

Volume 83 No. 7

*"And Ye Shall Know The Truth..."*

May 1, 2024



### Two Toledo Legends Lost

*Crystal Ellis and Charles Welch*

We have lost two iconic trailblazers in our community this week. As a "Toledo kid" I grew up hearing these names. Hearing the voice of "Charlie Chuck" with his iconic "What's my name? Chuck! Chuck! Chuck!" is burned into my memory. Both of my parents were TPS educators, so I often heard them speak of "Crys" as they discussed what was happening in the school system. So many times after I became Director of Toledo Excel he would greet me so warmly and offer encouragement and sage advice. Legendary men who are now ancestors. Rest in power Mr. Charles Welch Sr. and Mr. Crystal Ellis. - *David Young, Toledo Excel*

# Time For Change: Addressing Systemic Injustices in Toledo's Policing

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

The Truth Contributor



*...the financial and social investment in prisons means that black and brown youth become, essentially, fodder for the machinery of capitalized incarceration.*  
- Michael Eric Dyson

Recent incidents in Toledo involving Brandon Upchurch and Erica Allen have reignited discussions on local police practices, emphasizing the urgent need for transparency and racial biases in the criminal justice system.

The NAACP's call for an investigation after Toledo Police wrongly accused Upchurch of "stealing his own truck" and deployed a K-9 unit inappropriately has spotlighted the issue of excessive force.

Conversely, the lack of similar scrutiny following the tragic police shooting of Erica Allen, a 26-year-old mother who allegedly wounded her grandmother and threatened her children with a knife, underscores a disparity in response that hints at deeper systemic issues.

A significant aspect of the events is the absence of body camera footage, particularly when SWAT officers, who had just returned from training, fatally shot Allen. This gap in footage, due to officers not being equipped with body cameras, raises significant questions about the Toledo Police Department's commitment to transparency and the prioritization of essential policing tools. It also suggests a need for a unified body camera policy that ensures cameras are as accessible and mandatory as other critical equipment, reducing the chances of them being overlooked during emergencies.

While I truly appreciate the urgency required in situations where children's lives are at stake, as seen in the tragic events at Robb Elementary School in

Uvalde, Texas. Police there were quick to arrive but then hesitated for nearly 77 minutes before acting to neutralize the shooter. This devastating delay resulted in the loss of 19 children and two teachers and has been widely criticized as a failure in both urgency and decision-making.

"In my view," a veteran law enforcement officer explained, "when you arrive on the scene, the information available is limited, and the situation is chaotic. Decisions must be made swiftly in these circumstances—it's tragic when lives are lost, but hesitating isn't always an option. If you wait too long, the question becomes, 'Why didn't you act sooner?'"

Yet, the most pressing question remains: Why is there no body cam footage, and why wasn't it considered essential to the operation

Was it really just an oversight? Did the officers simply forget, or did they choose not to use the body cameras?

In any event, the consequences of forgetting should be severe. If neglecting to carry a firearm leads to disciplinary action, why doesn't the same apply to body cams? Without proper accountability, what prevents such an oversight from happening repeatedly?

Following this, it's also crucial to consider the logistics surrounding the use of body cameras. Where are these cameras stored in relation to other essential equipment? If officers need to go to a different location to retrieve them, how does this affect their availability during an emergency? In addition, questions arise about the prioritization of equipment: what gets picked up first and why? Furthermore, how many officers forgot their body cameras in the Allen incident, and who specifically are these officers? An officer's history of forgetfulness or disciplinary actions could shed light on whether this is a recurring issue.

Indeed, these issues not only point to operational failures but also reflect broader societal challenges in how justice is meted out, particularly to communities of color. Such gaps in police practices emphasize the critical importance of transparency and accountability, which are fundamental to building and maintaining trust between law enforcement and the community.

Furthermore, the financial implications of the criminal justice system in Toledo also reflect broader systemic challenges.

In the U.S., over a million individuals depend on the criminal justice sys-

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# A Felon in the White House?

By Lafe Tolliver, Esq  
Guest Column

**SCENARIO ONE:** The New York jury trial of Donald Trump regarding the 34 felony charges of attempting to obstruct an election by withholding vital voter evidence of his salacious affair with Stormy Daniels.

If Trump is found not guilty or is acquitted and if he wins the White House (Note: may my tongue forever cling to the ceiling of my mouth for simply uttering such an obscenity!), you will have a president who will be able to quelch the federal charges against him and possibly "ride out" the Georgia case as it becomes a nullity.

**SCENARIO TWO:** If Donald Trump is convicted of any of the felony charges and is sentenced to a specified jail term, the lengthy appeals process will eat up the clock and if he wins the White House (Note: may I suffer leprosy for simply uttering such an obscenity!), he could be a convicted felon serving as president!

**SCENARIO THREE:** If Donald Trump is not convicted and continues to run on the GOP ticket as the presidential nominee and he loses (Note: may both of the above curses be removed from me!), he will gin up his base, both the deplorables and the ones who know better, and tell them that another election has been hijacked by the Deep State and the Biden Administration.

In any of the above three scenarios, Trump "wins" and the country loses because America continues to lose their collective common sense mindset when they repeatedly downgrade and excuse his appalling behavior, because that part of America has apparently sworn off any remembrance of the conduct of Trump while he was in office and are willing to excuse his aberrant behavior as being, "OK."

Imagine, if you will, a presidency in which an amoral man who has openly professed that on day one of any presidency, he will be a dictator and based upon his prior love of dictators, to wit: the acts of Xi Jinping, Kim Jong Un and Vladimir Putin, Trump will follow in their footsteps as much as possible.

When you start imagining the optics of a felon in the White House, consider the damage it will do to the legal and voting systems when convicted felons would petition the courts for clearance to engage in politics and occupy seats in public government.

After all, their argument would be that if a person can be convicted of a felon and yet still hold public office, why am I being denied the same right or privilege?

I posit that creative criminal defense attorneys and civil rights attorneys will argue that their convicted felony clients should be afforded equal protection and equal treatment so that if Trump is permitted to occupy a public office, they should be allowed also. I will call this novel approach, the Trump Defense.

If Trump is allowed to prevail as a felon running for public office, the whole system of justice will take a severe hit because then, states, counties and the Congress will have to revise the judicial/sentencing structure to specifically elaborate on which law violations either allow or preclude a felon from occupying public office.

It is a wonder that there has not been more public discourse on the effects of a Trump felony conviction would have on the penal system since now it can be viewed that only 'certain' felonies should be categorized as being those crimes that automatically disqualify one from holding a public office.

The legal system did not seemingly work hand in hand with the public sector as

to what crimes bar a convicted felon or a misdemeanor conviction from holding a public office; and you cannot get more public than winning the White House.

I contend that if it comes to the point that a large portion of the GOP voting populace is comfortable with a felon being in a public office, then any moral arguments about integrity, honesty and transparency will fall to the wayside as a Joke.

The only counterbalance would be to have both state and federal laws in place that specifically spell out who can qualify for public office based upon their conduct.

Any list of prohibited conduct that would preclude a person from occupying a public position of trust or power would be quite extensive due to the Herculean task of itemizing prohibited conduct that indicates a person is not "worthy" of being in a public space, paid or otherwise.

The underlying theme for such a list would be that has the American public become so inured to injurious conduct emanating from public officials that we are willing to "dumb down" the moral pre-requisites for public office?

What conduct is so offensive, foul, demeaning and corrupt that as a society we would say to those who engage in such behavior that you are not ethically equipped or of sound judgment that you should be on anyone's public payroll?

The details of the sordid life of Donald Trump as it is again revisited in his current trial should cause everyone to cringe as the facts reveal a personality who is not mentally and morally equipped to serve since service denotes a willingness to promote the good of the public.

This Trump has demonstrably shown that he is woefully unable and unwilling to accomplish.

Contact Lafe Tolliver at [tolliver@juno.com](mailto:tolliver@juno.com)



*Perryman... continued from page 2*

tem for their livelihoods. Specifically, in Toledo, Ohio, the criminal justice system's financial footprint is enormous, with annual economic impact exceeding \$100 million. This substantial financial outlay feeds into a profit-oriented model, where spending leads to financial or economic returns for those able to tap into its financially rewarding system.

Recent quantitative data shows that despite reductions in the overall jail population, the percentage of Black and Brown individuals incarcerated remains disproportionately high, though.

As a result, Lucas County's millions of dollars received from MacArthur grants, intended to address systemic injustices, have largely been funneled into expanding judicial infrastructure—more bailiffs, enhanced electronic monitoring, more salaries for system employees, and a technologically advanced jail—rather than into meaningful community engagement or preventive measures that will solve the equity problem.

These systemic and financial issues call for comprehensive reform in law

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## Community Calendar

**May 4**  
Free Plant Exchange: Lucas County Fairgrounds; 10 am; Arrive at 8:30 and drop off plant donations: 419-213-4254

**May 17**  
Toledo Interfaith Mass Choir: "A Taste of Toledo;" 7pm; Choirs, quartets, mime ministry, soloists; Greater St. Mary's Baptist Church: 419-350-2124 or 419-350-9289

**May 23**  
TARTA Workshop for Small Businesses Hoping to Do Projects with TARTA: Crosby Conference Center at Toledo Botanical Gardens; 6 to 7 pm: 419-245-5213

**May 31**  
Application Deadline for UToledo Math Corps: A free four weeks summer camp for students – middle and high school – from underserved Toledo area communities: 419-530-2996, 419-530-2568, 567-343-3883

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# Kaptur Statement on the Passing of Congressman Donald Payne Jr.

Last week, Congresswoman Marcy Kaptur (OH-09) released the following statement on the passing of Congressman Donald Payne Jr. (NJ-10):

"It is with deepest sympathy that I extend healing to the beloved family of Congressman Donald Payne Jr. — to his wife Bea and their triplets Yvonne, Jack, and Donald. I also extend my thoughts to their cherished friends, his caring staff, and his constituents. Donald was valiant, patriotic, and an honorable colleague.

"He was a measured, compassionate, indefatigable, insightful man, and very hard-working Member of the US House. He bore his chronic health challenges with such dignity and resolve. He never stopped serving in his duty to his constituents.

"I was privileged to serve with his father as well, who travelled to Africa more than any other Member of Congress ever had. There too he leaned in hard to meet with struggling people, often resting in sleeping bags on rough terrain, with the goal of stemming frequent violence to create a better future for the people of that continent.

"His son Donald followed suit in his daily work, serving the people of

Newark and across New Jersey's 10th District, speaking out forcefully on concerns of urban America, the people and places needing to be uplifted so every life has full dignity. Just these past two months, he gave voice to improving housing across America, uplifting Congress' commitment to American families, recognizing the longest serving President of St. Peter's University in Jersey City, and honoring a local Eagle Scout.

"Donald's strength of purpose inspires us to carry forward no matter how heavy the burden. Surely, his strong, kind soul will rest among the righteous who love their neighbor, 'do what is right, love mercy, and walk humbly with the Lord.' May he rest in peace, and be reunited with his loving father and mother, Donald and Hazel."



Congressman Donald Payne

# Same System, Different Outcomes: Why Health Care Inequity Persists in the U.S.

*Poverty, lack of access to affordable health care, and poor treatment are among the reasons Black people have worsening health outcomes.*

By Anissa Durham

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

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

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Efforts to advance racial equity in the American health care system continue to fall short. A new report by the Commonwealth Fund found that deep-seated racial and ethnic health disparities persist across the U.S., even in states with high-performing health care systems.

Some of the contributing factors to these widespread inequities are poverty rates, lack of affordable and quality health care options, medical debt, worse medical treatment for people of color, and housing segregation.

Unfortunately, this isn't surprising.

Why this matters: Black Americans are dying at higher rates from preventable and treatable illnesses and diseases than other racial and ethnic groups.

Black, American Indian, and Alaska Native people historically have lower life expectancies compared to other groups in the U.S. However, the report found that preventable mortality rates are higher for both Black and white residents in several southern and south-central states — Arkansas, Mississippi, Louisiana, Tennessee, Kentucky, and Missouri.

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# W. Charles Welch - "Charlie Chuck" to Listeners over the Years

W. Charles Welch, 85, passed away on Sunday, April 21, 2024 of natural causes. Chuck was born on November 8, 1938 to George and Ethel Mae Welch in Talladega, Alabama. At the age of 12 he moved to Detroit, Michigan to be with his father. He joined Greater St. Peter A.M.E. Zion Church where his dad attended. His dad spoke to him about the "Chester" family, a nice family at the church he should connect with.



Charles Welch

He then met Marjorie Chester at choir rehearsal. They became sweethearts at the age of 13 and 14. When Marjorie turned 16 they were pre-engaged. Charles joined the United States Army at age 17, serving his country in Germany. Charles and Marjorie married and went on to have four children, Rosalind, Katrina, Debra and Charles Bernard along with Chuck's youngest daughter Trina.

Welch has a long list of jobs and businesses. Including jobs as a golf caddy in Alabama, worker at Dodge Main, selling Kirby vacuums, teaching drivers education, car salesman at Grogan's Town, WKLR, The Ohio Lottery Commission, Barden Cable in Detroit, Fox 36, KCOH in Houston, Texas, WVOI in Toledo, main pianist at nightclubs in Detroit, owning The Pantheon Theater, Pantheon Records, a Church's Chicken franchise, and part owner of a nightclub in Detroit called The Cherry Garden.

Welch started his career in radio in the 1960's working for free at WJLB. He was encouraged by WJLB's infamous DJ Ken "Master Blaster" Bell that their sister station in Toledo was hiring. His career ladder included: broadcasting with WKLR, Booth Broadcasting and one year later served as the Station Manager; Sales Manager for KCOH in Houston, TX as well as WWWS in Saginaw, Michigan; and General Manager for WVOI JACOR Communications here in Toledo, Ohio.

He got the job in Toledo radio working at WKLR in 1969! His radio name is "Charlie Chuck". In 1997 Mr. Welch started The Juice FM 107.3 (WJUC) and entered the history books by becoming the first African American in Ohio to start a radio station from the ground up.

After years in the industry, both behind the mike and as general manager, Welch feels that it was a natural transition and one that enabled him to expand what he could say and do. "Being your own boss, you can do what you want as long as you don't break the FCC rules," he says. As his own boss, he could address civil rights issues, for example, without station owners silencing him for fear of losing advertisers.

Charles was predeceased by his "Queen" Marjorie Chester Welch, par-

...continued on page 6

# Crystal Ellis – Toledo Public Schools First Black Superintendent

Crystal Ellis, the first African-American superintendent of the Toledo Public School district died Monday, April 22, 2024. He was 91 years old.



Crystal Ellis

Ellis grew up in Springfield, OH, and graduated from Springfield High School where he played on the basketball team in the 1950s. It wasn't until his last year in high school that he considered entering college after being prompted to do so by one of his high school teachers.

"I had never thought about college mainly because no one in my family had ever attended college. She wanted me to learn in her classroom. She made life come alive," recalled Ellis during a conversation with The Truth in 2003.

After graduation, Ellis attended Bowling Green State University where he became the first African American to play basketball for the school.

"When I got to college, I toyed with the thought of going into mechanical engineering," recalled Ellis. "But then I thought you want to be a teacher, you want to be a coach. When I got out of BGSU, I couldn't get a job in Springfield High School because of my color. This was the school at which I had been vice president of my senior class and represented my school both at Buckeye Boys and at the national American Legion baseball tournament in Louisville.

That's when he was told the YMCA in Toledo had an opening and was invited to come in for an interview. "Toledo became a part of me and I became a part of Toledo," said Ellis.

"The Indiana Avenue YMCA was then called the Colored YMCA because the YMCA was segregated. That was where the Judge Doneghys, the Judge Penns, the Judge Franklins, the Dr. Colemans, all went. The community brought professional people together with hard working, God-fearing people. And that sense of community is something that has disappeared in terms of integration. We've lost part of our history and culture."

Ellis spent 13 years at the YMCA. He served as physical director and swim instructor, coach of everything and eventually ran the entire operation as the head of the Y.

When he joined the Toledo Public Schools system, Ellis' first assignment was at Leverette as a teacher. He became assistant principal at former DeVilbiss High School and principal at the former Hamilton Elementary, Leverette Junior High, and Rogers High schools. He became deputy superintendent for five years and then superintendent for six years – from 1991 to 1996 – before retiring. He would later come out of

...continued on page 6

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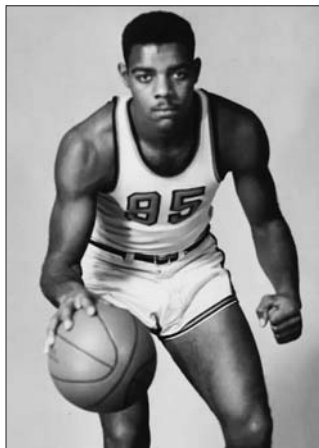
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*Crystal Ellis...continued from page 5*

retirement for a year to become a high school principal at Libbey.

“He was consistent about seeing the best in others and pulling out of others what they may not even have known what they possessed on the inside of themselves,” said TPS Board of Education President Randall Parker.

“We’re sad, but at the same time, we’re also at peace in knowing that he understood how much we appreciated him and we allowed that to be felt during his final years,” said TPS Superintendent Romules Durant, EdD.



*W. Charles Welch...continued from page 5*

ents Ethel Mae and George Welch Sr. granddaughter Sydney Lynn, and seven brothers.

He is survived by his daughters Rosalind Welch, Katrina Welch (Andre), Debra Lynn Hogan(Richard), Trina Lyons-Bishop (Arthur) and son Charles B., sisters Janice Brasher and Rose Nell Luke, baby brother Carter Wayne Welch and 4 sisters-in-law, He also leaves behind 18 grandchildren, 7 great-grandchildren (and two more on the way), and so many others that he looked upon as his children and family.

Special thank you to Davida Dialysis at Flower Hospital, Dr. Kristen Bodine-Zeller, MD, Dr. Brad Barricklow, DDS, and Hospice of Northwest Ohio for the wonderful care they provided.

Visitation will be Friday, May 3 at St. Paul A.M.E. Zion Church 954 Belmont, Toledo from 3-7 pm. Funeral will be Saturday, May 4that Friend-

ship Baptist Church, 5301 Nebraska Ave, Toledo at 11am. Flowers should be sent to The House of Day Funeral Service, 2550 Nebraska Ave, Toledo, OH 43607.



*Charles Welch and Family*

*Same System... continued from page 4*

There are differences in mortality rates for conditions that are considered treatable. For example, breast cancer is considered treatable when detected early but is more likely to be diagnosed at later stages among Black women, who have some of the highest death rates for this type of cancer.

Making things worse is the profound lack of access to health insurance. Even those with insurance face barriers to quality care. The report highlights a few interesting points about how Black and brown folks use the health care system:

Black Medicare beneficiaries are more likely than white beneficiaries to be hospitalized for worsening symptoms of chronic conditions that are treatable and manageable with primary care.

With lower incomes and fewer savings, Black, Hispanic, and AIAN people are more likely to report experiencing delays in their care or financial distress.

Black Medicare beneficiaries are also more likely to seek and receive care in the emergency department for conditions that can be treated in a primary care setting.

What Policymakers Can Do: The report provides a detailed list of changes that can bridge the gap for communities most affected by racial inequities in health care. Here are a few of their recommendations.

Ensure universal, affordable, and equitable health coverage. Policymakers could require insurers to collect and report information on race and ethnicity during enrollment and make it linkable to claims data.

Strengthen primary care and improve the delivery of services. Diversify the health workforce by strengthening pipelines into the health professions for people of color and monitoring and chronicling the impact of policies on diversity in health care.

Reduce inequitable administrative burdens affecting patients and providers. Congress could create a longer period of continuous Medicaid eligibility. Disruption in Medicaid coverage because of eligibility changes, administrative errors, and other factors can leave people uninsured and unable to get care.

Invest in social services. Expand economic support for lower-income families, such as by expanding unemployment compensation, the Earned Income Tax Credit and child tax credit programs, and childcare, food security, and targeted wealth-building programs,

Bottom line: Black folks face worsening health outcomes because of barriers to access and poor medical treatment. But it doesn't have to be that way. Increasing the amount of Black health care providers and streamlining access to culturally competent care can help bridge this gap.

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# The Inaugural Alpha Esquire Beautillion at the Toledo Museum

By Dawn Scotland  
The Truth Reporter

The Alpha Xi Lambda Chapter of Alpha Phi Alpha Fraternity, Inc. held its inaugural Alpha Esquire Beautillion at the Toledo Museum of Art Glass Pavilion Saturday, April 20. The event served as a rite of passage for the organization's Alpha Esquires youth group (founded in 2019). The inaugural Class of 2024 Beaus included seniors Ward Barnett Jr. (Jones Leadership Academy of Business), Jaden Bridgett (Rogers High School) and Bryce Burruss (Start High School).

Alpha Esquires is a youth mentoring and leadership development group designed for middle and high school age young men of color. The group serves students in the Greater Toledo area and promotes leadership, communication skills, social awareness, community involvement and other areas of personal growth.

Alpha Beautillion 2024 focuses on the educational and social development of African American youths transitioning from one stage of life to another. The coming-of-age ceremony is the culmination of the Esquires program for high school seniors. Prior to the Beautillion, Alpha Phi Alpha conducts several workshops: financial literacy, public speaking, college readiness, and etiquette among them, to prepare the young men for this rite of passage.

Upon completion of the program, Esquires will be better prepared to meet the challenges of college, their future professions and life in general. Alpha Xi Lambda Chapter of Alpha Phi Alpha, Inc., assisted by Epsilon Alpha and Epsilon Theta Chapters at the University of Toledo and Bowling Green State University, respectively, is the program sponsor. The program, which serves 6-12th grade students, began in 2019.

The welcome for the event was given by Bro. Rev. John C. Jones, president Alpha Xi Lambda Chapter of Alpha Phi Alpha Fraternity, Inc. Following Jones, Jennifer McCary, PhD, Chief Culture and Brand Experience Officer of the Toledo Museum of Art, gave a welcome on behalf of the museum.

The Mission, Vision and Purpose of The Beautillion and Esquires was given by Bro. Calvin Burney and the invocation by Bro. Elder David Young.

Following dinner, Bro. Keenen Fisher, Beautillion co-chair, introduced the mistress of ceremonies Rhonda B. Sewell who then introduced the 2024 Beaus and

Belles.

**The 2024 Inaugural Alpha Beautillion Beaus:**

**Ward Emanuel Barnett Jr. (2024 Beaus)** ... continued on page 8



Alpha Esquire 2024 Beautillion Beaus, Junior Beaus and Belles



Ward Barnett, Kimmie Barnett and daughter Imani support Ward Barnett, Jr

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Alpha Esquire Beautillion...continued from page 7

Parents: Kimberly and Ward Barnett  
High School - Jones Leadership Academy of Business

Ward Emanuel Barnett is currently a Senior at Jones Leadership Academy of Business where he holds 4.1 GPA and has been on the Principal's List all his high school career. He is also the Valedictorian of his 2024 senior class. Ward has decided to pursue a degree in Psychology at the University of Toledo this fall.



2024 Beaus, Junior Beaus and Belles enjoy dinner at TMA's Glass Pavillion

Jaden Derrick-Anthony Bridgett (2024 Beaux)

Parent: Allsha Durham  
High School - Rogers High School

Jaden is a senior at Robert S. Rogers High School and dually enrolled as a College Credit Plus student at the University of Toledo where he holds a 3.98 and 3.73 G.P.A. respectively. This fall Jaden will continue his education at Morehouse College in Atlanta, Georgia where he will major in Business and Communications.

Bryce Mandrell Burruss (2024 Beaux)

Parents: Calvin and Audrey Lewis, Royce Burruss  
High School - Roy C. Start High School

..continued on page 10



Attendees at the inaugural Alpha Beautillion held at the Toledo Museum of Art Glass Pavillion



Roxanne Quinn, Montrise Quinn and Robert Royster



Quinton Riley, Latoya Riley and Carla Ford

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# Groomed for Greatness Holds Mother-Daughter Self Defense Class

By Dawn Scotland

The Truth Reporter

Groomed for Greatness held a free Mother-Daughter Self Defense class at the University of Toledo Recreation Center Saturday, April 14. The all-day event for girls 13 and older provided a full day of Mother-Daughter bonding with food, games, raffles, music and more.

“The reason I decide to have the event was because in May of last year I was assaulted at Panera and couldn’t defend myself...as an adult female not being able to do anything – that wasn’t a good feeling,” stated Founder and Executive Director of Groomed for Greatness, Michelle Mccaster.

Her organization, Groomed for Greatness, has hosted the defense class annually for girls but with her recent experience she now wanted to include mothers as well.

“Women encounter domestic violence situations – their daughters may see that – there is a way that you can handle it where you can help the mother”, she stated.

The event Saturday from 11 a.m. – 2 p.m. included the self-defense class, raffles/giveaways, food, a 360 photo booth (Full Circle Photobooth), hustle lesson/class, games, and music (DJ Stevie Chanel) – all free of cost. While it was labeled a mother-daughter event, having a daughter was not required, the day was open to all.

Ashley Eubank brought her two daughters and two nieces, ages 14-16, to the event. “It was fun, honestly, it was nice to learn techniques on how to defend yourself in different kinds of situations,” she stated.

Marshall Arts Instructor Mitch Harris taught many different moves and techniques for various scenarios that women may face.

“Today, the world is a little crazier,” said Eubank, “And my oldest is graduating early from high school and she’s going to college in the fall. I kind of wanted her to learn something because on campuses you hear a lot of things happen and just her knowing at least how to protect herself when she’s in an unfamiliar area away from home [is important].”

Sponsors for the event included Lucas County Mental Health and Recovery Board and Queens Empowerment.

Mccaster founded Groomed for Greatness in 2017. The nonprofit organization empowers girls ages five-18. “We just try to help them be the best version of themselves,” she stated “anything empowering I can do for them... Just getting them prepared for the future.”

Groomed for Greatness focuses on personal and professional program initiatives, cultural and self-awareness programs, philanthropy, and community service. These initiatives are designed to equip and empower young girls while instilling in them with the confidence they need to step into the world and create a platform for their futures. (Source: groomedforgreatness.org)

The organization hosts many events throughout the year from their entrepreneurship program, etiquette classes, field trips and financial literacy classes. The group has travel to the March on Washington and the National Museum of African American History and Culture in Washington DC.

Their next event will be a ‘Milk & Cookies’ series for girls to chat about recent issues and topics. Groomed for Greatness is in the process of expanding. To learn more about the organization, donate or volunteer visit: groomedforgreatness.org or Facebook: Groomed for Greatness.



Ashley Eubank enjoyed the full day of activities with her daughters and nieces Gabby (15), Summer (16), Taylor (14) and Kendalyn (14)



Christian (15), Nicco (16), Rayshawn (16), Aidan (16) and Barry (14) serve as helpers at the all-day event for mothers and daughters



Cynthia Dye, member of Delta Sigma Theta Sorority Inc., helps pass out gift bags and teach line dancing to the mothers and daughters



Danelle Maidlow with her mother Whitney Jacobs seated with Tiffany Ware and her daughter Ayva Ware

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# The Truth HEALTH



## Cooking for One or Two

By Patrice Powers-Barker, OSU Extension, Lucas County (Adapted from OSU FactSheet written by Shari Gallup)

The Truth Contributor

One does not have to be a lonely number! Whether you are a senior citizen, college student, bachelor, or bachelorette, cooking for one or two can be easy and fun. Although finding the motivation to cook for yourself can sometimes be difficult, it is well worth it. Research shows that frequent cooking at home leads to consuming fewer calories both at home and when eating out when compared to those who seldom cooked.

While throwing a TV dinner in the microwave can seem like a simple answer, eating boxed convenience foods can take a toll on physical and mental health, as well as a waistline. Fast food as well as highly processed food tend to be low in nutrition and high in fat, sugar, sodium, and calories, and therefore are not as good for the body. Preparing food at home can be quick and easy.

When planning what to prepare, it helps to keep a few things in mind: What foods do you like? What foods need to be used up in your refrigerator? What is your schedule like? Do you have more time on certain days of the week or on the weekends to prepare? Being mindful of these things can make it easier when planning and preparing healthy meals at home. Fresh fruits and vegetables are great along with frozen or canned. Selecting canned food without extra salt, sugar, or additives can be a good choice.

Cooking at home for one or two can be quick and easy for every meal of the day:

**Breakfast** - High-fiber cereal, yogurt, or a fruit or protein shake with fruit and vegetables. You can prepare overnight oats for an easy morning.

**Lunch** - Leftovers from previous night's dinner, a homemade sandwich, or a simple salad. If you're not eating in your own kitchen, think of creative and healthy ways to celebrate National Brown-Bag-It-Day on May 25. Each year this day recognizes the benefits of packing your lunch for work or school or trip to the park.

**Dinner** - make it easy with slow cooker meals, chicken with vegetables, breakfast omelet, or a microwave baked potato topped with chili, cottage cheese, or canned tuna and served with steamed vegetables.

No time to cook? Then, cook once and eat twice! By cooking a larger meal, you can then re-use or freeze leftovers for the next week. For example, if you cook chicken, vegetables, and rice one evening for dinner, just cook twice the amount of chicken and use it the next day in a wrap for lunch, on a salad, or in a sandwich! Cook once, eat twice! This cuts down on the number of times you need to cook new meals from scratch and helps you stay on track with healthy eating by staying away from processed foods. Cook large meals, and then freeze or re-use leftovers for a second meal to cut down on cooking time.

Inspirations for cooking come from many places—friends, magazines, and the internet—but the best inspirations come from tasting good food. Think of what kind of ingredients you like to eat and use those ingredients to inspire your favorite recipes. You may also want to use online resources for ideas on planning healthy meals. One great resource is the USDA's ChooseMyPlate.gov. This site emphasizes fruit, vegetable, grains, protein and dairy groups and gives specific examples for planning and preparing healthy meals, including recipes, healthy eating tips, trackers for physical activity and much more.

Keep in mind, food does not last forever. Be sure to label and store food in air-tight containers and refrigerate it within two hours. On average, plan on using up food within three to four days.

Take Time to Enjoy! Planning and preparing healthy meals can bring a sense of accomplishment. Additionally, taking the time to eat well can bring much enjoyment— a fit body, good health, and a reduced risk of many diseases. Make eating an exciting part of your day.

Join OSU Extension, Lucas County this month for "Nature for the Health of It" on Thursday May 9, 2024 from 3:00 – 5:00pm at the Glass City Enrichment Center, 815 Front Street, Toledo, OH 43605 (the building is located at the new Glass City Metropark but it is located on Front Street directly across from Burger King next to Waite High School). This program is open to adults, youth, and their parents/caregivers. It is a free program but we ask you to register at [go.osu.edu/osugcec](http://go.osu.edu/osugcec) or call 419-574-0983.



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*Alpha Esquire Beautillion...continued from page 8*

Bryce Mandrell Burruss is a Senior currently attending Roy C. Start High School. Bryce has achieved making Honor Roll and has also been nominated for student of the month. Bryce will be graduating this summer and continuing on his life journey as a creative. Bryce is still weighing his options on whether he wants to attend college to major in Business, or acquire his apprenticeship to be an Electrician.

**The 2024 Inaugural Alpha Beautillion Junior Beaus:**

**Xavien Bofia** – Junior at E.L. Bowsher High School

**Carl R. Perkins** – Junior at St. John's Jesuit High School

**The 2024 Inaugural Alpha Beautillion Belles:**

**Courtney Marie Jones** – Senior at Roy C. Start High School

**Reagan Quinn** – Senior at Notre Dame Academy

**Malaya Lashay Campbell** – Senior at Glass City Academy

The Beaus engaged in a traditional alpha beautillion waltz to "Dirty Orchestra," Black Violin - Kevin Sylvester & Winter Baptiste. Sewell read the

*...continued on page 11*

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A Mental Health Moment

# Mental Health....A Reason for the Seasons

By Bernadette Joy Graham, MA, LPCC, LLC

The Truth Contributor

If you are feeling better, you can thank the sun, the greenery, buds on the trees and the fact that winter boots and heavy coats are no longer needed due to the seasonal change. Year after year, many Midwesterners suffer with Seasonal Affect Disorder (SAD), a/k/a, the winter blues. For those of us in helping professions are also feeling better as our schedules are not overbooked, we are not overworked and that our clients are smiling again.



The month of May brings the hallmark of spring even though our 2024 calendar marked the first day of Spring in March. Graduations, proms, weddings, end of school years and travel take precedence. I am certainly not complaining nor are my readers but let us not forget life happens regardless of the season, weather change or celebrations. Our expectations are life will continue as planned, that is if you have one; some choose to just allow life to happen. I say live how you wish; it is your life. Either way it will end one day or night, however long or short.

There are moments we wish could last forever like falling in love, vacationing on a beach, or celebrating that win. There are moments that seem to last forever that we wish never occurred such as experiencing a broken heart, the long ride home after a loss and enduring consequences of a badly made choice.

I have shared many moments with clients over the years of providing mental health therapy; some have been joyful and others quite sorrowful. I have also lived my own life moments of the same. Many individuals see healthcare providers as living a most blissful life clear of issues, problems, or concerns. Unfortunately, that is not the case. If it were, we would lack empathy, care, or concern for those we help.

We are all human beings with feelings, emotions, wants, needs, responsibilities, and obligation to follow rules and laws as any other citizen. For example, I received an expensive speeding ticket this past Valentine's Day. I was sure the officer would let me go with a warning, I am a woman and I even have military veteran status license plates. It was not my first speeding ticket in all my years of driving, but flowers or chocolates would have been preferred. Nevertheless, I did not expect to receive neither of those either being a single woman. While this story became a joke with my colleagues and friends in the days following, as in "ha ha the only thing I received on Valentine's Day this year was a speeding ticket" it also reminded me that while I spend the majority of my time helping others which I genuinely enjoy, it does not and will not spare me the ups and downs of being a human being.

Honestly, it was the down part of my life which led me to pursue this career choice. I am positive when asked many years ago at the age of 10 "what do you want to be when you grow up?", my answer was not a mental health therapist."

My dear readers, at this point you are asking yourself how does coming out of winter blues, spring activities, Valentine's Day speeding tickets and my personal career choice have to do with mental health? And the answer is..... EVERYTHING.

Take a mental health moment and ask yourselves, how you were affected by the winter blues, what was your coping mechanism, how many times did you feel you were losing it, couldn't take another moment of whatever challenges you faced and wanted to give up, made some bad choices that caused consequences you may still be paying for in money or time. But all that is behind you because May flowers preceded by those April showers have you smiling again, falling back in love, or at least looking (hopefully in all the right places).

I will assume most if not all have heard the statement, "a reason, a season or a lifetime." Our mental health is the one true gauge we carry throughout our lifetime. If you are receiving mental healthcare or at least have a therapist, please do not abandon either with the reason of feeling better due to the

springtime season. If you are not receiving mental healthcare or do not have a therapist, please begin the process. Do not assume life will give you a warning even on the most loving day of the year.

I often hear people say they cannot afford mental health; they do not need it because they are simply fine and can work out things on their own or they tried it once and it was not helpful. While no one needs mental health therapy every week of the year and yes it can be costly but there are options to meet your needs, seasons change, life is not fair, none of us have all the answers.

I have never met a perfect human being nor will any of us, they do not exist. We all have the option and choice to become the best versions of ourselves regardless of what life throws at us and it all depends on our mental health. Keep going to the gym, eating healthily, and attending church, just do not forget to get and keep your mind right. If you do not know where to start, here are some helpful tips:

[www.psychologytoday.com](http://www.psychologytoday.com)

**Contact your insurance carrier if you have insurance. If you do not have insurance reach out to Jobs and Family Services, or ask the health provider if they offer a sliding fee, meaning you may not be able to afford their hourly rate but many provide a lower fee.**

**Ask your primary care provider for names/contacts for mental health care providers.**

**Bernadette Joy Graham, Licensed Professional Clinical Counselor and Certified Grief Recovery Specialist can be reached via Email: [graham.bernadette@gmail.com](mailto:graham.bernadette@gmail.com)**

**If you feel you may be in a mental health crisis, please call 988 or go to the nearest emergency room.**

Alpha Esquire Beautillion...continued from page 10

poem "Mother to Son" by Langston Hughes (1922) and the Beaus performed a Mother and Son Dance.

Presentation of Awards and Gifts were given by Junior Beaus and Bro. Keenen Fisher with closing remarks by Bro. Nathaniel J. Young, Beautillion Chairman.

2024 Alpha Esquire Beautillion Committee included Nathaniel J. Young, chair; Keenen Fisher, co-chair; Committee Members: Je'Tahn Avery, Xavier Bishop, Calvin Burney, Christopher Foster, James Jones, Andre' V. Page.

The Waltz was choreographed by Gayle E. Martin and decorations by Par Excel Events, LLC (Brenda Pasker-Duhart)

To apply to become an Alpha Esquire or to learn more visit: [toledoalphas.com/alpha-esquires/](http://toledoalphas.com/alpha-esquires/)

The next event hosted by Alpha Xi Lambda Chapter of Alpha Phi Alpha Fraternity, Inc. will be the Alpha Derby Day Party at The Bay, Saturday May 4, 4pm-9pm to learn more visit: [toledoalphas.com/](http://toledoalphas.com/)

Alpha Phi Alpha Brief History:

Since its founding December 4, 1906, Alpha Phi Alpha Fraternity, Inc. has supplied voice and vision to the struggle of African Americans and people of color around the world. Alpha Phi Alpha, the first intercollegiate Greek-letter fraternity established for African Americans, was founded at Cornell University in Ithaca, New York by seven college men who recognized the need for a strong bond of brotherhood among African descendants in this country.

Locally, Alpha Xi Lambda, an alumni chapter, was chartered November 3, 1928 at the Frederick Douglass Community Center. Alpha Phi Alpha's college chapters: Epsilon Alpha and Epsilon Theta were chartered May 15, 1954 (University of Toledo) and May 15, 1959 (Bowling Green State University).

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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, May 1  
Mercy Health – Pointe Shoreland Family Practice  
2755 Shoreland Ave, Toledo, 43611
- Thursday, May 2  
Mercy Health – Perrysburg Primary Care  
1103 Village Square, Perrysburg, 43551
- Friday, May 3  
Tiffin Community Health Center  
1344 W. Seneca Ave., Tiffin, 44883
- Monday, May 6  
Mercy Health – Jefferson Avenue Family Medicine  
2200 Jefferson Ave, Toledo, 43604
- Tuesday, May 7

- Mercy Health – Franklin Avenue Medical Center  
2213 Franklin Ave. Toledo, 43620
- Wednesday, May 8  
Old West End Community Health Center  
2244 Collingwood Blvd. Toledo, 43620
- Thursday, May 9  
Mercy Health – Swanton Primary Care  
22 Turtle Creek Dr., Swanton, 43558
- Friday, May 10  
Mercy Health – Waterville Primary Care  
1222 Pray Blvd., Waterville, 43566
- Monday, May 13  
Mercy Health – Starbright Primary Care  
28555 Starbright Blvd., Perrysburg, 43551
- Tuesday, May 14  
Valleybridge Apartments  
5351 Nebraska Ave. Toledo, 43615
- Thursday, May 16  
Community Cares Clinic  
2150 S. Byrne Rd. Toledo, 43614
- Friday, May 17  
Mercy Health – Waterville Primary Care  
1222 Pray Blvd., Waterville, 43566
- Monday, May 20  
Mercy Health – Perrysburg Primary Care  
1103 Village Square, Perrysburg, 43551
- Tuesday, May 21  
Bryan Community Health Center  
228 S. Main St., Bryan, 43506
- Thursday, May 23

- Mercy Health – Swanton Primary Care  
22 Turtle Creek, Swanton, 43558
  - Friday, May 24  
Mercy Health – St. Luke's Campus  
5757 Monclova Rd, Maumee, 43537
  - Tuesday, May 28  
Mercy Health – Sylvania Medical Center  
3100 King Rd., Sylvania, 43617
  - Wednesday, May 29  
Mercy Health – Maumee Primary Care  
1657 Holland Rd., Maumee, 43537
  - Thursday, May 30  
Oak Street Health, Northside Primary Care Clinic  
553 E. Manhattan Blvd. Toledo, 43608
  - Friday, May 31  
Kotobukiya Treves Group  
615 N. Corporate Dr. Fostoria, 44830
- Please note, while mammogram screenings may be covered by insurance, for best coverage, please verify if Mercy Health – St. Charles Hospital is an 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 1-800-929-6626 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=

...continued on page 13

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# The Swans of Harlem: Five Black Ballerinas, Fifty Years of Sisterhood, and the Reclamation of a Groundbreaking History by Karen Valby

By Terri Schlichenmeyer

The Truth Contributor

Not one movement is wasted.

Every turn of wrist, every finger curl, every softly curved step is loaded with meaning. Though there are no words to accompany this dance, the story it tells comes through loudly. You can't take your eyes off the ballerina on the stage, or her elegance or, in the new book *The Swans of Harlem* by Karen Valby, her history-making presence.

c. 2024  
Pantheon  
\$29.00  
304 pages

In the 1950s, long before the Civil Rights Movement, little Black girls could certainly be found in ballet classes in America but their dreams were always squashed. They were pointed toward jazz or modern dance in short order, or were bluntly told that they'd never be ballerinas.

Dancer Arthur Mitchell didn't listen to that. "His work ethic was his superpower," says Valby, and when presented with an opportunity with The Harlem School of the Arts, he seized it. He would "build an internationally renowned school that would" show the world that ballet had nothing to do with skin color. He started looking for dancers.

Lydia Abarca was still a teenager when she met Mitchell, and she ultimately became his go-to dancer at the Dance Theatre of Harlem (DTH). Llanchie Stevenson would dance for Mitchell until she converted to Islam as an adult. Gayle-McKinney-Griffith left Julliard to dance for him. Twenty-seven-year-old Sheila Rohan was much older than most beginner ballerinas; she was also the mother of three kids but with the help of an older sister, she joined the DTH. Marcia Sells moved to New York City from Ohio to dance; Karlya Shelton came from Denver.

Says Valby, it would've been so easy for any of them to go home when things got hard, to return to their families, and re-start live anonymous lives. Instead, they stayed for the "next curtain rising" and to blaze a path...

Not long ago, many sources insisted that Misty Copeland was "the first Black ballerina." It was, says author Karen Valby, all "Misty Copeland, Misty Copeland, Misty Copeland..." Yes, it's true that Copeland was "the first African American woman to be promoted to principal dancer at American Ballet Theatre." She wasn't the first Black ballerina, though. Not by a long shot, and *The Swans of Harlem* sets the record straight.

Valby begins by reminding readers what was at stake when her five

ballerina subjects launched their careers, despite racism – but how they endured racial bias from beyond the curtains is just half the story. Valby touches lightly upon their private lives, and heavier on the trouble they had with their mercurial teacher who is, not-so-surprisingly, celebrated. So are many beloved male "danseurs," some of whom died during the AIDS epidemic.

For the record, Copeland, too, is lauded here.

And that's pretty appealing, because

readers who expect rivalry, claws-out, and divahood in a tale like this will happily find less than they might predict. Instead, you'll find a story that you'll be glad you know now, one you'll be satisfied to have read. So find *The Swans of Harlem*. You want it, so don't waste a minute.



*Swans of Harlem* author, courtesy Anna Krachey

*Perryman... continued from page 3*

enforcement practices. Priorities should include enhancing transparency, re-evaluating the allocation of financial resources, and implementing community-focused initiatives that address mental health and prevent incarceration.

By focusing on these areas, Toledo can begin to dismantle the mechanisms of a justice system that too often conflates punishment with profit, thereby fostering a truly equitable approach to law enforcement and community relations.

Moreover, by focusing on equity, mental health, and preventative measures, Toledo can begin to dismantle the machinery of capitalized incarceration that Michael Eric Dyson critically highlights.

It is not just a time for change—it is a time for action and redirection towards a truly equitable justice system.

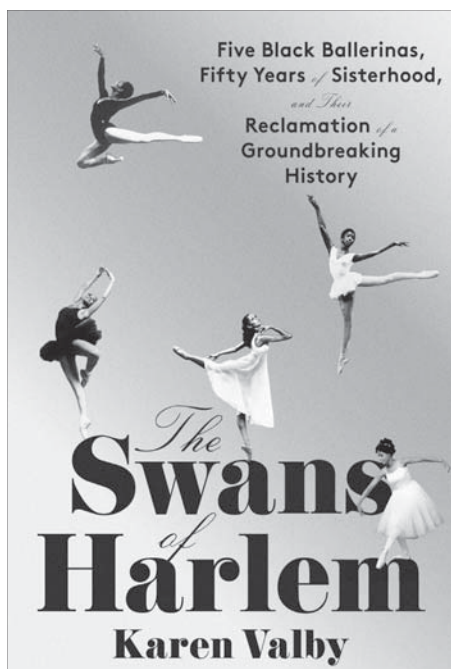
Contact Rev. Donald Perryman, PhD, at [drdlperryman@centerofhope-baptist.org](mailto:drdlperryman@centerofhope-baptist.org)

*Mercy Health... continued from page 12*

To view the full list of dates and locations, visit [www.mercy.com/toledomobilemamm](https://www.mercy.com/toledomobilemamm) <<https://www.mercy.com/news-events/events?UseUserLocation=true&Location=43608&CategoryName=Mammography+Screenings&IntervalInDays=90>>

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### 2023 Program of Projects Update and Partial 2024 Program of Projects Toledo Area Regional Transit Authority

#### 5307 FEDERAL FISCAL YEAR 2023 UPDATES\*

Total Funds Available for 2023 Capital Projects Section 5307: \$7,889,462 after split

Activity	Fed Share	Total Price
Preventative Maintenance	\$1,760,000	\$2,200,000
Hardware	\$160,000	\$200,000
*Surveillance	\$601,139	\$751,424
Vehicle Replacement	\$1,600,000	\$2,000,000
*Rehabilitation/Renovation Admin/Maintenance	\$1,718,861	\$2,148,577
Rehabilitation/Renovation Bus Station	\$2,049,462	\$2,561,828
<b>Total Section 5307 Funded Items</b>	<b>\$7,889,462</b>	

#### PARTIAL 5307 FEDERAL FISCAL YEAR 2024

Total Funds Available for 2024 Capital Projects Section 5307: \$7,362,296 after split

Activity	Fed Share	Total Price
Vehicle Replacement	\$5,940,000	\$7,425,000
<b>Total Section 5307 Funded Items</b>	<b>\$5,940,000</b>	

Written public comments on the proposed Program of Projects will be accepted by the Toledo Area Regional Transit Authority until the close of business on **May 31, 2024**. Comments received by the closing date will be considered in preparing and carrying out the program. An opportunity for a public hearing will be offered if requested in the comments.

Comments can be submitted via mail to:  
Chief Executive Officer  
TARTA 1127 W Central Ave.  
Toledo, OH 43610

Alternatively, you can email your comments with the subject line "Program of Projects" to [Info@tarta.com](mailto:Info@tarta.com).

This program will become final and will be submitted to the Federal Transit Administration on completion of the public participation process unless amended by the action of the Board of Trustees of the Toledo Area Regional Transit Authority.

Laura Koprowski, CEO

### INVITATION FOR BIDS RICHMAR MANOR SITE RENOVATIONS IFB24-B008

Lucas Metropolitan Housing (LMH) will receive bids for **Richmar Manor Site Renovations in accordance with IFB24-B008**. Received in accordance with law until **May 27, 2024, at 3:00 PM ET**. For documents: [www.lucasmha.org](http://www.lucasmha.org); 424 Jackson Street., Toledo, OH 43604; or 419-259-9438 (TRS: Dial 711). Bidders are required to meet Affirmative Action and Equal Employment Opportunity requirements as described in Executive Order #11246. This contract opportunity is a Section 3 Covered Contract, and any Section 3 Business Concerns are encouraged to apply.



### REQUEST FOR PROPOSALS HCVP – HQS INSPECTION SERVICES RFP24-R003

Lucas Metropolitan Housing (LMH) will receive proposals for **HCVP – HQS Inspections Services in accordance with RFP24-R003**. Received in accordance with law until **May 9, 2024 at 3:00 PM EST**. For documents: [www.lucasmha.org](http://www.lucasmha.org); 424 Jackson Street., Toledo, OH 43604; or 419-259-9438 (TRS: Dial 711). Bidders are required to meet Affirmative Action and Equal Employment Opportunity requirements as described in Executive Order #11246. This contract opportunity is a Section 3 Covered Contract, and any Section 3 Business Concerns are encouraged to apply.



### REQUEST FOR PROPOSALS RESIDENTIAL & COMMERCIAL MOVING SERVICES RFP24-R004

Lucas Metropolitan Housing (LMH) will receive proposals for **Residential & Commercial Moving Services in accordance with RFP24-R004**. Received in accordance with law until **May 17, 2024 at 3:00 PM EST**. For documents: [www.lucasmha.org](http://www.lucasmha.org); 424 Jackson Street., Toledo, OH 43604; or 419-259-9438 (TRS: Dial 711). Bidders are required to meet Affirmative Action and Equal Employment Opportunity requirements as described in Executive Order #11246. This contract opportunity is a Section 3 Covered Contract, and any Section 3 Business Concerns are encouraged to apply.



### LEGAL NOTICE TO BIDDERS TOLEDO LUCAS COUNTY PUBLIC LIBRARY MAIN BRANCH LIBRARY AHU REPLACEMENT

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 May 14, 2024, 12:00 P.M. to be opened immediately thereafter for furnishing the necessary labor, equipment, tools and materials for Main Branch Library AHU Replacement

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.

# African American Police League Spring Gala<sub>By</sub>

By Tricia Hall

The Truth Reporter

The local African American Police League (AAPL) held a Spring Gala at Toledo's Glass City Pavilion located in downtown Toledo on Friday, April 26, 2024. Guests, current officers and retired officers enjoyed the lovely waterfront view, fine dining, entertainment and fellowship in efforts to raise funds to purchase a grave marker for former officer Albert King and his family.

"This is our first one," said retired officer Anita Madison and AAPL president. "This year we are highlighting the first African American hired by Toledo Police. It's a shame that he and his family don't have grave markers. Once we found out, we made it our mission to get the grave markers."

Albert M. King was the first Black officer appointed to the Toledo Police Department in 1887. Officer King and his family are buried in an unmarked grave in historic Forest Cemetery. The AAPL has launched efforts to raise funds for the grave marker.

"It's important that we remember this officer and his family," shared another AAPL officer, retired Lieutenant Shirley Green, PhD.

The program opened with a lively social hour filled with laughter, conversation and music. Guests were welcomed at the door and were surrounded by elegant black and crystal decorations. The Gala continued with

an invocation, Negro National Anthem, welcome remarks, introduction of guests, history of AAPL and recognition of founders, acknowledgement of the Albert M. King Project and then closed with words of gratitude.

The AAPL serves the community and plans to host a gala each year. "We will highlight something every year," began officer Madison. "The African American Police League was founded in 1968 to serve as a liaison between the community and the police. We can work to explain and clarify information to the community while holding the department accountable in areas like diversity, training and a number of other matters. We're actively recruiting because any officer can join while we mentor the current African American officers."

Founding AAPL members are: Rodney Anderson, William Mosely, George Atkins, Bill Poelinitz, Joe Ben, John Preston, Dorothy Brown, William Ragans, Ed Coleman, Frank Rogers, John Franklin, Walter Shaw, Cornell Grant, David Smith, Phil Harris, James Sneed, Ulysses Howard, Charles Stuart, Charles Hunt, Irvin Swan, Nina Hunt, Marshall Swan, Stanley Hunt, Albert Taylor, Fred King, Darnell Thomas, McDavid McCorvey, Lawrence Thompson, Woodrow McCreary, Arthur Walker, Hubert Martin, Raymond Wolford, Joe Mayes and Mel Young.



Chelsea Meister, Judge Jim Anderson, Weslie and Corliss Harper



Anita Madison and Shirley Green



Retired Lieutenant Shirley Green, officer Marquitta Bey, retired officer Anita Madison, officer Cherokee Tabb, Sgt. Willa Norris



Retired officer Theresa Conley



Event caterer Granny Girl Kitchen LLC owner, Rayah Blackshear



Ronnea, Mark and Jameelah Johnson

The Truth Colours Gallery

7 East Bancroft  
Bancroft & Franklin

OPEN

Tuesday to Friday  
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For up coming events

# Area Office on Aging and Toledo Public Schools' Senior Prom

By Tricia Hall

The Truth Reporter

Dictionaries define the word, 'prom' as a formal occasion for high school students. In that same spirit, the local school district and local senior advocacy agency collaborated this past month to sponsor a Senior Prom.

The Area Office on Aging and Toledo Public Schools joined forces and resources to promote a Senior Prom, called 'A Red Carpet Evening,' on Friday, April 19 from 5:00 p.m. - 9:00 p.m. The gathering was held at The Premier on Heatherdowns and featured fine dining, live music, photo booth and dancing.

"We started building relationships with the seniors in our community back in 2013-2014," said TPS Superintendent Romules Durant, EdD. "This senior prom was sold out in weeks. It is great to see so many of them enjoying themselves and encouraged by the partnership with the Area Office on Aging."

The sold-out event was filled with seniors dressed in various formal attire surrounded by black and red decorations. Guests enjoyed music by DJ Randy Main, Chrys Peterson served as mistress of ceremonies, remarks were given by Durant and Justin Moor, Area Office on Aging of Northwest Ohio CEO. The invocation was presented by Pearl Humphrey and live entertainment was provided by the KGB Band.

"TPS has been a great partner," said Justin Moor. "People, no matter their age, but especially seniors need something to look forward to."



TPS Superintendent Romules Durant, EdD, and Area Office on Aging CEO Justin Moor



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.



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