

Volume 85 No. 7

“And Ye Shall Know The Truth...”

September 4, 2024



Lisa Dubise, EdD, HR Director of Employee Relations & Professional Development at BGSU

In This Issue...

Perryman
Page 2

St. Paul MBC Summer Picnic
Page 8

Healthy Eating
Page 10

Book Review
Page 13

Tolliver
Page 3

Assets Toledo and Voting
Page 8

Healthy Fitness
Page 11

Masons Bookbag Giveaway
Page 15

Cover Story: Lisa Dubose, EdD
Page 5

Pathway's Sisters United
Page 9

Mental Health
Page 12

Barbershop Back to School Events
Page 16

What If?

By Fletcher Word
The Truth Editor

Politics is the art of the possible.

– Otto von Bismarck



Grapevine rumblings concerning speculation about Toledo's future leadership are intensifying with the fast-approaching November ballot, deciding whether Mayor Wade Kapszukiewicz can pursue a third term.

If voters reject the proposed charter amendment and the mayor is denied a third term, we can expect a wild-west-like free-for-all with several potential candidates ready to jump into the fray.

Notably, it is an open secret that Toledo City Councilmen Nick Komives, John Hobbs III, and Councilwoman Carrie Hartman will likely run to succeed Kapszukiewicz if the legislation for term limits does not pass.

Komives has been a staple in Toledo's political scene and is known for his progressive policy initiatives. However, he may face challenges from the Building Trades and the business community that have not favored him historically. Whether Komives can broaden his appeal beyond his current base to become a viable mayoral candidate remains to be seen.

John Hobbs is strategically positioning himself by increasing his visibility in the media and building political alliances, a tried-and-true formula for those considering a mayoral run. Carrie Hartman, a constant presence with current administration insiders, including Mike Beazley, is also rumored to be in the race. Hartman, too, has been more visible lately, attending events along with the mayor and advocating on various issues, although her stance on homelessness has faced criticism. Should the charter amendment fail, ex-



Councilman John Hobbs III



Council President Carrie Hartman



Councilman George Sarantou



Councilman Nick Komives

pect Hartman to be the "insider's choice" to replace Wade as the next mayor.

Councilman George Sarantou is another interesting name being floated who could receive strong backing. According to political insiders, the business community would likely support Sarantou over Hartman, Hobbs and Komives. In addition, the Building Trades have always endeared Sarantou. These endorsements are significant in local elections, creating a challenging dynamic for other potential candidates.

Local 92, the firefighters union, is also a significant player that could influence the outcome of the charter amendment. Their stalking and threatened opposition to Kapszukiewicz over ongoing contract negotiations could be a formidable obstacle if they decide to campaign against him and the charter amendment.

The firefighters have a history of shaping political narratives and creating pressure points, particularly during their grievances. If they do decide to oppose Mayor Kapszukiewicz's bid for a third term, it could pose a significant challenge for him.

The business community's perception of Toledo's economy is another critical factor. Currently, economic growth in Toledo is on a notable upswing, marked by a surge in business applications, a reduction in crime rates and an increase in trade exports and employment. According to a recent study by CoworkingCafe, Toledo ranks 20th among mid-sized cities in economic growth, highlighting improvements in the labor market, median earnings and local business investments.

Therefore, if Kapszukiewicz can secure endorsements from influential business leaders like Bruce Rumph and other high-profile figures, it could be a game-changer for him or any candidate looking to help balance the scales against potential Local 92 opposition.

Meanwhile, the stance of the African American community or other key demographics remains unclear where their support might land, adding another layer of uncertainty.

Navigating these complex dynamics will be crucial to Mayor Kapszukiewicz's gaining a third term. His response to the pressure of the firefighters' union will shape his chances to extend his time in office. Effectively framing his pursuit of the amendment as a move for future governance rather than self-interest could help. However, failing to manage the narrative may lead

... continued on page 4



Grow Your Business

SEPTEMBER 19TH | 1 - 4 P.M.

Toledo Lucas County
Public Library - Main Library
325 North Michigan Street

Attention Business Owners! The City of Toledo invites you to join them for their **Business & Supplier Empowerment Summit** on Thursday, September 19th from 1-4 at the Main Library. This is your chance to connect with industry leaders, learn about upcoming city projects, and discover resources to take your business to the next level. With hundreds of millions of dollars in infrastructure upgrades starting in 2025, the City of Toledo is offering unprecedented opportunities for local business owners. See you there!

Register today by scanning the QR code or visit toledo.oh.gov/business-summit

NFL TRAVEL PACKAGES
Detroit Lions vs Dallas Cowboys
OCTOBER 12-14, 2024
AT & T STADIUM, DALLAS TEXAS
Package Including Private Flight Available

BBB
Verified

Scan me

PACKAGE INCLUDES:
2 NIGHT HOTEL SHERATON ARLINGTON
TICKET TO GAME
PRE-GAME TAILGATE PARTY
PRIVATE FULLY GUIDED AT&T STADIUM TOUR
TRANSFERS, MORE

YUS

priced from \$795 per person*
More information call:
866-547-5362

History Repeats Itself

By Lafe Tolliver, Esq

Guest Column

In the Book of Revelation, the writer, John The Beloved, describes seven churches in Asia Minor that were indicative or reflective of the state of the Christian church at that time.

What is also prophetic is that some of the characteristics of those seven Asia Minor churches speak to the mindset of those believers who, for the reasons stated therein, "left their first love" (Jesus, the Christ) due to facing tremendous oppression by the Roman governmental powers or just plain apostasy.

Some of those churches were fighting the good fight of faith and some were being diluted in their faith pronouncements due to the stealth infiltration of the wickedness of the surrounding culture and the deceit of false brethren.

Some of the churches were encouraged to rid themselves of their flagging faith and moral depravity and to re-center themselves in the doctrines that were first delivered to them by the early church apostles.

Only the church members at Philadelphia were richly affirmed by the writer of Revelation for their uncompromising stance on what was right and what was evil. And this boldness was in spite of the fact that they were suffering intensely for their stand on righteousness.

Jesus commended them and encouraged them with the statement that they will be richly rewarded for their resolution to stand fast, and they would soon inherit the eternal prize for their striving to follow the marked-out racecourse.

When you read the Book of Revelation, you will notice that the church at Ephesus was infiltrated by a godless sect of people who were hell bent on destroying truth, which subsequently caused that church body to be of no effect in their witness.

Those church members were infected with a doctrinal poison of being told that their beliefs were of no consequence and as such they should adopt the beliefs of the influential and worldly heretical group, the Nicolaitans.

In spite of their laxity in not adhering to proper doctrine, those church members still had a choice to remain faithful and true to the message of the Apostles or they could seek out and find other personalities that would speak into their itching ears, heresies that were more compatible than holding the line by speaking truth to error.

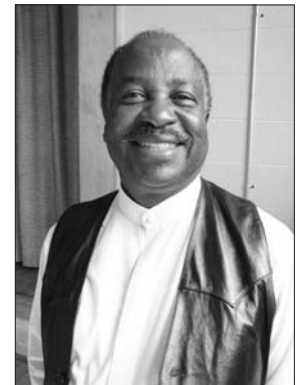
Now, get in your time machine (the RJ-3 model now available at Amazon Prime) and travel from the time of Revelation to the current date and witness the bizarre posture of portions of the white evangelical church members as they spin out of control and have exalted Donald Trump to a nigh savior status.

A cursory reading of some of their literature articulates a Bible heresy that Donald Trump is God's man for the hour and for this nation. No facts just their repeated mantra that Trump will be that personality who will deliver them into a New Promised Land where white evangelicals will reign supreme over those "others" who have been told by Trump that they are poisoning America.

The sum and substance of their fervent hope is that Trump will restore all things to their "natural state" and that MAGA will morph into male White Christian rule (as they define it), even though the Scriptures clearly indicate that such an entwinement with earthly political machinery is not their mission or job description.

For the MAGA/white evangelical, equating Donald Trump with near sainthood, despite his life and character that bespeaks of evil personified, is their way of soothing their

... continued on page 6



Paint each Other

Sip & paint by Nikola Colours Arts

Pure love and fun while painting each other

The Truth Colours Gallery
7E Bancroft St
Franklin n, Bancroft

Sat 14 Sep 24
\$20 5pm

Nikolacolours Facebook
347-286-9227 The Truth Colours Gallery

Community Calendar

September 5

The Kwanzaa Park Neighbors Monthly Neighborhood Meeting: 6 to 7 pm; Padua Center; Guest speaker Angela Castillo of UTMC on traffic safety; TPD crime statistics for neighborhood

September 6

Toledo Realists Networking Event: Toast & Tap Restaurant and Lounge; An evening of casual networking and community building; 5 pm: www.toledo-realists.org

September 14

Toledo Museum of Art Block Party: 3 to 7 pm; Live performances, interactive art-making, artistic demonstrations; Block party will extend over entire 37-acre grounds including Glass Pavilion, Edward Green Beau-Arts Building

October 6

Studio 32 Nine Pop Up Shop/ K'Janee Boutique Sip & Shop: 4 to 7 pm; To be a vendor contact 419-535-1862

October 20

Savanna's Soul Kitchen Steps Brunch: 2 to 4 pm; Harmony House Cafe: 419-740-4579 savannasoulkitchen@gmail.com

Capital One's Bid to Create an Inclusive Financial System

By Brandon A. A. J. Davis, DMin, Senior Pastor of Historic Warren AME Church
Guest Column

As a pastor serving a predominantly Black and historic congregation in Toledo, I've seen firsthand how lack of access to capital and financial services can hold back hardworking families and small businesses. That's why I'm so encouraged by Capital One's newly announced \$265 billion Community Benefits Plan. This historic commitment launched in connection with Capital One's bid to acquire Discover has the potential to lift up low- and moderate-income communities across the nation. To provide for them an opportunity to advance their financial well-being within society.

For too long, many of our neighborhoods have been underserved by mainstream financial institutions. Predatory lenders have filled the void, trapping people in cycles of debt. Small businesses struggle to get the loans they need to grow and create jobs. Aspiring homeowners face barriers to building generational wealth. Capital One's plan directly addresses these systemic issues with targeted investments and innovative programs.

I'm particularly excited about the \$200 billion earmarked for consumer lending to low- and moderate-income individuals. This will expand access to responsible credit cards and auto loans, helping families weather financial emergencies and access reliable transportation to get to work or school. The commitment to unsecure 90 percent of secured credit card accounts in good standing after two years will help many rebuild their credit and graduate to mainstream financial products.

The \$15 billion for small business lending will be a game-changer for minority entrepreneurs in our communities. I've counseled countless congregants with great business ideas who couldn't get a traditional bank loan. Capital One's partnership with Community Development Financial Institutions (CDFIs) to provide below-market rate loans and wrap-around services will nurture a new generation of job-creating enterprises.

As someone deeply involved in affordable housing efforts, I'm heartened to see over \$35 billion dedicated to this critical need. The additional support



Pastor Brandon A. A. J. Davis

for down payment assistance, home repairs, and foreclosure prevention will help many in our community achieve the dream of stable homeownership.

What sets this plan apart is how it was developed. Capital One didn't craft this in a boardroom vacuum. They engaged in extensive dialogue with grassroots community organizations who truly understand local needs. Groups like the National Association for Latino Community Asset Builders, NeighborWorks America, the Opportunity Finance Network, and the Woodstock Institute were key negotiating partners.

These respected nonprofits pushed for commitments that will make a real difference - like maintaining 30 percent of bank branches in low- and moderate-income areas, expanding pro bono technical assistance to community groups, and increasing support for minority-owned businesses. They ensured the plan addresses crucial issues like responsible AI development and advocacy for equitable financial policies.

Of course, a plan is only as good as its implementation. That's why I'm glad to see the commitment to regular reporting and ongoing engagement with community advisors. As faith leaders, we'll be watching closely and holding Capital One accountable to these promises.

There's still much work to be done to create a truly inclusive financial system. But this Community Benefits Plan represents a major step in the right direction. It demonstrates how banks can be a positive force in creating economic opportunity for all.

My hope and prayer is that other financial institutions will follow Capital One's lead and make similarly bold investments in underserved communities. Our congregations and neighborhoods are full of talented, ambitious people. With expanded access to responsible financial services and capital, there's no limit to what they can achieve for the overall equity of our shared communities.

Perryman...continued from page 2

to further challenges or doom the passage of the proposed charter amendment.

The timing of the city council races also adds complexity. At-large members like Hartman and Komives must decide between running for council or mayor, potentially forcing them to invest all their political capital into one high-stakes bid. Additionally, a figure like Tom Waniewski could leverage name recognition from his race against Pete Gerken for county commissioner and disrupt the status quo.

Yet, the what-if scenarios continue. One also wonders whether longtime Lucas County Commissioner Pete Gerken will run for mayor should the charter amendment fail to pass.

For certain, November can't get here fast enough as the coming months will be telling as speculation, debate, and strategic moves reveal the priorities and direction Toledo voters envision for their future.

Contact Rev. Donald Perryman, PhD, at drdperryman@centerofhope-baptist.org



Calling all filmmakers, actors, and creative minds!
INFUSE NETWORK, Your destination for fresh and captivating content is now streaming absolutely FREE on Roku device.

Dive into a world of unique movies, shows and stories waiting to be discovered.

But that's not all!
INFUSE NETWORK is seeking talented individuals to join our growing family.

.Content Creators:

Do you have a story begging to be told? We're looking for passionate filmmakers with original content to submit for consideration.

.Models & Actors:

Are you ready to shine on screen? We're seeking captivating models and actors to bring our commercials and television shows to life.

Fuel your imagination and share your vision!
For more information and submission guidelines.

Email us at millenniummediagroup@gmail.com
Call 419.514.1284

INFUSE NETWORK: Stream Free. Create Boldly

GLASS CITY GRIND

Saturdays @ 8 AM
Sundays @ NOON
Anytime on VOD

Find us on:

BUCKEYE Channel 69 BROADBAND

Facebook, Twitter, YouTube, Instagram icons

Why HR Matters: Lisa Dubose on How Human Resources Shape Company Culture

By Asia Nail

The Truth Reporter

When you think about what makes a company a great place to work, you might picture friendly coworkers, supportive bosses or even cool perks like flexible hours. But behind all these elements lies something that many don't often consider. **Human Resources**, or HR for short, is the backbone of thriving organizations, shaping the environments where employees spend much of their waking hours—at work. And one person who knows this field inside and out is **Lisa Dubose, EdD**, a dynamic HR professional with over three decades of experience. Dubose is HR Director of Employee Relations & Professional Development at Bowling Green State University

A Career Choice Rooted in People

Dubose didn't initially set out to pursue a career in HR. "Initially, I started my college coursework in the field of psychology," she explains. Her interest in understanding human behavior led her to explore how people interact within organizations. This natural curiosity about what makes people tick, coupled with her desire to create positive work environments, eventually guided her towards a career in HR. "For more than 30 years this has been my intentional career choice."

Dubose's journey is a testament to how HR is deeply connected to the study of human behavior. HR is not just about managing paperwork; it's about managing people, ensuring they feel valued and helping them grow. Her background in business administration, combined with her leadership experience, has undoubtedly enhanced her approach to HR, enabling her to bring a deeper understanding of human needs and motivations to her work.

HR might sound like just another department, but Dubose explains that it's much more than that. "It's simple, HR is not just the title of a department. Our work is effectively managing humans. From application to retirement, human resources is a key ingredient in the success of an organization and its people."

The Evolution of HR

Over the course of her career, Dubose has witnessed the transformation of HR. "Over my career, I can attest to HR growing as a professional field. We used to be called 'Personnel Management,'" she recalls. "We have grown from being transactional, where our primary purpose was to fill out new hire paperwork and sign employees up for benefits, to now HR professionals acting as business partners that help meet administrative goals."

In the past, HR was often viewed as a purely administrative function, responsible for tasks such as payroll processing and handling employee grievances. However, as businesses have evolved, so has the role of HR. Today, HR professionals like Dubose are integral to shaping company culture, driving employee engagement, and contributing to overall business strategy. HR is no longer just about managing people; it's about creating an environment where employees can thrive and where the organization

can achieve its highest potential.

HR as the Roots of a Thriving Organization

To understand the importance of HR, Dubose encourages us to think of a company as a tree. Just as a tree needs strong roots to grow and flourish, a company needs a solid HR foundation to support its growth. "It's simple. HR is not just a title of a department. Our work is effectively managing humans. From application to retirement, HR is a key element in the success of an organization and its people," Dubose says.

Without Human Resources professionals, a company would struggle to maintain a healthy work environment, leading to low employee morale, high turnover rates, and ultimately, a decline in productivity. HR professionals like Dubose play a crucial role in ensuring that the workplace is not only functional but also a place where everyone feels motivated and valued.

Working Together for Success

Dubose emphasizes that HR is not a one-person job. It's a collaborative effort that requires the input and cooperation of various professionals within the organization. "Every HR professional is valuable. We all work together collectively. We cannot operate as a silo; there is always overlap," she explains.

This collaborative approach is essential because HR functions are interconnected. For instance, recruitment efforts impact employee relations, which in turn affects overall workplace culture.

Teaching the Next Generation of HR Leaders

In her current role at BGSU, Dubose is responsible for enhancing the workforce through policies, programs, and processes. But her influence extends beyond Ohio. For the past six years, she's been teaching an accelerated HR Master's program at the University of Notre Dame. "The demographics of our student body are incredibly diverse. The university is very intentional in having a diverse student body, including both American and international students," Dubose shares.

This diverse mix of students brings a wide range of perspectives to the classroom, enriching discussions and providing valuable insights into how HR practices can be applied across different cultures and industries. "The wealth of knowledge and cultural influence has made the dynamics of discussion even more engaging and multifaceted," she adds.

Dubose's role as an educator allows her to shape the next generation

...continued on page 6



Lisa Dubose, EdD

Join Us!
Every Sundays at 5:30 p.m.
Let's FELLOWSHIP together - Acts 2:42

Worship EXPERIENCE

Dr. John W. Williams, Pastor

Eastern Star Missionary Baptist Church
2102 Mulberry Street, Toledo, Ohio 43608
(419) 726-1180, FAX: (419) 726-6240
E-mail: EasternStarMBC@aol.com
Website: www.drjwilliams.org

A Grant up to \$1,500 towards your Mortgage Closing Costs!*

DO YOU QUALIFY?

- Purchase of a primary residence located within State Bank's lending area*
- Must meet borrower or geography low- to moderate-income eligibility requirements*
- A signed purchase agreement must be presented to reserve funds

State Bank CARE Grant funds are limited, so **APPLY TODAY.**

statebank
YourStateBank.com

1900 Monroe Street, Suite 108
Toledo, OH 43604
419.508.0806

930 W. Market Street
Lima, OH 45805
419.228.3361

Member
NMLS 403044

Program subject to change with or without notice. Other restrictions may apply. Please see lender for complete details. Subject to credit approval.
*Actual amount applied at closing.
**Property must be located within one of the following counties: Allen Ohio, Allen Indiana, Defiance, Delaware, Franklin, Hancock, Lucas, Madison, Union, Williams, or Wood.
***Borrower income must be below 80% of the area median income, or property must be located in a low- to moderate-income census tract, as updated annually by the FFIEC (Federal Financial Institutions Examination Council).

Tolliver... continued from page 3

compromised conscience that maybe, just maybe, God is on the side of Trumpism.

For without Trump and his cult of Maga-ism, too many white evangelicals are left without political influence and power and the only alternative is to return to a life of submitting to the Word of God; and which Word does not empower or authorize them to get what they want and when they want it.

A god created in their image is fine for them because they want access to power, and they need an avatar who will be their general/messiah and who will thus smite their modern-day Philistines (aka: Democrats and left-wing media).

And what is God doing in all of this political and moral madness? He is allowing the free-will of any person, believer or otherwise, to choose their own crafted worldview; but also, to suffer the consequences of those choices. And if that choice means searing one's conscience and elevating Trump as God's man for this hour, so be it.

The Jesus as exemplified in the Gospel of Matthew, is for many MAGA "believers" a nice guy prophet spouting softie parables of, "loving your neighbor," "giving comfort to the alien" and "turning the other cheek."

Such statements, in their opinion, show weakness and thus are outright rejected.

But now. Too many white evangelicals have gone over to the religious dark side and, now, are at ease with searing their conscience and thus justifying their support of a person who is, for all practical purposes, according to his lifestyle and vile statements, a spawn of Satan.

Too harsh, you say? Read both the Book of Revelation and the Gospel of Matthew and then compare the verbiage and conduct of Trump and his belief that he is God's man for this hour.

Then reconsider your adoration and support of Trump, while at the same time you are professing a belief in Jesus the Christ.

Who now is winning your heart and mind? Contact Lafe Tolliver at tolliver@juno.com

HR... continued from page 5

of HR leaders, passing on the knowledge and experience she has gained over her career.

She is particularly proud of the impact she has had as a woman in education here diversity is still evolving. "As an African American woman, many students may have never had the opportunity to be instructed by someone that looks like me," Dubose reflects. "Being in this position not only adds value to me, but also influences how we all view HR and its importance to organizational success."

Adapting to New Challenges

As we all remember, the COVID-19 pandemic brought unprecedented challenges to the workplace, forcing organizations to rethink how they operate. HR professionals have been at the forefront of these changes, helping companies navigate the complexities of remote work, health and safety concerns, and shifting employee expectations.

2020, Dubose notes, "Brought new challenges to HR," pushing the field to adapt in unprecedented ways. "The pandemic brought with it the need to look at how we handle business in different ways."

Remote working was intended for that short time, but as we know now, many businesses have since re-evaluated the effectiveness of employees in remote and hybrid jobs. For both employers and workers alike, it's a win-win—businesses benefit from reduced overhead costs and increased flexibility, while employees enjoy a better work-life balance and the ability to work from locations that suit their needs.

A Career with Purpose

For those considering a career in HR, Dubose offers valuable advice: "If there is interest in the industry, just know this is a career, not a job. Join professional organizations such as the Society of Human Resources Professionals to gain insights on what is trending in our field. Also, certifications are available to expand your knowledge on all the facets of this field."

Dubose's passion for HR is evident in everything she does. For her, HR is not just a job—it's a calling. It's about making work a better place for everyone, understanding that behind every great company is a team of HR professionals working hard to support and uplift their colleagues.

As businesses continue to evolve, the role of HR will only become more critical. With leaders like Lisa Dubose, EdD, at the helm, Human Resources will continue to shape the future of work, ensuring that organizations are not just places of business, but communities where people can grow, thrive and succeed.

Experience the Glass City Difference!



- Easy to Join Online
- Full Service Banking
- Exclusive Member Benefits
- Loans for Every Need

GLASS CITY FEDERAL CREDIT UNION

Toledo • Maumee • Bowling Green
419-887-1000 • glasscityfcu.com

Loans subject to credit approval & membership eligibility. NMLS ID #445858

Federally insured by NCUA

We're working for you! glasscityfcu.com

JUNETEENTH TOLEDO

The Celebration of
BLACK KINGS

THURSDAY, SEPTEMBER 12TH | 5PM
TOLEDO CLUB 235 - 14TH STREET, TOLEDO, OHIO 43604

2 FOR 1 TICKET PRICE \$100



GET TICKETS NOW - GET TICKETS NOW
TICKETS AVAILABLE AT TOLEDO URBAN FCU



ACCULEVEL
YOUR FOUNDATION EXPERT

YOUR LOCAL FOUNDATION REPAIR AND WATERPROOFING EXPERT.

For a basement, crawl space, or slab foundation, we guide you on the right path to a healthy home.

Family owned and operated since 1996, we treat your home like our own.



OUR SERVICES

- Cracked or Bowing Walls
- Sump Pumps
- Settling Foundations
- Waterproofing & Encapsulation
- Concrete Leveling
- Sagging Floors
- Crawl Space Repairs

CALL FOR YOUR FREE HOME INSPECTION 855-933-1343



ACT NOW!
UP TO **\$600 off***

Offers can't be combined. Minimum purchase required. Please call for details.

94%

*10% off any job over \$3,000. Up to a maximum of \$600. Coupons must be presented at the time of inspection. This offer may not be combined with any other offer. Limit one per customer. Valid through 06/30/2024.

AREA OFFICE ON AGING OF NORTHWESTERN OHIO



@ The Toledo Zoo Malawi Center | 2 Hippo Way, Toledo, OH

Join us for a day of fun, dancing and celebrating at the **Annual 60+ Safari at the Toledo Zoo** on **Wednesday, September 11th** from **10 a.m. - 2 p.m.!**



- **Lunch sessions:** 11:15 a.m. & 12:30 p.m.
- **Lunch Tickets:** 60+, \$5 suggested donation
Under 60, \$10

Tickets can be purchased at:

Area Office on Aging
2155 Arlington, Ave.
Toledo, OH 43609

-or-

Online:

<https://areaofficeonaging.com/event/60-safari-2>

60+ Safari Activities Include:

- Live Music & Entertainment
- Health & Wellness Exhibits
- Interactive Workshops



FREE ADMISSION & PARKING FOR AGE 60+ • WED., SEPT., 11TH • 10 A.M. - 2 P.M. • GET YOUR LUNCH TICKETS NOW!

Living at Age 60+ or Caring for an Aging Loved One?
We Can Help You Do It

**BETTER
LONGER** *Eq*

For more information, call AOOA at
(419) 382-0624

www.AreaOfficeOnAging.com

Search for ToledoAging on



St. Paul MBC Annual Church Picnic and Bookbag Giveaway

By Dawn Scotland
The Truth Reporter

St. Paul Missionary Baptist Church held its annual church picnic and bookbag give away Saturday August 24th. The church gave away over 50 bookbags to school children and provided food, fun and games for the children and the congregation.

"We do this every year because it is an incentive for the children to want to be in school," stated Rev. James H. Willis Sr, DMin, senior pastor of St. Paul Missionary Baptist Church, "It's the churches position to try to reach out to families."

"Bookbags are small however it speaks a lot of volume when we are trying to help a child understand that an education is important. We as a church try to do what we can to help them be successful," he continued. "It's still up to the parents. I want to say thanks to the parents that came today. The church

can do so much. This is our portion and we're just grateful that God allowed us to do this."

The bookbags were donated by the University of Toledo Office of Community and Strategic Partnerships.

St. Paul is hosting the Annual Women's Day September 15. The theme is "The Transformative Power of a Woman's Voice" using scriptures from Psalms 141:3; Proverbs 18:21 and Ephesians 4:29. The speaker will be Barbie Harriston, Associate Minister of United Missionary Baptist Church. This year's colors are white accented with shades blue.

St. Paul MBC is located at 1502 N. Detroit Ave. Sunday School starts at 10 a.m. and Service at 10:45am. Visit St. Paul MBC Facebook to view livestream.



Over 50 children received bookbags at this year's picnic and bookbag give-away



Youth receive bookbags and supplies



Members of St. Paul serve food at annual picnic



Deacon Bobby McDole grills for picnic

Assets Toledo's Q & A Session

By Dawn Scotland
The Truth Reporter

Assets Toledo held a Q&A session with speaker LaVera Scott, director of Lucas County Board of Elections and Anita Madison, coordinator of the Ohio Unity Coalition on Friday, August 30. The event entitled "Power of the Ballot" informed attendees about voter registration, changes to voting identification requirements as well as job opportunities for the upcoming election.

"Democracy is being challenged. There is a complete attack on Democracy across the United States," stated Scott.

Scott highlighted the changes to voting requirements in Ohio and the importance of electing officials that protect the interests of all voters. "Our vote becomes our voice, we need to vote for people who support what we stand for. Vote for people who will stand up and say [this] is wrong."

"Voting is definitely power," she continued, "and the power that we hold within our hands I think a lot of us don't recognize how much that is."

"The people who are creating these standards and laws are people that we elect," she added.

Important Information about voting this election:

PRESIDENTIAL GENERAL ELECTION: Tuesday, November 5, 2024

Close of Registration – Monday, October 7, 2024

(To vote in the General Election you must be registered to vote by this date at 9:00 p.m.)

Absentee voting begins - Tuesday, October 8th, 2024

(At the Early Vote Center - 3737 W. Sylvania Ave., Toledo)

IN-PERSON ABSENTEE VOTING (EARLY VOTE CENTER) (begins Tuesday, October 8", 2024 and ends Sunday, November 3, 2024, at 5:00 p.m.) - you must present **ONE** of the following:

- Ohio driver's license with current or former address
- Ohio ID with current or former address
- Interim ID from BMV (until driver's license or ID arrives in the mail)
- Military ID



CASA INFORMATION SESSION

We invite you to join one of our Court Appointed Special Advocate (CASA) information sessions and learn more about the volunteer application process.

Sundays 9/29, 10/27, 11/17 or 12/8

2 PM - 3 PM

Sanger Branch Library
3030 Central Ave. Toledo, OH 43606



(419)213-6753 / CASAKIDS.NET

BECOME A CASA VOLUNTEER TODAY

BENEFITS

1. Make a direct impact on the lives of abused and neglected children.
2. Learn and grow personally and professionally, plus be part of a like-minded and supportive community.
3. Receive forty (40) hours of free, interactive training to prepare you to work independently to advocate, investigate and monitor cases of child abuse and neglect in the juvenile court system.

... continued on page 11

Pathway Inc. Introduces..... Sisters United for #MOTHERSOnly

Introducing, Pathway Inc. Sisters United motherhood program, derived from Brothers United Fatherhood Program, SU is a community and faith based infant and maternal health support program funded by The Ohio Department of Children and Youth Pathway Inc.

Sisters United received \$305,000 from The community and faith based Infant and Maternal Health Support services to provide programming targeted towards women who are 16-24 years old, pregnant or have children up to 17 months, and live in the 10 designated zip codes that are most at risk for infant mortality and maternal mortality.

“Sisters United uses a community center approach to co creating solutions, creating authentic engagements and mutual respect. This group was started after Brothers United fathers who consistently reported in data collection for over five years that their co-parents would greatly benefit from taking a similar course about motherhood and parenting as they have taken in fatherhood and parenting ” said Avis Files, director of Family and Supportive Services for Pathway Inc.

We plan on engaging in recruitment and outreach in the community at various libraries, grocery stores, gas stations, daycares and other places of business. We also plan on attending school related events to recruit teen mothers ages 16-18. After a mother is recruited to the program they will participate in a two week long virtual group session, where we will discuss parenting and co-parenting goals, self -sufficient goals and how to motherhood amongst womanhood.

Our program is partnered with the local community organizations where we share resources and referrals.



Sisters United wants to educate young mothers on the importance of co-parenting and cooperative parenting skills. This is especially important for mothers to learn how to navigate new experiences in being a new mother. We also want to teach the importance of communication and how differences in styles can affect a person's actions in conflict. This can help them navigate conversations with others who may have outward conflict resolution styles. The group will also teach the importance of prenatal and postpartum clinical care in an effort to encourage preventable health care. Amongst other various lessons in group, the women leave group “understanding the importance of setting boundaries with co-parents and creating a plan for their child's future. We provide case management services and participants receive a \$75.00 Walmart gift card and swag materials such as journals and Sisters United T-shirts upon completion of the program. We also provide “Wellness Wednesday” programming – a virtual space for Mothers to come once a month to learn about self-care and how to continue to care for their babies as they grow.



Avis Denise Files, Director of Family and Supportive Services

We are pleased to have dedicated staff to work with Mothers in our community who can find a safe place to join a Sisterhood. Our motto is: We are Mothers United as Sisters. #SistersUnited. To learn more about the program please text or call Coach Hollingsworth at (419) 410-1023.

Avis Denise Files, Director of Family and Supportive Services, Pathway Inc. Brothers and Sisters United, 505 Hamilton Street; (419) 279-0798 afiles@pathwaytoledo.org



Are you pregnant or just had a baby?

Are you looking for a SISTERhood that can help you?

Do you need information on Community Resources and support?

Do you need more information on being a new Mother?

If you answered yes to any of these questions then shoot us a call or text at (419) 279-0798

We are Mothers United as SISTERS - Join The SU Nation today #ForMOTHERSOnly




Health Section • Health Section • Health Section • Health Section • Health Section • Health Section • Health Section • Health Section • Health Section

On the Go? Make it Healthy!

By Patrice Powers-Barker, OSU Extension, Lucas County

The Truth Contributor

It's back-to-school time and although we might be focused on kids' lunches, packing a lunch for ourselves can be a cost-saving strategy. The following tips can be used for kids' lunches but maybe they eat lunch provided at school – that is convenient!

What about all the other times of the day when we need to eat but we're not by our refrigerator? For families with kids, this might be the times before or between school hours when extracurricular activities take place. For those without kids at home, are there meals you eat at work or between other responsibilities? What are your go-to strategies? While many of us might pull through a drive-through for convenience, I am suggesting that we can make our on-the-go food more convenient, healthy, and cost efficient for ourselves.

Like planning other meals, use MyPlate to make sure you eat foods from all five food groups: fruits, vegetables, grains, milk, and protein. Opt for foods that do not have to be refrigerated. Many whole fruits like apples, oranges, and bananas are naturally packaged to go. Peanut butter or other nut butters go well on a sandwich or with a side of crackers or as a dip for pretzels. Or grab a serving of nuts like almonds or walnuts and some dried fruit. Easy to toss into a lunch bag or pocket of a work bag.

For food that needs to be kept cold, use a small ice pack. Anytime perishable food is out of the refrigerator for more than two hours, the risk of microorganism growth increases. If it's a child's packed meal, you can freeze juice boxes to be used to keep it cold and then drink with the meal or snack. Encourage your children to be part of the decision-making process by planning their lunches together.

Plan to use an ice pack with planned-overs. Consider making extra dinner the night before. For example, use leftover chicken in a sandwich for lunch the next day. Have you cooked a grain that would work well as a base for a cold salad the next day? Examples are pasta salad or a rice salad. Add the

other ingredients to your grain and have lunch ready to package and store in the refrigerator for the next day.

Eating the same thing every day can get boring. Consider outside the box ideas from different cuisines. Try new or textures, flavors, and food combinations. Consider what you like to order for convenience from a restaurant – can you make something similar for your meals? If you do order at a restaurant that has large servings, consider saving half of it in the refrigerator and using it the next day for a meal on the go.

For cold days, warm up your favorite soup before leaving. Use that popular insulated travel mug as a soup sipping cup. Have a serving of crackers and a fruit ready to go. For times when you have access to a microwave or other appliance, what foods will travel well and reheat for when you're away from home?

Think about when you most often eat meals or snacks on-the-go. What small steps can you take to make those times healthier? Get those foods lined up for an easy, healthy week!

In person class: Universal Design for your Home and Garden. This free, community class is about making your space work well for you. We'll talk about small shifts to make your space more accessible, easy-to-use and enjoyable. Although we'll be talking about all living spaces – indoors and outdoors - one of the spaces we can usually modify in simple, as well as major ways is the kitchen! Does your space work well for you? Join us Thursday, September 12, 3:00 pm at Glass City Enrichment Center, 815 Front Street, Toledo, OH (on Front Street, in front of the Glass City Metropark, across from Waite High School and Burger King).



Lead The Size Of
A Grain Of Salt Is Enough To
POISON A CHILD

toledoleadsafe.com

LeadSafe
TOLEDO

TOL
City of Toledo

Health Section • Health Section • Health Section • Health Section • Health Section • Health Section • Health Section • Health Section • Health Section

Some Thoughts From Ryan!

By Ryan Rollison
The Truth Contributor

I walked into the middle of a conversation the other day and was asked what my advice would be to someone trying to lose weight or get in shape.

First, you must understand the difference between losing body fat and weight. Anyone can lose weight, it's the body fat you're after. And that's an important thing to understand. Also, there is not a quick fix but it must be a lifestyle change.

People lose weight and muscle tissue along with it. That is not what you want to do. I have competed in bodybuilding for over 20 years, transformed hundreds of physiques and trained everyone from housewives to business professionals, doctors, competitive bodybuilders, the military, and athletes.

I have done this for a long time, almost 40 years to be exact. I've seen a ton of changes in the industry, fad diets and workouts, trainers come and I've seen them go. The basics are what is best, compound movements, learning your body and how to do the exercises, stop listening to uninformed people because they know a little bit.

Everyone is different and your nutrition should be geared towards your body. Don't get me wrong: simple common sense things like don't eat sweets, fast foods, sugars, exercise etc. are great starting points. Also, you don't have to be so sore that you can't move the next day.

I've had clients get in great shape for weddings, trips, class reunions, or other events only to lose it all in a matter of months after the event. I have had countless people drop over 100 pounds, some gain it back and some stay the course. Consistency is the key!

Everyone wants that magic supplement to make them lose weight or gain muscle mass. Most people take stuff and they do not even understand what it does for them. Well, guess what? They are called supplements for a reason! They supplement what you should be doing by having sound nutrition.

They are not the staple of your nutrition. It's work and it's hard at times, but how bad do you want it?

I have my clients for 90 minutes out of 112 waking hours a week The rest is up to you. What are you doing to keep it moving, to keep results coming and to reach your goals? Your efforts with me or anyone else are only as good as you are willing to be pushed and push yourself! I can't force nor will I beg someone to do the work.

I am NOT known for my hard Knox motivation! I will not stand and holler at you and force you to do more. A lot of injuries happen from that and (knock on wood) in all my years I have never had an injury occur on my watch! Form before failure. I can push you a little further but I can't make you dig deep if you don't want to! Now outside of your 90 minutes a week is all on you.

So I guess I say all that to say, "Consistency! Consistency, dedication, and food preparation are the keys!" You can be in a whole new body in six to 12 weeks with those three things. It's my advice that you follow these three points. Also, be consistent and honest with yourself. Are you giving it your all or are you slacking and expecting results that you are not working for?

But what do I know? I have only been doing this for 40 years. Good luck.

--
UNLEASH YOUR HERO
Ryan Rollison
Dream Bodies
419-944-4200



Q&A...continued from page 8

- U.S. passport or passport card

NOTE: A suspended driver's license that is not expired may still be used as a photo ID for voting. If a photo ID is not presented, the voter may vote provisional.

ELECTION DAY VOTING (Tuesday, November 5, 2024) - you must present ONE of the following:

- Ohio driver's license with current or former address
- Ohio ID with current or former address
- Interim ID from BMV (until driver's license or ID arrives in the mail)
- Military ID
- U.S. passport or passport card

ABSENTEE BY MAIL VOTING - an absentee ballot application must be completed and submitted to the Board of Elections office with **ONE** of the following:

- Ohio driver's license number
- Ohio ID number
- Last four of your Social Security number
- Copy of front and back of your Ohio driver's license
- Copy of Ohio state ID card
- Copy of the ID page of a passport that includes voter's name, photo and expiration date

An absentee ballot application must be received by the close of business on the **seventh day** before Election Day (Tuesday, October 29th, 2024 - office open until 8:30 p.m.)

TO REGISTER TO VOTE, you must have your Ohio driver's license or Ohio ID number, or the last four of your Social Security Number. You can verify your registration status, register to vote, or update your registration online at www.lucascountyohiovotes.gov.

AN OHIO ID IS OFFERED FOR FREE AT THE BMV - Ohio ID cards can be used for voter identification purposes (not issued for driving privileges).

The following are NO LONGER accepted as an ID for voting - utility bill, bank statement, government check, paycheck or other government document with current address.

CURE PERIOD for PROVISIONAL BALLOTS - provisional voters have until the fourth day (Saturday, November 9th, 2024) after Election Day to 'cure' their ballot (i.e., provide a photo ID, sign a religious objection affidavit, or provide other information needed to make the ballot valid).

A DROP BOX IS AVAILABLE FOR BALLOTS at the Lucas County Board of Elections office at

3737 W. Sylvania Avenue. The drop box is located at the back of the parking lot and can be approached by a vehicle.

THERE IS NO PERMANENT LIST OF ABSENTEE VOTERS. YOU MUST SUBMIT A SEPARATE REQUEST FOR EACH ELECTION.

To learn more or view job opportunities for the upcoming election visit www.lucascountyohiovotes.gov

To see if you are registered to vote this upcoming election visit voterlookup.ohiosos.gov

The Ohio Unity coalition is hiring canvassers for the election season to learn more email info@ohiounity.org or visit ohiounity.org.

DIXIE Auto Leasing Toledo, OH
5880 N. Detroit
Month to Month Leasing
419-476-8674
WE ARE A FULL SERVICE BUSINESS

Bernadette Joy Graham, LPCC, LLC
Licensed Professional Clinical Counselor
419.409.4929
Mental Health...Get Your Mind Right
www.bjgrahamcounseling.com
2525 W. Bancroft
Toledo, OH 43606
graham.bernadette@gmail.com

Welcome Home to Sylvan Lakes Apartments!

Our elegant apartments feature spacious bedrooms with ample storage, high ceilings and breath-taking views! Stop in today to see our beautifully landscaped grounds, resort-like swimming pool and clubhouse with its fully-equipped fitness center. Located just west of King road off of Sylvania Ave.

Sylvan Lakes
Apartment Homes

4045 A Langston Place, Sylvania, Ohio 43560
P: 419-842-8480 E: investekmanagement.com

Health Section • Health Section • Health Section • Health Section • Health Section • Health Section • Health Section • Health Section • Health Section

A Mental Health Moment

Addressing Mental Health Needs Among Women of Color

By Bernadette Joy Graham, MA, LPCC

The Truth Contributor

Equality of women versus men has most likely been and will always be going forward struggles with unfair pay, compensation, benefits and upward mobility opportunities. Statistically in the United States but consistent with other parts of the world, women are also caretakers of children, her parents while also single and working full time.



In recent years, mental health has become a vital topic of discussion, yet the needs of women of color often get overlooked. While they face many of the same mental health challenges as others, additional factors like systemic racism, cultural stigmas and socioeconomic barriers uniquely affect their mental well-being.

Studies show that women of color are less likely to receive adequate mental health care compared to their white counterparts. This disparity is partly due to a lack of culturally competent providers who understand the specific stressors faced by these women. "It's not just about access; it's about receiving care that recognizes and respects our experiences," says Dr. Maya Lopez, a psychologist specializing in trauma among marginalized communities.

Women of color often endure the layers of stress of discrimination in both their professional and personal lives. This can lead to higher rates of anxiety, depression, and other mental health conditions. However, the stigma surrounding mental illness in many communities of color often prevents these women from seeking help. "We're taught to be strong, to keep going no matter what. But that strength sometimes comes at the cost of our mental health," shares Alisha Thompson, a mental health advocate.

Advocates are seeking for systemic change, including better representation of women of color in mental health professions, more accessible services, and community-based initiatives that promote mental well-being. "We need to create safe spaces where women of color can talk about their mental health without judgment," says Thompson.

The momentum of addressing these efforts and challenges is increasing. Organizations like the Black Women's Health Imperative and Therapy for Latinx are providing resources and support tailored to the needs of women of color. These initiatives aim to dismantle barriers and foster environments where mental health is prioritized and accessible to all.

As society continues to grapple with mental health issues, it's crucial that the specific needs of women of color are not left behind. By acknowledging and addressing the unique challenges they face, we can work toward a more inclusive and equitable mental health system for everyone.

Take a mental health moment, and if you are a woman of color, seeking out help sooner than later can save a great deal of not just your own life but the lives of others in your family and those in the community. If you are not a woman of color, please consider the obstacles we face and have always faced throughout our lifetimes. It's not easy being a woman, but given the opportunities and resources, and improve supporting one another, our mental health will continue to improve. PLEASE VOTE!!!!

If you are having a Mental Health or Suicide crisis, please dial 988
Bernadette Joy Graham is a licensed clinical mental health therapist. For more information on how to contact her for individual or group sessions or workshop, please email graham.bernadette@gmail.com

UToledo Health Mobile Health Unit Launches to Expand Access at Toledo Library

The Toledo Lucas County Public Library (TLCPL) is proud to Partner with the University of Toledo for the UToledo Health Mobile Health Unit. This new resource will begin operation on August 26, 2024, and will provide free, on-the-spot medical services to individuals across various Library locations.

The mobile unit features a waiting room, two exam rooms, and a restroom, ensuring a comfortable and private experience for all patients.

"We are excited to bring this resource directly to the communities that need

...continued on page 13

LET THE PROS HANDLE IT! LeafFilter GUTTER PROTECTION

Say "NO" to Cleaning Out Your Gutters. Protect Your Home With LeafFilter.

20% OFF + **10% OFF**
Your Entire Purchase* Seniors + Military

USA We offer financing that fits your budget!

CALL TODAY FOR A FREE INSPECTION! **1-844-518-2952**

*See Representative for full warranty details. Offer expires per household. No obligation estimate valid for 1 year. Subject to credit approval. Call for details. WE SERVE: ALABAMA, ARIZONA, CALIFORNIA, COLORADO, CONNECTICUT, FLORIDA, GEORGIA, ILLINOIS, INDIANA, IOWA, KANSAS, KENTUCKY, LOUISIANA, MARYLAND, MASSACHUSETTS, MICHIGAN, MINNESOTA, MISSISSIPPI, MISSOURI, NEBRASKA, NEVADA, NEW HAMPSHIRE, NEW JERSEY, NEW YORK, NORTH CAROLINA, NORTH DAKOTA, OHIO, OKLAHOMA, PENNSYLVANIA, RHODE ISLAND, SOUTH CAROLINA, TEXAS, VIRGINIA, WISCONSIN, WYOMING.

We're looking to install our NEXT GENERATION gutter guard on your home!

FULL SERVICE GUTTER PROTECTION - SCHEDULE YOUR FREE INSPECTION NOW! 1-844-518-2952

Musty Basement? WE CAN HELP!

Basement Waterproofing Indoor Air Quality
 Foundation Repair Crawl Space Service

BEFORE **AFTER**

\$750 OFF
Plus FREE Home Air Quality Test (\$399 value)

ERIEHOME

CALL TODAY TO SCHEDULE YOUR FREE ESTIMATE
1-888-501-2812

New orders only. Cannot be combined with any other offer. Minimum purchase required. Other restrictions may apply. This is an advertisement placed on behalf of Erie Construction Mid-West, Inc ("Erie"). Offer terms and conditions may apply and the offer may not be available in your area. If you call the number provided, you consent to being contacted by telephone, SMS text message, email, pre-recorded messages by Erie or its affiliates and service providers using automated technologies notwithstanding if you are on a DO NOT CALL list or register. Please review our Privacy Policy and Terms of Use on homeservices.compliance.com. All rights reserved.

The Fallen Fruit by Shawntelle Madison

By Terri Schlichenmeyer

The Truth Contributor

You're lucky you didn't hit your head!

The damage you did to yourself was bad enough, you didn't need a head wound to lay you low, too. You haven't skinned your knees like that since you were 10 years old. Your elbow still hurts from that tumble. But read the new book, *The Fallen Fruit* by Shawntelle Madison and be grateful: you're still in the here and now.

She should've just put a "For Sale" sign on it and sold the place, like she was told.

Cecily Bridge-Davis was warned by the locals that the portion of the old Bridge farm she'd inherited was "godforsaken," but she had to see it. Maybe it would help her understand her father, who'd up and died when Cecily was just a baby. If she could find anything about him, the trip wouldn't be wasted.

The property was overgrown, rundown, and there was a tumbledown cabin on it that she couldn't resist. Inside the cabin, Cecily found a Bible, and an X-marked map...

Millie Bridge prayed that she'd be the one to fall.

It was 1920, and her brother, Isaiah, was meant for better things. She'd be able to handle a trip back in time better than he, but it was a 50-50 chance. Their father was a Bridge man, and the family curse that'd been around for hundreds of years would send one of his children to another time in the past, which is why the offspring of every Bridge man carried freedom papers with them.

Since one never knew if, where, or when they might fall, one could never be too careful.

Cecily Bridge-Davis looked over the Bible and followed the map to a hole in a tree stump, where she found an old satchel and more questions. Was she actually supposed to believe that, as an only child, she might disappear one day, only to reappear in another time?

How could that happen? Moreover, how could she tell her husband and children?

Autumn seems to be the right time for a spine-tingling, twisty-scary novel, doesn't it? And *The Fallen Fruit* is just about the right book.

If you mixed together the movie *Groundhog Day* and Octavia Butler's "Kindred," you might have something close to what's inside this novel. The difference is that author Shawntelle Madison adds a few more levels and a lot more characters to time-travel, meanwhile keeping readers guessing as

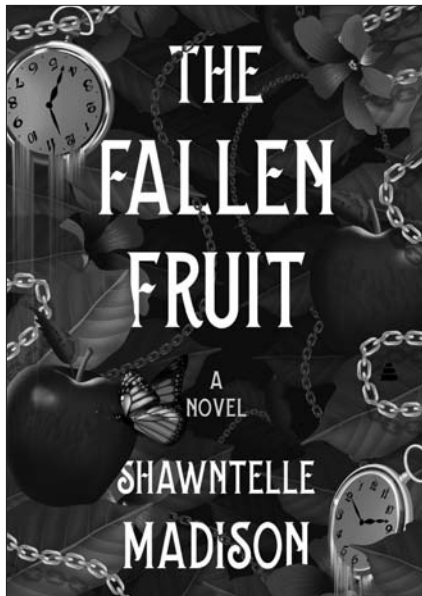
c. 2024
Amistad
\$28.00
437 pages



Fallen Fruit author CREDIT Willow Run Photography

to where this curse began. Sometimes, that makes this novel scrape against your imagination until it's raw. Other times, it feels oddly like an adventure story or a survival-type tale, a test of resourcefulness that you can place yourself inside. And then there are shades of romance, to keep you rapt.

If you're someone who tends to overthink novels, you may not like this one; it leaves a lot of questions that don't get answered. But if you're up for a thrill-ride of a novel, *The Fallen Fruit* is a gem. A speculative fiction fan will go head over heels for it.



UToledo...continued from page 12

it most, without any barriers to access," said TLCPL Executive Director, Jason Kucsma.

Services are available free of charge, and while the collection of ID and insurance information is encouraged, it is not a requirement for receiving care. This approach ensures that everyone, regardless of their background or financial situation, can benefit from the medical services provided.

The UToledo Health Mobile Health Unit will operate on the following schedule starting August 26, 2024:

- First and Third Mondays | 10 a.m. - 2 p.m. | Sanger
- First and Third Tuesdays | 10 a.m. - 2 p.m. | Heatherdowns
- First and Third Wednesdays | 10 a.m. - 2 p.m. | Mott
- Second and Fourth Mondays | 10 a.m. - 2 p.m. | Kent
- Second and Fourth Wednesdays | 10 a.m. - 2 p.m. | Holland

For more information or to address any questions about the UToledo Health Mobile Health Unit, please contact us at mobilehealthunit@utoledo.edu.

sonobello
ONE VISIT PERMANENT FAT REMOVAL

- ✓ Targeted fat removal from stubborn areas like: Stomach, chin, arms, thighs and more!
- ✓ 150+ Board-Certified Surgeons
- ✓ 25,000 5-Star Ratings

855-200-8068

LIMITED TIME OFFER!
GET \$500 OFF TODAY

Kristen B., Age 34
Sonobello Ambassador
Individual Results May Vary

TRUGREEN
Live life outside.®

Save now with
50% OFF*
Your First Application

Get the most out of your lawn this summer.

SCHEDULE YOUR APPOINTMENT TODAY!
1-833-978-4736

*Special price is for first Lawn service only. Requires purchase of annual plan, for new residential EasyPay, MonthlyPay, or PrePay customers only. Valid at participating TruGreen locations. Availability of services and/or products may vary by geography. Not to be combined with or used in conjunction with any other offer or discount. Additional restrictions may apply. Consumer responsible for all sales tax. *Guarantee applies to annual plan customers only. BBB accredited since 07/01/2012. ©2024 TruGreen Limited Partnership. All rights reserved. In Connecticut, B-0153, B-1380, B-0127, B-0200, B-0151.

Charting Your Course




CHOOSE YOUR PATHWAY TO SUCCESS AT THE MARITIME ACADEMY OF TOLEDO

The Maritime Academy of Toledo

Profile of a Maritime Graduate

Leadership

- Persistence
- Time Management
- Communication
- Teamwork
- Resilience
- Empathy
- Attention to Detail
- Creativity
- Goal Setting



Innovative Minds

- Maritime Skills
- Mastery of Ohio Standards
- Work Based Learning
- Career Tech
- Digital Literacy
- Financial Literacy
- Media Literacy
- Career Awareness
- College and Career Ready
- Hands-on Learning with purpose

It is our vision at the Maritime Academy of Toledo to shape future leaders by developing strong character and innovative minds.

Habit

- Respectful
- Accountable
- Disciplined

Strong Character

At the Maritime Academy of Toledo it does not matter which direction your compass takes you as long as you are moving.



GRADES 6-12 PUBLIC SCHOOL

Rigorous curriculum guided by Ohio Learning Standards

Dedicated to providing a personalized learning experience

Collaborative teaching to support academic achievement

One of the most diverse schools in the state of Ohio

School board unmatched in skills and professionalism



THE MARITIME ACADEMY OF TOLEDO

freedom to succeed

803 Water Street
Toledo, OH 43604
419-244-9999
Secretary@maritimeacademy.us



SEE WHAT WE'RE ALL ABOUT!

SCHEDULE A TOUR TODAY.

Prince Hall Masons Hold Back-to-School and Voter Registration Drive

By Dawn Scotland

The Truth Reporter

The Prince Hall Masons held their first annual Back-to-School Ice Cream Social and Voter Registration Drive at Amazon Lodge No. 4 on 638 N. University Ave. The Toledo Masonic family, including the Prince Hall Master Masons and Order of the Eastern Star, gave away over 60 book bags with school supplies and ice cream to area youth.

“The Masonic Family of Toledo Ohio has put together a Back-to-School Ice Cream Social and book bag give away as well as a voter registration,” stated organizer Jerome Gordon, 2024 Sitting Chaplain of Amazon Lodge No. 4. “We are inviting all children to come out to get book bags and supplies are we are encouraging all people who are 17 and older to get registered to vote now if your birthday is before November.”

The Prince Hall Masons are the oldest and largest black fraternal organization in the nation dating back to 1784. In Toledo, the first Prince Hall lodge was created in 1864 later becoming the current Amazon Lodge No.



Organizer of the event, Jerome Gordon (Chaplain of Amazon Lodge No. 4) hands children sundaes



School supplies provided by Amazon Lodge No. 4 to local children



Organizer of the event, Jerome Gordon (Chaplain of Amazon Lodge No. 4) hands children sundaes

4 as it is today. The organization hosts many events throughout the year for the community, including awarding thousands of dollars in scholarships to local youth. Recently, the organization gave away free bikes to children.

The Toledo Masonic Family plans to have this back-to-school event annually - look out for the organization's upcoming events!



Order of the Eastern Star members register voters



VoteOhio.gov

**REAL
FACTS**

**REAL
INFORMATION**

Your **trusted**
source for Ohio's
secure elections.



Toledo Barbers Host Health & Wellness, Back-to-School Events

Special to The Truth

The ProMedica Back-to-School Barbershop program took place on August 13, 14 and 15 at three local shops – Groomed at 4145 Monroe Street; DaShop at 422 East Broadway and Haircuts by Fosters at 1703 West Bancroft. Free haircuts were available for school-aged youngsters. ProMedica offered health screenings, financial coaching for adults and backpacks for students.

Health & Wellness at the Barbershop Back-to-School Events August 2024

The ProMedica Back-to-School at the Barbershop program aims to address health disparities and increase health literacy in low-resource neighborhoods. Over the past eight years, they have developed a program grounded in trust, cultural humility, and consistency. The people they work with in the shops are respected community members, and their support has helped the program grow. They have learned that principles of wellness and disease prevention can start with a haircut and a conversation.

Here's a summary of those efforts on August 13, 14 and 15.

Back-to-School at the Barbershop 2024

Education and Resources:

- Over 287 school-age children (K-12) received free back-to-school haircuts at Groomed, DaShop & Foster's. (Victory Barbershop gave free haircuts on August 18).
- The ProMedica Ebeid Center provided outreach for financial and career pathway planning as well as wrap around services.
- Three-hundred backpacks and cinch sacks filled with school supplies were distributed.
- 350 children received a hot meal in the neighborhoods where the barbershops reside.

- Parents received educational materials in reusable bags, covering topics from cancer screenings to wellness practices from the ProMedica Cancer Institute.

Health Screenings and Services:

- ProMedica Toledo Hospital Stroke Coordinators conducted 95 blood pressure tests and eighty-five glucose tests. Referrals and educational resources were provided, including automatic BP cuffs for those with elevated readings.
- The ProMedica Ronald McDonald Pediatric Care Unit provided immunizations, eye exams, hearing tests, physicals, and other services to thirty-eight children.
- A 12-foot colon and a 12-foot brain were used for educational purposes, engaging kids and their parents in learning about colorectal cancer and stroke prevention.

Safety and Injury Prevention:

- The Pediatric Injury Prevention and Community Outreach team provided gun locks to families, aiming to reduce the risk of unintentional injuries involving firearms.



The Power To Do.
It's what drives us to provide patient-centered care, access to cutting-edge treatments and expert education to the next generation of physicians.
HEALTH.UTOLEDO.EDU

We're here **TO DO** the little things that make big impacts.

UTOLEDO HEALTH