he was drunk and now she was pregnant, even though Hubert swore that he was traumatized by loss and couldn't perform in bed because of it.

Jessie was sure she could cure Hubert's problem. In the meantime, she wasn't above having a fling when a fine man made it possible.

It was 1941, and sneaking around to see his boyfriend, Leroy, was a challenge for Hubert, especially when the police were doubly-rough on a Black man in a nicer car at night. They didn't care that Hubert was a respected businessman in Lexington's Black community. They didn't care that he was a funeral director, that his business had buried almost all the murder victims of a serial killer loose in the area.

The police might have had something to say, though, if they knew that Hubert and Jessie had murdered a woman named Blondeen...

c.2023  
Dafina  
\$26.00  
320 pages

Love a wild romp between the pages? Then you'll be overjoyed with the opening two-thirds of *Love, Honor, Betray*, where infidelity becomes an art form.

It's rowdy and fun, in fact, until the books' pinnacle, at a point where author Mary Monroe might seem to be wrapping things up. But look: there's a chunk of book left, and that's where everything falls apart.

It's as if someone took a hammer to the plot here and busted it to pieces. Characters act contrary to the personalities that were built up for them for 200 solid pages, and they do things that feel disrespectful to gay readers. This destroys the sense of fun that accompanied the everybody-sleeps-around chaos early in the book. Is it merciful or irritating, then, that the story doesn't tie up loose threads, but it just... ends?

Readers who are comfortable not finishing a book will enjoy this one, if they put it aside before it's done. Go too far into *Love, Honor, Betray*, though, and you'll be sorry you finished the whole thing.

### Mass Incarceration... continued from page 4

ment of women in America and globally.

The group wanted to get advocates, researchers, activists, and academics to work together to get rid of gender bias in extreme sentences.

In an earlier interview, Shamika Wilson explained that her husband is serving a life sentence in a San Diego prison after recently being transferred from a prison much closer to home.

She said the facility didn't allow for overnight family visits.

"Financially, it's hard all around. Before, he was no more than an hour or two away from home, but now it can be close to a ten-hour drive at times," Wilson responded. "It can cost over \$1,000 to go see him. This is about cycles, and these cycles are going to continue. They don't think he needs time with his kids to teach them not to go down the same path he did. Their

... continued on page 13

THE SOCIAL BUTTERFLY PRESENTS

The 1st Annual  
**BUSINESS & HEALTH EXPO**  
SATURDAY APRIL 29<sup>TH</sup> 2023  
11:00AM - 4:00PM

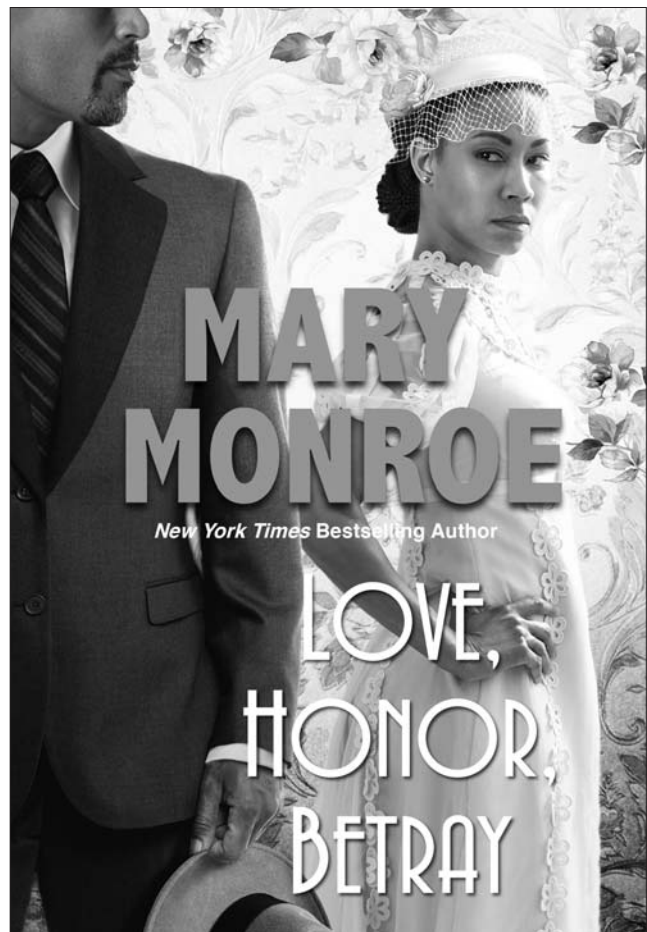
MERCY HEALTH SCREENINGS VENDORS  
NETWORKING OPPORTUNITIES  
FREE ADMISSION & PARKING

ST. CLEMENTS HALL  
2990 Tremainsville Rd  
Toledo, OH 43613

THANKS TO OUR SPONSORS:  
Toledo Lucas County Public Library  
The Huntington National Bank  
The Sojourner's Truth Newspaper

DONNETTA CARTER, MSW  
EVENT COORDINATOR  
**419-367-9765**  
thesocialbutterflyevents@yahoo.com

TOLEDO LUCAS COUNTY PUBLIC LIBRARY  
Huntington  
The Social Butterfly



# Life and Other Love Songs by Anissa Gray

By Terri Schlichenmeyer  
The Truth Contributor

If only you could wave a magic wand.

All your troubles would disappear, poof! One wave, and you'd have the money you need, the job you want, the family you've dreamed about, the life you deserve. Wave a magic wand and go on vacation or – as in the new book *Life and Other Love Songs* by

c.2023  
Berkley  
\$27.00  
324 pages

Anissa Gray – you could wave it and just disappear.

Between the time she met him, and 1989, Deborah held two funerals for her husband, Daniel Ozro Armstead Junior. He wasn't at either one of them.

The first was held not long after his 37th birthday, after Oz had lunch with his brother, then left the restaurant and vanished. The second funeral, some years later, was held after Oz was declared dead so that Deborah and her daughter, Trinity, could finally have closure.

The first time Deborah saw him, Oz was standing all by himself at a rent party and she walked right up to him, just like that, right after she and her girl-group appeared on the little stage they'd set up in a corner of the living room. Deborah promised him that one day, she'd appear on a real stage and he believed her.

Oz loved her instantly, but he was intimidated.

He'd never seen someone as beautiful as Deborah, or as sure of herself, but he, too, had plans. He kept them in a notebook that he carried everywhere with him and soon, his plans included finishing college, getting an office job, and taking care of Deborah and a family.

He'd keep applying for jobs that he'd never get. He'd refuse to discuss the trauma he shared with his brother, or their Alabama growing-up. He'd threaten a gay friend with public revelation and arrest to get his way. And Oz would lie to Deborah, again and again, knowing that she could get over some things but she could never know the truth.

Crack open *Life and Other Love Songs*, and you may wonder what you got yourself into. Like a dropped cup full of beads, the prologue scatters – but stick with it. The first full chapter, which comes quick enough, will pull you into the

novel you want.

Told with a fluid time-frame in three distinct voices, this story of secrets, trust, and the lack of it takes readers back 60 years before pulling them forward through the Civil Rights movement, the Women's Movement, the Gay Rights movement, and its characters' lives. Despite this huge decades-wide backdrop, author Anissa Gray holds the story tight by keeping readers guessing on Oz's background, the lies he's told, and the colossal betrayals of trust he committed. Whether or not you'll be satisfied at how this unfolds and what happens to the characters in the end will depend on how you like novels of treachery.



*Life and Other Love Songs* author - photo courtesy Bonnie J. Heath

This is a good choice for your book club, for vacation, or any time you want a tale with a hint of history in the background. Start *Life and Other Love Songs* and wave goodbye to your weekend.

## Mass Incarceration... continued from page 12

regulations keep families apart.”

Wilson told NBC News that she suffers from diagnosed depression due to stress. She said the situation is taking a toll on the entire family.

“It affects my kids because they wake up crying, asking for their dad. Fifteen minutes [on the phone] is not enough time to read them a bedtime story or see how their school day went,” she said.

“We have to decide between things like using \$50 dollars for a [pre-paid phone card] or saving it so that we can eventually go visit him.”

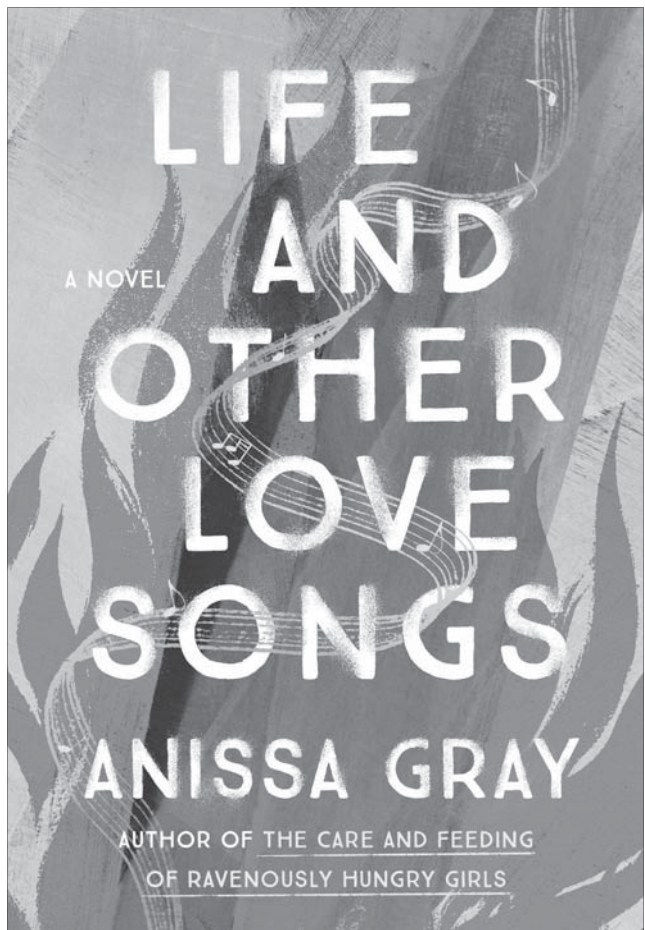
Black women – mothers, grandmothers, daughters, wives – often must choose between posting bail for their loved ones and missing important bills or allowing a loved one to languish in jail, Democratic Massachusetts Rep. Ayanna Pressley stated.

“Sometimes, when their romantic partner or co-parent is behind bars, Black women are forced to provide for their families alone,” she remarked after reading a study by the bipartisan criminal justice reform organization FWD.us and Cornell University.

Pressley said that with firsthand knowledge, one can speak truth to power, a fact that is not limited to legislators and politicians but includes the millions who understand the injustice of the prison-industrial complex intimately.

“There are 113 million Americans who know what it's like to see their loved one behind bars – even more if we broaden the definition of family,” Pressley wrote on her website.

“Imagine if these millions of people voted as an entire bloc in 2020, demanding that their candidates – for President, Congress, state legislatures, and judges – were dedicated to passing comprehensive and bold criminal justice reform? Such a powerful movement would help to end the oppression and exploitation in our prison systems.”



America's urban community alternative station!

- Entrepreneurs
- Independent Artist & Producers
- Actors
- Sports
- Fashion
- Book Authors
- Educators

With your host  
**DeYonn**  
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

# CLASSIFIEDS

April 26, 2023

Page 14

## REQUEST FOR PROPOSALS GEOTECHNICAL CONSTRUCTION TESTING & REPORTING SERVICES RFP#23-R00

Lucas Metropolitan Housing (LMH) will receive proposals for **Geotechnical Construction Testing & Reporting Services in accordance with RFP#23-R004**. Received in accordance with law until **May 2, 2023 at 3:00 PM ET**. For documents: [www.lucasmha.org](http://www.lucasmha.org); 424 Jackson Street., Toledo, OH 43604; or 419-259-9438 (TRS: Dial 711). Bidders are required to meet Affirmative Action and Equal Employment Opportunity requirements as described in Executive Order #11246. This contract opportunity is a Section 3 Covered Contract, and any Section 3 Business Concerns are encouraged to apply.



## EMPLOYMENT OPPORTUNITIES

Lucas Metropolitan Housing (LMH), located in Toledo, Ohio is seeking experienced applicants for the following position(s): **Vice President of Development & Modernization**. For complete details, visit <https://www.lucasmha.org> and click on Careers. **Deadline: 05/20/23**. 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 \$27,250.00 for one person or \$31,150.00 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 resident to area grocery stores and monthly outings. We offer exercise, worship services and 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](http://abundantlifeperrysburg.org).



## TOLEDO LEGAL AID SOCIETY

**Multiple Assistant Public Defender and TLAS Fellowship positions:** Successful candidates must be licensed with the Ohio Supreme Court. Graduates from an accredited college of law that are awaiting Ohio bar results; have a UBE score that transfers to Ohio; or are eligible for Practice Pending Admission will be considered. Please see <https://www.nlada.org/node/63311> for more detailed descriptions.

**Case Manager/Social Worker:** Opportunity Project Case Managers identify client needs and provide meaningful connections to behavioral health and other services. LCDC II, LSW, LISW, LPCC, preferred but not required. Please see <https://www.nlada.org/node/63321> for more detailed descriptions.

## BUSINESS FOR SALE

A retail business for sale with a complete stock of imported art, clothing, jewelry and home décor. Well established reputation. Currently located in the city's premier shopping mall. Call 734-771-0027

## PUBLIC BID ADVERTISEMENT (ELECTRONIC BIDDING) STATE OF OHIO STANDARD FORMS AND DOCUMENTS

Project # 6000-23-1913  
HSC Solar Field Expansion  
The University of Toledo  
Lucas County

**Bids Due:** 2:00pm, Tuesday, May 16, 2023; through the State's electronic bidding system at: <https://bidexpress.com>

**EDGE Participation Goal/Diverse Supplier Goal:** 5% of contract sum with EDGE-certified business(es) AND additional 10% EDGE-certified OR Diverse Supplier vendors including MBE, WBE, VBE, BSVI, SDVOB, and LGBTBE.

**Domestic steel use is required per ORC 153.011.**

**Contract** **Estimated Cost**  
**General Contract** ..... \$393,000.00

**Alternates** ..... \$86,000.00

**Pre-bid Meeting:** Tuesday, May 02, 2023, at 10:00am – Plant Operations Building – Room 1000, The University of Toledo, 2925 East Rocket Drive, Toledo, OH 43606

**Walkthrough:** A walkthrough of the project site is scheduled for **Tuesday, May 02, 2023**, immediately following Pre-bid.

**Bid Documents:** Available electronically at: <https://bidexpress.com>

**More Info:** Submit questions electronically at: <https://bidexpress.com>

**Project contact:** JDRM Engineering, Inc, Darren T. Keil, PE, 419-824-2400, [dkeil@jdrm.com](mailto:dkeil@jdrm.com)

## DIGITAL MARKETING OPERATIONS SPECIALIST

WGTE Public Media seeks a highly organized, creative, knowledgeable professional to support sponsor execution and revenue growth for all WGTE Public Media digital assets.

This person will have a unique and integrated view of WGTE digital platforms (Websites, Podcasts, Live audio streaming, app, TV and radio broadcast, and E-Newsletters) and will be responsible for creating and executing digital underwriting with businesses and non-profit organizations.

A successful candidate will have proven strong written and oral communication skills and attention to detail. A bachelor's degree in marketing/communications, journalism, media, or a related discipline is strongly preferred, or a minimum of an Associate's degree in a similar discipline or two years of related experience.

WGTE Public Media provides a competitive salary and excellent benefits and is committed to attracting and retaining a diverse staff that honors your experience, perspective, and unique identity. Together, the team at WGTE strives to create and maintain working and learning environments that are inclusive, equitable, and welcoming.

Send your letter and résumé to: Human Resources, P.O. Box 30, Toledo, OH 43614, or at-[\[mailto:employment@wgte.org\]](mailto:mailto:employment@wgte.org) [employment@wgte.org](mailto:employment@wgte.org), EOE/ADA.

Family and Friends... continued from page 16

Dream presented a five-minute performance that mixed together various forms of dance and music selections and received a standing ovation.

In addition to celebrating Theo which was on April 19, the family also celebrated Theo's sister's 71st birthday, Percilla, which is on April 25.



Intuition and Lady K



# In Memoriam – William Brown – July 30, 1951 – February 15, 2023

William H. 'Bill' Brown, beloved College Basketball Coach, passed away peacefully on Wednesday, February 15, 2023, in Rostraver Township at the age of 71. He was born on July 30, 1951, in Toledo, Ohio, to the late William and Helen Harris Brown.

Bill's passion for coaching began at Ohio University, and he went on to inspire and shape the lives of countless students throughout his career. He coached at various institutions, including the University of Arkansas, Sacramento State, Kenyon College in Ohio, and California University of PA. Bill finished his illustrious career as Assistant Coach at Duquesne University.

More than anything, Bill cherished his family. He loved nothing more than spending time with his grandchildren, Jalen, Elijah, Aubrey, Sydney, Jordyn, Kingston, Kamille, Kye, and Kue. He took great pride in their accomplishments and supported them in all their endeavors. His children, Aaron (Elisabeth) Brown of Rostraver and Kerra Clinedinst of Mount Vernon, Ohio, will forever cherish their memories of their kind and loving father.

In addition to his children and grandchildren, Bill is survived by his sister, Patricia (Bobby) Smith of Toledo, Ohio and brother-in-law, JW McKinney of Toledo.

He was preceded in death by his wife, Christy Smith Brown; sisters, Katherine McKinney and Emma Woodward; and son-in-law, Kevin Clinedinst.

Bill was more than just a coach, he was a mentor, friend, and role model to so many. His impact on the lives of those he was able to be a coach for and loved will be felt for years to come. He will be deeply missed by all who knew him, especially those he called "Bud."

Friends were received from 12 to 4 p.m. on Sunday in the James C. Stump Funeral Home Inc., 580 Circle Drive, Rostraver Township [www.jamesstumpfuneralhome.com](http://www.jamesstumpfuneralhome.com) A Funeral Service was held in the funeral home on Sunday, February 26, at 4 p.m. following visitation.

The Rogers High School Hall of Fame committee sent their love and prayers to his family!!



## HELPING KIDS READ!

The Library's **Ready to Read team** is here to support you and your child on their journey to becoming a great reader. Every child has their own pace and style of learning, and the Library offers one-to-one training sessions to help you best support your child.

Call 419.259.5253 or scan the QR code below to schedule an appointment today!

### Get started at home with a growth mindset:

Whether it's reading, math, sports, or a new dance move, learning something new can be a challenge. Help your child adopt a growth mindset as you cheer on your reader!

### Positive language makes a difference. Coach your child with this list:

**Say: This will get easier with practice**

Instead of: This is too hard

**Say: I can try a different way.**

Instead of: I give up.

**Say: I will learn how**

Instead of: I don't know how.

**Say: What can I do to get better?**

Instead of: I'm not good at this.

[toledolibrary.org](http://toledolibrary.org)  
419.259.5253



# Family and Friends Gather to Celebrate a Memorable Birthday

By Tricia Hall

The Truth Reporter

Family members and friends gathered at Club Evolution on Reynolds Rd to celebrate Theodis Shelmon's 70th birthday.

Theo decided to organize a party to celebrate his 70th birthday on Saturday, April 22. While finalizing the plans, he was able to recruit people to help organize the party. He also decided it was important to include his sister, Percilla, in the birthday festivities, and reached out for media coverage.

"God has allowed me to be here for 70 years so far and I decided to throw myself a birthday party. You only turn 70 once and it was time to do something for myself. I appreciate everyone who helped put this together. I also wanted to document the party, so I called Fletcher. I saw how the anniversary event in October was and saw how Fletcher Word was always in the community. My sister turns 71 on Tuesday. I love my sister, we always do things together," explained Shelmon.

Shelmon also reflected on his life and how individuals impacted decisions that he made. Including his mother, Lucille; his wife, Terri; his children and grandchildren, Bishop Robert Culp, DMin, the former pastor of First Church of God, and Bishop Michael Pitts, the pastor of Cornerstone Church.

"I realized at an early age that everything that you do in life affects other people in your life. I wanted to set an example for my kids and grandkids. I want to thank my mom, Lucille Shelmon, who's 91 years old and still with us. I love my mother. She had 10 children and gave so much to us," shared Theo.

"Bishop Culp started pouring into me while I was a member there for 10 years in the 1980s, then I eventually went over to Cornerstone Church, where Bishop Pitts influenced my life. I received so much teaching from these two bishops," said Theo.

Guests enjoyed a festive atmosphere that included live music, a DJ, buffet-style food and good times. Intuition and Lady K kept the crowd moving with

soulful renditions, while DJ Money Mone played several classic and current music that the sophisticated crowd enjoyed.

The night continued with personal tributes from his family and friends, Lady K and even Touch A Dream which is run by his wife Terri. Touch A

... continued on page 15



Theo with his family wife, children and grandchildren



Theo with his sister Percilla, who is also celebrating a birthday




Theo, Tomy K and Calvin Brown, known as Kabisa





Theo with wife, Terri

**PARADISE SHOES & ACCESSORIES**  
**Dress to Impress**



**Prom and Graduation Specials**



**Men's and Women's Shoes** 

**4911 Dorr Street - 419-535-9568**