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HOLIDAY MESSAGES

Have a safe and happy holiday!



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**EVERYBODY IS
SOMEBODY IN
THE TOLEDO
JOURNAL**



Franklin Park Lincoln and Mike Colbert spread holiday cheer



PHOTO CREDIT / TOLEDO JOURNAL

Families receive donations of coats, gloves, and food boxes.



Mike Colbert, event coordinator, helps distribute gifts.



A student volunteers to paint attendees' nails during the event.

Photos by Albert Earl

By Sean Stewart
Staff Writer

A drive through the streets of Northside Toledo on Friday's mild evening would have usually been like any other, dark and quiet. Though at Word of Faith Ministries on Stickney Ave near Woodward High school, the scene was brought up by a more energetic and cheerful tone.

Cars parked along the street are packed with youth, eager to join in on the affair. Though before they opened the doors to the church, on the corner of Stickney and Russell, they are greeted by a man and a dolly hand truck, packed with items halfway to its top.

The man says with a welcoming yet weighty voice, "watch yourself now, careful".

The children obey as the

man carries past. Though when they enter into the building, the darkness of daylight's fall resides and the kids embrace the warmth of festivity. They are greeted by smiles, laughs and warmth. Also, by gifts.

Over 120 families gathered to receive donations of coats, gloves, and food boxes December 19th. It is a tradition that has been going on for seven years in which Franklin Park Lincoln car dealership has moved to provide a holiday contribution effort to the community.

Foods like potatoes, apples, whole turkeys and canned goods, along with newly bought winter clothing, were donated to families in need of assistance.

"We try to give back to the community" says event organizer Mike Colbert, who also works with Franklin Park Lincoln.



Volunteers help distribute food.

Families were also welcomed to a hot meal dinner courtesy of community volunteers. On the menu was a generous selection of well prepared chicken breast, fried potatoes, mashed potatoes and gra-

vy, corn and more served with hot chocolate and tea. "I just love to cook" said Martin McCabe, who cooked and prepared the hot food. He has been with

Continued on page 16

Free Christmas Day Meal for Those Age 60 or Better

A free hot lunch is being provided to those age 60 and better on Christmas Day from 11:30 a.m. - 12:30 p.m. at the Hunt Center, 2121 Garden Lake Parkway, Toledo, OH 43614.

Those interested in attending must register by calling the Area Office on Aging at 419-382-0624 by Friday, December 21 at noon.

The meal will include ham, cranberry salad, sweet potato casserole, corn

salad, pumpkin pie and dinner rolls.

There will be also entertainment provided at the event. Gene Zenz will be providing holiday music that day.

Christmas can be a lonely time of year for many older adults who may have recently lost a spouse or other loved ones. The Area Office on Aging encourages those who are able to do so to invite an older adult they know who might be lonely to join them

for Christmas. It might just help improve the health and well-being of the older adult. A recent study found that for those who identify as being lonely, it has a negative impact on their health equivalent to smoking 15 cigarettes a day.

Those interested in making a donation are welcome to do so. This meal is made possible by the Area Office on Aging, Valley and the Hunt Center. Reservations are required for this meal.



Some attendees at a 2017 holiday luncheon enjoy each others company.

Opportunities Available to Kick-Off the New Year with a Healthier Version of You

Those age 60 and better who are looking for a New Year's resolution can improve their health and quality of life one workshop at a time.

Some may view aging as a time of declining health and inevitable aches and pains that will only get worse as they get older. For many of the 1,000+ people who have participated in the Area Office on Aging's health and wellness workshops, they have gone from living lives that were full of debilitating pain and other chronic conditions to living lives of improved health and well-being.

Participants in these free workshops have been proven to:

- 1) Be hospitalized less
- 2) Have increased self-reported health status
- 3) Have found practical ways to deal with pain, fatigue and depression
- 4) Improve balance,
- 5) Reduce falls.

The Diabetes Empowerment Education Program (DEEP) helps individuals better manage their diabetes.

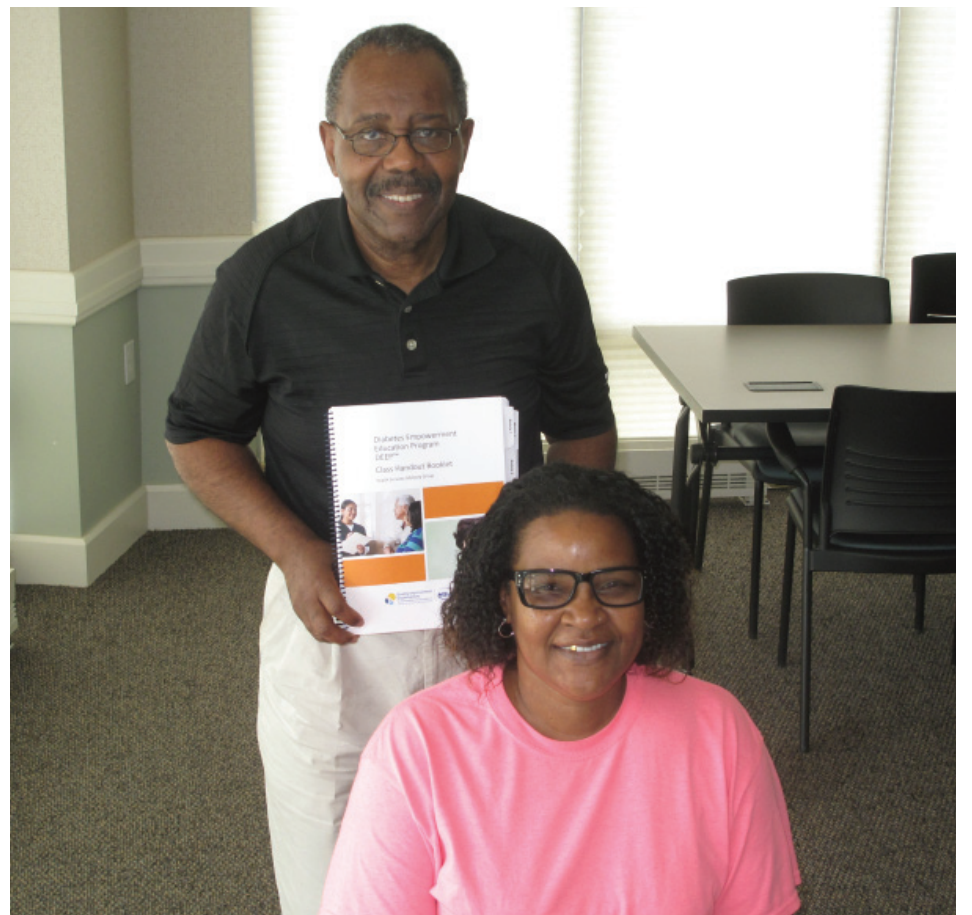
The goal of DEEP is to improve and maintain the quality of life of persons with Diabetes, to improve eating habits, to increase physical activity, to develop self-care skills, and to improve relationships between patients and health care providers.

DEEP is open to older adults living with Diabetes, pre-Diabetes and their caregivers. Eight focused topics will be covered with a variety of interactive, hands-on activities, visual aids, group discussion, action planning and problem solving activities will be utilized. Classes will be held starting on Thursday, January 3, 2019 from noon to 2:30 pm for six weeks. This workshop is being held at the Mercy Health Franklin

Avenue Medical Center, 2213 Franklin Avenue, Toledo, OH 43620. To register for this workshop, call 419-251-2478.

The DEEP Program is also being offered at the Eleanor Kahle Senior Center, 1315 Hillcrest Avenue, Toledo, OH 43612 beginning on Friday January 11 from 12:30 p.m. - 3:00 p.m. for six weeks. To register for this workshop, call the Eleanor Kahle Senior Center at 419-476-2745.

There are also other evidence-based health and wellness workshops being scheduled for later in 2019. These workshops include Tai Chi, falls prevention, chronic pain self management and programs for managing other chronic health conditions. For more information about these workshops or to register, contact the Area Office on Aging at 419-382-0624 or visit the Web site at: AreaOfficeOnAging.com



DEEP instructor Robert Sullivan pictured with participant Tina Dunn

Happy Holidays!



**Area Office on Aging
of Northwestern Ohio, Inc.**

Ongoing Events

Phone Scammer Warning

We are warning people about a phone scammer we have had several complaints about today. Several Toledoans received a phone call from a person presenting himself as “working for the city of Toledo” and asked for money via credit card. The caller ID showed “Toledo City of” and the person was very convincing that he is a city of Toledo employee. It appears to be “spoofing” where the malicious party grabs the city phone number and inserts it in their system. Several reports stated it was a city number that came through but the caller represented himself as a Toledo Edison employee.

A city of Toledo employee will NEVER call a person and ask for personal information like credit card information or a social security number.

Anyone receiving such a call should hang up.

Poetic reflections go on display at Sanger Branch Library

A collection of writings at Sanger Library, as “Reflective Reinvention: Just Me” goes on display at the 3030 West Central Ave. branch in Toledo.

The exhibition of printed poetry features an eclectic mix of perspectives designed to inspire the community. Comprised of works by Dr. Imelda Hunt, founder of New Works Writers Series. An Art Tatum scholar, Hunt also included “Does A Genius...” to the exhibit, musing about the late, great Toledo jazz musician. For more information or to request interviews, media may contact New Works Writers Series at (567) 343-2935 or by e-mail at director@newworkswritersseries.org.

Now Thru December 31st Lights Before Christmas at Toledo Zoo Opens

Christmas display that, as always, features over one million lights, the award-winning Big Tree and more than 200 illuminated animal images spread out across the Zoo. Combined with the tunnel re-opening, the 2018 electrical spectacle is sure to be both merry AND bright! The display will be closed Christmas Eve, Christmas Day and New Year’s Day. Admission gates for Lights Before Christmas are open 3-8 p.m. Sunday through Thursday and 3-9 p.m. Friday and Saturday. The Zoo will close one hour after last admission. Visitors can save \$1 per ticket by ordering online at toledozoo.org/lights.

Now Thru March, 2019 Ohio Development Services Agency and Pathway

Help Ohioans Stay Warm this Winter Pathway Inc. and Ohio Development Services Agency will help Ohioans stay warm during the cold winter months. The Home Energy Assistance Winter Crisis Program provides eligible Ohioans heating assistance if they are disconnected from their heating source, threatened with disconnection or if they have less than 25 percent supply of bulk fuel. More information call: Pathway at 419-242-7304.

Scott High School Class of 1969

We are planning a great event Aug. 9, 10, and 11, 2019 for our 50th class reunion. Please contact Evelyn Wilson and Mary Lockett with your email or home information. Evelyns number is 419-490-6851 and Mary is 419-536-9544. Come on Bulldogs we need your info. Looking forward to hearing from you.

Every Tuesday The Toledo Interfaith Mass Choir

Will begin its 2018-2019 season @ 7:00 p.m. at Calvary Baptist Church, 702 Collingwood. Brothers and Sisters you are invited to come out and be a part of this music ministry. For more information, please call 419-241-3330, or 419-241-7332. Rehearsals will be held on Tuesdays.

Every Third Wednesday Lucas County Human Trafficking Coalition and Social Justice Institute Anyone interested in joining meet, at Kent Branch Library, 3101 Collingwood Blvd., from 9:15 a.m. until 11 a.m.

Every 1st and 3rd Saturday of the Month The Redeemed Christian Church Food Pantry 662 Philips Avenue in Toledo from 10 AM - 12PM.

December 21st and December 22nd UPDATE: Ritter Planetarium showing holiday

programs on full dome for kids The University of Toledo Ritter Planetarium is showing "The Alien Who Stole Christmas" and "Santa's Secret Star" in full dome for children throughout the holiday season.

"The Alien Who Stole Christmas" is featured 7:30 p.m. on Friday, Dec. 21. "Santa's Secret Star" is featured 1 p.m. Saturday, Dec. 22. "These are amusing, entertaining and educational programs for children and Santa fans of all ages," Alex Mak, associate director of UT Ritter Planetarium, said. Admission to the programs is \$7 for adults and \$5 for children, senior citizens and UT community members. All children younger than four are free. Doors will open 30 minutes prior to the show.

December 21st Thru December 22nd Mystery of the Christmas Star returns to Lourdes University

Admission prices for The Mystery of the Christmas Star are \$5 for adults and \$4 for children 12 and under. The family-friendly shows are offered at 7:30 p.m. Individuals are encouraged to come early and enjoy the Toledo Symphony Orchestra performing holiday favorites prior to the show, from 7-7:30 p.m. Learn what the wise men saw in the sky that was so remarkable that they undertook a journey across the desert from Babylon to Bethlehem. What sign did they actually see that made them expect the birth of a king? The Appold Planetarium’s holiday show The Mystery of the Christmas Star investigates possible dates for the birth of Christ and looks at recorded sightings of significant astronomical events during the time frame. Reservations are strongly recommended. For more information or to purchase tickets contact Dr. Laura Megeath, Appold Planetarium Coordinator, atplanetarium@lourdes.edu or call 419-517-8897.

December 25th The Thomas Temple Church of God In Christ Annual Free Christmas Dinner On Tuesday, dinner will be served at the Temple 2140 Ashland Ave., Toledo, Ohio 43620 from 1:00 - 3:00 pm. All are welcome. For additional information, please call 419 255-3447

December 26th Thru December 29th 2018 Toledo Kwanzaa Celebration The Toledo Kwanzaa

Thank you Thank you First Missionary Baptist Church Swanton, Ohio

Pastor Jerome McCaster and congregation thank you for blessing his 7th Pastoral Anniversary on December 16, 2018. The speakers were Elder Johnnie Hobbs Jr. of Greater St. John Church and Pastor Robert Lyons of Greater St. Mary’s Baptist Church.


House will be celebrating Kwanzaa from Wednesday - Saturday. The observance will be held at the Frederick Douglass Center, 1001 Indiana Avenue, Toledo, OH 43607. Doors will open @ 5:00 P.M. with adult & children activities, vendors, and informational tables. The Program will start promptly @ 6:00 P.M. This event is free and open to the public.

December 31st Celebrate Noon Year's Eve at The Toledo Zoo

Let the countdown to 2019 begin! Bring the entire family to the Toledo Zoo on New Year’s Eve to ring in the New Year a little early... at noon! To provide the same fun festivities during day-light hours for our pint-sized guests, the Zoo will celebrate Noon Year’s Eve. This family-friendly event, focusing on making 2019 a greener year, will take place Monday, December 31 from 11 a.m. – 1 p.m. Together with family and friends, the Zoo will celebrate the stroke of noon with the rising of our re-designed recycling ball, a cascade of biodegradable confetti, apple juice toast and a chorus of ‘Auld Lang Syne.’ Throughout the celebration, guests can make their conservation reZOOlutions, enjoy craft time, an ice carving demonstration, animal feeds / enrichment, along with the Ice Slide in the Winter Village. Noon Year’s Eve is free with Zoo admission. The Zoo admission gates will be open on New Year’s Eve from 10 a.m.—9 p.m. with Lights Before Christmas presented by KeyBank beginning at 3 p.m. and grounds closing at 10 p.m. More information about Noon Year’s Eve and all Toledo Zoo events can be found at toledozoo.org.

December 26th:
Mrs. Diane Gordon – UMUJA (Unity)
Kawape Peterson – KUICHAGULIA (Self-determination)
December 27th:
Donald Lynn – UJIMA (Collective Work & Responsibility)
Washington Muhammad – UJAMMA (Cooperative Economics)
December 28th:
Brett Collins & Kim Penn – NIA (Purpose)
Mrs. Sheila Gibson – KUUMBA (Creativity)
December 29th:
Rev. William Davis – IMANI (Faith)
KARAMU (Feast) – Everyone Brought a Dish

Mrs.Diane Gordon
419-410-8022



KWANZAA

Frederick Douglass Center

1001 Indiana Avenue Toledo Ohio 43607
Starting Wednesday December 26th @ 5PM

White Churches Have a Moral Responsibility to Stand Up



By Jesse Jackson
Wire Writer

(TriceEdneyWire.com) - In 2019, we will commemorate 400 years since the first 20 slaves were transported by ship from Africa by White slave traders and landed in Jamestown, Va. Now four centuries later, race remains a central dividing line. Today, for example, the racial wealth gap exposes a stark difference. The median wealth of a White household (median means half are above and half below) is 12 times greater than that of a black household. The median wealth of a White household is \$134,430, of Blacks it is \$11,030. This is virtually all about equity in a home, the leading source of middle income wealth. African-Americans still suffer from de facto segregation, after years of being red-lined from decent neighborhoods. In the financial collapse, African-American households suffered the worse. Black unemployment rose twice as much as White unemployment in the Great Recession.

Middle-class Black families, lacking inherited wealth, were targeted for the most aggressive and leveraged home loans. When the bust came, they were the most at risk and suffered the greatest loss of homes. The wealth gap is not erased by educational attainment, by full-time employment, by getting the right occupation. The typical Black family with a head of household working full time has less wealth than a White family whose head of household is unemployed. Medi-



PHOTO CREDIT / SUBMITTED

Police officers at the 16th Street Baptist Church, headquarters of the Birmingham Campaign in Birmingham, Ala., in 1963. The church was bombed by white supremacists in September of that year, killing four girls.

an wealth for a Black family whose head has a college degree is about 1/8 that of a median White family similarly educated. African-Americans are constantly told to pull themselves up by their bootstraps. In the Black church, for example, ministers repeatedly preach the need for discipline, self-reliance, faith and hard work. Yet even those who succeed still remain behind.

The divide has deep historical roots. Two-hundred forty-six years of chattel slavery (1619-1865), only twelve years of Reconstruction (1865-1877), 19 years of Black Codes, KKK and white citizen council violence (1877-1896), 58 years of legal apartheid with nearly 5,000 African-Americans lynched and, even since the 1954 Brown decision, ongoing racial discrimination. During the recent midterm elections, I was constantly asked whether African-Americans would vote in high enough numbers and margins for Democrats so that candidates White and Black had a chance to be elected.

Democrats seem almost satisfied if 20 to 30 percent of Whites turn out to vote for Black or progressive White candidates. What responsibility do White people have

to register and turnout for progressive black and white Democrats running for office? The nation is facing many morally relevant social, economic and political crises — voter suppression, income and wealth inequality, criminal justice reform and climate change —that now pose an existential threat to the next generation. Why does the White church remain so silent in the face of these mounting crises and denial of justice and opportunity?

In Birmingham in 1963, with dogs biting children, high-pressure fire hoses knocking down peaceful protesters, bombers blowing up churches and Dr. King in jail, many white church leaders chose to attack Dr. King's non-violent methodology rather than to fight for a non-discriminatory Public Accommodations Act. One would have thought when the four little girls were bombed in the 16th Street Baptist Church, white churches would have at least held prayer services or services of reconciliation. Instead, most attacked Dr. King as an outside agitator, as if he had set the bombs.

Recently in Alabama, I witnessed a stark contrast. One extreme was the excitement in anticipation of the Georgia/

Alabama SEC championship football game. When a young African-American athlete, Jalen Hurts, replaced an injured Tua Tagovailoa at quarterback, every Alabamian of every political persuasion, right, left and center, was pulling for him. With Hurts' remarkable display of skill, Alabama won the game. He not only won the game, he arguably beat George Wallace and the legislators who earlier locked blacks out of the University of Alabama. He beat Bull Connor who unleashed the dogs on demonstrators and the KKK on Freedom Riders.

He beat the KKK bombers who watched as the church was decimated and four little girls were murdered. The other extreme was witnessed in Hoover, Ala., where E.J. Bradford was shot in the back by a policeman. That police officer is still on the payroll. The patterns and prejudices of the old South are hard to overcome. Here once more, the white church has the opportunity and the responsibility to stand up, to serve as a Christian witness. White voices of moral authority and inclusive leadership are needed now as much or more than ever. That is why the silence seems so deafening.

The Toledo Journal

A NATIONAL BLACK CHAMBER OF COMMERCE AWARD WINNING NEWSPAPER

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toledo411@aol.com

Editor's Note:
The beliefs, opinions and viewpoints expressed by the various authors and participants do not necessarily reflect the beliefs, opinions and viewpoints of The Toledo Journal or official policies of this newspaper.

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Countdown to Hope and Change Again!

By Dr. E. Faye Williams, Esq.
Wire Columnist

(TriceEdneyWire.com) — Do you remember how much we looked forward to hope and change when President Barack

Obama was running for office? As I talk with people daily, they long for those days and wish Barack Obama and Michelle Obama could return to the White House. Some even wish they could return with Michelle being President! I must confess that I'm among the dreamers!

Let's be real because I doubt that the Obamas would want to return after all they had to endure. They've given us as much hope and change as we should expect of them. We loved what they did and we're most grateful for their service.

Now, we must find our hope and change some place else. In an email conversation with my good friend Frank Watkins, he was clear in showing us where we might find a bit of hope and change, but it won't be in the White House soon. That's not

before January when the Democratic Party takes over the House and will be able to stop some of the craziness we're having to endure.

Some of the things Frank said are: "Republicans want policies and programs that they argue will stimulate the economy from the top down—supply side economics—and by spending lavishly on the military to provide national security. They want to give tax cuts to the rich and corporations. 82% of their... tax cuts in the 115th Congress went to the top 1% and 63% went to the top .01% -- with the idea that jobs and income will trickle down to the middle class, working Americans and the poor. Republicans want to reduce spending (except for the military, which they always want

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More Than 60 National Civil Rights Organizations and Stakeholders Call on Congress to Diversify Top Staff



Spencer Overton

Special to the Trice Edney News Wire
from the Joint Center for Political and
Economic Studies

(TriceEdneyWire.com) - The Joint Center for Political and Economic Studies, along with more than 60 national civil and human rights organizations and stakeholders, has sent a letter calling on members of Congress to prioritize diversity in hiring top staff.

"The next two months provide an amazing opportunity to address the lack of diversity among top congressional staff, as it is a time of great staff transition when new and returning Members will fill hundreds of staff openings," said Spencer Overton, President, Joint Center. "This is especially true for newly elected Members who are building an entire personal office staff, House committee Ranking Members who are transitioning to Chairs and doubling their committee staff, and new committee Chairs and Ranking Members in both chambers who are building their committee staff. New and returning Members of Congress must seize this window of opportunity to increase diversity among top and mid-level staff before it closes. Doing so will increase the ability of their offices to most effectively understand and represent their constituents back home."

In addition to calling on Members of the U.S. House and U.S. Senate to prioritize diversity in hiring their top staff,

the groups called on members to focus on diversity among their key mid-level staff openings that are "feeder" positions to the top staff positions.

The groups also called on members to adopt practices that will increase diversity among top staff, such as the Rooney Rule (interviewing at least one person of color for every opening), creating a long term diversity plan with clear goals, and unconscious bias training for staff. The groups also pressed Members to support chamber-wide efforts to improve staff diversity, such as the establishment of an independent and bipartisan diversity office and disclosure of demographic data of staff.

A total of 67 national organizations and diversity stakeholders signed on to the letter, including the Asian Americans Advancing Justice | AAJC, the Human Rights Campaign, the Lawyers' Committee for Civil Rights Under Law, the Leadership Conference on Civil and Human Rights, the National Action Network, the NAACP, the National Association of Latino Elected and Appointed Officials (NALEO), the National Organization of Women (NOW), the National Urban League, and Unidos-US.

"This historic incoming Congress, with more Latinos, African Americans, and women representatives than ever before, has an opportunity to build a new generation of diverse government leadership. With recent votes signaling a new Speaker of the House and the election of a new Minority Leader, we urge Democratic and Republican members alike to reflect on the mandate for diversity that voters expressed in November's election," stated Arturo Vargas, Chief Executive Officer, National Association of Latino Elected and Appointed Officials (NALEO) Educational Fund. "Through Staff Up Congress, a national initiative we launched to build a representative congressional workforce, we have seen the incredible talent waiting to be tapped firsthand. We will continue working with members and leadership on both sides of the aisle to help strengthen our democracy through diversity."



"Diversity and inclusion is a key pillar of National Action Network's activism. From our pensions diversity campaign to our Madison Avenue Initiative, we know that representation matters," said Ebonie Riley, Washington, DC Bureau Chief, National Action Network. "We know that embracing the rich diversity of our nation and employing people of color results in better outcomes for all. With the 116th Congress being the most racially diverse in U.S. history, we urge House Leadership to hold Members of Congress accountable to hire senior staff that reflects the diversity of our nation."

"The tapestry of America is woven from the fabric of many diverse cultures, and as the nation's lawmaking body, it is up to Congress to not only recognize this country's diversity but to also embrace it in the people it hires. Better governance will only come from involving diverse perspectives in decision-making," said John C. Yang, President and Executive Director, Asian Americans Advancing Justice | AAJC. "Our organization represents Asian Americans who have often been marginalized when it comes to representation in government. Increased diversity in Hill staff would mean that our communities will be better represented, not

only in the elected officials we vote for, but in the day-to-day work of congressional staff who help craft the critical policies that impact our communities."

"Despite the fact that the next Congress will be the most diverse ever, African Americans and other minorities still find it very difficult to work on Capitol Hill. It is even more difficult for staffers of color to rise to senior staff positions," said Donald Cravins, Jr. Esq., Washington, DC Bureau Executive Director, National Urban League, and a former chief of staff in the U.S. Senate. "Members of Congress, especially those who represent diverse districts and states, must be called upon to recruit and promote staffers of color. Such efforts will better serve their constituents and the nation."

The national letter comes on the heels of groundbreaking Joint Center research on the lack of diversity in Congress. In a September report, the Joint Center found that while people of color account for 38 percent of the U.S. population, they make up only 13.7 percent of all top House staff. In 2015, the Joint Center issued a similar report, Racial Diversity Among Top Senate Staff, which found that people of color accounted for only 7.1 percent of top Senate staffers.

Countdown to Hope and Change Again!

continued from page 4

to be high) and government (except when it comes to controlling a woman's body and choice) at all levels, and/or destroy (e.g., Steve Bannon) the "Administrative Accounts (MSA) for health care; vouchers for private and parochial schools; gradually eliminating all public and subsidized housing and privatizing it, beginning with Section 8 housing; privatizing retirement accounts through Wall Street investments; contractors—i.e., there were more private contractors in Iraq and Afghanistan than U.S. military personnel. These priorities have always resulted in increased budget deficits and an expansion of the national debt."

On the other hand, we look forward to the hope and change the Democrats can and should bring to us. "That should include policies and programs that stimulate the econo-

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Now, we must find our hope and change some place else. In an email conversation with my good friend Frank Watkins, he was clear in showing us where we might find a bit of hope and change, but it won't be in the White House soon. That's not before January when the Democratic Party takes over the House and will be able to stop some of the craziness we're having to endure.”

my from the bottom up. Democrats (should) want investment in the present and the future based on everyone and all businesses and financial institutions paying their fair share of taxes so the nation can make investments in jobs and job training, education, infrastructure, health care, housing, inner city public transportation, modernization of all forms of

rail transportation, modernization of airports and air travel, a significant raise in the minimum wage (\$15 per hour and indexed to future inflation), voting rights, voter education and voter participation, investments in the environment in the form of clean ups and renewable energy, investments in science, technology, space exploration and more. The result

would be economic stimulation and more balanced growth that created good paying jobs both now and in the future and would result in added tax revenues so we can increase investments in popular government programs (e.g., Social Security and Medicare) and services, all of which would reduce dependency on many government "welfare" programs (e.g., unemployment compensation, Food Stamps) and a faster reduction in the nation's budget deficits and national debt."

If the Democrats do the above, with the help of a few others, we'll get back a measure of the hope and change we knew before November 6, 2016.

(Dr. E. Faye Williams, National President of the National Congress of Black Women. (202/678-6788. www.nationalcongressbw.org. She is also host of "Wake Up and Stay Woke" on WPFM-FM 89.3.)

A photograph of two women at a community event. On the left, an older woman with glasses and a colorful shawl sits in a wheelchair. On the right, a younger woman in a red patterned coat stands next to her. Both are smiling. The background shows a crowded indoor space with other people.

Everyone enjoyed a formal sit-down lunch, entertainment from singer Marcia Bowen, DJ One TyMe, the Anthony Wayne High School Choir, and, of course, a visit from Santa Claus.

IF NO ANS- CALL 419-242-7417



Get your 2019 dog license at 31 locations including all neighborhood branch libraries.

Register online at co.lucas.oh.us/dogtags or in person for same-day service. Bring your renewal form for faster processing. Renew or register between December 1, 2018 through January 31, 2019 to avoid a late fee.

You'll also get a rewards card with your purchase, good at participating businesses. Visit lucascountylovesdogs.com. Call 419.213.4406 for more information.

- CITY OF TOLEDO**
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203 Paine Ave., Toledo
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3265 Glanzman Rd., Toledo
 - 4. Kent Branch
3101 Collingwood Blvd., Toledo
 - 6. Lagrange Branch
3422 Lagrange St., Toledo
 - 7. Locke Branch
703 Miami St., Toledo
 - 9. Mott Branch
1085 Dorr St., Toledo
 - 11. Point Place Branch
2727 117th St., Toledo
 - 12. Reynolds Corners Branch
4833 Dorr St., Toledo
 - 13. Sanger Branch
3030 W. Central Ave., Toledo
 - 14. South Branch
1736 Broadway St., Toledo
 - 16. Toledo Heights Branch
423 Shasta Dr., Toledo
 - 17. Washington Branch
5560 Harvest Lane, Toledo
 - 19. West Toledo Branch
1320 Sylvania Ave., Toledo
 - 22. Lewis Animal Hospital
5104 Lewis Ave., Toledo
 - 23. Shoreland Animal Hospital
4940 Suder Ave., Toledo
 - 25. Downtown License Bureau
1600 Madison Ave., Toledo
 - 26. Heatherdowns License Bureau
4460 Heatherdowns Blvd., Toledo
 - 29. Market Place West License
3606 W. Sylvania Ave., Toledo
 - 30. Lucas County Auditor
One Government Ctr., Ste. 770, Toledo
 - 31. Lucas County Canine Care
410 Erie St., Toledo
- CITY OF SYLVANIA**
 - 5. King Road Branch
3900 King Rd., Toledo
 - 15. Sylvania Branch
6749 Monroe St., Sylvania
 - 24. Sylvania Vet
4801 N. Holland Sylvania Rd., Sylvania
 - 28. Sylvania License Bureau
4900 N. McCord Rd. Sylvania
- CITY OF OREGON**
 - 10. Oregon Branch
3340 Dustin Rd., Oregon
 - 20. Gladieux Do-It Best
5120 Navarre Ave., Oregon
 - 27. Oregon License Bureau
3018 Navarre Ave., Oregon
- CITY OF MAUMEE**
 - 8. Maumee Branch
800 Michigan Ave., Waterville
- VILLAGE OF HOLLAND**
 - 3. Holland Branch
1032 S. McCord Rd., Holland
- VILLAGE OF BERKEY**
 - 21. Keeler's Korner Store
12290 Sylvania-Metamora Rd., Berkey



Gout is No Holiday...



By Glenn Ellis
Wire Writer

(TriceEdneyWire.com) - The holiday season comes with little indulgences. But when you have gout, you must be smart to make sure those little indulgences do not turn into big flare-ups.

If the joint of your big toe is hot, swollen, red and it's unbearable to allow anything to touch it...there's a chance you could have Gout.

Gout is a common form of arthritis that usually affects one joint at a time (often the big toe joint) and is very painful. Men and obese adults are more likely to have gout. There are times when symptoms get worse, known as flares, and times when there are no symptoms, known as remission. Repeated bouts of gout can lead to gouty arthritis, a worsening form of arthritis. There is no cure for gout, but you can effectively treat and manage the condition with medication and self-management strategies.

Gout flares start suddenly and can last days or weeks, followed by long periods of time—weeks, months, or years—without symptoms before another flare begins. Gout usually occurs in only one joint at a time. Along with the big toe, joints that are commonly affected are the lesser toe joints, the ankle, and the knee.

Without question, alcohol raises the top question I get from patients this time of year: "What can I drink?"

I get it. The holidays are a social season. But I also must point out that, no matter the time of year, alcohol can raise the uric acid levels in your body and lead to gout attacks. That's why I tend to advise people not to drink at all, especially if they are newly diagnosed or starting new medications to control gout.

That said, if you're going to have a drink at that holiday party or family dinner, make it red wine. Beer and liquor are much more likely to trigger a flare-up than red wine.

The holiday season is full of sweets. Realistically, people are going to indulge a bit - but when you do, choose items that don't contain high-fructose corn syrup.

"If you're going to have a drink at that holiday party or family dinner, make it red wine. Beer and liquor are much more likely to trigger a flare-up than red wine."

Why? Because high-fructose corn syrup raises uric acid levels in your body, too. When you are making homemade desserts, or even glazes for savory items, check closely for ingredients that include high-fructose corn syrup, corn syrup and fructose. Read the label of any pre-packaged foods, too; high-fructose corn syrup is in more items than you might think.

If you are eating food prepared by others, ask about the ingredients if you are comfortable doing so. If not, just be mindful of the risks and limit your intake. And by all means, avoid drinking sodas, which are usually full of high-fructose corn syrup.

Don't reach for the salt shaker; if you have gout, you don't need any more sodium than what is already in cooked food. The salt itself may not be an issue, but loading up on sodium can lead to dehydration, and dehydration



can increase uric acid in your body.

In addition to not adding salt, limit your consumption of foods you know are high in sodium. Depending on how it's prepared, the turkey (go light on any gravy) may be a better option for you than the ham, for instance. The ham is likely higher in purines, as well.

And keep drinking water - more than you normally would, at least eight 8-ounce glasses per day - to keep yourself thoroughly hydrated. It's amazing what a difference simply drinking enough water can make.

Picture this: It's Christmas day, and your diet over the past week has not been ideal. You reach for the medicine cabinet but realize you are out of your allopurinol. Your doctor may be hard to contact, and pharmacy hours will be limited, so this situation is not ideal.

Avoid it by making sure you fill any prescriptions you may need - whether they are ongoing or "just in case" medications - before the holidays are in full swing. It's better to have what you may need and not need it than to need it and not have it.

While a simple blood test will reveal an elevated Uric Acid level, Gout is technically diagnosed by a procedure called joint aspiration. In this procedure, your doctor will use a needle to draw fluid out of the affected joint

cavity, which will then be analyzed for urate crystals as well as bacteria to rule out infection of the joint as the cause for pain. X-Rays are also utilized to determine the extent of Gout and monitor both bone and joint damage.

Remember that Gout not only affects the great toe, but often occurs in other joints in both the foot and the rest of the body. First time attacks usually occur in the great toe, and secondary attacks may go to other joints in the foot and ankle or other areas of the body.

If Gout is left untreated, consequences may be chronic Gout pain or destruction of the joint where the Gout occurred resulting in permanent arthritis pain.

'Tis the season to be surrounded by family and friends - and lots of food that could trigger a gout attack. But with a little planning, you can still enjoy seasonal treats while keeping your gout risk low.

Remember, I'm not a doctor. I just sound like one. Take good care of yourself and live the best life possible!

The information included in this column is for educational purposes only. It is not intended nor implied to be a substitute for professional medical advice. The reader should always consult his or her healthcare provider to determine the appropriateness of the information for their own situation or if they have any questions regarding a medical condition or treatment plan. Glenn Ellis, is a Health Advocacy Communications Specialist. He is the author of Which Doctor?, and Information is the Best Medicine. He is a health columnist and radio commentator who lectures, nationally and internationally on health related topics. For more good health information listen to Glenn, on radio in Philadelphia; Boston; Shreveport; Los Angeles; and Birmingham., or visit: www.glennellis.com.

Black Women Lawmakers Were the Only Women to Speak Against the Fetal Heartbeat Bill on the Ohio Senate Floor this Week

By Kathy Wray Coleman
Editor of Clevelandurbannews.com

CLEVELANDURBANNEWS.COM-CLEVELAND, Ohio-The only women to speak on the Senate floor today when the Republican dominated Ohio Senate passed a bill that makes it illegal to perform an abortion in Ohio once a fetal heartbeat is detected were Black women lawmakers.

The bill now heads to the House of Representatives, which had passed a more stringent bill that bans abortion as early as six weeks, for a vote on whether to pass the bill with amendments imposed by the senate.

"Thank you Ohio Senators Charleta B. Tavares, Sandra Williams, and Edna Brown for being the only women out of six in the Ohio Senate to rise up and advocate on behalf of all women throughout the state of Ohio," said Rhiannon Childs in acknowledging Tavares, a Columbus Democrat, Williams, a Cleveland

continued on page 9



Pictured above from left: Ohio Senator Charleta Tarvares, a Columbus Democrat, Sandra Williams, a Cleveland Democrat, and Edna Brown, a Toledo Democrat and Minority Whip in the Ohio Senate.

PHOTO CREDIT / SUBMITTED

Anti-Abortion, Heartbeat Bill Passes Ohio Senate and heads to House for Consideration

continued from page 8

Democrat, and Brown, a Toledo Democrat and Minority Whip.

The digital communications manager for Planned Parenthood Advocates of Ohio and also the executive director of Women's March Ohio, Childs, who was among statehouse protesters against the six-week ban, said that "what gave me hope today was hearing from three powerful Black women speaking out against the six-week abortion ban."

The trio of Black female lawmakers, Tavares, Williams and Brown, said they oppose any type of abortion ban and were adamant that the six week abortion ban in the House bill that the Senate amended and passed on Wednesday be discarded from any bill

"The goal of this legislation is to make Ohio one of the most conservative states in the country by passing the most restrictive anti-choice bill that doesn't even have the full support of the sponsor's party," said Williams, a former state representative serving her first term as an



Ohio senator.

Abortion advocates such as NARAL Pro Choice and Planned Parenthood have picketed at the statehouse as late as this week.

As a whole, Senate Democrats, who are in the minority in both the Senate, where Republicans hold a super

majority, and the House, oppose a ban on abortion, period.

Not all of the Republicans were on board either, the updated bill passing the Senate 18-13.

The likelihood of the bill becoming law before the end of the year and before lame

“

The goal of this legislation is to make Ohio one of the most conservative states in the country by passing the most restrictive anti-choice bill that doesn't even have the full support of the sponsor's party, said Williams, a former state representative serving her first term as an Ohio senator.

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duck Gov John Kasich, who vetoed the heartbeat bill in 2016 and promises to do so again, leaves office in January, are slim to none, though his successor, Ohio Attorney General and governor-elect Mike DeWine, also a Republican, says he would sign such type of bill into law if and when it comes before him.

House Bill 258, the bill the Republican controlled House of Representatives previously passed for which the Senate amendment applies, makes it illegal to perform abortions after six weeks weeks, and the Senate bill, or the revised version, increases the time frame from

six to 12 weeks for a woman to end a pregnancy without breaking state law.

The distinction, said Senate Republicans who orchestrated the amended bill, is an assessment based on trans vaginal ultrasounds that can detect a fetal heartbeat as early as six weeks and the use of other methods of heartbeat detection permitted with the amended bill, such as imaging technology, at around 12 weeks of the pregnancy.

Another abortion bill, one that bans dilation and evacuation abortions, commonly know as D & E abortions, is also unlikely to become law this year.



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Nancy Sue Wilson dies at age 81



WASHINGTON — Congresswoman Maxine Waters (CA-43) issued a statement on the death of legendary “song stylist,” Nancy Sue Wilson, who died at age 81.

“I am heartbroken by the passing of my beloved friend, the legendary Nancy Wilson. Nancy was a ‘song stylist’ without peer. Her unmatched mastery of numerous genres of music, including jazz, R&B, gospel, blues, soul and pop, has etched her name in history as one of the most ‘formidable’ vocalists of all time.

“Nancy began singing in church at the age of four in her home town of Chillicothe, Ohio. For more than five decades, she captivated audiences across the globe with her soul-stirring performances that would send chills down your spine; her more than 70 critically acclaimed albums, many of which I own; and her chart-topping hits such as ‘Guess Who I Saw Today,’ ‘Save Your Love for Me,’ and ‘Face It Girl, It’s Over,’ which are considered classics by generations of musicians and fans around the world.

“Nancy is also a pioneer and trailblazer for women and entertainers of color. She hosted the National Public Radio program ‘Jazz Profiles’ for nearly a decade, won an Emmy for her starring role in NBC’s ‘The Nancy Wilson Show’, and served as one of the first African American spokeswomen for major national brands, including Campbell’s Soup.

“Due to her brilliant talent, poise, and grace, Nancy was the recipient of numerous awards and recognitions including, three Grammy Awards, an NAACP Lifetime Achievement Award, and the Urban League’s Whitney Young Jr. Award. She also

received a star on the Hollywood Walk of Fame, and was recognized by the Martin Luther King, Jr. Center for Nonviolent Social Change. In 2004, Nancy also received the coveted National Endowment for the Arts (NEA) Jazz Masters Fellowships Award, which is the highest honor granted to jazz musicians by the U.S.

government. “Anyone who knew Nancy understood how deeply she cared for our community, and how committed she was to using her voice to make a difference. We could always count on Nancy to perform for special causes like HIV/AIDS or in support of political leaders. Whenever and wherever

we needed her, Nancy would be right there.

“The incomparable Nancy Wilson. A musical genius, trailblazer, and hero who was loved and adored by so many. I join the world in mourning the loss of this extraordinary musical icon, and I consider it a blessing to have the privilege of call-

ing her a cherished friend. My thoughts and prayers are with her three children, Kacy, Samantha, and Sheryl, five grandchildren, relatives and friends during this difficult time.

“Though she is no longer with us, she will forever be remembered in hearts as our ‘Classy, Miss Nancy.’”

Coast Guard Honors Dr. Olivia Juliette Hooker

Submitted by
Hudson Valley Press

WHITE PLAINS — Funeral services were held

for the first African-American woman to serve in the U.S Coast Guard Wednesday, at White Plains Rural Cemetery, White Plains,

N.Y. Dr. Olivia Juliette Hooker was born on Feb. 12, 1915, in Muskogee, Okla. and passed away on Nov. 21, in White Plains, N.Y., at the age of 103.

Dr. Hooker enlisted in the Coast Guard Woman’s Reserve, also known as “Semper Paratus, Always Ready” (SPARs), in February 1945. Upon graduation from basic training, she specialized in the yeoman rating, spending

her time stationed at the separation center in Boston. She ultimately rose to the rank of yeoman second class prior to her discharge in June 1946. Dr. Hooker later joined the Coast Guard Auxiliary in 2010, volunteering in Flotilla 06-08 in Yonkers, N.Y.

Dr. Olivia J. Hooker gives a speech during a building dedication ceremony in her honor at Coast Guard Sector New York in Staten Island, New York, March



12, 2015. In February 1945, during World War II, Hooker became the first


African-American female admitted into the United States Coast Guard. Photo: Petty Officer 3rd Class Ali Flockerzi

After completing her military service, Dr. Hooker went on to earn a master’s degree in psychology from Columbia University and a Ph.D. in psychology from the University of Rochester. In the early 1960s, Dr. Hooker began a career as a psychologist and a professor of psychology at New York’s Fordham University. In 2002, she retired at the age of 87 after a distinguished career in education and mental health care.

Throughout her life, Dr. Hooker was an advocate for Americans with developmental and intellectual disabilities, as well as a leader in various civic, community, cultural, and educational organizations, including the NAACP.

A dining facility named in honor of Dr. Hooker at Coast Guard Sector New York stands as a lasting reminder of her remarkable legacy of service and pioneering contributions in the history of both the Coast Guard and the nation.

This article originally appeared in the Hudson Valley Press.



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CEO of Sena's Quality Adult Care plays Santa Claus for a mother and her five children



Sena's Quality Adult Care 8th Annual Adoptive Family Christmas Breakfast.

PHOTO CREDIT / TOLEDO JOURNAL

Submitted
By Charles Owens

For the 8th time Sena Braswell, CEO of Sena's Quality Adult Care and staff member took on the role of Santa by adopting an area family for Christmas.

In a west Toledo home on Saturday December the 15th a mother and her five children where recipients of large bags filled with clothes, toys and other items in addition, all in attendance enjoyed breakfast with one another.

Ms. Braswell told the journal "We do this ev-

ery year, and look forward to helping a family in need".

Ms. Braswell herself went to the Family house located on Indiana Ave in search of a family for the company to adopt this year. The family was picked up from the Family House Saturday morning and transported to the west Toledo home where they were able to enjoy breakfast and gifts provided by Ms. Braswell and her Staff. Also, in attendance was Ms. Braswell's daughter Latasha Tyree who makes the trip to the annual event from Arling-

ton Texas each year to provide Christmas gifts for her five grandkids. Sena's Quality Adult Care staff members that attended were Charles Owens, Debra Armstrong, Star Jefferson, Corvez Braswell, Jennifer Jones, Donita Love as well as a host of family and friends and the individuals that SQAC serve. SQAC staff prepared a full breakfast for all those in attendance to enjoy completing another successful year at the 8th annual Sena's Quality Adult Care Christmas breakfast.



Sena Braswell, Shay Tyree, Latasha Tyree, and Michael Allanton with grandchildren.

PHOTO CREDIT / TOLEDO JOURNAL

The road from foster Care to Miss D.C.

Continued from page 6

Cranshaw witnessed a lot that led to her current title.

"When I was an assistant director for a nonprofit organization focusing on improving the education outcomes for foster youth, I worked with several youth who were from the District. I saw so much talent in these youth, yet so much pain that was holding them back from success," she told the AFRO.

Historically defying odds and taking risks despite her personal pain, Cran-

shaw's first pageant was in 2009 competing as a teen when she was still in the foster care system. As an adult seeing the needs of the youth, she felt pageantry would be another way to embolden young people. Perseverance has been the name of Cranshaw's game as it's been almost ten years since her first pageant when she was in foster care. Now she's a winning queen.

"I first competed in 2015 for the 2016 title and didn't place out of 16 beautiful young women. I continued to

persevere, competing for the 2017 and 2018 title, where I left placing 4th runner up during both competitions. I didn't let that outcome deter me from reaching my goal and I am officially now Miss District of Columbia USA 2019, ten years after entering the world of pageantry," Cranshaw explained to the AFRO.

With the Miss D.C. platform, Cranshaw is hoping to get her message of perseverance out to the masses.

"My first priority is to inspire others to persevere.

No matter what life challenges you face, no matter how negative the circumstances are, we can always turn negatives into positives," she said. "I will travel to the local schools, sharing my experiences and tools for success. I want to instill hope into those who feel hopeless and motivate those who want to turn their dreams into reality. I believe we are all only one resource away from reaching our dreams."

The persistent pageant queen is living her dream despite difficult life events and

has advice for young women hoping to follow in her footsteps.

"Use your circumstances as motivation and do not let your situation determine where you go in life, especially those facing difficult ones," she said.

"Self-confidence is from within and loving yourself first will give you all the hope you need to accomplish your goals and turn your dreams into reality."

This article originally appeared in The Afro.

Ask Dr. Sam

Seven things men want women to know and do

Tune in to my radio show called "The Dr. Sam Show" where I will be giving prescriptions for your heart, relationships, money, mind, and soul.

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On February 9, 2019, at 4:00 pm., Sambition IV will take place at Lourdes University, 6832 Convent St. We will have our expert speakers in the house on the subjects of fitness and nutrition, beauty and wellness, money, relationships, love and motivation. Go to www.sambition.org to get your tickets. Check out our VIP tickets and our great prices. This will be the greatest event of the year.

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Commentary:

To all the men out there who handle their business God bless you. Ladies, I am going to give you seven things men want you to know and do. If you have a man who is very good to you be thankful. Remember, good men are out there contrary to belief, just make sure you are qualified to receive one.

Man Secret 1:

Men love sex. Most women think that's all men want and that is true to a certain degree, but not for the reasons you think. For example, men want sex because



Dr. Samuel L. Mallette, III
www.sammallette.com
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it's a stress reliever, it give him confidence, it strokes his ego, makes him feel powerful, motivates him to win in life, it feels good and clears his head so he can think. Did you know that? Sex makes a man feel like he can conquer the world. Ladies, here is a little secret he can only get this from the women he is in love with. Ladies, men are going to get sex one way or another I suggest that you master his sexual DNA.

Man Secret 2:

All men want to be re-

conquer the world. If your man is crazy too. I can't say enough about support, ladies it's a 1,000 percent return on investment.

Man Secret 5:

Everything is tied to a man's ego. A man's ego is what your emotions are to you, if you can connect to his ego you have won the game. Let me give you an example of what I am talking about, when you tell him he is the world that is stroking his ego. If you can't tell him that it's your fault because you picked him.

Man Secret 6:

Most men want appreciation, affirmation and acknowledgement. All ladies can relate to this because this is high on your list so remember your man just wants you to acknowledge him after any job well done. Appreciate him for who he is and what he does. This will go along way with him

“Men want to be loved. A lot of women may not believe this but it's true. The problem is most men don't know how to express themselves because in society it kind of sounds weak when a man says I need love.”

spected. Any man who says respect doesn't matter just doesn't know any better. Respect to a man is what marriage is to a woman. Most men would rather have respect before love because if you don't respect him he is not going to feel loved.

Man Secret 3:

Men want to be loved. A lot of women may not believe this but it's true. The problem is most men don't know how to express themselves because in society it kind of sounds weak when a man says I need love. Listen, to your man on this one by how he feels and what he says.

Man Secret 4:

Men need your support. Especially, if you are the woman he is in love with. When a man feels he is supported, he will go out there and

if done at least once a day.

Man Secret 7:

Men, hate wining, nagging and complaining women. Hate is a strong word, but I am using it to make a strong point. These three things are guaranteed to run a man away. If you are that woman that does this stop it. If you have a man and you're like this he is either just like you or he is ignoring you all together.

For answers to "Ask Dr. Sam," speaking engagements, or questions and responses go to drsammallette@gmail.com check out my site for everything from new updates, consulting, relationships, business, sex, manhood, empowering women, and health/wellness just to name a few. Check out my new website www.thedrsamshow.us.

Ask Alma

My Husband Holds Grudges

Dear Alma,

My husband cannot let things go – he holds grudges for way longer than the offense is worth. He brings up things that happened months/years ago to remind me of what he says are my faults. It's not just me; he gives his sister grief for dropping him when he was one and she was three. Aside from pointing out that he's being ridiculous when he gets going on some old grudge, do you have any suggestions on how I can make him stop?

Name withheld

Dear Nameless One,

News flash: You can't change another person's personality. Your husband didn't start this yesterday. He was doing it before you married him. You heard him during the courtship and thought it wasn't so bad. You married him anyway, thinking, "Aww, I can handle it." It wasn't cute then, and it's not cute now. So, follow through on the decision you made when you said your vows (for better or worse) and live with it. It's a part of his personality, and he ain't gonna change. Nobody's perfect, and if he's been doing this with his family, it's really just a continuation of who he truly is.

Your question should be: How do I live with it? Well, remind yourself of when it didn't bother you so much early in the relationship. Funny how things switch after many years of marriage. What wuz cute is about to get on your last nerve. All of you longtime married folks know what I'm talking about. LOL. Anyway, back to my suggestion: When he gets going, leave him in his space. Meditate on things about him that make you happy. I'm sure he has many other qualities that you admire. That's why he's your husband. I can understand if this isn't the answer you were looking for, but it will keep you guys united as one for many years to come. Your or my answer can't change your husband. That Sweetie is an act only he can control.

Alma

Operating on a Tight Budget

Dear Alma,

My husband was laid off and I'm only working part time, so we're having a hard time paying our bills and making ends meet. We hardly have enough money to pay the rent, and every day we worry about how we can make it. When my grandmother died, she left me some of her valuables – a beautiful ornate



mirror, fine china and some jewelry. My husband told me to sell some of the jewelry so that we could get some money. I don't want to do that, but I know we need to pay our bills. What do you think?

Name withheld

Awww, sweetie, I'm sorry. I know this is a difficult time for you and your husband. You didn't mention any kids, so I assume it's just the two of you. I think you guys should exhaust all of your resources and make selling your grandmother's heirlooms the very last (about to be evicted) resort. Once it's gone, you can't get it back. The decision to sell something so precious should be your individual decision, not a joint one. She was your grandmother, so you have a ton of love invested in her memory. It's really not his place to suggest you cut those ties that bind.

I'm sure, given the right amount of thought and sacrifice, you two can come up with other options. I'd suggest, if you haven't already, putting yourselves on a super-duper strict budget. I'm talking about the oatmeal, peanut butter and jelly sandwich, ramen noodles every night budget! Vegetables will become a luxury and replace your meat options. You should also take a look at what I call your "side bills" and see what you can live without. Side bills are things like cable, wi-fi, cell phones and gym memberships. Cut back on gas, which can be expensive. Try walking places or taking the bus. Maybe you can work full-time until your husband finds a job.

Keep your head up. Things will get better; it won't be like this forever.

Alma

Email questions to: alwaysaskalma@gmail.com, follow her on Facebook at "Ask Alma" and Twitter @almaaskalma.

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NOTICE
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Anyone interested in applying for Plumbing and Pipefitting or Heating and Air Conditioning apprenticeship programs should make application (Monday through Thursday between 9:00 am and 3:00 pm). Applications may be obtained at www.nwopitc.com or the Piping Industry Training Center Office on 7560 Caple Blvd., Northwood, OH 43619.

The last day to make application for the 2019-20 school year is Friday, December 28, 2018.

You must submit the following documents:

1. Copy of Birth Certificate - Must be 18 Years of Age
2. Valid Driver's License
3. Copy of Social Security Card
4. High School transcript or GED certificate with test results.

A \$10 cash non-refundable application fee must be paid upon receipt of application. For further information, please call the Piping Industry Training Center at 419-666-7482.

The Piping Industry Training Center does not discriminate based on race, color, national or ethnic origin in the administration of its admission policies, educational policies, scholarship and loan programs and other school administered programs.

PUBLIC NOTICE

The City of Toledo
announces the availability of federal funding for:
Community Development Block Grant (CDBG)
and
Emergency Solutions Grant (ESG)
(Grant Period: July 1, 2019 – June 30, 2020)

Interested nonprofit agencies are welcome to apply
for eligible activities through this competitive process.

**A MANDATORY review session will be held for all applicants after which
online applications will be available.**

APPLICANTS MUST ATTEND THE REVIEW SESSION TO APPLY.

***CDBG REVIEW SCHEDULE
for Non-Homeless Service Providers
Friday – January 25, 2019
9:00 a.m. – 11:00 a.m.
United Way of Greater Toledo (Rooms A & B)
424 Jackson Street, Toledo, OH 43604**

****ESG/CDBG REVIEW SCHEDULE
for Homeless Service Providers
Friday – January 25, 2019
1:30 p.m. – 3:30 p.m.
United Way of Greater Toledo (Rooms A & B)
424 Jackson Street, Toledo, OH 43604**

***For information on eligible CDBG activities for Non-Homeless Service Providers,
please visit the City of Toledo website at:
<http://toledo.oh.gov/services/neighborhoods>**

***For information on eligible ESG/CDBG activities for Homeless Service Providers,
please visit the Toledo Lucas County Homelessness Board (TLCHB) website at:
<http://endinghomelessness.toledo.org>**

**For additional information or reasonable accommodations, please contact:
Department of Neighborhood and Business Development at (419) 245-1400
and ask for Administrative Analyst IV, Monica Brown.**

These messages are brought to you by our sponsors in conjunction with The Toledo Journal

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Marion Edwards, Chairman of Deacon Board
Larry Cardwell, Chairman Trustee Board

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Morning Worship Service 10:45 AM

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Educating Our Young Is Key!

Lucas County Sheriff John Tharp

HAVE A SAFE AND ENJOYABLE HOLIDAY & A HAPPY NEW YEAR!

From the working men and women of the Greater Northwest Ohio AFL-CIO

George Tucker, Executive Secretary

Marvin “The Human Eraser” Webster of Morgan State inducted into Hall of Fame

By Mark F. Gray,
Special to the AFRO

For almost 20 years there’s been one basketball jersey on the wall of Hill Field House at the Morgan State campus. In honor of the player who led them to the 1974 NCAA Division II national championship, Marvin Webster’s number 40 stands alone as the only retired jersey number that their basketball program recognizes; a chapter in a storied career where he is honored as the lone Bear to play in the NBA.

After more than four decades since leading the Bears to the historic milestone, Webster is finally being recognized for his impact on the sport. The “Human Eraser”—as Webster was known because of his ability to block shots during his basketball career—was posthumously inducted into the Small College Basketball Hall of Fame last month.

Webster’s unique place on the roster of basketball’s all time greats was also the subject of an ESPN presentation on multiple platforms leading up to his induction ceremony. Former Baltimore Sun Washington Bullets (now Wizards) beat writer Jerry Bembry is part of the production team that told the story of the mythic Charm City baller who remains one of the un-

der-appreciated players in basketball history.

“It’s shocking how many people don’t even realize who Marvin Webster is these days,” Bembry told the AFRO. “Kids see the jersey when they step into Morgan’s gym, but they don’t have an appreciation for how great he was”.

Webster was one of the most dominant centers in college basketball history. He was the first Mid-Eastern Athletic Conference basketball superstar when the conference launched in the early 1970’s. He averaged 21 points and just over 22 rebounds during the 1973-74 season while leading the Bears to national championship. Webster’s dominance was so pronounced that many still look at him as the greatest player in MEAC history.

The three-time MEAC Player of the Year finished his Morgan career with 2,267 rebounds and still holds two single-season conference records. His 740 rebounds in 1974 and 650 in 1973 are the two highest single-season totals in Division II history. Webster remains Morgan’s all-time leader in rebounding, blocks, field goals, and free throws made.

Webster, who played at Edmondson High in Baltimore, was one of the players who was a first round

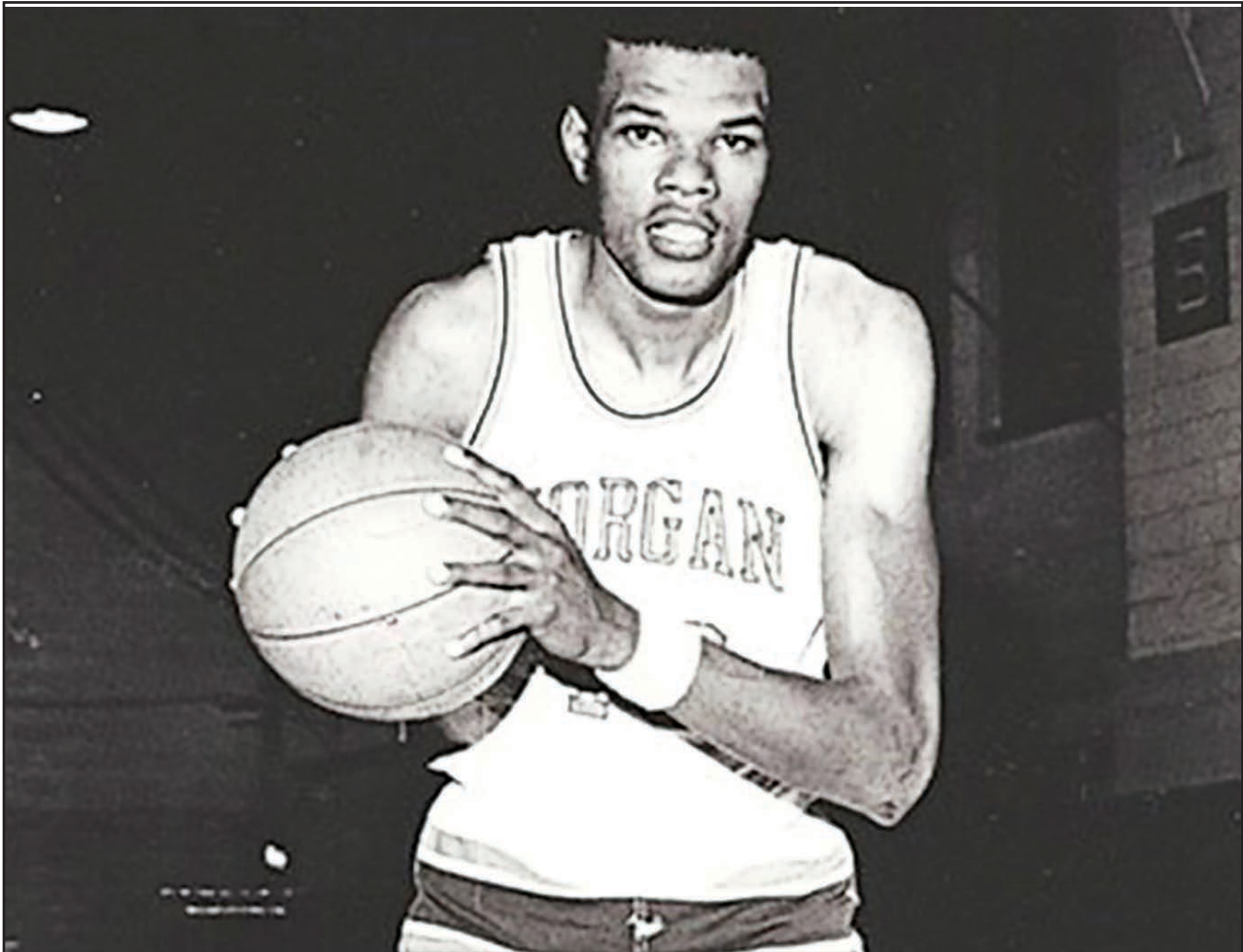


PHOTO CREDIT / SUBMITTED

Marvin “The Human Eraser” Webster

draft pick in both the ABA and the NBA. He was the first pick of the NBA’s Seattle Supersonics (now the Oklahoma City Thunder) and the Denver Nuggets—then of the ABA—in 1974. Over the course of his 10-year pro career, he also played for the New York Knicks. His college coach Nat Frazier became head coach at Morgan after being an

assistant with those same Knicks for their last world championship in 1973 under legendary coach Red Holtzman.

“This generation of basketball fans can’t relate to him because he was playing against Division II opponents back then,” Bembry added. “He was an amazing talent. It’s sad that he passed away before he could enjoy this

moment.”

Students at Edmonson formed a sports analytics club that researched Webster’s career and used statistics with help from Morgan State, MIT and the Washington Wizards, to build their argument.

Webster is one of two players led teams from the DMV and HBCU basketball programs who was

also inducted. Earl Jones, who led the University of the District of Columbia to the 1982 Division II national championship is part of the class that also includes: Len “Truck” Robinson of Tennessee State, and former Knicks forward Charles Oakley of Virginia Union.

This article originally appeared in The Afro.

Black Legacy

- December 25, 1870:** Henry McKee Minton, physician born.
- December 19, 1875:** Carter G. Woodson founder of Black History Month, born.
- December 22, 1883:** Arthur Wergs Mitchell, born in Lafayette, Ala. 1st African American to be elected to congress.
- December 24, 1898:** Irwin C. Mollison, first African American judge of the Customs Court, born.
- December 19, 1899:** Rev. Martin Luther King, Sr. born in Stockbridge, Ga.
- December 31, 1900:** Selma Burke, born in Mooresville, North Carolina, sculptor.
- December 28, 1905:** Famed jazz musician and father of modern jazz piano, Earl "Fatha" Himes was born.
- December 21, 1911:** Josh Gibson the home run king of the Negro Baseball League is born.
- December 29, 1917:** Thomas Bradley, became the mayor of Los Angeles by winning 56% of the vote, born in Calvert, Texas.
- December 23, 1919:** Alice H. Parker patents the gas heating furnace.

MIKE COLBERT SAYS, "BE SAFE DURING THE HOLIDAYS!"



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Franklin Park and Mike Colbert spread holiday cheer, coats, groceries, and more

Continued from page 1

Mr. Colbert in the annual event's organization since the beginning. "Unfortunately the world's gonna keep having poor people".

Aside from the food and winter wear, local barbers and nail stylists also donated their time and skills for good measure. To the tunes of cheerful music, children were able to get their hair cut and shaped up on the church's stage and nails polished just off to the side.

"Lots of people hurting" said Rodney Holmes, an elder at Word of Faith who volunteered to help. "This is a gift in and of itself, of giving back. They need help." Mr. Holmes moves to serve his community in the way he can. As to the vision of Mr. Colbert of Franklin Park, he gives new winter coats to the families of the community, also food by the box.



Families and children make a line to receive food.



Volunteers give haircuts to children and adults alike.

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Persons dining between 3 and 5 – 1st person regular price 2nd person half price.

Jam session following buffet from **5:30 – 9 pm** hosted by **Wayne Harris - Katch Band, \$5 pp**

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