

Volume 40, No. 9

"And Ye Shall Know The Truth..."

September 14, 2016

Library's Lovy Request



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This Strikes Us Hillary Clinton – A Woman of Substance – Part 4

"Secretary Clinton has demonstrated her skills as Secretary of her years - the high-State, especially but by no means exclusively in helping other Asian countries counter Chinese bullying in the western Pacific. In my career, I've seen close-up what happens when American liability falters. It's not pretty, for us or for the world. There is no choice: In razor sharp contrast to her opponent, Secretary Clinton is ready, steady and prepared. With a proven preference for bipartisanship, she must win this election." Former Bush Administration Deputy Assistant Secretary of Defense James Chad

After he was elected to serve as the 44th president of the United States, Barack Obama reached out to his rival for the Democratic nomination, Senator Hillary Clinton, and asked her to serve as his Secretary of State.

During her four years of service, Clinton visited 112 countries, focusing her attention on repairing America's damaged reputation around the world. She worked to expand the State Department's role in global economic issues, increased U.S. diplomatic presence especially in Iraq, unveiled the Global Hunger and Food Security program, saved the signing of the Turkish Armenian accord and assisted the president on major decision such as killing Osama Bin Laden, the revolution in Egypt and the use of military force in Libya.

"As Secretary of State, Hillary Clinton was key in rebuilding America's leadership and prestige overseas after the Bush years. She restored our alliances with the EU and key Asian Allies as well as key relationships in Africa and Latin America." Bill Richardson, former ambassador, secretary of energy and governor of New Mexico.

She made gender equality a priority, using every one of the visits to those 112 countries to empower women, and created an ambassador-at-large position, a post charged with addressing the issue of gender equality throughout the State Department.

Secretary Clinton accomplished the feat of getting China, Russia, the European Union and most of the civilized world to agree on crippling sanctions on Iran which would ultimately bring that nation to the negotiating table.

"All the previous Secretaries of State were dealing with international relations, which is one thing. Hillary is dealing with global responsibility, which is a totally different thing. When you have had international relations, it's enough that you go to a capital and that's it. No more. She has to face people all around the world with unbelievable differences." Former Israeli President Shimon Peres.

Clinton implemented several internal reforms at the State Department to enhance accountability and gender equality. The number of female ambassadors, for example, increased to 25 during

The Sojourner's Truth

Toledo's Truthful African American Owned and Operated Newspaper

Fletcher Word - Publisher and Editor

Becky McQueen - Business Manager

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The Sojourner's Truth, 1811 Adams Street, Toledo, OH 43604 Phone 419-243-0007 * Fax 419-255-7700 thetruth@thetruthtoledo.com www.thetruthtoledo.com

est number ever.

In her first months in office Clinton put together the Quadrennial Diplomacy and Development Review (QDDR), a way to monitor and evaluate State Department initiatives on "evidence-based decision making.' The goal of the program was to improve



the State Department internal management and bolster requests for resources through a quantitative demonstration of effectiveness

"I've known her for many years now and I respect her intellect. And she ran the State Department in the most effective way I've ever seen ... I was more chaotic." Former Secretary of State Henry Kissinger.

Her critics will say now that Secretary Clinton accomplished little during her years in office but the fact is that those globetrotting years laid the groundwork for a very consequential presidential second term. "Nearly every foreign policy victory of President Obama's second term has Secretary Clinton's fingerprint on it," said U.S. Senator Harry Reid, the Senate Minority Leader.

Those victories include the Iran treaty, the opening to Cuba, the increase in exports to China and aggressive work on climate change agreements.

... continued on page 4

Community Calendar

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

September 24

St. Mark Baptist Pre-Women's Day Workshop: "I Am Confident in Christ;" 8:30 am registration; 9 am to 2 pm - workshop: 419-937-4411 or 567-298-2019

September 25

Warren AME Annual Unity Day: 10:30 am service; "Unity Begins at the Cross;" Guest speaker Rev. Gregory Thomas of St Paul AME of Cleveland; Unity Dinner after: 419-243-2237

Calvary MBC Hosts Holy Cross Church of Detroit: Guest Pastor Lorenzo Edwards

October 2

Owens Community College Fall Band Concert: 2:30 pm; Center for Fine & Performing Arts; Free to the public; Marimba solo, music of the Beach Boys, medley of marches and more: 567-661-7081

Predicting the Unpredictable

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

The Truth Contributor

Is this America?



- Fannie Lou Hamer

Former Secretary of State Hillary Clinton, running a conventional presidential campaign, seems to have everything in her favor. She has a superior advantage in campaign financial assets, grass roots ground game resources and is the beneficiary of changing demographics which has seen representation of minority voters rise to approximately one third of the total electorate from a meager 10 percent in the recent past. She also has a long history of public service and philanthropy focused on eliminating poverty and inequality.

The "other candidate," in contrast, is running a nontraditional political campaign and has made comments that portray him as "inept, inexperienced and offensive." The Republican Party nominee has publicly insulted our military and praised Russian leader Vladimir Putin. He is "someone who has called the Pope a disgrace, who says don't vote for Ted Cruz because his wife is too ugly, and that POWs aren't heroes because they've been captured," said one Democratic policymaker.

The" other candidate" has also utilized racist messaging by insulting a Mexican-American judge and stereotyped financially-deprived, unemployed and under-educated African Americans as the "truest representation of black people" or norm, although a large portion of nonblack people have similar issues with poverty, unemployment, schooling and criminality ("What the hell do you have to lose?").

Why, then, are the public opinion polls showing an extremely tight contest with the 2016 presidential election less than two months away?

The closeness of the race can possibly be attributed to the natural ebb and flow following the conclusion of the Republican and Democratic Party conventions, the daily news cycle where one candidate has a good week or the other stumbles, or that a back-to-school, postsummer, post-Olympics public has now begun to place a hyper focus on the election.

Another factor in the contested political fight is the post fact-check society in which we currently live. With its genesis in the Nixon period and development in the womb of the George W. Bush and Sarah Palin eras, the general feeling of "facts don't matter" seems to have reached full maturity during the Trump presidential campaign. This has allowed conservatives to appeal to the emotions of Trump's "disaffected Archie Bunker supporters" by making negative and divisive assertions "without a shred of evidence to back them up."

At the same time, protests against the policing crisis in black communities, economic exploitation of the working class, and the excesses of Wall Street go unaddressed by so-called progressives and the protesters are labeled as unpatriotic.

Will Clinton or "the other candidate" prevail?

The outcome of the election is likely to be greatly influenced by the following major factors.

1. Mathematics

The demographics of our country have changed in a way that a candidate running for national office cannot win with a hostile message to a plurality of growing minority groups. Recently nearly half of Trump's Hispanic advisory council resigned on the spot following remarks and a policy position they deemed

offensive. Rather than adopting policies to



adapt to a new diverse America, Republicans instead have resorted to manipulation of the election system through strict voter ID laws. Democratic policies, while not what they should or can be, are more welcoming and appealing to minority voters which make up a much more sizable portion of the electorate than in previous elections.

2. Turnout

Republicans are unlikely to implement souls-to-the-polls efforts or extensive knock-on-doors strategies to drag voters out to the polls. However, Secretary Clinton has invested tremendous resources in grass roots organizing and field operations. As a result, expect anywhere from a 1 1/2 to 2 $\frac{1}{2}$ point increase in her margin that is not currently reflected in the polls but will show up in Election Day results.

In addition, look for the tightening poll numbers to serve as a get out the vote motivator to skeptical young black voters and dispirited Bernie supporters. They may currently feel that the two candidates do not provide them with a credible choice. Yet, these voters are increasingly concluding that the failure to choose either of the two is a choice itself, one that can have disastrous consequences for their future.

3. The Debates

Secretary Clinton is extremely well qualified and knowledgeable but can sometimes be viewed as a policy wonk that is hard to connect with emotionally. The "other candidate" often appears to be out of his element, spectacularly unqualified and often unprepared. Clinton's risk is the low expectations the public has for the "other candidate." The low bar could allow his surrogates to win the media spin war by framing his debate performance as exceptional based upon nothing more than he kept his poise despite not having an understanding of policy concepts or of global and domestic realities.

4. An Unforeseen Scandal

Clinton has a career of helping others but has been one of the most attacked and investigated persons in history. The media has been accused of making false equivalencies between Clinton's email or foundation issues and the "other candidate's" possible pay for play accusations surrounding his "Real Estate" University.

Although WikiLeaks lurks in the background, it is likely that supporters for both candidates are entrenched and cannot be swayed. Those who haven't yet been turned off by the "other candidate" and those that hate Hillary now, are not likely to change their opinion in the future.

Again, who wins in November?

Who would have ever thought the "other candidate" would rise to where he is. He went from being "a joke of a candidate" to become the Republican Party nominee by insulting his opponents and re-writing the campaign rulebook. Now he is in a dead heat with Hillary Clinton for the presidency of the United States.

Therefore, one thing that this election year has taught me is that maybe we shouldn't make predictions because this election has been so unpredictable.

Contact Rev. Donald Perryman, D.Min, at drdlperryman@centerof-hopebaptist.org



Lucas County Commissioner Gerken Holds Community Conversation

Special to The Truth

When companies like Dana and Jeep announce plans to bring hundreds of jobs to Lucas County, naturally, questions begin to circulate. Are they new jobs? Will they be filled by the local workforce? What does it take to qualify? These questions and others like them were answered at a recent Community Conversation, held by Lucas County Commissioner Pete Gerken.

The town-hall-style event gathered nearly 35 workforce development experts and members of the community at Kent Branch Library in Toledo to discuss what it takes for prospective candidates to gear up to fill those jobs.

Local county officials stated that readiness is the key to residents qualifying to fill the coming influx of good paying jobs, like those recently announced by Dana and Jeep.

The purpose and resources within The Work Ready Lucas County Program, formed in 2014, was a primary point of discussion among those present. As stated on Lucas County's website, the program's purpose is to help build a stronger business community and to create jobs.

Established through the actions of the Lucas County Department of Planning and Development and the Board of Lucas County Commissioners, the Lucas County Economic Development Corporation and the Workforce Development Agency came together under a unified banner for the Department of Planning and Development to provide a dynamic solution to the challenges faced by employers and workers alike.

According to Michael Vey, director of Business and Workforce Services at the Department of Planning and Development, readiness priorities, in addition to basic computer skills, include at least high school level aptitude in reading, writing and math. Additionally, passing the employer's drug screening is mandatory.

As pointed out by Commissioner Gerken, not all jobs are in manufacturing. Through a five-year, \$15 million grant it received from the U.S. Department



of Health and Human Services, the Net-WORK Division of Zepf Center is focusing the Northwest Ohio Pathway to Healthcare Careers (NOPHC) program to empower low income individuals to obtain education and training needed for the healthcare field.

At its core, the event provided a forum to spread the word on what it takes to take advantage of emerging opportunities and how area agencies are putting programs and services in place to meet the needs.

From the county's monthly two-hour reentry program to help former inmates position themselves for the future, to available funding and scholarships to assist with attaining a GED or high school diploma, to the county's recently launched Work Ready Express program to provide transportation to



Lucas County Commissioner Pete Gerken

and from work for qualified employees, the event was a step forward in supporting the growing need for workforce supply and demand.

When Dana applications become available nine months from now the hope is that local residents will have used the time between now and then to leverage county training resources, gain basic skills, and stand ready to participate in a fair selection process that benefits Lucas County's local workforce. "Lucas County has a strong record of innovative, successful workforce development initiatives that create living wage jobs for hard working people in this community," said Commissioner Gerken.

Hillary Clinton... continued from page 2

The widespread praise for Clinton's work was seconded by Donald Trump when she left office in 2012 who said at that time that she was "terrific" and had done "a good job."

Of course, she's always done a job. As First Lady of Arkansas and First Lady of the United States she broke ground, risking condemnation from critics because of her penchant for fighting for health care, for women and children's rights without the proper regard for observing the niceties of her position.

As an elected official representing the State of New York, she did not hesitate to continue to advocate for the rights of families, women and children, by that time, in a more bully pulpit.

She is, as President Obama said during her party's convention, the most qualified person ever to be nominated for the presidency.

"We have in common both the belief that foreign policy is not just about responding to crises. The goal is to improve the condition of humanity." British Foreign Secretary William Hague.



TUSA Clergy Caucus Examines the Progress in Its Issues Campaigns

By Fletcher Word

Sojourner's Truth Editor

Toledoans United for Social Action (TUSA) is a faith-based community organization founded in 1989 to address serious local problems. The group is comprised of 24 religious congregations from the greater metropolitan area and is racially, religiously and economically diverse.

The organization had drifted rudderless for quite a while until, in recent years, new leadership breathed life into the group and rebuilt its membership and activities. In 2014, TUSA held its first annual conference and the organization's achievements have subsequently been evaluated

Currently TUSA members have prioritized the following issues: re-entry programs for ex-offenders, lead abatement, domestic violence and the ease with which children are turned into criminals.

On Tuesday, August 30 TUSA leadership assembled at St. Paul's Missionary Baptist Church for the bi-monthly Clergy Caucus in order to examine the group's progress on several issues, most particularly that of discipline in the school system.

St. Paul Pastor James Willis, president of the TUSA board, led the discussion. Also on hand were: Jennifer Jackson, pastor of Haskins Community Church; Ruby Radford, pastor of Cass Road Baptist Church; Jane Gibbon, regional minister of American Baptist Churches; Steve Valley, pastor of Seventh Day Adventist Church; Rev. William Davis of Braden United Methodist Church; Waverly Earley, pastor of Wesley United Methodist Church, John Walthal, pastor of Mt. Ararat MBC; Aaron Cooper, team member; Vernice Foreman, administrative assistant at St. Paul; Pat Urbaniak, TUSA secretary; Nicholas Betts, pastor of Phillips Temple, and Michelle Pelz and Sue Roe of Toledo Public Schools.

Pelz and Roe are the leaders of TPS Positive Behavior Initiative System (PBIS), a national program that TPS adopted after TUSA presented the district with a proposal to incorporate a discipline process that would eliminate the disparities in punishment meted out to students.

"There were huge disparities in our district, especially with African-American and Hispanic students," said Pelz during the Clergy Caucus. "For example, if 20 percent of a school's population was black, 80 percent of those punished would be black."

When Romules Durant, Ed.D, became district superintendent, the effort to deal with such disparities was ratcheted up. PBIS was implemented initially in six elementary schools; 10 additional schools were brought on board in September, 2013 and six more in 2014. At that time, TPS hired a director of culture and climate (Pelz) and a coordinator (Roe) to follow PBIS and ensure the flow of progress for the program.

"Thirty seven of the 51 schools are now PBIS," Pelz told the board members and clergy. "We have worked hand-in-hand with the state [Department of Education] to adopt a curriculum. Our office exists to monitor – we develop critical questions and we look at data."

Students, said Pelz, typically fall into one of three tiers as far as discipline is concerned. Eighty percent will almost always follow the rules and fall into the Tier 1 category. Tier 2 students – about 15 percent of the total



- need encouragement to follow the rules and the question becomes is the system "giving them what they need to motivate themselves," said Pelz.

Tier 3 students – about five percent of the total – "struggle mentally and need intervention, but not necessarily punishment," said Pelz. "We are making progress and I am very optimistic," she added.

The PBIS model creates a behavior expectation that governs all areas of school in which students hear a consistent vocabulary from all adults in the school. That consistency allows students to become familiar with and to understand the expectations of their behavior everywhere in school.

The expectations for students are that – they **respect** themselves and each other; that they are **accountable** for their actions and display self-control; that they are **mindful** of others and show responsibility and that they keep themselves and others **safe**. (R.A.M.S.)

The three other new major issues in TUSA's portfolio – re-entry, lead abatement and domestic violence – are being actively engaged. TUSA found a model – Reentry Court – for reducing recidivism and Lucas County has committed to establishing such a court.

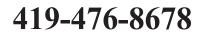
Recently, on August 16, 2016, Toledo City Council passed the Lead Safe Ordinance with a 10-0 vote.

Mayor Paula Hicks-Hudson and the Toledo Police Department have committed to change the culture of the police department by ensuring the police officers receive continuing education regarding domestic violence abuse.

There are nine values upheld by TUSA member congregations: the members of all segments of the community should be heard and valued; that people themselves have the power to determine their future and have a responsibility to speak up and demand justice for all; God is first and we seek divine guidance for all our actions, human begins are created in the image of God and therefore deserve to be treated with fairness, dignity, and respect; we value the diversity of our multi-lingual, multi-cultural communities; display the highest level of integrity in all of our activities and actions; and uphold moral and ethical standards in our congregations and in public life.



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Education Section • Education • Educat

Toledo Library and Museum Partner for Event Exploring Why Ohio Picks the President

Special to The Truth

Did you know that since 1896, Ohio voters have failed to favor the next president only twice? What about the Buckeye State makes it so special? Kyle Kondik, author of the new book The Bellwether: Why Ohio Picks the President, will appear on September 22 at the Toledo Museum of Art Peristyle. Just days ahead of the first presidential candidate debate, Kondik will shed light on the Buckeye State's remarkable record as a predictor of presidential election winners.

The event is being presented jointly by the Toledo Museum of Art and the Toledo Lucas County Public Library, and is free and open to the public.

Kondik is managing editor for the nonpartisan political forecasting newsletter Sabato's Crystal Ball, published by the University of Virginia Center for Politics. Using historical documentation and research, he will explain Ohio's remarkable record for predicting presidential election results and why the state is essential to the 2016 election.

Kondik is the first of five speakers making appearances in Toledo this fall in conjunction with the Museum's nonpartisan exhibition I Approve This Message: Decoding Political Ads. Additional speakers include University of Michigan political scientist Ted Brader; American Press Institute senior manager Jane Elizabeth; University of Michigan musicologist Mark Clague; and media, entertainment and technology executive/advisor Don Levy.



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

Sponsored by the Episcopal Diocese of Ohio Commission on Racial Understanding-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.

Love God. Love Your Neighbor Change the World. A book signing and reception featuring light refreshments hosted by the Library Literati and funded by the Library Legacy Foundation will follow the presentation in Libbey Court. Literati is a growing group of young professionals and families, overseen and guided by the Library Legacy Foundation, and similarly dedicated to promoting the Library and enjoying its many outstanding programs and services.

For more information on this event, contact the Toledo Museum of Art (419.255.8000419.255.8000) or check online at toledomuseum.org

To learn more about the Toledo Lucas County Public Library or how to get involved with Literati, visit toledolibrary.org

Why Ohio Picks the President with Author Kyle Kondik Thursday, September 22, 2016 - 7:00 p.m. Toledo Museum of Art Peristyle 2445 Monroe St.

Toledo Zoo Education Department Recognized for Excellence

Special to The Truth

It has been said that a good teacher takes a hand, opens a mind and touches a heart. The Toledo Zoo's education department has been recognized by the Center for Interactive Learning and Collaboration with their Pinnacle Award for doing all of that and more!

The Toledo Zoo was one of 52 content providers awarded the 2015-2016 Pinnacle Award for their work in providing the group's over 50,000 members with interactive, engaging and standards-based distance learning programming. Toledo Zoo was one of four US zoos to receive the honor and the only in Ohio.

According to the Center's website, the Pinnacle Award is given annually to organizations that receive outstanding scores on program evaluations submitted by educators and other users. "CILC takes pride in its assurances to members that programs are high-quality, evaluated by educators for educators. Evaluations recognize not only the quality of content, but exceptional skill in engaging learners. A Pinnacle Award recognizes the best of the best, and is a proud badge of excellence," said Glenn Morris, CILC executive director.

The Toledo Zoo's distance learning program offers 12 different themes featuring interactive slide shows, videos and live animals. The program produces approximately 24 presentations annually and has educated groups across the US, Australia and Canada.

"The Toledo Zoo is extremely proud of our education department and their efforts to spread our mission and initiatives across the world. This award confirms what we have always known... the Zoo is much more than our animals; we are an education institution and destination," said Toledo Zoo executive director, Jeff Sailer.

The Zoo is open daily at 10 a.m. and is located on the Anthony Wayne Trail (US 25), four miles south of downtown Toledo. For more information, please visit toledozoo.org or call 419-385-4040419-385-4040. Lucas County residents are admitted free of charge on non-holiday Mondays from 10 a.m. - noon. Valid ID showing proof of residency is required.

Toledo Library Kicks off Levy Campaign

Sojourner's Truth Staff

Toledo Lucas County Public Library staff, board members and supporters gathered last Friday on the riverfront to kick off the fall campaign for the Library's levy that will be on the ballot in November.

Issue 22 will offer Lucas County voters the opportunity to approve a 3.9 mill levy that will help to cover 57 percent of the Library's operating expenses. Part of the request - 2.9 mills is a renewal of the existing levy that expires at the end of 2017. The remainder - 0.8 mills - is an increase.

"We are transformative, we are dynamic, we are great," said Rhonda Sewell, TLCPL manager of External and Governmental Affairs as she opened the levy kick-off ceremony.

"This is such a positive organization," said Library Director Clyde

Scoles. "The Library is all about the quality of life."

This election cycle's campaign co-chairman is Chrys Peterson who spoke of the powerful impact libraries had on her life as a child and the impact libraries have on communities. "Libraries are great equalizers," said Peterson. "They create great communities and great culture."

"We are so blessed in this community to have such a strong institution that is available to everyone," said Mayor Paula Hicks-Hudson who spoke of the impact that the TLCPL had in her own life.

The library's levy is one of seven that will be on this year's ballot for Toledoans. In addition to the Library's levy, there are four *... continued on page 8*

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Mayor Paula Hicks-Hudson

MC Rhonda Sewell

Library Levy Chairman Chrys Peterson



WITH AUTHOR KYLE KONDIK

Thursday, September 22, 2016 - 7p.m. Toledo Museum of Art Peristyle 2445 Monroe St., Toledo, OH **S** ince 1896, Ohio voters have failed to favor the next president only twice (in 1944 and 1960). What about the Buckeye State makes it so special? In this lecture, Kyle Kondik, author of *The Bellwether: Why Ohio Picks the President* and managing editor for the political forecasting newsletter *Sabato's Crystal Ball*, blends data-driven research and historical documentation to explain Ohio's remarkable record as a predictor of presidential results.



A book signing and reception will follow in Libbey Court at 8:15 p.m.

This lecture is presented by the Toledo Lucas County Public Library and the Toledo Museum of Art. Reception hosted by the Literati and funded by the Library Legacy Foundation.

Call 419.255.8000 for more information.



Levy Campaign.. continued from page 7

other county-wide levies – the Toledo Zoo, Imagination Station, Lucas County Emergency Services and Lucas County Children Services. There is also a regional transportation levy and a levy request from the City of Toledo for a renewal of its 0.75 "temporary" income tax.



The Library Levy Kick-Off included athletic demonstrations by Erika White (body building); Amanda Moreo, Savanah Soto and Chelsea Tafelski (gymnastics); Russ Curry, Mike Vascik (karate); Elaina Hernandez (zumba); Jamie Westfall (cardio-drumming).



Five Health and Wellness Rules to Live by this School Year and Beyond

Special to The Truth

At school, kids are exposed to an influx of germs that can cause a number of preventable sicknesses, including cold and flu. The top germiest school-based culprits include water fountains, plastic reusable cafeteria trays, keyboards, toilets and...students' hands.

To keep your family free from the sniffles all year long, here are five easy-to-follow tips to ensure a healthy, happy and absent-free school year.

1. Teach Kids to Wash Hands the Right Way.

It seems simple enough, but research shows that only five percent of people wash their hands properly. The CDC recommends following five simple steps: wet, lather, scrub (for at least 20 seconds), rinse and dry. Don't forget backs of hands, between fingers and under the nails. Handwashing is the best defense against germs, but if soap and water aren't available, hand sanitizer is a good alternative.

2. Sanitize School Supplies.

Sanitize school supplies, lunch boxes, bottoms of backpacks, etc., weekly. These items are exposed to a variety of germs lurking in places like gym lockers, on desks and in bathrooms. Use disinfecting wipes on plastic objects, and throw items like lunch boxes and backpacks in the washing machine. Send kids to school with disposable wipes so they

can clean surfaces like desks, cafeteria trays and other surfaces throughout the day. **3. Set a Sleep**

3. Set a Sleep Schedule.

A regular bedtime and an alert morning go hand-in-hand. The National Sleep Foundation recommends a calming nighttime routine like reading a book or taking a bath to signal the brain that it's bedtime, and leave technology like tablets, laptops and cell phones out of the bedroom. If you're wondering how much sleep your child needs each night, it's recommended that toddlers receive 11 to 14 hours. preschoolers 10 to 13 school-aged hours.

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2016 Exhibition Program Sponso

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What Happened on the First Day of School at MLK!!!

On August 18 the faculty and staff of Martin Luther King, Jr Academy for Boys held their second annual Men of Distinction, First Day of School Brotherhood Welcome for their Boys of Destiny. Some 35-plus members of the Toledo and MLK community gathered to help them usher in another school year by supporting and encouraging their brothers to put their best foot forward.

They sent out a HUGE thank you to all of the men in attendance for the day's event and an extra special thank you went out to the parents and guardians who are entrusting the amazing teachers, staff and administration of Martin Luther King Jr. Academy for Boys with the education and empowerment of their boys.

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Meet The Middlegrounds



Grand Opening

September 17 111 Ottawa Street Downtown Toledo

Downtown Toledo Under the Anthony Wayne Bridge

Noon to 5 p.m. Discover the Grounds Kayaking, Archery, Kids Zone, Food, Entertainment

6 to 11 p.m. Rock the Grounds Live Music, Food

September 18 – Metropark open normal hours: 7 a.m. to dusk Visit during Wander the Warehouse, Noon to 4 p.m.

For more information, visit **MetroparksToledo.com**



Lifelong Learning Offers Educational and Fun Fall Lectures and Hot Topics

The Lourdes University Lifelong Learning program has compiled a great lineup of Fall Lectures and Hot Topics. The events are held on select Fridays at the Franciscan Center of Lourdes University, 6832 Convent Blvd., in Sylvania.

• Lectures begin at 10 a.m. with refreshments offered at 9:15 a.m. Free for members and first-time visitors.

• Hot Topics are offered from 11:15 a.m. to 12:45 p.m. \$10 for members and \$15 for non-members per meeting except "Treasures by the Wayside" which is \$18 for members and \$25 for non-members. Reservations are strongly encouraged at least one week prior.

Friday, September 16

Backgrounds of America's Presidents

Featuring Gerry Bazer, PhD, an emeritus of the Ohio Humanities Council Speakers Bureau

What does it take to become president? Are there common stepping stones on the career path to the White House? A survey of previous presidents will shed light on the importance of factors such as age, wealth, military experience, party affiliation, and more. Are there particular background factors that foretell whether a president will attain greatness in office? Dr. Gerry Bazer served as Dean of Arts and Sciences at Owens Community College. He has delivered many lectures on the American presidency, including presentations at the William McKinley Presidential Library, the James Garfield Presidential Library, Bowling Green State University, The University of Toledo, Northwest State and Terra Community College.

Hot Topic: Water Everywhere - But is it Safe to Drink?

Featuring Regional Environmentalist Marya Czech How can a city in a state surrounded by four Great Lakes have a water cri-Social Media Training HOW TO Marketing MULTIPLY Branding & Managing **YOUR MESSAGE** GROW **YOUR REAC** WITH SOCIAL MEDIA a FREE 30min consultation for ORGANIZATIONS, CHURCHES, PUBLIC FIGURES, BUSINESS OWNERS & CORPORATIONS Π **REGINA WHITTINGTON** CEO of REGWHITT.COM Regina has a passion for Christ and Social Media coaching and consulting. With years of experience in ministry and the business world, Regina can help you reach and impact the world utilizing the platforms of cocial modia platforms of social media. CALL 567-703-6272 TODAY www.regwhitt.com

sis? How can it happen in Toledo, located in the largest watershed of the Great Lakes? What role does the "human factor" play in these and other crises impacting our water supply? Please bring a bottle of water to a discussion of these and other questions about our liquid assets. Presenter Marya Czech is a regional environmentalist.

Friday, October 21 Deadly Doodle

Featuring Kimberly Venuk, Forensic Scientist for the Michigan State Police

On television, forensics allows crimes to be solved quickly and without ambiguity. Real life isn't always so easy. Forensic scientist Kimberly Venuk will use the following real life example to illustrate the differences between fact and fiction in using science to solve crimes:

On Friday Nov. 12, 2010, in the small town of Yale, Michigan, the parents of a 17-year-old girl were brutally attacked with knives by two masked suspects. It was later revealed that the suspects not only knew the girl, but she was dating one of them. The story gets stranger when a hand drawn map is found only steps away from the home and it is titled "My House." During this presentation, you will relive the astonishing story of how one girl paid to have her parents killed and how she orchestrated the entire murder during youth group meetings and over text messages.

Kimberly Venuk has been working as a Forensic Scientist for the Michigan State Police (MSP) for 14 years in the Controlled Substances Unit and on the Crime Scene Response Team. Her other responsibilities at the lab include coordinating the internship program, laboratory tours, the fitness program, and onboarding new employees. Outside of the MSP, she is an active member of the Midwestern Association of Forensic Scientists (MAFS), a member of the Disaster Assistance Recovery Team (DART), and a past instructor of Introduction to Forensic Science at Oakland Community College.

Hot Topic: Gleaning for Hunger Relief

Featuring George "Tater" Jensen, a Hunger Relief Advocate

"We waste 96 billion pounds of food a year which could feed all the hungry of the world." George "Tater" Jensen advocates for a different approach known as "gleaning" to feed hungry

Americans. Tater brings together growers/farmers and volunteers to bridge the gap between wasted food and people who are hungry. Tater is a Hunger Relief Advocate with the Society of St. Andrew.

Friday, November 18 Vintage Cookbooks

... continued on page 11



Education Section • Education • Ed

Lifelong Learning... continued from page 10

Featuring Becky White, Co-Owner of Schooner Farms and Inspired By Nature

Cookbooks of old were more about how to be a "good wife" than just a collection of recipes. Manners were stressed, including how to keep a home, how to catch a husband and keep him happy. See, not just a cup of flour and a pinch of salt! You will be surprised and maybe even

shocked at the information in vintage cookbooks. We will explore cookbooks from the 1800's to now and see how these books helped to shape homes across America. Becky White is co-owner of Schooner Farms, a nonconventional, self-sustainable organic farm and Inspired By Nature, a natural pond and lake management company. She has degrees in art and history from Syracuse University and Bowling Green State University. A self-described gypsy, she loves art, organic farming, cooking, history, reading and her community.

Hot Topic: Sustain Your Brain

Featuring Lynn Ritter of the Alzheimer's Association

Increasing evidence suggests that healthy lifestyle habits, such as being physically and cognitively active, eating a healthy diet, and staying socially engaged contribute to healthy aging. This program focuses on simple lifestyle changes that individuals may be encouraged to embrace which may have a positive impact on brain health. Presented by Lynn Ritter of the Alzheimer's Association.

Friday, December 16

Native American Culture

Featuring Jamie K. Oxendine, Director of the Black Swamp InterTribal Foundation

Jamie K. Oxendine will discuss many facets of Native American culture, from the past to the present, with an emphasis on native peoples of the Great Lakes region. Of Lumbee/Creek ancestry, Jamie is a member of the Lumbee Tribe of North Carolina. He is a professional educator, musician, writer, sto-



ryteller and civil rights activist. Jamie is also director of the Black Swamp InterTribal Foundation.

Hot Topic: Treasures by the Wayside

Featuring Professional Storyteller and Author Csenge Virág Zalka Buffet lunch included Cost: \$18 for members; \$25 non-members

Lessons learned from talking animals, wisdom found in wells, advice traded for a piece of bread – in folktales, one can find knowledge in the most unusual places. These breathtaking, bone-chilling, age-old stories, spiced with humor and truth, exist like treasures along the road, to be found by the right person just at the right time. Hand-picked by a traveling storyteller from various cultures around the world, this selection of stories is for people who are on a life-long quest for new discoveries.

Csenge Virág Zalka is a professional storyteller and author from Hungary; she travels the world, telling and translating tales for all ages. After earning an M.A. in Archaeology and one in Storytelling, she is currently working on her Ph.D. in Culture Studies at Bowling Green State University. Her first story collection in English, "Tales of Superhuman Powers," was published by McFarland in 2013.

Lifelong Learning is an exciting educational program at Lourdes University. Open to all interested men and women, the only requirement for participation is an interest in ongoing learning. Lifelong Learning participants enjoy classes on a wide variety of academic subjects, educational field trips and monthly lectures featuring guest speakers. All activities are open to both members and non-members. For more information on upcoming classes and becoming a member of Lourdes University's Lifelong Learning program, visit www.lourdes.edu/lifelong.



The Sojourner's Truth

Fall 2016 Business and Health Expo

Dozens of agencies, vendors and health care providers offered hundreds of visitors a glimpse of their services at the Fall 2016 Business and Health Expo on Saturday, August 28 at the St. Clements Hall on Tremainsville Street.

Organizer Donnetta Carter once again assembled a blend of businesses and health providers for screening, shopping and networking for the general public.







Dawn Humphrey and FabFit's Angela Steward





Ronda Coger of Jafra



Hugh Ross is the "H" in the H-Factor Jazz Show that airs on the University of Toledo's student radio station WXUT 88.3fm | Sundays: 4-6pm







Darktown: A Novel by Thomas Mullen

By Terri Schlichenmeyer

The Truth Contributor

Someone always has to be first.

That can be a good thing, or a bad one. Good, if it's a cafeteria, supermarket queue, electronics store, or conga line; better, if free samples are involved. Bad, in experiments, taste-testing, first-on-last-off and, as in the new novel *Darktown* by Thomas Mullen,

first in a dangerous new job.

The girl was green when they finally found her.

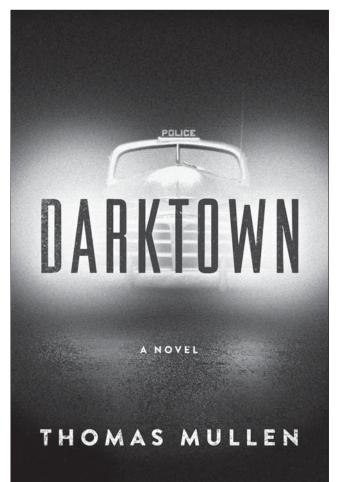
Officers Lucius Boggs and Tommy Smith smelled her long before that, long before they found her covered in garbage in a vacant lot, dead just a few days. They immediately recognized her as the woman they'd seen with former police officer Brian Underhill, until she ran from them.

She'd been pretty once; young and light-skinned and there was the problem: it was just after World War II, the mayor had recently forced the Atlanta Police Department to hire new policemen from the segregated parts of town, and racial lines were drawn thick. Few in charge cared about the death of some Negro woman. That the policemen who found her were black, too, only added to the apathy.

Rookie Officer Denny Rakestraw had no issue with Negroes in general, or with those now in the APD, but his partner, Lionel Dunlow, sure did.

Dunlow was as racist as they come, and Rake figured that having to patrol the edge of Darktown only boosted Dunlow's fury. Rake noticed that Dunlow, in fact, seemed to take pleasure in torturing any Negro they saw on the streets, including those who were only minding their own business.

As a rookie, Rake didn't think it wise to make enemies but he hated seeing that, just as he hated that Underhill seemed to be getting away with murder and Dunlow was covering for him. So when Rake learned that Boggs had decided on his own to solve the Negro woman's death, he



c. 2016 37lnk \$26.00 / \$32.99 Canada 373 pages offered Boggs a deal: they'd quietly investigate what they could in their respective racially-divided departments, and share their information. It would be dangerous.

Shedding light on a Darktown murder could end more than just their careers...

Reading Darktown was a brand-new experience for me: I wanted to wash my hands, my arms, my hair, to get rid of the grit that pours out of this story. I could smell dirt and thick air and rotting wood. I squirmed, before I dived in for more.

It was impossible not to, because this novel is noir all the way: author Thomas Mullen sets a tone of a rainy midnight even in his daytime scenes, while the timeframe of the story, mixed with an angry-yet-resigned neighborhood of beat-down residents, just lends to the deliciously keen edginess. As for the main characters, the both-sides-of-the-samecoin frustration they feel simmers throughout each page. You may begin to wonder if either man makes it to the end of this novel.

I'm not about to be a spoiler – you'll have to find that out yourself. But know this: if you want a sandpaper read that's sticky as cold fog, *Darktown* is what to reach for first.

Health and Wellness Rules... continued from page 8

children nine to 11 hours, and teenagers eight to 10 hours.

4. Keep Healthy Snacks and Meals on Hand.

A healthy, balanced diet has been proven to keep kids mentally sharp and focused, but fast-paced schedules during the school year can sometimes result in quick-fix, and often unhealthy, food choices. Keep nutritious grab-and-go snacks like trail mix and fruit at the ready. And don't skip breakfast. It can mean decreased cognitive performance in areas like alertness, attention, memory and problem solving.

5. Nurse Kids Back to Health.

Germs are lurking everywhere -- school, preschool and daycare, so be prepared if sickness does strike. Tools like TempTraq come in handy for unexpected fevers, giving parents peace of mind and children the rest they need to get better. This wearable, Bluetooth temperature monitor continuously senses, records and transmits body temperature for up to 24-hours. It can even send alerts to your smartphone via its free mobile app to notify you immediately if your child's fever reaches an unsafe level. Visit Target or CVS to stock your medicine cabinet with this useful must-have, or order online at TempTraq.com.

From hectic schedules to germ-ridden classrooms, the stress and environment of school can take a toll on kids' health. Keep them healthier with a few simple strategies and you'll be headed to a perfect attendance record.

Courtesy StatePoint



The Sojourner's Truth



September 14, 2016

CLASSIFIEDS

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**

GARDENVIEW HOMES

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 or visit our office at 1258 Rockcress Drive, Toledo, OH 43615

Voice/TTY 1-800-553-0300.

Equal Housing Opportunity.

FAMILY AMBASSADOR

Start date: July, 2016

Essential Duties and Responsibilities:

- 1. Juvenile Court Coaching and Support
- 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.lcmhrsb.oh.gov/publicnotice. Proposals must be received by September 15, 2016 - 4:30pm.

LUCAS COUNTY FACILITIES

The Lucas County Facilities Department has an opening for a Project Manager.

For more details, please visit our website at www.co.lucas.oh.us and click on the "Apply for a Job" link to review the job description, minimum requirements, salary and to apply online.

Notice to Bidders: Inquiry # FY17-14, (Project # 0051-15-104) for North Engineering HVAC Improvements and Engineering Campus Electrical Upgrades for the University of Toledo. Sealed bids for this project must be clearly marked with the project number on all inner and outer envelopes and/or shipping containers. Bids must be addressed and delivered to the University of Toledo, Facilities and Construction, Plant Operations, Room 1100, 2925 E. Rocket Drive, MS 216, Toledo, Ohio 43606 before 2:00 p.m., Tuesday, October 4, 2016. Bids will be publicly opened that same day at 2:05 p.m. in the Plant Operations Building, Room 1000. Copies of Plans, Specifications, and Bid Forms may be obtained from Becker Impressions, 4646 Angola Road, Toledo, Ohio 43615. Call 419-385-5303 for an appointment to pick up bid package. A cost of \$75.00 will be charged per set. Any further information may be obtained from David Desjardins of JDRM Engineering at 419-824-2400. One Pre-Bid Conference will be held on Tuesday, September 27, 2016 at 10:00 a.m. in the Plant Operations Building, Room 1000, at the University of Toledo, 2925 E. Rocket Drive, Toledo, OH 43606. Total Bid Guaranty and Contract Bond are required per section 153.54 of the Ohio Revised Code. EDGE Participation Goal: 15%. Project Estimate: \$400,000.00; Breakdown: Electrical: \$400,000.00.

Opportunity An Egual Employer

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.

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.



EQUAL HOUSING OPPORTUNITY/EQUAL OPPORTUNITY EMPLOYER

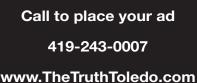
RENASCENCE OTTAWA AREA RESIDENCES

3 AND 4 Bedroom Single Family Homes with attached garages. Many homes newly remodeled and available immediately. All appliances included. Please call 419-389-0096419-389-0096 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 Manger 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.



Toledo African American Chamber of Commerce Holds Annual Gala

Sojourner's Truth Staff

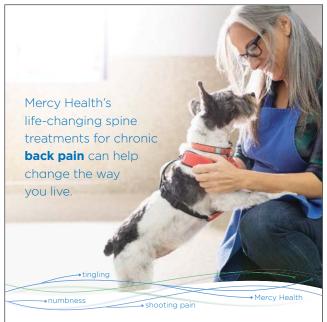
Five years ago, Jay Black was named president of the Toledo African American Chamber of Commerce. During his tenure, Black has taken the Chamber to new heights - holding workshops, connecting businesses with one another and with consumers, publicizing the benefits to the community of keeping dollars at home.

On Saturday, August 27, Black and the TAACC hosted a gala at the Ramada Inn Secor and attendees were treated to a keynote address by Jeffrey Johnson, chief of the Minority Business Development Division of the Ohio Development Services Agency. The audience was also informed that Jay Black will be resigning as president.

Black is not going far, however. He recently was appointed to lead the northwest Ohio regional Minority Business Assistance Center (MBAC) and, as such, will continue his efforts to provide counsel and help for local businesses.

Johnson, a former vice president of Government and Non Profit Lending at JP Morgan & Chase where he provided expertise on bonds, loans and tax credits, works closely with the Ohio Minority Business Advisory Council and seven MBACs around the state.

"Do you want to grow?" Johnson said he asks minority business owners who seek help from his agency. "You are not going to be successful waiting for a knock on the door."



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The region's first Neuroscience Institute is only at Mercy Health.



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Johnson told the attendees that there are two things he tries to convey: "One, I care enough to help and, two, there are opportunities out there if you are willing to work ... Seek me out, seek Jay out, and let us know what we can do to help you out."

Tom Cole of BCSN served as the master of ceremonies for the evening and he introduced Creston Tarrant, president and CEO of C & M Medical Supply, as the incoming president of TAACC.

After dinner, Black presented the Harry Alford Outstanding Business Professional Awards to Tiffany Reynolds of Tiffany Reynolds Co. and Fletcher Word of The Sojourner's Truth. He also presented a special award to Chamber Treasurer Art Jones for his contributions to the work of TAACC, his advocacy of the Bethany House and his community activism.

The other officers of TAACC are Roy Hodges, vice president and Jenai C. Hicklin, secretary and event /membership coordinator.



Jav Black and Art Jones



Tom Cole, Jeffrey Johnson, Jay Black





Jenai Hicklin, Jeffrey Johnson, Tom Cole, Fletcher Word, Jay Black, Art Jones, Margaret and Creston Tarrant

