

Volume 78 No. 7                      *“And Ye Shall Know The Truth...”*                      June 7, 2023



**Fatherhood Fire: Igniting The Change**

*The Lucas County Fatherhood Coalition Presents June 2023 Fatherhood Week*

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# The Simplicity of Elegance

By Rev. Donald L. Perryman, Ph.D.

The Truth Contributor

*Simplicity is the keynote of all true elegance.*

– Coco Chanel



Throughout U.S. history, Black cultural traditions passed down from generation to generation have significantly impacted and transformed American culture.

Most American trends have originated from Black culture, from fashion and music to political and social activism.

Yet, what we haven't allowed to die out, or others to steal or appropriate, the war on books, history, and diversity, equity, and inclusion has attempted to "erase our memory and purge the historical record."

What is clear is that the Black community has experienced habitat destruction – both literally and figuratively. In other words, the cultural ecosystem that enabled our community to overcome the Transatlantic Slave Trade era, Jim Crow segregation, and mass incarceration has been severely damaged by the social pollution and disease introduced by the current climate of hate and intolerance.

Perhaps no cultural tradition is in danger of being lost to the Black community more than our culinary capacity when at its finest. Indeed, we are known for our ability to make something out of nothing, taking what Whites threw away and making a delicacy out of it.

But, before the fast-food craze, it was primarily women, like my grandmother at New Home Baptist Church or Sis. Tellos at Morningstar – who took fresh peaches, marinated them, and rolled the dough, nutmeg, cinnamon, sugar, and butter, to make fried or baked pies. They would taste so good – it would make a young boy like me sneak out of the sanctuary before the benediction to be first in line to purchase after worship.

Or, the elder sisters of the church would – for any occasion - bake homemade rolls from scratch. Hot from the oven, slathered – with butter, the women "presented" – wrapped with the checkered gingham of fine linen and laid carefully in a wicker picnic basket to keep them hot – the delights that would melt in your mouth.

Those culinary traditions, characterized by simplicity, understatedness, and subtlety that exude effortless grace, and require no excessive adornment or showiness but value sophistication over grandiosity and quality rather than quantity, are dying out.

What am I saying?

Sunday dinner doesn't always have to be mounds of chicken, greens, cornbread, mac and cheese, and candied sweet potatoes. Neither does traditional Sunday dinner have to be stressful or expensive. Instead, we can rely on quality rather than quantity, as our ancestors did.

So put away the aluminum pans, pull out a centerpiece of flowers or fruit, and a set of actual (not paper or plastic) dishes.

The following is an example of what to cook for a quick but elegant light summer Sunday dinner that you can prepare and still have time to enjoy your guests without being tired. More importantly, the meal preserves our culture of culinary excellence and keeps a valued tradition of simple elegance alive. Remember, though, Presentation, Presentation, Presentation is the key!

## FRIED LOBSTER TAIL

Ingredients:

- 4 (4-6 oz) lobster tail, shelled and thawed
- peanut oil for frying
- 1 cup of buttermilk
- 1 tsp onion powder
- 1 tsp paprika
- 1 tsp salt
- 1 cup self-rising flour
- wooden skewers
- 2 tsp Louisiana or Tennessee Sunshine hot sauce

Stir buttermilk and hot sauce in a bowl. Add lobster tails, coat well, cover and place in the refrigerator for at least 10 minutes. Combine self-rising flour, salt, and onion powder in a shallow pan. Remove lobster tails from the buttermilk and skewer lengthwise in order to prevent from curling up during the frying process.

Dredge the tails in the flour, coating well and place in the pan of oil. Fry until golden brown and turn carefully to brown other side. Cover pan and cook an additional five minutes. Drain on paper towels and carefully remove skewers.

## CREAMY SUMMER SUCCOTASH

Ingredients:

- 3 cups frozen baby lima beans
- 1 bunch chopped green onions
- 1 tbsp fresh minced garlic
- 4 cups fresh yellow corn kernels (about 6 ears)
- 2 cups heavy whipping cream
- 1 tbsp chopped fresh thyme
- salt to taste
- ½ teaspoon black pepper
- 2 cups grape tomatoes cut in halves
- 1 pound of thick sliced bacon, cooked and crumbled (save drippings)

Combine lima beans with enough water to cover in a medium saucepan. Bring to boil over medium-high heat; reduce heat and simmer for 20-25 minutes.

... continued on page 3

\* Vendor space available



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\* Vendor space available



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## Community Calendar

### June 13

Toledo Branch NAACP General membership meeting; 7:00 pm @ Jerusalem Baptist Church

### June 17

Real Food Give Away: Bethesda Christian Center (in the Pavilion Plaza); 11 am to 1 pm; Food, fellowship and love

### June 24

Garage Sale: Friendship New Vision and Valley Bridge Apartments, 5301 Nebraska; 10 am to 4 pm: 419-534-5437

### June 25

Toledo Branch NAACP Youth Council meeting; 3:00 pm @ Sanger Branch Library 3030 Central Ave. Contact 419-244-7718

# No Cheese ... No Peace!

By Lafe Tolliver, Esq

Guest Column

Yes, it has come to this. Foolishness and nonsense are now taking front and center in the daily circumstances of our lives.

There was time(?) when stupidity and outright buffoonery was reserved for those special times when people acted a fool when they were drunk or on a college prank or dare.

Now, it seems that you can barely keep up with the outrage on Tik-Tok and home-made videos and cell phones recording people at their worst and doing their worst.

I know...I know, not all people are out their showing their "behinds" in public with stunts and coarse conversations and even criminal conduct, all being done under the umbrella of being aggravated or anxious or people at their "wit's end."

But. Really! The stuff that is being broadcasted on both local and national media outlets, if you did not know better, shows a society that is nigh off the hook when it comes to civility and possessing fifth grade common sense.

A case in point: A white lawyer in NYC was walking down the street with his buds and a young black woman was approaching him. She was wearing a large puffy green Afro Wig.

When he got within arm reach of her, without provocation, he snatched the wig off her head! Needless to state, the woman rightfully was outraged and demanded to know why he did what he did. No answer. Even this lawyer's walking buds kept on telling him to apologize, but he refused.

Long story short. The incident was posted on social media, his identity was discovered and upon hearing and viewing the video, his law firm fired him. Moral of the story: Keep your hands to yourself and don't mess with a Black woman's hairpiece!

A case in point: A woman booked a six-hour flight and paid for the window seat. She planned to sleep because she has a sleep disorder. The person who booked the other two seats had a young infant child.

The mother asked for a seat exchange, but the other woman politely refused to move.

The mother was upset that her request was denied and when the woman was sleeping, she allowed her infant child to crawl all over her during the flight.

The mother allowed this gross invasion of space to take place because she wanted "revenge" for not getting her way with the window passenger.

I know...I know. You would have called the flight attendant or pushed the child off you and reprimanded the mother but the window passenger, for whatever reason, did nothing.

Why would a mother use her child as a weapon of choice to force such an indignity upon a person who simply refused to give up her window seat?

Long story short: The mother of the out-of-control child perceived no social boundaries in letting her child run amok in a tight public setting and wanting her way despite not having any claim to the window seat.

Was the window passenger too passive to stand up for her window rights and to confront the mother with some stern but quiet language? We will never know but I know what some of my readers would have done, and some of those responses would have been, "It's on!"

Finally, a case in point and this happened in Toledo.

Two of "you" people went through a Wendy's drive thru and part of the order was a chicken with cheese (If Black people bought land and raised chickens 50 years ago, they would have been multi-millionaires due to our undying loyalty to all things, Fried Chicken!).

But, back to the story. When the order was presented to the car occupants, the person who ordered the chicken with cheese discovered that the bird had no cheese on it!

Oh boy.... here we go!

The woman exited the car and went inside and caused havoc with the store and its employees including damages to the interior and then her "other" came in and seeing the havoc being levied upon the restaurant, took it as his cue to join in and he caused some damage to the property and allegedly to an employee!

Mind you, this is all over a piece of fried yard bird not having a slice of American cheese to adorn it.

Of course, the police came and arrested the chicken-challenged couple and charges were pressed against them and they are awaiting the final disposition of the court case.

If I were the judge on the case, this would be my sentence:

(1) write two thousand times: I will not let a piece of fried chicken, without cheese, rule and ruin my life;

(2) all costs of the damage done to the property and any injury losses suffered by any of the employees;

(3) anger management classes;

(4) court costs and fines;

(5) restraining order of not going to any Wendy's restaurants for five years;

(6) suspended jail sentence of 12 months but actual jail time of 30 days;

When I first heard of the incident, regrettably my first reaction was, "I wonder who did this?" because I knew who they would be because who fights over a chicken sammich with no cheese?

So, what is my answer to this dilemma of getting a sammich without cheese at a Wendy's?

Simple: I always bring a cooler with me and inside I have a choice of cheeses to put on a sammich that arrives without the cheese!

Isn't life great!

Contact Lafe Tolliver @ tolliver@juno.com



Lafe Tolliver

*Perryman... continued from page 2*

In a Dutch oven, heat bacon drippings. Add onion and garlic, and cook 5 minutes stirring frequently. Add corn kernels, lima beans, cream, thyme, salt and pepper. Cook for 35 minutes, stirring occasionally until corn kernels are tender. Add tomatoes. Cook for 2 minutes until tomatoes are heated through. Top with crumbled bacon.

**EASY MINT-CHERRY LEMONADE**

Ingredients

3 lemons

2 quarts of water

1 ¼ cups of sugar

1 small jar of Maraschino cherries and juice

Mint leaves

Combine the juice of three lemons, one, and ¼ cups of sugar into two quarts of cold water. Add the cherries and juice of one small jar of Maraschino cherries and a few mint leaves. Serve ice cold, or add White Tequila for a cocktail.

Enjoy!

Contact Rev. Donald Perryman, PhD, at [drdlperryman@enterofhopebaptist.org](mailto:drdlperryman@enterofhopebaptist.org)

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<sup>3</sup>Borrower income must be below 80% of the area median income, or property must be located in a low- to moderate-income census tract, as updated annually by the FFIEC (Federal Financial Institutions Examination Council).

# Councilman Holds Neighborhood Discussion

By Tricia Hall

The Truth Reporter

Toledo City Councilman John Hobbs III launched another series of Neighborhood Town Hall Meetings on June 1, 2023 at The Refreshing Place located at 2500 Nebraska Ave.

"The reason why I'm here is to hear from each of you. I may not have all the answers but I will get answers for you. I understand that council meetings occur before you get off work, so I'm here to hear from you so when issues come before council, I can hear from the neighborhoods," shared Hobbs III.

The purpose of the resident-based discussions is to bring community members together, where they can ask questions and speak on specific concerns or policies. Prior to opening the discussion to open comments, he discussed safety, youth summer programs, neighborhood blight and small business support. Residents received a city summertime newsletter and District 1 newsletter.

"This booklet was distributed to every parent on the last day of school this year and two million was allocated to benefit youth programming this summer. Last summer we had 66,000 youth participants, so we know that providing youth programming works. I know this isn't offered year-round, but we're working on that. Let's celebrate these three months of programming that we are offering, so the youth have something positive to do this summer," shared Hobbs.

The additional Neighborhood Town Hall Meetings - each begins at 6:00pm.

- June 7, Eleanor Kahle Senior Center, 1315 Hillcrest Ave
- June 13, Reynolds Corners Branch Library, 4833 Dorr St
- June 15, Monroe Street United Methodist Church, 3613 Monroe Street
- June 26, Resurrection Baptist Church, 3360 Nebraska Ave
- June 28, Heatherdowns Branch Library, 3265 Glanzman Rd

"I want to thank Bishop Rowell, his wife and church family for allowing us to be in this space," shared Hobbs.



Councilman John Hobbs

Following the June series, the next series of Neighborhood Town Hall Meetings will be held in September 2023. According to the City of Toledo's profile on Councilman John Hobbs III. Councilman Hobbs was appointed to serve District 1 in September 2020 by Judge Puffenberger. Councilman Hobbs serves as vice chair of the following committees: Public Safety & Criminal Justice Reform, Regional Growth, Development & Small Business Enterprise and Water Quality & Sustainability; he is also a member of the Education, Recreation & Employment Committee, Finance Debt & Budget Committee, and Zoning & Planning Committee.

# A Summer Kickoff for the Healthy Meal Program

By Angie Hayes

The Truth Reporter

The Summer Kickoff Event was held on June 1 at Wayman Palmer YMCA with Connecting Kids To Meals, an event that Summer Meal Partners of Northwest Ohio all participated in and assisted in the hosting process

The Summer Kickoff event was open to the community to provide the information for educational and fun activities that are available this summer and to ensure the public is aware of the free healthy meals available for kids in specific locations in the environment.

Numerous public speakers and participants were present at the Summer Kickoff Event, to support the community and the Connecting Kids To Meals Program including: Samia Hamdan, USDA Midwest Regional Office, Child Nutrition director; Erika Krause, Senator Sherrod Brown's Office; Congresswoman Marcy Kaptur's office, Tina Skeldon Wozniak: Lucas County Board of Commissioners; Vanice Williams, Toledo City councilwoman, James

... continued on page 8

## Modeling is a career, it is not an activity.

If you are seriously thinking about getting into acting or modeling you are going to



need an agency that will be willing to work with you to find you paid assignments.

Alright let's get down to business. Do you have to pay to be a client of a modeling agency? NO

Do I need to pay for photos? Yes, However not out-of-pocket....

What does that mean? Agencies work on commission and some will work with you, now that digital photos are what they work with.

The agency will have that in your agreement.

Do I have to sign with the agency? Yes if you want to be considered for work through the agency.

How much do I get paid?

You are paid 80% of what the assignment pays and the agency 20%.

you will get more information from your agency.....

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# A Coalition Strives to Ensure All Can Vote

The Truth Staff

A coalition of labor unions and community organizations are partnering with the Toledo Lucas County Public Library in an effort to assist local voters to understand new registration and voting requirements to ensure that anyone who wishes to vote can do so in the August 8 primary election

To that end, a community service one-stop event will be held this Saturday at the Main Branch Library so people can get their birth certificates and list of secondary documents in order to obtain a state photo ID and register to vote.

During a press conference on Monday to announce plans to assist voters, representatives of the coalition member organizations emphasized that with recent changes in Ohio law, it is essential to reach out to those groups at greater risk of losing their right to vote – senior citizens, people of color and college students, for example.

Under the new law in the State of Ohio, people must have an Ohio Driver's license, State ID card, passport or passport card, US military or National Guard ID, or Veterans Affairs ID card in order to vote early in-person or on Election Day.

"We want to raise awareness about changes to our election system," said Petee Talley of the Unity Coalition. "The Ohio Legislature put up new barriers to voting, and many voters are unaware of the new photo ID requirements that have changed since the last election when they voted Early in-person at the Board of Elections or at their polling place on Election Day. We, along with organized labor, the NAACP, Jobs With Justice, the Alliance of Retired Americans, and the Ability Center have a responsibility to the community, and are organizing to make sure that we help as many people vote as we can reach."

The representatives of the Coalition said that, along with the Saturday learning session at the Library, they and volunteers will be going into neighborhoods and knocking on doors to ensure that as many people as possible know what they need to do to vote, particularly in the August election.

The Ohio legislature not only rendered it more difficult to obtain the proper documentation to register and vote, but they also created a special election in August in order to change the percentage of voters' approval necessary to add amendments to the state constitution. For citizen-generated amendments, the legislature is asking voters to set the bar at 60 percent approval for amendments. Placing this on a typically low-turnout August special election is a way of improving the odds for the Republican legislators to have their way with this initiative.

"The greater good here is that we give some predictability and stability to focus on what the Constitution is going to say," said Senate President Matt Huffman, a Republican, at the time of passage in the upper chamber. Citizens don't always know what they want, he added. "We don't want a temporary emotion of a majority to change or take away folks' rights. That happens all the time. It's called the tyranny of the majority."

In the immediate future, the Ohio Republican Party members fear that a majority of Ohioans might well want women to be able to make their own decisions about their bodies. Much better that a few men in Columbus make such decisions for them.

"We are going to educate people," said Lucas County Commissioner Lisa Sobeci. We will not let our community members be disenfranchised."

The Coalition is comprised of the Toledo Branch NAACP, the Ohio Unity Coalition, the Greater Northwest Ohio Central Labor Council, Jobs With Justice.

This Saturday's event at the Main Branch Library will be held from 10 a.m. to 4 p.m. in the Glass Conference Room.



Petee Talley, center, with Norm Wernet, left, of Alliance for Retired Americans, and Lucas County Commission Lisa Sobeci

**OHIO UNITY COALITION**  
DEFENDING OUR DIGNITY

**JOBS WITH JUSTICE**

**Alliance of Retired Americans**

**OHIO afl-cio**

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**LINK TO THE OHIO SECRETARY OF STATE VOTER ID REQUIREMENTS**  
<https://www.ohiosos.gov/elections/voters/id-requirements/>

**VOTER IDENTIFICATION REQUIREMENTS**

Ohio driver's license;  
State of Ohio ID card;  
Interim ID form issued by the Ohio BMV;  
A US passport;  
A US passport card; ✓  
US military ID card;

**Ohio law prohibits acceptance of the following forms of ID for in-person voting:**

Driver's license or photo identification card issued by a state other than Ohio;  
Social Security card;  
Birth certificate; (with a prohibition sign) ✓  
Insurance card; (with a prohibition sign) ✓  
Utility bill; (with a prohibition sign) ✓  
Bank statement;  
Government check;  
Paycheck;  
Other government document;

**All photo IDs must have the following:**

An expiration date that has not passed;  
A photograph of the voter;  
The voter's name, which must substantially conform to the voter's name as it appears in the Poll List or in the Poll Book  
NOTICE: An unexpired Ohio Driver License, State ID Card, or Interim Documentation with your former address IS an ACCEPTABLE form of ID when your current address is in the pollbook.

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# Central State University Named Partner Institution on \$10M Agriculture Award

*Special to The Truth*

Central State University is a partner institution on a \$10 million award from the U.S. Department of Agriculture National Institute of Food and Agriculture, through the From Learning to Leading: Cultivating the Next Generation of Diverse Food and Agriculture Professionals (NEXTGEN) [1] program.

A coalition of two Historically Black Colleges and Universities (HBCUs), Central State University and Lincoln University; one Hispanic-serving institution (HSI), Texas A&M University; and one Research University (RIU), Missouri University of Science and Technology are working together on award-winning project, "HBCU-HSI-RIU Consortium: A Synergistic Paradigm for Training the Next Generation Agriculture Workforce for a Sustainable Future".

The project aims to address the impact of the COVID-19 pandemic, nationwide labor shortages, climate change, increasing food safety concerns, and the under-representation of minorities in agriculture-related fields. Team members from partner institutions consist of research, education, and extension professionals to maximize the impact on minority populations from grades K-12 to graduate school.

Dr. Hongmei Li-Byarlay, research associate professor of entomology and project director for Pollinator Health, Agricultural Research Development Program, serves as the principal investigator (PI) for Central State. The Central State co-PIs are Drs. Sakthi Kumaran Subburayalu, Sharath Krishna, and Prosper Doamekpor — each of whom has a wealth of knowledge and expertise in agriculture and minority workforce development.

Central State's major project goal is to establish an inter-institutional

collaborative graduate program that emphasizes soil sciences and entomology. This initiative complements Central State's existing programs in sustainable agriculture [2], water resources management [3], environmental engineering [4], and experiential learning. Undergraduate students currently conduct research in soil conservation, integrated pest management, pollinator health, horticulture, and other relevant topics.

In addition to the new graduate program, the project will support courses on precision agriculture and drone application, yearly geospatial information science activities, a summer workshop on regenerative agriculture, professional learning and scholarships, youth programming, and other related initiatives across the four consortium institutions.

"The NEXTGEN project presents an exciting opportunity for Central State to increase its impact on the next generation of agricultural workers by supporting increased minority participation and knowledge attainment. The grant will also help us to recruit outstanding students for the agricultural workforce," said Li-Byarlay.

Central State University: Central State University is a public HBCU and 1890 Land-Grant Institution with a 136-year tradition of preparing students from diverse backgrounds and experiences for leadership, research, and service. Central State ranks among U.S. News & World Report's best colleges in five categories, including Best Undergraduate Engineering Program and Top Public Schools. The University fosters academic excellence within a nurturing environment and provides a solid liberal arts foundation and STEM-Ag curriculum leading to professional careers and advanced studies globally.

## The Truth Colours Art Gallery

Featuring an outstanding array of art by local artists!!!



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# Toledo Museum of Art Presents Jacob Lawrence and "Black Orpheus"

The Truth Staff

The Toledo Museum of Art has unveiled a new exhibition, "Black Orpheus: Jacob Lawrence and the Mbari Club," on view from June 3 to September 3. The exhibition offers works by Jacob Lawrence that are together for the first time in decades and presents new information about his extended time in Nigeria in the 1960s.

The exhibition of more than 110 objects also presents paintings, sculptures, reliefs and works on paper by Mbari Artists and Writers Club members of the time, including Twins Seven-Seven, Muraina Oyelami, Asiru Olatunde and Jacob Afolabi.

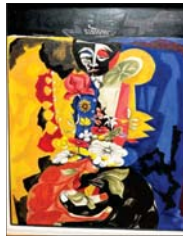
"It's a real privilege to be able to share these works," said Adam Levine, TMA's Edward Drummond and Florence Scott Libbey director, during the press viewing on Friday, June 2. "[Lawrence] is an incredibly important artist," noted Levine. This exhibit, he added, will enable viewers to grasp an understanding of an important part of his life as well numerous African artists "overlooked for too long."

Lawrence was an American painter known for his work with African-American historical subjects and contemporary life. He brought the African-American experience to life using blacks and browns juxtaposed with vivid colors. He first gained national attention in his twenties with his 60-panel The Migration Series depicting the Great Migration of African Americans from the rural South to the urban North.

His art is in the permanent collections of various museums including the Philadelphia Museum of Art, the Whitney Museum, Metropolitan Museum of Art, the Brooklyn Museum, Reynolda House Museum of American Art and the Museum of Northwest Art. His 1947 painting, The Builders, hangs in the White House.

The "Black Orpheus" exhibition was co-curated by Kimberli Gant, PhD, curator of modern and contemporary art at the Brooklyn Museum and Erin Corrales-Diaz, PhD, TMA's curator of American art.

Lawrence visited Nigeria, then a newly independent nation, twice, in 1962, for a short stay of 10 days, and again in 1964, with his wife Gwendolyn Knight Lawrence, for an eight-month sabbatical. During that visit he painted and gave lectures and conducted workshops with the Mbari Club and also with Mbari Mbayo, the Osogbo-based group.



Clown by Jacob Lawrence



Kimberli Gant, PhD



To the Clandestine  
Maternity Home by Valente  
Malangatana Ngwenya



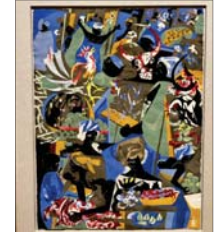
Memories of Nigeria by  
Jacob Lawrence

The "Black Orpheus" exhibition is organized into five sections offering insight into Lawrence's experiences and highlighting the global diversity of the Black Orpheus and Mbari Artists and Writers Club

... continued on page 11



Street Scene by Jacob  
Lawrence



Roosters by Jacob  
Lawrence



The Lazy Hunters and the  
Poisonous Wrestlers,  
Lizard Ghost and the  
Cobra by Twins Seven-  
Seven



By Rufus Ogundele

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**Equality  
Starts  
With You.**

Greater Toledo Community Foundation created a specific fund to support the removal of barriers to equity and access for all in our community. If you are a nonprofit organization in the Greater Toledo Region that has a program that supports this mission, you are encouraged to apply for funding by July 2nd.

**Greater Toledo  
Community  
Foundation**  
Strength in Giving. Hope in Action.

For more information, contact Artisha Lawson at 419.241.5049  
or visit [toledocf.org/equity-access-initiative](http://toledocf.org/equity-access-initiative)

Summer Kickoff... continued from page 4

Gant, deputy superintendent TPS; Jason Kucsma, executive director Toledo Lucas Count Public Library, Brad Toft: CEO YMCA.

The event full of opportunities, information and fun times. Raffles for kids' bikes, adult prizes, and teenager bikes also were part of the festivities.

Monday through Friday, free meals are provided for kids. The mission of Connecting Kids To Meals is to provide nutritious meals to kids in the community, at no cost.



YMCA CEO Brad Toft and Toledo Councilwoman Vanice Williams

Kids in the community can struggle with hunger issues. Connecting kids to meals has served the community/kids for many years; 19 years of commitment to the community, to feed the kids in need.

Children must fulfill the nutritional needs to support their growth and development in both body and mind. Connecting Kids To Meals supports the growth with free nutritional food; to solve the hunger issues in the atmosphere!

To support Connecting Kids To Meals, speakers asked the public to share the information about the needs of the atmosphere and the effort of the program. Volunteers and financial support will help and meet the needs of the kids in the community.

ALL KIDS CAN GET FREE MEALS MONDAY THROUGH FRIDAY AND WEEKEND MEALS PROVIDED ON FRIDAYS. Monday through Friday, meals must be eaten on site and locations can be found at [WWW.CONNECTINGKIDSTOMEALS.ORG](http://WWW.CONNECTINGKIDSTOMEALS.ORG).



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# June 2023 Fatherhood Week: A Commitment for the Wellbeing of the Family

By Fletcher Word  
The Truth Editor

The Lucas County Fatherhood Coalition announced the June 2023 Fatherhood Fire activities, particularly Fatherhood Week, during an announcement at the First Church of God, on Thursday, June 1.

“We have declared June 2023 Fatherhood week leading up to Fathers’ Day as a time of celebration, inspiration and elevation,” said Avis Files, director of Supportive Services Brothers United and Sisters United, Pathway, Inc. and co-chair of the Coalition.

The Coalition has been in existence since 2021 and has helped over 5,000 men with education, employment and other resources during that time. This year, the Coalition membership has organized a week-long period of activities designed “to bring light to the fatherhood space and to uplift African-American fathers in Lucas County,” said Files.

The mission of the Coalition “is to give a voice to low-income urban fathers – African-American – and the importance of their involvement for the well be-



Avis Files

“Igniting the Change Fatherhood Conference” will take place at Mott Branch on Thursday, June 15 from 9:00 a.m. to 12:30 p.m. Continental breakfast will be served during this event.

The week’s last event will take place at the Greenbelt Apartments on Friday, June 16. “Fathers & Families” will offer music, food and fun from 1 to 4:00 p.m.

“When it comes to African American fathers in Lucas County, Ohio, we will work hard to eliminate bias by creating an atmosphere of equity and inclusion for all fathers,” said Files. “Our collective community impact can shift inter-generational trauma and change the lives of African American fathers and their children in the Lucas County community.”

That collective, along with Files and Kontour, which forms the Fatherhood Coalition includes the following members and their organizations: Antuan Johnson of Lucas County Children Services; Patrice Tolbert-Maggot of the Zepf Center; Christina Rodriguez and Julie Hass of Mom’s House; Darlene White of Harbor Behavioral and Ohio Means Jobs; Anita Prielipp of Lucas County Child Support Services; Michael Phillips of Lucas County Job and Family Services; Richard Langford of Omega Psi Phi Fraternity, Inc; Martrice Bishop of Lucas Metropolitan Housing; Heather Baker of Toledo Public Schools; Dr. Swawnterra Glasgow of Health Partners of Northwest Ohio; Sandra Johnson of Lucas County Family and Children First Council; Pastor Eric Von Butler of First Church of God; Ron Wells, executive assistant to Lucas County Commissioner Pete Gerken; Casandra Durfey of Family and Child Abuse Prevention Center.

Files praised the collective efforts of the representatives from the various organizations, particularly noting their singular devotion to the desire to improve the condition of families in the targeted populations.

“We know that children with involved fathers have a strong foundation for child well-being and that they are at a lower risk for a host of poor outcomes. Our commitment to fathers is a commitment to the entire wellbeing of the family,” she said.

For further information contact Avis Files (Director –Pathway Inc. Brothers and Sisters United Programs) at 419-279-0798 or afiles@pathway.org.

**FATHERHOOD FIRE** Igniting the change.

**June 2023 Fatherhood Week**

Thursday, June 1, 2023  
Lucas County Fatherhood Coalition Announcement  
First Church Of God | 3016 Collingwood Blvd. | 10-11 AM  
\*Continental Breakfast Served

Monday, June 12, 2023  
Lead to Read Luncheon for Fathers & their Children  
Mott Branch Library | 1010 Dorr St. | 12-2 PM

Monday, June 12, 2023  
Fatherhood Facts & Future: Learn About Child Support & Employment  
Mott Branch Library | 1010 Dorr St. | 5-7 PM

Tuesday, June 13, 2023  
Take Ya-Dad To The Doctor  
Health Partners of Western Ohio | 2244 Collingwood Blvd | 8 AM- 7:30 PM

Wednesday, June 14 | Honk for Dads  
Location TBD

Thursday, June 15th Igniting the Change Fatherhood Conference  
Mott Branch Library | 1010 Dorr St. | 9:30 AM - 12:30 PM  
\*Continental Breakfast Served

Friday, June 16, 2023  
Fathers & Families Day at Greenbelt Apartments  
Music, Food, & Fun 806 Cherry St. | 1-4 PM



The Fatherhood Coalition announces Fatherhood Week

ing of their children. We believe that fathers play a vital role in their children’s lives and they should be recognized and respected,” Files added.

This year’s activities – Fatherhood Week – will kick off on Monday, June 12, with a “Read to Lead Luncheon” for fathers and their children at the Mott Branch Library from noon to 2:00 p.m.

“We don’t want our children to go back to school slow,” said David Kontour, Lucas County Family and Services First Council and co-chair of the Fatherhood Coalition.

Also on Monday, June 12 at Mott Branch from 5 to 7:00 p.m. there will be a session titled “Fatherhood Facts & Future: Learn About Child Support & Employment.”

On Tuesday, June 13, the Health Partners of Western Ohio will hold a clinic “Take Ya-Dad to the Doctor,” at their site ay 2244 Collingwood. That will run from 8:00 a.m. to 7:30 p.m.

On Wednesday, June 14, “Honk for Dads” will occur at various locations around the city from 11:00 a.m. to noon.

**FATHERHOOD FIRE** Igniting the change.

**LUCAS COUNTY FATHERHOOD COALITION**  
INVITES YOU TO A HALF-DAY CONFERENCE

*Community Conversation*  
on  
**FATHERHOOD**

Thursday, June 15, 2023  
9:30 AM- 12:30 PM

Rev. John Jones, Hope Toledo  
Keynote Speaker

Breakfast will be served!  
**Mott Branch Library**  
1010 Dorr St. Toledo, OH 43607



## MIND Your Healthy Brain

By Patrice Powers-Baker, OSU Extension, Lucas County  
The Truth Contributor

The best foods for your brain are the same foods that also help your heart. There are foods as well as healthy behaviors like getting enough sleep, physical exercise and mental exercises that can help reduce the risk of cognitive decline and dementia, including Alzheimer's disease.

MIND is an acronym for a much longer title of "Mediterranean-DASH Intervention for Neurodegenerative Delay." As the name suggests, the MIND diet is a combination of the helpful things we've learned about the Mediterranean diet and the DASH (Dietary Approaches to Stop Hypertension) diet, and a combination of brain-friendly foods.

While the MIND diet does recommend five types of foods to limit, the focus of the diet is about adding more healthful foods to your week. Research shows that following the MIND diet could slow brain aging more than seven years and reduce the risk of developing Alzheimer's disease. The MIND diet shares a list of 10 brain-healthy foods to eat regularly and a list of five unhealthy foods to limit. Here's what to eat:

At least 6 servings of leafy green vegetables a week. This is about one cup

of leafy green vegetables every day. Leafy greens like kale, spinach, collards, and broccoli are a great source of vitamins A, C, and K, and also a very good source of folic acid, which is needed for good brain health.

At least 1 serving of another type of vegetable every day. If you have 2 or more servings of other vegetables a day, that's even better!

At least 5 servings of nuts every week. One fourth of a cup of nuts is a serving so grab a handful as a snack or top your cereal or salad with nuts. Nuts are a good source of vitamin E, known for its brain-protective qualities.

At least 2 servings of berries each week. A serving of berries is a half-cup. Eat them fresh or mix frozen berries into a smoothie.

At least 4 servings of beans a week. This is a half-cup of beans about every other day. It could be kidney beans in chili, chickpeas in hummus, dried lentils in soup, pinto beans, or black-eyed peas. Beans are an economic source of protein and fiber.

At least 3 servings of whole grains each day. Whole grains are foods like brown rice, quinoa, oats, whole wheat pasta, tortillas, or bread. One serving is equal to a slice of bread, a half-cup of cooked oatmeal, pasta, rice, or ready-to-eat cereal.

At least 1 serving of fish each week. Fatty fish provide omega-3 fatty acids, which are great for brain development and health. Recommended fish include salmon, herring, mackerel, canned tuna, pollack, and sardines. If you don't eat fish, talk to your health care provider about taking an omega-3 supplement.

At least 2 servings of poultry like turkey or chicken each week.

Use olive oil for cooking and in place of butter or margarine.

After checking with your health care provider for any health or medication issues, the MIND diet can include one glass of red wine a day.

There are five types of food which are high in saturated and trans-fat and they tend to be common in the American diet. The MIND diet recommends eating:

- Less than 5 servings a week of pastries and sweets.
- Less than 5 servings a week of red meat, including beef, pork, lamb, and products made from these meats.
- Less than 1 serving a week of cheese (1/3 cup).
- Less than 1 Tablespoon a day of butter or stick margarine.
- Less than 1 serving a week of fried food or fast food.

While there is continued research on the MIND diet, as well as both the Mediterranean and DASH diets, the recommendations have been beneficial to those who have followed it. There are a few challenges related to the MIND diet. It is very flexible and does not include rigid meal plans. This means that people need to plan their own meals and recipes based on the previously listed foods. This could be challenging for those who do not cook. If you eat out a lot, it might take time and effort to review restaurant menus. Try out the MIND diet for your body and mind!

# The Soundtrack to Summer

In honor of our 50th anniversary, Greater Toledo Community Foundation is sponsoring the following concerts as a gift to our community. Here's to good vibes, great gigs and glorious summer nights.

SATURDAY JULY <b>01</b>	<b>The Commonheart</b> <i>(Roots/Blues/Soul)</i> 7:30pm • Glass City Metropark
THURSDAY JULY <b>06</b>	<b>Jazz in the Garden</b> <i>(Toledo Jazz Orchestra)</i> 6:30–8:30pm • Toledo Botanical Garden
SATURDAY JULY <b>15</b>	<b>The Grape Smugglers</b> <i>(Contemporary Rock/Motown)</i> 6:00–8:00pm • Ottawa Park
FRIDAY JULY <b>21</b>	<b>ProMedica Concert Series</b> with <b>Chris Janson</b> <i>(Country)</i> Entertainment begins at 5 p.m. • Promenade Park

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A Mental Health Moment

# Mental Health and Intimate Relationships

By Bernadette Joy Graham, MA, LPCC, NCC, CCHt, Licensed Mental Health Therapist

The Truth Contributor

A question commonly asked during a mental health assessment is "are you in a relationship?" Relationship status places an individual in a group-- single, married, separated etc., and the functioning of the relationship is what therapists focus on to decide to delve deeper into the details or hold it to the side unless the client brings it more attention. Relationship status is certainly not a red flag unless a pattern is recognized such as having five different relationships in the course of a year or not having any type of relationship for the past 10 years.



further information is shared there can be endless reasons and maybe the client should be referred for marriage or couples counseling. Both parties should consider individual counseling as well as it may be due to a behavior from a partner's mental health symptoms of another disorder such as major depressive disorder, anxiety, or trauma.

While one partner is suffering with symptoms and not feeling up to sexual relations the other partner may comprehend this as being rejected, manipulated or unwanted and soon both begin to develop negative attitudes and beliefs that further suppress the progress of the intimacy of the relationship. With such high stigma of mental health there is a high chance one or both partners do not consider mental health help first and instead jump to conclusions that their partner no longer wants or needs them.

The definition of an intimate relationship is a relationship that is a feeling of being close, and emotionally connected and supported. Another part is being able to share a range of thoughts, feelings and experiences that we have as human beings. Intimacy also reaches further with added sexual shared experiences.

Communication cannot be stressed enough as most important in relationships. Bad or no communication will lead to a toxic relationship or the end of the relationship when a simple caring thought as "are you okay? How are you feeling? Or even can you share how you are feeling? And rule out both physical and mental health efforts by getting physical examinations and mental health assessments.

Having an intimate relationship is often seen as important in adulthood and can have effects on one's mental health. For example, stress, anxiety, and depression are common sexless marriage effects on a husband. When couples argue with more severe disagreements their sex life is affected and often a husband will be denied sex at home for extended periods of time and his mental health will begin to deteriorate from overthinking, stress and inability to release feel good hormones from sex.

Take a mental health moment and consider your intimate relationship. If it is not satisfying, maybe take a step forward and communicate to your partner that you are concerned with their health and while sexual relations are very important in a relationship, the health of both partners are even more important. Talk with your primary care providers or reach out for professional mental health help as leaving the relationship will only cause damage to both parties and it may carry into their next relationships thus showing a bright pattern of endless breakups and toxic relationships.

The experienceproject.com group reports that if a spouse withholds sex or uses it as further manipulation like a weapon that this behavior is immediate grounds for divorce and called alienation of affection or constructive abandonment. This does imply that both parties are healthy and has the ability to have sex and not affected by a chronic illness or a disease making it difficult or impossible for sexual relations. This is also not to be taken as it is okay to feel forced into sex by a partner. Any type of sexual relation should be consented by each partner.

Bernadette Graham is a Licensed Professional Mental Health Counselor, National Certified Counselor and Certified Grief Recovery Specialist. She is also a Certified Clinical Hypnotherapist. Provide feedback or reach out at [graham.bernadette@gmail.com](mailto:graham.bernadette@gmail.com) For appointment information please call 419.409.4929 Available for team building, employee empowerment in motivation and better understanding mental health in the work place. Accepting new clients ages 13 and older.

So, if the client reports that he or she is in a relationship but partner refuses sex this further suggests issues on the functioning of his or her life in other areas. The client may report anxiety, stress, depression maybe not connecting the two but just feeling as if his or her mental health is declining. After

Toledo Museum of Art... continued from page 7

**Nigeria** is the first section in which Lawrence's vision of the country is portrayed through depictions of markets, complex communities and spiritual practices.

**Artists of Osogbo** is the second section and presents works of various little-known Nigerian artists from the time of Lawrence's visit who learned painting, printmaking, textiles from older generations of Western and non-Western artists.

**Zaria Art Society** focuses on a small group of then-younger Nigerian artists who met at the National College of Art & Technology. "They were frustrated with traditional Western training," said Gant. So, they developed a philosophy called "natural synthesis", incorporating local aesthetics and cultural traditions with western-style art techniques. "Sadly, so many are getting older and only now are getting the attention they deserve," said Gant.

**Across the African Continent** features artists from outside of Nigeria who also trained in Western art styles and featured stories from their own cultures in new ways. **Beyond the African Continent** features artists from around the world whose creations mirrored that of their counterparts in Africa.

"Black Orpheus" was originally organized by the Chrysler Museum of Art and the New Orleans Museum of Art. The exhibition will remain at the Toledo Museum of Art until September 3.

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# Mercy Health's Mobile Mammography Van Visits Area Locations

As Mercy Health continues to evolve to better meet the needs of our patients and community, we are pleased to announce the region's first mobile mammography unit has visits scheduled throughout the region.

The mobile mammography unit is customized for patient convenience and will deliver 3D mammograms to women age 40 and older. It is equipped with the newest 3D technology and offers patients the option of self-compression, meaning the patient will have the ability to control the compression once they are in position.

The unit will make access to mammography services easier as well as increase capacity. It will offer safe and easy screenings at convenient locations throughout the 21 counties in northwest Ohio and early diagnosis of breast cancer has proven better outcomes.

\* Wednesday, June 7

Mercy Health - Point Shoreland Family Medicine  
2755 Shoreland Avenue, Toledo, OH 43611

\* Thursday, June 8

Mercy Health - Swanton Primary Care  
22 Turtle Creek Drive, Swanton, Ohio 43558

\* Friday, June 9

Mercy Health - Jefferson Family Medicine  
2200 Jefferson Avenue, Toledo, Ohio 43604

\* Monday, June 12

Mercy Health - Starbright Primary Care  
28555 Starbright Boulevard, Perrysburg, OH 43551

\* Tuesday, June 13

Mercy Health - Franklin Medical Center  
2213 Franklin Avenue, Toledo, Ohio 43620

\* Wednesday, June 14

Old West End Community Health Center  
2244 Collingwood Boulevard, Toledo, Ohio 43620

\* Friday, June 16

Mercy Health - Waterville Primary Care  
1222 Pray Boulevard, Waterville, OH 43566

\* Monday, June 19

Mercy Health - Perrysburg Primary Care & Walk-in  
1103 Village Square, Perrysburg, Ohio 43551

\* Tuesday, June 20

Bryan Community Health Center  
228 South Main Street, Bryan, Ohio 43506

\* Wednesday, June 21

Mercy Health - Point Shoreland Family Medicine  
2755 Shoreland Avenue, Toledo, OH 43611

\* Thursday, June 22

Mercy Health - Swanton Primary Care  
22 Turtle Creek Drive, Swanton, Ohio 43558

\* Saturday, June 24

Mind, Body & Spirit Fair at Corinth Baptist Church  
2283 Putnam Street, Toledo, Ohio 43620

\* Monday, June 26

Progressive Wellness Medical Office Building  
7640 West Sylvania Avenue, Sylvania, Ohio 43560

\* Wednesday, June 28

Mercy Health - Starbright Primary Care  
28555 Starbright Boulevard, Perrysburg, OH 43551

\* Friday, June 30

Glass City Church of Christ  
901 Hoag Street, Toledo, Ohio 43607

Please note, while mammogram screenings may be covered by insurance, for best coverage, please verify if Mercy Health - St. Charles Hospital is an

...continued on page 13

**THE SOCIAL BUTTERFLY PRESENTS**

**THE 9TH ANNUAL**

**FRIDAY, AUGUST 18, 2023**

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# Swipe Up for More! Inside the Unfiltered Lives of Influencers by Stephanie McNeal

By Terri Schlichenmeyer  
The Truth Contributor

Left mouse: buy.

And now you sit. In a few days, that item you saw on social media will arrive on your doorstep and you can't wait. The price was right no matter how much it cost, because someone online vouched for it and that's all you need to know. So what do they get in exchange for sharing? *In Swipe Up for More!* by Stephanie McNeal, you'll see...

c.2023  
Penguin Portfolio  
\$29.00  
272 pages

In many ways, we are a nation of voyeuristic consumers. Even author Stephanie McNeal admits to being "nosy," and wanting a peek inside the lives of people and their belongings. That's why, she says, she's "endlessly fascinated by influencers..."

There are, she says, "two distinct groups" of influencers: those who work mostly through YouTube and videos, and those who generally use printed words, texting, and blogs. One entertains, the other is more informative. One is like that friend who comes and goes; the other uses a "more sustained relationship" to market products on behalf of a sponsor.

For reasons that aren't specific here, Salt Lake City, Utah, is a "fertile crescent" for influencers. It's also a perfect place to launch a project: McNeal loved to read blogs, so what better idea than to shadow three influencers, to see what life was like for them?

There's Shannon Bird, a "mommy blogger" who gained followers by featuring her five kids and a very chaotic household. She also gained a whole website full of haters, too.

Caitlin Covington was one of the "pioneers in the industry" but she often hates to admit it. She knows that criticism, both personal and professional, is rampant in her job, and she's very sensitive to that.

And Mirna Valerio is a bit of a unicorn: she's African American, old-

er than most other bloggers, and she isn't tiny or thin. She's also quite aware that being an influencer-slash-motivator isn't going to last forever.

While it is (almost) true that *Swipe Up for More!* meets its intended reason for being ("Inside the Unfiltered Lives of Influencers"), the fact is that there are some wide-open holes in this book that should've been addressed.

Money is mentioned *a lot* here— and apparently, influencers make tons of it in this "industry." And yet, despite wealth as a happy fact, author and journalist Stephanie McNeal isn't entirely clear on how influencers launch or start, or how they *stand out* from the millions of other influencers. Pitfalls don't feature much in this narrative and, aside from the glamorous stuff, how influencers work isn't obvious, either. Followers wanting ideas and aspirations, and those who are curious, will be disappointed here.

Business owners and professionals might find useful information for this marketing tool, but you'll have your own annoyances. The word "like" shows up, like, really often, and because it's, like, everywhere, you'll notice. It, like, makes the book difficult sometimes.

Overall, if celebrity-watching is your thing and you avidly follow online influencers, you'll absolutely enjoy this book. If you're looking for more, though, *Swipe Up for More!* can safely just be left.



## Mercy Health... continued from page 12

in-network provider with your insurance carrier. If you are uninsured or underinsured (have high deductibles), we have financial need-based assistance programs available to help you. If eligible, you may qualify for a no-cost mammogram. Call 419-696-5839 for more information.

Screenings at the Mercy Health Mobile Mammography unit are by appointment only - call 833-MAMM-VAN to schedule your screening on the mobile unit.

To view the full list of dates and locations, visit [mercy.com/toledomobilemamm](http://mercy.com/toledomobilemamm)

Talk with your doctor about when you should have a screening mammogram. Screening mammograms are usually a covered benefit with most insurance carriers.

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# CLASSIFIEDS

June 7, 2023

Page 14

## Public Bid Advertisement (Electronic Bidding) State of Ohio Standard Forms and Documents

**Project #5005-23-1919**  
DOW Redundant UPS  
The University of Toledo  
Lucas County

**Bids Due:** 2:00pm, June 27, 2023; through the State's electronic bidding system at: <https://bidexpress.com>

**EDGE Participation Goal/Supplier Diversity Goal:** 5% of the contract sum with EDGE-certified business(es) AND additional 10% EDGE-certified OR Diverse Supplier vendors including MBE, WBE, VBE, BSVI, SDVOB, and LGBTBE.

**Domestic steel use is required per ORC 153.011.**

<b>Contract</b>	<b>Estimate</b>
<b>General Contract</b> .....	<b>\$300,000.00</b>

**Pre-bid Meeting:** June 13, 2021, 10:00am, Facilities Support Building on the Health Science Campus - Room 1300, The University of Toledo, 1135 East Medical Loop, Toledo OH 43614

**Walk-through:** A walk-through of the project sites is scheduled for June 13, 2023 immediately following Pre-bid.

**Bid Documents:** Available electronically at: <https://bidexpress.com>

**More Info:** Submit questions electronically at: <https://bidexpress.com>

**Project contact:** JDRM Engineering, Dave Desjardins, Phone: 419-824-2400, E-mail: [d-desjardins@jdrm.com](mailto:d-desjardins@jdrm.com)

## CONSTRUCTION MANAGER

The Mental Health and Recovery Services Board of Lucas County (MHR SB) requests qualifications for Construction Manager at Risk (CMR) services in connection with Dani's Place, an adult, residential mental health rehabilitation center for NW Ohio (Project) located on the campus of the Northwest Ohio Psychiatric Hospital in Toledo. Hplex Solutions has been selected as Owner's Rep (OR), and NAC has been selected as design professional (DP).

Services required include preconstruction, working with MHR SB, the OR, and the DP for planning & design, and at-risk construction of the Project. Firms must be experienced in the CMR delivery method, including scheduling, cost estimating, constructability review, GMP and open book pricing, and have experience in public sector construction.

As required by ORC 9.33, et seq., MHR SB requests qualifications from experienced CMR firms to provide CMR services for the Project. The complete RFQ may be obtained from the MHR SB website at <https://www.lcmhrsb.oh.gov/publicnotice/>.

Interested firms must submit 2 paper copies and 1 digital copy of their qualifications, together with the firm's experience and a statement of interest in the project, to OR contact John Durda ([john@hplex.com](mailto:john@hplex.com) <<mailto:john@hplex.com>>), Hplex Solutions, 65 Hidden Ravines Dr., Suite 100, Powell, OH 43065, no later than 5 pm on June 22, 2023. Submittals received after this time may be considered solely in MHR SB's discretion. Direct all questions to Mr. Durda.

This project was supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$2 Million with 30 percentage financed with non-governmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government.

## BUILDING SERVICEPERSON

Metroparks Toledo has an opening for an individual to serve as a Building Serviceperson to perform a variety of housekeeping, janitorial and basic maintenance functions to help maintain the Wildwood Manor House and provide a clean, safe environment for volunteers, park visitors, and staff. This position is located within Wildwood Metropark. High School Diploma or equivalent required, \$15.00/hr, up to 35 hrs per week. To review complete job description and apply, go to [www.MetroparksToledo.com/careers](http://www.MetroparksToledo.com/careers) <<http://www.MetroparksToledo.com/careers>> EOE"

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## LEGAL NOTICE TO BIDDERS TOLEDO LUCAS COUNTY PUBLIC LIBRARY 2023 TLCPL BRANCH RENOVATIONS

Sealed proposals will be received at the main Toledo Lucas County Public Library, 325 N. Michigan St., Toledo, Ohio, 43604 (Dispatch Office addressed to the Fiscal Officer) until June 27, 2023, 12:00 P.M. to be opened immediately thereafter for furnishing the necessary labor, equipment, tools and materials for renovations for the 2023 TLCPL Branch Renovations

Copies of the bid and contract documents including instructions to bidders and specifications may be obtained, upon deposit of \$25.00 (twenty-five dollars) in cash or check for each set, from the office of Buehrer Group Architecture & Engineering, Inc.; 314 Conant Street, Maumee, Ohio 43537. Electronic documents are available at no cost. **NOTE: CASH DEPOSITS WILL NOT BE REFUNDED. If within ten (10) days after the opening of bids,** documents are returned undamaged, deposits **paid by check** will be fully refunded. The bid and contract documents shall be on file, for inspection, at the office of Buehrer Group Architecture & Engineering, Inc. 314 Conant Street, Maumee, OH 43537.

Each bid shall be accompanied by a Bid Guarantee and Contract Bond in the amount of 100% of the bid; or a certified check; cashier's check or letter of credit in the amount of 10% of the bid which will require a 100% Performance Bond upon award of the contract. All bids shall be submitted on forms of proposal supplied by the Architect. All bidders, by bidding, agree to pay wages not less than the minimum as determined by the State of Ohio, Department of Industrial Relations, and agree to comply with Executive Order No. 11246 of the President of the United States.

The Board of Trustees, Toledo Lucas County Public Library reserves the right to reject any or all bids and to waive any irregularities in bidding. No Bidder may withdraw his or her bid for a period of sixty (60) days after bid opening.

A voluntary pre-bid meeting will be held at 11:00 am local time, on June 20, 2023, at Kent Branch Library, 3101 Collingwood Blvd, Toledo, OH 43610

By order of the Board of Trustees, Toledo Lucas County Public Library.

## MANAGER OF QUALITY AND EVALUATION MENTAL HEALTH AND RECOVERY SERVICE BOARD OF LUCAS COUNTY

The Mental Health & Recovery Services Board of Lucas County is accepting applications for the Manager of Quality and Evaluation position. The position requires a highly responsible professional capable of collaboratively designing and researching project plans and submitting and presenting data-driven reports that inform accomplishments of designated quality improvements. Develops and manages a system-wide Performance and Quality Improvement (PQI) program and establishes systemic processes for continuous improvement. The salary range is \$51,200 to \$57,000 annually, plus a full range of benefits. Additional information regarding the duties is available on the Lucas County website ([www.co.lucas.oh.us](http://www.co.lucas.oh.us)). Click on "Apply for a Job" and then select "Manager of Quality and Evaluation" from the list to read more or apply. Resumes are also accepted by email to [ssylak@lcmhrsb.oh.gov](mailto:ssylak@lcmhrsb.oh.gov)

*An Equal Opportunity Employer*

The Old West End Festival... continued from page 16

Then dozens of vendors and artists set up stands on Saturday and Sunday for the first big summer festival which spread across several blocks of the Old West End and within view of the Toledo Museum of Art.

Summer is here and the festivals are underway!



Shirley Green shares some history insights



The Kush Exchange



Want to become a nurse? There's never been a better time.

The University of Toledo, Owens Community College and ProMedica have come together to diversify the nursing profession through QUEST for Success.

QUEST for Success provides:

- Underrepresented minorities and male nursing students the opportunity to become successful, employed, bachelor-prepared nurses.
- Financial support may be available from ProMedica's Ebeid Diversity in Nursing Scholarship and/or other tuition assistance programs
- Career opportunities through ProMedica

Scan the QR code with your smart device or visit [utoledo.edu/nursing/partnerships/quest.html](https://utoledo.edu/nursing/partnerships/quest.html) to learn more!



**Omega Psi Phi Fraternity, Inc.**  
Xi Tau Chapter | Toledo, OH

**Juneteenth 2023**  
**Community Health & Wellness Fair**

**EVERYONE WELCOME!** SATURDAY June 17, 2023 Noon- 3:30PM **COME JOIN US!**  
Martin Luther King Academy  
1300 Forest Ave, Toledo

**Community Partners:**

PROMEDICA  
MERCYHEALTH  
The First Tee  
MARTIN LUTHER KING  
TOLEDO LUCAS COUNTY PUBLIC LIBRARY  
State Farm  
NINA

**FREE MEDICAL SCREENINGS & SERVICES PROVIDED**  
FIRST AID & PSA Testing  
Blood Pressure & Blood Sugar Checks  
Oral Cancer Screenings  
Free Mammograms  
Art Activities for Children  
Bike Giveaways  
Free Food & More

For more information: Contact  
Richard Langford - 419-309-1737  
Frederick Pruitt- 567-907-0648

THE UNIVERSITY OF TOLEDO | OWENS COMMUNITY COLLEGE | PROMEDICA

A NURSING EDUCATION PARTNERSHIP PROGRAM

# The Old West End Festival! Summer Really Is Here!

The Truth Staff

Somehow, it really doesn't seem like summer has arrived in Toledo until the Old West End Parade and Festival get underway. The good news, for fans of summer, is that the gloriously warm season is now here. The Old West End Parade and Festival introduced our favorite season last weekend!

Dozens of parade participants: schools - residents, corvettes, elected officials, companies, non-profit agencies - clothed themselves in some of the most improbable costumes and finery and hailed hundreds of onlookers along the Bancroft/Collingwood route on Saturday morning.

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Carla Thomas at her Stuff I Like booth



*Open for wellness*

**OPEN FOR YOU**

Whether you need preventive and wellness care or help managing a complex health condition, The University of Toledo Medical Center's internal medicine providers are the healthcare leaders you want on your team.

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