



Local and National News

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"And Ye Shall Know The Truth..."

September 7, 2016

Planned Parenthood's Iris Harvey



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This Strikes Us ...

Hillary Clinton – A Woman of Substance – Part 3

"Senator Clinton has demonstrated a willingness to work across the aisle, as we have worked together on legislation through our positions on the Senate Armed Services Committee and Environment and Public Works Committee. The bottom line, though, is that Senator Clinton's experience and expertise in foreign relations will serve this country well." U.S. Senator Jim Inhofe (Republican, Oklahoma, 2008)

In 2000, First Lady Hillary Clinton ran for the office of U.S. Senator in order to represent the people of the State of New York. In the first campaign in her own name, Clinton won the election with 55 percent of the vote.

As senator, Clinton was almost immediately faced with the tragedy of 9/11 and her response in the aftermath of that tragedy was to secure funds for medical assessment, referrals and outreach for 9/11 rescue and recovery workers and volunteers. She helped to bring \$21 billion in federal aid to help New York rebuild.

"She fought tooth and nail to protect the first responders who rushed into danger when the towers collapsed and was pivotal in the passage of legislation that helped those first responders who got sick get the care and treatment they deserved. She worked night and day to protect and create jobs in New York, whether that was at the Niagara Falls Air Force Base or the Center for Bioinformatics at the University of Buffalo. She also led the charge on the Lilly Ledbetter Pay Equity Act which is not the law of the land." U.S. Senator Chuck Schumer (Democrat, New York, 2008)

During her senate years she worked to extend and enhance benefits for armed service members and veterans: she introduced the heroes at Home Act to help family members care for those with Traumatic Brain Injury; she co-sponsored the Support for Injured Servicemembers Act to extend benefits provided by the Family and Medical Leave Act; she worked to increase the military survivor benefits from \$12,000 to \$100,000.

And continuing her lifelong concern for children, women and families, the senator was one of the original cosponsors of the Prevention First Act to increase access to family planning while also introducing the Legal Immigrant Children's Improvement Act, which would give states the option to provide federally funded Medicaid and CHIP benefits to low-income legal immigrant children and pregnant women.

In addition, Clinton wrote a law providing grants to state and local governments to pay for respite care services for family caregivers which allowed expanded funding for temporary breaks for caregivers of sick or disabled persons.

Clinton's performance during her first six years in office was impressive enough to her New York constituents that she was re-elected in 2006 with 67 percent of the vote.

Shortly after re-election, of course, Clinton tossed her hat in the ring for the Democratic Party's nomination for president but fell short to fellow Senator Barack Obama. She had captured 17 million votes during the nomination primary process.

"I know Hillary and I think she'd make a great president or vice president." Donald Trump, 2008

President-elect Obama asked Clinton to be his Secretary of State and, after her eight years in the Senate, working so effectively with her colleagues on both sides of the aisle to foster her concerns for women, children and veterans, and keeping in consideration her international experience developed from years of service on the Senate Committee on Armed Services and as a commissioner on the Commission on Security and Cooperation in Europe, her fellow senators confirmed the president's choice by a vote of 94-2.

"Today's overwhelming confirmation of Senator Hillary Clinton to be our next Secretary of State is a testament to the well regarded talents



Candidate Hillary Clinton

and qualifications she will bring to the job of overseeing our nation's foreign policy. As the Ranking Member of the Appropriations Subcommittee tasked with funding State Department activities, I look forward to continuing my work with Senator Clinton to advance our nation's interests through U.S. diplomatic programs and activities.' U.S. Senator Gregg Judd (Republican, New Hampshire, 2009)

Community Calendar

July 24-September 12

Free Parenting Classes: Saturdays 11:30 am to 1 pm; Continuous open enrollment; Sponsored by Operation Re-Seed Christian Ministry Parenthood Program: 419-297-3530

September 9

Toledo Museum of Art Memory Loss Program: "A Brush with Art;" Co-sponsored by Alzheimer's Association; 1 to 2:30 pm: 1-800-272-3900

September 11-12

Auditions for Cutting Edge Theatre Company's First Musical: Seeking All Ethnicities; Sunday 3-7 pm; Monday 7-9 pm; Bring photo, resume and prepare 1 minute song; St. Paul Church (Performance Nov 11-13): 419-494-4814

September 12

Community Forum: Presented by the Toledo Chapter NAACP and the Toledo Urban Federal Credit Union: 6 pm; Mt Pilgrim Baptist Church: 419-255-8876

September 13-15

Calvary MBC Fall Revival: 7 pm nightly; Guest speakers – Rev. Otis Gordon of Warren AME, Rev. Robert Lyons of Greater St. Mary's, Bishop Johnny Hobbs of Church of God in Christ

September 17-18

St Paul MBC Women's Day Weekend: "God Is Calling Christian Women to Stand Firm;" Sat – Worship and Salad Smorgasbord at 11 am, guest speaker Min Sheri Galloway; Sunday service at 10:45 am, speaker First Lady Linnie Willis: 419-246-2886

September 18

New Prospect Baptist Church Women and Men's Day: 11am Women's Day Service – speaker Min. Jeanette Baron; 4 pm Men's Day Service – speaker Pastor Scotty Aarons

Calvary MBC "Roses of Calvary Flower Ministry Anniversary:" Guest Pastor Charles McBee of Family MBC: 4 pm



Senator Hillary Rodham Clinton

Let The Church Say...Amen?

By Lafe Tolliver, Esq

Guest Column

Talk about phony...insulting...stage crafted...belittling...demeaning, all of that and more is how I would describe the visit that Donald Trump made to a black church in Detroit.

According to the transcript obtained by the New York Times (September 2nd edition...go on line to read it), the Trump campaign has orchestrated a virtual fraud with their closely choreographed pageant of Trump visiting a black church BUT he was only interviewed by the pastor and that interview was in private!

Yes, the fearless Trump who proudly proclaims how tough he is and what a great counter puncher he is and he wants to make America strong again, could not face a crowd of black parishioners in a church in Detroit.

So, what did his campaign do? They singled out a friendly black-faced pastor who was willing to run interference for the Donald and allow him to come to "address the black community" from the sterile safety of the pastor's study!

The black pastor submitted his questions for approval and editing to the Trump campaign (don't want to have any, "Gotcha Questions" now do we...?) and they in turn with "consults from friendly, black Republicans" edited and sculpted the answers to fit their agenda.

What you will hear when this farce is aired is not Trump showing his Superman T-Shirt under his Armani suit but rather a concocted and docile Trump who will appear presidential from the comfortable cubbyhole of this pastor's study.

What a joke this is. Why couldn't Trump do a Q&A (questions and answers) directly from the black parishioners?

Ever hear the word, "Fear!" Trump knew that if he were to have been on a live camera that was not at one of his red meat rallies with 99.9999 percent of the friendly audience being white people, but rather a meeting with black people staring him down, he would be in for a media butt whooping on national TV.

Couldn't happen. So, what you do next is simply create your own narrative and have the Trump campaign aides plan everything, down to every sound bite, so that Trump comes off looking as if he just slayed this critical audience.

Now, this is the part that I must take some personal shame in admitting. I, without right or privilege, did pay an anonymous hacker group to get me the unedited questions that Trump will answer and the first responses to those questions.

I am taking a huge gambit in releasing this information and I could suffer some serious blow back because of it but I am willing to stick my journalistic neck out for my dear readers.

To partly cover my tracks, I used my reporting network, ANNN (All Negro News Network) to be shield when my paid hackers get into the website that contains this pre arranged nonsense.

Now, remember, if this hack is caught, the Trump campaign may change up their answers to the submitted questions so as not to appear that Trump is their Manchurian Candidate on these issues. Remember these are the questions and answers before anything was later deleted, changed or edited:

Question One: Why did you engage in this bither nonsense about America's first black president? You knew that there was nothing to this matter but race baiting?

Answer: I needed something to rouse up white folks and the far right news media, so I went with it and it paid off for me! I am the nominee!

Question Two: Why did you bring Stephen Bannon of Breitbart News into your inner circle of advisors knowing his outrageous comments he had made before about black people?

Answer: Stephen feeds me a lot of conspiracy theories what I thrive on, so I wanted my food source close by at all times.

Question Three: Have you disavowed the past racial discriminatory rental policies of your late father at the Trump rental properties in New York City?

Answer: Hey! How did you find that out? I love colored people! Some of my best friends are Negroes, including you.

Question Four: Why did it take you more than a nano second to distance yourself from the Klansman, David Duke?

Answer: I need David and his crowd to vote for me but I can not say that in public. If I did, the country would go nuts and I would lose the election.

Question Five: You call people mean names on TV. You rant and curse. You make fun of those who have a disability. You demean women. You make racist comments about Mexicans. You make fun of the sacraments of communion. You say that you have never asked God forgiveness, but, yet you say you are a very good Christian!

Answer: Hey, I read the Bible the way I want and you can read it the way you want!

I am a good person. I am at a black church. I gotta talk about God and Jesus.

Question Six: What is your policy plan to invigorate the black community?

Answer: I want to ban fatty snacks. Curb BET programming. Give the police more military style weapons to enforce curfews. Have all black people register with a picture ID before they can vote. Give every black worker a yearly \$50.00 bus token/pass so they can get to work on time. Place #Black Lives Matter on a terrorist watch list.

Make it a misdemeanor crime to wear your pants sagging below your waist.

Question Seven: You repeatedly degraded and humiliated Dr. Ben Carson during the primary campaign even to say that he has a pathological problem with his anger.

What was that all about?

Answer: What are you talking about? Ben Carson loved it and he loves me. He is campaigning with me right now in Detroit! Ben is a good ol' boy. He knows his place and that place is with me. (Note: Trump then touches the Ben Carson Bobblehead doll that he carries around with him).

Well, dear readers, as you can see from these first raw and unedited questions and answers, Donald Trump's campaign has to do a lot of editing and massaging of these answers before they are fit for publication.


Regrettably, I was unable to get the rest of the proposed questions and their answers because my hacker group was discovered and had to beat a hasty retreat.

When Carlos _____ told me of their retreat, I had to ask him, who got wind of this hack and called in the authorities. He said a name that I am very familiar with, Michael Bell!

The same guy who led the pledge of allegiance at the recent Trump rally in Toledo was at the same time doing his own surreptitious hack of the website of Lucas County Commissioner Pete Gerken and he stumbled across our hack!

I was speechless. Trump truly has an African-American in Toledo.

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MEMBER FDIC

Letter to the Editor

Deadly Summer

How can African-American men stay cool, calm and collected when they are constantly being killed by law enforcement officers? The list continues with the deaths of Alton Sterling and Philando Castille on July 5 and 6. These killings are just another piece of racial disharmony in America. When I think of how blacks were brought over on slave ships, hearing stories of black bodies hanging from trees in the South, Martin L. King's assassination, Emmett Till's gruesome death, little black girls bombed in church, Medgar Evers' death, should we say calm?

If you are black, pulled over by a white police officer, you are "at risk." You have to wonder what kind of officer will show up. A good one, bad one, a racist or one who is just having a lousy day. Most importantly, how do you tell the difference?

The shooting deaths of five white officers in Dallas, Texas by Michael Johnson was heartbreaking. Johnson had a twisted mind. His past was analyzed, trying to find out why he would commit such a violent act. Tell me, what is causing some white officers to shoot so many African-American males?

My black brothers have been shot in the back while running, shot carrying a bag of skittles, held in a police vehicle, mysteriously injured, then dying, shot holding a toy gun, shot with their hands in the air. Another brother telling officers, "I can't breathe," was restrained, although not killed by gun shots, the end result – death! Maybe analyzing should be reciprocated!

Some white law enforcement officer are saying they are fearful for their lives. Read your history books, check out the news and tell me what race of people have had more reason to be fearful for their lives in America? How many white parents worry about their child's safety when they leave home?

No one has said any life matters more than any other but the way I see things our lives didn't matter beginning with slavery, when his-

tory books excluded our worth, even now when juries don't indict white police officers responsible for the brutal deaths of my black brothers.

I will never condone any acts of violence. I condemn a nation that will not hold individuals accountable for so many blatant killings by some white police officers who were hired to maintain and enforce the law. For me there is a strong feeling that black lives don't matter in America. The violence against my black brothers, the phone calls reporting the deaths, the pain, grief stricken family members and countless funerals continue!

Cora Louise Jones
356 ½ W. Central Avenue

Kaptur: Ohio Awarded \$2 Million for Opioid Misuse and Overdose Programs

Congresswoman Marcy Kaptur (OH-9) last week announced that Ohio will receive nearly \$2 million from the U.S. Department of Health and Human Services under three health-related programs to address the statewide epidemic of opioid misuse and overdoses.

The awards announced today were made by two agencies within HHS, the Substance Abuse and Mental Health Administration (SAMHSA) and the Center for Disease Control (CDC), which focus on opioid misuse and overdoses. Ohio was selected for three separate programs and will receive a total of \$1,998,455 out of \$53 million allocated nationwide to 44 States, four tribes and the District of Columbia to "improve access to treatment for opioid use disorders, reduce opioid related deaths, and strengthen drug abuse prevention efforts. In addition, funding will also support improved data collection and analysis around opioid misuse and overdose as well as better tracking of fatal and nonfatal opioid-involved overdoses."

"This is welcome news, of course. Any additional resources are a help," said Congresswoman Kaptur. "But this is an epidemic, and it's getting worse, based on what I have been told by medical professionals and law enforcement officials in northern Ohio. Everyone acknowledges this isn't enough – everyone except the Republicans in Congress, that is."

In Ohio, deaths and overdoses from heroin and opioids have reached epidemic proportions. According to data released last week by the Ohio Department of Health, opioid overdoses killed a record 3,050 people in Ohio in 2015, more than one-third of them from fentanyl, a super-potent opiate often mixed with heroin. When the data includes heroin and opioids, Cuyahoga County has seen 1,386 people die from overdoses between 2010 to 2015. Deaths in 2016 are expected to exceed 500 in number, nearly double the total from 2015, according to William Denihan, the chief executive officer of the Cuyahoga County Alcohol, Drug Addiction and Mental Health Services Board. In Lucas County, 113 people died of heroin or other opioid overdoses in 2015, with roughly 3,000 reported non-fatal overdoses, according to law enforcement sources.

Ohio will be awarded funds under one program administered by the Substance Abuse and Mental Health Service Administration, or SAMHSA, and two programs oversee by the Centers for Disease Control, or CDC.



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Trump Gets Religulous

by Rev. Donald L. Perryman, D.Min.

The Truth Contributor

Institutional religion has had its potentially sharp prophetic edge dulled by its overt or silent complicity in maintaining the status quo.

- James M. Washington



Donald Trump, Republican Party nominee for U.S. President, was "getting his shout on" (well, sort of) last week at Great Faith Ministries on Detroit's west side. He was seen giving thumbs up to worshippers and swerving in counter-rhythm to the beats of the praise and worship musical selections. The candidate even presented a short homily infused with not only scripture, but also rhetoric such as "a civil rights agenda for our time" and "the African-American community has suffered from discrimination."

Is "The Donald" getting churchy on us?

The truth is, Trump seemed to be a bit uneasy in news coverage videos of the event, suggesting a cultural, if not spiritual, disconnect with this, for him, new black neo-Pentecostal experience.

Many see the visit, Trump's first campaign stop in an African-American community, as an absurd and comical sideshow, others view his presence as hypocrisy and an affront to people of color.

Clearly, images of violence and meanness heaped on blacks at Trump's campaign rallies combined with hateful rhetoric fueling his campaign and alt-Right connections of staff remain at the forefront of black concern.

Speaking In Tongues?

Black folks also liken Trump's alternating rhetoric of open bigotry and love or hard line and softening approaches to "giving a black eye and then sending roses and a box of chocolates." Rev. Otis Moss III tweeted on social media, "In a white crowd you sound like George Wallace but in a black church outside the black prophetic tradition, you try to sound like Dr. Martin Luther King."

"That he (Trump) is in a black church, having just presented himself as the white savior of black folks when he said I alone, can fix the sorry state of your community, is some arrogant ish," said a young black street organizer critical of Trump's "signifying."

Other skeptics also point to the candidate's "practice of making stereotypical comments" about blacks to others by emphasizing group deficits (which in reality can be attributed to racial discrimination) rather than group strengths.

Rev. William Barber, NAACP president of the North Carolina chapter, in response to Trump's outreach slogan "What the hell do black people have to lose? Trust Me," highlights even more Trump consistently inconsistent double speak and hypocrisy.

"He is the embodiment of the Birther Movement, that insists that President Obama was born outside the United States and is thus an 'illegitimate' President. But Trump has not said a thing about voting

rights that have been stripped away, but says that blacks are naïve. That's racist!" says Barber.

Although Trump ascribes social and economic problems endemic to the black community to the "bigotry of Hillary Clinton" and the Democratic party, he neglects to mention that the Republican Party and the Southern Dixiecrats that emigrated to them, have stood against voting rights, the civil rights act, immigrant rights, public education, a livable wage for all workers and remain staunch opponents of practically all safety net policies for society's most vulnerable.

It was also the failed economic policies of the Republican Party, notes Barber, that piloted in the "worst recession since the great depression," and "under whose watch the U.S. experienced the worst terror attack on American soil in history. And, in addition are continuing to make it difficult for the poor and people of color to get to the polls and cast their votes."

A Different Gospel?

The black church religious experience is very diverse, however, Trump's choice of Great Faith Ministries to worship is significant.

Great Faith promotes a relatively new prosperity theology aimed for middle and upper middle class blacks that critics characterize as "middle-class consumerism" rather than a developed sense of biblical justice irrespective of class, education or socio economic status prevalent in the gospel promoted by older stable denominations such as the Progressive National Baptist Convention (PNBC) or the African Methodist Episcopal Church (AME).

Prosperity proponents respond that traditional theologies are outdated and have, in the words of Renita Weems, PhD, "made black people think of themselves as victimized so much that there is nothing that they can do except wait on God and white people to deliver them."

Yet, clearly, Trump's new love for religion and the prosperity branch of the black religious experience is likely just a prop to gain suburban white voters rather than a genuine attempt to understand the widely diverse African-American community.

In order for Trump's new religion and outreach to be taken seriously, both he and the Republican party, must expand their narrow views of the black community, come to grips with their own biases and abandon their opposition to the progress of people of color as a diverse group rather than promotion of an exploitative association with a relatively few wealthy blacks.

Contact Rev. Donald Perryman, D.Min., at drdlperryman@center-ofhopebaptist.org

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The Truth HEALTH



Ask Ryan

By Ryan Rollison

The Truth Contributor

Dear Ryan,

I am very hard pressed to lose some weight for health reasons and my self-esteem. I listen to people and their advice, I read magazines and research things on the Internet. The more I read and listen to people the more confused I get on what will really work for me. It all becomes a bit overwhelming to me. I am asking your opinion because I know who you are, I know people you have helped and you have a lot of experience. So if you could please shed some light on this subject for me I would appreciate it.

M.J.C.

Dear M.J.C.

Well the most important thing you said was, "what really works for me." That is the key – what works for someone may not work for you.

You can talk to five different people, read five different articles and get 10 different answers. The road to fat loss can be very confusing and overwhelming with all the opinions out there. I believe in the KISS rule, Keep It Simple Stupid!

Everyone makes this so much harder than it needs to be. Unless you're competing there is no reason to make this a huge production. It's as simple as calories in versus calories out. You want to burn more than you consume.

As long as you feed your muscles with good quality protein you will

lose body fat. Consume a good quality source of protein every time you eat a meal or snack. I also believe that carbohydrate monitoring is the most important thing for fat loss.

You have to keep your insulin levels regulated and even. You don't want drastic spikes in your insulin because that makes your body store fat. I have found that a majority of people who are overweight are very carbohydrate sensitive and have to really watch their carb intake.

Through my years of training I find if my clients ingest less than 25 grams of active carbs (potato, pasta, rice, etc.) per meal and only eat meat and vegetables at night, they achieve better fat loss. You can consume as many vegetables as you like without the concern of raising your insulin levels.

Water consumption also plays an important role in fat loss, so make sure you drink plenty of water. How much is that? Well, I have always gone by .55 ounce per pound you weigh. I myself consume at least one gallon of water a day and would have two gallons when I was competing. It helps flush fat, protein synthesis, hydration and many other functions. It is truly the forgotten nutrient.

Stretching also helps your body to burn fat. So just to sum it up you should five times per day, eat a good source of protein in every meal, minimal active carbohydrates (25), lots of vegetables, plenty of water and exercise daily. If you need a food list please visit my web site. Hope this helps you. Remember KISS!

UNLEASH YOUR HERO!

Ryan Rollison

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Iris Harvey: On a Mission to Bring Family Planning to Ohio's Communities

By Fletcher Word

Sojourner's Truth Editor

"I feel privileged to be the CEO of Planned Parenthood of Greater Ohio," says the recently-appointed Iris Harvey. "I want people in the African-American community to see that someone who looks like them is in charge of this organization."

Harvey, though new to the leadership role at Planned Parenthood of Greater Ohio (PPGOH), is no stranger to the organization. She had been on the board of directors since 2011 and had served as chairman in 2015. She brings to PPGOH more than 25 years of organizational leadership in the public and private sectors, most recently at Kent State as vice president for university relations.

A native of New Jersey, Harvey is a Fulbright Scholar and a Ford Foundation Scholar. She earned her undergraduate degree in business administration and her masters in business administration from the University of Southern California and holds an ED.S degree from George Washington University.

Harvey takes over the leadership role at PPGOH at a critical time. The national organization has been beset by controversy for several years due to a conservative outcry over its abortion activities – activities that are a relatively minor part of Planned Parenthood's mission. By most accounts abortion revenues comprise only about three percent of the organization's finances and no government funds are used for the procedures.

In Ohio, the Republican legislature has passed 17 measures affecting Planned Parenthood, notes Harvey, with the intent of crippling the organization financially. The legislation, along with similar laws around the country, began last summer when videos were released supposedly showing Planned Parenthood employees discussing the selling of aborted fetus and fetal parts.

Investigations in Ohio and other states found no evidence of wrongdoing, but the damage to Planned Parenthood's image was done and state legislatures went full-bore after the organization.

Federal courts, however, have recently given Harvey reason to be optimistic about the future prospects of her organization and its ongoing mission to "provide reproductive health care to men and women."

As it relates to Ohio, Judge Michael Barrett of U.S. District Court for the Southern District of Ohio ruled this summer that legislation to defund Planned Parenthood by making the organization ineligible for state monies that pay for health care programs for the poor violated the right to free speech and due process. The state law, ruled Barrett, hit programs that had nothing to do with abortion or abortion counseling.

In other words, the State of Ohio is seeking to punish PPGOH for giving advice and counsel about abortion by limiting poor people's access to tests for HIV/AIDS and other STDs, Pap smears and other cancer screenings, infant mortality prevention and sexual health education programs.

"The ruling is quite simple," says Harvey. "You can't limit our First and 14th Amendment rights locally when it can't be done nationally. We are pleased by the ruling."

The state will be appealing the ruling to the U.S. Sixth Circuit Court of Appeals. "Is this the appropriate way for our elected officials to spend taxpayer dollars?" asks Harvey.

It would appear, however, that given the recent U.S. Supreme Court ruling on a Texas abortion access law that sought to shutdown the state's abortion clinics under the guise of trying to protect women's health will give the Sixth Circuit pause in ruling for the State of Ohio.

"It's a good thing we're seeing the Supreme Court being active," says Harvey. "Undue burdens should be banned."

However, as the district court noted and as Harvey affirms, abortion is not Planned Parenthood's primary activity or even a significant portion of its portfolio.

Reproductive health care, breast cancer screenings, typical gynecological tests, these are some of the tasks PPGOH undertake on a regular basis. "Teens come in for counseling," says Harvey, as an example. "Maybe before going off to college or medical school and are seeking contraception. We provide options, a variety of family planning options."

The advice, for example, might take a young person into the direction of a long-acting reversible contraceptive (L.A.R.C.), "contraceptives that have longer shelf life that give people more flexibility," says Harvey. That's the type of counsel that a typical obstetrician/gynecologist would not be likely to offer, she adds.

Planned Parenthood, she says, is the nation's number one provider of sex

education programs.

"We have a high expertise in family planning, fielding 300,000 calls a year with personable, trained people," offers Harvey. "We are full service and first rate."

Planned Parenthood receives its funding from public and private insurance programs, from those who self pay and as a Title 10 provider, can accept payment on a sliding fee scale.

Planned Parenthood's origin dates back 100 years to 1916 when the

founder Margaret Sanger and her sister opened America's first birth control clinic in Brooklyn, New York. "Her mission in life was around bringing access to family planning to American women," says Harvey.

At that time, most women in America could not vote, sign contracts, open bank accounts or divorce abusive husbands. They most certainly could not control the number of children they would have because contraception had

... continued on page 11



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How Do You Imagine Yourself in 2020?

Patrice Powers-Barker, OSU Extension, Lucas County

The Truth Contributor

The goal of the Dietary Guidelines for Americans, 2015-2020 Edition is to help promote health and reduce the risk of chronic disease across the lifespan. The Office of Disease Prevention and Health reminds us: healthy eating is one of the most powerful tools we have to reduce the onset of disease. Healthy eating helps prevent chronic diseases like obesity, heart disease, high blood pressure, and Type 2 diabetes.

Healthy people come in all shapes and sizes – and ages! As you imagine yourself in 2020, it does not matter how old you are now nor how old you will be in 2020. We are all encouraged to follow a healthy eating pattern across the lifespan.

Key recommendations in the Dietary Guidelines for Americans remind us to include:

- A variety of vegetables from all subgroups – dark green, red and orange, legumes (beans and peas), starchy and other
- Fruits, especially whole fruits
- Grains, at least half of which are whole grains
- Fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages
- A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas) and nuts, seeds, and soy products
- Oils that are liquid at room temperature from plants like: canola, corn, olive, peanut, safflower, soybean, and sunflower. Oils also are

naturally present in nuts, seeds, seafood, olives, and avocados.

- Exercise is another healthy habit that can last a lifetime. Physical activity, like healthy eating should be enjoyable and adaptable to a person's lifestyle and budget.

A healthy eating pattern **limits** saturated fats and trans fats (fats that are solid at room temperature), added sugars, and sodium.

Can you imagine yourself following those healthy eating recommendations through 2020? It does not matter how fit and healthy you are right now - or if you are not fit and healthy right now. If you do follow those healthy suggestions, keep up the good work! If you do not currently, don't despair. We are all encouraged to *shift* to healthier food and beverage choices. Most people can benefit from making shifts in eating habits to improve health across the lifespan. Be encouraged that small shifts, or small healthy choices throughout the week, a day, or even a meal, can make a positive difference in creating a healthy eating pattern. Some examples of healthy eating pattern shifts include:

- Instead of a high calorie snack like chips and high-fat dip, choose a nutrient dense snack like vegetable slices and hummus
- Instead of choosing fruit products with added sugar (or just a fruit flavored snack) choose a piece of fruit like an apple or berries or banana or raisins
- Instead of refined grains like plain white bread, choose 100 percent whole grain bread and other grain foods
- Instead of snacks with added sugar, choose an unsalted snack like almonds
- Instead of cooking with solid fats, choose oils that are liquid at room temperature
- Instead of beverages with added sugars, choose no-sugar-added beverages like infused water

What is your role in the community? It does not matter if you have an official leadership title or not. You are part of this community and everyone has a role in helping to create and support healthy eating in all settings from home to school to work to communities.

The Dietary Guidelines recognize that we all have individual and personal factors including our diet and physical activity that help predict our personal health outcomes. In addition to that, we all interact with our immediate settings like our home, schools, worksites, recreational facilities, grocery stores and restaurants as well as other community settings.

We can all play a small but important role in helping make small changes or shifts so that healthy food options are the first options at our different settings.

If you haven't had a chance to shop at a local farmers market yet this year, it's the best time of year for a great variety of fruits and vegetables. If you are free on Friday, September 9, 2016, 11:00 a.m. – 1:30 p.m. come downtown to Local Food Friday, located on Jackson Street outside of One Government Center. Buy lunch from local food vendors and food trucks and enjoy live music while you dine. Also buy fresh produce from local vegetable growers.

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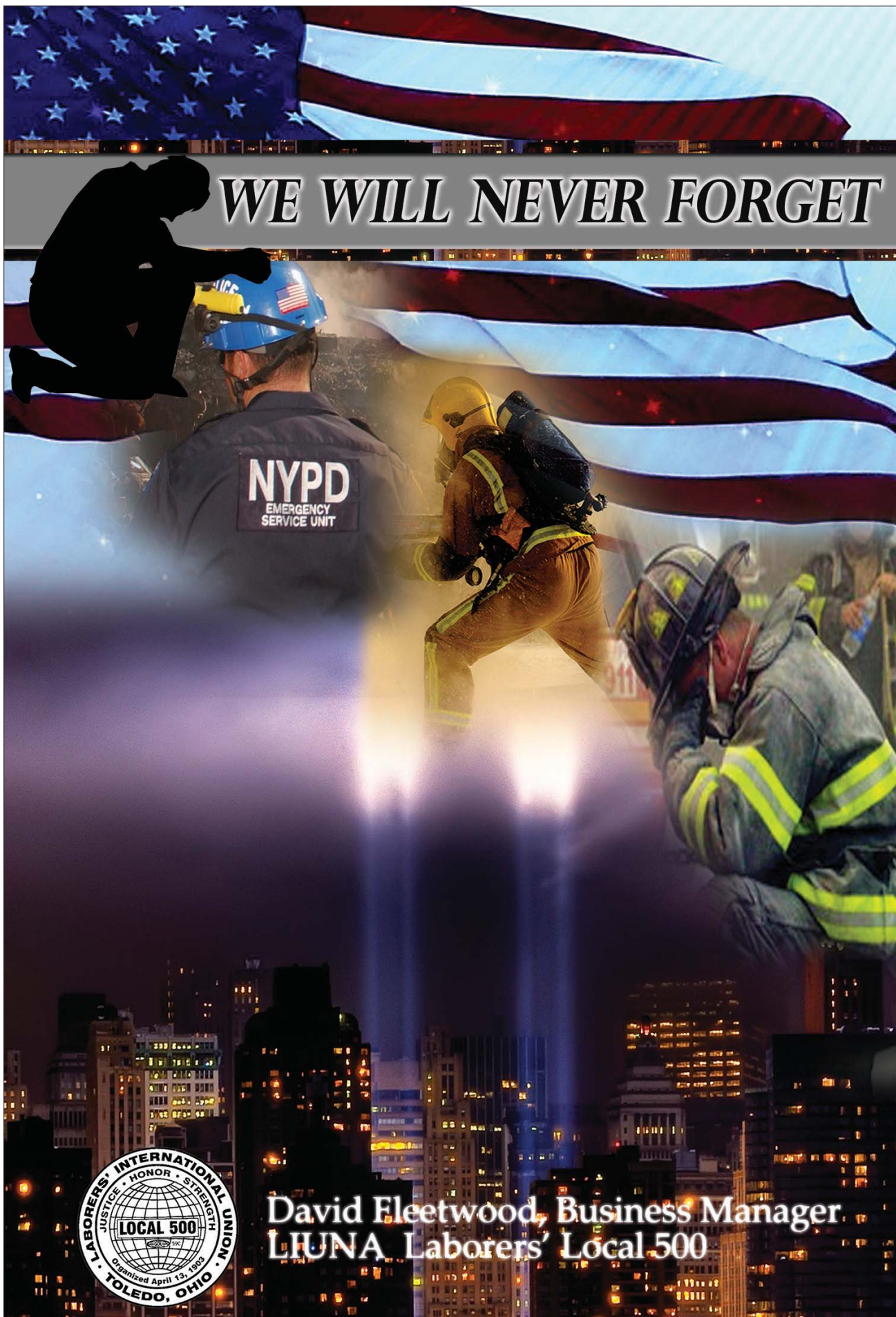
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Get Your Sexy Back!!

By Angela Steward, Fitness Motivator

The Truth Contributor

What's your definition of "Sexy?" My definition of "Sexy" is: feeling good, feeling confident, feeling healthy and hot! I'm still working on my sexy. I might not be where I want to be, but I'm 70 pounds lighter than I used to be, so, I'M FEELING PRETTY DARN SEXY! My definition of "Sexy" might not be the same as yours but, surely, most everyone wants to look and feel her best, no matter your age. So, have you lost your Sexy? If so, when? I lost mine in my early 30's while raising six yes, SIX KIDS! The responsibility of raising kids can suck all the "SEXY" from your life. All your energy is donated to raising them. It's not intentional, it just happens, that's what mothers do, we put our kids and everyone else at the very top of our priority list – we're not only at the bottom of our list, but more we're not even on our priority list.

We moms fall into a rut, caring more and more about others, while caring less and less about how we look and feel. The word "exercise" isn't even a part of our vocabulary. It's easier to spend money to buy clothes to cover our unhealthy overweight body than it is to actually work on our unhealthy overweight body! My philosophy is: Clothes look great on a body, but a fit body looks great without clothes!

To all my moms - It's time to break out of that "Mommy" shell and get back to your life prior to motherhood. It's possible to be a Sexy Mommy, a healthier lifestyle makes you a Healthier and Happier Mom!!!

It's not impossible to get your Sexy back, but you have to take that first Leap. It's not a step because the gap is wide, a new healthy journey will take a LEAP of faith to change the unhealthy lifestyle we've all so graciously accepted!

I always say if you're happy in your unhealthy lifestyle and have no wishes of ever losing weight or to become more active, by all means celebrate your lifestyle. But if you've ever looked in the mirror and said I really want/need to do something about this weight, I want to get rid of this belly, or I'm tired of feeling tired – then get out there and get your Sexy back. No matter your age - it's possible!

Start by making small changes. Prepare simpler meals. For the most part, eat your foods in their natural state. In other words, eat a baked potato, not scal-

loped potatoes.

Eat lean meats, fresh fruits and vegetables. Avoid canned vegetables they're loaded with salt and canned fruits are loaded with sugar. Eat frozen, or fresh if possible.

Drink water, water, and more water. Avoid soda. You can cut hundreds of calories by switching to water: add sliced lemons, limes, various fruits for extra flavor.

Move, move, move! Move your sexy body. No matter how tired you are, get up! Start by promising yourself to walk at least 30 minutes a day, every day. Make it part of your daily routine, like brushing your teeth. A good cardio workout will deliver true cardio benefits.

Walk at a pace where you're mildly breathless but can carry on a conversation. For example, I prefer to walk by myself so I can walk with my music blasting in my ears. If I'm able to sing while inhaling through my nose and exhaling through my mouth, I'm walking at a good pace. If I can sing continuously without breathing correctly, I'm not walking fast enough.

On the other hand, if I can't catch my breath to speak a sentence, or sing at all, I won't be able to maintain the same intensity for my entire walk - it's too high. I then slow down and breathe, inhale through the nose, exhale out the mouth, and get back on track!

Motivate others to join you. Ask someone to share this new healthy lifestyle with you. But be forewarned, that same person may begin this journey with you, but more than likely won't end it with you. It's always nice to have a partner during the beginning stages of fitness, but a healthier lifestyle requires commitment. So I always suggest to new clients.....encourage someone to begin this fitness journey with you, but don't let that person's lack of commitment or dedication overpower your desire to get healthier and fit. DO YOU!!!

Don't let Excuses prevent you from reclaiming your Sexy! If it's raining – walk with an umbrella, walk in the mall. Spare me the infamous excuse: "I don't like to sweat my hair out." Frankly, I don't know of anyone who has died from a sweaty head of hair, but I do know of many who have suffered a heart attack or stroke from lack of activity, obesity, high blood pressure, etc., which for the most part could have more than likely been prevented by living a healthier lifestyle. Once again.....No Excuses, do You!!!

Offer no apologies for taking the time to exercise. Be proud of your healthier choices! Not everyone will like your choices, but realize, whoever is trying to squash your healthier lifestyle is probably very comfortable with you the way you are and doesn't want you to change. Your change makes them uncomfortable.

So clearly – their issue is not your issue, so don't fall for it. Offer no apology for choosing to eat healthier, to exercise and to be healthy! Self-preservation is the magic fountain of youth. Everyone should do something for their health daily.

So Current Moms - Get Your Sexy Back by following these simple steps to lose 20 pounds in 10 weeks!! Begin your healthier lifestyle, by believing you can be healthier than you are today. Commit to eating healthier, leaner and fresher: cut back on the fast food restaurants, cook at home. Plan daily meals using lean meats, fresh fruits and vegetables. Ditch the sodas and drink more water. Move your body for 30 minutes daily. Commit to this healthy new lifestyle!

My own weight loss has allowed me to assist women of all ages and fitness levels in their healthy weight loss journey. I would love to help you in yours!

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“Positively” Healthy?

By Dianne Pettis, Family Nurse Practitioner

The Truth Contributor

Can you change your health by thinking positive thoughts? Well, it can take longer than overnight but, yes, you can. You can, because your mind and body are connected. Your brain is a magnificent biochemical computer that controls every function and every movement of your body by the chemicals and hormones that are secreted at its command.

Our ancestors instinctively knew that the mind and body were one – what affected the mind affected the body, and vice versa. Treatments consisted of herbs and various forms of prayer.

With advances in science, the medical model became the standard of care. Medicines and procedures became the “only” way to cure. The mind/body connection was ripped apart and forgotten over time. Any hint or suggestion of relaxation, touch/energy therapy, or that weird positive mental attitude stuff was brushed off as New Age nonsense.

Thank goodness for the book, *The Relaxation Response*, by Herbert Benson in 1975. To my way of thinking, this was a beginning in changing thoughts that would begin to bring the body and mind back to oneness. Now, “medicine” for the most part is embracing the mind/body connection. Terms like Holistic Health, Alternative Medicine, and Complementary Therapies are commonplace. Studies now show that this previously “weird” school of thought does indeed work.

This is how it works: your thoughts and words are very powerful. They are powerful enough to affect your emotional state. Especially strong emotions are capable of creating a biochemical response. Positive emotions, such as joy, happiness, and excitement cause the brain to release chemicals that enhance your immune and nervous systems.

There is protection, repair and rejuvenation that take place. Negative emotions, such as anger, grief, hatred, resentment and the inability to forgive damage your immune system, and cause inflammation in your joints, tissues and

Iris Harvey... continued from page 7

been made illegal in the 1870's

Sanger knew the tragedy of such a lack of knowledge first hand – her mother became pregnant 18 times, had 11 children and died at the age of 40. Sanger, a nurse, had worked with immigrant families in New York and witnessed the misery, illness and death that resulted from unwanted pregnancy, a lack of proper prenatal care and illegal abortion.

Sanger's clinic offered contraceptive advice, particularly to the poor. It was raided by the police and the women were convicted of disseminating birth control information.

Sanger marched on, founding the Birth Control Review, the first scientific journal devoted to contraception and, after she appealed her conviction, a more liberal interpretation of New York's anti-conception ordinance took root.

She opened the Birth Control Clinical Research Bureau in Manhattan in 1923 to provide contraception to women and to collect accurate statistics on the devices safety and effectiveness and in that same year founded the American Birth Control League that researched global issues of world population growth and famine.

The two organizations eventually merged and became the Planned Parenthood Federation of America.

In Ohio, Planned Parenthood serves the public through its expertise, says Harvey, in family planning and in preventing and controlling the spread of infectious diseases – sexually transmitted diseases in its 20 locations in north, east and central Ohio. Twenty-six percent of the locations that do such testing on STD's are PPGOH clinics which conduct 50 percent of the tests statewide. “That speaks to our capability and the trust and recognition that people have in Planned Parenthood,” says Harvey.

Harvey, like Sanger, knows of the personal tragedy that can befall a woman lacking accurate information on family planning.

“My grandmother and grandfather had a child when they were 14 years old,” she recalls. “They were then high school drop outs and had a second child at 16. Grandmother died on the operating table. My uncle – that second child – suffered from disabilities all his life.

“My mother, on the other hand, the first child, had the ability and planned to have only one child. She could work, she could be of service in her community and she could run for public office.”

That personal story has taken Harvey full circle as she leads her organization in helping others learn the lessons her mother imparted to her.

“We are making sure people have a choice in how they practice planning,” she says.

organs – including the brain itself.

I've been working with and writing about affirmations, positive mental attitude and other alternative therapies for many years. These tools and therapies do, indeed work.

Someone who struggled with depression and thoughts of suicide commented (rather angrily) that affirmations and positive thinking were a bunch of “crap”. Depression is a very serious illness, and can be very difficult to heal from.

She felt that I was taking her illness lightly. No, saying an affirmation is not going to heal overnight. The alternative tools are serious modalities that do take some work and some action by the user.

If you are interested in using alternative and complementary therapies, I would recommend you get help from someone who is skilled in their use. On your own, begin with paying attention to the words you say. Are your words and self-talk more positive or negative?

Keep your speech positive. Avoid talking about “your” illness; for example, “My back is killing me!” Or, “My sinuses always act up!” I always remind my patients that “What you say is what you get.”

Use your imagination to picture your body and your life as you DO want it. Picture yourself in vivid detail being as active as you would be if you did not have a particular ailment that limits you. This works especially well if you do this before bedtime when you are in a more relaxed state.

During your waking time, use affirmations, which are positive declarations of what you DO want. Say them in present tense frequently throughout the day with excitement, as if it had already occurred. For example: I am in remission! I am so happy that I am able to bowl with my team. I love my healthy body! Your body listens to everything you say, so say what you DO want.

Dianne Hart Pettis, CFNP

Family Nurse Practitioner, Author of *Affirm Your Life Now*
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Dianne Pettis



Conversations on Race and Our Call to Reflect God's Unconditional Love

Sponsored by the Episcopal Diocese of Ohio
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West Mission Area Chapter

"How will we finally overcome the cultural psychosis we call racism? The many tragic deaths that have been hitting us like electrical shocks should unite us in striving to answer that question."

The Rt. Rev. Steven Charleston, 7/8/16

Monthly films followed by conversation from 4:00 to 6:00 PM

Refreshments will be served.

9/18/16 St. Andrew's Episcopal Church, 2770 West Central Ave, Toledo
"Traces of the Trade: A Story from the Deep North"

Episcopal priest Katrina Browne discovered that her New England ancestors were the largest slave-trading family in the U.S. She and her family retraced the Triangle Trade and gained new perspectives on the black/white divide.

10/16/16 Trinity Episcopal Church, 316 Adams St, Toledo
"Fifty Years Later: the State of Racism in America"

Excerpts from a forum by the Episcopal Church and the Diocese of Mississippi held to commemorate the 50th anniversary of the March on Washington and other important milestones in the civil rights movement.

11/20/16 St. Timothy's Episcopal Church, 871 E Boundary St, Perrysburg
Where Do We Go From Here?

Discussion on how to respond to the challenges of racism in our society today.

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Bank of America Accused of Racial Discrimination in Toledo and 200 Other U.S. Cities

Toledo Fair Housing Center Joins Civil Rights Groups to Announce Filing of Discrimination Complaint Over Neglected Foreclosures in African American and Latino Neighborhoods

Today, Toledo Fair Housing Center will join the National Fair Housing Alliance (NFHA) and other local fair housing organizations to file an amended discrimination complaint against Bank of America (BoA), alleging illegal discrimination in African American and Latino neighborhoods. This new evidence of discriminatory treatment by BoA will be added to the federal Fair Housing Act complaint on file with the U.S. Department of Housing and Urban Development. The complaint is now comprised of evidence from 1,267 BoA properties in 30 metropolitan areas and 201 cities throughout the United States.

"Banks should be creating financial opportunities, not contributing to neighborhood blight," stated Michael Marsh, president and CEO of Toledo Fair Housing Center. "By failing to maintain and market foreclosed properties in communities of color, Bank of America has played a role in the continued struggle of our neighborhoods of color to recover from the recent housing crisis. The neglected properties in African-American and Latino neighborhoods reveal significant racial disparities when compared to White neighborhoods, and this means our communities of color will experience the higher crime rates, increased health risks, and economic disadvantages associated with foreclosures. Bank of America has a responsibility to maintain all of their properties, so that all members of our community have a fair chance to live in a safe, healthy, vibrant neighborhood. Our responsibility is to hold them accountable for that."

Evidence obtained during this investigation reveals continued failure by Bank of America to perform simple, routine maintenance on its foreclosures in African-American and Latino neighborhoods. BoA routinely fails to lock or secure doors and windows, remove trash and debris left by former owners, mow and edge lawns, trim shrubs, and cut back invasive plants. Meanwhile, BoA keeps its foreclosures in white neighborhoods in good condition. Lawns are mowed and edged regularly, and BoA properly disposes of the belongings left behind by former owners. BoA is paid to perform these routine duties in all neighborhoods for all of its foreclosures.

"This disgraceful neglect of foreclosed homes in communities of color is not news to executives at Bank of America. We put them on notice in 2009 and met with them to share photographs of the failed maintenance, but to no avail. It is reprehensible for Bank of America to continue discriminating in African American and Latino neighborhoods all across the U.S.," said Shanna Smith, president and CEO of NFHA.

Fair housing organizations joining the National Fair Housing Alliance in amending the complaint are located in the following areas: Atlanta, GA; Dallas, TX; Metropolitan Chicago, IL; Milwaukee, WI; Orlando, FL; and Toledo, OH. The National Fair Housing Alliance investigated the foreclosures in Memphis, TN; Baltimore, MD; Philadelphia, PA; and Prince George's County, MD.

The Fair Housing Act makes it illegal to discriminate based on race, color, national origin, religion, sex, disability, or familial status. It is also illegal to discriminate based on the race or national origin of neighborhood residents. This law applies to housing and housing-related activities, including the maintenance, appraisal, listing, marketing, and selling of homes.

Highlights of Significant Racial Disparities in Toledo

Between March 2013 and July 2016, the Toledo Fair Housing Center investigated 40 Bank of America foreclosures in African-American, Latino and white neighborhoods in metro Toledo.

- 50 percent of the Bank of America foreclosures in African-American neighborhoods had 10 or more maintenance or marketing deficiencies, while only 8.3 percent or just two of the foreclosures in predominantly white neighborhoods had 10 or more deficiencies.
- 68.8 percent or 11 out of 16 of the Bank of America foreclosures in African-American neighborhoods had substantial amounts of trash on the premises, while only 16.7 percent or four of 24 in predominantly white neighborhoods did.
- 31.3 percent of the Bank of America foreclosures in African American neighborhoods had unsecured or broken doors, while only one of 24 foreclosures in predominantly White neighborhoods did.
- 50 percent or eight of the Bank of America foreclosures in African American neighborhoods had damaged steps or handrails, while only 16.7 percent or four of 24 of the foreclosures in predominantly white neighborhoods did.

Full national statistics, maps, and data for individual cities available at www.nationalfairhousing.org.

Trump's History... continued from page 16

fight," said Dane.

"Housing affects every other aspect of a person's life: where they go to school, the education they are going to receive, the kind of healthcare they will get. The opportunities that a lot of our children have, people in minority communities do not have. Those are taken away from them, and so they have to struggle twice as hard. Is that the kind of man that we want in the White House? The kind of man who believes in dividing us?" said Escobar.

"As president, Hillary will build on the progress built by President Obama by supporting millions of new jobs and providing pathways of opportunity through a \$50 billion investment in small businesses, youth employment and reentry support for those formerly incarcerated. She will rebuild our communities and create good-paying jobs through a \$50 billion Infrastructure for Opportunity Fund. She will lift more families into sustainable homeownership and connect housing to opportunity, through a \$25 billion housing investment program," said Cooper.



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Elizabeth and Michael by Donald Bogle

By Terri Schlichenmeyer

The Truth Contributor

Your closest friend really gets you.

You never have to explain yourself when you're together; everything said (and unsaid) is understood. There may be many years between you, but it doesn't matter. There may be differences in background, but no worries. Nothing keeps you apart, and in the new book *Elizabeth and Michael* by Donald Bogle, that might be because you have everything in common.

Almost from the moment she was born, Elizabeth Taylor's life was "like something of a fairy tale..."

She was a beautiful child who grew up to be a beautiful young woman with a mother who made it her mission to ensure that Elizabeth was a star. Sara Taylor enrolled her daughter in all the best classes and was ever on the lookout for opportunity; in 1939, that insistence on fame grew when the family moved to California. Two years later, as a result of two conversations her father had with influential Hollywood star makers, Elizabeth, not quite 10 years old, was invited to try out for *Lassie Come Home*.

She got the part.

Her mother got her wish.

Though Elizabeth Taylor's later life was filled with stardust, it wasn't storybook-happy.

She would battle various issues throughout the years; so would another star born halfway across the country at about the same time Elizabeth was dealing with the death of her second husband.

Michael Jackson, the eighth of 10 children, grew up in a family that didn't have much except themselves – and his father, Joe, insisted that it remain that way: the Jackson children were often isolated, because Joe wanted fame for his singing-dancing sons and he demanded that they rehearse nearly constantly. There was little time for anything except practice but, for Michael, practice led to stardom.

It was another star, Katharine Hepburn, who was once surprised by Michael's audacity: eager to meet the favorite actors of his childhood, he asked Hepburn to introduce him to Greta Garbo. She declined.

And then Michael asked to meet Elizabeth Taylor...

Right there, says author Donald Bogle, is the early beginning of a friendship that many called "flat-out weird," but that really *does* make sense. As Bogle shows in *Elizabeth and Michael*, few others had so much in common.

If that was the only focus, though, this would be a pretty thin book. Instead, Bogle's story moves in puddle-like circles around his subjects, and through their lives: by knowing the people who raised and influenced them, we can trace the compassion that an older Taylor possessed and we see how Jackson built his empire, detail by detail. Bogle also gives readers a vivid sense of the time

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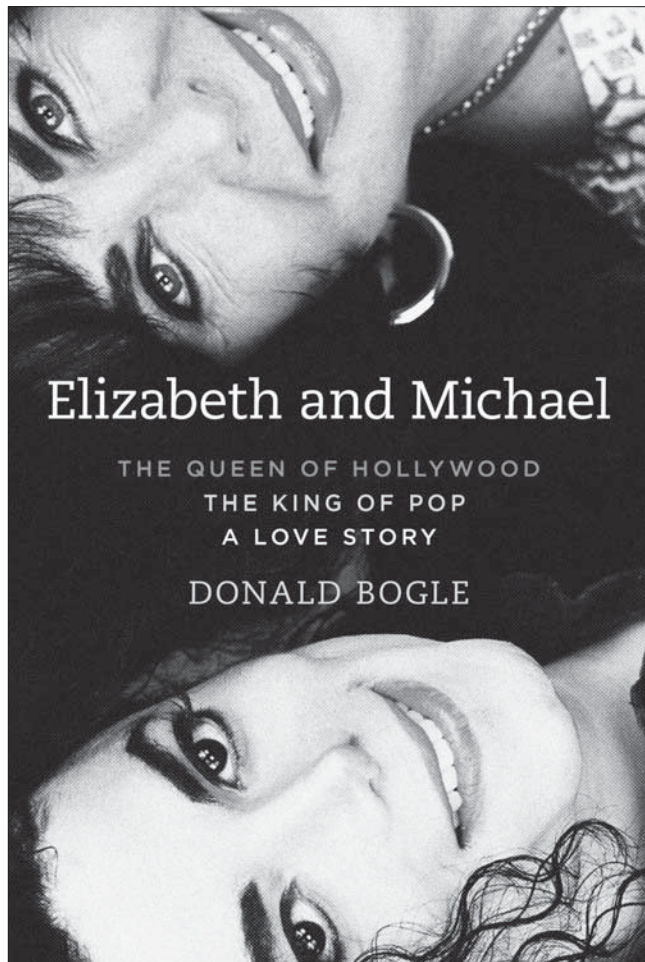
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392 pages

in which his narrative takes place which, combined with layered anecdotes and the parallels he draws between Taylor's and Jackson's lives, makes for an easy, entertaining read.

Certainly, this is book is a fan's dream but it's also one that pop culture followers will relish, too. And if that's the kind of book you want now, then *Elizabeth and Michael* is what you need to get you.

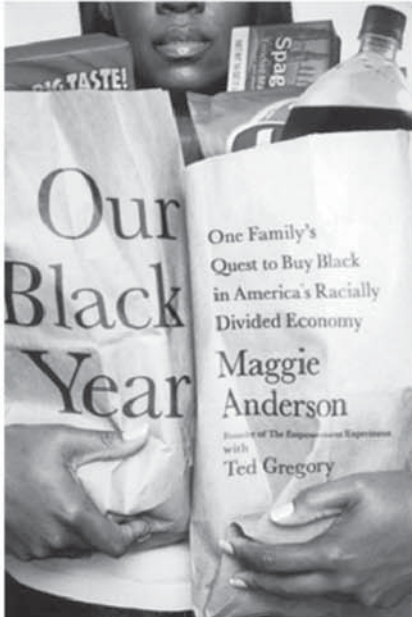


Elizabeth and Michael author

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2. Group-Based Support
3. Individual Family Support

If interested in this position, please read and fill out the job description document and employment application available at <http://www.cohfs.org/careers/paid-positions>. Next, email jobs@cohfs.org with the subject line "Family Ambassador" and attach both files along with your most recent resume.

SNOW PLOW OPERATORS WITH VEHICLES

The City of Toledo, Streets, Bridges, & Harbor Division is interested in contracting with owners/operators of snow plow vehicles for plowing on residential streets during heavy snow conditions. All bids must be received by **1:30 PM October 4th, 2016**, for a copy of the bid proposals and specifications visit <https://www.planetbids.com/portal/portal.cfm?CompanyID=22576> or contact:

STREETS, BRIDGES, & HARBOR
1189 W. Central Ave. Toledo, Ohio 43610
PHONE: 419-245-1575

SPECIAL NOTICE - REQUEST FOR PROPOSAL

The Mental Health and Recovery Services Board of Lucas County is seeking proposals to provide reentry services to youth returning to Lucas County from Ohio Department of Youth Services. Additional information is available at <http://www.lcmhrsrb.oh.gov/publicnotice>. Proposals must be received by September 15, 2016 - 4:30pm.

NORTHGATE APARTMENTS

610 Stickney Avenue
Toledo, Ohio 43604

Now Accepting Applications for 1 and 2 Bedroom Apartment Homes

Senior Community for persons 55 years and older. Rent is based on income. Our Activity and Service Coordinators are on site. Heat included. Chauffeured transportation to nearby shopping and banks available.



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3 AND 4 Bedroom Single Family Homes with attached garages. Many homes newly remodeled and available immediately.

All appliances included.

Please call 419-389-0096/419-389-0096 or visit our office at 1258 Rockcress Drive, Toledo, OH 43615
Voice/TTY 1-800-553-0300.
Equal Housing Opportunity.

MENTAL HEALTH & RECOVERY SERVICES BOARD OF LUCAS COUNTY

FINANCE MANAGER

Mental Health and Recovery Services Board of Lucas County is accepting applications to fill the positions of Finance Manager until position is filled. Additional information regarding the duties is available on the Lucas County web site (www.co.lucas.oh.us). Click on "Apply for a Job" and then select Finance Manager from the list to read more or apply.

An Equal Opportunity Employer

BREAKFAST COOK

Ruby's Kitchen is seeking an experienced breakfast cook as it expands its hours in its new location. Apply in person at 805 N. Reynolds Street

DIRECTOR/CHIEF DOG WARDEN LUCAS COUNTY

Lucas County Canine Care & Control is accepting applications to fill the position of Director/Chief Dog Warden until the position is filled. Additional information regarding the duties is available on the Lucas County web site (www.co.lucas.oh.us). Click on "Apply for a Job" and then select "Director/Chief Dog Warden from the list to read more or apply.

An Equal Opportunity Employer

REQUEST FOR PROPOSALS BASIC PLUMBING SERVICES – AUTHORITY-WIDE (RE-ISSUED) RFP#16-R015

Lucas Metropolitan Housing Authority (LMHA) will receive proposals for **Basic Plumbing Services – Authority-wide (Re-issued)/RFP#16-R015**, Received in accordance with law until **September 16, 2016, 3:00 PM ET**. For documents: www.lucasmha.org; 435 Nebraska Ave., Toledo, OH 43604; or 419-259-9465 (TRS: Dial 711). Bidders are required to meet Affirmative Action and Equal Employment Opportunity requirements as described in Executive Order #11246. Sec. 3 Compliance Applicable.



CARE MANAGER FULL TIME

Salary up to \$50,000 depending on experience.
\$1,500 signing bonus and \$1,500 retention bonus at one year.

Openings for experienced professionals who will be accountable for overall care management and care coordination including physical health, behavioral health and social service needs and goals. May provide health home services as needed.

Qualified candidates must have at least a Bachelor's degree in Social Work, a Master's degree in Counseling or a Bachelor's degree in Nursing and current Ohio licensure as an LSW, LPC or RN. Independent licensure preferred.

Send resume or apply to:

Unison Behavioral Health Group, Inc.
Human Resources - CM
2310 Jefferson Ave
Toledo, OH 43604
Fax: 419-936-7574
website: unisonbhg.org

EOE

NHA Seeks a Few Good People

The Neighborhood Health Association is hoping to acknowledge the contributions of past board members and volunteers. If you were a board member or volunteer in the past with NHA, the Cordelia Martin Clinic or the Mexican-Americans United for Health, give us a call. 419-720-7883, ext 216.

Toledo Leaders Condemn Trump's History of Housing Discrimination

Leaders Contrast Clinton's Vision for America That Is Stronger Together with Trump Empowering Fringe 'Alt-Right' Movement

Special to The Truth



Councilman Larry Sykes, Attorney Stephen Dane, Louis Escobar, Mayor Paula Hicks-Hudson, Attorney Lauri Cooper

Last week, local Toledo leaders joined together to condemn Donald Trump's history of housing discrimination, and contrast Hillary Clinton's vision for an America that is stronger together with Trump's empowerment of the fringe "alt-right" movement.

During his visits to Ohio, Trump frequently touts his time in Cincinnati managing the very housing complex that is now the subject of scrutiny for discriminating against African-American tenants. While Trump has made controversial overtures to communities of color, Clinton has laid out a plan to tackle systemic racism, break down the barriers holding Americans back, and replace them with ladders of opportunity, said the leaders.

On the heels of an extensive New York Times investigation of Donald Trump's history of housing discrimination, Toledo Mayor Hicks-Hudson joined with Toledo City Council Member Larry Sykes, Toledo Fair Housing Center Board Chairman Louis Escobar, Ohio District 47 candidate and attorney Lauri Cooper, and fair housing attorney Stephen M Dane to condemn

Trump's housing discrimination practices and highlight Clinton's platform.

"We have to speak out about the reports that have emerged over the weekend about Trump's housing discrimination history, and he continues to double down on his condescending and hateful overtures to communities of color. For me and for you, the choice in this election is clearer than ever. We have to move forward, not return to a time when discrimination was the rule of law," said Hicks-Hudson.

"No wonder the fringe and alt-right movement is now going mainstream with Mr. Trump at the helm. We need a President who will help make sure housing and jobs and access are available to every American, who wants to build an economy that works for everyone and not just those at the top. We are a country that is melting pot, we include everyone," said Sykes.

"Housing discrimination is a dangerous and prevalent issue, and one that continues to exist across our country today. We cannot afford to elect someone who is not unconditionally committed to ending housing discrimination in this country. We need a President and a Vice President who understand the urgent need at every level of government to fight housing discrimination and end segregation. Hillary Clinton and Tim Kaine have shown time and time again that they will lead this

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