

Volume 86 No. 2 *"And Ye Shall Know The Truth..."* October 2, 2024



A Vital Part of the Fabric of the Community

Debra Sue: Entrepreneur and Community Activist

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It's Our Time

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

The Truth Contributor

Young people are the engines of change. They have the courage to speak out, the energy to act, and the vision to see beyond what is, to what could be.

- John Louis



A once-fuzzy picture is becoming increasingly apparent with just one month until the 2024 presidential election.

Kamala Harris and Tim Walz are in the pole position to reclaim key battleground states in one of the closest, most tumultuous elections in American political history by relying on ground operations and, perhaps more crucially, the mobilization of young voters.

Harris-Walz's strategy is to reconstruct the "big blue wall"—the three king-maker states of 2016 and 2020: Pennsylvania, Michigan, and Wisconsin. Winning these three states is critical, and the Democratic Party's edge in these regions will allow them to build the base of electoral votes needed to ensure their path to victory, should the most recent polling numbers hold up.

In addition, Vice President Kamala Harris's lead among young voters—bolstered by her popularity on critical issues like climate change and healthcare—may be enough to flip North Carolina, providing a surprising but crucial cushion in this ultra-close election. So, even if Harris and Walz should lose Arizona and Georgia, victories in Pennsylvania, Michigan, Wisconsin, and North Carolina would likely guarantee them a victorious path to 270 electoral votes.

Moreover, Harris and Walz have established field offices with boots on the ground across crucial battleground states, directly engaging voters in communities across Michigan, Wisconsin, and beyond. — 170 in Pennsylvania alone compared to only 17 for Trump's campaign.

They have even infiltrated parts of Georgia and Florida, establishing strongholds in hostile, overwhelmingly Republican territory, not necessarily to win these districts outright but to affect the down-ballot races that could impact critical Senate and House political races.

In contrast, Trump's campaign is less visible in the streets, having decided to outsource its ground game to Super PACs. So, while Democratic volunteers canvas neighborhoods and mobilize their base using an in-person strategy, the Republicans are relying on large sums of money to appeal to "low information" voters who may be attracted to simple soundbites or stereotypes of other groups and less likely to fact-check the claims presented in massive negative advertising campaigns.

However, voter turnout eventually determines political outcomes, and effective ground games will usually tip the scales in competitive races. So, the strategic contrast in campaign operations between the Democrats and Republicans is significant.

With a campaign's success tied to its ability to persuade voters, register them, and ensure they show up at the polls being so crucial, the Republican strategy that relies on expensive advertising campaigns and broad messaging to outperform a ground strategy focused on direct voter engagement - appears to be a tremendous gamble.

Yet, the youth vote is the most important aspect of the 2024 Presidential election. Harris's lead in enthusiasm among young voters, as highlighted by the Fall 2024 Harvard Youth Poll, is quite telling.

Kamala Harris holds a commanding 31-point lead over Donald Trump among young voters, a demographic whose influence cannot be overstated. Young voters were critical in 2020 and will become even more decisive in 2024.

Political experts attribute Harris's strong support among young people to her clear position on the issues they care about most. Candid about climate change and sustainable solutions, Harris' candidacy is attractive for a generation that has witnessed hurricanes and tropical storms, wildfires and heat waves, storm surges, major flooding, and other natural disasters that have escalated in severity and frequency during their lifetimes.

In addition, Harris's healthcare platform promises more affordable coverage and resonates with young adults struggling with student debt and limited job benefits. Moreover, the current president's effective use of social media—speaking directly to young voters through Instagram and TikTok—further solidifies her appeal. Young people view Harris as an engaging "relatable figure" who is not only aware of their concerns but also more understandable and approachable than her older political rival.

Yet, perhaps her greatest asset is Harris's enthusiasm advantage among young Democrats. The gender gap in this election is spacious, and young women, particularly, are rallying behind Harris, seeing her as a symbol of progress. With young women overwhelmingly supporting Harris over Trump, this is the type of energy that could push her across the finish line.

History has shown us that young people can create powerful shifts—often when least expected. Whether it was students like the Student Nonviolent Coordinating Committee (SNCC) or others organizing in the 1960s for civil rights, young people standing against the draft during Vietnam, the passion of movements like Black Lives Matter, or the March for Our Lives after the tragic 2018 school shooting at Marjory Stoneman Douglas High School in Parkland, Florida, or the DREAMers fighting for their right to remain in the only country they have ever called home, youth have always been the decisive force in pushing for change.

These historical moments prove that when young people are enthusiastic and engaged, they are primed to be the game-changers we have been waiting for.

Why?

Because, ultimately, elections come down to the people—those who rise to the occasion and show up, are energized and mobilized, and confidently believe "It's our time!"

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



Vice President Kamala Harris

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A Profile in Self-Hatred

By Lafe Tolliver, Esq

Guest Column

In my humble opinion, if there ever was a case to be made for a Black person evidencing bizarre self-hatred of the first degree, the lieutenant governor of North Carolina, Mark Robinson, would win, hands down, the Pulitzer Prize, the Emmy, the Oscar, the Grammy and a Tony all at once.

Now that Mark Robinson has been outed as a hater of himself and his own ethnic background, more revelations continue to come when he engaged in character assassinations of Rev. Al Sharpton, Barack Obama and Oprah Winfrey.

Seemingly, Mark Robinson has no bottom to the vicious racial mud barrel from which he has been throwing epitaphs at those personalities for decades and yet white people were so enthralled of an Uncle Tom towing the MAGA line that they voted him in as lieutenant governor. Go figure.

Recently, investigations have unearthed him calling Obama a "step-in-fetchit," wishing that Rev. Sharpton were shot while Sharpton was engaged in a protest against police misconduct and accusing Oprah of seemingly grooming kids for sexual misconduct.

However, what took the prize for me when it was revealed that Mark Robinson fondly described himself as a "black Nazi" and who also admired the corrupt institution of slavery and that he desired to even own slaves himself.

To evidence the fully disassembled thinking of this poor creature, Mark Robinson somehow forget to realize that the Nazi propaganda machine held Black people in total contempt and hatred.

So, in effect Mark was wishing a double hex upon himself since being a Nazi is antithetical to being a Black person. That is just a snippet of the self-hatred that Mark demonstrates towards others and especially himself.

What is also telling is the fact that Donald Trump has not disavowed Mark because as it may be impossible to even conceptualize, Trump has no moral concerns over such debasements but rather he is staying with Mark if that means getting the votes of similar thinking people.

One wonders how Mark's brain (?) can co-exist holding two totally disparate thoughts or concepts in the same cranial space. You would think that Mark would suffer daily from acute migraine headaches in trying to quell the warring factions in his brain about hating himself so much and equally hating other Black people with the same fervid intensity.

The classic book, *White Masks Black Skin*, written by the late psychologist and philosopher Franz Fanon, would give the reader insights into the originations of such pathological thinking and reasoning; and it makes you wonder, what happened to Mark during his formative years that he developed such a degenerative mindset about people of color.

Of course, now that Mark has been outed by certain news media outlets including CNN, Mark has taken the usual Trump tactic and has denied saying such outrageous statements; and even to go as far as saying that he has his lawyers looking into suing CNN.

What a joke that would be! Any judge with two working brain cells would toss that libel case out on its ear upon reading Mark's court pleadings. What was also a clear tell that Mark has been caught with his pants down is that he was given offers by digital experts to delve into the veracity of these remarks since there were many traits and clues that indicate that the comments were indeed made by Mark.

But what did Mark do? He flatly refuses such expert assistance!

Answer: Mark knew the jig was up since those independent digital experts would only confirm what CNN's investigation revealed and that Mark was the perpetrator of those mind-blowing remarks.

So now Mark is in North Carolina acting like he has been wrongly wounded by his own comments, comments that he never thought in a million years would turn on him and devour him and his campaign.

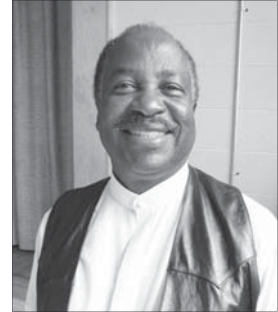
Rightfully so, there has been a mass defection of key staff members from his mortally wounded campaign (Mark denies the reason for such defections) and the GOP in that state has stopped funding his campaign.

Back in the day, Mark would be the prototype Plantation Negro who would squeal to the white bossman that the Field Negroes were about to make a run for the border at midnight.

After one gets over the acute embarrassment of a Mark Robinson acting the fool and hating on all things Black, you are brought to the reality that in post slavery America, a Mark Robinson was tolerated by those in the GOP who knew of these proclivities but remained silent because Mark was, "one of them."

Gratefully these hellish comments from Mark Robinson came out now and hopefully, any political career for Mark has been busted wide open. How his wife and any family members can even tolerate him is a mystery to be solved on another day. Mark Robinson will continue to deny the obvious and beat his chest thinking that he is a victim of that liberal left wing media cabal, but he knows that he is a man on an island, all by himself, except for Trump and the MAGA GOP.

Contact Lafe Tolliver at tolliver@juno.com



Community Calendar

October 6

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

St. Mark Baptist Church "Women's Day" Celebration: 10:30 am; "Women Walking by Faith, Living in Hope, Abiding in Love;" Speaker Sis. Denise Gaston of St. Mark

October 8

Councilman John Hobbs III Town Hall Meeting: Reynold Corner Baptist Church; 6 pm

Ohio Starts Earley Voting: 3737 W Sylvania Avenue

Toledo NAACP Election Officers Nominating committee meeting: 7 pm; Jerusalem Baptist Church

October 12

Toledo Library Main Branch Genealogy and Local History Fair: 9:30 am to 5 pm; Start your genealogy journey or dig deeper into your history of history of our region

October 20

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

St. Paul AME Church: Connectional Lay Sunday; 11 am; Speaker Isom Sims of St. Paul; Colors – black and gold; Masks recommended

Toledo NAACP Youth Council Meeting: Sanger Branch Library; 3 pm

October 28

Councilman John Hobbs III Town Hall Meeting: Resurrection Baptist Church; 6 pm

November 12

Toledo NAACP Voting: 4 to 8 pm via Election Buddy

Toledo NAACP General Membership meeting: Jerusalem Baptist Church; 7 pm

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The Figures Who Helped Shape Vice President Harris

By Ben Jealous
Guest Column

When Kamala Harris was sworn in as vice president in 2021, she swore her oath of office on two Bibles.

One belonged to our nation's first Black Supreme Court Justice Thurgood Marshall. Marshall, the civil rights giant who founded the NAACP Legal Defense Fund, inspired a generation that included Harris to embrace the law as a means to advancing equality and justice. Harris chose to attend Howard University, Marshall's alma mater.

The other Bible on which Harris was sworn in was the family Bible of Regina Shelton. Shelton was a neighbor, trusted caretaker, and mentor to Vice President Harris and her little sister Maya as children after school when her mom was working. Harris refers to Shelton as her "second mother." It was Harris's actual mother Shyamala Gopalan who guided and encouraged that relationship.

A civil rights activist herself, Gopalan was keenly aware that the world would see and treat her biracial daughters as Black women and of what that meant in America. She knew it was important for the girls to bond with other Black girls and women. Regina Shelton was from Louisiana, part of the migration of African Americans from Jim Crow South. Shelton shared her perspective on Black culture and identity, took the Harris girls to church, taught them to cook soul food, and inspired them with stories of important Black female leaders. She was one of the people who exemplified and passed on to both Harris girls "a responsibility to give and serve," according to the vice president.

That responsibility to give and serve was also influenced by Vice President Harris's sorority, Alpha Kappa Alpha. Founded at Howard, AKA has been on the front lines of fights for social justice for more than a century. AKA members organized to stop lynchings, advocate for women's rights, staff health clinics in rural Black communities, offer job training programs, and more. AKA charted the path for other Black sororities and fraternities to become more active in the civil rights movement when it became a permanent member of the NAACP in 1939. As AKA international president and CEO Danette Anthony Reed puts it: "Whether it's social activism, advocacy for civil rights, building economic wealth, impacting our communities, we make a positive change."

Vice President Harris's dedication to service was not only inspired by her personal relationships and affiliations. Her chosen path as a lawyer was shaped by important icons who embodied a commitment to freedom, justice, and equity. Justice Marshall was one of them. Another one was Judge Thelton E. Henderson.

Before becoming a legendary judge on the U.S. District Court for the North-

ern California District, Henderson was the first African American lawyer to serve in the Justice Department's Civil Rights Division. He was a field investigator, working alongside Dr. King and other movement leaders. He was famously fired for loaning Dr. King his government rental car in Alabama because Dr. King's car had a problem with a tire and Henderson feared for King's safety if he got stranded. From the bench, Judge Henderson understood the importance of protecting human dignity for all people, and that the Constitution guaranteed fundamental rights even to those who much of our society shunned and did not accept. His judicial philosophy was shaped by wisdom, experience and an understanding of the law's role in protecting people that naturally allowed room for empathy.



Judge Henderson defended the rights of prisoners who were being abused and denied adequate health care. He made the Oakland Police Department more accountable to federal monitoring over police brutality. He was the first judge in the country to recognize the Constitution's guarantee of equal protection and due process rights for gay people – decades before the Supreme Court recognized same-sex couples' right to marry. Judge Henderson is widely celebrated by conservationists for saving dolphins from drowning in tuna nets. And he wrote a decision that in effect made the San Francisco Bay Area meet federal air quality requirements.

A fierce defender of civil rights, a champion of the law's role in protecting the vulnerable and marginalized, who understands the importance of laws and regulations that protect our environment and health. That description applies to both Thelton Henderson and Vice President Harris – and that is no coincidence.

Over our 20-year friendship, I have witnessed firsthand how the powerful lessons from these mentors continue to guide Vice President Harris in her commitment to justice and service. And I am grateful to all the influences who helped shape and instill that commitment.

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

The Elephant in the Room Is Not the Republican Party

By John Warren, DMin, Publisher, San Diego Voice & Viewpoint Newspaper
Guest Column

The expression "The Elephant In The Room" often refers to an obstacle in a conversation that appears to be the size of an elephant in a room so large that he takes up most of the space. This is the case with Donald Trump and his race against Vice President Kamala Harris.

Trump, a convicted felon, with 34 convictions, multiple indictments and major court cases that could send him to prison, appears to be the presidential preference for a large number of Americans who want Donald Trump as president, no matter what. This group of voters, who happen to be predominantly white, are not really interested in positions on policy issues. Donald Trump is the key to the Project 2025 take over of the American government and the abolishment of the U. S. Constitution as we know it.

The elephant in the room is the "Browning" of America: that the immigrants and people of color are taking over or will soon take over America in terms of population. Such reasoning is not concerned about policy issues. This is evidenced by the fact that Donald Trump has not put forth a policy issue for anything. He has only talked about the things he wants to do, like pardon the January 6 rioters, which is not based in the use of the Constitution but rather the bypassing of law to release people who have sworn allegiance to Trump rather than the Constitution.

The only solution to counter this kind of thinking does not rest in the logic of policy discussions but rather in the realization that only the voting will of the people can block it. In the weeks leading up to the November 5 election, let us focus on getting out an overwhelming number of votes that will make the Electoral College count for Vice President Harris so large we go so far beyond the 270 votes needed that there is no room for the challenges that Trump is planning to delay and overthrow the transition of power.

Let us remember that the Republican Party has been taken over by the conservatives that would use Trump to implement Project 2025. Since Donald Trump is their key to changing our system of government to a dictatorship, let Vice President Harris be the key to saving democracy as so many have come to understand. We can beat the elephant in the room, but only with our votes.



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Debra Sue, CEO: A Community Champion

By Asia Nail

The Truth Reporter

Have you ever felt alone in a crowded room? It's a feeling many experience, especially when others seem distant or too busy. **Debra Sue**, the CEO of **Glass City Talent 419** & Founder of the **Historic Vistula Community Awareness Connection** in Toledo, Ohio, believes it shouldn't be this way. She understands that when adults take an active role in their communities, it helps us all feel more connected and supported. Let's explore how Debra Sue is working to bring back the idea of community trust and why it's important for everyone.

Who is Debra Sue?

Debra Sue has spent over a decade in the entertainment world, influencing countless artists across the country. Picture her as a lighthouse guiding ships safely to shore—she helps artists navigate their paths and discover opportunities beyond their local scenes. "It has always been very important to me to help artists open their minds and consider opportunities outside of their comfort zones," she explains. This commitment to growth is at the heart of everything she does.

Her passion for music stems from her own experiences as a performer. After spending years on stage and backing well-known artists, she turned her attention to helping others shine.

Creating a Creative Hub

Debra Sue founded **Glass City Talent 419** (GCT419), transforming a historic building in Toledo into a vibrant creative hub known affectionately as "**The Compound**." The space is like a mini-Motown, where artists gather to compose music, practice performances and learn about the music industry.

This building isn't just a recording studio; it houses a beauty salon, a clothing boutique and even a classroom for industry education. It's a space buzzing with activity, showing that creativity and community can thrive as one. Yet, before she fully embraced her passion for music, her career in the medical field demanded much of her time.

Moving Forward Together

"I worked as a Radiologist with *Mercy Health* for 23 years and, when I retired, I purchased a historic building built in 1886 in the Vistula area. I couldn't help but realize that my neighbors needed help," she notes. "It was important to me to become a part of the fabric of the community—so I started a non-profit."

Her non-profit, the **Historic Vistula Community Awareness Connection** (HVCAC), aims to restore confidence among neighbors through grassroots initiatives. "We connect and re-establish neighborhood trust," she explains, highlighting the need for unity in facing challenges like violence, poverty and food deserts.

"The Vistula area is going through a regeneration. A new park is breaking ground in 2025, and the re-pavement of the entire Lagrange area from the Greenbelt all the way to Summit Street will also be complete in the next few months," she explains. As improvements occur, she emphasizes the importance of involving residents in the process.

"We must remember to keep the neighbors involved and ask what they want so the City's master plan is ideal for the area's youth."

A Focus on Youth

When you think about your own neighborhood, who are the adults that inspire you? Maybe it's a teacher who believes in your potential or a neighbor

who shares fun stories. Debra Sue emphasizes that every adult can play a role in supporting children. "I love people. Having a non-profit has shown me that as adults we need to be more involved in the lives of the children in our neighborhoods—not solely our own children."

To combat this issue, Debra Sue leads initiatives like the **Vistula area Free Cuts for Kids, Backpack Giveaway, and Coats for Kids**, ensuring that every child has what he or she needs to succeed. "As adults, we need to be our children's safe zone," she states. This kind of support helps children feel cared for and understood, reminding us all of the importance of being there for the next generation.

Reflecting on Our Roles

Have you thought about how you can contribute to your community? Each small act can create ripples of change. When adults show up for kids, it strengthens the bond and encourages them to pursue their passions. Debra Sue is a perfect example of how one person can inspire many.

"Once a year, I throw a community day block party," she says, describing the joy of bringing people together through music, food, and fun. These gatherings help people connect, fostering the sense of belonging we all need in the communities where we live.

Connecting the Community

Debra Sue takes pride in organizing the annual **Historic Vistula Jazz Fest**, which has become a cherished community event. This year marked the festival's fourth year, held at the vibrant **Ostrich Towne** development on N. Summit Street. The free music festival showcased local talent, **Arthur Bishop, the Mixed Company Band w/Debra G, and Ellie Martin & Friends**. Attendees brought lawn chairs and picnic baskets as they enjoyed a relaxed live musical atmosphere.

"We connect the business community with their neighbors. Back in my day that's how it was done—so that's how we do it now. It's a very effective and people centered way for people to gather," she says.

Debra Sue's Vision

Debra Sue also hosts a podcast called "**TOLEDO to the WORLD**," where she interviews various professionals. It's like a bridge connecting local talents to the wider world, reminding everyone that their voices matter. By highlighting the stories of others, she shows kids that they too can dream big and make a difference.

"If you have a desire to tell your story, I can help you make that happen," she encourages, inviting those interested in promotion to express themselves and realize they are not alone in their experiences.

A Call to Action

As we think about Debra Sue's impact, it's essential to remember the impor...

...continued on page 6



Debra Sue



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Central State University Shines at White House Initiative National HBCU Week Conference

Special to The Truth

Central State University proudly represented the excellence of HBCUs at the 2024 White House Initiative National Historically Black Colleges and Universities (HBCU) Week Conference from Sept. 15-19 in Philadelphia, Pennsylvania, and Washington, D.C.

The annual event brings together key leaders from HBCUs across the nation to celebrate the pivotal role these institutions play in shaping the future of higher education, economic development, and workforce preparation.

Morakinyo A.O. Kuti, PhD, president of Central State University, joined a distinguished group of HBCU presidents for an important roundtable with National Security Advisor Jake Sullivan. During this high-profile meeting, discussions centered on how HBCUs like Central State can contribute to national security through research, workforce development, and talent pipelines, particularly in fields like science, technology, engineering, and mathematics (STEM).

President Kuti highlighted Central State's leadership in this arena, including the recent \$3 million Semiconductor Research Consortium grant awarded by the National Science Foundation (NSF). Central State leads a consortium of seven HBCUs focused on advancing semiconductor research and workforce development. This transformative initiative positions the University as a leader in cutting-edge technology and creates pathways for students from underrepresented communities to enter high-demand STEM careers. This achievement was made possible through strategic seed funding from Intel Inc., which supported the establishment of the Semiconductor Education Program at Central State in 2022.

President Biden praised this groundbreaking achievement during his address to HBCU leaders, underscoring the significant impact Central State is making on the national stage. (Hear Biden's shoutout beginning at 18:35 of the YouTube video.)

Tony Allen, CEO of Delaware State University who served as the CEO of President Biden's 59th Presidential Inauguration after having served on the

advisory board of the president's transition team. Allen introduced President Biden, saying in part, "Everyone in this room understands HBCUs have always outperformed by doing more with less. But President Biden knows less is no longer acceptable."

President Biden has committed a record \$17 billion to HBCUs, the most of any administration. The CHIPS and Science Act of 2022 has created "hubs of innovation at HBCUs," Biden said, empowering researchers to grow a diverse semiconductor workforce.

The National Science Foundation has awarded millions of dollars to HBCUs, fueling semiconductor research development and workforce capacity.

"This is in addition to last week's announcement of \$10.5 million in National Science Foundation grants to facilitate STEM research at more than a dozen HBCUs, including Central State University, a project to build semiconductor (research and development (R&D) capacity," Biden said.

Despite representing only three percent of colleges and universities in the U.S., HBCUs graduate 40 percent of all Black engineers, 50 percent of all Black teachers, 70 percent of all doctors and dentists and 80 percent of all Black judges, Biden added.

The conference featured discussions on federal policies, partnerships, and funding opportunities designed to enhance the mission of HBCUs. Leaders from Central State networked with federal agencies, private industry, and fellow HBCUs to explore new opportunities for collaboration and growth.

As part of the University's ongoing commitment to strengthening its academic programs, workforce development initiatives, and community partnerships, attending the HBCU Week Conference was a testament to Central State's leadership and vision. The conference not only recognized the historical importance of HBCUs but also reaffirmed their role in driving innovation and excellence in education.

For more information, visit centralstate.edu [4].

Debra Sue... continued from page 5

tance of community. When adults take an active role in kids' lives, it creates a sense of belonging and hope. Just like a team working together to win a game, everyone's contributions matter.

Debra Sue acknowledges, "A significant change I've seen in the non-profit space is a loss of funding. To combat this challenge, I see organizations working together to sustain. That's when ingenuity sets in."

She raises an important question: "If we nonprofits don't figure out ways to sustain, where will people go who live in food deserts or who need clothing, housing assistance, or medical supplies?"

What can you do to help build a stronger community? Whether it's volun-

teering, mentoring, or simply being a kind neighbor, every little bit counts.

Looking Ahead

Debra Sue is more than just a CEO; she's a community champion. Her dedication to helping artists and children shows us all the true power of connection in environments where everyone feels supported.

So, the next time you feel alone or see someone else struggling, remember Debra Sue's example. Let's all strive to be the adults who uplift the next generation, ensuring that no child feels isolated. Together, we can revive the spirit of the community village and nurture our dreams into fruition.





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The CBC Foundation's 53rd Annual Legislative Conference

By Rhonda Sewell, Toledo Museum of Art Director of Advocacy and External Affairs
Special Guest Contributor

As a professional whose role is steeped in advocacy and governmental affairs, a huge component of my job at the Toledo Museum of Art entails forming and maintaining key relationships with legislators and policy makers at the local, state and federal levels. These relationships are important in bringing awareness to the needs of arts and culture funding.

Attending this year's 53rd Congressional Black Caucus Foundation Annual Legislative Conference (CBCF-ALC) in early September, was a reminder of how important this gathering is in moving toward a better tomorrow for our country.

My good friend, Toledoan Alan Bannister, a nationally respected governmental affairs consultant for a Columbus firm, encouraged me to attend last year's 52nd annual ALC convening. It was then that I knew how important this conference was to my success at networking on a national level to convey the need for critical arts and culture funding.

The CBCF-ALC is the leading public policy convening focused on issues impacting African Americans and the global Black community. The ALC is a unique platform where thought leaders, legislators, influencers and concerned citizens converge in Washington, D.C., to discuss and address critical issues, forge partnerships and promote the political, economic and social advancement of Black communities.

Like last year, attending this year's ALC provided me an opportunity to visit northwest Ohio legislators and their aides to update them on the state of the Museum, our infrastructure concerns, our programmatic success, our future reimagining plans and to inform them on how we are interacting with the community. Taking time to meet with northwest Ohio members of the United States Congress is vital to bring our elected officials closer to our mission, values and funding needs.

I was so fortunate this year to travel with Felicia Clark, of the Toledo Metroparks. Clark and I both oversee our organizations'



Rhonda Sewell and Sen. Cory Booker



Rhonda Sewell, Neil Misha Jurist, Felicia Clark, Alan Bannister

DEAI (diversity, equity, access and inclusion) strategy and are part of a group of founding members of the DEAI ALLiance of Northwest Ohio. Like my experience last year, it was Clark's first CBCF-ALC. For both of us, I arranged a meeting with a policy director and aide of Senator Sherrod Brown's D.C. team to discuss the goals of the Museum and Metroparks and how the two popular and important organizations are aligned in planning for future growth.

Clark and I also attended sessions for professional development, but our most value-added takeaway were the abundance of resources and new people we met at CBCF-ALC. Conference networking at this convening gave us a chance to share what we do and to convey how both arts and culture, and preservation of our environment are making a difference for our communities, especially those which remain untapped and under resourced.

As chief diversity officers, Clark and I gravitated to sessions discussing DEAI guiding principles, including a podcast gathering on the socio-political backlash of DEAI.

...continued on page 8

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National Voter Registration at the FDCA – A Chance to Register and Verify

Special to The Truth

The Ohio Unity Coalition along with community partners from the Douglas Center, APRI, Toledo NAACP, members of the PanHellenic Divine 9 sororities and fraternities, The Links, Assets Toledo, CBTU The Juice 107.3 and others joined together to mark and celebrate National Voter Registration Day with a drive-thru voter registration drive at the Fredrick Douglas Com-

munity Association on Tuesday, September 17.

From 10:00 a.m. to 7:00 p.m., the group hosted drive-thru voter registration effort in the parking lot and had music, free food and giveaways from some of the sponsors. DJ Impres (Moni Featchurs) was on hand to entertain those who stopped by.

... continued on page 9

CBCF... continued from page 7

My personal highlight was meeting and talking to Senator Cory Booker, a well-known and respected senator who immediately waxed poetic about Sen. Sherrod Brown when he discovered that I was from Ohio.

Connecting with good friends from Ohio to discuss and highlight the landscape of our great state is always a plus. Present this year included Columbus lobbyist and strategist Derrick Clay who is from Toledo; members of Toledo LJSC; Jonathan Bridges of Jobs Ohio and Alan Bannister, who opened so many doors for me at my first CBCF-ALC.

In addition to sessions and workshops, CBCF-ALC also includes galas, state receptions, prayer breakfasts, talks and key legislative hubs. A major closing event during the ALC is titled The Saturday Brunch, hosted annually by theGROUP, a key DC lobbying and strategy firm in governmental affairs.

Cynthia Thompson, Toledo Museum Board member, is the mother-in-law of Art Collins, founder and chairman of theGROUP. During this brunch, key members of Congress speak on the issues of the day. Speakers included the U.S. Second Gentleman Douglas Emhoff, Rep. Hakeem Jeffries, minority Leader of the House of Reps, and Atlanta Mayor Andre Dicken.

Thanks to my family friend from DC, Clif Porter, I am invited as a guest at

this important affair. Porter was just named CEO of the American Health Care Association/National Center for Assisted Living. Porter and wife Deborah, a national Mom Coach, and who I refer to as my sister-friend, lived in the Toledo area for many years where they raised their three now adult children.



Felica Clark, Deborah Porter, Rhonda Sewell

Next year, it is my wish that more Toledoans attend the CBCF-ALC, especially those with governmental affairs or DEAI roles for their companies. The return on investment is undeniable for both personal and professional development.

To learn more about CBCF-ALC: <https://www.cbcfinc.org/events/annual-legislative-conference/>

Special guest contributor Rhonda Sewell can be reached at rsewell@toledomuseum.org



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Voter Registration... continued from page 8

This is widely regarded as the most important election in decades and this National Voter Registration Day the various groups want to ensure that everyone, particularly Black residents in Toledo are registered to vote and verify their voting status ahead of the November's election.

"Registration is the first step to becoming a voter and verifying your voter registration is the last step before you cast a ballot. National Voter Registration Day provides an opportunity on a broad scale to get registered and to exercise the right to vote" according to Petee Talley, executive director of the Ohio Unity Coalition and Anita Madison, Toledo coordinator of Ohio Unity Coalition.

"We're here to make sure that our community is vote ready for November 5 and more importantly to go early voting starting October 8," said Madison. "We also want them to know the deadline to register to vote is October 5. So, this is an opportunity for people to verify their registration."



Deborah Barnett and State Rep Elgin Rogers



The group is joining other community events throughout the state to promote voter registration. They are also hosting door-to-door registration efforts.

Noting that the state of Ohio has purged 150,000 voters from the rolls in the months of July and


August and 6,000 in just Lucas County, Madison added: "We are encouraging people, where you vote or not, to just drive by and check our status and make sure your registration is up to date – don't even need to get out of your car if you don't want to."





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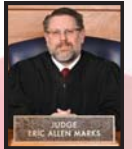
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The Truth HEALTH



Hope Increases for Treatment of Alzheimer's Disease as Disparities Among Blacks Continue

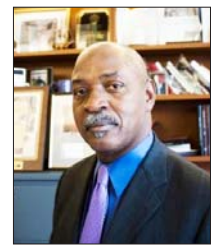
By Hazel Trice Edney

Guest Column

They were nothing short of legendary in their professions. And their works continue to be celebrated nationwide. But, adding to the mystique of America's racial health disparities, they've all died of complications related to Alzheimer's disease, the most common form of dementia that affects memory, thinking and behavior.

- Charles Ogletree, founder of the Charles Hamilton Houston Institute for Race and Justice at Harvard Law School, was beloved in the

civil rights community. Upon his death, he was described by Harvard as "an intellectual giant, an incredible humanitarian, and a legendary teacher, whose contributions to law and to racial equality were unparalleled". Among his chief causes was justice for the survivors and descendants of the 1921 Tulsa Race Massacre. Ogletree died of Alzheimer's last year at the age



Charles Ogletree

- Lani Guinier was a law professor at the University of Pennsylvania in 1993 when she became nationally renowned after President Bill Clinton nominated her as assistant attorney general for civil rights. Following a two-month battle by Republican senators against the nomination because of her views on voting rights and racial inclusion,



Lani Guinier

Clinton ultimately pulled the nomination. Guinier, a lawyer, author, activist and educator who had become the first Black woman to receive tenure at Harvard Law School, died from complications of Alzheimer's in 2022. Guinier was 71.

- Likewise, renowned psychologist and dynamic motivational speaker Julia Ann Reed Hare, who with her beloved husband, Nathan Hare, founded the Black Think Tank in San Francisco, was revered for her insightful commentary on race and racism in America. Their focus on issues affecting Black love relationships and the Black family received wide acclaim. Upon her death from Alzheimer's at the age of 80 in 2019, Kwanzaa founder Maulana Karenga described Julia Hare as a "righteous and relentless servant of her people."



Dr. Julia Hare

- There was also B. Smith, beloved for her reputation as a genius cook, entertaining and home furnishing guru as well as a professional model. Her B. Smith restaurants drew the rich and famous and people from every walk of life to enjoy her soul food cuisine in New York City and Washington, D.C. The former Ebony Fashion Fair Model became the first African American to be featured on the cover of Mademoiselle magazine in 1976. She died of Alzheimer's in 2020 at the age of 70.



B. Smith

The deaths of these four African American moguls from Alzheimer's illustrate the indiscriminate nature of this brain health disease, which is one of the top 10 causes of death in America. Yet, similar to other major diseases, the rate of Alzheimer's occurrences in the Black community is twice the rate of Whites, according to the Alzheimer's Association. The Association reports that 21.3 percent of African-Americans age 70 and over are living with Alzheimer's. About 5.7 million people in the U.S. are currently living with Alzheimer's disease. Researchers project that will increase to 16 million by 2050.

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A Mental Health Moment

Mental Health Factors that Can Impact Voting in Black Communities

By Bernadette Joy Graham, MA, LPCC, LLC

The Truth Contributor

The upcoming presidential race of 2024 may be the most controversial in American history. It is the first time a woman of color is running for president of the United States of America; it is also the same first woman of color to serve as vice president of the United States of America.



Many women and men of all races sacrificed their lives during times of the passing of the 15th amendment in the 1850's with the intention of giving all American citizens the right to vote. In 2012, turnout of Black voters exceeded that of white voters for the first time in history, as 66.6 percent of eligible Black voters turned out to help reelect Barack Obama, the nation's first African American president. It was not long ago when women were not allowed to vote and now this November 5, 2024 a Black woman may win the presidential election.

Those voters who feel Kamala Harris (current vice president) will be the best candidate to serve as president for the next four years have every intention to cast their ballot for Harris but still in 2024 there are challenges to deter those votes. Centuries of racial oppression including systemic racism and segregation have led to feelings of intergenerational trauma.

Black voters have often indicated feelings of distrust of political systems and practices leading to powerlessness and choose not to vote due to feeling their votes will not lead to change and meaninglessness in doing so. Systemic inequality often leads to overwhelming stress that affects one's overall mental health reducing motivation to vote.

Within areas of poverty, homelessness and economic hardship of Black communities often leads to depression, anxiety and other co-existing mental health challenges of instability will make eligible voters to focus more so on needs to survive over engaging in civic activities that include political policies and voting. Take a mental health moment to reflect on the many reasons, that mental health is important. Individuals can fail to register to vote or make it to the polls due to poor mental health.

Our next president will weigh heavily on healthcare needs and change in America. Please vote and vote wisely as the winning candidate will affect us all and all of our own mental health.

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

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

Governor DeWine Announces New Health Clinic to Expand Access to Primary Care in Springfield

Mobile clinic to be installed next week; permanent clinic to be established in the future

Special to The Truth

In response to long wait times for primary care services and other strains affecting the healthcare system in Springfield and throughout Clark County, Ohio Governor Mike DeWine announced last week that the Ohio Department of Health (ODH) will work alongside the Clark County Combined Health District to open a mobile health clinic in Springfield next week.

The Governor also announced that the state and local health departments will work together to transition this mobile clinic to a permanent location to serve patients throughout the Springfield community. The location and schedule for opening this permanent clinic are still to be determined.

"Starting next week, the new mobile clinic will supplement and expand the primary healthcare services that are already here in Springfield," said Governor DeWine. "Our goal is to reduce wait times and to be able to provide the necessary healthcare services for everyone – whether you've lived in this community your whole life or you've just come into the community recently."

Springfield is dealing with significant stress on its healthcare system due to the influx of thousands of Haitian migrants over the past several

years. This has resulted in longer wait times for appointments for patients of all backgrounds that state and local health leaders believe may be discouraging some individuals from seeking care.

The new clinic will offer a variety of primary care services, including health assessments, vaccinations, lab testing, maternal and infant health and wellness, and more. It will be operated by the Clark County Combined Health District with ODH providing active support.

"My commitment to the county and to the City of Springfield is that we, as a state, will not allow either the new mobile clinic or the permanent clinic to fail," added Governor DeWine. "There is a significant need here, and we intend to do everything that we can to bolster our capacity to reach more people."

Last week, Governor DeWine pledged that the state would dedicate \$2.5 million toward expanding primary care access for all residents. Under the Governor's direction, ODH, the Clark County Combined Health District, and other healthcare providers in the area will continue to work together to determine the best path forward to adequately serve the healthcare needs of the community.

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Good Gut Health = Good for You

Patrice Powers-Barker, OSU Extension, Lucas County

The Truth Contributor

Typically, the words “bacteria” and “microorganisms” are negative and make people think of illness and sickness. While some bacteria and viruses are “bad” and cause health problems, there are trillions of microorganisms that do “good” work. One of our human systems that relies on good microorganisms to function is the gut system or digestive system made up of our stomach, small intestine, and large intestine. Scientists continue to learn more about the “good” microorganisms and the beneficial role they play in the body.

Gut health refers to the health of our gut microbiome—the bacteria that lines our digestive tract. Some of the types of bacteria in our gut microbiome are very good for our health, and help improve digestion, sleep health, brain health and can even prevent disease. Two words that are often associated with positive gut health and diet are Probiotics and Prebiotics.

The best way to add more probiotics and prebiotics to benefit your gut system is by eating a variety of foods, in moderation. To strengthen gut health, choose plant-based foods that are high in fiber like whole grains, fruits, vegetables and dried beans.

You probably already eat foods rich in prebiotics and probiotics, but let's take a moment to review these foods. Probiotics are live microorganisms that help maintain a healthy gut microflora. Probiotics are good microorganisms, naturally found in fermented food. Some examples of fermented food include: aged cheeses such as cheddar, cottage cheese, and feta, buttermilk, Kefir (fermented milk beverage), Kimchi (fermented dish made of vegetables and varied seasonings), Kombucha (fermented tea drink), miso soup, pickles, sauerkraut (fermented cabbage), tempeh (soy product), and yogurt.

Prebiotics offer fuel for probiotics in the gut. For infants, prebiotics are naturally found in human breast milk. In food, sources of prebiotics can be found where you can find fiber, so think fruits, vegetables, beans and whole grains! Some examples of foods that contain prebiotics include: apples, asparagus, artichokes, bananas, garlic, lentils, oats, sea weed, and sweet potatoes.

Fiber is not a microbe, but it interacts with the microorganisms and is essential for a healthy gut. Much of the starch in our diet, like white bread and pasta is quickly broken down and absorbed. But a fraction of that starch is resistant to digestion and acts more like a fiber, feeding the bacteria in our gut. This is called resistant starch, and it is recognized as being beneficial for supporting a healthy gut microbiome.

Some sources of resistant starch include potatoes and legumes. In addition, it has been found that all sources of starch can also become more re-

sistant after cooking and then cooling in the fridge. So, it's not a bad idea to make additional potatoes and pasta and store those leftovers for a day in the refrigerator. Whether you eat them cold or reheat them, they may have additional benefits for your gut due to the resistant starch. Resistant starch moves on through the digestive system to the large intestine. It is fermented and becomes foods for the gut microbes.

As usual, you are best getting the benefits directly from food and not a supplement. Foods contain so many different beneficial combinations that work together. Probiotic supplements are becoming popular at the store, but the best practice is to add the healthy foods into your regular diet. Occasionally, there may be times a health care provider may recommend a supplement but talk with them directly about your health needs.

In addition to choosing a variety of foods to feed the gut, there are healthy lifestyle choices that can work with foods to make sure the gut stays healthy. For **healthy eating**, and optimum gut health, consider:

- Enjoy your meals, without filling up too fast, by serving a smaller meal and eating slowly.
- Stop eating earlier in the evening. Your digestive system is more active in the morning and daytime so it doesn't really need a bedtime snack.
- Eat around the same time each day.
- Hydrate regularly with water throughout the day.

For a **healthy lifestyle**, that provides many benefits, including supporting good gut health:

- Reduce the use of unnecessary antibiotics. Sometimes antibiotics are necessary but not only do they kill the “bad” microorganisms, they also kill the “good” ones. So unless it's a health need (and prescribed by a health care professional), skip the antibiotics. This also includes home cleaners like soap that include antibiotics – they kill all the bad and good bacteria. Typically, washing hands with plain soap and warm, running water is the best recommendation for warding off the “bad” microorganisms that cause problems like colds.
- Getting enough sleep is good for your stress level as well as your gut!
- Exercise is good for all parts of your body, including your digestive system.
- Increase your time outdoors in Nature. Time in nature offers so many health benefits such as exposure to vitamin D, exercise and relaxation, and it also exposes people to positive microbes in the environment!
- Reduce Stress. Studies indicate that stress can reduce beneficial microbes in the body. Indirectly, when we are stressed, we don't always eat as healthy. For example, if someone is stressed and making poor food choices, like high sugar and high-fat foods, that will not benefit the good gut organisms. Stress can also make it harder to digest our food. Use those stress reducing skills like exercise, mindfulness, and time for relaxing to turn down your stress level.

Information for this article is from UCLA Health, National Institutes of Health and Cooperative Extension

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Books on Farms, Food, and Farming History by various authors

By Terri Schlichenmeyer
The Truth Contributor

Last spring, all you saw was rows and rows of dirt, with a promise of more to come.

Then there were soft rows of green, followed by real plants, then crops of bales or food or cobs. That acreage you know or imagine is dear to your heart, so why not read these great books on farms, food, and farm history?

If there are animals on your farm, you already know that they have feelings, make friends, and have definite opinions. In *The Wisdom of Sheep: Observations from a Family Farm* by Rosamund Young (Penguin Press), you'll read about life on Kite's Nest Farm, where crops are organically grown and the animals are loved.

You almost can't raise livestock without watching them closely and here, Young writes about her sheep and her cows (she's also the author of "The Secret Life of Cows"), how they interact with one another, and how they otherwise behave. Farmers will identify with Young's quiet reverence for the land she loves; anyone who appreciates domestic animals of any kind will truly enjoy this collection of short essays and observations.

For any farmer, it comes as no surprise that what we eat has become politicized. The surprise is that it didn't happen this century. In *Ruin Their Crops on the Ground* by Andrea Freeman (Metropolitan Books), you'll learn the long, but nearly hidden history.

It started just after America officially became a country. George Washington told his troops to ruin the indigenous people's crops and land. Later, a lack of access to food was one way slave owners kept control over the enslaved; today, feeding children at school is contentious and sometimes, growing crops and growing votes are tied together. This book explains how this happened, why it's relevant, and what readers can do to ensure that the best meals get to our plates, despite of (or because of) government laws and policy.

And finally, what you know about the history of farming in America depends on which side of the field you're on. In *Rooted: The American Legacy of Land Theft and the Modern Movement for Black Land Ownership* by Brea Baker (One World Books), you'll read about Baker's search for her ancestry, and what she learned about disenfranchisement, wealth, and the legacy of Black farms.

Yes, this is a book about Black history, but it's also one of American history. It asks a lot of questions and offers much to think about. Most of all, it'll

c. 2024
various publishers
\$27.00 - \$30.00
various page counts

make you wonder: what do we do now with the knowledge we have about the farms that were stolen?

If these aren't enough and you want more books about farms, food, and farm history, be sure to check with your favorite bookseller or librarian. They'll find plenty more for you on growing your own food, owning a farm and being a farmer, farm-to-table recipes, farms in history, raising livestock, and keeping chickens in your back yard. For the person who knows and loves the land, animals, and history, these are books you'll plow through quick.

Voter Education... continued from page 16

cludes 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).

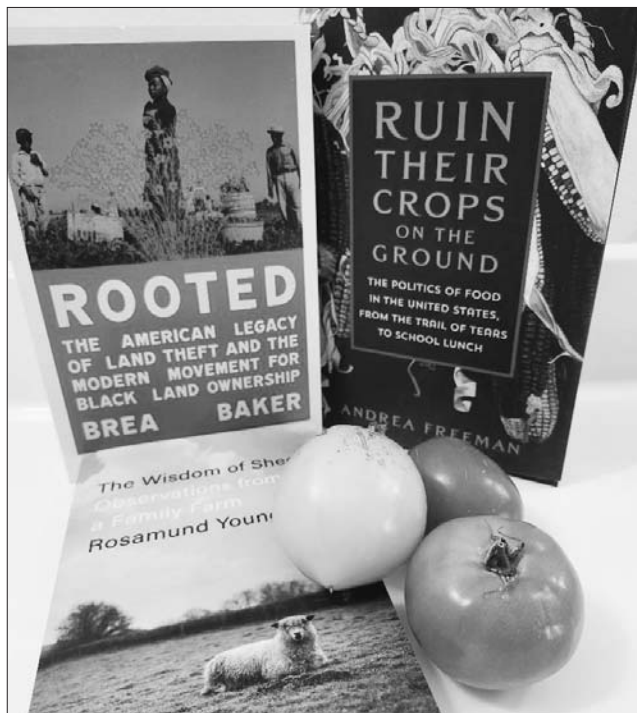
A DROP BOX IS AVAILABLE FOR BALLOTS at the Lucas County Board of Elections office at

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



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To apply, you must submit a current resume and a cover email or letter that highlights why you are interested and why you would be a good candidate for this position. Submit via email to executivedirector@wernertcenter.org no later Friday, October 18. For a complete job description and requirements visit <https://www.wernertcenter.org/about-mental-health-recovery-center/job-openings>

INVITATION FOR BIDS SNOW REMOVAL SERVICES AMP 131 COMMUNITIES IFB24-B013

Lucas Metropolitan Housing (LMH) will receive bids for Snow Removal Services for AMP 131 Communities in accordance with IFB24-B013. Received in accordance with law until September 24, 2024, at 3:00 PM ET. For documents: www.lucasmha.org; 424 Jackson Street., Toledo, OH 43604; or 419-259-9438 (TRS: Dial 711). Bidders are required to meet Affirmative Action and Equal Employment Opportunity requirements as described in Executive Order #11246. This contract opportunity is a Section 3 Covered Contract, and any Section 3 Business Concerns are encouraged to apply.



TOLEDO LEGAL AID SOCIETY

Assistant Public Defender and TLAS Fellowship Program positions in Lucas County, Ohio. See <https://www.nlada.org/node/77206> for more detailed descriptions and requirements for the attorney positions. See <https://www.nlada.org/node/77211> for more detailed descriptions and requirements for the TLAS Fellowship Program. Email cover letter & resume by September 27, 2024 to ToledoLegalAidSociety@yahoo.com

INVITATION FOR BIDS SNOW REMOVAL SERVICES AMP 121 COMMUNITIES IFB24-B011

Lucas Metropolitan Housing (LMH) will receive bids for Snow Removal Services for AMP 121 Communities in accordance with IFB24-B011. Received in accordance with law until September 24, 2024, at 3:00 PM ET. For documents: www.lucasmha.org; 424 Jackson Street., Toledo, OH 43604; or 419-259-9438 (TRS: Dial 711). Bidders are required to meet Affirmative Action and Equal Employment Opportunity requirements as described in Executive Order #11246. This contract opportunity is a Section 3 Covered Contract, and any Section 3 Business Concerns are encouraged to apply.



INVITATION FOR BIDS SNOW REMOVAL SERVICES AMP 122 COMMUNITIES IFB24-B012

Lucas Metropolitan Housing (LMH) will receive bids for Snow Removal Services for AMP 122 Communities in accordance with IFB24-B012. Received in accordance with law until September 24, 2024, at 3:00 PM ET. For documents: www.lucasmha.org; 424 Jackson Street., Toledo, OH 43604; or 419-259-9438 (TRS: Dial 711). Bidders are required to meet Affirmative Action and Equal Employment Opportunity requirements as described in Executive Order #11246. This contract opportunity is a Section 3 Covered Contract, and any Section 3 Business Concerns are encouraged to apply.



TOLEDO LIBRARY HOSTS JOB FAIR

The Toledo Library is once again excited to partner with Ohio Means Jobs Lucas County to host a job fair (<https://events.toledolibrary.org/event/10649897>), bringing employers and job seekers together in one place! Meet with recruiters from a variety of companies and organizations at Main Library on (F) Sept. 20 from 10 a.m. to 1 p.m.

Whether you're exploring new career paths or seeking advancement in your current field, this event is your gateway to success. The job fair will take place in the Main Library Atrium, where attendees will have the opportunity to meet with representatives from a variety of local businesses, non-profits, government agencies, and more.

Companies Attending:

- * Betco Corporation
- * Chick-fil-A
- * City of Toledo
- * Directions Credit Union
- * The Honey Baked Ham Company
- * Imagination Station Toledo
- * Internal Revenue Service (IRS)
- * Kroger
- * Lucas County Child Support Services
- * Lucas County Children Services
- * Maumee Assembly and Stamping
- * McAlear Group
- * Midwest Tape | hoopla
- * Northwest Ohio Behavioral Healthcare
- * Ohio Department of Transportation
- * O-I Glass, Inc.
- * Otterbein Sunset House
- * Securitas
- * Toledo Area Regional Transit Authority (TARTA)
- * Toledo Lucas County Public Library
- * Toledo Museum of Art
- * Toledo Public Schools
- * Unison Health
- * United Parcel Service (UPS)
- * The University of Toledo
- * US Army
- * Velocity, A Managed Solutions Company
- * WIS International
- * Zepf Center

*Employer list may change since time of listing.

Before the event, ensure you are ready to make a lasting impression. Attend one of our free Resume Workshops, hosted by OMJLC and receive online job searching tips, resume and cover letter writing help, and more.

Resume Workshops: (<https://www.toledolibrary.org/search-page?dropdownoption=Programs&q=One%20Stop%20Resume%20Shop>)
(Tu) Sept. 17 | 5-6 p.m. | Main Library
(W) Sept. 18 | 5-6 p.m. | Main Library

For more details or assistance, visit (<https://www.toledolibrary.org/locations/main-library>) or call the Computers and Media Department at Main Library 419.259.5200. We're here to support you on your journey to success!

NHA's Second Annual Super Heros Need Support Too Workshop

By Dawn Scotland
The Truth Reporter

The Neighborhood Health Association hosted its second annual Super Heros Need Support Too resource and workshop fair for grandparents and kinship caregivers raising children Tuesday, September 24, at Ceder Creek Church South Campus.

"A group of organizations decided to put this together because there are so many seniors that are taking care of their grandkids or great great grandkids... We want them to know that they are not alone and that there is support out there in the community," stated Monica Morales, project coordinator of Neighborhood Health Association and the 'Super Heros' event planning chairperson.

According to statistics supplied by the state of Ohio, more than 227,000 children in the state under the age of 18 live in homes whose caregivers are relatives other than their parents and, across the nation, approximately 2.6 million children live with a kinship caregiver.

"We wanted to bring in organizations that are able to provide resources that meet the challenges that people face – legal, financial, even where to enroll your kids in school," she continued.

"This years' event we are highlighting the mental health aspect because it's so important for caregivers to remember to stop and take care of themselves," said Morales.

The one stop shop resource fair featured 14 vendors including Neighborhood Health Association, Lucas County Job and Family Services, Lucas County Children Services, several mental health providers, healthcare vendors, the Ohio Unity Coalition and Ohio Mom's Demand Action – 'Be Smart' program, among others.

The event provided free lunch and keynote speakers who shared tips and tools on how to navigate through different challenges from their varied experiences, giving advice to those in need and letting people know they're not alone. The free event was held from 9:30am-1:30pm. NHA plans to host this event annually.



Grandparents and kinship caregivers learn more about resources



Molina Healthcare



Neighborhood Health Association staff

Presentations included:

Area Office on Aging (AOOA)

- Marsha Rose, LSW, Supervisor, Kinship Navigator Program, Area Office on Aging of Northwestern Ohio, Inc.

- Arcelia Armstrong, LSW Director, Caregiver Support & Kinship Navigator Programs

Harbor/ Lighthouse EAP

- Madison Pakulski - Care Coordinator, Hospital Liaison

Lucas County Department of Job and Family Services (LCJFS)

- Michael Pidsony - Community Outreach Liaison

Unison Health

- Lee Ann Cox, Early Childhood Mental Health Program Manager



NHA's 'Superheros' event hosted over 14 vendors



product-donation-drive/ at NHA's website for more information.

NHA is collecting these items to support the students:

- toothpaste
- toothbrushes
- dental floss
- mouthwash
- deodorant
- bar soap
- menstrual products
- underwear
- body lotion
- face wash
- textured hair shampoo/conditioner

- Megan Rinehart, Director of Child and Family Program

Guest speakers included:

- Felicia Clark - Director of Diversity, Equity, Inclusion and Access of Metroparks Toledo

- Kym Pullom - CEO and Founder of Peaceful Pathways, LLC

- Diane Sweinhagen - Clinical Director at the Sophia Center

NHA will be hosting a hygiene drive for the students at Jones Leadership Academy of Business the whole month of October to eliminate period and hygiene poverty for students. To donate visit nhainc.org/hygiene

Drop off dates:
Tuesday, Oct. 1 – Thursday, Oct. 31, 2024 (view drop off location list at NHAINC.org)

GLASS-CITY SHOWCASE PRESENTS




ART TATUM: *The Musical*

Featuring the Doug 419 Community Youth Choir & Ann Jerkins-Harris Academy of Excellence Select Choir

Written & Directed by Dianne Webb & Assisted by Autumn Harris

Saturday, October 12th 2024
3 - 4:19pm

1001 Indiana Ave at the Frederick Douglass Center

Admission cost: **Free**

For more information call: 419 215 1459

Let's Talk About Project 2025 and Voter Education!

By Dawn Scotland
The Truth Reporter

The Prince Hall Masonic Phamily hosted Let's Talk About It: Project 2025 with State Senator Paula Hicks- Hudson and Voter Education with Lavera Scott, Lucas County Board of Elections Director on Wednesday September 18, at Octagon Hall No. 4.

Senator Paula Hicks-Hudson spoke about Project 2025, fair maps and the importance of voting YES to Issue 1 this November election.

"While everyone is looking at the national Project 2025 there are things happening at the state level that's already been implemented, and people need to know that," Hicks-Hudson said. "We need to also focus on state policies and what's happening at the state level."

In particular, the Ohio senator wants voters to know about Ohio Senate Bill 83. "It is designed to eliminate DEI and to eliminate tenure tracks for professors and true open discussion because they are saying that colleges are hot bed for liberalism and conservative thought can't be supported," she shared.

She says it has passed out of the Senate and is currently stalled in the House of Representatives. "There are all these things that are being done very quietly at the state level and folks need to be

aware of it," stated Hicks-Hudson.

"Right now, in the state of Ohio we are at a crisis point as it relates to democracy... Project 2025 [was created by] the Heritage Foundation, an organization that for the last 20 years or years or so has been working primarily with Republicans driving a conservative agenda for our government."

"Many of the things that we as African Americans we have been blessed to be able to partake in, they're working to undo them," Hicks-Hudson advised.

She highlighted that Project 2025 aims to roll back programs and processes for veterans, dismantle The Department of Education by moving it to the state level and removing civil service protection, among other initiatives.

Scott, Lucas County Board of Election director, spoke about voter registration, education and requirements, the previous voter turnout and jobs available on and leading up to Election Day.

She stated, "We're less than 50 days out and need to stress the importance of people being prepared for voting on Election Day: checking their registration, reading the ballot, looking at who the candidates are, and doing research be-

fore we get to the ballot because people are hoping that we don't know what we're doing and we just have to show up and show them that we do."

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 8th, 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
- 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 in-

... continued on page 13



LaVera Scott, Director of Lucas County Board of Elections



Ohio State Senator Paula Hicks-Hudson speaks about Project 2025 and Issue 1

A WILL IS NOT ALWAYS THE WAY

Getting Your Affairs in Order Launch

In Partnership with Area Office on Aging & Toledo Lucas County Public Library

Join us for this informative session on
Saturday, October 19, 2024
from 12:30 - 2:30 p.m.
at the Toledo Lucas County Public Library – Main Branch
 325 North Michigan St, Toledo, OH 43604

Learn what you can do to better prepare you and your family.

Topic Discussions:
 Living Will, Transfer on Death Deed
 Bank Account Safety from Fraud

RSVP by October 15 at
<https://events.toledolibrary.org/event/9726545>

For questions please call 419-259-5311

Free & Open to the Public
Lunch Provided

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