



Volume 74 No. 8 *“And Ye Shall Know The Truth...”* October 5, 2022



Congresswoman Mary Kaptur

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Leadership *With* the People

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

The Truth Contributor



[Politicians] must edge closer to the public work already being done by lay citizens and community groups.

– Albert Dzur

Congresswoman Marcy Kaptur, the Dean of the Ohio Delegation, has represented Ohio's 9th Congressional District since 1983 and is the longest-serving woman in the history of the U.S. House of Representatives.



U.S. Rep. Marcy Kaptur

Representative Kaptur is also the second-longest serving current Member on the House Appropriations Committee. The prominent lawmaker currently chairs the prestigious House Appropriations Subcommittee on Energy and Water Development. In addition, she serves on the powerful Defense Subcommittee and the House Appropriations Subcommittee on Commerce, Justice, and Science.

However, Kaptur's sustainable legislative and electoral success lies in her ability to recognize the value of constituents' attempts to solve problems in the community. By linking community-initiated efforts with government resources, Kaptur helps citizens to produce change.

I spoke with Ms. Kaptur about her governing philosophy and outstanding service to the community as she competes in a tight race for reelection. Here is our conversation:

Perryman: What has led to your distinguished career?

Kaptur: Toledo's always been my home and where I grew up. I was the first person in our family to graduate from high school and college, and I came home to improve my community in the late 1960s. I was a city and regional planner by training. I thought that, in conjunction with the Civil Rights Movement, I could dedicate my life to rebuilding our country and cities.

I didn't run for office until I was 36 years old. Before that, I had worked in Toledo and Lucas County for a decade. Then I went to work for a national group that sent me around to cities like Newark and Chicago to work in multi-racial neighborhoods.

Perryman: What specific event or person got you involved in politics?

Kaptur: A book was written about my work. The Carter administration then selected me to become one of three advisors to the president on urban policy for the country. So, I served him throughout his presidency, and when he lost reelection, I went back to college so I could teach in my field.

I came home at Thanksgiving while working on my doctorate at MIT and met a friend who had been in my grade school. She was working behind the meat counter for one of the supermarkets and burst into tears when I saw her. I said, "what's wrong?" She said, 'Marcy, life is so hard. My husband lost his job. I've got our two grandchildren that I'm trying to take care of.' That was 1982 when Toledo's unemployment was upwards of 19 percent, and our automotive industry was flat on its knees. This followed the first Arab oil embargo back in the 1970s. That conversation impacted me because I remember her as a very gleeful, happy young woman. Now she was really up against it.

I had always been active in politics, but never as an elected official. After that, a couple of my friends said, 'why don't you run for Congress against the incumbent?' That's how it began.

I eventually got on the appropriations committee and actually beat Nancy Pelosi to get on it, and she never forgot it. I now have a very important gavel of my own, energy and water, and I do many other things in Congress.

So, we've been about the task of rebuilding, and you can see the results of a lot of effort.

Perryman: What are some successful examples of your work in Congress?

Kaptur: General Motors announced a \$760 million to invest in Toledo in the very first G.M. plant in the world that will be involved in the new electronic vehicle propulsion system.

I also voted for the rescue and refinancing of General Motors about 10 years ago during the Obama era. We almost lost the vote to rescue the U.S. auto industry then. So, I've been a part of that and the steel industry's rebirth with companies like Cleveland-Cliffs a billion dollars on each side of the Maumee River.

I'm a member of the steel caucus and on the defense committee. We are very much a part of the revival of the automotive and steel industries in our region, and I've always been trying to bring opportunity and progress to our area.

So, we're also talking about the downtown farmer's market and our senior farmer's market coupon program, which benefits so many seniors and women who are pregnant or lactating to be able to get fresh fruits and vegetables.

And, we're talking about working with the Toledo Urban Federal Credit Union, having them become such a shining beacon across our region. It's the first time we've actually had fair credit in the heart of Toledo, especially in the African-American community. So, I'm very proud of that achievement in our community and many other projects I've been a part of.

Perryman: Are there any examples of infrastructure projects you want to mention?

Kaptur: Yes, the Veteran's Glass City Skyway, which took us almost 16 years to pass, to fund and ultimately construct, the saving of the Amtrak station in Toledo, the busiest Amtrak station in Ohio, getting us ready for modern rail,

... continued on page 6

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Community Calendar

October 6 & 7
J. Frank Troy Center Rummage Sale: 10 am to 5 pm each day: 419 255 6206 ext 7032

October 13
Toledo NAACP Meeting: 5:45 PM; Report of the Nominating Committee; 1326 Collingwood

November 10
Toledo NAACP Vote: Noon to 8 PM; Vote for Executive Committee

Would You Take This Pledge?

By Lafe Tolliver, Esq

Guest Column

According to the lightweight Georgia House Rep. Marjorie Taylor Greene, America is both a Christian nation and a Christian nationalistic nation. An oxymoron to be sure if you examine the Ying and Yang of what is proffered by Rep Greene who is known to frequent rallies at which white supremacist speakers rant and rave; and she offers no rebuttal to their vitriol.

A political gadfly, Rep. Greene is now seeking the political head of Mitch McConnell, the titular head of the US Senate Republicans on the grounds that Mitch is not supporting the Arizona election denier candidate with sufficient stridency.

Rep. Greene wants both a House and a Senate that is populated by political Neanderthals who will do the bidding of Herr Trump, who also is now seen as throwing sweet kisses to the QAnon crowd at his recent rally in Pennsylvania.

For those who have short attention spans, calling America a Christian nation is like saying both cats and dogs are alike since they both have four legs, a tail, ears and sharp teeth. Nothing can be further from the truth.

The "America" that the original settlers founded was based upon a desire for religious freedom, but they were not fettered by any sense that all men were created equal in the eyes of God and all were entitled to life, liberty and the pursuit of happiness.

Native Americans and people of color in those colonial times need not apply for those benefits. White males only were qualified or qualifiable for acceptance in that formative culture and society.

And as far as Christian nationalism goes, it, without pretense or delusion, simply states that America's principles are founded upon Judeo-Christian principles. Again another sleight of hands when you survey the national scene since 1619 to know that somewhere along that historical time frame, Jesus was kindly shown the door when political power fought for dominance (and has seemingly won) over Christian principles.

The fear that White Americans feel is that they are numerically becoming a minority group in American politics; and for them to see "others" clamoring for an equal seat at the table is troubling to them.

The colorization of America includes the fear of White men that their daughters are marrying minority males at higher rates, and which means, butterscotch-colored babies at their Thanksgiving tables and explaining at family reunions why their Heather or their Abigail has a husband with a first name of Ahmed or Leon.

Donald Trump senses this racial/cultural phobia with "his" people and he employs tactics to show his fearful base that with a Trump presidency, he would put the brakes on all of these mixed marriages shenanigans.

With recent polling indicating that approximately 85 percent of Americans consider themselves to be "Christian," it is easy to understand why they would be amenable to a national statement that America is a Christian nation.

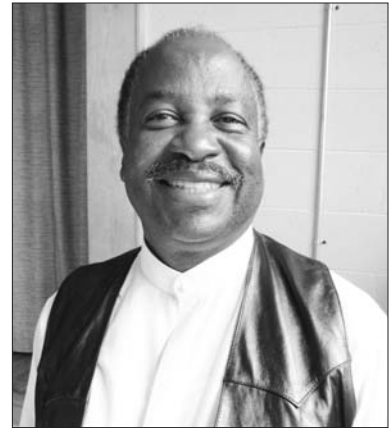
In spite of unambiguous evidence of not practicing Christian principles, White Americans enjoy the image that they are still headed for the heavenly kingdom due to mouthing Biblical principles but not obeying them.

They are able to separate the two via cognizance dissonance which allows such tortured logic to both engage in brutal American Apartheid and yet sing the hymns of Zion during their Sunday morning church assemblies! Go figure.

Now, as far as a pledge goes. If the Marjorie Taylor Greens' were to have their sway in Congress, it would be fitting that the public and members of Congress would agree to state via a legal fiat that America is a Christian

Nation. If so, they take the following pledge:

I (insert your name) a white person of sound mind and memory and under no legal or mental restraints and knowing the glorious history of our Republic and desirous to maintain its concepts of righteousness and justice for all, do solemnly affirm that I am a member of a Christian Nation under God and I will do all needed and necessary acts to enshrine such values in the public square and in my personal dealings and that I will use my resources to counter any system of beliefs that are contrary to the principles of a Christian Nation.




Lafe Tolliver

Signature

There you have it! Very neat and tidy and intended as a political rallying cry for those

White Americans who feel that Herr Trump is their only voice for their grievances against a company that has left them scrambling for a national identity against the "hordes" of invaders who last names are not derivative from Anglo-Saxon names or a European heritage.

Contact Lafe Tolliver at tolliver@juno.com




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Stacey Abrams: 'Give People a Reason to Vote'

By Myia Borland

Howard University News Service

Stacey Abrams shared her plans if elected as the Georgia governor this November and the challenges facing Black voters during a Q&A session hosted by the National Association of Black Journalists Political Journalism Task Force last week.

"People don't live one dimensional lives," Abrams said. "They don't get to choose between being worried about housing and health care, between thinking about climate action and climate change when extreme weather events affect the coast. ... We have to have conversations about all of the issues, and it's important for voters to know where the candidates stand."

One participant asked about the lack of "energy" surrounding the campaign and general desire for people to vote. "I can't be a new candidate every time," Abrams replied. The Democratic candidate reflected on her first campaign run, which took place for 18 months and had moments of defeat as well as triumph.

"What felt to folks at the end as sort of an inevitability, took 18 months to build, but it was also true that I was brand new," she said. "At the time, the White House was inhabited by someone who was seen as anathema to almost every single community. ... That is not the case this time. It's much easier to generate enthusiasm when there is a clear understanding of who the opposition is, who the villain is."

Abrams then directed her response to her Republican competitor, Governor Brian Kemp, whom she described as "getting credit for being a mainstream Republican when he is just as hard right, just as offensive as Donald Trump was to the needs of our community."

Kemp serves as the 83rd governor of Georgia and is running for reelection against Abrams after winning the gubernatorial race in 2018 by just a few votes.

In terms of initiatives and issues that may attract Georgia voters to the polls in

just a few weeks, Abrams pinpointed four areas of concern that require action: being able to make a good living, education, health care and housing."

"There's distrust," Abrams said. "People aren't quite clear. ... They know what their challenges are; they don't know whose fault it is. And thus, they don't necessarily know who can fix it."

When asked about her Coastal Resilience Response Plan and South Georgia Readiness Response Plan, Abrams shared that she would make environmental justice a priority as governor.

"Environmental justice is incredibly important to me," she said. "I actually interned for the Office of Environmental Justice when it was first created under Bill Clinton, I did my summer internships with the EPA (Environmental Protection Agency) and I'm from a coastal community that was ravaged by hurricanes year over year. I want to first and foremost make certain that we have a transportation and evacuation plan for those who are typically left behind."

Abrams, who grew up in Gulfport, Mississippi, emphasized the need to anticipate bad storms and have the course of action prepared prior to any destruction.

"We need to have a plan in place to move them inland and to provide housing for long term. It cannot be simply over a weekend. Typically, recovering from a hurricane takes weeks to months on end."

To add to that, Abrams explained her Small Business Investment Fund, which was designed to combat financial hardships for business owners who do not have the same access to resources as larger corporations.

"I am building the Small Business Investment Fund, because small businesses statewide are 99% of the businesses 43% of the jobs. We need to be investing and making sure those small businesses have the same type of resilience that large companies get."

Abrams' final point for environmental initiatives stemmed from her claim that Kemp does not see climate issues as a real threat to Georgians.

"We need to anticipate that climate action is real," she said. "This current governor refuses to say so; I do. It's insufficient to bring a battery company to Georgia when you don't acknowledge that the reason for that battery company is that we need clean air and clean water and that we need to stop drilling off the coast."

As for how Abrams aims to get more African American voters to the polls this year, she said, "Voting is math."

"You can carve out any certain community," she began. "Unless you have 100 percent participation rates, the attribution of success or loss can always be characterized as a community's fault. That is both disingenuous, and I think that



Stacey Abrams

... continued on page 12

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Local Nonprofit Convenes Meeting with Ohio's Lieutenant Governor

By Tricia Hall

The Truth reporter

Youth mentoring nonprofit, CityPark League Resource Group, in collaboration with Ohio's Minority Affairs Liaison Ron Todd, organized a meeting with community leaders and Ohio's Lt Governor Jon Husted last week.

"This is only the beginning of future conversations with important people who are doing the work in the community and supporting CityPark League," shared Montrice Terry, CityPark League Resource Group Founder.

The gathering was held on Wednesday, September 28, 2022 in Promedica Ebeid Center and included over 20 different local nonprofit executives and board members, private business owners, residents and elected officials. The purpose of the meeting was to discuss and determine strategies on ways to address community needs, and learn about Ohio-based resources.

"I've known the lieutenant governor for years. I know his heart and his passion to help people," shared Todd during his introduction of the meeting and the lieutenant governor.

The leaders discussed economic development, current housing stock, nonprofit capacity, financial literacy, youth violence, employment and other emerging needs. In return Husted also offered his opinions on a host of issues, including the current jobs situation in Ohio.

"If there aren't any jobs or opportunities, you've got to do what you've got to do," said Husted. "But Ohio has transitioned itself over the past 30 years – from a bad place to do business to a good place to do business."

He touted "major private sector investments" such as General Motors recent announcement about the electric car initiative for Toledo and the Intel plant coming to Columbus as results of the attraction Ohio has for the business sector.

"Right now, we are creating jobs faster than we can fill them – with the lowest unemployment rate in my lifetime." There are 3.5 jobs, he added, for every person on unemployment.

In light of the glut of jobs, Husted stressed the need for job training.

He shared information about various resources including an adult education program, called TechCred. According to the resource website TechCred helps Ohioans learn new skills and helps employers build a stronger workforce with the skills needed in a technology-infused economy. The majority of the trainings are offered online and may take less than a year.

"There are free programs out there to help in the area of workforce development. We don't have a marketing department, but I do share this information, or at least try to share during press conferences," said Husted.

"We have to knock down those barriers," he said. "And I hope we will be a model for the rest of the nation."

The next TechCred application opens November 1, 2022 and closes on November 30, 2022. For additional information about TechCred, visit <https://techcred.ohio.gov/>

Lt. Governor Jon Husted was adopted by his parents, Jim and Judy,



Toledo Urban Federal Credit Union's Zahra Collins speaks of banking and financial issues

is the oldest of three children, raised in Williams County of Ohio, and earned both a bachelor's and master's degrees from University of Dayton.

Prior to his election as lieutenant governor in 2018, he was Ohio's Secretary of State, Speaker of Ohio's House of Representatives and Ohio Senator. In his current role, he oversees the Ohio Common Sense Initiative, and serves as the Director of the Governor's Office of Workforce Transformation and InnovateOhio.

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We're working for you!

Perryman... continued from page 2

and the new infrastructure bill gives us a chance to do that.

There are just so many. U.S. 24 from the Buckeye Basin all the way to the Indiana line. That was my project. Also, saving the medical school at the University of Toledo and its hospital, I never thought I'd have to get involved with that.

Perryman: Some have said that democracy is on the line in the current election. Does democracy merely mean wearing a flag pin on the lapel? Does it mean electoral majoritarianism and deliberative proceduralism while simultaneously taking away reproductive choice and other long-held rights?

Kaptur: What a good question. For me, it means every person is a blessed creation. Every person matters. Their vote matters, their opinion matters, and the rule of law in the United States matters.

I was one of the people caught up in this insurrection here in Washington and saw these people come in from around the country and do horrible things. Over 144 of our police officers were wounded. That was an insurrection. That was civil disorder that harmed people and injured people. Democracy doesn't mean that you do what you want. It means that you operate within a system with fair laws and a judicial system that can adjudicate fairly to every person, including a necessary trial by jury, guaranteed in our constitution.

Perryman: Schools taught us that our government is "of the people, by the people, and for the people." I'm not sure it's "of the people" anymore because of gerrymandering. Neither does it appear to be "by or for the people" since we have many "representatives" who chose the voters instead of the voters choosing them.

Yet, one bright spot in government is how you've come in and partnered with groups like the Toledo Urban Federal Credit Union. You are doing things with them and collaborating on projects that the citizens can't complete without the federal government's assistance. You have been steadfast in bringing in the resources and adding to these community-generated issues already being done in the community.

Kaptur: I help empower people. Part of my job is to empower people and let them know about resources there. I am so proud of the Toledo Federal Urban Credit Union. As I said earlier, it is the first time in the history of Toledo that we have fair credit in the heart of the African American community.

I partly know that again, not just because of the Civil Rights Movement, but I'm also reflecting on the Model Cities program and some of the work we did with Jean Overton and others years ago to help neighborhoods rebuild. From my life and experience, I saw the exodus of fair credit from neighborhoods and the redlining.

So, the Toledo Urban Federal Credit Union is a tremendous achievement. It was the people there who implemented it, which it must be. Now residents can see their economic power. Now they can experience bringing their resources to a place that will not exploit them. The community can help small businesses grow, help people get windows for their houses at a fair rate, and buy cars. That is to realize the financial power of the African-American community.

Perryman: Many of our institutions have recently lost legitimacy. How would you restore the people's confidence in our institutions?

Kaptur: What I try to do, for instance, Bishop Duane Tisdale came to me once and was interested in building housing. I didn't build the housing for him. Still, I let him know of available federal programs. His organization and special entities that he set up were able to prepare an application. Now there are dozens and dozens of people who have a place to live as they age.

If people bring ideas to me, I try to help them figure out how to fix or improve their situation. Take the downtown Toledo Farmer's Market. When I was first elected, it was a neglected place in a part of town that people ignored. You go down there today, and there are over 100 vendors. They don't have enough room. I was trying to help local people be able to sell. You can meet somebody down there who runs a company called Gertie's Dressing. We set up an organization to help them move their product to market.

For the African-American community, I feel that there are so many businesses yet to be born to help people move their ideas to market. We have examples of where people have been successful and can be models for others. We Be Ribs is an example of those that have come to see me and have then taken things into their own hands and are being very successful in our community. They are a model for others around the country.

Perryman: I really like that because you're talking about a complimentary partnership that sees each other as peers and not a dominant-subdominant power relationship.

Kaptur: Well, you bring up a symbiosis. It's like a joining together. So, for example, when we built the Veterans Commons down on Detroit Avenue for homeless vets, there was no sponsor locally.

I brought National Church Residences to Toledo, working with Billie Johnson from the Area Office on Aging. She said, "Hey, you know what, Marcy, we think we can help on this." And wouldn't you know, we built with the help of National Church Residences, federal money, and the sponsorship of the Area Office on Aging, the Veterans Commons on Detroit Avenue. So again, a symbiosis, a working together, trying to figure out once someone has a vision and it's worthy, how we accomplish it.

Perryman: Finally, please summarize your campaign message.

Kaptur: Well, I like to say, 'What America makes and grows, makes and grows America!'

I'm very much for strengthening local enterprise that will grow. Whether that enterprise is manufacturing like General Motors or whether it is a company like Mondelez Foods, the largest flour mill in the world on Toledo's east side. Our country grows and strengthens when we make and grow things in America. So I believe very much in focusing locally to succeed nationally.

If every congressional district in the country worked as hard as we do to maximize the opportunities for people and the enterprises for people, the country would grow as a result.

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

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Imara Miles: Young Opera Singer Is Loving Her Career Choice!

The Truth Staff

Imara Miles, a young mezzo-soprano and a resident artist with Toledo Opera for the 2022-23 season, is quite literally at the start of her operatic career. It's quite a promising start that has already brought her a large measure of success.

A native of the Washington, D.C., area, Miles is a graduate of York College (an undergraduate degree) of Pennsylvania and Indiana University (masters in music). She has been a featured performer in shows such as *Il Barbiere di Siviglia* (Berta), *The Drowsy Chaperone* (Title role), *Gianni Schicchi* (Zita) and *Porgy and Bess* (Lily), among others. She has been a young artist in programs such as The Glimmerglass Festival, Grant Park Music Festival, Pensacola Opera and the Des Moines Metro Opera prior to joining the Toledo Opera this season.

This season, with Toledo Opera, she will appear in this weekend's *Suor Angelica/Cavalleria Rusticana* and later sing the role of Olga in *The Merry Widow*. After *The Merry Widow*, Miles will take a little break during her 10-month stint here to go to the Knoxville Opera to sing the role of Marcellina in *Le Nozze di Figaro* and then return in the spring.

Clearly the start of her operatic career has been busy and exactly as she has desired since she became enamored of opera at the tender age of 14, befuddling family and friends about such an unexpected turn of events.

Miles has never wavered in her love of opera and her desire to pursue a career singing and she has relished the challenges such a career presents. One of those challenges is "being able to learn quickly" says Miles of her effort to incorporate the various operatic cultures and languages, along with the music, into her repertoire. For example, she has sung operatic pieces in the following languages: English, Italian, French, German, Spanish, Latin, Korean, Hebrew and Swahili.

But above all, as she learns and practices while attempting to master her art,

she must exercise discipline and understand that not everything she wants to do can be accomplished immediately.

"It is difficult to find the pieces that are comfortable right now because I know my voice will get bigger over the years," she says of the learning process. "American opera singers have a tendency to go too big too fast."

Miles' goal is to master her art at the appropriate pace – using "patience and perseverance" – so that as she matures and her voice changes, there will be no damage to those muscles that control the voice. "Don't go too fast," she constantly reminds herself. Some singers who rush the process – sometimes by taking on roles for which they are not ready – develop a vocal "wobble."

"The voice isn't as settled yet," she adds

"It's like training a muscle incorrectly, as it's still growing," adds Rachael Cammam, the Toledo Opera's coordinator of communications and patron services. "It's a whole mechanism. With these young singers, their voices are not physically there yet."

However, her desire to perform keeps her moving along in spite of the challenges – the challenge of being constantly on the road away from family and friends, the challenge of constant work and practice and rehearsal, the challenge of pacing herself, the challenge of periodic auditions.

"I love it with all my heart," she says of the rewards. "I love being an opera singer more than anything in the world."



Imara Miles

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Sojourner's Truth Staff

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“We are excited about the opportunities that exist and we are continuing to work on doing what’s best for our students,” said TPS Superintendent Romules Durant, EdD during a luncheon as he reviewed current choices and unveiled upcoming ones.

Students don’t have to go to Chicago or New York to chase their dreams, he said. “You have what you need in Toledo.”

Those needs might include dreams of a medical career, an aviation career or one in engineering, education or business, to name a mere few choices. TPS is trying not only to provide educational opportunities in a vast number of disciplines but also to make such choices as financially feasible as possible.

If a student has an eye on becoming an accountant, a broadcaster or an auto designer, she can start to prepare for such career choices and gain valuable college credits during her high school years, to defray the costs typically incurred in higher education.

Already in existence are Jones Leadership Academy, the Aerospace and Natural Science Academy, Toledo Technology Academy, Toledo Early College and Toledo Pre-Med and Health Sciences Academy. In addition to those choices students can opt to participate via the Virtual Academy High School.

The Aerospace and Natural Science Academy, for example, has an enrollment of 308 students this year and the aviation arm is located at the Toledo Airport while the Natural Science courses are at the Botanical Gardens. Kids are learn-

ing, said Durant, right in the middle of the action.

Kids are also earning college credits in this particular Academy, just as they are at Toledo Tech, Toledo Early College and Toledo Pre-Med. In Toledo Early College, for example, last year’s graduating class had an average grade point average of 3.4; 70 percent of the students had earned 55 college credits and 55 percent had earned an associate’s degree.

The Pre-Med program just started in September and is located at Toledo Hospital – where the action is – and it is possible for students to gain as much of a \$130,000 financial advantage as they enter the expensive college pre-med programs. At Toledo Tech, 40 percent of graduates this past year were offered full-time jobs.

Such programs also are not limited to the classrooms. Summer internships and paid summer jobs are also being offered to participants, noted Durant.

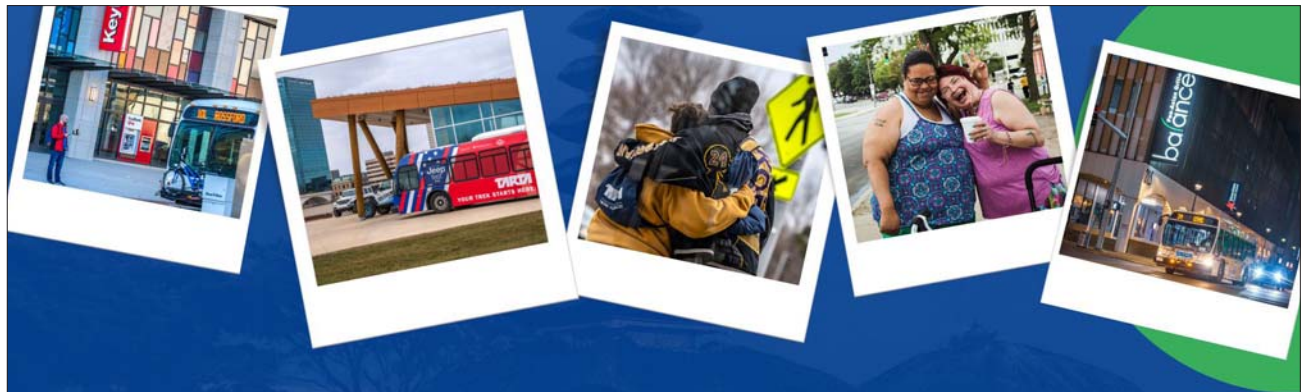
Durant also introduced the TPS plans for the future with such specialized courses of study: a construction academy; an educators’ academy, a maritime academy and a performing arts academy.

The idea for these future projects, as with the current ones, is to get students into the locations that make sense and to put them in a position to earn college credits.

The construction academy has the approval of 16 local unions, is available to student in grades seven through 12 and will provide mechanical, electrical, plumbing, architectural courses, among others. In addition, kids will have the opportunity to work in the field handling heavy equipment and will be able to earn college credits.

The maritime academy will be located in Point Place – near and on the water, the educators’ academy at the University of Toledo College of Education. The

... continued on page 12



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Dear Ryan

By Ryan Rollison

The Truth Contributor

Dear Ryan

Hi, Ryan, I am starting a workout program and I'm not sure how much weight I should be using. I am a 43-year-old female with about 30 pounds to lose. I don't want to get big & bulky. I just want to tone up and look good. How much weight would be good for me to start with and how long before I see results?

Dear 43-Year-Old,

Congratulations to you for starting your new program. First, I would like to rid you of the myth that you will get big and bulky if you weight train. You are not a man nor are you built like one. So, bulking up and looking like a man will not happen for you. You would have to increase calories and lift very heavy for a few years to get large muscles.

When you start your work outs you will get muscle tone, burn more calories, have a ton of energy, feel better about yourself plus develop your new body. Those are all results and they vary per person depending on how hard they work and clean they eat. Now you don't have an excuse not to train hard.

Use a weight that you are comfortable with and can get a hard 12 repetitions. I take my clients through a one rep max test to determine how much weight they can comfortably use for the workouts that we start with. I take 50 percent of their max weight and do two sets of 12-15

reps per body part. Here is how to find you one rep max. If you are using a selectorized stack machine, use a light weight to warm the muscle.

After 12-15 reps increase the weight by one or two plates and do only one repetition. Continue this process until you cannot lift the weights for one complete rep. Let's say the last rep you fully completed was 100 lbs. You would take 50 percent of the weight and begin your workouts with that poundage. You may have to change the percentage depending on the strengths of each muscle group. This will work the muscle and bring your desired results.



Ryan Rollison

If you do your weight training 3 times a week and follow a good eating regiment you will see results in a few short weeks. Remember that losing more than 2-3 lbs a week will result in losing muscle tissue and not body fat. Set realistic goals and stick to it. Good luck achieving your Dream Bodies and keep up the good work.

Ryan Rollison
Dream Bodies
dreambodies419@gmail.com



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Enjoy the Candy And Try Something New

By Patrice Powers-Barker, OSU Extension, Lucas County

The Truth Contributor

Is your October a spooky, sugar-laden month of candy? Below, I will be sharing one (of many) community invitations to a Trunk-or-treat for youth in Lucas County. Certainly, candy will be part of the festivities, but it can also be balanced out with games, activities and additional ways to celebrate fall – for adults as well as children.

Trunk-or-Treat Invitation

Enjoy community festivities. Although food is often a theme at community parties, other topics like enjoying cooler outdoor weather and gathering for fellowship can be just as important as the candy.

Ohio State University Extension, Lucas County is hosting the First Annual Fall Festival with Trunk-or-Treat, Fall Games and introductions to the Lucas County 4-H Clubs. Prizes will be given to the best (youth) costumes. It will be Saturday, October 22nd 2022 from 4:00pm – 6:00pm at the Lucas County Fairgrounds, 1406 Key St., Maumee, OH. Food trucks will be on site for food purchase.

Balance it out

Enjoy the sweet treats and add a healthy addition like caramel candy with apple slices or a glass of low-fat milk with chocolate or mix some of the candy pieces in with plain cereal and popcorn for a modified snack mix.

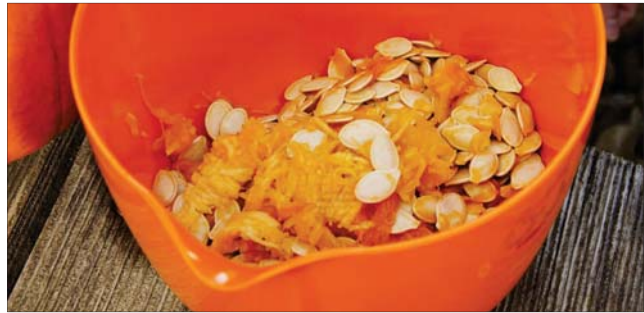
Try something new

My colleagues who teach nutrition classes, shared a sample of Black Bean Brownies from Celebrate Your Plate recipes celebrateyourplate.org. Sound weird? That's OK. Try it, you might like it. Although the chocolate chips are listed as optional, we recommend using them or crunch up some other chocolate Halloween candies to add extra sweetness.

Black Bean Brownies

Ingredients

- Non-stick spray
- 1 15 ounce can no salt added black beans, rinsed and drained



- 1/4 cup oil (vegetable or canola)
- 3 large eggs
- 2/3 cup packed brown sugar
- 1/2 cup baking cocoa
- 1 teaspoon vanilla extract
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 1/2 cup semi-sweet chocolate chips (optional)

Instructions

- Before you begin wash your hands, surfaces, utensils and top of cans
- Preheat oven to 350 degrees.
- Spray an 8x8 inch pan or baking dish with non-stick spray.
- Use a potato masher or fork to completely break up the beans.
- Add the oil to the beans. Stir to mix completely to be sure that all beans are completely mashed.
- Add the eggs and mix well.
- Add brown sugar and cocoa and mix well.
- Add vanilla extract, baking powder and salt.
- Pour into the prepared baking pan. Sprinkle with chocolate chips (optional)
- Bake at 350 degrees for 20-25 minutes or until toothpick inserted in the

... continued on page 11

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A Mental Health Moment

Marriage and Family Counseling Vs. Individual Counseling

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

The Truth Contributor

I often get calls and emails asking for appointments for marriage and family counseling to include couples as well. I only provide individual counseling and I avoid counseling members of the same family. Why?



There are many answers to that question but first I will say, it was never a topic that interested me and it is not because I feel marriage and family units are not important. I had two failed marriages and that is not the reason either, because I personally feel marriage is a wonderful union and there is a such thing as healthy families...not every family is dysfunctional.

While in graduate school, yes, we were required to take a course in marriage and family counseling which actually has its own area and counselors who pursue marriage and family counseling become MFTs for Marriage and Family Therapists and those letters will be behind their names in their title such as Minnie Mouse, MFT.

I urge anyone seeking help with their marriage and family to seek out counselors who have gone above and beyond that one required course in graduate school and trained in that area and received numerous certificates. Would you want a heart surgeon saying sure I can remove your appendix or perform a tubal ligation. No, No, No.

Professional counselors are required to acquire continuing education courses in ethics every two years. One part of ethics is to basically, "stay in your lane." A more professional way to say it is do not practice outside of your scope of experience and education.

Now if you happen to have a session with a professional mental health counselor, the letters behind their name stand for Licensed Professional Clinical Counselor (LPCC). Maybe by chance as they accrued their internship hours and practicum hours, it's possible they could have done so at a private practice that focused on marriage and family counseling. That's

experience and knowledge obtained in a professional environment oversaw by a professional counseling supervisor. By all means, if you feel comfortable, book a session with this individual. So, there is a bit of wiggle room because they still have more experience and knowledge than that one course required in graduate school.

Many individuals I see in my practice who are in need of marriage and/or family counseling, are often referred to an MFT but they still see me to work on their own issues which is very healthy. I believe both partners should seek out their own individual counseling because it makes a tremendous difference in how you treat yourself and how you treat others. (For young children there are Registered Play Therapist, RPTs) but it's not always the case to involve three and four-year-old children in something that you and your spouse are battling.

Take a mental health moment and ask yourself and your family can we do this and will it help? Regardless of the answer, which I always believe should be yes, yes, yes, just ensure you seek out the correct type of counselor for your needs. Start with your insurance and ask them are there any MFTs in your network, next search platforms such as psychologytoday.com or goodtherapy.org, or even contact

Ohio Counselor, Social Worker, & Marriage and Family Board. If you want to save your family, your relationship and yourself, there is help...let go of the stigma and go get your mind right, well in this case...go get you and your family right.

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 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 Available for team building, employee empowerment in motivation and better understanding mental health in the work place. Accepting new client ages 13 and older.

Enjoy The Candy... continued from page 10

center comes out clean.

- Cool on a wire rack. Cut into 16 pieces.

Tips

- Add 1 tablespoon of instant coffee to the mix for a mocha flavor.
- Add 1 teaspoon cayenne pepper for a flash of heat.

If Black Bean Brownies seem too unusual for you, there's always the seasonal favorite recipe of pumpkin seeds. And if you don't have a pumpkin but have another type of winter squash like acorn squash or butternut squash, you can use those seeds also.

Roasting Pumpkin Seeds from Chop Chop recipes

- Turn on the oven to 325 degrees.
- Place winter squash (pumpkin) seeds in a colander or strainer and rinse with water. Blot them dry with a dish towel.
- Mix together about one cup of seeds, 1 teaspoon vegetable oil and ½ teaspoon salt. Don't worry if you have more or less than a cup of seeds. Go ahead and adjust the oil and salt, depending on how many cups of seeds you have.

- Spread seeds on a single layer on a baking sheet
- Bake until the seeds are dry and golden brown, 15 to 40 minutes (this will depend on how big they are when you start, and how wet).
- (Optional) If you'd like to add an additional flavor, choose one of the following seasons and stir in during the last 5 minutes or so of baking. (this is per one cup of seeds, be sure to adjust the amount depending on your seeds)
 - 1/2 teaspoon chili powder
 - 1/2 teaspoon curry powder
 - 1/2 teaspoon Old Bay or Creole spice blend
 - 1/4 teaspoon cayenne pepper
 - 1 teaspoon brown sugar and 1/2 teaspoon ground cinnamon
- Set aside to cool, stirring with the spoon or spatula every 10 minutes or so. Serve right away or store in an airtight container for up to 1 week.

It's also the time of year that OSU Extension offers the 6-week, online email challenge. The twice-a-week emails run from the end of October through the beginning of December. Join the "Unwrap Your Gifts" 6-week email wellness challenge for healthy living tips and encouragement to help you make the most of this holiday season. It's free for any adult, you only need an email address to sign up. Visit this link to register for this year's challenge: <http://go.osu.edu/hlwluucas>

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7 Tips for Finding a Medicare Plan That Works for You

Special to The Truth

Feeling overwhelmed by your Medicare options? There's a good reason for that. With more than 3,000 Medicare Advantage plans, over 700 Part D Prescription Plans available and an array of carriers offering Medicare Supplement plans, there's a lot to consider.

"Whether this is your first time enrolling in Medicare or you've been through the process before, it's easy to get confused by the big picture, not to mention all the details," says Ryan Kocher, Medicare growth officer at Cigna.

This Medicare Annual Election Period (AEP), Kocher is demystifying the enrollment process by sharing the same tips he offers to his own friends and family members:

1. Don't wait. Understanding Medicare can protect your health and finances in the years to come. If you are transitioning from a commercial plan, work with an expert with your company's insurance plan to avoid gaps in coverage as well as late penalties.

2. Nail down the basics. There are many different plan types. Here's a breakdown:

- Original Medicare, offered through the U.S. government, includes all providers who agree to participate in the program.
- Medicare Supplement plans are plans offered by many private insurers that complement Original Medicare. For an additional premium, these plans cover costs such as copays and coinsurance not covered by Original Medicare. There are a number of standardized options available.
- Standalone Prescription Drug Plans, offered by private insurers for a monthly premium, provide drug coverage not covered by Original Medicare or Medicare Supplement.
- Medicare Advantage (MA) plans cover everything covered by Original Medicare, and most also include dental, vision and hearing benefits. They often include prescription drug coverage, and other extras like over-the-

counter drugs, transportation to doctor's visits and pharmacies, and fitness plans. MA plans are often available at no extra cost.

3. Review your plan annually. During the AEP (October 15-December 7), it's important to review your current Medicare plan, even if you like it. This is because plan details are subject to change every year. Review the Annual Notice of Changes, which is mailed to you by your insurer each September. This document spells out plan changes for the upcoming year.

4. Compare all the costs. Be sure to factor in all the associated costs of a given plan, not just the monthly premium. Out-of-pocket costs, such as co-pays and deductibles, should also be considered. Additionally, note the prices and rules around the prescription drugs you take.

5. Check network requirements. Before signing up for a particular plan, check to make sure that your favorite health care providers are in its network. While you may be able to go out of network for care, be prepared to pay more if you do.

6. Ask questions. Don't settle on a plan until you understand it. If you have questions, reach out to your broker, insurer, physician and even those friends and family members who have Medicare for help.

7. Use your plan. Now that you have a plan, make the most of its benefits. Schedule all the screenings, vaccines and other preventive health measures recommended by your doctor. Early intervention can help detect conditions early when they can be more effectively treated.

For more information about Medicare, visit [Medicare.gov](https://www.medicare.gov), Cigna's website at www.cignamedicare.com or the state health insurance assistance program in your area.

"Don't be daunted by the Medicare enrollment process. Being a careful shopper can ensure you find a plan that accommodates your wallet and your well-being," says Kocher.

Courtesy StatePoint

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Imara Miles... continued from page 7

Puccini's *Suor Angelica* makes its triumphant return to the Valentine stage this weekend paired with Mascagni's *Cavalleria Rusticana*. Set in a convent in 17th century Italy, *Suor Angelica* deals with the hardship and social constructs placed on women who do not conform to the rules of society and religion on their everyday lives.

Also dealing with societal and religious repression, *Cavalleria Rusticana* centers around the tempestuous relationship between villagers Santuzza, Turridu, Lola, and Alfio. Mascagni's work is set in a 19th century Sicilian village. Both of these one-act operas end in tragedy and are conducted by Maestro Geoffrey McDonald and staged by director Keturah Stickann.

Toledo Public Schools... continued from page 8

performing arts academy will partner with local entities to provide a wide array of choices for youngsters focused on the arts.

"We have to trust that we can raise kids and train them the right way," said Durant.

Stacey Abrams... continued from page 4

it is wrong. I think the responsibility of candidates is to reach into communities and give people a reason to vote. But you have to understand what predicates their refusal to or their disengagement from voting."

Abrams addressed challenges for African American voters and how she would provide support throughout the community if elected.

"For African American voters, voter suppression is a very real barrier, but so is the lack of delivery of resources and the consistent underinvestment in our communities," she said. "My responsibility in this campaign is to point out why that happened. And this election year in a unique fashion, it can actually be solved. With this election we can elect a governor who can actually provide access to resources."

"Georgia is sitting on a \$6.6 billion surplus that can invest in every single fundamental that we need to see addressed."

Myia Borland is a reporter for HUNewsService.com and an Inside Climate News Environmental Justice Reporting Fellow.

The Year of the Puppy: How Dogs Become Themselves by Alexandra Horowitz

By Terri Schlichenmeyer
The Truth Contributor

You do not need a dog.

You can tick off the reasons: you don't have time or money for a dog. There is no room in your house. You don't have a yard. You already have a dog (or two). You do not need another but – once you've read *The Year of the Puppy* by Alexandra Horowitz – you'll see that there's a chasm of difference between "need" and "want."

c.2022
Viking
\$28.00
320 pages

A dog was not originally in the cards.

There were two canines in the household already and, as the founder of the Dog Cognition Lab at Barnard College, dogs constantly circled through Alexandra Horowitz's life. Still, the word "puppy" kept surfacing in her early-pandemic mind, until she finally gave in to it. If she could find a puppy, and study it from birth forward, that would be research, right?

And so Horowitz found someone who was fostering a very pregnant mother dog, and she was able to witness the birth of 11 squirming little "sweet potatoes" with big heads and tiny feet. About two weeks later, she noted that the puppies' eyes were opening and she could tell they were starting to hear (puppies' ears are plugged at birth). She watched the litter as they went from fat little blobs to actual baby dogs, as each showed its burgeoning personality, and as they learned how to be dogs.

So how do you pick one puppy from 11 that you've come to know? It wasn't science for this scientist; the foster "matched" pups with prospective parents, including Horowitz. In the end, after an overnight debate on names, Quid came to live with her new family.

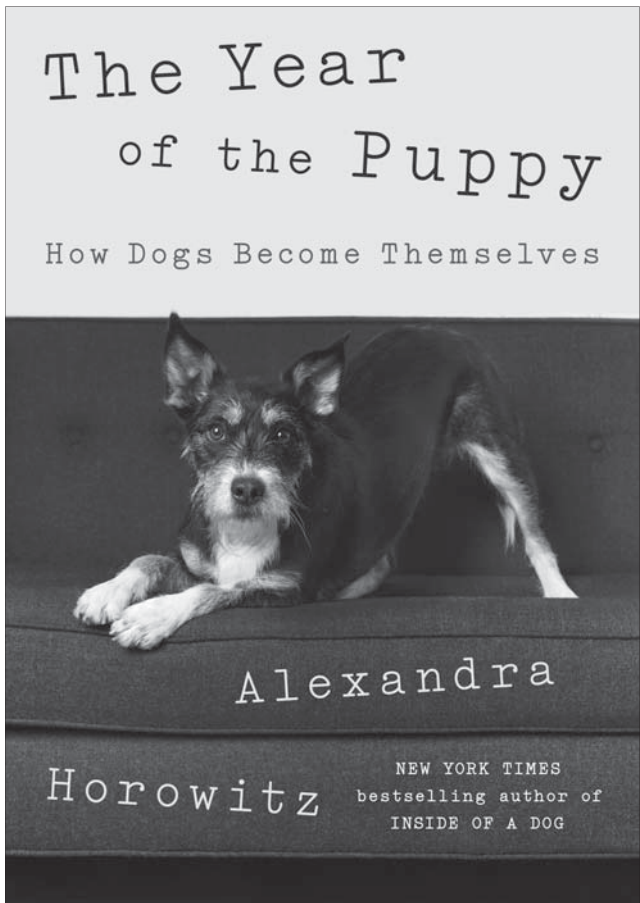
Her presence was a challenge at first: Quid was a handful, always chewing, always into things, a typical puppy, a hurricane on four legs – but Horowitz could see that Quid was learning and, more importantly, she could see how. Things would take time. Love would come with affection "via the petting hand."

And, says Horowitz, "That is the magic bit."

The bed is no longer yours. Neither is the sofa, the kitchen, the bathroom, or the car. Happily, you share them with another species, and *The Year of the Puppy* reminds you why.

It's hard, in fact, to keep a goofy grin off your face while you're reading this book because puppies just do that to people – author Alexandra Horowitz included. And yet (though it had to be tempting), Horowitz doesn't go completely twitterpated; the litter she studied and the pup she ultimately chose were observed carefully and their behaviors are explained in talks-the-talk language that dog lovers will appreciate. Adding to the charm: Horowitz offers many delightful comparisons between human infants and canine babies, and between Horowitz' own human pre-adolescent and her growing furry one.

Even for rescue parents who haven't had a puppy in years, this book will make sense in the data about development and canine adulthood in a way you'll like. For dog lovers of every stripe and spot, *The Year of the Puppy* is the book you need.



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Page 14

October 5, 2022

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The Ohio Turnpike and Infrastructure Commission is seeking candidates for a Roadway Maintenance Worker and a Mechanic at the Swanton Maintenance Building located in Swanton, Ohio. High school diploma or equivalent and a valid Class "A" CDL are required for both positions. Please visit www.ohioturnpike.org to access the full job descriptions and application instructions.

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CREDIT UNION - TELLER

Job Overview

Toledo Urban FCU Member Services – Teller is a position that requires a perceptive person who can relate to individuals at all levels. As unique situations present themselves, the individual must be sensitive to Credit Union needs, member and employee goodwill, and the public image of our institution. In this position, ideal candidates will exhibit excellent customer service skills, attentiveness, information retention, tact and diplomacy in dealing with both members and fellow employees. Candidates will also show an ability to work in a fast-paced environment, will handle a high pressure and stress atmosphere and show the ability to make sound decisions. This may include making on-the-spot decisions regarding member transactions.

Responsibilities of Member Services- Teller

- Serves members by completing account transactions.
- Provides account services to members by receiving deposits and loan payments, cashing checks, issuing savings withdrawals.
- Answers questions in person or on telephone and refers members to other credit union services, as necessary.
- Cross-sells credit union products by answering inquiries, informing members of new services and product promotions, ascertaining member's needs, and directing members to a branch representative.
- Maintains member confidence and protects credit union operations by keeping information confidential.
- Contributes to team effort by accomplishing related results as needed.
- Must be a team player

Qualification for Member Services- Teller

- High school diploma, GED, or equivalent
- Six months consecutive customer service experience in financial services, retail sales, or a goal-oriented environment preferred
- Prior supervisory or management experience a plus
- Competence with computers, telephone, 10-key calculator and other office machinery.
- Mathematical skills.
- Strong communication & organizational skills.
- Detail oriented, high degree of accuracy.
- Familiar with retail banking regulations and teller roles and responsibilities relating to each.

Job Types: Full-time, Part-time

Salary: From \$12.00 per hour

Schedule:

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Day shift

Monday to Friday

Weekend availability

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Work Location: One location

LEGAL NOTICE TO BIDDERS TOLEDO LUCAS COUNTY PUBLIC LIBRARY BIRMINGHAM BRANCH LIBRARY WINDOW REPLACEMENT

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 October 18, 2022, 12:00 P.M. to be opened immediately thereafter for furnishing the necessary labor, equipment, tools and materials for renovations involving the window replacement for Birmingham 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 11:00 am local time, on October 10, 2022, at Birmingham Branch Library, 203 Paine Ave, Toledo, OH 43605

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

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OBMC Outlets... continued from page 16

Columbus, Nashville, Louisville, Baton Rouge and in New Orleans.

Symonds suggests the best way for Black media owners to thrive in this highly competitive industry is through collaborative relationships based on trust. "Pool our marketing dollars to buy time and space in larger markets, share stories and deliver one message, one voice on statewide issues impacting the Black and Brown communities," Symonds maps out. The most immediate issue is to promote voter registration and voting in November's midterm election. "In Toledo they're saying this, in Akron they're saying

this, and in Dayton they're saying the same thing. It's now in my memory, get to that poll and register," explains Symonds.

Gordon started her business in February 2003 and is one of a few Black women running a media company. She echoes Symonds urging that African Americans must value the creative and industrious talents of African Americans. "We have to get to a point where we value going to a Morehouse as we would going to a Stanford. We value shopping in our own designer brands as much as we value buying a Prada purse," proclaims Gordon. "No one tells our story like Black Media."

Mercy Health's Mobile Mammography Van Visits Area Locations

As Mercy Health continues to evolve to better meet the needs of our patients and community, we are pleased to announce the region's first mobile mammography unit has visits scheduled throughout the region.

The mobile mammography unit is customized for patient convenience and will deliver 3D mammograms to women age 40 and older. It is equipped with the newest 3D technology and offers patients the option of self-compression, meaning the patient will have the ability to control the compression once they are in position.

The unit will make access to mammography services easier as well as increase capacity. It will offer safe and easy screenings at convenient locations throughout the 21 counties in northwest Ohio and early diagnosis of breast cancer has proven better outcomes.

* Wednesday, October 5

Mercy Health - Point Shoreland Family Medicine
2755 Shoreland Avenue, Toledo, OH 43611

* Thursday, October 6

Community Cares Clinic
2150 South Byrne Road, Toledo, Ohio 43614

* Saturday, October 8

McNeill Chevrolet
220 West Airport Highway, Swanton, Ohio 43558

* Saturday, October 15

Mercy Health - Sylvania Family Medicine
4126 North Holland Sylvania Road, Toledo, Ohio 43623

* Monday, October 17

Progressive Wellness Medical Office Building
7640 West Sylvania Avenue, Sylvania, Ohio 43560

* Tuesday, October 18

Bryan Community Health Center
228 South Main Street, Bryan, Ohio 43506

* Wednesday, October 19

Mercy Health - Perrysburg Primary Care & Walk-in
1103 Village Square, Perrysburg, Ohio 43551

* Friday, October 21

Mercy Health - Waterville Primary Care
1222 Pray Boulevard, Waterville, OH 43566

* Saturday, October 22

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 Ohio Commission on Minority Health



Funding for this project was made possible (in part) by the Ohio State Opiate Response (SOR) 5H79T1083294-02 Grant from Health and Human Services and the Substance Abuse and Mental Health Services Administration and the Commission on Minority Health.

Trust, Collaboration Keep OBMC Outlets Relevant

OBMC Special Report

By Kathryn Mobley

Special to The Truth

Black-owned media outlets have long been vibrant threads in their communities – countering mainstream racism, educating on social injustices and advocating for basic human rights among African Americans. In 1843, the Paladium of Liberty (Columbus) was Ohio's first African American newspaper.

Fast forward almost 180 years later, African Americans now own radio, television and cable outlets in addition to newspapers, magazines and websites.

Yet, these once heavily relied upon bastions of enlightenment now struggle to avoid financial quicksand.

For 40 years, Curtis Symonds has developed, operated and invested in media entities. He believes one way to preserve them is for individuals and small businesses to aggressively put some skin in the game. "Our culture has a problem of investing in us. We look at us (Black entrepreneurs), doing our thing, we talk about it but we won't invest," says Symonds. "We have to support each other." Something he applauds the Ohio Black Media Collective (OBMC) for doing.

Sixteen media outlets comprise the Ohio Black Media Collective (OBMC), including newspapers, radio and television stations. This September, the group invited Symonds to speak at their second annual Black Press/NAACP luncheon. It was held in conjunction with the 92nd State Convention of the Ohio Conference of the NAACP. Representatives from sixteen cities and counties across Ohio gathered at the Crowne Plaza in Columbus North-Worthington for the two-day conference.

The luncheon theme was, "The Power of US- The Black Press." Rev. Dr Mike McNair of the Youngstown Buckeye Review was the master of ceremonies, Walter White of the Cincinnati Herald introduced his friend and guest speaker. Other OBMC members in attendance were Montrice Terry of the Toledo City League, and William R. Ellis, Jr of The Reporter (Akron/Canton).

According to Symonds, it's difficult for small media outlets to command lucrative advertising dollars from large clients because these clients don't value the Black consumer. "Agencies will say: we know Black Americans are watching more television than we do, we know their spending power is twice

as much as everybody else. But they don't value Black Americans. However, we must."

Symonds serious media journey began with ESPN in 1983 as an advertising sales consultant. Later, he joined BET as an executive vice president of affiliate sales. In the early 2000s, he co-founded HBCU Go TV, a broadcast streaming site for sports, interviews and other content associated with historically Black Colleges and Universities.

According to Symonds, he struggled to get investors. "There were some years when I had to pump up my hustle because it was really lean," recalls Symonds.

He and his team gradually amassed content and gained traction on a digital platform. In 2021, he caught the attention of media mogul Byron Allen (Allen Media Group) and sold HBCU Go for an undisclosed amount. Symonds is now president and his management team continues running HBCU Go. He is also chairman of an Allen Media Group business development division.

Sharon S. Gordon owns and operates Urban Trendsetters Media, a multi-media group based in Columbus. She has an affiliate distribution partnership with the Allen Media Group and recently added HBCU Go to her digital lineup. She excitedly calls it a game changer. "Now every Saturday, our youth can see Black greatness on HBCU Go for free." Urban Trendsetters broadcasts in

... continued on page 15



Seated is Curtis Symon- luncheon guest speaker and HBCUGo TV president; William R. Ellis, Jr of The Reporter/ Akron; Andre Washington; Dora Bruston- Akron NAACP treasurer- State VP. Standing in back is Ronald C. Todd, II- State Minority Affairs liaison; Derrick Forward- Dayton NAACP; Ohio NAACP president Tom Roberts; Rev. Mike McNair of Youngstown Buckeye



Akron NAACP President Judi Hill and Curtis Symonds



Clair Roth, Ohio NewsRoom director and Shirley Washington, past Akron Delta Sigma Theta president welcome Curtis Symonds



Charlotte McGuire, president SBOE, Ophelia Averitt, Ohio NAACP VP and State Sen. Vernon Sykes



Derrick Forward, Judge Terri Jamison, Ophelia Averitt, Justice Jennifer Brunner, State NAACP President Tom Roberts, Judge Marilyn Zayas, Andre Washington

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