



INSIDE

QUESTION

WHY IS THIS
ELECTION
SO IMPORTANT?



LIFESTYLES/NEWS

WANDA POPE
TURNS 90
YEARS OLD



RELIGION

PASTOR JOHNNY
HOBBS JR.'S
73RD BIRTHDAY



ENDORCEMENTS

MAKE A
DIFFERENCE
GO VOTE!



EVERYBODY IS
SOMEBODY IN
THE TOLEDO
JOURNAL



The Movement helps transport 'Souls to the polls'



PHOTO CREDIT / TOLEDO JOURNAL

A long line of people wrapped around the early voting center.

By: *Jurry Taalib-Deen*
Journal Staff Writer

With the 2020 Presidential election happening within a week, and the possibility of mail in votes/absentee votes being lost in the mail, The Movement is helping transport

participation, empower voters by educating them on participating in voting, as well as, becoming politically involved and when it's time to vote, helping transport people to voting locations, regardless of political affiliation.



PHOTO CREDIT / TOLEDO JOURNAL

The music of DJ Darris Mosley kept the people entertained while they waited in line.

as many people as possible, to cast early votes in person.

Formed by Tina Butts, The Movement is a non-partisan organization with a mission to increase minority, and young adult voter

During the weekend of October 24 and 25, the organization not only helped bring people to the polls, but they had music by a live DJ, and offered free meals for anyone who voted.



PHOTO CREDIT / TOLEDO JOURNAL

Members of The Movement, helped make sure the day went smoothly. From left are, Leonard Sumrow, Kelly Hueston, Carlee Keith, and Maurice Carter.

Felicia Howard, team captain for The Movement, told The Toledo Journal, "This election is very important. You have to vote for someone who reflects your values."

She went on to say that they don't ask anyone their party affiliation. "If you need a ride, we'll come and pick you up, no matter your party."

Ms. Howard stressed the importance of voting and how voting brings about changes. "Not voting excludes you from participating in progress. How can



PHOTO CREDIT / TOLEDO JOURNAL

The Movement Captains are Felicia Howard, left, and Celeste Smith.

you complain about *Continued on page 7.*



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Geriatrician
Social Isolation: How to Stay Connected

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on Aging**

Your Senior Services Network Expert

Why do you think this Presidential election is so important to Black and Brown communities?



Shetta Witcher
Medical Field

Before he became President, we used to be able to barbecue with our neighbors, and our children could go to school with their friends without this outwardly display of racism. But now, it's not even safe to spend time with our neighbor, or safely send our children to school because many Trump supporters are blatantly showing their racism. All of this is a type of race war. Our children's future for generations is at stake; that's why this election is so important.



Tamala Smith
RN

Voting is always important. I don't want to just single out this administration and say it's important to vote now. Voting has always been a way, in which, we've given ourselves more rights, and change things that are detrimental to us. So, it's important to vote in every election.



Charmaine Galloway
Daycare Owner

This election is important because a lot of black business owners depend on funding, and regulations to succeed. Under Trump, those rights, for black businesses are in jeopardy. I'm hoping the next administration will be friendly to black businesses.



Dexter Whitman
Heavy Equipment Operator

It's important because with Trump reforms in law enforcement won't happen, and the equal rights we currently have will be stripped. Trump is claiming he wants to help black people, but he had four years to make it happen, but didn't. So, there's no need to believe he'll make it happen if he's re-elected.



James Cotton
Forklift Driver

Trump has proven he's not a friend to Black people. He's against Black Lives Matter, and that's a movement to protect the rights, and safety of Black people. Anyone against protecting our rights and safety doesn't need to be in the White House.




Daryl Mixon
Manager

It's important because under Trump, we won't see changes, such as racism, ending in police departments. Our safety is literally at stake with him staying in office.



Nicole Jones
Factory Worker

This election is very important because the healthcare that many Americans have, because of President Obama, will be taken away by Trump. My son is 22 and his job doesn't offer healthcare, so he's on my insurance. If Trump gets back into office, millions of Americans will lose their healthcare.



Make a plan to vote at
MakItCountOhio.com

EARLY VOTING CENTER

Lucas County:
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Toledo, OH 43604

OPEN HOURS

Oct 26-30:	8 a.m. to 7 p.m.
Oct 31:	8 a.m. to 4 p.m.
Nov 1:	1 p.m. to 5 p.m.
Nov 2:	8 a.m. to 2 p.m.

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Why the 2020 Vote Matters More than Ever to African Americans

Submitted

NNPA NEWSWIRE — “Some had to pay fees. Some were tested. Many people died for that right. It is too important for us not to vote, and if we want to have a democracy, we need to participate in it. We can’t hope that situations will change. We have to be active in helping candidates get elected who will create that change,” said Lex Scott, the president of the Black Lives Matter Utah Chapter.

By Stacy M. Brown, NNPA Newswire Senior National Correspondent @StacyBrownMedia

Her father survived Jim Crow and saw the evolution of the vote in America, so Lex Scott speaks from a unique perspective when she champions African Americans’ historical significance casting their ballots.

“When my father voted, his life was at risk,” remarked Scott, the president of the Black Lives Matter Utah Chapter.

“Black people were also filled with many obstacles that prevented them from voting. Some had to be landowners; some had to be sponsored by white personnel,” Scott recalled.

“Some had to pay fees. Some were tested. Many people died for that right. It is too important for us not to vote, and if we want to have a democracy, we need to participate in it. We can’t hope that situations will change. We have to be active in helping candidates get elected who will create that change.”



The fight for African Americans’ right to vote dates back to the late 1800s.

Freed Blacks in New York briefly held the right to vote before the Civil War, and there were similar instances in other Northern states.

“African American men were given the right to vote with the passage of the 15th amendment in 1870 as one of the Reconstruction Amendments after the Civil War, Brianna Mack, an assistant professor of politics and government at Ohio Wesleyan University, wrote in an email to BlackPressUSA.

“The Reconstruction era ended in 1877 with President Rutherford B. Hayes explicitly ending federal oversight of Southern states to fund public schools, establish charitable institutions, raise taxes, and fund public improvements to

incorporate newly freed Blacks into the fabric of daily life as citizens and equal participants in America,” Mack noted.

During Reconstruction, the Black vote’s influence materialized as African Americans won election to local, state, and national offices.

“Black men won election to state legislatures and Congress indicating an impending drastic social change,” Mack added.

“Starting in 1868, we see white supremacist groups, precursors to the Ku Klux Klan, use violence to suppress the Black vote, and fraud was rampant. Many congressional elections in the South were contested,” she continued.

“Such tactics were used because white political leaders quickly realized that African Americans are independent political beings whose

participation in elections can upset the ‘balance’ that previously existed without their involvement. These political leaders could not appeal to Black people and/or Black people were not responsive to their appeals because their appeals were rooted in the subjugation of the racial group i.e. for the foreseeable future, southern Democrats would/could not count on Black support.”

President Lyndon Johnson signed the 1965 Voting Rights Act, which reinforced the 15th amendment of nearly a century earlier. The Voting Rights Act outlawed discriminatory voting practices and effectively provided African Americans the right to cast ballots freely.

Despite the 1965 law, Blacks were still denied the right to vote.

In some cases, by

violence and in many instances through suppression and misinformation tactics.

One year after the Voting Rights Act, civil rights activist James Meredith was shot and wounded during a voter registration march between Tennessee and Mississippi.

Undaunted, 4,000 African Americans registered to vote in Mississippi the day after the shooting as Dr. Martin Luther King Jr. and Stokely Carmichael joined the march.

Suppression efforts have continued, and, in 2013, the U.S. Supreme Court eliminated the federal government’s ability to block states’ voting restrictions.

In doing so, the high court effectively struck down a significant part of the 1965 Voting Rights Act, which has led to restrictive laws that have primarily affected African

can American voters.

“In a general sense, the power of the vote is absolutely critical to the creation and maintenance of an equal society, and that’s why ruling classes fought the concept of universal suffrage for so many years in Europe and the U.S.,” remarked Amber Dozier, the managing partner, and chief strategy officer of the ABCD & Company, a Rockville, Maryland-based marketing firm.

“In the case of African-Americans, voting is even more important because the laws of this nation have been historically designed in a way that leads to the de facto economic, cultural/social, and political subjugation or African-Americans,” Dozier added.

“The Constitution, a document that framed the legal and political essence of America, declared the African-Americans were three-fifths of a White person – all for the purpose of amassing political power through the vote.”

She concluded: “This demonstrates that the Black vote has power and has always been a commodity to those in power, even when we were deprived of that right. Voting gives citizens, the power to shape the laws that govern their lives. In a sociopolitical climate where there is vehement debate over the appropriateness of saying ‘Black lives matter,’ African-Americans must vote because our lives and the sanctity with which they are treated depends on it.”

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After Nov 3, the Hard Work Begins

By Barrington M. Salmon
Wire Writer

TriceEdneyWire.com) - Political commentators, pundits and everyday Americans have characterized the 2020 presidential elections as the most consequential of our lifetimes.

For the past four years, critics say, President Donald Trump has attacked, largely eroded and seriously damaged institutions, ignored long-established political norms, and engaged in criminal behavior that led to his being impeached in January. And he has also

spent his entire presidency attacking, maligning and smearing African-Americans, Latinos, immigrants, Muslims and non-whites generally, and stoked racist and white nationalist fears which have divided the country.

Of equal concern, these critics say, Trump has overseen and botched the federal response to the COVID-19 global pandemic which has brought the United States to its knees. So far, the pandemic has killed more than 225,000 Americans, sickened 8.14 million more and has been allowed to run

unfettered by the Trump administration which is yet to launch a coordinated national response. COVID-19 forced the shutdown of about 80 percent of the country early in the epidemic, triggering an economic meltdown and record unemployment that dwarfs the Great Recession.

Most major political polls show Biden currently winning the election with a significant margin ahead of Trump. A New York Times/Siena College poll this week said Joe Biden leads President Trump, 50 percent to 41 percent. But given his

surprise win over Hillary Clinton in 2016, most voters are taking nothing for granted. And others are asking serious questions about what actually will happen after the election regardless of who wins.

“If Joe Biden wins, are we going to take our foot off the gas?” asks political consultant and activist Michele L. Watley. She says this is a pervasive question that she poses to people that she knows and works with.

“If Biden wins, the fight doesn’t end,” said Watley, founder and owner of The Griot Group, a consulting

continued on page 5

Federal Judge Halts Trump's Rule That Would Prevent 700K From Receiving Food Stamps During Pandemic

By Stacy M. Brown,
NNPA Newswire Senior
National Correspondent
@StacyBrownMedia

If the 2020 election's importance wasn't apparent to those casting ballots, a federal judge's decision on Sunday might have underscored the urgency.

In a decision that had far-reaching consequences during a deadly pandemic that's cost more than 225,000 Americans their lives, the court ruled on Oct. 19 against President Donald Trump's order to strip food stamps from nearly 700,000 people.

As the pandemic worsened, businesses shuttered, and unemployment reached record levels, the President announced the implementation of a new rule that would have required more food stamp recipients to work to receive benefits.

Trump sought to limit the ability of states to renounce existing work mandates. The rule was scheduled to occur on April 1, but Congress suspended mandates requiring food stamp recipients to work as part of the CARES Act.

"The final rule at issue in this litigation radically and abruptly alters decades of regulatory practice, leaving states scrambling and exponentially



increasing food insecurity for tens of thousands of Americans," Chief Judge Beryl Howell of the U.S. District Court in Washington, DC, wrote in a 67-page ruling.

Judge Howell wrote that the United States Department of Agriculture had not adequately explained how the Trump rule "comports with federal statutes nor how it makes sense."

Attorneys general from 19 states, the District of Columbia, and New York City filed a challenge to the rule.

According to estimates, the Trump rule could have resulted in 688,000

non-disabled, working-age adults without dependents losing food stamp benefits.

It's estimated that since the pandemic began, more than 6 million Americans had signed up for food stamp benefits. Nearly 43 million Americans were receiving benefits in April, according to the latest Agriculture Department data.

According to the nonprofit Feeding America, hunger rose significantly during the pandemic and the U.S. economy's downfall.

Judge Howell's decision still leaves at least two other motions by the Trump

administration to restrict or eliminate access to food stamp benefits.

Other administration proposals could see at least 3 million people losing their benefits, leaving an estimated 500,000 children without access to free school meals.

"This is why we need to vote like never before," declared Cindy Richmond, a voting rights advocate in Brooklyn, N.Y. "Imagine that we have a president who denied that the pandemic was real, knew it was deadly but hid it from us, and then he wants to take away food assistance from needy American families and children."

Amber Dozier, the managing partner and chief strategy officer the ABCD & Company marketing firm in Rockville, Md., said voting is crucial.

"In a general sense, the power of the vote is absolutely critical to the creation and maintenance of an equal society," Dozier offered.

"That's why ruling classes fought the concept of universal suffrage for so many years in Europe and the U.S. In the case of African Americans, voting is even more important because the laws of this nation have been historically designed in a way that leads to the de facto economic, cultural/social, and political subjugation of African-Americans."

After Nov 3, the Hard Work Begins

continued from page 4
practice that focuses on strategic communications and advocacy for clients and partners. "We can't be comforted by a Biden-Harris win. We cannot and should not be convinced that the battle will be won with a Biden/Harris win, nor should we become complacent. There is an uprising of racism that confronts us. It's not in the past, nor is it an anomaly or one-off. We have to hold Harris and Biden accountable and we must do the same for the Senate leader, the House of Representatives and state and local government."

Watley, a Kansas City, Missouri native and founder of Shirley's Kitchen Cabinet, a nonpartisan organization dedicated to amplifying the voices and power of Black women through education and advocacy, said she's been greatly encouraged by the explosion of votes seen in early voting, the record numbers of Black women who're running and who have won seats in Congress, state and district attorneys' races and elsewhere.

"Progressives and other candidates have been running very competitive races. Incumbents have a right to be fearful because politics as usual in these unusual times is not gonna fly," said Watley, former national Afri-

can-American outreach political director for Senator Bernie Sanders' 2016 presidential campaign.

Dr. Monique Gamble, an assistant professor of Political Science at the University of the District of Columbia, said although she has pondered how the presidential election will shake out, with less than two weeks to go, "I still don't know what 2020 portends," she said with a sigh.

Gamble said she's worried about issues including the pervasive voter suppression and manipulation tactics by Trump and the Republican Party and his unabashed embrace of white nationalists and domestic terrorists. She is also deeply concerned about his poisonous rhetoric that clearly emboldened members of two Michigan militias to plot to kidnap, try and execute Michigan Gov. Gretchen Witmer less than a month ago.

"The authorities uncovered a couple of other plots. That's really bold," she said. "I don't know if all the energy, work and effort that Joe Biden and his allies are doing and have done will be enough to win the election. I'm really concerned that there might not be enough to get around the structural challenges such as gerrymandering and the electoral college having the same number of electors in Wisconsin and Cali-

“
If Biden wins, the fight doesn't end. We can't be comforted by a Biden-Harris win. We cannot and should not be convinced that the battle will be won with a Biden/Harris win, nor should we become complacent. There is an uprising of racism that confronts us. It's not in the past, nor is it an anomaly or one-off. We have to hold Harris and Biden accountable and we must do the same for the Senate leader, the House of Representatives and state and local government.

fornia, even though California has millions more residents."

Gamble, a writer, educator and photographer, said members of Congress lack the political will to reform electoral politics.

"Before we even get to the elections, this democracy is deeply flawed," the Alabama native said. "And there is a question of what Nov 3 looks like if the president wins. He wasn't constrained before and would be less so especially without the prospect of re-election. There's no lever that would stop him."

Gamble said she's aghast as she watches

the callousness of Trump, Senate Majority Leader Mitch McConnell and other Republicans in refusing to help struggling Americans, adding that a Biden-Harris win would return a semblance of progress and movement forward.

With Trump's contemplation of the so-called "herd immunity strategy," Gamble recounts, "They say, 'we're willing to chop off the bottom third of society. So be it,'" she said. "There will be long-term effects and it's morally and strategically wrong to sacrifice these people and the more than 300,000 who some in the medical community say

will die from coronavirus. The best-case scenario is a Biden-Harris win."

Given these gargantuan challenges, columnist and political scientist Dr. Wilmer Leon, III says he believes it really doesn't matter who wins in November.

"I don't think that it's really going to matter what happens on Nov. 3," he told Trice Edney News-wire. "I think the virus is at such a point that in the next six months the numbers that we're seeing over the past two weeks indicate that the s***t's about to hit the fan. I've been talking to three public health physicians who say the projection of deaths could be 410,000 by January. This is the one data point that determines where everything goes."

Because coronavirus is running rampant, Dr. Leon said, if former Vice President Joe Biden and Sen. Kamala Harris win in November, whatever measures they implement to fight COVID-19, "won't be able to have an impact until April or May 2021."

The new president and his vice president will be contending with about 140 million people who go to bed hungry every night; the presence of long food lines in cities and towns across the country; men and women seeking housing and food assistance, unemployed

Americans seeking job support and help for small businesses which are disappearing in the tidal wave of COVID-19, said Dr. Leon, a radio talk show host, author and political analyst.

But he anticipates that a Biden-Harris administration — if Democrats take the US Senate and hold onto the House of Representatives — would push through a relief bill and a stimulus package to help the millions of Americans who're struggling to buy food and pay rent, the tens of millions who are unemployed and the estimated eight million Americans who have fallen further into poverty because Republicans refuse to agree to a relief fund package.

Dr. Leon agreed with Dr. Gamble, saying that Republicans have employed enough voter suppression and manipulation tactics to steal the election.

"But will they win? No," he says emphatically. "They can be very effective in determining the outcome unless the turnout is overwhelming. The early turnout numbers have been historically high. The numbers are significantly higher than they anticipated. He (Trump) is sh****ng on himself. They are really starting to see that it's almost game over unless they have an October surprise."

90th Birthday Festivities for Wanda Pope

“We’d like to wish a happy 90th birthday to a phenomenal woman, Mrs. Wanda B. Pope, our mother.”

Submitted

Born on October 22, 1930, she’s a mom, granny, great granny, great great granny, sister, auntie, friend, daughter,

Patricia Pope, David Pope (Patricia), Phyllis Pope, ‘Baby Girl,’ deceased at birth, Maeva Green (Anthony) Quintin Pope (Beverly) and Deaconess Beatrice Peeples (Deacon

years. With that Bible, she starts every morning by reading the Word from it. She attends St. James Holiness Church of God in Christ. There, she serves as a

family and friends children. Mom is adventurous and loves traveling. She adores sitting outside with love ones. Mom likes to swim, and enjoys riding in the car and

reminiscing about the good old days. In her early years, she took care of dad, and raised a family while taking care of the household. Mom worked at a cleaning service and retired from the United States Postal Service. She is loved by 25 grandchildren, 47 great grandchildren, and one great great grandchild. Mom is loved by many friends, family, and neighbors. Her favorite sayings are “What one child won’t do for me, the other one will.” (Smile) and “Don’t think I love you.” (Smile)



Just some of Wanda Pope’s, sitting center, family and friends who came to celebrate her 90th birthday.

sister-in-law, cousin, wife, and a God fearing woman.

Wanda married the late Robert Easterly on November 22, 1952. They had three children, Debbie Easterly, deceased, Rev. Tony Easterly (Sheila), and Maudena Easterly.

Later on in her life, she married, now the late, Phillip N. Pope on August 13, 1962. From that union, they had eight children; Roy Pope,

Raymond).

Mom is a church going woman, who has had her family Bible, for the last 30

“What one child won’t do for me, the other one will.”

treasurer, nurse, and a Mother of the church. She also attends Sunday school.

When she attended Mt Pilgrim Baptist Church, she lent her voice to singing in the choir. While there, she also attended Sunday school.

Mom loves doing her Hawaiian dances, playing cards, and board games. Her favorite color is blue. She also likes to watch her grandchildren, as well as, other



Wanda Pope keeping life fun as she receives kisses from some of her children. Laughter keeps you young.

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Voter Suppression Tactics and Long Lines Fail to Quell Resolve of Black Voters

By Stacy M. Brown
Wire Writer

The lines are long, but Black voters are demonstrating their will to vote. In Texas, Georgia, Virginia, North Carolina, and Indiana, African Americans’ resiliency and resolve have never been as severely tested.

They have gone to great lengths to overcome voter suppression, discouragement, misinformation, gerrymandering, and so many other obstacles to participate in America’s elections.

In Fort Bend County, Texas, a check-in machine glitch shut down at least four precincts, and a court ruling that significantly limited ballot locations didn’t stop many African Americans from traveling long distances and overcoming even longer wait times to vote.

In Georgia, NPR Reported that the clogged polling locations in metro Atlanta reflected an underlying pattern: the number of places to vote has shrunk statewide, with little recourse.

“Although the reduction in polling places has taken place across racial lines, it has primarily caused long lines in nonwhite neighborhoods where voter registration has surged and more residents cast ballots in person on Election Day. The pruning of polling places started long before the pandemic, which has discouraged people from voting in person,” the report noted.

In Virginia, a glitch shut down polls and forced officials to push back deadlines to cast early votes.

Also, General Registrar Donna Patterson told reporters that the long lines in Virginia Beach had been like that each day since early voting began about one month ago. Add to that

number the 55,000 mail-in ballots the registrar received to that point.

Patterson noted that the state might have the highest voter turnout ever.

In North Carolina, about 163,000 votes were cast in person across North Carolina on Saturday, bringing the total to 828,456 in the state — more than double the number of people in North Carolina who went to the polls at this time in the 2016 election.

“Texas has been under siege confronting voter suppression from multiple fronts from our Governor Greg Abbott to the state higher courts,” noted Sonny Messiah Jiles, the publisher, and CEO of The Houston Defender Media Group, DefenderNetwork.com.

“It is unbelievable or ridiculous for a county with 2.4 million registered voters to have one location to drop off mail-in ballots,” Jiles remarked.

“Despite their efforts, the Harris County Clerk Chris Hollins, a smart young millennial, has been strategic and innovative with drive-thru voting, doubling the early voting locations and the historical move of 24-hour voting. But aside from voting access, we need to beware not to be bamboozled listening to the polls and just go and vote like our life depends on it, because it does.”

Numerous voter suppression tactics have been used in Texas and throughout the nation, added Patrick Washington, CEO, and co-publisher of the Dallas Weekly.

“Like the late-night ruling, from a 5th Circuit Court via a three judge panel, all of whom appointed by President Trump to uphold Governor Abbot’s mandate to limit one ballot drop box for millions of voters in Dallas county,” Washington observed.

However, he continued: “Despite this deliberate, detrimental

move, the night before early voting in Texas, I am pleased to see that the very voters that may have been affected in Dallas counties came to the polls big.

“I witnessed many volunteers at the Martin Luther King Center assisting the elderly with remaining comfortable with chairs and water during the long wait and assisting first-time voters by explaining the sample ballots. To know

that ballot records are being broken in counties all over Texas doesn’t shock me. Unfortunately, a lot of tragic events due to racism and police brutality have occurred during Trump’s time in office.

“People are tired. People can’t see family and friends like they used to. In some cases, people are unemployed,

Continued on page 12.



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Pastor Jerry Boose

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‘Souls to the polls’

Continued from page 1.

anything in society if you don’t get involved,” she said.

Celeste Smith, Health Captain for The Movement, said, “This election isn’t just about today; it’s about 20, 30 years into the future. It’s important that we, as black people, realize the importance of our vote.

Every candidate lobbies our vote, and when we truly recognize that, we’ll have more power.”

The Movement will be transporting those in need to the voting polls the weekend of October 31 and November 1. To request a ride this weekend or get involved call 419.450.3325 or

text **VOTENOW** to **21000**.



PHOTO CREDIT / TOLEDO JOURNAL

The Movement is non-partisan and won’t ask party affiliation when transporting to the polls.

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Paid for by the Copeland Campaign Committee: Tina Skeldon Wozniak, Bernie Quilter Co-Chairs, 6144 Rolland Dr., Toledo, OH 43612

‘Through the Roof’ Prescription Drug Prices Hit Communities of Color the Hardest

By: Hazel Trice Edney
Wire Writer

(TriceEdneyWire.com) – Seventy-three-year-old Leonard L. Edloe, a pharmacist of 50 years and pastor of a predominately Black church in Middlesex County, Va., knows

the personal and professional sides of heart disease, stroke, and diabetes well. He also knows the astronomical costs of prescription medications and the related financial struggles.

His father—also named Leonard L.

Edloe—opened the first of their four family-owned pharmacies in 1948. But he was only 65 when he came home from work one day, sat down, had a sandwich and a beer and then died of a massive heart attack. It was a major emotional blow to lose his father

and mentor that way. But then Edloe's sister died at 60 and his brother at 54 - also both of heart attacks.

“I had to get out,” he said sternly, reflecting on his now determined self-care through exercise and healthy eating. “I’m 73 now.”

For decades, Edloe has been a prominent household family name in Richmond, Va. where his father’s first pharmacy was established. Since his family was upper middle class, he acknowledged they had no problem paying for prescription medication. But given his father’s legacy and his own community service through his profession and dedication to help people in need, he is known for being on the cutting edge of the struggle to establish health equity. That includes exploring ways to make prescription drugs more affordable and accessible to all.

“The pricing has gone through the roof,” he said in an interview. “I mean, insulin - a month’s supply for some people - is \$600.” That’s \$7,200 a year. “Even the generic pricing has gone up,” he points out. “That has become worse because so many of the drugs are imported. Seventy-five percent of the drugs in the United States have an ingredient that’s made in China, India or Germany.”

Edloe explained that “Because there’s no control over pricing in the United States, they can basically charge what they want to; whereas in other countries, the government decides.”

As a former long-time member of Medicaid HMO Virginia Premier Health Plan’s board – Edloe pointed out that the drug used to treat Hepatitis C costs \$1,000 a pill. But in Egypt, it is \$1 a pill.

Edloe has expressed these concerns vehemently over the years in various leadership roles, including as chair of the Virginia Heart Association for the Mid-Atlantic Region; president of the American Pharmacists Association Foundation, and board member of the Virginia Commonwealth University Health Systems Authority.

“My blood pressure medicine for myself has tripled in price. I was paying \$15 for three months. Now it’s \$45,” he said. “Fortunately, that’s with my insurance.”

For people who lack health insurance, medicine

hypertension can cost upwards of \$300-\$600 a year, which, can be difficult to manage financially along with paying for other medications and bills. “So, it’s real serious,” Edloe concluded.

Community health workers and researchers around the country have long recognized the increasing costs of prescription drugs and the difficult choices some people must make to afford them.

An article in Harvard Medical School’s Harvard Health Publishing, titled, “Millions of Adults Skip Medications Due to Their High Costs” highlights findings from a national survey conducted by the Center for Disease Control and Prevention’s National Center for Health Statistics:

Eight percent of adult Americans don’t take their medicines as prescribed because they can not afford them.

Among adults under 65, sixpercent who had private insurance still skipped medicines to save money.

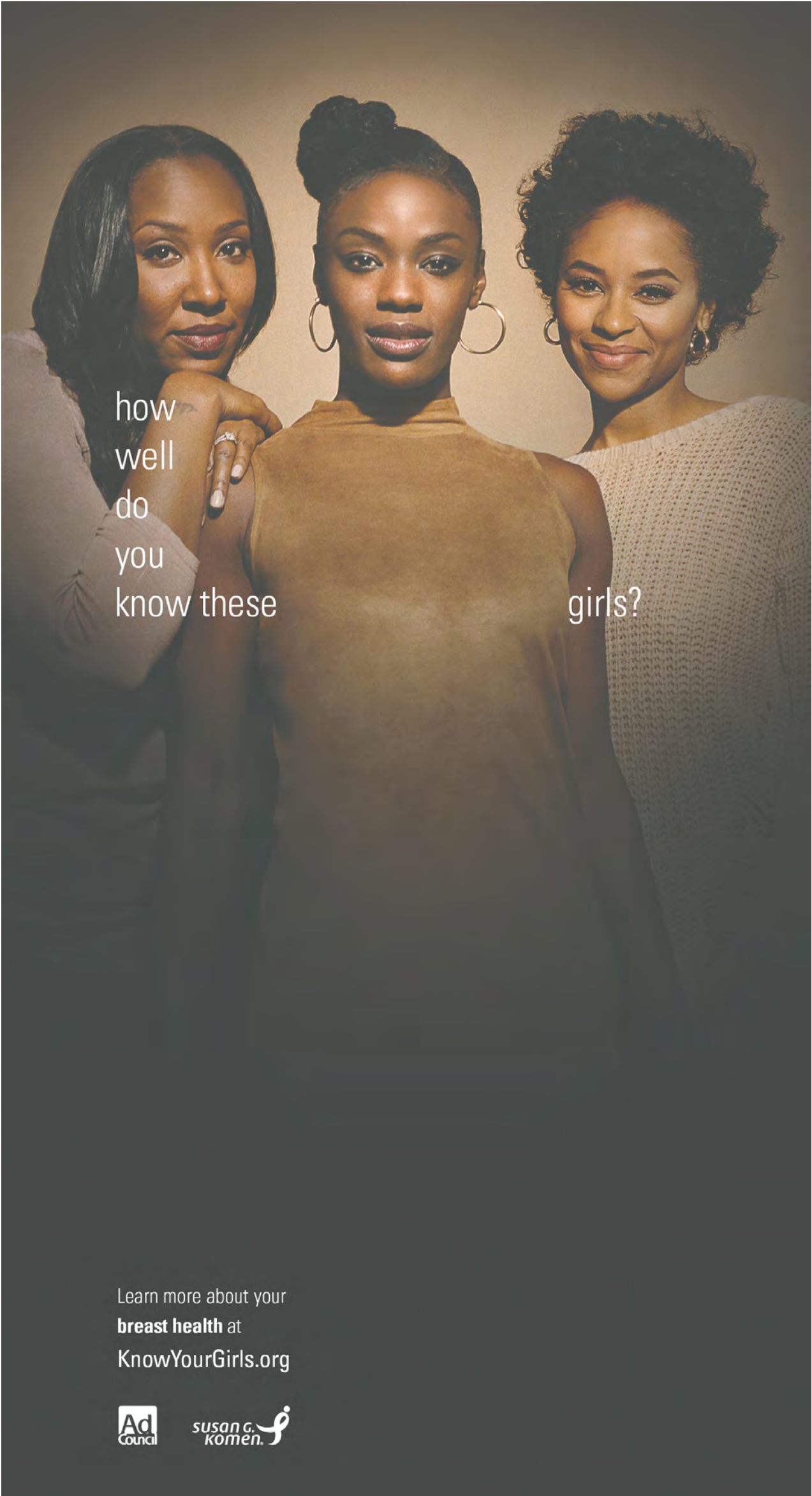
10 percent of people who rely on Medicaid skipped their medicines.

Of those who are not insured, 14 percent skipped their medications because of cost.

Among the nation’s poorest adults— those with incomes well below the federal poverty level — nearly 14 percent “did not take medications as prescribed to save money.”



Those statistics get even worse when exploring prescription drug affordability in the Black community. According to the National Center for Biotechnology Information, a division of the National Institute of Health, “Elderly black Medicare beneficiaries are more than twice as likely as white beneficiaries to not have supplemental insurance and to not fill prescriptions because they cannot afford them.”

Likewise, an AARP survey of 1,218 African-American voters last year found more than three in five (62 percent) said “prices of prescription drugs are unreasonable” and nearly half (46 percent) said they did



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Black History and the Columbus Myth: Exposing the Truth

By Legrand H. Clegg II
Wire Writer

Christopher Columbus did not discover America! After years of celebrating Columbus Day each October and teaching our children that this land was discovered by the European explorer, this year protesters across the country have pulled down his statues and denounced his image. At long last, they are debunking the Columbus myth.

Lost in all of this activity is the fact that Black people from Africa actually reached America thousands of years before 1492; and it is long past time for this to be acknowledged and celebrated in the Black community, and to be included in the American school curriculum.

The evidence of an ancient and medieval Black presence in the New World is vast and increasing every year. So why is the public unaware of such revolutionary information? In his recent book *Disloyal – A Memoir: The True Story of the Former Personal Attorney to President Donald J. Trump*, President Trump’s former attorney Michael Cohen reveals that the President is a staunch racist who disrespects Black people and speaks of African nations as “Shithole countries.” This view is widely held by White America largely because the fields of science, education, entertainment, politics, and the media have consistently degraded and stereotyped Black people and suppressed, distorted, and ignored African history and culture. This must stop now!

The idea that Black people sailed to the Americas in ancient and medieval times is not new.

After colossal Negroid stone heads were first excavated in the 1860s in Mexico, several Latin American scholars began to speculate that Africans sailed to the New World thousands of years ago.

During the 1920s, historian Leo Weiner wrote a three-volume work, *Africa and the Discovery of America* on the presence of Africans in the New World before Columbus. By the early 1970s, archaeologist Alexander von Wuthenau wrote two significant volumes, *Unexpected Faces in Ancient America* and *The Art of Terracotta Pottery in Pre-Columbian Central and South America*. These books reveal his collection of thousands of Negroid figurines unearthed

from ancient sites in Mexico, Panama, Columbia, Ecuador, and Peru, which comprise his vast collection in the Diego Rivera Museum of Mexico City.

Other scholars who have conducted extensive research on this subject include Ivan

He states, instead, that the Native Americans themselves were Black Africans, who first reached the New World at least 56,000 years ago. Thousands of years later these people were invaded by Mongolians from Asia who conquered, intermingled with

pyramids of Egypt.

During the second millennium B.C. other Africans reached the New World and settled in Mexico. They introduced Old World civilization to the inhabitants of the land. In the holy city of La Venta, four colossal stone

religious traditions to the New World. As historian J. A. Villacorta has written: “Any way you view it, Mexican civilization had its origin in Africa.”

During this year of racial reckoning, largely triggered by the courageous leaders of the Black Lives Matter movement, this nation must confront the fact that Black History also matters. America must understand that the original people on this planet were Black Africans who laid the foundation of civilization in both the Old and New Worlds. As for the New World, Columbus himself and nearly a dozen other European explorers reported that Black people preceded them to the Western Hemisphere.

In spite of all of the evidence available to them, White scholars are no more likely to be truthful about Black history than Donald Trump is about politics. The White academic establishment is as determined to suppress Black greatness as the Republican party is to suppress Black votes. Therefore, we must ignore their falsifications of the Black past and proceed to reveal the truth: The African nations that sponsored the ancient mariners who settled America were not “shithole countries.” They were powerful Black empires whose explorers circumnavigated the globe long before Trump’s ancestors emerged from the caves of Europe!



Van Sertima, author of *They Came Before Columbus*; Clyde Winters, Runoko Rashidi, Paul A. Barton, David H. Childress and Anu M'Bantu. David Imhotep, author of *The First Americans Were Africans (Expanded and Revised)*, has made a unique contribution to this field.

Unlike his predecessors, Dr. Imhotep does not claim that Africans simply sailed to the Americas before Columbus and influenced the Native Americans who resided in the New World.

and exterminated many of the indigenous Blacks. The mixture of these two groups resulted in the red Indians that we are all familiar with today.

Black people laid the foundation of civilization in the Americas. Among the earliest and most pervasive evidence of their presence are the strange structures called “Native American Mounds.” Built by Black Africans, these structures still survive in 41 states in America. One such mound, the Cahokia of Illinois, is almost as large as the great

heads with Negroid features have been discovered on a ceremonial platform featuring a miniature step pyramid and a conical pyramid — the earliest of such monuments to appear in the Americas. The structures were undoubtedly built by the Olmecs, a name given to the Mother Culture of what is called Mesoamerica.

According to Dr. Imhotep, the African Olmecs introduced a calendar, writing, pyramid and tomb construction, mummification, as well as certain political systems and



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Drive-thru celebration for Pastor Johnny Hobbs Jr.'s 73rd birthday & 43rd year in ministry



PHOTO CREDIT / TOLEDO JOURNAL

Members of the church wanted everyone to know their Pastor was being celebrated on his birthday.

By: Jurry Taalib-Deen
Journal Staff Writer

One by one, cars pulled up to Pastor Johnny Hobbs Jr, as he sat with a face mask on. Those in the car either greeted him with happy birthday, or handed him a gift.

The pandemic of Covid-19 has sparked numerous drive-thru birthday or graduation celebrations throughout the city. The members of Greater St. John's Church, 2127 Sylvania Ave, wanted to honor their Pastor in a similar and safe way. So on Saturday, October 24, a drive-thru birthday celebration was held in the church's parking lot, celebrating Pastor Johnny Hobbs Jr. 73rd birthday. And on Sunday, the church celebrated his

43rd Pastoral celebration virtually. Elder Louis Davis, assistant pastor, told The Toledo Journal that the members of the church wanted to

“If someone is sick, Pastor Hobbs is visiting him or her. If someone is graduating, Pastor Hobbs is attending the ceremony. So with all the things he does for us, we wanted to do for him.”

celebrate Pastor Hobbs' birthday and Pastoral anniversary, but wanted to do it safely and by the guidelines the State of Ohio issued.

“Our Pastor is an extremely generous man, with his time, as well as, monetarily,” Elder Davis said. “If someone is sick, Pastor Hobbs is visiting him or her. If someone is graduating, Pastor Hobbs is attending the ceremony. So with all the things he does for us, we wanted to do for him.”

“It feels good to be 73,” Pastor Hobbs said. “Life has taught me a lot, especially how to be a loving, leader, and a servant of God.”

He said the celebration put on by members of the church is a humbling experience, and that he greatly

appreciated the time and effort by the congregation.

Regarding his 43 years in leadership, Pastor Hobbs said it has been an honor serving good people, and that over the years, he has become very compassionate.

“My ministry is a compassionate ministry. God puts good people in your life, and it's up to you on how you interact with those people. I've tried to show love and compassion with all my heart,” he said.

Amongst the many things that stick out in the mind of Pastor Hobbs as a great accomplishment over his 43 years as Pastor, he said being able to pay the 30 year mortgage on the church in 11 years.



PHOTO CREDIT / TOLEDO JOURNAL

Pastor Johnny Hobbs enjoying the safe celebration the members of his congregation put on for him.



PHOTO CREDIT / TOLEDO JOURNAL

People remained in their car as they drove by, and greeted Pastor Hobbs.



PHOTO CREDIT / TOLEDO JOURNAL

People remained in their car as they drove by, and some even gave him gifts for his 73rd birthday.

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BLACK LEGACY

October 28, 1798: Levi Coffin, born, founder of The Underground Railroad.

November 1, 1847: The North Star newspaper was established in Rochester, NY.

November 2, 1891: Charles Wesley, historian, born.

October 31, 1893: William Henry Lewis, named All-American football player.

November 3, 1896: J.H. Hunter, patients portable weighing scales.

October 31, 1954: The Rev. King, Sr. installs Martin Luther King, Jr. as the 20th pastor of Dexter Avenue Baptist Church in Montgomery, AL.

October 29, 1969: Supreme Court orders to end segregation in school.

October 30, 1979: Richard Arrington was

elected the first Black mayor of Birmingham, AL.

October 29, 2009: Bernice King, youngest daughter of Dr. and Mrs. King, is elected president of the Southern Christian Leadership Conference, a post once held by her late father and her brother Martin Luther King III.

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

Dear Mr. Brown: I have noticed more and more people are turning to cremation as a means of funeralizing their loved ones. Can you explain to me the different methods in which the cremation can take place and what are the advantages of the cremation versus the traditional burial in a cemetery?
Robert H.

Dear Robert: You are very observant. The death rate has not changed; however the rate of cremations has due to the squeeze on the economy. Firstly, it is more economic to cremate, which will delete the major purchases of a casket, vault and burial space. The less expensive way of cremation is a direct cremation without embalming and preservation of the body and no viewing or services other than a legal identification of the body. This service can be performed under nine hundred dollars. The next in succession would be a direct cremation with memorials services, which the memorial services can be done by the funeral home or by the family in the manner in which they choose. Some families are setting memorial services at the favorite place of the deceased person and some even in their own living room or backyard and weather permitting in the park. Next in succession would be having a funeral service as usual, with the prepared body present using a rental casket and cremating after the funeral service. Then of course the option of a full funeral service is never out of the equation of funeralizing with an earth or mausoleum interment. The traditional burial will give the survivors a place to go in the future to express their love in a pensive manner. The traditional burial will give the survivors a place to go in the future to express their love in a pensive manner.

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Voter Suppression Tactics and Long Lines

Continued from page 7.

angry, scared or maybe all of the above. So, in any case, people have the time to exercise their civic duty and vote.”

Even in states like Indiana, voter suppression efforts haven’t stopped Black people from lining up at the polls.

“Indiana has some incredibly restrictive voter laws, and currently we only have one early voting site in all of Indianapolis,” stated Robert Shegog, CEO at the Indianapolis Recorder



Newspaper and Indiana Minority Business Magazine.

“A few more will open Oct. 24, but significantly more are needed given the size of the numbers keep increasing,” Shegog noted.

The Indianapolis Recorder reported that there were 13,206 votes cast through the

city. However, it is very refreshing to see so many people voting early. This has been a trend in Indianapolis for over ten years now, and the first nine days of early voting – or nearly 10,000 more in the same period in 2008 and 5,000 more than in 2016.

Early voting in Marion County started on Oct. 6 and continues through Nov. 2. In 2016, 33 percent of the 362,372 voters in Marion County voted early – a record-breaking number.

This year, Indiana voters are expected to break the record again.

“When one considers the pandemic and the physical and mental effects it had on

so many Hoosiers, the tough voting laws, only one early voting site in a city that is nearly 400 square miles, and even the immense pressure that Blacks experience daily; the fact that so many people are voting early demonstrates their desire to have their voices heard and their votes counted,” Shegog said.

“I am incredibly proud of the numbers, and local experts are optimistic that they will continue to increase through Nov. 3.”

‘Through the Roof’ Prescription Drug Prices

Continued from page 8.

Care Act (ACA) reduced the number of uninsured Americans, over 28 million remain without insurance,” says PublicHealthPost.org. “More than half (55%) of uninsured Americans under the age of 65 are people of color. For those with no insurance, paying retail prices for medications is often financially impossible.”

This is no secret to those who have been working in the trenches on critical health care issues daily for years.

Ruth Perot, executive director/CEO of the Summit Health Institute for Research and Education, Inc. (SHIRE), serves the 92 percent Black and largely low-income families of Washington, D.C.’s 6th, 7th and 8th Wards. She has been working on grassroots health equity issues in communities of color for more than 23 years.

“I am certainly aware of the extent to which folks have to, of course

make that choice between the cost of a prescription and the other commitments that they have, whether it’s rent or whether it’s food on the table or something related to the education for their children,” Perot said. “The cost of prescription drugs has always been out of control. It’s been a major profit-motive driven industry. That’s been true for some time. And so, whatever we see at the national level from a policy perspective still hasn’t addressed the fundamental issue that the drug prescriptions cost too much...I don’t think the federal government has ever used its power as the principle buyer of drugs to get those prices down. So, it’s been a persistent problem for many, many, many years if not decades.”

Edloe, having owned pharmacies in predominately Black communities, vehemently agrees. In addition to his medical career, he also interfaces with the community as pastor of the New Hope Fellowship Church in Hartfield, Va. As he personally works to avoid his family’s history with heart disease, he passes along health lessons to his congregation, and is intimately familiar with their struggles to pay for prescription drugs. Currently working with two groups involving health disparities and pharmaceuticals, he says he believes the answer to achieve equity will ultimately be “some form of universal health care.”

But, there must also be a culture change, he said. “Because a lot of health care providers still are not trained and the materials are still not designed for diverse communities. So it’s all about getting equity – not equality – but equity in health care. Because there’s a big difference. If everybody stands beside the fence and the fence is six feet and you’re 6 feet 5 inches tall, you can see over it, but other people can’t. Equity means you might have to give them a stool to see.”



PHOTO CREDIT / SUBMITTED

After 50 years as a pharmacist, Dr. Leonard Edloe spends much of his time advocating for equity in health care. That includes a push for the lowering of prescription drug prices, which he says have gone “through the roof.”

Voting Guide for 2020

The Toledo Journal Makes The Initial Endorsements For 2020

Those Not Listed Were Not Endorsed

The following is a partial list of endorsements for the November 3rd Election. These names are only listed as suggestions based on our observations and knowledge of the candidates. You, as the readers, are encouraged to make up your own minds. The important thing is that you vote and that you understand the importance of your vote. You should not vote for people you have no knowledge of. Those who care about our vote should be making efforts to inform you as to why you should vote for them.

For President and Vice President

For President

Joseph R. Biden

For Vice President

Kamala D. Harris

Democratic

For Representative to Congress (9th District) - **Marcy Kaptur**

Democratic

For County Commissioner

Pete Gerken - Democratic

For County Commissioner

Tina Skeldon Wozniak - Democratic

For Clerk of the Court of Common Pleas

Bernie Quilter - Democratic

For Sheriff

Earl D. Mack Jr.

For County Recorder

Phil D. Copeland - Democratic

For County Treasurer

Lindsay M. Webb - Democratic

For Coroner

Diane Scala-Barnett - Democratic

For Justice of the Supreme Court

John P. O'Donnell

Jennifer Brunner

For Judge of the Court of Appeals (6th District) - **Thomas J. Osowik**

Myron C. Duhart

For Judge of the Court of Common Pleas

Ian B. English

Lori Olender

For State Representative (44th District)

Paula Hicks-Hudson - Democratic

For County Engineer

Mike Pniewski - Democratic

For Judge of the Court of Common Pleas (Juvenile Division)

Denise Navarre Cubbon

For Judge of the Court of Common Pleas (Probate Division)

Jack R. Puffenberger

For Toledo City Council at Large

Katie Moline

FOR ISSUES:

3. Proposed Municipal Income Tax **City of Toledo**

4. Proposed Municipal Income Tax **City Of Toledo**

17. Proposed Tax Levy (Additional) **Metropolitan Park District of the Toledo Area**

18. Proposed Tax Levy (Renewal) **County of Lucas**

A renewal of a tax for the benefit of the County of Lucas for the purpose of the **support of children services and the care and placement of children**

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HELP WANTED

BUYER
 Eden Foods - Clinton, Mich. (Lenawee County) seeks a capable, knowledgeable person to manage supplier relationships and company purchases. Position is based in Clinton. Travel is necessary. Must have some knowledge of agriculture, organic practices, and be open to learning and sharing. Good work, good people, a career opportunity. More information at <http://www.edenfoods.com/goodjobs> Email resume to Sherri Laing, HR slaing1@edenfoods.com

Your Vote Counts!!!

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EMPLOYMENT OPPORTUNITIES
 Lucas Metropolitan Housing (LMH), located in Toledo, OH is seeking experienced applicants for the following positions: **Safety & Security Mobile Patrol Officer.** For complete details, visit <https://www.lucasmha.org> and click on Careers. **Deadline: 11/29/20.** This is a Section 3 covered position(s). HUD recipients are encouraged to apply and are to indicate on the application if you are a LMHA Public Housing client or Housing Choice Voucher Program participant. Persons with disabilities are encouraged to apply. **NO PHONE CALLS.** Equal employment opportunity shall be afforded to all qualified persons without regard to age, race, color, religion, religious creed, gender, military status, ancestry, disability, handicap, sexual orientation, genetic information or national origin.



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HELP WANTED

CUSTOMER RELATIONS
 Eden Foods - Clinton, Michigan (Lenawee County) seeks full-time, sales experienced professional help. Creativity, service mindset, and good communication skills needed. Food knowledge and business experience helpful. Good work, good people, good food, good benefits. More information available at <http://www.edenfoods.com/goodjobs> Email resume to Sherri Laing, HR slaing1@edenfoods.com

YOUR FUTURE COULD BE IN THIS SECTION

PROPOSALS

NOTICE TO BIDDERS

SEALED PROPOSALS for bidding on **Metroparks Toledo – Riverside Trail East, 1001 Front St., Toledo, Ohio 43608** will be received; opened; and read aloud at the Metropolitan Park District of the Toledo Area, Fallen Timbers Field Office, 6101 Fallen Timbers Lane, Maumee, Ohio 43537 **Fri-day, November 20, 2020 at 3:00 p.m.** local time.

THE SCOPE OF WORK consists of construction of a 12' wide x 0.68 mile asphalt bike path connection from Main Street to Marina Drive including a 110' x 20' pedestrian bridge over Main Street. General construction includes erosion control; storm drainage; asphalt and concrete pavement; segmental and cast-in-place concrete retaining walls; concrete bridge abutments; steel bridge with concrete deck; railings; landscape plantings, trellises & planters. Bidders may obtain copies of plans, specifications, contract documents and planholder's list through Newfax Corporation, 333 West Woodruff, Toledo, Ohio 43604 between 8:30 a.m. and 4:30 p.m., Monday through Friday (check made payable to Newfax Corporation) or via the Newfax Digital Plan Room at www.newfaxcorp.com/ "www.newfaxcorp.com". Newfax can be contacted at 419-241-5157 or 800-877-5157. A non-refundable fee of \$40 is required for each set of full-size documents obtained. For additional information, please contact Jon Zvanovec @ 419-360-9184, jon.zvanovec@metroparkstoledo.com.

COVID-19 UPDATE: In the event the office is not staffed to receive early, hand-delivered bids, bidders may drop off sealed bids to the aforementioned office address through the front door slot. Staff will be present at the Fallen Timbers Field Office for one hour prior to bid opening. If social distancing becomes problematic due to bid-opening turnout, the opening will be held outside or in an adjacent larger facility. Masks are required.

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

The bidder must be an Ohio Department of Transportation (ODOT) pre-qualified contractor. Pre-qualification status must be in force at the time of bid, at the time of award, and through the life of the construction contract.

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

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

By order of the Board of Park Commissioners
 METROPOLITAN PARK DISTRICT OF THE TOLEDO AREA
 David D. Zenk, Director

HELP WANTED

GRAPHIC/DESIGNER PART -TIME POSITION
 Requires two-three days per week, on and off site, depending upon workload. Only candidates, who has experience (6-8 yrs.) and or knowledge of layout and designing a weekly newspaper or newsletter, need apply. Position requires: indesign, photoshop (pressing all photos), illustrator, acrobat, artwork, display ads (to design and/or make changes) and using any and all other tools to finalize a publication and assist in meeting deadline. Compensation is competitive. Send resume to: toljour@aol.com Attn: HR

Detroit Black Entrepreneur Launches First Ever Mobile Bowling Alley

Terence Jackson Jr., an African American entrepreneur from Southfield, Detroit, has converted a 53-foot semi-trailer truck into a bowling alley-on-wheels. It's called Luxury Strike Bowling and it's the first mobile bowling alley in the world.

Jackson, who is 34-years old, has reinvented the idea of physical entertainment after realizing how companies such as Amazon, Grub Hub, and Uber provide convenience and ease in the shopping, eating, and traveling industry. He thought of making a bowling alley accessible by making it mobile and that's when Luxury Strike Bowling was born.

"These companies made life easier for people and created economic growth worldwide, and I wanted in," Jackson told The Detroit News.

Luxury Strike Bowling's design, which has been

years in the making, has a few differences from the traditional bowling alley. Its two automatic bowling lanes are shorter and the bowling balls are smaller, weighing only 3 pounds. The bowling alley also features a scoring system, temperature control, neon lighting, an 80-inch theater screen, a sky lounge, and a state-of-the-art sound system that guests can connect to through Bluetooth.

Building the bowling alley was not without obstacles as it was often slowed by the unavailability of materials due to the pandemic. But Jackson was finally able to launch it last Juneteenth. The alley, which includes a loft that can accommodate 10 to 15 people, is now available for parties, corporate gatherings, church gatherings, and other events in Southfield and other nearby areas.



Let the Weak Say 'I Am Strong'



By Pastor W. Eric Croomes
Wire Writer

Have you ever felt "weak"? Have you ever felt you were in a situation in which winning did not appear to be an option? Most of us are there now. Recently I was discussing this very thing with a friend who was lamenting how she constantly was being forced to put out fires brought on by the sudden pandemic. She arrested me with these words, "This new world came so fast that I couldn't catch my footing."

I call it 'losing seasons', times in which everything that could go wrong does go wrong. From relationships, to money, to career, we have all been weak. The good news is even when we are weak, we have the power to transform our thinking by a simple declaration.

The writer of the book of Joel says, "Let the weak say I am strong." Seven powerful words that can transform your reality. Even when I am losing, I am winning!

Surrounded by negativity, we must not only say 'I am strong' but act

it, too.

Here is how.

Take Control of Your Thoughts

First, take immediate control of your thoughts – regardless of your situation. The human brain is wired to hold on to previous actions and results; it automatically shoves the positive we have just accomplished to the back and moves everything negative – thoughts, experiences, words – to the front.

Think optimistic. What good does it do to think negative? People say, "I think realistically." But thinking realistically does not mean pondering the unfortunate, ruminating

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Put the past behind. Do not become trapped in history. Yesterday's mistakes are today's building blocks. Develop a negative into a positive. Transform a blunder into a blessing. Always remind yourself that, despite what it looks like now: The best is yet to come!

”

on disaster and reflecting on why you will not be successful.

Forget Yesterday

Second, put the past behind. Do not become trapped in history. Yesterday's mistakes are today's building blocks. Develop a negative into a positive. Transform a blunder into a blessing. Always remind yourself that, despite what it looks like now: The best is yet to come!

Speak Affirmatively

Third, encourage yourself. Affirm your value; lift your self-talk – even if you sound CRAZY! The fact is our culture is so spatially and visually connected, so bent on driving home the latest advertisement that we cannot help but be affected by all the negative chatter. You must counter that chatter with positive self-talk. Say to yourself daily, "I am strong". "I am powerful". "I am beautiful". "Act the way you want to be, writes Les Brown, and you will be the way you act.

Read and Watch Positive

Finally, not only talk positive, but read positive, too. Reading positive could be as simple as reading and or reciting a Bible verse or memorizing a positive quote and audibly actualizing it all day long. The brain operates on repetition; it becomes what it is most exposed to. Remember that we not only become we what think, but what we read, what we watch, what we listen to and what we expose ourselves to the most.

Practical Application:

List on a plain sheet of paper one area that you consider yourself "weak" in, whether finances, health, or relationships. Next, brainstorm on ideas that you can put into action within 30 days that will improve that area. Be as specific as possible.

Pastor W. Eric Croomes can be reached info@pastorwericcroomes.com or on Facebook at Pastor W. Eric Croomes.

Lonely elders hit hard by the rigors of social distancing and self-isolation

WASHINGTON, DC, -- It's no secret that America's elderly population is among the hardest hit by the COVID pandemic. Not only are they at higher risk of infection, those who live alone are more likely to succumb to the loneliness of precautionary self-isolation, says Rebecca Weber, CEO of the Association of Mature American Citizens [AMAC].

How bad is it for our senior population? "Bad enough that desperate residents of a long-term care facility in Greeley, CO, sick and tired of COVID-19 restrictions, recently staged a protest. Many of them were in wheelchairs and holding signs that read 'Rather die from COVID than loneliness,' 'Prisoners in our own home' and 'Give us freedom'," says Weber.

She notes that Pew Research recently found that 27% of adults ages 60 and older live alone in the U.S. Meanwhile, the Centers for Disease Control reports that many of them are socially isolated or lonely in ways that put their health at risk. In fact, the CDC cites studies that show:

- Social isolation significantly increased a person's risk of premature death from all causes, a risk that may rival those of smoking, obesity, and physical inactivity.
- Social isolation was associated with about a 50% percent increased risk of dementia.
- Poor social relationships (characterized by social isolation or loneliness) was associated with a 29% increased risk of heart disease and a 32% increased risk of stroke.
- Loneliness was associated with higher rates of depression, anxiety, and suicide.
- Loneliness among heart failure patients was associated with a nearly 4 times increased risk of death, 68% increased risk of hospitalization, and 57% increased risk of emergency department visits.

"Those of us who have what we might call normal lifestyles feel lonely when we haven't seen our friends and family in more than a couple of days. Imagine not having friends and family in the best of times and now that the world is dealing with the deadly coronavirus your norm is solitary confinement," says Weber.

Here are some Websites that may provide you with ideas on how to overcome the perils of loneliness if you, a neighbor, a loved one are exhibiting the rigors of self-isolation and masked faces:

Motorist Checklist for Fall Car Care Month in October

Submitted

The last thing any driver needs is a vehicle that breaks down in cold, harsh winter weather. The Car Care Council recommends that car owners follow its Fall Car Care Month checklist and inspect their vehicles before the temperatures drop and severe weather hits.

Heating, Wipers & Lights

- Make sure heaters, defrosters and wipers work properly.
- Consider winter wiper blades and use cold-weather washer fluid. As a general rule, wiper blades should be replaced every six months.
- Check to see that all exterior and interior lights work and headlights are properly aimed.

Tires & Brakes

- Check the tire tread depth and tire pressure of all tires, including the spare. If snow and ice are a problem in your area, consider special tires designed to grip slick roads.
- During winter, tire pressure should be checked weekly.

Gas, Oil & Filters

- Have the brakes checked. The braking system is the vehicle's most important safety item.
- Keep your gas tank at least half full throughout the cold weather to prevent moisture from forming in gas lines and possibly freezing.
- Be diligent about changing the oil and filter at recommended intervals. Dirty oil can spell trouble in winter. Consider changing to "winter weight" oil if you live in a cold climate.
- Check the fuel, air and transmission filters at the same time.

System Checks – Charging, Cooling & Exhaust

- Have the battery and charging system checked, as cold weather is hard on batteries.
- Clean, flush and put new antifreeze in the cooling system. As a rule of thumb, this should be done every two years.

Pack the Essentials

- Have the exhaust system checked for carbon monoxide leaks, which can be especially dangerous during cold weather driving when windows are closed.
- Make sure that your ice scraper and snow brush are accessible and ready to use.
- Stock an emergency kit with jumper cables, a flashlight, blankets, extra clothes, bottled water, nonperishable food and a first aid kit with any needed medication.
- Order a free copy of the popular Car Care Guide for your glove box by visiting www.carcare.org/car-care-guide.

sluggish performance and rough idling, so a little car care now is a sensible way to avoid being stranded out in the cold later," said Nathan Perrine, executive director, Car Care Council." Whether you perform the inspection and maintenance yourself or go to a trusted repair shop, it's a small investment of time and money to help avoid the cost and hassle of a breakdown during the cold winter months ahead."



DNC Statement on Jared Kushner Comments Concerning the Black Community

Submitted

Democratic National Committee National Press Secretary Brandon Gassaway released the following statement on Senior Advisor to the President Jared Kushner's comments on "Fox and Friends" about policymaking for the Black community:

"According to the Trump administration, when African Americans find fault in policies that have led to historic unemployment for Black families, an explosion of racial inequities and wealth gaps, and an uncontained global pandemic that has taken the lives of over 45,000 Black Americans, it means that we just don't want to be successful badly enough. In the eyes of this White House, demanding accountability for the deaths of George Floyd, Breonna Taylor, Jacob Blake, and countless other Black men and women who have lost their lives at the hands of law enforcement is just 'complaining.'

"This dismissive approach to the issues that Black voters care about is indicative of Trump's callousness and disregard for the lives of Black people. We cannot afford another four years of a White House that does not take our voices seriously and tells us to be grateful for whatever scraps are leftover from the bargaining table. We need leaders who not only value our input but prioritize and act upon it. Joe Biden and Kamala Harris are those leaders, and Black voters will continue to show up to the polls in record numbers to ensure that Donald Trump, Jared Kushner, and this failed administration get the message."

10 RULES OF SURVIVAL IF STOPPED BY THE POLICE

Remember that your goal is to get home safely. Use the above rules to help do that. If you feel that your rights have been violated, you and your parents have the right to file a formal complaint with your local police jurisdiction.

- 01 Be polite and respectful when stopped by the police. Keep your mouth closed!
- 02 Don't, under any circumstance, get into an argument with the police.
- 03 Always remember that anything you say or do can be used against you in court.
- 04 Avoid physical contact with the police. No sudden movements & keep hands out of your pockets.
- 05 Even if you believe that you are innocent, do not resist arrest.
- 06 Stay calm and remain in control. Watch your words, body language and emotions.
- 07 Keep your hands in plain sight and make sure the police can see your hands at all times.
- 08 Do not run even if you are afraid of the police.
- 09 Don't make any statements about the incident until you are able to meet with a lawyer or a public defender.
- 10

Encounters with the police can cost you your life. Think about your actions!

Dare To Be King Project LLC © www.dartobeking.net

Ongoing Events

Lucas County to Host Virtual Community Engagement Meetings for Projects to Reduce Racial and Ethnic Disparities in County Jail Population

The sessions will be held on the following dates and times:

- Wednesday, November 4 and November 18, from 5 p.m. to 6:30 p.m.
- Thursday, November 12, from noon to 1:30 p.m.
- Wednesday, December 2, December 9, and December 16, from 5 p.m. to 6:30 p.m.

Anyone interested in participating in a community engagement session can sign up to join the email list on the Safety + Justice Challenge website at: <https://lucascountycjcc.org/SJC>

Senior Centers Closed

- Lucas County senior centers
- Sandusky County senior centers
- Williams County senior centers
- Wood County senior centers

**Every Tuesday
Monroe Street Neighborhood Center’s Free Food Pantry**

Open from 11:00am-1:00pm. Everyone is eligible to benefit from this service regardless of income or circumstance. No identification required, no appointments necessary. Protein, canned goods, fresh produce and baked goods are available. Items may vary weekly.

**Every Tuesday and Saturday
Toledo Masjid Al-Islam Through Tarbiyyatul Haqq Ministries Food Pantry**

Located at 722 E. Bancroft St., Toledo, OH 43608. Available Tues. 9-2 and Sat 11-3 every week. Free

**Now Thru Oct. 31st
Toledo Black Artist Coalition Art in the Age of Solidarity Exhibition**

The Walter E. Turhune Gallery
30335 Oregon Rd, Perrysburg, OH 43551
Gallery hours - Monday-Friday - 10:00 - 4:30

**Now Thru October
Every Tuesday “Tasty Tuesdays”**

Back By Popular Demand, Grace Community Center Garden Cooperative Is Hosting “Tasty Tuesdays” Free Food Box & Produce, Chef-Prepared Delicious Food Samples. Face Mask/ Social Distancing Required. Join us in the Garden 406 West Delaware, 419-248-2467, 10:30 a.m. - 3:30 p.m. Voter Registration, Census, COVIC-19 Testing Information, Free Masks, & Financial Literacy Information Available.. Partnering with Ohio Coalition-Black Empowerment, Toledo Urban Federal Credit Union and Health Partners of Western Ohio.

**Now Thru Nov. 3rd
Voter Ready with Tarta**

With connections to the Lucas County Board of Elections, Toledo Public Libraries and other polling locations, TARTA makes accessing voter resources and the polls easier and safer than ever. TARTA and TARPS services are currently free and not collecting fares. This will continue through Election Day on Nov. 3.

**Begins Nov. 2
Toledo Leaf Collection Program**

There are several other ways to determine when crews will be on your street:

Sign up for Toledo Text Alerts to be alerted when leaf collection crews will be in your neighborhood, and of any change in plans. Toledo Texts Alerts will notify residents two weeks prior, again one week prior to pick-up, and again when the collection is complete. The link to sign up is: http://entry.inspironlogistics.com/toledo_oh/wens.cfm?ep_id=.

Residents can refer to the map on the city website for information on their specific addresses. The map will be posted at this link: toledo.oh.gov/leafpickup.

Call Engage Toledo at 419-936-2020.
Check the city Facebook and Twitter accounts on

Fridays. Watch for signs to be posted on your street.

**Nov. 2nd Thru Nov. 12th
Alzheimer’s Association Virtual Educational Program Series**

Variety of Topics for the Community and Families Impacted by the Disease
All programs are free and open to the public. Registration is required. To register for the program, call 800.272.3900

11/2 @ 1PM: 10 Warning Signs of Alzheimer’s
11/4 @ 11AM: Understanding Alzheimer’s/Dementia
11/ 4 @ 4PM: Effective Communication Strategies
11/5 @ 6PM: Healthy Living for Your Brain and Body - Tips From the Latest Research
11/9 @ 2PM: Understanding Alzheimer’s/Dementia
11/9 @ 5PM: Understanding and Responding to Dementia-Related Behavior
11/10 @4PM: Healthy Living for Your Brain and Body - Tips From the Latest Research
11/12 @ 11AM: Dementia Conversations
11/12 @3:30PM Living with Alzheimer’s for Caregivers - Late Stage Part 1

**Nov. 14th
City of Toledo Human Relations Commission**

A peace rally to combat the effects of gun violence and help HEAL our neighborhoods.
Heal, Live DJ, Free Food, Speakers/Resources
A Peace Rally to combat the effects of Gun Violence in the community and Help Heal Neighborhoods. Social Distancing and Masks required.
11/14 Wilson Park, 1-3P.M.



THIS WEEKEND

Remember to turn your clocks back 1 hr 11/1

Our lives are on the ballot.

Make a plan to vote.

Visit iwillvote.com to check your registration status today.



DEMOCRATIC NATIONAL COMMITTEE

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