

# The Sojourner's Truth

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“And Ye Shall Know The Truth...”

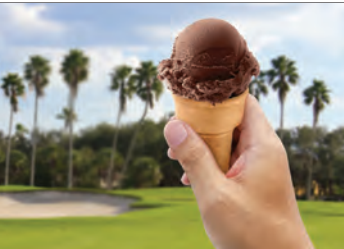
December 4, 2024

## Cultivating Growth in Toledo's Business Landscape



Kenny Farrar, Founder and Managing Director of Yellow Beet

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VACATION  
FLAVOR?**



  
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# What We Should Think and Do in the Trump Era

By John E. Warren, Publisher

San Diego Voice & Viewpoint Newspaper

Now that the election is over, a number of people are experiencing high levels of uncertainty. We should not think that life as we know it has ended. This is a defeatist attitude. What we should remember, especially as Black people, is that if we survived, slavery, and past Republican Presidents, we can survive four years of Donald Trump. What we must do is reset our thinking as to what is important and what we must do as a collective people going forward.



John Warren

Our first order of business during this time must be a return to prayer rather than party politics. We must remember that it was collective prayer by those who came before us that brought us this far. We must learn to act collectively "in spite of" and not "because of" the obstacles in front of us. While this is easier said than done, each of us must start at our own personal level of interaction with those around us,

many of whom we may not like.

Next, we must adopt an attitude of "no permanent friends, no permanent enemies, just permanent interest." This means that we must re-educate ourselves to how the government works. We have two years to prepare to take back the House of Representatives which the Republican Party has won by a very small number of votes, perhaps less than five. But while we are looking at retaking national parts of government in terms of what's in our own best interest, we must not ignore local and state issues that will be influenced by the Trump Administration. History has taught us that local attitudes are influenced by national attitudes and the national attitudes have shifted to the extreme right based on Trump's election. This is not a time for fear, but a time for planning and faith in the fact that we can win even under adverse circumstances. We must restart our local discussion groups. The Black Press, our most trusted messenger, should play a key role in providing such forums but in conjunction with other organizations and groups in our communities. What do you think?

# Kaptur Announces Over \$2 Million in NFWF Environmental Awards for Toledo and Sandusky Bay to Strengthen Coastal Resilience and Ecosystem Restoration

This week, Congresswoman Marcy Kaptur (OH-09) announced two major environmental awards for a total of \$2.453 Million from the National Fish and Wildlife Foundation (NFWF) aimed at advancing coastal resilience and restoring critical wetlands in the Great Lakes region. These NFWF awards will support critical projects in Toledo and Sandusky Bay, both essential to safeguarding the region's natural habitats and boosting climate resilience for lo-



Marcy Kaptur

cal communities.

The first award, Advancing Nature-based Coastal Resilience across the Great Lakes Region, will support ongoing restoration projects in Toledo and five other Great Lakes cities in partnership with the Great Lakes and St. Lawrence Cities Initiative. The \$1.94 Million award will help implement nature-based solutions to restore habitats and enhance resilience along the region's vulnerable shorelines. In Toledo, this initiative will be carried out in partnership with TMACOG, and focus on addressing streambank erosion and improving wetland, aquatic, and riparian habitats along the Ottawa River, critical areas threatened by climate change and severe weather.

"By using nature-based solutions to address the impacts of climate change, we are ensuring that our communities, natural ecosystems, and local economies remain resilient in the face of increasing storm events and lake level fluctuations," said Congresswoman Marcy Kaptur (OH-09).

... continued on page 3

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# Lady Justice Seeks Early Retirement

By Lafe Tolliver, Esq

Guest Column

Well, we sort of knew that this day of reckoning would come. A day of reckoning not for the convicted felon and adjudged rapist who will again occupy the Oval Office with a haughtiness that knows no bounds.

But rather a day of reckoning for the concept of no one is above the law and that the law applies to both the pauper and the king. It is now glaringly obvious that Donald Trump is now the exception to that rule, helped along in great measure by the temerity of Atty. General Merrick Garland whose highest calling should have been an assistant law librarian!



That rule is what is taught in schools and what is supposed to be the beacon on the path by which America prides itself on its boast about being a nation of laws.

Well, that laudatory concept has been ripped to shreds by almost half of the recent electorate saying in a unified chorus, "We don't care about laws or rules, we want an autocrat!"

Too many Americans have poached their brains and common sense in a waste pool of anti-intellectualism, hypocrisy, division, and fear mongering, to such a degree that they are nigh brain dead of being able to call a spade...a spade.

The MAGA "base" and their closet sympathizers decided that Trump was their knight on a white horse who would, in a matter of days after his inauguration, slay their demons of being left out of the American Dream or getting their fair share of the economic pie.

And don't fall for the boogeyman that all those Trump voters were practically in bread lines waiting for some meatless gruel to feed their families.

The fact remains that too many Americans were ready, willing and able to give Lady Justice a sharp elbow in her ribs because they were fed a diet of half lies and disinformation about how the Deep State as characterized by the Biden/Harris ticket was too aloof and indifferent to their plight.

If politics is a game of who tells the least number of lies for their greater benefit, the Trump playbook won out, hands down. Constantly, the Trump news organizations were more adroit than the Harris/Walz ticket in lambasting the government as not being in their corner...and it worked.

Grievances, real or imagined, have a tendency to stick like Velcro when you are repeatedly told that you would do better with a convicted felon billionaire posing as a fake populist who wants to erode the Constitution for his own benefit and grift.

Obviously, the opposite message did not hit its intended mark and the "wars" about culture ruled the roost as anxious Trump voters could only see egg prices at five dollars a dozen; and trans women invading their daughters' locker rooms at high school sporting events as more important than issues of democracy.

Regrettably, too many GOP Senators ran for their cloak rooms when asked about making a stand against a convicted felon being the head of the American government.

And their all-consuming fear? Trump might call them a name, or he might primary them in their next election. The mere thought that they could possibly be out of a fat-cat job with perks and great retirement benefits was enough for many of them to say, "No comment!" when asked if Trump was fit for the White House.

Fear is a great motivator. Fear of the unknown. Fear of a bully bearing down on you. Fear of being criticized. Fear of ostracism. Fear of your "legacy" being stained. Fear of "others" invading your neighborhood.

So, what do you do? Simple. You get down on all fours and become a facile supplicant to the whims and wishes of a narcissist whose daytime dreams say aloud that Putin is great, NATO is bad, and tax breaks are

sorely needed for those needy down and out billionaires!

EZ to understand right? How does a Trump voter negotiate through over thirty thousand lies told by Trump in his first term in office (as reported by the New York Times) and can still say with a straight face that Trump will make America great again?

If your child or spouse or co-worker was a walking non-truth teller, ten dollars to a donut that you would have a word or two with that errant child, spouse, or co-worker.

But. In politics, lying wonders can do miracles with the memory impaired or those who know better but choose to salute a man who has no moral center and whose politics can be defined by one word: ME!

Too many Americans have consciously decided to lie down with the proverbial dog who has fleas and then wonder why they are itching and scratching when they get up from the very bed they made!

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

*Kaptur... continued from page 2*

"This award will further enhance our environmental assets while safeguarding Toledo's waterfront for future generations."

Additionally, the Inner Sandusky Bay Wetlands Restoration project will receive a \$513,500 award in partnership with The Nature Conservancy to restore 500 acres of critical wetlands within Sandusky Bay, Lake Erie's largest drowned river mouth. These wetlands have been severely degraded by high water levels, increased storm frequency, and excess nutrient runoff from agricultural practices. This restoration will not only help reduce wave energy and coastal flooding but will also revitalize essential habitats for wildlife, including fish, birds, and aquatic species.

"The Sandusky Bay wetlands are an ecological treasure, but they have suffered due to decades of degradation," continued Congresswoman Kaptur. "Restoring these wetlands will have far-reaching benefits, from reducing flood risks to revitalizing habitats that support local biodiversity. This award will help transform Sandusky Bay into a more resilient and vibrant ecosystem, ensuring it remains a valuable, arable resource for our North-west Ohio region."

Both projects administered by the National Fish and Wildlife Foundation are coordinated in partnership with local, state, and federal agencies, as well as the environmental grantee organizations. The restoration efforts will provide environmental and economic benefits by improving water quality, supporting local wildlife, and enhancing recreational opportunities throughout our Great Lakes.

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# Giving Birth Shouldn't Be a Nightmare for Black Women

**WORD IN BLACK** — Now, more than two years after the fact, the overturn of *Roe v. Wade*, the landmark decision that protected a women's right to an abortion, has complicated things for physicians like Joy Baker, an OB-GYN in LaGrange, Georgia. In Southern states with some of the strictest abortion bans like Georgia, Louisiana, Mississippi, and South Carolina, Black women are facing more barriers to access reproductive health care.

By Anissa Durham | Word In Black

(WIB) — At 40 weeks pregnant, Georgina Dukes-Harris drove to her weekly OB-GYN appointment in Clemson, South Carolina. It was 8 a.m. on Dec. 14, 2011. The doctor told her there's no need for her son to "bake any longer." So, the first-time mom returned, as instructed, at 6 p.m. on the same day. Health care providers gave her Pitocin to induce labor.

Next, they gave her an epidural and broke her water. Dukes-Harris was now on a time clock. She had 48 hours to give birth before complications could set in for her and the baby. Even though her cervix wasn't fully dilated to 10 centimeters, doctors told her to push.

#### Four to five hours of pushing and nothing was happening.

"I was pushing, and they used forceps to try to pull him out, and it left a big scar on his head," she says. "It's like I had two births in one."

At that point, Dukes-Harris' heart rate spiked, and the baby showed signs of distress. Doctors decided to give her an emergency C-section on Dec. 16, which she describes as a deeply traumatic experience.

At 19-years-old and in the best shape of her life, Dukes-Harris recalls following her doctors' instructions to a T. But the trauma that came with her unplanned C-section left her dealing with postpartum depression and anxiety for more than a year afterward.

Dukes-Harris's story is one of many that highlight the challenges Black birthing people face in America. Maternal care deserts, abortion bans, and the overutilization of C-section have all traumatized and even ended the lives of Black women. Now Black birthing people, physicians, and holistic care providers are pushing for a more patient-centered approach.

#### Black Mothers Face Higher Risks and Limited Options

A 2024 March of Dimes report found that 35% of U.S. counties are maternity care deserts, which are counties with no birthing facilities or obstetric clinicians.

Chronic conditions related to poor health outcomes for birthing people like pre-pregnancy obesity, hypertension, and diabetes have increased since 2015 and are most common in maternity care deserts. These conditions are also most common among Black and American Indian and Alaska Native birthing people.

Pregnant people who give birth in counties that are identified as maternity care deserts or low access areas have poorer health before pregnancy, receive less prenatal care, and experience higher rates of preterm births. Most states have between one and nine birth centers, but that still leaves 70% of all birth centers residing within 10 states.

"We serve four different counties that do not have any OB-GYNs at all," says Joy Baker, an OB-GYN in LaGrange, Georgia. "The real issue is these are communities that already have diminished access to social determinants of health ... I think of them as political determinants of health. These places don't become under resourced by accident."

#### Barriers to Maternal Health Care

Pregnant people in areas identified as maternity care deserts often travel between 26 to 38 minutes for obstetric care. During pregnancy and childbirth, longer travel time is associated with higher risk of maternal morbidity, stillbirth, and neonatal intensive care unit admission, the report states. And Black women are already at a higher risk for gestational diabetes, preeclampsia, and postpartum hemorrhage.

"There's not one condition that I can think of that gets better in pregnancy," Baker says. "It's usually exacerbated."

Now, more than two years after fact, the overturn of *Roe v. Wade*, the landmark decision that protected a women's right to an abortion, has complicated things for physicians like Baker. In Southern states with some of the strictest abortion bans like Georgia, Louisiana, Mississippi, and South Carolina, Black women are facing more barriers to access reproductive health care.

But it's not just patients who are struggling.

Each state has a different abortion ban or restriction, often making it unclear as to what a physician is able to do. For example, in Georgia, abortion is restricted to six weeks or less. Although the law has exceptions to protect the "life of the mother," the language is vague and can leave loopholes for doctors to be prosecuted if a physician intervenes too early.

In Baker's personal practice, she hasn't been affected too much by the abortion bans. But she says there are physicians in neighboring counties that have struggled with caring for their patients due to the law.

"Doctors are afraid. When you have spent your entire life training and building a career, the last thing you want is to go to prison for just doing your job," Baker says. "There is a lot of fear surrounding that. It's been horrible to the physician patient relationship."

#### Birthing Shouldn't Be Traumatic

At 38 weeks pregnant, Lauren Elliot's doctor told her the umbilical cord was wrapped around her son's neck at least three times. Later, they realized it was wrapped around his neck five times. Delivering vaginally no longer became an option when her son was in distress. Elliot, 29 at the time, had a C-section.

"I was paralyzed with emotion from wanting him to be OK," she says.

Shortly afterward she developed postpartum preeclampsia. And like Dukes-Harris, Elliot, now 36, described a C-section as a traumatic experience. Although her son was delivered healthy, the mental health toll from her first birthing experience loomed over her for two years. She struggled with anxiety and panic attacks. To cope she created Candlelit Care, an app-based behavioral health clinic that supports Black birthing people throughout a pregnancy and afterwards.

For her next pregnancy, Elliot determined to have a vaginal birth after a cesarean section or VBAC. But many doctors worry about a uterine rupture even if a patient has fully healed from a C-section. She also made the intentional decision to have a Black OB-GYN.

But even that wasn't enough.

During labor with her second child, Elliot wasn't dilating fast enough. Then, doctors informed her she would need to have a second cesarean. Initially, she felt like a failure for not being able to have a vaginal birth. But she finds comfort in knowing she at least experienced labor.

... continued on page 14

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# Kenny Farrar: Cultivating Growth in Toledo's Business Landscape

By Asia Nail

The Truth Reporter

Running a small business can feel like assembling a puzzle without all the pieces. For many entrepreneurs in northwest Ohio, **Kenny Farrar**, founder and Managing Director of **Yellow Beet**, has become the missing piece they need. From organizing finances to securing funding, Farrar has dedicated his career to empowering small business owners to achieve their dreams. This tireless commitment earned him the **20 Under 40 Leadership Recognition Award**, solidifying his place as one of Toledo's most influential changemakers.

This year alone, Farrar and his team at Yellow Beet have provided free resources and guidance to over 150 businesses. His mission is clear: to support local entrepreneurs—especially women- and minority-owned ventures—and shape Toledo's entrepreneurial landscape, one consultation at a time.

## Planting the Seeds of Yellow Beet

For Farrar, the journey to founding Yellow Beet began with a powerful belief: small business owners deserve support, regardless of their resources. While working with JumpStart, a Cleveland-based initiative offering free resources to Toledo's entrepreneurs, Farrar saw the impact of accessible guidance.

"When JumpStart ceased operations in northwest Ohio, I didn't want that to be the end," Farrar explained. "I wanted to continue helping business owners, and I wanted to do it for free."

With a heart for service and a knack for finding solutions, Farrar launched Yellow Beet to address the challenges small business owners face. In just five years, the initiative has worked with over 1,000 businesses, connecting them to resources, funding and tools for success.

"We save business owners a lot of time and energy by helping them reach their goals faster," Farrar shared. "Sometimes, after just one consultation, my clients come to the reality of their goals and dreams."

## Bridging Financial Gaps with Balancing the Books

One of Yellow Beet's standout programs, *Balancing the Books*, offers free accounting services to small business owners. Farrar recognized early on that financial mismanagement is a significant hurdle for entrepreneurs.

"Many business owners struggle with separating personal and business finances," he said. "This becomes a major issue when it's time to pay taxes or apply for funding."

Through *Balancing the Books*, Farrar helps entrepreneurs organize their financial records to meet the documentation standards banks and lenders require.

" Oftentimes, entrepreneurs believe they can secure a loan, but their finances aren't in order," Farrar explained. "We make sure businesses are fundable."

This program has been especially impactful for minority-owned businesses, which often face systemic barriers to securing capital.

## Empowering Confidence in Business Ownership

Farrar's work extends beyond finances; he's also on a mission to instill confidence.

"Women-owned businesses often lack confidence, while men tend to be overly confident," he observed. "Both self-doubt and an inflated sense of confidence can hold back entrepreneurs from realizing their full potential."

Through personalized business planning and mentorship, Farrar helps his clients gain the self-assurance they need to lead effectively. He provides practical strategies, encourages clear communication, and fosters a supportive environment where every entrepreneur can thrive.

"I want business owners to see their capabilities and feel confident about their goals," he said.

## The Bigger Picture: Trends in Entrepreneurship

With his extensive experience, Farrar has a unique perspective on the trends shaping northwest Ohio's entrepreneurial landscape.

"The lack of access to capital funding is a common challenge for women- and minority-owned businesses," he noted. "This is something we're actively addressing at Yellow Beet."

Farrar has connected hundreds of businesses to funding opportunities, helping create over 400 jobs in the process. His efforts have strengthened the local economy while inspiring a culture of resilience among Toledo's entrepreneurs.

## Dinner with Racists: A Tool for Change

In addition to his business consulting, Farrar is committed to fostering anti-racism education. He co-created *Dinner with Racists*, a set of flashcards designed to help allies navigate difficult conversations about race.

The idea stemmed from a colleague's struggle to respond to racist comments within her personal circles.

"She didn't know how to approach the topic," Farrar explained. "I realized there was a need for tools to help people address racism constructively."

Farrar's journey to creating *Dinner with Racists* was deeply personal, shaped by painful encounters with racism. Originally from Georgia, he moved to Ohio as a child, where he faced systemic prejudice that profoundly impacted him.

"I've been a victim of racial violence many times," Farrar shared. "You'd think I would have experienced it in Georgia, but living outside of Cleve-

...continued on page 6



Kenny Farrar

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# Ride More, Save More: TARTA Card Brings Fare Capping To Northwest Ohio

One of several new initiatives announced at last month's Toledo Area Regional Transit Authority (TARTA) Community Update will allow regular customers to receive the benefit of a long-term pass without all of the up front cost.

The introduction of the TARTA Card - which is now available from Information Operators at TARTA's Transit Hub (612 N. Huron Street, Toledo) and through the EZFare app - marks the first time fare capping is available to TARTA fixed route riders.

As long as a customer is paying with the TARTA Card, they will never pay more than \$3 per day, \$15 per week, or \$45 per 31-day period. "We could not be more excited to offer our regular fixed route customers a new way to pay and save on the rides they take to essential destinations every day," said TARTA CEO Laura Koprowski. "This product has the potential to save our regular customers up to \$39 a month. The cost of getting back and forth should never stand in the way of any northwest Ohioan looking to get to a medical appointment or exploring a new job opportunity."

While the TARTA Card can be used only for fixed route rides now, it will be available on TARTA Move paratransit and TARTA Flex on-demand trips in early 2025.

Transit users looking to take advantage of this benefit can access it in one of three ways:

- Purchasing a reloadable TARTA Card at the Hub that can connect to their EZFare account

- Downloading the EZFare app or Transit App.

- Having cash applied to their EZFare account at any Vanilla Direct (<https://bit.ly/3Z85YDL>) location.

Customers should be aware that, whether they use the TARTA Card or one of the apps to pay, they may use only that method each time to receive the benefit. Find out more about this process at [tarta.com/abt](https://tarta.com/abt).

## Kenny Farrar...continued from page 5

land was actually harder for me."

### Equipping Allies to Confront Racism

From over 50 negative encounters with law enforcement to enduring racist rhetoric in schools, Farrar learned to confront ignorance head-on.

"These experiences gave me the tools to debate people who refuse to acknowledge that racism still exists," he said. "It's not something I wanted to learn, but it's a skill set I've had to develop out of necessity."

This resilience became the foundation for Dinner with Racists, enabling Farrar to empower others to challenge racism in their circles. The flashcards tackle misconceptions, such as the "Black-on-Black crime" narrative, with fact-based responses to counter these harmful ideas.

"My way of helping change this country is by equipping allies to respond effectively to discriminatory conversations," Farrar said. "It's about creating a better future for everyone."

### A Passion for Urban Planning

Farrar's approach to community development is informed by his background in urban planning, a field he pursued out of a lifelong love for maps and history.

"Urban planning shows us why things are the way they are and how they might be in the future," he said. "It's given me a deeper understanding of the systems that shape our communities."

This knowledge has been invaluable in his work with Yellow Beet, enabling him to identify opportunities for growth in Toledo's business ecosystem.

### Balancing Leadership and Community Engagement

In addition to leading Yellow Beet, Farrar is deeply involved in the Toledo community. He serves on the board for the *Center for Entrepreneurial Leadership at Bowling Green State University* and participates in initiatives like *Forward Toledo*, which promotes the city to young professionals.

He's also a dedicated youth coach, balancing his professional responsibilities with his passion for mentoring the next generation.

"We're all standing on the shoulders of those who came before us," Farrar said. "I feel it's important to pay it forward for future generations."

### A Well-Deserved Honor

Farrar's recognition as one of Toledo's 20 Under 40 honorees is a testament to his impact. Selected from a pool of 187 candidates, Farrar's accomplishments reflect his unwavering commitment to service and leadership.

From providing free resources to fostering confidence and connection, Farrar's work with Yellow Beet has transformed the lives of countless entrepreneurs. And while he's proud of the progress he's helped achieve, Farrar remains focused on the work ahead.


"There's still so much to do," he said. "But I'm excited to continue helping people reach their dreams."

### Looking Ahead

As Toledo grows, leaders like Kenny Farrar will play a crucial role in shaping its future. By addressing systemic barriers, fostering confidence, and championing equity, Farrar is cultivating a thriving business community that reflects our city's resilience and potential.

For Toledo, the impact of Yellow Beet is more than just economic growth—it's about creating a community where every entrepreneur has the tools and support they need to succeed. And with Kenny Farrar at the helm, that vision is a blossoming reality. Thank you for planting seeds of change that will bear fruit for years to come.

For business guidance & resources contact [ask@yellowbeet.com](mailto:ask@yellowbeet.com)



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# Film about 5th U.S. Colored Troops in Civil War to Be Shown at Hayes Presidential

*Special to The Truth*

A film featuring the story of the 5th U.S. Colored Troops in the Civil War will be shown Sunday, Feb. 2, at the Hayes Presidential Library & Museums.

"Camp Delaware" chronicles the recruitment, training, battles, bravery and service of the regiment. The film is a recording of a stage production.

It incorporates speeches of political figures of the day, letters from the soldiers and sounds of popular music of the era will bring the unit's story to life.

"Camp Delaware" will be shown at 3 p.m. and last until 5 p.m., followed by a question-and-answer session with the filmmakers until 5:30 p.m.

Tickets are \$15 and available online at <https://www.rbhayes.org/news/2024/11/18/general/film-about-5th-u.s.-colored-troops-in-civil-war-to-be-shown-at-hayes-presidential/>. Tickets will be sold at the front desk the day of the event, pending availability.

Proceeds benefit the Community Arts Network Performing Arts Scholarship. The scholarship is for Ohio graduating high school Seniors who will be attending an Ohio college or university to pursue a degree in the performing arts. For information on the scholarship, visit <https://communityartsnetworkoh.org/scholarships/>.

This is the second time this film is being shown at Hayes Presidential. A previous screening took place on Oct. 27 in conjunction with Hayes Presidential's Civil War Winter Camp. The film was well-received, and Hayes Presidential wanted to bring it back so that more people could see it. February was chosen for the second screening because it is Black History Month.

Hayes Presidential is America's first presidential library and the forerunner of the federal presidential library system. It is partially funded by the state of



*Camp Delaware*

Ohio and affiliated with the Ohio History Connection. Hayes Presidential is located at Spiegel Grove at the corner of Hayes and Buckland avenues.

For information, call 419-332-2081, or visit [rbhayes.org](http://rbhayes.org). Like Hayes Presidential on Facebook and follow on Twitter and Instagram at [@rbhayespres](https://www.instagram.com/rbhayespres).

## Immigrants Bolster Ohio Economy

*Special to The Truth*

New data suggest mass deportations could harm working Ohioans of all backgrounds.

Immigrant workers and business owners in Ohio generate about \$53 billion of Ohio's economic output, according to the Immigration Research Initiative (IRI), Economic Policy Institute, and Policy Matters Ohio. The finding is among data provided in a new resource [3] highlighting immigrants' roles in Ohio's economy.

"Ohio's population is shrinking, and the losses are expected to get worse," said Policy Matters researcher Heather Smith. "As our population ages, we'll have fewer people working and more people who need help," Smith said, observing that 12 percent of Ohio's home health aides are immigrants. "We should be doing all we can to attract people to our state, and give residents reasons to stay."

Smith added, "Working Ohioans of all backgrounds are paying the price for decades of trickle-down policy that primarily serves a few of the wealthiest Ohioans and major corporate interests. Scapegoating immigrants for the resulting policy failures harms everyone's quality of life by pitting neighbor against neighbor. Instead, policymakers should prioritize education and public services in growing communities, so newcomers and long-time residents have a foundation for economic security."

"Immigration is not just about economics, but it's good to know that the U.S. economy benefits when immigrants come to this country, and so do American workers, whatever you may have seen on social media," said IRI director David Dyssegaard Kallick. "If the goal is to improve conditions for Ohio workers, there are clear ways to do that, from protecting workers' rights to investing in infrastructure or the care economy. Deporting immigrants doesn't help Ohio workers, in fact it just shoots overall economic growth in the foot."

*Policy Matters Ohio is a nonprofit, nonpartisan state policy research institute with offices in Cleveland and Columbus.*

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# Mt. Nebo and the Mitchells Bring Holiday Joy

*The Truth Staff*

Ervin and Felicia Mitchell have been bringing a little holiday cheer to families for about a decade and this year was no different. Once again the Mitchells joined Pastor Cedric Brock of Mt. Nebo Baptist Church, on Monday November 25, and made certain that 200 area families enjoyed turkey and all the fixings on Thanksgiving Day.

The Mitchells' community service doesn't end after the turkeys have been passed out for Thanksgiving. They will be doing a Christmas drive and, in fact, helping out those in the community throughout the year, noted Felicia Mitchell.



Felicia Mitchell and Mt. Nebo Pastor Cedric Brock



Pastor Brock



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A Mental Health Moment

# Getting Through the Holidays After Losing Loved Ones

By Bernadette Joy Graham, MA, LPCC

Licensed Clinical Mental Health Therapist

The Truth Contributor

The holidays can hit different when someone you love isn't here to share them with you. Sugarcoating it is tough. But even when it feels like the weight of grief is too much, there are ways to make it through. Let's talk about how to handle that pain, lean on the culture that keeps us grounded and why sitting down with non-white therapists might be the game-changer you didn't know you needed.

**Feel Your Feelings—Don't Bottle It Up**

Listen, there is no shame in your pain. If you feel like crying, cry. If you're mad at the world, that's valid too. Don't let anybody hit you with that "be strong" talk. Strong doesn't mean ignoring how you feel—it's about letting those emotions come out so they don't eat you alive. Grief is love that doesn't know where to go, so let it flow. It is also something that takes work; find a way to learn how to grieve, it won't happen overnight, time is not going to make it feel less painful. Holding any type of painful emotions or feelings is not good physically, mentally, emotionally and it will begin to bring an individual to decline; relationship issues, parenting, career and it just feel like you are wearing a mask and communicating with others with all the fakeness one can have.

**Honor Them in Your Own Way**

People of color and those from various cultures know how to keep a legacy alive. The people we've lost are never really gone as long as we carry them with us. This season, do something to honor them. Cook their favorite dish, hang their picture by the tree, or play that old-school track they couldn't stop blasting. It's your way of saying, "I see you, and I still love you." Also, check out the African American Legacy Project (AALP) of NW Ohio, a 501 c3 non profit that collects, archives and maintains the history of African Americans that would otherwise be lost. If you really want to honor a lost one, see if their picture is in the archives or any other information. You may also donate something of theirs such as a picture or artifact.

**Don't Go Through It Alone**

We're a community for a reason. If the grief gets too heavy, reach out to your folks. Your family, your church home, sports team or any other organization you may be a part. Check out [www.meetup.com](http://www.meetup.com) (it's not a dating site)... find them, there is something out there for everyone. Even if it's just sitting in silence with someone who understands, that connection can remind you that you're not walking this road by yourself. Don't be afraid to ask for what you need. Sometimes just saying, "I'm having a rough time," can open the door to support you didn't even realize was there. If you feel you have no one, that is another good reason to seek out a therapist.

**Take Care of You**

Self-care is not selfish. If you need to skip a party or take a break from all the holiday hype, do it. Light a candle, run a bath, or throw on your favorite song, whether it's songs you shared or remember about those you lost. Music holds a certain vibration that can affect your mood, thoughts and feelings. Protecting your peace is part of healing, and you deserve that, everyone deserves that. Just be very careful in not misdirecting your emotions onto others. Do not spend time with negative or toxic people. You are the only you you have, caring for yourself first will allow you to do a better job in taking care of others.

**Therapy is not Taboo - Just find the right therapist for you.**

Let's keep it 100—mental health is real, and therapy is a tool we should all have in our corner. Seek that therapist you feel will understand you better, un-



derstand where you're coming from because they've walked some of the same roads. They get the layers of grief, the culture, and the struggles that come with being a person of color - and non white within this world.

Therapy isn't about somebody "fixing" you—it's about assisting you with the tools to understand what you're feeling and helping you move through it. It's like having a guide who's trained to help you see the path when things feel too dark. One of the greatest things about therapy is everything you share with the therapist of your choice stays there. Confidentiality is of the utmost importance unless you say you want to hurt yourself or someone else, then it has to be reported.

**Find Moments of Joy**

Grieving doesn't mean you can't laugh or smile. It's okay to feel good, even if it's just for a moment. Watch a funny movie, listen to some music that makes you want to dance, or spend time with people who make you feel loved. Your loved one would want you to live—not just survive. If you lack feeling, emotions or moments of joy due to not having someone to share your time, energy and money, you are not alone in this situation. Always know that hurt people don't always hurt people, more hurt people, help people which is a more pleasing act you will feel deep down in your soul.

**You Got This**

Take a Mental Health Moment. Do some reflection and check your reality, the holidays will never feel the same, and that's okay; But with love, community, care, and finding new ways to celebrate (in a positive and a healthy manner) it will buffer some of the pain. Grief is heavy, but it's not the end of anyone's story. The people we've lost are part of us, and they'd want us to keep shining. Remember, it's okay to hurt, it's okay to heal, and it's okay to ask for help. Take it one day at a time—No one was meant to live on this earth forever.

This season, remember: it's okay to hurt, it's okay to heal, and it's okay to ask for help. Take it one day at a time—No one was meant to live on this earth forever. The world knows that individuals of color have a higher rate of mortality due to anything from violence, suicide, drug overdoses, and health related issues such as diabetes, high blood pressure and many other health challenges. Violence and suicide comes with losing everything and everyone, some individuals you know and some you don't. Taking a life, even your own is not the way to grieve. So please, as we move toward the end of 2024, also think about how much more healing will take place by the end of 2025. Lastly, being locked up or dead is not a way to maneuver through the holiday pains; it's only making the new year worse for others and that hurts....let's all help each other, help it is a great way to begin to heal.

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

*Bernadette Graham is a Licensed Professional Mental Health Therapist in private practice. She also provides educational workshops on matters of grief and mental health as well as conducting groups, and speaking at events. Bernadette has been an advocate within the Mental Health field for over 20 years.*

You may contact her or complete an intake at the following:

- +1 (786) 755-1863
- intake+Bernadette25063@growththerapy.com
- <https://www.rula.com/>
- <https://www.psychologytoday.com/us/therapists/bernadette-joy-graham-toledo-oh/415500>
- Maumee location in office - 419 866-8232
- Bancroft St. location Toledo - 419 578 2525 or 419 409 4929

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 2525 W. Bancroft Toledo, OH 43606  
[graham.bernadette@gmail.com](mailto:graham.bernadette@gmail.com)

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## It's Time to Start Moving

By Ryan Rollison

The Truth Contributor

Don't WEIGHT around for tomorrow to get started on your fitness journey. Start today!

Start small but start NOW! Go for a walk, cut something sweet out of one meal, take the stairs a few flights, do five push-ups, five squats, drink one less pop, but do something. Small steps turn into miles and then miles create results.

Find a friend and hold one another accountable. Pick two things to do a day, small things that will add up to a big results. Five squats and five push-ups a day. If you can't do five, then start with one and work up to five. Don't get discouraged if you can't do five yet you will get there.

Go for walks on your lunch break and find a few simple things you can do throughout your work day. Stand up every so often and do a few chair squats. Sit down, stand up, sit down, stand up.... Take time to take a few deep breaths and walk around your office or where ever you can for a few minutes.

You need to move and stay mobile keeping them joints flexible. Remember



motion is lotion! I always say baby steps and consistency are keys to your success. Don't try to do too much too fast unless you can handle it and won't get discouraged. Keep in mind 3500 calories are in one pound of fat. You can consume that in one meal but you can't burn that in one workout.

You have to stay aware of your meals and your activity level. Most of my clients do not realize how bad they eat till I have them keep a food journal, writing down EVERYTHING they eat. Then at the end of the week we go over it and see how well or poorly they did. It's quite an eye opener but it makes them more conscious of how they are eating. So, try to start writing down what you eat and track your activity level, it makes a huge difference.

Remember summer bodies are made in the winter! I am taking new clients and I have started Dream Bodies Fit Camps again. I will come to you for the camps if you have a church group, co workers, or any other organization that wants to do a camp together. Email me for information.

UNLEASH YOUR HERO and good luck working on that Dream Body!

Ryan Rollison

Dream Bodies

dreambodies419@gmail.com

## Mercy Health's Mobile Mammography Van Visits Area Locations

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

The mobile mammography unit is customized for patient convenience and will deliver 3D mammograms to women age 40 and older. It is equipped with

the newest 3D technology and offers patients the option of self-compression, meaning the patient will have the ability to control the compression once they are in position.

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

Monday, Dec. 2

Jewish Federation of Toledo / Sylvania YMCA/JCC  
6505 Sylvania Ave., Toledo 43560

Tuesday, Dec. 3

Mercy Health – Franklin Medical Center  
2213 Franklin Ave., Toledo, 43620

Wednesday, Dec. 4

Mercy Health – Pointe Shoreland Family Practice  
2755 Shoreland Ave., Toledo, 43611

Thursday, Dec. 5

Mercy Health – Perrysburg Primary Care  
1103 Village Square Dr., Perrysburg, 43551

Friday, Dec. 6

Tiffin Community Health Center  
1344 W. Seneca Ave., Tiffin 44833

Monday, Dec. 9

Mercy Health – Starbright Primary Care  
28555 Starbright Blvd., Perrysburg, 43551

Tuesday, Dec. 10

Oak Street Health – Toledo Northside PCP  
553 E. Manhattan Blvd., Toledo, OH 43608

Wednesday, Dec. 11

Old West End Community Health Center  
2244 Collingwood Blvd., Toledo, 43620

Thursday, Dec. 12

Zepf Center – Nebraska  
905 Nebraska Ave., Toledo, 43607

...continued on page 14

# Christmas Books for Little Kids by various authors and illustrators

By Terri Schlichenmeyer

The Truth Contributor

You'd better watch out.

And you know why: pretty soon, you're going to have a visitor come down your chimney or through a window or door of your house and leave you presents, if you've been good. No doubt, you're excited for that, and for the twinkly lights and the holiday music. Christmas can't come soon enough, so why not spend your time waiting by reading these great books...

For any kid who's asked for a new pet from Santa, *A Stray Dog for Christmas: How Suzy was Adopted* by Jack Jokinen, illustrated by Wendy Tan (Sourcebooks Kids, \$14.99) is the book to read. It's the story of a puppy without a name who was accidentally locked in a house. There are people who live there. Will they like her? Will they be her friend? Will they give her a name, once and for all, of her very own? Animal-loving kids ages three to six will want to find out! Be sure to check out the afterword, too, and meet the real Suzy.

You can't go wrong with a classic Christmas tale, and *'Twas the Night Before Christmas*, adapted by the Poem by Clement C. Moore, illustrated by Jane Chapman (Sourcebooks Kids, \$18.99) is that, with a twist. Here, Pa, and Ma in her kerchief are bears, as is Santa, whose sleigh is pulled by eight kinds of dogs sporting antlers on their heads. As the story unfolds, other animals join the tale and it's adorable on steroids. Kids ages five to eight who love Christmas won't want you to put this book away with the decorations. They'll want to have it read to them year 'round.

Children who are familiar with the "Chicka Chicka Boom Boom" books will be happy to see *Chicka Chicka Ho Ho Ho* by William Boniface, illustrated by Julien Chung (Beach Lane Books / Simon & Schuster, \$18.99) on the top of their Christmas book TBR pile. Here, A talks to B, and B convinces C to meet in the Christmas tree, which starts a tale of decorations and presents and "oh, no!" Kids ages two and three, those who are just learning their alphabet, will have fun with this picture book, and the shiny illustrations inside are very appealing. Older children (ages four and five) will love that the story reads so much like a jazzy, be-bop rhyme that they might even be tempted to make up a tune to go with it.

And if these, and your personal favorite childhood Christmas books, aren't enough for your youngster, be sure to check with your favorite bookseller or librarian and ask for new favorites and new traditions. Anyone at the bookstore or library can steer you toward even more picture books – literally, there are dozens of new ones for small children released ever year – and

c. 2024  
various publishers  
\$14.99 to \$18.99  
various page counts

they'll be happy to show you what's new in holiday books for older kids and teens, and books for you, too.

As for the above titles, though... you'd better watch out for them.

## Gifts From The Kitchen... continued from page 10

boil, reduce heat and simmer for one hour. Add optional cooked meat and heat through. For best flavor, use dry mix within one year.

*Peach Crisp in a Mug* from the University of Maine, makes one serving.

Ingredients

- 2 tablespoons quick oats
- 1 tablespoon brown sugar
- 1 tablespoon whole wheat flour
- 1 tablespoon finely chopped pecans
- 1 (4 ounce) container peaches in natural juice

Use one mug.

• Place dry ingredients inside a snack-sized re-closable bag and place bag in bottom of mug

• Place the container of peaches on top of the dry ingredients.

• Attach gift tag instructions for the final product. Note: Store in refrigerator and use within 1 month.

### Instructions for Cooking Peach Crisp in a Mug:

Ingredients:

Peach Crisp dry ingredients

- 1 ½ teaspoons butter
- 1 4-ounce container of peaches

Directions:

1. Place butter into a plain coffee cup/mug. Microwave for 20 - 45 seconds to melt butter.

2. Add dry ingredients, stir to moisten. Mixture will be crumbly.

3. Add the peaches, undrained, and stir well.

4. Microwave 2 more minutes.

Enjoy!



The Clarence Smith Community Chorus, Mercy Health,  
Area Office on Aging for Northwest Ohio

Present

*A Community Celebration of Christmas*

Featuring  
The Clarence Smith Community Chorus

With Special Guests  
Ballet Studio L.A.B. Toledo School for the Arts  
Olivia Woodard-Klahn, Violinist and Karen Volmer, Collaborative Pianist

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Performances at 2:00 PM and 6:00 PM  
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3613 Monroe Street, Toledo, Ohio 43606

Tickets:  
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For More Information Contact: 419-283-1434  
Facebook: Clarence Smith Community Chorus  
Website: <http://www.CSCChorus.com>

"Embracing the Future While Presenting the Past"

# Senior Farmers' Market Nutrition Program Benefits: An Opportunity For Northwest Ohio Seniors To Fill Your Thanksgiving Table

Last week, as the Thanksgiving holiday approached, Congresswoman Marcy Kaptur (OH-09) and the Area Office on Aging (AOoA) reminded older adults 60+ across Northwest Ohio about the importance of using their Senior Farmers' Market Nutrition Program (SFMNP) benefits before they expire at the end of November. This program provides a wonderful opportunity to fill your Thanksgiving table with fresh, locally grown fruits, vegetables, herbs, and honey while supporting local farmers.

"The Senior Farmers Market Nutrition Program is more than just food assistance — it's an investment in the health and well-being of our seniors and a boost to local farmers, producers, and growers who work tirelessly to pro-

vide fresh, nutritious foods for our community," said Congresswoman Marcy Kaptur (OH-09). "With Thanksgiving just around the corner, we encourage seniors who have remaining program benefits for 2024 to redeem them while they still can. This is a great way to help fill your Thanksgiving table with fresh, locally-grown produce and healthy foods for the holiday."

"Older northwest Ohioans can create a healthier economy for farmers and a healthier diet for themselves," said Justin Moor, President/CEO of the Area Office on Aging. "To do this, they must simply use the Senior Farmers' Market Nutrition Program benefit they have received at local farmers markets and stands by the end of this month. When they do this, local farmers will receive a part of the \$500,000 remaining available and older northwest Ohioans will receive a bounty of local produce for the holidays."

The Senior Farmers Market Nutrition Program <<https://www.fns.usda.gov/sfmnp/senior-farmers-market-nutrition-program>>, funded by the US Department of Agriculture and administered by the AOoA, connects seniors with farmers across ten counties in Northwest Ohio. Through collaborative efforts and federal support, the program recently saw a historic \$50 Million expansion, increasing its reach by 250 percent and enabling it to serve more than 23,000 older adults 60+ in our region annually. For more details on this expansion, read Congresswoman Kaptur's official announcement <<https://kaptur.house.gov/media-center/press-releases/kaptur-announces-50m-expansion-senior-farmers-market-nutrition-program>> from October 13, 2022.

How to Participate:

- Seniors age 60 and older, residing in Ohio, and meeting income eligibility requirements (185% of the poverty level) are encouraged to use their benefits before they expire on November 30, 2024.
- Benefits can be redeemed for fresh produce, herbs, and honey at participating farmers' markets or roadside stands throughout the region.

## *Mercy Health... continued from page 12*

Friday, Dec. 13

Mercy Health – Jefferson Family Medicine  
2200 Jefferson Ave., Toledo, 43604

Monday, Dec. 16

Mercy Health – Perrysburg Primary Care  
1103 Village Square Dr., Perrysburg, 43551

Tuesday, Dec. 17

Bryan Community Health Center  
228 S. Main St., Bryan, 43506

Wednesday, Dec. 18

YWCA of Northwest Ohio  
1018 Jefferson Ave, Toledo, 43604

Thursday, Dec. 19

Mercy Health – Maumee Primary Care  
1657 Holland Rd., Maumee, 43537

Friday, Dec. 20

Mercy Health – Waterville Primary Care  
1222 Pray Blvd., Waterville, 43566

Monday, Dec. 23

Mercy Health – Starbright Primary Care  
28555 Starbright Blvd., Perrysburg, 43551

Thursday, Dec. 26

Mercy Health – Swanton Primary Care  
22 Turtle Creek Dr., Swanton, 43558

Monday, Dec. 30

Mercy Health – Sylvania Medical Center  
3100 King Rd., Sylvania, 43617

Tuesday, Dec. 31

Mercy Health – Starbright Primary Care  
28555 Starbright Blvd., Perrysburg, 43551

Please note, while mammogram screenings may be covered by insurance, for best coverage, please verify if Mercy Health – St. Charles Hospital is an in-network provider with your insurance carrier. If you are uninsured or underinsured (have high deductibles), we have financial need-based assistance programs available to help you. If eligible, you may qualify for a no-cost mammogram. Call 1-800-929-6626 for more information.

Screenings at the Mercy Health Mobile Mammography unit are by appointment only - call 833-MAMM-VAN to schedule your screening on the mobile unit.

To view the full list of dates and locations, visit [mercy.com/toledomobilemamm](https://mercy.com/toledomobilemamm)

Talk with your doctor about when you should have a screening mammogram. Screening mammograms are usually a covered benefit with most insurance carriers.

Certified radiologists read all mammograms and because a second look can mean a second chance, we double-check all mammograms with a computer-aided detection system that detects more breast cancer than mammography alone. You and your physician receive a copy of the results.

## *Giving Birth... continued from page 4*

In 2023, according to the World Health Organization, about one in three births in the United States were C-sections.

There are a few reasons why.

The overutilization of C-sections, Baker says, is because physicians are afraid of malpractice claims and lawsuits. While in training, she recalls physicians encouraging a C-section because "you never have to apologize when the baby comes out." But this default decision has increased the risk of complications for patients.

"Not only is it a traumatic mental imprint that is forever left (on a patient)," Baker says, but they also face an increased risk of hemorrhage, infection, and postpartum complications. "There is a time where a C-section is needed ... but this whole knee-jerk reaction to just do a C-section, if you're unsure, needs to stop."

### **Will I Die Giving Birth?**

In 2023, when Dukes-Harris became pregnant again at 33, she was determined to do things differently with her birthing experience. To prepare for her daughter's arrival, Dukes-Harris got a prenatal chiropractor and hired a team of three doulas and a home birth midwife.

"I can't die giving birth," she says. "My OB-GYN said that having a baby at 30-plus, over 300 pounds, is basically a death sentence."

But her diagnosed anxiety kicked in and led her back to the hospital at 4 a.m.

"I physically prepared, but I didn't mentally prepare for birth," she says. "I was having an out-of-body experience."

Doctors wanted to push for a C-section, but Dukes-Harris refused. Once her 6-foot-5 husband and midwife entered the room, she was able to successfully deliver her daughter vaginally. Now, after two birthing experiences that didn't go exactly as planned, she created swishvo, a platform that connects patients and providers to access holistic health options.

On a national scale, certified nurse midwives have been shown to improve birth outcomes for Black and American Indian, and Alaska Native communities. Currently, 27 states and D.C. have policies that allow certified nurse midwives full practice authority.

"Community-based birth workers, doula, nurse navigators, lactation consultants, childbirth educators, we need all of that," Baker says. "Our doulas are magnificent; they educate patients. We're not able to do this by ourselves as physicians and midwives. We need a community of care for our patients."

# CLASSIFIEDS

December 4, 2024

Page 15

## LUCAS COUNTY BOARD OF MENTAL HEALTH AND RECOVERY IS NOW ACCEPTING APPLICATIONS FOR THE FOLLOWING POSITION:

- Assistant Director, Programs and Services.

### SUMMARY

The Assistant Director will provide direct supervision of the managers over the continuum of prevention, treatment and recovery services, including client rights. The continuum is designed to meet the needs of children, adolescents and adults and is consistent with established board priorities. This includes the Manager of Crisis and Treatment Services, Manager of Prevention and Recovery Services and Manager of Client Rights and Housing.

### EDUCATION/EXPERIENCE

The person will have a minimum of a Master's degree in a relevant field of study and appropriate licensure (LISW, LPCC), or ability to obtain the license within one year. Requirements also include a minimum of 7 years' experience in the behavioral health field and at least 2 years of supervisory experience. System planning experience and excellent communication skills are preferred.

**Starting Salary Range is up to \$73,000 dependent on license and experience.**

For detailed position descriptions and to apply please visit:

<https://tinyurl.com/2p5hs2b2>  
**Equal Opportunity Employer**

## LUCAS COUNTY BOARD OF MENTAL HEALTH AND RECOVERY IS NOW ACCEPTING APPLICATIONS FOR THE FOLLOWING POSITION:

- Administrative Assistant

### SUMMARY

The Administrative Assistant is responsible for managing the daily operations of the Board office to ensure that office functions are carried out in an efficient, timely and cost-effective manner. The Administrative Assistant 2 will have the primary responsibility to support the Executive Director, Administrative staff, the Board, related committees and perform financial functions as assigned. The individual must have the ability to manage multiple tasks and set priorities. The position will report to the Executive Director.

### EDUCATION/EXPERIENCE

Associate's degree in business, office management or related field, at least two years' experience providing administrative support services, Excellent written and verbal skills along with significant experience using Microsoft Office software and familiarity with parliamentary procedures required. High school graduate or equivalent and with at least four years' experience providing similar work may be substituted for degree requirement.

**Starting Salary Range is \$42,000-\$46,000, salary dependent on experience.**

For detailed position descriptions and to apply please visit:

<https://tinyurl.com/3wf7j4yc>  
**Equal Opportunity Employer**

## INVITATION FOR BIDS LMH UNIT TURN SERVICES IFB24-B015

Lucas Metropolitan Housing (LMH) will receive bids for **LMH Unit Turn Services in accordance with IFB24-B015**. Received in accordance with law until **December 5, 2024, at 3:00 PM ET**. For documents: [www.lucasmha.org](http://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 FOR PROJECT BASED VOUCHERS RFP24-R001 N

Lucas Metropolitan Housing (LMH) will receive proposals for **Project Based Vouchers for the HCV Program**. Interested parties should be owner/developers, management agent, and/or project sponsors for projects concentrating on Supportive Services. LMH has reserved up to 151 PBV for this rolling RFP. Received in accordance with law until **December 5, 2024, at 3:00 PM ET**. See documents: [www.lucasmha.org](http://www.lucasmha.org); 424 Jackson Street, Toledo, OH 43604; or 419-259-9438 (TRS: Dial 711). Affirmative Action and Equal Employment Opportunity requirements (Executive Order #11246). This contract opportunity is a Section 3 Covered Contract and any Section 3 Business Concerns are encouraged to apply.



## PATHWAY, INC.

### P/T Data Assistant – Brothers and Sisters United

\$21.00/hr. x 20 hrs./wk.

**Essential Functions:** Evaluating, collecting and maintaining program data; completing all intakes; performs work and ensures all data is put in the Well Family System and other databases; performs weekly review of Case Managers data entry identifying issues; analyzes data for patterns and trends; builds reports; reviews participants progress; and enters all data points.

### Office Aide BYOUth/SYOUth

\$17.00/hr. x 40 hrs./wk.

**Essential Functions:** Provides support in the initial stages and throughout the program; completes phone call log; responsible for recruitment; follow-up with participants; completes Case Management; manages an active caseload; links and refers participants with resources; responsible for completing assigned monthly, quarterly and annual reports; and coordinates developing a community, outreach, and recruitment plan.

### Case Manager BYOUth/SYOUth

\$21.00/hr. x 40 hrs./wk.

**Essential Functions:** Provides support in the initial stages of the program and throughout; completes phone call log; responsible for recruitment; follow-up with participants; completes Case Management services; manages an active caseload; links and refers participants to community resources; follow-up to ensure contact with service providers; responsible for completing assigned monthly, quarterly and annual reports; and coordinates in developing a community, partner, outreach, and recruitment plan.

### Employment Specialist P/T

\$21.00/hr. x 20 hrs./wk.

**Essential Functions:** Responsible for recruitment and entering into the ETO system; provides linkages and referrals; completes case notes; follow-up ensuring program completion; supports recruiting efforts by reviewing yearly, monthly, and weekly goals for youth ages 18-24 and fathers 25 and older; builds outreach efforts and plans by researching and contacting community services, hospitals, clinics, and working with CHW through Healthy Start or Pathways HUB; assists with making presentations; and maintains rapport with community partners.

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# Kristin Moncrief Opens New Optical Shop in Minority Way Plaza

The Truth Staff

Kristin Moncrief, the owner of Optigo by Twix 'N' Between, has opened a new shop in the Minority Way Plaza (corner of Bancroft and Franklin) in order to provide vision care in a setting anyone can find at any time of the day or week.

Moncrief, an ABO Certified Ohio Licensed Optician and Certified Vision Screener, with a Bachelor of Science in Organizational Management and a minor in Marketing from the University of Toledo, was introduced to the optical industry several years ago she fell in love with helping others see.



Kristin Moncrief

For several years now, since 2020, Moncrief has provided such service, at homes, churches, schools or workplaces, by means of a bus. That bus will remain a part of the business, says Moncrief. The option of an office will now provide to customers a regular hour operation that will be open to all.

To start, Moncrief's office at Minority Way Plaza will be open on Tuesdays and Thursdays from 3 to 5:30 p.m. and on Wednesdays from 9 a.m. to 1 p.m.



Moncrief and Optigo by Twix 'N' Between are joining the other Black-owned businesses and agencies at Minority Way Plaza: Mike Ivery's Gold Star Veterans; Kim Dixon's Jewel Realty; Gerald Aaron's We Care (Home Health Care); Crystal's Sinceres Learning Ladder; Nikola Welcome-Bovell's Truth Colours Gallery and The Truth Newspaper

For more information or to schedule an appointment, call or text 419-754-0278 or visit [twixnbetween.com](http://twixnbetween.com).

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