



Volume 76 No. 3

"And Ye Shall Know The Truth..."

January 4, 2023



Oscar Shaheer starts the Lighting of the Candles ceremony

In This Issue...

Perryman
and Tony
Totty
Page 2

Tolliver
Page 3

Kaptur's Funds
for Toledo
Page 5

Hicks-Hudson's
Installation
Page 7

Cover Story:
Kwanzaa
Page 8

Eating Right
Page 10

A Mental Health
Moment
Page 11

Ryan's Thoughts
Page 12

Book Review
Page 13

Classifieds
Page 15

Women of Toledo
Page 16

Leading Through Uncharted Territory

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

The Truth Contributor

Yesterday's adaptations are today's routines.

— Ronald Heifetz



In Tony Totty's 25 years with General Motors, he has moved around often to several facilities in different states. Most moves were not because of choice but because facilities closed. Totty arrived in Toledo because the Willow Run factory in Michigan closed. Before then, he was a union steward in Lansing, and they shuttered that facility. Another facility he hired into in the Detroit area closed immediately after he arrived.

Totty's experience is a familiar sad story in the automotive industry. Yet, the ability to face adaptive challenges has helped him lead labor members through change as they strive to shift to electric vehicles, "a potential industry revolution." Analysts have described the process as the "biggest transformation of the automotive industry since its inception."

Totty, the president of Toledo's UAW Local 14, continued a dialog with President Joe Biden and successfully secured a \$760 million investment from the federal government in September. Producing drive units for Electric Vehicles (EV) now ensures that Toledo GM workers won't have to worry about plant closings or job stability.

I recently spoke with Tony Totty to discuss the adaptive challenge of navigating change and leading labor workers through uncharted territory.

Perryman: Please talk about that \$760 million investment and what it means for UAW Labor 14.

Totty: We're the first facility in America to get drive units or EV work. We currently make transmissions, and this work will replace our 6-speed transmission. While we're still producing 8, 9, and 10-speed transmissions, we also get to produce EV work. So, we're going to have the best of both worlds. As the country shifts from internal combustion engines to electric vehicles, we're well-positioned to make both.

Perryman: EVs have fewer parts, require a smaller labor force, and pay less. How does this affect unionization?

Totty: I won't say less pay with inflation and everything else, so we're still going to keep up the same way we would, but you are right. When you look industrywide, it should be 70 percent of our current labor force to produce EVs. So, it looks different. But we're going to add workers at our facility



because we will have production for three shifts on this new electric vehicle stuff, so our volume will increase.

If you look at it from a Toledo story, though, I'm afraid for UAW Local 12, our brothers and sisters over there. They have 43 units, the majority of them are in the auto industries, and the batteries that we produce today that they have, won't translate into the EV.

As soon as I got this job two years ago, I advocated for anybody who would listen. 'Hey, this change is coming, and we need to adapt to it.' We need to look at these suppliers and try to secure the supplier base for electric Jeeps and what that will look like and try to secure as many jobs as possible, so the city's not adversely impacted.

Perryman: So, my figures say the EVs require 30-40 percent less labor, and you're saying GM can make up the difference by combining the internal combustion engine (ICE) work?

Totty: No, the engine work's eventually going to be gone. When you look at what the country just went through with the semiconductors, it makes more sense to source these components for our vehicles here. And, with China flirting with what they're doing to Taiwan, what does that look like if the US sanctions them and we can't get stuff out of there?

Since it is the most significant transformation in our industry since its inception, we need to think outside the box and just go old school and source these things here. That will offset the impact of potential job loss or what we know that is going to happen. It's not an "if" but a "when."

Perryman: Rather than outsourcing the actual battery production, would GM consider forward integration or even retraining workers to manufacture these batteries in-house?

Totty: Yes, we'd be better off, but they've got a dollar amount associated with everything. That's why it's going to be imperative for us to address that at our 2023 contract negotiations, and we have a long list of things we want and deserve. We also know we can't price ourselves out of the competition. Unfortunately, there are only three organized car facilities in this country. So even though we're only five percent of the cost of the vehicle, when you have people in Mexico making \$3 an hour, some parts are being sourced in some areas of Asia that are very questionable. I can't compete. I can't slander the company, but I can't compete with an eight-year-old kid from Bangladesh or whatever they're doing over there. We need fair trade, not free trade.

Perryman: Please talk about what you are doing to ensure that Local 14 members are not left behind.

Totty: If trillions of our taxpayer dollars will go to this electric rig to make these vehicles go, we need a new deal. I wrote a letter to the president when I just went out recently to talk to a subcommittee in Congress. Marcy Kaptur invited me out there a few months ago, and we had Joe Biden at our union hall in 2020. I wrote him a letter saying that part of Build Back Better is staying with the workers who are doing the job today. He wrote on one of

... continued on page 4

DENTAL Insurance

Get help paying big dental bills



It doesn't matter what dentist you see, we can help pay the bill. Get **dental insurance** from Physicians Mutual Insurance Company.



No deductible,
no annual maximum



Preventive care
starts right away



See any dentist – **save more**
if you stay in network

Get your **FREE**
Information Kit



Call now!
1-844-334-8627
Dental50Plus.com/Truth



Product not available in all states. Contact us to see the coverage and offer available in your state. Contact us for complete details about this insurance solicitation including costs and limitations. This specific offer is not available in CO. Call 1-800-969-4781 or respond for a similar offer. In WV: To find a provider in the network visit us at <https://www.physiciansmutual.com/web/dental/find-dentist>. Certificate C250A (ID: C250E); Insurance Policy P150; Rider Kinds B438/B439. In CA, CO, ID, KY, ME, MD, MA, MI, MO, NY, NJ, NC, ND, VA: Includes Participating Providers and Preventive Benefits Rider. Certificate C254/B465 (PA: C254PA); Insurance Policy P154/B469 (GA: P154GA; OK: P154OK; TN: P154TN).

Dear Lafe! My Answers to Your Problems! By

Lafe Tolliver, Esq

Guest Column

I normally do not engage in giving out personal advice to people who appear to be "stranded" or dumbfounded about how to successfully negotiate sticky or difficult personal scenarios, but with so many clamoring for my advice, I decided to put discretion aside and answer a few questions in the hopes that my answers will provide the needed peace and guidance that is so desperately needed in these perplexing times:

DEAR LAFE,

I was wondering on your take about names for our first girl child. I want it to be "different" but yet not nonsensical. Your thoughts? Darla.

Dear Darla,

Whatever you do, please do not hang a first name on any child that sounds as if you were talking with a mouth full of dried oatmeal when you named her! No hyphenated names or any name that will stand out on a college or job application as yelling, "I am Black!"

Be considerate that the child will have to learn to properly pronounce that name and when she goes to school, the teachers and her classmates may treat her as an oddball with such a head scratching name.

If you want to be creative with naming a child, use the middle name to create drama or the use of a tongue-twisting name. Some of the names I see makes me wish for a law regarding crazy names being a form of child abuse!

DEAR LAFE,

My two kids insist on using their smart phones while at the dinner table. I said no but all I get in return is two pouting kids. Any advice? George.

Dear George,

First of all, you must establish that in the family, there is a final authority to which the "others" must abide by as long as it is legal and non-violent. Telling your kids that mealtime is a time for conversation and laughter and not exercising their thumbs on their

little idols, is a reasonable request. If they balk at this after you evenly discuss why this is so, you need to take their phones away during meal-times and replace that time by bringing up subjects for group discussions including the latest local or national news or funny things you heard round and about. Ask them to discuss their ambitions and goals in life and let them know that this new mealtime rule is for keeps, so they might as well adjust to it.

DEAR LAFE,

I am a mother of four children and, on weekends, I divide up the household work amongst them but all I get is a lot of rolling eyes and pursed lips. Any tips? Laura.

Dear Laura,

Good job in giving your kids some early examples of responsibility of maintaining the place that they live in. Continue to do so and when the work is not properly done, bring them back, show them the right way to do it and repeat and repeat until they get it right. Nothing worse than a grown man or woman being helpless when it comes to knowing basics such as household upkeep, cooking, yard maintenance, how to iron, wash dishes and run a vacuum and clean windows and set a table. You are on the right track. Don't be sidetracked by their bad attitudes. Later in life, they will thank you for it.

DEAR LAFE,

When I go out on a date for the first time with a new person, should I automatically pick up the tab or, ahead of time, gently ask how we should pay the tab? any thoughts on this touchy subject? Donald.

Dear Donald,

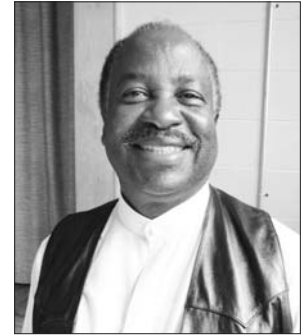
If you made the invite for the meal (regardless of the class of the restaurant), you should signal to the waiter that you want the tab. If your guest insists on sharing the bill, politely decline and tell her that she can pay or split the tab for the next meal, but this is your treat.

DEAR LAFE,

My grandfather died and left a considerable estate of money and stocks and, in his will, he wanted me to have half of everything. Now my five siblings are riled up because they feel that they are being "cheated" out of a fair share and they want me to share my half with them. I do not want to cause alienation, but I was the only grandchild that was there for him weekly for years before he passed. What should I do? Katherine.

Dear Katherine,

In their heart of hearts, they know who put in the time and effort with your grandfather when he needed care and attention, and you were that person. If a relative notices that and he wants to reward a person for that kindness, he has every right to do so and a will expresses those intentions. Calmly tell your siblings that you understand their consternation, but you will fulfill the requests of your grandfather and receive one half of the estate. If that causes any hurt feelings, so be it. Continue to graciously reach out to them but do not be buffaloed into



Lafe Tolliver

doing something you do not believe in. And by the way, enjoy the money!

DEAR LAFE,

Someone committed a serious crime and I have personal knowledge of who did it and where they are hiding out. Should I tell the police or just keep it to myself? Bruce.

Dear Bruce,

Take the high road of protecting the community and any injured parties by using the anonymous crime report telephone number and report this creep. Black folks got to realize that being a so called "snitch" is being a hero because you are not allowing riffraff to

destroy a community or a neighborhood. Criminals do not respect you or your property and they sometimes rely upon you, being fearful of them in order to avoid detection or capture.

Be a hero and report it at the earliest.

DEAR LAFE,

My daughter is 15 and she is getting into Hip-Hop music. I have sat down with her to explain that some of the lyrics are not positive or helpful, but she brushes me off as being, "not with it." Any suggestions? Regina.

Dear Regina,

Glad you are having such conversations with her. It shows that you are involved and concerned. One idea is to print out several pages of Hip-Hop music that you find offensive and go over the lyrics with her and show her that the rapper is crude, ignorant or may be devaluing women in his lyrics when he treats them as objects and not as a real people. Also, any rapper who uses the "N" word should be banned. No questions asked. Using the "N" is not cool or hip or, "with it." It shows a woefully ignorant person who does not know their history and has no respect for other people of color. Educate! Educate! and Educate! Sow good seeds for a good harvest.

Well, dear readers, that is all for now. Keep those emails flowing!

Contact Lafe Tolliver at tolliver@juno.com

A Grant up to \$1,500 towards your Mortgage Closing Costs!*

DO YOU QUALIFY?

- Purchase of a primary residence located within State Bank's lending area²
- Must meet borrower or geography low- to moderate-income eligibility requirements³
- A signed purchase agreement must be presented to reserve funds

State Bank CARE Grant funds are limited, so **APPLY TODAY.**



statebank

YourStateBank.com

1900 Monroe Street, Suite 108
Toledo, OH 43604
419.508.0806

930 W. Market Street
Lima, OH 45805
419.228.3361



Program subject to change with or without notice. Other restrictions may apply. Please see lender for complete details. Subject to credit approval.

*Actual amount applied at closing.

²Property must be located within one of the following counties: Allen Ohio, Allen Indiana, Defiance, Delaware, Franklin, Hancock, Lucas, Madison, Union, Williams, or Wood.

³Borrower 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

the campaign signs, 'You won't be left behind, I promise.'

We did secure the work, and this was the 2.0 letter of saying, 'hey, one of the core principles about the union is it's not just about you. It's about others.' I said I have my union brothers and sisters at other facilities that will face closure. So, we need a task force encompassing transportation, energy, and trade, and these entities must come together. We need to look at this because we have a golden opportunity here where we could rebalance our trade deficit off this if we acknowledge the moment we're in and the gains we could actually make if we adjust this right now.

Perryman: Talk about any potential diversity and equity inclusion opportunities in the EV supply chain.

Totty: I just had breakfast today with somebody. Charging stations are something I've advocated for a while. When you look at grants that go out or the inclusion that you see, it's there for the taking—shame on us for not capturing that and putting our city to work. There is a huge opportunity for this. It's just who has the capital and the vision to go after it.

Perryman: I've seen over and over this exciting commercial with this beautiful young lady, Regina King, driving a Cadillac Lyric. It's made me want to own one of those vehicles. Should we all go out and buy an EV today?

Totty: My General Motors counterparts would want me to say yes. However, if everybody went out to buy an EV today, there wouldn't be enough supply. Many people are saying I want my gas, and that's fine. We would be foolish just to set an arbitrary date and exit the market no matter what. So, I think it's aspirational for them to say 2035. The market will dictate because if we stop selling gas and run all EVs, yet there's this huge market for EVs, somebody will get those sales. I don't see General Motors doing that. It was good for their stock price to make that statement, and it was suitable for a goal to be set, but the market will dictate our production.

Perryman: From a practical standpoint, is the cost of driving an EV on par with driving an ICE?

Totty: Yes, clearly. When you look at the rebates that you get, and when you look at especially if you're a General Motors employee. We have charging stations where you can charge your vehicle for free. You go into work all



day, and you have it on a GM charger, and then you leave, and you may never have to pay for electricity. You just charge it while you're at work. Just think if you didn't have to pay for gas because that's essentially the same thing.

Perryman: Are there additional opportunities to take advantage of the transition to EV?

Totty: I am fortunate to sit on the Toledo Technology Academy (TTA) board. This is the 25th year of TTA, which was started by UAW Local 14, General Motors and Toledo Public Schools. We'll have a repair and maintenance electric vehicle facility there, and that's how we need to think. We must think smarter about this and grab as much real estate as possible. That's why I'm advocating for charging stations to be made here in this school. What it would look like is that during the day, kids could go there. When they graduate, they'll have their EV mechanics certificate and their diploma. Those kids will be recruited like 5-star athletes just because there's a shortage of mechanics. If these kids go to school for this, they will learn much more than just a mechanic trying to get certified in the state.

Perryman: How did this idea begin?

Totty: That started with a conversation I had with John Yark on a conference call with Marcy Kaptur. He was just talking about how he didn't have enough mechanics now. I said you don't have enough mechanics now, what does that look like with EV? Marcy Kaptur said, 'Here's \$1.25 million for the school,' and I'm working with Dr. Durant now to get the program off the ground. So that's just another example. And not only that, but any displaced auto worker or mechanic could go there on the off hours when the students aren't going there, so we fully utilize the building.

Perryman: So, for EV, the future is inevitable. Yet, many people are still in denial.

Totty: People can be in denial, and that's fine. It's up to leadership to chart the course for our community. People can vote by their purchases whether they're in EV or not. Still, as leaders, when these corporations place multibillion-dollar bets, we have to pay attention. We have to be a part of it and for us to not recognize that and be a part is malpractice, and that ain't gonna be us.

We had to negotiate this thing, but without our many partners, retirees and members, we don't get this work. Toledo has a great history and reputation in the auto industry, and Detroit knows it. We're just fortunate enough to, like I always say, land the plane when it comes to securing this new work.

Few times have we ever been given the opportunity to get in on something on the ground floor, and this is that moment, this is that time. So, our community will recognize and be a part of it. You can make about \$100,000 a year with great benefits and no advanced education in these occupations. That says a lot.

So hopefully, our community can take advantage of that.

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

XI Models
Expressions International Model Management

Your Fast Track To The Modeling Industry

Now Located At
151 N. Michigan St. Suite 316
(Downtown Toledo, OH)

OPEN CALL for MODELS
By Appointment Only!!!

Call: 419.810.8848
Print.Runway.Television

GLASS CITY GRIND

Saturdays @ 8 AM
Sundays @ NOON
Anytime on VOD

Find us on:

Congresswoman Kaptur Secures \$39 Million for Community Projects

By Fletcher Word

The Truth Editor

In late December Congress passed a federal funding bill which included \$39 million that Rep. Marcy Kaptur secured for 15 community-led projects in her congressional district. President Biden signed the omnibus appropriations bill into law before the close of 2022.

"Through the collaborative work of Republicans and Democrats, Congress is responsibly delivering critical investments in the services and programs people depend on," said Kaptur.

Four of the 15 projects will directly impact the Junction-Englewood neighborhoods with \$13.5 million of the \$39 million total designated for that area.

Among the local groups receiving funding are: LISC and the Toledo Urban Foundation, the City of Toledo for Englewood-Junction Workforce Development Training Center – Neighborhood Revitalization; Lucas County Land Reutilization Corporation; Maumee Valley Habitat for Humanity (all four are projects in the Englewood-Junction neighborhood). Also of note, the Neighborhood Health Association and Toledo Tomorrow will receive funds to expand their services.

LISC and the Toledo Urban Foundation, the non-profit organization of the Toledo Urban Federal Credit Union, will receive \$3 million to build additional space at for credit union on the northwest corner of Dorr and Detroit which will include a resource center for the neighborhood and increased access to financial products, services and education.

The \$3 million, noted Suzette Cowell, CEO of TUFCU, is a much-needed start in raising funds for the project. Fundraising, however, will continue because the project will need nearly \$7 million to complete.

"We are grateful and really excited," she stated noting that a meeting with government officials on January 9 will clarify the process for moving forward.

The City of Toledo will receive \$4 million for a Workforce Development Training Center at the current Swayne Field location – the site of the former grocery store – and also for construction and preservation of affordable housing in the neighborhood. The City will use half the funds for each portion of the project, \$2 million for the Swayne Field Center and \$2 million for housing, says Tiffanie McNair, City of Toledo housing commissioner.

The Lucas County Land Bank – its Land Reutilization Corporation – will receive \$4 million to redevelop the vacant St. Anthony's Church at Junction and Nebraska into a community space.

The Maumee Valley Habitat for Humanity & Toledo Design Collective are to receive \$2.5 million for the construction and preservation of homes in both the Junction and East Toledo neighborhoods. These funds will support the commitment that Habitat for Humanity had already made to build 15 houses in the Junction community. The organization broke ground for the first two homes this past fall.

"[The funds are] a boost to the economy and to the morale and spirit of those who have gone through trauma and COVID," said Alicia Smith, director of the Junction Coalition, while giving special thanks to Kaptur and



Toledo Urban Federal Credit Union



The former grocery store at Swayne Field

her efforts to secure the funds for the central city neighborhood. "I'm very thankful to our wonderful congresswoman for her investment of time. She is a great public servant who understands our needs and the disparities."

Smith also praised the efforts of the neighborhood residents themselves who have continually applied pressure on the various organizations to do what is best for the area. "The people did the hard work going into the boardrooms and telling them 'you are not helping us well enough.'"

Now, said Smith, local and state governments need to step up and replicate the commitments of the federal government. "We will be able to capitalize on those efforts by doubling it up."

Smith also emphasizes the future need to monitor how the funds are spent. "We need a matrix of evaluation to watch that money," she said, "so that we aim it to the people."

... continued on page 6

Worship EXPERIENCE

Every Sundays at 5:30 p.m.
Let's FELLOWSHIP together - Acts 2:42

Dr. John W. Williams, Pastor

Eastern Star Missionary Baptist Church
2102 Mulberry Street, Toledo, Ohio 43608
(419) 726-1180, FAX: (419) 726-6240
E-mail: EasternStarMBC@aol.com
Website: www.drjwilliams.org

Hit the road with Glass City auto financing!

- New & used auto loans
- Great rates & terms
- Convenient payment options

Apply online or at a branch.
Or ask for Glass City financing
at an area auto dealership.

**GLASS CITY
FEDERAL
CREDIT UNION**

Toledo • Maumee • Bowling Green
419-887-1000 • glasscityfcu.com

Financing subject to credit approval & membership eligibility.



We're working for you!

Kaptur... continued from page 5

Two other organizations receiving funds that will have a significant impact on the residents of the Junction Englewood neighborhoods, as well as neighborhoods throughout the city, are the Neighborhood Health Association and Toledo Tomorrow.

NHA will receive \$1 million to assist in building a downtown community pharmacy. The pharmacy will provide residents – especially the uninsured and the underinsured – medication in an accessible location. The pharmacy, said Doni Miller, NHA CEO, “will be modeled after the apothecaries of the 1800s, plus a soda fountain” within its throwback décor.

Toledo Tomorrow, founded about five years ago, is a non-profit that works with city public school students in furthering their post-secondary education. The group connects students with scholarship information and admission procedures.

Recent graduates, said Director Bob Savage, Jr., “have received full rides to the University of Toledo, The Ohio State University, Case Western Reserve and Bowling Green State University, among others.”

During their time, he said, “Toledo Public School graduates going to regional four-year colleges has increased over 25 percent.”

The \$1.1 million the nonprofit will receive will enable it to “bolster what we are doing,” said Savage.

In addition to the \$13.5 million that will directly impact the Toledo central city, other funding projects within Kaptur’s 9th Congressional District include: \$1.25 million to the Toledo Police Department for enhanced portable radio equipment; \$1.1 million to the Center for Innovative Food Technology for smart kitchen entrepreneurial training; \$2.5 million to the Lucas County Commissioners to provide a sanitary sewer system in unsewered areas of Curtice-Williston; \$3.45 million to the City of Port Clinton for



St. Anthony's Church

sewer and waterline improvements; \$3.4 million to the Sandusky State Theatre for restoration; \$3 million to the Ohio Aerospace Institute and the University of Toledo for hydrogen academic programs; \$6.9 million to UT for health sciences bio research lab.

“We’re investing in education, infrastructure and energy; improving healthcare and housing, expanding care for veterans and pay for service members and helping create good-paying jobs for hardworking Americans,” said Kaptur last week after Congress had passed the legislation.



Habitat for Humanity's two homes under construction



The future NHA pharmacy on St. Clair

The Truth Colours Art Gallery

Featuring an outstanding array of art by local artists!!!



1811 Adams Street - Open 11 to 6 Tuesday through Saturday

419-243-0007 or 347-286-9227

State Senator Paula Hicks-Hudson Takes Her Oath of Office

The Truth Staff

Newly-elected State Senator Paula Hicks-Hudson was ceremoniously sworn in to her new office on Sunday, January 1 at her church, St. Paul Missionary Baptist Church, by Judge Myron Duhart of the Ohio 6th District Court of Appeals, after the Sunday service was concluded.

Rev. James Willis, during that service, observed the packed audience and noted that Hicks-Hudson had done what he had not been able to accomplish, "fill the church pews."

Indeed, many local elected officials, family, friends and supporters joined the St. Paul congregation to honor a woman who has represented so many of those present for so many years in a variety of offices.

"She is doing the will of The Lord," said Willis just before he introduced several speakers who would give their own testimonies about the impact she has had on their lives. "She has made a difference even when the playing field hasn't been level," Willis continued. "She has walked the walk and she has talked the talk even when she is in a male-dominated world. And she has paved the way for a whole lot more to follow. We are here to install her into yet another seat in which she can go forward."

Hicks-Hudson recently won her state senate seat after serving in the Ohio House of Representatives. Prior to that, she served as mayor of Toledo, replacing the former Mayor D. Michael Collins when he died in office. After stepping in, she won a special election to finish that term, but was defeated in the next general election by current Mayor Wade Kapszukiewicz.

Hicks-Hudson's first elected office was on Toledo City Council and during that term was elected president of Council by her fellow councilmembers. As president, she was in line to succeed then-Mayor Collins.

She won her state senate seat in last November's election by garnering more than 55 percent of the vote against her Republican opponent.

She was praised by long-time friend Charlon Kaye Dewberry, an attorney in Bowling Green, Ohio, for "her passion for serving others and her belief that she could make a difference in our community."

"Her passion for doing what is right has only grown stronger over the years," said Dewberry. "She truly works for the good of all mankind."

Also delivering words of praise for Hicks-Hudson and the work she has done on behalf of the community over the years were Judge Joseph Howe of the Toledo Housing Court; Tina Butts, founder of The Movement; Earl Mack, former state law enforcement official and now president of the Toledo Buffalo Soldiers and Judge Duhart before the swearing in.

"She isn't a career politician," said Howe. "She is doing this to help people." Howe spoke of how Hicks-Hudson, long aware of the importance of the Housing Court, has worked as a state representative to pass legislation to enhance the stature of the court. He also praised her time as mayor:



Earl Mack



Judge Myron Duhart



The Swearing-in



"She stepped up when the City of Toledo needed her and she became a fantastic mayor."

Judge Duhart thanked Hicks-Hudson for being a role model that his two daughters could look up to and noted her unceasing energy in accomplishing the tasks set before her.

"Thank you for the things you have done for the community," he said. Then citing a portion of Rev. Willis' sermon of the day that encouraged listeners to "get out of neutral and into drive," he said that: "Paula is always in drive."

NORTH AMERICA'S
#1 Selling Walk-In Tub
 Featuring our **Free Shower Package**

Now you can finally have all of the soothing benefits of a relaxing warm bath, or enjoy a convenient refreshing shower while seated or standing with Safe Step Walk-In Tub's FREE Shower Package!

- ✓ First walk-in tub available with a customizable shower
- ✓ Fixed rainfall shower head is adjustable for your height and pivots to offer a seated shower option
- ✓ High-quality tub complete with a comprehensive lifetime warranty on the entire tub
- ✓ Top-of-the-line installation and service, all included at one low, affordable price

Now you can have the best of both worlds--there isn't a better, more affordable walk-in tub!

Call today and receive a
FREE SHOWER PACKAGE
PLUS \$1600 OFF
FOR A LIMITED TIME ONLY
Call Toll-Free 1-866-497-1642

SAFE STEP WALK-IN TUB

With purchase of a new Safe Step Walk-In Tub. Not applicable with any previous walk-in tub purchase. Offer available while supplies last. No cash value. Must present offer at time of purchase.



Call Today for Your Free Shower Package
1-866-497-1642

FINANCING AVAILABLE WITH APPROVED CREDIT

SALE OF 100% PROTECT YOUR INVESTMENT DEDICATED LIFETIME

CSLR 1082165 NSCB 0082999 003445

Prepare for power outages today

WITH A HOME STANDBY GENERATOR

\$0 MONEY DOWN + LOW MONTHLY PAYMENT OPTIONS

Contact a Generac dealer for full terms and conditions

REQUEST A FREE QUOTE

CALL NOW BEFORE THE NEXT POWER OUTAGE

(866) 967-3358

FREE
 7-Year Extended Warranty* - A \$695 Value!

*To qualify, consumers must request a quote, purchase, install and activate the generator with a participating dealer. Call for a full list of terms and conditions.



GENERAC

Celebrating Kwanzaa at the Doug

The Truth Staff

The community celebrated Kwanzaa last week at the Frederick Douglass Community Association, continuing a local tradition begun here in Toledo by Diane Gordon's family in their home in 1967.

The Toledo Kwanzaa House (TKH), the local chapter of "Ohio Celebrates Kwanzaa," hosted its first collaboration in 2020 via zoom joining Akron, Cincinnati, Cleveland, Dayton, Kent and Youngstown.

The celebration last week at the FDCA began every night at 6:00 p.m. after an hour of mingling and sampling the wares of the local vendors.

Kwanzaa was founded in Los Angeles in 1966 in the wake of the anger sparked by police actions triggering the Watts Rebellion of 1965. During the week of Kwanzaa, December 26 to January 1, families come together to honor the ancestors and to celebrate African and African American culture. Each day a candle is lit to highlight the principle of the day. The seven principles of Kwanzaa are: Umoja (unity) – maintaining unity as a family, community and race of people; Kujichagulia (self-determination) – defining, naming, creating and speaking for ourselves; Ujima (collective work and responsibility) – building and maintaining our community solving problems together; Ujamaa (cooperative economics) – building and maintaining retail stores and other businesses and to profit from these ventures; Nia (purpose) – working collectively to build communities that will restore the greatness of African American people; Kuumba (creativity) – finding new, innovative ways to live; Imani (faith) – faith in community, belief in ourselves, our

... continued on page 9



Oscar Shaheer and Diane Gordon

Open for wellness

OPEN FOR YOU

Whether you need preventive and wellness care or help managing a complex health condition, The University of Toledo Medical Center's internal medicine providers are the healthcare leaders you want on your team.



THE UNIVERSITY OF TOLEDO
MEDICAL CENTER

utmc.utoledo.edu

YOU DON'T HAVE TO FACE IT ALONE

Take Care Of Your Mental Health



SCAN ME



There Is Hope. There Is Help.

Call
UMADAOP Lucas County

419.255.4444



umadaop.org

Celebrating Kwanzaa... continued from page 8

parent, our teachers, our leaders.

The nightly ceremonies at the Doug featured seven different nightly hosts: Washington Muhammad; Rahwae Shuman; Diane Gordon, Oscar Shaheer; Reverend Davis, Elsie Harbour and Donald Lynn.

On Thursday, Oscar Shaheer, owner of Your Community Market on Nebraska, led the discussion about that night's principle, Ujamaa (collective economics), and opened his address by stressing the need to look inward as a group and rely upon each other within that group.

"It has something to do with our culture," said Shaheer of Kwanzaa. "It's about us; it's about the way we express ourselves about ourselves; it's about unity – having self-determination, having cooperative work, having cooperative economics, having purpose, having creativity.

Shaheer asked his audience to "work together to build and strengthen our community" by focusing on those elements of a successful society: First, family; second, a good strong spiritual base; third a good education and fourth, business.

Shaheer repeatedly emphasized the need for African Americans to rely upon themselves given the treatment they had been exposed to over the centuries.

"When you mistreat a people and do not give justice, don't think you will get away with it," he added.

The nightly Kwanzaa ceremonies included music and drumming to start, followed by the recognition of elders, a libation, a lighting of the candles reflecting each night of the celebration, an explanation of that day's principle, a speaker and value statement.



Singing the Black National Anthem



Lead is TOXIC.

Learn the risks for children and your rights
as a tenant at ToledoLeadSafe.com

The Truth HEALTH



Easy, Healthy, Cost-Effective Eating

By Patrice Powers-Barker, OSU Extension, Lucas County

The Truth Contributor

Even if you do not make New Year's resolutions, there is something about the new year that encourages us to pause, reflect and realign our intentions. Although it was not written as a resolution, I recently read an article by the Blue Zones that said, "you should learn to cook at home." Not only did they encourage people to cook at home, but they also offered tips to make it easier, faster and more enjoyable. It does not have to be hard work.

Most Americans are well aware of cost increases, especially related to food. In the past year, prices for staples like eggs, milk, cereal, bread and butter showed some of the largest increases in costs. Eggs and margarine prices increased around 38 percent!

The Consumer Price Index lists other price increases over the last year such as chicken (16.6 percent), soups (18.5 percent), cereals (17.4 percent), and milk (17 percent). Some food items cost the same amount of money, but food and beverage companies have made packages smaller. This is called "shrinkflation" and another approach is called "skimpflation." Skimpflation is where the price stays the same but lower cost ingredients are substituted

to the original formula. An example might be trading almond extract (flavor) for protein rich almonds.

There is a little bit of good news in relation to food costs. Not all foods have increased in price as much as those listed above. Some fresh fruits like apples, bananas and citrus have not seen large price increases. Although chicken and eggs have been used as lower cost protein ingredients, some other meat products have not seen the same price increase and there are many non-meat foods that offer protein to the diet.

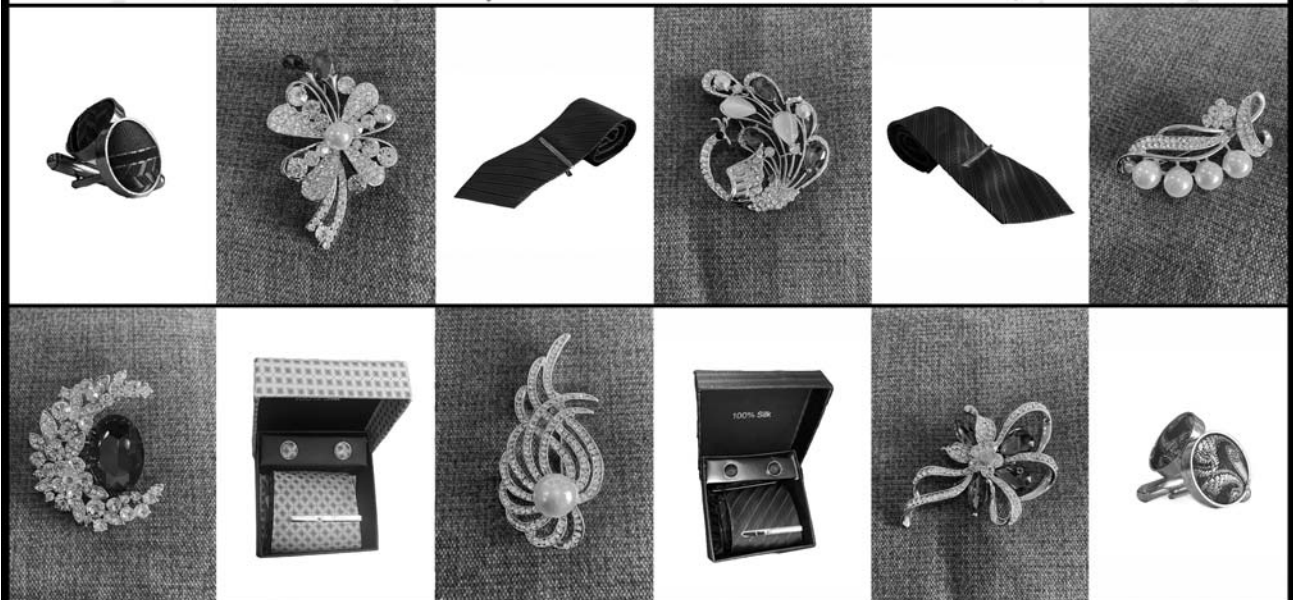
In 2023, all food prices are predicted to increase between 3.5 and 4.5 percent, food-at-home prices are predicted to increase between 3.0 and 4.0 percent, and food-away-from-home prices are predicted to increase between 4.0 and 5.0 percent. This is less than a year ago when food prices were predicted to increase around 10 percent.

The Blue Zone's recommendation to "learn to cook at home," is based on over 20 years of studying the healthiest communities around the world. Blue

... continued on page 11

The Truth Colours Art Gallery

Featuring art, jewelry and men's accessories



1811 Adams Street - Open 11 to 6 Tuesday through Saturday
419-243-0007 or 347-286-9227

A Mental Health Moment

Adverse Childhood Experiences (ACEs)

By Bernadette Joy Graham, MA, LPCC, CCHtLicensed Mental Health Therapist

The Truth Contributor

Happy New Year! As we are just a few days into a new year, most of us have had the opportunity to reflect on our last year. We all fall into one of two categories or a little of both. Last year was either a time well spent or a time well wasted. The stress of 2022 has ended and we look forward to 2023 in which I do hope will be a year of time well spent.



I would like to start the year off with an informational piece on a topic called Adverse Childhood Experiences or ACEs. Adverse Childhood Experiences (ACEs) are potentially traumatic events that occur during childhood and before the age of 18. The first ACE study was conducted in 1995 by Kaiser Permanente and the Centers for Disease Control and Prevention. With just 17,000 adults, the study was conducted by asking questions about their childhood that included abuse (physical, sexual and emotional), neglect, parental separation, substance abuse, violence, incarceration and mental illness.

The study raised some red flags when two-thirds of the study participants noted significant adverse factors. Beyond the results of the study participants, researchers found links between ACE and higher than usual negative health and behavioral outcomes affecting adults later in life. Heart disease, diabetes, and premature death were at the top of those outcomes.

Today, with much more research completed, the Adverse Childhood Experiences International Questionnaire is given to adults in medical facilities and mental health offices. While there are various versions such as the number of questions, one can very quickly identify an at-risk adult for current or future negative health outcomes. The questions require only yes or no answers.

The questionnaire gives the opportunity to open up dialogue about

an individual's past between patient and provider. Not every patient chooses to explore his childhood experiences as it can be quite traumatic and possibly cause more damage such as a patient relapsing. The questionnaire also saves time in behavioral health due to the amount of time it can take to get a patient to begin to open up about his childhood. Even if the patient chooses not to explore the past right now, at least it is identified and acknowledged and can possibly explain present health problems.

Our childhood is a most important factor in one's future outcome. Children depend on caregivers to offer them a chance at a positive and healthy adulthood and when that is not the case, time is of the essence. So many children are robbed of their childhood due to abuse, neglect, violence, broken homes and mentally ill caregivers gone untreated.

Solutions factors are prevention, reporting, and the courage to get treatment. Take a mental health moment wherever you are in your life. Seek appropriate treatment with the appropriate age of care. While many have come to terms with losing their childhood, they don't have to lose their health as they grow older with sickness and premature death.

If someone is ill equipped to care properly for a child due to her own unresolved issues...resolve the issues so those issues are not killing or damaging future generations. This is 2023 and mental health is no longer a mystery nor does it lack in prevalence.

All those folks in this day and age who believe mental health is not health or helpful, should start digging their own graves now for themselves and let others make their own choice.

Bernadette Graham is a Licensed Professional Mental Health Counselor, Accepting new clients ages 13 and older. Contact 419 409 4929.

Cost-Effective Eating... continued from page 10

Zones mission is "informed and inspired by the world's longest-lived culture, our mission is to empower everyone, to live longer, better."

Cooking your own food can help you save money as well as help you be happier and healthier! One study noted that living longer was not just linked to the nutritional value of the food but also connected to the steps of cooking, including planning, shopping and socializing. From that, Blue Zones recommends five tips for making cooking easier and more enjoyable.

1. Planning meals includes the menus as well as shopping and cooking plans. Although we cannot control the prices of food at the grocery store, we can be good consumers by comparing prices, reading the nutrition label, and choosing healthy, lower-cost ingredients for delicious recipes. Also, plan to pre-prepare some of the food for later menus such as cooking rice or quinoa and using it for more than one recipe.

2. Eat together and take time to enjoy the meal.

3. Learn some basic cooking skills like chopping vegetables, and some simple recipes like soups, salads and basic dishes that can be changed up with different seasonings or swapping out different ingredients. Swapping out different, comparable ingredients is an example of stretching the food

dollar and is very different than a food company using skimpflation.

4. Plant a garden. In Northwest Ohio in the middle of January, most of us are only dreaming of warmer garden weather. Blue Zones points out that in the healthiest communities around the world, people garden. Even if it's not a large, outdoor garden, consider growing a container fresh herbs indoors.

5. Always eat breakfast at home. This recommendation from Blue Zones is to help us reduce trips through the drive through or only choosing coffee in the morning. Starting the day with a balanced breakfast is not only good for our health but can also be an economical meal at home.

As great as these suggestions are, I can think of other recommendations that can help me eat healthier and save some money on food. What will work for you this year?



DIXIE Auto Leasing
Toledo, OH

5880 N. Detroit
Month to Month Leasing
419-476-8674

WE ARE A FULL SERVICE BUSINESS

Bernadette Joy Graham, LPCC, LLC
Licensed Professional
Clinical Counselor
419.409.4929
Mental Health...Get Your Mind Right
www.bjgrahamcounseling.com
3454 Oak Alley Court Suite 300
Toledo, OH 43606
graham.bernadette@gmail.com

Welcome Home to Sylvan Lakes Apartments!

Our elegant apartments feature spacious bedrooms with ample storage, high ceilings and breath-taking views! Stop in today to see our beautifully landscaped grounds, resort-like swimming pool and clubhouse with its fully-equipped fitness center. Located just west of King road off of Sylvania Ave.

Sylvan Lakes
Apartment Homes

4045 A Langston Place, Sylvania, Ohio 43560
P: 419-842-8480 E: investekmanagement.com

Health Section • Health Section • Health Section • Health Section • Health Section • Health Section • Health Section • Health Section

Happy New Year From Ryan!

By Ryan Rollison

The Truth Contributor

It looks like it's that time of year again to set your plans in motion for a better you. As in past articles that I have shared with you I must begin by saying, once again, please be realistic with your goals. Do not set yourself up for failure by setting goals that are not obtainable.

If you're not working out at the present time do not set a goal to go to the gym five days a week. If you're not currently running, your goal should not be to run a 5k this Saturday. You're not a clean healthy eater so don't think you can stop all your bad habits of consuming junk foods in a day or two.

Let's be reasonable with yourself so that you are successful with your attempts. If better health and reaching a better level of fitness is your goal, I am going to save you all the guesswork now and lay it down for you.

Now, assuming that you're not working out and your eating habits are at their worst, here is how you should start your journey. Pick two days that you want to work out at a time that you can be consistent from here on out. Let's say Tuesday and Thursday are your days.

Go to the gym or wherever it is you are going to exercise and familiarize yourself with the place. You are going to do two sets of 12 reps of your major body parts. Legs, back, and chest. This will take you no longer than 10 to 15 minutes but don't be so fast to leave, get in the habit of being there for 30 minutes.

Make your way over to a piece of cardio equipment and hop on it for 10 minutes and a very slow, easy pace. Remember we are acclimating your body to movement and time, so intensity is not important just yet.

Now, Thursday when you go you will do the same thing but we will add an exercise for arms and shoulders, get on the cardio for 10

minutes and leave. Week one is complete but if you feel you want to add Saturday feel free to do so but no pressure, a nice walk will be good or some stretching will suffice as well.

The following week we are going to do the same thing but add your 3rd day and now all your days will look like your last Thursday. Take it easy and be consistent with it, that's the goal right now. After a couple of weeks of that then add another set and possibly more weight. make it so that your 12 reps are not really easy but not super hard.

NUTRITION: Keep it simple for now. Try to drink more water. Add lemon to it or use a crystal light type drink but just drink more. Cut your sugars and white starchy carbohydrates way down. Cutting them completely out will be a sure failure. Just keep cutting them every week and you will stop craving them.

Sure, have some at times but don't make them a staple in your nutrition. Have a clean source of protein every time you eat (fish, chicken, turkey or lean beef) and only eat meat and vegetables in your last meal. Start there and see your progress. These little changes will make a big difference.

Rome was not built in a day and you didn't get out of shape in a day so you won't get in shape in one either. Consistent mindful days are what we are going for. Remember what you are trying to do and stay

... continued on page 13



Weekends or Weekdays

RAIN OR SHINE

To the grocery store or to the doctor

TARTA can take you there.

TARTA

 Plan your trip at
tarta.com/routes

New Year, New You! Books by Various Authors

By Terri Schlichenmeyer

The Truth Contributor

The new calendar is already in your face.

Lose 10 pounds, stop smoking, quit sugar, end that bad habit once and for all, you have great intentions but zero motivation. It's a New Year – is it time for a New You? Then you need to check out these great books...

You might think you need a prescription of some sort, so here are two of them: *The Sleep Prescription* by Aric A. Prather, PhD (Penguin Life, \$15.00) will help you get a better night's rest in just one week without any pharmaceuticals. And *The Stress Prescription* by Elissa Ephel, PhD (Penguin Life, \$15.00) helps you to feel less stress in one week, naturally, by training your mind and your body. These paperbacks are slim and easy to read, but they're packed with information that you can use the day you find them.

The holiday cookies were too, too tempting and, well, you had your fair share of them and you regret it now. This is the year you've promised yourself that you'll shed some weight but how are you going to find the time for it? *The Oldest Cure in the World: Adventures in the Art and Science of Fasting* by Steve Hendricks (Abrams Press, \$30.00) is a great place to start, because this old way of eating is new again. Here, Hendricks looks into the history of fasting, when it began and why, how religion comes into play, how fasting affects your health, and how it works for the individual body. If you're serious about fasting for your health, you'll also want *The Intermittent Fasting Revolution: The Science of Optimizing Health and Enhancing Performance* by Mark P. Mattson (The MIT Press, \$27.95). Together, these books will help you make the lifestyle changes necessary for long-term fasting – and pass those cookies, will you, please?

And finally, if you'd like to turn back the clock this New Year, look for *The Great Age Reboot: Cracking the Longevity Code for a Younger Tomorrow* by Michael F. Roizen, M.D. with Peter Linneman, PhD & Albert Ratner (National Geographic, \$28.00).

c.2022
Various Publishers
\$15.00 - \$30.00
Various Page Counts



What would you think if you knew you could have another seventy or even eighty more New Year's Eve celebrations, and be healthy enough to enjoy them? The authors of this book say that "life extension" is available now; they offer ideas for you to look and feel younger today, and start adding years to your life this week. It isn't going to be cheap and it won't always be easy but this, too, is laid out in a way that readers will understand. Good information helps make better choices, so maybe we should say Happy New Year 2102, in advance?

Of course, check with your doctor before starting any kind of health-related program. And if these books aren't quite enough or if you want to go in another direction for this New Year, ask your favorite librarian or bookseller for help with the book that's right.

And then plan on a better year. Mark it on your calendar.

Ryan Rollison... continued from page 12

the course. Keep in mind that one pound of fat is 3500 calories. That's what you need to burn to lose a pound of fat.

Also keep in mind that you may not lose as much weight as you want because you are lifting as well so use the mirror and how your clothes fit. Good luck and feel free to contact me to schedule an appointment for more assistance, Happy New Year. Remember nothing happens unless YOU change something!

--

UNLEASH YOUR HERO

Ryan Rollison

Dream Bodies

419-944-4200

dreambodies419@gmail.com

Women of Toledo... continued from page 16

Angie Fitzpatrick, PhD, Advocacy chairperson and Aby Sadowy, HerHub chairperson. WOT Task Force and Program Team: Nina Corder, Managing & Program Director; Kaitlin Kaiser, HerHub program associate; Izzy Nelson, volunteer coordinator and program associate II; Penny Meeker, youth counselor; Liz Mohler, office support and Nace-ma ElOrra, accounting clerk. For information about WOT, their January virtual business roundtable or January HerHub Luncheon view the contact information.

Women of Toledo is located at 425 Jefferson Ave, 3rd Floor in Toledo, contact number is 567-970-7172, contact email info@womenoftoledo.org and website <https://www.womenoftoledo.org>

America's urban community alternative station!

iHeartRADIO

Entrepreneurs
Independent Artist & Producers
Actors
Sports
Fashion
Book Authors
Educators

Community Awareness
Health Awareness
Safety Awareness

All Genres Welcome!

"We Make Stars Happen!"
Independent Music & Majors welcome!

www.blackbeatmusicgroup.com

Call in days Monday 12 noon - 2pm & Wednesday 12 noon - 2pm
(712) 770-4010 use access code 760462

With your host
DeVonn
aka The Musical Teddy Bear!

Jam Packed Emagazine Morning Show!



Gospel Today
FOR LIFE CHANGING EXPERIENCES
Travel
e: gospeltodaytravel@gmail.com
p: 770.866.2427

Led by:
Bishop Pat McKinstry

Holy Land 2023
"THE REFRESHING"
BOOK YOUR TRIP NOW! WWW.GOSPELTODAYTRAVEL.COM

Includes:

- R/T Economy Air from JFK (New York)
- Hotel-Based on Double Occupancy (6 nights/4 Star Premium hotels)
- Breakfast and dinner daily
- Deluxe motorcoach transportation
- Professional guide for entire tour
- All entrance fees per itinerary

Not Included:

- Meals not mentioned
- Travel Insurance (recommended)
- Single Supplement \$900
- Tips - \$70 - \$100

*Passport must be valid for six months after return date

From Bishop McKinstry:

Welcome!

Beloved, I want to extend to you an opportunity to elevate and expand your personal and positional ministry.

Whether you are a bishop, pastor, elder or a member of the body of Christ, I believe this is a time when people who are serious about the call of God on their lives, are stepping out and moving in God as never before!

This special time in the land where Jesus lived, ministered and performed miracles is going to be a time of fellowship, praise and worship. Please make plans and set things in order to be with me on this pilgrimage.

I have been to the Holy Land before, but this time, I feel an urgency for us to go back and receive new insight and fresh revelation.

Are you ready for a refreshing? Come and go with me...

I believe God is going to do something special as we take this journey! Begin now to pray and seek God for his guidance in planning for this tour. I encourage you to elevate your expectation, and prepare now for miracles, signs and wonders...

God Bless You!
Bishop Pat McKinstry



AUGUST 30
SEP 5, '23

PRICING:
\$3998/PP

Please review "Terms & Conditions" and purchase insurance at
gospeltodaytravel.com

DAY 1

Depart from a New York area gateway to Ben Gurion Airport in Tel Aviv. Dinner and breakfast are served on board.

DAY 2

Arrival at Tel Aviv airport. Transfer to hotel in the Galilee for dinner and overnight. Begin to feel the spirit of this amazing land. Depending on Flight arrival time, visit Megiddo, Carmel on the way to Galilee.

DAY 3

Start the day with a boat ride on the Sea of Galilee. Continue to the Mount of Beatitudes, site of the Sermon on the Mount. On to Tabgha, site of the Miracle of the Fishes and Loaves and the Feeding of Five Thousand. Visit Capernaum, the city of Jesus and Peter to see the house of Peter and an ancient synagogue, where Jesus preached and gathered his disciples. End the day in the ancient city of Magdala, hometown of Mary Magdalene.

DAY 4

Start the day at Yardenit, the Baptismal Site on the Jordan River. Take a scenic drive past Cana of Galilee to Nazareth to visit the Church of the Annunciation and Mary's Well. On to Muchraka, the location of Elijah's altar during his confrontation with the false prophets of Baal. Continue through the Valley of Armageddon to the excavation site at Tel Megiddo. On to Caesarea, built by Herod the Great in 22 B.C. Continue to the city of Jerusalem.

DAY 5

Start the day at the Mount of Olives for an outstanding view of Jerusalem. Visit the Chapel of the Ascension, Garden of Gethsemane, and Church of All Nations before driving along the Kidron Valley seeing the Tombs of Absalom, Zechariah and James. Visit the Old City, see the Pool of Bethesda, the Chapel of the Flagellation, and the Ecce Homo Arch. Continue through the Bazaar to the last stations of the Cross Via Dolorosa, the Church of the Holy Sepulcher and the Gabbatha pavement.

DAY 6

After breakfast, continue to the Jewish Quarter visiting the Cardo, the "Wide" wall built by King Hezekiah, the Herodian mansion and the Golden Menorah. Continue to the Temple area and Mt. Moriah, to see the Dome of Rock, visit the Western Wall, the Ophel Archaeological Park and Museum and the Southern steps. Visit the Upper Room and King David's Tomb.

DAY 7

This morning we drive past the Inn of the Good Samaritan to arrive at the shores of the Dead Sea - the lowest point on earth. We go to Masada. Continue to Ein Gedi, where King David found shelter from the wrath of King Saul. After lunch (on your own), enjoy a short "float" in the Dead Sea. On to Qumran where the Dead Sea Scrolls were discovered in 1947

DAY 8

After breakfast and hotel check out continue to the Garden Tomb, visit Calvary where we will partake of Communion service. Continue to Bethlehem, Visit the Church of Nativity, the Milk Grotto and Shepherds' Field. Enjoy a special farewell dinner before being transferred to the airport.

Arrive back at JFK Airport with amazing memories and unforgettable experiences.

Book Now at gospeltodaytravel.com Call or email 770.866.2427 for questions or customer service. e: gospeltodaytravel@gmail.com

CLASSIFIEDS

January 4, 2023

Page 15



Area Office on Aging of Northwestern Ohio, Inc.

We are looking to fill the following positions within our agency. For detailed information visit our website at:
<http://areaofficeonaging.com>

Aetna Care Manager
Plan 4 Home Care Manager
Provider Relations Assistant
Provider Relations Specialist
Waiver Service Coordinator
Information & Referral Specialist
OHCW/SRS (IE) Assessor Supervisor
OHCW Care Manager (Toledo and Western Counties)

Qualifications: Varies by position and prior experience. Must pass an agency-required drug screen and fingerprint criminal background check. Maintain reliable transportation, insurance, valid driver's license, and the ability to satisfactorily undergo Motor Vehicle Record checks on at least an annual basis.

Excellent Benefits: Very welcoming, professional, family-friendly work environment. EOE.

Submit resume to jobs@areaofficeonaging.com

Area Office on Aging
2155 Arlington Ave.
Toledo, Ohio 43609
Attn: VP of Human Resources



SENIOR SECRETARY – TRIO TRIO PROGRAMS

Bowling Green State University is a tier-one, public university serving 19,000 students on two campuses in northwest Ohio. The University has nationally recognized programs and research in the natural and social sciences, education, arts, business, health and wellness, humanities and applied technologies. BGSU seeks talented individuals to join our community in Bowling Green, Ohio, recognized as one of the "Best College Towns of America."

The Senior Secretary performs administrative tasks for 2 federally funded grant programs of Student Support Services and Ronald E. McNair. This position includes but is not limited to the management of 2 highly confidential databases necessary for tracking program participants and successful submission of annual performance reports to the Department of Education as well as other information required for the successful performance of grant programs. This position also monitors, tracks and reconciles 2 grant program budgets on FMS and WRL; processes payments in and out of 2 grant budgets and assist the program director in budget creation, scheduling meetings, and sending communications both on and off campus. The position requires strong verbal and written communication skills as well as independent judgement and initiative. The position also requires sorting and distribution of mail, greeting visitors, answering department phone, ordering office supplies, and preparing typed copy, maintaining staff calendars and arranging travel. The position hires, trains, and evaluates student clerical assistants and process payroll. The hiring range for this position is \$16.35-\$17.89, based on previous experience.

Deadline to apply: The search committee will review applications until the position is filled, however, **for best consideration, applications should be provided by December 28, 2022.**

For a complete job description & to apply for this position visit <https://bgsu.hiretouch.com/> or contact the Office of Human Resources at (419) 372-8421. BGSU. AA/EEO/Disabilities/Veterans. In compliance with the ADA Amendments Act (ADAAA), if you have a disability and would like to request an accommodation in order to apply for a position with Bowling Green State University, please call 419-372-8421.

FACILITY OPERATOR

Metroparks Toledo is looking for a Facility Operator for Glass City Metropark. The person in this position will perform a variety of house-keeping, janitorial and basic maintenance. HS diploma or equivalent required as well as a valid driver's license. Some experience in janitorial and minor building maintenance is preferred. Full time position with benefits. Go to www.MetroparkToledo.com to view the entire job description and to apply. EOE

PATHSTONE

Are you 55 or older? Unemployed and looking for part time work?

WE CAN HELP!!

Paid training. You can apply today.

Call Adetra Butler at 419-392-7279. Questions? Please call

REQUEST FOR PROPOSAL LUCAS COUNTY CANINE CARE & CONTROL (LC4) – BID PACKAGE 2

Rudolph Libbe will receive proposals for Lucas County Canine Care & Control (LC4) – Bid Package 2. This Bid Package involves demolition of the existing building at 1301 Monroe Street.

Bids are due December 30, 2022, 12:00 p.m.

Bidding documents are available online at BuildingConnected. To receive an invitation to access these documents, contact Andy Wren at 419-725-3291.

One (1) set of bidding documents will be available to review at no charge, between the hours of 9 a.m. and 3 p.m., at 6494 Latcha Road, Walbridge, OH.

This project has MBE/WBE requirements.

NOTICE TO BIDDERS LEASING OF TIRES FOR THE TOLEDO AREA REGIONAL TRANSIT AUTHORITY (TARTA)

TARTA seeks bids from qualified vendors to furnish leased tires for its bus fleet.

The scope of work for this project includes but is not limited to: Provision of all tires for TARTA's revenue service vehicles (buses) and all related tire services. For a complete scope of work, visit tarta.com/news-alerts/tarta-business/open-procurements.

TARTA has established a Disadvantaged Business Enterprise (DBE) goal for this project of 11.65%.

Bids must be received by TARTA on or before Friday, December 16, 2022 at 2 p.m. local time, via sealed envelope or email. Mailed bid packages should be in a sealed envelope clearly marked with the bidder's full name, address and telephone number and "TARTA Tire Leasing IFB 2022-24," and sent to:

Sophie Giviyan, CFO
Toledo Area Regional Transit Authority
1127 W. Central Avenue
PO Box 792
Toledo, OH 43697-0792

Email submissions should be marked with the same information and sent to: sgiviyan@tarta.com

TARTA officially distributes bidding documents from the Purchasing Department. Copies from any other source are not considered official copies. Only those vendors who obtain bidding documents from the Purchasing Department are guaranteed to receive addendum information if such information is issued.

Questions about this project should be directed to Sophie Giviyan, CFO, at 419.245.5200.

Women of Toledo's Holiday Party at Tolhouse

By Tricia Hall

The Truth Reporter

Women of Toledo, one of the leading advocacy, education and empowerment nonprofits in Toledo, organized a festive holiday party at Tolhouse on Summit Street. The December 28 celebration commemorated community-wide milestones achieved by the organization's board, staff, volunteers and supporters.

In 2022, Women of Toledo (WOT) secured 119 mentors, created 63 pieces from the HerHub project 'A Seat at the Table,' facilitated 57 program sessions and activities, 90 were actively mentored, campaigned through five advocacy awareness programs, supported 178 HerHub members, sponsored two initiatives which were led and managed by 18 women volunteers, served 1,424 women and youth. The organization has served 7,775 women and youth since the nonprofit was established in 2014.

"Women of Toledo is more than just an organization. I was first attracted to Women of Toledo because of their focus on diversity. We have used our diverse collective voices to advocate for legislative issues that impact women's rights, locally but also globally. When you focus on economic development, knowing that we, as women are further behind, change can move from a local level to a global level. I'm so proud of our executive director, Nina Corder, who has taken what we have done here and shared it with the United Nations," said Kathy Tucker, WOT board and leadership member, Special Project -Governance/Legal/Policy.

WOT is a 501c3 nonprofit that seeks to educate, engage and empower women and youth to keep moving forward. WOT offers various programs that align with their mission including: business mentoring, discovery mentoring, young women mentoring, business roundtables, NWOHio Women's Business Council, HerHub, PowerHour, HeforShe,




Ramona Collins

Women's Circle and several special focused events.

WOT Emeritus Advisory: Michelle Ansara, past president and founder; Audrey Johnson, past president and founding board member. WOT Board of Directors and Leadership are: Carlena Johnson, president; Shayna Duke, vice president I; Karen Kiemnec, secretary; Michelle Pommeranz, finance officer; Shannon Loar, vice president II, Brenda Holsey, Partners & Support, Outreach; Cassie Tinta, fundraising I; Kelly Trame, fundraising II, Kathy Tucker, Special Project; Mary Brucker, PR & Media Relations; KiKi Cunningham, Impact Measurement; Lily Hickey, Young Initiative-Young Women & Girls Hub.

WOT Initiatives Chairpersons & Leadership include: Sandy Spang and Sena Mourad-Friedman, Women's Business Council chairpersons;

...continued on page 13



**Health plans
for less than
\$10/month?
Yes, please!**



Trained Navigators can walk you through every step in the health insurance enrollment process – at no charge. Services are available in multiple languages.

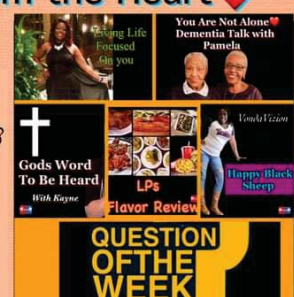
**Help is available year-round,
but open enrollment for 2023
plans ends January 15.
Get covered today!**

**(833) NAV-4INS
GetCoveredOhio.org**

This project is supported by the Centers for Medicare and Medicaid Services (CMS) of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$2.33 million with 100 percent funded by CMS/HHS. The contents are those of the authors and do not necessarily represent the official views of, nor an endorsement, by CMS/HHS, or the U.S. Government.

Now You Know Show
W/ Queen Silvy & Smooth Tim

Segments of Encouragement and Inspiration from the Heart ❤️



**Thursday
7pm EST.**

www.thequeensilvyshow.com