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Area Office On Aging and Toledo Public Schools hold a Smash Hit Senior Prom!



PHOTO CREDIT / TOLEDO JOURNAL

(L-R) Billie Johnson President/CEO of The Area Office on Aging with the 2019 King and Queen of the 'Dancing Through the Decade' Senior Prom, Elodoro Martinez and Diane Flagg, and TPS Superintendent/CEO Dr. Romules Durant.

By Michael Daniels
Journal Staff Reporter

Even before the doors opened on the evening of Friday, April 26, 2019, to the Start High School cafeteria, the location The Area Office on Aging and the Toledo Public School's 'Dancing Through the Decade' Senior Prom at Start High School it was sold out.

For many area senior citizens, it's the night of nights, and what a night it was, no one left disappointed. It was a night of dancing, socializing, reunion of old friends and the chance for meeting new ones. The ladies were dressed to the nines in their finest outfits while the men really put on the dog in their sharper than sharp attire.!

It was a special night for everyone involved from start to finish. Starting with the TPS students at the front entrance greeting the seniors with corsages for the ladies and boutonnières for the men. After which, the seniors were escorted to their seats where they were treated to a full course sit down dinner, also served to them by the TPS students. During dinner, they were serenaded by Hepcat Revival playing music from the 20s, 30s, 40s, and 50s.

After dinner, there was a brief intermission and Billie Johnson President/CEO of The Area Office on Aging along with TPS Superintendent/CEO Dr. Romules Durant offered a warm greeting and welcome to the 350 seniors



PHOTO CREDIT / TOLEDO JOURNAL

Seniors went back in the day doing the old school Hustle as they jammed with Toledo's KGB Band singing 'My Eyes Don't Cry' by Stevie Wonder.

who attended the annual Senior Prom.

Following that, Toledo's favorite hometown R & B group the KGB Band took to the stage and the party was on. Singing an array of Motown hits and other oldies they changed the whole atmosphere of the room. The high point came when they sang Stevie Wonder's, "My Eyes Don't Cry". The room exploded and the seniors packed the dance floor doing the old school Hustle line dance just like it was back in the day.

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PHOTO CREDIT / TOLEDO JOURNAL

Old friends Patty Henery, Rochelle Davis, Gwen Gilmore who attended their Scott High School prom together forty years ago reunite and were together again for the 'Dancing Through the Decade' Senior Prom at Start High School.

Message Delivered to Legislators: Home Is Where the Health Is

Legislative Breakfast Featured Address from National Senior Housing Leader

At the Area Office on Aging’s April 29th Legislative Breakfast, the agency and its partners shined a spotlight on how they are helping older adults live healthy and long lives one home at a time. Over 200 elected officials, community leaders and organizations serving older adults are joined together at the Area Office on Aging’s Legislative Breakfast at Parkway Place in Maumee.

Area Office on Aging President/CEO, Mrs. Billie Johnson said, “The Area Office

on Aging and its partners have focused for decades on social determinants of health like nutrition, socialization, economic stability and housing. Research shows that these social determinants have a greater impact on an individual’s health and longevity than the healthcare provided at a doctor’s office or hospital or even their own genetics. Health systems and public officials are becoming increasingly aware of this as well.” Edith Coltrane spoke of the housing help she received.



Area Office on Aging’s Board Chairman, Bill Harris, and President/CEO, Mrs. Billie Johnson, are joined by public officials and community leaders at the agency’s Legislative Breakfast.

Free Country Jubilee Event for Those Age 60 and Better Set for May 21st

Spring Fling is Ohio’s largest event for those age 60 and better. The event will take place on May 21 from 10 a.m. – 2 p.m. at the Sylvania Tam-o-Shanter, 7060 Sylvania Ave. The Area Office on Aging prepares to

welcome about 2,000 people age 60 and over as well as over 90 exhibitors to its May 21st Spring Fling event. The theme for this year’s event is Country Jubilee and a country band will be playing country hits from

yesterday and today, so get ready to put on cowboy/cowgirl boots, hat and/or attire and get ready to dance and enjoy the music.

Admission to the event is free. The boxed lunch is \$5 for

for those ages 60 and better. The lunch includes a large chicken leg with BBQ glaze, baked beans, cole slaw, corn muffin and fruit parfait. Tickets are available at the Area Office on Aging, 2155 Arlington Ave., Toledo.



This year’s Spring Fling event will have a Country Jubilee theme with a Nashville country band.

Now is the Time to Apply for \$50 Produce Coupons

Fresh Fruit and Vegetables, for free for Ohioans age 60 and better with limited incomes. If readers haven’t already done so, call the Office Area of Aging at 419-382-0624 to find out how to receive \$50 coupons for produce. Applications are available for the coupons on a first come, first served basis until September 30.

household of two. The coupons can be used for fresh local produce like sweet corn, blueberries, zucchini, tomatoes, peaches, apples, greens and cucumbers.

Those interested can call the Area Office on Aging at 419-382-0624, can come to the Area Office on Aging at 2155 Arlington Ave. Monday through Friday from 8:30 am - 5 p.m. or go to AreaOfficeOnAging.com to get the application, submit the application and then to have the coupons mailed to them in time for berry season.

To be eligible for the program, the Ohio resident must be 60 years of age or older, have an annual income of \$23,106 or less as a single person or combined income of \$31,283 or less for a



Mary Griffin with Farmers’ Market coupons.



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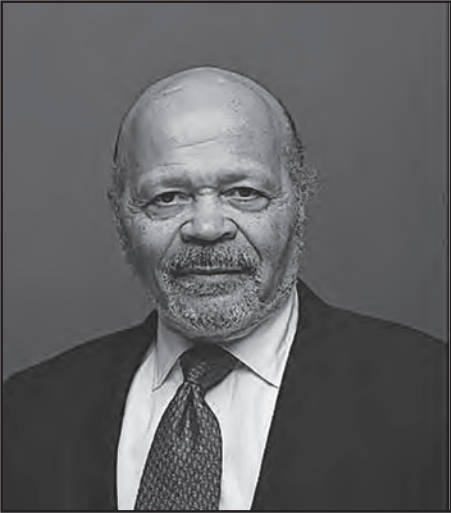
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We didn't need Mueller to tell us Trump is a Skunk



By Oscar Blayton,
Attorney

No person in his or her right mind will deny that America is a thicket of racism, misogyny, entitlement for the wealthy, dishonesty, and a fictitious veneer of meritocracy.

So, it is befitting that we have an occupant in the White House who exemplifies all these things.

Donald Trump clearly displayed his many loathsome traits before being elected to the highest office in the land. He also proved that he had neither the knowledge nor the understanding necessary to competently lead a nuclear power.

The only believable aptitude that his campaign presented to the American electorate was his abiding belief in white supremacy. And he rode that one trick pony all the way to 1600 Pennsylvania Avenue.

After occupying the Oval Office for more than two years, Trump has had his corrupt and illegal practices laid out in more than 400 pages of a government report produced by a team of investigators and lawyers led by Special Counsel, Robert Mueller.

Political pundits have expressed their shock and surprise at the depth of Trump's immorality. The legion of lies, his schemes to overthrow the rule of law and his constant efforts to obstruct justice were revealed in page after page of Mueller's report.

But the most surprising thing about this episode of America's history is not Trump's immortality, but the sense of surprise – real or pretend-



Robert Mueller.

ed – expressed by members of the major media outlets.

When you climb into a pigpen to kiss a hog, you should not be surprised by what winds up on your lips. And many Americans have been French kissing this swine for more than two years.

The question now should not be "How did things come to this?" The answer is clear. We elected a villain to the White House. The question we must now answer is: "How do we rid the American body politic of this cancer?"

Some Democratic leaders in the U.S. House of Representatives are counseling against impeaching Trump. Instead, they call for the American voters to turn him out of office in 2020. Fearful of losing their seats by angering conservatives, these shameful Congress members are asking voters to do the job they were elected to do. Cowering before small but vocal segments of their constituencies, these self-serving politicians are willing, for the sake of their own re-elections, to surrender the public good to the worst elements of our society.

When these politicians make their

next predictable pilgrimages to Black churches and neighborhoods seeking what they believe are "guaranteed" Democratic votes, they should be pressed on why they did not see fit to protect the American people and move to impeach No. 45. Every day Trump remains in office is a threat to the well-being of people of color. His policies diminish our quality of life and the tone he sets in the White House gives license to those in America whose hateful, racist inner demons have waited decades for a chance to wreak havoc on their victims.

For months, Robert Mueller was hailed as the hero who had ridden in on his white horse to make everything right in Washington. But his report disappoints by failing to call out Trump's illegal actions for what they are. Anecdotes in the Mueller Report confirming already well-founded suspicions and widely known violations of law that had been reported in the media for months did little to further inform the public of Trump's wrongdoings. And in its present form, the report is subject to manipulation by Trump allies to normalize his behavior and anesthetize the American people to the abuse heaped upon us

daily by this administration.

Anyone who cannot see an attempted conspiracy between the Trump campaign and the Russian government is simply choosing not to look. Anyone who is not convinced that Trump clearly obstructed – and attempted to obstruct – justice is choosing to abandon the rule of law.

Trump committed his many crimes in full view of the American public, so the facts laid out in the Mueller report should come as no surprise.

Right-thinking Americans should not allow politicians to be surprised at the contents of the Mueller report. Any politician who expresses such surprise is either too dishonest or too stupid to be returned to office.

Right-thinking Americans should not allow politicians to shirk from legitimate efforts to impeach Donald Trump. If they are too cowardly to weather the turmoil of an impeachment process, they should pack their bags, leave Washington and look for another line of work.

Oscar H. Blayton is a former Marine Corps combat pilot and human rights activist who practices law in Virginia.

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Who Gains When Democracy is Destroyed?



By Julianne Malveaux,
NNPA Newswire Contributor

Democracy is defined as the government "of the people, by the people, and for the people." Who are the people who support our

contemporary status quo? And how, in marginalizing the will of the people, is democracy destroyed?

The long-anticipated Mueller report is a scathing exposé of at least ten ways the man who calls himself the President of the United States bent or broke the rules and actively interfered in an investigation of his wrongdoings. The Attorney General who auditioned for his role by sending a memo that indicated that a sitting President could not be charged by the In-Justice Department edited, obfuscated, and then prevaricated about the many ways Mr. 45 simply did the wrong thing. His wrongdoings ranged from perjury (which he often couched as "I don't remember") to intimidation, to near, if not outright collusion. After the release of the Mueller Report, many Democrats have called for

investigation or impeachment, but few Republicans have raised their voices to censure the rogue they selected as their leader.

As of this writing, Utah Senator Mitt Romney (R) has been the most vocal detractor of Mr. 45, but he was that before the Mueller Report was issued. George Conway, the bold husband of the equally fearless Kelleyanne Conway, has called for 45's impeachment even as his spouse maintains her position as the 45 handmaiden. I don't even want to wonder what their pillow talk sounds like, but George Conway gets mad props for speaking his truth even as he sleeps with the devil.

Why are so many so silent, though? These are people who say they love democracy, but their truth is that they love it only when

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Homestead Act of 1862 – Closest Thing to Reparations, *Part I*



By Harry C. Alford & Kay DeBow
Wire Writers

We all know about the false promise of “40 Acres and a Mule”. This pledge was formed by Union General Sherman as he raked through the heart of the South during the Civil War. He wrote and assured that after the war freed slaves would be given land (40 acres) and a means to work it (mule). Many freed slaves looked forward to that event. However, some things occurred to prevent that. President Lincoln probably would have supported the “promise”. However, he was assassinated and replaced by Vice President Andrew Johnson, a democrat from Tennessee. Johnson slammed the “door” on that opportunity. That among other controversies would eventually lead to his impeachment.

However, there was another event that would prove to be quite beneficial to freed slaves. That was a law known as the Homestead Act of 1862. Wikipedia defines the Homestead Act:

“The Homestead Act of 1862 has been called one of the most important pieces of Legislation in the history of the United States. Signed into law in 1862 by Abraham Lincoln after the secession of southern states, this Act turned over vast amounts of the public domain to private citizens. 270 million acres, or 10% of the area

of the United States was claimed and settled under this act.”

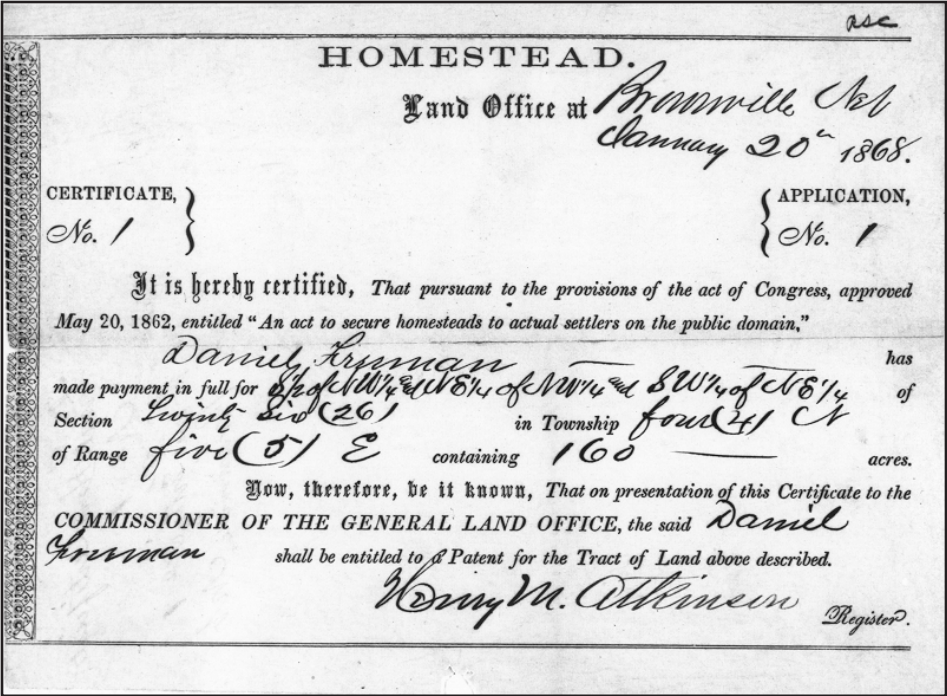
America had been expanding in land size at an exponential rate. Our nation created most of the East Coast through the Revolutionary War. We soon ballooned in size through the Louisiana Purchase from the French. That gave us land all the way to the West Coast (Washington and Oregon). We would eventually seize the massive land mass formerly controlled by Spain and eventually Mexico by way of outright war. President Theodore Roosevelt would call it “Manifest Destiny”. The challenge was to populate all this new land. That’s where the Homestead Act of 1862 would come in.

Blacks, especially freed slaves, were feeling smitten by the betrayal of the 40 Acres and a Mule Promise. However, it was the leadership of a Black visionary from Mississippi named Blanche Bruce. Bruce became a Republican Senator and his mantra would be for freed Blacks to take advantage of the new Homestead Act. He encouraged all Blacks to apply for these new and free land grants. So, it began in the “new” South. Other Black elected officials encouraged freed slaves to take advantage of this program.

We descendants of freed slaves understood that our grandparents and other relatives living in the South had land. We just assumed they always had it. It wasn’t until the beginning of the 21st century that we started understanding how we got that land. During the late 1990’s, the National Black Chamber of Commerce formed a partnership with the Department of Interior, Bureau of Land Management. The BLM was responsible for issuing and managing land grants under the Homestead Act of 1862.

At the same time, a family in Lake Charles, Louisiana, asked the NBCC to help them in a land issue. Their grandfather received a land grant during the tenure of President Grover Cleveland. It was no longer in their possession and they wanted to find out how this happened.

They showed me a copy of the



grant or deed with President Cleveland’s signature. 160 acres that was once under their command. They lost it through a forced auction. Under “French Louisiana Law” when land is co-owned by relatives and there is a dispute in parceling the land out to inheritors of it, the court could demand a forced auction to be bid publicly and the proceeds go to the sellers (inheritors) pro rata. This is a Secession.

One of the relatives of the Vincent family was living in a state prison for murder. Someone convinced him to sell his inheritance portion of the land. His share was valued at \$1,000 as a result of the auction and that made him happy. The rest of the Vincent Family saw their forefather’s estate leave their possession for a fraction of its worth (secession). Wealthy white investors showed up at the auction and took it like “I-40 going west”.

We went to BLM and asked how the Vincent’s got this grant in the first place. One of the managers started smiling. He replied, “You say your roots are from Louisiana and your family has significant land. Is that correct?” I replied, “Yes and what does that have to do with it?” He then asked for the names of my

grandfathers and great grandfathers. He took that information and went to a BLM website. It was a directory of all Homestead Act grants. He went to Louisiana and entered my relatives’ names. The result was shocking!

It showed that my grandfather, Tom Alford, received a land grant of 160 acres in Bellevue, Louisiana in 1916. More shocking, my great grandfather, Cicero Alford, received a similar land grant right next “door” for 160 acres in 1900. I almost went into shock. We had 320 acres of plush Louisiana farmland and now can account for only 40 acres. What’s worse is that this land sits in the middle of the Haynesville Oil Shale. Wow!! What in the world happened?

I got on the phone and shared this finding to as many relatives as I could. Before long, we started figuring it out. We will tell you about it next week.

Mr. Alford is the Co-Founder, President/CEO of the National Black Chamber of Commerce. Ms. DeBow is the Co-Founder, Executive Vice President of the Chamber. Website: www.nationalbcc.org Emails: halford@nationalbcc.org kdebow@nationalbcc.org

Who Gains When Democracy is Destroyed?

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it works for them. So, while they cringe privately, they cower publicly, understanding full well that they work for a racist, crook, and tyrant who will suppress democracy at any cost. What do they gain?

Most importantly they gain the courts. While Senate Majority Leader, the Tennessee Turtle Mitch McConnell built a wall between President Barack Obama’s constitutional right to appoint judges by blocking appointment whenever he could — most notably a Supreme Court appointment that should have gone to Merrick Garland. He has never met an inexperienced Republican ideologue that he would not rush to confirm. Lifetime appointments to 39-year-olds (consider Florida’s Robert J. Luck) who have practiced law less than a decade but proven their worth with harsh partisan positions, will have an impact on public policy for decades. If McConnell rules the Senate and 45 stays in office, so many of our rights will be eroded, including voting rights, the right to choose, labor rights and more.

Voting rights are on the chopping

block in jurisdiction after jurisdiction. The judicial repeal of the Voting Rights Act with the reversal of Section 5 has been a setback, but aggressive state legislatures who have sought to restrict the right to vote have posed an equally challenging problem. In Florida, despite a successful initiative to restore the rights of convicted felons, the legislature has attempted to reverse the will of the people by imposing financial requirements to these returning citizens. There will undoubtedly be a court challenge, but will it be resolved in time to have 1.4 million people participate in the 2020 Florida election? In Tennessee, the state legislature proposes to impose fines on organizations that register voters who make minor mistakes on their registration forms, mistakes as insignificant as middle initial or hyphen. Republican state legislatures are passing new rules to restrict the vote in anticipation of a 2020 surge of new voters. Florida and Tennessee aren’t the only states that would suppress the vote. But voter suppression is what Mr. 45’s sycophants gain when they fail to call him out on his perfidy.

Those who support 45 gain profit

maximization opportunities – he is the triumph of predatory capitalism.

From a tax cut that disproportionately advantages the wealthy, to a massive corporate tax cut that places a tax burden on the rest of the economy, 45’s economic policies have been an unapologetic transfer of income from people at the bottom to people at the top. While he talked populist trash to white folks who had racial issues, he offered public policy that contributed nothing to his core constituency. Meanwhile, through his appointments to, as an example, the Consumer Financial Protection Bureau (CFPB), he eroded consumer rights. Instead of draining the swamp, he fed his personal alligators the raw meat of consumer protection; shredding the many ways CFPB protected the little people.

Supporting Mr. 45 also supports the triumph of white supremacy. After Heather Heyer was killed in Charlottesville by a now-convicted white supremacist, our nation’s leader opined that there are “good people on both sides.” His rhetoric is a signal to racists that it’s okay to attack those who have been

historically marginalized in our nation. While we are in the middle of a cultural realignment, with pointed questions being raised about the corrosiveness of confederate culture, we have a national leader who disgustingly cleaves to the past and elevates white supremacy. Republicans who fail to censure an out of control president often do so because, while they abhor his behavior, they embrace his white supremacist enthusiasm.

Democracy dies when tyrants prevail, and when we have seen a prevaricator, a provocateur, a philistine, and a panderer occupy the Oval Office. Why? Because predatory capitalists gain from the elevation of a braggadocious tyrant who, while feeding their bottom line, is behaviorally uncontrollable. We have attempted to impose democracy all over the world. Why are we willing to support its demise in these United States?

Julianne Malveaux is an author and economist. Her latest project MALVEAUX! On UDCV is available on youtube.com. For booking, wholesale inquiries or for more info visit www.juliannemalveaux.com.

Julital Varner Appointment as Magistrate for Lucas County Domestic Relations Court



Julita Varner (R) being sworn in as the newest Magistrate for Lucas County Domestic Relations Court by David Lewandowski (L) one of the judges in the Lucas County Domestic Relations Court as her son JaQuan Bowers holds her Bible.



Julita Varner with her church pastor and her mother after being sworn in as the newest Magistrate for Lucas County Domestic Relations Court, (L-R) Rev. David Parker from Arkon, OH, Magistrate Julita L. Varner, and her mother Ethel Varner.

By Michael Daniels
Journal Staff Reporter

It was a long time coming, but at last, the day arrived and a lifelong dream became a reality. On Friday, April 26, 2019, surrounded by family and friends Julital Varner was appointment by Judge David Lewandowski as a Magistrate for Lucas County Domestic Relations Court.

Overjoyed with the appointment Ms. Varner said, "I am very excited and honored to serve as a Magistrate. This is something I've always been interested in doing. I worked for Legal Aid for about 19 years prior to coming here and I've always had a desire to serve the community and this is an excellent opportunity to do so."

"I've been interested in the law since I was a young child and my father always said to me that I was going to be the lawyer in the family. This was before I even knew what a lawyer was", she said, "and it turns out he was right".

Ms. Varner went on to say, "As I grew up, I would see different things going on that involved the law, and what really sparked my interest in becoming a lawyer was the civil rights movement and watching the documentary 'Eyes on the Prize.' I wanted to be in a position in life where I could help people, who were fighting for a worthy cause, and give a voice to those who didn't have one."

David Lewandowski one of the judges Lucas County Domestic Relations Court who swore in Ms. Varner. added, "It was my pleasure to swear in Julita Varner as our newest Magistrate. A Magistrate is a traditional officer, who makes the same kinds of decisions and hears the same type of cases that judges do. It's a very high position and a great honor for her and for us to have her on our staff. She comes to us with great qualification and a commitment to representing regular people in court, and that's what we deal with here, regular folks, rich and poor. We are a people's court and we needed someone with a solid family and legal backgrounds. Ms. Varner completely fits the bill and I look forward to working with her."

Julital Varner is from Akron, Ohio. She attended the University of Youngstown where she received her B. A., and then the University of Toledo Law School where she received her law degree.

"I've been interested in the law since I was a young child and my father always said to me that I was going to be the lawyer in the family. This was before I even knew what a lawyer was, and it turns out he was right"



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Illustrious Potentate

By Journal Staff

On Saturday, April 28, 2019, Mecca Temple #43 held their Annual Charity Ball honoring the 66th Illustrious Potentate Rodell W. Ramsey, in the Grand Ball-

PHOTO CREDIT / TOLEDO JOURNAL

The 66th Illustrious Potentate Rodell W. Ramsey and his First Lady Dianne Johnson at Mecca Temple #43 Charity Ball.

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Rodell W. Ramsey honored as 66th Illustrious Potentate for Mecca Temple #43

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room of the Park Inn Hotel in downtown Toledo. The program began with a welcome address from Noble Mark C. McBee, P. P.-Imperial Deputy of the Oasis. Master of Ceremonies was Nobel James Gregory Hopkins, HPIP, who also did the Invocation before dinner was served. After dinner, there was the introduction of the Dignitaries, the introduction of the Temples Courts and the reception of the 66th Illustrious Potentate Rodell W. Ramsey. Mecca Temple #43 also gave away two \$1000 college scholarships and Nobel Eddie Parks was named Nobel of the year for 2019. In addition, Toledo City Councilman Tyrone Riley and Councilwoman Yvonne Harper presented the 66th Illustrious Potentate Rodell Ramsey, with a proclamation from the City of Toledo. There were also special remarks by Dt. Barbara Brown Illustrious Commandress, Mecca Court No.73, Nobel J. Lamar 'Baso' Daniels Sr. Imperial Deputy of the Desert, and Nobel Charles W. Davenport 43rd Imperial Potentate. The Benediction was delivered by Nobel Wesley Yarborough. About the evening's affairs and his new appointment, the 66th Illustrious Potentate Rodell

W. Ramsey said, "It means a lot to me to be the 66th Illustrious Potentate. Now, I get the chance to lead the temple in a whole new direction, hopefully. I want to bring back the old days of Mecca Temple #43, and I want to take this whole thing to another level." "A lot of our younger guys don't understand or really know what it means to be a Shriner or a Mason," said the 66th Illustrious Potentate. "We are a service, oriented, organization that serves the community, and you only get out of this what you put in. I plan to lead by example and show some of the younger guys what being a Mason is all about. I also plan to recruit new and better Nobles to join our order. If we don't continually invite others good people into the organization, like I was invited in, we will cease to grow and one day fade away." Illustrious Potentate Ramsey is already leading by example by starting an American Legion Post and operates a service organization for veterans called Milestone Inc. a one-stop shop for veterans "At Milestone Inc.," he said. "We try to take care of all of the veteran's needs. All they have to do is contact me at 567-686-8281 and I will try to help them get squared away." He also did some-

thing that's never been done before, he invited a group of white Shriner's from the Zenobia Shrine to the Charity Ball. He said. "When it's all over with we all are Masons, black or white it doesn't matter, we both are Masons. It's a good thing to open a line of communication between the two groups. There are things they can teach us as well as thing we can teach them. This is just the beginning. Hopefully in time, if we keep this dialog between us going, we can do a service project together." On the subject of him becoming the 66th Il-

lustrious Potentate Mr. am blessed." Ramsey simply said, "I



PHOTO CREDIT / TOLEDO JOURNAL
The members of Mecca Temple No. 43 Honored 66th Illustrious Potentate Rodell Ramsey (center in white) at their Annual Charity Ball



PHOTO CREDIT / TOLEDO JOURNAL
(L-R) Dan and Mary Dawson with Nobel Eddie Parks the Nobel of the Year 2019, Janece Wooley and Clerissa Criswell of Mecca Court #73



PHOTO CREDIT / TOLEDO JOURNAL
Toledo City Councilman Tyrone Riley and Councilwoman Yvonne Harper presented The 66th Illustrious Potentate Rodell Ramsey, with a proclamation from the City of Toledo.

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Comparitively Few African-Americans Make End of Life Plans; But No One Gets Out Alive



By Glenn Ellis

(TriceEdneyWire.com) - The entire lifespan of most African Americans is consumed by efforts to overcome obstacles, inequality, and in many cases, institutional racism.

The most difficult point in

this most tiring journey is often the end-of-life. For the disproportionate number of us is when death is accompanied by the dilemmas around how we choose to die.

Hospice; Palliative Care; Advance Directives; and Competency become terms

that we, or our loved ones, all of sudden are faced with and expected to deal with.

Studies and observations show that, likewise disproportionately, we are not prepared for this final stage of life.

What we know is that African Americans are less likely than any other group to be prepared for end-of-life, and not surprisingly, are less likely to have a prepared Advance directive.

“Only 13 percent of all African-Americans have an Advanced directive in place.”

First, let's talk about Advanced Directives. This is the document that should be prepared to outline, in detail, what type of care (if any) we desire as our lives

come to an end, and we are not able to make decisions for ourselves.

An Advanced Directive includes things that typically are not even thought about during times when life is good.

Generally, it will include things such as living will or do-not-resuscitate order, or in identification of a health care surrogate. Regrettably, it's not until we are in a hospital ICU; Hospice Center; or even on Home Hospice that we (or our loved ones) are confronted with having to make difficult decisions, while dealing with imminent death.

In spite of the fact that studies show that 80 percent of Americans would prefer to die at home, the reality is that 60 percent of us will die in a hospital; 20 percent of us will die in a nursing home; and only 20 percent will end up in a situation where we will be able to make our transition in the comfort and peace of our

own home.

If you are not competent, or capable, to make medical decisions but do not have an advance directive, or it is unavailable when needed, decisions will nevertheless have to be made.

In 2013, The Pew Foundation did a study and found that while, 73 percent of all Americans have given “some thought” to end-of-life, only 37 percent of African-Americans have done the same. This means that when doctors, and other on the care team, of a terminally-ill patient may decide to continue providing care and treatment, when you may feel that your loved one has had enough, and should be allowed to die in peace, with dignity. In the absence of an Advance Directive, this could become a point of contention, and the patient is caught in the middle. Or, it could be the other way around, you may feel that there is still hope for a recovery, and the doctors feel that there isn't. Again, the patient lies there in limbo, and often suffering unnecessarily. For African-Americans, it's worse. One study found that only 13 percent of all African-Americans have an Advanced directive in place.

It can be a difficult, and often, an uncomfortable conversation, but collectively, we have to begin to have conversations during the “good” times in life with our families and loved ones about what would do and don't want should we ever find ourselves in a position where we are unable to make medical decisions for ourselves.

Think about how often we attend funerals, and families are still reeling over how things came to end with conflict and contention between families of a patient who died, and the medical staff at the hospital. Think about how different it would be if we made our wishes know, before something happened unexpectedly.

A few things that may be helpful for you in getting an

Advance Directive for yourself:

First you need to familiarize yourself with the term: life-sustaining treatments. Nolo's Plain-English Law Dictionary defines this as “Medical procedures that would only prolong the process of dying or sustain a condition of permanent unconsciousness. A patient who is receiving life-sustaining treatment will die soon, whether or not treatment is administered. Life-sustaining treatment may include a respirator, cardiopulmonary resuscitation (CPR), dialysis, surgery, and other medical procedures.” Would you want any of these? If so, under what circumstances?

Most importantly, let your loved ones know what you have in your Advanced Directive. People only like surprises for their birthday. Don't wait for them to find out at an emotionally difficult time, when they are grappling with the inevitability of your death.

You don't need a lawyer to create your Advanced directive. But you do need to make sure you understand the laws of the state you live in regarding Advanced Directives. Some states have restrictions that you need to be aware of that may prohibit your wishes.

And finally, keep in mind that no one gets out alive; make sure you've properly prepared for your exit...get an Advanced Directive!

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

The information included in this column is for educational purposes only. It is not intended nor implied to be a substitute for professional medical advice.

Glenn Ellis, is Research Bioethics Fellow at Harvard Medical School and author of Which Doctor?, and Information is the Best Medicine. For more good health information, listen to Glenn, on radio in Philadelphia; Boston; Shreveport; Los Angeles; and Birmingham., or visit www.glennellis.com.



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John Singleton and 5 things Black men need to know to avoid



PHOTO CREDIT / SUBMITTED
The late John Singleton, passed April 29, 2019, was a featured speaker at the Rolling Out Innovation Digital Entertainment (RIDE) conference in 2017. (Photo credit: Steed Media Group)

By Derrel Johnson
Wire Writer

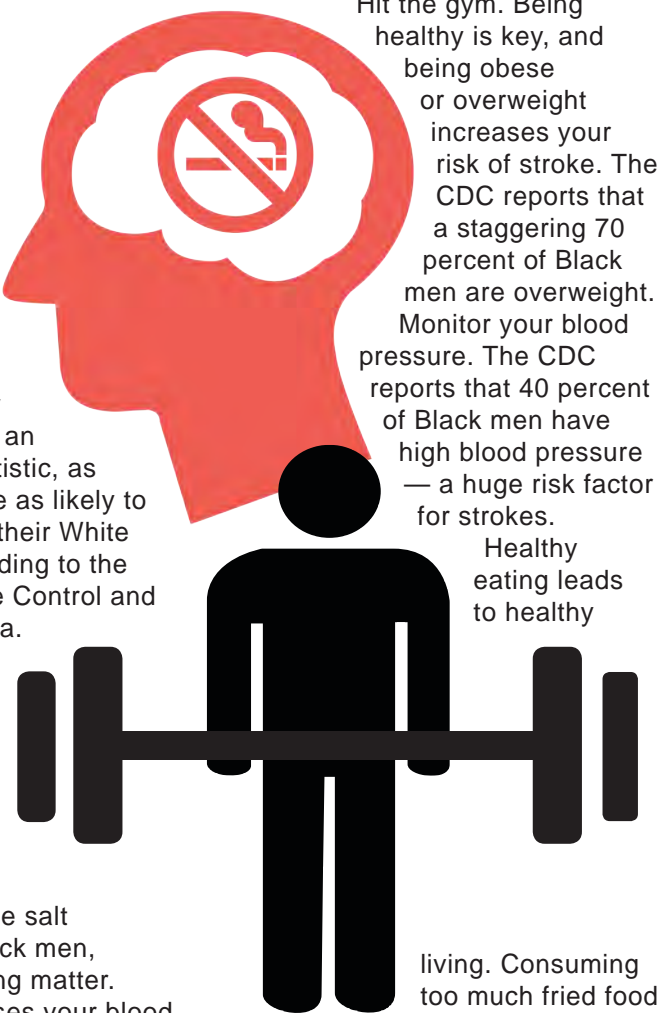
Oscar-nominated director John Singleton remains hospitalized in intensive care after suffering a stroke, according to numerous media outlets.

As such, the 51-year-old director has become part of an alarming health statistic, as Black men are twice as likely to suffer strokes than their White counterparts, according to the Centers for Disease Control and Prevention in Atlanta.

But it doesn't have to happen. Here are five ways African American men can avoid having a stroke:

Lower your salt intake. Chris Rock once joked that table salt is killing a lot of Black men, and it isn't a laughing matter. Salt, or sodium, raises your blood pressure, which in turn increases the risk of a stroke. Use salt in moderation, and avoid foods that are high in sodium. Sodium intake should be no more than 1,500 milligrams per day.

Stop smoking. According to the CDC, smoking doubles your risk of stroke. Stop smoking, or, at the very least, limit the amount you smoke.



Hit the gym. Being healthy is key, and being obese or overweight increases your risk of stroke. The CDC reports that a staggering 70 percent of Black men are overweight. Monitor your blood pressure. The CDC reports that 40 percent of Black men have high blood pressure — a huge risk factor for strokes. Healthy eating leads to healthy living. Consuming too much fried food and fast food can

lead to many health complications, including stroke and high blood pressure. Add more fruits and vegetables to your diet, and, when the choice arises, opt for grilled or baked meats as opposed to fried. Making subtle changes to your diet may not seem like much, but the long-term health benefits can help you avoid a stroke.

This article originally appeared in Rollingout.com.



“ Monitor your blood pressure. The CDC reports that 40 percent of Black men have high blood pressure ”

Revolutionary War General Casimir Pulaski may have been a woman

Submitted
By BlackmansStreet.Today

U.S. Revolutionary War hero General Casimir Pulaski is believed to have been a woman or an intersex, according to a Georgia Southern University study.

Researchers claim that an examination of his skeletal remains show that he was a woman. Their findings indicated that Pulaski's pelvis, jaw bone and facial structure were characteristically female.

A new documentary suggests that Pulaski was an intersex, though no further details were offered. Generally, individuals who are intersex have the reproductive and/or sexual organs that do not match the usual definition of male or female anatomy. It was also determined that Pulaski had a condition known as congenital adrenal hyperplasia, a genetic disorder of the adrenal gland.

When the researchers examined the pelvis, they discovered the pelvic cavity more closely resembled that of a woman's. Mitochondrial DNA testing later confirmed the remains matched Pulaski's family line, ASU Now reported



The Smithsonian Channel on Monday aired a documentary titled “The General was a Woman?” that explored the issue of Pulaski's gender. Pulaski, a military tactician of note, was known for the field innovations of combining the cavalry with the infantry.

He was wounded in the Battle of Savannah, Georgia, on Oct. 9, 1779, and died two days later. His death is a holiday in Illinois.



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Ohio Mother Says Her Kids Were Kicked Out of School For Being Born Out of Wedlock



Summer Grant and her two children.

Submitted by
Martice Bishop

Akron, OH — Summer Grant, a 30-year old single mother of two, was shocked to know that a pastor expelled her daughters from the Christian school they were attending because they have different fathers, she is unmarried and is “living in sin.” That is regardless of her daughters’ good standing and a very bad timing — there’s only less than a month left before the school year ends.

Grant said her daughters, Summara-Rayn, who is a 10-year old 4th grader, and Summaia, who is a 7-year old 2nd grader, went to Chapel Hill Christian School for years until the school’s administrator Pastor John Wilson banned her children.

In a recorded conversation, Wilson told Grant that there are many reasons but it was mostly because she “committed adultery” which is against the school’s covenant. He

condemned her for having kids with different fathers and living with a man whom she wasn’t married.

Grant said the pastor started harassing her and her daughters over a year ago, questioning her relationships and giving her recommendations to improve her life. In one instance, Grant went to Wilson to discuss her daughters’ scholarships but Wilson allegedly changed the topic to her personal life. He then proceeded to talk about “how we can get your household to live biblically moral.”

“It wasn’t about whether they had their scholarship in place,” Grant tearfully told the Akron Beacon Journal. “It was more or less about me just not living right... It was an uncomfortable conversation, but I sat through it because I really wanted my children to go to the school.”

Grant believed things escalated last week when Summara got into a communication misunderstanding

with her school bus driver. The following day, Grant talked to the bus driver, but he was being rude and even called the cops. The day after that, she received a call from Wilson saying that day would be her daughters’ last day at the school.

When Grant asked for the reason, Wilson allegedly told her that the “bus incident just shed a light on many problems that we have with you” but the main reason was that she is committing adultery, which is against the Ten Commandments. He also reportedly told her that while it is not required for the students’ parents to be married and have kids by the same man, it is a “strong recommendation.”

In a statement, Wilson said that the “dismissal was necessary in order to protect the safety of our school children and their families.” He also stated about the written agreement to reflect a commitment to Christ that parents sign and that Grant was rather “inconsistent” with the agreement.

Grant expressed her disappointment about the incident through a Facebook post and said that despite her relationships, she is a “really good mother.” She was also wondering why she was being singled out even though there are other parents of students who aren’t married.

Moreover, Grant is now considering homeschooling her daughters for the rest of the 30 days left of the school year. She is afraid they could lose their opportunity for private school scholarships but it is more important for her that her kids wouldn’t be in an environment where “they’re honestly not welcome in.”

“I never want to dismember a school or tear a school down or anything like that, but I don’t believe that this is right, and I feel like this man needs to know that he’s wrong.”

High School Student With 4.71 GPA Earns \$1 Million in Scholarships

Muskogee, OK — Raylynn Thompson, a graduating high school student, has proven the haters and doubters wrong when she recently became the valedictorian at Muskogee High School in Oklahoma. With an exceptional 4.71 GPA, she has also been accepted to 62 colleges and offered \$1 million in scholarship money!



“Black kids couldn’t be valedictorians.” That’s what a woman who saw her transcript, that was apparently leaked, unsolicitedly told her at a store after approaching her and asking her name.

She did not let the racist insult affect her. She told Diversity Inc, “That’s not the only racist comments I’ve heard... I just use those kinds of things to propel me. If you say I can’t do something, I’m going to go ahead and do it just to prove you wrong. I’m not going to let your words define me.”

Aside from graduating as the valedictorian out of the 328 graduating seniors, she will also have to decide between the 62 colleges, including University of Oklahoma, Oklahoma State University, Texas A&M, Clark-Atlanta University, the University of Missouri, and the University of Tulsa, that have been vying for her. That also includes over \$1 million scholarship money.

“At first it just started with small little letters,” Thompson told KJRH, “then it gradually increased to big envelopes, and then occasionally I would come home and there would be a box.”

Redish will begin college as a sophomore already after simultaneously taking courses at Indian Capital Technology Center and Connors State College while still in high school.

Redish plans to attend Alcorn State University, an HBCU located in Mississippi, to major in biology with honors. She aspires to become a doctor, specifically neonatologist so she could “help babies who are premature or have birth defects, because I feel like if I can help them get ready for the world, then nothing can stop them.”

It is a career very close to her heart since her younger sibling was born with serious health issues and was taken into the newborn intensive care unit when she was just 4-years old.

“I’m extremely proud of her,” her teacher Lisa Dotson said. “She is one in a million, because she really cares. Not just about getting the grade — she wants to learn, and every teacher wants that student.”

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Enrollment is limited to **ONLY 150 participants** according to **AGE**. A **completed application** and a **current 2019 physical** are required for enrollment.

Applications are available at these locations:
UT's Health and Human Services Building and Health Ed. Building, Mott, Kent, LaGrange, Reynolds Corners, Sanger and Heatherdowns Branch Libraries, Toledo/Lucas County Health Dept.
Online: <http://www.utoledo.edu/hhs/clinics/nysp/>

For more information, contact the
NYSP office at 419-530-2888

Second Baptist Church celebrates 68th Men's day 2019



PHOTO CREDIT / Shirley Williams
Pastor Jerry Boose and Pastor Derrick McDonald, pastor of Prospect Baptist Church Pontiac, MI. (he was the afternoon speaker)



PHOTO CREDIT / Shirley Williams
Mens Day Committee: Deacons James Grant, Eugene Williams, Trustee K. Ray Jackson, Deacons Golwin William's and Johnny Brown



PHOTO CREDIT / Shirley Williams
Pastor Jerry Boose and Rev. John Jones, Associate Minister, Christian Temple Baptist Church.
Submitted By Yolanda Edwards, Director of Media Ministry for Second Baptist Church

On Sunday, April 28, 2019, Second Baptist Church celebrated its 68th Men's Day themed "Put Your Trust in Him" from the theme scripture Psalms 62:7. The guest morning speak-

er was Rev. John Jones, Associate Minister, Christian Temple Baptist Church. Rev. Jones' message was titled, "I will trust in the Lord" from the title scripture Psalms 62:7. He helped the men of Second Baptist Church to appreciate that in the midst of turmoil and difficulty, in the perilous times, we must trust God. No one can compare to God and

“It was an awesome day of fellowship and enrichment.”

only He is the Provider of our salvation. Rev. Derrick McDonald, pastor of Prospect Baptist Church, Pontiac Michigan, was the afternoon guest speaker. He spoke on "Peculiar security for Peculiar People." On Saturday morning, there was a men's breakfast and the keynote speaker was Deacon LeRoy Bates of the Indiana Avenue Missionary Baptist Church. His topic was "Getting men Engaged" for the work to be done in the men's ministry. Pastor Jerry Boose, who is Second Baptist Church Shepard, states, "We are proud of our men at the men's conference and Sunday services with Rev. Jones and our brother in the gospel." Pastor Jerry Boose said, "It was an awesome day of fellowship and enrichment." Deacon Eugene Williams, added, "The Spirit of the Lord was present the entire weekend starting with the breakfast to the end of the afternoon service. Thanks goes to the men's day committee, Deacons Golwin Williams, James Grant, Trustees K. Ray Jackson and Lee Smith and the men of Second Baptist Church for their commitment.



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What a blessing it was to have my family and friends together to celebrate my 90th birthday on Sunday 2/24/19. Thank you so much for your hugs, your kisses, the beautiful flowers and the generous gifts. I love you all and May God bless and keep you.

Mother Sarah Frieson - AKA "Nana" - AKA "Aunt Sarah"

Clarence Smith Community Chorus
to perform in the Peristyle May 11

Submitted

TOLEDO, Ohio – The Clarence Smith Community Chorus (CSCC) will perform the Choral Odyssey, a program showing the power of the Negro spiritual, at the Toledo Museum of Art (TMA) Saturday, May 11 at 7 p.m. on the Peristyle stage.

It will be an enlightening, poignant, entertaining program from one of Toledo's outstanding choral organizations. The 30-member CSCC will highlight the beauty of the Negro spiritual, in addition to classical and gospel selections.

Celebrating its 43rd season, the CSCC again shares with the greater Toledo area a unique series of cultural offer-

ings. The Chorus specializes in the performance of Negro spirituals and is dedicated to its preservation as well as the performance of works by African American composers. The CSCC also maintains a liberal helping of standard classical music in its repertoire. Its members come from all walks of life, unified by their mutual love of great music.

"We are pretty excited about the opportunity," said Chorus Director Mr. Clarence R. Smith, Jr. "The Peristyle is an absolutely beautiful environment and it is inspiring to perform on its stage."

"We hope to inspire, to educate, as well as entertain," Smith said.

The longevity of the choir speaks to its purpose and the

dedication of those members who share the same vision, Smith said. The membership of the CSCC is drawn from a wide variety of backgrounds, united by their love of music.

"The music itself is important enough but it isn't just entertainment, it is historically and culturally important," Smith said. "The music reflects not only the pain and struggle of the slavery experience but also shows the tenacity, determination and faith it took to survive it."

In the past, the choir has performed everything from classical literature, to Broadway, gospel and jazz. The focus of the May 11 concert will be spirituals but will include a little of the musical variety that audiences have come to expect. The Chorus will also feature violist, Dr. Steven Kruse and an African drum ensemble directed by Kenneth Peterson. There will be arrangements and compositions from historical figures such as Undine Smith Moore, R. Nathaniel Dett, contemporary composer Stacey V. Gibbs, Moses Hogan and classical composers Melchior Vulpius and L.V. Beethoven.

"This concert is a wonderful collaboration between the Museum and one of the most vibrant local arts organization," explained Scott Boberg, TMA's manager of programming and audience engagement. "We are delighted to be able to showcase both the local talent and the beautiful music."

General admission is \$15 and seniors are \$13. To purchase tickets, visit toledomuseum.org. Great Performances is supported in part by the Dorothy MacKenzie Price Fund and Hartmann & Associates.



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A word from C. BROWN and
C. BRIAN BROWN DIRECTORS

MAKING ARRANGEMENTS

Keeping busy is an excellent way to pass the first few days following a personal loss and, certainly, there are enough things that must get done. Among them are the following:

If you wish to have a religious service, contact a clergy person. If you plan to have a traditional funeral, you will need to select and notify pallbearers. If you do not want flowers, choose an appropriate recipient for any memorial contributions. If you do receive flowers, consider donating extra arrangements to a hospital or nursing home after the ceremony.

Notify your lawyer and the executor of the estate. Make arrangements to get copies of the death certificate. Locate important papers. If the estate is not in order, keep every piece of mail that comes in for at least the first three months. Routine notices and announcements can be clues of stocks, bonds, debts and other obligations.

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Black Legacy:
Today in history

May 6, 1787: First Black Masonic Lodge founded Prince Hall, Boston

May 3, 1845: Macon B. Allen, first Black lawyer admitted to the bar, passed examination at Worcester, Massachusetts.

May 7, 1867: Ride-ins staged by black demonstrators to protest segregation on New Orleans streetcars.

May 4, 1897: J. W. Smith, invented the Lawn sprinkler.

May 5, 1905: The Chicago Defender was founded on this date, one of the first African-American newspapers in this country.

May 2, 1920: First game of the National Negro Baseball League is played in Indianapolis.

May 2, 1962: Dr. King is invited to join the protests in Birmingham, Ala., about the city's segregation system

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The City of Maumee, Ohio, is accepting applications for City Administrator/Safety Director. This position is the Chief Administrative officer for the City of Maumee overseeing the day to day operations. The Administrator is responsible for leadership in the areas of planning, organizing, and coordinating City activities and provides daily guidance and leadership. The Administrator is involved in planning for future needs of the City and leads its personnel and resources to achieve these goals. This position promotes the City's economic development, meets with economic development prospects and maintains constructive relationships with members of the development community. The City of Maumee is seeking an outgoing and highly experienced local government professional who will work effectively with elected officials and staff in a small-town environment with a high quality of life. Qualifications: Degree in Public Administration or related field; Master's preferred. Seven to ten years related experience and/or training, or equivalent combination of education and experience. Salary range for this position is \$65,000-\$130,000 with excellent benefits. Complete job description and job applications are available online at: www.maumee.org. Cover letter, resume and notarized application should be sent to: Commissioner of Human Resources, City of Maumee, 400 Conant Street, Maumee, OH 43537. Deadline to apply is **Tuesday, May 21, 2019 at 4:30 pm.**

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Under the leadership of the Director of the Library, provides onsite and virtual technical and reference services to library users; serves as system administrator for the library's integrated library system OCLC Worldshare; catalogs library materials using MARC, Library of Congress, RDA, and AACR2 standards, as well as, Dewey Decimal subject headings and cutter numbers; oversees the acquisitions process (selection of titles, processing requests, preparation and completion of orders) and technical processing of materials; and recommends materials to faculty to support the curriculum and participates in collection development. Continue to keep abreast of current trends in academic libraries. Participate in College-wide committees and/or task forces. As an integral member of the Library, individual expected to develop effective collegial relationships, work closely with students, and take part in the promotion of the area programs and the College in general. Qualifications include: Master's degree from an accredited library school; 2-4 years instructional and reference experience in an academic library; experience with serials management; commitment to customer service; and excellent oral and written communication skills. Base salary \$51,329 - \$63,057, negotiablebased on experience and education; faculty contract 35-hour week; 162-day school year; and Summersemester extra-contractual opportunities may be available. Interested individuals should send letter of interest, resume, MCCC faculty employment application, two letters of recommendation and academic transcripts (official transcripts required upon hire) to: Linda Marsh, HR Specialist, 1555 S. Raisinville Rd, Monroe, MI 48161 or email to roeccc.edu | lmars@monroeccc.edu.

BLACK HISTORY FACTS

During the First World War the US. Army would not press African Americans into combat assignments. The French Army, which had traditionally accepted all men who volunteered for the fight, eagerly accepted the black troops. Most of these Black troops received the French Croix de Guerre (Cross of War) for their outstanding bravery in combat.

Of the estimated 35,000 cowboys that worked the ranches and rode the trails of the American West frontier, 5,000-9,000 or more were Black. They partici-

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NOTICE IS HEREBY GIVEN that Sealed Bids will be received by the Toledo-Lucas County Port Authority for all labor, material, insurance, and equipment necessary for the Parking Structure Restoration 2019 project located at One Government Center, Toledo, Ohio 43604, in accordance with the approved plans and specifications. The engineer's estimate for the base bid is approximately \$384,290.00 and alternate bid 1 is approximately \$10,800.00.

Bids will be received at the Port Authority's administrative offices at One Maritime Plaza, Toledo, OH 43604 until Friday, May 10, 2019 at 10:00 AM, at which time and place all bids will be publicly opened and read aloud.

Plans, Specifications, Instructions to Proposers, and Forms of Proposal and Contract are on file and may be obtained by either (1) obtaining hard copies from Becker Impressions, 4646 Angola Road, Toledo, OH 43615, phone 419.385.5303, during normal business hours, or (2) ordering from Becker Impressions, via their website www.beckerplanroom.com at the cost of reproduction.

Please note that there will be a pre-bid meeting for this project for all prospective bidders on Thursday, May 2, 2019 at 10:00 AM at the Port Authority's administrative offices at One Maritime Plaza, 7th floor, Toledo, OH 43604. Attendance is suggested, but not necessary. Please submit all questions to the Port Authority, Tina Perkins, at TPerkins@Toledoport.org by Monday, May 6, 2019 at 9:00 AM local time. Additional information can be found at www.toledoport.org

Toledo-Lucas County Port Authority

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Estine Cowner became a scaler on a construction crew at the Kaiser shipyards in Richmond, CA, to construct the Liberty ship George Washington Carver. The demand for qualified labor in WWII opened up new opportunities for Black women.

A native of Cincinnati, Ohio, Charles Henry Turner received a B.S. (1891) and M.S. (1892) from the University of Cincinnati and a Ph.D. (1907) from the University of Chicago. A noted authority on the behavior of insects, he was the first researcher to prove that insects can hear.

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Also, you can streamline our show live, go to I Heart radio or check out my podcast at www.talkradio1007fm.com. Do to the great success of the show we are opening up to advertising partners to be a part of the show. This is your chance to be a part of something great, entertaining, educational and unique. Call 419-972-1SAM to start your journey with us. If you have any comments or questions for my column, feel free to leave a message or text at 419-972-1SAM.



Dr. Samuel L. Mallette, III
www.sammallette.com 419.972.1SAM

you on that first date. Look sexy, but don’t overdo it this will help him listen and get to know you. Men, love when you smell good, but don’t over power him with perfume because that could potentially become a distraction. Wear enough to keep reminding him how good you look and smell.

Woman 2)

Ask about his short and long term goals. The reason asking him about his short and long term goals are the short terms goals are the ones he is doing now the long term goals are the ones he wants to do in the future. Ladies, he might lie or tell you the truth if he is proud of what he is doing he will voluntarily tell you his long term goals.

Woman 3)

Never ever talk about sex on a first date for two reasons. If both of you are thinking and wanting sex at the same time, it will be very hard for him to see pass the conversation without thinking about a potential booty call. Furthermore, men don’t really respect women they can get too easy. Men, will work for a woman they see value in. Secondly, you want the man to be interested in you and not what he can get from you. Ladies, you are valuable so let him see that.

Woman tip 4)

Don’t put all your cards on the table reveal yourself slowly. Don’t talk about yourself throughout the whole date, real men like an air of mystery in a woman? Listen, to him so you can respond and learn who he is. There is no more powerful commodity than information.

Woman 5)

If the man did a great job putting the date together and you’re having fun let him know. It’s no better felling for a man than to know the woman enjoying the date, plus this will encourage him to do even better on the second date if you give him a chance.

For answers to “Ask Dr. Sam,” set speaking engagements, or questions and responses go to drsammallette@gmail.com and www.thedrsamshow.us or call 419-972-1SAM. Check out my site for everything from new updates, consulting, relationships, business, sex, manhood, empowering women, and health/wellness just to name a few.

Ask Alma

We Just Buried Mama and My Sister Won’t Talk to Us

Dear Alma,
We need advice. Recently our mom died and one of our sisters hasn’t spoken to us since. Reason being, my sister wanted mama to be buried in her favorite dress. Let me clarify, I’m not talking about one of my mom’s dresses, I’m talking about a dress that belonged to my sister. I didn’t think much about it at the time, I just thought she was crazy. While my other sisters were dealing with the announcements and program, I went out and bought mama a really nice, new dress to be buried in. I delivered it to the funeral home and with all that we were working on finalizing the funeral, I just forgot to mention it. Or maybe I just didn’t take her seriously, anyway, she won’t talk to us. She said we disrespected her by burying our mother in a new dress. It’s been three months now and my oldest sister wants us to make up. My take on what’s happening is, “Whatever, she is crazy, so I don’t care!” It really doesn’t bother me one bit that we don’t talk, so I don’t see the problem. If the rest of us get along and only one sister has a problem, that’s her problem to fix. I feel like she will come around when she comes to her senses, because I don’t have time to play into her selfishness. I told you how I feel about it. My sisters and I read your column every week. How do you think we should handle this situation? Do you agree with her or me?

Signed,
New Dress vs. Old Mess
Dear New Dress vs. Old Mess,
My condolences on the loss of your mother. It’s really one of the worst experiences of life. The grief never leaves you, ever. Some can handle it and others, well, we (and yes, that means me) start to sink. Pardon me one Mississippi while I ponder, am I the only one who recognizes that your sister’s last wish

regarding her mother wasn’t accepted, or even acknowledged? I mean you guys dismissed it and didn’t take the time to discuss or consider the possibility. Regardless if you agreed or not, she deserved a conversation. If honestly you forgot, apologize. Cause I really don’t think it’s about the dress, do you? It sounds to me like your sister is overwhelmed by grief as I’m sure you all are. So before you pass judgment while taunting her tears, please pause, rewind and identify her pain for what it is.

Some folks grieve by retreating. They about-face towards a path to darkness because they just can’t imagine happiness without their loved one. Don’t misread or criticize her for that. What would warm my heart is to see you and your other siblings rally behind her and address the issue. Take the time to visit with her and listen. Note I didn’t say talk. Nope, let her do the talking. Give her a chance to introduce you to her heartache. You didn’t before, I think it’s time. Become each other’s anchor. It’s about you all positioning yourselves above the pettiness and putting out this fire that divides you.

I don’t have to confirm for you, grieving the death of your mother is one of the most agonizingly, excruciating experiences ever. Check your mouth, don’t let your pain speak for you. You can disagree without being dismissive. Your haughty approach and condescending attitude, Miss Sassy, are just like two flat tires, until you make a change, your family feud of foolishness will remain parked right where it is.

Alma Gill’s newsroom experience spans more than 25 years, including various roles at USA Today, Newsday and the Washington Post. Email questions to: alwaysaskalma@gmail.com. Follow her on Facebook at “Ask Alma” and Twitter @almaaskalma.

Hip Hop Superstars Call For Firing Of Laura Ingraham

By LA Focus

Snoop Dogg, The Game, and T.I. are among the rappers who have called on the Fox News Network to fire anchor Laura Ingraham after a segment where she appeared to be mocking late rapper Nipsey Huddle. Ingram sarcastically referred to Huddle as “this dear artist” before playing a clip of a protest song Huddle did with fellow L.A. rapper Y.G. titled “FDT” released during the 2016 presidential campaigns.

“Ok, that’s a very creative refrain,” Ingraham said of the chorus which includes the lines “F– Donald Trump”. “The chorus goes on and on, is that related to the lowest unemployment ever, basically for African Americans?”

Compton rapper The Game spoke out on Instagram saying calling for her to be fired.

“We are NO LONGER laying quiet while you continuously disrespect our brother, culture African Americans as a whole,” he wrote. “I will use my platform & call on my peers to do the same. Nips passing nor his legacy is to be taken lightly as there

will be consequences for any disrespect now or in the future as long as I have a voice!!!”

Snoop Dogg commented on Games post saying, “I’m in.”

“This is Disgusting! You both are vile despicable, poor excuses for people.” said T.I. who also shared the segment. “My expectations have already decreased so much for mankind in the past couple weeks that this hardly surprised me... especially from @foxnews. But rest assured that sooner than later you’ll BOTH see... WE ALL GET OUR TURN TO LIVE THROUGH OUR OWN PERSONAL TRAGEDY... and watch how many people dance in the streets, laugh and crack distasteful inappropriate jokes when it’s YOUR TURN!!!! Karma is constant & the laws of reciprocity ARE IN ORDER!!!! Neither of you WILL EVER know or experience the level of love, appreciation and respect that Nip has... EVEN IN DEATH!!! So let that sizzle in ya lil hateful, demonic spir-its. And with that... I’m logging off IG at least a month or so...”

This article originally appeared in the LA Focus.

“
Never ever talk about sex on a first date for two reasons. If both of you are thinking and wanting sex at the same time, it will be very hard for him to see pass the conversation without thinking about a potential booty call. Furthermore, men don’t really respect women they can get too easy. Men, will work for a woman they see value in. Secondly, you want the man to be interested in you and not what he can get from you.

”

Commentary:
All woman have bad, good and ugly days. When it comes to dating sometimes it can be nerve wrecking, but exciting at the same time. Ladies, dating can and will be fun if you’re with a man who knows how to treat a woman. When you go on a first date there are certain things you should expect and do. But while doing this have fun, get information and see if there is any chemistry. I am going to give five classic first date tips to help you enjoy yourself.
Woman tip 1)
Always look your best on all dates. Now most of you will say that’s obvious, but the way you dress on a first date is going to tell a man a lot. Believe it or not men develop perceptions of women based on their dress code. Ladies, if you dress too provocatively all the man will do is think about how you look naked and having sex with you. If that happens you have lost getting him to know

Russell Wilson Signs Deal to Become NFL's Top-Paid Player



Seattle Seahawks Quarterback Russell Wilson (Photo by: Mike Morris | Wiki Commons)

Submitted by
Martice Bishop

The Seattle Seahawks and their quarterback Russell Wilson have reached an agreement on a four-year, \$140 million contract extension that makes him the highest paid player in the NFL and includes a \$65 million signing bonus

"Hey Seattle, we got a deal," Wilson said in a video posted to Twitter with his wife Ciara, who added, "Go Hawks!"

"We're all really pleased that we were able to take the next step to stay together and keep this moving," said Seahawks coach Pete Carroll. "Russ has been a huge factor in everything that has happened, and this allows us to stay on track with continuing to push to find that consistency. Russell is a unique player, a unique competitor. It's rare the way he's just so consistently connected to competing and battling. To keep that factor as part of the program is just a real positive for our fans and for everyone. We're all fortunate to see this happen."



“Russ has been a huge factor in everything that has happened, and this allows us to stay on track with continuing to push to find that consistency.”

The thirty-year-old Wilson has led the Seahawks to a winning season in each of his seven years with the club and has started in every game of his career. In that stretch, the Seahawks made the playoffs six times, won three division titles, two NFC Championships, and the franchise's only Superbowl.

"For me, for my family and for (agent) Mark (Rodgers), we love Seattle, and it's the place I want to be," Wilson said after signing the contract. "I've always wanted to be here. When I first got drafted in 2012, I wanted to be here forever. This helps solidify that. I've got many more years to go and a lot more winning to do—we've got more Super Bowls to win. I'm excited about that."

This article originally appeared in the LA Focus.

Magic Johnson and Ice Cube to Acquire Sports Networks From Disney



Submitted by
Martice Bishop

Basketball legend and entrepreneur, Earvin "Magic" Johnson, is joining the bidding group of rapper, actor, and entrepreneur, O'Shea "Ice Cube" Jackson Sr. to acquire 21 Regional Sports Networks (RSN) from Walt Disney Co.

"Very happy to add Magic Johnson to our bidding group for Disney's RSNs," Ice Cube wrote in a tweet.

Ice Cube has placed a bid to buy the sports networks through Big 3, his 3-on-3 basketball league that features former NBA stars competing in half-court 3-on-3 games. Through the RSNs, he plans to air original content from celebrities and athletes including Serena Williams, Snoop Dogg,

“Very happy to add Magic Johnson to our bidding group for Disney's RSNs”

and Will Smith, who is also part of the bidding group.

Johnson's addition to the bidding group came shortly after his surprise announcement to step down as Los Angeles Lakers' president of basketball operations. He said he wanted to return to a more normal life doing things that make him happy.

Meanwhile, it has not yet been confirmed if Johnson will be lending financial support to the

bid.

The RSNs, which air the games of the Detroit Tigers, Pistons, and Red Wings, are on sale until the middle of June as a part of Walt Disney Co.'s \$71 billion acquisition of 21st Century Fox's entertainment assets. The deal, which closed last month, has a condition that Disney, which already owns ESPN, has to sell the RSNs with concern that it would have too much control over sports television if it also owned the RSNs.

Other bidders include Liberty Media Corp., which partnered with Major League Basketball, and Sinclair Broadcast Group. The total offers amount to \$10 billion, which is lower than the \$21 billion initial estimates, according to Bloomberg.

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AOoA and TPS hold Senior Prom!



PHOTO CREDIT / TOLEDO JOURNAL

The ladies were dressed to the nines in their finest outfits at the 'Dancing Through the Decade' Senior Prom.



PHOTO CREDIT / TOLEDO JOURNAL

The men really put on the dog in their sharper than sharp attire for that a special night at the 'Dancing Through the Decade' Senior Prom.

continued from page 1

During their set the KGB Band also acknowledged a local icon, they announced that old school R&B DJ Charlie Chuck was in the house, and he received a roaring round of applause from the audience.

Now it was time for the moment everyone had been waiting for, the crowning of the King and Queen of the prom. Decided by a dance-off, between contestants, the contest began. Winning by popular vote from the audience, Elodoro Martinez and Diane Flaggs were crowned King and Queen of the 2019 'Dancing Through the Decade' Senior Prom.

The Senior prom is a special occasion for many area seniors for various reasons. Carolyn Sullivan came all the way from Sandusky, Ohio to attend the Senior Prom. While Old friends Patty Henry, Rochelle Davis, Gwen Gilmore, who attended their Scott High School prom together forty years ago, reunite and were together again for the 'Dancing Through the Decade' Senior Prom at Start High School.

TPS Superintendent/CEO Dr. Romules Durant and Billie Johnson President/CEO of The Area Office on Aging said, "We are delighted to be here, we reached out and worked together and figured out a way to do more for our Senior citizens and came up with the senior prom. It has been a success and it's something our seniors look forward to every year".



PHOTO CREDIT / TOLEDO JOURNAL

TPS Superintendent/CEO Dr. Romules Durant (center) and TPS students were on hand with corsages and boutonnieres to greet the seniors attending the 'Dancing Through the Decade' Senior Prom at Start High School.

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