

Volume 84 No. 7 *“And Ye Shall Know The Truth...”* **July 3, 2024**



Coming Soon - Laurie's Place

Christina Rodriguez, Executive Director Mom's House

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LMH Chooses Expertise and Innovation Over Continuity

By Lafe Tolliver, Esq

Guest Column

Innovation is taking two things that already exist and putting them together in a new way.

– Tom Freston



The Lucas Metropolitan Housing (LMH) Board of Commissioners' decision to appoint Senghor Manns as their new president and chief executive officer (CEO) instead of interim director Rachel Gagnon has sparked an outbreak of spirited discussion and debate.

For some, the board's decision was a surprise, as many saw Gagnon as the natural successor as chief of the public housing agency.

Known for her dedication to affordable housing, supporters believed her internal knowledge and continuity would provide the long-sought-after stability the agency needed. Though her efforts to navigate financial and administrative challenges inherited from LMH's previous leadership marked her three-year tenure, advocates emphasized Gagnon's intimate understanding of LMH's internal operations and longstanding community connection.

Yet, while Rachel Gagnon certainly makes a solid case, Senghor Manns' extensive background in housing authority management presents an even more persuasive argument.

With over 15 years of experience at the Harrisburg (Pa.) Housing Authority, Manns showcased his ability to lead large, complex organizations and implement creative housing solutions, which could bring LMH millions of dollars in untapped resources. He was familiar with several programs and designations that current and previous LMH leadership were unaware of.

Ultimately, Manns' unparalleled experience and innovative mindset, including familiarity with U.S. Department of Housing and Urban Development (HUD) operations, tax credit deals and project-based vouchers, set his candidacy apart. His perceived ability to address current LMH challenges that require handling the intricate aspects of public housing, from voucher utilization to repositioning old housing stock like LMH's Birmingham and Weiler Homes, ranked highest on the agency's priorities in selecting its next leader.

The Interview

However, the pivotal moment came during the interviews. Manns captivated the interview panel with his deep understanding of the challenges and opportunities within the highly complex public housing sector. A person close to the situation described his responses as not just informed but visionary, outlining a clear, strategic path for LMH's future with unparalleled depth and clarity.

Manns' elaboration of his professional associations, including board membership and participation on the search committee for the President of the National Association of Housing and Redevelopment Officials (NAHRO), and his respect among peers nationally throughout the public housing network, further strengthened his impression on the panel.

Above all, board members were enthralled by Manns' exceptional ability to connect during the interview while providing clear, detailed responses. The selection committee found his vision for LMH to be both compelling and practical.

A Personal Connection

One of the most captivating aspects of Manns' candidacy was his deep personal connection to the communities he served. According to insiders with direct knowledge, his dedication extended beyond professional responsibilities, fostering personal growth and educational opportunities for many families.

For example, Manns has personally mentored numerous young housing authority residents, exposing them to ballet, symphony and other experiences that have helped youth escape poverty and made other tangible, positive impacts on their lives. He talked affectionately about his experiences with kids who normally wouldn't go to college and how they would return home every year, asking, "Oh, Mr. Mann, do you remember me?" It was touching.

A New Chapter

The board's decision was not without its critics. Supporters of Gagnon lamented the loss of a local leader who had dedicated herself to the community. However, even the staunchest advocates had to concede the two candidates' glaring differences in qualifications and presentation.

Manns' extensive experience, innovative approaches and superior interview performance drove the evaluation panel's decision, despite strong advocacy to "hire our own" or appoint Gagnon as Deputy Director. Manns' ability to bring a fresh perspective untainted by past controversies within LMH and his proven track record of transforming housing initiatives ultimately made him an undeniable choice.

In the end, the board's decision was clear. They needed a leader who not only understood the intricacies of public housing but could also navigate them with the required expertise and finesse. Their leader was Senghor Manns, a candidate they simply could not refuse.

His appointment signifies a daring move towards a future where experience and innovation take precedence over continuity, marking a new chapter for LMH.

Contact Rev. Donald Perryman, PhD, at drdperryman@centerofhopebaptist.org

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First Ladies' Day – Pastors' Wives and Lady Pastors: Organized by Tiffany Lewis; The Toledo Club; 10 am to 1 pm: 855-234-9797

Yeah, It Was That Bad!

By Lafe Tolliver, Esq

Guest Column

After watching the Thursday night debacle billed as the first presidential debate, (I doubt there will be another one!), these are the only grim choices for the now aghast Democratic Party bosses:

(1) Choose what high level bridge to jump off; (2) Sit in your car in your garage and plug up the exhaust tail pipe with a large Idaho potato; (3) Take the Midnight Train (all apologies to Gladys Knight and the Pips) back to Georgia and hide out until the election is over; (4) Become a nun or a monk and live in a monastery in Bolivia; (5) Join the French Foreign Legion and beg for a two-year overseas station in the country of Chad.

Where does one start with the underwhelming performance by Joe Biden? When he first came on the stage, he looked "whitened out" and in a fog. No energy...no bounce...no charismatic grin.

Just Biden. Seemingly worn out (his camp is claiming he had a non-Covid cold) and acting as if he did not want to be there; and in retrospect, he should not have!

From beginning to end, Joe Biden seemed frail, confused, and unable to mount any strength to counter the fount of lies that Trump spewed forth for the 90 minute debate.

Repeatedly, Biden was given many openings by which to launch a salvo of facts against the lies of the convicted felon Trump, but shocking to all, he let the con and grifter take his lunch money.

Obviously, all the debate prep that the media reported about Biden having with his debate team was a waste of time and effort because Biden acted as if he just woke up and rushed onto the stage.

If I could have been the proverbial fly on the wall, I would want to see what facts he was fed to counter what he knew would be Trump doing his usual rally act and that is lying, exaggerating, more lying, more name calling and projecting on a now wilted Biden, his own moral deficiencies.

At points in the debate, I recalled the late Muhammad Ali's trainer, Drew Bundini, in the champ's corner yelling, "Hit him, champ...hit him!" because Ali was flat on feet and was not stinging like a bee.

Biden was not hitting Trump with anything but a wet paper towel. No jabs, no 'rock'em sock'em' punches, just flat stares and at times a gaping mouth with bulging eyes.

Biden's voice was nasal, flat, and sounded whiny. His articulation was off and too many times, his pauses or lapses to find his place in the script was embarrassing to behold.

Of course, the wimpy moderators Jake Tapper and Dana Bash did a woeful job of holding Trump's feet to the fire of factual proofs but even then, Biden did not pick up those cues and charge in against Trump.

Biden threw no strikes, just ball after ball after ball at Trump, the batter. If this were a real baseball game, Biden would have been sent packing to some Triple A ball club, like the Toledo Mudhens, to get his groove back.

Needless to state, Biden should not engage in another debate with Trump regardless of what happens between now and November's election.

If any voters who were sitting on the fence as to who to vote for based upon that candidate being alive and not sleeping walking, Trump won that contest.

Biden can govern. He admirable record shows that and his many accomplishments as the sitting president are beyond reproach. It just becomes a question for the undecided voter as to whom they want: A

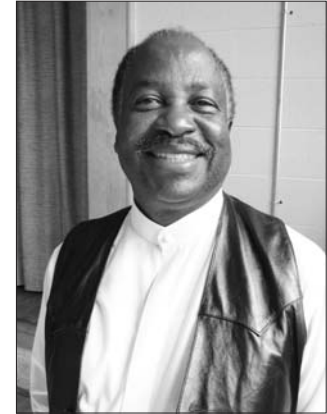
convicted felon, proven grifter, and con artist who lies as easily as one breathes air or a man who has a moral center and is out to better the country; and is not a puppet of Putin and who favors fat cat billionaires.

Regrettably, Biden's age and quickness on his feet was on full display and it was not pretty to see. His apparent inability to weave and bob is gone. He puttered around with his words and his voice was not convincing but tired as if he was saying, "Hey coach, take me out of the game, my gas is gone!"

The voting public can be heartless and when they see a wounded candidate as Biden and their instinct will be to move it to the infirmary and let a stronger one takeover. Sad but true. Politics in America is now a blood sport. Losers are carried off on a stretcher. On Thursday night, Biden was on that stretcher. The choice that the voting public has is unprecedented in American history because one candidate is hell bent on retribution against anyone, who in his alternate fact free universe, spoke against him and he wants to be a dictator or the current president who favors a fair system for all to participate in. My choice? That is a no brainer: Biden.

Unless.....to be continued.

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Toledo Urban to Partner with FDCA for Fundraising Drive

By Fletcher Word

The Truth Editor

During a press conference on Friday, June 28, Suzette Cowell, CEO of the Toledo Urban Federal Credit Union, and Reggie Williams, executive director of the Frederick Douglass Community Association, announced that the two organizations will be collaborating for a capital fundraising campaign to assist the FDCA with its community-based programming.

"This is a marvelous opportunity to do this capital fundraising campaign," said Williams. "First and foremost, it's about creating opportunities for our youth to still have a safe place to thrive and grow. We are especially excited for this fundraising campaign that Suzette Cowell and the Toledo Urban Federal Credit Union have decided to hold on behalf of the Doug.

"This will enable us to have a greater reach in our community and to meet the needs of the whole family," he added expressing his appreciation for Cowell and her decision to initiate the drive.

"I'm so excited," said Cowell. "I was here the other day and a young man was here and wanted to go to the gym – that's when I found out [what happens] if we all come together. It's so important for youth to be able to come to this place and the programs that will help them keep busy throughout the summer and after school as well."

While the FDCA has been able to raise funds in recent years for capital improvements, this latest effort, organized and led by the TUFUCU, will go to programs and operational needs, said Laticia Holmes, the FDCA treasurer.

The plan for the campaign is to encourage community members to donate \$20 per week for 52 weeks – the goal is to raise a total of \$500,000 within that year's time. Williams noted that church's and other nonprofit as well as profit companies to encourage their members to participate.

"I challenge the citizens of Toledo to make a difference," said Toledo City Councilwoman Cerssandra McPherson. McPherson emphasized that the good the FDCA does is "sustainable" with help from community. She also praised the partnership between the TUFUCU and FDCA as a model for accomplishing things in the community.

This is not the first time the FDCA has reached out to the community to assist in a capital fundraising drive. Back in 1922, said Albert Earl, FDCA

board chair, the Doug needed to move into a new building and held a drive to raise \$200,000. That drive proved to be successful, as he hopes this one will be also.

Donations can be made at either branch of the TUFUCU – Dorr or Monroe street – at FDCA itself. A cash App will be set up and more information can be found at www.thedoug419.org.



Announcing the fundraising collaboration



Collecting the first donations - TUFUCU's Suzette Cowell, UT's Valerie Walston, Councilwoman Cerssandra McPherson, FDCA's ED Reggie Williams, FDCA's Treasurer Laticia Holmes



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Rattling the Stars: Mom's House and The Pregnancy Center Partner to Transform Toledo's Future

By Asia Nail

The Truth Reporter

Imagine a world where the sight of two lines on a pregnancy test doesn't spark fear but hope. Where every mother, no matter her circumstances, feels the strength of a community rallying behind her. Where she and the father of her child can dream as big as they want, knowing they have the support to turn those dreams into reality. This is not a distant utopia but a tangible vision, one that *Mom's House* and *The Pregnancy Center* are tirelessly working to make a reality in Toledo.

For decades, these two organizations have been beacons of hope, illuminating the paths for countless women and families navigating the daunting journey of parenthood. And now, in a monumental move that promises to amplify their impact, *Mom's House* and *The Pregnancy Center* are joining forces to open a new location—*Laurie's Place*—an initiative that could very well rattle the stars.

A Legacy of Compassion and Empowerment

Mom's House, nestled in the heart of Toledo on Franklin Street, has been a sanctuary for single mothers striving for a better future through education. With its 5-star childcare center, it supports low-income, single moms to graduate from high school, technical school and college. **Christina Rodriguez**, the steadfast executive director of Mom's House for the past 17 years, describes it as a "two-generation program" where both mothers and their children embark on a journey of learning and growth.

"We've had about 50 families on our waiting list at Mom's House for the past several years," Rodriguez shared. "Our capacity is 28 children for our early childhood programs, so myself and our board of directors have been working to build new avenues of growth."

On the other side of this powerful partnership is *The Pregnancy Center*, which has been a cornerstone of support for expectant mothers in Toledo for over 30 years. Executive Director **Savannah Marten** emphasized the comprehensive care they provide: "The demographic of individuals we serve have the highest barriers in terms of healthy pregnancies and after birth wellbeing. We work with moms and dads, making sure they have every resource they need to be great parents."

A Vision for a Brighter Future

The alliance between *Mom's House* and *The Pregnancy Center* is more than just a strategic partnership; it is a lifeline for young families in Toledo. This collaboration aims to eliminate the barriers that single mothers face, particularly in accessing education and quality childcare. The new location on Westwood will be a symbol of hope and resilience, a place where dreams can flourish against all odds.

Rodriguez has long dreamed of this expansion. "It's been my dream for years that Mom's House has a second location—a space where we can bring in other partners and help more families walk through the process of being a parent,"

she said. "We believe when you build strong parents that raise capable children, it builds healthy communities."

Marten echoes this sentiment, underscoring the importance of removing barriers for young mothers. "One of the barriers we saw really early on is for mothers who were struggling to finish their education or desperately needing childcare," she explained. "We have been working with Mom's House for quite some time and we noticed how beneficial it is for our clients when we make any transitions or partnerships that benefit them as easy as possible."

Rattle the Stars: A Campaign for Change

The partnership's ambition is encapsulated in their joint capital campaign, aptly named "Rattle the Stars." *Laurie's Place* will be fully equipped with a collaborative space bringing together various community agencies. The goal is to provide a comprehensive support system under one roof, streamlining access to essential services for Toledo's families.

"Our goal is to raise \$12.1 million for this project, and we are 92 percent of the way there," Rodriguez announced with palpable excitement. "Many non-profits are unwilling to share a vision without merging; this is revolutionary. We want to be a model in helping communities stabilize as we help families persevere."

The campaign has already seen significant milestones. In September 2022, Bob Moore presented a \$1 million anchor gift in honor of his late wife, Laurie,



Christina Rodriguez



...continued on page 7

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The Scorching Truth: Extreme Heat is a Wake-Up Call to Act on Climate Change

By Ben Jealous

Are you one of the more than 100 million Americans who live somewhere that was (or still is) under a heat advisory?

As I write these words, the mercury is soaring. The world is reeling from the deadly impact of extreme heat and weather events. This is climate change in action. We are living it. And the thermometer-busting temperatures are just the tip of the (melting) iceberg.

Jocelyn Richards of Manassas, Virginia is currently staying in Maine to escape the summer heat in the South. She suffers from Chronic Inflammatory Response Syndrome (CIRS) from past exposure to mold. Heat is a major trigger for her due to Mast Cell Activation Syndrome (MCAS), a common component of CIRS.

Richards says, "Not only is the heat itself a major trigger, but heat releases VOCs [volatile organic compounds] from asphalt. It becomes unbearable to even take a walk outside or run errands because it's so difficult to breathe from the VOCs in the air. Along with other MCAS symptoms triggered by the heat like tachycardia, high blood pressure, and dizziness, it can quickly turn into a medical emergency if I'm out in the extreme heat for even half an hour."

Richards is still looking for a permanent place to reside with mild temperatures and low levels of the environmental toxins that also trigger her



illness. And stories like hers are increasingly common.

A host of illnesses are caused or dangerously exacerbated by extreme heat. Air quality is generally worse during periods of extreme heat. Ground-level ozone – the main component in smog – presents one such threat. It is produced when pollutants, like those from burning fossil fuels, react with heat and sunlight. The stagnant, hot air during heat waves worsens ozone pollution.

The infamous 2022 summer heat wave in Europe is now thought to be responsible for up to 70,000 excess deaths, with ozone pollution playing a big part. Julie Nicely, an atmospheric chemist at the University of Maryland who worked on a report on the 2022 heat wave, noted the mix of conditions created by such a heat wave "is very bad for the lungs and the cardiovascular system. It's just very unhealthy."

Then there is the smoke from wildfires. In addition to the destruction they cause, wildfires are making it harder for millions of Americans to breathe. It is a problem that is getting worse with longer, hotter fire seasons – another feature of climate change. The still-burning Post Fire northwest of Los Angeles is just the most recent high-profile fire in California to get national attention. And wildfire smoke has now become an issue for even more parts of the country.

At one point last summer, Chicago officially had the worst air quality in the world. Other major American cities across the Midwest and East Coast were similarly impacted, as smoke pollution from Canadian wildfires poured over the continent. The threat of a repeat this summer is still there. Wildfires in Canada are still raging, and experts say the 2024 season still could be as bad as or worse than last year's.

In places where the wildfires occur, once the flames subside, flooding becomes a threat. According to the National Oceanic and Atmospheric Administration (NOAA), the removal of trees and shrubs increases the speed and volume of runoff and hot fires can "create a water-repellent layer of topsoil, which further amplifies runoff volume and speed," increasing the risk of flash floods.

The heat itself dries out the ground and makes water absorption more difficult, which creates a threat of flash floods. And as the National Institute of Environmental Health Sciences points out, "Warmer air holds more moisture, resulting in heavy rainfall, snowstorms, and flooding." And "warming seawater can fuel stronger, more destructive hurricanes." NOAA predicts an 85% chance of an above-normal hurricane season this year.

Beyond the threat of hurricanes along our eastern and southern coasts, inland storms are a growing threat for more and more Americans. The regions impacted by serious tornados are expanding. And once-rare derechos, another kind of incredibly destructive windstorm, are becoming more frequent.

Sadly, the list goes on. Around the world, threats from increasing temperatures include: rising sea levels, food insecurity from the loss of land suitable for crop cultivation, increased risk of infectious disease outbreaks and another pandemic like COVID-19, and the extinction of pollinators that sustain the natural life cycles on which we all depend. But although the situation is dire, we cannot give in to despair.

We must invest in climate-resilient infrastructure and support communities most affected by climate change. The more than \$1 billion investment by the Biden-Harris administration to expand shade-producing and air-cleaning tree canopies in cities across the country is one example. I was recently in Michigan with US Department of Agriculture Undersecretary Homer Wilkes to promote the many benefits of the urban forestry initiative in that state.

At the end of the day, though, when it comes to the cascade of devastation caused by rising temperatures, there can be no substitute for tackling the climate crisis head on. First and foremost, that means hastening our transition from an economy that runs on fossil fuels to one powered by clean, renewable energy. The extreme heat and weather events we're experiencing are not only a wake-up call. They are an immediate call to action to redouble our efforts towards that transition.

Ben Jealous is the Executive Director of the Sierra Club, former CEO of the NAACP and a Professor of Practice at the University of Pennsylvania.

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Juneteenth Forever

By June Boyd
Guest Column

Recently, we celebrated Juneteenth. In February we welcomed Black History Month, and in December, 2023 we lit the candles for Kwanzaa. Has anything changed??

Our people are still dying at the hands of gunmen. Many parents are not attending to the needs of their children. Too many teens are smoking weed and breeze. Envy is rampant among each other.

I want to reach out to the 14-year-old teen who told me her father had 35 kids when I asked her how many brothers and sisters she had. She said her mother had four. I wonder how all of those different mothers are feeling today?

As we acknowledge our heritage; we need to all go back to the basics of the struggle wherein some of the strongest and most notable men and women such as Frederick Douglass; Harriet Tubman, Mary McLeod Bethune, Sojourner Truth, Martin Luther King, Rosa Parks and so many, many others fought for our freedom and set an example of what we must do to survive.

Murder and violence has never been in our DNA. There needs to be a truce



among the gangs and those who want to kill. Put down your guns.

The basic love and respect has been overlooked too many times among our youth. How can we get it back? As Rodney King once said: "Can't We All Just Get Along?"

At each celebration whether it is Black History Month, Kwanzaa or Juneteenth, I reflect on the past and how we got here on the shoulders of our ancestors who made a difference. I also ponder on what will it take to make us realize we are in a constant struggle together and nothing will happen unless we seriously pick up the torch and stick together to earn the equality we deserve.

The power in the African American community depends on us. Many times people have said Black History Month should be longer than one month. Kwanzaa has seven principles we are compelled to exhibit: Unity, Self Determination, Collective work, Responsibility, Cooperative economics, Purpose,

Creativity and Faith; Is this a Reality?

In order to celebrate our freedom, Juneteenth forever and our heritage, we must act as if it were an emergency in maintaining our equality and freedom then We Shall Overcome.

Rattling the Stars... continued from page 5

who shared a passion for giving children a better life. This generous donation set the tone for what is to come, as explained by Marten: "Like Mom's House and The Pregnancy Center, Laurie had a burning passion for raising, caring for, and giving children a better life. And because of that, we couldn't think of a better name for this special initiative than Laurie's Place."

Building Towards the Future

The partnership is not just about creating a new facility; it's about ensuring that the community supports its youngest and most vulnerable members. Rodriguez set a bold timeline for this vision: "We feel confident in our goal of opening Laurie's Place by Mother's Day 2025." This commitment underscores their determination and the urgent need to provide resources to those who need them most.

Marten also stressed the importance of community involvement, stating, "As a community, we must all come together and realize we cannot be satisfied until the children are well." This call to action highlights the broader mission of both organizations: to rally the Toledo community around its children and families, fostering positive and lasting change.

The Power of Community

The groundbreaking ceremony for the new location was more than just a formal announcement; it was a powerful gathering of community spirit. Government officials, local leaders, donors, and supporters came together, symbolizing the collective effort required to bring about meaningful change.

"This partnership represents a new chapter in our commitment to serving To-

ledo's families," Marten declared. "By combining our resources and expertise, we can better address the needs of expectant mothers and families, ensuring that they have the support and resources necessary to thrive."

Rodriguez added, "We are thrilled to collaborate with The Pregnancy Center to expand our reach and impact in the Toledo community. Together, we will be able to provide even more comprehensive support to single parents and families, empowering them with more opportunities for themselves and their children."

A Brighter Tomorrow

The vision laid out by Mom's House and The Pregnancy Center is not just about expanding facilities; it's about expanding possibilities. It's about creating a Toledo where every child has the chance to grow up in a nurturing environment, where every parent has the support to succeed, and where dreams are not just imagined but realized.

In the words of Rodriguez, "We believe when you build strong parents that raise capable children, it builds healthy communities." Laurie's Place, Mom's House and The Pregnancy Center are poised to do just that—build a brighter, more resilient Toledo, one family at a time.



Christina Rodriguez and the children celebrate the gift of shoes

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TPS Kids from *MLK Academy for Boys* “Expand” their Environment by Visiting the Charles H. Wright Museum in Detroit, MI

Special to The Truth

Dreaming of going to places outside your normal environment is often the activity of children. On May 7, kids from the fourth and fifth grade classes at the MLK Academy for Boys got a chance to leave Toledo and the state of Ohio to visit and tour the Charles H. Wright Museum of African American History in Detroit, MI.

The Charles H. Wright Museum opened in 1966 with the mission of opening minds and changing lives by exploring and celebrating African American history and culture. The students who visited the museum got to see, hear, and touch the history of African Americans and the challenges and contributions that they have made to American History.

Dr. Charles H. Wright, a Detroit-based obstetrician and gynecologist, felt inspired to create a repository of African American history and culture in a space for celebration and remembrance to inspire generations of visitors.

To help support the dreams of the MLK Students, members of Omega Psi Phi, Xi Tau chapter, in Toledo, OH, chaperoned the kids to the museum while facilitating the donation of entry tickets and lunch for the kids. Richard Langford of the Xi Tau Chapter said, “As men of Omega, we want to support and nurture young African American men in any way we can. Exposing them to new educational experiences is one of those ways we hope to help them see beyond their normal environment and start to understand what is possible for their lives.”

Shelia Cook, Community Outreach & Resource Coordinator and Family Liaison at MLK Academy for Boys, said, “Thank you to Omega Psi Phi Xi Tau Chapter for being a part of our Men of Distinction Mentoring program

at Martin Luther King Jr. Academy for Boys. They are doing a great job with our boys from our beginning of school Men of Distinction First Day of school event, to our Father’s Day event where they interact with our student’s fathers, grandfathers, uncles, and any man that is significant in our boys lives, and the Health Fair on the grounds of MLK.”

The students at MLK broke for the summer in early June and can dream about where they want to go next school season.



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The work that provided the basis for this publication was supported by funding under a grant with the U.S. Department of Housing and Urban Development. The substance and findings of the work are dedicated to the public. The author and publisher are solely responsible for the accuracy of the statements and interpretations contained in this publication. Such interpretations do not necessarily reflect the views of the Federal Government.

St. Paul MBC's Annual Vacation Bible School

By Dawn Scotland

The Truth Reporter

St. Paul Missionary Baptist Church held its annual Vacation Bible School June 5-7 from 6-8 p.m. The theme this summer was 'Camp Firelight' and lessons focused on the bible verse "Whenever I'm afraid, I will put my trust in you," Psalm 56:3.

...continued on page 14



First Lady Linnie Willis leads Young Adult Class



Secondary Class



Sis. Yvonne Gayle, chairperson of VBS speaks



Teenage Class



Pastor Willis presents donation of towels and swim supplies to Boys and Girls Club



Rev. Stanley Clark and youth from St. Paul MBC



Date: Friday, July 19, 2024

Time: 8:00 A.M. ET

Location: Toledo Museum of Art Glass Pavilion
2445 Monroe St., Toledo, OH 43620

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Terry Crosby
Taylor Automotive Family
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The Truth HEALTH



Dear Ryan

By Ryan Rollison

Dear Ryan,
I have been trying to lose weight and I hear and read many different opinions on how and when to do my cardio. I know someone who went to you and lost quite a bit of weight. I would like your opinion on it please and thank you.

MM



Dear MM,
I will start by saying everyone is different and may require different practices. I am a die-hard believer in sprints and fasted cardio above all other types of sustained cardio. I realize not everyone can sprint. Fasted cardio, the practice of performing cardiovascular exercise on an empty stomach, usually after an overnight fast, is often used for its potential benefits in fat loss. I will list a few benefits of fasted cardio for you to see.

1. ****Enhanced Fat Burning****: When you exercise in a fasted state, your body's insulin levels are low, which facilitates the mobilization of fatty acids from adipose tissue. As glycogen stores are depleted, the body turns to fat as its primary fuel source, potentially leading to increased fat oxidation compared to exercising in a fed state.

2. ****Improved Insulin Sensitivity****: Regular fasted cardio can enhance insulin sensitivity. This means your muscles become more efficient at absorbing glucose for energy, which is beneficial for overall metabolic health and can reduce the risk of type 2 diabetes.

3. ****Growth Hormone Release****: Fasted exercise can stimulate the release of growth hormone, which plays a crucial role in muscle preservation and fat metabolism. Elevated growth hormone levels can aid in fat loss and muscle maintenance.

4. ****Convenience and Habit Formation****: For many people, fasted cardio can be easily integrated into their morning routine, making it more likely they will stick with it. This consistency is key to achieving long-term fitness goals.

5. ****Increased Mitochondrial Efficiency****: Exercising in a fasted state can improve the efficiency and number of mitochondria in your cells. This enhances your body's ability to produce energy, which can improve endurance and overall performance.

6. ****Mental Benefits****: Some people report feeling more alert and focused when they exercise first thing in the morning before eating. This mental clarity can carry over into other areas of life, enhancing productivity and mood.

However, I am no doctor and If you have any health issues you should check with your PCP first. Anyone who has read my articles knows I advocate for weight training to burn body fat more consistently than cardio. A balanced approach is best but if I had to choose one over the other for fat loss it would be weights. There are many studies supporting my statement. Please do your research and find the approach that best fits you.

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A Mental Health Moment

Mental Health During Summer Break: Tips for Parents and Caregivers

By Bernadette Joy Graham, MA, LPCC, LLC

The Truth Contributor

As the winters seem to move at a snail's pace here in Ohio, summers fly by and if parents and caregivers are not careful, the whole family can be at risk for losing out on a time to nurture mental health during the break from school routines.

Towards the end of the school year, students are testing, taking final exams, as well as those preparing for prom and graduation events and celebrations with family and friends. Parents and caregivers may have had carpools for transportation, lost vacation days during the school year due to illnesses going around, rearranging schedules for students involved in athletic practices and games.

A major worry is what to do with kids who normally spend a full day in school during parent work hours but now while school is out of session, work does not stop, the bills need to be paid and all is great if there are other family members or those in your support system with whom children may stay.

And let's not forget the single parent who is bound to the legalities of their child or children spending summer vacation with their other parent in another state and the time, energy, effort and money it takes to go back and forth. While it may seem like a break to not have to be on the yearly school routine of packing lunches, taking off for student teacher conferences, transportation and the infamous "oh yeah I forgot basketball practice starts today at 5" but you work till 5:30, our children are missed and worry can set in for both parent and child. An academic school year provides a routine which is healthy for growing children. It also provides a healthy mindset to parents and caregivers as it's one less worry when running a household.

As summer moves along, parents and caregivers may also focus on planning activities and outings for their children. Not all families have financial means to visit an amusement park in Florida, yet it's crucial not to overlook the importance of nurturing family mental health during this break from school routines.

To support your child's emotional well-being during the summer months:

Maintain Routine: While summer break allows for more flexibility, maintaining a consistent routine provides a sense of stability for children. Create summer wake-up times, mealtimes, and bedtimes to maintain a sense of structure.

Engage in Outdoor Activities: We know how fast the summer months pass so encouraging outdoor activities will reduce stress and improve mood. Plan walks together in the neighborhood or downtown areas near the water. Visit nearby parks with playgrounds, and/or bike trails or simply play some outdoor games in the backyard.

Reduce Screen Time: Children will be tempted to spend more free time in front of screens. Discuss and set boundaries and encourage and provide other activities such as reading, arts and crafts, even chores and responsibilities that align with their maturity level and abilities to maintain safety.

Promote Healthy Habits: Ensure nutritious foods are available in the home that do not need to be cooked such as fresh fruits, quick snacks like cheese sticks, yogurts, cereals and jello. Heating leftovers or warming foods in a microwave, if adult supervision is available or a child is mature enough to use on their own. Children need to stay hydrated. While children are usually great fans of sodas or sweetened drinks, water and milk are efficient or unsweetened fruit juices. A healthy diet greatly impacts mood and energy levels of both adults and children. Try to involve children in planning meals, finding recipes and even preparation of food to begin and maintain healthy habits.

Encourage Open Communication: If you are a parent you are very familiar with asking your children what did you do today? and they respond "nothing." Stress levels and negative moods affect our children more than we know. They may ask "what's wrong?" and a common response also from the parent is "nothing." If children are avoided during times of stress they may begin to feel responsible. Life is not perfect and there are times parents may

feel uncomfortable or feel weak expressing their own emotions; emotions that a child cannot comprehend but at least let them know a basic emotion such as sadness, frustration, or anger and reassure them that it is okay to share their emotions and that everyone has them. Create a safe, supportive environment. Listen actively and provide validation, guidance and even coping mechanisms for your child.

Create Fun and Relaxing Activities: Just like adults need downtime for relaxation and even creativity, children need it even more especially during the summer. Schedule time together and try new things together like planting a garden, or creating a backyard sandbox. On rainy summer days/nights bond with movie nights, board games, music and dancing or storytelling.

Look for Signs of Stress or Anxiety: Take time to assess for changes in your child's mood, energy level and behavior. Irritability, outbursts, changes in sleeping or eating patterns, isolation and withdrawal from activities can be signs of serious issues. Let your child know they can trust you and you want to protect them and keep them safe with compassion and empathy. Seek professional support if needed.

Practice Self-Care: Parenting is demanding all year round. Regardless of your family dynamic of single parent, two parent home, blended families or caring for a child that is not your own, prioritizing your own mental health is imperative. Take breaks, seek support from family, friends, and organizations such as a church, youth organizations, and neighbors who also have children or grandchildren. Do things that bring you joy, peace and relaxation. You should also seek professional support from a mental health care provider if feeling overwhelmed or need to vent.

Supporting children's mental and emotional well-being during the summer makes a big difference in promoting a happy and healthy family overall. Children deserve to have a childhood of comfort, safety, love, support, health and consistency. It's the least we can give as they did not ask to be here. It's wonderful to hear clients who come into my office and share what great memories they experienced during their childhood. While summers go by quickly, childhood seems to leave us in a blink of an eye. What will your child say about his or her childhood when they are one day soon an adult?

For professional mental health care for children (Registered Play Therapists), adults, or families visit 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.

Some local summer programs for children:

- <https://toledosummerecamps.com/>

- <https://toledo.oh.gov/summer>

- <https://toledoparent.com/guides/local-camp-guides/2024-summer-camp-guide/>

- https://www.tps.org/discover_tps/news/youth_summer_blast_pass_2024

- <https://theartscommission.org/projects/summer-programs-for-youth>

- https://www.tps.org/community/boys_girls_clubs_of_toledo

Bernadette Joy Graham, Licensed Clinical Mental Health Therapist and Certified Grief Recovery Specialist can be reached via Email: graham.bernadette@gmail.com

For Appointments: 567-234-7849

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

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Berry Month

By Patrice Powers-Barker, OSU Extension, Lucas County

The Truth Contributor

July is National Berry Month. MyPlate reminds us that all food and beverage choices matter. Eating foods such as berries, instead of other higher calorie foods, may help lower overall calorie intake. Additional nutritional benefits include:

- Berries are filled with vitamins and minerals, many of which are classified as antioxidants.
- Antioxidants, help protect your cells from damage. Antioxidants help lower inflammation and reduce the risk of heart disease and certain types of cancer.
- They are also good sources of vitamin C, folate, vitamin K and manganese and potassium.
- Berries are high in fiber. Consuming foods high in fiber helps provide the feeling of fullness, lower cholesterol levels and promote gut health.

Not only are berries good for our bodies but they're also good for brain health. The antioxidants in berries help protect brain cells from damage and improve brain function. Berries can help increase blood flow to the brain and it helps improve memory and attention to tasks. Regularly eating berries along with other fruits and vegetables will keep the protective compounds in your body.

One positive thing about berries is that they taste great on their own. Other easy ways to add them to the diet are to add them to cereal or a smoothie. They can also be added to side salads or used for dessert. To get all the best benefits of these low-calorie options, make sure to limit adding sugar or high-fat products like pie crust or whipped topping.

In July, we have many options for fresh berries. Look for sales at the grocery store or find local berries at farm markets or farm stands. Another option is to look for a local pick your own option at a farm. Fresh berries do have a short shelf life. Refrigerate fresh berries until ready to use them. Do not wash them until it's time to serve. Then wash them using cool, running water. If it's easier to enjoy frozen or dried berries, you will still get nutritional benefits.

Here are a few tips for freezing berries and using frozen berries in easy recipes.

- To freeze fresh berries (see note below about blueberries): wash, drain well and pat dry with a clean towel. Use a baking sheet and freeze a single layer of berries. If you'd like to put a piece of wax paper down, it makes it easier to remove them from the baking sheet. Once the berries are frozen firm, take them off the baking sheet and put them in freezer bags or containers. The advantage of freezing them first in a single layer is that they are not all frozen together and you can pour out what you need instead of having to use an entire freezer container at once.
- Note on blueberries: blueberries are the one berry where it is recommended to not wash before freezing. Although this sounds unusual, it can make the skin of the blueberries much tougher. When ready to use the frozen blueberries, wash them under cold running water before eating.
- When making pancakes or waffles, pour the batter on the griddle or waffle iron and then add blueberries. This will make it easier to flip and will look nicer. If frozen blueberries are used, it will take a little longer to cook.
- You can add whole frozen berries to other baked goods. Gently fold the frozen berries into cakes, pies, and muffins just prior to baking.

This berry dessert can use any favorite berries (fresh or frozen) or a mixture of berries and it comes from California Polytechnic State University. It serves six people.

Berry Crumble Dessert

Ingredients:

- 3 cups blueberries, raspberries or blackberries (or 16 ounces frozen berries)
- 2 tablespoon lemon juice
- 2/3 cup packed brown sugar
- 1/2 cup whole wheat flour
- 2/3 cup oats
- 1/3 cup butter
- 3/4 teaspoon cinnamon
- 1/8 teaspoon salt

Directions:

1. Preheat oven to 375 degrees F.
2. Spread berries in a greased 8"x8" baking dish.
3. Sprinkle with lemon juice.
4. Mix remaining ingredients and sprinkle over berries.
5. Bake about 30 minutes or until topping is golden brown.
6. Serve warm, topped with vanilla frozen yogurt, if desired.

Interested in learning more about preserving your own food with canning, freezing and drying? OSU Extension, Lucas County is offering an in-person class. Join us on Thursday, July 11th, 3:00pm at 815 Front Street, Glass Center (in front of Glass City Metropark) to discuss and decide what home food preservation method is best for you! This session will focus on food safety, fresh produce, and resources for up-to-date food preservation in your kitchen. It is free but please reserve your spot: go.osu.edu/osugceec or call 419-574-0983. This lesson is part of the 2024 once a month program at the new Glass City Enrichment Center. OSU Extension offers different topics on the second Thursday of each month.

Information from Iowa State University Extension, University of Maine Extension, Nebraska Extension, and Rutgers Cooperative Extension.

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THANKS TO OUR CORPORATE SPONSORS:



Traveling without Moving: Essays from a Black Woman Trying to Survive in America by Taiyon J. Coleman

By Terri Schlichenmeyer

The Truth Contributor

One step forward, two steps back.

That's how it goes: every time you think you're getting a little ahead, something – or someone – yanks you back. You see a little light at the end of the tunnel, and it's a train. It feels like you can't win, but what're you gonna do? You can't quit. As in the new book *Traveling without Moving* by Taiyon J. Coleman, you just have to keep going.

c. 2024
University of Minnesota
Press
\$18.95
160 pages

Like most Black children born after Martin Luther King was assassinated, Taiyon Coleman was “expected to be the fulfillment of... generations of struggle...” She hoped, at age eight, that being a writer would do it (“I just knew that I had a lot... to write”) but it didn't work out: she ran out of patience and candy after her first try. Living on the South Side of Chicago, the second oldest of five with a single mother, Coleman understood then that writing would be a struggle but she never let go of that dream.

When she was a child, during the school year, Coleman cared for her younger siblings and helped keep house for her mother, who barely held things together and died too young. Every summertime, Coleman and her eldest sister were sent to stay with grandparents in Illinois, near St. Louis; it was hot there but she could run and play with cousins and others she “was kin to.” Those annual trips, she says, became a sort of ancestor-fuel map for her growth. Her mother added to the many inroads, especially once Coleman understood her mother's hard life and sacrifices.

When it came time to choose a graduate program, Coleman visited a college in Alabama and saw Confederate flags everywhere, which went on the map, too. So did the racism she endured in college in Minnesota again

and again, the unfortunate miscarriage due to more racism, being the only Black family on the block in their Minnesota neighborhood, and being told that her use of Black vernacular would keep her from being published...

That last one. You almost want to say, “HA!” now, don't you? And you will, for more reasons than one, while reading *Traveling without Moving*.

Because here's the thing: author Taiyon J. Coleman is funny, taking readers from her grandma's living room and Coleman's feisty, foul-mouthed eight-year-old self; to being a teacher, writer, and mother of three; with laughing at Rush Limbaugh in between. And yet, the humor is only icing on the cake: the better parts of this collection of autobiographical essays are the knife-sharp comments and observations of life as a professional Black American when white America won't give up the 1930s. This is told with proudly-embraced irony and sarcasm, which turns out to both coat the anger a little and to delight readers, even its most seething moments.

You'll also particularly enjoy Coleman's style: it's conversational with plenty of asides, like talking with a friend – but it's also pay-attention serious and you'll like that, too. *Traveling without Moving* is a quick and forward read.

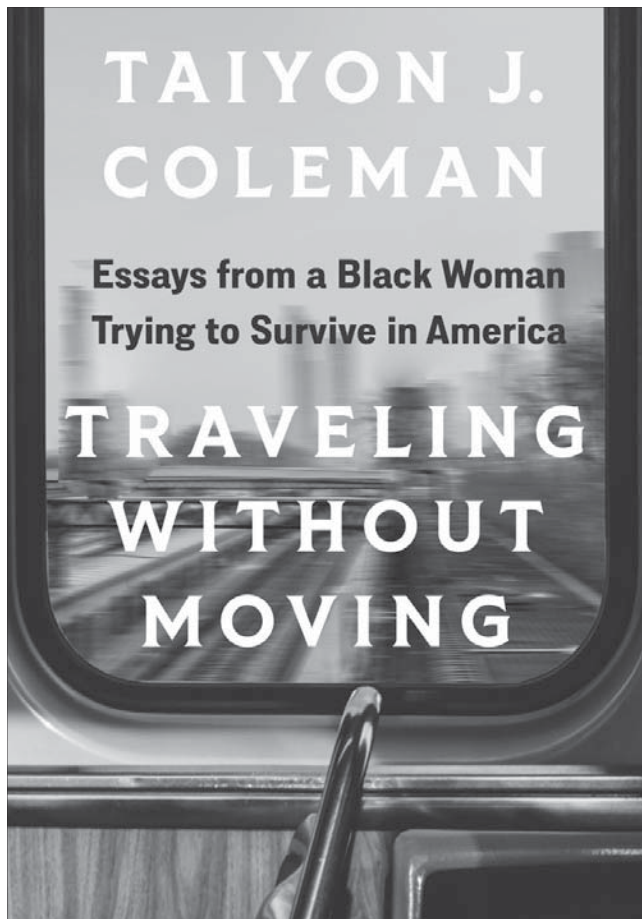
Rep. Grim Hosts Press Conference to Announce \$650K to the SeaGate Food Bank

Funding was granted through the One Time Strategic Fund

State Rep. Michele Grim (D-Toledo), last week held a press conference regarding the allocation of \$650K to the SeaGate Food Bank.

“Organizations like SeaGate are the bedrock of our community, providing resources for community members when they may have nowhere else to turn. I am proud to have fought for their inclusion in this year's capital budget, ensuring they are able to refurbish a deteriorating façade and double their capacity for frozen food items. These upgrades will empower those on the frontlines to continue to serve Toledo day in, and day out,” said Rep.

... continued on page 14



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Summer Crisis Program Begins July 1

More than 44,000 Ohio households served in 2023

The Ohio Department of Development and Pathway Inc. are once again offering assistance to help Ohio's families stay cool during the hot summer months.

From July 1 through Sept. 30, income-eligible Ohioans can receive assistance in paying their electric bill, purchasing an air conditioner or fan, or making repairs to their central air conditioning unit through the Ohio Department of Development's Home Energy Assistance Summer Crisis Program.

The Summer Crisis Program assists low-income households or those that have a disconnection notice, have been shut off, are trying to establish new service on their electric bill, require air conditioning, or those with an elderly household member (60 years or older) who can provide physician documentation that cooling assistance is needed for their health. Qualifying medical conditions can include lung disease, Chronic Obstructive Pulmonary Disease, asthma, and others.

To qualify for assistance, Ohioans must have a gross income at or below 175 percent of the Federal Poverty Guidelines for a family of up to seven members, and 60 percent of the State Median Income for a family of eight or more members. For a family of four, the annual income must be at or below \$54,600.

Last year, the Summer Crisis Program assisted more than 44,000 households in Ohio, providing a total of \$13.4 million in benefits.

To apply for the program, clients are required to schedule an appointment with Pathway Inc. Appointments can be scheduled by calling 567-803-0010.

Clients need to bring copies of the following documents to their appointment:

- Copies of their most recent energy bills.
- A list of all household members and proof of income for the last 30 days or 12 months for each member.
- Proof of U.S. citizenship or legal residency for all household members.
- Proof of disability (if applicable).
- Physician documentation that cooling assistance is needed for a household member's health (if there isn't a household member over the age of 60).

Ohioans enrolled in the Percentage of Income Payment Plan Plus (PIPP) program who meet the above criteria may also be eligible for assistance towards their default PIPP payment, first PIPP payment, central air conditioning repairs, or may receive an air conditioning unit and/or fan.

For more information about the Summer Crisis Program, and what is

Juneteenth... continued from page 16

- Jerome O'Neal, Entrepreneur

Participants spoke with each potential funder for five minutes in rounds for the hour-long event. The BWSCD plans to host more speed funding events in the future to continue to nurture the black business needs in the community.

Black Wall Street Community Development is an organization established by local Black-owned media – The Juice 107.3 radio station, The Sojourner's Truth newspaper and Stalwart magazine. Started in 2023, the group has hosted a wealth of events and sessions to help empower the Black business community in NW Ohio.

The BWSCD mission statement "is to empower a community of business owners through activities such as mentorship, networking, leadership coaching and financial literacy initiatives for advocacy, support."

During April and May, the group hosted a five-part series of events for Black entrepreneurs on topics pertinent to success and viability in today's market. The sessions included such topics as "Scaling Your Biz," "Brand Strategy" and "Financial Snapshot." The session lead up to the epic speed funding event hosted this June.

To learn more about BWSCD visit Facebook @ Black Wall Street Community Development.



Kathryn Tucker, Shawn St. Andre, Jerome O'Neal

needed to apply, contact Claudia Rodriguez-Salazar at 419-242-7304 ext. 1155. Pathway's website is www.PathwayToledo.org. To be connected to your local Energy Assistance Provider visit www.energyhelp.ohio.gov or call (800) 282-0880.

The Ohio Department of Development empowers communities to succeed by investing in Ohio's people, places, and businesses. Learn more about our work at development.ohio.gov.

Rep Grim... continued from page 13

Grim.

This funding will be used to completely demolish and refurbish the façade of the Food Bank. Additionally, funds will be used to build storage and install an additional freezer. This would double the freezer capacity that SeaGate currently has and allow them to accept many more frozen donations.

The One-Time Strategic Community Investment funding is thanks to Rep. Grim's support of House Bill (HB) 2, the state's record-setting \$6.2B biennial state capital budget, which allocates funds to local projects statewide.



St. Paul... continued from page 9

"This vacation bible school marked a new beginning because of the fact that school is out and it gives us an opportunity to corral our children," stated Rev. James H. Willis, Sr., senior pastor of St. Paul MBC.

"We want to coral them and give them some spiritual background because this unfriendly world will be trying to attack them but with them coming into Vacation Bible School, they were all taught on one accord and it makes an entire difference in what the rest of their summer will be like," he stated.

Students young and old learned about trusting God through difficult circumstances. The classes studied biblical figures such as Ruth and Jacob as well as accounts of Jesus' word from the Gospel. The engaging lessons encourage all attending to lean on the Lord and deepen their faith.

Following the lessons the participants fellowshiped with homemade food provided by the church. Pastor Willis stated that there were 75 participants Wednesday Night, 67 on Thursday night and 51 Friday night.

Upcoming youth events at St. Paul Missionary Baptist Church:

- Annual Youth Day - fifth Sunday in June - June 28

- Back-to-School Picnic Bash (Bookbag Giveaway) - August 24

St. Paul Missionary Baptist Church is located at 1502 N. Detroit Ave. Services are in-person and online on FB livestream every Sunday: Sunday School at 10am and Church Service at 10:45 a.m.



Rev. James Willis

CLASSIFIEDS

July 3, 2024

Page 15

BUS TRIP

Blue Chip Casino Trip. Sat, June 22nd also shopping at 47 store outlet mall.
Firekeepers Casino Trip July 6th and 7th. For more info contact Ms. Mixon at (419)901-1515.

Position Available:

Grant Writer



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Please visit ABLE's website at <https://www.ablelaw.org/careers-with-able/> to review full details for the position and apply.

ABLE is an Equal Opportunity Employer and places a high value on diversity in our workplace, including diversity in race, ethnicity, gender, sexual orientation, age, and physical ability. Applicants requiring accommodation for the interview/application process should contact the Recruitment Coordinator at ablejobs@freelawyers.org.

PUBLIC BID ADVERTISEMENT (ELECTRONIC BIDDING)

Electronic proposals will be received by the Board of Lucas County Commissioners of Lucas County, Ohio, at their office, One Government Center, Suite 800, Toledo, Ohio 43604 at **10:00 am** local time on **July 9, 2024** and opened immediately thereafter for the **Flood Hazard Mitigation Grant Home Elevation Project located at 11025 Dorr Street, Spencer Township.**

Specifications are to be downloaded from the Lucas County website: <https://www.bidexpress.com/businesses/36500/home>.

By order of the Board of Lucas County Commissioners of Lucas County, Ohio.
Pete Gerken, President
Lisa A. Sobecki
Anita Lopez

CHIEF EXECUTIVE OFFICER (CEO) POSITION AVAILABLE AT PATHWAY INC.

Pathway Inc., Ohio's number one community action agency, seeks a dynamic and visionary Chief Executive Officer (CEO) to lead our organization. Reporting to the Board of Directors, the CEO will provide strategic direction and organizational leadership and oversee Pathway's administration and programs. This full-time position requires a 40-hour workweek and involves collaborating with management to oversee various departments. Salary is commensurate with experience, and a comprehensive benefits package is included.

****Key Responsibilities:****

- Provide supervision and leadership to the organization's staff
- Manage the organization's finances, including budget development and fiscal oversight
- Develop and implement programs in line with Pathway's mission and goals
- Foster positive relationships with the Board of Directors, community leaders, and civic organizations
- Represent Pathway in various activities and forums
- Communicate information on programs and policies to the public and government officials
- Oversee facilities management
- Lead fundraising initiatives to secure financial support for Pathway's programs and services.

****Qualifications:****

- College Degree or nonprofit leadership experience
 - Proficiency in computer operations and programs
 - Strong public speaking and strategic analysis skills
 - Proven fiscal management skills
 - Comprehensive understanding of federal and state standards, auditing requirements, nonprofit structures, community demographics, grant management, and crisis intervention techniques
- Demonstrated success in fundraising and development, with experience in donor engagement and grant writing.

****Application Process:****To apply, please submit your resume and cover letter to Kristie Clark at kclark@pathwaytoledo.org (mailto:kclark@pathwaytoledo.org). We kindly request no phone calls. Pathway Inc. is an equal-opportunity employer.

SCOTT CLASS OF '69

Calling all Scott class of 69 alumni. Our 55th reunion will take place on Saturday and Sunday, August 10 and 11. Please call Evelyn at 419-4906851 or Tommy Johnson at 419-7041835 ASAP. So we can update your info and send your reunion information and registration packet. Looking forward to a wonderful reunion. Hope to see you there!

Scott class of 69 reunion committee



CONSTRUCTION SPECIALIST

Be a part of something incredible!

The Lucas County Land Bank is looking for a hard-working and capable Construction Specialist to join our team! The Construction Specialist works with our Director of Construction to manage our residential construction projects, support homeowners, inspect properties, estimate renovation costs, and oversee contractor relationships.

Annual salary of \$60,000 - \$75,000, depending on experience. Very generous benefits, including high-quality health care coverage, significant paid time off, a retirement plan with competitive employer match, and a company-provided vehicle. The Lucas County Land Bank is a non-profit organization working to build and strengthen our community's neighborhoods. Since our founding 14 years ago, the Land Bank and its energetic staff have renovated almost 1,000 properties, completed hundreds of construction projects, demolished thousands of blighted buildings, and made countless contributions to the stability of Lucas County neighborhoods and residents. To learn more and to apply, visit lucascountylandbank.org

Position open until filled. The Lucas County Land Bank is an equal-opportunity employer.

Call to place your ad:

419-243-0007

www.TheTruthToledo.com

A Juneteenth Speed Funding Event

By Dawn Scotland

The Truth Reporter

On Thursday June 13, The Black Wall Street Community Development hosted a Juneteenth speed funding event at TTEC at 6 p.m. The event, in partnership with Toledo JuneteenthNY, linked entrepreneurs to potential funders to help catapult themselves into the next level of their businesses.

Entrepreneurs, nonprofit owners, contractors alike had a chance to meet with and present their business pitches and plans to experts in the industry to match them with potential funding. The funders included both traditional and nontraditional funders.

Funders included:

- Marcus Goolsby LISC (Local Initiatives Support Corporation)
- Shawn St. Andre, PNC Bank
- Kathryn Tucker, Fremont Federal Credit Union

...continued on page 14



Marcus Goolsby of LISC



The Black Wall Street Community Development Organizers - Stayce Fowler of Stalwart Magazine, Deb Hogan of The Juice 107.3 Radio, Kristie Knighten of KpK Unlimited, Toni Battle Gaines of The Juice, Fletcher Word of The Truth



Kristie Knighten (left) and Kathryn Tucker



Shawn St. Andre discusses funding opportunities



Jerome O'Neal discusses options with entrepreneurs

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AT TOLEDO URBAN FEDERAL CREDIT UNION & TICKETMASTER!
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MONROE BRANCH- 3053 MONROE ST., TOLEDO OHIO 43606

PERFORMANCES BY

Comedian **KELLY Williams**

Multimedia Creative **JODIE L. Summers**

Saxophonist **MIKE Williams**

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