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Uniforms on the runway show hosted by W.E.S. & I.



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Religion/Family

Confronting Racism, the Fear of Black History



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EVERYBODY IS SOMEBODY IN THE TOLEDO JOURNAL



Heroes, barbers, police, cooks, Community gathers at Savage Park



PHOTO CREDIT / TOLEDO JOURNAL

Mr. Incredible gives high fives to the children.



PHOTO CREDIT / TOLEDO JOURNAL

Children rush to hug the Black Panther who made a surprise visit to the event.



PHOTO CREDIT / TOLEDO JOURNAL

Organizers of the event spent time grilling for all the participants. From left, Angela Lucas, Shay Bankston, and Aaron Myers, manager of recreation and youth community engagement. Mr. Myers said, "We want feedback from the community, and what they would like to see; not what we want."

By JURRY TAALIB-DEEN
Journal Staff Writer

Despite the nearly 100 degree temperature, barbers, police officers, government officials, serving as cooks, and the Black Panther, and Mr. Incredible, all showed up at Savage Park, which borders the corners of City Park, Nebraska, Elizabeth, and Vance, on Wednesday, June 26. Sponsored by the Gun Violence

“I grew up in this area, and it means a lot to be able to give back.”

Subcommittee, of the Human Relations Department of the Mayor's Office, the purpose of the event is to get members from the committee, and people within the community, working together to help curb crime,

Continued on page 10.



PHOTO CREDIT / TOLEDO JOURNAL

Volunteer barbers, Les Levesque, cutting Daivon Young's hair, and Stacey Fletcher cutting Charles Woods' hair.



PHOTO CREDIT / TOLEDO JOURNAL

The Gun Violence Subcommittee members are hoping to forge a bond with the people of the area, and get their feedback on what type of event they would like to see.

ADULT DAY CARE

Out of the care that is provided to older adults outside of a nursing home, 87% of the care is provided by unpaid family caregivers, like Maria, who provide on average 24 hours of unpaid care a week.



**Area Office on Aging
of Northwestern Ohio, Inc.**
Call: 419-382-0624
Click: AreaOfficeOnAging.com



“Being able to take my Dad to the adult day center while I go to work allows me to stay in the workforce and have the peace of mind that he is being fed and taken care of until I can pick him back up at the end of the work day”

Alfred Dale
Age: 78

Maria Bryant
Age: 57

Home Care Programs Help Seniors Remain at Home

The Area Office on Aging’s nurses and social workers provide home care assistance to support seniors and persons with disabilities to remain in their own homes.

These care managers monitor day-to-day needs and identify and address social determinants of health. By creating person centered care plans to support the unique goals

of each participant, AOoA’s clinicians and service providers are successfully reducing emergency room visits along with hospital and nursing facility admissions and

readmissions and improving quality of life.

Harold Stegall said, “My wife is legally blind, so we can live as independently as possible in our own

home where we have a familiar environment means a lot to us.”

Last year, the Area Office on Aging served over 3,000 individuals who are

eligible for Medicaid; need help with bathing and dressing; and have limited incomes to pay for care. This care through the PASSPORT Program saves tax-payers.

Ongoing Events

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.

Scott High SchoolClass of 1974
45th Reunion

Our reunion activities will be during Scott High Alumni weekend. August 9, 10 and 11, 2019. Classmates can contact: Landress Luckey - (419) 902-3982, or Marci Wilson Gardner - (419) 376-1002.

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 Saturday
Glass City Church of Christ

Soup kitchen now open at 901 Hoag. Hours: 1:00-2:00pm every Saturday. We are reaching out to individuals and families in need of a free meal. Please see our Facebook page for menu items and any updates.

The Padua Center
Summer Camps

Hurry the camps fill up fast...Free with \$10.00 registration for the first 20 registered! Fee for camps: \$25 per week. Elementary school age children. Camps run from 10:00-2:00 Tutoring (9:00-10:00) Free Breakfast at 8:30, Free Lunch \$10 Fee for each child Tutoring sessions each morning from 9:00-10:00 Now - July 12 - Peace Makers Shark Tank July 15-19 Emerginig Young Ladies and Grooming Great Gentlemen Sign up on line at: www.paduacenter.org For information call Brookelyn Phillips - Educational Leader 419-241-6465 or Sister Virginia Welsh, Excutive Director, 419-460-3071

July 11, 12, 13, 18, 19, 20, 25, 26, 27
Toledo Zoo
Snooze at the Zoo

Spending the night at the Zoo is a wildly good time for families, groups and schools. During the overnight adventure guests make enrichment for our animals, tour the Zoo, meet animals up close and enjoy delicious meals. Each Snooze lasts from 6:30 p.m. - 10 a.m. the next day. Separate fee, pre-registration required. For more information, including pricing and available dates, visit toledozoo.org/snooze.

July 11th
Movie Nights In The Park

Join us at 7 p.m., Thursday, at Joe E. Brown Park, 150 West Oakland St., for a FREE movie night in the park - Black Panther. DJ Mpress will be spinning the hottest music before the movie and concessions. Entertainment starts at 7 p.m. The movie starts promptly at 9 p.m. The city of Toledo supports the Americans with Disabilities Act. If you need a reasonable accommodation because of a disability to fully participate in this or any city program/event, please contact Joan Easler, city of Toledo ADA Administrator, Office of Diversity and Inclusion at 419-245-1059.

July 12th
The Isaiah Thomas Giving Foundation
Party For A Purpose Fundraiser

This event is to help a local family that lost everything. We are asking for you to come out and party for the purpose of donating items for the family. Friday, 5pm - 9pm, Club Evolution 519 N. Reynolds Rd, Toledo, OH. We are inviting you out to party for the purpose of helping a family in need. We have learned that when you have a tragic event in your life, coming together with family, friends and strangers can make this tragic event not so bad. Come party with us! Bring your donations of any kind to help this family in need. Clothing, shoes, jackets, socks, blankets, bedding, kitchen items - the family literally lost everything. Help us, help them.

July 13th
Toledo Museum of Art Community Block Party

Free event to feature live music, food trucks and Jeep show Make plans to attend the Glass City's premier summer event when the Toledo Museum of Art (TMA)hosts its sixth annual community Block Party Saturday, July 13

from 6 to 10 p.m. The indoor and outdoor event has activities for all ages. On the Museum grounds, and along Monroe Street, guests can enjoy live music, glassblowing demonstrations, delicious food and a Jeep-themed car show. Also on display will be monster trucks and a mechanical dragon, created by self-taught artist and engineer, Tim Willis. Admission to the Block Party is free; there is a charge for some activities and refreshments. For more information visit toledomuseum.org.

July 17th & July 31st
Books 4 Buddies
2019 Back To School Block Party

LMHA families are invited to join us for FREE books, school supplies and lunch! Two Great Locations: Wednesday, July 17th, Birmingham Terrace, 1 - 2:30 p.m. Special participation by the Alpha Phi Alpha Fraternity, Inc.. Wednesday, July 31st, Weiler Homes, 1 - 2:30 p.m. Highlights Include: Hamburger and hot dog cook-out, Vision screening, TPS kindergareten registration, TPS Head Start registration, Art and crafts. Books4Buddies is an organization that collects new and gently used books for disadvantaged children and young adults. Books4Buddies has donated more than 70,000 books that have been delivered all around NW Ohio and the world! Books4Buddies is represented by "Book Ambassadors" who will help promote the program. books4buddies.com

July 21st
Toledo Zoo
Sundae Funday

Sunday, Dip into a variety of ice cream stations featuring Dean's Country Fresh Ice Cream around the Zoo from 3pm-6pm., sprinkle in special activities and entertainment to top of the perfect Sundae Funday! Tickets are \$5 for Zoo members and \$6 for non-members, include 10 samplings and may be purchased online in advance or in person day of the event. toledozoo.org/sundae-funday

July 22nd Through July 26th Glass City
Church Vacation Bible School
The Glass City Church of Christ, 901 Hoag, Toledo, will be having their annual Vacation Bible School. The event is free and will be held July 22nd thru 26th. Please contact me for more information at the following number:Lynn Burks, event leader 419-787-3683

July 22nd
Toledo Zoo
ADA Day

On Monday, celebrate the passage of the Americans with Disabilities Act (ADA), at the Zoo from 10 a.m. - 2 p.m. while learning about services and products available to those with disabilities at the information fair organized in partnership with The Ability Center.

July 22nd Thru July 26th
The Bethlehem Baptist Church" In the Wild, Amazing Encounters with Jesus", Is hosting, "In the Wild, Amazing Encounters with Jesus", beginning Monday through Friday, from 6:00pm -8:30pm at 1430 W. Bancroft St., Toledo, Ohio, 43606, in the New Life Center. Snack provided.

July 27th
Macomber/Whitney
Class of 1956
63rd Year Reunion

Saturday at 4 p.m. at Bay View Yacht Club. Graduates fro 1955 through 1970 are invited or other Macomber/Whitney family/friends. For reservations call Dave Czajka at 419-385-2292, or 419-699-1532. All reservations to be prepaid by July 15, 2019. No Walk Ins.

August 1st Thru August 3rd
A Journey Through Healing
Children Are the Forgotten Victims of Traumatic Events

Free Camp Journey, to be held at the Boys' and Girls' Club on Detroit Avenue, focusing on the grief and trauma experienced by our children and youth: death of grandparent, parent, friend, incarceration of parent, lack of attention because of abusive situations, bullying in neighborhood and school, gang violence in the neighborhood, the current opiate crisis and so many others. The Free Camp is scheduled for Thursday and Friday with a completion celebration on Saturday. The schedule will include age-appropriate sessions for youth and family groups, games and recreation, creative activities, sessions for parents and caregivers, respite activities for caregivers, especially grandparents when parents are unable to provide adequate care and support. For more details contact Ms. Daniels at 419-531-1336.

August 3rd Thru August 9th
The 86th Session of National Convention of Gospel Choirs and Choruses
Will be held in Detroit, Michigan, Saturday - Friday.

August 4, 2019
The 2019 Warren Sherman Festival
Honor Our Past Presidents, Officers and Members
There will be a Special ceremony on Sunday August 4, 2019 from 5:00 p.m. to 6:30 p.m. Your presence is requested. Trophies and Plaques will be given to one of their Family member Honoring their work they have done in our Community! Also those that have supported and offer their participation to the Warren Sherman Festival! Will be Honored! We cannot pay for what they have contributed to our Community, but we would like to honor them and say Thank You for all you've done!.

On Monday, August 5, 2019, at 7 p.m. at the Detroit Marriott Renaissance Center the City of Toledo has been asked to render a musical selections in memory of Rev. Dr. Derrick E. Roberts former Chairman of the Board of the NCGCC and founder/director of the Toledo Interfaith Mass Choir (formerly the Toledo Mass Choir). We are asking church members of the music ministries and/or groups that were a part of the music legacy of the late Rev. Dr. Derrick E. Roberts to share in this city-wide choir under the direction of Brother Brian K. Thomas. Rehearsals will be held Tuesdays during the month of July at 7 p.m. at the Calvary Baptist Church, 702 Collingwood Blvd., Toledo, Ohio. The Toledo Interfaith Choir would be honored to have your ministry participate in this special tribute. Please contact Brother Larry A. Jones, (419) 241-7332, email: jones425@aol.com or Geraldine Scrutchins (419) 241-3330.

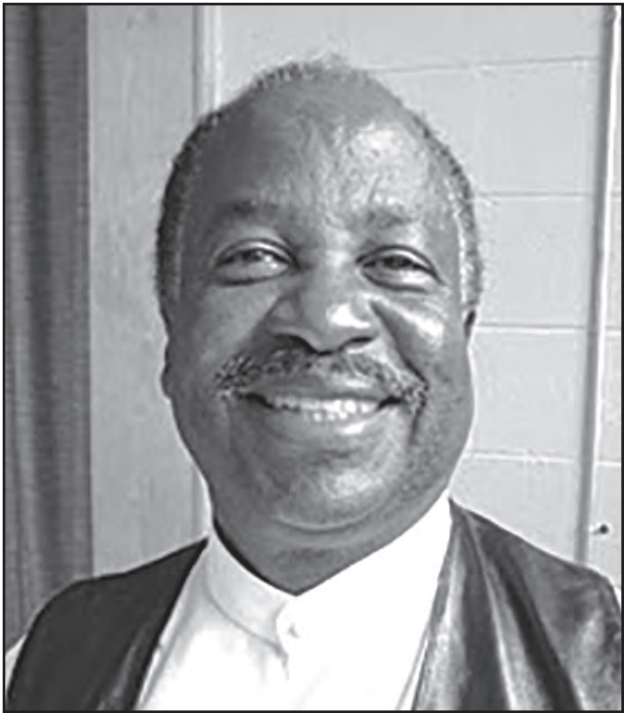
August 17th
National African American
Male Wellness Walk & Run 5K
Mark Your Calendar! Saturday, at WarrenAME Church @ 8AM. Honorary Chair DeAndre Ware, Toledo Fire Fighter & NABA, USBO & WBC Continental, Americas 168lb Bosing Champion. For more info, please contact: Chief Brian Byrd, info@aawalk.org, or 614-754-7511.

Upper Room
Tabernacle CLG
30th Church & Pastoral
Anniversary Banquet



Pastor Danny E. & First Lady Linda Ransey
Saturday, July 13, 2019 @ 5:00 P.M.
"Growing Stronger, Growing Deeper, Reaching Higher"
Guest Speaker: Pastor Lee Miller, Sr., Faith Harvest Church, MS
Radisson Hotel at The University of Toledo
3100 Glendale Ave., Toledo, OH 43614
\$40.00 per person
For tickets call or text **(419) 450-8167** or **(419) 260-1650**

Say It Ain't So JOE...Say It!



By Lafe Tolliver
Attorney

Ah...the recent Demo-krat-tic debates! A tribute to retelling touched up stories and half-truths. Everyone is in to win it yet; many know that their chances of becoming the party's nominee is as good as Trump being sainted by the Pope.

From where I sat, during the first debate Elizabeth (aka Pocahontas via Trump) Warren stole the evening with her intensity and factual grasp of policy.

Yes, candidate Warren could easily go toe to toe with Herr Trump and score a knockout or at least a convincing TKO.

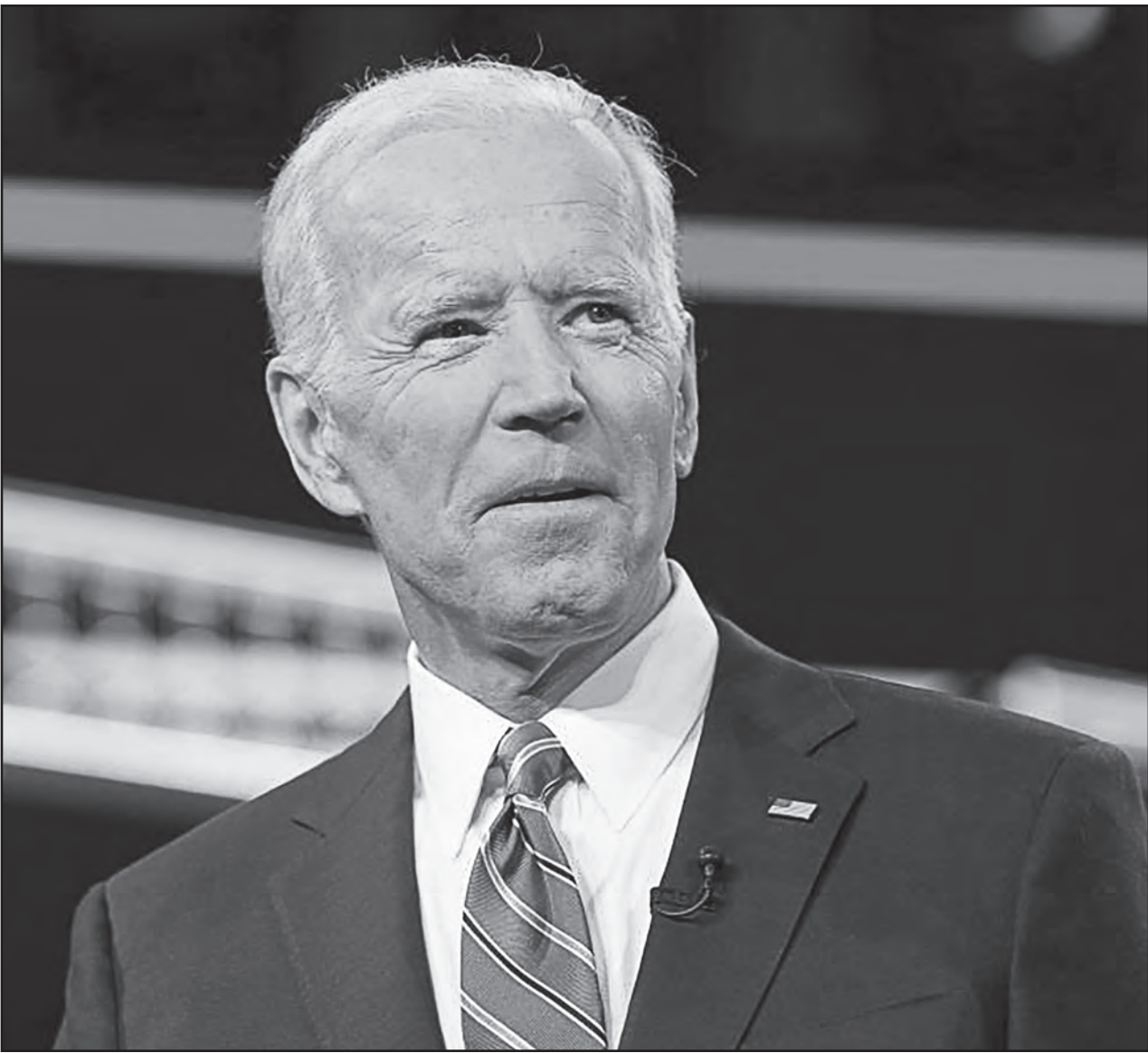
Corey Booker was on point and showed he has the mustard to do the dance with Herr Trump, but I think he needs a little more seasoning before he is ready for prime time, to wit: sitting in the Oval Office.

In the second debate, it was a scrum until Kamala Harris cooled everyone's overactive zeal with a caveat that they were in danger of putting on a food fight instead of being attentive to the issues and the job of getting rid of Herr Trump.

Once everyone settled down, Harris showed the spit and shine that will do her well in the July debates.

Bernie Sanders looked the usual, like an overworked civil servant or harried English professor at a small elite college in the Northeast. He repeated his favorite lines from decades of practicing them and at times, looked like he knew that this was his last roundup.

Mayor Buttigieg came across as serene, grounded and in control of his narrative but he too, in my opinion is about eight to ten years out before he can come into his own with the "baggage" of being married to a man.



Let's be frank. Him hugging and kissing on a man and that other man becoming a possible First Lady, would not play well in the Southern States. There, the acceptable rule is that men marry women and not men marrying men. Just saying!

Now...let's get to the former matinee idol from Delaware, Joe Biden.

Biden's stage performance was old (as he is) and tired (as he appeared to be at times) and what he said did not have me leaping up and running a lap or two in my living room.

Naw...Biden was flat and his defensive retorts to

wing man and vice president for eight years that my boss (Barak Obama) would be the first out of the gate to glad hand me and shower me with kudos and would make a Wowza! commercial in which Biden was endorsed with no reservations. That did not happen and to date, has not yet happened.

Former President Obama is seemingly determined not to tilt the table towards Biden's campaign and one can only think that Obama has some reservations about Biden's capacity and his "fire in the belly" to captain the ship of state.

As most candidates do, they all have baggage that they will have to relive while on the campaign trail or explain it away during intensive media interviews. Biden, Harris, Warren or Sanders will not get a free media pass to the White House.

As the media went to do, they will be examined with a sharp scalpel and if any candidate is found to be wanting, those short comings will be glaringly exposed for all to see and comment upon.

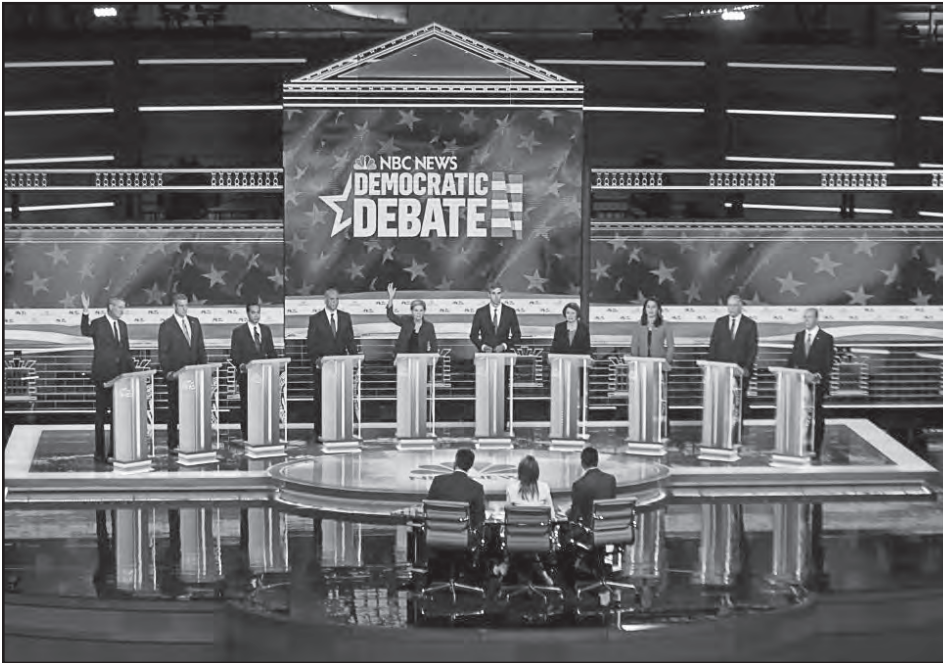
The end game is simple: Get rid of Herr Trump and his corrupt minions and win the Senate so that Mitch McConnell will lose his seat as majority leader. Without those two

victories, America faces another four dark years of having a certifiable buffoon leading this country.

If I were asked to give my dream ticket and some of the cabinet positions that I would fill from the twenty candidates, this is where I now stand: Warren and Booker for President and V.P., Kamala Harris for Department of Justice, Yang, head of the Department of Commerce, Hickenlooper, head of the Department of the Interior, Gillibrand as Secretary of Labor, Tim Ryan for HUD, Bullock for HHS and Gabbard as Secretary of Defense.

For Biden? Copious warm thank-you's for years of service and an autographed copy of Dr. Martin Luther King's book, Why We Can't Wait.

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



the justifiable attacks of Kamala Harris about his questionable voting history on civil rights and segregation and busing was not convincing. Understandable but not of the caliber that everyone could cover for him as he being a political product of that combustible era.

For all the reasons that Biden professed as his rationale to enter the political mud wrestling contest of vying for the White House, they were not convincing or causing me to reach for my checkbook for his support.

Time has passed Biden by and his remarks reflected a thinking process that left much to be desired as he being "sharp" or a formidable foe to take on Herr Trump.

I have been thinking that if I served as someone's

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2145 East Scott Park Drive
Toledo, OH 43606 : (419) 472-4521
Scott Park Campus Faculty Annex
P.O. Box 12559, Toledo, OH 43606
Sandra S. Stewart Myron A. Stewart
Publisher Editor

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Preparing for the Coming of 5G in D.C.

By WI Editorial Staff
photo by WI Staff

Life as we know it is about to change in less than a nanosecond when 5G comes to neighborhoods in D.C. and across the U.S., and for some, it may be coming sooner than later. There's good news and bad news.

The bad news surrounds the real concern that the rollout of the latest and fastest high-speed Internet technology providing wide-ranging capabilities and cellular adaptations could bypass communities of color, specifically Black people. We know the Digital Divide is real, and we implore the Black community not to ignore what's coming, fail to prepare for it or remain ill-equipped to ask the right questions.

The good news is that those who are aware and focused on the potential of the new technology, will know what questions to ask to either welcome 5G with high expectations, or resist it until issues of safety, security, opportunities and equity are thoroughly vetted.

At a recent 5G and Communities of Color Town Hall sponsored by The Washington Informer and Washington Informer Charities, organizers were satisfied that their mission was accomplished when attendees announced they were leaving with more questions than answers about 5G to be later explored. It is imperative that all communities take a hard look at the impending deployment of the fifth-generation of cellular technology and assess for themselves the policy decisions being made about 5G before it reaches their front door.

D.C. Council member Mary Cheh (D-Ward 3), who chairs the Committee on Transportation and the Environment, said at a roundtable on 5G in November 2018 that lasted nearly seven hours, "This is an exciting time in the District's technological evolution."

But, she acknowledged that District leaders, including advisory neighborhood commissioners, are limited in their ability to approve or



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There is no doubt that 5G is on its way. Thus, we encourage everyone to keep a watchful eye on its deployment, and explore the tremendous opportunities 5G presents, as well as generational consequences it could have.

disapprove aspects of 5G deployment, and she referred to the “FCC’s ruling [that] gives the federal government the power to decide how these local issues will play out, not the District” as an additional obstacle.

That’s why Montgomery County and other jurisdictions across the country are petitioning the federal courts to halt the national deployment of 5G and order the Federal Communications Commission to provide data on the safety of radio frequency emissions and its impact on human health. The FCC, according to the petition, has refused requests and is relying on 25-year-old R.F. exposure standards to determine the safety of 5G. The petitioners are concerned that these 1996 scientific standards may not adequately protect public health and safety today.

The fact is, the U.S. government

has proclaimed it is in a “race to 5G” and it is determined to win against such countries as China, South Korea and Japan. To maintain its leadership position, the Trump administration has welcomed private sector technology companies to deploy 5G across the country with billions of dollars already having been invested in life-changing innovations enabling greater use of artificial intelligence, digital health, emergency communications, self-driving vehicles and smart cities.

There is no doubt that 5G is on its way. Thus, we encourage everyone to keep a watchful eye on its deployment, and explore the tremendous opportunities 5G presents, as well as generational consequences it could have.

This article originally appeared in the Washington Informer.

America’s Challenge: Moving Toward Racial Healing and Transformation



Dr. Gail Christopher
Wire Writer

(TriceEdneyWire.com) - Months after Virginia Gov. Ralph Northam came under fire for the racist images on his yearbook page from Eastern Virginia Medical School

in 1984, he remains in office, a battered and chastised, public figure. But maybe this isn't a bad thing.

A quick resignation would have elicited rhetorical condemnations, a symbolic “washing of hands,” and sent the wrong message that everything has been resolved. It most certainly has not been, and in late May an investigation by the medical school couldn't conclusively determine whether it's the governor in the photo. But the Commonwealth of Virginia, and our nation, have an even weightier problem: they must address the root cause of racism 35 years ago, and today - the belief in a hierarchy of human value that poisons our society.

Through centuries, America has failed to do the required work of uprooting and finally eliminating the idea and belief in a hierarchy of humanity – the empowering of one human being over another because of skin color or religion or ethnicity. It was stunning that when USA Today examined 900 yearbooks from the same era, they found more than 200 examples of racist materials, demonstrating the depth of racial bias in our society.

The heart of the problem is the hierarchy of human val-

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A quick resignation would have elicited rhetorical condemnations, a symbolic “washing of hands,” and sent the wrong message that everything has been resolved. It most certainly has not been, and in late May an investigation by the medical school couldn't conclusively determine whether it's the governor in the photo.

ue. This core belief is the myth that built America. Human value hierarchy fueled unfettered land confiscation from Native Americans and unprecedented human decimation and enslavement of Africans; all of which fueled a young country's rapid economic growth and emergence as a world power.

Will White House Advisory Council Act to End America’s Affordable Housing Crisis?

By Charlene Crowell

Nearly 90 years ago, Kelly Miller (1863-1939), a Black sociologist and mathematician, said, “The Negro is up against the white man’s standard, without the white man’s opportunity.” As the first Black man to enroll as

sentiment held today by many Black Americans. As a people and across succeeding generations, we have held fast to our hopes for a better life. Yet it is painfully true that many opportunities enjoyed by other Americans have been elusive for people of color.



PHOTO CREDIT / SUBMITTED

Chaelene Crowell

a graduate student at Johns Hopkins University in 1908, Miller also authored a book entitled Race Adjustment, published in 1908. Ironically, despite the passage of time, Miller’s words express the same

Noted author and journalist Ta-Nehisi Coates expressed a similar view during his June 19 Capitol Hill testimony on reparations. “Enslavement reigned for 250 years on these shores,” noted Coates. “When it

ended, this country could have extended its hallowed principles—life, liberty, and the pursuit of happiness—to all, regardless of color. But America had other principles in mind. And so for a century after the Civil War, black people were subjected to a relentless campaign of terror, a campaign that extended well into the lifetime of Majority Leader McConnell.” While economists, public policy think tanks and other entities may sing a chorus of how well the American economy is performing and expanding, people of color – especially Blacks and Browns – have yet to see or feel economic vibrancy in our own lives – particularly when it comes to housing and homeownership. On June 25, Harvard University’s Joint Center for Housing Studies (JCHS) released its annual report, The State of the Nation’s Housing. One of the housing industry’s most broadly anticipated and cited reports, it once again chronicles recent trends and issues.

“The limited supply of smaller, more affordable homes in the face of rising demand suggests that the rising land costs and the difficult development environment make it unprofitable to build for the middle market,” said Chris Herbert, JCHS’s managing director. Among this year’s key findings: Since 2018, the monthly housing payment on a median-priced home has been \$1,775; In 2019, the cost of a median-priced home rose by 4% to \$261,600 when a comparable home in 2011 was priced far lower at \$177,400. This rise in home prices is also the seventh straight year that median household incomes have failed to keep pace in 85 of the nation’s largest 100 markets. Nearly \$52,000 would be required to make a 20% down payment on a median priced home. Even if buyers opted for an FHA 3.5% down payment mortgage, more than \$9,000 would

be needed to pay it, closing costs, and related fees; In rental housing, four million units of housing priced at \$800 or less were lost between 2011 and 2019. Also, since 2010, renters now include consumers earning \$75,000 or more. Families who already own their own homes, these findings signal that their investments are appreciating, growing in equity and wealth. But for those trying to make that important transition from renting to owning, it’s a very different outlook. As rental prices continue to soar and moderately priced apartments disappear from the marketplace, both prospective homeowners and current renters face a shrinking supply of affordable housing. When homeownership is possible, housing costs can be better contained with fixed-interest rate mortgages, tax credits, and eventual equity. Even so, the Harvard report finds that only 36% of all consumers could afford to buy their own home in 2018. With higher priced homes in 2019, the affordability challenge worsens. “It is equally noteworthy that once again this key report shares how consumers of color continue to face challenges in becoming homeowners, noted Nikitra Bailey, an EVP with the Center for Responsible Lending. “According to the report, only 43% of Blacks and 47% of Latinx own their own home, while white homeownership remains at 73%. “This 30% disparity deserves further examination and proportional remedies,” continued Bailey. “Greater access to safe and affordable credit, better fair housing enforcement, preservation of anti-discrimination laws – including disparate impact – can play a role in eliminating homeownership gaps. Further, as the future of Fannie Mae and Freddie Mac are publicly debated, a renewed commitment to serve all creditworthy borrowers must be embraced.” Calvin Schermerhorn, a professor of history in Arizona State University’s School of Historical, Philosophical and Religious Studies and author of The Business of Slavery and the Rise of American Capitalism, 1815-1860, holds similar views to those expressed by Bailey. In a recent Washington Post op-ed column, Schermerhorn addressed the historic disparities that Black America continues to suffer. “One-fifth of African American families have a net worth of

\$0 or below; 75 % have less than \$10,000 for retirement,” wrote Schermerhorn. “The enduring barriers to black economic equality are structural rather than individual.... “Escalators into the middle class have slowed and stalled, and the rung of the economic ladder one starts on is most likely where one will end up.” On the same day as the Harvard report’s release, President Donald Trump signed an executive order that establishes a new advisory body that will be led by HUD Secretary Ben Carson. A total of eight federal agencies will work with state and local government officials to remove “burdensome governmental regulations” affecting affordable housing. “Increasing the supply of housing by removing overly burdensome rules and regulations will reduce housing costs, boost economic growth, and provide more Americans with opportunities for economic mobility,” stated Secretary Carson. If Secretary Carson means that local zoning rules favor single family homes over multi-family developments is a fundamental public policy flaw, he may be on to something. However this focus misses the crux of the affordable housing crisis: Wages are not rising in line with increasing housing costs. And now, after the housing industry continues to cater to more affluent consumers, while many older adults choose to age in place, the market has very little to offer those who want their own American Dream, including some who are anxiously awaiting the chance to form their own households. Builders have historically, not just of late, complained about the time it takes to secure permits or the series of inspections that must be approved during construction and before properties can be listed for sale. What is missing from this new initiative is a solution to the financial challenges that average people face. It was scant regulation and regulatory voids that enabled risky mortgage products with questionable terms that took our national economy to the brink of financial collapse with worldwide effects. Taxpayer dollars to rescue financiers while many unnecessary foreclosures stripped away home equity and wealth from working families. Time will tell whether new advisors and proposals remember the lessons from the Great Recession.

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First Federal Bank Welcomes Tammy Moses as Business/Community Development Officer



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Submitted

Defiance, OH – First Federal Bank is pleased to announce the recent hiring of Tammy Moses as Business/Community Development Officer for Toledo, Ohio, and surrounding market area. In her role, she will be responsible for working with businesses and community leaders to provide smart

banking solutions and share financial literacy to help empower individuals and business owners. “I am looking forward to broadening the impact First Federal Bank has on the communities we serve,” said Tammy Moses. “We truly believe that our partnership with our customers and our communities makes us all better together.”

Moses is instrumental in developing programs to impact her community and better the lives of others. She volunteers for numerous organizations including NeighborWorks Toledo Loan Committee and Northwest Ohio Housing Development Agency (NOHDA) Lending Partner. In addition, she is a committee member for the LISC YR16 Initiative.

Moses can be reached at her office at 5520 Monroe St., Sylvania, Ohio, or by calling (419) 794-5018. About First Federal Bank and First Defiance Financial Corp. First Defiance Financial Corp. (NASDAQ: FDEF), headquartered in Defiance, Ohio, is the holding company for First Federal Bank of the Midwest and First Insurance Group. First

Federal Bank operates 44 full-service branches in northwest and central Ohio, southeast Michigan and northeast Indiana and a loan production office in Ann Arbor, Michigan. First Insurance Group is a full-service insurance agency with nine offices throughout northwest Ohio. For more information, visit the company’s website at www.first-fed.com.

America’s Natural Gas and Oil Industry is hiring, providing a diversity of career opportunities



PHOTO CREDIT / SUBMITTED

For a growing number of American workers, the U.S. natural gas and oil industry doesn’t just mean lower bills, it means fatter paychecks.

Mike Sommers, President and CEO American Petroleum Institute

The economy is booming, but that doesn’t mean it’s all Easy Street for American families. Costs for household essentials continue to rise— with expenses for healthcare up 73% over 10 years, education costs increasing 58% and food bills rising 26%. There’s one important exception: energy costs. Household energy expenses have dropped 10.5%, and Americans saved

\$300 billion in 2016 compared to 2010. As recently as 2011, media reports were blaring headlines like “\$4 Gas Might be Here to Stay.” With the United States now leading the world in production of natural gas and oil, families are enjoying welcome savings on their utility bills and at the gas pump – savings that help them afford other priorities that keep getting pricier. For a growing number of American workers, the U.S. natural gas and oil industry doesn’t just mean lower bills, it means fatter paychecks.

A 2018 Bloomberg report called the industry “the best bet for U.S. workers” thanks to its “paycheck potency” — with salary levels that “topped all sectors, including utilities, tech and health care” in recent rankings. Non-retail station jobs in the natural gas and oil industry pay an average annual wage of over \$100,000 — nearly \$50,000 more than the U.S. average. Studies show natural gas and oil industry workers earn more across all education levels, degree majors, gender and race/ethnicity groups, and

occupation types. The diversity of career opportunities means there’s something for everyone – across a variety of fields

and education levels. Geologists, engineers, rig workers, welders, electricians, communications professionals, truck drivers, environmental consultants, business analysts, computer technicians – you name it. And opportunities are growing. The industry supports 10.3 million U.S. jobs across the economy — 2.7 additional jobs for each direct natural gas and oil job. With 40 percent or more of the industry’s worker base expected to retire by 2035, there’s never been a better time to join the energy workforce. Studies project we’ll see nearly 1.9 million job opportunities over that period in the oil and natural gas and petrochemical industries – with 707,000 jobs, or 38% of the total, projected to be filled by African American and Hispanic workers. We consider that number a floor, not a ceiling. One of our top priorities as an industry is building a more diverse workforce, and ensuring these opportunities reach every

community. One of the biggest barriers our research has identified is lack of awareness about the opportunities in our industry. We’re partnering with a number of organizations to change that. Through coordinated efforts with groups like the Congressional Black Caucus Foundation, Congressional Hispanic Caucus Institute, National Center for American Indian Enterprise Development, Society of Hispanic Professional Engineers and others, we’re working to spread the word that the industry is hiring. And we’re building. Constructing the pipelines and other infrastructure needed to keep pace with record energy production – and move affordable energy to homes and businesses — can support up to 1 million-plus jobs per year. That means construction workers, welders, pipe fitters. We partner with the National Building Trades

Continued on page 16.

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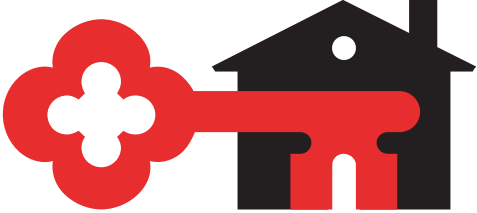
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Uniforms on the runway fashion show hosted by W.E.S. & I Inc. with U.S. Army personnel modeling




The men and women who defend the United States dressed in formal wear. By JURRY TAALIB-DEEN Journal Staff Writer Widows Empowered Strengthened & I, Inc., hosted their second annual, "Uniforms on the Runway," fundraiser. Held on Sunday, June 23, in the Great Hall of the Stranahan Theater, 4645 Heatherdowns Blvd, servicemen and women, of the United States Army, modeled various types of attire. In addition, there was a keynote address by a member of the organization, Maryanna Oien, regarding the tragic loss of her husband, and how she dealt with that incident. There was live music from the "Intuition," band featuring "Lady K," and dinner served by The Club 300. Nine men and two women from the United States Army modeled for three scenes; casual wear, after five wear, and uniform wear.

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Marian Idell Watson, right, founder and CEO of W.E.S. & I, Inc., comforts Maryanna Oien, keynote speaker, as she conveys to the audience what she went through after the passing of her husband.



Sgt. First Class, Brent Riley, models the latest tuxedos. He's accompanied by his daughter, Mara.

the Stranahan Theater, 4645 Heatherdowns Blvd, servicemen and women, of the United States Army, modeled various types of attire. In addition, there was a keynote address by a member of the organization, Maryanna Oien, regarding the tragic loss of her husband, and how she dealt with that incident. There was live music from the "Intuition," band featuring "Lady K," and dinner served by The Club 300. Nine men and two women from the United States Army modeled for three scenes; casual wear, after five wear, and uniform wear.

The purpose of the event, according to Laurie Sanders, fundraising chairperson, is to help support women, financially, emotionally, academically, whose husbands passed away.

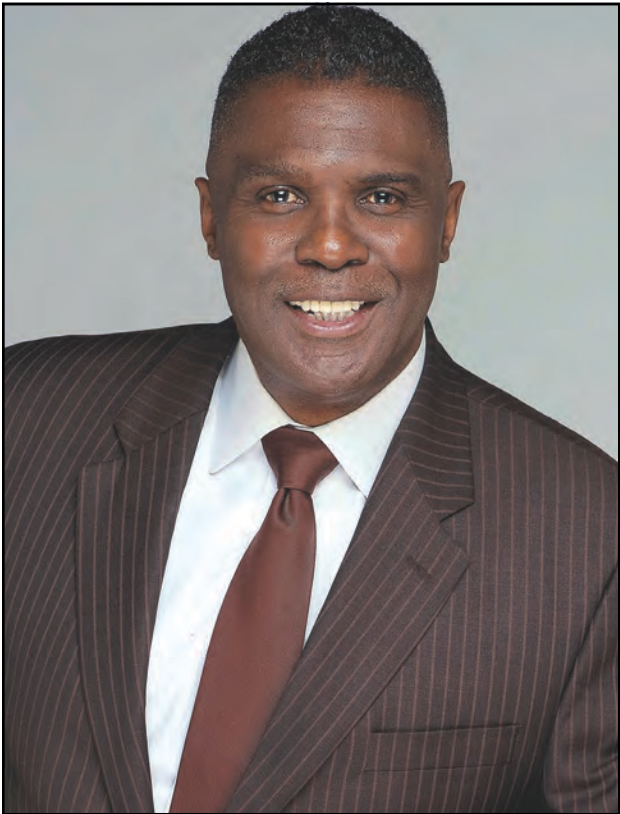
"Not only does the loss of a husband is emotionally devastating, but financially as well," she told The Toledo Journal.

"Society is used to seeing those who defend us in their uniforms. But we wanted people to see them without the uniforms, to kind of show the human side of those in the army," Ms. Sanders said.

Marian Idell Watson is the founder, and CEO of the organization. She formed the organization shortly after the passing of her husband, Wesley J. Watson in 2014. Further, Mr. Watson was a 20 year veteran of the Toledo Police Department, who was also the motivation of their first fundraising event, in 2018 that, had members of the police, fire, and Sheriff's Department serving as the models.

"Many women develop Heartbreak Syndrome after the passing of their husband," Ms. Watson said. "It's real, and unfortunately many women pass shortly after the passing of their husbands. So our organization seeks to add comfort to those women in any way we can. We don't want to see them lose their life," she said.

Mosquitoes 101



By Glenn Ellis

(TriceEdneyWire.com) - Regardless of where you live in the United States, this time of year brings something (other than hot weather) that affects everyone: mosquitos. No bite is more common than the bite of a mosquito. They are itchy, annoying, and can even determine if you go outside at all, or if you do, for how long. For the overwhelming majority of us, that is the extent of what we know about mosquitos. Well, that's about to change. Let me begin by letting you know that there are many types of mosquitos. There are over 3,000 different species of mosquitos on the planet, with approximately 175 of them found in North America. These jokers have been around for more than 30 million years, so I would expect them to not be going away anytime soon. Now, since most of us see them as these pesky little critters, its important to know that in many ways, mosquitos are the deadliest creature on earth! In fact, as a result of the diseases they cause, and spread, mosquitos are responsible for more deaths than all the wars ever fought throughout history. Truth be told, most of these deaths are the result of diseases like yellow fever, dengue and encephalitis; all transmitted by mosquitos. Even though there are many types found in the United States, each region of the country tends have one of more species that are unique to the area. For example, one of the most dreaded

things about a trip "down South" during the summer is the reputation of the mosquitos. This is all because of the notorious Asian Tiger mosquito; the most common mosquito in the South. This little booger, unlike most "sensible" mosquitos that do their biting at dusk and around daybreak, the Asian Tiger will tear into you at any time during the day. This why so many Southern picnics and outings are cut short due to mosquito bites. Ok, enough about their genealogy, let's talk about the actual mosquito bite. Mosquitoes hunt for food by detecting body heat and the carbon dioxide humans exhale. However, only female mosquitoes suck our blood. Male mosquitoes feed on plant nectars. In fact, males don't have the "teeth" for it. Only the female has a mouth that is built for piercing your skin. In fact, the female doesn't "bite" you; instead she pierces your skin in order to suck your blood to fertilize her eggs (in order to make some more little mosquitos to do the same). Once your skin is pierced, the female will begin to suck your blood, but it doesn't stop there. She will not only suck your blood, but she also spits in her own saliva, containing proteins that will keep your blood from clotting, and clogging up her "straw". There is also the potential for her saliva to contain disease if she is carrying a virus or bacteria she picked up from another source along the way. This is where the diseases like

yellow fever, dengue and encephalitis come in it. It passes these potential diseases on when it "bites". Since it doesn't get a complete feeding all at one meal, she will move around a get a little blood from multiple victims. This is what will increase the likelihood of spreading infectious diseases. So now you're wondering about the bite and the itching from a mosquito bite! Well, here's the deal. Once you're bitten by the mosquito, your body's immune system releases antibodies that are instructed to attack the invading substance. The antibodies cause swelling and inflammation and contains histamine, which is responsible for the itching. The problem comes when you (like any reasonable human being) start to scratch that itch. The more you scratch, the more it itches! This is made even worse if, while scratching, you break the skin, leading to a possible infection. So, now the big question: Why is that when you're at a cookout with 30 other people, you seem to be the one that attracts the mosquitos? Mosquitos are attracted to carbon dioxide. We all expel carbon dioxide when we exhale, so if you want to be totally mosquito-proof, just try holding your breath (please don't try this, it's just not possible). Some theories suggest that they are also attracted more to certain blood types. No truth to that. Mosquitos pick up your scent over 100-feet away, and by the time they bite, you've already been targeted. Bottom line, body heat and carbon dioxide are what makes you a delicious mosquito meal. There are some tips to

keep in mind: 1) since pregnant women are breathing for two, they tend to give off more heat and carbon dioxide; 2) athletes sweating is another factor that makes a better meal; 3) as does anyone who sweats a lot in the hot weather; 4) drinking alcohol will increase your internal body temperature, making you breath more to keep cool in hot weather. Best advice: drinking

water to dilute alcohol and sweat/perspiration; wear light, long-sleeve clothing; use insect repellent. 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. Ellis is an active media contributor on Health Equity and Medical Ethics. 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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Community gathers at Savage Park



Corvette Derden cuts Aaron Middlebrooks hair. Mr. Derden wanted to volunteer his services and said, "You couldn't have paid me to be here today."

PHOTO CREDIT / TOLEDO JOURNAL

Continued from page 1.

the community, working together to help curb crime, and offer activities for children.

Free haircuts for children 15 years of age, and under, free food, games, such as relay races, and water balloon fights, music, and much more were all a part of the active community engagement by the subcommittee.

Police Officers played with the children, city officials barbecued, and community leaders just had everyday conversation with the people who lived in the area.

Angela Lucas, executive assistant to Mayor Wade Kapszukiewicz told The Toledo Journal how the event

developed.

"Members of the newly formed Gun Violence Subcommittee, were looking to do some type of community event, and being

"We want feedback from the community, and what they would like to see"

that some of them are barbers, they decided to offer free haircuts, on top of everything else we have going on today," she said.

Shay Bankston, chairperson of the Gun Violence Subcommittee said, "In our meetings, we were discussing ways on how to improve the area that many of us grew up in; that's when the idea of offering free haircuts developed. But, we also want the people to tell us what they would like to see offered in

the community. We want them to take ownership in the neighborhood."

Corvette Derden, barber, grew up in the neighborhood, and is also a member of the subcommittee.

"I grew up in this area, and it means a lot to be able to give back," he said. "We're hoping, that our example, and words of advice can help make a difference for the better in the young people's lives. You couldn't have paid me to be here today," he said.

After the success of their first event, organizers plan on making it a yearly event that rotates around the city.

For more information about the Gun Violence Subcommittee contact Ms. Lucas at Angela.Lucas@Toledo.Oh.gov or Shay Bankston at her consulting agency premierconsultingtoledo.com.



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19 JULY

Prayer Breakfast

Date: Friday, July 19, 2019
Time: 8:00 AM
Location: Friendship Baptist Church - 5301 Nebraska Avenue, Toledo, OH 43615
\$10 Tickets available at Toledo Urban Federal Credit Union 1441 Dorr St, Toledo, OH.- **No tickets will be sold at door**

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Salon teaches dads how to style daughters' hair



PHOTO CREDIT / SUBMITTED

By Defender News Service

An Ohio beauty salon is working to make sure dads have the opportunity to learn the skills necessary to do their daughters' hair.

Tieya Riggins is the owner of Natruelly Mee in Rocky River.

"Doing hair for me is just, it's a passion and it's a passion for me to teach other people to do hair too," said Riggins.

Rigging recently held a free Father/

Daughter class to teach dads how to create fun and easy hairstyles.

"It's really important that dads are involved, we kind of like, shut them out when it comes to the hair thing and we kind of take over as women."

Riggins hopes to host another session in August, ahead of the new school year. That class will be open to both to fathers and mothers.

Par Breakers award Destiny Oshodin with \$1000 scholarship



PHOTO CREDIT / TOLEDO JOURNAL

Members of the Par Breakers Golf Club, surround Destiny Oshodin, center, holding her \$1000 scholarship check, and Lyntia Ruffin, president, to the left, and Gwen Readus, right.

By JURRY TAALIB-DEEN
Journal Staff Writer

Since Scott High School first opened in 1913, there hasn't been a more dominate player in tennis, then Destiny Oshodin. The most wins in the school's history, was also selected first team, all-city, and earned fall athlete of the year; all while serving as a camp counselor, and earning a 3.8 GPA. Add earning the Par Breakers', Delvis Cole, \$1000 scholarship, to her impressive resume.

The scholarship was presented to her by members of the Par Breakers Golf Club, on Saturday, July 6, at the Heatherdowns Country Club, 3910 Heatherdowns Blvd.

Lyntia Ruffin, president of the Par Breakers Gold Club, told The Toledo Journal that, in order to qualify for the scholarship, applicants must have at least a 2.7 GPA, present three letters of recommendations, already be accepted at a college or university,

and write an essay about her volunteerism, grades, and need for the scholarship.

"When I first found out I won the scholarship, I was excited, and grateful," Ms. Oshodin said, who will be attending Defiance College in the fall, majoring in Sports Management. "I want to make sure that I graduate from college as close to debt free as possible," she said.

Even though she has accumulated many accolades in the world of tennis, Ms. Oshodin just started playing the sport at the beginning of her freshman year.

"I was just interested in the sport and wanted to play. One day I would like to be competing at the highest stages the sport has to offer," she explained.

Gwen Readus, Destiny's mom, said she was excited about her daughter receiving the scholarship. She too reiterated what her daughter said about working on ways to

graduate from college debt free.

"I believe in Destiny. While growing up, she spent a lot of her time playing school. I think that geared her in the direction of earning her current GPA, and just excelling in life," Ms. Readus stated.

The Par Breakers Golf Club was founded in 1992 by the late Delvis Cole; to whom the scholarship is named after. Ms. Cole wanted to start a golf club that gave minorities the opportunity to enjoy the sport, while playing at the various courses located in the Greater Metropolitan area.

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Confronting Racism, the Fear of Black History

Submitted

Toronto, Canada, December 2, 2014 (News-wire.com) - The team at My Bible Culture have been working in the community for numerous

years researching and teaching about the great black civilizations in antiquity. They have created various multi-media presentations and now have created the Illustrated Reference Bible to further

this knowledge and positively affect all youth.

Today there are numerous known sources validating that the first people and civilizations were black. DNA proves that black people have greater genetic diversity. Simply put; all other nations came from black people. Archeology tells us that the first civilizations of Nubia, Egypt and Mesopotamia were black-skinned people and the bible confirms that the people in these regions are all from the same Hamitic lineage. Even the genealogy and description of the ancient Israelites in the bible confirm that they were black. All this knowledge is readily available and yet we still see no representation of this truth in schools and the mainstream media. Instead we continually see examples like Exodus: Gods


and Kings.

Marlon McLean has expressed that, "The repetitive acknowledgment that ancient black civilizations created the first alphabet, mathematics, astronomy, engineering and medicine will change our racial views. Black youth will gain a greater respect for themselves which would command a greater respect from others."

My Bible Culture wants to play their role in creating awareness of the rich history of black people. Get involved! Learn more about how you can help to make this vision a reality. www.mybibleculture.com

The repetitive acknowledgment that ancient black civilizations created the first alphabet, mathematics, astronomy, engineering and medicine will change our racial views. Black youth will gain a greater respect for themselves which would command a greater respect from others.

~ Marlon McLean



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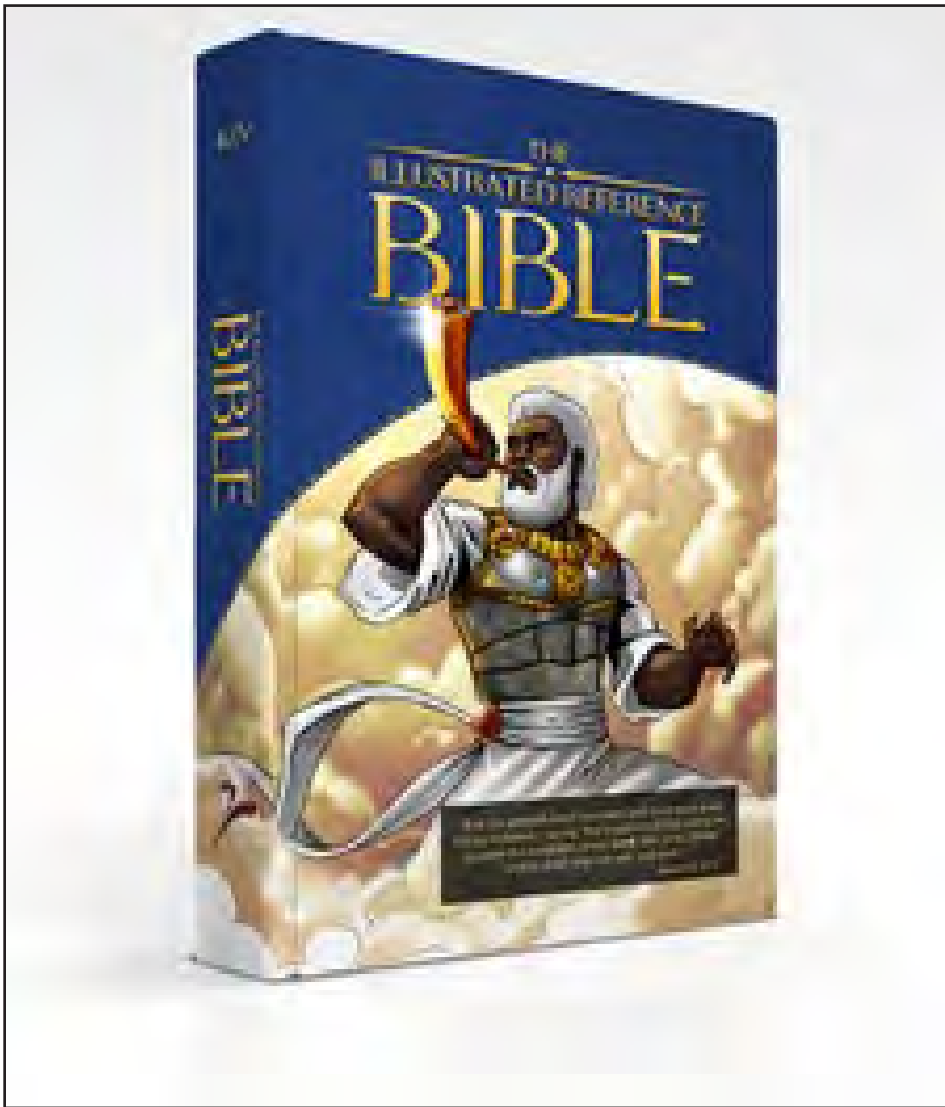


PHOTO CREDIT / SUBMITTED

My Bible Culture launches the Illustrated Reference Bible reflecting a more accurate depiction of the people in the book. The portrayal of black civilizations in mainstream media will undoubtedly change the way we view history and black people.

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5. Silence is often misinterpreted but never misquoted.
6. Do the math .. count your blessings.
7. Faith is the ability to not panic.
8. Laugh every day. It's like inner jogging.
9. If you worry, you didn't pray. If you pray, don't worry.
10. As a child of God, prayer is kind of like calling home every day.
11. Blessed are the flexible for they shall not be bent out of shape.
12. The most important things in your house are the people!...
13. When we get tangled up in our problems, be still. God wants us to be still so He can untangle the knot.
14. A grudge is a heavy thing to carry.
15. He who dies with the most toys is still dead.

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Now accepting applications for One and Two bedroom Apartment Homes Senior Community for persons 55 years and older. Rent is based on income. Our Activity and Service Coordinators are on site. Heat included. Chauffeured transportation to nearby shopping and banks available. Call 419-729-7118 for details.



Equal Housing Opportunity/Equal Opportunity Employer

BLACK FACTS

July 15, 1822:
Philadelphia opens its Public schools for Blacks.

July 16, 1862:
Ida B. Wells was born. First to gather statistical records on lynchings in the US.

July 10, 1875:
Educator, Mary McLeod Bethune born.

July 14, 1885:
Sara E. Goode invented the cabinet bed.

July 11, 1915:
Mifflin Wistar Gibbs, dies. He worked in the Underground Railroad and with Frederick Douglass.

July 13, 1928:
Robert Nix, Jr. first African American chief justice of a state supreme court is born.

July 12, 1949:
Frederick Jones invents the Air conditioner.

July 10, 1966:
Dr. King launches a drive to make Chicago an open city regarding housing, which would enable Blacks to live in any neighborhood.

HELP WANTED

OUTDOOR SKILLS PROGRAMMER

Metroparks Toledo is looking for an Outdoor Skills Programmer to conduct outdoor skills programs such as kayaking, archery, hiking, etc...Must have completed some college class work in environmental science, biology, education, outdoor recreation or related field, or equivalent work experience. Previous experience working with groups of children and leading outdoor education programs for all ages required. \$9.47/hr. Seasonal position, now through December as needed. Go to www.MetroparksToledo.com for complete job requirements and descriptions; must submit online application and resume. EOE

HELP WANTED

EARLY INTERVENTION DEVELOPMENTAL SPECIALIST

Lucas County Board of Developmental Disabilities is seeking a professional to work with infants and toddlers (ages 0-5 years) who have developmental delays. Must be able to provide developmentally appropriate interventions using a family-centered approach. Requires a Bachelor's degree in Early Childhood Education, Special Education, Nursing, Social Work, or related field plus two (2) years of experience working with developmentally delayed or at-risk children, ages birth through five (5), and their families in a full-time, paid, supervised position or valid Provisional Early Intervention Certification from Ohio Department of Developmental Disabilities (DODD). All candidates must submit by July 17, 2019 resume and cover letter along with an employment application, which is available at www.lucasdd.org. If in need of ADA accommodations, contact us directly at 419-380-4033. EOE

BLACK HISTORY FACTS

Woodson built Negro History Week around traditional days of commemorating the black past to extend public's study of black history.

In the 1940's, efforts increased within black community to expand the study of black history in the schools.

The first black U.S. senator was Hiram Revels in 1870.

Dr. Mae Jemison became the first African American woman to go into space aboard the space shuttle Endeavor in 1992.

Thurgood Marshall was the first African American appointed to the United States Supreme Court.

Jack Johnson was the first African-American man to hold the World Heavyweight Champion boxing title in 1908.

John Baxter Taylor was the first African American to win an Olympic gold medal.

Alexa Canady became the first female African-American neurosurgeon in the United States.



Cathay Williams was the first and only known female buffalo Soldier during the Civil War.

Canada celebrates Black History Month in February

FAMOUS BLACK QUOTES

"We all have dreams. In order to make dreams come into reality, it takes an awful lot of determination, dedication, self-discipline and effort."
By Jesse Owens

HELP WANTED



With a commitment to improving the human condition, The University of Toledo and University Medical Center are seeking qualified candidates for multiple positions.

The University of Toledo offers an excellent salary and benefit package, which includes the Ohio Public Employees Retirement System and State Teachers Retirement System for faculty with employer contribution, medical coverage, paid sick and vacation time, tuition waiver is available to UT employees and their eligible spouses and dependents and 10 paid holidays.


For a complete listing of our openings and desired qualifications or to apply, please proceed to our website at <https://www.utoledo.edu/jobs/>
We ask that applications and required documents be submitted electronically.

We are an equal opportunity employer and all qualified applicants will receive consideration for employment without regard to race, color religion, sex, national origin, disability status, protected veteran status, or any other characteristic

LMHA PROPOSALS

REQUEST FOR PROPOSALS HOUSING AUTHORITY SOFTWARE SYSTEMS - RFP19-R006

Lucas Metropolitan Housing Authority (LMHA) will receive proposals for **Housing Authority Software Systems**. Received in accordance with law until **July 30, 2019 at, 3:00 PM ET**. See documents: www.lucasmda.org; 201 Belmont Ave., Toledo, OH 43604; or 419-259-9446 (TRS: Dial 711). Affirmative Action and Equal Employment Opportunity requirements (Executive Order #11246). This contract opportunity is a Section 3 Covered Contract and any Section 3 Business Concerns are encouraged to apply.



"Friendships are born on the field of athletic strife and the real gold of competition. Awards become corroded, friends gather no dust."
By Jesse Owens

"Find the good. It's all around you. Find it, showcase it and you'll start believing it."
By Jesse Owens

"For a time, at least, I was the most famous person in the entire world."
By Jesse Owens

"One chance is all you need."
By Jesse Owens

"It all goes so fast, and character makes the difference when it's close"
By Jesse Owens

We need, in every community, a group of angelic troublemakers.
By Bayard Rustin

Everything will change. The only question is growing up or decaying.
By Nikki Giovanni

There is never time in the future in which we will work out our salvation. The challenge is in the moment; the time is always now.
By James Baldwin

What's the world for if you can't make it up the way you want it?
By Toni Morrison

5 Things Every Relationship Must Have

By Felicia T. Simpson
Wire Columnist

No matter if you're dating or married, I believe that every successful and long lasting relationship, should include the following tips:

Communication – I don't care what the subject is, I've learned that you must communicate with your partner. Don't assume that your partner knows what you're thinking. Men and women speak different languages, so spend time throughout the day talking to your partner or they will find someone else who has a listening ear. Don't just talk at your partner, utilize those active listening skills you've learned around the third grade. It doesn't take much time or effort to schedule daily talks with your partner.

Date Nights – Schedule date nights with your partner. Don't ever stop dating your partner. Dates don't have to be expensive either. My favorite date idea in the summer time are picnics in the park by water. You can purchase a \$5 footlong sandwich from Subway, bring a blanket, water and/or wine, turn on a music app on your phone and that'll cost



you about \$25 total. Plus, it's another perfect way to just adore nature and communicate with your partner. You have to get in the habit of taking your partner OUTSIDE of the house

because Netflix and chilling gets old real, quick. Don't let work and the kids distract you from going on dates with your partner. Close your eyes and try to remember, those first three dates you went on with your partner? Remember how excited you felt? Get that romance back by being in the habit of going out on dates, no excuses!

Money – I don't know who I'm about to preach to but YOU NEED MONEY TO BE IN A RELATIONSHIP! You and your partner have to be comfortable talking about money with each other. No matter what your relationship status is, or your role in the relationship is, both partners should be included in all financial decisions. Love don't pay the bills, buy the house, start the business, raise the kids, etc., YOU NEED MONEY, amen? AMEN!

Trust – If you lack trust..... STOP RIGHT HERE AND GO GET YOUR ENTIRE LIFE TOGETHER! You CANNOT be in a healthy relationship of any kind if you lack trust. That was a word right there! I've dated so many men who lack trust and it's so nerve wrecking. Who wants to be in a relationship with someone

and you're consistently feeling like you're filling out a survey every time you leave that person's sight. It's a TURN-OFF! Please, if you don't trust your partner because of multiple infidelities in the past, exit stage to the left and go be free and bad by yo' damn self. If you don't trust your partner because of something that happened to you in your past, GO GET THYSELF HEALED IMMEDIATELY!

Individual Hobbies/Friends – Last but not least, have your own life. Don't be one of those clingy partners. Learn how to have your own individual hobbies or friends separate from your partner. Learn how to miss each other. I admire couples who work and play together, BUT I need my own space sometimes and as the saying goes, "Absence makes the heart grow fonder." I love when my partner goes off and does his own thing. It gives me time to enjoy some "me time" or hang out with a friend and talk about "girl things." Go shoot hoops with the fellas or start hosting mani's and mimosa parties at your home. Whatever you choose to do, stay within the boundaries set in your relationships.

It's Above Me Now...

By Dr. Sheila D. Williams
Wire Writer

In my daily stroll through various media outlets, I came across a video of a young man named Craig Brooks. As I continued to scroll through social media, I found one meme after the other titled 'It's Above Me Now'. Mr. Brooks, an African American young man, who was on his job working at a hotel when a Caucasian woman called him n*gger while he was attempting to check her in for her stay at the hotel. I reviewed the video of Mr. Brooks several times and realized there were so many levels to what occurred. I commend Mr. Brooks on his ability to maintain his composure in such a stressful situation. I can only imagine how he felt as he appeared to only be trying to do his job and carry out his job-related responsibilities. He didn't yell, he didn't scream, he didn't become violent or argumentative, he didn't even curse or raise his voice. He simply repeated to her, 'it's above me now' and offered her the option of choosing the Best Western next door for her stay. Okay I laughed when he offered the Best Western, I admit it. But on a more serious note, the level of stress and the ability to restrain from lashing out in this type of scenario is perhaps unimaginable to many. I can only envision myself in that situation, blood pressure elevated, palms sweating, perhaps even biting my tongue and saying a silent prayer, in order to keep the peace and to keep my job. So, I ask, if you were in this scenario, what would you have done?

We can only speculate what Mr. Brooks meant when he said repeatedly 'It's above me now'. I presume he meant either that if she had an issue or complaint, she needed to address it with



a supervisor OR he had simply 'released' her negativity and racist remarks to a higher being. How we handle stress is imperative to our overall health and well-being. As an African American woman, I've encountered many challenges in my life. I've experienced so many situations that were blatantly discriminatory and many that were subtle. In each situation, I can't say I was as composed as Mr. Brooks. I've learned, and continue to learn, how to deal with stress daily.

Because of societal pressure to 'fit in', coupled with work, family, financial responsibilities we are all dealing with some form of stress. Did you know that seventy-five percent to 90% of all doctor's office visits are for stress-related ailments and complaints? The reality is, stress can play a part in problems such as headaches, high blood pressure, heart problems, diabetes, skin conditions, asthma, arthritis, depression, and anxiety. Research indicates that emotional stress is a major contributing factor to the six leading causes of death in the United States: cancer, coronary heart disease, accidental injuries, respiratory disorders, cirrhosis of the liver and suicide. ALARMING to say the least.

In a society in which every-

thing we say and do is scrutinized, it can often be difficult to 'release' and let go of those things that are out of our control. It is often difficult to remain calm in stressful situations and to find work-life balance. Through prayer, meditation, supportive family and friends as well as travel and participation in social activities I've learned to manage my stress. Perhaps Mr. Brooks has learned to successfully manage stress and his ability release and deflect the negative energy that she attempted to place upon him is by far, one that we can all learn a lesson from. As a Mental Health Advocate, I encourage others to advocate for their overall well-being. Learn to say 'no', to walk away and to be intentional about you, your well-being and the well-being of those you love. Let's all learn to release and let go – it's okay to hold your head high and say, 'It's Above Me Now' and walk away!!

www.DrSheilaDWilliams.com
It's Above Me is a statement said by hotel reservationist Craig L. Brooks Jr. in a Twitter viral video in which he confronts the woman who called him a n*gger over the phone by politely refusing her service.

This article originally appeared in The Florida Star.

Bow Wow 'getting the bag' with new businesses and upcoming restaurant



There is a reason why businessman Shad Moss has flung aside the long-held moniker of "Bow Wow" like an old jacket.

First of all, he said he retired from the genre three years ago, according to the Los Angeles Times, although, like boxers, rappers are prone to make comebacks even after they drop the mic. Just as importantly, Moss wants to be viewed as a bona fide businessman and the Bow Wow sobriquet just wasn't cutting it for him anymore.

The Buckeye-born and bred Moss (Columbus, Ohio), 32, is able to boast of his business ventures, which he unabashedly does at regular intervals, which he says includes having the No. 1 selling du-rag line in the market.

In addition to his duties as executive producer of the hit reality TV show "Growing Up Hip Hop," Moss is working on producing his first movie for TV One, according to The Jasmine Brand. And he is about to drop his own wave control brush and pomade.

And then there is the matter of enrolling his daughter in acting classes, for which she has shown that she inherited some of her father's swag:

The biggest project that he is going to undertake in the future is the opening of his restaurant. He has yet to divulge the name of the establishment or the kind of eatery it will be or where it will be located. But Moss is letting folks know that he is handling his.

This article originally appeared in Rollingout.com.

5 Basic Things Everyone Should Know About Their Car

(StatePoint) Driving can be expensive if you lack basic car-care knowledge or proper insurance. Regular maintenance can prevent costly breakdowns and extend your car's life, and the right coverage can protect your wallet in the event of an accident. Here are five need-to-know basics:

1. Know car insurance basics. Before getting behind the wheel, know these terms:
 - Liability. Every state requires you to carry liability insurance, which covers injuries to others or damage to others' property. You may hear it referred to as Property Damage (PD for short) or Bodily Injury (BI for short).
 - Collision vs. comprehensive. Collision pays for repairs to your car if you hit another vehicle or crash into an object. Comprehensive covers other incidents. For example, hitting a deer, hailstorm damage, vandalism or theft.
 - Deductible. This is the amount you'll pay out-of-pocket for repairs before insurance kicks in.
 - Endorsement. Sometimes

referred to as a "rider," an endorsement refers to a change or addition to existing coverage. For example, Erie Insurance has an endorsement called ERIE Rate Lock which customers can add to policies so their rates will increase only if they change their policy, drivers, vehicles or their address, even if they file a claim.

"Car insurance can be complicated, so we don't expect drivers to know everything, but we do recommend understanding a few basics," says Jon Bloom, vice president, personal auto, Erie Insurance.

"Working with an insurance agent can help you get the right coverage for you, based on your car and budget."

2. Read the owner's manual. Learn the car's bells and whistles and how often to rotate tires, check belts and hoses and change the oil. Check dashboard warning lights. Red typically indicates your car may be unsafe to drive. Yellow or orange usually means you should get it checked but it's not urgent. Green generally indicates a feature

is working.

3. Check tires monthly. Proper tire pressure promotes good gas mileage and can extend tire life. Reference the sticker found inside the driver's door for the recommended pressure. Don't over inflate. Consider learning how to change a tire, a handy skill when assistance isn't available.
4. Get regular oil changes. Some companies, like GM and Ford, equip vehicles with oil monitors so owners know when to change oil. If you don't have this feature, reference your owner's manual. Most manufacturers recommend changing oil between 5,000 and 7,500 miles, while synthetic oils are likely good for 10,000 to 15,000 miles.
5. Master the jump-start. Usually a car battery needs to be replaced every five years. While a dead battery is never convenient, it's easy to jump start a car. Attach one red clamp to the positive terminal of the dead battery. The other red clamp goes on the positive terminal of the live battery. The black clamp



attaches to the negative terminal of the live battery. The final clamp goes onto an unpainted metal surface on the dead car's engine block to prevent hazardous sparking. Turn on the live car. Allow the dead car to run for at least a half hour to charge. Always double-check your owner's manual to be sure your vehicle doesn't require special jump-starting procedures. By knowing the basics, you can hit the road with confidence.

More Than 17 Million Unsafe Airbags Remain In Vehicles On U.S. Roads



(NAPS)—Today, in the U.S., more than 17 million recalled Takata airbags remain in vehicles on the road. A defective part inside the airbag can explode when the airbag deploys, potentially shooting sharp metal fragments at the driver and passengers. The National Highway Traffic Safety Administration (NHTSA) has confirmed that 16 people in the U.S. have been killed, and hundreds of others alleged to have been injured, by this defect. Affected vehicles include those made by BMW, Chrysler, Daimler, Ferrari, Ford, General Motors, Honda, Infiniti, Jaguar, Land Rover, Lexus, Mazda, McLaren, Mercedes-Benz, Mitsubishi, Nissan, Scion, Subaru, Tesla, Toyota and Volkswagen.

Vehicle manufacturers are sending official recall notices to affected

consumers. Consumers also get notifications through postcards, e-mail, social media and other forms of communication urging them to contact their dealers immediately to schedule an appointment for a free recall repair. Even if they haven't received a communication, all vehicle owners should check if their vehicle is affected by the Takata airbag recall by visiting www.SafeAirbags.com or www.NHTSA.gov/Recalls and entering their vehicle identification number (VIN). Dealerships around the country have replacement parts available, and the free recall repair should take an average of one to several hours depending on vehicle make and model. "Unfortunately, many consumers are not taking immediate action, either because they have ignored the repeated safety recall

notices or do not understand the severity of the situation," said Patrick Juneau, who is leading a nationwide outreach program by SafeAirbags.com.

"It is vitally important for consumers to pay attention to any notifications they receive and to schedule an appointment to have their airbags repaired for FREE. This literally could be a matter of life and death." The call to action is simple.

- If consumers receive a Takata airbag recall notice, letter, postcard or e-mail, they should immediately schedule a free recall repair at a local dealership.
- Consumers uncertain whether their vehicles are part of the Takata airbag recall should visit www.SafeAirbags.com. They will be prompted to enter the vehicle identification number (VIN), upload a photo of the license

plate, or manually enter the plate number. The website will immediately indicate if the vehicle is currently under recall for defective Takata airbags.

- A free smartphone app, Airbag Recall, can also be downloaded, enabling consumers to take a picture of their license plate to immediately determine if a vehicle is under recall. It takes just a few minutes to determine if a vehicle has a recalled airbag and just a few hours to have an airbag repaired. Take the time to protect yourself, your family and your friends. For more information, visit www.SafeAirbags.com and www.NHTSA.gov/Recalls.

To keep your car on the road to safety, find out whether the airbag is safe or has been recalled.

Famous Quotes

If you don't like something, change it. If you can't change it, change your attitude.
Maya Angelou

Find the good. It's all around you. Find it, showcase it and you'll start believing in it.

Jesse Owens
Every time you state what you want or believe, you're the first to hear it. It's a message to both you and others about what you think is possible. Don't put a ceiling on yourself.

Oprah Winfrey
You can't make decisions based on fear and the possibility of what might happen.

Michelle Obama
Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world.

Harriet Tubman
What you're thinking is what you're becoming.
Muhammad Ali

I have learned over the years that when one's mind is made up, this diminishes fear; knowing what must be done does away with fear.
Rosa Parks

The secret of life is to have no fear; it's the only way to function.
Stokely Carmichael

Instead of looking at the past, I put myself ahead twenty years and try to look at what I need to do now in order to get there then.
Diana Ross

I have discovered in life that there are ways of getting almost anywhere you want to go, if you really want to go.
Langston Hughes

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Area Office on Aging of Northwestern Ohio, Inc. advises older persons about heat index precautions and emergency cooling stations

By Justin Moor

All Lucas County Senior Centers remain available as Emergency Cooling Stations today. These air conditioned facilities can offer seniors some relief from the oppressive heat and humidity. Because the Heat Index is predicted to reach over 90 degrees today, the Area Office on Aging of Northwestern Ohio, Inc. once again cautions older persons

that they are most vulnerable to heat-related illnesses and that that these extreme conditions pose a significant threat to their health, especially to those who have cardiac or respiratory problems. In contrast to violent weather events that cause extensive physical destruction, the hazards of extreme heat are dramatically less apparent, especially at the onset. In fact, similar weather conditions in

Chicago in 1995 led to heat-related deaths of over 750 people, most of whom were seniors. We remind the community to check on older or disabled family members or neighbors who live alone or may be experiencing problems coping with the heat. **Ways to reduce the risk of heat-related illness**

- Plan any outside activities for the coolest times of the day – before noon and in the evening

- Stay in cool places such as shopping malls, libraries or a Cooling Center
- Avoid caffeine and alcoholic beverages - they accelerate the effects of heat exhaustion
- Avoid heavy meals. Choose lighter meals & cooler foods – salads, sandwiches, fruit etc.
- Since aging can cause decreased thirst sensation, older adults should drink water, natural juices or other fruit drinks throughout

the day, even if they don't feel thirsty. **Note:** *If on a special fluid-restricted diet or taking diuretics, consult your physician about fluid intake during hot weather* **Signs of Heat Exhaustion:** Headache, sluggishness or fatigue, thirst, blurred vision, nausea or upset stomach, vomiting, profuse sweating, moderate increase in body temperature **Treatment:** Fan or move

out into air-conditioning; apply cool, wet cloths; take small sips of water; if condition does not improve, call 911! **Signs of Heat Stroke:** Heat stroke is a much more serious condition. Signs include: headache, sluggishness or fatigue, dizziness, disorientation, agitation or confusion, seizures, hot dry skin (absence of sweating), increased (inner) body temperature, loss of consciousness, rapid heartbeat, hallucinations – **Call 911 immediately - heat stroke can be deadly!** Until help arrives treat the same way as with heat exhaustion (described above).

15th AFRICAN AMERICAN FESTIVAL
Celebrating Our History, Health and Education

UPCOMING EVENTS

Toledo Urban Federal Credit Union
Building Better Futures

19 JULY

Prayer Breakfast
Date: Friday, July 19, 2019
Time: 8:00 AM
Location: Friendship Baptist Church - 5301 Nebraska Avenue, Toledo, OH 43615
\$10 Tickets available at Toledo Urban Federal Credit Union 1441 Dorr St, Toledo, OH.- **No tickets will be sold at door**

Gospel Concert
Date: Friday, July 19, 2019 | Time: 6:00 PM
Location: Friendship Baptist Church - 5301 Nebraska Avenue Toledo, OH 43615
\$15 Tickets available at Toledo Urban Federal Credit Union 1441 Dorr St, Toledo, OH.- **No tickets will be sold at door**

Concert Featuring:

HEADLINER DARIUS COLEMAN
Debra Brock
Friendship Baptist Church Music Ministry
Tawann Gaston
Mother Boola Bomb Bay & The Boola Bomb Bay Baptist Choir
The United Voices of United Vision Baptist Church
Cynthia Valentine

Building Diversity

Continued from page 7.

Unions to train workers for these good jobs. The industry also needs workers with backgrounds in STEM (science, technology, engineering, and mathematics) fields. In coordination with these organizations and many more, companies **sponsor and participate in** job fairs, hands-on educational labs, science fairs and teacher training. As great as the opportunities are, it's not all about the paycheck. America's energy professionals are part an industry that **fuels the economy and powers daily life**. It's an industry of innovators – that not only leads the world in production of natural gas and oil but is developing the technologies that make our air cleaner. The United States leads the world in reduction of carbon emissions, thanks primarily to clean natural gas. Cleaner fuels and other breakthroughs have helped drive combined emissions of the primary air pollutants down 73 percent since 1970 – while energy use and vehicle miles have climbed. Building a better future takes energy, and building the best workforce is essential to keep delivering energy benefits to U.S. families. Working with our partners in African American and Hispanic communities, America's natural gas and oil industry is focused on expanding opportunities and building the diversity that will make our workforce even stronger.