The Sojourner's Truth

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Volume 91 No. 4 | *"And Ye Shall Know The Truth..."* | September 3, 2025

Fridays Cooking Together

First Lady Willetta Perryman's Ministry, Meals, and Marriage

In This Issue...

Labor Day Warning Shots

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

The Truth Contributor

Respect is never given; It is taken — and it's kept only if you defend it.

- Urban Proverb

The Northwest Ohio Building and Construction Trades Council's endorsement of biotech entrepreneur Vivek Ramaswamy for governor and Republican John Husted for U.S. Senate last week is not just routine politics. Let's call it for what it is: warning shots fired, and tragically, on Labor Day.

Labor Day is meant to honor solidarity, but the Trade Council's endorsement of Republicans is akin to a rival "squad" claiming turf that the same crew has controlled for decades, or a hostile army setting up camp in the middle of another nation's sovereign territory. It is an aggressive show of disrespect and challenge that sends a clear signal that Labor, long the fortress wall of Lucas County Democratic politics, is now willing to let rivals pitch their tents inside the gates.

Historically, the Lucas County Democratic Party coalition has had a fragile relationship. Yet, Labor and the Democrats have fought together. The trades have delivered votes, dollars, and boots on the ground. In return, Democratic politicians have provided policies to protect bargaining rights, wages, apprenticeships and other political spoils.

But now, the Trades are saying, "We are no longer pro-Democrat, we are pro-labor." In other words, we are transactional, and our loyalty is for sale to whoever promises the most.

The reasons behind this defection are no secret. Many rank-and-file Party members are center-right politically and have grown skeptical of Democrats they perceive as "too far left-leaning," or focused on equity, diversity and inclusion, which they view as leaving behind bread-and-butter concerns. Many members resent student loan forgiveness and bristle at immigration debates.

Perhaps sensing an opening in what will make them money, they have become less ideological and entirely transactional, focusing on the best way to keep their members working at the highest wages, such as promised projects, jobs, and, above all, protection from "right-to-work." So, promises were whispered, deals were cut, and now the Building Trades have shifted their allegiance as a result.

That is precisely why the Trades' surprising endorsement matters.

In the 2026 gubernatorial and U.S. Senate elections, the Democrats now face not just a competitive race but an existential challenge. If the Trades are willing to flip, switch up, sell out, jump ship, or "ride with the opps," it reveals a glaring weakness in the Democratic Party fortress.

And if there is no visible response — no "get-back" — no clap back — no move to check the disrespect, then the perception becomes that the Democrats are soft and anybody can run up on their block without paying a price, which might be politically fatal.

Should the Dems respond, then the get-back has to start with reclaiming the language of work. Republicans cannot be allowed to masquerade as the party of Labor when their record has been decades of union-busting and deregulation. Democrats must remind workers plainly who delivered the eight-hour day, OSHA protections, prevailing wage laws, and pension security. Democrats fought for and won these gains by standing in solidarity with Labor. Therefore, the Party must continually retell that story with receipts, not just slogans.

The get-back also means exposing the transactional nature of this new alignment. The Trades' endorsements are not about principle but about short-term deals. Yet history has shown what happens when Labor is hustled or seduced by transactional promises: the promises fade, right-to-work resurfaces, and short-term gains lead to long-term losses for workers. Democrats have to clearly articulate that what appears to be protection today may be betrayal tomorrow.

At the same time, Democrats — both locally and nationally — must broaden their base. If a segment of Labor is now willing to sell its allegiance, then Democrats must lean into those workers too often left behind — Black workers, women, immigrants and young people eager for apprenticeships and opportunities. Democrats are not just the party of some workers but the Party of all workers. Unity cannot survive if individual members of the coalition reduce loyalty to the highest bidder.

The bottom line is that the GOP fired warning shots, indicating that the Labor-Democratic Party fortress has been breached and the corner is contested.

Therefore, Labor Day 2025 does not ask Democrats for polite reflection but demands a response. The get-back must be strong, visible, and unapologetic. Otherwise, the house may not just be divided. It may fall.

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

Lucas County Board of Elections

3737 West Sylvania Ave ★ Suite 121 ★ Toledo, Ohio 43623-4422
419-213-4001 ★ 419-213-4069 (fax)
www.lucascountyohiovotes.gov

FOR IMMEDIATE RELEASE

Media Contact
LaVera Scott; Timothy Monaco
419-213-4001

Lucas County Board of Elections is in need of Election Workers

The Board of Elections is in need of Seasonal workers, Precinct Election Officials (PEOs), and Election Day workers, for the November 4, 2025, General Election.

Seasonal workers work assignments may begin on Monday, September 15, 2025, through Election Day, dependent upon work assignment. Starting pay is $15.65 an hour, increasing to $16.40 an hour after working 140 hours.

Precinct Election Officials (PEOs) begin Election Day at 5:30 a.m., continue through the close of polls at 7:30 p.m., and are released once all postelection duties are completed that evening. PEOs are paid $20 to attend a training class, $50 for Monday night set-up/training and $133 base pay for working Election Day, for a total of $203.

Election Day Work Schedule and hours worked are dependent upon job specifications. Shifts available are between two and 15 hours, and Election Day workers are paid between $15.00 and $21.00 per hour. Some jobs require mandatory training, which is paid at $20.00 to $25.00 per class. Examples of Election Day workers are rovers, riders, and hospital workers. Positions are also available within our tabula-tion area and within any of our seven county substations, where shifts generally begin at 7:30 p.m.
Qualifications: You must be a U.S. citizen, at least 18 years of age and a registered voter in Lucas County. You must not have been con-victed of a felony and you cannot be a candidate for an office in the election for which you would be working. You must have reliable transportation.

If you are interested in becoming a PEO, please contact:
Robert Royster at 419.213.2043 RJRoyster@lucascountyoh.gov or
Veronica Hill at 419.213.2034 Vrhill@lucascountyoh.gov

If you are interested in any Election Day positions, please contact:
Pamela Wilson at 419.213.2644 prwilson@lucascountyoh.gov or
Miesha Hughley 419.213.2045 mhughley@lucascountyoh.gov

For employment applications, go to Lucas County Board of Elections website:
https://www.lucascountyohiovotes.gov/job_postings/index.php

Community Calendar

September 4
Kwanzaa Park Neighbors – Community Meeting; 6:00-7:00 pm at The Padua Center; Featuring guest speaker Sheila Otto, storyteller

September 21
St. Paul MBC Women's Day: 10:45 am; "Hold On: Help Is on the Way;" Speaker is Rev. Regenia Harper, Past Grand Worthy Matron of Amaranth Grand Chapter Order of the Eastern Stars: 419-246-2886

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

Reimagining: What If Slavery Never Existed? *By*

By Carla Thomas

The Truth Contributor

America was built on slavery, chains, stolen land, and stolen lives. We see the residue of that history everywhere, from systemic racism to political division. But what if it had been different? What if the so-called Founding Fathers had not chosen greed, domination and slavery as the blueprint for this nation? What if they had truly meant "liberty and justice for all" instead of building a country on bondage and exploitation? What would America look like if slavery never existed?

Would Black People Be in America?

Yes, but not through chains. Migration would still have happened, because human beings have always moved across borders. In fact, there is literature and historical evidence suggesting that Africans were already present in the Americas before Columbus arrived in 1492. Scholars like Ivan Van Sertima in *They Came Before Columbus* point to accounts of African seafarers who traveled across the Atlantic, as well as cultural and linguistic traces found among Indigenous peoples. These histories remind us that Black presence in the Americas was not solely defined by enslavement, it also included voluntary exploration, trade and cultural exchange.

So, without slavery, Africans would have come to America as free people, establishing communities through migration, trade and entrepreneurship. Those communities would have been rooted in freedom and choice from the start.

Instead of being told "you don't belong," we'd be co-authors of the American story from the beginning, with our full dignity intact. And just as Harlem eventually became a Pan-African hub in the 20th century where Black Americans, Caribbeans, and Africans came together to create a cultural renaissance, it could have been that way centuries earlier, flourishing by choice rather than by struggle.

Reimagine the American Landscape Without Slavery

Without slavery, America itself would look radically different. The economy that was built on forced labor, the cotton industry, the railroads, even Wall Street, would not exist in the same way. The U.S. would've had to industrialize without human bondage, meaning technology and paid labor would have advanced faster.

Black people in America would not have inherited generational poverty or trauma. Instead, our ancestors would have passed down land, businesses, wealth and education uninterrupted. There would be no "Black Wall Street" massacres because there would be thousands of thriving Black Wall Streets, fully integrated into the national economy.

And history shows that even with the weight of slavery and its aftermath, Black people still created thriving communities, Harlem, Tulsa's Black Wall Street, and countless others. If we built all of that in the shadow of oppression, imagine how much more powerful those communities would have been if freedom had been the starting point.

Reimagine Black People in 2025 Without the History of Slavery

If you look at our resilience, despite centuries of sabotage, it's staggering. We didn't just create music and culture; we gave the world jazz, gospel, blues and hip-hop. We birthed civil rights movements that reshaped democracy, produced Nobel Prize–winning authors, scientists and inventors, and even sent one of our own to the White House as President. Today, we have billionaires, business leaders, world-class athletes and cultural icons who influence every corner of the globe. In art, politics, business, science and beyond, Black people have redefined what survival and brilliance look like.

That means if slavery had never existed, we would not be defined as the "inferior race." We would not be reduced to the racist stereotypes of criminality, laziness, poverty, trauma or the perpetual underdog, all false images this country created to justify our oppression. There would be no need for a movement declaring that Black Lives Matter, because our lives would never have been dehumanized or treated as less valuable than white lives. Instead, we would be defined by what we've always embodied: innovation, leadership, brilliance and power. Imagine, then, what our world would look like now, in 2025.

Economically, Black families would carry generational wealth equal to white families. The racial wealth gap would not exist, and Black-owned banks, tech companies, and universities would stand as global leaders.

Culturally, African fashion, music, spirituality and philosophy would be embraced worldwide, not appropriated but acknowledged as foundational to modern life.

Politically, Black presidents, prime ministers, and CEOs would be ordinary, not extraordinary. Representation wouldn't be a struggle; it would be the norm.

What This Means Today

The haunting truth is this: even with the chains, the massacres, the segregation, the systemic sabotage, we still rise. We still produce greatness. That tells you our ceiling without those obstacles would've been beyond imagination.

So when we ask, "Where would Black people be today without slavery?" the answer is simple: Everywhere. In power. At peace. Fully seen. Fully free. And what's remarkable is this: even though slavery existed, we still managed to create pieces of the future that should have been ours all along. Every achievement, every act of brilliance by Black people today is evidence of what we were always capable of, slavery just tried (and failed) to stop us.

The Call Forward

Our greatest liberation will not come from laws or leaders, but from us choosing to see ourselves differently. To unlearn the conditioning. To reclaim the narrative, not one of survival alone, but of vision and power. Despite the weight of slavery, Jim Crow, and every barrier designed to break us, we rose. Now it's time to progress, to build without the burden of yesterday's chains shaping tomorrow's steps.

Faith Leaders Launch Counteroffensive to City Occupations

From pulpits to prayer vigils, clergy say the occupation by the military and ICE are not only immoral, but also put communities at risk

By Dorothy S. Boulware, Word in Black

Guest Column

First, it was the National Guard and Marines occupying the streets of Los Angeles, and Immigration and Customs Enforcement agents snatching men, women, and children from car washes, schools and Home Depot Parking lots.

And then it became Washington, D.C.'s turn. The Trump administration federalized the D.C. police and deployed the National Guard to patrol streets and round up unhoused residents. ICE agents soon followed, on a mission to round up suspected undocumented immigrants for incarceration and deportation.

For faith leaders, the stakes extend far beyond Los Angeles and Washington. If the rights of one community can be overridden so easily, they say, no community is safe. And, with the threat of occupation looming in cities like Baltimore and Chicago, people of faith are fighting back with the tools of divine justice. Their counteroffensive — from pulpits, protest lines, and prayer vigils — insists that faith requires resistance.

These Occupations Are Antithetical to Scripture

In a recent statement, the National Council of the Churches of Christ in the USA declared the occupations to be antithetical to scriptural directives.

"Doing justice, loving mercy, and walking humbly with our God (Micah 6:8) is a mandate for those who profess to serve God," the council wrote.

The current administration's decision on Monday to federalize the DC Police and deploy the National Guard in our Nation's Capital to patrol streets and round up people experiencing homelessness is antithetical to that biblical mandate and our ecumenical Christian values," it wrote.

Dorothy Boulware

A Letter to "Donald"

On Aug. 28, the 70th anniversary of Emmett Till's murder, several ministers — including Bishop William J. Barber II of Repairers of the Breach; Shane Claiborne of Red Letter Christians, and Rev. CeCe Jones-Davis of Black Church PAC — published a pastoral letter on Substack addressed to "Donald."

The letter assumed President Trump is serious about the desire to get into heaven that he shared earlier in the month on Fox and Friends.

"Repentance opens us up to empowering grace that changes us. Which is why the Bible says we demonstrate our salvation by love and compassion to the most vulnerable," they wrote. "Matthew 25 is clear that we will give account for our lives based on how we treat the homeless, the hungry, those in need of healthcare, immigrants and refugees, the starving children of Gaza and the Sudan."

A Commemorative Protest

On August 28, the 62nd anniversary of Dr. Martin Luther King Jr.'s March on Washington, Black faith leaders and activists in New York City took to Wall Street to protest the administration's denunciation of diversity, equity, and inclusion (DEI) initiatives.

The protest organizer, Rev. Al Sharpton, CEO of the National Action Network, said, "We marched for your offices because we know your address, and we will march and keep coming to you until we turn the economic inequality in this country around. We're not going back."

A Prayer Vigil in D.C.

Hundreds also gathered for an Aug. 22 evening event, "Multi-Faith Prayer Vigil for Healing and Justice, sponsored by Mount Vernon Place and Foundry United Methodist churches in D.C.

Mount Vernon's pastor, Rev. Donna Claycomb Sokol, said, "There is enough — enough time, enough compassion, enough money — if only we would choose to use our resources for healing rather than control, for liberation rather than bondage.

AME Bishops Speak Out

The AME Zion Board of Bishops' Aug. 15 statement instructed its pastors to "Preach prophetically and teach with clarity and courage." The bishops asked pastors to "Help our people understand the spiritual, moral, and civic stakes of this moment and how to stand strong for the cause of Christ in this moment and those to come."

The bishops instructed congregations to prepare for the 2026 midterm elections now.

"Register and encourage others to register to vote — an act of stewardship over the freedom our ancestors fought to secure," they said. "Monitor legislation and speak against any action designed to silence our voices."

The bishops also urged congregations to view civic engagement as part of their faith, including supporting Black-owned businesses and media, and rejecting a "woe is us" mentality.

"Even now, as we are months into this new normal, we are still learning," Monalisa Tui'tahi, an immigration attorney and leader in the California-Pacific Conference, told the United Methodist News. "Being present is a statement, a counternarrative to the narrative of hate and injustice that rules the day."

Connecting Kids to Meals Thanks Community Partners

By Emily R. Evans

The Truth Reporter

On Wednesday, August 20, Connecting Kids To Meals hosted a press conference at their headquarters on Monroe Street. The nonprofit leaders were excited to share some community partnerships information as well as discuss the upcoming 2025 Hunger Action Month Campaign, which takes place during the entire month of September.

Visitors had the opportunity to take a first-hand look at CKM's warehouse and kitchen and learn about the unique and innovative approach to providing hundreds of thousands of hot, nutritious meals at no cost to kids ages 18 and under in the community.

This is a gathering of community leaders to amplify some of the community partnerships with Connecting Kids to Meals relating to its meal service programs serving kids throughout greater Toledo and northwest Ohio. Details will be shared about the 2025 Hunger Action Month Campaign, for which the community is encouraged to volunteer, donate and advocate for addressing food insecurity for kids.

The event took place in the warehouse where all the meals are prepped to be later distributed amongst children at the local libraries. Everyone in attendance enjoyed info about upcoming opportunities as well as progress made within the company and milestones reached with the assistance of everyone on the team.

Wendi Huntley, CEO/President of Connecting Kids to Meals, said "the main focus is helping kids connect to meals and providing safe nutrition for the community. There is an event on September 6th to pack 3,000 weekend bags for children to have while they may be hungry during the week and everyone is encouraged to sign up to volunteer."

Mary Stillings, Connecting Kids employee, said she really enjoys the mission and being able to assist the community. She loves the appreciation from the youth as well as the non-profit agency she works for. She says the food is prepared at the warehouse and then she floats around to different locations to feed the kids at the schools a well as the libraries. Stillings said always remember when times are hard to pray and never give up and each one should reach one.

Carla Steele, server coordinater, stated that: "Meals are served Monday through Friday. August 25, is when the after school meals will start at TPS Schools and 14 local libraries. There is a website to find locations where meals are being served and there are always opportunities to volunteer. We should continue to support each other so we can grow as a community."

Mary Stillings

The mission of Connecting Kids To Meals (formerly, Feed Lucas County Children) is to provide hot, nutritious meals at no cost to kids in low-income and underserved areas throughout the entire year. As a nonprofit organization, they fulfill this mission by partnering with community locations where kids gather during the summer months and throughout the academic year. Since they began operating in 2002, they have served over six million meals to hungry kids in need.

Harold Harris Holds a Community Forum to Discuss Voting

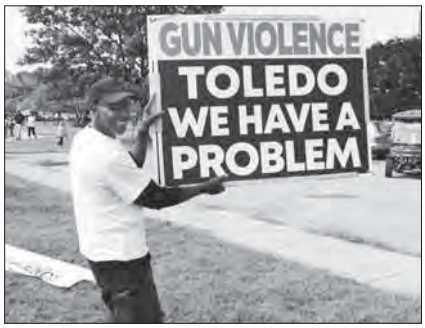
By Emily R Evans

The Truth Reporter

Harold Harris, a write in candidate for mayor, held a community chat on Thursday, August 21. His topic was getting out the vote.

Harris, a United States Air Force veteran, has served his country and community for years and expressed his desire to help solve many of the issues in the community. His number one concern, during this election cycle, is gun violence . Harris believes there are too many senseless murders happening in the community and that it is an issue that needs to be seriously addressed.

He recalled the Fourth of July weekend shootings in Toledo and all the fatalities and injuries. Harris said we need to reach the youth and give them different options so we will not continue a cycle of violence in the community. He plans to target the number of guns available to teenagers on the street or the black market to reduce the shootings so they will no longer have the access they do now.



Harold Harris

Early voting starts in October and Harris noted that the last day to register to vote is October 6 and voting starts October 7. Harris informed his audience that youngsters are eligible to register to vote at 17 years old and he needs everyone to vote so we can change the community together.

There are many ways to register to vote including at the DMV as well as the libraries or you can go online at the Lucas County Board of Elections. Harris is running for mayor and he feels he is the man to help the community in that position.

Being registered is not enough, he added. You need to make sure you pay attention to voting dates to make a change. Your vote counts. Harris said he would love the community to stand with him and participate in this election .

Dear Sojourner's Truth:

Tom Names

The 1776 declaration that people have unalienable rights including life, liberty and the pursuit of happiness preceded the Bill of Rights and the US Constitution. The founding fathers had the foresight to make the US Constitution a contemporary, living document with an amendment mechanism. The malice of humanity combined with the advances of technology now demand a more restrictive interpretation of the Second Amendment to protect the fundamental right to life of innocent citizens before "the right to bear arms." Consider that there were nine (9) homicides in Toledo in the month of July alone.

Let the discourse begin with something most people agree deserves merit for change: Citizens, similar to untrustworthy sovereign nations, should not have the right to bear nuclear arms. Tom Jefferson and Jim Madison could not foresee the present availability of weapons for mass destruction at a time when Ben Franklin was discovering electricity by flying kites. Nor should we be dependent on the Supreme Court to warp the literal words of the Second Amendment by deciding the level of mass destructive tools citizens should be allowed to have in their possession.

When mishandled, motor vehicles have a similar capacity to massively maim and kill. Yet, few begrudge passing a driver's test to earn the privilege of owning a license. Shouldn't firearm owners be required to pass a similar test? Forty-nine states require car passengers to wear seat belts, and prescription bottles come with child-proof caps to protect our loved ones. Shouldn't safe, locked places for firearm storage be required for the same reason?

Sincerely,

Tom Names
Candidate, Toledo City Council
Member, Moms Demand Action
419-450-0300
3248 Wendover Drive
Toledo, Ohio 43606-1862

Women of Toledo Celebrates 10 Years of Empowering Women and Girls

By Asia Nail

The Truth Reporter

Picture an energetic room full of women and allies laughing and sharing stories, applauding achievements, and dreaming together. That's exactly how the ***Women of Toledo*** (WOT) ***10th Anniversary Celebration: The Status of Women*** felt this past Thursday. What started as a few focus groups in 2013, has grown into a thriving movement that actively engages thousands of women and girls across Northwest Ohio.

It all began with 18 women, guided by community leader and researcher **Nina Corder** and her beloved co-founder, the late **Michelle Ansara**.

These community leading women all came together to talk about diversity in networking, but what started as research quickly sparked something bigger. The group realized that both women of color and multicultural women often faced invisible barriers—cultural expectations, workplace habits, and a lack of representation that kept them on the sidelines.

"We didn't just need a seat at the table," Corder recalls to the audience. "We had to create a table of our own." That table became **Women of Toledo,** a hub of mentorship, leadership, and empowerment.

Building a Movement

By 2014 WOT had officially developed with a mission to: **Educate, Engage,** and **Empower**—the 3E Model. The group's first ever public conversation, ***Humans of Toledo***, introduced a series designed to connect women of all ages, backgrounds and professions. The organization enacted a Diversity, Equity, and Inclusion Statement, indicating that all programs would strive to be welcoming regardless of race, identity, or background.

Event co-chairs **Mona Shousher** and **Maria Arcocha White** played crucial roles on this journey. Shousher, a new board member, said, "Being part of Women of Toledo feels like home. The sense of empowerment, joy and purpose here speaks to who I am."

White, the creator of **Inclusity**, said: "I have spent decades in the diversity space. WOT's mission of connection and inclusion really speaks to me. Together we make a real difference in people's lives."

Honoring Leaders and Champions

The anniversary celebration paid tribute to current and former leaders who have contributed to WOT. **Michelle Ansara**, co-founder and past president, was inducted posthumously for her efforts in raising over $100,000 for Women of Toledo initiatives. Previous presidents **Audrey Johnson, Kathryn Tucker** and **Sabrina Weaver** were also honored for their relentless work in advancing equity.

Nina Corder, executive director, highlighted the web of leadership that makes WOT strong. "Every woman in this space is a piece of a puzzle. Each piece matters, and only together do we see the full, beautiful picture."

Individual Champions like **Erin Baker, Sara Best, Diana Patton, Debby Peters, Chuck Stocking**, and *keynote speaker* **Dr. Soon-Young Yoon** were recognized for their dedication. Partner Champions were also honored for their commitment to equity and inclusion.

GirlsHub: Empowering the Next Generation

A shining part of the celebration was the spotlight on youth programs, especially **GirlsHub**. Focused on middle and high school girls, it offers real-world experiences in **leadership, STEAM** (science, technology, engineering, arts, and math), **financial literacy,** and **community involvement**. The program builds confidence, collaboration, and grit, giving girls the tools to step boldly into leadership roles.

Three teenage leaders shared their experiences at GirlsHub, explaining how the program helped them open up, build confidence, form new friendships, and grow into young female changemakers within our community.

The program has also been recognized internationally. **Dr. Soon-Young Yoon,** keynote speaker and UN representative, invited GirlsHub to showcase its work as part of the ***Cities for CEDAW 10th Anniversary and Action Day for a Culture of Peace.***

"GirlsHub demonstrates that empowering young women creates ripple effects that reach families, schools, and entire communities," Yoon said.

A Celebration Full of Voices

The celebration was full of energy and gratitude. Amanda Fay, WTOL anchor and the event's host, said: "Women of Toledo demonstrates what happens when stories turn into action — and when action becomes a movement."

Sponsors and Partners Driving Change

The gala also honored sponsors and partners that champion WOT's mission:

Nina Corder

• **AAUW Toledo Branch**, led by *President* **Mickey Radtkin,** has been advocating for women and girls since 1881.

• **Anne Grady Services**, led by **Shyam Suchak,** empowers individuals with intellectual disabilities through dignity and inclusion.

• **Edward Jones**, with *financial advisor* **Lori M. Cannon**, focuses on equity and financial empowerment.

• **City of Toledo Human Relations Commission,** chaired by **Caryn Maloney**, fosters inclusion and diversity in the community.

• **Engage Studio Architects**, led by **Erin Curley**, designs spaces with equity and advocacy in mind.

• **Inclusity**, led by **Maria Arcocha White**, builds collaborative cultures that connect people.

• **KeyBank**, with **Dan Dower** as *Market Presiden*t, champions inclusion as a core business strategy.

• **Metroparks Toledo**, led by **Matt Killam**, strengthens community engagement and unique outdoor experiences.

• **SSOE**, through *Director of DEI* **Candice Harrison**, supports mentorship and cross-cultural learning.

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The Resistance Is Here, Fighting the Rise of Fascism in America

Special to The Truth

The Lucas County Democrats, Toledo Persists and Toledo Troublemakers gathered Lucas County residents, local leaders, social service agencies, small businesses and other community stakeholders together for the purpose of providing the practical resources, education and community fellowship needed to resist the rise of fascism in America.

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Schuyler Beckwith, LC Democratic Party Chair

St Paul MBC's Back to School Church Picnic

The Truth Staff

On Saturday, August 30, St Paul Missionary Baptist Church held its annual Back-to-School Church Picnic offering community prayer, fun and giveaways, school supplies and a sumptuous buffet meal to students and their families.

"I always try to do something that's positive with our children so that they will have a mindset of what going to school is really all about and really what we're trying to do as a church," said Senior Pastor James Willis about the event and about his and the church's ongoing efforts to work with young people. "We celebrate not only at the picnic, we celebrate them."

"As they prepare to go back to school there are three things I want to share," Willis added.

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Pastor James Willis leads prayer before the meal is served

Fridays in the Kitchen: How Reverend Dr. Donald and First Lady Willetta Perryman Are Serving Up Love, Laughter, and a Cookbook

By Asia Nail

The Truth Reporter

Some couples dance. Some couples hike. **Reverend Donald L. Perryman, PhD**, and his wife, **First Lady Willetta Perryman**, cook. And not just a quick throw-something-in-the-microwave kind of cooking. No, they have turned Friday nights into a sacred space where the kitchen is their dance floor, the pots and pans are their instruments and the food is a love letter to one another and the community they serve.

What started as a private tradition of laughter, chopping vegetables, and playing old-school music has grown into ***Fridays Cooking Together: Ministry, Meals, and Marriage***—a new cookbook—and a beloved social media series that brings their joy to the world.

Their story is more than just recipes, it's a journey of cultivating God's love as husband and wife, finding joy in the simple moments of life, and showing that even church leaders often need to take off their "pastor hats" to nurture their personal relationships.

And if you've ever wondered whether your kitchen could be the center of joy, healing and connection, the Perrymans are here to tell you that it can.

From the Pulpit to the Kitchen

Rev. D.L. Perryman is a leading voice in Toledo as the senior pastor at ***Center of Hope Community Baptist Church*** and as a dedicated social justice advocate. Yet he admits that sometimes ministers — and anyone in a caregiving role — lose sight of how to turn off the faucet.

"We often get lost in our civic roles," he said. "We're preaching, we're visiting, we're serving. And we often forget to laugh, to sit down at the dinner table, to just be."

First Lady Willetta agrees. "The church takes a great deal of time and

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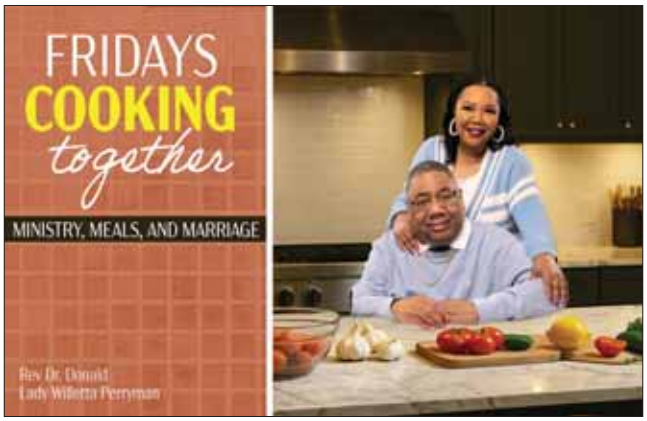

Hunger Action Month

By Patrice Powers-Barker, OSU Extension, Lucas County

The Truth Contributor

During September, Hunger Action Month, many community organizations across the state and country will help raise awareness and continue the work they do throughout the year. In Ohio, 1,800,530 residents are facing hunger – and 517, 450 are children according to Feeding America, nation's largest domestic hunger-relief organization.

While there are many examples of help that individuals and communities will be doing this month, if you see The Ohio State Football equipment truck driving in northwest Ohio on September 12, you will know that they are here to deliver shelf-stable meals to local organizations who will distribute food to those in need. As part of the September 11, 2025 Food Kindness volunteer event, OSU students, staff, faculty, alumni, and other volunteers representing numerous universities will meet at the OSU Columbus campus to pack over 300,000 meals of Louisiana Red Beans & Rice. Those packaged meals will be boxed and loaded onto the semi and driven to parts of Northwest Ohio.

Feeding America shares a family checklist of ideas to take action against hunger:

Create a donation jar and start contributing money.

Buy extra food items to donate to the food pantry.

Share food with someone in need.

Contact your local food bank or pantry to ask how you can help.

Invite a friend to volunteer with you at a food bank.

Contact or invite lawmakers to learn about the needs of the community.

Read a book or a news article that deals with hunger or other issues.

Organize a community food drive or a local fundraiser.

If you are organizing or even contributing to a food pantry donation drive, there are some suggestions from Iowa State University to make the donation as useful as possible. For example, ask your local food pantry or bank what they need. Directly contact them or check their website for suggestions and times to drop off the donations. Collect healthy dry boxed or canned foods the pantry can use.

2024 OSU Students volunteering at Food Kindness Day

If you are purchasing canned food at the grocery store to donate and you have the option to purchase a pop-top lid, verses one that requires a can opener, it will make it easier for some recipients. Double check that donations are usable for the pantry. Please discard any cans that are extremely dented or damaged. Food pantries cannot accept homemade or home canned foods. In addition to food, many sites welcome money donations or volunteer time. If you are on social media, raise awareness about the food bank or pantries by sharing their needs and donation information to others. In addition to food, some sites also collect non-food donations like toiletries and pet food. Also, some have the space and time to take fresh garden produce but some do not.

While the prepackaged bags of beans and rice described above only require boiling in water, this recipe for Red Beans and Rich from University of Maine Cooperative Extension will make 4, one-cup servings. You absolutely can use dried beans but it will require soaking and then cooking for a longer period of time. This recipe uses canned beans.

Ingredients

2, 15-ounce cans low-sodium red kidney beans, drained and rinsed

2 cups low-sodium chicken or vegetable stock, broth, or water

1 tablespoon oil (canola, olive, or vegetable)

2 cloves garlic, minced (1 garlic clove is about 1 teaspoon minced)

½ cup onion, chopped (1 medium onion is about 1 cup chopped)

1 stalk celery, diced (1 celery stalk is about ½ cup diced)

½ medium green bell pepper, diced (1 medium bell pepper is about ½ cup diced)

salt and pepper to taste (optional)

½ pound cooked smoked sausage or low-fat kielbasa (or cooked ham, shredded chicken or turkey)

1 bay leaf (optional)

½ teaspoon Cajun seasoning blend

Cooking Directions

In a large pot, heat the oil over medium heat. Once the oil is hot, add the garlic, onion, celery, and bell pepper. Stir and cook until the vegetables have softened, 3 to 5 minutes. Reduce heat if vegetables are browning.

Add cooked meat, Cajun seasoning, and bay leaf (optional.) Stir and cook for 1 to 2 minutes.

Add red beans.

Add stock, broth, or water, enough to cover the beans. Bring to a simmer, do not boil.

Simmer for 15 to 20 minutes until mixture thickens slightly.

Remove the bay leaf if added.

Stir well to mash some of the beans and make the mixture a little bit thicker.

Season to taste with salt and pepper.

Serve with rice, sliced scallions, and a dash of hot sauce.

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Healthy Aging in Melanin-Rich Skin: The Power of Self-Care

By Hope Mitchell, MD

The Truth Contributor

It often starts with a glance in the mirror. A patient will come to me, gently touch her cheek, and say, "Dr. Mitchell, I don't really see wrinkles, but something is changing." She points out a dark spot that lingers longer than she'd like or a sagging of the jaw line, or mentions that her skin doesn't have the same glow it once did. Sometimes it's the under-eyes, where volume loss creates shadows or darkness that concealers can't quite cover.

For those with melanin-rich skin, aging doesn't always announce itself with fine lines first. More often, it shows up as those stubborn dark spots or uneven patches that seem to appear out of nowhere. While melanin does give a measure of natural protection and can delay the appearance of wrinkles, it also makes one more prone to discoloration when the skin is stressed.

That stress may come from unprotected sun exposure, acne, inflammation or even lifestyle factors like lack of sleep and poor nutrition habits. I often remind my patients that hyperpigmentation is not just a cosmetic nuisance. It can be a visible sign of both skin aging and underlying skin damage. Ignoring it means ignoring what your skin is trying to tell you.

September, which celebrates both Healthy Aging Month and Self-Care Awareness Month, is the perfect time to start paying closer attention to your health, including your skin health. There are many key components of healthy aging, including physical and mental health, but lifestyle factors and preventive care are equally important.

Healthy aging is not about turning back the clock, it is about amplifying internal and external factors that make vital contributions to skin health. Nutrition rich in healthy fats, protein, fiber, fruits and vegetables will help support gut health which influences skin and even hair health. Adequate sleep, an average eight hours nightly, is also important as not only do skin cells renew and repair themselves during this time, but brain and immune function reorganize and strengthen during sleep. Stress management, especially with physical exercise and drinking plenty of water daily, round out some key ways to support healthy skin from an internal standpoint.

The most important external factor that contributes to healthy skin is daily sun protection with sunscreen that contains spf 30-50 to protect from the damage of harmful ultraviolet rays. Everyone, including those with darker skin tones, should wear sunscreen daily. Melanated skin is not immune to skin damage that leads to skin cancer, uneven skin tone and premature aging appearance. Smoking harms just about every organ in the body including the skin. In addition to common cancers, smokers have a higher risk for COPD, artery disease, heart attack, stroke, type two diabetes, poor wound healing and, yes, dull, gray, wrinkled skin with loss of collagen and elastic fibers needed to preserve firm, healthy skin.

Dr. Hope Mitchell

A patient once asked me, "Am I doing something wrong?" when her dark spots became more noticeable. The answer was no, she wasn't failing her skin. Her skin was simply showing signs of its aging journey. Together, we shifted her routine to include daily sunscreen, a pigment-correcting serum, and a retinoid at night. Over time, not only did her spots improve, but she felt more empowered knowing she was actively supporting her skin's health.

This month serves as a gentle reminder that caring for your skin is caring for yourself. Sunscreen each morning, a nourishing routine with ingredients that address discoloration, enough sleep, and stress management are not luxuries. They are acts of self-preservation.

Your Self-Care Prescription starts here:

Wear your sunscreen every single morning, even if the sun hides behind the clouds. This is the number one way to protect your skin from damage and slow hyperpigmentation or uneven skin tone.

Nourish yourself beyond products: prioritize appointments, nutrition, sleep, hydration, exercise and manage stress. Your skin will thank you.

Add an appointment to see a dermatologist to the annual physical exam.

And most importantly, be patient and gentle with yourself. Healthy aging is not a race. It is a journey of care and consistency.

Join Dr. Hope Mitchell for Rooted In Truth, a candid conversation about hair loss on Thursday, September 18, 5:30-6:30pm at Mitchell Dermatology, Perrysburg.

Fridays in The Kitchen...continued from page 9

energy," she said. "If you're not careful, you can lose yourself in it. I didn't just want to become a First Lady in the church — I also need to be my partner's wife at home."

They made a pact, years ago: Friday nights were for each other. No church discussions. No work-related conversations. Just cooking, laughter, music, and being together.

Fridays Cooking Together: A New Rhythm of Love

Picture this: it's Friday evening. The week has felt long. The phone rings, but unless it's an emergency, it goes unanswered. Instead, the Perrymans are in the kitchen, enjoying an Isley Brothers' playlist, and playfully teasing about who cuts vegetables faster while weighing the pros and cons of fish over chicken for dinner.

To them, cooking is more than food, it's a ministry of love. It's a way to serve each other before serving the world. And every so often, family members join in, like their kids and granddaughter, drawn by the sweet smells and the sound of laughter.

"It's sacred time," said First Lady Willetta. "We prepare the table, light candles and set the mood with music. It's like a date night at home, but better."

She laughs as she explains how extreme Dr. Perryman can be. "I'd be happy with an Amazon tablecloth, but he prefers fine linens from Macy's!"

He smiles. "I want our meals to feel special because she is special."

The Birth of a Cookbook

The Perrymans never set out to write a cookbook. They were just sharing their Friday night meals online, and pretty soon people started asking for recipes. One day their daughter chatted with an editor, shared photos of their culinary creations and, suddenly, a book deal was on the table.

That's how *Fridays Cooking Together: Ministry, Meals, and Marriage* was born.

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A Mental Health Moment

Suicide Prevention Awareness

By Bernadette Joy Graham, MA, LPCC, LLC

The Truth Contributor

September marks **Suicide Prevention Awareness Month**, a time to reflect on the serious issue of mental health, raise awareness, and offer support to those struggling in silence. Within Black communities, this topic is especially important, as we face unique challenges that often go unaddressed, challenges that can impact mental well-being and increase the risk of suicide. It's crucial to understand the signs and offer support, because no one should have to fight their battles alone.

Understanding the Struggles in the Black Community

For many in the Black community, mental health struggles are often minimized or ignored due to cultural stigma and a lack of open dialogue. Societal pressures, systemic racism, and financial insecurity can amplify stress and feelings of hopelessness. Traditional beliefs and the value placed on "strength" can make it difficult to ask for help. Yet, these factors, combined with historical trauma, can lead to severe mental health crises, including thoughts of suicide.

Recognizing the Symptoms of Suicide Risk

Suicide can be a result of ongoing mental health struggles, but the warning signs can often go unnoticed. It's essential to recognize these indicators early so that we can intervene before it's too late. Some common signs of suicide risk include:

1. Withdrawal from Social Connections: Some may isolate themselves from family and friends, avoid social gatherings, and display an overall lack of interest in activities they once enjoyed.

2. Mood Swings or Extreme Changes in Behavior: A person who is typically positive may become depressed, irritable or angry. He or she may exhibit sudden behavior changes that are out of character.

3. Talking About Death or Suicide: If someone talks about feeling hopeless, having no reason to live, or saying he wishes he was dead, this should never be brushed off as just a phase. It's a serious sign.

4. Physical Symptoms of Stress: Unexplained aches, fatigue, trouble sleeping or changes in appetite can be symptoms of deeper emotional pain.

5. Increased Substance Use: Turning to alcohol, drugs or other substances to cope can be a sign of trying to numb overwhelming feelings of distress.

6. Giving Away Personal Belongings: This can be a subtle but clear sign that someone may be planning for her absence.

How We Can Help

As a community, we need to create spaces where mental health is openly discussed and not stigmatized. The first step is listening. If someone shares his feelings with you, take it seriously and encourage him to seek help. Offer your support by connecting him with mental health resources or a trusted counselor.

In addition to individual efforts, we can support local organizations and programs that specialize in mental health and suicide prevention. The **National Suicide Prevention Lifeline** (1-800-273-8255) and the **Crisis Text Line** (Text HOME to 741741) are both accessible resources.

Lastly, one of the most important things we can do is remove the shame and stigma around mental health care in our community. By being open, supportive and understanding, we can save lives and ensure that everyone feels valued and heard.

Remember: You Are Not Alone

Take a mental health moment to accept it's okay to not be okay. Suicide Prevention Awareness Month serves as a reminder that there's help, hope and healing. Whether it's you or someone you care about, reaching out for support can be the first step toward recovery. Our community is stronger when we uplift one another.

If you or someone you love needs immediate mental health support, call or text **988** to reach the Suicide and Crisis Lifeline. To find a Black therapist, visit: www.therapyforblackgirls.com, www.therapyforblackmen.org, www.psychologytoday.com or www.inclusivetherapists.com

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Fighting Fascism...continued from page 8

The 2025 inaugural Resistance and Resilience Fair framed resistance and resilience through a celebratory and joyful lens with the help of resilience workshop partners, small business vendors, social service agencies and subject matter experts giving informative presentations on topics such as "Protest Safety" and "The Spirit of Resilience."

"Lucas County Dems are proud to stand with our partners to provide a space for reflection, self-care and action. We will stand together in resistance and resilience." said Lucas County Democratic Party Chair, Schuyler Beckwith.

Toledo Troublemakers leader and organizer, Heather Spies, echoed these sentiments with a sense of urgency. "Now more than ever we need to bring our communities together to stand against and provide the tools and education to survive the current fascist political climate we are living in. This is what the Resistance and Resilience Fair is l about" Heather said.

Toledo Persists leader and organizer, Melissa Portala, stated, "Toledo Persists is proud to be a sponsor of the Resistance and Resilience Fair. As we continue to fight the billionaire fascist takeover of the USA, we invite others to find joy and solidarity with the many community groups attending."

Additionally, attendees were encouraged to bring school supplies to donate to TPS Schools and food pantry items for Equality Toledo, who were in attendance to accept those items and volunteered for the event.

Black History & Memoirs by Various Authors

By Terri Schlichenmeyer

The Truth Contributor

c. 2025
various publishers
$28.99 - $35.00
various page counts

Okay, fun's over.

Summer is done, school's back in session, fall is here, and it's time to get serious. And guess what? You can still do that, and enjoy reading these great history books…

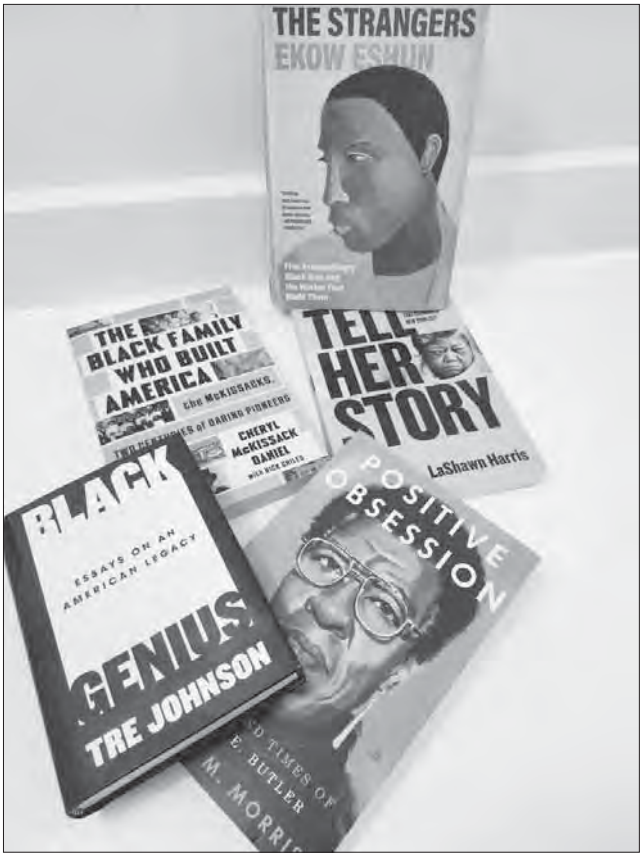
First off, think about your ancestors and all they did. Now read, ***The Black Family Who Built America: The McKissacks, Two Centuries of Daring Pioneers*** **by Cheryl McKissack Daniel with Nick Chiles** (Black Privilege Publishing / Atria, $28.99). The story starts in West Africa, when Moses McKissack I was captured and enslaved in North Carolina. He became a craftsman and passed his talents down to his children. Ultimately, this inheritance became a powerhouse business of builders and tradespeople who collectively left their mark on some of America's most iconic buildings, churches, and more. Readers who love architecture will especially love this book.

And if you enjoy that kind of story, then you'll want ***Black Genius: Essays on an American Legacy*** **by Tre Johnson** (Dutton, $30).

Throughout history, Black Americans been resilient and adaptive, and have always found ways to celebrate their culture. In this book, Johnson calls attention to the sometimes-unnoticed "brilliance" of Black leaders in stories that are personal, profound and inspirational. Readers will rejoice.

More brilliance is found in ***Positive Obsession: The Life and Times of Octavia E. Butler*** **by Susana M. Morris** (Amistad, $29.99). The great writer has been gone nearly two decades, but this look at her life will bring her genius back to the forefront. Morris shows how Butler's work was shaped, and from where her stories sprang. There were always important lessons inside her tales, and they are more relevant now than ever. Read this biography, then go back and enjoy Butler's work anew.

Here's an essential read about someone whose life and death embodied change: ***Tell Her Story: Eleanor Bumpurs & The Police Killing that Galvanized New York City*** **by LaShawn Harris** (Beacon Press, $35) is the story of a much-loved neighborhood grandmother, and her murder in her own home by white police officers. Harris lived across the street from Bumpurs, and he knew her well when he was a child. This is a personal account of her life and her death, and how it spawned a movement. Yes, this book might make you want to stand up and act.



And finally, try ***The Strangers: Five Extraordinary Black Men and the Worlds That Made Them*** **by Ekow Eshun** (Harper, $25).

What do Black men have to do to stand out, to avoid being categorized as a lone member of a whole? In this book, Eshun looks at five Black men who did just that – and his representative choices will surprise you. Truly, each biographical profile is fascinating and impressive, and readers will want to think about their own list of "Extraordinary Black Men."

Want more? Then head to your favorite bookstore or library and ask for help finding the biography or history book you most want to read now. The staff there can show you books to teach, inspire, or that are just plain fun.

Fridays in The Kitchen...continued from page 11

This isn't a conventional cookbook, complete with boring recipes and dry instructions. Instead, it offers an experience. Each month has a theme, a story, a prayer, recipes, recommended playlists and even tablescape ideas. Picture turning to a page in April to not only find a menu, but also a meditation, a curated Spotify playlist and tips on how to make your table look fresh for spring.

"It's not just food," said Reverend Perryman. "It's music, mood, memory and meaning."

First Lady Willetta adds, "You certainly don't need fancy dishes or gourmet skills. You can light a candle, order Chinese takeout and still create a vibe all at the same time. This cookbook is about connection, not perfection."

Cooking as a Ministry

Some might ask, what does cooking have to do with church? But for the Perrymans, food and faith have long been intertwined.

Think about it: Jesus spent as much time at tables as he did in temples. He shared meals with friends, celebrated at weddings and used dinner as a setting for teaching and love.

"We saw how our Fridays blessed our marriage," Rev. Perryman said. "We wanted to share this model with other couples, ministers and families. If we stay grounded in love, then we better serve the people God calls us to serve."

First Lady Willetta further exemplifies this service as she hosts **cooking classes** with *Center of Hope Family Services*. She doesn't just teach recipes — she arms parents with full meals they can take home, things like casseroles and roasts that can feed the entire family. These classes not only nourish the body, they also feed the community with laughter, connection, and a sense of dignity

"When the adults leave," she said, "they're not just leaving with food.

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Women of Toledo...continued from page 7

• **Taylor Automotive Family**, led by **Steve Taylor Jr.** and represented at the event by Terry Crosby, develops programs that foster mentorship, inclusion, and opportunities for all.

These partners, along with hundreds of community members, power Women of Toledo's high-impact work. Their partnership enables them to reach thousands of women and girls every year providing opportunities, resources, and mentorship.

Looking Back, Moving Forward

Over the past ten years, Women of Toledo has delivered more than 407 programs and served nearly 9,500 participants, including 197 women-owned businesses featured on **HerHub**. WOT also empowers an average of 120 women in transition and 65 young women in leadership programs annually.

The organization's work is grounded in three key strategic priorities:

1. **Invest in Youth** – Scale GirlsHub and LeadHerWay to benefit more young women and give them the skills to lead.

2. **Remove Barriers to Economic Equity** – Offer mentorship, workforce readiness, and access to all women, especially those underrepresented.

3. **Strengthen Partnerships** — Develop a network of allies, institutions, and organizations united to advance equity.

As **Nina Corder** explained, "Empowering women is like planting seeds. We nurture them, and they grow into something amazing. One empowered girl today can change her community tomorrow."

The celebration was made even more special as Congresswoman Marcy Kaptur presented an award to Nina Corder, honoring her leadership and vision. State Representative Erica D. White also took the stage to deliver a proclamation recognizing Women of Toledo's decade of impact and dedication to empowering women and girls, work that has earned national acclaim.

A Legacy of Courage and Connection

As previously stated, Women of Toledo is more than an organization, it's a movement. It shows that when everyday women come together with intention, spirit and purpose, they can do incredible things.

As the celebration drew to a close, the sound of clapping, laughter and memories filled the room. The "**Happy 10 Year Birthday energy**" was contagious! Women shared how WOT had changed their lives, inspired them to lead, and shown them that they belonged in every room they entered.

As Nina said, "Together, we build bridges. Together, we lift voices. Together, we create a world where every woman and girl can thrive."

And with that, **Women of Toledo** stands ready to keep building tables, planting seeds, and empowering generations to come.

Support Women of Toledo

St Paul MBC...continued from page 8

"First of all, I want them to stay rooted in their faith as in Proverbs 3:5-6 – 'Trust in the Lord with all thy heart, acknowledge him … and he will direct your path.'

"So what we are looking for is for them to rely on the Lord and allow the Lord to direct their path. I know at an early age that's a lot for them to grasp but if we start talking to them early enough, it will eventually become part of them.

"Second, pursue excellence … not perfection but excellence. God is not asking you to be perfect but asking you to do your best. So I'm asking them to be prepared and to be able to do their work by working hard, respecting others, respecting their teachers as they go into the classroom to learn and let their gifts speak for them.

"Third, be a light wherever you go! They are young and don't think they have a lot to offer. But young people have a lot to offer – Matthew 5:16 'Let your light so shine before others that they may see your good works and glorify God in heaven.'

"Let their light shine so others can see what they are doing. I want them to let this school year be remembered – that they are not just students … they are leaders; they are difference makers. I want them to understand it is about what God wants for them."

Saturday's church picnic was held in the parking lot and grounds of the church and included a number of games for youngsters to enjoy including a bouncy house.

Fridays in The Kitchen...continued from page 13

They leave with happiness, with a community, with something they can share."

A Social Media Hit

The Perryman's weekly cooking sessions are blossoming into a popular online series called ***Fridays Cooking Together***. On Facebook and YouTube, viewers can find them smiling, joking and trading recipes like gumbo, jambalaya and even seared fish.

It's not curated or staged like a Food Network show — it's real life. You get Rev. Perryman chopping okra, sometimes more slowly, as First Lady Willetta laughs and guides the process. You'll hear music in the background, maybe Earth, Wind & Fire, maybe Luther Vandross.

The response has been heartwarming.

Couples have written in to say they have started their own Friday night cooking tradition. Families are saying the book is helping them find new ways to reconnect. Fellow ministers say the Perrymans' openness shows them it's okay to step away from 'always being on,' unwind, and to even let the kitchen become a place of rest and joy.

Honored at Hampton University

Rev. D.L. and First Lady Willetta Perryman's work hasn't just caught the attention of families at home—it's also made big waves in ministry circles, too. Recently, they were asked to teach at the ***13th Annual Church Development and Leadership Academy*** (CDLA) at the prestigious ***Hampton University Ministers Conference.***

To be recognized at such a respected national gathering was an honor for both of them. More importantly, it was a chance to spread the message: that love, marriage, ministry, and food are all connected—and all holy.

Recipes for Life, Not Just Food

As you scroll through Fridays Cooking Together, you will find menus inspired by First Lady Willetta's mother, grandmother and aunts. She learned by watching them cook, and by taking in stories that made her laugh, reflect, and feel the bittersweet moments of life.

Those recipes became the soil where she planted her own creativity, updating old classics and experimenting with new culinary dishes.

But the real recipe they are sharing is as follows:

• Pick a day. Protect it fiercely.

• Plan a meal, even if it is simple.

• Set the mood with music, candles or laughter.

• Cook side by side, even if one is chopping while the other is sautéing.

• Pray together. Eat together. Dream together.

It's not just about food, it's about feeding the soul.

Changing the Narrative

At the heart of it all, the Perrymans want to change the picture people often paint of Pastors and First Ladies. "We're not perfect statues living only in church pews. We're people who laugh, play, dance, and sometimes even debate about table linens," says the First Lady with a smile.

They want couples to know: you don't have to sacrifice love for service. In fact, the stronger your love, the better your service.

"We hope more families make time to reconnect," said Reverend Perryman. "Even if it's just once a month. Even if it's just over pizza."

A Table Big Enough for Everyone

The Perrymans' table has grown from their kitchen to their congregation, to social media and now into the pages of a cookbook. And like any good table, there's always room for one more chair.

Whether you're a pastor, a busy parent, a newlywed, or someone just trying to add more joy to your week, their message is the same: cooking together is really about loving together.

As First Lady Willetta says, "The food is just the bonus. The real meal is the laughter, the music, the stories, and the time spent."

So set the mood, light the candle, and remember: the table is where stories unfold, hearts connect, and love is served.

Fridays Cooking Together: Ministry, Meals, and Marriage *is available now through Kendall Hunt Publishing here. Pull up a chair—you're invited to the table.*

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 Replace Passenger Boarding Bridge project at Eugene F. Kranz Toledo Express Airport, 11013 Airport Highway, Swanton, OH 43558, in accordance with the approved plans and specifications, for the Port Authority at One Maritime Plaza, Toledo, Ohio 43604.

The project consists of the replacement of an existing passenger boarding bridge (PBB) located at Gate 3 of the passenger terminal at Eugene F. Kranz Toledo Express Airport (TOL). This project is structured as a Base Bid with Bid Alternates. For the Base Bid, the project scope generally includes the demolition and removal of the existing PBB and installation of a new PBB, complete with a PBB-mounted ground power unit (GPU) and associated equipment and appurtenances, and the removal and remarking of associated aircraft parking position pavement markings.

Bid Alternate No. 1, project scope generally includes the addition of a PBB-mounted pre-conditioned air (PCA) unit and appurtenances.

Bid Alternate No. 2, project scope generally includes the installation of a potable water cabinet at Gate 3, including all equipment and appurtenances, to support the Gate 3 aircraft parking position.
This project may be awarded by the Toledo-Lucas County Port Authority at its sole discretion. The engineer's opinion of probable construction cost for the base bid is approximately $1,200,000.00, bid alternate no. 1 is approximately $180,000.00, bid alternate no. 2 is approximately $60,000.00. The total contract duration is 330 calendar days from the Notice to Proceed, divided into two (2) phases. All materials procured, construction methods used, and construction activities must be done in accordance with FAA material specifications and guidance on operational safety on airports during construction referenced in the project documents.

Bids will be received through Bid Express, an online electronic bidding system, until Tuesday, September 9, 2025, at 10:00 AM, 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). 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 NOT be a pre-bid meeting held or this project. Please submit all questions through the Bid Express service by Thursday, August 28, 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-notices

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

REQUEST FOR PROPOSALS: STRATEGIC PLANNING SERVICES

The Mental Health & Recovery Services Board (MHRSB) of Lucas County invites proposals from interested parties with expertise in performing strategic planning services for the MHRSB's next three-year strategic plan. Proposals are to be delivered no later than 5:00 p.m. ET on September 26, 2025. All questions should be submitted to sspinelli@lcmhrsb.oh.gov by September 1, 2025. Responses will be posted on MHRSB's website. Details regarding the project deliverables and submission criteria are located on the MHRSB's website: http://www.lcmhrsb.oh.gov/publicnotice/.

EMPLOYMENT OPPORTUNITIES

Lucas Metropolitan Housing (LMH), located in Toledo, OH is seeking experienced applicants for the following position(s): **Chief Financial Officer.** Please email a one-page cover letter, a two-page resume, a listing of three professional references, and salary expectations to both Stan Quy, President / Principal of The Organizational Leadership Edge at SQuy@cox.net and Jessica Quy, TOLE Administrative Assistant at jessicaquy79@gmail.com. The deadline for applications is Friday, August 29th, at 5:00PM Central Time. This is a Section 3 covered position. HUD recipients are encouraged to apply and are to indicate on the application if you are a LMHA Public Housing client or Housing Choice Voucher Program participant. Persons with disabilities are encouraged to apply. Equal employment opportunity shall be afforded to all qualified persons without regard to age, race, color, religion, religious creed, gender, military status, ancestry, disability, handicap, sexual orientation, genetic information or national origin.

LUCAS METROPOLITAN HOUSING

REQUEST FOR PROPOSAL (RFP) MISSION POINT APARTMENTS, L.P. CONSTRUCTION MANAGER AT RISK (CMAR)

Mission Point Apartments, L.P & Lucas Metropolitan Housing (LMH) will receive proposals for a **Construction Manager at Risk (CMAR) – Mission Point.** Received in accordance with law until **August 29, 2025, 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.

LUCAS METROPOLITAN HOUSING

Getting Your Affairs in Order: For Woman, by Women

By Dawn Scotland

Special to The Truth

N-Sync LLC in partnership with Savvy Seniors hosted Getting Your Affairs in Order: For Women, by Women on Wednesday, August 20 at the Fire Pit Grill. The event, which assists the community in estate planning, held the first of its events exclusively for women.

Alexis Means of 13abc News led the evening as the mistress of ceremonies. The night featured knowledge on a wide range of topics pertaining to end-of-life needs from insurance policies to funeral expenses.

Deborah Barnett, organizer of the event, stated that 80 women registered. This is the sixth event that has been held since its inception in 2024. Barnett said the reception has been overwhelming positive. The event, as are all of the GYAO events, was free to the public.

GYAO: For Women by Women featured all women speakers and an all women audience. The invocation was given by Rev. Barbie Harrison. Clara Petty, leader of Savvy Seniors, provided the welcome and Deborah Barnett of N-Sync, LLC spoke about the purpose of the event.

Presentations were made by Rev. Barbie Harrison, attorney Charlon Dewberry, State Farm Agent Sara Ross, Nichole Rodriguez of Fifth Third Bank, Anita Madison of Legal Sheild, Danielle L. Thomas of House of Day and Sue Rowe, Congressional Aide to Marcy Kaptur, who spoke about Medicare and Medicaid. Attendees received resources and knowledge that they could take with them as they plan for the future.

"I thought it was a great opportunity to bring together women in a space where they felt comfortable in talking about getting your affairs in order. Many times they say we are the leaders of the family in getting things done. I wanted women to feel comfortable in asking [these questions]," stated Barnett.

"I think that tonight was a success in terms of women coming together, receiving information that they can take back and make decisions on life changing situations that we all will in some way encounter," she concluded.

Throughout the night attendees stated how imperative the conversation and resources provided at GYAO are to our community.

On Facebook, attendee Katina Johnson remarked, "Getting your affairs in order starts with having the tough, uncomfortable but much needed conversations about to your life before and after it ends. The person you thought would help you might just be waiting on the right time to help themselves to YOUR hard earned money/assets. Prepare your final wishes and have documents reviewed annually... things change, update POAs, beneficiaries and Transfer Upon Death. Utilize a trusted attorney who specializes and be transparent so everyone knows who is responsible for taking care of your affairs when you cannot." She concluded, "Great workshop, ladies, can't wait for the next one! In the meantime we've got homework."

Following the presentations guests engaged in break-out questions and answers by presenters. They also enjoyed food and refreshments.

The committee for GYAO: For Women by Women included Deborah Barnett, Rev. Barbie Hariston, Celeste Day and Gwen Wise.

The next GYAO event will be held Saturday, October 18, AW Local 12 Union Hall 2300 Ashland Ave and will be for both men and women. The event is free and food will be provided.

L. to R - Nichole Rodriguez, Tara Halliburton, Deborah Barnett, Charlon Dewberry, Anita Madison, Sara Ross, Sue Rowe

Celeste Felix, Deborah Barnett and Clara Petty

Food provided at GYAO

Guests at GYAO listened to presenter Sue Rowe speak about Medicare and Medicaid

Katina Johnson, Alexis Means and Deborah Barnett

Alexis Means and Deborah Barnett