

The Sojourner's Truth

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“And Ye Shall Know The Truth...”

December 18, 2024

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A Mirror into the Soul of America

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

The Truth Contributor



Our lives begin to end the day we become silent about things that matter.

- Martin Luther King, Jr.

In his book *9 Things You Simply Must Do to Succeed in Love and Life*, Dr. Henry Cloud asserts that the essence of one's character is revealed by the things we choose to hate and the things we stand for and against.

When directed the right way, or "hating well," the term Cloud uses, it pushes us to "solve real problems rather than creating them."

On the other hand, "subjective or misplaced hatred" often arises from unresolved hurt or deeper character flaws like pride or a need for control. This destructive emotion undermines success in solving real problems by fueling overreactions, conflicts, and broken relationships while sabotaging the goals and efforts of those who harbor it.

The proliferation of symbolic legislation like Representative Josh Williams' Ohio House Bill 700, which proposes to make it a felony for athletes to plant flags on Ohio Stadium, is a prime example.

Lucas County has one of the lowest life expectancies in Ohio, with residents in Representative Williams' hometown dying nearly a decade earlier than those in wealthier Delaware County, Ohio.

Rather than directing anger toward things worthy of hate, such as healing a sick healthcare system, addressing gun violence, poverty, homelessness, housing affordability or unemployment or underemployment, Williams' burning zeal for a meaningless and symbolic law that panders to cultural divides instead of the real issues he should be tackling has made him the butt of jokes on talk shows and other national media.

This same tepid response toward serious issues also appears in other policy decisions. Pete Hegseth, whose past includes allegations of sexual assault and professional misconduct, is currently a highly touted potential Secretary of Defense nominee.

Despite his dubious background, he's being painted by many as the victim—a move straight out of the "protect the patriarchy" playbook. The truth is that the system has long protected men with this ancient caveman-like thinking, and this rabid pushback against accountability highlights the deep fear of the demographical changes threatening the old guard's grip on power.

Yet, in the meantime, homophobic and transphobic lawmakers focus on attacking LGBTQ+ rights and creating panic over issues affecting less than 0.02 percent of Ohioans, a tiny fraction of the population.

It is fear dressed up as action. It is fear of change, diversity, and a future where they don't call all the shots. Or, as Cloud declares, "hate shows us who they really are: people running scared of progress."

The Numbers Don't Lie, People Do.

Some politicians (whose leader won the election by 1.3 percent of the vote and got less than 50 percent but call it a mandate) truly fear that the traditional power structure—white, patriarchal and Christian Nationalist—is crumbling. But demographics tell a different story. Nonwhite and non-Christian communities are growing. Immigrants boost the economy and bring vitality to society. Trying to exclude diverse groups and shut them out reveals not only fear and misplaced hate but also shortsightedness.

The flag-planting controversy sums it all up. The far-right Conservative Party has built an entire political and ideological platform of hate by planting metaphorical flags on women's bodily autonomy, public schools, voting rights and gerrymandering, and transgender and LGBTQ+ people—all driven by fear.

The ironic move to ban literal flag-planting on sports fields shows they fear losing, both on the field and in life. As someone put it, "Losers don't want to be confronted." Instead of addressing real challenges, they hide behind symbolic battles that make them look macho or hypermasculine while solving nothing.

We now know who Ohio's leaders and others like them truly are. They have a choice to make.

They can keep planting flags in fear, or they can put hate where it truly belongs by having the courage to tackle the issues that really matter.

Hating well means leaving behind the cheap wins of culture wars and doing the hard work of progress. Anything less is letting the people down.

Contact Rev. Donald Perryman, PhD, at drldperryman@enterofhopebaptist.org



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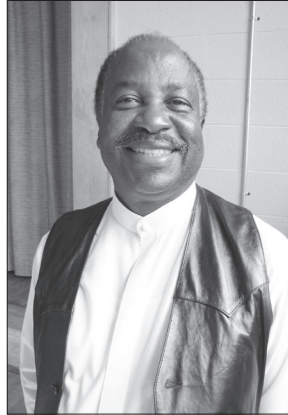
By Lafe Tolliver, Esq

Guest Column

The time is April 3, 2025. The place is the Dallas/Fort Worth airport. On the runway is commercial charter flight 312 with 312 Nicaraguan undocumented "aliens" on board. Seventy-three children are also passengers.

The area around the plane is swarming with both ICE agents and other masked federal agents from the Department of Homeland Security.

In a black limousine surrounded by military Jeeps, President Trump sits watching the commotion with a grin on his orange face. He has waited months for this auspicious occasion.



It was a hotly and divisive 5-4 US Supreme Court case that allowed Trump to exercise executive powers to start his promised shipment of illegal aliens out of the country; and it was now coming to fruition. There were no protesters outside of the airport due to extreme security and radio silence about this event. Not even Congressional members were informed of this flight or where it was headed, but Trump knew.

It was headed to Caracas based upon a promise of an upfront hefty payment of 50 million dollars to the corrupt Elehandro government which was quietly seeking US currency to help stabilize their faltering monetary system.

The passengers on board were culled from lists of the most recent immigrants to cross the Mexican border at El Paso, Texas and were detained in a hastily built tent camp in the desert. Visitors were not allowed including immigration attorneys or the clergy.

Through surveillance cameras, Trump was able to view the embarking passengers as if they were vermin under a microscope. It did not matter to Trump that some of the detainees were US citizens but because their US passports were expired, they were fair game by the strong-armed ICE police.

Two intrepid reporters who happened to come upon the hidden campsite were detained without warning or a hearing; and were held incommunicado from their wire services.

Several of the boarding male passengers tried to put up some minimal resistance but were tased, hogtied, blindfolded and placed on the jetliner near the cargo section.

All systems were go as the control tower gave clearance for the aircraft to start taxing before takeoff.

On the plane, people were crying, shouting and demanding justice. No one listened and no one cared. They were to be the first guinea pigs of Trump's first mass deportation plan, whether they liked it or not.

Other than the quiet sobbing of the captive passengers, the ride to Venezuela was uneventful...until.

Until the plane, paid for by an anonymous GOP PAC out of Texas, was approaching about 500 miles out from the Caracas airport.

The following is a verified transcript of the recordings from the plane to ground control at the airport.

PILOT: Hello, this is Flight 312 from Dallas, Texas with coordinates 73 south, 47 north and an altitude of 13 003, requesting landing bearings and runway clearance number. OVER.

CARACAS CONTROL TOWER: Flight 312, we read you loud and clear but show no preclearance authorization for landing in our country. OVER.

PILOT (confused) Do not understand your transmission. We are flight 312 and were cleared for takeoff in Dallas and to Caracas. OVER.

CARACAS CONTROL TOWER: Flight 312, you do not have authorization to land.

Your onboard passengers are considered non-cleared parties of unknown origins.

I repeat. Your permission to land has not been approved by our government. OVER.

PILOT (seemingly anxious). Listen, I have over 300 passengers that I need to set down and you are the only airport that can accommodate this plane and our gas is low. OVER.

CARACAS CONTROL TOWER: Again, we have a radio message from our government that in no circumstances are you to land in our country. I suggest that you redirect your flight coordinates to that of SCRK-456 and land in Aruba.

PILOT: That is not an option. We are headed in for a landing in zero five minutes. OVER.

CARACAS CONTROL TOWER: Flight 312, I have been instructed that if you attempt such an illegal landing, it will be considered an act of aggression and a violation of our sovereignty and airspace; and appropriate military action will be taken forthwith! OVER.

PILOT: Our landing gear is down and we are coming in hot! OVER.

CARACAS CONTROL TOWER: _____ Silence.

All that is remembered is that two Venezuelan military jet fighters were dispatched from the airport heading towards the jetliner with orders from the military junta to prevent its illegal landing due to national security threats from the incoming jet liner.

If you were watching from the ground, a large orange fireball soon lit up the sky. It was later learned that the promised payment for the illegal immigrants to land in Caracas was withdrawn at the last moment by Donald Trump.

The promised mass deportation hit its first snag.

Search and recovery for the downed passengers continues; Trump denies making any promised payment to Caracas.

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City Council President Mary Sheffield Announces Historic Campaign for Mayor of Detroit

Campaign Announcement draws over 3,000 Detroiters to hear highlights of her vision for neighborhood revitalization, family safety, affordable housing, economic growth and youth empowerment

Mary Sheffield, Detroit City Council president and a lifelong Detroit, officially launched her campaign for mayor at The International Brotherhood of Electrical Workers (IBEW) Local Union 58 before an enthusiastic crowd of residents, community leaders and advocates. The announcement filled the venue to capacity and reflects the overwhelming energy and collective support behind her campaign. Remarks amplifying her passion, commitment and vision for Detroit included Judge Greg Mathis, former Michigan 26th District Court judge; Cindy Pasky, founder, president and CEO of Strategic Staffing Solutions; Tommey Walker, founder of Detroit vs. Everybody and Melissa Butler, CEO of The Lip Bar.

Sheffield delivered a poignant address based on collaboration and hope, outlining her vision for a more united Detroit that prioritizes all residents.

"Today, I stand before you filled with hope, pride and an unshakable belief in our city and in each of you," Sheffield said. "This campaign is not about me, it's about our collective future, this campaign is about ensuring that we build on the growth and the progress we've created together – and to ensure that our City's prosperity touches the lives of every resident. Together we can and together we will."

Sheffield highlighted her dedication to service, rooted in her upbringing in Detroit and inspired by a lifelong commitment to civil rights, social justice and public service. As a council member for eleven years, she has championed initiatives such as inclusionary housing, home repair grants and the Neighborhood Beautification Program. Her mayoral candidacy builds on this foundation, focusing on revitalizing neighborhoods, safety for Detroit families, expanding affordable housing, fostering economic mobility and growth, and empowering youth through education and mentorship.

"My vision for Detroit is simple: It's one where every Detroiters can reach their full potential," Sheffield said. "A city with vibrant neighborhoods,

... continued on page 6



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A Better Discussion Guide: Finding Common Ground Around the Holiday Dinner Table

By Ben Jealous

The holidays are a time for coming together. We should not just be coming together physically to drive us further apart mentally, emotionally, and spiritually by reinforcing our differences.

Yet a lot of organizations, brands, and politicians put out discussion guides and talking points to help their supporters "win the debate" at holiday gatherings, or change the minds of their family and friends who hold "opposing" views.

Let's instead focus on what we know we all agree on, what we have in common, and strengthen bonds at the family and friend-group level – which will eventually lead to strengthened bonds at the community level and beyond.

And we agree on a lot.

You would be hard-pressed to find someone who does not want cheaper utility bills. With clean energy jobs already powering the economy, that increasingly means lighting and heating our homes with clean energy sources like solar, wind, and batteries. The transition is not so far along because of some hidden green agenda; it is because clean, renewable energy is both



...continued on page 12

Woman To Woman – A Breakfast Fundraiser

By Dawn Scotland

The Truth Reporter

The YWCA of Northwest Ohio hosted Woman to Woman, a breakfast fundraiser, at Inverness Club Tuesday morning December 10. The impactful event featured Janine Latus, author, survivor and speaker, who shared her heart-wrenching personal journey through domestic violence and survival.

Woman to Woman fosters meaningful conversation around the truths and barriers faced in domestic abuse. The event highlights the importance of individual and collective action to discover how to be more vigilant and supportive to victims of abuse.

Lisa McDuffie, president and CEO of YWCA of Northwest Ohio, shared statistics in her remarks “on average, according to the CDC 24 people every minute becomes a victim of rape, physical violence and stalking by an intimate partner. That’s more than 2 million people in one year,” she stated.

“The CDC also stays nearly one in three college women report that they have been in an abusive dating relationship. These numbers point to the acceptance and normalcy of abusive behavior,” she continued.

The YWCA of Northwest Ohio aims to fight for progress in the community by offering the opportunity to help ensure that women in the community are not alone in their journey; and that every individual and family, desperately struggling to survive abuse, can access their shelter and services to find a safe haven and a fresh start.

Latus, The New York Times Bestselling author of *If I am Missing or Dead: A Sister's Story of Love, Murder and Liberation* served as the featured speaker

for the event and shared her personal account of domestic violence. She revealed her story of abuse and shared with those in attendance how to recognize signs of abuse, how to intervene, ask for help, and begin anew to build a life free from fear. To learn more about her book visit Amazon.com or JanineLatus.com.

For over 150 years, YWCA of Northwest Ohio has been working at the intersections of violence against women, homelessness, healthcare, racial equity, and education. We help women, men, children, and families overcome socio-economic barriers to promote living and thriving while seeking equality, justice, and dignity.

The YWCA of Northwest Ohio, working to meet the diverse needs of women and the elimination of racism, serves more than 15,000 individuals each year through various programs. The programs include: Domestic Violence Shelter, Rape Crisis Center, Child Care Resource and Referral, Youth Development, Long Term Housing, Racial Justice, and Healthy Connections.

The YWCA provides educational programming, community outreach, direct support, referrals to community resources, and advocacy supporting marginalized individuals and families. The programs create powerful impacts in our communities as we work to challenge structural barriers to equity.

YWCA of Northwest Ohio is dedicated to eliminating racism, empowering women, and promoting peace, justice, freedom, and dignity for all.

(Source: www.ywcanwo.org/)



Author Janine Latus



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State Representative Josh Williams Meets Maritime Students

By Paul Hubbard
Guest Column

State Representative and Majority Whip Josh Williams met with the students at Maritime Academy two weeks ago. He wanted to let the students know that there are opportunities for them after graduation. When he asked the students what they want for employment: one young lady said she wanted to be a social worker, another said she wanted to learn cosmetology, a young man said he wanted to be a plumber and another young man said he wanted to work on a Lake Ship and already had job offers.

Williams indicated to the students that he could get them all into training programs that were free. He said there are plenty of training programs in the skill trades area and that all he has to do is pick up the phone. He told the students he can get any student into a job training program of their choice once they graduate from Maritime or any other high school.

However, he also told them that smoking weed would keep them out of most skill trade training programs and other training programs because of the danger that being high it brings to the job. He went on to say that if you are injured on the job and you have been smoking weed the insurance companies can refuse to pay you for your injuries.

Williams recalled that when he was younger he smoked weed but learned the about the negatives that come with smoking weed which are not worth the high. He went on to say that drinking too much alcohol will also be an employment problem.

He told the students that he had to stop smoking weed and drinking too much in order to graduate from law school; start Explorer Academy Science and Tech School.; and become a State Representative (and majority whip).



State Rep Josh Williams and Maritime students

Williams also chairs the Ohio House Education Committee. He told the students to get their lives together without smoking weed and drinking too much so they can go forward with their lives.

The state representative also toured Maritime Academy and saw the Laker Ship Simulator. He listened to a few of the Juice Radio spots that Maritime Academy students have done. Maritime has a partnership with the Juice Radio Station to do Conflict Resolution and Youth Motivation Radio spots that were created by Betty Cook, a former Howard University professor.

I recommend that any youth group contact Toni Battle Gaines at the Juice Radio Station and obtain copies of the spots to play for their youth groups during meetings.

In 2024 City Councilwoman Cerssandra McPherson and County Commissioner Anita Lopez toured Maritime at separate times and met with the students; at an Ohio State Michigan game tailgate party Toledo Mayor Wade Kapszukiewicz informed me he will come to Maritime in January 2025 to tour and talk to the students.

Paul L. Hubbard, Chair of the BD Maritime Academy.



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City Council...continued from page 4

safe streets, affordable housing and economic opportunities for all. Together, we can build a Detroit where every family has a path to prosperity."

The announcement drew a diverse audience united by Sheffield's vision for Detroit's future. Rally signs reading "Together We Can, Together We Will" highlighted the energy and collective commitment behind her campaign.

"From Day 1, I first met Mary Sheffield, it wasn't in a fancy gala or a business event. She was right there in my neighborhood, in the community, knocking on doors and talking to the people," said Georgia Cole, President of LaSalle Beautiful Block Club in District 5. "She wasn't trying to get a photo op. From day one, all she asked was, "How are you? How can I help? She is a servant leader, a true leader. If you call her, she gets the job done."

Sheffield acknowledged Detroit's progress over the past decade while emphasizing the work still ahead. "Over the last 11 years, we have built a legacy of working together to accomplish so much in service to Detroit and its people," she said. "Today is about coming together to write the next chapter in Detroit's great history. Because I believe that coming together as one is the key to helping every Detroiter reach their full potential."

In her closing remarks, Sheffield invited Detroiters to join her in building a city defined by unity and progress. "Detroit, I believe in our potential, and I believe in each of you," she said. "The road we're walking isn't going to be easy, and I know that there is much work to be done. But there is nowhere else in the world I'd rather be, and there is no worthier cause I'd rather serve than working every day for the people of the City of Detroit. Together, we can. And together, we will."

Silent Crisis: When Bullying Targets Black Students

How schools fall short of dealing with harassment and lack of mental health resources for vulnerable students.

By Quintessa Williams, Word In Black
Special to The Truth

For more than a year, 14-year-old Kelaia Turner endured bullying from schoolmates and even her teacher at Dr. Phinnize J. Fisher Middle School in Greenville, South Carolina. They teased her about her looks, calling the girl a “roach” and “a man.” They soaked her clothes and dumped them in the garbage.

Her mother, Ty Turner, repeatedly complained to the school, according to a new lawsuit, but the taunts and harassment continued. Kelaia ultimately decided she could no longer take the abuse. On March 17, 2023, Turner found Kelaia in her room, dangling from a belt wrapped around her neck. The child had tried to kill herself.

“She was gone for eight whole minutes,” Turner told NBC affiliate WYFF-TV. “Paramedics couldn’t find a pulse, and they couldn’t find her heartbeat. There were grown men in the room crying.”

Kelaia survived but suffered severe brain damage and spent months in the hospital, including 31 days in a coma in intensive care, according to the GoFundMe fundraiser created by her mother. Even in the hospital, though, the bullying continued: a classmate visited Kelaia in the ICU and took photos of her, which ended up on social media.

In a statement to The Washington Post, Greenville County Schools denied the allegations. “The school and district administrations investigated and addressed each of the reported incidents in accordance with policy and law,” according to the statement. No parent concerns or reports of bullying were ignored, and all were directly addressed with the student’s mother. While we do not agree with the allegations, our hearts go out to Kelaia Tecora Turner, her mother, and their family.”

Kelaia’s heartbreaking story, detailed in a lawsuit against the Greenville County school system, reflects a national crisis: studies show four in 10 Black K-12 students face bullying in school, much of it is based on their race, and most school districts lack the resources to help or protect them.

Bullying Black Students Is a National School Crisis

A 2023 report from The Public Health Post found that although Black students make up 15 percent of all students in the nation’s K-12 public school system, they account for 37 percent of students who experience bullying. Experts believe the percentage is likely wider than reported, given that students of color are less likely to report being bullied due to mistrust of the school system.

Often, schools’ responses to racial bullying against Black students fail to address the severity and prevalence of the abuse. A 2021 policy brief from

The Intercultural Development Research Association found that schools frequently lack the resources to recognize and respond to the specific type of trauma bullied Black students suffer.

Additionally, the Department of Education’s Office for Civil Rights has identified instances where schools have turned a blind eye to known acts of racial harassment.

At the same time, studies show an alarming rise in suicide rates among Black youth. The Centers for Disease Control and Prevention reported in 2023 that while the suicide rate between 2018 and 2021 among Black school-aged kids fell from 14% to 10%, it was still increasing faster than any other racial or ethnic group. Their study also found that more than 6 in 10 Black youths who attempted suicide did so due to racism and school bullying.

These incidents not only perpetuate hostile school environments but further exacerbate mental distress, which can disrupt their education and academic achievement.

The Mental Health Toll in the Classroom

Persistent bullying, especially, can lead to decreased academic performance, increased absenteeism, and higher dropout rates. A 2024 report from The Journal of Early Adolescence found that students who are subjected to bullying scored lower on standardized tests and received poorer grades than their non-bullied peers.

The compounded stress from bullying can trigger anxiety, depression, and self-harm, including thoughts of suicide. But without culturally competent mental health resources — psychologists and counselors who understand racism and the Black experience — students are often left without the support that can help them.

A Strong Call for Change

Kelaia, now 14, is unable to speak or feed herself and can’t breathe on her own, according to the lawsuit. Her parents provide the bulk of the around-the-clock care she requires, beginning at 2 a.m. and with little respite.

Turner, her mother, says she believes that, despite the excruciatingly painful circumstances, — her child has a purpose and can help others.

“Kelaia advocating for Kelaia should have been enough, and it wasn’t,” Turner told The Washington Post. “Me advocating for Kelaia wasn’t enough. So now what we want to do is make sure that we are shining a light on [bullying] and trying to set a precedent so that these schools are compelled to address this.”

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New Rosa Parks Mural Makes Debut In TARTA's Transit Hub

Special to The Truth

Customers waiting for their ride at the Toledo Area Regional Transit Authority's (TARTA) Transit Hub at 612 N. Huron Street in Toledo may have noticed some new scenery lately – a tribute to a transit icon and the mother of the civil rights movement. A new mural honoring the life and legacy of Rosa Parks is now on display on the rear wall of the public section of the Hub.

This work was created by Toledoan Mercé Culp, also known as Urban Digitz, in collaboration with the Arts Commission of Greater Toledo.

"I want to thank the Arts Commission for their guidance on this project, and for helping shine a light on the honor, courage and legacy of Rosa Parks, whose impact on public transportation and our nation cannot be overstated," said TARTA CEO Laura Koprowski. "Access to important destinations should be available to everyone, so that our entire community has a chance to raise their quality of life. Rosa Parks stood for those ideals and we are challenged to follow them."

This work replaces a previous tribute to Rosa Parks installed at the Hub on Rosa Parks Day in 2023, which included space for visitors to share what Rosa Parks and her drive for justice meant to them. In February of this year, TARTA and the Toledo Chapter of the NAACP recognized Rosa Parks Day with an event where TARTA and City of Toledo officials and NAACP members read to children at Toledo Lucas County Public Library locations.

"The Arts Commission is honored to partner with TARTA on this public art project that pays tribute to civil rights icon Rosa Parks and honors her act of defiance on December 1st, 1955," said Arts Commission Director of Art in Public Places Nathan Mattimoe.

"Mercé Culp's vibrant mural captures Rosa Park's strength and dignity and serves as a vibrant tribute to her unwavering courage and pivotal role in the fight for racial equality and justice. The mural also honors the vital service that TARTA provides to so many of our fellow Toledoans. We hope to continue this partnership into the future."



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Grown Folks Holiday Party

Tricia Hall

The Truth Reporter

Toledo's Grown Folks gathered for the second annual Essence of Giving Holiday Gala, held Saturday, December 7 at Aria Banquet Hall in Toledo. The red-carpet event invited guests to enjoy an evening surrounded by great music, elegant red and black decorations and good times.

The evening included live entertainment by Wall Music Band featuring Anitra Chery, Saxophonist Shawn Highsmith, DJ Roc, a full course meal, and Kelly Williams was the mistress of ceremonies.

"Last year was a success," began Felicia Howard. "We decided to host this event again. This is such a wonderful event, people are having a great time and this is also a fundraiser for NAOMI House."

Visions Made Possible LLC is a company owned by partners Michelle Carter and Felicia Howard.

A portion of the proceeds will be donated to NAOMI House in Toledo. According to the nonprofit's website NAOMI, known as New Attitude On My Image is a nonprofit located in Toledo. The organization provides shelter, support and beneficial services for women overcoming alcohol and substance abuse. Contact NAOMI at 419-244-4825.



Members of Gamma Phi Delta Sorority, Inc. Beta Phi Chapter



Amanda and Eugene Woods



Johnette and James Harris



LaDonna Joplin, Brenda Washington and Clara Petty



Sara and Nathaniel Ross



Mistress of Ceremonies (Kelly Williams) leading activities



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Registration Opens for UToledo's Conference for Aspiring Minority Youth

A high-profile author and actress will lend star power to The University of Toledo's 41st Annual Conference for Aspiring Minority Youth on Saturday, Jan. 25.

Jason Reynolds is one of the most well read and prolific authors in the youth and young adult genre in the last two decades. He will be featured alongside Diane Guerrero, a multitalented actress who has appeared in "Orange Is the New Black," Disney's "Encanto" and CW's "Jane the Virgin."

The Conference for Aspiring Minority Youth is a free, public conference for seventh- and eighth-graders, high school students and parents sponsored by Toledo Excel, a longtime scholarship incentive program at UToledo, and Owens Corning.

This year's event begins at 8:30 a.m. in Thompson Student Union Auditorium. Advance registration is required and now open online (<https://www.eventbrite.com/e/41st-annual-conference-for-aspiring-minority-youth-tickets-1102048549879?aff=erelexpmlt>).

Reynolds is a New York Times bestselling author whose titles include "Look Both Ways: A Tale Told in Ten Blocks"; "All American Boys" (with Brendan Kiely); "Long Way Down"; "Stamped: Racism, Antiracism, and You" (with Ibram X. Kendi); "Stuntbody, in the Meantime"; and "Ain't Burned All the Bright" (with artwork by Jason Griffin). Reynolds also authored two books featuring Marvel Comics' iconic Miles Morales Spiderman character.

"Jason was a major get for us because students at last year's conference literally asked for him in our evaluation survey," said David Young, director of Toledo Excel and Special Projects. "Many of them had been reading his novels as a class assignment, but even more often for their own enjoyment outside of class. It is also wonderful timing because he has a new novel out and has been on a recent media blitz.

"We are thrilled to bring the multitalented Diane Guerrero to Toledo," Young continued. "Diane is an amazing actress who shot to stardom playing Maritza Ramos in 'Orange Is the New Black' on Netflix. Then went on to another starring turn in something as different as playing the role of Isabela in the hit animated Disney musical 'Encanto.' Beyond her great skill as an actress, she has an amazing story of overcoming against all odds. Her family was deported to Colombia when Diane was just 14. She literally came home from school to an empty house. Yet, look at what she has accomplished."

13 ABC's Alexis Means will serve as facilitator for the conference. Rhonda Sewell, who interviewed Ruth E. Carter at the 2023 Annual Conference for Aspiring Minority Youth, will moderate the conversation with Jason Reynolds.

Established in 1988, Toledo Excel helps underrepresented students, including African, Asian, Hispanic and Native Americans, achieve success in college. Through summer institutes, academic enhancement activities and guidance through the admission process, students increase their self-esteem, cultural awareness and civic involvement.

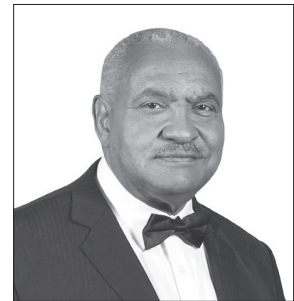
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The Need for a Counter – Project 2025 Plan

By John E. Warren, DMin, Publisher
 San Diego Voice & Viewpoint Newspaper

It is a well-known fact that President-Elect Donald Trump is expected to follow the proposed plans for reshaping our American government. Proof of this is evident in many of the Proposed Cabinet nominations he has made so far.

We know that the Heritage Foundation has spent time and money planning this revamping of government. What many of us don't know or understand is that this process has been used by Presidential Administrations, once out of office, to plan for the next Presidential election.



The Federal government has a program that supports this process called the Intergovernmental Personnel Act. It was created by the late Congressman Adam Clayton Powell during his Chairmanship of the House Education And Labor Committee. This Act allows an agency to transfer the salary and benefits of an employee to an institute or corporate structure, like the Heritage Institute, where that individual continues to be paid by the government while working on pet projects like Project 2025 for the next Presidential Bid.

There are over 3,300 Trade Associations in Washington, D.C. engaged in getting federal dollars for their particular interest or clients. It often appears that everyone is represented, except the people to elect the members of Congress charged with making laws and allocating dollars. This being said, it would appear that those of us who are really concerned about the agenda of the Trump Administration, should be about the business of planning our own responses to the anticipated actions starting in January 2025.

There is a need for an organized effort to take Project 2025, page by page, and develop a campaign against the proposed efforts. For example, if there is an effort to fire Federal employees, those who are career Civil Service employees have rights. Not only should they bring lawsuits, but we the people should flood the Courts with Legal briefs in support of such individuals.

If the President-Elect issues Executive Orders without publishing them in the Federal Register for the required comment period, such actions should be challenged and if published, then such Orders should receive public com-

... continued on page 11

10 Health Recommendations for the New Year

Looking to improve your health in 2025 and beyond? Check out these recommendations from the American Medical Association:

Guest Column

Make nutritional tweaks: Reduce your intake of sugar-sweetened beverages and processed foods, especially those with added sodium and sugar. Drinking sugary beverages, even 100 percent fruit juices, is associated with a higher mortality risk, according to a study published in JAMA Network Open. Drink water and choose nutritious, whole foods including fruits, vegetables, whole grains, nuts and seeds, low-fat dairy products, and lean meats and poultry.

Get active: A recent study published in JAMA found that putting down the TV remote and going for a walk can improve healthy aging—highlighting the importance of small everyday habits. Adults should get at least 150 minutes a week of moderate-intensity activity, or 75 minutes a week of vigorous-intensity activity.

Get up-to-date: Get your vaccines in advance of respiratory virus season—including the annual flu vaccine and the updated 2024-2025 COVID-19 vaccine for everyone six months and older, as well as pregnant people. People 65 and older and those who are moderately or severely immunocompromised should receive a second dose of the 2024-2025 COVID-19 vaccine six months later.

RSV can be dangerous for older adults. The Centers for Disease Control and Prevention recommend those 75 and older, and 60 and older at high risk for severe RSV, get vaccinated. Immunizations are also available to protect babies from getting very sick from RSV. This is important because RSV is the leading cause of infant hospitalization nationwide.

If you have questions, speak with your physician and review trusted resources, including GetMyFluShot.org. You can also reduce the spread of respiratory viruses by covering coughs and sneezes, frequently washing your hands, wearing masks, improving air quality, and staying home if you are sick.

Get screened: Make an appointment for preventive care, tests and screenings to help your doctor spot certain conditions before they become more serious.

Know your blood pressure numbers: Visit ManageYourBP.org to understand your blood pressure numbers and take necessary steps to get hypertension under control. Doing so will reduce your risk of heart attack and stroke. If checking your blood pressure at home, visit ValidateBP.org to see if your device has been tested for accuracy.

Project 2025 Plan... continued from page 10

ment during the required 45-day comment period. In other words, no action should go unmonitored.

Why is this so important: Because the plan is to attempt to reshape the government during the first 100 days in office.

Those members of Congress who vote with the President to dismantle government, should be reminded that they must stand for re-election in 24 months. Now will be the time to plan their replacements. So, now we see that all is not lost unless we give up. What are your thoughts?

Learn your type 2 diabetes risk: Take a 2-minute self-screening test at DoIHavePrediabetes.org. Steps you take now can help prevent or delay the onset of type 2 diabetes, which carries a higher risk of heart disease, kidney disease and vision loss.

Drink only in moderation: If consuming alcohol, do so in moderation as defined by the U.S. Dietary Guidelines for Americans—up to one drink per day for women and two drinks per day for men, and only by adults of legal drinking age.

Quit tobacco and nicotine: Ask your doctor for resources and guidance for quitting tobacco and nicotine. Declare your home and car smoke-free to eliminate secondhand smoke exposure.

Follow dosage instructions: When taking prescription opioids or other medications, store them safely to prevent diversion or misuse, and properly dispose of any leftover medication. If you're prescribed antibiotics, take the full course to prevent antibiotic resistance—a serious public health problem.

Manage stress: Good mental health is part of good overall health. Get sufficient sleep (at least 7.5 hours per night), exercise and ask for help from a mental health professional when you need it.

More health resources and tips can be found by visiting ama-assn.org.

"The best way to address the post-holiday doldrums is to do something good for your health," said Bruce A. Scott, M.D., president of the AMA. "Even small, positive choices you make now can have a big impact on your long-term wellbeing."

Courtesy StatePoint

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Books for Dad or Grandpa by various authors

By Terri Schlichenmeyer

The Truth Contributor

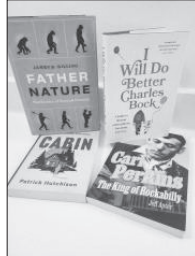
Your gift list this year has a lot of empty spaces.

You've put a lot of thought into it and you've still come up short. Some people are easy to buy for: you know what they want under the tree and it's easy to find and wrap. For others, finding the right gift takes serious thought and several trips to the store or web. You need help, hints and Dear Santa letters are welcome, or you can find these great books for Dad or Grandpa...

For the person who longs almost weekly for the perfect get-away, *Cabin: Off the Grid Adventures with a Clueless Craftsman* by Patrick Hutchison (St. Martin's Press, \$29) may be what you want to give. It's the story of a dream that started as a nightmare: without totally thinking it through, Hutchison purchased a tiny, ramshackle, off-the-grid cabin down a long driveway tucked away in the Cascade Mountains. Problem: it needed big-time repairs and Hutchison wasn't the handyman sort. This book is great for the person who craves solitude, belly laughs, projects, and good story.

If there's an old-time music lover on your list, check out *Carl Perkins: The King of Rockabilly* by Jeff Apter (Citadel Press, \$29). Like most good biographies, this book takes readers back to Perkins' childhood

c. 2024
various publishers
\$26.00 - \$32.95
various page counts



and his earliest influences, moving through to the start of his career and his pioneering work, as well as the people he played with, on-stage and off. This is the book to give someone who remembers the music of the '50s, or the one who wasn't "there" but still loves those tunes.

If curiosity is one of the things you love best about that person on your list, then *Father Nature: The Science of Paternal Potential* by James K. Rilling (MIT Press, \$32.95) might be the book to give. This is a deep look at marriage, divorce, partnering, and the nature of nurture in males of our species and others. You may know that motherhood changes a woman's brain, but did you know that fatherhood does the same for men? This is a great book for the science-minded person you know, bonus if he's someone's dad.

And finally, for the person who doesn't mind a few heartbreaks in his book, *I Will Do Better* by Charles Bock (Abrams Press, \$26) is the story of a man who's not sure he wants to be a father, until he actually is. That's the good news. The very bad news is, his wife is terminally ill and he soon has to learn how to parent his daughter alone. Wrap it up with tissues. It's a rewarding read, but it's that kind of book.

And if these aren't exactly right for the hard-to-buy-for person on your list, head for your local bookseller or ask your librarian for suggestions. Both will be able to tease out the perfect gift to put under the tree, the gift that gives back when you get a smile.

Then clear a chair. Reading a good book requires a comfortable empty space.

Holiday Dinner Table...continued from page 4

cheaper and more resilient than fossil fuels. Speeding up the clean energy transition already underway is the true path to lower prices for ratepayers and more reliable power grids. But that does not mean you need to show up ready to argue about it or put someone on the spot for not already being aware of it. Start where you agree – that we all want lower prices. The mutual understanding that will create must come before people's minds can be open to new ideas.

We all want to protect our children's health. Moreover, we all know that toxic, polluted water and air are threats to people's health. When it comes to the water we drink and our kids swim in, there is near universal agreement: 96 percent of voters polled this year said protecting the health and safety of drinking water is important; 94 percent said protecting our nation's lakes, rivers, and streams is important. There are few things people agree on more. People also generally agree about

the importance of breathing safe, healthy air. If faced with the choice of managing their kid's asthma with new inhalers and lifestyle restrictions or simply having cleaner air to breathe, what do you think they would choose? People do not need to be well versed in statistics about the sources of pollution and their true costs in order to care that the water and air are not making their families sick. That is a solid starting point for any conversation about solving the public health crises caused by pollution.

And who doesn't want to make it easier for people to get outdoors? People already know that getting outside is good for you. The benefits to physical and mental health are well documented. (I would add it is great for spiritual health as well.) And Americans are increasingly trying to get outside more. But we all know there are barriers – especially for those of us who lack green spaces in our neighborhoods. With 80 percent of Americans living in or near cities, that could be a real obstacle. We can all agree that having easier access to nature is important. Whether it is in community parks and gardens, or the natural spaces that are part of our heritage as Americans like our National Parks, virtually everyone wants more options for enjoying the outdoors and greater ability to do so.

Americans are a lot more unified than the media and many of our networks care to admit. We are coming out of an election year that many regarded as the peak of American polarization. But while that political polarization may be real, it does not mean that people on different sides of a debate or the political spectrum don't see eye to eye on a lot of things.

In many cases, what we agree on are the overarching values, and the goals we should be striving towards. The big stuff. Even if we disagree on how we get there. Keeping our eyes on the prize can help keep us unified.

So let's zoom out from the disagreements over how we solve the problems we all agree are problems. We are immersed in different news and commentary, thanks to agenda-driven news outlets and algorithm-driven online feeds that steer us in different directions and pit us against each other. But the human condition remains constant. And we should all be able to connect on a human level. What we can build from there, together, is only limited by our own imaginations.

Ben Jealous is the Executive Director of the Sierra Club, former CEO and president of the NAACP and a Professor of Practice at the University of Pennsylvania.

In Slavery's Wake: Making Black Freedom in the World, edited by Paul Gardullo, Johanna Obenda, and Anthony Bogues, written by various contributors

By Terri Schlichenmeyer
The Truth Contributor

Ever since you learned how it happened, you couldn't get it out of your mind.

People, packed like pencils in a box, tightly next to each other, one by one by one, tier after tier. They couldn't sit up, couldn't roll over or scratch an itch or keep themselves clean on a ship that took them from one terrible thing to another. And in the new book *In Slavery's Wake*, essays by various contributors, you'll see what trailed in waves behind those vessels.

You don't need to be told about the horrors of slavery. You've grown up knowing about it, reading about it, thinking about everything that's happened because of it in the past four hundred years. And so have others: in 2014, a committee made of "key staff from several world museums" gathered to discuss "telling the story of racial slavery and colonialism as a world system..." so that together, they could implement a "ten-year road map to expand... our practices of truth telling..."

Here, the effects of slavery are compared to the waves left by a moving ship, a wake the story of which some have tried over time to diminish.

It's a tale filled with irony: says one contributor, early American Colonists held enslaved people but believed that King George had "unjustly enslaved" the colonists.

It's the story of a British company that crafted shackles and cuffs and that still sells handcuffs "used worldwide by police and militaries" today.

c. 2024
Smithsonian Books
\$39.95
240 pages

It's a tale of heroes: the Maroons, who created communities in unwanted swampland, and welcomed escaped slaves into their midst; Sarah Baartman, the "Hottentot Venus"; Marème Diarra, who walked 200 miles from Sudan to Senegal with her children to escape slavery; enslaved farmers and horticulturists; and everyday people who still talk about slavery and what the institution left behind.

Today, discussions about cooperation and diversity remain essential.

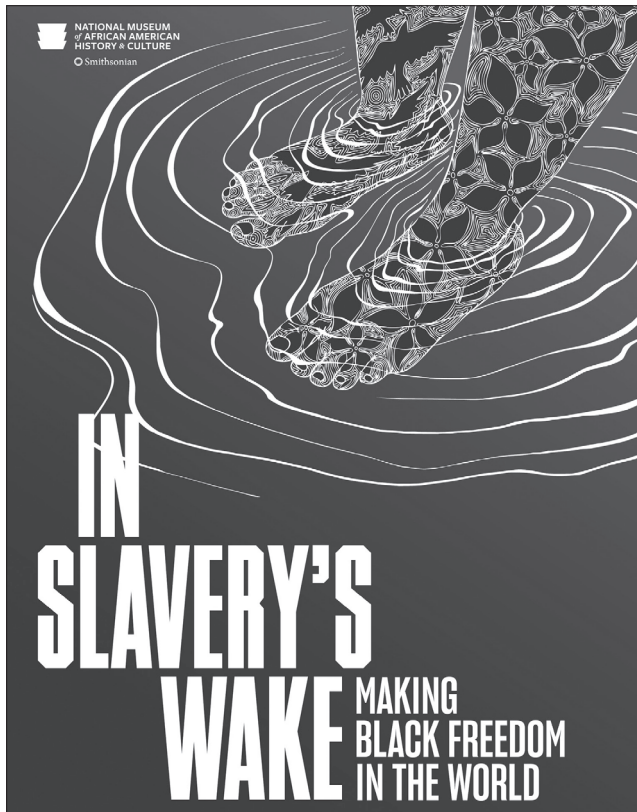
Says one essayist, "... embracing a view of history with a more expansive definition of archives in all their forms must be fostered in all societies."

Unless you've been completely unaware and haven't been paying attention for the past 150 years, a great deal of what you'll read inside *In Slavery's Wake* is information you already knew and images you've already seen.

Look again, though, because this comprehensive book isn't just about America and its history. It's about slavery, worldwide, yesterday and today.

Casual readers – non-historians especially – will, in fact, be surprised to learn, then, about slavery on other continents, how Africans left their legacies in places far from home, and how the "wake" they left changed the worlds of agriculture, music, and culture. Tales of individual people round out the narrative, in legends that melt into the stories of others and present new heroes, activists, resisters, allies, and tales that are inspirational and thrilling.

This book is sometimes a difficult read, and is probably best consumed in small bites that can be considered with great care to fully appreciate. Start *In Slavery's Wake*, though, and you won't be able to get it out of your mind.



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December 18, 2024

Page 15

REQUEST FOR QUALIFICATIONS ARCHITECTURAL & ENGINEERING SERVICES (A&E) QUALIFICATIONS RFQ24-Q002

Lucas Metropolitan Housing (LMH) will receive qualifications for **Architectural & Engineering (A&E) Services in accordance with RFQ24-Q002**. Received in accordance with law until **January 9, 2025 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.



INVITATION FOR BIDS RENOVATIONS OF 3 CASUALTY LOSS UNITS (TPA) IFB24-B017

Lucas Metropolitan Housing (LMH) will receive bids for **Renovations of 3 Casualty Loss Units (TPA) in accordance with IFB24-B017**. Received in accordance with law until **January 7, 2025, at 3:00 PM ET**. 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.



NOTICE

Will Ms. Marcia Ricketts or anyone who can provide information of her whereabouts kindly contact JULIANNE HEWITT, Attorney-at-Law whose address is Shop C10, Shoppes of Pineapple, Sylvia Lawn, Main Street, Ocho Rios, Saint Ann, Jamaica, W.I.

Telephone – (876) 208-9667 and (876) 341-1165
Email address: juliannehewitt@outlook.com

Will Ms. Karen Ricketts or anyone who can provide information of her whereabouts kindly contact JULIANNE HEWITT, Attorney-at-Law whose address is Shop C10, Shoppes of Pineapple, Sylvia Lawn, Main Street, Ocho Rios, Saint Ann, Jamaica, W.I.

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Will Ms. Maxine Smalling or anyone who can provide information of her whereabouts kindly contact JULIANNE HEWITT, Attorney-at-Law whose address is Shop C10, Shoppes of Pineapple, Sylvia Lawn, Main Street, Ocho Rios, Saint Ann, Jamaica, W.I.

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DRAFT NOTICE REQUEST FOR PROPOSAL (“RFP”) FOR FURNITURE VENDOR SERVICES

The Mental Health and Recovery Services Board of Lucas County (MHR SB) requests qualifications for a vendor to provide furniture and associated services in connection with Dani’s Place, an adult, residential mental health rehabilitation center for NW Ohio (Project) located on the campus of the Northwest Ohio Behavioral Hospital in Toledo. Hplex Solutions has been selected as Owner’s Rep (OR), and NAC has been selected as design professional (DP).

Services required include working with MHR SB, the OR, and the DP for order finalization and fabrication, storage, delivery, and installation of furniture products for the Dani’s Place project as indicated on the drawings and per the specifications planning & design, and at-risk construction of the Project.

As required by ORC 9.33, et seq., MHR SB requests proposals from experienced firms to provide services for the Project. The complete RFP may be obtained from the MHR SB website at <https://www.lcmhrsb.org/publicnotice/>.

Interested firms must submit **2 paper copies and 1 digital copy** of their proposal as outlined within the RFP available on the MHR SB website, to OR contact John Durda (john@hplex.com), Hplex Solutions, 65 Hidden Ravines Dr., Suite 100, Powell, OH 43065, no later than **12:00 pm on January 13, 2025**. Submittals received after this time may be considered solely in MHR SB’s discretion. Direct all questions to the DP and OR as noted in the RFP.

This project was supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$2 Million with 30 percentage financed with non-governmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government.

INVITATION FOR BIDS RENOVATIONS OF 3 CASUALTY LOSS UNITS (MUNGER) IFB24-B018

Lucas Metropolitan Housing (LMH) will receive bids for **Renovations of 3 Casualty Loss Units (Munger) in accordance with IFB24-B018**. Received in accordance with law until **January 7, 2025, at 3:00 PM ET**. 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.



TOLEDO OPERA TO HOLD RESIDENT ARTIST AUDITIONS FOR 2025-2026 SEASON

Toledo Opera is seeking the following performers to serve as Resident Artists for the 2025-2026 season: soprano, mezzo-soprano, bass/baritone, and pianist. All applications must be submitted through YAP Tracker at YAPTracker.com no later than February 1. Those selected as finalists will be invited to a live audition at the Toledo Opera offices, 425 Jefferson Avenue, Ste. 601, Toledo, Ohio 43604 on Saturday, February 22, 2025. A pianist will be provided.

Toledo Opera’s Resident Artist program began in 1985 and has been entertaining and educating the region’s youth ever since. Resident Artists serve as touring artists for the Opera on Wheels program which travels extensively, visiting local educational institutions and bringing live opera to the furthest reaches of the Toledo area. Annually, the program is performed for 22,000 students from Findlay to Ann Arbor and Sandusky to Archbold.

In addition to Opera on Wheels, the selected Resident Artists (vocalists) are considered for comprimario roles in Toledo Opera’s mainstage performances. Pianists are considered for additional mainstage playing opportunities as well. The five Resident Artists also perform in Toledo Opera’s free Opera Outdoors concert series – touring outdoor community hubs throughout Toledo.

Shared James Norman, General Director at Toledo Opera: “For Toledo Opera, our Resident Artist program is a cornerstone of our mission. It not only nurtures the development of emerging operatic talent but also serves as a vital bridge between our organization and the community. Through this program, we bring the transformative power of opera to schools, libraries, and neighborhoods across the Toledo region. These talented artists inspire the next generation of opera lovers and performers while enriching the cultural fabric of our region. We’re proud to invest in their growth as they invest in ours.”

For more information about Toledo Opera, please visit toledoopera.org. For media access, please contact Rachael Cammarn at rcammarn@toledoopera.org.

The Pathway Inc. Sisters United Graduation Ceremony

By Dawn Scotland
The Truth Reporter

Pathway Inc. Sisters United graduated 17 women in their most recent cohort Thursday, December 12 at 505 Hamilton. The graduation ceremony, which was originally planned earlier in the week, was postponed and modified due to power outages. Each mother received a t-shirt, goodie bag, certificates, food, refreshments, Christmas gifts and resources to support their motherhood journey.

Pathway, Inc. launched its motherhood program this year as a part of their continuing efforts to educate and support mothers, fathers and babies in northwest Ohio. Since its inception, Pathway Inc.'s Sisters United has supported over 411 mothers with 934 children in four years.

During the virtual eight-day program, participants learn life skills surrounding parenting best practices, how to navigate co-parenting challenges and develop meaningful relationships with other mothers. The program features 16 hours of evidence-based curriculum that helps new and seasoned mothers alike better navigate motherhood.

"We had to cancel the actual graduation yesterday due to the power outage, but we still moved to today because we wanted to take the time to make sure they were celebrated and appreciated for the work that they've done," stated Avis Files, director of Family and Supportive Services.

Pathway Inc. Sisters United motherhood program, derived from Brothers United Fatherhood Program is a community and faith-based infant and maternal health support program funded by The Ohio Department of Children and Youth Pathway Inc.

Sisters United received \$305,000 from the community and faith-based Infant and Maternal Health Support services to provide programming targeted towards women who are 16-24 years old, pregnant or have children up to 17 months, and live in the 10 designated zip codes that are most at risk for infant mortality and maternal mortality.

Women in the cohort ranged from younger to older, some were first time or expecting mothers while some have multiple children. The education provided by Pathway is beneficial for mothers at every stage.

Kiara Motley has a two-month-old daughter Ki'lahni and is a mother of four. She originally heard of the motherhood program while attending a com-

munity baby shower where she met one of the Pathway coaches. She highly praised Pathway's motherhood initiative in her parenting journey.

"It brought other people together," shared Motley. "I feel like in this generation is kind of hard for other women to socialize and get to know one another without judgement." The program provided Motley a positive space to meet and connect with other women on deep level an find support.

"I think it's something that a lot of women should join... I think they should have this internationally, not just in Toledo. It should be everywhere," she continued.

Participant Disha Brooks shared her experience: "I took a lot from the program both mentally and physically... I saw that I wasn't the only person going through something. I have six children and just because I have more children than [another participant in the program] it doesn't mean we don't deal with the same hardships. She developed a close relationship with her coach and relationships with peers in the program.

Brooks now recommends the program to her friends and family. "You never know how your situation and what you're going through can help someone. It was because we were able to express ourselves in a safe space and learn from it too."

Mothers will continue to stay connected on Motherhood Mondays, regular zoom meetings with topics ranging from stress to postpartum depression and other topics pertinent to motherhood. Alumni are encouraged to join. To learn more, visit the Sisters United Facebook page.

Pathway Inc. Sisters United Motherhood program is an expansion of Pathway Inc. Brothers United Fatherhood and Brothers United 2.0 Fatherhood program. This program is funded through Toledo Community Foundation from the Stranahan Foundation.

Eligibility:

Mothers and Fathers must reside in Lucas County, Ohio. Residing in the 43604 or 43607 zip codes and those who are returning citizens. Participants must be TANF eligible and complete the TANF form. (Source: pathwaytoledo.org/sisters-united/)

To learn more about Pathway Inc. Sisters United Program visit pathway-toledo.org or call Avis Denise Files, Director of Family and Supportive Services, Pathway Inc. Brothers and Sisters United, 505 Hamilton Street; (419) 279-0798 afiles@pathwaytoledo.org



Mothers celebrated for their graduation



Disha Brooks and her son, eight-month-old Da'King Williams



Kiara Motley and two-month year old daughter daughter Ki'lahni



Shakara Knabbs and her eight-month-old son Chosen Knabbs