



Local and National News

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"And Ye Shall Know The Truth..."

August 5, 2015

# Ohio Local Foods Week

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# New Wine and Old Bottles

By Rev. Donald L. Perryman, D.Min.  
The Truth Contributor

*The old guard in any society resents new methods, for old guards wear the decorations and medals won by waging battle in the accepted manner.*

- Martin Luther King Jr., *Why We Can't Wait*



A conversation on Black Lives Matter with Cincinnati City Councilman and U. S. Senate candidate P. G. Sittenfeld:

**Perryman:** We are looking forward to you being here on August 9 to worship with us in a religious service to commemorate the one-year anniversary of the killing of Michael Brown in Ferguson, Mo. Let me say at the outset how impressed I was when I heard your message. I think that it is very timely and unique. We are not hearing that message from other people.

**PG:** I appreciate it very much. I think unfortunately we're in a place where not enough candidates and not enough elected leaders are speaking in terms about the issues that matter.

**Perryman:** Please tell me about what you consider to be "the issues that matter."

**PG:** Well I think obviously there are so many issues that matter, whether it's the economy or foreign policy or things like that, but the things that I don't hear enough people that want to be Ohio's next United States Senator talking about are mass incarceration, getting illegal guns off our streets, rethinking policies around mandatory minimum sentencing, reforming our police-community relations, taking bold steps to make sure that every child, no matter the prestige, income or the color of their skin gets a great education. That's sort of what we've been spending a whole lot of time talking about so far in this campaign.

**Perryman:** You mentioned a couple things that bring race to the forefront. Why do you think we've had such a difficult time talking about race in this country?

**PG:** I think part of it, and I will speak to this on Sunday, but I think it starts by acknowledging that institutional racism is real, you know? There is obvious racism in our institutions and in our system and I think the only way to deal with it and to rid ourselves of it is to acknowledge it and confront it head on, and I think that you see essentially, I think, too many white elected officials who just aren't willing to do that.

**Perryman:** And not be in denial. We first have to acknowledge racism exists before we can deal with it.

**PG:** You first have to acknowledge that there is a problem and not put our heads in the sand. I think one of the things that I've been mindful of, because obviously its hit close to home with every tragedy we've experienced around the country, but obviously with what happened with Mr. Samuel Dubose down in Cincinnati, it breaks my heart thinking to myself if it had been me, I probably am not getting pulled over for not having a front license plate. Or, I probably am not getting pulled over for not putting my turn

signal on like Sandra Bland, so I think it's recognizing that institutional racism is a real thing in our society. I think that's how we can start the process of healing and reforming and improving.

**Perryman:** Please share with our readers about your upcoming visit to Toledo for the Black Lives Matter religious program at Center of Hope and tell us why you're coming and what you hope to accomplish.

**PG:** Well I'm thrilled to receive the invitation. I'm so looking forward to being with the entire congregation and praying together, being mindful of the past and things that have happened recently, but also looking hopefully to the future. And I will also say further, it's a real honor and pleasure to get to join you in Toledo, because I do think Cincinnati has some real success stories to share. As you know, this has gotten a little bit long, but that police officer (in the shooting death of Samuel Dubose, an unarmed black citizen) was a University of Cincinnati police officer, not a City of Cincinnati police officer.

... continued on page 3

## Community Calendar

### June 13-September 12

Evangelical Church of God: Free parenting classes and free anger management classes: 419-297-3530

### August 8

Shelter in a Storm 3rd Annual Fellowship Festival at old Warren School grounds - Franklin and Woodruff: Noon to 7:30 pm; Entertainers include Darius Coleman and Boys of Harmony: 419-270-2261 or 419-244-7458  
St. Stephen COGIC Annual Church Dinner and Garage Sale: 9 am

### August 9

Open Air Worship: Hosted by AME churches - Warren, St. Stephens and Payne Memorial; Walbridge Park Shelter House; 10:45 am - worship Service; 2 pm - Gospel Explosion: 419-243-2237  
Calvary MBC Youth Ministry Service: 10:45 am; Guest speaker George P. Lee III of St. John Baptist of Savannah, GA  
Black Lives Matter - Michael Brown Anniversary Memorial Service: 11:30 am; Center of Hope Community Baptist Church; 2-4 pm - Black Lives Matter Community Conversation - Frederick Douglass Community Association: 419-304-6590

### August 11

Day of Remembrance and Resistance: Lucas County Courthouse; 5 pm: 419-973-0248

### August 15

Book Signing: Destiny's Child by author Crystal Dixon; 1-3 pm; My Daily Great Coffeehouse in Perrysburg: [www.crystaldixon.com](http://www.crystaldixon.com)

### August 17-22

United Ways Days of Caring: A community-wide effort showcasing volunteerism; August 20 - Chase STEM Academy - 9 am to 4 pm; August 20 - Robinson Elementary - 8 to 11 am; August 21 - Pickett Academy - 9 am to 4 pm

### August 23

Calvary MBC Deacon/Deaconess Ministry 5th Celebration: 4 pm; Speaker Deacon Calvin Lewis of Union Grove Baptist along with various male choruses

### September 4-6

Armory Church Latter Rain 2015: Guests - Prophet Brian Carn, Pastor Rodney Posey, Supt. Greg Jordan and Calvary COGIC: 419-537-9736

## The Sojourner's Truth

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*Perryman... continued from page 2*

The strides that we've taken in our police-community relations, we just recently had Loretta Lynch, the first African-American female attorney general in the United States, come to Cincinnati and she stated that what we've done to improve our police community relations, she thinks, is a national model. So, I'm all about making sure that good ideas and good solutions are contagious and that we spread them around our state and around the country so we get to enjoy the camaraderie of Center of Hope and to talk about ideas that work. It's something I'm very excited about.

**Perryman:** You mentioned the fact that Cincinnati is a model for a lot of positive and successful initiatives. We have a cradle-to-career initiative here locally called Aspire, in which we work very closely with Strive Cincinnati and is modeled directly after it. I have consulted with V. Randolph Brown who led the innovative Imagine a Greater Cincinnati for Economic Inclusion contractor and supplier diversity initiative. I have dialogued with faith leader Troy Brown of the Amos Project. We've also been in touch with the people that run your Infant Mortality Program out of the hospital. I forget the name of it down there, but...

**PG:** Cradle Cincinnati.

**Perryman:** Yes, yes. Cradle Cincinnati, which is an outstanding infant mortality initiative. So I've always, when I'm looking to do something, to make change, the first place I look is Cincinnati, Ohio.

**PG:** That's what it's all about. Cincinnati doesn't get everything right obviously, but we've had our own struggles, which now we've been able to do better. I think sometimes you've got to learn from your mistakes, but I'm proud of the city where I have the honor of being an elected official and I'm so looking forward to getting into part of the conversation with Toledo.

**Perryman:** My faith background tells me that the fresh, young wine of your worldview and experience is incompatible with the old, moldy cracked containers of the status quo. Just as the deep change of fermenting young wine challenges the old cosmetic skins which protect privilege and power, you've managed to ruffle a few feathers within the old guard of the Democratic Party. Can you speak to that?

**PG:** Yes, I think, here's what I'll say about that, and this is what I honestly believe. I trust millions and millions of Democratic voters across the state of Ohio to make their own decision. I don't think that they need to be told by big wigs and by party insiders who their nominee should be. So, I look forward to winning this (U. S. Senate) election on the strength of my ideas and the merit of my values, and I think that's what matters. I think frankly, I think a lot of Democrats are tired of being dictated to. So, I might not be the darling of the Democratic Party machine, but I think I can be a voice for the people.

**Perryman:** Why now and why can't you wait to run?

**PG:** It's such a good question and I think a lot of people...I've sort of heard from different people "wait your turn" and part of what I feel is that I'm running for the people whose turn never seems to come. This race is not about PG Sittenfeld or Ted Strickland or Rob Portman, it's about the

urgency of young men and young women in Toledo, in Cincinnati, in Cleveland and elsewhere, who deserve a fair shot at life, and I think I've got the ideas and the energy to help make a difference, so that's why I'm running right now. I just think that it's the people who say "wait your turn," they don't feel the urgency I do to tackle some of these problems.

**Perryman:** Talk about your past and present experience working with the African-American community and about your relationship with other marginalized groups.

**PG:** Yes, so in Cincinnati, obviously our city is a nearly majority minority city, so I've always felt you can't say the whole city is doing well if you're leaving a lot of folks behind. So in my very first campaign through my time at City Hall as an elected leader, I wanted to make sure I'm reaching out to all segments, to all facets of the community. I'm very proud, and this has never happened before in Cincinnati, to have been the highest vote getter even amongst the African-American community.

So I think everything from taking the bold steps at the city level to make sure we're doing a much better job around economic inclusion, doing really meaningful work around expanding public health support and making sure there's a safety net in place, fighting for good jobs and making sure that they go to local members of our community. I feel like I have a record in Cincinnati of standing up for the African-American community and people are going to get more of the same when I'm their United States Senator.

One other thing I would also say is one of the very first things that I did when I got to City Hall is, I said that I want to make sure I am accessible all the time, and there's a platform for the community to reach me and for me to hear from them. So I went and I got a radio show on the local urban talk station, and I was the only white host on 1230 WDBZ The Buzz. I had that show for about four years and unfortunately because of the campaign I had to give it up, but that was a place where we would come together and I got to listen and we would talk about tough issues, so I think showing up is so important and it means something. I've been doing that in this campaign and I'm going to keep doing it.

**Perryman:** Please talk a little bit about your involvement with the faith community.

**PG:** Yes, absolutely. So, my own state and sense of spirituality means a lot to me and that's why I'm excited to get to worship with you and your congregation. Before I'm a city councilman, I'm a child of God and trying to be very, very anchored in my faith at all times. I will say, every major issue

in which Cincinnati has been able to make progress and to make improvements, the faith community has been right there with us. So whether it's a Pastor Perryman in Toledo or a Bishop Hilton in Cincinnati, I depend upon my colleagues and my counterparts in the faith community to help us get to where we want to go. So I see it's not just faith for its own sake, but it's also matching it with deeds in the community. There's a group in Cincinnati, the Faith Community Alliance, where leading pastors and labor members and elected officials come together to tackle big problems together. I've been involved in that for years now, so it's a very important part of my life for me.

**Perryman:** So why don't we close on this, if you can, tell me why Black Lives Matter?

**PG:** Well, I think it's important to clarify, and this may be a little bit more for some of my white elected counterparts, but when we say that Black Lives Matter, it's not that they matter more than anybody else's, but it is that they matter as much as anybody else's lives. And, the horrid reality, getting back to sort of acknowledging the problem, is, that's not the way our country has worked for far too long. It's not the way our country has worked up to this present moment, and if we're going to make real, that Black Lives Matter; if we're going to make real the promise of what we want our country to be - that this is a country where no matter who you are, no matter where you're born, no matter what the color of your skin, that you have a shot and the opportunity at a good life. So I am proud to say loud and clear that absolutely Black Lives Matter.

**Perryman:** I look forward to seeing and hearing from you on Sunday and then of course after the worship service there will be a public gathering at one of our community centers, the Frederick Douglass Center, where we can have a community conversation.

**PG:** Yes, Pastor Perryman, again, I just can't express enough gratitude for everything you're doing and I'm so looking forward to meeting the congregation and then I also get to enjoy company even more and we'll have a chance to listen to the community at the event following the service.

Contact Rev. Donald Perryman, D.Min, at [drdlperryman@centerofhopebaptist.org](mailto:drdlperryman@centerofhopebaptist.org)



Cincinnati Councilman  
P.G. Sittenfeld



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# Rep. Ashford: University of Toledo Tech-Share Program Receives \$50,000 State Investment

*Public-private partnership will assist local 3D printing development*

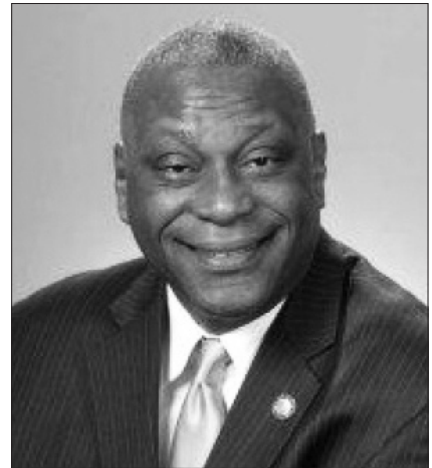
*Special to The Truth*

State Rep. Michael Ashford (D-Toledo) this week announced \$50,000 in state funds for the University of Toledo (UT) Technology Validation and Start-Up Fund. The program partners UT with local business start-ups to develop technology for commercial use.

"Too many small business start-ups lack the resources they need to see their ideas come to fruition," said Rep. Ashford. "UT's Start-Up Fund bridges this gap and connects entrepreneurs with the technologies that can take their businesses to the next level. This public-private partnership allows locally-owned start-ups to grow and create good local jobs."

The Technology Validation and Start-Up Fund was created by Ohio colleges, universities and other research institutions to introduce new technologies into the marketplace with the help of entrepreneurs and local small business start-ups. State funds released today will support the development of 3D printing technology used to create implants used in repairing bones.

UT will provide \$50,000 to match state funds.



Rep. Michael Ashford

## African Art Has Arrived!!

Hundreds of wood carvings from Ghana have recently arrived at  
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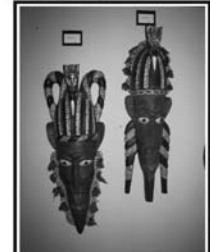


The Gallery is open Monday through Friday from 8 AM to 4 PM



See more art online at  
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# Women's Initiative of United Way Mails 10,000th Book To Toledo Children Through Imagination Library

*Special to The Truth*

*Women's Initiative* of United Way announces more than 10,000 books have been mailed to Toledo children through Imagination Library since January. The 10,000th book will be delivered to four-year old Delaijah Lacey on August 12, 2015.

Imagination Library sends one book each month directly to the child's home from birth until their fifth birthday at no cost to the family. The program launched in August 2014 in eight Toledo zip codes: 43604, 43605, 43606, 43607, 43608, 43609, 43610, and 43620.

The first books began arriving last January and more than 2,000 local children have enrolled in the program. *Women's Initiative* of United Way credits Mercy Health Partners and ProMedica for supporting this rapid growth. Both hospitals are assisting with infant registrations to increase the program's impact by providing longevity in the program. Children enrolled from birth have the opportunity to build a home library of 60 books. Imagination Library volunteer, Jill Manzagol, was integral in initiating these partnerships.

"The implementation of this process has been seamless thanks to the caring members of Mercy's healthcare team. With a mission to better the lives of women & children in our community, *Women's Initiative* is grateful for the monumental

role Mercy has played in this program," stated Jill Manzagol, Regional Manager at Mercy Health Physicians.

Families may also register online at [unitedwaytoledo.org/imaginationlibrary](http://unitedwaytoledo.org/imaginationlibrary) or by calling 2-1-1. Additionally, paper registrations are available throughout the community at a variety of agencies including Help Me Grow, Job and Family Services, and the YMCA.

The cost of the program is just \$25 per child per year. *Women's Initiative* of United Way is currently seeking sponsorships for their fall event, A Night of Inspiration, where all proceeds will benefit Imagination Library. A Night of Inspiration: It's Time. Reset! will feature Pulitzer-nominated journalist and Oprah-recognized author, Fawn Germer, who will inspire the audience to take charge and make the changes they want and need. The event will be held Thursday, October 22nd at 5 p.m. at The Pinnacle. Tickets go on presale online for \$35 on August 1st. For information about sponsorships please email the *Women's Initiative* Manager, Nicole Candle, at [nicole.candle@unitedwaytoledo.org](mailto:nicole.candle@unitedwaytoledo.org).

*Women's Initiative* of United Way mobilizes women to become leaders, philanthropists, and advocates on issues that concern women and children. To learn how to get involved, or to donate, visit [womens-initiative.org](http://womens-initiative.org).

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## What's Your Local Food Story?

By Patrice Powers-Barker, Ohio State University Extension, Lucas County

The Truth Contributor

My grandparent's vegetable garden was probably as large as my current back yard. From childhood, I remember simple summer suppers that only included produce from the garden. In August the dinner plate might look like this: thick slices of juicy, red tomatoes topped with our choice of salad dressing; fried baby potatoes; and corn on the cob. My grandpa would have harvested the corn less than an hour before we ate. Dinner was often followed by a bowl of vanilla ice cream with fresh fruit on top.

Who knew some of my grandparents' eating habits would top the current food trends? Last year, the Midwestern Food Movement made the National Restaurant Association list and this year "hyper-local" was listed as a trend to watch. Hyper-local is used to describe food that is grown on the premises of restaurants so it can be harvested fresh and brought right into the kitchen. Like my example of "hyper-local" at my grandparent's house, you probably already eat local foods, whether it is fresh herbs from a container garden, a local dairy that sells ice cream or fish from a favorite river or lake.

The Northwest Ohio Food Council is promoting Local Foods Week from August 9 – 15, 2015 as part of a statewide Ohio Local Foods Week. The Northwest Ohio Food Council is a collaborative network of organizations and individuals working together to build a healthy Northwest Ohio food system. What can you do?

- Share your local foods story with your family and friends. What are your favorite Ohio foods or favorite family food stories?
- Pledge to purchase at least \$10 in local foods for the week. This could be from farm stands, farmers' markets, CSA memberships, local grocery stores or restaurants. Encourage your friends to join at <http://go.osu.edu/olfwpledge>
- If someone qualifies and has an Ohio Direction Card (SNAP benefits), they can use that card at any Toledo Farmers Market (downtown and satellite sites). They need to go to the information booth to swipe their card, decide how much money they would like to spend off the card and receive tokens to use at the farmers booths. Then they get



"Double Up Food Bucks". For every two dollars they spend on their SNAP card, they will get a dollar match up to \$20 per day. So, if you spend \$10 off the SNAP card, you will \$20 in tokens for local foods.

- Online, follow Northwest Ohio Food Council on Facebook (Food in the 419) and Ohio Local Foods Week on Facebook and/or Twitter. Post your local foods stories and photos, #itmatterswhereyougrowit and #olfw15.
- At the grocery store, visit the Local Foods section and make a purchase. There is no single definition for "local" food, so read the signs or ask employees at your favorite grocery store how they define local. Grocery stores participating in Ohio Local Foods Week include the Andersons, Walt Churchill, Phoenix Earth Co-op and Krogers.
- Make visiting a Farmer's Market or farm stand a priority. If you think of all the foods that can be grown and produced in Ohio, it's not hard to find something new, whether it's an unusual vegetable or a different variety or color of a common plant. If you visit the Toledo Farmers' Market, downtown on Saturday August 8th, be sure to visit the table hosted by Northwest Ohio Food Council. The OSU Extension, Lucas County office will also be celebrating "Sneak a Zucchini" on your neighbor's porch day. For more information, stop by the table!
- If you are not inclined to make your own meals, there are many restaurants that offer local, seasonal menus based on the food of the region.

While you are encouraged to enjoy local foods throughout the year, this week has been set aside to attend events and participate in the \$10 Local Foods Challenge. Why commit to spending at least \$10 on local foods during this week? You will not only enjoy the tastes of local foods, but it will also provide a way to become better informed about the nutritional, economic, and social benefits of foods across our agricultural state. For more information, Northwest Ohio Food Council <http://northwestohiofoodcouncil.com> or Food in the 419 Facebook page.



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# Go Slow on GMO

By Dianne Hart Pettis, Family Nurse Practitioner

The Truth Contributor

The terms *GMO* and *Non-GMO* have become part of our language. More and more people are talking about them, but just what are these letters and terms that people just casually throw into a conversation? *GMO* stands for Genetically Modified Organism. For everyday people, the term is used in describing food or produce though it can refer to items other than food.

So, is this a good thing or a bad thing? The modifying process began in 1996, whereby the genetic material of an organism has been altered by genetic engineering. By using this re-engineering process, crops are bred to resist diseases and pests, to grow bigger, be seedless or have different colors. New designer drugs are produced. New pets are bred to be hypoallergenic and animals and fish can be made to grow bigger and faster.

Most of us eat genetically-altered food everyday and are not even remotely aware of it. Genetically Modified (GM) ingredients are in most processed foods. GM plants, such as soybean, corn, canola, and cottonseed have foreign genes from bacteria and viruses forced into their DNA. For example, genetic material (DNA) inserted into soy (therefore modifying it) can be transferred into the DNA of bacteria in our bodies when we eat it.

Though beneficial for the producers, the danger for consumers is that GM food can leave material in our bodies that wasn't meant to be there – toxins that can lead to long term illness.

There isn't enough conclusive evidence to say that *GMO's* are causing problems, but it has been noted that since their introduction in 1996, health problems such as chronic illness, food allergies/sensitivities, reproductive disorders, autism, and digestive disorders have increased.

Unpredictable side effects have occurred from mixing the genes of unrelated species, such as, new toxins, new allergens, new cancer causing agents, and nutritional deficiencies. New allergens and diseases occur when a person's natural genes are altered or changed enough so that their natural behavior changes – mutates.

There is no requirement for safety studies or for labeling of *GMO* foods. The American Academy of Environmental Medicine (AAEM) is urging health care providers to prescribe non-*GMO* diets to their patients. They recommend this action, citing results of studies that show damage to organs and immune status.

The studies have also shown a negative

affect on aging and infertility. The American Public Health Association and the American Nurses Association have also spoken out against certain GM hormones.

There are other environmental and ethical issues that have been widely debated, but that discussion is not for this article. It is something to learn about, think about, and research for yourself. Read labels. More labels are stating "Non-*GMO*". I would choose those.

I would also choose certified organic foods. There is a shopping guide that can be downloaded: [nongmoshoppingguide.com](http://nongmoshoppingguide.com). Try hard to cook more meals at home...from scratch if you can. Participate in a community garden, or grow your own. There are some major advances that have been beneficial, but where food is concerned; I say, the more natural – the better.

Contact Dianne Hart Pettis, MS, FNP-BC, Family Nurse Practitioner, at 724-375-7519



Dianne Pettis

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# Tiffany Reynolds Unlocks Employers' Secrets for Medical Professionals

*Sojourner's Truth Staff*

On Tuesday, August 11, Tiffany Reynolds, published author, career success coach and founder and CEO of Tiffany Reynolds Co, will host a workshop for LPN's and other medical professionals designed to provide premiere coaching advice on selling oneself in job interviews.

Titled "The 3 Common Mistakes LPN, Nurses, Make That Keep Them Struggling with Job Interviews – And How to Avoid Those Forever," Reynolds' workshop will provide real-world practical facts that make interviewees memorable in the minds of potential employers.

Reynolds, whose passion to help medical professionals find confidence in themselves, is a career success coach who has held positions as an instructor at the University of Toledo, a vocational specialist at Harbor Career Connections and a career coach at Pathways, Inc (formerly the Economic Opportunity Planning Association of Greater Toledo, Inc)

A Dale Carnegie graduate, Reynolds earned her master of education degree from UT and holds a Licensed Minister Credential from International Bible Way Church of Jesus Christ, Inc. She has been featured on WTOL Channel 11 News offering job tips.

"I've always worked with LPN's," says Reynolds of her long-time service to medical professionals. For a number of years, Reynolds partnered with Toledo Public Schools "to provide insight on employment to nursing students."

"We've never had anything like this before," said one former class participant of the instruction Reynolds provided in helping the job seeker secure employment.

What sort of tips will Reynolds provide in her upcoming class?

"How to answer," she says of handling questions. "What to an-

swer and what that other person may be thinking."

"The 3 Common Mistakes" workshop will be held on August 11 from 1 to 2 p.m. at 3295 Levis Commons in Perrysburg. For more information, call 1.855.234.9797. Registration deadline is Friday, August 11 by 5 p.m. The workshop is free with a \$20 book purchase of Reynolds' book *Do SUMthing*.



*Tiffany Reynolds*

## Walk-In Assessments Now Available at Unison Behavioral Health Group

*Sojourner's Truth Staff*

When an individual walks inside our doors, hope is often the last thing they are thinking about. At Unison, hope is who we are. It's what we do. Unison now makes it easier for individuals in our community to access behavioral healthcare services and take a step closer to finding hope. Adults, children and adolescents are now able to walk in to one of Unison's three locations and be seen for a diagnostic assessment. The assessment involves a confidential meeting with a clinical

... continued on page 10

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# Love the Skin You're In

By Angela Steward, Fitness Motivator

When was the last time you looked in the mirror? Not just a quick look at your hair and teeth, but a good long look! Step in front of a full-length mirror, take a good, long look at your body, then resist the urge to pick yourself apart!

Try to ignore your perception of fat, skinny, pretty and ugly. Erase all the negative body chatter in your head. Just look at your body from head to toe and try to see it - simply and honestly for what it is.

Can you say out loud five positive things about yourself? If you have trouble starting, say something as simple as "my hair is brown!!" Then without focusing on any particular body part, say five things about your appearance, what you like and why you like it! Make it a goal to say and think positive things about your body. You'll be amazed at the difference it makes.

If you pick your body apart, such as: "I hate my legs" or "I'm so out of shape."

Try to: Remember, there's someone out there who wishes they had legs to stand on! Be grateful! Take note of the voices in your head!

If you make negative comparisons, such as I've lost weight, but I'm not Beyonce!

Try this: I've lost weight, I'm eating healthy, I'm exercising, I feel great!! You've got one body - appreciate it!

If you find yourself rejecting compliments: "Nice pants! Ugh, I hate these pants, they make me look fat."

Try to: Accept compliments with a smile! The best answer is a simple "thank you."

All of the above suggestions are made to help you to stop picking yourself apart based on what we see on television and what's shown in our favorite magazines. Your personal body image is how you see yourself, how you think and feel about the way you look and how you think others see you.

An unhealthy body image is thinking your body is disgusting or not good enough. For example, even when others tell you - you look great! You don't believe them and continue to think you're just not pretty enough.

Your negative image of yourself can sometimes determine your value as a person. (If only I wasn't overweight, I might be married by now!)

A healthy body image is being comfortable in your own skin, being happy most of the time with the way you look, and feeling good about yourself!! It's about valuing who you are - not what you look like!

Here are 10 ways to boost your self-confidence and embrace the beautiful, blessed creature called "YOU":

1. Remember, there's only one YOU!! You're unique and that's pretty fabulous. Celebrate being you - there's no right or wrong way to look - we're all individuals.

2. Find your own style! Wear what's comfortable and what looks good on you. Dress to suit your body. Everything is not for everybody.

3. Eat Healthy! Just eat what makes you



Angela Steward

...continued on page 12

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# Competition and Choice in the Health Insurance Marketplace Lowered Premiums in 2015

Special to The Truth

The Health Insurance Marketplace established by the Affordable Care Act allows consumers to shop for health insurance plans based on key factors, such as covered services, providers, and importantly, price. According to a report released today, choice and competition increased in the 2015 Marketplace and consumers benefitted as new issuers entered and price competition intensified. In 2015, 86 percent of Marketplace-eligible consumers could choose from at least three issuers, up from 70 percent in 2014.

Counties with net increases in issuers tended to have lower premium increases than other counties in 2015. Premium growth for the second-lowest cost silver plan in counties with at least one new issuer was 8.4 percentage points lower than in other counties. And for each new issuer that offered coverage, there was a 2.8 percentage point lower rate increase for the second-lowest cost silver plan from 2014 to 2015.

"Today's study shows the Affordable Care Act is working to increase choice and competition for consumers and keep premium growth in check," HHS Secretary Sylvia M. Burwell said. "This report shows that increased competition in a market, as occurred in most areas of the country in 2015, has an important impact on cost. That's good news for the economy, and helps more people find quality affordable health coverage that meets their budget."

Last week's report examines changes in the number of health insurance issuers and premiums between open enrollment periods for the 2014 and 2015 plan years in the 35 states that used the HealthCare.gov platform in both years.

According to the report, in 2015, most counties gained at least one new issuer, 33 percent held steady and only 8 percent of counties experienced a net loss of issuers. New issuers entering a market might reduce premium growth, in part, because they offer plans at lower premiums, influencing incumbents to moderate their premiums.

The overall growth in second-lowest cost silver plan premiums between 2014 and 2015 was low, increasing by approximately two percent on average for potential enrollees. And premiums in counties with 3 or more issuers are more than six percent lower than in those with one or two issuers present. Previous work has also shown an

inverse relationship between the number of issuers and premiums: on average, each additional issuer in a rating area is associated with a 4 percent lower second-lowest cost silver plan premium.

Open Enrollment for 2016 Marketplace plans begins on November 1, 2015. Visit [HealthCare.gov](http://HealthCare.gov) to see if you qualify for a Special Enrollment Period for a life change like marriage, having a baby, or losing other coverage, or if you qualify for Medicaid or the Children's Health Insurance Program.

To read last week's report visit: [http://aspe.hhs.gov/health/reports/2015/MarketplaceCompetition/rpt\\_MarketplaceCompetition.pdf](http://aspe.hhs.gov/health/reports/2015/MarketplaceCompetition/rpt_MarketplaceCompetition.pdf)

## Unison Behavioral... continued from page 8

professional to arrive at a diagnosis and plan a course of treatment. This initial meeting generally lasts about two (2) hours.

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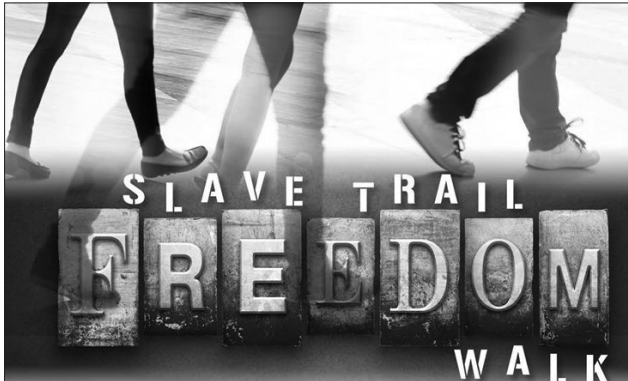
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Friday 8:30 am – 11 am

Adults will need picture identification, medical insurance card, proof of income and the name of their primary care physician. If the appointment is for a child, the guardian must accompany the child, provide certified documentation/verification of guardianship, social security card or birth certificate and medical insurance card. With over 40 years of experience, Unison Behavioral Health Group is the community's recognized and preferred leader in caring for the integrated mental health and substance abuse needs of adults, children and adolescents. Unison accepts Ohio Medicaid and most private insurances. ANY LUCAS COUNTY RESIDENT, regardless of their ability to pay, can come directly to Unison for services. For more information visit [www.unisonbhg.org](http://www.unisonbhg.org) or call Unison's Intake Department at 419-936-7525.



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# Reps. Marcia Fudge, Marcy Kaptur and Tim Ryan Applaud New CMS Medicaid/SUD Guidance

*Ohio co-sponsors of the Breaking Addiction Act of 2015 applaud new CMS guidance*

*Special to The Truth*

U. S. Representatives Marcia Fudge (OH-11), Marcy Kaptur (OH-9) and Tim Ryan (OH-13) applaud new guidance from the Centers for Medicare and Medicaid Services (CMS) for states to improve access to treatment for individuals suffering from substance abuse disorders (SUDs). The new rules allow states to design and test innovative mental health service delivery programs and apply for funding under Medicaid.

"The heroin epidemic in the United States is growing. According to the Centers for Disease Control and Prevention (CDC), heroin-related deaths nearly doubled between 2011 and 2013, with more than 8,200 people dying in 2013 alone. More than 980 of these were Ohio residents. As a nation, we should be doing everything we can to save American lives. While there is still much work to be done, I applaud the new guidance from CMS. Allowing states increased flexibility to test Medicaid coverage for substance use treatment is a giant step in the right direction," said Rep. Fudge.

"Addiction is a disease, and the people suffering from it deserve the same opportunities for care that are available to anyone else who gets sick in this country. Treatment is also the most efficient

and cost-effective way to help families and communities respond to addiction, especially as rates of heroin and synthetic drug overdose, prescription drug abuse, and other forms of addiction continue to rise in our region and across the country. This announcement from CMS paves the way for Ohio and all states to address this growing public health concern," said Rep. Kaptur.

"Day in and day out, I hear tragic stories of families and communities broken apart by drug use and am left heartbroken every time. Unfortunately in Ohio, only 1 in 10 people in need of treatment have access to it. That is why I applaud this move to increase opportunities and develop innovative treatment solutions to begin to stem the tide of this growing epidemic we face in Ohio and all across the United States," said Rep. Ryan.

Representatives Fudge, Kaptur and Ryan introduced the *Breaking Addiction Act of 2015* earlier this year to give states the flexibility to use federal Medicaid matching funds for mental health treatment. Click here to read the *Breaking Addiction Act of 2015*. Visit <https://www.cms.gov/> to learn more about the new guidance and service delivery opportunities

## YWCA Pollyball Health Fair

*Special to The Truth*

The 2015 YWCA Pollyball Health Fair is Friday, August 7 from 10 a.m. – 2 p.m. at the YWCA of Northwest Ohio, 1018 Jefferson, Toledo, OH 43604. This event is free and open to the public. Please note that all are welcome. Parking is free at meters from 11 a.m. – 2 p.m. and \$2 for the day in the lot across Jefferson from our building.

There will be over 40 vendors offering screenings, health tips, and interactive educational opportunities. All screenings are offered at no cost, however, the mobile mammogram, funded by a community grant from Susan G. Komen Northwest Ohio, requires a doctor's order and appointments are preferred; participants without an appointment may not be seen. Please call Winda at EncorePlus at 419.241.3235 for more information or for help obtaining an order.

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*... continued on page 16*

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Angela Steward... continued from page 9

feel healthy and gives you plenty of energy to achieve what you want with your life. Focus on eating healthy and in moderation. Don't get caught up in fad diets. Avoid junk food and fizzy drinks, which can make you feel sluggish and lazy.

4. Shake off the Haters!! Nobody has the right to make you feel bad about yourself. Avoid anyone who brings you and others down. If they're talking bad to you about others, they're talking bad about you, too

5. Laugh – Laughter is like medicine! There's nothing like giggling with friends until you can hardly breathe. And..... there's nothing prettier than a person with a huge smile on her face!

6. Focus on the things you love about yourself! It's all about a positive attitude. The more confident you feel about yourself, the more confident you'll appear to others – and confidence is ATTRACTIVE!

7. Give your body some love! Focus on your positive skills and talents and what your body can do rather than how you look. Our bodies are amazing.

8. Stop believing the media! So many pictures these days are photo-shopped. Don't compare yourself to the images in the media. Avoid magazines and television shows that say you need to change what you look like to be attractive.

9. Exercise! Exercise releases endorphins, and endorphins make you happy. Staying active will ensure that your body stays healthy.

10. Know yourself! No one knows you better than you. If you want to diet and lose weight, it's your body, do what you want. It's sometimes hard to know whether our own weight loss goals come from outside or inside ourselves, from self-hate or self-love. Listen to your self-talk, if you want to change your diet out of love and respect for your body, or to live longer or to live a better life, go for it. But if you think that everything will be better in your life when you lose weight,

that's a big warning sign that you're doing it for all the wrong reasons!

Like anything, learning to love the skin you're in takes time. It's a habit that has to be developed. But once you get into it, it gets easier to talk yourself "up," and a lot harder to talk yourself "down." Train yourself to see your body as it is, whole and complete! Focus more on health and happiness, rather than picking yourself apart!

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## Community Invited to Participate in Freedom Walk for Sex Slavery Awareness.

The community is invited to participate in "Slave Trail Freedom Walk" on Friday, August 14, 2015, beginning at 6 p.m. The walk begins at the Lathrop House at Harroun Park on Main St., Sylvania, and will follow the Ottawa River. It concludes at

the Harroun Barn on the campus of Flower Hospital.

"Through this event," explains Jeff Willbarger, Director of The Daughter Project, "we want to challenge and inspire people with the fact that slavery did not end with the underground railroad – it still happens today in the form of sex trafficking."

Willbarger continues, "The house and barn were both used to hide slaves as they traveled through Toledo on their way to freedom in the north. We expect this to be a profound time of reflection for all who participate."

Also included in the event are readings from slave diaries, viewing of the sex trafficking documentary "Nefarious" and dance performances by students of

the Toledo School for the Arts.

This event is being presented in cooperation with the Friends of the Lathrop House, St. Joseph's Parish - Respect Life Committee, Toledo School for the Arts, Lourdes University, The Franciscan Center, Flower Hospital and the Sylvania Historical Society.

*The Daughter Project is an all-volunteer organization – except for the House Moms and Case Manager – whose goal is to provide holistic healing services in an extremely safe, home-like environment to girls/women who have been freed from sex traffickers at no cost. Doctors, counselors and other professionals have committed to provide medical services to our girls. Specific therapies include; art, dance, drama, equine, music and play therapy. In addition, we collaborate with various local community organizations to provide healthy, educational opportunities for the girls.*

For more information, go to [thedaughterproject.org](http://thedaughterproject.org).

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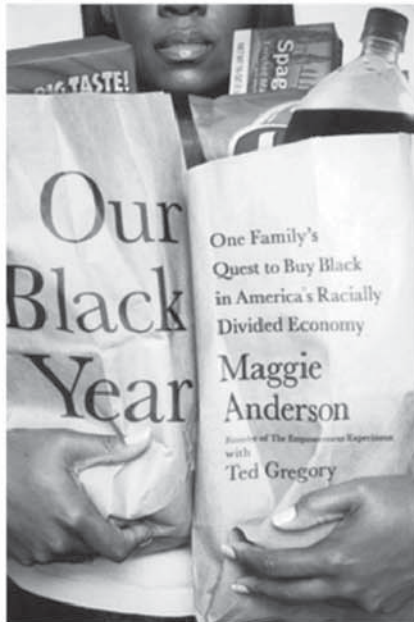
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# CLASSIFIEDS

August 5, 2015

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## REQUEST FOR QUALIFICATIONS FOR ACCOUNTING SERVICES

### NORTHWEST OHIO ADVANCED ENERGY IMPROVEMENT DISTRICT (ESID)

The Toledo-Lucas County Port Authority is requesting qualification statements or resumes from firms or individuals interested in providing accounting services for the Northwest Ohio Advanced Energy Improvement District ("ESID") as related to the Port Authority's energy efficiency and alternative energy financing and implementation program.

The successful candidate/firm will have at least two (2) years of experience in public accounting and/or conducting audits of governmental entities; Certification as a public accountant is a plus, as is an understanding of public finance bond transactions.

A complete description of the accounting services sought is available at: [www.toledoportauthority.org/publicnotices](http://www.toledoportauthority.org/publicnotices).

## NOTICE OF PUBLIC HEARING

The Board of Commissioners of the Lucas Metropolitan Housing Authority (LMHA) is preparing to submit its Annual Plan 2016 to the Department of Housing and Urban Development (HUD) for the fiscal year beginning January 1, 2016. The Annual Plan 2016 is available for review at LMHA's Website ([www.lucasmha.org](http://www.lucasmha.org)). LMHA invites you to submit comments during the next 45 days. Please submit comments to [rlake@lucasmha.org](mailto:rlake@lucasmha.org).

**You are invited to a public hearing on Wednesday, October 7, 2014 at 4:00 p.m., McClinton Nunn Community Bldg., 425 Nebraska Ave., Toledo, OH 43604.** Interested citizens will be provided pertinent information regarding strategic goals and program activities of the LMHA. Citizens are encouraged to attend this public hearing and provide additional comments on the Annual Plan 2016.

Should attendees require auxiliary aids due to a disability, please contact LMHA at 419-259-9457 or TRS 711, at least one week prior to hearing date.



William J. Brennan, Chairman  
Linnie B. Willis, Executive Director

## EFNEP PROGRAM ASSISTANT (BILINGUAL)

OSU Extension, Lucas County is hiring for a Program Assistant (Bilingual) position with the Expanded Food and Nutrition Program (EFNEP). The position will work 40 hours per week. This position will teach food and nutrition topics to low income adults, youth and/or families in a variety of community settings. This person should be indigenous to the community and proficient in English and Spanish. For complete position description and online application instructions, please go to [www.jobsatosu.com](http://www.jobsatosu.com) and search by Job Opening Number **410528**. To assure consideration you must apply by **August 9, 2015**. To build a diverse workforce, Ohio State encourages applications from individuals with disabilities, minorities, veterans, and women. EEO/AA employer.

## NOTICE TO BIDDERS

SEALED PROPOSALS for bidding on **Toledo Metropark Resurfacing 2015, Sylvania Township, Richfield Township, City of Toledo, City of Maumee, Lucas County Ohio** will be received; opened; and read aloud at the Metropolitan Park District of the Toledo Area, Fallen Timbers Field Office, 6101 Fallen Timbers Lane, Maumee, Ohio 43537 **Thursday, August 20, 2015 at 3:00 p.m.** local time.

THE SCOPE OF WORK consists of paving improvements including removal of existing pavement, base preparation, and asphalt paving. Work shall also include maintenance of traffic, construction layout, and landscape repair of pavement shoulders. Bidders may obtain copies of plans, specifications, contract documents and plan-holder's list through Newfax Corporation, 333 West Woodruff, Toledo, Ohio 43604 between 8:30 a.m. and 4:30 p.m., Monday through Friday (check made payable to Newfax Corporation) or via the Newfax Digital Plan Room at [www.newfaxcorp.com](http://www.newfaxcorp.com). Newfax can be contacted at 419-241-5157 or 800-877-5157. A non-refundable fee of \$15 is required for each set of documents obtained. For additional information, please contact Martin Overholt @ 419-467-8414, [Marty.Overholt@metroparkstoledo.com](mailto:Marty.Overholt@metroparkstoledo.com)

## CHILD WELFARE CASEWORKERS

Lucas County Children Services is seeking candidates for Child Welfare Caseworkers. Education and experience requirements can be viewed at [www.lucaskids.net](http://www.lucaskids.net). Please submit your resume along with the application, by **8/14/15**. EOE Valuing Diversity. No phone calls please.

## CLERICAL SPECIALIST

Lucas Metropolitan Housing Authority is seeking experienced applicants for a Clerical Specialist position. Visit [www.lucasmha.org/Employment](http://www.lucasmha.org/Employment) and click on "Housing Choice Voucher Program" link for details. **Only online applications received at the above website by Sunday, August 16, 2015, will be accepted.** This is a Section 3 covered position. HUD recipients are encouraged to apply and are to indicate on the application if you are a LMHA Public Housing resident or Housing Choice Voucher Program participant. Persons with disabilities are encouraged to apply. **NO PHONE CALLS.** An Equal Opportunity Employer.



## HVAC/R TECHNICIAN

Lucas Metropolitan Housing Authority (LMHA) is seeking experienced applicants for HVAC/R Technician. Visit [www.lucasmha.org/Employment](http://www.lucasmha.org/Employment) and click on "Property Management" link for details. \$22.26/hr. Deadline: **8/9/15**. This is a Section 3 covered position and HUD recipients are encouraged to apply. Please note on your submittal if you are a LMHA Public Housing resident or Housing Choice Voucher Program participant. Persons with disabilities are encouraged to apply. **NO PHONE CALLS.** An Equal Opportunity Employer.



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# Back-to-School Tips to Keep Kids Healthy and Safe

## Special to The Truth

Back-to-school prep means more than a trip to the office supply store. Help kids stay strong, healthy and safe this school year by putting wellness front and center.

"Thinking about back-to-school now can help parents keep kids on track for a healthy summer and start to school," says Dr. Sandra Hassink, MD, FAAP, president of the American Academy of Pediatrics.

With that in mind, Hassink recommends taking the following steps.

### Ease into the School Schedule

Ease the back-to-school transition by keeping bedtime and meals scheduled during the summer and adjusting timing as school approaches. If your child has been going to bed later than usual, begin adjusting his or her bedtime earlier toward the end of summer. Depending on age, children and teens need between 8.5 to 9.5 hours of sleep nightly.

For young children, arranging to see their new classroom and meet their new teacher before school starts can calm first day jitters. Go over the school schedule with your child, including how she will get to school and what the plans are for after school time.

### Schedule a Pediatric Visit

The back-to-school season is a good time for scheduling a pediatric exam. Create a list of items you want to discuss with your child's pediatrician. This list should include ensuring your

child is up-to-date on vaccinations, a crucial part of preventive care.

It's a good idea to build a medical home with a pediatrician by sticking with one doctor or medical practice throughout childhood and adolescence. The doctor will be better informed of your child's medical history and aware of any emerging problems.

Beyond medical testing, pediatricians are well-equipped to counsel patients and parents on emotional and social issues, as well as issues that often crop up during adolescence, such as smoking, drugs, drinking, sexual activity and depression.

"Parents can ask a pediatrician about anything related to the care of their child or teen, medical or not," says Dr. Hassink. "The visit can be a good way to bring up these issues."

### Consider Sports

Sports can foster confidence, cooperation and healthy habits, and the start of the school year brings many opportunities to join various programs.

*Courtesy StatePoint*

### Health Fair.. continued from page 11

This health fair is put on each year by the EncorePlus program, the YWCA's breast cancer outreach, education, screening and support program.

EncorePlus is supported by Avon Breast Health Outreach Program, Susan G. Komen of Northwest Ohio and YWCA Pollyball. Pollyball is an annual event commemorating Polly Hylant-Tracy with a day of fun in the sun, raising money to help lessen the effects of breast cancer on our community's under/uninsured population. The 2015 Pollyball Tournament will be August 22, 2015 at International Park. Visit [www.Pollyball.com](http://www.Pollyball.com) for more information!

All are welcome and encouraged to attend as this is a great way to save money and get important wellness information! Please call Anna at 419.241.3235 ext 122 with any questions.

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## Medical Professionals LPNs & Nurses

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Tiffany Reynolds is a published author, career success coach and Founder & CEO of Tiffany Reynolds Co.

Tiffany Reynolds Co. equip medical professionals: STNAs, LPNs, registered nurses, physician's assistants, physical therapists, respiratory therapists and dentist assistants to confidently STAND OUT in the marketplace by providing premier coaching on how to sell yourself in a job interview.

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<p><b>- COST -</b> <b>FREE WORKSHOP</b></p> <p>With \$20 Book Purchase</p>	<p><b>- DATE, TIME -</b> <b>LOCATION</b></p> <p><b>Tues., Aug. 11<sup>th</sup></b> 1:00 pm - 2:00 pm</p> <p>3295 Lewis Commons Perrysburg, Ohio 43551 <a href="http://tiffanyreynolds.com">tiffanyreynolds.com</a></p>	<p><b>- REGISTER -</b></p> <p>Call 1.855.234.9797</p> <p><b>Deadline to RSVP</b> Fri., August 7<sup>th</sup> by 5:00 pm</p>
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eliminating racism  
**ywca**  
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## Health Fair

**ENCORE**  
*plus*

eliminating racism  
empowering women **ywca**

10:00am-2:00pm  
Friday, August 7, 2015  
YWCA of Northwest Ohio  
1018 Jefferson Ave  
Toledo, Ohio 43604  
Questions? 419.241.3235

Over 40 vendors with hands on exhibits!

**FREE!!!!** FREE! FREE! FREE!  
Screenings include:

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\*must have an order-call today!
- ▶ Hearing Test
- ▶ Bone Density Testing
- ▶ Blood Pressure Testing
- ▶ Glucose Testing
- ▶ Oral Cancer Screening
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