



Volume 72 No. 4

"And Ye Shall Know The Truth..."

May 4, 2022

The National Pan-Hellenic Council Plaza



Alpha Kappa



Kappas



Omegas



Phi Beta



Sigma



Zeta



Alpha



Deltas



Iotas

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Black Community, Stand Up and Take Your Place

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

The Truth Contributor

The time comes when silence [inaction] is betrayal. That time has come for us today...

- Martin Luther King Jr.



There have been seven homicides in Toledo since April 23, including the death of seven-month-old Desire Hughes. Hughes was shot while riding in the backseat of her father's car when another driver unloaded gunfire on his car at a traffic light last week.

One cannot even begin to understand the tragic death of babies caught in the crossfire of adults' dysfunction without focusing on the cold-blooded indifference of the "man or woman in the mirror."

For starters, a street mindset where violent retaliatory payback is the norm has created a toxic culture causing us to feel like strangers in our own community.

Think about it.

Where can Black people go and be safe in Toledo? Can we sit in our cars? Can we shop at the mall? Can we drive through our own neighborhoods? Can we party or socialize with friends? Can we relax at the park? Is there ANY place where Black people today can be safe in Toledo and not worry about getting caught up in somebody else's ish?

As Cicely Tyson's character Aunt Myrtle asked in Madea's Family Reunion (2006), "What happened to us? Who are you? Do you know who you are? What happened to the pride, dignity, and love and respect that we had for one another? Where did it go? And how do we get it back?"

The sad part of Toledo's pandemic of catastrophic violence is that our community leaders are silent. We are failures because we have failed to protect our community and children. We have failed to speak out, but more importantly, we have failed to act short-term or long-term.

I know that Toledo police exhibit an adversarial relationship with residents in order to exert their control over the Black community. I know that our public officials lack legitimacy and are often unworthy of our respect because of their almost nonexistent police-citizen interaction.

The truth is that police are trained to look out for themselves and generally protect each other and their brand before responding to the needs of Black people. So, I understand the perceived need to seek justice from the streets rather than from the courts.

So yes, but rather than killing each other and our children, we first need to speak up and demand that our local government leadership direct adequate resources to the structural barriers perpetuating poverty. In addition, we must also insist that government address perceived bias and ineffectiveness in police and the criminal justice system to

eliminate the desire for street or vigilante justice.

Yet, and perhaps more importantly, we as leaders and parents must take concrete steps to change the street culture's narrative – which often breeds a culture of low expectation. According to researchers, low expectations, in turn, deemphasizes the acquisition of knowledge, learning, and high reading and writing skills.

Suppose one cannot read, write, or do math far above high-school level. In that case, one is likely to be funneled into the criminal justice system early, socially and economically marginalized, purposeless, and swallowed up by the streets. The streets are often populated by those starved with unmet needs such as acceptance and status, left prone to meet those needs with counterfeit substitutes such as gang membership.

What can we do?

With Mothers' Day looming, parents can take practical but effective steps to change things.

We can take a stand by forcing our children to read. A large percentage of the young people coming into the criminal justice system are those who didn't read. Making sure that children read early pays dividends later. Make it a priority to find a high-quality afterschool program that provides a masterly literacy component, especially if they are struggling or disengaged during regular school time.

Also, make young people do some work. Assign age-appropriate tasks to children to build life skills and instill a culture of hard work. Too much privilege and thinking that the world owes them something is a recipe for trouble down the road.

In addition, recent research studies demonstrate the many benefits of regular family mealtime. Regardless of kinship structure, the crew should eat together as a family. Benefits include a lower risk of depression, decreased drug use, and an increased sense of belonging.

Finally, constant exposure to a narrative rooted in vengeance and violence, respect and retaliation, "submission and slaughter, or domination and damnation" will likely damage our young people's emotional and psychological health.

Demand accessibility to quality mental healthcare and therapy. But also, it is critical to seek out an independent Black institution that provides Afrocentric rites of passage and emphasizes other cultural knowledge.

For certain, honest, forthright and genuine solutions will not come from elected or appointed officials but from informed parents and community leaders who care deeply about the community's future.

So, Black community, Stand up and Take Your Place!

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

The Sojourner's Truth

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Fletcher Word – Publisher and Editor

Tricia Hall – Reporter
Rev. D.L. Perryman – Columnist
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Community Calendar

May 5-6

Rummage Sale, Thursday and Friday from 10-6 PM at the J. Frank Troy Senior Center, 545 Indiana Ave., Toledo, Ohio 43604, 419-255-6206 ext. 7032.

May 5-7

Kahle Senior Center Rummage Sale: Thurs 9-7; Fri 9-5; Sat 9-1

May 10

Attention All NAACP members! The Toledo Branch NAACP is back "in person" for our May meeting, Tuesday, May 10, 2022 at 7:00 pm at Jerusalem Baptist Church - 445 Dorr St. We look forward to seeing you there! We will also livestream the meeting via our Facebook page!

Does Satan Wear A Crucifix

By Lafe Tolliver, Esq

Guest Column

It is official. The Catholic Church has been duping us for centuries. All along, the Catholic Church has promulgated the image and belief that the Pope is the titular head of the Catholic Church.

For hundreds of years, we have been cultivated with the image of a person known as the Pope being the leader of hundreds of millions of Catholics around the world. We have witnessed the mercies and the graces of the Catholic Church dispensing kindness to countless others with food, clothing, medical needs, shelter and care for the less fortunate in our midst.

We have seen many Popes pray for world peace and they have strongly spoken out against such societal ills as sexism, racism, authoritarian and suppressive political regimes and other "isms" that plague or demean our relationship with one another.

We have witnessed the bold idealism of Catholic priests and courageous nuns stand against policies that hurt and harm the right of people everywhere to be valued and respected.

But until Marjorie Taylor Greene recently revealed a secret that only she knew about, I would not have imagined that it was Satan after all who was the controlling power figure in the Catholic Church and not the Pope!

Yes, the looney tunes House Rep. from a district outside of Atlanta, gave a rambling interview in which she claims that Satan is the controlling force in the Catholic Church and for those who assist or aid immigrants with basics such as food and clothing, they are the minions of Satan.

Who would have thunk that Rep. Greene, a converted evangelical Christian, would spill the beans on the Catholic Church and reveal the real power behind the Vatican!

I had no idea whatsoever that Rep. Greene was so linked in with Satan and his ways that she could speak so assertively about the ways and wiles of the Devil.

In one bold fell swoop, Rep. Greene tossed into the flames the Catholic Church and all the pretender Popes who were covering for Satan as Satan masterminded the policies of the Catholic Church.

Rep. Greene favors herself as societal pundit, who can distill in a few irrational thoughts her personal fears and dislikes in the hope that you will leave your brain at the doorstep and enter her fantasy world of conspiracy theories, space lasers and publicly brandishing AR-15 guns is a good Christian thing to do.

Of course, needless to state, when Rep. Greene was mouthing her inane comments about Satan being the head of the church, she provided no proofs, scriptures or otherwise, to even remotely justify her claim.

Rep. Greene puts out such incredible gibberish because she knows that a certain segment of the population who has undergone voluntary lobotomies, will dance and prance around her every statement as if an oracle from God.

Rep. Greene has adroitly learned to play the "us against them" con job and to engage in cultural wars; and now she has taken up the heavy mantle of informing the Catholic Church that it is indelibly stained with Satan being your master.

I can only imagine the shock and rage of Catholics everywhere waking up to the news that The Beast, The Adversary, The Devil, Lucifer, or whatever name you wish to ascribe to him, is their real boss.

Can you image the Herculean job it is going to be for the Catholic Church to now revise all their canonical literature, order of worship, prayers and creeds to accommodate Satan as their real religious leader?

How distraught millions of Catholics will be when they learn that their prayers and devotions and monetary contributions and acts of charity were in fact directed not by the Pope but by Lucifer himself!

Think about all the head scratching those Catholic theologians will be doing when they must rewrite hundreds of books because they were led to believe that the Pope, who was their earthly representative of Jesus Christ, was only a dupe of Satan.

Of course, one need not engage Rep. Greene in any theological conversations regarding her woeful lack of Biblical exegesis because that would be a fool's errand to throw your pearls before swine.

A mere cursory reading of Holy Writ would immediately trash Rep. Greene's bold face lies about Satan and the Catholic Church but that topic is for others to write books about.

Suffice to say that the GOP continues to harbor such reckless per-

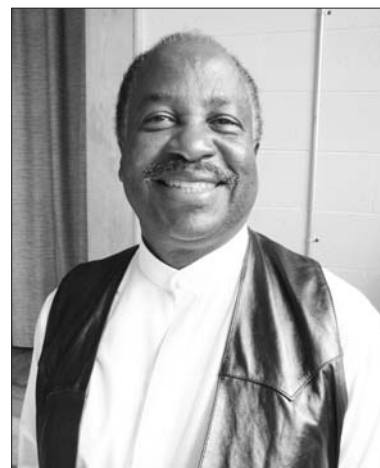
sons who speak lies to lies and they can do so because accountability from the power-hungry GOP and large swaths of the American populace merely shrug their shoulders when they hear such fabrications.

It is as if too many people are becoming immune from being outraged by such nonsense that comes from people like Rep. Greene who is crafty enough to fund raise off such lies that the minimal costs of accountability versus raising money is worth the risk of any censure.

Only time and the upcoming elections will tell the tale if the voting public is outraged by such commentary or if they will let it slide and chalk it up to politicians simply venting their bilge in the public square.

The toxic political and cultural discourse in this country has accelerated since 2016 and there are no signs of its abatement because those who need to or should run for public office stay away and the deplorables win by default.

Contact Lafe Tolliver at tolliver@juno.com



Lafe Tolliver



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It's Time to Vote in the Interest of the Black Community

By Paul Hubbard

Guest Column

Black Voters should not focus on the political party ticket, but for long term positive change in our community. Our interest is education, housing health care, building wealth, Covid, small business, jobs and food.

As Black folks we get handouts while Whites get business opportunities. We get tossed into prisons and welfare. Background checks keeps us out of jobs and housing. Gangs have become the Black family in a lot of cases because of lack of government family support.

America is governed by a two-party political system, Democrats and Republicans. The Black vote has sometimes decided which party will be in office to govern.

When we vote in numbers as we did for Obama the Democrats win. We didn't come out for Hillary Clinton and the Republicans (Trump) won. The left wing, right wing, Hispanics, Middle Easterners, rich people all vote in their self-interest. Black people need to start voting and using political pressure for our self-Community Interest.



Paul Hubbard

There is a new voting block of liberal White educated Women who are pushing for public policy that favor their interests. Hispanics who were 70 percent Democratic are now often much less than that

Democrats and Republicans are pushing both parties in their interest. In America there is a growing contempt for influence from the far left. They talk a good game on diversity, and the struggles of Black folks in their ads and talking points. They actually give our community very little except a "Good Feeling." They are good at wordsmithing.

A few Democrats joined Republicans to squash voting rights and police reforms. A few Republicans joined Democrats to elect the first Black Female to the US Supreme Court (Judge Ketanji Brown Jackson).

The 2022 Urban League "State of Black America" poll showed the majority of Black Americans feel their vote counts. The poll also said that Black Folks don't feel either party is doing enough to strengthen Black community's interests. America cannot piecemeal its way out of the Black problems that are stated above.

Black folks, let's use our Black vote to put pressure on both parties to pass legislation that benefits our Black community.

No White People Before The 1600s

By Don Lynn

Guest Column

When the first Africans arrived in Virginia in 1619 there were no people who were called "White people" there nor, according to the colonial records, would there be for another 60 years - Theodore Allen, American scholar, writer and activist.

There's a perception being white is working for all people who call them-

selves white. White people, it's a scam!!

The history of this continent began with the arrival of numerous indigenous culture around 15,000 BCE. The arrival of Christopher Columbus in 1492 started the European colonization of the Americas. In 1776, in Philadelphia the Continental Congress declared the independence of the colonies and titled them the United States.

Not long after Europeans on the East Coast of North America and the Caribbean Islands they found themselves rich in land but desperate for labor to work the land. The answer was "BOND LABOR" importation.

Initially the Bond terms, of convicts - Scotch-Irish or African laborers - was a set period of time at the end of which they would received "bond Money" and their freedom in this new land.

The people established themselves as a mixed race, free peasantry of the new world. The free blacks of early American history were families of free African bond labors.

As the American peasantry became difficult to govern, periodically rising

... continued on page 10



Don Lynn

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Dorr Street Coalition Holds Elected Officials Accountable

By Tricia Hall

The Truth Reporter

The Dorrr Street Coalition hold a community conversation on Monday, April 18, that invited Sandy Spang, the former Mott Branch Library's new owner and Tom Gibbons to address community concerns that impact Dorrr Street. The discussion was held at Jerusalem Baptist Church.

Once the meeting opened, the first topic on the agenda was the request for information process that led to the sale of the former Mott Branch Library to Compassion Health. Sandy Spang, City of Toledo Commissioner of Business Services opened this portion of the conversation. The City of Toledo had opened a request for proposals to select a nonprofit that would eventually purchase the former Mott Branch Library. According to sources from previous Dorrr Street meetings, the applications were reviewed and the approval recommendations shared with Toledo City Council, which were ultimately confirmed. The application and approval process has become controversial in the past few weeks.

"I have tried to call you several times. I have a nonprofit that was going to buy the building because I thought it was going to be a cash sale," shared Larry Sykes, former city councilman.

"I want to speak on and correct some matters about Mott Branch. We started talking about the new Mott Branch while we were inside the old Mott Branch, this happened back in 2016 not in 2019. There wasn't a public meeting or publications, but it was myself, Yvonne Harper and Tyrone Riley. Let's keep the facts straight," explained Theresa Gabriel, former City Council member.

"This is a concern. Anytime that the city has a transaction, we must have a meeting with the current residents of Dorrr Street. We need to ask them, is this what you want in your community. We missed the mark on this. When this was presented to City Council, I voted no, because we did not have a conversation with the community. Now, here we are back-peddling and trying to fix it. We got to do better. City Council knew when we voted to fix the Frederick Douglass Center, that they wanted to have a medical facility within the Center," shared Cerssandra McPherson, current City Council member.

"The building is in excellent condition, Compassion Health committed to invest \$500,000 and the application was evaluated by the committee. I'm sure that there were conversations before 2019, but the former Mott Branch Library was received by an ordinance in 2019. The RFP was transparent and public, because anyone could participate," shared Spang.

The second portion of the community conversation invited Anne Ruch, PhD, CEO of Commission Health Toledo to publicly address the community following the controversy surround the former Mott Branch Library RFP process. Compassion Health Toledo has operated at 1638 Broadway Street as a nonprofit for five years.

"I see and hear your pain. I emphasis with you. I worked for ProMedica a lot of years ago and it bothered me when I would hear the person answering the phone ask about insurance, as their first question. I work with pregnant women, and would hear them say, 'call back when you have insurance.' Women in this community, black women and poor women need access to care. Got put it on my heart because I knew it wasn't right. I wanted to stand



up, so I purchased the building on Broadway about five years ago. Everyone that works at that location, see their job as a ministry. Either they aren't paid or paid very little. I saw the request for proposals in the Blade and people even called me and said that I was doing good work. I applied and was surprised when the committee wanted to talk to me and next thing I knew, we got it," shared Ruch.

"Would Compassion Health consider creating an urgent care or doing right by the Frederick Douglass Center to create an urgent care. That's what this neighborhood is missing," asked David Ross.

"My experience is that urgent care doesn't provide good care, but in reference to the Frederick Douglass, I would be thrilled to work with anybody. In reference to the radio station, when we sent in our proposal to the committee, we had an architect render drawings. Deborah and her group also had an architect too, but we both wanted to use the same areas of the building. When Sandy Spang called me and said that there was a strong recommendation that we include the radio station. I said, 'would love to.' The problem happened when both of us wanted to use the same space," explained Ruch.

The final portion of the community conversation focused on the newly approved Dollar General on the corner of Dorrr and Upton.

"The process of the Dollar General began back in 2017, when the area was rezoned. In 2021, Dollar General wanted to place a store location there which was considered a minor site planning review. The code doesn't require a public hearing but we had a public hearing on August 12, 2021. Notices were sent to 20 individuals, plus a sign was posted. No one showed up to the meeting," explained Thomas Gibbons, director of Plan Commission.

"On May 8, 2020, Councilman Riley had a moratorium on Dollar Stores, because they wanted to build one on the old St. Theresa site. The word got back to him and he partnered with Councilwoman Harper to find out why were they coming in the community. The St. Theresa site was blocked be-

... continued on page 10

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New Directions, New Places, TARTA Next

By Fletcher Word

Sojourner's Truth Editor

In the November 2021 general election, the Toledo Area Regional Transit Authority (TARTA) finally received authorization from Lucas County voters to switch its local funding model from the outmoded property tax to a sales tax not only changing the funding stream but also increasing the amount of revenue TARTA can anticipate in upcoming years.

That increase in revenue, notes Laura Koprowski, TARTA CEO, will enable the transit system to expand services, to increase the quality of its services, to replace an aging fleet and thereby attract many more riders and thereby help Toledo become a more attractive location for businesses and individuals seeking to relocate to this area.

"Investments like this are an economic development vehicle," says Koprowski. "Transit systems can be so compelling for businesses and talent who want to locate here."

The passage of the sales tax levy, a .05 percent addition to the current tax, will bring in approximately \$30 million, according to estimates, compared to the current \$13 million the property tax brings to TARTA. Part of that increase in revenues is due to the fact that the service area will be expanded to all of Lucas County, instead of the restricted area in which property taxes have been collected up to now.

The sales tax started April 1 and the property tax levy ended January 1, although property owners will see the last property tax installment collected in July.

The success of the November 2021 TARTA ballot levy followed years of frustration as the transit system attempted to switch the local funding stream since revenues from property taxes had decreased by \$6 million over the past several decades.

Four times, TARTA attempted to get the change before the voters only to be stymied by elected officials in suburban towns who would not let the initiative appear on the ballot. Per state law, that approval had to be unanimous. Finally, the state changed the unanimity requirement to a simple majority.



Laura Koprowski with the new TARTA bus stop signs

"We have opened doors," says Koprowski explaining that the increased fares and service areas will open up opportunities for jobs, for education, for the improvement of work skills. "Transit is a great equalizer as well."

What's next is TARTA Next, a plan for the future that will expand and improve the transit experience for area riders. That vision includes redesigned bus services; expanded and easier service and the creation of mobility opportunities. The plans for the future have been guided by ongoing community input.

TARTA Next envisions improving and expanding service on several fronts. First, of course, there are the fixed routes, those routes that are "ideal for dense population areas," says Koprowski. TARTA is looking at ways to improve such routes where they already exist and include fixed routes in densely populated areas not currently served, such as Springfield and Oregon.

Paratransit service will also be expanded to the fixed route bus services and the vehicles redesigned and replaced.

TARTA will be adding a microtransit plan – new curb-to-curb on demand service within less densely populated zones. Microtransit vehicles, which will be available much like Uber or Lyft, will connect riders to TARTA bus service.

New connecting points will be established where fixed route buses and intersect with microtransit vehicles and, finally, TARTA will be integrating transit services of multiple types – such as bike/car share, car pools and scooters to have comprehensive travel service throughout the service area.

This view of the future arrives at an interesting time for TARTA and the community at large as the more than two-year long pandemic appears to be waning. TARTA reacted to COVID-19 by maintaining a limited service as they adjusted to the limited demand, eliminating fares, requiring social distancing and masks.

"I'm really proud of the TARTA Board of Trustees," says Koprowski. "They aligned with the staff recommendations and we remained fare free."

TARTA also never lost a front-line employee to COVID, she adds. "And as we brought back service, employees stayed with us."

2022 appears to be a big year for TARTA and its riders – seven-day service was restored in March; in addition to the sales tax, there new federal grants coming to the tune of \$16 million; 36 new vehicles will arrive (among them 12 new TARPS vehicles) and a technology boom is around the corner – software upgrades for real-time data collection, automatic passenger counters, fareboxes.

TARTA riders, says Koprowski, will be experiencing a total upgrade in service. "Those who are transit dependent deserve a clean, dependable system," she says.

The Truth

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Local Dems Call for Fair Maps

Sojourner's Truth Staff

Last week, local Democrats held a press conference to express their dismay at the failure of the Ohio Redistricting Commissioners to so far meet and fulfill their constitutional duty to produce constitutional state legislative maps.

The Ohio Supreme Court has rejected the maps drawn up by the Commission and has ordered a fourth map to be submitted by May 6. The process, which takes place every 10 years, has changed during this cycle due to decisions by the voters in Ohio in 2015 and 2018 creating a commission to redraw districts based on the current General Assembly party seats rather than attempting to increase the dominant party's majority.

State Reps. Lisa Sobecki and Paula Hicks-Hudson, Lucas County Commissioner Pete Gerken, state representative candidates Elgin Rogers and Erika White and spokesman for UAW Local 5242 Emilio Ramirez all pointed to the uncertainty and waste of taxpayers' money the Redistricting Commission has engendered by repeatedly drawing maps that the Ohio Supreme Court has repeatedly struck down as unconstitutional.

"Ohioans have a right to fair elections," said Sobecki leading off the press conference. "The state has been ordered to do so by May 6 but they are wasting taxpayers' dollars."

Sobecki, using a dollar chart, estimated that the delays and repeat elections – a second primary will be held in August, it is estimated by election officials – will cost Ohioans more than \$37 million before this election season has run its course.

"I can think of many other ways we could be spending \$37 million," said Sobecki. "That money could go to public schools, to mental health, a variety of things."

"It's a waste of democracy," said Gerken holding a "wanted" poster featuring five of the state's leading Republican elected officials. "When the lawless become the lawmakers, democracy is in trouble. The arro-

gance, the lawlessness.... It's a violation of the laws of the state. Every voted who thinks he's getting a fair shot is being robbed."

Hicks Hudson emphasized the things that Ohioans can do to move the process along – "This fight has been going on for years and years," she said of the struggle so many Democrats have waged to increase the ease and accessibility of the voting process to as many voters as possible.

Hicks Hudson encouraged interested parties to join actions to demonstrate the unfairness of the maps the Commission keeps drawing, to sign on to a letter at equaldistricts.com.



Commissioner Pete Gerken



State Rep Paula Hicks-Hudson addresses the fair maps issue



Emilio Ramirez and State Rep Lisa Sobecki



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University of Toledo National Pan-Hellenic Council Ceremony

By Tricia Hall

The Truth Reporter

The University of Toledo unveiled the National Pan-Hellenic Council (NPHC) Plaza during a ribbon cutting ceremony on Sunday, May 1, 2022.

"Thank you for joining us in this beautiful place. I'm personally honored to be a part of this occasion," shared Al Baker, UT board president.

"We worked long and hard to get to this point. This space is about giving us representation and education on the rich history of these great organizations," shared Sheree Madison-Emery, University of Toledo Coordinator for Fraternity & Sorority Life.

The plaza is located just steps from the Greek Housing Village and features all nine historic black organizations that comprise the NPHC. Construction began on the plaza just last spring and now there are nine plaques for each of organizations. The plaque includes the name of the individuals who chartered the UT chapter and organization's name.

"Doors of the future are open to those who know how to push them. This

... continued on page 9



Alex Zernechel - UT Assoc Director for Student Involvement and Fraternity and Sorority Life



AKA unveiling



Alpha Phi Alpha, Inc unveiling



Delta Theta Sigma Sorority unveiling

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TARTA
TAKING YOU PLACES

University of Toledo... continued from page 8

space will have a major impact on current and future generations of NPHC members. We now officially have a place on this campus that represents us, a place that lets everyone know that we are here and doing great work on this campus," shared Danielle Johnson, president of UT NPHC and member of Zeta Phi Beta Sorority, Incorporated.

"Over the years, we watched the process start and stop under different presidents, but President Postel vowed support for this project and even organized a Day-of-Giving. He helped to make this happen. We wanted a place that represented us," explained Jersey McClendon, UT senior and member of Iota Phi Theta Fraternity, Incorporated.

"There organizations, their members and their alumni have historically not been recognized as broadly on campus as the other Greek organizations. The new plaza is a powerful way of saying these students belong here and it serves as a recognition of the good work we do both on campus and in our community. I'd like to thank President Postel for his support in positioning UToledo as a leader in creating this space for the National Pan-Hellenic Council Plaza on our campus," shared Sammy Spann, PhD, University of Toledo Interim Senior Associate Vice President of Student Affairs and Dean of Students.

The nine organizations that are known as NPHC are: Alpha Phi Alpha Fraternity, Alpha Kappa Alpha Sorority, Omega Psi Phi Fraternity, Kappa Alpha Psi Fraternity, Delta Sigma Theta Sorority, Phi Beta Sigma Fraternity, Zeta Phi Beta Sorority, Sigma Gamma Rho Sorority, and Iota Phi Theta Fraternity. The university currently has all nine organizations active on the campus.



Official Ribbon cutting with NPHC presidents



Iotas unveiling



Kappa Alpha Psi Fraternity unveiling



Omegas unveiling



Phi Beta Sigma unveiling



Sheree Madison-Emery - UT Coordinator of Fraternity and Sorority Life



Zetas unveiling



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AGENDA

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Fresh Herbs for Health

By Patrice Powers-Baker, OSU Extension, Lucas County

The Truth Contributor

Herbs are often offered as a solution to limit salt in the diet. For example, dried herbs can be a good substitute for salt to add flavor to foods without adding extra sodium. The 2015–2020 Dietary Guidelines for Americans states that 90 percent of Americans are consuming too much sodium each day.

Most of the sodium in the US diet is from salt added during commercial food processing. One first step to reducing sodium, whether eating out or making your own meals, is to make sure you taste your food before shaking salt on it.

Although there is nothing wrong with using dried herbs, make sure to check the labels of spice blends to make sure they are herbs and not a salt blend. For example, salt is often the first ingredient (therefore the most common ingredient) listed for lemon pepper. While dried herbs can add flavor to food, it's a great time to think about adding fresh herbs to your favorite recipes. Not only are fresh herbs accessible at farm markets but they are also easy to grow in a small garden or even containers.

If you have recipes that call for dried herbs, it's not too hard to substitute with fresh herbs. A general guideline for substituting fresh for dried herbs in a recipe is to use three times as much fresh herbs compared to the dried herbs. The intensity of the flavor of the dried herbs is much stronger. So, if a recipe calls for one teaspoon of dried basil, use three teaspoons of fresh basil.

Fresh herbs will add not only flavor but also additional nutrients. To really add more vitamins and nutrients, think of herbs as an abundant ingredient, and not just a seasoning. If they are only being used for some added flavor or color, in small amounts, they don't add too many extra nutrients. But if they are being used as a main ingredient in a recipe, they add extra nutrients.

Herbs are plants, like vegetables. We often use the leaves of an herb and sometimes the stems. In some cases, we use different parts of the plant like the leaves for cilantro and seeds for coriander of the same plant. Using fresh herbs in large amounts in a recipe is similar to adding other leafy greens like lettuce, spinach or mustard. Fresh herbs contain vitamins A, C and K. Many herb plants also contain polyphenols. Polyphenols are plant compounds that have both antioxidant and anti-inflammatory capabilities.

The following are examples of dishes that use generous amounts of herbs as ingredients:

- Pesto is a condiment or sauce that traditionally uses sweet basil but can be made with many other leafy herbs or vegetables
- Tabbouleh and Fattoush are both salads that use a lot of fresh parsley
- Add a handful of fresh herbs to cooked greens or to fresh lettuce or spinach salad
- Add a generous handful of chopped, fresh herbs into cold potato and pasta salads or top a hot or cold soup

Culinary herbs to use in recipes are among the easiest edible plants to grow! All plants need soil, water and sunlight. Most herbs do best in well-drained soils with full sun. Herbs do not do well if overfertilized. Many herbs grow well in containers. If you are interested in growing herbs in the garden or windowsill a few things are important to know.

First, is the herb an annual (must be planted each year and will not survive the winter) or a perennial (comes back each spring). If you want to grow perennials you will need a space where they can come up again each year. Some common annual herbs include dill, basil, rosemary, and cilantro. Some common perennial herbs are sage, chives, and oregano. Some herbs, like mint and lemon balm are easy to grow but they can also spread really fast in the ground. They do better in a container so they don't spread across your yard.

Many annual herbs prefer a little warmer weather and do best after the last frost. On average, the last frost in Northwest Ohio is around the middle of May. Some grow fast by seed like cilantro and others, like basil should be purchased as a plant. It's a good time of year to find plants at local greenhouses and farmers markets.

Seeds and plants can also be found at large grocery stores. SNAP benefits, used to help buy healthy food can also be used to buy seeds and plants to grow for food. If you have any gardening questions, the OSU Extension has a horticulture hotline every Monday and Wednesday from 10am – 1pm at 419-578-6783.

Information from Ohio State University Extension, Michigan State University Extension, Penn State Extension, Oklahoma State University Extension, and University of Delaware Cooperative Extension.

Dorr Street... continued from page 5

cause the community was aware and got involved. I don't know how this happened, but Dorris and Upton was kept secret. You can call it what you want, but it doesn't take a rocket scientist to figure out, that they didn't want to the community to know. So, we don't have a repeat of Dorris and Smead. A moratorium was from May to December in 2020, four new council members were brought on and three months later this moratorium expired. I serve District 1, no one mentioned this to me. We were never alerted to anything. We got new councilmembers on deck that don't know nothing, let's slip everything past them. Now this comes up. Nothing was said. Friday and Saturday, my phone is going crazy, people asking me how do you not know what's going on in your district. I'm making phone calls and no one knows what is going on. This is not about you, Mr. Gibbons, you've been nothing but kind to me. But now that a store is going up next to another store, now they want to keep up aware," explained John Hobbs III, City of Toledo District 1 councilman.

For information about the Dorris Street Coalition, contact Suzette Cowell, founder and CEO of Toledo Urban Federal Credit Union.

No White Men... continued from page 4

up in riot or rebellion light skinned and dark skinned together. Read John Brown's Harpers Ferry. The political leaders of Virginia struck upon a plan to all problems which plagues us to this day.

The Virginia political leaders legislated a new class of people into existence :the Whites. They gave the whites certain rights and took other rights from Blacks. White as a language of race, appears in Virginia around the 1680 and seems to first appear in law about 1691. And this whiteness, and to a degree blackness, was born in the mind of America.

As of the 18th century whites could not be permanently enslaved as they sometimes had been before, black slaves could never work their way to freedom. The whites were told God made blacks inferior to whites, just as the whites were inferior to the superior class, (kings, white plantation owners, corporations, governments, Royal families, etc..

White is a political and economic category. Only Black people can't put down white on a census role. Correct me if I'm wrong?

What lessons can you take from this info: Seek who's behind "The Power Structure-system". Take note, I Didn't say "White power Structure-system". Info. from:

Quinn Norton essay - How White People Got Made

Wikipedia- History of the united states

Oweso (Don Lynn) contact: toledodonald@bex.net

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A Mental Health Moment

The Wise Mind

By Bernadette Joy Graham, MA, LPCC, NCC, CCHt

Licensed Mental Health Therapist

The Truth Contributor

Every day decisions are necessary. Some are about finite responsibilities such as what time to get up, to be to work or school on time or budgeting your finances to ensure you can pay your rent or mortgage.

Other decisions are based on emotions and, depending upon those emotions, the destiny of our life is often at risk. For example, when we lose a loved one, we grieve which includes heartfelt pain, difficulty concentrating, anger and so forth.

So many decisions are to be made often in the three days one's employer will give for time off for grief and honestly not nearly enough time to make solid decisions but let's save that for another discussion. Bottom line, death is costly and whatever price a funeral home sets in front of us, most will often just agree because their emotions have over taken logic, their heart burns in pain and at that time putting up your house just to cover a funeral expense makes perfectly good sense.

If you have been staying abreast of the local news on the increase in crime to include homicides in the area, I believe we can all agree that yes they are all senseless. We think to ourselves "why would someone do that, why are people shooting each other over reasons that aren't any reason at all except for the fact that obviously emotions were involved?"

We can make bad decisions based on our emotions which happen in a split second and someone's life is gone or created, another's life hangs in the ropes of the courts with years of their free life taken for committing the crime, and if any of these individuals had children, that is just another layer of innocent human beings who, through no choice of their own, are now responsible for understanding the emotions of having their future determined by others and living the remainder of their lives wondering "why?" and "what if things had gone differently?"

We all have emotions and we all have to make decisions and, at times, very quick decisions. Dialectical Behavioral Therapy (DBT) is an intervention often used in psychotherapy when helping clients with decision making skills. It uses the concept of a reasonable, wise, and emotional mind to describe a person's behaviors and thoughts.

The reasonable mind is driven by logic, the emotional mind is driven by feelings. The wise mind is the middle-ground between the two. The wise



... continued on page 12

Dear Ryan

By Ryan Rollison

The Truth Contributor

Dear Ryan,

I have been working my abs a lot since February and they just don't seem to be getting much better. I see a little bit of a difference but not as much as I think I should for as long as I have been working them. Any advice for me? I am desperate now that summer is about here.



Dear Ab Worker,

If you are doing ab work and are not seeing any results, it's your nutrition. You could stop doing sit ups or crunches and clean up your eating and your results will come faster. The trick to a beautiful six pack is good, solid and consistent nutrition!

Pause, back up and read that again. When you do your ab work you are working the midsection but you are not burning the fat in that specific area. A good six pack comes from the absence of body fat, not from the constant work of the area.

There is NO SUCH THING AS SPOT REDUCTION! You cannot make your body burn fat in one area just by working it. Your body burns fat all over and there is no way to control where you burn it from.

There is no machine or specific routine that is going to give you a six pack. If you do it for just five minutes a day for five weeks. You can forget about the magic pill everyone tries to sell you so that you can have that six-pack. Or even all the Instagram, Tic Tok, Facebook posts telling you to do "these" ab exercises for your six pack.

It infuriates me that these so-called professionals don't touch on nutrition at all and claim that these exercises will get you ready for summer in six weeks.

Don't get me wrong, there are some supplements that do help you to burn body fat but it's just an extra push not a solution to the fat storage problem. You need to be more conscious about what you are eating so that your body burns fat and not gains it.

You want to feed the muscle and starve the fat throughout your day. This comes from a higher protein, lower carb, no sugar eating plan and a good muscle stimulation calorie burning regimen.

Notice I said lower carb not NO carb. A lot of people eat the wrong proteins when trying to eat like this. You want to consume lean cuts of meat such as; chicken breast, turkey breast, sirloins, tops, rounds (beef <10% fats) and protein drinks.

Make protein 50-60 percent of your meals, all five of them. You do not

...continued on page 13

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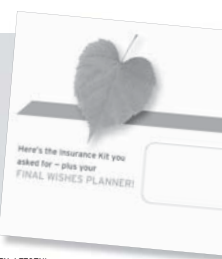
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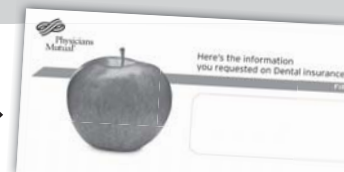
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Wilberforce University: A Proud and Illustrious History

By *Elfred Anthony Pinkard, PhD, 22nd President of Wilberforce University*

Special to The Truth

On May 7, 2022, Wilberforce University will hold its 166th Commencement, an occasion when the university community will celebrate the graduating class. It is also a solemn ceremony when our graduates are reminded of the magnificence of this venerable institution that will become their alma mater.

Wilberforce University stands at the front of history in the making of a community of precious institutions we call HBCUs. At the height of its influence, Wilberforce was an institution of sterling reputation and noteworthy achievement and the most revered, respected and accomplished African Americans stood on its grounds to study, work and contribute to the uplift of their communities and this nation.

Wilberforce has a proud and illustrious history that is shared by few other institutions. None can legitimately claim a place in the history of higher education for African Americans comparable to Wilberforce University. In 1856, no other institution established for the education of African Americans bore university behind its name, only Wilberforce University did.

Our beginning was audacious and demonstrated the willingness of our founders to determine their fate and future in a nation that disregarded them. They imagined a university where none like it had existed. They were unafraid to disrupt the prevailing status quo and their vision for themselves and their descendants exists to this day, 166 years later.

Today, we are proud of our history and excited about our future. We are delighted to share that probation accreditation was lifted last fall and we are operating in full compliance with our governing body, the Higher Learning Commission (HLC). Our fiscal strength is noteworthy, the university has balanced

fiscal for 2022 and our CFI score, a financial indicator of the fiscal strength of an institution is currently 2.88 with 3.0 being the highest score attainable. Since 2017, the university reduced its debt and liabilities by 67% - assisted by a \$22 million debt forgiveness from the U. S. Department of Education.

This administration, led by President Elfred Anthony Pinkard, paid with interest, outstanding pension benefits of more than \$520,000 to the former labor union, Wilberforce University Faculty Association (WUFA). We have garnered financial support from Penn National Gaming, Dominion Energy, JP Morgan Chase, Vista Corp and MasterCard and national attention from the BeyGood and Kanye West Foundations.

A newly established Premier Health-Wilberforce University Student Health Center is designed for our students and has expanded health care and wellness services to the entire campus community. Partnerships with the Coles School of Business at Kennesaw State University, the Department of Homeland Security, CompTech, the Dayton Job Corps and the Office of Ohioans for Disabilities, create jobs, internships and occasioned a focused conversation about reimagining the academic curriculum and program offerings.

We have developed a partnership with the Ohio State University School of Engineering to submit a collaborative proposal to Intel for capacity building in STEM.

An exciting agreement with the Cincinnati Reds will bring baseball back to the university in the fall after an eight-decade hiatus. We are excited to welcome a new marching band and the return of the University choir.

We are a university community committed to high performance, operational efficiency, and fiscal responsibility. Our students are offered academic and student engagement experiences that will prepare them to be agents of social change and thought leaders. We invite your support as we continue to grow. From the audacity of our founders, we have pushed forward with tenacity shaped by a powerful legacy. We are Wilberforce University, an institution that is fearlessly embracing a vital, and sustainable future.

Mental Health Moment... continued from page 11

mind is the part that overlaps logic and emotion. Take a mental health moment and reflect on times in your life when you could have fared better using your wise mind. Moving forward, utilize your wise mind as much as possible. A wise mind can save lives, allow children to grow into healthy parented adults, decrease the crime rate and so much more. Remember to *Get Your Mind Right*...and you can start by focusing on your wise mind when making the many decisions of your life.



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Grief is Love: Living with Loss by Marisa Renee Lee

By Terri Schlichenmeyer

The Truth Contributor

It happened so fast.

One minute, your loved one was talking, laughing, alive – and the next minute they were gone, as if a thick line were drawn somewhere between life and not-life. Even if you had time to prepare, time to get used to their impending death, it happened too fast.

You have to continue without them... but how? In the new book *Grief is Love* by Marisa Renee Lee, you'll see what may be next for you.

So you've recently lost someone and the fog has yet to lift. You're in disbelief and your closest companion is grief, which Lee describes as "the experience of navigating your loss, figuring out how to deal with the absence of your loved one forever" while still refusing to live without the love of the one you've lost.

Lee says that she was "a strong Black woman, a type-A striver" in the aftermath of her mother's death, and she thought she had to stuff her feelings aside and bounce back quickly. She didn't give herself a chance to understand her emotions, including guilt and anger, and tamping them down just made things worse. She came to realize that she needed permission to grieve and feel, in a manner that seemed right to her.

She also needed to find a place, physically or emotionally, where she felt safe to grieve. That, she says, is particularly difficult for Black people and for men in general who may have issues with vulnerability.

She learned that grief is not a timeline or a should-anything; it can be a life-long process that can come back to surprise you, even at the most inopportune times. Anxiety, depression, and mental illness may hit you when you grieve, too; so can deep, fierce anger, as Lee learned.

Don't be afraid, she says, to reach out to people you can trust to help you carry your burden. Also, don't be afraid to set boundaries when needed. And finally, remember that you will be changed by someone's death because "You

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are their mark on this world."

You are their legacy.

More than 6,000 people die in the U.S. every day. You're only concerned with one of them. Grief is Love helps you to endure.

It may take a little double-checking, though. Author Marisa Renee Lee uses so much of her own experiences in this book that help for grieving readers may not initially feel as forthcoming as you may wish it would be. Even so, there's much to glean inside her tales because she's honest about her journey, her various feelings, and the bumps along the road. Readers who are deep in the throes of grief will also be greatly comforted by her assertion that your person died but the love you shared never will.

Lee reminds readers that joy will eventually come by again and that seems more like a promise than anything, which is all you may need from a book like this. For you, Grief is Love is right for when the worst thing happened.



Grief is Love author CREDIT David Needleman

Dear Ryan... continued from page 11

need more than 25 gm of active carbohydrates per meal, unless you have a physically demanding job.. Water is also a key factor in burning fat. It helps with protein synthesis, hydrates the cells so they function properly, helps with the skin, raises your metabolism and helps to burn and flush fat.

I suggest you add sprints to your workouts. They are an excellent way to burn body fat and give you great muscle tone at the same time. You don't have to run far, just do 30 yards to start out with the go up to 40 then 50 yards. Do five to 10 sprints after you weight train to help you burn more calories and harden up. Sprints work your legs, butt, abs and lower back.

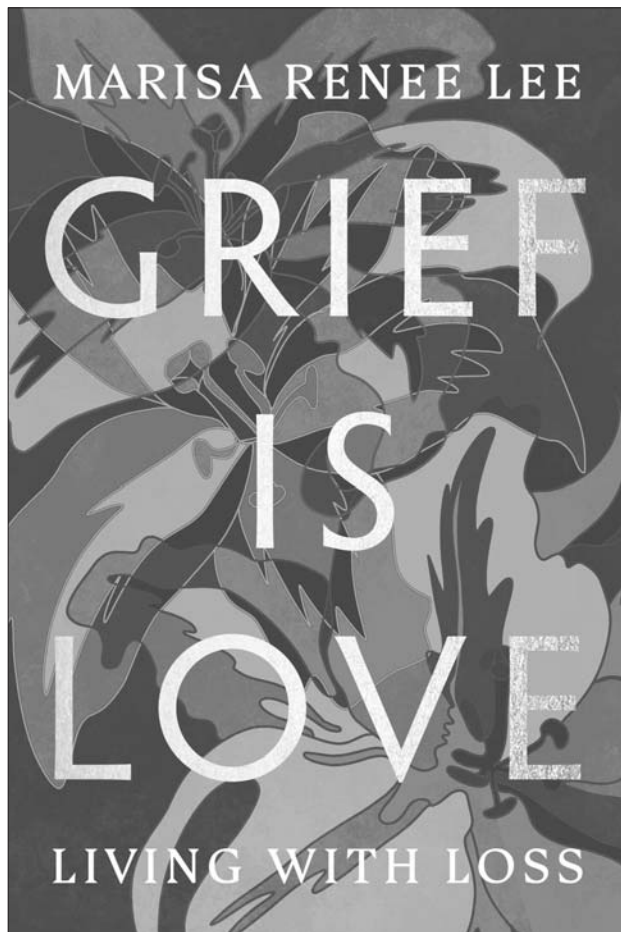
Remember to be as conscious of your eating as you are of your training. Good luck and great health to you all.

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REQUEST FOR PROPOSALS

The Mental Health & Recovery Services Board (MHRSB) of Lucas County invites proposals from interested parties with expertise in performing assessment and research along with the ability to work collaboratively with MHRSB Staff to discern how the organization's internal services are currently being delivered by evaluating its existing business processes, the technology supporting them, and how data flows throughout the organization. This discovery process will be a key component in the development of the organization's digital transformation. Proposals are to be delivered no later than 5:00 p.m. ET on May 30, 2022. All questions should be submitted to sspinelli@lcmhsb.oh.gov by May 8, 2022. Details regarding the project deliverables and submission criteria are located on the MHRSB website at: <http://www.lcmhsb.oh.gov/publicnotice/>.



LUCAS COUNTY
Land Bank

REAL ESTATE MANAGER

The Lucas County Land Bank is looking for a capable and talented Real Estate Manager to join our team! The Real Estate Manager oversees all maintenance associated with properties the Land Bank owns – including vacant lots, residential homes, and commercial buildings. This mostly office-based work involves coordinating inspections, contractors, and services in light of the Land Bank's goals for the property and the goals of the neighborhood.

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The Lucas County Land Bank is a non-profit organization working to build and strengthen our community's neighborhoods. Since our founding 11 years ago, the Land Bank and its energetic staff have renovated 800 abandoned properties, demolished thousands of blighted buildings, and increased the value of tens of thousands of properties in our community.

To learn more and to apply, visit <https://LucasCountyLandBank.org/about/jobs>

The Lucas County Land Bank is an equal opportunity employer.

INVITATION TO BID

The Metropolitan Park District of the Toledo Area is conducting a competitive, comprehensive Invitation to Bid (ITB) process to retain ONE (1) General Contractor for district-wide HVAC and backflow device preventative/corrective maintenance.

SEALED PROPOSALS for bidding on the Metroparks Toledo District-Wide HVAC and Backflow Device Preventative/Corrective Maintenance will be received; opened; and read aloud at the Metropolitan Park District of the Toledo Area, Fallen Timbers Field Office, 6101 Fallen Timbers Lane, Maumee, Ohio 43537 on **Wednesday, May 18, 2022 at 12:00 p.m.** local time. Bids received after that date/time will be marked late and will receive no consideration for selection to provide the specified services.

THE SCOPE OF WORK consists of furnishing qualified and licensed professional services, equipment, labor and materials necessary to provide preventative/corrective maintenance services and repairs for HVAC units and backflow prevention devices at Metropark buildings and facilities located throughout Lucas County. The term of the Contract will be for one (1) year, fixed pricing, with the option for two (2) additional one (1) year terms.

Bidders may obtain copies of plans, specifications, contract documents, plan-holder's list, or additional information by contacting Nate Ramsey @ 419-407-9775, nate.ramsey@metroparkstoledo.com.

No bidder may withdraw its bid within thirty (30) days after the actual date of the opening thereof.

THE BOARD OF PARK COMMISSIONERS OF THE METROPOLITAN PARK DISTRICT OF THE TOLEDO AREA reserves the right to reject any or all bids, and to waive any informality in bidding.

By order of the Board of Park Commissioners
METROPOLITAN PARK DISTRICT OF THE TOLEDO AREA
David D. Zenk, Director

LEGAL NOTICE TO BIDDERS

**Toledo Lucas County Public Library
Roof Replacement for Maumee Branch Library**

Sealed proposals will be received at the main Toledo Lucas County Public Library, 325 N. Michigan St., Toledo, Ohio, 43604 (Dispatch Office addressed to the Fiscal Officer) until May 17, 2022, 12:00 P.M. to be opened immediately thereafter for furnishing the necessary labor, equipment, tools and materials for the roof replacement at Maumee Branch Library.

Copies of the bid and contract documents including instructions to bidders and specifications may be obtained, upon deposit of \$25.00 (twenty-five dollars) in cash or check for each set, from the office of Buehrer Group Architecture & Engineering, Inc.; 314 Conant Street, Maumee, Ohio 43537. Electronic documents are available at no cost. **NOTE: CASH DEPOSITS WILL NOT BE REFUNDED. If within ten (10) days after the opening of bids,** documents are returned undamaged, deposits **paid by check** will be fully refunded. The bid and contract documents shall be on file, for inspection, at the office of Buehrer Group Architecture & Engineering, Inc. 314 Conant Street, Maumee, OH 43537.

Each bid shall be accompanied by a Bid Guarantee and Contract Bond in the amount of 100% of the bid; or a certified check; cashier's check or letter of credit in the amount of 10% of the bid which will require a 100% Performance Bond upon award of the contract. All bids shall be submitted on forms of proposal supplied by the Architect. All bidders, by bidding, agree to pay wages not less than the minimum as determined by the State of Ohio, Department of Industrial Relations, and agree to comply with Executive Order No. 11246 of the President of the United States.

The Board of Trustees, Toledo Lucas County Public Library reserves the right to reject any or all bids and to waive any irregularities in bidding. No Bidder may withdraw his or her bid for a period of sixty (60) days after bid opening.

A voluntary pre-bid meeting will be held at 3:00 pm local time, on May 3, 2022, at the Maumee Branch Library, 501 River Road, Maumee, Ohio 43537.

By order of the Board of Trustees, Toledo Lucas County Public Library.

**PUBLIC BID ADVERTISEMENT (ELECTRONIC BIDDING)
STATE OF OHIO STANDARD FORMS AND DOCUMENTS**

Project #5006-22-1898

Dana Cancer Center Pharmacy Renovation
The University of Toledo
Lucas County

Bids Due: 2:00pm, May 24, 2022; through the State's electronic bidding system at: <https://bidexpress.com>

EDGE Participation Goal: 15.0% of contract
Domestic steel use is required per ORC 153.011.

Contract Estimated Cost
General Contract \$405,000.00

Pre-bid Meeting: May 10, 2022, 10:00am, Plant Operations Building - Room 1000, The University of Toledo, 1135 East Rocket Drive, Toledo OH 43606

Walk-through: A walk-through of the project sites is scheduled for May 10, 2022 immediately following Pre-bid meeting.

Walk-through Location: Plant Operations Building

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

More Info: Project contact: Andy Welch, PMBA Architects, 419-873-8450, E-mail: andy.welch@pmbaarchitects.com

AKA Zeta Alpha Omega Chapter Celebrates 70th Anniversary

By Pamela Green Jones, Public Relations Chair

Special to The Truth

Monday, April 25, 2022 marked a pivotal milestone for the ladies of the Zeta Alpha Omega Chapter of Alpha Kappa Alpha Sorority, Incorporated®. Zeta Alpha Omega celebrated 70 years of service in the Toledo metropolitan area.

On Saturday, April 30, 2022, the chapter observed its anniversary titled 70 Years of Exemplary Service: A Platinum & Pearls Celebration Luncheon, at the Toledo Museum of Art Glass Pavilion. During the luncheon participants experienced inspirational music by Sheila Brown; an enthralling interview with the only surviving charter member and Honorary Co-Chairman, Helen Cohen, as well as a historical presentation by dais members.

The dais included Chapter President and Event Chairman, Treva Jeffries, EdD; Chapter Vice-President Lisa McDuffie; Regional Representative and Cluster Coordinator Lisa Dubose, EdD; Co-Chairman and Ritual Chairman of the chapter, Felicia Roberts-Dunston and Protocol Representative Marie L. Bus, PhD.

Kayleen Powell served as the mistress of ceremonies for the momentous event. Open to members only, the atmosphere was filled with love and emotion as sorority members participated in their first long awaited in-person event since the onset of the COVID-19 pandemic.

The perimeter of the venue displayed mementos of the chapter's stellar history of award-winning scrapbooks, detailing service that has graced the community for 70 years. Finally, the commendations for community service over the past seven decades culminated with a Rededication Ritual. The honor and pride of this event will be embedded in the hearts of all of the members present.

The Zeta Alpha Omega Chapter was chartered on April 25, 1952, in the

residence of the late Reba Harris. There were 12 charter members who preceded Helen Cohen in death, however, the legacy of sisterhood, scholarship and community service continues to be the mission of this illustrious organization. Zeta Alpha Omega holds a rich history of community service and has garnered special recognition and praises locally and regionally.

Alpha Kappa Alpha Sorority, Incorporated® is the oldest Greek lettered organization of African American women in the United States and abroad. Founded on the inspiration and virtues of nine ambitious students on the campus of the Howard University in Washington D.C. on January 15, 1908.

Alpha Kappa Alpha Sorority, Incorporated® holds firm the tenets of high ethical and academic standards, unity amongst college women, alleviating problems that affects girls and women, supporting and aiming to improve social justice, and cultivating an interest of college life and progression beyond. Event Committee: Treva Jeffries, EdD Chairman; Felicia Roberts-Dunston, Co-Chairman; Helen Cohen, Honorary Co-Chairman; Cassandra Adams, LaShaunda Brown-Rivera, Marie Latham Bush, PhD; Donnetta Carter, Katina Johnson, Carolyn Lane Lewis, Lisa McDuffie, Kayleen Powell, Andrea Price and Leigh Utley. Risk Management for pandemic protocol: Janae Miller, Chairman and Malinda Prowell.



(Left to right): LaShaunda Brown-Rivera; Cassandra Adams; Leigh Utley; Kayleen Powell; Vice-President Lisa Hester McDuffie; President Treva Jeffries, EdD; Felicia Roberts-Dunston; Regional Cluster Coordinator Lisa Dubose, EdD; Marie Bush, PhD; Andrea Price; Carolyn Lane-Lewis, Katina Johnson



Andrea Price and Cheryl Ellison Slack



Lisa Dubose, EdD; Deborah Washington, PhD; Felicia Roberts-Dunston; Katina Johnson



Julia Holt and Marie Bush, PhD



Chapter President Treva Jeffries, EdD



Lisa McDuffie (center) with her two daughters, Brittany (l) and Victoria

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WEEK OF JUNE 13 Adventure Elite Basketball Junior Basketball Science Enrichment Soccer Foot Skills/Agility	WEEK OF JULY 11 Football
WEEK OF JUNE 20 Cooking Soccer Lego Robotics	WEEKS OF JUNE 7-JULY 28 Hockey (T, TH)

Contact Larry McDaniel, Director of Summer Camps, at lmcdaniel@sjjtitans.org.

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