



Volume 96 No. 6

"And Ye Shall Know The Truth..."

August 5, 2026

Building a Future Without Barriers



Central State President Morakinyo A. O. Kuti, PhD

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The Ground Has Shifted

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

The Truth Contributor

Whenever persons are rejected by society, the result is Exile... they have no sense of belonging, neither to the community nor to the territory.

- Roger Bannister



Every election cycle, the same call goes out to the Black church: mobilize your people, open your doors to the candidates, get the young folks to the polls.

The call is grounded in history — from Montgomery to Selma to the Voting Rights Act of 1965, the Black church (Church) made the difference in acquiring the franchise.

As November approaches with young Black voters among the most disengaged in a generation, the Church is being called again to “do what it do.” But whether it can deliver, another question must be first asked: Can the Church be the answer to exile if it has become a source of it?

The Missing Voters

The 52nd Harvard Youth Poll, conducted in spring 2026, found that only 12 percent of young people feel motivated and ready to participate in the midterms. The University of Chicago's GenForward survey also found roughly six in 10 young people hold unfavorable impressions of both parties. Young people are not choosing between the parties. They are declining both. In other words, young people care. They just don't believe their participation changes anything.

The First Exile

U.S. Senate candidate Sherrod Brown put it like this: “The appeal to young voters used to be aspirational — vote for this candidate and your life gets better. That appeal no longer lands.” Brown argues that the same forces that produced Jim Crow are active right now — suppressing voting rights, erasing history from school curricula, dismantling the institutions that documented the struggle.

Today's youth don't know John Lewis or Fannie Lou Hamer. They are unfamiliar with Bloody Sunday in Selma, the Montgomery bus boycott, or the Freedom Schools which taught Black southerners organizing and voting rights alongside math and literacy. Not because youth don't care — because nobody told them. You cannot vote to protect a right you never knew was fought for.

Peter Paris explained decades ago: “When rejection by society persists across generations, the result is Exile — a permanent state in which the rejected have no sense of belonging, neither to the community nor to the territory.” Yet the Black church was born precisely to respond to that exile — to be the substitute community, the place that said to a people with no sense of genuine national belonging: you belong here.

The Second Exile

But young Black people today are not only exiles in America. For many, they are exiles from the Black church itself. Because of the Church's inflexible rules, norms and traditions that no longer have meaning for today's generation — the institution built to be the answer to exile has become another place

where Black youth do not belong.

“The world young Black people — young Black men in particular — inhabit has shifted so dramatically that the church's inherited frameworks no longer reach them where they actually are. They are not lost to the struggle. They are lost to the language,” says ethics scholar Walter Fluker.

The Church's identity has been built around the Exodus narrative — a people in bondage, a march toward freedom, a promised land of justice. That framework produced extraordinary things. But for many young Black Americans today the Exodus has lost its meaning. They are living inside Exile instead — dispersed, disconnected, without the landmarks that told previous generations who they were. Exile requires not the courage and solidarity of the past but imagination and reinvention — finding a way to sing the Lord's song in a strange land. The Church built for Exodus may not have the tools for Exile, according to Fluker.

And, from my vantage, the church has sometimes made it worse. In protecting its own form — its music, its theology, its dress codes, its misogynist patriarchal leadership and decorum — it has communicated an unspoken message to young people: you are welcome here, as long as you become someone other than who you are. That message lands. Young people heard it. Many left — not in rejection of what the church stands for, but in response to a container that didn't fit them. New wine cannot survive in old wineskins. The skins burst, the wine spills, and both are lost.

The Question the Church Must Answer

If young Black voters are going to show up in November — in Toledo, in Ohio and elsewhere — the Church must find new ways to draw on its historic identity to infuse character, civic empowerment, and a renewed sense of community into the generation it is losing.

So, how will faith leaders respond to the challenge? Will they adapt, remain or reimagine? Can the church be flexible enough to meet young people inside the Exile rather than insisting they return to the Exodus? Can this venerable institution create space for a generation to belong without requiring them to become someone else first? Or does it hold its form and cede the generation — and with it, the role Paris described as the reason for its existence?

Young people care. Help them believe. And ask honestly whether the door you are opening is open on their terms — or only on yours.

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

Community Calendar

August 6

Kwanzaa Park Neighbors Block Watch Meeting: 6 to 7 pm; Guest speaker Joe Fausnaugh, director of Parks, Recreation and Youth Services

August 8

Toledo Tanga Sister Cities monthly meeting on the second Saturday at Jera's Heavenly Sweet Bakery 3059 Bancroft at 11 am. Come and help us plan the next International Drone Academy for students.

August 15

Toledo Black Men's Wellness Day: Scott High School; 7 am to noon; Organized by the African American Male Wellness Agency (AAMWA), this free community event is part of a national initiative to promote health equity, prevention, and wellness for Black men and their families

Movie Day at The BIBLE WAY Toledo: 2 pm; Kent Branch Library; A free movie, discussion of important topics such as spiritual health, mental health;

August 16

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

August 22

Sisters 4 Unity Fourth Annual Communities Against Gun Violence March & Unity Day; Smith Park; March begins at 10 am; Bringing together survivors, families, residents, elected officials, community organizations, resource agencies and other partners for a day of remembrance, healing, connection, resources and community unity

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Smoke Over Cahokia

A millennium ago, the greatest city north of what is now Mexico rose on the Mississippi. Then it emptied. Last week, smoke found it again.

By Ben Jealous

Guest Column

The smoke came down out of Canada last week. It turned the skies in Chicago and throughout the Midwest the color of dishwater. Then it kept coming south, until it drifted over a field across the river from St. Louis where the largest city north of what is now Mexico once stood.

Most of us were never taught it was there. A thousand years ago, 10,000 to 20,000 people lived at Cahokia. They farmed corn on the bottomland, traded copper down from the Great Lakes and shell up from the Gulf, and raised 120 mounds of packed earth one basket at a time, the largest a hundred feet high and fourteen acres at its base.

It was bigger than London. It was a city. I have stood on top of them. You climb, and the ground keeps rising longer than you expect, and at the top the whole valley lies open underneath you, and eight miles west the St. Louis skyline stands up out of it.

It is quiet up there. Grass and wind, and nothing at all to tell you what you are standing on. You have to be told. Then you look again, and the field is not a field anymore.

Cahokia rose in good years. Tree rings say it was founded during one of the wettest 50-year stretches of the millennium, when the rain came on time and the bottomland gave back everything it was asked for. Then the rains changed. Drought came after 1150 CE.

Around 1200, a flood big enough to swallow the farmland left its signature in the mud of a lake beside the city. We can watch what happened next. They left it in the ground. Around 1175, the Cahokians put a wall around the heart of their city, two miles of it, 20,000 logs sunk in trenches five feet deep, with towers every 85 feet, the spacing a man needs to cover his neighbor with a bow.

They built that wall four times. Each time, they used fewer logs. There were fewer hands left to carry them. Walls like it went up across the middle of the continent between 1200 and 1400. In a cemetery in the Illinois River valley,

dating to about 1300, at least a third of the adults died violently. Scalped. Shot. Left where they fell.

Farther up the Missouri, at a place called Crow Creek, a village dug a ditch and raised a wall to keep itself safe, and around 1325 at least 486 of its people were killed and buried in it, their bones showing they had been hungry long before anyone came.

That was not Cahokia. Different people, different place. And no honest scholar will tell you the drought pulled the trigger. But that is what hunger and fear look like when they last long enough. Why Cahokia emptied is still argued. And the story I was taught turns out to be false. It said the Cahokians cut down too many trees and flooded themselves out.

Archaeologists went looking for that flood and could not find it. It had never been tested. It was only believed, because it flattered us to believe it. The likelier answer is harder. The climate changed first. Then the pressures came together. The harvests got thin. The politics got mean. The trust wore out. Some families left, then more, and by 1400 the plazas were empty and the grass had come back over them. That is the order of it.

Climate change starts in the sky and the soil. Then it moves through food, fear, power and faith. Columbus did not reach the Caribbean until 1492. He never saw Cahokia.

Here is what those mounds say to me. They say a people can build something so large a thousand years of weather cannot erase it. They say the same people can be pressed until they wall themselves off from one another. They say a people can walk away from all of it, and regather, and build again. They say all three things. They are the same mounds.

Cahokia's people did not vanish. They walked. They regathered. They built again.

Dr. Andrea Hunter, who keeps the history of the Osage Nation, will tell you her people trace their ancestry to that world and are still here, in Oklahoma. That is the hope. It is not a promise.

Last week the smoke drifted over the city you can see from up there, and over the city you are standing on. Two things are still in that ground. The mounds they raised together. The trenches they dug when the trust ran out. We are building both right now.

Ben Jealous is a professor of practice at the University of Pennsylvania and former president and CEO of the NAACP.

Black History Now

By June Boyd

Guest Column

The most important component in our lives as African Americans is our history. I say that because there is a popular phrase "You do not know where you are going, until you know where you have been" author unknown.

Obviously it is not February, Black History month, it is August, and it should be celebrated every month, in fact every day. The thought of acknowledging our heritage should be all the time.

In high school, at St. Ursula Academy in the 1950's, the only two famous African Americans I was familiar with were George Washington Carver, the peanut man, and Madame C.J. Walker, the first millionaire African American woman from her hair products and the straightening comb.

I learned of those two people from my parents, not history books. In my junior year, for my essay, I wrote about Mr. Carver and was so proud to introduce this man's history to my predominantly Caucasian classmates. I remember World History, American History and Ancient History, but never information on Black History.

Fast forward, in 1991, my granddaughter brought home a Black history quiz she had to complete for her class in the 3rd grade at St. Ann School. It was Black History Month, she had to get the answers and return them to class.

I was truly embarrassed not to know many of the answers to the quiz.

We visited the public library to research and got the answers for her class.

From that period forward, I realized we all had a problem, and something had to be done to make our people aware of the most wonderful story ever told, our history, and what we have been missing.

I had personally attempted to get a Black History museum in Toledo, after visiting the outstanding museum in Detroit. There are many stumbling blocks at very angle unless you have the funds up front for such a project. I am sure one day we will have a museum in Toledo, it is so important for our future generations.

Most of us having attended public or private schools have been denied the study of Black history.

Today, in Washington, DC, the 47th President is actually attempting to downplay our history, or rewrite same based on his standards. He has also put a stop to the minting of Harriet Tubman, the abolitionist on the \$20 bill.

This must not happen.

With the technology challenging our children today, we can make it easier to have access to the story that brought us here; the many inventions, the civil rights struggles, the violence and tragedies and the triumphs to where we are today. is the richest heritage of any ethnic group and must be told. Ask the ghosts of Marcus Garvey, Frederick Douglass, Harriet Tubman, Sojourner Truth, John Cheney, Rosa Parks, Dr. Martin Luther King, John Lewis and hundreds of others.

I want to leave you with a quote from Mary McLeod Bethune: "I leave you hope. The Negro's growth will be great in the years to come. Yesterday, our ancestors endured the degradation of slavery, yet they retained their dignity. Today, we direct our economic and political strength toward winning a more abundant and secure life. Tomorrow, a new Negro, unhindered by race taboos and shackles, will benefit from more than 330 years of ceaseless striving and struggle. Theirs will be a better world.

This I believe with all my heart".

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Rep. Grim Receives RAINN Legislator Award

Special to The Truth

Rep. Michele Grim (D-Toledo) last week was honored to receive the Rape, Abuse & Incest National Network (RAINN) Legislator Award.

"As a lifelong advocate for survivors, I am honored to receive the RAINN Legislator Award. It is a privilege to serve in the Ohio House, where I have the opportunity to fight every day for policies that support survivors and strengthen their rights. Every Ohioan deserves the chance to live with dignity, safety, and strength, and I



State Rep. Michele Grim

will continue working to make that a reality," said Rep. Grim.

RAINN provided the following statement, "State Rep. Michele Grim has been honored with RAINN's Legislator Award in recognition of her steadfast advocacy for survivors of sexual violence in Ohio. Rep. Grim championed the bipartisan Ohio Safe Homes Act (HB 855), co-sponsored with Rep. Melanie Miller, which gives survivors of rape, dating violence, and sexually oriented offenses the right to break a lease or change their locks so they can safely leave a harmful home. Her commitment to survivors is unwavering, and her fight for their rights to recovery and justice is unyielding. Rep. Grim's work reflects exactly the kind of leadership this award celebrates: turning survivors' needs into practical, lifesaving policy."

Black Mayors: Climate Change is in America's Top Five Crucial Issues

By Hazel Trice Edney

Guest Column

As the Trump Administration continues to deny the reality and community impact of climate change, Black mayors have united to protect African Americans and other people of color, who are increasingly and disparately in danger across the nation.

"Even though we have an administration that doesn't even believe that climate change is real, we're smart and we know that it is real," says Baltimore Mayor Brandon Scott, president of the African American Mayors Association (AAMA), in an interview with the Trice Edney News Wire. "People can see these storms that are causing flooding in areas that have never been flooded. People know it's hotter. They can see that. What we're doing now is just allowing ourselves to be prepared for the world that we know that we want."

Baltimore mayor since 2020, Scott has earned a reputation for using his power to actively prepare for the world that he envisions. For example, three years into his administration, he signed into law City Council Bill 21-0159, sponsored by Councilman Mark Conway, to help "facilitate a transition to zero emissions vehicles for the City's administrative fleet. Under the law, by 2030,

all procurements for the City's administrative fleet – comprised of light-duty, standard-occupancy vehicles, including sedans, small pickups, and SUVs – will be required to be zero emission vehicles, mostly likely all electric," according to a press release describing the bill.



Baltimore Mayor Brandon Scott, President, African American Mayors Association



Flint, Michigan Mayor Sheldon Neeley

This action followed the 2022 announcement of Scott's vision for a goal of 100 percent carbon neutrality by 2045.

Among his earliest legislative actions, Scott also signed a bill requiring the city's three pension funds to divest from the fossil fuel industry.

"My administration knows the critical importance of ensuring our city is able to confront the climate crisis head-on and do everything in our power to ensure Baltimore is leading the way in sustainability and climate resilience," he said in a press statement. "Doing so requires us to look at the steps city government can take to change the way it operates, and work to modernize our systems to be more climate conscious."

In the interview, he said he wants Baltimore to lead the nation by example. "When you look at the milestones that we're setting for ourselves, that's how we're holding ourselves accountable."

He said he hopes this vision will spread around the nation to mayors of AAMA as effects of climate change - including global warming, pandemics and other health crisis - have historically affected Black and other people of color disparately.

Scott represents the 641 African American mayors of the AAMA, an organization that grew out of the 50-year-old National Conference of Black Mayors, which merged with the AAMA in 2016. Black mayors represent 48 million citizens across the country.

It has been widely reported by credible environmental agencies that climate change causes frequent and severe weather events, heavier than normal rainfalls, dangerous thunder and lightning storms, droughts and scorching heat waves such as those taking place this summer. Coupled with long time environmental racism in poor Black neighborhoods, climate issues have risen to crisis level.

Among America's worst recent environmental crisis was the Flint, Mich., water crisis from 2014-2019. Between 6-12,000 Flint children were exposed to high levels of lead in Flint's drinking water after residents complained about the taste, smell and appearance of the water for years. Lead affects the brain and central nervous system when consumed.

Flint Mayor Sheldon Neeley, mayor since 2019, is still dealing with the aftermath of the crisis. In an interview, he agreed with observers that Flint suffered the inattention that led to the crisis largely because the community was poor and Black.

"We would not have had to experience the things that we are still currently experiencing had we been a community of not so many minority members of our society," he said.

Environmental racism doesn't just impact physical health. The continued

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An Academic Oasis: Central State University President Dr. Morakinyo Kuti Is Building a Future Without Barriers

By Asia Nail

The Truth Reporter

Some campuses educate students.

Others transform lives.

For nearly 140 years, **Central State University** has done both. Born from resilience and shaped by generations who believed education could change lives, the Central State has always been more than a place to earn a degree. It is a place where opportunity grows, leaders are developed, and futures begin.

Founded in **1887** as the Combined Normal and Industrial Department of what was then Wilberforce University, Central State emerged during one of the most challenging periods in American history. At a time when many Black Americans were denied equal access to higher education, Central State opened doors that had long been closed. The university became independent in 1947 and today stands as **Ohio's only public Historically Black College and University (HBCU)**.

Its story is remarkable for another reason.

Central State University is also one of the nation's **1890 Land-Grant Universities**, a designation held by only 19 HBCUs across the country. In Ohio, only two universities carry the land-grant mission: Central State University and The Ohio State University. That distinction means Central State's impact reaches far beyond the classroom. From helping small farmers and supporting families to mentoring young people and conducting research that improves lives, the university is making a difference in communities across the state.

A Mission More Than a Century in the Making

Central State's land-grant designation is also a story of perseverance. Although the university sought land-grant status when Congress passed the Second Morrill Act in 1890, Ohio's federal funding was instead directed entirely to The Ohio State University, leaving Central State outside the system for more than a century. That changed in 2014, when the federal Farm Bill officially recognized Central State as the nation's newest 1890 Land-Grant Institution, fulfilling a vision that had been more than 124 years in the making. The designation was more than symbolic, it affirmed Central State's expanding role in agricultural research, education and statewide community engagement.

Today, that historic mission reaches far beyond the university's Wilberforce campus. Through its teaching, research, and Extension programs, Central State serves communities across Ohio by supporting urban and rural families, empowering small-scale farmers and entrepreneurs, developing youth leadership programs, and advancing sustainable agriculture. Together, Central State and The Ohio State University now stand as Ohio's only two land-grant universities, each carrying a distinct but complementary responsibility to strengthen the state's future through education, innovation and public service.



Morakinyo A. O. Kuti,
PhD

Leading With Purpose

Now, under the leadership of its 10th president, **Morakinyo A.O. Kuti, PhD**, the university is writing its next chapter. A 1985 graduate of Central State University, Kuti became president of his alma mater on July 1, 2024.

For Kuti, leadership has never been about titles.

It has always been about removing barriers.

"When I became president," he says, "my vision was physical, academic and operational."

His goals reach beyond new buildings or new degree programs.

"I believe my responsibility is to make education as accessible as possible to anyone who wants to attain an academic degree."

That philosophy influences every decision his administration makes. Kuti envisions Central State as what he calls a "destination learning environment," a university where students, faculty, staff, families, policymakers and community partners all find the resources they need to thrive.

He wants a campus where success is determined not by obstacles, but by effort. "The only thing that should limit a person's achievement is the effort they put into it," he shares.

That conviction did not begin in a boardroom.

It began thousands of miles away in Nigeria.

Believing You Belong

Growing up, Kuti attended one of Nigeria's premier boarding schools, **Comprehensive High School**, an institution founded through a partnership involving **Harvard University**, the **Ford Foundation** and regional leaders. Living and learning alongside classmates for most of the year created an environment where education extended well beyond textbooks.

The experience shaped him profoundly.

"It helped me grow as an individual," he reflects. "I began asking myself, 'How can I create that same kind of environment for as many students as possible wherever I go?'"

That question has guided his career ever since.

Research That Reaches Beyond the Classroom

Today, that vision comes alive at Central State, where classrooms stretch into laboratories, farms, research fields and communities across Ohio.

Unlike many universities, Central State's research is intentionally connected to everyday life.

Faculty and students study food security from field to table. They examine

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Development Highlights Resources for Entrepreneurs During National Black Business Month

Special to The Truth

Black-owned businesses are growing across Ohio, creating jobs, investing in communities, and contributing to the state's economic momentum. During National Black Business Month, the Ohio Department of Development is highlighting that growth and the resources available to help Black entrepreneurs start, strengthen, and expand their businesses.

According to the U.S. Census Bureau, the number of Black-owned firms in Ohio increased 82.7 percent between 2017 and 2023, from 3,068 to 5,605. During that same period, employment at Black-owned firms grew 48.2 percent to approximately 64,000 jobs, while annual payroll increased 74.1 percent, from \$1.13 billion to \$1.97 billion.

That growth is part of Ohio's broader economic momentum. CNBC recently named Ohio America's Top State for Business, recognizing the state's strong business climate, workforce, infrastructure, and economy.

"Ohio's recognition as America's Top State for Business reflects the opportunities we're creating for businesses of every size and in every corner of the state," said Lydia Mihalik, director of the Ohio Department of Development. "Our job is to make sure entrepreneurs have the tools to keep that growth going. By connecting businesses with capital, contracts, certification, and one-on-one support, we're helping more Ohioans turn good



La'Zendra Danforth

ideas into growing businesses."

Development supports small, minority-, women-, and veteran-owned businesses through its Minority Business Development Division and a statewide network of 15 Minority Business Assistance Centers (MBACs). The centers provide entrepreneurs with free one-on-one counseling, assistance accessing capital and state contracts, help navigating certification, and other resources to start and grow their businesses.

Since 2019, MBACs have served more than 72,900 clients, provided more than 81,800 hours of business counseling, and helped thousands of businesses become state certified. Today, nearly 5,000 certified businesses are operating across Ohio.

Among the businesses benefiting from those resources is Konfetti Carts, a Columbus-based premium ice cream cart catering company founded by La'Zendra Danforth in 2024.

Through her local MBAC, Danforth received business guidance, financial assistance, and help navigating state certification. That support helped her secure a loan, purchase a company vehicle, expand her business, and create jobs in her community.

"Using the tools and resources the MBAC has provided was a big part of my business success," said Danforth. "My proudest moment was signing the papers for my business cargo van and then getting it wrapped with my business logo and branding. I am thrilled to drive to my events showing the excellence that my company represents."

Development has also provided more than \$34 million in direct support to minority- and women-owned businesses through programs such as the Women's Business Enterprise Loan Program, the Minority Direct Loan Program, and the Ohio Micro-Loan Program. In addition, nearly \$14 million was provided in indirect loans that helped facilitate \$47 million in private financing to further fuel growth and sustainability.

Entrepreneurs can learn more about resources available to small, minority-, women-, and veteran-owned businesses at minority.ohio.gov.

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

Academic Oasis... continued from page 5

soil conservation and water quality. They research genetics, agricultural technology, sustainable farming and the critical role honeybees play in pollination. Each project addresses challenges identified as priorities for improving the health and well-being of communities throughout Ohio and the nation.

"Our research isn't just in laboratories," Kuti explains. "It's research that improves communities and our everyday lives."

That practical approach reflects the university's land-grant mission.

Teaching.

Research.

Extension.

Those three responsibilities work together like the roots, trunk, and branches of a thriving tree. Knowledge is created, shared and then carried directly into communities where it can make a measurable difference.

Central State currently provides extension services in 42 Ohio counties, connecting university expertise with farmers, families, entrepreneurs, youth, and local organizations. It is a level of community engagement few institutions can offer.

Students don't simply study solutions.✚

They become part of creating them.

Kuti believes that combination makes Central State unlike any other university in Ohio.

"Students can earn their degree, conduct meaningful research that addresses societal problems," he says. "You can only receive that HBCU experience here."

Affordability also remains central to the university's mission.

Central State is the **least expensive public university in Ohio**, allowing scholarships and financial aid to stretch farther while reducing the financial burden many families face. For first-generation students and those from historically underserved communities, that affordability can make the differ-

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Community Activist Hosts Community Knowledge Exchange Series About School to Prison Pipeline at Mott Branch Library

By Dawn Scotland

The Truth Reporter

Community Activist Sharmayne Ivey opened a Community Knowledge Exchange Series at Mott Branch Library Monday, July 27 from 4-8 p.m. The event, which is part one of the series, focused on The School to Prison Pipeline particularly addressing suspensions and referrals within the school system.

The event, that was open to all, offered free dinner to the community and included a two-part discussion. The first part covering 'Current Events, Conflicts, and Conspiracy Theories' and the latter 'The State of Education: Local, State, and Federal.'

The school-to-prison pipeline refers to school discipline practices, such as suspensions and referrals to law enforcement, that funnel youth out of public education and into the juvenile and criminal legal systems. (source: aclu.org/)

According to the American Civil Liberties Union, "From inadequate resources for counseling to an overreliance on school-based police officers to enforce harsh zero-tolerance policies, many students — overwhelmingly students of color and students with disabilities — are isolated, punished, and pushed out of our education system for adolescent mistakes."

According to that same source:

- Students of color and students with disabilities are nationally two times more likely to be referred to police and arrested in schools than other students.
- In 2017-18, Black students accounted for 28.7 percent of all students referred to law enforcement and 31.6 percent of all students arrested at school or during a school-related activity — twice their share of total student enrollment of 15.1 percent.
- In 2017-18, 55 percent of high school students attended school with police presence, while only 40 percent of high school students attended school with school social worker. (source: aclu.org/)

The event discussed the correlation between current school policies and the influx of Black youth into the prison system and also highlighted the climate of today's schools and mass exodus of teachers.

In Toledo, Ivey suggests that school suspensions and behavioral referrals are often used as classroom management tools for behavior and overcrowding. Furthermore, she states, these K-12 disciplinary records can prevent Toledo high school graduates from serving their own communities noting that the Toledo Police Academy heavily weighs suspensions and referrals during admissions.

The evening was attended by local leadership, community members and parents. Those present shared personal stories from their involvement with youth, discussed current leadership and practices in Toledo and solutions to improve and revitalize the community.

Topics included but were not limited to the breakdown of the family, the role of the modern church, the role of Black males, media representation, prison labor and more.

Sharmayne Ivey is a Community (Common Unity) Activist, Social (American) Systems Scientist in Toledo, Ohio; specializing in the areas of Education, Employment, Recreation, Transportation, Housing and Toledo, Ohio Native. Ivey has voluntarily served the City of Toledo since June 2015, committing to attending meetings that others could not prioritize.

After graduating from Madonna University School of Social Work; Ivey con-

Academic Oasis... continued from page 6

ence between postponing a dream and pursuing it.

Kuti understands that journey personally.

He, too, was a first-generation college graduate.

When he entered graduate school to pursue his MBA, he initially questioned whether he belonged.

For several weeks, he remained quiet in class.

Then something changed.

"I realized," he shares, "I'm just as smart as these students."

From that point forward, he found his voice, eventually becoming a leader in the classroom.

Today, that experience shapes the advice he offers every Central State student before graduation.

... continued on page 10



Reggie Williams, executive director of MarketPlace for All People



Community members discuss current climate in schools

ducted unorthodox parallel research alongside Dr. Lynne Hamer (University of Toledo-Department of Education), becoming informed of the gross and harmful effects of the school to prison pipeline. In 2016, Ivey submitted 14 charges against Toledo Public Schools for generational harm via suspension and referral, generationally. Ivey was essential in the 2021 TARTA Levy passage, working alongside Toledo City Council and TARTA Board Members, successfully restoring 7-day public transportation services.

Ivey has overcome years of challenges including professional and financial harm in the pursuit of truth - Why is Toledo Declining?



Community Activist Sharmayne Ivey leads conversation

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Dinner Theatre BG Presents The "60s Spectacular This Weekend

Special to The Truth

The "60s Spectacular" is arriving within days! Local artists, celebrity guest host Jay Lamont, and musicians from Toledo and Detroit will provide an evening of entertainment this weekend in Bowling Green in order to provide funding for student scholarships and programming – specifically for the Pre-College Enrichment Program (PEP)



Toledo's Marcia Brown and Dorothy Gray, along with Diane Coffelt and Abe Diehl from BG, anchor the show



Produced and directed by Sheila Brown, the 60s Spectacular show is scheduled for Friday, Aug. 7, at 8 p.m., and Saturday, Aug. 8, at 7 p.m., at the Bowling Green Performing Arts Center.

The Pre-College Enrichment Program is a 501(c)(3) public charity dedicated to preparing motivated high school students for college success by providing the tools, knowledge, mentorship, and confidence to pursue higher education. Launching in Summer 2027, PEP will welcome rising high school sophomores and juniors with a minimum 2.25 GPA and three recommendations from teachers, coaches, or school counselors.

The vision builds on a proven legacy. PEP began at Bowling Green State University in 1997 as a residential summer college immersion program.

Between 1999 and 2005, the original program achieved an impressive 70–85 percent college enrollment rate among participants. Today, local officials are reimagining that successful model through a four-week residential experience that combines academic enrichment, leadership development, life skills, mentorship and a supportive community that extends well beyond the summer.

Dinner Theatre BG is PEP's signature annual fundraiser and a revival of the legendary BGSU Dinner Theatre that Sheila Brown produced for more than a decade. Each year features a new musical theme, and Brown says she is thrilled to launch this tradition with the 2026 60's Spectacular!

Every ticket purchased, sponsorship secured, and donation received, she added, helps fund scholarships, programming, and college access opportunities for deserving students. The goal is to raise \$100,000 to fully support the inaugural summer cohort while creating meaningful cultural and economic impact throughout our community.

Brown and her team are welcoming back professional

comedian and impressionist Jay Lamont, a Langston University alumnus, longtime friend and artistic collaborator who headlined Dinner Theatre productions beginning in 2004. Joining him is Bowling Green's own professional basketball standout Vitto Brown (Sheila's son), home from the EuroLeague,

along with an extraordinary cast of performers representing BGSU, St. John's Jesuit, Toledo School for the Arts, Bowling Green City Schools,

BG Christian Academy, Defiance College, Detroit and Toledo area artists, and our community—from talented seven-year-olds to inspiring performers in their eighties.



Two of the younger cast members



Sheila and Angelo Brown



Sheila Brown and family

According to Sheila Brown, one of the greatest joys of Dinner Theatre BG is its ability to bring people together—not only to support a worthy cause, but to build friendships and connections among people whose paths might never otherwise cross. It provides an outlet for creative expression, inspires those discovering the joy of performing, and offers a stage where talented people of all ages can celebrate the arts together. That spirit of collaboration and community is what makes this production so special.

And for Brown, this production is especially personal – it's a family affair. In addition to her son Vitto, other family members are playing crucial parts. Her husband Angelo designed the flyers, playbill, screen-printed Globetrotters jerseys and designed and constructed the props and platforms. He's also portraying MLK Jr in the production. Her daughter Carla, a BGSU business major,

... continued on page 9

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FREE PARKING AT GLASS CITY GARAGE!

Toledo Welcomes Ghanaian Dennis Obeng Agyei

By Paul Hubbard, Board Cahir Maritime Academy
Guest Column

Sister Cities held a conference in Washington DC. Jim Rush, vice president of Thread Marketing Group, was there working for Toledo Sister Cities. Rush met with Dennis Obeng Agyei, public administrator and politician from Ghana, who may be that nation's next president.

Rush invited Agyei to come to Toledo after the conference to tour the Glass City and see the wonders of Toledo.

As a current candidate for president of Ghana, Agyei says that the polls show him with 60 percent of the vote. He has been a City Council member and a member of Parliament in Ghana.

Vanice Williams, president of Toledo City Council, joined Agyei, Rush and myself for lunch at the Toledo Club. Williams was excited about the fact that Ghanaian city could become a Sister City to Toledo in the future. She indicated that it would be an opportunity for Toledo African Americans to have a relationship to Toledo Sister Cities program.

Williams also had a good dialog with Agyei about education and politics in general. Williams took Agyei on a tour of Toledo City Council and one Government Center.

I asked Agyei to talk about three major problems in Ghana. He replied that education is a problem because of lack of new books, and shoes and clothes to wear to school. He said about 70 percent of children go to school.

When I was in Africa, I saw school kids doing their homework under streetlights because they didn't have electricity at home.

Agyei said healthcare was also a major problem because there is very little money to pay nurses and doctors. He said the average person travels 50 miles to get healthcare. There is also a lack of medicine.

The third major problem is lack of good infrastructure including sewers. He



Paul Hubbard and
Toledo City Council
President Vanice
Williams



Paul Hubbard, Jim
Rush, Jim Hartung,
City Council President
Vanice Williams, Dennis
Agyei



Vanice Williams and
Dennis Agyei

said the rivers are polluted because of the way miners search for gold and use chemicals to find gold.

Dennis Obeng Agyei said "This trip was to learn of ways to improve Ghana! I am so proud of my country, and our people deserve all the best. I'm striving to raise the level of three core areas education, healthcare, and investments that create meaningful jobs! I met with international experts in Washington DC; Toledo, Ohio, and Chicago, Illinois. I'm in discussions with the city leadership to create mutually beneficial exchanges!"

Agyei added that he wants to work with investors from the USA in gold, diamonds and cocoa.

In Memoriam -- Larry Stanley Rocker

June 7, 1952 - July 22, 2026

Larry Stanley Rocker was born on June 7, 1952, in Monroe, Michigan. He was one of six children from the union of Peter Rocker and Anna Lee (Nelson) Rocker. At a young age, Larry and his family moved to Toledo, Ohio, but his heart was always in Michigan.

A natural athlete, he attended Thomas A. DeVilbiss High School, where he played basketball and excelled on the baseball diamond. He graduated in 1970. The early love for the game of baseball never left him. As an adult he continued playing softball and took up umpiring which became a lifelong passion. This joy led him to travel all over the country. He participated in the Little League World Series both as a coach and as an umpire. He was a fixture amongst the Cooperstown baseball community elite. At home he umpired countless high school playoff games and adult softball over the years.

Professionally, Larry built his career as a millwright and fitter with Detroit Edison and was also proficient at operating overhead cranes. He genuinely loved what he did and was extremely devoted to his job, seldom missing a day of work no matter the weather, conditions, or difficulty; he was solid and dependable. That dedication allowed him to be a generous and loving provider for his family, as he himself, naturally, indulged himself in his passions. One was automobiles, as "Rock" always had a assortment of "whips" in his garage and driveway.

Larry was loved by everyone; he carried himself with charm and warmth that people simply gravitated too. He was known for his impeccable style. A sharp dresser, his presence and style took command of space. He was "Superfly", one of his favorite movies, as he was naturally cool and confident. He loved music and always had a grasp of any genre. But smooth jazz was his favorite and was a fixture on the Jazz Festival scene. This passion saw him doing occasional jazz concert promotional work, as he shared his passion for this art form with everyone around him.

Larry loved to travel, and he made the most of every opportunity to see new places, recently visiting Cancun, Mexico. Still, no matter how far he traveled, his heart never left Detroit. He loved the city and the state of Michigan; he was an avid state sports fan, cheering for Lions, Tigers, Red Wings, and Wolverines, at home and in person. He shared these times with his family and friends.

Above all else, family was truly at the center of Larry's life. He relished his



role as "Big Rock" to his siblings, who, along with his children, grandchildren, nieces and nephews, adored him. He was always our "highlight". Most importantly he always made sure they knew how much they were loved.

Larry Stanley Rocker, age 74, of Monroe passed away on Wednesday; July 22, 2026, at Hospice of Northwest Ohio in Toledo. His passing was preceded by his parents; a daughter: LaTasha Toles; a brother: Timothy Rocker Booker; and a sister: Carmen "Candy" Burruss.

To cherish his memory, he leaves three children: Stephanie (Jerry) Fortner, Leslie Lavender, and Marvin "Shug" (Sara) Isaac all of Monroe; five siblings: Delbra Blackshear of Toledo, Ohio, Peter (Eve) Rocker of Atlanta, Georgia, Eric (Joy) Rocker of Toledo, Alexander (Fariba) Rocker of Vancouver, Canada, and Floyd Epps Rocker of Ypsilanti, Michigan; thirteen grandchildren; and five great grandchildren.

Friends may gather from 11:00am until 1:00pm on Saturday; August 1, 2026, at Merkle Funeral Service, South Monroe; 14567 South Dixie Highway, Monroe, Michigan 48161 (734) 241-7070. A Homegoing Celebration of His Life will follow at 1:00pm, also at Merkle's. Burial will take place at Woodlawn Cemetery and Arboretum in Toledo on Monday; August 3, 2026.

Memorial donations are suggested to the Arthur Lesow Community Center Monroe Michigan.

Online guests may leave words of inspiration and comfort or share a photo by visiting www.merklefs.com.

Dinner Theatre... continued from page 8

came up with the concept of a non-profit organization – she built the PEP website and serves as communications liaison for the cast and crew. Carla is also playing Nina Simone. Sheila's older son Xavier is the choreographer and performer for "Joe and the Jets" and the Harlem Globetrotters and Xavier's daughter, Brooklyn, is making her singing and acting debut. Sheila's cousins from Detroit are portraying the Edwin Hawkins Singers "Oh Happy Day," Gladys Knight and the Pips and the 5th Dimension.

The 60s Spectacular will also present Muhammed Ali, The Rat Pack, Neil Diamond, The Vandellas, The Supremes, The Beverly Hillbillies, Sonny & Cher, Aretha Franklin, The Beatles and so many more!

Safe Produce for Healthy Households

Patrice Powers-Barker, OSU Extension, Lucas County

The Truth Contributor

Although cyclospora has been in the news, there are many microscopic pathogens that can cause food borne illness. No one wants to be sick from food! There are basic steps that help control the risk and those steps need to be followed throughout the food process. These tips are specific to locally grown food!

In the garden or farm:

- Use clean, drinkable water for the plants, like municipal water. If you use a well for water, test it annually to make sure it meets safety standards.
- Use compost safely. Don't add animal waste, including pet waste, to the compost bin or soil.
- If produce has been bruised or dropped and split open, discard or compost it.
- Although it can be hard to keep all wild and domestic animals out of the garden, the less animals near the produce can mean less exposure to contaminants.
- Wash hands before harvesting fresh produce.
- Brush, shake or rub off extra soil in the garden when harvesting. It will still need to be washed in the kitchen, but there won't be extra dirt inside.

Transporting produce:

- Use clean, food-grade containers for harvesting fresh produce.
- If there is a short travel time between the farm stand or community garden to the kitchen, or garden to a donation site, the produce may be transported at room temperature. For longer trips or when it is very hot outside, consider using a cooler to transport produce.

Prepare and serve fresh produce:

- Always wash hands with warm soap and water for at least 20 seconds before preparing and eating food.
- Keep all kitchen surfaces and tools clean. Utensils can be cleaned with hot water and soap.
- Rinse fruits, vegetables and herbs under clean running water. It is not necessary to use soap, detergent or bleach to wash food.
- Types of fresh produce vary widely, from sturdy root vegetables to delicate berries. The recommended methods of washing depend on the type and characteristics of the produce, such as using a vegetable brush to scrub root vegetables and a strainer to gently rinse berries. The best time to wash produce is just before eating or cooking.
- Remove and throw away bruised or damaged portions of fruits and vegetables when preparing to cook them or before eating them raw.
- Refrigerate all cut, peeled or cooked fresh fruits and vegetables within two hours. Refrigerated foods need to be stored at 40°F or cooler.
- Throw away any fruit or vegetable that will not be cooked if it has touched raw meat, poultry or seafood.

Home food preservation:

- Use only reputable, up-to-date sources like the National Center for Home Food Preservation or OhioLine factsheets for recipes that are validated for safety.
- Home Canned food must be properly processed the correct amount of time.
- It is important to remember that many vegetables must be pressure canned. Water bath processing is generally used for high acid fruits, tomatoes and pickles. Following a recipe from the sources above will help ensure the correct process is used.
- Consider joining OSU Extension for a class this month called "Basic Home Food Preservation: Deciding What's Best for You". The same lesson will be offered in Lucas County on different days and times. The first one will be Thursday, August 6 from 5:00-6:00pm at the ProMedica Ebeid Center on the second floor. The address is 1086 Madison Avenue, Toledo, OH 43604 just above Market on the Green grocery. The second time the class will be offered is on Monday, August 24 from 5:30 – 6:30 p.m. at Toledo GROWs, 900 Oneida Street, Toledo, OH 43608. Both classes are free but you are asked to RSVP at www.go.osu.edu/rsvp/Lucas

Sharing the harvest:

- Share only high quality fresh produce. If it is too ripe for you to use, it will not be useful to others.
- Home preserved foods should not be accepted by food banks or food pantries. Fresh produce may be accepted.
- When sharing fresh produce, follow all food safety recommendations including using food safe containers and following the food transportation tips.
- If you have excess garden produce and can share with others, OSU Extension, Lucas County is celebrating "sneak a zucchini on your neighbor's porch" on Tuesday August 11, from 8 a.m. – 12 p.m.. We will be collecting fresh garden produce at our office at 5403 Elmer Drive (Elmer Drive entrance to the Toledo Botanical Garden, first small parking lot on your right as soon as you pull into the gardens). Produce will be shared with local food pantries. For more information, including history of this gardener's "holiday" please visit www.lucas.osu.edu/zucchini

Academic Oasis... continued from page 7

"Your Central State degree is as valuable as a degree from any other university," he asserts. "The question is how much effort you put into it."

It is a message rooted not in theory, but in lived experience.

Leadership, however, is rarely without difficult moments.

When asked about one lesson no textbook ever taught him, Kuti answers with refreshing honesty.

"Difficult decisions don't get any easier the longer you postpone them."

Sometimes wisdom arrives in a single sentence.

Looking Ahead

As Central State continues to expand partnerships with government agencies, industry leaders, K-12 schools, community colleges and economic development organizations, Kuti remains focused on preparing graduates for Ohio's evolving workforce while demonstrating the university's value to communities across the state.

The work is about more than enrollment numbers.

It is about ensuring every graduate leaves equipped to contribute meaningfully to society.

Looking ahead, Kuti paints an inspiring picture of Central State's future.

He envisions smooth sidewalks and welcoming buildings. Modern research laboratories filled with discovery. Residence halls where learning continues long after classes end. Technology that empowers instead of frustrates. And beautiful green spaces that invite both conversation and reflection.

He smiles as he imagines visitors walking onto campus a decade from now.

"I want them to say this is an academic oasis," he says smiling.

An oasis.

The image feels fitting.

An oasis is a place where weary travelers find refreshment and hope in the middle of difficult terrain.

For generations, Historically Black Colleges and Universities have served exactly that purpose.



Community Day 2026

... continued on page 11

LUCAS
Metropolitan
Housing

Notice of Public Hearing and Availability of the Draft 2027 Annual PHA Plan

Lucas Metropolitan Housing (LMH) has prepared its **Draft 2027 Annual Public Housing Agency (PHA) Plan** in accordance with the Quality Housing and Work Responsibility Act of 1996 (QHWRA) and HUD regulations at **24 CFR Part 903**.

The Draft 2027 Annual PHA Plan is available for public review during a **45-day public comment period** beginning **August 3, 2026**, and ending **September 16, 2026**.

The draft plan may be reviewed:

- On LMH's website at: <https://www.lucasmha.org/upagpp.php?id=120>
- At the Lucas Metropolitan Housing Administrative Offices during normal business hours.

A **public hearing** will be held on the Draft 2027 Annual PHA Plan on **September 9, 2026**, at **11:00 a.m.**

Location: Lucas Metropolitan Housing Administrative Offices
435 Nebraska Avenue
Toledo, Ohio 43604

Written comments regarding the Draft 2027 Annual PHA Plan may be submitted throughout the public comment period by:

Email to: olivia@lucasmha.org

Mail to: Lucas Metropolitan Housing
Attn: Annual PHA Plan Comments
435 Nebraska Avenue Toledo, OH 43604

All comments received during the public comment period will be considered prior to adoption of the 2027 Annual PHA Plan by the LMH Board of Commissioners and submission to the U.S. Department of Housing and Urban Development (HUD).

Individuals requiring a reasonable accommodation, auxiliary aid, or language assistance to participate in the public hearing should contact Lucas Metropolitan Housing at **(419) 259-9400** no later than **[7–10 days before the hearing]**.

Experiencing Hair Thinning or Hair Loss? Here's How to Prepare for Your Consultation

By Dr. Hope Mitchell, MD

The Truth Contributor

It's Hair Loss Awareness Month. One of the most common questions I hear from patients is, "Will my hair grow back?"

The answer depends on identifying what is causing the hair loss. Hair thinning is not a diagnosis. It is a symptom that can have many causes, including hormonal changes, stress, nutritional deficiencies, thyroid disorders, certain medications, autoimmune conditions, genetics and years of tension from certain hairstyles.

Because there are so many possible causes, your initial consultation is an important step in making an accurate diagnosis and developing the right treatment plan.

Before your appointment at Mitchell Dermatology, there are a few steps you can take to help us make the most of your consultation.

If you have already completed bloodwork, bring a copy of your results or make sure they are available through your medical patient portal that you can pull up on your mobile device. Also confirm you can quickly access your account so that your medical history, current medications, and recent results are available for review.

I also encourage you to look through your phone for photographs that show how your hair has changed over time. Choose photos from previous months or years that clearly show your hairline, temples, part, crown or overall fullness. Place the photos into a single album or folder so they are organized and ready to review during your consultation.

To make an accurate diagnosis, I must be able to examine your entire scalp, not just the areas where you have noticed thinning. Please - no confined hairstyles! Arrive with your hair in a style that can be easily moved or parted so that your hairline, temples, sides, crown, back of the scalp and the areas between can be easily examined. A comprehensive history and complete scalp examination helps me identify the pattern and cause of your hair loss.

Before your visit, make a list of your current medications, supplements, recent illnesses, major life changes, and other health concerns. Even details that may not seem related can provide important clues about what may be contributing to your hair loss.

Many people assume hair thinning is simply part of getting older or believe there is nothing that can be done. Many forms of hair loss can be treated or slowed, especially when identified early.

Preparing for your consultation allows dermatologists to spend more time identifying the cause of your hair loss and discussing treatment options that may be appropriate for you. If you are concerned about hair thinning or hair loss, do not wait to seek an evaluation. The sooner the underlying cause is identified, the sooner treatment can begin.

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A Mental Health Moment

August: A Time to Restore, Reconnect and Prioritize Wellness in Our Community

By Bernadette Joy Graham, MA, LPCC

Licensed Clinical Mental Health Therapist

As August arrives, many families in Toledo are preparing for a new school year while squeezing in the last days of summer. It is also an ideal time to focus on something that often gets pushed aside—our mental, emotional, physical and spiritual well-being.

The Black community has long shown resilience, drawing strength from faith, family, churches, neighborhoods and traditions during difficult times. Yet true strength also means knowing when to slow down, rest and care for ourselves.

As a Licensed Clinical Mental Health Therapist, I believe wellness looks different for everyone. Therapy is one valuable option, but it is not the only path to improving your mental health. Self-care and emotional wellness can begin with small, intentional choices that help reduce stress, build resilience, and strengthen our connections with others.

For adults, wellness may include taking a morning walk, attending a community fitness class, spending quiet time in prayer or meditation, journaling, listening to uplifting music, reading, gardening or simply saying "no" to commitments that create unnecessary stress. Reconnecting with trusted friends, family members, mentors or your faith community can also provide encouragement during life's challenges.

For children, wellness begins with creating safe spaces where they feel heard and valued. As the school year approaches, establish healthy sleep routines, encourage outdoor play, read together and check in with your children about how they are feeling—not just how they are performing. Helping children identify and express their emotions teaches them that asking for support is a sign of wisdom and courage.

August offers many opportunities throughout Toledo to practice wellness to... continued on page 13



Academic Oasis... continued from page 11

They have opened doors where others erected walls. They have cultivated excellence where expectations were once limited. They have produced leaders who changed communities, industries, and history itself.

Central State University proudly continues that legacy.

Under **Morakinyo Kuti's** leadership, the university is striving to become something even greater: a campus where every classroom, every research project, every partnership, and every opportunity reminds students of one

... continued on page 12

Aviso de Audiencia Pública y Disponibilidad del Proyecto del Plan Anual de la PHA 2027

Lucas Metropolitan Housing (LMH) ha preparado su Proyecto del Plan Anual de la Agencia de Vivienda Pública (PHA) 2027 de acuerdo con la Ley de Vivienda de Calidad y Responsabilidad Laboral de 1998 (GHWRA) y las regulaciones del HUD en 24 CFR Parte 903.

El Proyecto del Plan Anual de la PHA 2027 está disponible para revisión pública durante un periodo de comentarios públicos de 45 días que comienza el 3 de agosto de 2026 y finaliza el 16 de septiembre de 2026.

El Proyecto del plan puede ser revisado:

- En la página web de LMH en: <https://www.lucasmh.org/pages.php?id=129>
- En las Oficinas Administrativas de Vivienda Metropolitana de Lucas durante el horario laboral normal.

Se celebrará una audiencia pública sobre el Proyecto del Plan Anual de PHA 2027 el 9 de septiembre de 2026 a las 11:00 a.m.

Ubicación: Oficinas Administrativas de Lucas Metropolitan Housing
435 Nebraska Avenue
Toledo, Ohio 43604

Los comentarios escritos sobre el Proyecto del Plan Anual PHA 2027 pueden ser presentados durante el periodo de comentarios públicos mediante:

Enviar un correo electrónico a: s.clark@lucasmh.org

Correo a: Lucas Metropolitan Housing
Attn: Annual PHA Plan Comments
435 Nebraska Avenue Toledo, OH 43604

Todos los comentarios recibidos durante el periodo de comentarios públicos serán considerados antes de la adopción del Plan Anual de la PHA 2027 por la Junta de Comisionados del LMH y de su envío al Departamento de Vivienda y Desarrollo Urbano de los Estados Unidos (HUD).

Las personas que necesiten una adaptación razonable, ayuda auxiliar o asistencia lingüística para participar en la audiencia pública deben contactarse con Lucas Metropolitan Housing en el (419) 259-9400 a más tardar [7-10 días antes de la audiencia].

Here Are Five Things to Do to Lower Your Healthcare Costs

Special to The Truth

Healthcare is expensive. Families feel it every time they pay an insurance premium, pick up a prescription, open a medical bill, or put off care because of worries about the cost.

For many people, it's getting even harder. Changes to Medicaid, healthcare tax credits, and new program rules will make it more difficult for some families to keep their insurance or afford care. Advocates say that people should not have to fight this hard to see a doctor or pay for medicine and that healthcare should be about helping people live healthy lives, not about confusing bills, paperwork, high costs, and record profits.

Big changes are needed to make healthcare more affordable. But there are practical steps you can take now to help avoid extra costs.

1. Use what you've got. If you have health insurance, federal law says most health plans must cover preventive care at no cost to you. This includes annual check-ups, vaccines, blood pressure checks, cancer screenings, and other basic care to keep you healthy. These visits matter. Detecting a health problem early can help you avoid a bigger, more expensive problem later.

When you schedule your next doctor's appointment, ask two simple questions: "Is this preventive care?" and "Will I have to pay anything for this visit?" Researching this ahead of time can help you avoid a surprise bill.

2. Shop around. Not every doctor, hospital or pharmacy costs the same. Your insurance plan usually has a list of "in-network" doctors and facilities where care costs less. Before you make an appointment, check whether the doctor or clinic is in your network. If you go out of network, you could pay much more. If you don't have insurance, many communities support occasional access to free health screenings and care.

Also ask where a medical test or procedure will cost the least. Sometimes the same scan, blood test, or treatment costs more at a hospital than at a clinic, imaging center or outpatient office. A call to your health insurance plan may save you big bucks.

3. Ask for help. Don't ignore bills you cannot afford. Call the billing office and ask for help. You can ask: "Do you offer financial assistance?" "Do you have charity care?" "Can I get a payment plan?" "Can this bill be lowered?"

Many hospitals and clinics have programs that can reduce bills for people who qualify. You can also ask them to check for mistakes. Medical bills are confusing, and errors happen.

4. Take care of your health. No one can control everything about their health, and many people face barriers that make it harder to stay healthy.

But small steps can help prevent bigger health problems and bigger bills.

If you are able, take your medicine as directed. Keep up with care for conditions like diabetes, asthma, high blood pressure, or heart disease. Try to move your body, eat nourishing foods, and get help when something feels wrong.

5. Speak up and take action. One person cannot fix America's healthcare affordability crisis alone.

One Nation, Overcharged is a grassroots movement that is bringing people together to demand better. That means speaking up, sharing your story, and calling for a system that puts people over profits. The grassroots effort is powered by voices like yours. Whether you have thousands of dollars in medical debt, are fed up with high healthcare costs, or simply believe that we all deserve better, you can visit OneNationOvercharged.org to learn more, sign up, and add your voice.

Medical costs are on the rise, but people can take steps to reduce their own bills, as well as join efforts to change the status quo.

Courtesy StatePoint

Academic Oasis... continued from page 11

simple truth..

Their future should never be defined by barriers.

Only by the courage to pursue it.

Interested in learning more? Central State University will host CSU Day in Toledo on September 26-27, 2026, at Third Baptist Church, 402 Pinewood Ave., Toledo. Students and families from Northwest Ohio are invited to meet with university representatives, learn about admissions, scholarships, financial aid, academic programs, and student life.



Parade and Game Day

Black Mayors...continued from page 4

fear and mistrust of the government also impact mental health.

"When we talk about the psychological and social impact that we've had, you know, there's a crisis of confidence, especially in government," Neeley said. "Definitely the psychological impact is something that we cannot see and we have to really understand what that is. And so, segments of our community still believe that we're still in crisis."

Neeley says climate change is among the top five most important issues America currently faces. That is why the AAMA now partners with organizations studying and advocating issues pertaining to climate change.

AAMA, a non-partisan organization, works alongside climate organizations, such as the Climate Action Campaign (CAC), which has kept a sharp eye on moves made by the Trump Administration against climate change issues. CAC pushes for "equitable federal action to tackle the climate crisis."

For example, CAC has a web feature called, "Trump's Climate and Clean Energy Rollback Tracker". Currently it states, "The Trump administration has accelerated the climate crisis and endangered communities' health, driven up costs and undermined economic growth. The rollbacks tracked below – cuts to extreme weather preparedness, frozen investments, and blocked pollution protections, and more – will have a devastating impact on every American, and particularly the most vulnerable."

Neeley stresses that he works from a non-partisan perspective; and therefore, will do everything possible to fill gaps where funds have been cut by the federal government.

Meanwhile, the damage continues to grow in the Black community as the AAMA fights back.

The Environmental Defense Fund (EDF) reports, "African American com-

... continued on page 13

Lucas Metropolitan Housing

بشعار بعد جلسة استماع عامة وثلاثة مشاريع الخطة السنوية لوكالة الإسكان العام (PHA) لعام 2027

أعلنت هيئة لويس للأنسكان الحضري (Lucas Metropolitan Housing - LMH) مشروع الخطة السنوية لوكالة الإسكان العام (PHA) لعام 2027، وذلك وفقاً لقرار لجنة الإسكان ومسؤولية العمل لعام 1998 (QHWRA) بموجب وزارة الإسكان والتنمية الحضرية الأمريكية (HUD) (الفرقة 903 24 CFR Part 903.24).

سيتم مشروع الخطة السنوية لعام 2027 من أجل: معالجة التراجع العام خلال فترة تعليق عام 2024 بوقتاً يبدأ في 3 أغسطس/ آب 2026 وانتهاء في 16 سبتمبر/ أيلول 2026.

يمكن مراجعة مشروع الخطة من خلال:

- على الموقع الإلكتروني لوكالة LMH: <https://www.lucasmh.org/updates/2027-120>
- أو في المكتب الإداري لهيئة لويس للأنسكان الحضري خلال ساعات الدوام الرسمية.

جلسة الاستماع العامة

بشعار جلسة استماع عامة بشأن مشروع الخطة السنوية لعام 2027 في 9 سبتمبر/ أيلول 2026، الساعة 11:00 مساءً.

المكان:
المكتب الإداري لهيئة لويس للأنسكان الحضري
435 شارع نبراسكا (Nebraska Avenue)
توليدو، أوهايو 43604

تقديم الملاحظات والاقتراحات

يمكن إرسال الملاحظات المكتوبة حول مشروع الخطة السنوية لعام 2027 على مدار فترة التعليق العام عبر:

البريد الإلكتروني: slark@lucasmh.org

أو بالبريد العادي إلى:

Lucas Metropolitan Housing
Attn: Annual PHA Plan Comments
435 Nebraska Avenue
Toledo, OH 43604

سيتم أخذ جميع الملاحظات التي ترد خلال فترة التعليق العام بعين الاعتبار قبل إعداد الخطة السنوية لعام 2027 من قبل مجلس مفوضي هيئة لويس للأنسكان الحضري. يرجى إرسالها إلى وزارة الإسكان والتنمية الحضرية الأمريكية (HUD).

إذا كان أي شخص يحتاج إلى تهيئات معلومة، أو وسائل مساعدة، أو خدمات دعم لغوي للتشركة في جلسة الاستماع العامة، فيرجى التواصل مع هيئة لويس للأنسكان الحضري على البريد الإلكتروني: 259-9400 (419).

وبذلك فإن موعد الجلسة بعدة اقتراب بين 7 و 10 أيام.

Books on Aging and Caregiving by Various Authors

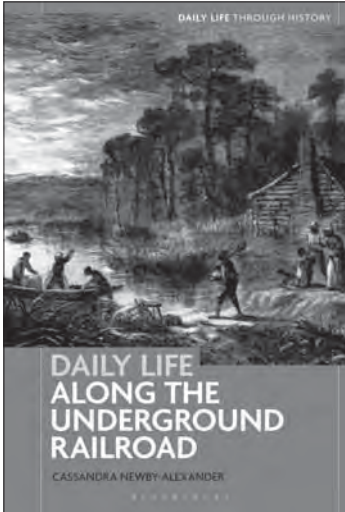
By Terri Schlichenmeyer
The Truth Contributor

Sad truth: you're not ever going to get younger. Age happens to the best of us and there are few choices: we can rail against it, or we can accept it. First, it might be a nice idea to learn about it, and these great books are a good place to start...

Getting older has its benefits, of course, but there are also many things outside of the physical that need minding. In ***The Astonishing Lives of Older Women*** by **Moirá Welsh** (ECW Press, \$21.95), you'll see that your "extra years" are a gift that may come with a price – quite literally.

Take, for instance, your financial future. If you haven't gotten a handle on it yet, you'll really need to be mindful as you continue to age, and there's advice to think about here. Then there's housing, where you plan to live and with whom. You should be thinking about work that you may still wish to do, and family "duties" that might become an outsized part of your life. Yes, and never forget that you'll also want to think about taking care of yourself. This book, wide and wise, can help.

If you are getting older while caregiving for a loved one who is older, too,



then ***Aging Out: An Exploration of Caregiving, Community, and How Americans Grow Old*** by **Lucy Schiller** (Flatiron Books, \$29.99) is a must-read.

While tending to her grandmother at the end of her life, Schiller noticed a few things: medical care for our elderly loved ones has a different "attitude" than does care for someone much younger. After her grandma's death, Schiller grieved but she was also spurred to find out why Americans seem to fear death, and how race, class, physical and mental ability, and politics have a lot to do with care, survival, and longevity in this country.

This is an eye-opening book,

one that anyone who hopes to live healthy and longer will want to read now.

And finally, if you're the caretaker for a parent with whom you've had a tumultuous relationship (or if you're that parent), then ***Dad, Love, Me*** by **Matthew Quick** (Avid Reader Press, \$30) is a book you need to check out.

You may know Quick as the successful author of a novel-turned-movie, but for most of his life, Quick was told that he was "worthless." He spent years fighting alcoholism and depression, and he avoided his extended family as much as possible. Therapy was the next step, and learning why generations of men in his family was the way they were – therapy that arrived as Quick's father was starting to suffer from dementia. This book about forgiveness, compassion, and understanding a once-abusive but now-dying parent just can't be missed.

If these books aren't enough, or if you're looking for something more direct and focused, then be sure to ask your favorite librarian or bookseller for more. They've got the books you need, and they can put those books directly in your hands. For a reader like you, that's a happy truth.

Black Mayors...continued from page 12

munities are more vulnerable to severe weather and floods. More than half of African Americans in the United States live in the South, an area that is and will continue to see stronger hurricanes and increased flooding from climate change. Many communities adjacent to power plants, petrochemical plants, factories, and other sources of pollution, are African American or other people of color. Unfortunately, recent hurricanes have shown that many of these facilities are ill equipped to deal with flooding from increasingly stronger storms, often leading to releases of air and water pollution."

The report continues, "For example, after Hurricane Harvey [in 2017], independent monitors found petrochemical plants released cancer-causing benzene at rates six times higher than safe levels. Neighborhoods near Superfund sites, which have also seen flooding from recent storms, are also more likely to be African American. Historic segregation has resulted in African Americans living in less desirable low-lying and flood prone areas in many cities throughout the United States."

The EDF reports it will only get worse. But Scott says it won't be difficult to measure the impact the mayors are making. "When you talk about our legacy residents who now have heating and air in their homes. Even things like cool roofs and mitigating extreme flooding," Scott said. "And people's basements aren't being ruined year after year after year. We can hold ourselves accountable for that."

Scott concludes that the key will be the mayors working together and sharing strategies for success.

"As president of the African American Mayors Association, we do this on every issue, making sure that we're looking for best practices across the country, putting things together and helping each other to make policy better - not just for one city, but for all cities."

Mental Health Moment...continued from page 11

gether as a family. Enjoy a walk through one of our beautiful Metroparks, attend a neighborhood back-to-school event, visit the Toledo Museum of Art, spend a day at the Toledo Zoo or support local cultural festivals and community gatherings happening before the school year begins. These shared experiences strengthen relationships, reduce stress and remind us that healing often happens in community.

Breaking the stigma surrounding mental health starts with honest conversations. For generations, many of us heard phrases like "just pray about it," "be strong," or "keep family business in the family." Prayer and faith remain powerful sources of hope and healing. Still, they can coexist with other healthy practices, such as self-care, mentoring, support groups, exercise, meaningful conversations, coaching or professional counseling when needed. We do not have to choose one or the other. Wellness is about using the resources that help us become healthier in mind, body and spirit.

This month, I encourage every family to take a mental health moment to make wellness a priority. Schedule time to unplug from technology, eat meals together, laugh more, move your body, spend time outdoors and check on your loved ones. Sometimes the most meaningful question we can ask is, "How are you really doing?"

Our community has always been rich in faith, culture, perseverance and love. By embracing self-care, encouraging open conversations about emotional health and supporting one another without judgment, we can continue building stronger families and a healthier Toledo—one conversation, one act of kindness and one day of wellness at a time.

If you would like more information on finding mental health providers, look up www.psychologytoday.com as well as ask your primary care physician or pediatrician for children.

Appointments with Bernadette Joy Graham: please call 419 866 8232

If you or someone you know is having a mental health crisis/thoughts of suicide, please call 988 or go to the nearest emergency room.

LUCAS
Metropolitan
Housing

2027 年度公共住房机构 (PHA) 计划草案公示及公开听证会通知

卢卡斯大都市区住房管理局 (LMH) 已依据《1998 年住房质量和工人责任法案》(CHWRA) 及美国住房和城市发展部 (HUD) 第 24 编第 903 部分法规, 编制完成《2027 年度公共住房机构 (PHA) 计划草案》。

本《2027 年度 PHA 计划草案》将在 45 天公共意见征集期内接受公众意见, 公共意见征集期自 2026 年 8 月 3 日起至 2026 年 9 月 16 日止。

公众可通过以下方式查阅计划草案:

- 登录 LMH 官网: <https://www.lucasmha.org/upages.php?id=120>
- 于正常办公时间前往卢卡斯大都市区住房管理局行政办公室查阅。

关于《2027 年度 PHA 计划草案》的公开听证会将于 2026 年 9 月 9 日上午 11:00 举行。

地点: 卢卡斯大都市区住房管理局行政办公室
俄亥俄州, 托莱多市
内布拉斯加大道 435 号, 邮编 43604

公众可在公共意见征集期内, 就《2027 年度 PHA 计划草案》提交书面意见, 方式如下:
发送电子邮件至: public@lucasmha.org

或邮寄至: 卢卡斯大都市区住房管理局
收件人: 年度 PHA 计划意见征集
俄亥俄州, 托莱多市, 内布拉斯加大道 435 号, 邮编 43604。

LMH 委员会将在正式通过《2027 年度 PHA 计划》并提交至美国住房和城市发展部 (HUD) 之前, 充分考虑在公共意见征集期内收到的所有意见。

如需合理便利安排, 辅助或语言协助以参加公开听证会, 请不迟于 [听证会前 7 至 10 天] 致电 (419) 259-9400 联系卢卡斯大都市区住房管理局。

What's Happening This Week in Toledo

Monday, August 3

Let's Get Moving: Morning Walks Ottawa Park, Ottawa Pkwy | 9 a.m. - 11 a.m.

Wednesday, August 5

Save Our Community Summer Outreach BBQs

Jamie Farr Splash Pad, 2140 N. Summit St. | 12 p.m. - 5 p.m.

Join Toledo Fire & Rescue Informational Meeting

Goodwill Building Basement, 1120 Madison Ave | 7 p.m. - 8 p.m.

Register here to let us know you are coming! (<https://app.smartsheet.com/b/form/a1c4272f48814682820bcb4645f661c5>)

Thursday, August 6

Movie Night in the Park

Bennett Park, 4974 Bennett Rd | 7 p.m. - 10 p.m.

Feature: Migration, rated PG. Movie starts at dusk.

Jeep Fest Presented by MERCYHEALTH

Toledo Jeep Fest Welcome Party at Monroe Superstore

Monroe Superstore, 15160 S. Dixie Hwy., Monroe, MI | 3 - 7 p.m.

Free rides and drives on the 18-obstacle Jeep off-road course, RTI Ramp and Balance Blocks opportunities, entertainment, raffle giveaways, vendors and food trucks.

Friday, August 7

Party in the Park

Promenade Park, 400 Water St. | 6 - 10 p.m.

Featuring: Toledo Jeep Fest: Garth Brooks Tribute with Ashley Martin Band

Jeep Fest Presented by MERCYHEALTH

Glass City Crawler Block Party

Downtown Toledo

The official kickoff to Toledo Jeep Fest, this Block Party includes car crushing, RTI and balance blocks, vendors, a DJ and more. Additional details coming soon.

Saturday, August 8

Ottawa Park Concert Series

Ottawa Park Amphitheater, 2205 Kenwood Blvd. | 6 p.m. - 8 p.m.

Featuring: Katch Band

Discover local talent every Saturday from June through August! Shows start at 6 p.m. at the Ottawa Park Amphitheater.

Jeep Fest Presented by MERCYHEALTH

All-Jeep® Parade

Monroe and Huron Streets, Downtown Toledo | 10 a.m. - 12:30 p.m.

The main event of Toledo Jeep Fest, the All-Jeep® Parade will feature 1,400 Jeeps rolling through the streets of downtown Toledo. The parade begins heading west on Monroe Street and continues north on Huron Street.

More to Explore

Explore More Pass

This mobile exclusive passport is a collection of curated parks, special events and more for you to explore this year in Toledo.

Summer Programs (<https://toledo.oh.gov/summer>)

Many programs begin the first week of June! Register now.

Pickleball Clinics (<https://toledo.oh.gov/summer/pickleball-clinics>)

Limited spots will fill up fast! Each two-week session is \$20. Must be 18 or older to register.

Kayak at Cullen Park (<https://toledo.oh.gov/residents/parks/kayaking>)

Self-serve rental lockers are stocked with equipment for your kayak adventure!

Golf Muni Courses (<https://www.toledocitygolf.com/>)

Schedule your tee time at one of our three public courses.

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INVITATION FOR BIDS HOME RENOVATIONS AT 921 PINEWOOD IFB26-LHSC001

Lucas Housing Services Corporation (LHSC) will receive bids for **Home Renovations at 921 Pinewood in accordance with IFB26-LHSC001**. Received in accordance with law until **August 26, 2026, at 3:00 PM ET**. For documents: www.lucasmha.org; 424 Jackson Street., Toledo, OH 43604; or 419-259-9452 (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.



REQUEST FOR PROPOSALS HEALTH INSURANCE BROKER SERVICES RFP26-R006

Lucas Metropolitan Housing (LMH) will receive proposals for **Health Insurance Broker Services in accordance with RFP26-R008**. Received in accordance with law until **August 07, 2026, at 3:00 PM EST**. 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.



REQUEST FOR PROPOSAL (RFP) THURGOOD MARSHALL SENIOR HOUSING LLC CONSTRUCTION MANAGER AT RISK (CMAR)

Thurgood Marshall Senior Housing LLC & Lucas Metropolitan Housing (LMH) will receive proposals for a **Construction Manager at Risk (CMAR) – Thurgood Marshall Senior Apartments**. Received in accordance with law until **August 05, 2026, 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.



REQUEST FOR PROPOSALS AFFORDABLE ASSISTED LIVING GOVERNMENT RELATIONS SERVICES RFP26-R006

Lucas Metropolitan Housing (LMH) will receive proposals for **Affordable Assisted Living Government Relations Services in accordance with RFP26-R006**. Received in accordance with law until **July 06, 2026, at 3:00 PM EST**. 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.



Central State University will host **CSU Day in Toledo** on **September 26-27, 2026**, at **Third Baptist Church, 402 Pinewood Ave., Toledo**. Students and families from Northwest Ohio are invited to meet with university representatives, learn about admissions, scholarships, financial aid, academic programs, and student life.

Mental Health & Recovery Services Board of Lucas County (1473)
is accepting applications for the following position:

System Fiscal Risk Manager

SUMMARY

The System Fiscal Risk Manager is responsible for evaluating the financial and programmatic stability of current and prospective service providers to support funding decisions and ensure compliance with board policies and regulatory requirements. This position conducts risk assessments, monitors sub-recipient performance, reviews audits, and analyzes financial and operational data to identify potential risks and strengthen oversight activities.

EDUCATION/EXPERIENCE

Bachelor's degree in accounting, finance, business administration or a related field. Experience in compliance, auditing, financial analysis, grants management, or provider oversight. Experience working with subrecipient monitoring, risk assessment, or government-funded programs.

Starting salary: \$51,200 – \$57,600 salary consideration based on education and experience.

For detailed position description and to apply please visit:
<https://tinyurl.com/MHFRM>

Equal Opportunity Employer

Consultants or Organizations Needed

The Mental Health & Recovery Services Board (MHRBS) of Lucas County is seeking proposals from qualified consultants or organizations to facilitate the development of its **Access in Action Plan**. This framework will identify and address community barriers to behavioral health care, including awareness, navigation, geography, language, stigma, and system complexity. **Key Dates:** Virtual Bidders Conference is June 26, 2026. Electronic proposals must be submitted to netmail@lcmhrsb.oh.gov no later than July 23, 2026, at 5:00 p.m. ET. For complete RFP specifications and submission criteria, visit www.lcmhrsb.oh.gov/publicnotice/.

"JAZZ ON THE LAWN", at The Refreshing Place, 2500 Nebraska Ave, on Saturday, July 25th, from 5-9pm, admission is \$15.00/person. Featuring local musicians. Bring your lawn chairs.

Call to place your ad:

419-243-0007

www.TheTruthToledo.com

It's Back to School Time!!

Several local organizations took the opportunity during the first weekend of August to reach out to the community and celebrate the end of summer and the upcoming new school year.

United Vision Baptist Church

United Vision Baptist Church held their 13th annual Community Day on Saturday, August 1 at Wilson Park. The congregation gathered to enjoy "A Day of Hope, Health and Unity" and to make sure students were prepared for school.

Visitors were able to have health screenings, haircuts, sample the wares of various vendors and food trucks and register to vote.

Students were given free backpacks and could also have a free breakfast gift card to Chic-Fil-A.

And they could dance to the DJ inspired music, explore the bouncy houses or even get a ride on a horse!

Center of Hope Family Services, Inc

Center of Hope Family services held its Back to School Bash on Sunday afternoon in the parking lot of the home offices on Talmadge. The mid-afternoon day of fun for families and the community featured music by a DJ, bouncy houses, games, free food, vendors. Students were able to receive backpacks and other school supplies.

The rain that had poured down all morning gave way just in time as over 300 families stopped by to enjoy the community gathering.

