

Volume 89 No. 9

"And Ye Shall Know The Truth..."

June 4, 2025



2025 Debutantes



INDEPENDENT NON COMMITTED  
**WRITE-IN CANDIDATE**  
 ★ FOR MAYOR ★  
 OCT. 2025 **HAROLD HARRIS** 4 NOV. 2025



FIX ENGAGE TOLEDO / IT'S BROKE. BRING BACK BLOCK WATCH TO OUR NEIGHBORHOODS. CUT DOWN THE DEAD TREES IN OUR NEIGHBORHOODS. CUT LOW HANGING BRANCHES OFF OUR TREES. WORK ON FIXING MORE ROADS IN OUR NEIGHBORHOODS.

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PAID FOR BY: HAROLD HARRIS

**Harold Harris Toledo**





# A Cruise Ship Docked in Toledo After a 22 Year Hiatus

By Paul Hubbard, Interim Executive Director Maritime Academy

Guest Column

On Friday, May 30, the Victory One Cruise Ship with 145 passengers docked in Toledo Ohio at the Port Authority across the road from Maritime Academy. The ship can accommodate 198 passengers. Victory One is the first Cruise Ship to dock in Toledo in 22 years according to Mayor Wade Kapszukiewicz.

Victory One usually docks in Detroit once a week. However, the Grand Prix is in Detroit on the waterfront this weekend of May 30. The Victory One passengers were welcomed to Toledo by Maritime Academy art students with a welcome banner and a painting of a cruise ship.

Toledo School for the Arts provided Island music with its steel drums band. Passengers on Victory One were standing on the upper decks of the four-deck ship enjoying the dancing of students from Maritime Academy and the music from the School for the Arts.

The students from both schools enjoyed the experience and got good press coverage. Victory One sailed over night to Toledo from Sault St Marie, Michigan and cruised overnight to Cleveland from Toledo. From Cleveland it will cruise to Toronto, Canada.

While in Toledo for a day, some passengers took a bus trip to Detroit to the Henry Ford Museum which is next to the Motown Museum. Another bus full of passengers went to the Toledo Maritime Museum for a tour and spent time on the Museum's boat. A third group of passengers went to the Toledo Museum of Art which is one of the top 10 art museums in the country.

Victory One's chef treated guests to cruise ship type finger food and champagne. At the parking lot reception, Captain Andrew was presented with gifts including a Mud Hens' jersey, crystal, a history book of Toledo and other nice gifts from Toledo's mayor, Toledo Port Authority, Lucas County Commissioners, Maritime Museum, Destination Toledo and Congresswoman Marcy Kaptur who has brought money to Toledo for Great

Lakes projects.

The Metroparks' frog mascot and Destination Toledo were also major participants with exhibits. At the end of the formal program people were taken on a tour of Victory One which is like a mini-Cruise Ship that sail the oceans. This was a great event that everyone there hopes will happen again in Toledo in the future.



State Rep Elgin Rogers and Paul Hubbard



Marie Bush, PhD, State Rep. Josh Williams, Thomas Winston, State Rep. Elgin Rogers





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## Community Calendar

### June 2-6

FREE Vacation Bible School: United MBC; Back to Basics: B.I.B.L.E --(Blessing Inspiring Believers to Live Eternally) Classes for Kindergarten -Teens & Adult: 5:30 - 7:30 pm; Free light dinner served nightly: 5:30 - 6p.m.  
419-699-2656

### June 7

The Bible Way Church Toledo & Wider Circle: Community Health & Family Day; 11 am – 1 pm; Holistic health, resource access, and joyful community gathering.

### June 15

NAACP Youth Council meeting: Sanger Branch Library at 3:00 pm



# When Demagogues Blame the Vulnerable, We All Lose

By Ben Jealous

Guest Column

In hard times, people look for answers. The decimation of American manufacturing starting in the 1990s with trade agreements like NAFTA led to decades of downward economic mobility for working families. That creates ripe conditions for demagogues to come out of the woodwork offering an easy answer for people's pain. And if history teaches us anything, that answer is usually someone else to blame.



Today's anti-immigrant movement follows the same dangerous pattern: stoke fear, tell lies, and divide working people against each other. We should recognize the humanity of people fleeing poverty, violence, or climate chaos, who come here with little more than the hope they will find opportunity and be treated with dignity. Instead we get bombarded with claims that immigrants are taking jobs, draining welfare programs, and driving up crime.

Let's be clear – the data says otherwise.

Immigrants are less likely to commit crimes than US-born citizens, according to studies from the Cato Institute and the American Immigration Council. They contribute more in taxes than they receive in public benefits. And far from taking jobs, immigrant labor fills critical shortages in healthcare, construction, farming, and more – keeping our economy going while supporting their families and ours.

The myths persist because the truth is harder to confront. Our economy has failed too many people for too long. Factory towns across the Midwest and elsewhere are hollowed out. Wages have stagnated. Housing costs have skyrocketed. College debt weighs down the next generation before they can even begin. When real solutions feel out of reach, fear finds a foothold. But the solution is not scapegoating. The solution is building.

Right now, the green economy is our best shot at economic revival. Spurred on by legislation like the Inflation Reduction Act and Bipartisan Infrastructure Law, we are opening new factories for wind turbines, electric school buses, and solar panels. We are building a power grid for the next century. We are creating careers – not just jobs – that pay well, reduce pollution, and lower energy bills.

This transition is already underway. But the budget reconciliation bill just passed by the US House and heading to the Senate attempts to bring it to a grinding halt. Instead of investing in the jobs that will power the global economy, the bill guts clean energy funding. It slashes Medicaid and food assistance for working families to pay for billions in tax cuts for the top one percent.

The bill does not solve a single problem. It makes every one of them worse.

What is in that disaster of a bill has been well reported: Attacks on Americans who get their health care through Affordable Care Act exchanges ... deep cuts to Medicaid and food assistance ... all to pay for tax cuts for billionaires and corporations and Trump's immigrant deportation (and detention) agenda.

The House-passed bill would also repeal most IRA clean energy tax credits and investments and undermine public health by inviting a flood of air and water pollution. The repeal of the clean energy tax credits alone

would reportedly increase US household energy costs by \$16 billion by 2030, and cost more than 830,000 jobs and \$1 trillion in GDP over the next eight years.

The cruelty of it is the point. The pain inflicted on everyday Americans is across the board. It tells struggling Americans: You will not get affordable healthcare. You will not get relief from rising rent or energy prices. But we will show you someone to blame – and punish them in public.

Scapegoating is about power. It's about exploiting people's anxieties and frustrations to gain that power. And it's about making an example of a group to chill dissent and create a climate of fear. We're already seeing how this administration is trying to retaliate against those who are calling out and standing up to its dehumanizing immigration sweeps. That is also part of the playbook.

Meanwhile, the real drivers of hardship go unaddressed.

Climate change, for example, is already uprooting communities around the world. In El Salvador, climate-fueled droughts forced rural families into overcrowded cities where gangs preyed on their desperation. Many fled north to escape the violence. Some walked thousands of miles. Along the way, they risked kidnapping, assault, rape, and death. Many did not survive the journey.

Imagine how bad things must be to make that trip with your children in tow.

It is also worth remembering that some of the people we just honored on Memorial Day were immigrants. Foreign-born Americans have always served and sacrificed for this country – from the Civil War to Afghanistan. It is but one example that shows creating paths to citizenship and legal status is not giving people a handout. It is giving them a chance to fully belong to the nation – a nation many of them have already helped defend.

We can choose to turn away from politics that prey on fear. And turn toward a future built on shared prosperity, shared responsibility, and shared humanity. That's an America worth fighting for.

*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.*

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



# AALP Laying the Groundwork for an Historic Dorr Street Revival

By Fletcher Word

The Truth Editor

On Monday, June 2, Robert Smith, founder and director of the African American Legacy Project, convened a community forum – the first Monday Community Conversation – to announce plans to move ahead with the Historic Dorr Street revival and to seek input from community members about plotting the way forward.

“Our challenge is to continue to put a stake in the ground and continue to put a footprint in the ground,” said Smith to an audience of about three dozen he described those next steps forward.

“We want to be a vehicle to bring us all together,” he noted of the ongoing efforts that the current historic committee that meets every Monday at the AALP headquarters has undertaken thus far.

After delving a bit into the history of Dorr Street and the now legendary collection of business and cultural entities that were, for the most part, eliminated as a result of the “urban renewal” schemes of the late 1960s and early 1970s, Smith introduced to the audience the plan to create an “ecumenical advisory board,” including “people of all backgrounds” to lay the groundwork for the future of the historic district.

The current committee has proposed a number of guiding principles for the new working group: representative of the community, operating with transparency and with cultural integrity, focusing on economic justice while remaining accountable to the community.

“We have to set selfish interests aside,” said Smith while adding that the realization that population is declining and young people are leaving the area must be taken into serious consideration.

“We have to set the stage for our kids’ return,” he observed.

Smith used as an example of how the community, the African American community in Toledo, can work together, the Belmont Neighborhood Savings Club, which began in 1943 to help the neighborhood focus collaboratively on stimulating economic and community development.

In 1948, that group announced it was breaking ground on a \$100,000 (equivalent in 2012 dollars to \$1.6 million) community investment project known as Belmont Enterprise.

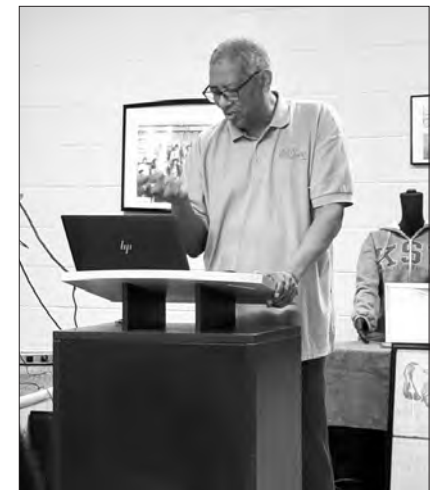
The new advisory board will develop a model and set strategies, align work with a set of community planks, oversee engagement and secure partnerships and funding.

It is anticipated that the advisory board will probably be ready in the autumn to begin the task of moving forward with revitalization plans the Historic Dorr Street corridor, but there are some immediate next steps necessary to prepare for the success of that venture, Smith noted.

First, there must be an outreach to identify board members; then a nomination process must begin. Public forums will be held to gain input on the way forward and to help establish working groups to gather information and start building relationships.

With the current historic committee, Smith said that the discussions revolve around not necessarily the African American Legacy Project but about the community as a whole.

Interested in being a part of the committee? Or have a name or two you would like to nominate for such a committee? Or simply have ideas to share? Call the AALP at 419-720-4369.



Harold Harris

## Health Department and Veterans Affairs Team Up to Promote Gun Safety in Our Communities

In recognition of National Gun Violence Awareness Day on Friday, June 6, the Toledo-Lucas County Health Department is proud to partner with the Toledo VA Outpatient Clinic to promote responsible gun ownership, prevent firearm-related injuries, and emphasize the importance of safe firearm storage.

This partnership reflects a shared commitment to reducing gun violence and preventing avoidable tragedies through community education—particularly among families with young children and military veterans who face a higher risk of suicide. As part of the awareness campaign, free gun locks will be available at the following locations:

- Toledo-Lucas County Health Department: 635 N. Erie St. Toledo, OH 43604 Thursday, June 5 & Friday, June 6: 9:00 a.m. to 4:00 p.m. Gun locks generously provided by Safe Kids Greater Toledo
- Toledo VA Outpatient Clinic: 1200 S Detroit Ave, Toledo, OH 43614 Monday – Friday 7:30 a.m. – 4:00 p.m., only available to veterans.

Approximately 70 percent of veteran suicides involve a firearm according to the U.S. Department of Veterans Affairs. Securing firearms can create critical time and space during a suicidal crisis and has been proven to lower the risk of suicide. For more information about the importance of secure firearm storage and suicide prevention strategies for veterans, visit [www.va.gov/reach/lethal-means](http://www.va.gov/reach/lethal-means).

Children are also vulnerable. Gun violence is the leading cause of death among children and teens in the United States. Most unintentional shootings by children involve guns that were loaded and not secured. By securing guns in the home—locked, unloaded, and stored separately from ammunition in gun safes, lockboxes, or with trigger locks—children may be kept safer and the risk of these injuries or deaths can be significantly reduced.

In addition to safe storage, prevention strategies such as open conversations between parents and children about gun safety and asking about firearm storage in homes children visit can also help protect young lives.



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# Make History, Toledo: Why Writing in HAROLD HARRIS Could Be a Game-Changer

By Asia Nail

The Truth Reporter

This November, voters have a rare chance to write a new chapter—literally.

What if I told you that one pen—yours—could change the future of an entire city?

This November, Toledo voters have a unique opportunity. You won't see his name printed on the ballot. But if you're paying attention around town, you've definitely seen the signs:

**"Write In HAROLD HARRIS for Mayor."**

HAROLD HARRIS isn't your typical candidate. He's not part of the political machine. He's a retired U.S. Air Force veteran, a lifelong Toledonian, and a man who says this race isn't about power—it's about people.

And if you think a write-in candidate can't win? **Think again.**

Yes, Write-In Candidates Have Won Before

Across the country, underdog write-ins have pulled off stunning victories:

**Lisa Murkowski** (Alaska) made U.S. history in 2010 when she won re-election to the U.S. Senate as a write-in—one of the only people in American history to do it statewide.

In **Pocomoke City, Maryland**, **Chuck Moore** forgot to file his paperwork—but the people loved him so much, they wrote in his name and made him mayor anyway.

In 2021, a man named **Calvin Brown** won a seat on the city council in Arkansas as a write-in after voters said, "We trust him. Period."

Each of those races had one thing in common: The people didn't wait for permission. They showed up, wrote the name in, and changed the game.

Now it's Toledo's turn. And the name to write? **HAROLD HARRIS.**

**One Name to Remember**

Write-in campaigns aren't just rare—they're hard. But Harold Harris is ready for the challenge.

"I know I'll have to work twice as hard just to get the word out," he said. "But that's okay. I'm not afraid of hard work. And if enough people believe in this vision, we can do something historic together."

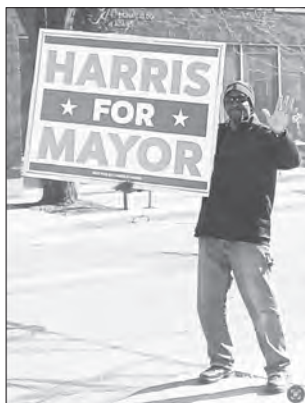
He knows many people have never written in a name on a ballot before, and he wants to make it as simple as possible. "When you get to the section for mayor, just take your time, and write in: **HAROLD HARRIS.** First name, last name. That's it. That's how we make this real."

**A Veteran for the People**

When I asked HAROLD HARRIS what made him decide to run, he didn't talk about power or politics. He talked about everyday people.

"I didn't plan on this," he said. "I am retired. But folks kept coming up to me—neighbors, community members—and saying, 'Harold, you should run. We need someone we trust in office.'"

Harold Harris served 20 years in the U.S. Air Force during the Vietnam,



Harold Harris

peacetime and Gulf War eras. After that, he worked a variety of jobs, then retired fully. But when he looked around our city, the one he was born in and has lived in for over 60 years, he said he couldn't stay quiet any longer.

"I've seen parts of Toledo that have been left behind," he said. "I've seen people asking for help and not getting answers. I knew I had to do something."

**Not Just a Mayor—The People's Mayor**

Harold Harris calls himself "The People's Mayor," and he means it.

"If you write in my name, you're hiring me to do a job," he said. "And my job is to work for you."

He wants to bring leadership that's about listening, not lecturing. Service, not status.

"Too many politicians forget who they work for," he said. "If the people put me in, I'm showing up for them—every day."

**Real Plans, Real Leadership**

What will he focus on first?

• **Gun violence and community safety.** "Many neighborhoods sound like war zones. That's not normal," he said. "We need officers who build relationships, not just respond to crime."

• **Better roads, not just in wealthy neighborhoods.** "Everyone deserves safe, drivable streets."

• **Transparency in spending.** "The people deserve to know where every dollar goes."

And above all, a mayor who sees and serves everyone.

**A Campaign for All**

Harold Harris wants voters to know—this isn't just about one part of town. It's not about one race, one income level, or one group of people.

"Whether you live in Old Orchard or the East Side, whether you're Black, White, Latino, Asian—this city belongs to all of us," he said. "I don't look at skin color. I look at people. And I believe we can do better—for everybody."

**Why It Matters Right Now**

Let's be honest: people are tired. Tired of broken promises. Tired of feeling like nothing ever changes. But **HAROLD HARRIS** believes this election is different.

"This is your moment," he said. "This is how we take the city back. One vote at a time. One name at a time."

All it takes is **writing in HAROLD HARRIS.**

That's it. No special form. No complicated process.

Just these simple words on your ballot:

**HAROLD HARRIS.**

... continued on page 6

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# Graduating From College? Take These Steps to Launch Your Career

*Special To The Truth*

With demand for financial advisors expected to grow quickly — at a rate of 13% through 2032, according to the Bureau of Labor Statistics — those with college graduation on the horizon would be wise to consider this marketable profession.

The key to launching a successful financial advising career is becoming a CERTIFIED FINANCIAL PLANNER® professional. Those with CFP® certification are highly valued by employers and clients alike and can expect to have more career options and higher salaries. Here are the steps to take to gain this competitive edge and begin working in the field:

**Get educated:** CFP® certification has a two-part education requirement. The first is attaining a bachelor's degree in any discipline from an accredited college or university. The second is completing comprehensive college-level coursework in personal financial planning areas such as investment planning, estate planning and psychology of financial planning. While many begin the certification process after graduating college, you can get a head start by working toward this goal while you're still enrolled in school.

**Take the exam:** After you've completed the education requirement for CFP® certification, you'll need to prove your skills by passing the CFP® exam. These exams are offered three times a year, and test preparation resources, such as practice exams, are available online to help ensure your success.

**Gain experience:** There is no substitute for real-world experience. That's why CFP® certification requires 6,000 hours of professional experience related to the financial planning process or 4,000 hours of apprenticeship experience. These hours can be gained before or after completing the exam.

**Commit to ethical standards:** All CFP® professionals commit to CFP Board to act in the best interests of their clients at all times when providing financial advice. They do so by completing an ethics declaration and agreement and by passing fitness standards and a background check.

**Choose a path:** Financial planning is not a one-track career. You can work at a large firm or be your own boss. You can specialize in a particular area of financial planning, provide holistic advice or even offer a financial services firm auxiliary support, such as in technology or marketing. Visit CFP Board's Career Center to find a mentor, get information about career fairs and search for open positions suited to your skills and interests.

**Market yourself:** Ninety percent of consumers see an advisor's certifications as important, so put your best foot forward by heralding your credentials. Display your CFP® marks on your LinkedIn profile and on other networking sites. Also, be sure to create a public profile on CFP Board's consumer site, LetsMakeAPlan.org, so that potential clients can find you.

**Keep learning:** Be sure to keep your continuing education requirements up to date so that you can continually serve your clients to the best of your ability and maintain your certification.

To learn more and to get started today, visit [cfp.net](http://cfp.net).

Financial planning is a lucrative career path offering room for growth, independence and the opportunity to give back. As you envision your post-college future, consider taking steps to launch a career in this rewarding industry.

*Courtesy StatePoint*

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## Ohio Democratic Party Chair Commemorates Pride Month

Following the beginning of Pride Month, Ohio Democratic Party Chair Elizabeth Walters released the following statement.

“Pride month is a time to honor the contributions LGBTQ+ Ohioans have made to our state, reflect on the progress we’ve made, and commit to continuing to fight for equality for all.

While there will still be celebrations across Ohio, this year will be undoubtedly tainted by the actions of Republicans in our federal and state government who have chosen to target LGBTQ+ Ohioans at every turn. Instead of addressing our state’s rising cost of living or corruption in our state government, Republicans would rather drive young LGBTQ+ Ohioans away from the state.

Democrats will always stand with the LGBTQ+ community and are committed to fighting alongside them for a more welcoming Ohio where everyone can thrive,” said Chair Walters.

*Harold Harris... continued from page 5*

### Be Part of the Movement

You can do more than vote. You can tell a friend. Call your auntie. Text your cousins. Post it online. Put it in the group chat. Remind people:

“Hey, don’t forget—you have to physically write in HAROLD HARRIS for Mayor.”

Because this election isn’t just about politics—it’s about **power**.

*Your power.*

*Our power.*

And if enough of us rise up and write his name in, we won’t just be casting votes—we’ll be making history.

Learn more about the campaign and how to write in HAROLD HARRIS at [haroldharrisfortoledo.com](http://haroldharrisfortoledo.com).



# Willie Ward's Legacy: Treat Students with Kindness and Respect

By Jefferson Díaz

The Truth Reporter

Willie Ward is a natural born teacher. As we settle into the library at the Martin Luther King Jr. Academy for Boys, Ward straightens his suit and tie and brings two bottles of water. He tells me to excuse him in advance if he starts talking nonstop about his profession, but being a teacher is his passion. A passion that brought him to this school 16 years ago from where he will retire in July.

**What do you think is your legacy at the Martin Luther King Jr. Academy?**

Treat students with kindness and respect. That's a question that I've asked myself several times in recent days and I want my legacy to be: kindness and respect. I've taught students from diverse backgrounds and origins, and I've given each one the opportunity to develop their skills and potential by simply listening to what they have to say. You don't have to be a restrictive or disrespectful teacher in order to get to them.

**Do you think they'll miss you here once you retire?**

Yes, I think so. When I arrived in 2009 I started as assistant principal and since then my job has been to uphold the values this institution offers and to be a link between the academy and the neighborhood. I have provided students with the best tools to succeed.

**What needs to be the person who replaces you?**

I know TPS is already conducting interviews for this position. I've tried to find out what parameters they're using to hire the new principal, but they haven't told me much. The person who comes in should be a seasoned teacher, who knows the community and who understands the values of this school.

I know he or she will have the help from the staff to adapt.

**What are the values of this academy?**

Respect. Responsibility. Relationships. Every morning, before the students begin classes, they repeat the academy's motto, which inspires them to be



respectful to everyone, fulfill their responsibilities on time and effectively and foster positive relationships with others. It's a motto that inspires them to believe in themselves and feel proud of attending this institution.

This is an academy that requires their students to wear uniforms and you have installations that would compete with any private school.

Yes, we're a public school with private school privileges. And you can quote me on that. Our work with the community and with TPS sets us apart because we want to offer to the 170 students we have the best education possible. Here they won't just learn Math, English, or Science; they'll also learn that they can be successful and break cycles of violence and poverty.

**What will you do after retirement?**

I'll continue teaching. I'll never stop being a teacher. Although my wife wants us to do some things left over from our honeymoon first—he laughs—I'll always return to the classroom.

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



# State Representatives Elgin Rogers and Brian Lorenz Bring Male Wellness to the House

By Alexandria Leatherberry

The Truth Reporter

St. Mark Baptist Church hosted a Male Wellness Breakfast on Saturday, May 31, gathering the community for discussion of healthcare changes that impact men.

State Representatives Elgin Rogers and Brian Lorenz sponsored the event centered on health care professionals in areas of expertise on Medicaid, oral care and men's total health.

Reverend Curley L. Johnson welcomed the guest speakers: Dr. Atwan Atia, Md.; Dr. Lawrence Monger Jr., MD; Benefit Advisor Sheena Bailey, and recent dental hygienist graduates from Owens Community College.

Rep. Rogers introduced the audience to each of these professionals for a community Q&A presentation. "This day is to provide accurate information so that people can make quality and informed decisions," said Rep. Rogers about his goal for the event.

The event occurred just before the first day of June, the month he and State Representative Brian Lorenzo have initiated House Bill 207 to be recognized as Male Awareness Month. The bill calls for action to dedicate the third Monday of June to "Take your Dad to the Doctor and Dentist Day," which this year will fall directly after Father's Day.

If passed, the bipartisan bill would engage 88 counties with the promotion of the male health and family medical advocacy. State Rep. Rogers stated "House bill 207 aims to address disparities" in his testimony for the bill introduction.



State Rep. Elgin Rogers

Under the bill, the Ohio Department of Health would promote initiatives to raise awareness and cultivate a social effort of proactive health care for men across urban, rural, and suburban communities. The community can expect to be introduced to the initiatives through the Ohio Departments of Health web pages and informational materials.



Lawrence Monger, Jr., MD



Sheena Bailey



State Reps Brian Lorenz and Elgin Rogers

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# Natania Greene and Family Celebrate Her College Graduation

*The Truth Staff*

Xavier University graduate Natania Greene returned to Toledo on Saturday, May 24, to join her family and friends at Toledo Botanical Gardens for a celebration of her commencement from the New Orleans college.

A 2021 Rogers High School graduate, and the valedictorian of her class, Greene majored in Public Health at Xavier. She will stay in the Crescent City to attend Tulane University in the fall to obtain a master's degree in epidemiology.

New Orleans, in fact, has become Greene's home away from home. This summer she has a job there as a clinical research coordinator.

While in high school here in Toledo, Greene was a part of Toledo Excel program, participated in the 2019 National Society of High School Scholars and was a National Honor Society member in 2021.

Greene's studies at Xavier brought awareness to her of the statistical imbalance in the area of Black maternal health and mortality and Black infant mortality rates. "We need more African Americans in fields that create a demand for change on issues that impact the Black community," she said.

To that end, she plans on seeking a position with the Center for Disease Control after Tulane to study those issues.



*Natania with grandmother Juanita Greene*



*Natania Greene with parents Natalie and Carl Lee Greene*

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## Feed Your Brain with Food and Brain Activities

By Patrice Powers-Baker, OSU Extension, Lucas County

The Truth Contributor

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

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

While the MIND diet does recommend five types of foods to limit, the focus of the diet is about adding more healthful foods to your week. Research shows that following the MIND diet could reduce the risk of developing Alzheimer's disease by 35 percent for those who follow this diet moderately. For those who follow this diet closely, they can reduce their risk of Alzheimer's disease by 53 percent. The MIND diet shares a list of 10 brain-healthy foods to eat regularly and a list of five unhealthy foods to limit. Here's what to eat:

- At least **6 servings of leafy green vegetables a week**. This is about one cup of leafy green vegetables every day. Leafy greens like kale, spinach, collards, and broccoli are a great source of vitamins A, C, and K, and also a very good source of folic acid, which is needed for good brain health.
- At least **1 serving of another type of vegetable every day**. If you have 2 or more servings of other vegetables a day, that's even better!
- At least **5 servings of nuts every week**. One fourth of a cup of nuts is a serving so grab a handful as a snack or top your cereal or salad with nuts. Nuts are a good source of vitamin E, known for its brain-protective qualities.
- At least **2 servings of berries each week**. A serving of berries is a half-cup. Eat them fresh or mix frozen berries into a smoothie.
- At least **3 servings of beans a week**. This is a half-cup of beans about every other day. It could be kidney beans in chili, chickpeas in hummus, dried lentils in soup, pinto beans, or black-eyed peas. Beans are an economic source of protein and fiber.

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

- At least **1 serving of fish each week**. Fatty fish provide omega-3 fatty acids, which are great for brain development and health. Recommended fish include salmon, herring, mackerel, canned tuna, pollack, and sardines.

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

- Use **olive oil** for salad dressings, cooking and in place of butter or margarine.

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

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

- Less than 5 servings a week of pastries and sweets.
- Less than 4 servings a week of red meat, including beef, pork, lamb, and products made from these meats.
- Less than 1 serving a week of cheese (1/3 cup).
- Less than 1 teaspoon a day of butter or stick margarine.
- Less than 1 serving a week of fried food or fast food.

In addition to these recommendations for healthy eating, older adults are invited to attend a six-session series called Wit's Workout. Wit's Workout is an interactive, engaging, and educational brain health program (this is not physical exercise). It will be at Senior Centers Inc, 2308 Jefferson Ave, Toledo, OH 43604 on the following Tuesday's, 11:00am (for about an hour): June 10 and 17, (skip one week), July 1, 8, 15, (skip one week) and July 29. Questions: email Patrice at powers-barker.1@osu.edu or 419-574-0983.

For our youth, school is out, but hunger doesn't take a vacation. The Summer Food Service Program provides kids aged 18 and younger with free meals AND a place to learn and be active. Help kids throughout Lucas County reduce the risk of hunger by sharing information about free meals. Visit: [connectingkidstomeals.org](http://connectingkidstomeals.org).

Information from Wisconsin Alzheimer's Disease Research Center, University of Wisconsin, School of Medicine and Public Health.

**2025 Homeownership Fair**

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**TUESDAY, JUNE 17**  
@ THE PINNACLE  
COCKTAILS AT 5:30 PM  
DINNER & PROGRAM AT 7 PM



# Protein Is Vital to Well Being

By Ryan Rollison

The Truth Health Contributor

Protein is a vital part of your fat loss and muscle retention.

When it comes to effective fat loss, many people focus solely on cutting calories or increasing exercise. However, one critical factor often overlooked is the role of protein in achieving and maintaining your fat loss goals. Protein is not just important for building muscle—it plays an important role in preserving lean body mass, regulating appetite and boosting metabolism, all of which contribute to successful and sustainable fat loss.

First, protein helps preserve lean muscle mass during periods of calorie restriction. When you reduce your caloric intake to lose fat, your body may also break down muscle for energy. This is not ideal because muscle tissue helps you burn more calories at rest. By consuming sufficient protein, especially combined with weight training, you help protect your muscles and ensure that the weight you're losing comes from fat rather than lean tissue.

Second, protein has a higher thermic affect compared to carbohydrates and fats. The thermic effect of food (TEF) refers to the number of calories your body burns to digest, absorb, and process nutrients.

Protein has a TEF of about 20–30 percent, meaning that for every 100 calories of protein consumed, about 20–30 calories are burned during digestion. This metabolic advantage can help increase your overall calorie expenditure and contribute to fat loss over time.

Another key benefit of protein is its ability to control hunger and appetite. Protein-rich foods are more filling than fats or carbohydrates, which means they help you feel fuller for longer. This can reduce overall calorie intake



and help prevent overeating or frequent snacking. Incorporating protein into every meal—such as lean meats, eggs, dairy, legumes, or plant-based protein sources—can help you manage hunger and stay on track with your fat loss goals.

Additionally, higher protein intake has been associated with improved body composition and better long-term weight maintenance. Studies have shown that individuals who increase their protein intake while dieting are more likely to retain muscle mass and maintain fat loss after reaching their goal weight. This makes protein an essential part of any effective fat loss plan, not just during the dieting phase but also for long-term success.

It's important to note that while protein is essential, balance is key. Extremely high-protein diets without enough fiber, healthy fats, and carbohydrates can be unsustainable and may lead to nutritional deficiencies. The optimal protein intake varies depending on factors such as age, activity level and fitness goals, but most professionals suggest aiming for at least 0.7 to 1 gram of protein per pound of body weight during a fat loss phase.

Protein is a powerful tool in fat loss—not because it magically melts fat away, but because it supports muscle maintenance, raises metabolism, and helps control your appetite. Including adequate protein in your diet can make your fat loss journey more effective, sustainable, and healthy. Prioritize high-quality protein sources and pairing them with smart nutrition and exercise, you set yourself up for long-term success and fat loss.

UNLEASH YOUR HERO

Ryan Rollison

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## Mercy Health's Mobile Mammography Van visits area locations

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

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

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

Wednesday, June 4

Mercy Health – Pointe Shoreland Family Practice  
2755 Shoreland Ave., Toledo, 43611

Thursday, June 5

Mercy Health – Perrysburg Primary Care  
1103 Village Square Dr., Perrysburg, 43551

Monday, June 9

Mercy Health – Starbright Primary Care  
28555 Starbright Blvd., Perrysburg, 43551

Tuesday, June 10

Toledo Lucas County Public Library - Washington Branch  
5560 Harvest Lane, Toledo, OH 43623

Wednesday, June 11

Old West End Community Health Center  
2244 Collingwood Blvd., Toledo, 43620

Thursday, June 12

Mercy Health – Swanton Primary Care  
22 Turtle Creek Dr., Swanton, 43558

Friday, June 13

Jewish Federation of Greater Toledo / Sylvania YMCA  
6505 Sylvania Ave., Toledo 43560

Monday, June 16

Mercy Health – Perrysburg Primary Care

... continued on page 12

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## A Mental Health Moment

# How Dysfunctional Family Patterns Affect Mental Health in the Black Community

By Bernadette Joy Graham, MA, LPCC, LLC

The Truth Contributor

To begin to understand dysfunction, let's look at a few examples of what that means for families. Dysfunction for families can come in various forms and, once started, those forms morph into other issues that affect each family member and each family member's mental health. Divorce, differing religious beliefs, generational changes, losing strong heads of households and families and as the list goes on and on, how lies, deceit and gossip within the families is usually the main ingredient to be considered dysfunctional.

For many African Americans, family is a source of strength and resilience. But what happens when that same family dynamic becomes a source of pain, trauma or dysfunction? The impact on mental health can be deep and long-lasting — yet, often unspoken. Some families do not see how treating others within the family can have such a negative posture that is so long lasting, nothing can remedy the relationships.

Dysfunctional family patterns—such as abuse, neglect, lack of communication or emotional invalidation—can lead to chronic stress, depression, anxiety, and even post-traumatic stress disorder (PTSD). According to the National Alliance on Mental Illness (NAMI), Black adults in the U.S. are more likely to report persistent symptoms of emotional distress, yet are less likely to seek mental health treatment due to stigma and access barriers.

Thema Bryant, PhD, a licensed psychologist and president of the American Psychological Association, notes, “Healing begins with naming the pain and challenging the silence that has protected generational trauma.”

## How to Begin Healing:

1. **Therapy:** Seeking culturally competent therapy can be a turning point. Organizations like [Therapy for Black Girls](#) and [Therapy for Black Men](#) offer directories of Black therapists who understand the cultural context behind family dynamics. You may also look to [www.psychologytoday.com](http://www.psychologytoday.com) to filter out your own preferences.

2. **Support Groups:** Talking with others who have similar experiences can reduce feelings of isolation. Groups through [NAMI](#) or [The Boris Lawrence Henson Foundation](#) provide safe spaces for connection.

3. **Journaling and Mindfulness:** Writing and meditation help process emotions and break reactive patterns that often stem from childhood.

4. **Setting Boundaries:** Learning to set healthy boundaries, even with family, is vital. It's not disrespect—it's self-respect.



Healing from dysfunctional family trauma is not easy, but it is possible—and you don't have to do it alone. By accessing support and speaking openly about mental health, we can break generational cycles and build healthier futures.

Take a mental health moment to think about your own family dynamics. Are you part of the problem or are you part of the solution? Having a family is such a blessing and source of support. Treat each other kindly and respectfully. Help each other when possible; and it's not possible when family members are behaving in a way to continue patterns of separation. As summer approaches, warmer months allow us to get outdoors to celebrate backyard cookouts and family reunions, memorials, holidays and much more. It's wonderful to be able to participate and come together as a family as opposed to separating due to past pain, hurt, trauma and gossip.

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

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

## Mercy Health... continued from page 11

1103 Village Square Dr., Perrysburg, 43551

Tuesday, June 17

Bryan Community Health Center  
228 S. Main St., Bryan, 43506

Wednesday, June 18

Oak Street Health – Toledo Northside Primary Care Clinic  
553 E. Manhattan Blvd., Toledo, 43608

Thursday, June 19

Mercy Health – Jefferson Avenue Family Medicine  
2200 Jefferson Ave., Toledo, 43604

Friday, June 20

Mercy Health – Waterville Primary Care  
1222 Pray Blvd., Waterville, 43566

Monday, June 23

Flory Gardens  
3425 Nebraska Ave., Toledo, 43607

Tuesday, June 24

Mercy Health – Starbright Primary Care  
28555 Starbright Blvd., Perrysburg, 43551

Wednesday, June 25

Mercy Health – Sylvania Medical Center  
3100 King Rd., Sylvania, 43617

Thursday, June 26

Mercy Health – Swanton Primary Care  
22 Turtle Creek Dr., Swanton, 43558

Friday, June 27

Zepf Center  
905 Nebraska Ave., Toledo, 43607

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# Books about Summertime Music by various authors

By Terri Schlichenmeyer

The Truth Contributor

They're with you when you have lunch on the patio.

You hear them while you're tinkering in the back yard. They join you on the beach, and when you ponder the meaning of the stars in the sky. Summertime is best enjoyed with your favorite tunes softly (or loudly!) playing in the background, so why not read up on concerts, musicians, and the music you love?

If you've ever been to an outdoor music festival, you know that it's nothing like you've ever experienced before. In **Lollapalooza: The Uncensored Story of Alternative Rock's Wildest Festival** by **Richard Bienstock & Tom Beaujour** (St. Martin's Press, \$32.00), you'll get a sense of what it was like to actually be there – but not from a fan's point of view. This book tells the story from behind the scenes, the roadies, the musicians, and from industry folks who made Lollapalooza the legend it was. It's a book meant for summertime: as an oral history, you can dip into it and read a few pages here or there, no problem.

If you're an air-drum expert, then you'll want to read a book about a real drummer: **The Master of Drums: Gene Krupa and the Music He Gave the World** by **Elizabeth J. Rosenthal** (Citadel Press, \$29.00). This biography of one of the greatest drummers the world has ever seen begins in South Chicago and moves to Carnegie Hall and beyond, in a trip that readers of any age will devour. It's a particularly special treat for the jazz aficionado and for the drummer you know.

If old-school rock and roll is your thing, then turn up the music and find Sound N' Fury: **Rock N' Roll Stories** by **Alan Niven** (ECW Press, \$22.95), a collection of stories by the manager who helped Guns N' Roses

c. 2025  
various publishers  
\$19.99-\$32.00  
various page counts

become one of the bands you love. But it's not just about that band: Niven writes about his brushes with the Rolling Stones, Whitesnake, Aerosmith, and others. It's a lively book, fun to read, and worth waiting for. Released on June 24.

And finally, if your child's Mama do dance, then **At Night, They Danced** by **Victoria Scott-Miller**, illustrations by **Toni D. Chambers** (Simon & Schuster, \$19.99) is perfect for your family. When it's date night for their parents, Langston and Emerson are happy, too: it means they get to see the best babysitter in the world and they can eat pizza all night. But then their parents plan something different, and the boys aren't sure about how it'll happen: this time, their parents are staying home for date night! This sweet book is great for kids ages three to six, and it'll make parents smile, too.

Not enough music for your reading pleasure? Then head to your favorite bookstore or library and ask the people there for more. They can point you toward biographies, more oral histories, books for kids, teens, head-bangers, classical music listeners, opera lovers, or country music fans. So turn on the tunes, turn 'em up, dance under the stars – and read.

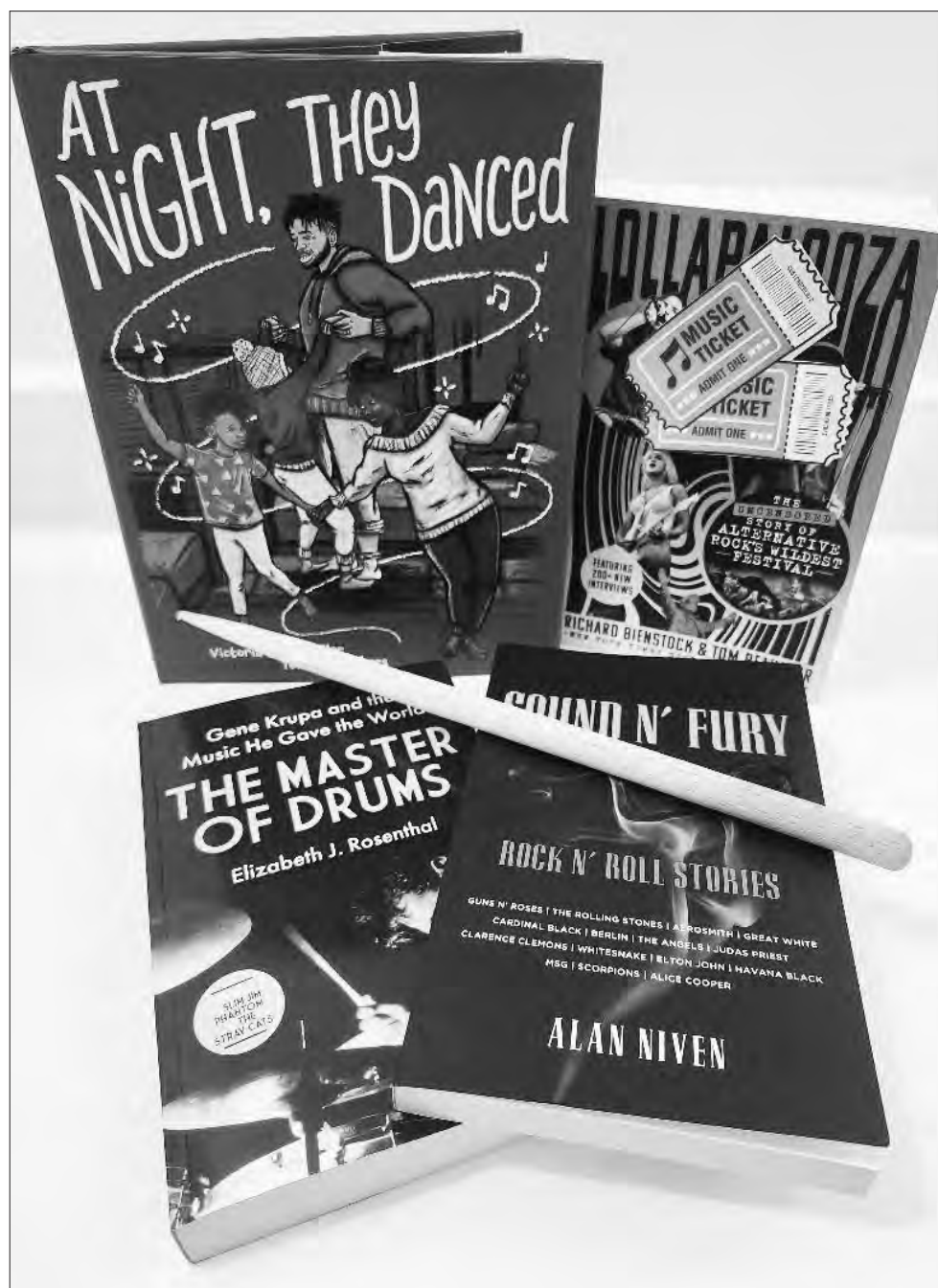
*Mercy Health... continued from page 12*

Monday, June 30

Mercy Health – Perrysburg Primary Care  
1103 Village Square Dr., Perrysburg, 43551

Please note, while mammogram screenings may be covered by insurance, for best coverage, please verify if Mercy Health – St. Charles Hospital is an in-network provider with your insurance carrier. If you are uninsured or underinsured (have high deductibles), we have financial need-based assistance programs available to help you. If eligible, you may qualify for a no-cost mammogram. Call 1-800-929-6626 for more information.

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



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## LEGAL ADVERTISEMENT FOR PROPOSALS TOLEDO-LUCAS COUNTY PORT AUTHORITY TOLEDO, OHIO

NOTICE IS HEREBY GIVEN that Electronic Bids will be received by the Toledo-Lucas County Port Authority for all labor, material, insurance, and equipment necessary for the Access Road at Toledo Shipyard project at 2245 Front St., Toledo, Ohio 43605, in accordance with the approved plans and specifications, for the Port Authority at One Maritime Plaza, Toledo, Ohio 43604.

The "Access Road at Toledo Shipyard" project is intended to improve and repair access drives at the Toledo Shipyard. The project will include re-grading existing stone access drive, installation of approximately 682 L.F., of 12" storm sewer and 5 catch basins, construction of heavy-duty asphalt pavement, removal and replacement of damaged section of existing concrete pavement, (approximately 500 S.Y.), and restoration work.

This project may be awarded by the Toledo-Lucas County Port Authority at its sole discretion. The total engineer's estimate is approximately \$516,995.00.

Bids will be received through Bid Express, an online electronic bidding system, until Tuesday, June 17, 2025, at 1:00 PM, at which time all bids will be opened through the Bid Express website.

The plans and bid proposal documents are available through Bid Express at: <https://www.bidexpress.com/businesses/66075/home>. Bidders new to the electronic bidding system must first register on the Bid Express website ([www.bidexpress.com](http://www.bidexpress.com)). Registration is Free. It can take up to five (5) business days to process a Digital ID and it is highly recommended that a Digital ID be enabled 48 hours in advance of submitting an electronic bid. Bidders must plan accordingly. For additional guidance regarding electronic bidding, bidders must contact Bid Express directly. Each bidder shall be responsible for submitting its electronic bid before the bid deadline.

Electronic Proposals must be submitted on the form(s) included in Bid Express and shall be accompanied by a certified check or an acceptable Proposal Bond with satisfactory surety specifying the Toledo-Lucas County Port Authority as the obligee, in the sum of not less than ten percent (10%) of the total proposal amount.

Please note that there will be a pre-bid meeting for this project for all prospective bidders on Tuesday, June 10, 2025, at 1:00 PM, at the Port Authority's administrative offices at One Maritime Plaza, 2nd floor conference room, Toledo, OH 43604. Attendance is suggested, but not mandatory. Please submit all questions through the Bid Express service by Friday, June 13, 2025, at 10:00 AM local time. Questions submitted after the deadline will not receive a response. Additional information can be found at <https://www.toledoport.org/public-notice>

Thomas J. Winston  
President and CEO  
Toledo-Lucas County Port Authority

## ORGANIZATIONAL CULTURE AND INCLUSION MANAGER

Lucas County Board of Developmental Disabilities is now hiring, and offers competitive compensation and a comprehensive benefits package. We are currently recruiting for the following positions:

- Organizational Culture and Inclusion Manager
  - Requirements Bachelor degree in HR, BA, SS or related
  - Two years fostering positive work place
  - Valid driver's license with acceptable driving record

Please visit our website at [www.lucasdd.org](http://www.lucasdd.org) for additional details and to apply. All candidates must submit a resume and cover letter along with an employment application via the online application process. We are an equal opportunity employer. If in need of ADA accommodations, contact us directly at 419-380-4033.

## POSITION AVAILABLE: SENIOR ATTORNEY – AGRICULTURAL WORKER AND IMMIGRANT RIGHTS PRACTICE GROUP

Advocates for Basic Legal Equality (ABLE) seeks a Senior Attorney to join its AIR Practice Group to provide legal representation, community outreach, and systemic advocacy for low-income immigrants and agricultural workers. The position is based in Toledo with hybrid work possible.

Requirements: Licensed to practice law in Ohio or eligible for admission by motion/temporary certification. Minimum 5 years of litigation, policy advocacy, or community legal experience. Experience in immigration law, including USCIS and removal defense. Strong leadership, communication, and interpersonal skills. Spanish proficiency preferred.

Salary and Benefits: Annual salary ranges from \$81,000 to \$108,202, with comprehensive benefits including health insurance, loan repayment assistance, and paid leave.

To Apply: Submit applications via ABLE's Careers Page <<https://www.ablelaw.org/careers-with-able>>. Position open until filled.

Equal Opportunity Employer: ABLE values diversity and encourages applicants from underrepresented backgrounds. For accommodations, contact [hrtteam@ablelaw.org](mailto:hrtteam@ablelaw.org) <<mailto:hrtteam@ablelaw.org>>.

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

0103-25-412  
2025 R1 Research Lab  
Renovations  
The University of Toledo  
Lucas County, OH

**Bids Due:** June 10, 2025, at 2:00 p.m. through the State's electronic bidding system at <https://bidexpress.com>

**EDGE Participation Goal:** 5.0% of contract of the contract sum with EDGE-certified business(es).

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

**Contract**  
General Contract

**Estimated Cost**  
\$250,000.00

**Pre-bid Meeting:** May 27, 2025, at 10:00 a.m. – Main Campus, Plant Operations Building - Room 1000, The University of Toledo, 2925 East Rocket Drive, Toledo, OH 43606.

**Walk-Through:** Immediately following Pre-Bid.

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

**More Info:** Fishbeck, Kevin Lafferty, PE, 419-893.3141, [klafferty@fishbeck.com](mailto:klafferty@fishbeck.com)

## INVITATION FOR BIDS BIRMINGHAM LEAD HAZARD ELIMINATION – PHASE III IFB25-B007

Lucas Metropolitan Housing (LMH) will receive bids for **Birmingham Lead Hazard Elimination – Phase III in accordance with IFB25-B007**. Received in accordance with law until **June 9, 2025, at 3:00 PM ET**. For documents: [www.lucasmha.org](http://www.lucasmha.org); 424 Jackson Street., Toledo, OH 43604; or 419-259-9438 (TRS: Dial 711). Bidders are required to meet Affirmative Action and Equal Employment Opportunity requirements as described in Executive Order #11246. This contract opportunity is a Section 3 Covered Contract, and any Section 3 Business Concerns are encouraged to apply.





# Sacred Steel Museum Celebrates One-Year Anniversary and Years of Musical History

*The Truth Staff*

The Sacred Steel Music and History Museum, which opened in 2024 by Del and Kelli Grace, celebrated a one-year anniversary on May 31, 2025, as guests were treated to museum tours, refreshments and a concert by dozens of musicians steeped in the steel guitar tradition.

The Museum was established in 2024 by the Graces as a tribute to the rich history of steel guitar music in the African American tradition. Located at 2108 Collingwood Blvd inside of the Collingwood Presbyterian Church, visitors can learn about 80 years of sacred steel music tradition as well as its founder, Mary Lena Lewis Tate.

“Sacred Steel music, predominantly performed in African American Pentecostal churches, represents a distinct genre within American folk music. Whether used in worship services or other musical settings, it is one of the most vibrant and significant contributions to Pentecostal musical heritage,” according to the Sacred Steel website.

Musicians honored this tradition on Saturday by explaining that history through song as the packed house joined in the celebration and showed their appreciation.

The Sacred Steel Music and History Museum includes artifacts, biographies and interviews with those who have been a part of that history, including notable performers such as Felton Williams, Jr, The Campbell Brothers, Calvin Cooke, Aubrey Ghent, among many others. The museum also includes audio and video recordings – interviews, concerts and documentaries.

The museum is open to visitors on Thursdays and Saturdays from 10 a.m. to 3 p.m. – except the last Saturday of each month.

Keep in mind that August is Sacred Steel Music and History Month in

Toledo and a Sacred Steel Outdoor Festival will take place the weekend on August 15-16, featuring the living legends of the Sacred Steel tradition.



*Del Grace with Museum merchandise*



*NANBPWC... continued from page 16*

von Riley, Elijah Robinson, LaVon Sledge, Jordan Wealleans, Marquise Westley and Ta'Shawn Wilson.

After intermission, the presentation of awards began. Gabrielle Knighton won Miss Congeniality and was awarded a beautiful necklace along with her other awards.

Mr. Escort was awarded to Jahaun Knox.

The Talent Awards were presented by Taylor Automotive ambassadors – first, second and third places winners were Gabrielle Knighton, Evelyn Blue and Kailyn Diggins. Taylor was represented by ambassadors Terry Crosby of Toledo, Victoria Kimmel of Lima, Joan Brown Kose of Findlay, Mary Helen Darah of Toledo, Tom Cole of Toledo along with Steven Taylor of the Taylor Automotive family.

The University of Toledo's President's Community Award provides Debutantes \$2,000 towards fall semester costs to be used toward institutional charges and one year (two consecutive semesters) of on-campus housing, beginning

fall semester 2025. The award is competitive and was developed for the Toledo Club NANBPWC, Inc. Debutantes.

The 2025 scholarship certificates went to Evelyn Blue, Taelynn Clarke and Qarinn Hopings.

Third place Miss Debutante was awarded to Madelyn Page. Second place Miss Debutante was awarded to Celine Winfield- White.

And the winner – Miss Debutante 2025 – was Paris Waites.

All the families and loved ones of each member of the night beamed with pride and each student made the community proud and will go out on their own with the support of their families to ultimately make the world a better place.

Other sponsors were The Andersons, SNG Management, Henry's Jewelry and Gifts, Bartz Viviano Flowers and Gifts.

The National Association of Negro, Business and Professional Women's Clubs, Inc. includes the North Central District: Ohio, Michigan, Illinois, Indiana, Kentucky, North Dakota, South Dakota, Western Pennsylvania, Wisconsin, Iowa and Minnesota.



# The NANBPWC, Inc, Toledo Club, Presents The 57th Annual Debutante Cotillion

By Emily R. Evans

The Truth Reporter

The 57th annual Debutante Cotillion, presented by the National Association of Negro Business and Professional Women's Clubs, Inc, Toledo Chapter, was celebrated on Saturday, May 24, at The Premiere.

"In the beginning the debutante coalition purpose in 1965 was to present our outstanding young ladies to society clothed with the finer thoughts of living and endowed with a complete sense of responsibility," according to this year's Cotillion program.

"To accomplish these ends, the Toledo club of the National Association of Negro Business and Professional Women's Clubs, Inc. Has added life skill workshops, financial scholarships and etiquette training whereby the debutante can step on the threshold of womanhood with success".

This year's theme was "Changing the way we do business and our future, Impacting the communities." This elegant affair was hosted by the leadership of chapter President Tyra Smith and Cotillion Chairperson Wilma Brown and Co-chairs Karen Jarrett and Denise Cardwell.

The 2025 Debutante Cotillion guests received a welcome from Jarrett and greetings from both Smith and Denise Black-Poon, governor of the North Central District of the NANBPWC, Inc.

The 2025 judges were introduced by Beverly Tucker, Talent co-chair. This year's Cotillion judges were Ramona Collins, Kaye Cooke, Jean Holden and Tallier Desiree McGee.

Smith introduced Courtney Jones, Miss Debutante 2024 after which Cardwell, chairman Debs-In-Waiting, introduced this year's Debs-In-Waiting.

The 2025 Debs-In-Waiting were Maame Agyemang-Prempeh from Springfield High School; Dana Bethany, Sean Zeya Brown, Sabriah Greer, Brooklyn Harrison, Kennedy Powell, Marleya Smith, Emma Tschan and Alyson Williams all from Central Catholic High School; Kimiko Floyd and Diamond Kendrick, St Ursula Academy; Ja'Niya Jackson from Springfield High School, Lydia Koonce, Emmanuel Christian high school; Dallas Lothery-Hatch from Robert S. Rogers High School; Pay'Yon Parker, Toledo Pre-

medical and Health Science Academy; Marina Porter, Notre Dame Academy and Riayn Roberts, Toledo Early College High School.

All the high school students were a part of the workshops and training. Also, a thank you was offered by the club to the notable group of Debutantes, Debs In Waiting as well as the distinguished and dependable escorts. No matter the award, everyone was said to be a winner and a leader and the community must be proud of everyone and her participation.

The 2025 Debutantes were presented by Ta'Tiana Cash of TV Chanel 11.

The 2025 Debutantes were Evelyn Blue, Springfield High School; Mikel Byrd, Saint Ursula Academy; Taelynn Clarke and Kailyn Diggins, Notre Dame Academy; Jenevia Graves, Jesup W. Scott High School; Qarinn Hopings and Gabrielle Knighton, Central Catholic High School; Kailey Lothery, Notre Dame Academy; Kaiya Morgan- Thompson, St. Ursula Academy; Cayla Murray, Notre Dame Academy; Madelyn Page, Robert S. Rogers High School; Jeyhana Preston and Malia Robinson, Notre Dame Academy; Raniyah Rogers, Roy C. Start High School; Sydnee Savage- Utley, Robert S. Rogers High School; Paris Waites and Celine Winfield- White from Central Catholic High School.

Then a performance by the Debs and Escorts followed coordinated by Dennis Jarret, waltz instructor – a Cotillion Promenade and the Presentation of Pearls.



Paris Waites crowned Ms. Debutante 2025



NANBPWC Toledo Club President Tyra Smith and Ms. Debutante 2025 Paris Waites (left) and Ms. Debutante 2024 Courtney Jones

The 2025 Escorts were Langston Baker, Jerry Barnes, Israel Bass, Blake Boyd, Leon Brown, Shawn Cannon, Alijah Gregory, Elijah Haney, Mikel Holmes, LaMar Johnson, Jahaun Knox, Ka-

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NANBPWC, Toledo Club members



Debutantes 2025



Debs, Debs n Waiting and Escorts



Musiq Soulchild
Troop



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