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EVERYBODY IS SOMEBODY IN THE TOLEDO JOURNAL



Kitchen for the Poor, Lo Salem honors Dr. MLK, Jr.'s Legacy



PHOTO CREDIT / TOLEDO JOURNAL

Guest speaker Bishop Randell Parker lifted up the word in a rousing sermon at Lo Salem's MLK service.



PHOTO CREDIT / TOLEDO JOURNAL

Lo Salem Missionary Baptist Church Praise Dancers performed during MLK celebration.



PHOTO CREDIT / TOLEDO JOURNAL

Savage family member Leanna Packer sings 'Take me to the King', at MLK program.



PHOTO CREDIT / TOLEDO JOURNAL

Lo Salem's Harvey Savage takes a minute to welcome and thank MLK Kitchen for the Poor corporate supporters James and Charlie Perry from Master Fluid Solutions.

By Michael Daniels
Journal Staff Reporter

On January 21, 2019 it may have been bitter cold outside and it was, but inside the LoSalem Missionary Baptist Church, the heat was on, literally and figuratively. Praise was in the air, a joyful noise was heard, the spirit was high and Jesus was in the house! A holy religious ceremony

was going on as the Savage family and a capacity crowd lifted up the name of Dr. Martin Luther King Jr. at the annual MLK Day celebration.

Located right next to the church (Lo-Salem MBC), the Kitchen was founded by the late Rev. Harvey Savage Sr. in 1969 and feeds more than 200 people everyday. After his passing, Rev. Savage's family assumed the mission that their father started and have continued

to feed the poor and the hungry until this very day.

Starting off on a high note and staying there for two hours, the service included uplifting messages from area ministers, praise dancers, prayers and the singing of popular spirituals including 'Take me to the King', sung by Savage family member, Leanna Packer, and the high energy

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PHOTO CREDIT / TOLEDO JOURNAL

It was standing room only at Lo Salem Missionary Baptist Church as the community braved the cold weather and came out to honor the life of Dr. Martin Luther King Jr.

Six Tips for a Healthier Heart During American Heart Month

The Area Office on Aging's Regina A. Russell, RN, BSN, MPH provides the following six tips to maintain a healthy heart: remember, Moderation is the key factor and heart disease is often preventable.

1. Eat a heart-healthy diet – Avoid processed foods and foods with high salt content such as

- Deli Meats & Cheeses
- Fast Foods
- White breads and pastas- Darker pigments are overall more nutritious.
- More fish and chicken; less beef & pork
- Limit consumption of fried foods
- When using oils, use extra virgin olive, canola or vegetable oil
- If you choose to use butter, use non-salted
- Limit consumption of salty snacks such as, chips, pretzels, or salted nuts and microwave popcorn, Choose fruit instead 5 servings a day
- Canned soups and broths, choose low salt or no salt alternatives; prepare homemade soups and sauces so you can control the salt content.
- Monitor portion sizes. ½ cup of vegetables equals a serving.

Meat serving should fit into the palm of your hand. Preparation is also important. Sauces tend to add unhealthy calories, especially creamed sauces.

- Choose a diet low in cholesterol, saturated fat, and trans-fat. Include a variety of foods from all food groups each day. For example:
- Low fat dairy products ½ %, 1% or 2% milks or cheeses (two servings/day)

- Milks from non-dairy sources such as almond milk or soy milk
- Raw, roasted, or steamed vegetables (5 servings per day)
- Dark, leafy greens, steamed rather than boiled
- Dark, pigmented potatoes such as sweet potatoes and yams

2. Exercising regularly –

- 30 minutes of moderate exercise five days a week. You don't have to go to the gym, unless you want to. Dancing in your living room counts as exercise and its more fun than the treadmill.
- Don't sit for too long, even at work
- Choose to use the stairs going up or down
- Burns fat and lowers cholesterol.
- Helps lower blood pressure, or to keep it low if it is normal already.

3. Reduce stress –

- When you are stressed, your heart rate rises
- Your blood pressure may also increase
- Your immune system does not function as well when the body is stressed.
- Get some quality sleep 7-8 hours each night is sufficient for most adults

Try simple relaxation techniques such as breathing or yoga to de-stress. Do something fun, like coloring in a coloring book, painting, or listening to music.

4. Maintain a healthy body weight –

- Obesity
- Increases cholesterol levels & plague
- Inflammation of the arteries.

5. Quit smoking – Cigarettes and cigarette smoke contain more than 4,000 harmful ingredients, many of which contribute to heart disease and may cause cancer.

6. Practice good dental hygiene, especially flossing your teeth daily.

a. Dental health is a good indicator or overall health.



Some Area Office on Aging staff wear red for American Heart Month.



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Ongoing Events

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.

Ohio Department of Aging seeks nominations for state Senior Citizens Hall of Fame

Annual recognition highlights important roles older Ohioans play in their communities

If you know someone who belongs among those ranks, the Ohio Department of Aging wants to hear from you. The hall honors current or long-time Ohio residents age 60 and older who have made and continue to make a lasting impact on their professions, their vocations or their communities. Visit www.aging.ohio.gov/halloffame to nominate someone you know. “Inductees to the Ohio Senior Citizens Hall of Fame possess values we should all strive to emulate, such as dedication, creativity, kindness and compassion,” said Beverley Laubert, director of the department. “Their attitudes and accomplishments keep them young at heart while also creating better lives for their neighbors and making their communities and our state stronger.” Induction is held each May as the state and nation celebrate Older Americans Month. Nominations must be received by Feb.11, 2019, to be considered for induction this year. You can request a paper nomination form by calling 614-728-0253.

Toledo Library goes Fine Free

To improve access and opportunity in our community, the Toledo Lucas County Public Library (TLCPL) eliminated overdue fines effective Jan. 1, 2019.

Eradicating overdue fines does not mean eliminating accountability. Customers who haven't returned or renewed books won't be able to check out additional ones. Customers will receive reminders to return items on the due date and once they are one week overdue will be delivered by phone, email or text at no extra cost. TLCPL also offers easy online and mobile technology options for renewing items to help customers keep their accounts current. If materials are returned, there will not be an overdue fine.

For more information visit <http://www.toledolibrary.org/policies/nofines>

Wild about Art at the Toledo Zoo: Call for Artists

Calling all artists! The Toledo Zoo is seeking all the creative minds and skilled craftsmen in the area to take part in our art fair. Keep reading for all the wild and wonderful details. Feel the roar, feel the rush at Wild about Art at the Toledo Zoo! Wild about Art is a two-day art fair taking place Saturday, August 3 and Sunday, August 4, 2019. This unique show, set in the wild beauty of the number one zoo in the nation, features local and regional artists with various mediums on display for thousands of Zoo visitors! This event will also include entertainment, interactive activities and, of course, animals! Artists may sign up by visiting toledozoo.org/wildaboutart to be directed to our online application through ZAPP©. Applications must be submitted online through ZAPP© by Friday, April 5, 2019. Please note: art does not have to be animal related. Any questions, please contact artfair@toledozoo.org or call 419-385-5721 ext. 2110.

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.

Third Monday of the Month The Toledo Base Submarine Veterans

The Toledo Base Submarine Veterans holds it's monthly meeting on the third Monday of the month at Pub & Grub 10335 Waterville, Whitehouse Ohio at 1800 hours (6PM). For further information you may contact our base Commander Michael Meehan at wingsfaninnm@gmail.com or 505-554-8636.

Every Tuesday The Toledo Interfaith Mass Choir

Will begin its 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 Insitute

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 Saturdays of the Month The Redeemed Christian Church Food Pantry

662 Philips Avenue in Toledo from 10 AM - 12PM.

February, 2019 Celebrate Black History Month at the Toledo Library

Join the Toledo Lucas County Public Library during Black History Month, paying tribute to the generations of African-Americans who struggled with adversity to achieve full citizenship in American society.

Read-In:

Feb. 1-28

Celebrate African-American authors! Visit any Library location and read, listen to or watch ANY title from ANY African-American author and add your name to the banner at your favorite branch. All ages and branches.

Share Your Migration Story:

Feb. 1-28

Trace your country of origin, region or another city that led you to Toledo, Ohio and examine the path that others have followed. Available at various Library locations. All ages.

A Day with Lady K - Karen Harris Sings Motown: A Day with Lady K means the Motown sound is down! Join TLCPL for a musical program featuring Karen Harris, who will sing Motown Hits.

Dances from the Motherland:

Elev8ted Productions presents "Dances from the Motherland," a tribute to African dance. Join us for a performance by Phylicia Hills, who will demonstrate the fine art of African dance and the meaning behind the movement.

The DJOBI Wake Up Ensemble

Enjoy the mastrful sound of West African music and the roots of African-American music with Emmanuel Djobi and his ensemble. All ages.

(Sa) Feb. 2 1 1 p.m. 1Kent

Sacred Steel Band

Enjoy a unique style of African-American gospel music when Sacred Steel, led by Del Grace, presents the spiritual history of the sacred African-American steel guitar.

(Sa) Feb. 23 1 1 p.m. 1 West Toledo

Soul Food Sampling from J'Mae's Home Cooking: One of Toledo's finest soul food Restaurants, J'Mae's, will have the quintessential dish, baked macaroni and cheese, to sample. All ages.

For more information on Black History Month visit <http://www.toledolibrary.org/blackhistory>

February 2nd 2019 Annual Youth Skate Day – Winter Wonderland

Councilman Riley cordially invites the community to attend, this free event. It will be held on Saturday, at Ottawa Park Ice Rink, 2015 Parkside Drive, Toledo, OH. The event will run from 10:00 am through 1:00 pm with a special appearance by the Walleye's very own Spike! The event will include FREE admission,

skate rental and hot chocolate.For more details regarding the 2019 Annual Youth Skate Day – Winter Wonderland event call 419-245-1611.

Councilman Tyrone Riley

February 3rd Pilgrim Church "Souper Bowl" Play-Off And Silent Auction

Sunday, 11:30a-1:00p, Pilgrim Church, 1375 W. Sylvania Ave. in Toledo. Questions? Call us at 419-478-6012. Who: Anyone who loves soup. \$5.00 donation (\$3.00 for kids 12 and under) Unlimited samples! 10-15 different kinds of soup! Vote for your favorite! Side, beverages and desserts included so Come hungry! Silent Auction benefiting Pilgrim's Outreach Missions Ministry.

February 17th Third Baptist Church 32nd Annual Black History Musical

Sunday at 4:00 p.m., 9775 Angola Road (Holland). All are welcome to come on out and help us lift the name of Jesus Through song. Madison Gregory III, Pastor. Information: 419-865-7559.

February 17th and February 24th TIAMBC 73rd Church Anniversary

Theme: "Don't Worry About Anything Instead Pray About Everything" Philippians 4:6. @ 640 Indiana, Ave., Toledo, Ohio 43604. Sunday, February 17, 2019 4:00 p.m. Reverend Dr. Jerry Boose Pastor Second Baptist Church. Sunday, February 24, 2019 4:00 p.m. Reverend Dr. Willie Perryman Pastor Jerusalem Missionary Baptist Church. Reverend Dr. John E. Roberts, Pastor.

February 21st Zuzu African Acrobats to Perform at Lourdes University

Lourdes University Campus Life presents Zuzu African Acrobats, Thursday, at 5:30pm in the Franciscan Center, 6832 Convent Blvd. in Sylvania. Featured on the TV series America's Got Talent, their performances are a blend of circus style acrobatics and popular dance moves. This event is open to the public. \$5 per person. For more information, contact Ashley Jackson, (419) 517-8413.

Zuzu African Acrobats

Originating in Mombassa, Kenya, the Zuzu African Acrobats have performed in more than 25 countries including Australia, China, Korea, Germany, and France, and began touring the United States in 1999. Set to both live and taped traditional Kenyan music, the Zuzu African Acrobats were voted best corporate variety show in Europe. Along with touring the world, Zuzu African Acrobats have opened up for several national recording artists, performed during NBA halftime shows, and at the White House. Their energetic and engaging performance is sure to be appealing to all.

For more information, visit <http://www.capitolint.com/Fairs/mapapa/mapapa.htm>

February 23rd Warren AME Church Gospel Extravaganza

Calling All Youth And Young Adult, Choirs & Praise Teams, Dance & Step Ministries, Soloists & Musicians, Poets & Spoken Word, Gospel Rap Artists, we invite YOU to come and Share your Ministry Gifts. Changing Minds, Changing Lives, Ecclesiastes 11:9. Saturday @ 915 Collingwood Boulevard, Toledo, OH 43604 4:00 to 7:00 PM. To participate in the program, contact: Ms. Sawyer at 419-324-4189. Vendor Tables - A limited amount are available to display artwork, jewelry, purses, baked goods or educational information. Contact Ms. Palmer at 419-450-0165. Hosted by the Christian Education Department Warrren AME Church, Rev. Otis Gordon, Jr., Senior Pastor, Debra Jelks, Chairman.

February 24th, March 10th March 17th, March 24th, and March 31st Calvary Baptist Church

Pastor Floyd Smith Jr. 30th Pastorial Celebration! February 24th: Pastor Floyd Smith Jr. 30th Pre-Celebration: Bishop Duane C. Tisdale and the Friendship Baptst Church @ 4:00 P.M. March 10th: Pastor Melvin Barnes ad the Greater Faith Fellowship Church @ 4:00 P.M. March 17th: Pastor Roger D. Carson and Southern Missionary Baptist Church @ 4:00 P.M. March 24th: Pastor James Willis and St. Paul Missionary Baptist Church @ 4:00 P.M. March 31st: Pastor Nathan Madison and Fourth Street Baptist Church of Lima, Ohio @ 4:00 P.M. All services will be held @ 702 Collingwood Blvd., Toledo, OH 43604.

The Government Shutdown and the Collateral Damage



By Julianne Malveaux
Wire Columnist

(TriceEdneyWire.com) - As I write this, our federal government has been shut down for 35 days. At first, it seemed like a gamesmanship joke, like who was going to blink first. House Speaker Nancy Pelosi and (CA) Senate Minority Leader Chuck Schumer (NY) didn't look like they were blinking when Trump (45) said he would "own" the shutdown to get his wall. He's not owning it now – he didn't go to Mar-a-Largo to golf, and he indicated how acutely he felt the

shutdown by serving Clemson football players cold fast food.

Furloughed federal workers will be paid, thanks to legislation 45 signed on January 16. The fact that people will get paid when the shutdown is over (which 45 says may take "months" or "years") is reassuring, but it helps few with their day-to-day obligations. A 2018 study from the Federal Reserve Bank says that 40 percent of all Americans can't absorb a \$400 emergency without going into (further) debt, borrowing or selling something to meet a minor expense like a faulty car engine, a busted heating system, an emergency room copay, or some other ordinary challenge. So for many, delaying even one paycheck is likely to cause a seismic shock in family finances.

Many will piece it together, but they may miss credit card, mortgage, rent or other payments. In a month or so they'll be caught up, but what about their credit rating? Catching up may mean getting current on bills, but it does not mean overcoming the ding that will inevitably appear on one's credit score. It may take months, even years, for some to transcend that, especially if their credit was shaky to begin with.

Our nation runs on debt, our eco-



nomic growth is dependent on folks going into debt, but economic growth is also dependent on people being able to pay their debt. People who live paycheck to paycheck won't pay debt back until they get paid. And hundreds of thousands aren't being paid because a deranged adult is having a tantrum about a wall.

Four in five Americans live in debt, mostly because of mortgages and student loans (\$1.5 trillion total) that strangle people's ability to live in financial freedom. While mortgage and student loan debts are the most significant contributions to our nation's debt crisis, medical debt is the most frequently cited cause for personal bankruptcy in our country. The fact that so many have medical

continued on page 5

Letter To The Editor


Habari Gani - What's the News?

Happy New Year!!! The news is our 2018 Kwanzaa Celebration was a "HUGE" success due in part to the Ad in The Toledo Journal.


Mrs. Diane Gordon, Chairwoman, and the entire Toledo Kwanzaa House Committee thank you for your support. We deeply appreciate your concern and participation in covering events that are important to our community.

Don Lynn
Toledo Kwanzaa House
419 509 0751

Statement Regarding Racial Incidents at General Motors Facility



A PRIESTS' VOICE OF HOPE AND JOY WITHIN OUR PILGRIM CHURCH

ASSOCIATION OF U.S. CATHOLIC PRIESTS  SINCE 2011

Social Justice Subcommittee, Toledo Chapter of the Association of U.S. Catholic Priests

The Social Justice Subcommittee of the Toledo chapter of the Association of United States Catholic Priests (AUSCP) stands in solidarity with current and past victims of racial harassment at the General Motors Toledo Transmission Plant. Acts of overt racial hatred occurring there persistently over recent years are to be condemned unequivocally, and measures to eradicate this social evil – both at GM and elsewhere – must be undertaken with absolute urgency.

As a Church, we have been complicit in the sin of racial discrimination. The U.S. Bishops in their 2018 pastoral letter against racism, acknowledged that “All too often, leaders of the Church have remained silent about the horrific violence and other racial injustices perpetrated against African Americans and others. We ask for forgiveness from all who have been harmed...in the past or in the present”.

As a local Committee, we pledge to renew our efforts not just to speak out against the social sin of racism, but to join with other church and civic groups to take aggressive action to eradicate this blight on our community.

We encourage the actions being taken by GM's Transmission Plant managers to begin to address these issues. For our part, we have contacted all priests and pastoral ministers within the Toledo Diocese, urging them to speak more forcefully in their parishes to denounce ra-



cial and ethnic bias.

We can become discouraged at the ongoing intractability of this problem. Indeed, thirty-nine years ago, the Catholic Bishops wrote in their 1979 letter “Brothers and Sisters to Us” that “Racism is not merely one sin among many, it is a radical evil dividing the human family”. We lament this marginal progress toward respect for all, but, with God’s help, will not allow ourselves to tire in the struggle.

John Blaser, Tony Gallagher, Sharon Havelak, Tom Landgraaf, Tom McDonald, and Bob Reinhart

The Toledo Journal

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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.

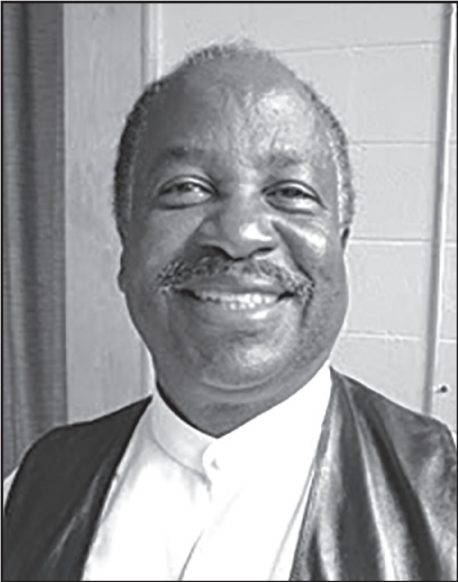


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What You Need To Know About..



Lafe Tolliver,
Attorney

With the recent media focus on the allegations of racial harassment at the local GM Powertrain plant and my being part of the crowd at the Truth Newspaper gallery who listened to the commentary of civil rights activist Jesse Jackson, here are some insights or tips regarding fighting racism/sexism in the workplace.

Some of this commentary is from my years filing and fighting such workplace cases and the challenges attendant thereto.

[1] If you are a victim of sexual or racial harassment, you need to find a safe place at the workplace and record [a] what happened [b] who was the aggressor [c] witnesses to the event [d] the time and location of the incident

[e] and to see what policy manual your workplace may have in writing regarding your rights to be free from a discriminatory workplace.

[2] You need to immediately make noise and report any and all incidents, however innocuous you may feel the incident was, to management and file a WRITTEN report. Forget that nonsense of keeping it to yourself or making an oral report.

[3] Find out the locale of the headquarters of the company (if there is one) and send off a signed and dated copy of your complaint. Certified mail

only.

[4] File a charge with the local Ohio Civil Rights Commission. The more details the better.

[5] If you are approached by management and they want to "talk" and your shop is a non union shop, you need to have a friendly face with you and/or record the meeting. Do NOT take the "goodwill" of management as a sign that they are in your corner. Do NOT sign any statements until it is reviewed by a lawyer. You do not want sign away important rights while you are in a state of confusion or are angry.

[6] If are in supervision, the same rules apply. Unless you fight for you, "you" will not be afforded fair treatment. Local management does not want to look bad to their superiors because it gives the impression that they are incompetent and are not doing a proper job of maintaining a discriminatory free work place.

[7] If the incident has caused you mental or emotional turmoil, seek out your doctor or seek a referral to a psychologist, if needed, so that you have medical documentation that the incident was severe enough to cause you to seek out professional help in order to "realign" yourself after the incident.

[8] Always keep your original records. Only give out copies of your statements (reviewed first by an attorney) to management or the union heads. At this point in time, you are entering an adversarial position and everyone is not your friend.

[9] If anyone has physically assaulted you, immediately file a report with the local police and seek out a prosecutor to present charges against the aggressor(s). Also, if needed to go an ER or see your doctor if you were physically assaulted.

[10] Keep a running diary of each day after the incident because you may face some backlash from management or co workers and you need to document this for future testimony. Why? Because they are beginning to retaliate against you and retaliation is a new and separate offense that you can present.

[11] If the harm done to you is se-

vere, you may want to consider resigning because the workplace is considered hostile and you can no longer properly function in such an environment. If you do resign, make sure that you detail your reasons in a letter (again, reviewed first by an attorney) sent to both local management and headquarters.

Now, some of my personal commentary on workplace discrimination.

[1] White folks do not like black folks telling on them. They feel that since they are in power and/or are white that they have privileges to do to you

“

Whatever path you take, fight or flight, you must make sure that you can live with yourself when the dust settles and that you did not let an oppressor off of the hook nor did you give them an out so that they can continue with their practices of harming people of color.

”

as they so desire and you are supposed to smile and take it. Some of that we have labeled "white skin privileges" in which you are not deemed credible or important as white folks when you speak or act.

[2] People of color are at first glance can be deemed suspect as to their testimony since the history of this country has been to label such people as liars who are deemed not worthy of being seen as credible.

The virulent racial history of this country informs us that people of color are expendable and their rights to stand up for themselves are not taken as seriously as a white person.

[3] When fighting charges of sexism or racism, it is also mindful to note that not every incident that you view as being racial or sexual, is racial or sexual.

Some of it may simply be that your white co workers or white managers are simply inept people who are clueless when it comes to being a fair arbiter of all things racial or sexual. But, when they engage in acts of racism or sexism, they playing the role of the innocent dunce won't work in a court of law.

Being a minority in a society in which people of color are vilified or are bombarded with images that bespeak of them as not worthy of credence or belief or they are portrayed as intellectually stilted, means that you have to be precise in identifying what happen to you and who did it to you. None of that, "I think so" stuff but rather, "I know so" stuff.

[4] Management loves to trot out its manuals and policies that speak of justice, fair play and due process when they are caught up in situations wherein they are being challenged for allowing racial conduct to fester in a work setting. That is what they are supposed to do and say because they are out to defend their jobs; and the paycheck that they want to continue to receive.

In closing whatever path you take, fight or flight, you must make sure that you can live with yourself when the dust settles and that you did not let an oppressor off of the hook nor did you give them an out so that they can continue with their practices of harming people of color.

Whatever terms of settlement, if any, that are agreed upon, make sure that the terms are terms that you can live with for years to come and especially make sure that the terms of settlement does not include a clause by which you are prohibited to speak to the public about what happened to you and the terms of the settlement.

Management desires to have those terms in a "closed mouth" agreement so that you can not spread the word of their work place evil and alert others that they too can fight and win! If you can but are not willing to stand up for yourself, don't expect others to do that for you.

Lafe Tolliver, Attorney
comments to: tolliver@juno.com

The Government Shutdown and the Collateral Damage

continued from page 4

debt reflects the crisis in our national health care system.

Bottom line – the shutdown not only affects people's ability to manage their day to day finances but will also affect their long-term credit score and have consequences for those at the margins. From the data on emergencies, nearly half of all Americans are living at the margins. These are the folks who Trump and his minions say should "make arrangements" during the shutdown. They should, some say, have contingency plans. What is your contingency when you live paycheck to paycheck?

Furloughed workers will get back pay and, though impaired, will manage. What about those who work for government contractors. Nobody has their back. Many are high-rolling, highly-paid contractors who will take a hit but won't be knocked out. Then, there are the women of color (mostly) who clean federal office

buildings at night. They won't get back pay. They won't be compensated for their services. They will take it in the shins, and taking it means managing to live without pay for weeks. Even those who are sensitive to the economic impact of this shutdown have not spoken up for the contract workers who have been disadvantaged.

A government shutdown also means a benefit shutdown for people who receive government benefits – food or housing assistance, or more. While many are optimistic that things will be adjusted, the fact is that people's expectations are not being met and people are scrambling! The scrambling is not restricted to any race, to any party. The man who calls himself President seems to be under the mistaken impression that most government workers are Democrats. The fact, according to the Government Business Council, is that there is a pretty even split,

“

Bottom line – the shutdown not only affects people's ability to manage their day to day finances but will also affect their long-term credit score and have consequences for those at the margins. From the data on emergencies, nearly half of all Americans are living at the margins. These are the folks who Trump and his minions say should “make arrangements” during the shutdown.

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with 44 percent of government workers being identified as Democrats or Democratic-leaning, 40 percent identified as Republican or Republican-leaning, and the remainder undecided, with a significant number of these identifying themselves as "conservative." All of these government workers are collateral damage, thanks to 45!

Our entire social and economic fabric is frayed thanks to this petulant government shutdown. Democrats, Republicans, and everyone else will pay for this thoughtless absurd public tantrum. This shutdown is a thing more than a disturbing public outburst. Where do we go from here?

Julianne Malveaux is an author and economist. Her latest book "Are We Better Off? Race, Obama and Public Policy" is available via www.amazon.com for booking, wholesale inquiries or for more info visit www.juliannemalveaux.com

UTMC to partner with mental health boards

Submitted

The University of Toledo Medical Center is launching a new partnership with mental health boards throughout northwest Ohio to create a better model of care for adolescents dealing with particularly challenging mental health issues.

Through service agreements with the Mental Health & Recovery Services Board of Lucas County and 10 other boards representing 22 additional Ohio counties, UTMC will be able to provide longer, more intensive inpatient care for patients between the ages of 13 and 18.

The longer stay will enable clinicians to dig deeper into the root causes of the adolescents' mental health issues and establish a more coordinated long-term

treatment plan to address the problem of patients repeatedly going in and out of inpatient treatment without advancement.

"We want to be taking on the most difficult cases and also helping the community with its biggest needs. Right now, there's a lot of fragmentation of services and limited access to care," said Dr. Cheryl McCullumsmith, chair of the Department of Psychiatry at The University of Toledo. "This innovative collaboration enables an expansion of services without duplicating resources."

In many cases, insurers will only cover a few days of inpatient treatment. While that can be enough time to stabilize many patients in crisis, some patients need a more in-depth psychiatric and medical examination, monitoring of new medications and

coordination of continuing outpatient treatment, McCullumsmith said.

"There's a high need for some adolescents to get more intensive

“*There’s a high need for some adolescents to get more intensive evaluation and treatment plans.*”

evaluation and treatment plans,” McCullumsmith said. “We want the inpatient stay to advance the

treatment plan, to be a constructive part rather than the Band-Aid it often is now. We’re trying to give them a comprehensive assessment and evaluation and kind of a restart. Let’s take some time, wipe the slate clean, start from the beginning and figure out a true diagnosis and plan.”

Under the new service agreements, the boards will pay for days not covered by insurance, allowing UTMC to treat adolescents for longer stays as needed.

The initiative will focus primarily on adolescents who have had multiple inpatient hospitalizations during the last year, have difficulty to establish diagnoses or who have challenges with medication.

“We’re very excited and encouraged by the engagement with UT,” said Scott Sylak, executive director of the Mental Health

and Recovery Services Board of Lucas County. “The timing was right to move forward with this and we’re really thrilled with the partnership that’s developing. Having this resource locally and being able to ensure that families stay involved and that our providers stay involved is a worthy investment from the board’s perspective.”

The Mental Health & Recovery Services Board of Lucas County, along with other partner boards across northwest Ohio, will refer patients into the program.

Founded in 1968, UTMC Child and Adolescent Psychiatry was northwest Ohio’s first hospital devoted to treating the emotional and behavioral needs of children and teens. Today, the center has an inpatient facility and outpatient mental health services.

What You Need To Know About Cholesterol



Submitted
By NPSI

New cholesterol guidelines from the American Heart Association emphasize a personalized approach to preventing and treating high cholesterol and cardiovascular disease.

What Cholesterol Is

Cholesterol is a waxy substance that your body makes to build cells. Too much can pose a problem. Extra cholesterol comes from foods including meat, poultry, dairy and tropical oils.

Why Cholesterol Matters

Cholesterol can slow-

ly build up in your arteries and form a thick, hard deposit that narrows them and makes them less flexible. If a blood clot blocks a narrowed artery, a heart attack or stroke can result.

What To Do

Ask your doctor such questions as:

Q. What do cholesterol numbers mean?

A. Studies suggest optimal cholesterol levels are about 150 mg/dL and about 100 mg/dL for low-density lipoprotein cholesterol (LDL-C). Levels in this range are linked to lower rates of heart disease and stroke.

There’s no ideal tar-

get for LDL-C but “lower is better.” Assessment with a risk calculator helps your doctor determine your personal risk and treatment options. A coronary artery calcium test may also help with your assessment.

Q. How can I lower my risk for heart disease?

A. A healthy lifestyle is critical. Also, while statins are still the first choice of medication for lowering cholesterol, new drugs are available for people who have had a heart attack or stroke and are at risk for another. Your doctor will monitor your progress.

Q. How do I know if my medicine is working?

A. It may take a few tries to find the right medicine and dose.

“Finding the sweet spot for treatment is highly individualized,” said Donald Lloyd-Jones, M.D., a member of the cholesterol guideline writing committee and chair of the Department of Preventive Medicine at Northwestern University in Chicago. “The latest guidelines strongly encourage patient and

doctor to have detailed and personalized discussions about medication.”

Ask your doctor about medicines, foods—such as grapefruit or pomegranate—or supplements that may interact with your cholesterol-lowering medication.

Q. When and how often should I follow up?

A. Have a follow-up visit one to three months after starting cholesterol-lowering medication to check that it’s working, that you’re taking it properly, and to monitor for side effects.

Learn More

The American Heart Association’s Check. Change. Control. Cholesterol initiative, sup-

ported by Sanofi and Regeneron, has information and resources for managing cholesterol and other cardiovascular risk factors. Visit www.heart.org/cholesterol for further facts, and www.heart.org/MyCholesterol-Guide to download the free guide.

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Meet the 11-Year Old Student Who is a Physics Major at Southern University

Black News
Baton Rouge, LA — Elijah Preccie-ly, the young Black genius who at just 11-years old was accepted into Southern University on a full-ride scholarship, has recently started his first full semester of classes at the Louisiana HBCU.

Elijah, who is majoring in Physics, couldn't be more thrilled in his first week at Southern University. And he's already making a huge impression on campus.

"I'm very excited," Elijah told local station WBRZ. "I've been waiting on this for long, long time."

Although he's much younger than usual undergraduates, he seems to be standing out and blending in rightfully at the same time.

"This is my environment. I love to be up here on campus. I love to learn. But what really strikes me is when some people think I'm 15. Either I'm a tall 11-year-old or a short 15-year-old," he jokingly said.

Elijah's peers are impressed by his achievements. Mubashar Ali, his fellow student who thought he was 13 years old, said that he was helpful with his classmates and "he knew way more than a lot of the students."

Another student, Dillon Brumfield, was amazed that Elijah "can fit in, just day-to-day activities. He can do everything that we can do. There's nothing he can't do. It's just like, after school is when it comes to be like, 'Can he fit in?'"

Despite being named a genius, the uni-



PHOTO CREDIT / SUBMITTED
Elijah Preccie-ly, 11-year old Physics major at Southern University

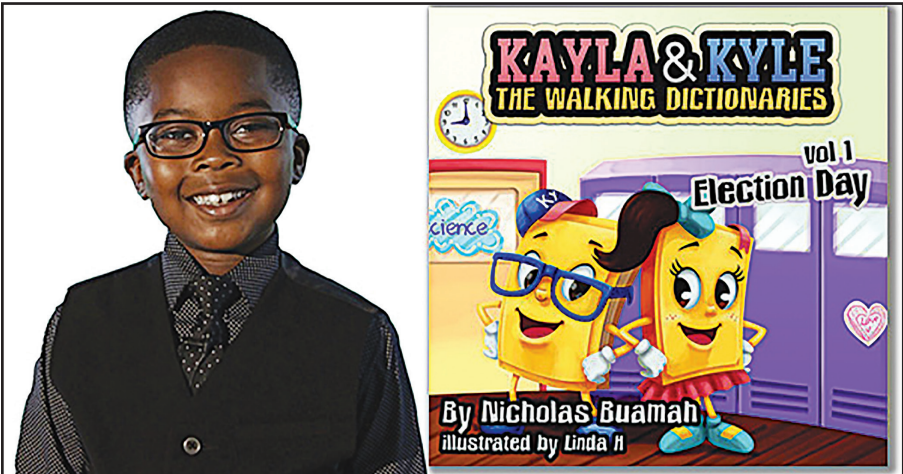
versity said Elijah still needs support and guidance.

Dr. Manicia Gene Finch, the Associate Vice Chancellor for Enrollment Management, believes Elijah can do great things. She said, "He's more than just a prodigy. I think he is a young gentleman and a man of the Holy Spirit, and he's going to fit just as well as he already does here at Southern University."

Elijah said that he is ready for the challenges that he may face. He said, "You have to have a mindset to actually know 'Hey I have to learn this, my life depends on it.' Act like your life depends on it because it does. When you learn, you increase your life."

A certified achiever, Elijah has already authored a book, applied for several patents, he hosts his own weekly radio show, and he also plans to bring new programs and organizations in the university.

7-Year Old Author Introduces New Book Series That Expands Children's Vocabularies



Black News
Snellville, GA — Child author Nicholas Buamah will make his first public appearance at a book signing at 1pm on Saturday, December 15th at the Snellville, Ga. Barnes & Noble to debut Kayla & Kyle The Walking Dictionaries: Election Day. The 7-year old budding author and Honor Roll student will introduce his first book, written to help children expand their vocabulary through the experiences and adventures of characters Kayla and Kyle.

"Nicholas is your typical charismatic second grader who loves to hang out with friends, play chess, tennis and basketball and cheer on his favorite team, the Golden State Warriors," said his mother, Danielle. "I developed the character of Kayla when Nicholas was younger to help teach him expanded vocabulary. After being praised by his first grade teacher for using the word 'collaborate' during his first week of school, I asked Nicholas what he thought about writing a book to help his friends expand their vocabularies. He thought it was a great idea, as long as one of the main characters could be a male figure, and that's when he created Kyle."

In his debut book, Nicholas introduces twins Kayla and Kyle as they compete against each other to become their school's next class President. Before votes are cast, they must first have a class debate to demonstrate that they are worthy candidates. Nicholas' father, Dominic Buamah, MBA, MA, says he is very proud of his son and encourages him to explore different disciplines to satisfy his curiosity with the hope it helps him decide what he wants to be in the future. Even though at the moment he's adamant that he wants to become a mechanical engineer when he grows up, his parents have emphasized that vocabulary and communication are key ingredients to future success and relationships. Nicholas has embraced the concept quite well.

Already accepted into the Library of Congress, Nicholas' ultimate goal is to have his book available in every elementary school library across the country in an effort to help children expand their vocabularies nationwide. Copies

for school libraries can be purchased through Barnes & Nobles, Amazon or directly through www.MotherHubbard.us. Kayla & Kyle The Walking Dictionaries: Election Day is the first volume in The Walking Dictionaries series. Nicholas hopes to release Volume 2, which already has a working title, by Summer 2019.

Additional information about Nicholas and Kayla & Kyle The Walking Dictionaries can be found online at www.MotherHubbard.us. The book signing will take place at the Barnes & Noble located at The Shoppes at Webb Gin, 1350 Scenic Highway, Suite 100, Snellville, Ga.

“

I developed the character of Kayla when Nicholas was younger to help teach him expanded vocabulary. After being praised by his first grade teacher for using the word 'collaborate' during his first week of school, I asked Nicholas what he thought about writing a book to help his friends expand their vocabularies. He thought it was a great idea, as long as one of the main characters could be a male figure, and that's when he created Kyle.

”

About the Author
7-year old Nicholas Buamah is the author of Kayla & Kyle The Walking Dictionaries: Election Day, the first in a series of books written to help elementary children nationwide expand their vocabularies. While his young ambition is to become a mechanical engineer by attending the prestigious Massachusetts Institute of Technology (MIT), the Honor Roll student is currently content playing chess, tennis and basketball and hanging out with friends.

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Low-Income Child Care Services for All Types of Families

Submitted by Black News

Black News

Most parents are willing to go to the ends of the earth to ensure that their children are happy and healthy. But for parents who work full-time or attend school, this can be challenging. According to this cost of care survey, one in three families are now spending at least 20% of their income on child care. Many of these disadvantaged families have to settle for less-than-average child care services due to the rising costs.

You shouldn't have to choose between optimal child care or staying within budget. That's why we've put together this list of low-income child care services and programs.

State Child Care Assistance

Every state receives funds from the federal government that are used to support child care assistance programs. These programs are designed to help qualifying parents pay for child care while they attend school or work. Visit your state's child care assistance website for information on how to receive aid through vouchers, fee assistance, and other financial assistance opportunities.

Early Head Start & Head Start

These programs were created to provide a wide range of helpful services. Early Head Start covers children up to 3-years old, while Head Start serves children ages 3 to 5-years-old. Since they're federally



funded programs, both are open to families with low incomes at or below poverty line. To find out if you're eligible, visit their website.

Child Care for Current Students

If you're currently a student in high school, there may be a financial aid program for child care available in your state. Contact your local Child Care Resource and Referral agency for information. For college students, many schools offer on-site child care programs at a discounted rate.

Military Assistance Programs

If you have served or are actively serving in the military, you may qualify for free child care assistance. To find out what your specific branch offers, use this list.

Employer Care Assistance

Check with your employer to see if they have child care plans in place. Companies will often give employees the option to set aside a portion of their paycheck in a tax-free fund that can be used for child care services. Meet with an HR representative to inquire about such programs

or to see if they offer discounts with local child care providers.

Other Sources of Payment

Many child care providers offer a sliding fee scale, meaning they'll base the cost of the care on the family's income. You can also check with your local Child Care Resource and Referral agency to see if they have any scholarships available. Don't forget to ask any potential providers if they offer sibling or military discounts that you can use toward care fees as well.



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Katrina Harris celebrates 50th birthday

By Journal Staff

Katrina Harris, who was at the Rockwell Steakhouse Saturday night, January 26, with her friends and family to celebrate her 50th birthday. A licensed social worker from Toledo with a masters in Criminal Justice, who

works at The Area Office On Aging, is happy to reach the age of 50. She said, "The Lord has blessed me to see this many years and hopefully, He will bless me to see many more. A lot of people I have known in life did not make it to 50, so I feel very blessed to make it to the age of 50 and be a half of century

old." Her aunt, Linda Smith, who attended the party said, "I'm so proud of Katrina because she has accomplished alot in her life. She is also a very caring and compassionate person. I thank God for her always and for the way she cared for her father, my brother, when he was alive."

Mrs. Harris' daughter, Shirmaen Hodges, added, "I'm proud that she is my mother. She said she feels good turning 50 and I wish her many more birthdays to come and a have a happy birthday right now Mom." Her husband, Reginald Harris, stated, "She is my world and I thank God for her be-

cause she is my blessing. Being with her, I feel I can achieve all my goals in life. With her and God by my side, any and everything is possible." Surrounded by loving family, friends, nice gifts and at a nice restaurant, Katrina Harris had a wonderful birthday dinner party and celebrated an important milestone in her life.



PHOTO CREDIT / THE TOLEDO JOURNAL

Katrina Harris (center seated with white attire) enjoys her 50th birthday dinner party with Family and friends at Rockwell Steakhouse.

Kitchen for the Poor, Lo Salem honors Dr. MLK, Jr.'s Legacy

Continued from page 1

high energy song, 'You Are Good', from the motion picture The Gospel. This song had the audience on their feet clapping their hands and singing along on the refrain, 'Lord you are good and your mercy endureth forever', which repeats itself over and over again, This was a fever ptich moment among many.

Another high point came with the message from the main speaker, Bishop Randall Parker, entitled, 'Where do we go from here, in a tradition of resistance'. 'We've come a long way', he said, 'but we still have a long way to go. Racism is still alive and well, it has morphed itself into different manifestations but it is still very much alive. We still have a mission to fulfill in a tradition of resistance' said the Bishop. 'Just because some of us are doing so well, does not mean all is fine. We must not forget about those who are still vitims of a un-jut system that causes 50 million Americans

to remain in poverty. We've come along way, he said, but we still have a long way to go and we have promises to keep, and miles to go before we sleep, and a mission still to fulfill. There are countless individuals who have been let behind and we must not forget about them in a tradition of resistance". We still have a long way to go and a missions yet to be fulfill'.

He also paid tribute to the Savage family for keeping the late Rev. Harvey Savage Sr.'s legacy and mission alive.

This was the end of the program and usually at this point the audience would proceeds outside for a short symbolic march to remember Dr. King's work. This year Harvey Savage Jr. the Executive Director of The MLK Kitchen for the Poor informed everyone the march was cancelled due to the frigid weather. Instead everyone was invited to go directly next door to the kitchen for a light lunch and fellowship.



PHOTO CREDIT / TOLEDO JOURNAL

Dawn Hudall and Betty Whitlock enjoy a lite lunch at the MLK Kitchen for the Poor after attending Lo Salem's MLK celebration.



PHOTO CREDIT / TOLEDO JOURNAL

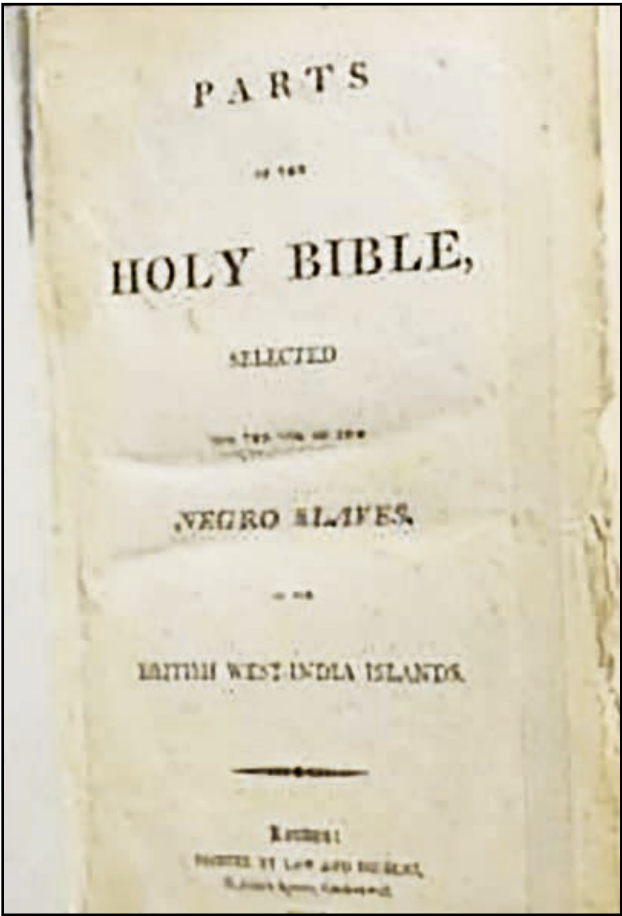
Henrietta Savage, Head Cook at MLK Kitchen for the Poor and John Chapman serve lunch to visitors after the King Celebration



PHOTO CREDIT / TOLEDO JOURNAL

Living up to one of their motto's of community service, members of the AKA Sorority pitched in to help serve lunch at the MLK Kitchen for the Poor after the MLK service.

'Slave Bible' converted slaves to Christianity by omitting parts that could lead to uprising



Submitted By Michael Harriot The Root/Portside

A new exhibit at a Washington, D.C., museum featuring an abridged version of the Bible sheds light on how Christian missionaries converted enslaved Africans to Christianity by teaching them the Gospel... except the parts about freedom, equality and resistance.

According to NPR, Parts of the Holy Bible, Selected For the Use of the Negro Slaves, in the British West-India Islands, is on display at the Museum of the Bible in Washington, D.C., and is one of only three known copies of this abridged version of the King James Bible. Printed by the Missionary Society For the Conversion of Negro Slaves, the text of the Bible was used by missionaries from England to convert slaves to Christianity.

The book is basically the enslavers extended remix of the King James version of the Bible, leaving out all that unnecessary junk that might lead slaves to turn on their masters. For instance, Moses doesn't even

exist until he is an old man in the "Slave Bible."

"You'll see a jump from Genesis 45, and they've cut out all the material to Exodus 19," says Anthony Schmidt, associate curator of Bible and Religion in America at the museum. "What they've cut out is the story of the Israelites captivity in Egypt and their eventual liberation and journey to the promised land."

The censored version removed 90 percent of the Old Testament and 50 percent of the New Testament, eliminating potentially seditious passages such as Exodus 21:16, which reads: "And he that stealeth a man, and selleth him, or if he be found in his hand, he shall surely be put to death."

However, the curators of the Slavery Bible did keep some passages that they thought were necessary for slaves, including Ephesians 6:5: Servants, be obedient to them that are your masters according to the flesh, with fear and trembling, in singleness of your heart, as unto Christ;

The Missionary Society For the Conversion of Negro Slaves was a group of missionaries' that was formed in 1794. The society's original intent was to convert Native Americans to Christ but the group began to focus on enslaved Africans after the American Revolution.

The extremely rare artifact is on loan from Fisk University in Nashville, Tenn., which has housed the "Slave Bible" in their special collection for more than 50 years. The only other known copies of the artifact are in the United Kingdom.

Michael Harriot is a writer and podcaster. He contributes in the field of journalism, commentary and is one of the most sought-after spoken word poets in the country.

Michael is also a critically acclaimed poet, journalist novelist and broadcaster. He is the editor-in-chief of NegusWhoRead, and in 2013 he began hosting "The Black One" podcast and it has grown to become one of the most-listened to podcasts in Black America.

His social commentary has taken him to Ferguson, Baltimore and anywhere readers and listeners around the world want behind-the-scenes unfiltered information.

JoJo Smith “Choreographer to the Stars” dies at 80

Submitted By Cheryl Duncan

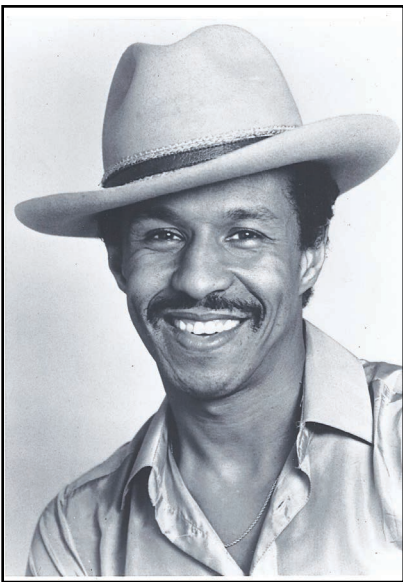
Englewood, N.J. (January 28, 2019) — JoJo Smith, who was born to dance and became known as the “Choreographer to the Stars,” died at 80, on Tuesday, January 22, from complications resulting from a stroke. He transitioned around 4 a.m. at the Actors Fund Home in Englewood, New Jersey. Smith emerged as a legend after serving as dance consultant for the iconic film Saturday Night Fever, starring John Travolta.

“JoJo Smith was a giant on the international dance scene. His technique defined ‘The Wave.’ He staged the biggest musical acts and TV specials that gained him national prominence. I was so lucky to train with him and be nurtured by him. We will forever be grateful to have known his genius and generosity,” said Debbie Allen, Smith’s former student and cousin, who is also a dance legend, choreographer, television director, producer and Famestar.

“My father was an exceptional dancer-musician who created a new style of jazz dancing. His unique personality and musicality are the fabric of his choreography and his contagious energy — a true classic and a legend! I will miss our times together hanging out, but I will forever be

inspired by him,” said son Jason Samuels Smith, an Emmy Award winner and lead from Broadway’s Bring in Da’ Noise, Bring in Da’ Funk.

With a career spanning more than six decades, some of Smith’s credits included playing lead Shark of the Puerto Rican teen gang in West Side Story; dancing opposite Paula Kelly in Something More; and having a central role in Joyful Noise. Smith danced on several television variety shows during the 60s and 70s. His own group, JoJo Smith and Company, staged shows and taught classes around the world, with residencies in Paris, Rio de Janeiro and several cities in Japan.



Smith has been credited with giving Hollywood and New York notables some cool dance rhythms. He coached many stars including Barbara Streisand for her nightclub scene in The Owl and the Pussycat; Joey Heatherton in

Dancin’; and Melba Moore, Shelley Winters and Barry Manilow in their own shows.

Smith’s unique style has influenced generations of the greatest dancers and entertainers all over the world including the late, great Michael Jackson.

Smith danced in many all-black venues and productions before he made it to the big time. He was part of the original Lon Fontaine Trio at Club Harlem in Atlantic City. Smith’s original “gumbo dance” choreography for a Harry Belafonte show

that toured the world, was an homage to the South African gold miners’ culture and life under apartheid.

Smith was born in New York City on July 20, 1938, to Anna Margaret Grayson, a Katherine Dunham dancer, and Joseph Benjamin Smith, tap dancer and drummer, who performed in a family act with Cab Calloway and the famed Nicholas Brothers. He grew up in the Bronx and graduated from Evander Childs High School. Smith is survived by his children Michael Smith, Monica Richard Smith, Elka Samuels Smith, Jason Samuels Smith and Rocky Smith; siblings in New York and St. Louis; grandchildren; cousins and scores of loving friends and students. He was predeceased by his son Christopher Smith.

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Ask Alma

Dear Alma,

My husband was married very young, from the age of 20-22. The marriage was a disaster and they divorced without having a conversation or even seeing each other in court. He didn't contest it or show up to the court date. She recently found him on Facebook and asked if she could give him a call. When he came and asked me about it, I said it would be ok. My husband and I are very close; we have successful adult children, and a lovely grandchild. We are very active in our church. I said yes, because we've had a wonderful life, a happy and loving 25 years of marriage. I was ok with it at first, but lately they've been having long conversations on the phone and what I thought was going to be a one or two time thing, is still going on. He talks to her while I'm in the room. They seem to have a really good friendship building. My patience has run thin. I recently told him the conversations need to stop and he said no. She's not married, lives in another state, and has cancer. He says he wants to be there for her, but I don't think that's his place. I trust my husband but I don't trust her. I think she is lonely and just reminiscing about my husband. I know I opened this can of worms but what do I do to put the lid back on. Should I threaten to leave and give him an ultimatum?

D.T.
Tampa, Fla.

TBT Tampa, it would never sit well with me to tell someone to leave a marriage of 25 years. What may be a deal breaker for one, might not be for another. What I will say is, you are not the number one woman in your husband's heart – right now. I know, I know, that's a handful of hurt to hold, but honesty is what you get while sitting in the Ask Alma Café, and you my dear took a seat.

First and foremost, don't ever

offer an ultimatum, or you may find yourself unaccompanied. Giving an ultimatum to your partner is like offering a cold glass of pride and arrogance. The offer of "my way or the highway" doesn't give the other person a reasonable choice or viable option. You have one of two decisions to make. You can turn the other cheek and wait for this circus to pass through town, ('cause we both know it will), or you can start to do what's needed to regain your number one "I'm every woman-wife #1" status. The choice is up to you.

Since your husband was honest enough to bring this to your attention and ask for permission, I don't think these long talks are a threat to your marriage. As you mentioned, she's in one state and you guys live in another. When one takes the time to finalize, wrap up life lessons and loose ends over the years, it can be cathartic. I think he's trying to extend a more compassionate side of himself because she's ill. Don't fault him for that. Deal with him based on what he actually does, not what you've imagined him doing.

Mark my words, the rambles of reminiscing will begin to roll away, because at some point one of them will remember why they divorced in the first place. I anticipate that will be your husband. If you had asked me this question 20 years ago, I would have told you to tell him to get the steppin' but I know better now. Twenty-five years is a long time and as his wife, you've gotta dig in deep, do a better job of weathering this storm. Since it's the first real tsunami in your relationship, lay down some rules but don't grab your umbrella and run. Tell him what's on your mind, tell him how this situation makes you feel and ride it out. I've got a good feeling about your husband and I think he'll revert with a sack of sorrys before you know it. Be prayerful, exercise your pa-

tience and rely on your faith.

You've invested 25 years of your life to this man and your family. Play to win in this game called marriage, and remember you've got a 25-year home field advantage!

Dear Alma,

This is a question about my best friend. He and I have been best friends forever and we are just that – friends. I'm a woman and he's a man, but, never at anytime did we think it would be anything else. So I guess you could say it's like we're brother and sister. We have been there



through family issues, heartbreaks, lost jobs, college graduations, I mean everything.

Whenever I have a new friend I'm dating, if it starts to get serious, this person has to meet my one and only best friend for approval and vice-versa. About a year ago, he met and fell hard for a co-worker. Initially, she seemed to be OK. When we finally met, at the table she was courteous, very friendly and I was thinking, I like her. But wait, we walked to the bathroom together and she became the wicked witch of the north. She did a complete turn around and was mean to me and told me she knew that I wanted him, but to watch out because that wasn't gonna hap-

pen. I tried to explain we are just friends. She said she knew what we were and that my friend talks about me all the time and he has made it clear we were to remain the best of friends. She told me she didn't like me and she didn't like our friendship but she would do whatever it takes to keep him happy. She turned and walked out the bathroom and once we sat down at the table she became the really, sweet, friendly woman he thinks she is.

Fast forward and now they are getting married. Of course, he wants me to be in the wedding. He asked me to be his best woman and he also wants me to do things with her while they make all the wedding plans. Things did not get better with us over time and I still don't like her at all. I was just going along with it because I love him and I tried to suck it up for the past year, but now that they are getting married, I just can't do it. I cannot participate in this. My mother says I have to be there for him and not make it about me. Help Alma! I just can't. How do I break it to him without losing my friend?

FriendTillTheEnd

Ain't nothing like ordering a Famous Dave's praline sauced bread pudding, a la mode and a diet soda. Two selections that have absolutely nothing to do with each other, but they sure do taste good together. Ummhmm, that just made me hungry. You don't mind if I eat while we're talking do you? Sometimes I eat when I'm sad, and your question sure did make me blue. I couldn't help but think about the friendship that you and he shared, how special it is and how it's about the end. I'm a firm believer that a man and a woman can be just friends, but not everyone will agree. Ask my friend, Richard. I love him and he means the world to me, but he's not my husband, he's my dear, dear friend. We don't hide or sneak around

to see each other when meeting for a meal. We knew each other before I married and we were able and approved to continue our individual relationship, because my husband trusted what we shared. Partways, I'm sure is because my husband has Gail, one of his best and dear, dear friends. When I met Gail, early on in our relationship, I thought she was awesome, too. What I also thought was, if they haven't hooked up and made it work by now, it ain't ever gonna happen. So I made my peace. Men and women are smart enough to know when friendships are ready or capable to moving to the next level. That's not the case for the two of you and it's sad his new wife can't or is choosing not to understand it.

I gotta say though, I agree with your mom. You should suck it up and stand by your best friend. You don't have to accompany Glozilla on her whirlwind of wedding trudges, but you do have to show up and take your rightful place at the wedding. Once they've married, she may no longer see you as a threat and that should change things for the better. TBT, it's time for you to prepare yourself to move over. You need to make room for her in his full life. Things don't have to change but they should become different. Richard and Gail are very supportive of our marriage and both are always equally inclusive with everything they plan, say or do. You have to adjust to the new rules of friendship, engagement and marriage. As he becomes one of your dearest friends, but no longer your only best friend, because he has a new BFF in the soulmate that he's marrying.

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

Social Security Questions and Answers

By Erin Thompson, Public Affairs Specialist, Social Security

Question:

What can I do at www.socialsecurity.gov?

Answer:

There are many things you can do on Social Security's website. You can conduct most of your Social Security business with us online at www.socialsecurity.gov/onlineservices. You can get an estimate of future benefits, find out if you qualify for benefits now, and even apply for benefits. You can complete a number of other tasks online, too, including replacing your Social Security card in some states. You can estimate your retirement benefit using our Retirement Estimator, which allows you to get an instant, personalized estimate of your future benefit based on different retirement ages and scenarios. You can even open your own my Social Security account to plan for and man-

age your benefits at www.socialsecurity.gov/myaccount.

Question:

Can I refuse to give my Social Security number to a private business?

Answer:

Yes, you can refuse to disclose your Social Security number, and you should be careful about giving out your number. But, be aware, the person requesting your number can refuse services if you don't give it. Businesses, banks, schools, private agencies, etc., are free to request someone's number and use it for any purpose that doesn't violate a federal or state law. To learn more about your Social Security number, visit www.socialsecurity.gov/ssnumber.

Question:

I'm 17 and eager to start my first summer job, but my mother misplaced my Social Security card. How can I get another?

Answer:

If you know your Social Security number, you may not need to get a replacement card to obtain employment. However, if a prospective employer requests it, you can get a replacement Social Security card by following the steps below. There is no charge for a Social Security card, but you are limited to three per calendar year and 10 replacement cards during your lifetime.

You will need to:

- Show the required documents. We need to see different documents depending on your citizenship and the type of card you are requesting. Go to www.socialsecurity.gov/ssnumber to find out what documents you will have to show;
- Fill out an Application for a Social Security Card; and
- Take or mail your application and original or certified copies of the original documents to your local Social Security office.

For more information, read our pamphlet, Your Social Security Number and Card at www.socialsecurity.gov/pubs.

Question:

Why should I sign up for a my Social Security online account?

Answer:

my Social Security gives you a personal online account you can securely use to check your Social Security information and do business with us. With a my Social Security account you can:

- Keep track of your earnings and verify them every year;
- Get an estimate of your future benefits if you are still working;
- Get a replacement Social Security card if you meet certain criteria and reside in these locations;
- Get a letter with proof of your benefits if you currently receive them; and
- Manage your benefits:

o Change your address or telephone number;

o Start or change your direct deposit;

o Get a replacement Medicare card; and

o Get a replacement SSA-1099 or SSA-1042S for tax season.

To find all of the services available and set up an account, go to www.socialsecurity.gov/myaccount.

Question:

I prefer reading by audio book. Does Social Security have audio publications?

Answer:

Yes, we do. You can find them at www.socialsecurity.gov/pubs. Some of the publications available include What You Can Do Online, Working While Disabled - How We Can Help, Apply Online for Social Security Benefits, and Your Social Security Card and Number. You can listen now at www.socialsecurity.gov/pubs.

THE TOLEDO JOURNAL

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FOR RENT

BLACK FACTS

In 1948, multitalented actor, singer, and civil rights activist **Paul Robeson** was considered by a U.S. vice presidential spot on Henry A. Wallace's Progressive Party ticket.

The King of Pop, **Michael Jackson**, snagged several Guinness World Records, including highest annual earnings for a pop star, best-selling album of all time for his classic, Thriller, and most Grammy Awards won in a year (he took home 8). Incidentally, **Beyonce** holds that record for the ladies - she took home six in 2010.

Tice Davids, a runaway slave from Kentucky, was the inspiration for the first usage of the term "Underground Railroad." When he swam across the Ohio River to freedom, his former owner assumed he'd drowned and told the local paper if Davids had escaped, he must have traveled on "an underground railroad." (Davids actually made it alive and well.)

In 1739, the **Stono Rebellion** in South Carolina

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EOE

NOTICE FOR DIABETES PROGRAM

PUBLIC NOTICE: DEEP PEER EDUCATOR TRAINING

The Area Office on Aging of Northwestern Ohio, Inc. hereby gives notice of the 2019 DEEP (Diabetes Empowerment Education Program) Peer Educator Training. Receive three days of no-cost workshop instruction to become a certified lay-leader/educator in diabetes self-management education. This training is being offered February 13, 14, & 15, 2019 at United Way of Greater Toledo. For additional details please contact Area Office on Aging at 419-382-0624, Ext. 2227.

NOTICE FOR DIABETES PROGRAM

NOTICE FOR DIABETES PROGRAM

became the largest slave revolt in colonial America - some of the men who participated had been soldiers in Africa before being sold into slavery.

Uncle Tom's Cabin is a real place, so to speak. The home of Josiah Henson, whose life is generally believed to have been an inspiration for the novel, has been restored and added to the National Register of Historic Places in North Bethesda, Maryland.

Maya Angelou stopped celebrating her birthday for many years following the assassination of her friend, Dr. Martin Luther King, Jr., on the same day. She annually sent flowers to Mrs. King to commemorate that day.

At age 42, Satchel Paige became the oldest rookie to play major League Baseball and continued to play until he was 47.

Lincoln University in Pennsylvania is the first institution of higher education founded for African-Americans. It paved the way for the 104 other historically Black colleges, which have produced distinguished alums like Thurgood Marshall, Spike Lee, and the almighty Oprah.

The media made the **Black Panthers** notorious for their Afros, dark apparel, and willingness for armed self-defense, but their manifesto for change launched programs that benefited Black communities nationwide, like free dental care, breakfast for low-income children, even drama classes.

Shirley Chisholm was the first Black woman elected to Congress and the first Black major-party presidential candidate survived three assassination attempts during her 1972 campaign.

Eatonville, Florida, the childhood home of writer and

METROPARK NOTICE

NOTICE TO BIDDERS

SEALED PROPOSALS for bidding on **Manhattan Marsh Metropark Development** will be received; opened; and read aloud at the Metropolitan Park District of the Toledo Area, Fallen Timbers Field Office, 6101 Fallen Timbers Lane, Maumee, Ohio 43537 **Friday, February 15, 2019 at 3:00 p.m.** local time.

THE SCOPE OF WORK consists of new park development including construction of 1.74 miles of multi-use aggregate path, 1,631 feet of wooden boardwalk & overlooks, canoe/kayak launch, 20 car aggregate lot, concrete walks, asphalt approaches, signage, landscaping, and aggregate base, plumbing & electric utility work related to the installation of an owner-supplied precast restroom building. Bidders may obtain copies of plans, specifications, contract documents and plan-holder's list through Newfax Corporation, 333 West Woodruff, Toledo, Ohio 43604 between 8:30 a.m. and 4:30 p.m., Monday through Friday (check made payable to Newfax Corporation) or via the Newfax Digital Plan Room at www.newfaxcorp.com. Newfax can be contacted at 419-241-5157 or 800-877-5157. A non-refundable fee of \$30 is required for each set of full-size documents obtained. For additional information, please contact Jon Zvanovec @ 419-360-9184, jon.zvanovec@metroparkstoledo.com.

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

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

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

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

David D. Zenk, Director

cultural anthropologist (and my all-time favorite author!) **Zora Neale Hurston**, is also the first town in the country to be incorporated by African-Americans.

February 2, 1866: Groundhog Day, First Civil Rights Act Passes

January 30, 1870: Hiram Rhodes Revels, first black U.S. Senator.

February 3, 1870: 15th Amendment giving African American men the right to vote ratified

February 1, 1887: J. Robinson patents food

January 31, 1893: Bessie Coleman, First African American airline pilot, born.

February 2, 1897: Alfred L. Cralle invented the ice cream scooper.

February 4, 1913: Rosa Parks born in Tuskegee, Ala.

February 5, 1934: Henry "Home run King" Aaron, baseball superstar, born.

January 30, 1961: The Kings' third child, Dexter Scott born in Atlanta, Ga

February 3, 1981: The Air Force Academy drops its ban on applicants with sickle cell trait.

January 30, 2006: Coretta Scott King passes away

Four Black Men Receive Posthumous Pardons for a Rape that Never Happened

Submitted
By TriceEdneyWire.com

Florida's governor and his cabinet, acting as the state's Clemency Board, on Friday, Jan. 11, issued posthumous pardons to four young Black men who were interrogated, tortured and wrongly convicted for the 1949 rape of a White woman by an all-white jury. One of the boys was murdered before he was charged.

Friday's vote came nearly two years after the Florida Senate and the State House voted to apologize formally to the relatives of the men, known as the Groveland Four, after determining the woman was never raped 70 years ago. Then Governor Rick Scott was asked to pardon the men, but he did not take any action and did not provide an explanation for not doing so. Scott is now a U.S. Senator.

Rick DeSantis, Florida's new governor, who was sworn into office last week, made the pardons a priority. "I think the way this was carried out was a miscarriage of justice," DeSantis said.

In 1949 in Lake County, Norma Padgett, then 17, claimed she had been raped by the four men after a car in which she a passenger driven by husband broke. The four men offered to help but instead raped her, she claimed.

Three of the accused men were arrested. Ernest Thomas, a fourth man, escaped, but he was hunted down by a posse of 1,000 men. He was shot 400 times as he slept under a tree.

White mobs also terrorized black neighborhoods, burning down houses and firing bullets into the homes.

Walter Irvin and Samuel Shepherd were convicted of rape and sentenced to death on Padgett's word. Charles Greenlee was sentenced to life in prison because of his age.

Padgett, now elderly and confined to a wheelchair, attended the hearing, still claiming she had been



raped. Surrounded by male relatives, Padgett pleaded with the cabinet not to pardon the men.

Shepherd's cousin, Beverly Robinson, called Padgett and her family liars, which almost led to a fist fight between members of the two families.

A physician who examined Padgett at the time of the alleged assault said she wasn't raped. Padgett held onto the belief that she had been raped although medical evidence proved she had not been. During the trial, Judge Truman Futch refused to let the defense call the examining physician as a witness.

This is not unusual. In another earlier and now-historic case, Irene

Tuskin, 19, claimed she had been raped by three black men on June 15, 1920 in Duluth, Minnesota. A physician determined that she had not been raped after examining her.

A white woman's accusation against a black man, however, was law. A mob knocked the sheriff out of the way and lynched the three men — Elias Clayton, Elmer Jackson and Isaac McGhie. Duluth, where singer Bob Dylan lived as a child before his family moved elsewhere. Later, Duluth erected a monument to honor the three men.

Thurgood Marshall, a lawyer with the NAACP Legal Defense and Educational Fund, who would later become the first African American U.S.

Supreme Court Justice, handled the appeals for Irvin and Shepherd.

In 1951, the U.S. Supreme Court ordered new trials. Before the trials began, Lake County Sheriff Willis McCall shot Irvin and Shepherd, claiming the handcuffed men were trying to escape. McCall shot to death Shepard. Irvin played dead and lived.

Greenlee was paroled in 1960 and he died in 1912. Irvin was paroled in 1968 and died a year later.

The story about the four men was told in the 2013 Pulitzer-prize winning book "Devil in the Grove: Thurgood Marshall, the Groveland Boys, and the Dawn of a New America," by Gilbert King.

Ohio Law Permits Adult Adoptions in certain cases

By Thomas Taneff
Principal, Thomas Taneff
Co., LPA

There are several reasons why adult adoptions may be undertaken. The most common reason is to formally and legally recognize an existing parent/child relationship. Among the benefits of a formal adoption is the ability of the adopted person to inherit from the adoptive parent. An adult adoption also may be used to provide protection for a person of diminished capacity or abilities. Once adopted as a legal family member, such an individual may then be assured lifetime care under family insurance, or through inheritance. Finally, a stepparent/step-child relationship can be formalized through an adult adoption.

Ohio law allows adults who are totally and per-

manently disabled or intellectually disabled to be adopted. In addition, Ohio law permits adult adoption for any adult who has established a relationship with adoptive parents through a child/foster caregiver or child/stepparent relationship as a minor, assuming the adult child consents to the adoption. A law that took effect in 2011 also allows an adult child to be adopted by the spouse of his or her parent, as long as the adoptee consents. Ohio law previously did not allow an adult child to be adopted unless he/she had established a parent/child relationship while still a minor. This law applies in situations where someone remarries and the new spouse has an adult child who wishes to become bound to the new family.

Adult adoption proce-

dure

In order to adopt an adult, the prospective adoptive parent must prepare, sign and file a petition with the probate court. The court will then set a date for a final hearing where it will make a determination about whether the adoption serves the best interests of the adoptee. Assuming the court approves the adoption, the court will order a new birth certificate for the adoptee.

Unlike the procedure used for the adoption of a minor child, the court generally will not require a home study in the case of an adult adoption and no waiting period is required before an adult adoption can be finalized.

Before granting an adult adoption in Ohio, the court must determine whether a child/foster parent relationship ex-

isted while the person to be adopted was still a minor, unless the adult child is to be adopted by a stepparent. To make such a determination, the court will look at the type of nurturing that was provided to the child, including the provision of emotional and financial support, food, shelter, discipline, guidance, education, religious training, medical care and love and affection.

Adult adoptions are permanent

When a minor child is adopted, the changes that result are permanent. The same can be said for an adult adoption. As in any adoption, the existing relationship with the biological parents is severed. An adult adoption creates a new parent/child relationship. A new birth certificate is issued for the adopted person, showing the adoptive parents as the

legal birth parents. The last name of the adopted person also may be changed to that of the adoptive parents. The original birth record involved in an adult adoption will be sealed according to the state's laws, even though the parties involved are adults and are aware of the family details. An experienced family law attorney can help streamline the adoption process and answer any questions the family may have.

December 5, 2018
About the Author

Thomas Taneff is the principal of Thomas Taneff Co., LPA in Columbus and he has been practicing law for more than 30 years. Taneff was a member of former Ohio Governor George Voinovich's Adoption Task Force and Commission which rewrote Ohio adoption code, and

he has been recognized for his commitment and dedication to improving the lives of children through adoption. He focuses his practice on probate, estate planning, guardianships, adoption and reproductive law. Taneff received his undergraduate education from The Ohio State University and his law degree from Capital University Law School.

This "Law You Can Use" consumer legal information column was provided by the Ohio State Bar Association. Articles appearing in this column are intended to provide broad, general information about the law. This article is not intended to be legal advice. Before applying this information to a specific legal problem, readers are urged to seek advice from a licensed attorney.

Lakers’ James, Bucks’ Antetokounmpo Named Starters And Captains For 2019 NBA All-Star Game



Giannis Antetokounmpo (L) and LeBron James (R)

Submitted by
Amanda Scurlock

– Captains to Draft Rosters for Team LeBron vs. Team Giannis; TNT to Air NBA All-Star Draft on Feb. 7 –
– West Starter Pool: James, Warriors’ Curry and Durant, Thunder’s George and Rockets’ Harden –
– East Starter Pool: Antetokounmpo, 76ers’ Embiid, Celtics’ Irving, Raptors’ Leonard and Hornets’ Walker –
The Los Angeles Lakers’ LeBron James and the Milwaukee Bucks’ Giannis Antetokounmpo lead the list of 10 players – two guards and three front court players from each conference – selected by fans, current NBA players and a media panel to start in the 2019 NBA All-Star Game.

As the All-Star starters who led their respective conferences in fan votes during NBA All-Star Voting 2019 presented by Google, James and Antetokounmpo will serve as team captains and draft the All-Star Game rosters from the pool of players voted as starters and reserves in each conference.

The captains will draft the eight remaining players from the starter pool in the First Round and then all 14 players from the reserve pool in the Second Round, making selections without regard to a player’s conference affiliation or position. The team rosters for the 68th NBA All-Star Game will be revealed on TNT in a special NBA All-Star Draft Show on Thursday, Feb. 7 at 7 p.m. ET.

The 2019 NBA All-Star Game, featuring Team LeBron vs. Team Giannis, will take place on Sunday, Feb. 17 at 8 p.m. ET at Spectrum Center in Charlotte, N.C. TNT and ESPN Radio will air the game live in the United States. NBA All-Star 2019 will reach fans in more than 200 countries and territories in more than 40 languages.

James has been named an NBA All-Star for the 15th time, tied for the third-most selections in league history behind Kareem Abdul-Jabbar (19) and Kobe Bryant (18). Along with James, the Western Conference starter pool includes the Golden State Warriors’ Stephen Curry (guard) and Kevin Durant (frontcourt), the Oklahoma City Thunder’s Paul George (frontcourt) and the Houston Rockets’ James Harden (guard).

In the Eastern Conference, Antetokounmpo (frontcourt) is joined in the starter pool by the Philadelphia 76ers’ Joel Embiid (frontcourt), the Boston Celtics’ Kyrie Irving (guard), the Toronto Raptors’ Kawhi Leonard (frontcourt) and the Charlotte Hornets’ Kemba Walker (guard). This marks the first NBA All-Star Game starting nod for Walker, who will be playing at his home arena.

The starters were announced tonight by TNT during the TNT NBA Tip-Off presented by Autotrader pregame show. TNT will unveil the reserves (seven players from each conference), as selected by NBA head coaches, on Thursday, Jan. 31 during TNT NBA Tip-Off at 7 p.m. ET.

By virtue of being the top overall finisher in fan voting, James will make the first pick in the First Round (Starters) during the NBA All-Star Draft. Antetokounmpo will have the first pick in the Second Round (Reserves). After the first pick in a round, picks will alternate until all players in that round have been selected.

2019 NBA ALL-STAR GAME STARTER POOL

Western Conference

Stephen Curry, Warriors (6th All-Star selection): Curry has extended his team record for consecutive All-Star Game starting honors to six.

Kevin Durant, Warriors (10th All-Star selection): The 2012 Kia NBA All-Star MVP is an All-Star for the 10th season in a row and a starter for the eighth time.

Paul George, Thunder (6th All-Star selection): The last time George started the All-Star Game, he made a record nine three-pointers and scored 41 points in 2016.

James Harden, Rockets (7th All-Star selection): The Kia NBA MVP for the 2017-18 season has been an All-Star in each of his seven seasons with Houston, putting him third behind Hakeem Olajuwon (12) and Yao Ming (eight) for the most selections in franchise history.

LeBron James, Lakers (15th All-Star selection): With three NBA All-Star MVP awards, the career All-Star scoring leader (343 points) is one shy of the record shared by Bryant and Bob Pettit.

Eastern Conference

Giannis Antetokounmpo, Bucks (3rd All-Star selection): Antetokounmpo, who finished second in fan voting among all NBA players for the second year in a row, has been named a starter for the third consecutive season.

Joel Embiid, 76ers (2nd All-Star selection): A starter for the second straight year, Embiid scored 19 points for Team Curry in his All-Star Game debut last season.

Kyrie Irving, Celtics (6th All-Star selection): An All-Star for the sixth time in eight seasons, the 2014 NBA All-Star MVP received the most fan votes among Eastern Conference guards for the third year in a row.

Kawhi Leonard, Raptors (3rd All-Star selection): Voted to start for the third time, Leonard gives Toronto an All-Star Game starter for the fifth consecutive year.

Kemba Walker, Hornets (3rd All-Star selection): With his third straight All-Star nod, Walker joins Glen Rice (1996-98) as the only players in Charlotte team history to make at least three All-Star teams.

This article originally appeared in the Los Angeles Sentinel.

CAR BUYER TIPS:

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- Lance Self

CUSTOMER OF THE MONTH:

Tina Brown

2017 Hyundai Tucson

ASK THE PEOPLE'S SALESMAN!

Hey Lance, it's tax season and I just got done filing my return. When is the best time to come in to purchase a new car? Do you have any tax specials?

Hey Timothy! Congrats on getting your taxes done so early this year. Now is the best time of the year to purchase or lease a new Hyundai. We have some great specials that I can offer you. One of my favorites is the **DOUBLE YOUR DOWN PAYMENT**. Bring us your tax refund and we'll double it up to \$6,000 on select new Hyundais. Give me a call and we'll set you up an appointment. Thanks for the text. See you soon!

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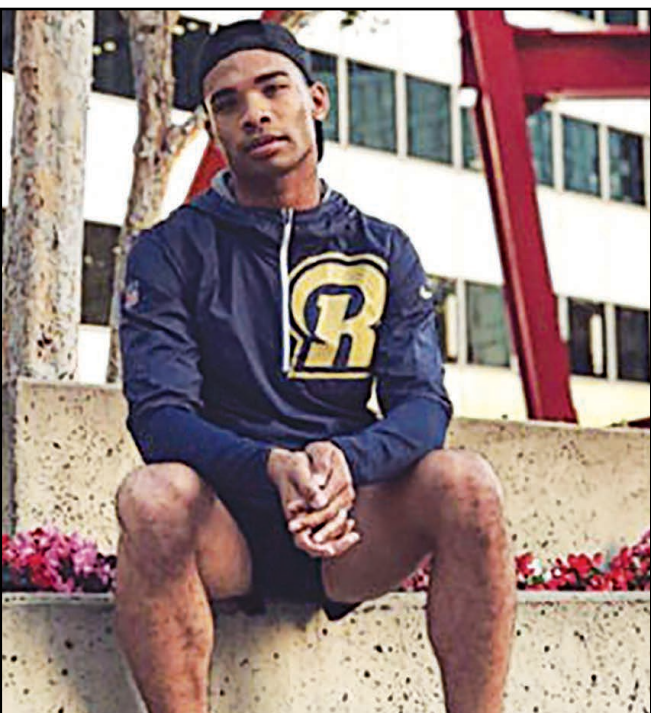
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In a historic 1st, male cheerleaders will perform at the Super Bowl



By Mo Barnes

For the first time in modern sports history, men will perform as cheerleaders at the Super Bowl.

Not to be confused with stuntmen, who are part of the cheerleading squad, these men will perform all the same moves as their female counterparts.

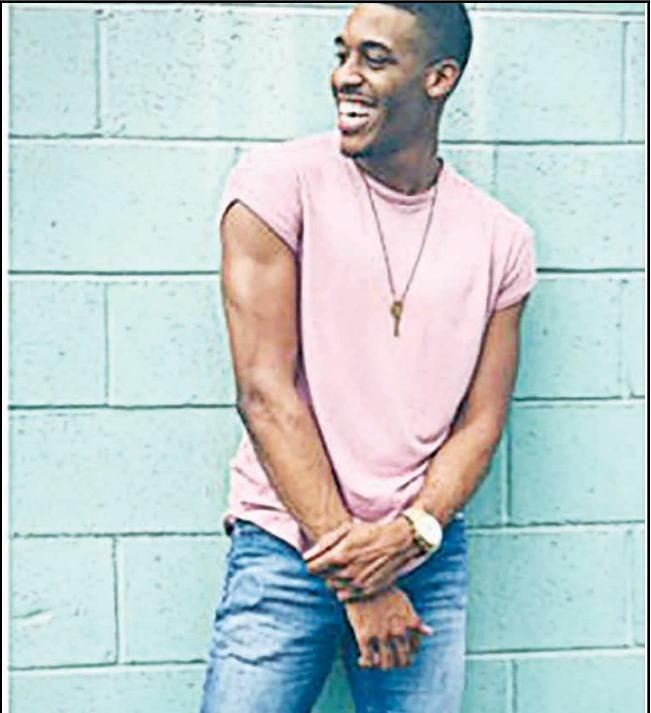
Performing for the Los Angeles Rams will be Quinton Peron and Napoleon Jinnies, who were named as cheerleaders for the team in 2018. Both are from California and are classically trained dancers who will now break gender stereotypes in Atlanta.

This week, the pair confirmed their spot at the Super Bowl on Twitter and posted updates to fans.

Not surprisingly, there has been a mixed reaction on social media.

This article originally appeared in Rolling-out.com.

Napoleon Jinnies (left) and Quinton Peron (right)



Emergency Warming Centers to open Wednesday to Friday

Submitted

Although the severe weather causes the Area Office on Aging to urge seniors NOT to go out unless they absolutely have to, the Area Office on Aging will open Warming Centers Wednesday through Friday at the following locations:

Maumee Senior Center
419-893-1994
2430 S. Detroit Ave.,
Maumee, OH 43537
9 a.m. - 5 p.m.

Mayores Senior Center
419-242-1142
2 Aurora Gonzalez Road
Toledo, OH 43609
8 a.m. - 5 p.m.

Oregon Senior Center
419-698-7078
4350 Navarre Ave.,
Oregon, OH 43616
9 a.m. - 4:00 p.m.

As sub-zero temperatures hit our region, the Area Office on Aging of Northwestern Ohio re-

minds the community to check on older adult friends and family members, particularly those who live alone. Older adults are especially susceptible to extreme cold. Of course, winter dangers such as broken bones from falls on ice or breathing problems caused by cold air are familiar but exposure to extremely low temperatures, for even a short time, can cause a drop in body temperature. This condition is called hypothermia. It

is serious, possibly even-life-threatening. Older adults receiving home-delivered meals were provided with extra meals on Tuesday.

Other tips include:

- Wear bright colors or add reflective material to clothing so others can see you.
- Watch for ice that can cause falls and leave you unable to get back inside.
- Carry a cell phone and designate someone to call for help if you need it.

•Create an emergency kit that contains a battery operated radio, a flashlight, extra batteries, a loud whistle or bell, food that you can open and prepare easily, water (one gallon per person per day), extra blankets and a first aid kit.

•Keep a backup supply of the medications you take every day.

•Make sure your medical equipment and assistive devices (such as canes, walkers, wheelchairs, lifts, oxygen tanks, etc.) are easy to locate in an emergency. Have spare batteries or non-powered options for any equipment that will not work if there is no electricity.

•Designate a safe place to go (such as a friend or neighbor's house or shelter) and have a plan for getting there if it becomes unsafe to stay in your home.

•Be prepared to quickly explain to rescue person-

nel how to move you or help you move safely and rapidly (e.g., "take my oxygen tank," "get my insulin from the refrigerator").

•Be sure to have shelf stable food on hand such as dried fruits, canned tuna or chicken, and reduced sodium vegetable juice.

•Don't forget to drink plenty of water. When it's cold the air is dry, and it is easier to become dehydrated.

The Area Office on Aging can also help identify resources, such as energy assistance, chore service and minor home repairs that can help you stay warm and safe this winter.



Visit one of our 4 conveniently located Auto Title offices and apply for your U.S. Passport.

Adult	Minors (Age 15 & Under)
Passport Booklet \$155.73	Passport Booklet \$125.73
Passport Card \$75.73	Passport Card \$60.73

This cost includes your photograph. We accept MC, Visa, Discover, Am Ex, check or cash.

Call 419.213.8843 for more information

Purchase your dog license by January 31

Submitted

The fee for a single one-year license is \$25. Three year licenses are available for \$75 per dog and lifetime tags can be purchased for \$250. Multi-year dog tags are not refundable and are non-transferable.

Ohio law requires that anyone who owns a dog that is more than three months old must obtain a license beginning December 1 of each year. Licenses purchased after January 31 are subject to a \$25 late fee.

Licenses can be purchased online using the dog tag renewal system, in person at the Lucas County Auditor office, Lucas County Canine Care & Control, and participating agencies, including the 22 branches of the Toledo Lucas County Public Library. A complete list of outlets can be found here.

Dog licenses can help ensure that lost pets are reunited with their owners and returned home. More information can be found at: <https://lucascountydogs.com/canine-control/licensing-your-dog/>