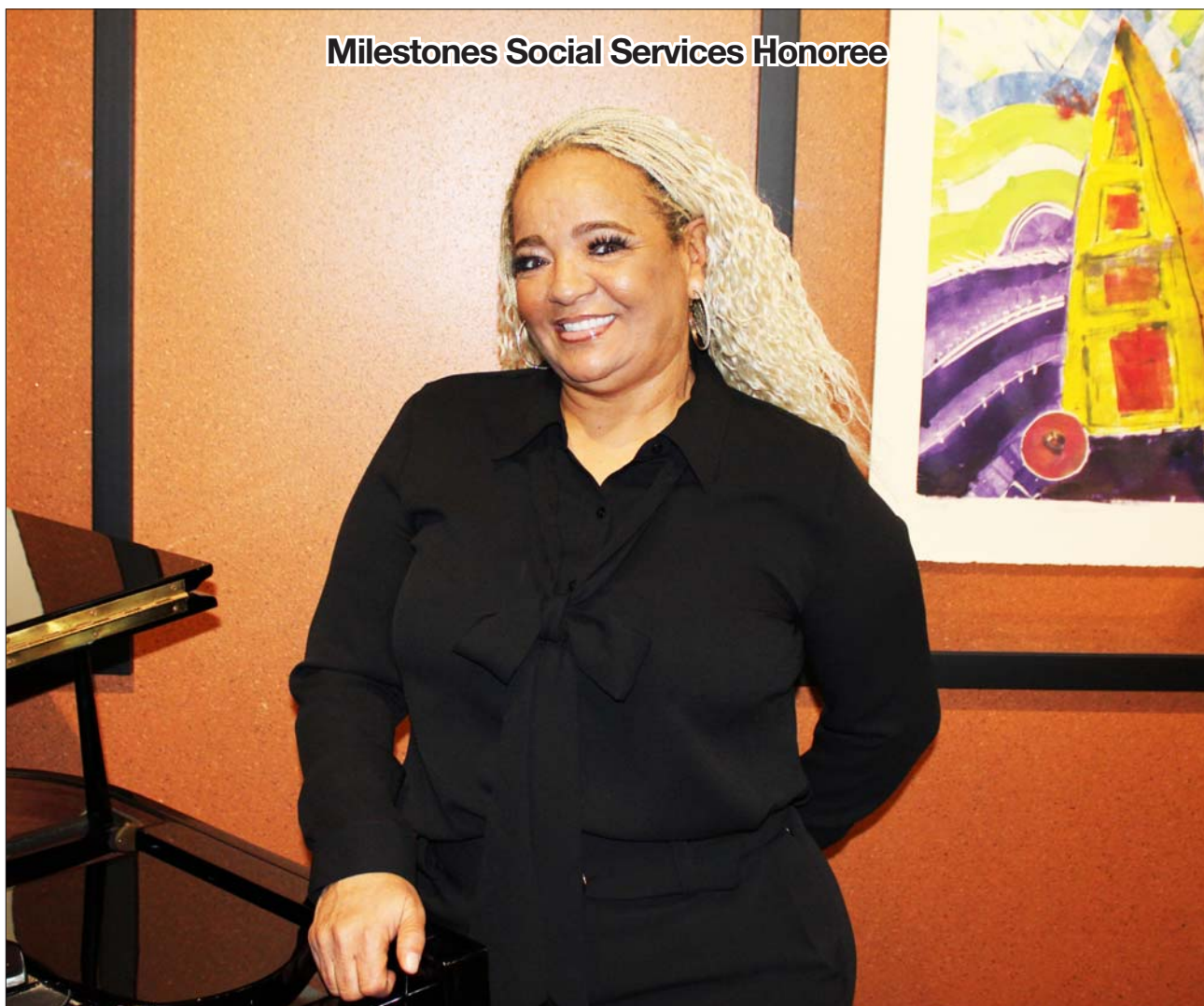




Volume 76 No. 6

"And Ye Shall Know The Truth..."

January 25, 2023



Milestones Social Services Honoree

The Movement's Tina Butts

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Sacrificing Intelligence for Prejudice

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

The Truth Contributor

They [those with race and gender bias] readily sacrifice their intelligence to their prejudices.

– Zilpha Elaw



Would there even be an America without Black people? That's what W.E.B. DuBois asked as he detailed the countless Black achievements that formed the heart of the idea and construction of America in his 1924 groundbreaking book titled *The Gift of Black Folks*.

From the Revolutionary War to the Afghanistan War, America's military defense depended on African American soldiers and military personnel. Brought here against our will and sold into slavery in 1619, Black labor from the foundation of the American experience provided the substructure for American prosperity, including our current wealth and global economic domination.

Black style in the performing arts, literature, fashion, music, cooking, and other expressions of "how we do the things we do" forms the fabric of the American way of life.

The genius of Black scientists, engineers, and innovators in American society is undisputed. So are the brilliant minds of African Americans who have produced and continue to supply contributions as historical leaders, judges, teachers, scholars, politicians, religious leaders, and public servants.

There also have been cycles of exuberant Black progress followed by White reaction and painful backlash to all of our gains.

Yet, DuBois was right.

Indeed, without Black achievements and vital contributions, America would not be what it is today in terms of its greatness.

Unfortunately, conservative legislators throughout the country want to destroy any ongoing conversation between the collective Black experience and United States History.

Lawmakers like Florida Governor Ron DeSantis have publicly opposed education practices that, in his words, "take an unduly critical

view of America's history and its relationship to race." Recently, the Republican governor's administration banned an African American Studies Advanced Placement course in Florida. The academic class would allow high school students to earn credits and advanced placement at many colleges across the country. DeSantis maintains that the AP course violates state law and "lacks educational value."

When the nation is experiencing a demographic shift and whites fear losing their predominant influence, right-wing education policies like these by DeSantis and others are not an accident. The moves are designed to justify an extremist agenda for Republican politicians and to motivate their political base.



W.E.B. DuBois

As a result, paring back African Americans' culture, contributions, and experiences and how they shaped U.S. history will promote falsehoods and an inaccurate depiction of America. If the nation's children are taught a sanitized, whitewashed version of history, the danger is that this false portrayal will provide the foundation for the public policy decisions made by the next generation of lawmakers. Racial and other disparities will also widen as conservative legislators blame blacks and other oppressed people for their poverty and the profound social and economic problems. The government will surely not focus on what it can do to help.

However, there is good news. Today's youth are clamoring for honest and difficult conversations concerning race, our history, and our future that legislators and even many parents are reluctant to.

An exceptionally high turnout of Generation Z and millennials swung key battle states in favor of the Democrats in the 2022 midterm elections. These youth are likelier to interact with and befriend members of an increasingly diverse society than their parents and grandparents. In addition, according to researcher John Della Volpe, they are more concerned with the treatment of others in society than their elders.

Furthermore, these highly civic-engaged youth are participating in protests, avid readers of politics and social issues, and the most politically active cohort of youth voters in recent history.

John Della Volpe projects that Gen Z and Millennial voters will account for nearly 40 percent of the vote total in the 2024 election.

Due to their upbringing in a multicultural society, youth are increasingly interested in American History that accurately illuminates "where did we start, how did we develop, and who are we."

More poignantly, this influential and active voting bloc finds biased right-wing education policies that ban books and prevent teachers from freely discussing the true history that shaped us as a nation ignorant and out of touch.

Contact Rev. Donald Perryman, PhD, at drdperryman@enterofhope-baptist.org

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Education Department Announce New Actions on Student Loan Relief

By Julius Washington

Howard University News Service

Earlier this month, Department of Education officials announced an overhaul of the federal government's income-driven repayment plan to provide relief to Americans who have taken out federal student loans to pay for college.

The announcement comes after months of legal challenges against the department's plan to forgive up to \$20,000 in federal student loans for tens of millions of borrowers making less than \$125,000 a year.

"The bottom line is this. We're fixing a broken student loan system," Secretary Miguel Cardona said. "We're changing the culture that higher education is unaffordable in America, especially for Black and brown and other underserved students."

Over eight million borrowers are already enrolled in an income-driven repayment program, and more could be expected to join the program when the new plan is enacted later this year. The new income-directed repayment program will continue to apply only to direct loans, not parent PLUS loans.

The plan consists of a pair of actions designed to reform the federal student loan system. The first action creates what officials are calling "a true student loan safety net" for low-income borrowers.

The new safety net exempts single borrowers from having to make payments on student loans if they make under \$30,600 a year, up from \$20,400. The exemption is pegged to the national poverty line, increasing to 225% of the line from 150% and increasing according to family size.

The safety net would also cut payments for undergraduate borrowers in half, from 10% of a borrower's income above the exemption threshold, down to 5%; stop charging unpaid monthly interest; and continue to forgive all loans after 20 years of repayment, with smaller borrowers now being able to take advantage of 10-year repayment plans.

Borrowers with both undergraduate and graduate debt would pay between 5% and 10% of their income based on a weighted average of their balance.

Under Secretary for Education James Kvaal highlighted the benefits that the most burdened borrowers would receive from the changes.

"If they're finalized in the current form, these proposals will help both existing borrowers and future ones, and they'll make a particularly big

difference for our lowest income borrowers whose payments per dollar borrowed would fall by 83 cents," Kvaal said.

The plan's second action also authorizes the Department of Education to publish a list of the schools that leave borrowers more unable to repay their loans and ask colleges to create improvement plans while also considering the implementation of regulatory actions to warn students about these institutions.

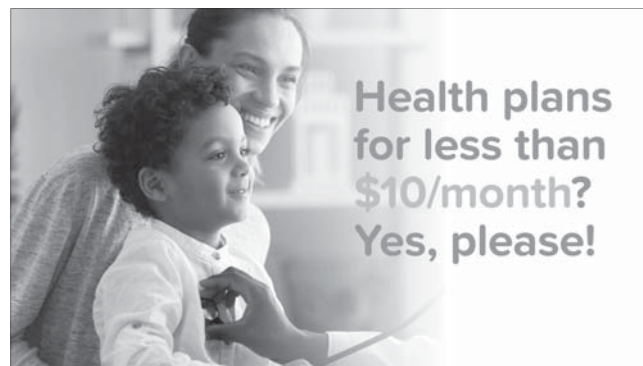
"It's time to name names about these programs and have a frank conversation about the root causes of unaffordable student debt," Kvaal said.

Critics of similar plans have cited excessive costs to taxpayers and alleged that without tight controls on who receives aid, most of the benefits would flow to the affluent.

A senior administration official defended the proposals, calling the aid "highly targeted" and said that past predictions about generous loan forgiveness causing reckless spending had not come to pass.

The new policy will be open for public comment for the next 30 days at the Department of Education's website before moving towards final implementation.

Julius Washington is a reporter for HUNewsService.com.



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CBC Begins 'Busy' 2023 Meeting with Biden Administration Over Border Policies

By Stacy M. Brown, NNPA Newswire Senior National Correspondent

@StacyBrownMedia

While House Republicans spent a week publicly bickering and 15 rounds voting to elect Rep. Kevin McCarthy of California as Speaker, the Congressional Black Caucus was already hard at work on behalf of its millions of constituents.

In the 118th Congress, the CBC will have 58 members, nine of whom are new to the chamber.

Steven Horsford, a Democrat from Nevada, was chosen as chair.

The rest of the executive committee is made up of Democrats from New York, Louisiana, Georgia, and Washington: Yvette Clarke, Troy Carter, Lucy McBath, and Marilyn Strickland.

Due to the lengthy speakership vote, Congress could not do business during the first week of the new legislative year.

Despite this, Horsford and other CBC members still managed to talk about one of their 2023 goals.

Members were worried about the Biden administration's plan to stop people from Cuba, Nicaragua, Venezuela, and Haiti from crossing the border.

Horsford and Rep. Yvette Clarke of Brooklyn, NY, said that the government's policy, which is very similar to that of the Trump administration, should be looked at again immediately. Even though Biden's new program intends to speed up the asylum process, "the reality is that the administration's actions have the potential to threaten the safety and humanity of migrants," as Horsford put it.

Horsford stated, "America is a nation of immigrants."

He argued that the right to access could save lives in many situations.

Horsford and Clarke said that the government's policy, which is very similar



Rep. Steven Horsford



Rep. Maxwell Frost

to that of the Trump administration, should be looked at again immediately.

Even though Biden's new program intends to speed up the asylum process, "the reality is that the administration's actions have the potential to threaten the safety and humanity of migrants," as Horsford put it.

Horsford's parents are native Trinidadians, while Clarke's ancestors came to the United States from Jamaica.

During a meeting with DHS Secretary Alejandro Mayorkas, which Horsford led, the topic of Haitian migrants was central.

Horsford says, "Members talked about the real-life experiences of their constituents with migration and their worries about the continuation of Title 42. They also stressed the importance of giving everyone fair and equal access to asylum and other ways to move."

Trump's pandemic-era Title 42 law allowed the United States to deport hundreds of thousands of asylum seekers on public health grounds.

Horsford praised the CBC and Mayorkas for "taking the right step in the right direction" by collaborating on a government-wide strategy to address migration at entry points.

The caucus' chair said the CBC is eager to collaborate with Biden on finding "humanitarian-focused solutions."

The CBC has not yet released all its priorities for 2023 due to the delay in electing a speaker, but it expects a busy session.

Maxwell Frost (D-FL), the youngest new member at age 25, is the first person from Generation Z to serve in Congress.

Summer Lee, 35, is the first Black woman to represent Pennsylvania in the United States House of Representatives.

After being sworn in for the first time on January 3, 1991, D.C. Delegate Eleanor Holmes Norton, now 85, is beginning her 16th term this month.

"I do not know if we have ever needed you more than we do now," said Marcia Fudge, the former chair of the CBC and the current secretary of the U.S. Department of Housing and Urban Development.

The CBC "has been the conscience of the Congress, the moral center that ensures that the people in communities whose blood, sweat, and tears built this country are never forgotten by this storied institution for over 50 years," Fudge asserted.

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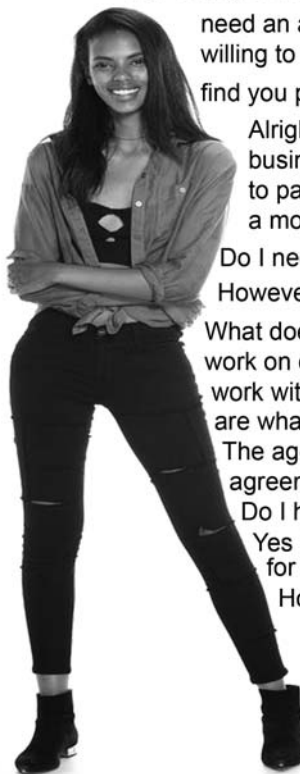
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Tina Butts: 2023 YWCA Milestones Honoree for Social Services

By Asia Nail

The Truth Reporter

The YWCA of Northwest Ohio has announced the 2023 Honorees for the YWCA Milestones: A Tribute to Women annual awards. This year's honoree for Social Services is Tina Butts.

Women have long been at the forefront of providing support services to underserved communities. From long ago matriarchs like Jane Addams, to contemporary leaders of today like Michelle Obama and Oprah Winfrey, notable women have made significant contributions to improving the lives of those in need.

The YWCA (Young Women's Christian Association) is a global organization that works to empower women and eliminate racism.

For 28 years, YWCA of Northwest Ohio has commemorated Women's History Month by 'recognizing women who have demonstrated outstanding leadership qualities and who, through their efforts and accomplishments, have opened doors for other women to achieve their potential.' They are honored in the following seven areas: Arts, Business, Education, Government, Sciences, Social Services, Volunteerism. This year the YWCA added another category – Women on the Rise.

Born and reared in Toledo, Social Services honoree Tina Butts is someone often described as "the people's champ." Working as a bail bondswoman by trade, and formerly as a real estate agent, she not only takes notice of the disparities within our underserved communities —she steps up and acts to make positive change..

Butts is the owner of **T-Bonds Bail Bonds Services**, located in downtown Toledo across from the county jail, at 1709 Spielbusch Ave. She deals in all types of bonds from criminal, janitorial, travel checks and those dealing with guardianship appointments, just to name a few. As a bail bondswoman, Butts plays an important role in ensuring the criminal justice system is fair and accessible to everyone, regardless of their financial means. Her work also decreases the likelihood someone will be found guilty, solely due to their inability to mount a proper defense while in custody.

"Without the option of bail bonds, many low-income individuals would be forced to remain in jail while awaiting trial," shares Butts. "I help people get back to their families and jobs."

In addition to ensuring fair and accessible criminal justice treatment for Ohioans, Butts is the founder of **The Movement Team Lucas County**, fondly called '**The Movement**' by locals.

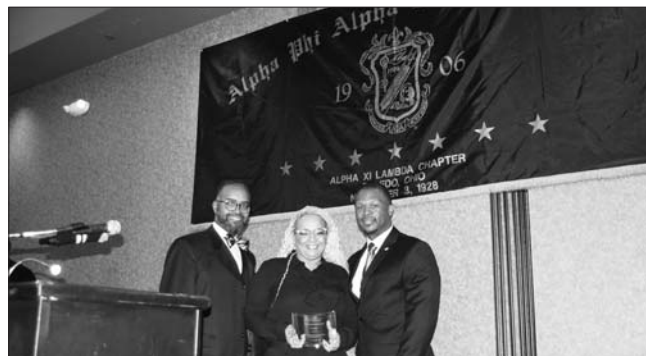
"We are a grassroots non-profit organization focused on providing tools that reduce barriers for the most marginalized members of our community," says Butts. "Ideally people pay it forward by introducing someone to the same assistance that was given to them."

The Movement is mobilizing the next generation of black voters here in Lucas County. "We have a special trust within our own community," says Butts. "We make sure everyone is registered and engaged in the political issues that matter to them."

"Frankly many are disillusioned with the voting process and overall feel



Tina Butts



Tina Butts accepts the 2023 Drum Major Award from the Alpha Phi Alpha Fraternity's Rev. John Jones and Calvin Burney in early January.

like black votes have been historically counted out," shares Butts. "The only way to have faith in our current process is to know the issues and candidates that best support the goals of equality for the black community."

Anything less than systemic change will allow a current supremacist system to continue to function as it was originally designed—to the detriment of black and brown livelihood.

"We want people to understand WHY their vote matters when it comes to fixing institutions that no longer serve us," says Butts.

To that end, The Movement has identified five key policy areas to systematically address the challenges often facing the underserved: Disproportion-

... continued on page 6

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Tina Butts... continued from page 5

ate neighborhood violence, institutionalized racism, improving the education system, improving employment rates and mentorship opportunities.

Then, during the height of the COVID pandemic, The Movement included in its community focus a drive to get people to vaccine centers.

"There's a need in our community, there are people who don't have cars or transportation. Since the number of people infected with COVID is growing, we need to bring the resources to the people. I see so many kids that are making their parents get vaccinated because shots save lives," explained Tina Butts at the time.

Most recently The Movement has been assisting the Greenbelt Apartments at 806 Cherry Street.

Last September, the City of Toledo's Department of Neighborhoods declared the Greenbelt Apartments a public nuisance.

"I knew we needed to help these people move forward," explains Butts. "The complex has 176 units with no less than two to five people in each apartment. Where would they go if we don't step in and help? I asked."

The Movement team immediately gathered people and organizations with community resources. "When we dug deeper we found much of the problems at the Greenbelt complex were a result of residents having basic quality of life issues," explains Butts.

Some people in underserved neighborhoods may feel they are not treated with dignity and respect, often feeling unheard when they raise complaints or ask for help.

"When we walk into apartments and realize some children don't have basic necessities like beds, we jump in and find a solution," says Butts. "We connected kids to meals over the summer and ran a housekeeping program to teach household management. It made a huge difference.

The Movement helps people with issues like finding employment, housing, education and food. They also assist community members with: rent, legal, job training, senior services and vaccinations. "People don't know what they don't know. We even teach skills to make out your grocery list for the month so your money will stretch," explains Butts.



The Movement is assisting the Greenbelt Complex Monday-Friday weekly ensuring the grounds stay clean and work orders are completed in a timely fashion. CSB also works with The Movement every Monday assisting where they can to be helpful to residents and dispelling the stigma that 'they are the enemy.'

"I can't thank County Commissioner Pete Gerkin enough," shares Butts. "He comes to Greenbelt in person at least twice a week and is on a first-name basis with a good portion of the residents at this point."

Butts also beams with appreciation for the help of Brian Byrd, Toledo's former Fire Chief and the city's current Safety Director. "Everyone rolled up their sleeves in solidarity and cleaned up the streets surrounding the complex," she says.

"We also partnered with the health department and ran a vaccination clinic last month where we were able to assist in vaccinating over 200 people who either live on the grounds or in close proximity," adds Butts.

The Movement team also conducts free resource classes for residents. "It took time for people to trust us, initially many felt their voice and vote didn't matter in the big scheme of things," shares Butts. "We did what most won't do — we educated them."

The organization educates residents on congressional, state and local elec-

... continued on page 7

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Women's Business Council Launches Entrepreneurial Awards Program

The Truth Staff

The Women of Toledo (WOT) recently established the Northwest Ohio Women's Business Council (WBC) that was inspired by the #HERStory campaign honoring women entrepreneurs. Last week, the WBC announced the first Women's Entrepreneurial Distinction Ovation Award (WEDO Award) program that will be held on May 4, from 4 to 7:30 p.m., at the Huntington Center.

The awards will help to achieve three goals for the WBC: 1) recognize excellence, 2) provide a better narrative on the identity and storytelling of diverse women-owned businesses and 3) increase the visibility and opportunity to close the area's economic inequality.

"We want to highlight the stories and celebrate the role of women entrepreneurs in our community, particularly the impact on job growth and economic growth," said Sena Friedman, a co-founder of the WBC. "When we start to celebrate and honor their roles and places in our economic development, we inspire other generations as well; it encourages them to follow their dreams and the community benefits ... everybody wins."

The WBC is now taking nominations for the five categories in which women will be honored. They are:

- **Rising Star:** A woman, age 25 years or younger, who has founded a successful business with promise for the future;
- **Legend:** A woman we celebrate for a lifetime of entrepreneurial achievement, community impact, and support of the success of others;
- **Second Act:** A woman who draws from a previous life and work experiences to find success as an entrepreneur;
- **Trailblazer:** An innovator, creator and leader, who has broken new ground as a woman entrepreneur;
- **Thriver:** A woman whose entrepreneurial leadership has grown and sustained a business, meeting increasingly higher levels of achievement in revenue, job creation and market share.

In observance of 2022 Women's History Month and the #HerStory campaign honoring local women entrepreneurs, Women of Toledo (WOT) established the Northwest Ohio Women's Business Council (WBC). WBC consists of a diverse group of women that are committed to promoting, supporting, and celebrating women's entrepreneurship in our community. We celebrate their accomplishments and are excited to share their encouraging stories.

Tina Butts... continued from page 6

tions so they are not only knowledgeable, but engaged in the process.

"We're making politics gratifying," she shares. "Once people understand the process, and that their vote can influence change on issues impacting them most, it makes a big difference."

Tina Butts is also making a difference with the stigma surrounding mental health and drug addiction sharing. "I decided to open *Here's My Turning Point* treatment center to help everyday people receive addiction treatment combined with integrated care services."

The facility is located on 2345 Dorr St. and is a treatment center for addiction, recovery and mental health. The newly renovated center is dedicated to helping individuals and families impacted by mental health and substance use disorders. "We hope to improve the quality of life through advocacy, education and service," says Butts.

Here's My Turning Point is a safe space addressing systemic barriers historically preventing underserved populations from accessing care. This can include advocating for policy changes, educating the public about the importance of mental health and substance abuse treatment, and working with other organizations to increase access to care.


Tina Butts is playing a vital role in providing social services to marginalized communities throughout Toledo. From founding organizations to developing programs she is using her influence to raise awareness, while dedicating her life to making a positive impact on Toledo.

Congratulations on being honored with the award for social services. Her tireless efforts and selflessness in serving the community are truly admirable and the positive change she is bringing about in the lives of many is immeasurable. Her commitment to making Toledo a better place is an inspiration to so many.



From left to right: Megan Reichert (Director of Innovation at Mercy Health), Meg Ressler (President at Meg Ressler & Associates), Sena Mourad Friedman (Director of Development and Communications at The Center of Fair Housing), Stayce Fowler (Principal Owner of Customer Advocacy Partners, LLC), Aby Sadowy (Founder and Owner of Simplicity Sounds), and Linda Fayerweather (Business Specialist at the Toledo Lucas County Public Library)

With a vision that every Entrepreneur has an equitable opportunity and access to develop, launch, and grow a business that creates wealth for themselves, their families, and/or their community; one of the ways for improvement is to develop an award and/or recognition of excellence for diverse entrepreneurs and ecosystem leaders. For our Media Partner, we welcome your support with media coverage to create awareness of the WEDO Award program and a call for applications.




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Lucas Metropolitan Housing is consolidating its four main office buildings into one headquarters downtown on Jackson Street and making life easier for clients, staff and management. It's the culmination of "a decades-long dream," noted one staffer at the building ribbon cutting ceremony.

On Monday, Lucas Metropolitan Housing (LMH) leaders joined U.S. Rep. Marcy Kaptur, the Lucas County Commissioners along with other government and business leaders to celebrate the opening of LMH's new headquarters on Jackson Street, the site of the former United Way of Greater Toledo building, marking the first time in the authority's 90 year history that it has consolidated all client service operations into one downtown location.

"We are eager to help start writing the next chapter in the story of the heart of the city of Toledo," said LMH President and CEO Joaquin Cintron-Vega during a press conference and ribbon-cutting that preceded a public open house with guided tours.

"Company culture is the lifeblood that keeps Lucas Metropolitan Housing healthy and thriving and a positive culture is greatly enhanced and more easily fostered and influenced when employees share the same workspace," he added.

The new office brings 77 LMH employees downtown and will serve as LMH's primary administrative office to support both Public Housing and Housing Choice Voucher programs, administer homeownership opportunities and coordinate its self-sufficiency programming. The acquisition also allows LMH to consolidate four of its offices (Nebraska Avenue, Byrne Road, Indiana Avenue, Belmont Avenue) into a single location, resulting in operating cost savings for the agency.

"This move will allow for efficiencies in the physical space while encouraging greater peer-to-peer interactions and relationships with managers,"

...continued on page 9



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Congresswoman Marcy Kaptur



LMH President and CEO
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Commissioners Tina
Skeldon Wozniak, Pete
Gerken and Lisa Sobacki



The Ribbon Cutting

Lucas Metropolitan Housing... continued from page 8

said LMH Board of Commissioners Chair Alisha Gant. "In addition, we believe in a better customer service experience for our clients."

Conveniently located two blocks from the Government Center building and other places of interest downtown, including TARTA public transit center, the site was chosen, in part, to make it easier for its residents to access LMH services and programs with free parking in an adjacent parking garage.

"LMH's move comes at an exciting time for the Glass City's downtown core," said Congresswoman Kaptur, the longest-serving congresswoman in U.S. history who helped support the funding for the U.S. Department of Housing and Urban Development (HUD) that allowed for LMH's move.

"A strong downtown is widely viewed as crucial for the overall health of a city, with even the surrounding northwest Ohio region to benefit," Kaptur said. "We can all be very pleased that LMH joins many other organizations that have invested in energizing Toledo's ongoing downtown development."

The LMH Board of Commissioners approved the purchase of the 26,060-square-foot building from United Way in 2021 for \$4.95 million. The Toledo-Lucas County Port Authority issued a \$5.2 million tax-exempt 25-year bond transaction for LMH's headquarters relocation and renovation project. The interest rate for the bond financing was 2.9 percent.

"The Toledo-Lucas County Port Authority is proud to be a partner in this endeavor with Lucas Metropolitan Housing and to be able to deliver the financing necessary for this project to become reality," said Toledo-Lucas County Port Authority Director of Finance and Special Projects Craig Teamer.

"We have always viewed this transaction and the relocation and centralization of the LMH headquarters to be a catalyst boost to downtown Toledo," Teamer said. "The new headquarters will not only allow LMH the opportunity to consolidate office space but they are now centrally located in the region making themselves even more accessible to the community."

The LMH grand opening is the latest in a series of new developments in downtown Toledo. On August 25, 2022, the Lucas County Board of Commissioners joined construction partners and business and community leaders to celebrate the grand opening of the Glass City Center, Powered by ProMedica, and new ballroom.

Speaking in support of LMH's grand opening during this week's press conference were Lucas County Commissioners Tina Skeldon Wozniak, Pete Gerken and Lisa Sobecki.

"Enough cannot be said about the importance that public and private partnerships investments such as LMH's latest example have played in transforming downtown Toledo into an increasingly popular destination to work, play, live and grow successful businesses," Skeldon Wozniak said.

Toledo has been named number one in the nation among mid-sized cities for new business investment by Site Selection Magazine and LMH's relocation helps continue that momentum, Gerken noted. There are approximately \$2.2 billion worth of projects currently underway in Toledo or recently completed that are expected to create nearly 3,500 new permanent jobs and 1,079 new residential units.

"LMH's relocation to its new downtown space is an important development for our region and we owe a big thanks to the Lucas Metropolitan Board of Commissioners and the United Way for their leadership, the developers and all those individuals who helped make this collaborative project a reality," he said.

"The comprehensive renovation of

the former United Way building by LMH is a true game-changer for not only Toledo but the entire northwest Ohio region," said Sobecki. "The Lucas County Board of Commissioners and the leaders of the Port Authority are committed to working with existing and new partners to cultivate a business- and development-friendly environment with a work-ready labor force that are essential to bringing new opportunities to our community."

U.S. Senator Sherrod Brown was unable to attend but issued a written statement praising LMH's relocation downtown.

"I thank the leadership, staff and partners of Lucas Metropolitan Housing for their work to make this investment in the future of LMH residents and Toledo happen," said Brown.

"As chair of the Senate Committee on Banking, Housing and Urban Affairs, I have focused on increasing access to safe, affordable housing for all Ohioans," he said. "It's simple – when we make housing more affordable, we expand opportunity and we give more Ohio families a shot at the middle class. And that's exactly what you are doing here in Lucas County."



THE MERRY WIDOW

BY FRANZ LEHÁR · FEBRUARY 10 & 12, 2023

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Six Things to Consider Doing if You Can't Pay Rent This Month

Special to The Truth

The average national rent surpassed \$2,000 for the first time ever in 2022, which has made keeping up with rent payments challenging for millions of people across the United States. In fact, a recent Freddie Mac survey found that 70% of renters are concerned about making their rent payment in the short term.

If you're among those struggling to pay rent, there is good news: many resources exist to help renters remain in their homes.

Here are six actions you can take to help keep you in your rental:

1. **Contact Your Landlord.** If you know you will be unable to pay your rent, contact your landlord in writing to explain your situation. Your landlord may be able to offer you such options as changing the date rent is due each month, lowering rent payments or creating a repayment plan.

2. **Consider More Affordable Apartments.** Finding a less expensive apartment may be the right solution if you anticipate having regular trouble paying your rent. However, with rents on the rise everywhere, this can be a challenge. As you start your search, remember to factor in the fees and moving expenses you might incur. Moving within your building or to another property managed by the same company may be one way to avoid onboarding fees.

3. **Find a Roommate.** If you have the space, taking on a roommate can significantly reduce your monthly rent and utility expenses. Make sure to follow the terms of your lease when adding a roommate to any apartment.

This could include having them sign a formal lease.

4. **Access Short-Term Rental Assistance.** Local housing authorities and some national organizations have short-term rent relief funds you can apply for to help cover the cost of rent while you get back on your feet. The Consumer Financial Protection Bureau (CFPB) has a list of assistance programs for renters.

5. **Understand Eviction Protections.** Be aware of the eviction protections you're eligible for should you be unable to pay rent. The CFPB has a list of states with protections in place that prevent landlords from evicting renters for failure to pay rent.

6. **Work with a Renter Resource Organization.** There are many nonprofit Renter Resource Organizations throughout the country that can assist you if you are facing a housing-related challenge. These entities provide services and resources to help you maintain housing, including eviction prevention and landlord-tenant mediation. They also can assist you in locating alternative housing and provide financial planning advice. Services offered may vary by provider. To find an organization that can help you with your situation, contact Freddie Mac's Renter Hotline at 800-404-3097.

For more information about renting, including resources to help you determine how much you can afford, visit My Home by Freddie Mac at myhome.freddie.mac.com.

Courtesy StatePoint

How To Choose the Best Weight Loss Plan for Your 2023 Goals

Special to The Truth

It's that time of year again when many Americans make the resolution to lose weight and start a healthier routine. This year in particular, with the pandemic largely behind us, many Americans will once again focus on their health.

In fact, 64 percent of Americans are motivated to lose weight because

they know it has an impact on their immunity, according to a recent poll of 2,000 U.S. adults aged 30 and above. And 61% also now realize that a healthy diet and lifestyle can better protect their long-term health.

So what should you look for when it comes to a weight loss plan? Courtney McCormick, MPH, RDN, LDN, corporate dietitian at Nutrisystem, offers these tips to help you choose a program that's right for you.

... continued on page 12

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6323

STATEPOINT CROSSWORD

THEME: SUPER BOWL

ACROSS

1. COVID tester
5. Pep rally syllable
8. To overlay with thin gold coating
12. Sky bear
13. Abundant
14. Worrier's worry?
15. Fishing spot
16. Blackhearted
17. Full of coral
18. *2023 Super Bowl stadium sponsor
20. Research facil.
21. Egg cell
22. King Charles to Prince Harry
23. Thief's target
26. *2023 Super Bowl Halftime Show star
30. Mozart's "L" ____ del Cairo"
31. Bob Marley's music
34. Yarn spinner
35. "The Poky Little ____"
37. Skedaddle
38. 18-wheelers
39. "Guilty," e.g.
40. Fabric inset
42. One of the sibs
43. *Super Bowl advertiser's purchase
45. Anatolian language
47. Decay
48. "There it is," à Paris
50. "Hold on!"
52. *Home of the Ravens, for both Super Bowl appearances
56. Cuckoo for these puffs!
57. Curved molding
58. Medicinal plant
59. Court orders, e.g.
60. Sonny & Cher and Abbott & Costello
61. Talk like a drunk
62. Actor Danson and character Lasso
63. "Owner of a Lonely Heart" band
64. *Star of the most-watched Super Bowl Halftime Show

DOWN

1. Paddleboarding acronym
2. Court order
3. Between ports
4. Hungarian composer Bela ____
5. *Either one of the opposing Super Bowl teams
6. Flambé
7. Position of leadership
8. *2023 Super Bowl AZ location
9. Frosts, as a cake
10. Hit the road
11. Like certain humor
13. Disprove
14. Dickens's Heep
19. Each and all
22. One of a set of dice
23. Father, colloquially
24. Round openings
25. Pickled garnish
26. *Last year's Super Bowl winners



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27. Nimbus, pl.
28. Nigerian money
29. Torcher's crime
32. Elmer's, e.g.
33. Found at the pump
36. *Team with most Super Bowl appearances
38. Signing tool at the cash register
40. Greenwich-related acronym
41. Superior ones
44. Itsy-bitsy bits
46. Patterned table linen
48. Lacking clarity
49. Bread spreads
50. Donned
51. As opposed to base in chemistry
52. Snatchers' quest
53. Cantina pot
54. *Overwhelming Super Bowl defeat
55. Fear-inspiring
56. 100 lbs.

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Keynote Speaker:
Ruth E. Carter



Keynote Speaker:
Diana R. Patton



Toledo Excel

Weight Loss... continued from page 10

Keep it Simple: Let's face it, in our crazy busy world, we have to make hundreds of decisions a day, often at lightning speed. You shouldn't have to worry about counting points or measuring foods. Look for a plan that's easy and convenient, and does the work for you.

Focus on Protein: Protein is an essential part of a healthy lifestyle and a key to weight loss. Protein helps with satiety, so it's important to include some in each meal and snack. Look for plans with high-protein options, like Nutrisystem's new premium meals, which include up to 30 grams in each meal and keep you full for up to five hours.

Look for Value: As prices continue to rise at grocery stores nationwide, many people are struggling to find affordable options that can help them eat healthier and lose weight. However, those options do exist. Look for plans that are cost-effective and deliver the majority of meals right to your door.

Don't Give Up Your Favorite Meals: Look for a plan that lets you eat your favorite foods. Losing weight doesn't have to mean giving up the things you love. Weight loss plans like Nutrisystem offer comfort foods made healthier that are perfectly portioned so you can enjoy them without any guilt. Plus, the plan also offers dessert for those who have a sweet tooth.

Seek Support: Achieving the goals you've set for yourself is so much easier when you have a support system. The best people to have on your team when you're trying to lose excess weight are those who sit down at daily meals with you. Even better, your chances of reaching and maintaining your weight loss goal increase dramatically if another person in your household joins you on the journey. Look for plans that offer options for both you and your partner to get healthier together.

For more great information and other ideas to help fuel your success this year, visit leaf.nutrisystem.com.

Remember, your weight loss goals will be more than achievable this year if you follow the right plan for you. Look for a program designed to help you succeed.

Courtesy StatePoint



OFFICIAL STATEMENT OF THE KING CENTER'S CEO, DR. BERNICE A. KING
Governor DeSantis, Florida Department of Education's Rejection
of the AP African American Studies Course

Atlanta, GA - In the same week we witnessed the world celebrate my father's legacy in the battle against racism, Florida leaders and the State's Department of Education rejected an Advanced Placement course about African American Studies. The cryptic rationale for banning the course suggests Florida would prefer its students not learn about our nation's well-documented history of genocide, slavery, discrimination, and oppression imposed upon Black people - those who arrived at the US border and shores involuntarily, marking a 244-year era of unmitigated dehumanization, persecution, torture, and murder.

No amount of propaganda, fear-mongering around wokeness or political aspirations can cause us to unlearn that history. We, as citizens, must demand the truth. Florida's leaders should not appear comfortable and accomplished in rejecting this course. The College Board should lay bare the curriculum here and challenge Florida to explain exactly what they deem inappropriate in the course and why they, as political appointees have the expertise to determine what African American Studies is all about.

The time is now. The children are waiting for you to step up, stop the propaganda and disinformation and show them how you will stand for justice and truth. The King Center stands ready to help facilitate a win-win outcome to the conflict around the AP African American Studies Course. It's been nearly forty years since my father's birthday became a national holiday. Let's not wait any longer to offer Florida students and their peers nationwide a course that should have been available to them decades ago.

1/23/2023

CEO OF THE KING CENTER, DR. BERNICE A. KING

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EUGENE F. KRANZ
TOLEDO EXPRESS
AIRPORT

Soulbroken: A Guidebook for Your Journey Through Ambiguous Grief by Stephanie Sarazin

By Terri Schlichenmeyer
The Truth Contributor

Years. It had been going on for years.

Right under your nose, while you were awake, working, taking care of household things, sitting on the same sofa, your partner was cheating on you with a series of others. This is a new kind of pain that you don't know what to do with, as author **Stephanie Sarazin** suggests, and in her new book *Soulbroken*, there is a path toward healing.

It happened by accident: Stephanie Sarazin needed her husband's laptop to print a project and while she was doing that, confirmation from a dating website dropped into one corner of the screen. Unable to help herself, she peeked, and followed a trail of years of infidelity.

She thought she was the love of her husband's life but in a few short minutes, she learned that a good chunk of her marriage was a lie.

When there is a loss of this sort – or if the loss comes from a missing person, estrangement, dementia, or any other relationship suspension – we grieve, but not like we would a death. Sarazin calls the end of a loving relationship “ambiguous grief,” and it's more a “grief-like purgatory.” Processing it is different because it's trigger is different. Sufferers may experience the classic “stages” of grief but Sarazin indicates that ambiguous grief is messier.

Of course, “feeling better” is possible.

First, she says, it's important to identify the activating event that got you to this place. Next, find intent: how are you going to proceed?

Don't be ashamed to seek therapy or afraid to accept medication; both are tools to use on your healing path. If you get stuck, learn to work your way backward in your thoughts to find the sticking point and process it. Meditate, and start a journal so you can track your progress. Find Your People. Be patient

c.2022
Grand Central Publishing /
Balance
\$17.99
304 pages

with yourself. And finally, look for what Sarazin calls “internal hope” with a focus on life *as it is*, not as you thought it would be.

The premise behind *Soulbroken* is a good one: it's meant to help the person whose grief is not linked to death, but to something with a closure that's different or lacking altogether. This book, however, might make more of a struggle.

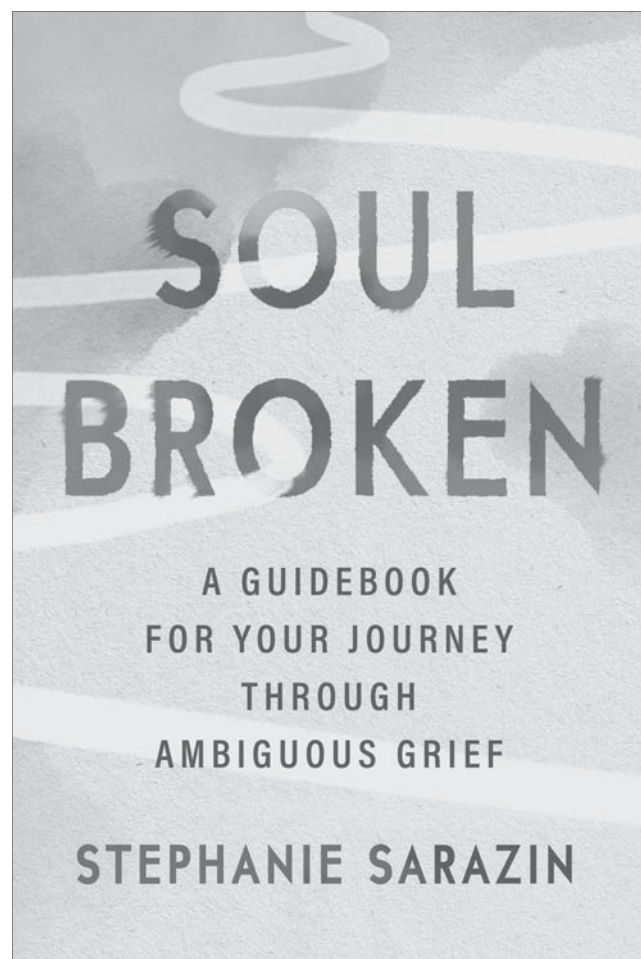
Author Stephanie Sarazin is thorough and her advice is presented simplistically – almost too much so, in many cases, as if a child is doing the healing work. Some readers may be put off by this; the repetition doesn't help, either, nor does the new-ageyness, at that point.

Conversely, readers who feel as though they're spinning in place may find a way out with the help in this book. Sarazin offers a host of ideas to try, quizzes to take, assurances, and valid suggestions that might not occur to someone in the thick of the pain.

In the end, the amount of help inside this book will depend on the tolerance of the reader. *Soulbroken* might be a balm to you – or getting to the end of it might feel like years.

Crossword Puzzle Answers from page 11

S	W	A	B			R	A	H			G	I	L	D
U	R	S	A			R	I	F	E		U	L	C	E
P	I	E	R			E	V	I	L		R	E	E	F
S	T	A	T	E	F	A	R	M			I	N	S	T
				O	V	U	L	E			D	A	D	
P	O	C	K	E	T					R	I	H	A	N
O	C	A				R	E	G	G	A	E		L	I
P	U	P	P	Y			L	A	M		S	E	M	I
P	L	E	A			G	U	S	S	E	T		B	R
A	I	R	T	I	M	E					L	Y	D	I
				R	O	T				V	O	I	L	A
			W	A	I	T				B	A	L	T	I
C	O	C	O	A						O	G	E	E	
W	R	I	T	S						D	U	O	S	
T	E	D	S							Y	E	S		
													K	A
													T	Y



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Page 15

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The Division of Urban Beautification will close the bid portal for all 2023 mowing opportunities on January 31st.

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Bowling Green State University

PROGRAM MANAGER - TRIO TRIO PROGRAMS

Bowling Green State University is a nationally ranked public university committed to redefining student success in a high-achieving, innovative environment. In 2021, Forbes ranked BGSU as the No. 3 midsize employer in the United States, highlighting the University's commitment to its faculty and staff. Serving as the core of the University's academic community, more than 800 full-time faculty members are engaged in teaching, research and creative activities, with over 2,000 full-time staff members to support the operations and education of over 20,000 students.

The Upward Bound Program is federally funded TRIO Program that provides intensive services to ensure that low income and potential first-generation college students complete their respective secondary programs and are prepared to pursue a postsecondary education.

The Program Manager of the Upward Bound Program is responsible for providing leadership and supervision to the Program. The Program Manager coordinates the implementation of all aspects of the UB Program including the coordination of the academic and summer components, budgetary oversight, and the day to day operations as related to the goals and objectives of the BGSU federal grant and in accordance with the US Department of Education federal policies in both the OMB Circular and Edgar. Legislation in the UB program requires that all participants meet federal guidelines to be eligible for participation in the program. The Program Manager oversees and approves all applications to the program to ensure their compliance for participation with the program.

The Program Manager also works cooperatively with University staff and faculty, Toledo Public School administrators and teachers and community agencies to ensure that the mission, strategic plan and objectives of the UB Program are achieved. The Program Manager also cultivate and sustain relationships with target middle and high schools and ensure collaborations with other TRIO programs and community programs to ensure that successful initiatives are implemented towards student successfully graduating from secondary school and entering college.

Deadline to apply: The search committee will review applications until the position is filled; however, **for best consideration, applications should be provided by January 25, 2023.**

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Aaron Bivins' Art on Display at the Main Branch Library

The Truth Staff

Aaron Bivins, one of Toledo's outstanding artists who has gained renown in the area primarily for his work in watercolors, opened an exhibit in the art gallery of the Toledo Lucas County Main Branch Library on Thursday, January 19. The exhibit that will extend throughout most of Black History Month, closing on February 27.

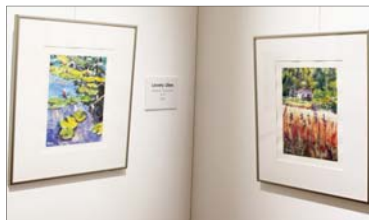
Bivins has 45 paintings on display at the Library's Gallery but not just in watercolors. This exhibit features Bivins' mastery in a wide array of media – oil, watercolor, acrylic and gouache. Gouache, the artist's most recent foray into painting, is a paste "a chalky type of medium," says Bivins "that is like watercolor – less water – with nice opaque highlights."

Bivins' pieces range from the rather small recent gouache paintings to the much larger watercolors that are often portraits of famous people such as writer Maya Angelou and jazz artist Ornette Coleman.

Bivins' art can be viewed Monday through Friday from 9 a.m. to 8:30 p.m. and on Fridays and Saturdays from 9 a.m. to 5:30 p.m.




The artist and Maya Angelou



Two of Bivins' gouache works



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