

The Sojourner's Truth

www.thetruthtoledo.com

Volume 81 No. 8

“And Ye Shall Know The Truth...”

January 3, 2024

Celebrating Kwanzaa!



Lighting the Candles at The Doug on Ujamaa Night

Photo By Alexandria Leatherberry

In This Issue...

New National Black
Legislators Leader
Page 2

General Assembly
Actions
Page 4

A Sickle Cell Disease
Breakthrough
Page 7

Eating Right in
New Year
Page 10

Best Books 2023
Page 12-13

Tolliver
Page 3

United Way
Opportunities
Page 6

Padua Center
Kwanzaa Celebration
Page 9

Mental Health
Moment
Page 11

Classifieds
Page 15

Kwanzaa at The Doug
Page 16

Representative Harold M. Love, Jr., President-Elect of the National Black Caucus of State Legislators, Tells How His Rise Could Affect the Nation

By Michael A. Grant, J.D.

Special to The Truth

Tennessee Representative Harold M. Love, Jr., the next president of the National Black Caucus of State Legislators (NBCSL), served as host to the NBCSL's recent conference held at the Grand Hyatt Hotel in downtown Nashville. Representative of Tennessee's 58th legislative district, Love is now president-elect of the NBCSL. He will be sworn in as president next December 2025 in Washington, D.C.



Tennessee Rep. Harold Love

"One thing that I have thought about when it comes to leading NBCSL once I'm sworn in is to continue some of the work I'm doing

now as president-elect. And one of the main focal points that I have been charged with by the current president is to establish a series of regional quarterly meetings."

Love says the NBCSL will begin holding in-person meetings throughout the year instead of one annual meeting, a strategy envisioned by current president, Alabama Rep. Laura Hall, and assigned to Rep. Love.

"The benefit is that we can address issues a lot faster than to wait for the annual conference at the end of the year. Most legislators are in session part time and the issues that we have to address happens in many states and affects constituencies that we represent from voting rights to educational attainment to affordable housing and health issues," he said. "And so, to have regional meetings on a quarterly basis will allow us to respond faster collectively and that's the strength of NBCSL. We are a collection of caucuses from across the country... We work in silos, but it does help when we have an organization that can galvanize us and make us aware of issues that are moving from state to state. So much happens from January through November that we now can no longer wait to convene."

Representative Love has been groomed for national leadership since his youth. His father, the legendary Harold Love, Sr., served in the Tennessee state house for nearly 30 years. His mother, an educator, taught math for 10 years and acted as director of the federal government's local Upward Bound program for 47 years at Tennessee State University. She passed away one year after retirement.

Representative Love lavishes praise on both of his parents who taught him how to serve others. All of their efforts resulted in his finally being elected after three unsuccessful attempts to hold public office. According to Representative Love, who earned a master's degree from Vanderbilt

... continued on page 5

The Sojourner's Truth

Fletcher Word – Publisher and Editor
Dawn Scotland – Assistant Editor

Tricia Hall – Reporter
Asia Nail – Reporter
Rev. D.L. Perryman – Columnist
Megan Davis – Columnist

Jennifer Retholtz – Webmaster
Jessica Crans – Layout

A Certified MBE

The Sojourner's Truth, 7 E Bancroft, Toledo, OH 43620

Phone 419-243-0007

thetruth@thetruthtoledo.com

Where could lead be in my home?

Lead can be found in the air, soil, dust and paint inside or outside of some homes and other buildings built before 1978.

ToledoLeadSafe.com

TOL LeadSafe
City of Toledo TOLEDO

Show and Tell Time for the Supreme Court

By Lafe Tolliver, Esq

Guest Column

The die has been cast. The players are in their respective corners. The clock is ticking. The table is set. It is high noon at the OK Corral (aka: The US Supreme Court).

America, with a collective bated breath, awaits the outcome of one of its greatest legal contests since *Brown v. Topeka Board of Education* and *Plessey v. Ferguson*.

The case of Donald Trump being tossed off the Colorado presidential election ballot for the year 2024 hangs in the balance. No clear winners... no clear losers...or so you are led to believe.

The clearest champion would be the rule of law being valued above the grimy and hate-filled politics of a con artist and a pathological liar...Donald Trump.

The answer that should be forthcoming from the Supreme Court, what with all their vaunted talk of textualism and original intent of the Founding Fathers, would be that Trump is beholden to the electoral laws of the State of Colorado and their factual finding that Trump is an insurrectionist of the first degree.

The answer that should be a no-brainer, from all the facts gathered by the Colorado Supreme Court's five-day trial, is that Trump is as guilty as blatant sin in doing acts that encouraged and supported a coup against the very government that he so desperately wants to govern!

But, if that is the case, you might ask, what is the dilemma facing the Supreme Court?

The dilemma is that if the Court rules in favor of Colorado and bans Trump from appearing on the ballot, his cult followers will howl to the moon and undertake acts of violence and mayhem that could cause irretrievable damage to the sanctity of future Court edicts.

On the other hand, if the Court blinks and backs down from the challenge to their role as the final arbiter in legal disputes, the forces of Trumpian have won and the Court shows to all, that they are not up to the task of walking the straight and narrow when it comes making decisions that a lot of Americans would find disagreeable.

The Colorado Supreme Court seems to be prophetic in their detailed analysis of the factual record that has been accumulated regarding the role of Trump in providing support and comfort for the rioters at the Capitol. Remember, the 14th amendment is "self-executing" and does not require a trial by jury or the presentation of opposing evidence. Either you did engage, or you did not engage in such conduct.

Trump's support for the attempted insurrection was steadfast and planned out. His support was not sporadic or short-lived but was clearly manifested during the entire time of the riots. Trump was immersed in its machinations for hours, and he gloated and relished the riot he viewed on the television while in his private dining room in the White House.

Trump and his cult followers and the GOP sycophants were engaged in violent political combat, the likes of which has not been seen since the start of the Civil War. Without exaggeration, Trump was, "in it to win it."

But. When the smoke cleared and order was restored, Trump then concocted the BIG LIE saying he was a victim of the Deep State and the far-left commies who stole the election.

Be clear about it. Trump and his feverish minions know that no credible evidence whatsoever has been presented in sixty federal court cases and many state recounts of their votes, that Trump was robbed at the ballot box. None.

But. Don't let facts get into the way! Simply close your eyes and create out of whole cloth the dream that you were the victor and Biden was

the loser; and you take that poppycock to the public and have your base voters rile up as one and then you demonize the court system for not backing this voter fraud gibberish.

Now...read this closely because this is where it gets juicy. Trump is running as the candidate who will offer his loyal subjects' retribution for all their real and imaginary ills. He will assuage their bitterness towards a society that they feel has left them out but has let those "others" rule and reign in "their" country!

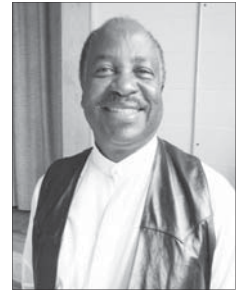
Trump has conned them with the empty promises that if he is allowed to return to office, he will smite their foes (especially those pesky disease carrying nonwhite immigrants!) and set up a government that resembles life in the good ol' days of the 1950's.

It is not a dog whistle but a foghorn that Trump is using to promise that only white people will again rule this country; and the rich fat-cats will be handed all the tax breaks their greedy cheeks can both chew and swallow.

If the US Supreme Court follows their own precedents, and regardless of the clamor from parts of the voting public that they are usurping voter choice, the Court has no choice but to follow the law and rule that Colorado was right in their decision and that section 3 of the 14th Amendment makes Trump not eligible in that state to be on their ballot. Other states may follow?

Any other decision will starkly show that the US Supreme Court Justices who would rule in such an aberrant fashion, are closet followers of MAGA.

Contact Lafe Tolliver at tolliver@juno.com



EXPERIENCE
more from the most
experienced

Understanding that every patient and family is unique, our experienced team of experts provides specialized medical care as well as emotional and spiritual support that is specific to each individual. Care and guidance are provided in the home, a nursing home, assisted living facility or one of our freestanding Hospice Centers.

As a community-based organization with more than 40 years of experience, no one is ever turned away due to complexity of care or inability to pay.



HOSPICESM
OF NORTHWEST OHIO

The area's first and only independent, non-profit agency solely dedicated to caring for the terminally ill.



hospicenwo.org | 419-661-4001

Community Calendar

January 15

LoSalem Baptist Church Annual MLK Celebration: 10 am; Guest speaker will be Pastor Marquisa Horton of the Corinth Baptist Church; Following the service, there will be a symbolic march around Savage Park, (weather permitting), and free lunch given at the MLK Kitchen for the Poor.

January 25

Wayman Palmer YMCA Vision Board Workshop: 5:30 to 7 pm; 1) Create a vision; 2) Develop a visual representation of goals; 3) Receive clarity & tools to stay accountable:

Hicks-Hudson Statement on House Bill 68 Veto

Last week, state Senator Paula Hicks-Hudson (D-Toledo) issued the following statement after Governor Mike DeWine vetoed House Bill 68, which would have banned critical gender-affirming health care for minors and banned transgender student-athletes from playing on sports teams that align with their gender identity.

"Today, the governor, after a thoughtful review of the facts and listening to the experts, decided to veto this ill-intended legislation," said Hicks-Hudson. "I am grateful that he saw what I saw from the Ohio citizens who came and testified against this intrusive legislation."



Veto of Anti-Trans Bill Supports Children, Families

State Rep. Michele Grim (D-Toledo) last week called Governor Mike DeWine's decision to veto the discriminatory House Bill (HB) 68 a much needed sign of support for Ohio's LGBTQ+ children and the community overall, as well as parental rights.



community and the lived experiences of Ohio families and did the right things in vetoing HB 68," said Rep. Grim.

House Democrats called on Gov. DeWine to veto the legislation saying, "Hate, as you yourself have said, has no place in this state," in a Dec. 16 letter to the governor. The draconian HB 68 was a horrible solution to a problem that does not exist. The veto once again proves that all Ohioans have the right to keep their individual medical choices between them and their doctors.

"The state shouldn't be making medical decisions for our families. I appreciate that Governor DeWine listened to the expertise of the medical com-

Rep. Rogers Announces \$1M in Renovations for Toledo's Zepf Center

State Rep. Elgin Rogers (D-Toledo) last month announced that the Ohio Controlling Board has approved the release of \$1M to renovate Toledo's Zepf Center, which focuses on mental health crisis services for youth and adults.



"I am excited to announce that the release of \$1M in capital funds to support renovations at the Zepf Center was approved on Monday. These funds will allow us to continue to provide critical mental health services for the betterment of our community," said Rep. Rogers.

The renovations will allow for the development of a 23-hour observation unit, a mobile crisis staffing room, crisis intake interview rooms, an urgent psychiatric care unit, and an adult crisis stabilization unit. The project will also involve creating a youth crisis stabilization unit, which does not currently exist in Lucas County.

Modeling is a career, it is not an activity.

If you are seriously thinking about getting into acting or modeling you are going to



need an agency that will be willing to work with you to find you paid assignments.

Alright let's get down to business, Do you have to pay to be a client of a modeling agency? NO

Do I need to pay for photos? Yes, However not out-of-pocket....

What does that mean? Agencies work on commission and some will work with you, now that digital photos are what they work with.

The agency will have that in your agreement.

Do I have to sign with the agency? Yes if you want to be considered for work through the agency.

How much do I get paid?

You are paid 80% of what the assignment pays and the agency 20%.

you will get more information from your agency.....

submit your photo to: expressionsmodels@gmail.com



151 N. Michigan St. Suite 316 Toledo, Oh www.ximodels.com

GLASS CITY GRIND

Saturdays @ 8 AM
Sundays @ NOON
Anytime on VOD

Find us on:

Harold M. Love... continued from page 2

University in Theological Studies and a doctorate from Tennessee State University in public policy and who is also Senior Pastor at Lee Chapel AME Church, received some sage advice from his mentor, Rev. Sonnye Dixon: "Do the work for the community outside of elected office. Then you will be able to continue this work after you are elected".

From that, Rep. Love took that there are many paths to public service and to elective office.

"I know some people who worked for individuals and for campaigns and then ran for elective office the first time and won. That was not my case. Even though I worked in my father's campaign, even though I was fairly active in my community, I did not win until my fourth time running," he recalls. "It was in that space that Rev. Dixon said to me, 'I know you want to do well. I know you want to help your community. Put that to work outside the office. And then if you get in the office then you've done well. But even if you don't get elected, you still engaged in helping to shape policy.'"

There are many ways to serve, Love says. "We get caught up in the moment-in-time snapshot of election day...But we must also look for opportunities to serve on local and state level boards and commissions. We miss that. Local and state level boards. Or we can shadow someone in a legacy organization like the NAACP and the National Urban League and engage in that work."

The 2010 flood that damaged a section of Black Nashville, gave Dr. Love the opportunity to put Reverend Dixon's advice to work. By taking the initiative and helping to organize the recovery funded by FEMA, a grateful community encouraged Representative Love to seek office again. This time, in 2012, he was resoundingly elected to represent the 58th district of the Tennessee General Assembly.

The 2010 flood was a deep learning experience for Rep. Love.

"We often times do not adequately look into the long-lasting damage that is done to African-American communities post a national disaster. You think about the uprooting of a family, you think about the one of several entities that can appreciate in value – that's the home – and what that looks like for that thing to now be gone. What it looks like for a person to have to relocate their entire family to another part of town and acclimate themselves to a new community, new amenities to all that is new. What does that disruption look like from the standpoint of the ripple effect because it doesn't just affect them. We're talking about a whole neighborhood. It affects their families and affects their friends."

Three major initiatives to date are accomplishments of Representative Love. They are as follows:

1. Legislation to require TennCare to track and report on the most current treatment modalities for Sickle Cell Anemia. This legislation allowed constituents to hold TennCare accountable for keeping the public apprised of the latest developments in Sickle Cell research. Eleven states have subsequently passed similar legislation.

2. Representative Love introduced legislation to amend the property tax freeze program for citizens 65 years of age and older who met the income requirements. He got the income ceiling lifted from \$31,600 to \$60,000 annual income. This legislation has allowed countless seniors to maintain their status as homeowners. Regardless of the increase in house values, the freeze would cap the property tax rate through the duration of homeownership.

3. Finally, through a joint committee, headed by Representative Love, the historical under-funding of Tennessee State University, a Land Grant college, has been publicized. This gross inequity, dating from 1957-2020, has resulted in a finding that the State of Tennessee owes the school some half a billion dollars for capacity grant matching funds withheld.

Asked what his vision for the NBCSL will be when he assumes office, Representative Love, with a comprehensive and methodical mind, stated that he wants to get his fellow legislators to take notice of the trend to empower state legislators by political conservatives and be prepared for what is coming at minority communities across the country, such as voter disenfranchisement and intimidation. He wants voters across the country to realize that voting is their obligation in a democracy. Also, that they should stay engaged in the political process from election day to the implementation of policies designed to ensure inclusion in government created opportunities.

Rep. Love believes America's leading issue is "Without a shadow of a doubt, voting rights."

He says he believes voting rights "impact everything else that we've been discussing. When you talk about voting rights it's not just the surface-level election day process. The whole concept of who governs is linked into access to voting. If I don't have easy, consistent access to vote, then I don't get to engage in the process of deciding who governs. If I don't get to decide who governs, then the person who's dealing with legislation, that person may not have my interests at heart and I didn't get to engage in a process to choose them or to not choose them...So, that is where it starts and ends as far as I'm concerns. Because without the ability to decide who governs, everything else is almost unattainable."

Michael A. Grant, J.D. is a former president of the Nashville Branch of the NAACP and the National Bankers Association in Washington, D.C.

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

Worship EXPERIENCE

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

Magical Holidays with our Holiday Loan!

Visit glasscityfcu.com or a branch to apply today!

Bowling Green • Maumee • Toledo

419-887-1000

GLASS CITY FEDERAL CREDIT UNION

All financing subject to credit approval & membership eligibility.

United Way to Accept Grant Applications

Special to The Truth

United Way of Greater Toledo (UWGT) has announced the re-opening of its community grant application. This is the second three-year grant cycle offered by the organization through its Collective Impact Model of funding. UWGT is committed to providing essential funding to local programs addressing critical issues in education, financial stability, health, and housing.

Requests for Proposals open January 8, 2024, for community-based entities within Lucas, Ottawa, and Wood counties. Organizations are invited to submit applications for monetary support over a three-year period. Comprehensive details on the application process and qualifications are available at www.unitedwaytoledo.org/grant (<http://www.unitedwaytoledo.org/Grant>).

"This is perhaps one of the most important times in recent history for health and human services," said Jill Bunge, vice president of Impact and Outreach, "We continue to see needs rising in the aftermath of the pandemic as we navigate considerable social and economic challenges. The human services sector is the lifeline that provides residents and families connections to help and to hope."

Bunge continued, remarking that no challenge stands alone, those without food often also experience challenges in affordable housing and employment, which affects children's stability and ability to grow healthy and learn successfully.

Wendy Pestrue, CEO, sees UWGT's role as a backbone of the community, convening partners, donors, and on-the-ground organizations to change the future of our community for all residents.

"Collective Impact is a national best practice model that says if we want to solve these issues sustainably for future generations, we need to help agencies work together," she said, "They need to talk to one another and collaborate toward shared resources and goals. United Way doesn't just provide funding for these programs, we bring everyone in the community who cares about these issues together to steward better communication and cooperation,

and we leverage our role to bring additional resources and relationships to the table to make this happen."

Since the Collective Impact program launched in 2021, UWGT has invested over \$23 million in key community strategies such as access to food and housing, student success, basic needs, school readiness, and healthy lifestyles. During this period, over 400,000 individuals were served by UWGT-supported services, not including those assisted through United Way 211, a free, 24/7, 365-day health and human service resource.

Pestrue emphasized the organization's commitment to improvement through data analysis. "We have one of the best data resource teams in the region. Clear information helps agencies refine their own programs, and it facilitates consensus on how the whole community can best move forward," she said.

One unique aspect of UWGT's Community Partner Grants is that the applications are reviewed and selected by Community Reviewers and volunteers serving on UWGT's Community Impact Cabinet (CIC). This process ensures fairness and transparency in the selection process by community members with diverse life experiences in the areas served, as well as those with professional background and knowledge. Once selected, funded organizations are not restricted on how to use the funds within their program, a rarity in the world of nonprofit grants.

"We believe that the organizations running these programs know best how to use their dollars to make an impact. Once the program is vetted by our community volunteers, it is up to the agency to determine how the funds are used, be that covering expenses like supplies, increasing awareness, or maintaining costs to retain quality staff to ensure there is always someone to work with clients," Bunge said.

Community Partner Grant Request for Proposals open on January 8, 2024. The deadline to apply is February 23, 2024. Details on this additional opportunity can be found at www.unitedwaytoledo.org/grant (<http://www.unitedwaytoledo.org/Grant>).



House of Ginnie

Custom designed clothing • sewing workshops & more!!

Mon - Wed --- 10 AM to 7 PM • 567-290-8066

**It's not just a generator.
It's a power move.™**

Receive a free 7-year warranty with qualifying purchase* - valued at \$735.

Call 567-326-4027 to schedule your free quote!

*Terms and Conditions apply.

GENERAC

A Game Changer on the Horizon for those Suffering with Sickle Cell Disease

By Asia Nail

The Truth Reporter

The medical field triumphs as the FDA unfurls a groundbreaking treatment, heralding not just relief but a potential cure for Sickle Cell Disease (SCD). This revolutionary approach employs the power of gene editing technology, casting a ray of hope upon those grappling with debilitating blood disorders.

La'Shardae Scott is a beacon of progress for SCD warriors, shining a spotlight on a long-overlooked genetic disorder predominantly affecting African Americans. She is also the CEO/President of **SCOTT**, which stands for: **Scott Center for Observation Treatment & Transition**; a non-profit organization dedicated to promoting sickle cell awareness, education and research.

"We specialize in facilitating the transition from pediatric to adult treatment," explains Scott, soon to be Dr. ott, in the field of Social Work this spring.

"The Scott Center will officially open its doors here in Toledo in 2024 as a safe space for those dealing with SCD. Our silent warriors."

Scott refers to her clients and her children with SCD as silent warriors, encountering a resilience that transcends the physical realm.

"The pain they endure, both seen and unseen, becomes a testament to the strength that lies within," she explains. Each day is a battle against the unpredictability of the condition, and yet, they press on, embodying a quiet fortitude that deserves recognition.

Despite the prevalence of SCD within the Black community, there exists a lamentable lack of awareness and understanding. This lack perpetuates a stigma that further isolates these silent warriors. Breaking down these barriers requires a collective effort to raise awareness, dispel myths, and foster a culture of empathy and support.

Sickle Cell Disease, notorious for its excruciating pain, has found a new adversary in an FDA approved treatment called **CASGEVY**.

Over the past three weeks, this remarkable treatment received approval, utilizing a cutting-edge technology known as **CRISPR** gene editing. The intricate process involves extracting stem cells, the architects of sickle cells, from patients. Following this, a round of chemotherapy paves the way for editing these cells into non-sickle ones. These transformed cells are then reintroduced to the patients, aiming for a functional cure that can eliminate the complications associated with Sickle Cell Disease permanently.

This treatment marks the inaugural use of gene editing tools in the medical field, ushering in a new era of transformative medicine. **CASGEVY** modifies the DNA within a patient's own stem cells, a groundbreaking feat

that prevents the production of sickle cells, the culprits behind the early demise that haunts those afflicted by this disease.

As the news unfolds, the significance of this breakthrough is becoming a hot topic of discussion. Sickle Cell Disease, the most commonly inherited blood disorder, affects over 20 million people worldwide. More than 100,000 Americans, predominantly of Black or African ancestry, grapple with its impact. The complications, beyond the notorious pain crises, include infections, strokes, and heart attacks, reducing the average lifespan of those with the disease to around 52 years.

The sickle cell statistics paint a stark picture: a disproportionate number of African American individuals grappling with the complexities of this disease. While the reasons behind this genetic prevalence are multifaceted, the reality is crystal clear – a silent battle fought predominantly within the Black community.

"Sickle Cell Disease is a genetic anomaly affecting hemoglobin," explains Scott.

In the intricate realm of SCD treatments, conventional approaches have long included hydroxyurea and blood transfusions. Blood transfusions and



La'Shardae Scott with husband Eric and their four sons

... continued on page 8

LeafFilter CLOG-FREE GUTTERS
GUTTER PROTECTION **FOREVER**

BEFORE LeafFilter AFTER LeafFilter

THE NATION'S #1 GUTTER GUARD

EXCLUSIVE LIMITED TIME OFFER!

15% OFF + **10% OFF** + **0%**
YOUR ENTIRE PURCHASE* SENIORS & MILITARY** APPL FOR 24 MONTHS**

USA **Promo Code: 285**

FREE GUTTER ALIGNMENT + FREE GUTTER CLEANING*

CALL US TODAY FOR A FREE ESTIMATE **1-844-518-2952**

Mon-Thurs: 8am-11pm, Fri-Sat: 8am-5pm, Sun: 2pm-8pm EST

A COMPANY OF LEAFHOME

**Wells Fargo Home Projects credit card is issued by Wells Fargo Bank, N.A., an Equal Housing Lender. Special terms for 24 mo. apply to qualifying purchases of \$1,000 or more with approved credit. Minimum monthly payments will not pay off balance before end of promotional period. APR for new purchases is 28.99%. Effective 01/01/2023 - subject to change. Call 1-800-431-5921 for complete details.†The leading consumer reporting agency conducted a 16 month outdoor test of gutter guards in 2016 and recognized LeafFilter as the "#1 rated professionally installed gutter guard system in America."*For those who qualify. One coupon per household. No obligation estimate valid for 1 year. Offer valid at time of estimate only. See Representation for full warranty details. Manufactured in Pleasanton, Michigan and processed at LMT/Merco Group in Ohio. AL #0236810922, CA #10330795, CT #HIC264990, FL #C0256437, IL #1227230, IN #1C251624, LA #025644, MA #176461, MD #B0814825, MI # 1102112361, #02600022, #02600021, #0106012361, MN #071804, MT #226170, ND #7304, NE #0141-22, NJ #1300099300, NM #080603, NV #008090, NY #4119114, HI #2225, OR #121294, PA #P0609383, RI #GC-4134, TN #7916, UT #1078058-0501, VA #270510446, WA #LEAF17N0222, WY #0005012.

The Truth Colours Gallery

**7 East Bancroft
Bancroft & Franklin**

OPEN

**Tuesday to Friday
10am - 5:00pm
Saturdays for events
Mondays appointment**

**Follow on Facebook
Nikolacolours
For up coming events**

LOVE

Sickle Cell Disease...continued from page 7

hydroxyurea have stood the test of time as primary therapeutic strategies for managing SCD. Hydroxyurea, a cornerstone since the 1990s, has proven effective in preventing vaso-occlusive crises, a common complication of SCD.

While these methods aim to manage pain and prevent complications, they are not always foolproof and come with their set of side effects.

As the curtain rises on this new medical marvel, doctors express their optimism, deeming it a possible transformative for the nearly 100,000 individuals bearing the weight of Sickle Cell Disease. A game-changer, an epochal shift in the landscape of science for this condition, *CASGEVY* holds the promise of opening doors to a new realm of possibilities for countless patients.

Amidst the celebration of this medical triumph, questions arise about its accessibility. The process, though lengthy and challenging, was deemed worthwhile by trial participants. Despite the hefty price tag, the comparative cost of lifelong hospital visits and emergency care weighed in favor of this revolutionary treatment.

"It's a very promising new treatment, but the reality of its exorbitant 2.2 million-dollar cost is a real monetary challenge for the average working person," shares Scott.

When asked what she does at home as an inexpensive natural aid she says:

"We typically do warm baths with epsom salt, green alcohol, melatonin and bubble bath to help soothe the body when our children with SCD have pain. After their bath we dress them in full pajamas for warmth and lay them on a heating pad. Doctors also recommend Tylenol or Motrin for pain as needed."

Still, medication or hospitalization is sometimes necessary for patients when their pain is unmanageable.

"Electronics also help younger kids by distracting them from the pain," says Scott. "It's hard to watch your kids suffer with pain. Parents, this truly helps!"

In sharing insights, doctors and parents alike express the hope that third-party insurance companies will participate, making groundbreaking inter-



Eric and La'Shardae Scott with sons Emory, Evan and Eric, Jr.

ventions more attainable. Despite the complexity and expense, the belief echoes the potential for improved quality and extension of life making it a worthwhile endeavor.

The approval of the *CASGEVY* treatment not only signifies a cure for Sickle Cell Disease but also marks a historic milestone in the evolution of medical science, offering a lifeline to those who have endured the relentless pain and complications of this debilitating disorder. The dawn of a new era beckons, bringing with it a renewed sense of hope for a healthier future.

Within our world, individuals navigating life with Sickle Cell Disease bravely confront challenges that often remain unseen. These silent warriors don't wear capes; instead, they bear the invisible weight of pain, fatigue, and the constant vigilance required to manage their condition. Their battles are fought within, against the backdrop of a sometimes oblivious world.

As these new medical discussions unfold, once silent warriors, now have prominent stories of success towards the relentless pursuit of a better future. It's a narrative that beckons society to listen, understand, and stand in solidarity with those who navigate life with SCD.

You can contact The SCOTT Center on Facebook and by email at LScott@ScottCenterOH.org



Step in the driver's seat of your career

TARTA offers:

- Sign-on bonuses
- Paid training
- Excellent benefits

Visit www.tarta.com/careers to find out more and apply.

TARTA
TAKING YOU PLACES

Kwanzaa at The Padua Center – The Principles and The Feast

By Fletcher Word

The Truth Editor

Donald Lynn, one of the elders behind the annual Kwanzaa celebration at the Frederick Douglass Community Association, pulled double duty on Thursday, December 28, night three, as he helped “Emerging Young Ladies” celebrate the event at The Padua Center before an appreciate audience.

“What have you done that relates to that principle?” he suggested as he examined the connection between the seven-day celebration and the Kwanzaa principles that are meant to guide community members throughout the year. “Have you helped somebody, have you worked with somebody? Have you created something? Are you going to leave the community better than when you came?”

He added” “We are trying to create a tradition and within that tradition, we are trying to create a culture.”

The Padua Center celebration included not only the explanation of Kwanzaa but also a candle lighting and a sharing of Karamu – the feast eaten as part of the celebration.

“You start putting all that together through the principles,” Lynn said. “At the end of the year, we look back and get ready for what we are going to do next year.”



Donald Lynn explains the Kwanzaa principles



Sister Virginia Welsh prepares the table at The Padua Center



Open for wellness

OPEN FOR YOU

From preventative health and wellness to management of chronic conditions, we are open to care for our community.

Tanya, UTMCM primary care patient

utmcm.utoledo.edu



Predicted Food Trends in 2024 – Are They for

By Patrice Powers-Barker, OSU Extension, Lucas County
The Truth Contributor

While we don't know exactly what the new year will bring, there are tendencies about consumer choices and educated guesses about what food trends will continue and possibly pick up in 2024. Here are just a few of the predictions and themes from the food industry and professional organizations such as the World Public Health Nutrition Congress 2024.

Hydration

As we continue to learn more every year about the positive connections between hydration and physical and mental health, we will continue to focus on hydration. Certainly, water is a great choice for a thirst-quenching drink as well as to keep hydrated. By the time you feel thirsty, your body is already starting to experience dehydration. Plain water not your first choice? Enjoy a hot tea or add some flavor to your cold glass of water. Not only is drinking enough water and other liquids important for hydration but our food choices can also help prevent dehydration. As expected, many plant foods like fruits and vegetables contribute to our hydration.

Gut Health

The University of Maine Extension explains that gut health refers to the health of our gut microbiome—the bacteria that lines our digestive tract. The good bacteria of our gut can help our health with improved digestion, sleep health, brain health, and can help prevent some diseases! Two types of food that help our gut health are probiotics and prebiotics.

Prebiotics are food for the probiotics, and when consumed, they cause more healthy gut bacteria to grow. Sources of prebiotics can be found where you can find fiber, so think fruits, vegetables, dried beans and whole grains. Some examples of foods that contain prebiotics include fruit like apples and bananas, vegetables like asparagus, garlic, lentils, and sweet potatoes and whole grains like oatmeal.

Probiotics, live (good) bacteria, when eaten in adequate amounts, can create health benefits. Different types of probiotics can have different benefits to our health. Many of these foods include fermentation as part of their production. Some examples of these foods are aged cheeses such as cheddar, cottage cheese, and feta, kefir (fermented milk drink), Kombucha (sweet, fermented tea), Miso soup, pickles, sauerkraut, tempeh (made from fermented soy beans), and yogurt.



Protein

There is a lot of focus on protein in the food industry with more sources of protein available on the market. More snack items are marketed as a good source of protein and more plant-based protein foods (such as vegetarian burgers) are on menus. Many individuals eat enough protein throughout the day so the emphasis should be on lean, healthy sources of protein. Sometimes older individuals do not eat enough protein. It is something to discuss with your doctor or registered dietitian.

You might be adding a protein food to your snack or meals. For snacks, enjoy some nuts, seeds, or yogurt. At meals, add more fish and seafood. Enjoy legumes like dry beans and lentils for salads or in cozy, winter soups.

Sustainability

Sustainability is a general term that can include many different examples. For instance, the packaging of food in environmentally conscious ways can benefit the environment. Another topic of sustainability and food includes food waste. There is much interest in how to make our food last longer and how to best use food. In the home kitchen this might include planned-overs, composting scrap ends of fruits and vegetables, and looking for new recipes to use all parts of different types of foods. In the food industry, upcycling and repurposing foods or using ingredients that would otherwise

THINK, ACT AND LIVE!



FAKE PILLS AND
DRUGS LACED
WITH
FENTANYL
can cause overdoses
that can lead to death.

SCAN FOR MORE INFO






PRODUCED BY OHIO UMADAOP FEDERATION



2447 Nebraska Ave.
Toledo, OH 43607
(419) 255-4444

ONE PILL CAN KILL

NALOXONE KITS ARE FREE AND CAN SAVE LIVES

... continued on page 11

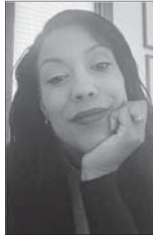
Health Section • Health Section • Health Section • Health Section • Health Section • Health Section • Health Section • Health Section • Health Section

A Mental Health Moment Beginning with the End

By Bernadette Joy Graham, MA, LPCC, LLC

The Truth Contributor

I often think about those I have lost when I am reminded of something they said or did that is relevant of the moment. New Year's always reminds me of my late sister Melissa who passed away in March of 2023. She said "however you start your year will determine how your year will end."



I never could quite put it all together as the majority of the end of my years lacked much memory of how my years started outside of starting a new school semester in January and ending a school semester in December. Many years have passed since my school days but what I have noticed is without the starting and the finishing school semesters, I never felt no real control over those years as in what should I do this year? Where should I go? Some individuals make New Year's resolutions and goals but how many actually stay the course?

Last month I wrote about the importance of doing an end of year mental health check-in. In addition to the check-in, I suggested readers do a year in review or reflection if you will. Regardless if you found it to be the best or worst year of their lives to think about what they learned about themselves, about others, and life in general and how taking those lessons into the new year could begin both an easier and healthier way of making changes. Changes that may have been needed for many previous years.

Instead of New Year's resolutions that often fail by March, why not start the new year being like a chapter of your life book in which you get to write? Fast forward and think about the December 31, 2024 ending of your chapter. Include things like what it is you want to have accomplished? What do you want to have experienced? What would you like

to have learned? In what ways do you want to grow? And with whom should you spend more time in case they are missed?

As I shared, I was lost in my years not spent with education. I just expected the best of each year and unfortunately 2023 was truly my worst. Take a mental health moment and try a different approach this year. Begin with the end in mind as this will enable all of us to give our 2024 a title and a theme.

"What shall I do this year?
What shall I become?
What shall I learn—truly learn
And know that I have learned
By the time I look at these pages next year?"

Lorraine Hansberry

Bernadette Joy Graham, Licensed Clinical Professional Counselor and Certified Grief Recovery Specialist can be reached at 419 409 4929. www.bjgrahamcounseling.com Email: graham.bernadette@gmail.com

If you feel you may be in a mental health crisis, please call 988 or go to the nearest emergency room.

Food Trends... continued from page 10

be discarded is becoming more common.

Whole person health

We are much more aware that fad diets are not healthy choices for people. A focus on personal health should also offer comfort and enjoyment. Enjoy your food choices! One hope for the new year is that there is continued, long term trends of well-rounded, sustainable diets, which are very different than strict, short-term, fad, diets. One example of a healthy eating pattern is the Mediterranean diet. It offers choices, a wide range of foods and tastes, and helps create a healthy lifestyle, not a strict diet.

The US Department of Veterans Affairs has a series about Whole Health information. They describe Whole Health as approach to health that empowers and enables individuals to take charge of their health and well well-being and life a healthy lifestyle. They have an equation that says "Me + Self Care + Professional Care + Commu-

nity = Whole Health". In a similar way, our personal choices about food should be about ourselves, recommendations from our health care professionals, and supported by our community. Happy New Year! Enjoy some of these foods and drinks that are available to support your healthy choices.

OPEN ENROLLMENT

MARKETPLACE | MEDICAID

Aging Off A Parent's Medical Insurance? Or Just Confused By Health Coverage Options?

Navigators Can Help

Call 1-833-628-4467 To Schedule A Free Appointment With A Certified and Licensed Navigator

Ends January 16, 2024
Lock in a free appointment now!

get covered, CreNET

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 \$2.52 million with 100 percent funded by CMS/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by CMS/HHS, or the U.S. Government.

THURS. 11-6pm
FRI. 11-8pm
SAT. 11-8pm
SUN. 12-4pm

BEST CATERING TOWN

419-386-1244

Bertha Mae's Kitchen

840 N. Summit st.
Toledo, Ohio 43604

berthamaeskitchen

UNSTOPPABLE COMMERCIAL ROOFING

Attention All Commercial & Residential Property Owners

New 5" & 6" seamless gutters

Gutter services: Cleaning, reinforce and reseal

Ask about Gutter guard.

Call for free quote: 419.656.1333

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

2525 W. Bancroft
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

The Best Books of 2023

By Terri Schlichenmeyer

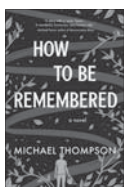
The Truth Contributor

Sometimes, reading is like a roulette wheel. You put your money down on a book that looks good, and you take your chances. If you're lucky, you get a good story. If you grab one of these books, you'll have a great story...

The Bookworm's Best of 2023

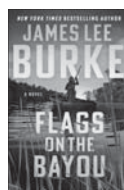
Fiction

Almost everybody who had a college friends group harbors a soft spot in your heart for the people in it, and *The Celebrants* by Steve Rowley (Putnam, \$28.00), it's been years since they've all been together. Once, back when they were practically just kids, they planned their maybe-someday funerals. And now one of them needs to do it, for real. This is a great stay-at-home-and-read book, bookmarks optional.



Imagine starting your life over and over every morning when you wake up. That's what Tommy does in *How to Be Remembered* by Michael Thompson (Sourcebooks Landmark, \$16.99) and it took him awhile to understand that that's the way things were going to be. So how can he keep the woman he loves, without scaring her every morning for the rest of their lives? Beware that this clever, clever book starts out rough – but stick around a few pages, and you'll be irretrievably hooked.

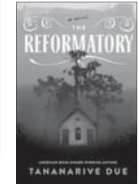
Although *Again and Again* by Jonathan Evison (Dutton, \$28.00) might sound the same, it's not. This is the story of Eugene Miles, a curmudgeonly old man who lives in a home for seniors. Eugene is 105 years old – or is he? The man who cleans Eugene's room thinks he is, after he falls for Eugene's tale of love through 1,100 years. This book is a stunner, a great choice for your next book club round.



Fans of author James Lee Burke know that sometimes, he veers off from his usual Dave Robicheaux novels. *Flags on the Bayou* (Atlantic Monthly Press, \$28.00) is one of those stories. Set during the Civil War, it's a book about a duel gone awry, a slave woman whose son was missing, a little bit of magic, and a violent man who held several lives in his evil, syphilitic, vengeful hands. Happy Fact: Burke has a new book due out in January, too.

Last in the Fiction list is *The Reformatory* by Tananarive Due (Galery/Saga Press \$28.99), a scary story of a Black boy who retaliates

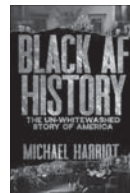
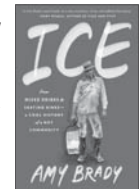
when a white boy tries to kiss his sister. This act sends the Black boy, Robert, to a reformatory, a place with a fearful reputation. But Robert isn't alone: not only does he make friends quickly, but a few ghosts accompany him. He spots a few more along the way – ghosts who aren't exactly friendly ones. This is one of those novels you want on a dark night when you're snowed in. Sure, read it by candlelight.



Tananarive Due

Nonfiction

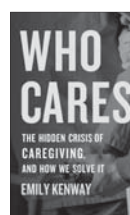
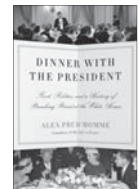
Winter is an excellent time to read *Ice: From Mixed Drinks to Skating Rinks – a Cool History of a Hot Commodity* by Amy Brady (Putnam, \$29.00). Not only does this book share icy weather facts and information about the stuff you slip on, but it'll also send you poolside with ice in your summertime drink. Science-minded readers will love it. Curious readers will, too.



Michael Harriot

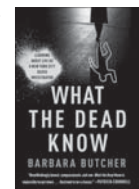
So what do you know about Black history? Don't answer. Read *Black AF History: The Un-Whitewashed Story of America* by Michael Harriot (Dey Street, \$32.50) first. This is an eye-opening book, one that'll make you wonder why you were never told this stuff, one that'll make you want to read more. Fortunately, that's not hard: this book is written in a fun way that'll have you laughing, too.

Here's a book that may take awhile to read, and you really won't mind: *Dinner with the President: Food, Politics, and a History of Breaking Bread at the White House* by Alex Prud'Homme (Knopf, \$35.00). Beginning with George Washington, this book takes a peek at what (almost) every President liked to have on the dinner table, what he served at State Dinners, and the cooks and servers who made sure the meals were well-appointed and nutritious. There's drama in this tale, insider's gossip, personality peeks, and more. History lovers, of course, will want this book – but so will foodies and recipe collectors.



Who Cares: The Hidden Crisis of Caregiving, and How We Solve It by Emily Kenway (Seal Press, \$30.00) isn't exactly a sit-down-and-enjoy book for your winter reading, but if you're one of the approximately 53 million adults who are caretakers, it may be the most important one. This book is about you, if you're a caretaker of a spouse, parent, or child who needs extra day-to-day assistance in their life. Kenway offers honest, useful help and advice, pointers, and words you need now, in a way that's warm and not at all clinical. Even if you're not a caretaker this week, it's a book to find and have around, just in case.

And last but not least in this Best of 2023 list is *What the Dead Know: Learning about Life as a New York City Death Investigator* by Barbara Butcher (Simon & Schuster, \$28.99), a book about crime scenes and forensics. Butcher was an MLI (medicolegal investigator) at New York City's OCME (Office of the Chief Medical Examiner) and her stories start out with a heart-clutching near-disaster. This is a memoir of finding yourself, finding your place in life, and true crime fans shouldn't wait to start it.



There you are. Ten books to start your new year off right.

Season's Readings!

Take the next step to homeownership with our Community Home Loan



YourStateBank.com
877.867.4218



NMLS 403044
Loans Subject to credit approval.



JacQuelon Wilson
Vice President
Community Development
Mortgage Loan Officer
C 419.508.0806
NMLS 1638079
JacQui.Wilson@YourStateBank.com

930 W. Market Street
Lima, OH 45805
1900 Monroe Street, Suite 108
Toledo, OH 43604

Tips to Support Your Metabolic Health in the New Year

Special to The Truth

Good metabolic health is the backbone of great overall health. Unfortunately, many Americans misunderstand what metabolic health is and are not aware of its importance.

A recent poll from Metavo/Harris Poll Study reveals that nearly three in four North Americans have experienced at least one issue related to metabolic health in the past year, while only 52% have heard, read or seen information on metabolic health issues.

What's more, only 30% of North Americans know that metabolic health is not the same as gut health, and many falsely believe that metabolic issues mostly occur in those who are overweight.

"This knowledge gap plays a factor in why many health issues related to metabolic health, such as brain fog, food cravings and energy slumps, often go unaddressed," says Dr. Paul Spagnuolo, associate professor in the Department of Food Science at the University of Guelph, whose research includes finding new ways for people to proactively support their metabolic health.

Issues related to metabolic health can take a toll on your mental wellbeing, your ability to perform your job, and even your social life and personal relationships, making it critical to nip them in the bud. To improve your metabolic health and feel your best in 2024, consider these tips:

- Get active. Whether you're hitting up the gym for a weight training session or simply going for a longer walk during your day, daily physical activ-

ity is recommended to support your metabolic health. Find activities, daily movement and workouts you enjoy and stick with them.

- Prioritize proper sleep. Maintaining proper sleeping habits can help to keep your insulin and hormone levels balanced.

- Fuel often. Fueling more frequently can boost your metabolism. Being sure to eat smaller portions at regular, consistent times every day and drinking plenty of water can also help improve metabolic health. Set alerts on your phone, or even use a hydration app, to help you remember to drink up.

- Explore supplements. Consider taking a daily supplement designed to support metabolic health and activate metabolism naturally, like Metavo. Featuring the proprietary avocado compound Avocatin B, also known as AvoB, Metavo Advanced Glucose Metabolism Support activates your metabolism naturally at the cellular level.

"Having a flexible metabolism at the cellular level enables the body to properly metabolize fats, proteins and carbs to help improve insulin sensitivity, glucose tolerance and energy," says Dr. Spagnuolo, whose research led to the development of Metavo.

When it comes to metabolic health, consistency is key. In the New Year, resolve to make physical activity, healthy eating, proper sleep and the right supplements a regular part of your routine.

Courtesy StatePoint

Kwanzaa... continued from page 16

of Kwanzaa: Umoja (unity). "We're going to talk about how to come together and how to be productive with each other and be on the same page," remarked Rashid Spencer. "Really, I would like to keep that year-round - unity and peace - because that's something that keeps everybody afloat."

"It is our duty to fight for our freedom! It is our duty to win! We must love each other and protect each other! We have nothing to lose but our chains!," led Brother Washington Muhammed of Muhammed's Mosque #91 in a call and response chant. Participants throughout the night sang songs, participated in Kwanzaa traditions and commemorated the past while looking to the future discussing tangible ways to promote the principle of unity within our community.

The program opened with a procession into the auditorium, the acknowledgement of elders, libation ceremony, singing of the Black National Anthem, lighting of the Kinara, and concluded with speakers and the opportunity throughout the night to support black vendors.

The Kwanzaa celebration concluded January 1 with the Karamu, the communal feast at the end of Kwanzaa, providing free food to the community. Each night highlighted a new speaker and elder: Monday December 26, 2023 - Host AHC School of Excellence Dianne E-Lane; Tuesday December 27, 2023 - Host Toledo Kwanzaa House Committee (2023); Wednesday December 28, 2023 Host ACES Ms. Tracee Ellis; Thursday December 29, 2022 Host Imagine Madison Avenue Art School- Allen Richardson; Friday December 30, 2022 - Host Dianne E-Lane; Saturday December 31, 2023 - Host Toledo Kwanzaa House Committee (2023) and Sunday January 1, 2024 - Host Toledo Kwanzaa House Committee (2024).

Created in 1966 by Maulana Ron Karenga, Kwanzaa is an African American and Pan-African holiday that celebrates history, values, family, community and culture. The ideas and concepts of Kwanzaa are expressed in the Swahili language, one of the most widely spoken languages in Africa. The seven principles which form its core were drawn from communitarian values found throughout the African continent...Kwanzaa gets its name from the Swahili phrase, "matunda ya kwanza" and is rooted in first fruit celebrations which are found in cultures throughout Africa both in ancient and modern times. (source:nmaahc.si.edu)

The Seven Principles of Kwanzaa (Ngoza Saba) are :

1. Umoja (unity) 00-MOH -jah: To strive for and maintain unity in the family, community, nation. And race.
2. Kujichangulia (Self-determination) KOO-gee-CHA-goo-LEE-ah: To define ourselves, name ourselves, create for ourselves, and speak for our-

selves instead of being spoken for by others.

3. Ujima (Collective Work and Responsibility) 00-GEE-mah: To build and maintain our community together to make our sister's and brother's problems our problems, and to solve these problems together.

4. Ujamaa (Cooperative Economics) 00-jah-MAH: To build and maintain our own stores, shops, and other businesses, and to profit from them together.

5. Nia (Purpose) Nee-ah: To make our collective vocation the building and developing of our community in order to restore our people to their traditional greatness.

6. Kuumba (Creativity) KOO-00M-bah: To do always as much as we can, in the way we can, in order to leave our community more beautiful and beneficial than when we inherited it.

7. Imani (Faith) ee-Mon-EE: To believe with all our hearts in our people, our parents, our teachers, our leaders, and the righteousness and victory of our struggle.

To learn more about Kwanzaa visit: officialkwanzaawebsite.org

To learn more about the Frederick Douglass Community Association visit: thedoug419.org

America's urban community alternative station!







Entrepreneurs

Independent Artist & Producers

Actors

Sports

Fashion

Book Authors

Educators

With your host
DeYonn
aka The Musical Teddy Bear!

Jam Packed Emagazine Morning Show!

All Genres Welcome!

Community Awareness

Health Awareness

Safety Awareness

"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

'TIS THE SEASON
TO PLAY.
 AND PLAY. AND PLAY.

GET 'EM, GIVE 'EM, PLAY 'EM.

Enter non-winning tickets at ohiolottery.com/mylotto from October 10, 2023-January 7, 2024, for a second chance to win the gift you've always wished for.



Keep it Fun Ohio.com

Play Responsibly. Need Help? 1.800.589.9966

Lottery players are subject to Ohio laws and Commission regulations.

Publication Date 11/23

CLASSIFIEDS

January 3, 2024

Page 15



Do you like working in a friendly team-oriented environment? Look no further! Come join the Gross Electric team as a Warehouse Associate.

Our Warehouse Associates are responsible for accurately filling orders, stocking merchandise, ensuring inventory is correct, and supporting the sales team by delivering orders in a helpful, friendly manner. May need to make deliveries to area businesses.

The ideal candidate should have excellent communication and problem-solving skills. Attention to detail is critical for this role.

Job requirements include, High School diploma or GED, basic computer skills, ability to lift 50lbs and a valid driver's license.

Visit our website, www.grosselectric.com to apply or send your resume to careers@grosselectric.com.

Position Available Staff Attorney



Advocates for Basic Legal Equality, Inc. (ABLE), a non-profit regional law firm that provides high-quality legal assistance to low-income people and groups in western Ohio, seeks a resourceful, culturally competent, hardworking attorney for its Toledo office who would advocate for systemic changes for child and adult mental health consumers.

Please visit ABLE's website at www.ablelaw.org to review the full details and apply for the position.

ABLE is an Equal Opportunity Employer and places a high value on diversity in our workplace, including diversity in race, ethnicity, gender, sexual orientation, age, and physical ability. We strive to create an environment welcoming to all individuals and we encourage applications from individuals traditionally underrepresented in the legal profession. Applicants requiring accommodation for the interview/application process should contact the recruitment coordinator at ablejobs@freelawyers.org.

REQUEST FOR PROPOSAL LUCAS COUNTY CANINE CARE & CONTROL (LC4)

Rudolph Libbe will receive proposals for Bid Package #5 on the LC4 project, a 42,000sf single-story canine welfare facility, located at 1301 Monroe Street, Toledo, OH.

Bids are due January 19, 2024 at 3:00 pm.

Documents and additional information is available upon request from BuildingConnected.com

This project has MBE/WBE requirements.

For more information on this project, please contact Andy Wren at 419-725-3291.

OUTDOOR SKILLS INTERPRETER:

Metroparks Toledo is looking for an individual to be our Outdoor Skills Interpreter at Oak Openings Preserve Metropark. The person in this position will connect people to parks through the development, production, and presentation of high quality park programs, special events, and experiences. Bachelor's degree or equivalent combination of education and work experience. Moderate experience in educational and public program development, production, and evaluation and presenting public or educational programs. Some outdoor skills-specific experience required. Must be at least 18 years of age and have a valid driver's license. Full time position with benefits. \$19.943/hr. EOE

Go to www.MetroparksToledo.com <<http://www.MetroparksToledo.com>>/careers to view the job description, position requirements and apply online.

FACILITY OPERATOR:

Metroparks Toledo is looking for a Facility Operator for Glass City Metropark. The person in this position will perform a variety of housekeeping, 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. EOE

Go to www.MetroparkToledo.com/careers to view the entire job description and to apply.

REQUEST FOR PROPOSALS HQS/INSPIRE INSPECTION SERVICES RFP23-R014

Lucas Metropolitan Housing (LMH) will receive proposals for **HQS/INSPIRE Inspection Services in accordance with RFP23-R014**. Received in accordance with law until **January 19, 2024 at 3:00 PM EST**. For documents: www.lucasmha.org; 424 Jackson Street., Toledo, OH 43604; or 419-259-9438 (TRS: Dial 711). Bidders are required to meet Affirmative Action and Equal Employment Opportunity requirements as described in Executive Order #11246. This contract opportunity is a Section 3 Covered Contract, and any Section 3 Business Concerns are encouraged to apply.



REQUEST FOR PROPOSALS HQS/INSPIRE MAINTENANCE SERVICES RFP23-R015 – RFP23-R020

Lucas Metropolitan Housing (LMH) will receive proposals for **HQS/INSPIRE Maintenance Services in accordance with RFP23-R015 – RFP23-R020**. Received in accordance with law until **January 19, 2024 at 3:00 PM EST**. For documents: www.lucasmha.org; 424 Jackson Street., Toledo, OH 43604; or 419-259-9438 (TRS: Dial 711). Bidders are required to meet Affirmative Action and Equal Employment Opportunity requirements as described in Executive Order #11246. This contract opportunity is a Section 3 Covered Contract, and any Section 3 Business Concerns are encouraged to apply.



EMPLOYMENT OPPORTUNITIES

Lucas Metropolitan Housing (LMH), located in Toledo, Ohio is seeking experienced applicants for the following position(s): **LHSC Director**. For complete details, visit <https://www.lucasmha.org> and click on Careers. **Deadline: 12/29/23**. This is a Section 3 covered position. HUD recipients are encouraged to apply and are to indicate on the application if you are a LMHA Public Housing client or Housing Choice Voucher Program participant. Persons with disabilities are encouraged to apply. **NO PHONE CALLS**. Equal employment opportunity shall be afforded to all qualified persons without regard to age, race, color, religion, religious creed, gender, military status, ancestry, disability, handicap, sexual orientation, genetic information or national origin.



The Annual Kwanzaa Celebration at The Doug

By Dawn Scotland

The Truth Reporter

The Frederick Douglass Community Association along with Kwanzaa House hosted its annual Kwanzaa celebration from December 26- January 1 at the Frederick Douglass Community Association at 1001 Indiana Ave. The free weeklong celebration featured activities for adults and as well as for children and included vendors, food, speakers and performances celebrating African American culture and heritage.

"The importance of Kwanzaa is really just everyone coming together as a community and the seven principles," stated Rodney Gordon, executive co-chair of the Kwanzaa House. "I believe [the principles] are all things that you can use in your everyday life and it will make your life better."

Gordon is the grandson of Diane Gordon whose family first started the local Kwanzaa celebrations in Toledo in 1967 in her home. Ms. Gordon now serves as a Kwanzaa elder and has passed the baton to executive co-chairs

Rodney Gordon and Rashid Spencer.

Day 1 of the celebration, December 26, kicked-off with the first principle

...continued on page 13



Leaders of the Kwanzaa conclude Day 1



Brother Yasin Muhammed (son) and Sister Yvette Muhammed (mother) represent Muhammad's Mosque #91



Elsie Harbor, secretary; Zaniel Williams House of Kwanzaa committee member; Rashid Spencer executive coordinator; Diane Gordon, Kwanzaa elder; Brenda King, volunteer



TRUGREEN

Caring for next spring's perfect lawn starts now.

Let the experts at TruGreen® provide a tailored plan that can help your lawn look its very best year-round.

Save now with **50% OFF*** Your First Service

AMERICA'S #1 LAWN CARE COMPANY

TRUGREEN GUARANTEE TruGreen will gladly visit your property as needed between scheduled visits to ensure your satisfaction*

Our tailored lawn plans utilize the latest technology and techniques that help make your lawn green and healthy.

Our TruGreen Lawn Assessment® will examine your grass and soil types and tailor your plan based on the results.†

Call for your **FREE, no-obligation quote today!**
1-833-978-4736

*Special price is for first Lawn service only. Requires purchase of annual plan, for new residential EasyPay, MonthlyPay, or PrePay customers only. Valid at participating TruGreen locations. Availability of services and/or products may vary by geography. Not to be combined with or used in conjunction with any other offer or discount. Additional restrictions may apply. Consumer responsible for all sales tax. †Purchase of annual lawn plan required for TruGreen Lawn Assessment, which is performed at the first visit. America's #1 lawn care company based on U.S. market share of professional lawn care companies. 2022 MMR Brand Health Tracker. *Guarantee applies to annual plan customers only. BBB accredited since 07/01/2012. ©2022 TruGreen Limited Partnership. All rights reserved. In Connecticut, B-0153, B-1380, B-0127, B-0200, B-0151.

Connect Anywhere, Anytime.

Enjoy Free Internet Data on Your Mobile Devices with ACP

You qualify today for the Government Free Internet Program if a household of two has an income of less than \$39,440, or if you receive:

- Medicaid
- SNAP
- SSI
- WIC
- Veterans Pension
- Survivors or Lifeline Benefits
- Tribal Assistance Program
- Housing Assistance

maxsip TELECOM

Get a subsidized 4G Android Tablet for \$20

CALL TODAY (833) 431-2358