



Volume 97 No. 1

"And Ye Shall Know The Truth..."

September 2, 2026

Communities Against Gun Violence March



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Colonized: The Economics of Criminal Justice

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

The Truth Contributor

The dark ghettos are social, political, educational, and — above all — economic colonies.

- Kenneth B. Clark



Every office in Lucas County found a way to tighten its belt this year — except the two that already eat first and eat most.

But let's start with the good: Lucas County is safer than it's been in 30 years. Homicides are down 18 percent. Shootings are down almost 30 percent. And when the Lucas County commissioners asked every county office to cut 13 percent, or at minimum hold flat, most of them did.

The prosecutor and the sheriff both more than pushed back — saying the demand itself was out of line. And next year, for the first time, the county's community funding line — the grants to those on the ground keeping people safe — isn't shrinking. It's gone.

Everybody Cut Back But Them

Public budget filings plainly show that 70 percent — a full 70 cents of every general fund dollar in Lucas County — goes to the criminal justice system. Nobody's disputing that this isn't necessary and important work. What's troubling, though, is the assumption that the system is owed whatever they ask, while everybody doing the actual work of catching people before they fall through the cracks gets told there's nothing left.

Prosecutor Julia Bates asked for \$371,000 more than last year. Sheriff Mike Navarre wants a 10 percent larger budget, another almost \$5 million. His staff got nine percent raises last year. He's back asking for six percent more, while community organizations doing violence and other prevention work that actually move the declining crime numbers — are told, "Sorry. We can't help you."

Meanwhile, caseworkers at Job and Family Services who hold the actual floor together — the people families call when the lights are about to get shut off, or when your Big Mama raising three grandkids can't stretch a SNAP benefit that already tells her what she can and can't buy. Federal cuts have shifted a fifth of SNAP funding nationally onto states, projected to cost Ohio hundreds of millions a year. Ohio's own budget already cut food program funding by a quarter. None of that shows up as a line item — it shows up as a caseworker carrying more files than the job was designed for, working through lunch just trying to keep the families already in crisis from disaster because of personnel cuts or unfilled job vacancies.

The Common Pleas Court, which actually met its target, only by eliminating six positions and cutting weekend drug testing. Yet, the Board of

Lucas County Commissioners still must find roughly \$4 million to keep administering SNAP and cash assistance to the 69,000 residents who depend on them, after Washington cut its share of a cost the state and county used to split.

Even then, JFS and community organizations didn't demand more this year. They're doing more with less. They are asking, in effect, to keep doing the job with the tools they already have — while the criminal justice system asks for a raise nobody else is getting.

A Matter of Entitlement

The criminal justice apparatus has become its own economy: contracts, overtime, equipment, new hires, growing every year whether crime rises or falls. Yet, the funding ask still gets larger. From where I sit, there's only one word for that. Entitled. The sheriff traded a two-year-old Jeep for a brand-new personal-use Ford Explorer this year—a mere drop in the bucket of its fifty-million-dollar budget. But small numbers like that never sit in the departments that have to go without.

Meanwhile, the folks catching kids before the streets do and rescuing families one missed payment from going hungry — they're being cut out or asked to hang on by a thread, while the system calling itself the last line of defense asks for millions more.

That's not fair, and it ain't right!

The prosecutor and sheriff will get their day at the microphone September 15. Let them make their case. But somebody needs to ask why the community folks doing the critical work on the ground are forced to fight over crumbs while the folks carrying the gavel and wearing badges are asking for heaping seconds.

Psychologist Kenneth Clark called our community a colony someone always profits when a system is built to extract instead of invest — to take from our plate so somebody else's already crowded pantry stays full.

The only question left is whether our community keeps paying it quietly.

The community needs to show up to the public hearing on September 15. Bring both your voice and your anger.

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

The Lucas County Commissioners have asked all departments which cannot meet the 13 percent budget cut to present their case to the Commissioners at the regularly scheduled meeting starting with the September 15 session — 11 a.m. to 1 p.m.

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Community Calendar

September 12

Shop Till You Drop: Solomon Temple MBC; 10 am to 6 pm; Great deals, food, hidden treasures and more: Call 419-514-0203 or 419-699-0396

September 15

Toledo NAACP Nominating Committee Elections; 5:00 pm; 3450 W Central Ave, Suite 374.

September 30

Calvary MBC Roses of Calvary Flower Ministry Anniversary Celebration: 4 pm; Speaker Pastor Melvin Barnes of Greater Faith Fellowship Church

October 20

Toledo NAACP report of the Nominating Committee and election of the Supervisory Committee; 5:00 pm; 3450 W. Central Ave, Suite 374

November 17

Toledo NAACP election of officers and at-large members of the Executive Committee will be administered using our election voting platform. Voting from 3 pm to 7 pm.

Two Minutes Could Change a Young Person's Life

CSU Day Toledo aims to help families turn the dream of college into a reality

By Robert Smith, African American Legacy Project

Guest Column

The African American Legacy Project, along with countless community leaders, understands the historic and vital role that Central State University and other Historically Black Colleges and Universities (HBCUs) have played in our culture, our communities and our nation.

Central State University is Ohio's only public HBCU and Ohio's only public 1890 Land-Grant university. Founded in 1887, Central State has served Ohio for 139 years - educating, empowering and elevating generations of students and developing leaders who have strengthened communities throughout Ohio and beyond.

But Central State represents more than an institution of higher education. It is, in many ways, a powerful reflection of the African American experience - our determination to pursue education when opportunity was restricted, our commitment to developing leaders when doors were closed, and our resilience in building institutions that could advance generations to come. Central State's story is part of our story.

For generations, Central State has reached into the Toledo community, giving hope and opportunity to young people whose chances of experiencing a college education may once have seemed improbable. Central State has not simply educated students; it has nurtured minds, developed leaders and helped young people see possibilities beyond their circumstances.

Somewhere in our community, there is a young person wondering whether college is financially possible. She may be talented and academically capable. She may dream of becoming a teacher, engineer, nurse, entrepreneur, scientist, social worker, educator, business leader or community leader. But she may also believe her family's financial circumstances make college unattainable.

For too many young people, the dream of college does not end because of a lack of talent. It ends because they never discover what might actually be possible. That is a problem our community can do something about.

On Saturday, September 26, 2026, Toledo will host CSU Day, an educational initiative bringing students and families together with Central State representatives and community partners to explore college opportunities, financial aid, scholarships, academic programs and career pathways.

Factually, this is about much more than recruiting students to a university. It is about changing the question from "Can we afford college?" to "What opportunities are available to help us make college possible?"

Information Can Change a Family's Decision

There are families throughout northwest Ohio who may never have had a meaningful conversation about financial aid. Some parents may not know what scholarships are available or how the FAFSA works. Others may assume that limited household income means college is simply beyond their reach. Some students may never apply because they do not want to place an additional financial burden on their parents. The result is that talented young people can eliminate college from their future before learning what resources may be available. CSU Day Toledo is designed to help change that.

Students and families will be able to ask important questions like: Can my child afford college? What scholarships are available? What financial assistance might we qualify for? What academic programs are available? What career opportunities can come from an HBCU education?

Why Central State?

Central State has a unique place in Ohio's educational landscape. As Ohio's only public HBCU and its only public 1890 Land-Grant university, Central State carries a mission that extends beyond the classroom.

The 1890 Land-Grant designation is a living commitment to teaching, research and Extension - taking knowledge and resources into communities. Central State's Extension work includes agriculture and natural resources, youth development, health and nutrition, financial literacy, small-business development and community and economic development. Its Land-Grant mission also supports research and education in areas such as agriculture, engineering, mathematics, computer science and other emerging fields. That matters to Toledo.

Central State's relationship with northwest Ohio does not have to begin and end with a student enrolling in college. Its Land-Grant mission creates opportunities for partnership in education, workforce development, entrepreneurship, research, community development and economic growth.

Central State represents more than a degree. It represents an opportunity

for a young person to discover what they are capable of becoming. The student who once thought, "College isn't for people like me," may begin to think, "Maybe I can do this." That change in perception can be the beginning of a very different future.

When One Student Succeeds, an Entire Family Benefits

When one young person earns a college degree, the impact often reaches the entire family. Younger siblings begin to see college as achievable. Parents gain confidence in what their children can accomplish. Over time, education can contribute to greater economic mobility and generational opportunity. That is why CSU Day should matter to everyone.

It should matter to parents and grandparents, teachers and counselors, pastors and church leaders, businesses and community organizations - and to anyone who believes Toledo's future depends upon the success of its young people.

This Is a Community Responsibility

The African American Legacy Project, working with Central State University and a growing list of community businesses, organizations and individuals, is helping bring this initiative to Toledo, but ...no single organization can open every door. Churches can identify students. Schools can inform them. Alumni can inspire them. Businesses can invest. Parents can encourage. And students can take the first step. Communities do not become stronger by accident. They become stronger when they intentionally invest in their young people.

For generations, HBCUs have provided more than classrooms and degrees. They have built confidence, developed leaders and helped generations of students understand that their circumstances do not have to determine their destiny. Central State is part of that extraordinary legacy.

Toledo's Future Is Already Here

The timing of this initiative could not be more important.

The workforce our children will enter is changing rapidly. Employers need people with education, technical skills, leadership ability, creativity and problem-solving skills. Toledo needs those young people. Northwest Ohio needs those young people.

Central State's Land-Grant mission provides another important connection between education and economic development. This is workforce development. This is economic development. This is community development.

If we want more doctors, engineers, educators, entrepreneurs, scientists, architects, social workers and business leaders coming out of Toledo, we must

... continued on page 6



Robert Smith

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American Men Have Been In Crisis for Generations. A Remedy from 1879 Offers Hope.

Working-class men of every color have been in crisis for generations. The way out is to come together, for the sake of all our kids.

By Ben Jealous

Guest Column

I understood the depth of it first at a friend's twenty-first birthday party in college. Somebody raised a glass to celebrate him. Then another raised his and, before it reached his shoulder, tipped it.

He poured libations for the ones who did not make it. Shot, or sent away, before the rest of us got to college. In a room of nothing but young Black and Latino men, we all joined in.

A Latino friend from childhood, hiding from his own gang the last time I saw him. My best friend, Black, locked up for taking sunglasses from a Goodwill. A Filipino buddy shot dead that summer over a drug deal, folks said.

Splash. Splash. Splash.

Then a friend lifted his glass and toasted the plain fact that one more of us had lived to 21.

That cut me like a knife. In the richest country on earth we were congratulating a Black man for breathing past his birthday.

That grief runs deep in our community. But it floats on deeper American water.



Edward David
Bland



Ben
Jealous

Not long after, my mind raced through every young man I knew who was suffering or gone. Among them, White friends whose father killed himself when we were teenagers, after the plant let him go.

Last week I promised you numbers on the crisis facing our nation's men. Here are a few.

Start with work. About seven million American men between 25 and 54 are neither working nor looking for a job. More than one in ten. Every recovery of the last 50 years has left that share higher.

Then violence, which wears two extreme faces. In 2023 Black men were murdered, usually by other Black men, at roughly eight times the rate of white men. Meanwhile white men killed themselves at nearly twice the rate of Black men.

Then prison. America locks up more of its people than almost any nation on earth. Here is what nobody says. Count white Americans alone and they are still locked up at several times the rate of Canada, Germany or Japan.

This is a national problem, far bigger than any one community.

And yet we stay a house divided. Divide and conquer is the oldest game in America. The British brought it here to keep the king rich. The Revolution should have killed it. It did not, because it works just as well at helping the rich get richer.

Whenever working people have reason to stand together, somebody pits them against each other. Dr. King named it in Montgomery in 1965. Borrowing from historian C. Vann Woodward, he called segregation a strategy to keep the masses divided and labor cheap.

After that party I went to my grandmother's house and laid the burden on her table.

Her grandfather was Edward David Bland, born enslaved in Virginia in 1848. He was 16 when he walked out of slavery in the last days of the war, and he learned to make shoes.

Then he went into politics at the worst moment imaginable. Reconstruction was over, the troops sent home, the men who once ran the Confederacy taking it back with rifles.

He did the arithmetic anyway. Poor white farmers wanted the same free schools his people wanted. Together they were a majority. Apart they cancelled each other out.

So he pushed for a deal with the unlikely partner in Virginia, a railroad magnate and former Confederate general named William Mahone. In 1879 Bland stood before his own people and made the case. He won them over.

They called themselves Readjusters, and they swept into power. In a few short years they abolished the whipping post, repealed the poll tax, and funded schools for every child. Virginia had 415 Black teachers in 1879. Soon it had 1,588.

Then, in Danville, on November 3, 1883, after a circular full of lies about Black rule swept the town, white gunmen killed at least five people, four of them Black. Three days later white supremacists took back the legislature. The oldest trick, right on time.

Still, they had governed four years, in the old capital of the Confederacy.

The men in trouble today are in trouble together. The white man in the hollowed-out mill town and the Black man on the South Side want the same thing. A better future for their children.

They are not each other's problem. Nobody is coming to tell them so.

Bland did not wait for anyone. He did the math, organized and made it real.

The old Readjuster arithmetic still works. Divided we cancel out our children's dreams. Together our families are the majority that can make them real. Let's get to work.

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

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Perryman, Salas Honored at Access to Justice Awards Breakfast

By Tracee Perryman, PhD
Guest Column

Advocates for Basic Legal Equality (ABLE), Legal Aid of Western Ohio (LAWO) and the Toledo Bar Association (TBA) honored Pastor Donald Perryman, PhD, and Jesus Salas, JD, at their annual Access to Justice Awards Breakfast on Aug. 20, recognizing decades of advocacy on behalf of residents across northwest Ohio. About 200 people attended the event, which celebrates attorneys and community leaders whose work has produced lasting impact in the region.

Jennifer Snedigar, ABLE's director of regional development, explained, "The Access to Justice Awards were created to foster community involvement in Lucas County by highlighting the work done to meet the needs of those who have limited means and access. The event kicked off in 1998 in the Toledo community."

The banquet responds to an ongoing debate among advocates, residents, elected officials, and faith leaders over how to measure authentic commitment to social justice. One measure often cited is longevity: who stays in the fight when an issue is unpopular, who remains vocal when retaliation is likely and who continues to serve when no one is watching. By that standard, this year's breakfast might best be described by a single theme: a legacy of longevity.

Snedigar described the criteria for selecting this year's honorees. "A Nomination Committee comprised of community members, legal professionals and community advocates makes the selections based on those people submitted for the awards," she said. "Both nominees were selected for their commitment and many years of advocacy work in the Toledo area."

Perryman received the Community Advocacy Award. Salas received the Public Interest Law Award. Both honorees have partnered with the three organizations on policy efforts that produced systemic changes for residents historically left out of decision-making.

Public Interest Law Award

Salas spent 30 years as a senior attorney at ABLE, litigating cases involving civil rights, health care access, language and translation access, public benefits and immigration reform. He also trained attorneys and staff in management, supervision, and diversity practices. He now operates a private practice offering bilingual legal services.

In his acceptance speech, Salas told the audience that his service and the sharing of his expertise had been his calling.

Community Advocacy Award

Perryman, who has worked with ABLE on a range of social issues, was recognized most recently for the "Healthy Food Overlay" initiative, an effort to revive Toledo's historically Black-owned business district and eliminate food deserts. The project drew coverage from NBC Nightly News.

His earlier work includes partnering with the Toledo Area Regional Transit Authority to reform policies and expand transportation access for people with disabilities and residents of under-resourced neighborhoods.



Donald Perryman, PhD, and Jesus Salas, JD, with ABLE Staff members



Makiedah Messam, ABLE Executive



Pastor Donald Perryman, PhD, Community Advocacy Award Winner

He also publicly opposed the militarization of local police, an effort that contributed to the adoption of a community policing model over the use of armored vehicles.

In his remarks, Perryman traced his advocacy to his early life. After the unexpected death of his father, he said, deacons at his church and staff at St. Francis de Sales High School stepped in to provide support and mentorship. He described advocacy and outreach as a family legacy that began with his grandfather, also a pastor.

Colleagues reflect

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David Karmol Files Civil Lawsuit Against Judge Puffenberger

By Fletcher Word

The Truth Editor

David Karmol, Republican candidate for the Ohio House of Representatives, District 43, (the seat currently held by Democrat Michele Grim, who is running for re-election) has filed a civil lawsuit against Lucas County Probate Court Judge Jack Puffenberger accusing him of misapplying public funds.

The source of controversy, claims Karmol, are ads that Puffenberger ran during the last quarter of 2025 through the first four months of 2026 on WTVG, abc13, advocating public awareness of a particular education initiative.

Now while Judge Jack Puffenberger is not a candidate for office during this election cycle, his son, Tom Puffenberger, is and Karmol claims that since the judge plastered the name of "Puffenberger" across the screen during the time that his son was conducting a campaign, that helped to raise awareness for his son and to his son's benefit.

Karmol took his request for civil action first to the Lucas County Prosecuting Attorney in July. In that letter, Karmol urged Julia Bates, the Lucas County prosecutor, to take action and "institute a civil action to recover funds of Lucas County" by Puffenberger. In response, the prosecutor said in a July 13 letter: "Your request is declined for the following reason: the expenditure is legitimate under Ohio law."

The prosecutor's response to Karmol cited an Ohio Supreme Court case – State ex rel. Grendell v. Walder – which held that, as Julia Bates, Lucas County prosecutor wrote: "a probate court judge may properly spend money on 'projects that apprise the community of court-related information' such as advertising, even during the course of that judge's re-election campaign."

Nevertheless, Karmol's lawsuit alleges that Judge Puffenberger misused taxpayer funds through that series of televised ads that were "purportedly for public education."

Ohio Revised Code Section 9.03(D)(8) "prohibits any person from knowingly expending public funds to the benefit of a candidate, and provides a penalty therefor" noted Karmol in his civil lawsuit.

"The only question is – did these ads benefit a candidate?" said Karmol during a press conference he held on Thursday, August 27, outside the entrance to the Lucas County Courthouse. Karmol described the ads as "flashing hundreds of times" and that they benefited the candidate – Tom Puffenberger – because his father Judge Jack Puffenberger was able to place the family name in the consciousness of viewers – all at taxpayer expense. According to the



David Karmol explains his lawsuit as Tom Waniewski assists by holding the legal citation

open records request Karmol filed, that cost to taxpayers was \$60,000.

"I hope he does the right thing and pays the taxpayers back but if he doesn't, I'm prepared to go to trial," said Karmol. "I would love to put this in front of a jury of people in Lucas County and have them decide whether spending taxpayers' money to support your son's campaign is a good use of tax dollars."

"Any citizen can bring a taxpayer lawsuit when the prosecutor declines," said Karmol of the answer he received from Bates. He also noted that a lawsuit isn't necessary.

"All [Judge Puffenberger] has to do to get rid of the lawsuit is to pay back the money," he said.

The judge has declined to do that. He said in a statement:

"As a judge, I am urged by the Code of Judicial Conduct to initiate and participate in activities promoting public understanding of the administration of justice. The Lucas County Probate Court's Public Education Program is a perfect example of the fulfillment of that goal.

"This highly successful program has significantly increased public awareness of probate issues and has provided our citizens with valuable information regarding the probate process.

"I stand behind this endeavor 100% regardless of any political gamesmanship designed to discredit the program or the Court."

Two Minutes...continued from page 3

help young people see themselves in those roles - and help them understand that there are pathways to get there.

Two Minutes Could Change a Life

So here is the question: Do you know somebody who wants the opportunity to attend college?

If you do, invite them to CSU Day Toledo on Saturday, September 26, 2026. Registration is easy. Simply visit CSUDay419.com. It takes only two short minutes to register - but those two minutes could change the course of a young person's life. Those two minutes could lead to a conversation about scholarships. They could lead to financial-aid information. They could lead to a college application. They could lead to an acceptance letter. They could eventually lead to a college degree.

It is about opening a door. It is about replacing uncertainty with information. It is about replacing fear with hope. It is about making sure a student's economic circumstances do not become the reason they never pursue their dreams.

We believe our community's future will be shaped not only by the opportunities we create, but by the opportunities we help our children recognize. The future of Toledo is already sitting in our classrooms, worshipping in our churches, playing in our neighborhoods, and dreaming about what tomorrow might hold.

Our responsibility is to ensure that every one of those young people has the opportunity to reach their full potential. On September 26th, don't just attend an event, open a door of opportunity. After all, it's about our legacy - it really is about our children.

Register today at CSUDay419.com.

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Sisters 4 Unity hosts the Fourth Annual Communities Against Gun Violence March and Unity Day

By Dawn Scotland
The Truth Reporter



Abena Rowland and Aviance Hill



Ducks Cheerleaders



Toledo Ques



The family of teen Zayona Jackson who was killed by gun violence in July

Sisters 4 Unity held its fourth annual Communities Against Gun Violence March and Unity Day at Smith Park Saturday, August 22. The free community event featured food, music, games, community resources and more in a day of remembrance for Issac Carpenter, Jo'Von Porter, Christopher Kinnebrew and Treasure Wiley who were lost to gun violence.

The Sisters 4 Unity organization was formed in December 2022 out of love, legacy, tears and unity. The organization is led by four mothers, Abena Rowland, LaShawnda Kinnebrew, Jannell Ector and Aviance Hill, who have all experienced the insurmountable pain of tragically losing their sons to gun violence and were determined to take action against the senseless precious lives being taken from us daily.

Ector emphasized the importance of this year's event "This is the fourth annual community day and its very special for us, because we have four sons, which is what started this. So we are out here representing our four loved ones," she stated.

"We are here in the community and we want to bring a peaceful and a healing event. Bring the entire family out. We are here for you. We are boots on the ground. If we can will do anything we can to help a victim, a survivor, or change one person's mind so that no other family feels what we go through every day," she continued.

Abena, Aviance, LaShawnda and Jannell stand to bring about advocacy, change, policy, education, compassion, communication, and



Community leaders, organizers and supporters march against gun violence

age, amplify voices, and kindle solace for survivors and victims of violence, while forging a path toward a safer future.

The march began at 10 a.m. at Scott Park with events continuing until 3 p.m. Those who marched included local officials, community members, organizations, dance troops, car clubs and the families of those who have been lost to gun violence in the community.

Ector shared a message from Sisters 4 Unity: "Stop and think. Three seconds can change the trajectory of your life and everyone else's around you. Please remember, when these things are happening, it's not just the victim that is victimized it is also the victim's family. Then your family. So you should stop and think," she shared.

To learn more about the organization visit their social media page on Facebook.

above all else, assist with preventing further violence. Together all four mothers united with the Sisters 4 Unity volunteers from all walks, work bravely to support survivors and victims while aiding in the fight to stop violence in the community.

The mission of the group is to stir courage,



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St Paul Missionary Baptist Church Back Pack Giveaway and Community Health Fair

By Pastor James Willis

St Paul Missionary Baptist Church hosted their annual summer backpack giveaway on Saturday, August 22. The event also included a health fair, lunch for attendees and games and bounce house for the kids.

Pastor James Willis, Sr., made these remarks about this year's event.

"Today is our backpack giveaway and community health fair. Our annual school backpack giveaway is not only a giveaway for the children, it's a community effort to get people engaged.

"As we look at the Scriptures from Proverbs 22: 6 – "Train up a child in the way he should go: and when he is old, he will not depart from it.



Pastor Willis and school children



Pastor Willis with backpacks and school supplies



Pastor James Willis, Sr., La'Shardae Scott, DSW,
Toledo City Councilman John Hobbs, III



"This event reflects our belief in that investing in our youth today shapes their strength and their character for the future. This gathering is more than a distribution of school supplies, it is an intentional effort to equip our children with confidence and encourage the tools they need for a successful school year.

"Every backpack represents hope, preparation and a reminder that our young people are surrounded by a village that believes in their potential through acts of service and generosity. Every child deserves to begin their year with dignity and support.

"Alongside the backpack giveaway is our community health fair which provides essential resources to the families and individuals seeking better health and better lives. For through wellness and educational nurturing we aim to empower community members with the knowledge and access that physical strength, emotional and spiritual wellbeing is important. Health is a foundation to growth and by offering these services we demonstrate our commitment to care for the whole person.

"And as pastor of St. Paul Missionary Baptist Church, I take pride in seeing to it that our portion is done according to God's will, so today is our annual gathering for the backpack giveaway and community service."



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What is Real Food, anyway?

By Suzanne Saggese, OSU Extension

The Truth Contributor

Figuring out what to eat seems like a chore, doesn't it? Grocery costs keep rising and we're trying to purchase food that we like but stay within our means. When we get on social media, we are bombarded with "eat this, don't eat that" or "you need to eat this to solve all your health issues." It's overwhelming, isn't it?

You were probably familiar with MyPlate. This was the icon based off the *Dietary Guidelines for Americans* in 2010. The concept asked you to eat from the five food groups (Vegetables, Fruits, Dairy, Grains, Protein) in proportions indicated by the plate. The Dietary Guidelines are generally released every five years, with MyPlate being the icon for the last 15 years.

In February 2026, the *Dietary Guidelines for Americans 2025-2030*, was released with a new icon and new advice for eating. "Eat real food." Sounds simple enough, but what do these new guidelines mean? Let's break down what it means for you.

What is "real food"? According to the Guidelines, real food is whole, nutrient-dense foods that are not highly processed with added sugars, sodium, unhealthy fats or chemical additives. Think of steamed green beans, apple slices, baked chicken or a glass of milk instead of potato chips, chicken nuggets or energy drinks. The idea is to eat foods closest to their original form-

like eating corn on the cob or popcorn instead of high-fructose corn syrup.

When choosing food, ask yourself this question, "what is this going to do for me?" Nutrition education today is asking you to make food choices based on the positive nutritive effect your meals and snacks can have on your overall health.

Let's look at fruits and vegetables. Eating these in any form- fresh, frozen, canned or dried- are important for good health. They are full of nutrients needed for healthy bodies and can even reduce the risk of certain chronic diseases.

Look out for forms with added sodium and sugar though! Prepared juices often have additives, so be a label reader and investigate. Eat a variety of colors too, as color is often an indicator of increased nutrients. So, eat that bowl of greens, a baked sweet potato or sliced red bell peppers. You're giving your body good things like iron, Vitamin A, and Vitamin C with those colorful foods! The current guidelines suggest a goal of three servings of vegetables a day and two servings of fruits a day.

Current research is putting a higher priority on protein foods. Consume a variety of foods from both plant and animal sources- beans, nuts, seeds, soy as well as eggs, poultry, seafood and red meat. Consider your cooking methods, with a preference towards baking, broiling, roasting, grilling and stir frying. Deep fried proteins are a source of unneeded saturated fats. The current guidelines are based on body weight, but in general, three-to four servings of protein a day is adequate. For example, an egg at breakfast, ½ cup beans at lunch, and three ounces of chicken at dinner would fulfill dietary needs.

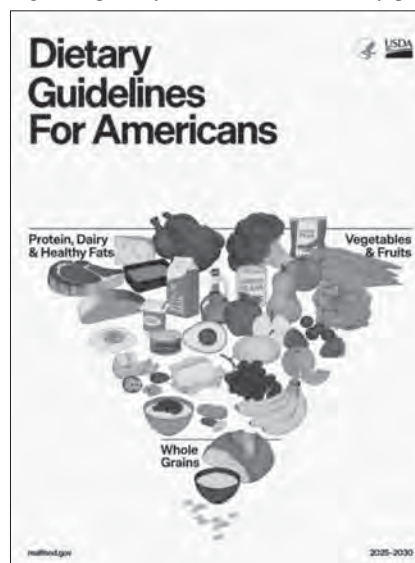
We are now instructed to focus entirely on whole grains and reduce consumption of processed and refined grains like white bread or white rice. Whole grains include 100 percent whole wheat bread, brown rice, quinoa, popcorn and steel-cut oatmeal. There are many other options available, all providing fiber, which is important for digestive health. Whole grains are often a great source of B vitamins, which provide us with sustained energy. The recommendation is to consume 2-4 servings per day.

For those who enjoy whole milk, good news! There are no longer fat-reduction recommendations for dairy products. Be on the lookout for added sugars, especially in flavored milks. Dairy products like cottage cheese

provide calcium and Vitamin D, which are important for bone health. Try three dairy servings per day.

Overall, we should continue to check our portion sizes. These recommendations are based on a 2,000 calorie/day diet. Your dietary needs are generally based on your body weight and level of physical activity. Check with your medical provider about your specific needs.

You can learn more about the Dietary Guidelines for Americans at realfood.gov.



Alopecia Has a First and Last Name That You Must Know

By Dr. Hope Mitchell, MD

The Truth Contributor

It's Alopecia Awareness Month. One of the biggest misconceptions I hear is, "I have alopecia." While that may be true, alopecia simply means hair loss. It is not a complete diagnosis. Just as a person has a first and last name, alopecia has different types, and identifying the specific type is the key to choosing the most effective treatment.



Hair loss is not one condition. There are many forms of alopecia, including androgenetic alopecia (pattern hair loss), alopecia areata, traction alopecia, scarring alopecia, telogen effluvium and several others and often a person has more than one type at the same time. Each has its own cause, pattern and treatment approach. What works for one type may not work for another.

That is why an accurate diagnosis is so important. During your evaluation, I look at much

more than the amount of hair you have lost. I examine the pattern of hair loss, the condition of your scalp, the size and health of your hair follicles and whether there is inflammation, scarring or signs of an underlying medical condition.

Your medical history also provides valuable clues. Hormonal changes, thyroid disease, nutritional deficiencies, autoimmune disorders, medications, recent illnesses, significant stress and certain hairstyles can all contribute to different types of alopecia. In some cases, bloodwork or additional testing may be needed to identify the underlying cause.

One of the biggest mistakes people make is treating themselves based on advice they find online or recommendations from friends. Because the causes of alopecia are different, using the wrong treatment can delay improvement and, in some cases, allow permanent hair loss to develop.

The good news is that many forms of alopecia can be successfully treated or managed, especially when diagnosed early. Today, we have more treatment options than ever before, in-

cluding topical and oral medications, corticosteroid injections, platelet-rich plasma (PRP), laser therapies, and advanced procedures such as KeraLase®, depending on your diagnosis and individual needs.

If you have noticed increased shedding, widening of your part, thinning around your hairline or patches of hair loss, do not ignore the signs. Hair loss is your body's way of telling you that something deserves attention.

Remember, alopecia is only the first name. The last name—the specific diagnosis—is what guides the best treatment plan. Once we know exactly what type of alopecia you have, we can create a personalized approach to help preserve, restore, and support your healthiest hair.

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Perryman, Salas...continued from page 5

Scott Sylak, executive director of the Lucas County Mental Health and Recovery Services Board, praised both honorees for their service on the board.

"As a former member of the Mental Health & Recovery Services Board of Lucas County, the Rev. Dr. Perryman was a fierce advocate for individuals living with mental health and substance use disorders," Sylak said. "His leadership helped transform our Board and the broader behavioral health system, making both more purposeful, accessible, and equitable. Jesus Salas brings that same fierce commitment to service. His passion for justice has led him to serve on the MHRBS and many other boards, where he has helped shape policy-level decisions that improve the lives of others. We are honored that both Mr. Salas and the Rev. Dr. Perryman chose to serve our Board and the people of Lucas County."

The Rev. Dr. Amariah McIntosh, associate director of the Ohio Council of Churches, said Perryman welcomed her into the local faith community when she arrived in Toledo.

"As a new pastor, he invited me to join UPSE," she said. "I have seen him work diligently and consistently bringing the faith, social, and service communities together to make Toledo and

Lucas County the Beloved Community. Rev. Dr. Martin Luther King, Jr. envisioned. What I admire most about Dr. Perryman is that he works as a Barnabas. He is an encourager, doing what he can to make sure the work gets done without seeking credit or accolades. He truly exemplifies the words of the song that says, 'Let the works I've done speak for me.'

The organizations

ABLE and LAWO work to remove barriers to safe housing, quality health care, education and stable employment. In 2025, the two organizations served more than 24,000 people and secured more than \$13 million in benefits for clients. The Toledo Bar Association has provided legal assistance to more than 30,000 clients since its founding.

How to get involved

The community can become involved by donating to the Justice for All Campaign, which runs through the fall. Donations support the work of all three organizations.

Donate online at www.ablelaw.org/A2J-TOL-DONATE

Or mail donations to:

ATTN: Access to Justice Breakfast Advocates for Basic Legal Equality, Inc., 525 Jefferson Ave., Suite 300, Toledo, OH 43604

For more information or assistance, call Jennifer Snedigar at 937-535-4420 (jsnedigar@ablelaw.org) or Diana Anderson at 419-930-2515 (danderson@ablelaw.org).

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A Mental Health Moment

Beyond the Billboard: Black Mental Health in Toledo

When Help Exists but People Still Cannot Get Help

By Bernadette Joy Graham, MA, LPCC (OH), Licensed Professional Clinical Counselor

The Truth Contributor

Toledo needs a more candid conversation about Black mental health—one that extends beyond providing a crisis telephone number. Public messages, billboards and awareness campaigns repeatedly assure residents that help is available; however, availability does not guarantee access. A Black mother experiencing depression may contact several providers only to learn that they are not accepting new patients or her insurance. A Black father may avoid treatment because prior experiences have undermined his trust in the health-care system.

A parent whose teenager says, “I do not want to be here anymore,” may be directed from one agency to another without receiving an immediate assessment. A Black veteran experiencing trauma, depression or homelessness may face extensive paperwork, eligibility requirements, transportation barriers or a lengthy waiting list. In each case, another telephone number, referral, application or delayed appointment may deepen frustration rather than provide timely care.

As a licensed clinical mental health therapist as well as a Black female veteran, I have spent my career not just providing therapy and counseling but also mental health advocacy. I strongly believe in counseling and mental health treatment. I also recognize an important distinction: resources may exist without being truly accessible. A resource is not truly accessible if people do not know it exists, cannot reach it, cannot afford it, cannot qualify for it, cannot get an appointment or cannot remain connected to care long enough to become stable.



This current year of 2026 requires us to ask a different question. The problem is not that Toledo has no plans. In fact, there are significant plans. The Lucas County Community Health Improvement Plan for 2024–2027 identifies mental health and addiction as a priority outcome and explicitly incorporates the Toledo Black Agenda into its strategy for addressing community conditions.

The plan's Toledo Black Agenda strategy calls for increasing awareness of, and addressing, racism and the lack of health equity. It specifically calls for supporting and aligning with recommendations of the Toledo Black Agenda, incorporating a “Health in All Policies” approach, and engaging Black residents in developing programs intended to serve the Black community.

It also identifies measures involving experiences of racial discrimination and whether residents believe their healthcare experience was worse because of race. That is meaningful. It means racial health equity is not simply being discussed informally. It has been incorporated into a formal county health-improvement strategy. But we also need to understand what that means—and what it does not mean.

A plan is not an outcome. Cultural-competency training is not automatically culturally competent care. A community meeting is not treatment. A billboard is not an appointment. And a referral is not the same thing as receiving help. The real measure of success should ultimately be what happens to the person who needs care.

Take a mental health moment to reflect on and discuss a persistent challenge in Toledo, within the Black community, and throughout society: mental health is an essential component of overall health and must be treated as an integral part of every person's healthcare. Although public awareness has reduced some stigma, individuals, families, and children still face serious risks created by visible and unseen pressures, including grief, trauma, housing instability, financial strain, discrimination, social isolation and untreated illness.

Consider a person experiencing severe depression who gathers the courage to seek help, calls several advertised telephone numbers, reaches disconnected lines, outdated programs, or agencies that no longer provide the service described. Another person may complete an intake, disclose painful personal information, and then learn that the first available appointment is months away, that the provider does not accept the person's insurance, or that transportation and work obligations make attendance impossible.

A parent seeking urgent help for a child may be transferred repeatedly, told to complete additional forms or advised to call another agency without receiving a timely assessment or a clear safety plan. A person in crisis may then interpret these repeated barriers as evidence that meaningful help is unavailable. The resulting exhaustion, disappointment, and distrust are not stigma; they are understandable responses to a system that has failed to provide timely, consistent, and accessible care. During a crisis, that frustration can intensify distress and contribute to harmful thoughts, emotions, and behaviors related to seeking mental healthcare.

People's lives are at stake, as are communities in Toledo. Maybe a better plan is for organizations to become more cognizant of the outcomes they seek and then devise solutions and plans that are available realistically... not just on paper, not just for a board meeting but for people suffering in real time. It's time; it has been time, and we owe people more than an ad, a billboard, a phone number that says to leave a message after 5pm, or a considerable waitlist.

If you or a loved one is in crisis, please do call 988 or go to the nearest hospital. Do not give up. Help is available. Stay persistent.

Bernadette Joy Graham has been working and advocating within mental healthcare for over 20 years. She provides individual therapy to adults and specializes in grief and bereavement. She diagnoses and treats many mental health challenges. Bernadette provides mental health advocacy through speaking engagements, writing, and educating the public on mental health. She is an active-duty Air Force Veteran. For appointments, please call 419.866.8232. You may contact her for advocacy or questions at: graham.bernadette@gmail.com

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Ain't Nobody's Fool: The Life and Times of Dolly Parton by Martha Ackmann

By Terri Schlichenmeyer
The Truth Contributor

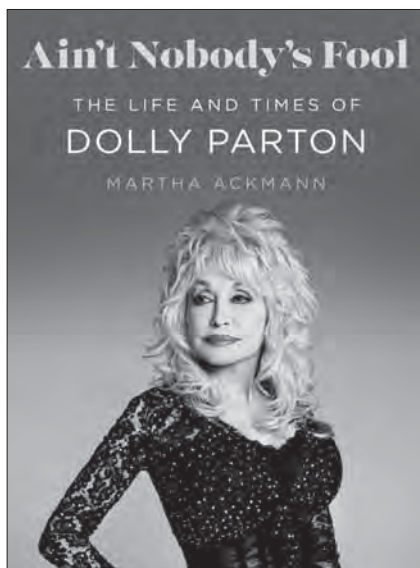
Not too bright.

That's what people once thought about you. Your language didn't conform, you had your own sense of style and you were ignorant about modern things and places and foods. But you were no dummy. You were different, and you had a secret: as in the new biography, *Ain't Nobody's Fool: The Life and Times of Dolly Parton* by Martha Ackmann, you knew exactly where you were going.

When Avie Lee Owens and Lee Parton first married, they had the very basics: "two knives, two forks, two spoons, a skillet, a butcher knife, and an old iron kettle." He was 17; she was 15. Babies came quick. The fourth one was named Dolly, after two great-aunts.

Almost from the time she could walk, Dolly sang. Before she was old

c. 2026
St. Martin's Press
\$30.00
304 pages



enough to attend school, she wrote poetry, and she'd begun to notice rhythms and beats she could make with her fingers. As a schoolchild, she created her own musical instruments out of scraps, and she was eager to perform whenever anyone asked her – and they asked often, because Dolly Parton was a nice girl, and her sense of humor conveyed a warmth that drew people in.

Growing up in the Tennessee mountains, Parton was independent, shunning marriage and child-raising, instead focusing on a dream of be-

ing a star. By the time she was in high school, she'd had a regular gig on local television but she recognized that there were few opportunities for fame in the mountains, so she left for Nashville the day after high school graduation, with the snickers of naysayers ringing in her ears.

She stayed with an aunt and uncle there, and she beat the streets, dined on grocery store samples to get by and missed her family and friends. And they worried about her, but they knew nothing would derail her plans. They knew Dolly would be fine.

As a friend said, "She had her head on pretty good."

Chances are that if you've listened to music any time in the last 60 years, you've heard Dolly Parton through her words or her music or both. Now you need to learn more about her, and *Ain't Nobody's Fool* is where to do it.

Here's a biography that grabs you on the first page with the tiniest bit of family tree, but not so much that you get bored with it. Author Martha Ackmann writes about Dolly Parton's early life, putting hardships and experiences in context, both personally and historically. There are name-drops, but not overly so, as Ackmann takes you through Parton's career, her heartbreaks, her marriage and her years with Porter Wagoner, in detail but not dramatically embellished or outrageously told. It's a biography that's just right, sourced well and written with a fresh take that, like its subject, tells a good story.

Fans, of course, will want this highly-researched book but music lovers of any age or type will eat it up. That means you, so use up that Christmas gift certificate. *Ain't Nobody's Fool* just shines.

Women of Toledo...continued from page 16

• **Suzette Cowell, ThD:** Founder, CEO, and Treasurer of Toledo Urban Federal Credit Union, Cowell's leadership in community banking offered a unique perspective on women's economic advancement and access to financial resources in their workplace and in the marketplace.

• **Brittany Jones, PhD:** Councilwoman At-Large for the City of Toledo, Jones spoke to the political dimension of women's equality—from representation in elected office to the policies that shape everyday life for women and families across the region now and in the future.

• **Ashley Bush, MSW, LISW-S, PMH-C:** Owner and Executive Director of Bloom Women's Counseling, Consulting, and Wellness, LLC, Bush joined the conversation in the personal and mental health aspects of equality, drawing on her clinical background in perinatal mental health and women's wellness.

• **Angie Fitzpatrick, PhD:** Leadership and Workplace Culture Strategist at Angie Fitzpatrick Consulting, LLC, Dr. Fitzpatrick guided the panel discussion, drawing on her expertise in leadership coaching and workplace culture to help unpack how gender roles and policy show up in professional life.

Program partners for the event were TARTA, The City of Toledo, YWCA of NWO, The Toledo Chapter of The Links Inc., Toledo Urban Federal Credit Union, Bloom Women's Counseling, Consulting and Wellness, LLC, and the League of Women Voters.

Venue and catering partners were The Mez, Cookie Cuterie, Bite Events and Catering and The Cocktail Collective.

Established in 2014, Inclusive for Women Inc., Women of Toledo is a 501(c)3 nonprofit organization serving northwest Ohio and the greater Toledo area. Women of Toledo is dedicated to educating, engaging, and empowering women across the community through impactful programming, genuine advocacy, and authentic connection. The organization offers programs and services that help tackle issues critical to women's economic advancement and help women interrupt various biases in the marketplace, workplace, family, and community through the gift of education and empowerment. For more information visit www.womenoftoledo.org.

AAUW...continued from page 16

and 800 college and university partners. AAUW Toledo is a local branch of the American Association of University Women, an organization with a long-standing commitment to advancing equity for women and girls through education, advocacy, leadership and community engagement. Since AAUW's founding in 1881, the members have examined and taken positions on the fundamental issues of the day: educational, social, economic, and political. The learn more visit at www.aauw.org.

To learn more about AAUW Toledo visit toledo-oh.aauw.net.



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What Others Are Saying About Dolly Parton

Barack Obama

"It's hard to imagine many people having a bigger impact than Dolly Parton. Born in a one-room cabin, she earned 11 Grammys and an Emmy, built a business empire, helped millions of kids learn to read, and — as if that wasn't enough — helped accelerate the research that led to the Moderna COVID vaccine. What a life. Michelle and I are thinking of Dolly's family and her many, many fans," former president Barack Obama wrote.



Beyoncé

"Dolly, you were the barometer. The North Star, bold and brilliant. talented and tenacious. You taught so many lessons on how to be uniquely oneself. I am grateful for your art, your heart, your generosity, your humor, your entrepreneurship. I'm honored that I had the privilege to work with you. I will treasure that forever. Thank you for your profound impact on the world. You are an angel who has made this world a happier place because of your joyful art. You are truly one of one. Rest peacefully."

The Jackson Family

"We are deeply saddened by the passing of the incomparable Dolly Parton. Dolly was a true trailblazer. Through her extraordinary talent, kindness and generosity, she opened doors and inspired generations around the world. We share this special memory from 1977, when we had the honor of meeting Dolly in England on the same day we also met Queen Elizabeth II. Thank you, Dolly, for the music, the joy and the light you shared with us all. May you rest peacefully in the loving arms of the Lord, reunited with your husband Carl and the many loved ones who made their journey to Heaven before you. Our prayers are with Dolly's family, friends and everyone whose life she touched."

Jill Scott

"Ms Dolly did THAT!! From movies, song writing, amusement park, hotels, charity, SINCERITY, unabashed foxiness, humor.... EVERYTHING. The neighbor I never saw but adored. Sent love every time I passed her house. Ms Dolly is on my inspo wall. Rest well dear lady; Did GREATNESS HER WAY."

Dionne Warwick

"I will certainly miss her laughter, jokes and her being. Rest well and in total peace my friend. My heart is heavy,"

Yvette Nicole Brown

"She he has been my blueprint for how to use your fame and wealth for good. I, of course, am not on her level — or even close — in either measure but I try to model Dolly's goodness and activism in all that I do and in every issue and charity that I support. She did life right. I am inconsolable over this loss."

Viola Davis

"The bastion of compassion, of altruism, authenticity, artistry, and love has left this life. You knew who you were... always... without apology, without a co-signer, without needing permission. And oh, how you were blessed with talent. No words to describe your reach through generations. No words to

describe your love force. No words to describe the lives you touched, saved, entertained, and shifted. God will be at the gates to welcome you with the most glorious tribute. Your family, colleagues, friends, fellow artists... will keep you alive and speak your name... forever. Rest well, Dolly Parton. WHAT A LIFE!!!!!"

Octavia Spencer

"Dolly you were a gift to the world, your voice, your philanthropic heart, and warmth made us a feel seen and that the world was a pretty decent place. We miss you."

Colman Domingo

"Dolly taught us that you can be anything and do anything and to do it with kindness. What a light. We are all grateful that we lived in a time of Dolly Parton. We will always love her."

Oprah

"One of my fondest memories with @dollyparton: Having a hoot and a holler while wearing Bob Mackie gowns on her show Dolly. This girl from the Smoky Mountains of Tennessee dreamed a life and then lived a life bigger than she could have ever imagined, giving so generously to others in ways we saw and ways we didn't. No one like her. She brought the light, and we are all better because she was here. God bless you, Dolly—you earned your wings

Kamala Harris

"Dolly Parton was a true American icon. First introduced to the world as a 'little girl from up in East Tennessee,' she became a global superstar. Her career accolades included 11 Grammy awards, an Emmy, an honorary Oscar, and — my favorite — more than 300 million books sent to millions of children around the world through her Imagination Library. All at once, she was kind, modest, and funny. With her music, her philanthropy, and her style, Dolly was one of one. Doug and I send our prayers to her family, friends, and all those who have been touched by her magic. We will always love you, Dolly."

Bernice King

"I am deeply saddened by the passing of Dolly Parton. Her extraordinary voice entertained and brought joy to generations, and she used her influence beyond music to affirm human dignity, inclusion, and the importance of treating people with love and respect. Through her commitment to literacy, she also opened doors of possibility for children around the world. In 2023, I had the privilege of honoring Dolly on behalf of The King Center as our Christine King Farris "Legacy of Service in Education" honoree. My prayers are with her family, loved ones, and all who were touched by her light."

Chaka Khan

"A once-in-a-lifetime artist, songwriter, storyteller & generous spirit, Dolly gave the world music filled with heart, humor & grace. Her music will keep playing. Her light will keep shining."

Jennifer Hudson

"Dolly Parton taught us that a woman can be powerful, beautiful and talented, and still be kind. And that success never has to come at the expense of grace, generosity, or heart !! What a wonderful example she set for us all. Rest well, Ms. Parton! We will always love you!! May your light shine on..."

What's Happening This Week in Toledo

Wednesday, September 2

Fresh Start: Toledo Water and Sewer Outreach Event

The Event Center @ the Sofia Quintero Art and Cultural Center, 1225 Broadway St. | 3 p.m. - 7 p.m.

Fresh Start is a limited-time program that lets residential customers with a past-due balance pay up to 50% of what they owe, have that amount matched and erased, and put any remaining balance on an interest-free payment plan for up to 24 months.

Friday, September 4

Swayne Field Shopping Center Pop-Up Produce Market: Grand Opening
Swayne Field, 3030 Monroe St. | 3 p.m. - 8 p.m.

The Swayne Field Shopping Center Pop-up Produce Market, in partnership with Al Peake & Sons Food Service, is bringing fresh, healthy, and affordable produce directly to the community! Come out to our market, stock up on fresh favorites and support local access to healthy food.

Saturday, September 5

Swayne Field Shopping Center Pop-Up Produce Market

Swayne Field, 3030 Monroe St. | 10 a.m. - 3 p.m.

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

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

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

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

Golf Muni Courses

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

CLASSIFIEDS

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September 2, 2026

NOTICE TO BIDDERS

Electronic proposals will be received by the Board of County Commissioners of Lucas County, Ohio, by the Purchasing Department, One Government Center, Suite 480, Toledo, Ohio 43604-2247 until 2:00 P.M. (local time), September 15, 2026 and opened immediately thereafter for **#2184-Request for Proposals for Centralized Record Storage** for the Lucas County Clerk of Courts Records Center, according to specifications available for examination, or download the proposal by going to the site, <http://www.co.lucas.oh.us/bids.asp>. Suppliers interested in doing business with Lucas County must register in the Supplier Portal. To access the Lucas County Oracle Supplier Portal, please visit: https://eieb.fa.us6.oraclecloud.com/fscmUI/faces/NegotiationAbstracts?prcBuld=300000007278812&_adf.ctrlstate=l5ps8sau3_1&_af_rLoop=7126760101772357&_afrWindow-Mode=0&_afrWindowId=avudlxmca&_afrFS=16&_afrMT=screen&_afrMFW=1920&_afrMFH=932&_af-rMFDW=1920&_afrMFDH=1080&_afrMFC=8&_afrMFCI=0&_afrMFM=0&_afrMFR=96&_afrMFG=0&_afrMFS=0&_afrMFO=0

Prior to 2:00 P.M. (local time), September 15, 2026 each proposal shall contain the full name of each person submitting the proposal and the name of every person or company interested in same. The right is reserved to reject any and all bids.

By order of the Board of County Commissioners, Lucas County, Ohio.
Lisa A. Sobecki – President
Pete Gerken – Commissioner
Anita Lopez – Commissioner

REQUEST FOR PROPOSALS ENVIRONMENTAL SERVICES RFP26-R010

Lucas Metropolitan Housing (LMH) will receive proposals for **Environmental Services in accordance with RFP26-R010**. Received in accordance with law until **September 21, 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.



TOLEDO FIRE & RESCUE DEPARTMENT HIRING SOON

Information sessions are being held on September 16, October 7, October 22 and November 3 at 10 am and 7 pm each day!

Goodwill Building – 1120 Madison Avenue – Meeting room in the basement

AFTER SCHOOL TUTORING DIRECTOR

The Padua Center is seeking an After School Tutoring Director, the Nia Program. The successful applicant will have experience in an educational field as either a teacher or classroom aide. The main responsibilities of the Director are to provide tutoring and educational enrichment to about 15 elementary school children from 2:30-5:30 Monday through Thursday, beginning September 8, 2026 and will continue until the end of the school year. Volunteer helpers are available. Transportation and meals are managed by other employees. Pay range is \$17-\$20 an hour. Approximately 12 hours a week.

Please submit resume to thepaduacenter@gmail.com

For more information call: The Padua Center, 419 241 6465

GET READY TO SHOP TILL YOU DROP

Come out Saturday, September 12, from 10 AM to 6 PM for the Shop Till You Drop Community Garage Sale at Solomon Temple MBC, 573 Nebraska Avenue.

We're looking for vendors, food vendors, local businesses and community sellers to join us. Vendor spaces are available for just a \$40 donation, with proceeds benefiting the Solomon Temple Building Fund.

Come shop for great deals, hidden treasures, food and more while supporting a great cause. For vendor information, contact MZ at 419-514-0203 or Linda Lee at 419-699-0396.

Shop! Sell! Support! And don't miss the fun!!

CSU DAY IN TOLEDO

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.

OFFICE SPACES FOR RENT

Several to choose from in the heart of the Warren Sherman area – corner of Franklin and Bancroft and close to the Wayman Palmer YMCA. Contact 419-509-0492 for more information

Call to place your ad:

419-243-0007

www.TheTruthToledo.com

Women of Toledo Celebrates Women Equality Day at The Mez

By Dawn Scotland
The Truth Reporter



Angie Fitzpatrick, PhD, Suzette Cowell, ThD, Ashley Bush, MSW, Councilwoman Brittany Jones, PhD

discussing women's issues.

The event explored the intricate web in which gender roles and policies affect women's personal, professional and political lives via a panel moderated by Malaika Bell, founder and lead facilitator of Mosaic Strategic Solutions, LLC. Panelists included:

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**We're here
TO DO more
to provide the
care you need**


**UTOLEDO
HEALTH**

AAUW Toledo Hosts Equity in Action Brunch on Women's Equality Day

By Dawn Scotland
The Truth Reporter

The Toledo branch of the American Association of University Women (AAUW) held its Equality in Action brunch Wednesday, August 26 from 11 a.m. to 1 p.m. at the National Museum of Great Lakes. The event was entitled *Women's Equality Day: From Progress to Equity in Action*. The morning served as a time for networking and fellowship for women and featured both a panel discussion and the branch's inaugural Presidential Empower and Elevate awards.

A room filled with women from different backgrounds, ages and disciplines joined together for brunch at the National Museum of the Great Lakes to commemorate Women's Equality Day and discuss not only how far women have come but the barriers that still exist.

Women's Equality Day commemorates the certification of the 19th Amendment in 1920, a landmark achievement following more than seven decades of organized advocacy for women's suffrage. The movement's history includes the 1848 Seneca Falls Convention, widely recognized as the first women's rights convention in the United States.

The event began with a welcome from Kate Fineske, executive director of the National Museum of the Great Lakes and AAUW Toledo president Valerie Walston. Walston is the newly-installed president of the branch and presented her inaugural Presidential Empower and Elevate Awards to the following leaders:

Betty Thomas
Heather Burton, PhD
Suzette Cowell, ThD
Mary Helen Darah
Anita Madison
Kerri Rose-Rochelle
La'Shardae Scott, DSW

The brunch featured a panel discussion that ranged from topics of mental health to physical wellbeing and more. The discussion was moderated by Lois Bingham Jordan and included panelists Kathryn Tucker (The Fractional Firm), Candice Harrison (SSOE), Rev. Gayle Catinella (Episcopal Church) and Marcia L. Dinkins, PhD, (Black Appalachian Coalition (BLAC)). The event concluded with Presidential Remarks from Watson and an Audience Q&A session.

Partners and sponsors included Assets Toledo, Pursuit Magazine, Toledo Alumnae Chapter of Delta Sigma Theta Sorority, Inc., Toledo Chapter of Charms Inc. and the Toledo Chapter of Top Ladies of Distinction. Food and refreshments were catered by Whisk Takers, LLC.

The next event hosted by the Toledo AAUW will be *Vision and Vibes AAUW Toledo Power in partnership with Her Evolution Co. and Blac Appalachian Coalition* on September 17 Time: 5:30 Location TBA.

The American Association of University Women (AAUW) empowers women and girls through advocacy, education, philanthropy and research. The nonpartisan, nonprofit organization has more than 170,000 members and supporters across the United States, as well as 1,000 local branches

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Candice Harrison speaking during the panel discussion



Valerie Simmons-Walston, ThD

