



Volume 73 No. 4

*"And Ye Shall Know The Truth..."*

July 6, 2022



Sammy Spann, UToledo Vice President of Student Affairs and Dean of Students

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# Helping Others to the Finish Line

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

The Truth Contributor

*Life's most persistent and urgent question is, 'What are you doing for others?'*

**- Rev. Dr. Martin Luther King, Jr.**



*Sammy Spann, Ph.D., was elevated to Vice President and Dean of Students at the University of Toledo on July 1. The laudable promotion comes after 20 years of transformational leadership roles where he advocated for and created change in the lives of UT students.*

*Structural barriers to racial equity in higher education contribute to lower graduation rates for African American students than their White counterparts. In addition, the number of faculty of color and university administrators at predominately white institutions (PWI) like UT is sparse. The reduced opportunities for cross-racial interaction decrease Black students' sense of belonging, contributing to a negative impact on recruitment and retention.*

*In his new role, Spann will need to use his demonstrated skills to help students facing social, economic, and institutional hurdles and headwinds to cross the finish line to graduation.*

*I spoke with Spann about his university-wide and unit-level plans to address systemic barriers that prevent Black students from accessing and completing college.*

*Here is our conversation:*

**Perryman:** Please tell our readers a bit about your history.

**Spann:** I am originally from Atlanta. I attended high school in Macon, Georgia, but my family lives in Atlanta and Tuskegee, Alabama. That area produced music icons like Otis Redding, Little Richard and James Brown. So, I came up here from Fort Valley State University, where I went to undergrad.

## ARE YOU READY TOLEDO?

We are proud to announce the musical line-up for the 17th Annual African American Festival: Tribute to Rance Allen Group by Chris Byrd, TROOP, Sunshine Anderson, Lyfe Jennings, The ZAPP Band, The Whispers, along with comedian Keith Bender.

**The festival will be held at Promenade Park, August 6th, 2022. \$30 General Admission \$65 VIP**

Tickets are on sale NOW, available in the Toledo Urban Credit Union or online at Ticketmaster.com.



For more information regarding the festival, parade, or prayer breakfast, please contact Garnet Cowell or Ma'Laya Edwards at 419.255.8876 ext. 205, or by email at AAFestival@ToledoUrban.net.

**Perryman:** What brought you specifically to the University of Toledo?

**Spann:** About 20 years ago, I ran an international program called Camp Courageous. We train college students and camp counselors, sending them to military bases worldwide. The university asked me to bring the program up here, and we became the largest training site in the nation and were the most diverse. We had more students of color doing the program here than at FAMU and some of the HBCUs. They paid me and told me, 'We'll pay for your Ph.D. program.' After the first year, we did so well that they created a job for me. Every time I try to get ready to leave, they always give me something better.

**Perryman:** Let's first talk about the state of Black leadership in higher ed. What are some of the challenges and your intent to address them?

**Spann:** The challenge is getting good people of color, Black people, to come and be committed and stay. However, the primary challenge is getting the institutional culture to accept and support them, making sure that they are valued and not just here merely as a token.

**Perryman:** You've had quite a few talented Black leaders come to UT only to leave for high-level positions at prestigious universities. Rubin Patterson, Morris Jenkins, Willie McKether and Charlene Gilbert are a few that come to mind.

**Spann:** Each individual you named I know personally. They were remarkable, and the challenge we're facing is keeping them here because they are so talented. I can't tell you how often I get a job offer or request to apply for a position at other universities. If I find an amazing faculty member or administrator from another university to come here and make some great things happen, I guarantee you that the Ohio States or the Howards of the world, or other places are going to be saying, 'we can give you more money, better location, higher quality students.' So, that becomes a challenge as well.

**Perryman:** What areas report to you?

**Spann:** My title is Vice President of Student Affairs, Dean of Students. I also carry the title of Vice Provost because I work with the Provost's office. I oversee student conduct, Greek life, student involvement, leadership, and residential life, meaning the students living in dormitories. I also have Title IX, the recreation center, and the Office of Multicultural Students Success.

In addition, I have the student food pantry, advocacy, career services, and the Center for International Studies and Programs. I have about 70 people that report up to this position.

**Perryman:** As we talk, growth in HBCU enrollment is surging while enrollment in predominantly white institutions in the Midwest is declining, leaving Black students caught in the middle. So, how does UT diversify its campus and improve student retention?

**Spann:** We target. We know we need more international students to diversify our portfolio internationally. We have over 80 countries represented at the University of Toledo, with over 2400 international students. We have also started going into local target areas like Scott High School and Rogers and working with programs to prepare students for college. Those students are students of color, low-income, and first-generation college students.

The other part is to start being competitive. So, I want to ensure I'm looking for that student who represents what we're trying to espouse as a university - commitment, dedication and scholastics. But also able to help make us look like an urban university because that's what we are.

**Perryman:** In what ways can your office hold itself accountable for its commitment to diversity, equity, and inclusion?

**Spann:** We can talk about it, acknowledge it, know there are challenges and have courageous conversations about those challenges. If I want to tell



Sammy Spann, Ph.D.

...continued on page 6



# Clarence Thomas: "Don't Touch My White Wife!"

By Lafe Tolliver, Esq

Guest Column

As much as I have disdain for Uncle Tom Clarence Thomas, a United States Supreme Court jurstice, Clarence Thomas was prescient in making sure that in his statements about overturning *Roe v. Wade* (where he alluded to possible future legal attacks on the ability to obtain contraceptives, same sex marriage and gay rights), he made a newsworthy notable exception.

Clarence Thomas was extremely careful in his dissent to carve out an unexplained exception for interracial marriages which was recognized as a constitutional protection enunciated in the landmark case of *Loving v. Virginia*.

As you may know, Clarence Thomas is married to Virginia (Ginni) Thomas who has been accused of facilitating the atmosphere that led to the January 6th riot and insurrection at the Capitol.

The proceedings against Ginni Thomas are in the embryonic stages and we do not know at this time whether she will face federal charges of encouraging a coup against the American government.

But, one thing we do know with absolute certainty is that Ginni Thomas is as white as a bar of Dove soap. As white as a glass of two percent milk. As white as...well, you get the gist.

When Clarence Thomas was writing his blistering opinion in the *Roe* case, one must wonder if he mused about whether his penned statements will come back to haunt him. Because the same rationale that the Supreme Court used in overturning the *Roe* case, is the same "logic" that Clarence Thomas would use in overturning other "similarly situated" cases.

Clarence Thomas, and the other Supremes who voted to overturn the nigh 50-year precedent of *Roe v. Wade*, clearly intimated that, "watch this space for further developments" regarding other rights that are not specifically spelled out in the Bill of Rights or the Constitution, which could be targeted for obliteration.

I would wonder and state that the following language could have been written by Clarence Thomas to his fellow brethren regarding how he and they would treat the still now-protected *Loving v. Virginia* case:

Dear Fellow Supremes:

"As all of you know, I caught a lucky break and married a white woman. I thought it best to marry white because it would further advance my career as a potential justice if the day ever came my way that I would be selected for the highest court in the land.

That day thankfully came when George Herbert Walker Bush used me to partially rehab his poor image with Black voters after he trashed Willie Horton in his presidential campaign ads. He thought that nominating a Negro for that vacant court slot would be helpful to the country and to the GOP.

My being seen with a white wife would also be invaluable currency with certain GOP white senators who would then see me as a "no threat Negro" to their agenda.

Of course, I gladly played that role and having a white woman by my side made it even more palatable. Needless to state, I could not have pulled this trick off with a Black woman, say an Anita Hill type, at my side. Wow! What a hearing that was! My desperate comment of me being a victim of a high-tech lynching caused enough white guilt in the Senate that I won the day, barely.

Thanks to Joe Biden (then head of the Senate Judiciary Committee) for running interference for me and not allowing Anita Hill's two corroborating witnesses to testify!

As you know, in my dissent I intentionally left out mentioning what impact this *Roe* decision would have on the viability of *Loving v. Virginia* since our rationale in deciding overturning *Roe v. Wade* is the same exact rationale that would overturn the *Loving* case since there is no mention in the Constitution protecting the rights of Black folks and white folks to marry.

I benefitted from the *Loving* case, (as I also did from affirmation action programs) but I did not want to subject the *Loving* case to such judicial scrutiny as we did in overturning *Roe v. Wade*.

So, give a brotha' a break and do not specifically mention *Loving v. Virginia* as possibly being on the court's chopping block.

If the *Loving* case is overruled, that will not affect me and Ginni

since we got married after *Loving* and as such, there is no retroactivity if and when *Loving* is overruled.

If the state courts must deal with the aftershocks of *Loving* being overruled, those states can make their own decisions about interracial marriage.

All I know is, I got my white wife when the getting was getting good, so let others fend for themselves if they want to marry, black or white!

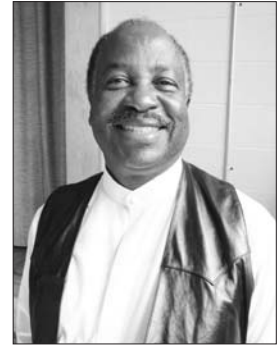
If you are quizzed by the media as to why *Loving* should not remain as the law of the land, simply state that there is a "Clarence Thomas white wife" exception to the law on the rationale that *Loving* is different from the other substantive due process cases under possible review and repudiation."

Your forever humble and smiling servant,

Clarence

P.S. Ginni also thanks you from the bottom of her rock-ribbed GOP heart.

Contact Lafe Tolliver at [tolliver@juno.com](mailto:tolliver@juno.com)



Lafe Tolliver



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# Alisha Gant Elected as Chair of Lucas Metropolitan Housing Board of Commissioners

*Special to The Truth*

Joaquin Cintron Vega, president and CEO of Lucas Metropolitan Housing (LMH), announced last week that Alisha M. Gant has been named

chair of the Lucas County Metropolitan Housing Board of Commissioners. Former Chair William Brennan will serve as vice-chair.

Gant was originally appointed to the Lucas Metropolitan Housing Authority's Board of Commissioners by former Mayor Paula Hicks-Hudson in March 2016. She was reappointed, in 2018, by Mayor Wade Kapszukiewicz. In 2017, while on the LMH Board, Gant was appointed to the Lucas Housing Services Corporation Board of Commissioners (an LMHA affiliate).

Gant has served as the LMH Board of Commissioners Co-Chair since November 2017. During her service on the Board, she has seen the construction of Collingwood Green III, the implementation of the online rent payment system, the purchase of North River Homes and Toledo Homes I & II, as well as the purchase of the new LMH Headquarters (the former United Way of Greater Toledo Building).

"I am beyond excited about the election of Commissioner Gant as the new Chair of the Lucas Metropolitan Housing Board of Commissioners. She provides continuity to the work we have been collaboratively performing. Her years of experience as an LMH Commissioner and a real estate expert is invaluable



Alisha Gant

as we continue making progress to create and maintain sustainable, affordable housing opportunities, provide pathways to a better quality of life, and empower vibrant communities," stated Joaquin Cintron Vegas, president and CEO.

Gant commented, "I want to express my sincere gratitude to LMH and the Board of Directors for my appointment as Board Chairman for the LMH Board of Commissioners. It's been my pleasure to serve as Vice-Chair and Commissioner for the last several years. My devotion to provide safe, healthy, and affordable housing to our community is a priority. I look forward to continuing this important work."

Established in 1933, Lucas Metropolitan Housing (LMH) continues to provide affordable housing to adults, seniors and children in its Public Housing, Housing Choice Voucher, Mixed-Income and Market Rate housing units. LMH also provides a myriad of programs and opportunities designed to improve the total quality of life for our residents, with the ultimate goal of achieving self-sufficiency. The programs and services are the results of successful collaborations with numerous community partners.

The current housing portfolio consists of 2,669 Public Housing units; 4,685 Housing Choice Vouchers; 322 Low-Income Housing Tax Credit units; 8 Market Rate units and 104 Homeownership Properties. There are approximately 17,500 people who reside in LMH properties. Lucas Metropolitan Housing partners with ALL people and organizations willing to exchange ideas and efforts to enhance Toledo, Lucas County and the world. For more information, please visit [www.lmh.org](http://www.lmh.org).

## Special Election August 2, 2022

The League of Women Voters® of Toledo-Lucas County would like to urge all registered voters to VOTE in the next Special Election on August 2, 2022.

Voter turnout for the May 3, 2022 Primary Election was ONLY 15 percent of the registered voters in Lucas County. As a result, ONLY 15 percent of registered voters selected the candidates who will run in the November General Election.

The League is encouraging a higher voter turnout in the next SPECIAL ELECTION. Voters have until July 5, 2022 to register.

The Lucas County Board of Elections has moved. The Offices, Early Voting (C Entrance) and Ballot Dropbox (near C Entrance) are now located at: Lucas County Shared Services 3737 W Sylvania (corner of Harvest & Sylvania) Toledo, OH 43623

Important Dates:

July 5, 2022 - Voter Registration Deadline

July 6, 2022 - Early Voting begins at 3737 W Sylvania Ave

August 2, 2022 - Election Day Ride to the polls for Early Voting and/or on Election Day: (sponsored by Jobs with Justice TOLEDO Interfaith Worker Justice)

Call: 419-VOTENOW (419-868-3669) Email: [gotvohio@gmail.com](mailto:gotvohio@gmail.com) Report voting issues / concerns: Election Protection Hotline – call 866-OUR-VOTE (866-687-8683)

About the League: The League of Women Voters® of Toledo-Lucas County is a grassroots organization formed in 1921. As a 501(c)3, nonpartisan political organization, the League encourages informed and active participation in government and strives to influence public policy through education and advocacy. The League never supports or opposes any political party or candidate.

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# TARTA Receives Additional Funds to Support Future Endeavors

By Fletcher Word

Sojourner's Truth Editor

Congresswoman Marcy Kaptur visited the Toledo Area Regional Transit Authority's Central Avenue headquarters on Friday July 1, to speak about a \$410,000 grant from the U.S. Department of Transportation she helped secure and what that grant will mean for the future of transportation in the northwest Ohio.

"Congresswoman Kaptur is helping us to change the trajectory," said Laura Koprowski, TARTA CEO, during her introduction of the representative. "She has been an enthusiastic, longtime advocate for TARTA."

"These funds will help the TARTA transformation that is underway in all areas of our operations, from modernizing our facilities and fleet to creating a more reliable, efficient transit system the people and businesses in this area need and deserve," Koprowski said in a statement released prior to the press conference.

In the last year, TARTA has been awarded more than \$17 million, primarily from the American Recovery Act. The additional \$410,000 will enable TARTA to craft a services plan and support its system redesign TARTA Next.

"Today, part of a goal of delivering for our community is trying to being federal dollars here," said Kaptur as she began her remarks. "The TARTA goal of creating TARTA Next is a once in a generation [effort] to retool transit."

TARTA Next is 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. 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.

Kaptur emphasized not only the TARTA effort to enhance transit service



Congresswoman Marcy Kaptur speaks about TARTA and the future

within the area but also the prospects of connecting such service to other entities in the regional area – with both private and public entities.

"When we work together, all things are possible ... there is a way to solve the problem of congestion," she said of today's issues with traffic.

Also speaking at the press conference was Carly Allen, president of Amalgamated Transit Union Local 697. "This is what tomorrow is all about ... getting people to work."

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





*Perryman... continued from page 2*

you that I'm having an issue with our Black males graduating in a timely fashion or even completing the university. Then, we need to discuss it, develop a strategy, and bring people on board who can help us relieve it. Not just sitting there saying it's a problem or saying I hope it gets better, but seeing it and doing something about it. There's an old saying my grandma used to say, 'Speak the truth, anticipate discomfort, but find a resolution!'

**Perryman:** When dealing with diverse minority students, they often run out of money. What specific ways do you address these socio-economic issues?

**Spann:** We're creating the Center for Advocacy and Student Experience (CASE). That office is designed to identify those students and bring them to the front. We hope to work with our colleagues and foundation to identify money and move those resources to that population.

For example, if there's "Perry," a low-income, first-generation college student and student of color whose grades are up to par, but he's struggling because his mom has just lost her job, or you name the problem. We can put him in the system where they can start identifying resources to help them. That's what we can do at the university and at the division of student affairs.

Or, at the CASE Center, perhaps a student comes in, and their parent has passed away. We have a 5-touch point system, meaning our advocacy office calls and says, 'We're sorry about your loss. Can we notify your faculty member to let them know you won't be coming to class for a few days?' Then the success coach will inquire if they can help by offering a tutor or other resources. It is now more of an aggressive showing that we care to create a sense of belonging is what we're trying to build.

**Perryman:** Yes, the success of HBCUs is their skill at connecting with minority students and being able to touch them in culturally affirming ways.

**Spann:** To be honest, this thought process came from my HBCU experience as an undergrad.

**Perryman:** What are you doing for students regarding affordable housing?

**Spann:** Typically, when a student has housing insecurity, we try to develop a relationship with the local housing authority. We also help students on a case-by-case basis. The city has identified grants, and we have scholarships available to give students. By the time we provide them with that money, we've dived so deep into their case to see the need to support them. So, those are what we're looking at doing for affordable housing.

**Perryman:** Mental health is a critical concern on college campuses. How do you address mental health issues?

**Spann:** Our counseling center, affiliated with our division, has a step care process to identify what level of care may be needed and connect the students to the required resources.

We also do a lot of preventive mental health exercises. We have service dogs on campus to provide students with emotional support. Our office of accessibility gives students additional time to take tests if their doctors say they need to have some accommodation. So, we have a networked system of people working together to ensure the students are not only getting the resources but the support they need.

**Perryman:** There are past issues with the price of parking or parking ticket policies. Are there signature programs beyond coursework that address the co-curricular experiences of students?

**Spann:** Yes. We have a group of student leaders who are considered our advisory board. We look at them as our tentacles to go out and see what concerns are bubbling among students. For example, we do a full day and overnight leadership retreat at Kalahari in Sandusky. We take 150 students there and do leadership training to discuss how to address their concerns, how to bring them to the administration, and how we can support them.

When parking comes up, we have student government and student leaders come together as the voice of the students. We maneuver through all the students' concerns to find those answers. We go back to what I said earlier: speak the truth, anticipate discomfort and find a resolution to the problem.

**Perryman:** How about opportunities for mentorships and internships to help with student retention?

*... continued on page 7*

The Truth

# Art Gallery



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*Perryman... continued from page 6*

**Spann:** Our career services area provides opportunities for students to do everything from getting a professional headshot down to resume development but also helping get internships. In addition, we have programs like the Washington Centers, where students can go live in D.C. for a semester, earn credit hours, and experience in their major area. All students should be able to have the opportunity to get those experiences that goes beyond just student teaching or engineering co-op.

We also have internal experiences. So, for example, even if a student wants to get experience in student affairs, we talk to them. We help them get an internship with our office to gain experience in that field. As a result, they have even yielded students getting jobs in that profession.

**Perryman:** A hazing incident caused a young man's death at Bowling Green State University fraternity. Talk about issues with Greek life at UT.

**Spann:** What I'll say about Greek life is it is an area that we have to support. Some people think we should get rid of it. Still, I think it is a mechanism to help our young students become stronger and better leaders. Currently, we do a full-day retreat where we do everything from Title IX to drug and alcohol training for our students in the Greek community. What happened down there is unfortunate. I pray it doesn't happen here. But we're doing everything to ensure it doesn't by staying diligent, keeping students in our inner circle, and communicating with the student organization's leadership.

**Perryman:** You mentioned Title IX. Please talk about any related barriers and how you're addressing them.

**Spann:** Title IX is everything from sexual assault, date issues, etc. It's our Title IX 50th anniversary. We have an outstanding director who is doing a lot of preventive training. She's talking about consent, what consent looks like, what it means, and stressing that no means no. She's doing character building, training, and presentations, even on a national level.

So, our Title IX office has been doing a remarkable job of getting students more aware of what it is. People often don't know what consent is and consent, just because I consented last time, this time, I can say no and how to respect that. So, a lot of that is going into education. But, still, it's also bringing the students in to help us train and facilitate that.



Sammy Spann

**Perryman:** Are case managers, social workers, or other resources available for students?

**Spann:** Yes. In our counseling center, we have social workers. We have a case manager helping with our Center for Advocacy and Student Experience. So, if a student has an issue, they can go to our website to either self-report a concern or someone else can. Those emails come directly to me personally, and a couple of other people identified in our division. So, we address each concern individually.

**Perryman:** Finally, talk about your engagement with the local community.

**Spann:** I sit on the Toledo Sister Cities International Board and the Big Brothers Big Sisters board. I've taken a hiatus, but I'm getting ready to return. I am a part of the Omega Psi Phi fraternity, doing a lot of community work, and the TPS Toledo Early College board.

Nevertheless, I want to bring more to the community because, ultimately, when a student graduates from high school in Toledo, the University of Toledo should be something they're looking at. Not only should it be something they're looking at, but there should also be resources to support them when they come here.

**Perryman:** Congratulations again, and thank you.

Contact Rev. Donald Perryman, PhD, at [drdperryman@enterofhopebaptist.org](mailto:drdperryman@enterofhopebaptist.org)

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#### MISSION

The Fair Housing Center is a non-profit civil rights agency that promotes housing choice, the creation of inclusive communities, and the protection and expansion of fair housing rights to support communities free of housing discrimination.



# A 29th Pastoral Anniversary at Mt. Nebo

The Rev. Cedric and First Lady Debra Brock celebrated a 29th pastoral anniversary at Mt. Nebo Baptist Church on Sunday June 25.

During almost three decades leading the congregation at Mt. Nebo, Pastor Cedric Brock has worked with Boys to Men in Christ Mentoring Program (over 50 boys included from six to 18 years old), the Voice of Hope Outreach Ministry, food giveaways for Thanksgiving, toy giveaways for Christmas, coat giveaways (with Macy's Department Store) and clothing giveaways (with Mary and Gail's Clothing Closet).

For more than 20 years, the Brocks and Mt. Nebo have hosted the Voice of Hope Silent Soldiers Awards Banquet honoring those who have quietly contributed to the well-being of the greater community.

The event has grown over the years into one of the premier celebrations in the Toledo area.

In addition to his duties at Mt. Nebo, Pastor Brock has also served as president of the Interdenominational Ministerial Alliance (IMA), a group that comprises more than 60 area churches and partners and has been active in the community working on social and humanitarian issues.



*Pastor Brock and Bishop Pat McKinstry*



*Bill Harris, Congresswoman Marcy Kaptur, Pastor Brock, Ryonia Lee*



*Valisha Nuradean with Pastor and First Lady Brock*





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# The Black Dorr Street Market Opens for Business

*Sojourner's Truth Staff*

Tony and Angela Rivers provided a treat for businesses in the Dorr Street area on July 2 as they organized the inaugural Black Dorr Street Market event.

Two dozen vendors selling everything from clothing to jewelry to perfumes and accessories opened for business on Dorr Street between Detroit and Smead, from noon to 6 p.m. on a bright, sunny Saturday afternoon.

While the Rivers have organized such events previously, this was the first one dubbed the "Black Dorr Street Market" in honor of the legendary Black Wall Street of Tulsa, OK, that was destroyed by white rioters just over 100 years ago, said Tony Rivers.


"We wanted to showcase the businesses on Dorr Street," he added.

The vendors, said Rivers, were extremely happy with business. He estimates that over 200 visitors stopped by during the day to check out the

goods, enjoy the music and sample the goodies provided by the two food trucks on site.



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# Veggie Out

By Patrice Powers-Barker, OSU Extension, Lucas County

The Truth Contributor

For the past five years, Green Giant has polled Americans on their favorite vegetables. In 2022, broccoli was listed as America's favorite vegetable, and it was ranked the top answer in 29 states. The next most popular vegetables listed were corn, carrots, potatoes, and asparagus.

More than two-thirds of the parents (68 percent) say that their kids enjoy eating vegetables. Unfortunately, most Americans do not eat the recommended amount of vegetables. It's estimated that 10 percent of Americans do eat the recommended amount – are you in that 10 percent?

And according to other surveys, even if broccoli is listed as the favorite vegetable, it isn't necessarily the most commonly eaten vegetable. In the US, (and worldwide) potatoes and tomatoes are the most widely eaten vegetables. In the US, the next most commonly consumed vegetables are onions, carrots, bell peppers and broccoli. The potatoes and tomatoes are probably not a surprise considering French fries, as well as ketchup, pizza sauce and pasta sauce with tomatoes.

We all know that getting more vegetables in our daily diets is important for our bodies and our health. What are the ways we can add more vegetables to our plate?

In the frozen aisle, look for riced cauliflower to replace rice

- Use raw, sliced carrots, cucumbers, and celery for dipping

- Top salads with canned beans like chick peas or black-eyed peas

- The MyPlate icon reminds, "make half your plate vegetables" when planning meals. This could also include adding more vegetables to main meals such as additional vegetables to stir-fry rice or adding shredded vegetables to pasta sauce or meat balls and meat loaf.

As much as Americans might vote for broccoli - or any of the other vegetables like, corn, carrots, potatoes, and asparagus as their favorite - the other goal is to include a variety of vegetables on the menu. Don't eat the same vegetable for every meal. Steam the broccoli, use it to top a baked potato

or add small broccoli pieces to a salad and make sure to include a variety of other vegetables.

MyPlate defines any vegetable or 100 percent vegetable juice as part of the Vegetable Group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed. In order to make sure we're getting a variety of vegetables (for a variety of benefits), vegetables have been divided into five subgroups. Based on their nutrient content, the subgroups are (1) dark green; (2) red and orange; (3) beans, peas, and lentils; (4) starchy; and (5) other vegetables. The good news about the five subgroups is that there are so many options to help vary your veggies!

As noted above, potatoes are the most commonly eaten vegetable in the world. They are part of the starchy vegetable sub group. Others in that sub group include corn, jicama, raw peas (not dried beans or peas), and plantains. In the dark green sub group, options include dark-green leafy vegetables like beet greens, collards, turnip greens, kale, romaine lettuce, and spinach, as well as the favorite, broccoli.

For red and orange vegetables try carrots, chili peppers, red or orange bell peppers, sweet potatoes, tomatoes, 100 percent tomato juice, and winter squash like acorn squash and pumpkin. The beans, peas, lentils include all (dried and cooked) beans like black beans, black-eyed peas, chickpeas, split peas. This does not include green beans or green peas. The green beans are included in the other vegetables which includes a very long list of artichoke, asparagus, avocado, beets, cabbage, cauliflower, celery, cucumber, garlic, mushrooms, okra, onions, radish, summer squash, tomatillos, and turnips.

With all those options, what are you waiting for? Plan a colorful plate of grilled veggies, a large salad, or add some chopped vegetables to your favorite meals this week.

OSU Extension, Lucas County is offering a new, outdoors community lesson, once a month on the topic of Connecting with Nature in the City. Time outdoors is good for our overall health and wellness! On the fourth Friday of the month (July 22), 10-11am, we will meet outdoors at Uptown Green Park and take time to stroll and experience nature at this 2.5 acre urban park (next to ProMedica Ebeid Center, 1806 Madison Ave, Toledo, OH). It is open to all ages, wear comfortable shoes and clothing and sun protection. Bring a bottle of water. If the weather is not cooperative (storms, etc.) we will cancel. Please register so we know to look for you and to contact you if the weather is bad. Register online [go.osu.edu/NatureHealth](https://go.osu.edu/NatureHealth) or contact Patrice powers-barker.1@osu.edu or 419-574-0983.

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PAID FOR BY CITIZENS FOR ROGERS

*African American Festival... continued from page 16*

Toledo, Toledo Museum of Art, Heritage Academies, Lucas County Library, Big Brothers Big Sisters of Northwest Ohio, Urban Wholistics; Ro-shawn Jones Enterprises LLC., Care Source, Frederick Douglass Center, City Park League.

Activities include: MetroParks Climbing Wall, Glass Blowing with TMA Baby Dragon, Inflatables, Horse Rides, Face Painting, Basketball and much more. There will also be a number of community organizations on site with information and resources for children and families.

**2022 17th Annual African American Festival Line up:** (Saturday, August 6 at Promenade Park)

- Tribute to Rance Allen
- Zia Cook
- Comedian Keith Bender
- Troop
- Sunshine Anderson
- Lyfe Jennings
- Zapp
- The Whispers

Tickets on sale now! \$30 general admission; \$65 VIP and can be purchased at the Toledo Urban Federal Credit Union 1441 Dorr Street Toledo, Ohio 43607 or online at [ticketmaster.com](https://ticketmaster.com). The concert is August 6th from 2pm-10pm at Promenade Park 400 Water St. Doors open at 12:30pm.

For more information about this year's festival or for sponsorship, vendor, advertisement and parade participation please contact Garnet Cowell or Ma'laya Edwards at 419-255-8876 ext. 205 or email [AAFestival@ToledoUrban.net](mailto:AAFestival@ToledoUrban.net).



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## A Mental Health Moment

## Anticipatory Grief

By Bernadette Joy Graham, MA, LPCC, NCC, CCHt, Licensed Mental Health Therapist

The Truth Contributor

There are many forms of grief which is why it makes it difficult, challenging and unique to each person and situations. Clients have asked me "what's the easiest type of grief to get through or how long will this take?"

The answer is, there is an answer depending upon the circumstances, which I know does not help someone who is in pain dealing with a loss. Grief is the normal and natural reaction to a loss of any kind. Let's break down the types of losses associated with death.

There is death and dying. There is sudden death and then there is extended death such as to a disease and that is called anticipatory grief. Individuals know the death is coming and that causes sometimes severe reactions from loved ones who are anticipating the loss. They feel helpless, hopeless, angry and then, at times, there are moments of clarity and they feel there is a sense of control and then they wake up one day feeling as if they are in the eye of a storm.

Other factors that affect grief, but especially anticipatory grief, are age and relationship. If a pubescent young person is facing the loss of a parent, studies have shown how her maturity can be stunted. She is stuck, feels no sense of control and has extreme difficulties with relationships as an adult.

In regard to relationships, let's remember that grief is not just about death and dying, it's about loss. If a married couple is planning to divorce, there is a time process, there is paperwork and, if children are involved, there is the break up of a family unit that does not make much sense to a child as they just want their mom and dad to be together.

As I am a solution-focused type therapist, I prefer to focus on the solution and not the problem. There are times we have no control over the problem but we do have a choice in how we respond and make choices in solutions. There are never-ending changes in life. There is a beginning and there is an end in all that we do. We are all born and we all at some point die as does every human life form. Most of us do not know the time nor the hour and youth often provides a layer of feelings that one will live forever and throw caution to the wind.

Take a mental health moment and take a step back from life and look



at the big picture. What's really important to you, what is necessary, what is priority? I recently returned from a long-planned vacation to Aruba with my oldest brother and his wife who travel there often and they have often invited me in the past but it just never seemed to be the right time.

This year I said yes but three days before our departure, my brother was hospitalized and by the time, I arrived in Aruba his wife communicated to me that he was on a ventilator. Not much of a vacation to say the least. On my long journey back to Ohio I thought about all the missed opportunities in past years. It hurt...a lot. As soon as I landed, I made way to visit them in Cleveland. Our family now waits for his loss that could be days or weeks.

As for solutions to anticipatory grief I offer these suggestions both as a therapist and an individual presently experiencing this situation. Live your life fully and love the ones around you as often as you can. Make who you love priority. Do not beat yourself up for past lost opportunities. Support one another. Surrender to the fact that we are not in charge of who lives how long.

Lastly, find the opportunity some way or how to communicate to the loved one you are losing to send you a message when they get to wherever it is they land, something only between you and them. I have had so many clients return to me to report that they received their message or had a vision in a dream.

My brother always read these mental health moments and often commented. This is dedicated to my brother, Cal, the closet photography artist, I love you and will miss you, may you send me many visions of the wonderful scenery from the beautiful place you will land.

Bernadette Graham is a Licensed Professional Mental Health Counselor, National Certified Counselor and Certified Grief Recovery Specialist. She is also a Certified Clinical Hypnotherapist. Provide feedback or reach out at [graham.bernadette@gmail.com](mailto:graham.bernadette@gmail.com) For appointment information please call 419.409.4929 (Appointments available on Tuesdays and Fridays only). Office location is 3454 Oak Alley Ct. Suite 300 Toledo, OH 43606 [www.bjgrahamcounseling.com](http://www.bjgrahamcounseling.com) Available for team building, employee empowerment in motivation and better understanding mental health in the work place. Accepting new client ages 13 and older.

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# Simple Tips for Mindful Eating

Special to The Truth

Mindful eating doesn't have to be restrictive and you don't have to give up your favorite foods.

"Simply incorporating more foods that are crafted with integrity and align with your values into your day-to-day eating can go a long way toward helping you feel your best," says Kara Lydon, a registered dietitian nutritionist. As an intuitive eating counselor, Lydon advises people to stop looking at food as "good" or "bad" and instead, listen to their bodies and eat what feels best in the moment.

With those principles in mind, here are a few simple choices you can make to nourish your body and enjoy your food.

## Snack Smart

Snacking can keep you satiated between meals and help you regulate your blood sugar and energy levels. It can also be an opportunity to take in essential vitamins and nutrients. Common processed snack foods are often loaded with sodium, added sugars and trans fats. Try these wholesome alternatives: Greek yogurt with raw honey, hummus with carrot and celery sticks, apple slices with peanut butter, edamame, egg and cheese bites, nuts or fruit salad.

## Choose Grass-Fed Dairy

In conversations about healthy eating, dairy products sometimes unfairly get a bad rap. But dairy actually has essential nutrients that can be incorporated into a well-rounded daily diet. Lydon says that it's helpful to be intentional with your choices. The next time you visit the dairy aisle, take a closer look at the labels and search for the term "grass-fed."

"Grass-fed cows produce dairy with significantly higher concentra-

tions of beta-carotene and certain fatty acids, including conjugated linoleic acids and a more optimal omega-3/omega-6 ratio," says Lydon. "These nutrients play key roles in disease prevention, mood regulation, cognitive function and more."

Grass-fed dairy not only tastes better and is healthier for you versus grain-fed dairy, it's often more humanely produced. Check out brands committed to farming practices that are good for people, animals and the planet, like Truly Grass Fed. The premium brand of Irish dairy products makes cheese and butter that is always non-GMO, growth hormone rBST-free, and antibiotic free. Its cows live their best lives outside grazing on green grass maintained using regenerative farming practices. To learn more and find wholesome recipes, visit [trulygrassfed.com](http://trulygrassfed.com).

## Grow at Home

If you have the space, consider starting a small garden in your yard or even indoors on your kitchen counter. Growing your own food is sustainable and can help you connect more deeply to what you feed your family. What's more, being able to harvest produce at its peak means more nutritional value and flavor per bite. If you're feeling overwhelmed by the prospect of growing plants from seeds, start by buying a few pots of herbs, such as basil, chives and mint. These can be found at many grocery stores. They're relatively easy to maintain, and can instantly add zest to salads, soups and other meals.

Better eating should never feel like a sacrifice or leave you feeling hungry. The good news is that wholesome, healthier-for-you choices that nourish the body and soul abound today.

Courtesy StatePoint

# Health Department Offers COVID-19 Vaccine for All Eligible Ages

Beginning Wednesday, June 29 the COVID-19 vaccine for children 6 months to 4 years old will be available at the Toledo-Lucas County Health Department's downtown clinic on a walk-in basis.

The Centers for Disease Control and Prevention (CDC) recently approved emergency use authorization for vaccination in this age group.

TLCHD's Health Commissioner Dr. Eric Zgodzinski encourages parents and guardians to get the COVID vaccine for their children this summer, especially before the new school year starts in August/September.

"Parents will have many options where they can vaccinate their children to protect them against COVID," said Health Commissioner, Dr. Eric Zgodzinski. "The Health Department is among several providers throughout the county administering COVID vaccine to our youngest residents including pediatricians, Federally Qualified Health Centers, and other locations beginning this week."

To find vaccination locations, please visit: <https://gettheshot.coronavirus.ohio.gov/>

Lucas County has approximately 27,468 residents under 5 years old. Contact your doctor or local pharmacy prior to visiting to determine vaccine availability. Doses for all ages are available at the Health Department's downtown clinic at 635 N. Erie Street, in Toledo from 8:30 a.m.-3:30 p.m. Monday-Friday.



**ART LOOP**  
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- STREET FAIRE  
Friday, June 17 | 5:00PM-8:00PM  
Harris Street (between Harnett & Adams)
- SUMMER SPECTACULAR  
Sunday, July 31 | 12:00PM-5:00PM  
Uptown Green Park & Adams Street (17th-24th)
- DANCIN' IN THE STREETS  
Thursday, September 15 | 5:30PM-8:30PM  
N. 14th Street (between Harnett & Adams)
- HAUNTED HARVEST  
Thursday, October 13 | 5:30PM-8:30PM  
Uptown Green Park & Adams Street (17th-24th)

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**Bernadette Joy Graham, LPC, LLC**  
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# Living in the Moment: Overcoming Challenges and Finding Moments of Joy in Alzheimer's Disease and Other Dementias *by Elizabeth Landsverk, MD with Heather Millar*

By Terri Schlichenmeyer  
The Truth Contributor

Dad used to pride himself on being handy.

He could make anything, imagine anything, fix anything. He was handy, from tools to toys and kitchens to kids. But last week, Dad got lost on his way home from the grocery store, a trip he's made once a week for 30 years, and it scared you both. You might imagine what's coming; find *Living in the Moment* by Elizabeth Landsverk, MD with Heather Millar, and be prepared for it.

So you noticed some memory or cognitive issues and Dad's not himself lately. How do you know if this new behavior is eccentricity or early dementia? Is this a normal sign of aging, or is it outside of normal? What kind of dementia might he suffer from, and to what degree? You'll want to get an official diagnosis, so you know what to do in the future, and why.

The first thing to know about what Dad's going through is that dementia doesn't mean "It's all over." There's still plenty of life ahead

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288 pages

for you both, perhaps for many years to come.

Next, remember that your loved one isn't "trying to be difficult." Their wild out-of-the-ordinary behavior can't be helped, and the disease is "so uncertain, so uneven." There are many possible ways to deal with forgetfulness, frustration, anger, and acting out, and there are things to avoid. Says Landsverk, solutions can sometimes be pleasant, even delightful.

Because Alzheimer's and dementia cannot be cured, have a plan in place for your loved one's care but review it often. Things will change as time and the disease progresses, so be willing to look at "the bigger picture." That includes thinking about end-of-life issues, power of attorney papers, and legal and financial protections for the long-term.

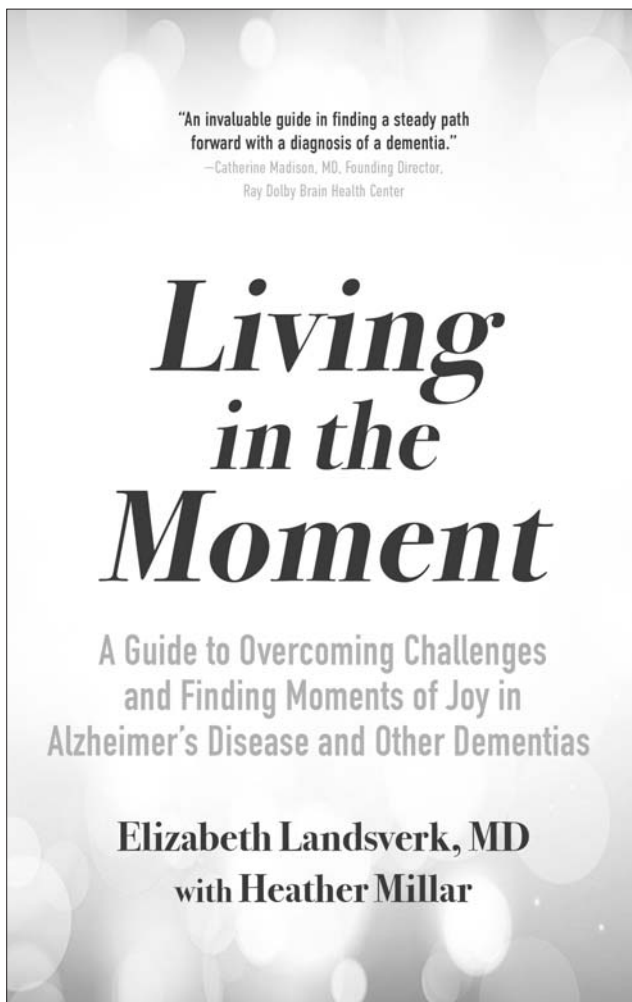
Watch for scams; there are too many people who prey on our vulnerable seniors. Encourage physical activity, a good diet, and as much autonomy as currently possible. Learn how to craft a work-around for the easier-to-deal-with issues. And remember that "it takes a village to care for an elder with dementia" and "you are not alone."

The sand is not your friend.

It's certainly not where you want stick your head when a loved one shows signs of dementia, because that life's not a beach. No, it's manageable, and *Living in the Moment* can help.

Though it's perhaps not as thorough or comprehensible as you may want later, author Landsverk (with author Millar) says in her introduction that she wanted this book to be easy to use. She succeeded, with a broad overview of the basics, things to know now, medicines that will and won't work, problems to watch out for, and what to ready yourself for in the future. The case studies inside this book are strong and are scary enough to spur quick action, and they're balanced with quiet paragraphs of comfort.

This book is great for caregivers, but it's also an essential read for anyone who's any way related to a dementia patient. Find *Living in the Moment* and keep it handy.



### MANAGER OF COMMUNITY ENGAGEMENT LUCAS COUNTY BOARD OF MENTAL HEALTH AND RECOVERY

Lucas County Board of Mental Health and Recovery, is accepting applications to fill the Manager of Community Engagement position. The position is responsible for development, implementation and coordination of all board activities and/or responses that involve community engagement. The position will also be responsible for coordinating levy campaigns. Salary range \$50,000.00 to \$55,000.00 annually plus a full range of benefits. Additional information regarding the duties is available on the Lucas County web site ([www.co.lucas.oh.us](http://www.co.lucas.oh.us)). Click on "Apply for a Job" and then select "Manager of Community Engagement" from the list to read more or apply. Resumes are also accepted by email to [apriest@lcmhrsb.oh.gov](mailto:apriest@lcmhrsb.oh.gov)

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**PUBLIC BID ADVERTISEMENT (ELECTRONIC BIDDING)  
STATE OF OHIO STANDARD FORMS AND DOCUMENTS****Project #1130-21 243 – REBID**

Research Laboratory Renovations  
The University of Toledo  
Lucas County

Bids Due: 2:00pm, July 26, 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 Costs
General Contract	\$447,300.00
Alternate 1 – Corridor Finishes, Lighting and Devices .....	\$18,700.00
Alternate 2 – Demolition in Rooms 0104, 0106, 0106A and 0106B ..	\$14,910.00
Alternate 3 – Heat Exchanger with Glycol Loop .....	\$31,200.00
Alternate 4 – Corridor Doors and Hardware .....	\$40,000.00

Pre-bid Meeting: July 12, 2022, 11:00am, Plant Operations Building - Room 1000, The University of Toledo, 2925 East Rocket Drive, Toledo OH 43606

Walk-through: A walk-through of the project sites is scheduled for July 12, 2022 immediately following Pre-bid.

Walk-through Location: Plant Operations Building

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

More Info: Project contact: Lance Mushing, SSOE, Phone: 419-255-3830, E-mail: [lmushing@ssoe.com](mailto:lmushing@ssoe.com)

**PUBLIC BID ADVERTISEMENT (ELECTRONIC BIDDING)  
STATE OF OHIO STANDARD FORMS AND DOCUMENTS****Project #5009-21-1878 and #5009-22-1903**

RHC Comprehensive Diagnostic Clinic Renovation  
and RHC Ryan White Clinic Relocation  
The University of Toledo Lucas County

Bids Due: 2:00pm, July 26 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 Costs
Base Bid	\$1,072,000
Alternate 1 – Offices Flooring	\$18,700
Alternate 2 - Hallway Flooring	\$23,400
Alternate 3 – Exam Sinks	\$14,300
Alternate 4 – Testing Area	\$7,250

Pre-bid Meeting: July 12, 2022, 1:00pm, Facilities Support Building - Room 1300, The University of Toledo, 2925 East Medical Loop, Toledo OH 43614

Walk-through: A walk-through of the project sites is scheduled for July 12, 2022 immediately following Pre-bid.

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

More Info: Project contact: Walter J. Hales, Hales Architecture & Planning, Phone: 419-469-3400, E-mail: [whales@haparch.com](mailto:whales@haparch.com)

**BETHANY HOUSE SEEKS AN ASSOCIATE DIRECTOR**

The mission of Bethany House is to empower survivors of domestic violence and their children by providing long-term transitional shelter and advocacy, to maximize safety, ensure access to resources, and restore hope with dignity and respect.

This new full-time Associate Director position requires creativity and flexibility but is typically scheduled for 9a-5p Monday – Friday. On-call crisis coverage on a rotating basis will be required. Responsible for supervising Bethany House's advocacy team to ensure all participants are provided with strengths-based survivor led services. Ensure Bethany House services utilize evidence-based practices such as Trauma Informed Care.

Collaborate with the Executive Director in grant procurement, grant management, statistical reporting, and ensuring grant activities are implemented with excellence. A Bachelor's degree in social services or related field is required, Master's degree preferred. A minimum of 5 years of experience in advocacy and demonstrated sensitivity to the needs of domestic violence survivors and their children. Previous shelter or residential services experience preferred. Previous supervisory experience from a Trauma Informed Framework.

Proficiency in Microsoft Office software and data entry into various software programs. Proficiency in grant writing, grant budgets, and strategic planning implementation.

Salary range is \$50,000-\$53,000 and includes a robust benefits package. No phone calls, please. Interested candidates should email a cover letter and resume to [execdirector@bethanyhousetoledo.org](mailto:execdirector@bethanyhousetoledo.org) or <mailto:execdirector@bethanyhousetoledo.org>

Bethany House provides equal employment opportunities (EEO) to all employees and applicants for employment without regard to race, color, religion, gender, sexual orientation, gender identity or expression, national origin, age, pregnancy, disability, genetic information, marital status, status as a covered veteran or any other factor the law protects from employment discrimination in accordance with applicable federal, state, and local laws.

Bethany House is a sponsored ministry of the Sisters of St. Francis in Sylvania, Ohio.

**REQUEST FOR PROPOSALS  
STRATEGIC PLAN CONSULTING SERVICES  
RFP#22-R008**

Lucas Metropolitan Housing (LMH) will receive proposals for **Strategic Plan Consulting Services in accordance with RFP#22-R008**. Received in accordance with law until **July 11, 2022 at 3:00 PM ET**. For documents: [www.lucasmha.org](http://www.lucasmha.org); 435 Nebraska Ave., Toledo, OH 43604; or 419-259-9446 (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.

**MANAGER OF CRISIS AND TREATMENT SERVICES  
LUCAS COUNTY BOARD OF MENTAL HEALTH AND RECOVERY**

Lucas County Board of Mental Health and Recovery, is accepting applications to fill the Manager of Crisis and Treatment Services position. This position participates and facilitates the development and implementation of substance use, mental health, and gambling treatment services in Lucas County for adults and youth. Prioritizes the target communities and/or populations in each of the above areas, and recommends allocations for resources based on the prioritization. Salary range \$60,000.00 to \$65,000.00 annually plus a full range of benefits. Additional information regarding the duties is available on the Lucas County web site ([www.co.lucas.oh.us](http://www.co.lucas.oh.us)). Click on "Apply for a Job" and then select "Manager of Crisis and Treatment Services" from the list to read more or apply. Resumes are also accepted by email to [apriest@lcmhrsb.oh.gov](mailto:apriest@lcmhrsb.oh.gov)

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# Blue Gill Fishing Club Hands out Scholarship Funds

*Sojourner's Truth Staff*

On Saturday, July 2, members of the Blue Gill Fishing Club presented their annual scholarship to a deserving high school student. This year's recipient was Johmar Chapman, a recent graduate of Toledo Technology Academy who will be attending the University of Toledo in the fall to major in mechanical engineering and technology.

Blue Gill Fishing Club was organized in 1992 by five community men, initially as a social club. Over the years, the Blue Gill has also evolved into a service club that raises funds for scholarships, to feed neighborhood youth and to assist community action organizations in their missions.

The Blue Gill Fishing Club's members annually raise money to donate funds to local agencies and to local scholars heading off to college.



(L. to R.) – Front Row: Al Chapman, Angela Cattledge, Johmar Chapman, Perry Helms  
Back Row: L.A. Frost, Nate Greene, Johnnie Walker, Dale Richardson-bey, Freddie Tisdale, Gene Davis



Blue Gill member Al Chapman hands scholarship check to Johmar Chapman. Blue Gill member Al Chapman hands scholarship check to Johmar Chapman. Back Row: L.A. Frost, Nate Greene, Johnnie Walker, Dale Richardson-bey, Freddie Tisdale, Gene Davis



Scholarship recipient Johmar Chapman and his mother, Angela Cattledge

# Omega Psi Phi Scholarship Award

The Omega Psi Phi Fraternity of Xi Tau Chapter awarded its annual scholarship to recipient Joshua Smith. Joshua is a graduate of Bowsher High School and plans to attend Wilberforce University with a major in pre-med psychology. Joshua is awarded a \$2,000 scholarship from Omega Psi Phi Fraternity.



Omega men attending golf tournament



L to R; Keith Jordan (Vice Basileus), Vince Davis (Ex-Basileus), Timothy Smith (father of recipient), Joshua Smith (scholarship recipient), Ed Dixon (Scholarship chair), Mark Ri



## Lucas Metropolitan Housing Announces the Opening and Closing of the Public Housing Waiting List

Lucas Metropolitan Housing (LMH) will be opening the waiting list for public housing throughout Lucas County, Ohio, beginning Monday, July 25, 2022.

- **When to apply:** Applications will only be accepted from **Monday, July 25, 2022**, beginning at 12:01 a.m., through **Wednesday, July 27, 2022**, at 11:59 p.m.
- **How to apply:** You must apply online at our website: [www.lucasmha.org](http://www.lucasmha.org). Click on "Apply Online," then complete and submit the online application for placement on the waiting list.
- **For questions:** Contact us at (419) 259-9477 or (419) 259-9427. Please allow at least 48 hours for a response.
- Applications will not be available at any LMH office. You must apply online.
- Placement on the waiting list does not guarantee eligibility for admission.
- There is never a fee to apply for rental assistance programs operated by LMH.

If you require a reasonable accommodation because of a disability to apply, please submit a written request on or before July 27, 2022, by email to [jhicks@lucasmha.org](mailto:jhicks@lucasmha.org); or by U.S. mail to: Lucas Metropolitan Housing, Public Housing pre-application, 211 S. Byrne Rd. Toledo, OH 43615, or contact us at one of the phone numbers listed above. Please include your name, address, telephone number, and email in your request.



# Coming Soon! The 17th Annual African American Festival and Parade

By Dawn Scotland

The Truth Reporter

Get ready for the 17th Annual African American Festival and Parade!

This year, the annual festival will cover two weekends – July 15-16 and August 6 – with fun and entertainment for everyone.

The first weekend kicks off with the community wide prayer breakfast (Friday, July 15) and parade (Saturday morning) ending in a free community day for the entire family (Saturday, July 16). The one-day music festival will then take place August 6 with a show-stopping lineup that the committee announced this week.

"We're excited about what we planned this year, we're excited about the direction that we're going in and we're most excited about our line up..." said Ray Woods, chairman of the African American Festival Committee, as he opened the press conference on Tuesday, June 28.

"We're bringing our family day back," remarked Suzette Cowell, founder of the African American Festival and Toledo Urban Federal Credit Union. "Our [music] festival has really grown but we want to bring some more interaction with our community... because that's why we're here."

"Community built us. We have over 4800 members and that's all community members. We just want to get back to that and show them our appreciation."

"We've been through a very stressful time and this is the time to enjoy one another and show love," added Cowell.

She's ready to see Toledoans excited to be together again, enjoying ourselves.

This year's theme is: 'Celebrating our History, Health and Education.' The 17th Annual African American Festival events are:

## ARE YOU READY TOLEDO?

We are proud to announce the musical line-up for the 17th Annual African American Festival: Tribute to Rance Allen Group by Chris Byrd, TROOP, Sunshine Anderson, Lyfe Jennings, The ZAPP Band, The Whispers, along with comedian Keith Bender.

**The festival will be held at Promenade Park, August 6th, 2022. \$30 General Admission \$65 VIP**

Tickets are on sale NOW, available in the Toledo Urban Credit Union or online at Ticketmaster.com.



For more information regarding the festival, parade, or prayer breakfast, please contact Garnet Cowell or Ma'Laya Edwards at 419.255.8876 ext. 205, or by email at AAFestival@ToledoUrban.net.



2021 Festival Audience



Councilwomen Vanice Williams, Cerssandra McPherson and Tiffany Preston Whitman and Mayor Wade Kapszukiewicz present plaque and key to the city to Shirley Murdock at 2021 Festiva

## Annual Community Wide Prayer Breakfast

Friday, July 15, 2022 from 8am-10am

Glass City Metroparks's Pavilion

1002 Front Street, Toledo Ohio 436050

2022 Honorees: Sonia Flunder-McNair, Sonia Organic and Urban Wholistics; Adam Levine, Toledo Museum of Art; Pastor Willie Perryman, NAACP; Suzanne Rorrick, Toledo Opera; David Ross, The Arts Commission; Councilwoman Vanice Williams, Toledo City Council District 4

Mistress of Ceremonies will be Zahra Aprili Collins, program manager of TUFCU

Tickets are \$10 and can be purchased at Toledo Urban Federal Credit Union

## 12th Annual African American Festival Parade (sponsored by Health Partners of Western Ohio)

Saturday, July 16th starting 10am - FREE

Parade route starts at the corner of Dorr Street & Detroit Avenue and will travel up Dorr Street towards

Collingwood; turn South (right) at City Park toward Indiana Ave; turn West (right) on Indiana Avenue and travel towards Detroit Ave ending at Nelson Grace Park located at Detroit Avenue and Indiana.

## African American Festival Community Day

Saturday, July 16 starting 12 pm-4 pm - FREE

Nelson Grace Park- Located at the Corners of Detroit and Indiana Avenues

A community fun day filled with family activities, entertainment, food, and fellowship will take place immediately following the parade. All activities will be free to attendees.

Partners for the event include Economic & Community Development Institute (ECDI), City of Toledo Human Relations Commission, MetroParks

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