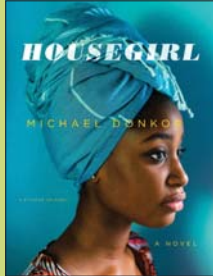




<p><b><i>In This Issue...</i></b></p> <p>Perryman Page 2</p> <p>Tolliver Page 3</p> <p>Cover Story: Rob Richardson Page 5</p>	<p><b>Health Section</b></p> <table border="0"> <tr> <td>Expo Page 7</td> <td>Eating Healthy Page 10</td> </tr> <tr> <td>Fitness Motivator Page 8</td> <td>Ask Ryan Page 11</td> </tr> <tr> <td>Mercy and the Library Page 9</td> <td></td> </tr> </table>	Expo Page 7	Eating Healthy Page 10	Fitness Motivator Page 8	Ask Ryan Page 11	Mercy and the Library Page 9		<p>Classifieds Page 15</p>  <p>Book Review - Page 13</p>
Expo Page 7	Eating Healthy Page 10							
Fitness Motivator Page 8	Ask Ryan Page 11							
Mercy and the Library Page 9								

# Policy and Process

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

The Truth Contributor

*No one does it alone*

— Oprah Winfrey



Choosing the right political candidate, obviously, must include an evaluation of the aspirant's proposed legislative and programmatic policies. Also central to selecting potential leaders is exploring how gender, race, ethnicity or other social identities help to influence the development and implementation of the candidate's policies.

In an effort to examine her planned agenda for the African-American community, I spoke about "policy and process" with Sandy Spang, independent candidate for the Lucas County Board of Commissioners in the November 6 general election.

This is the second and final segment of our conversation.

**Perryman:** Why are you running for county commissioner?

**Spang:** I am running for county commissioner because it's the natural outgrowth of the work that I've done on city council. My heart is broken for some of our most difficult problems. I'm excited about the opportunities before us and I want to do as much as I can to grow and bring opportunity to Lucas County. I think that I will be able to do that in the office of commissioner.

**Perryman:** Please talk about the aspects of your agenda that might resonate with the African-American community.

**Spang:** So there are at least three areas that I think would have direct resonance with the African-American community. The first one is community health. As a community, we don't score well on any kind of health assessment, but to me, the most important statistic is our African-American infant mortality rate. We are losing 15-16 infants per 1,000 every year before their first birthday. That would be a shameful number for a third world country, but this is Lucas County and unacceptable. Although we have had a lot of folks working on it we haven't really been able to move that number. I would consider seeing that number move to be a critical measure of my success as county commissioner because I believe that addressing our community health issues is absolutely at the core of our success as a county.

**Perryman:** Number two?

**Spang:** The second area is workforce development. We know that employers, companies are looking at our community and they love the location of Toledo, but they aren't always satisfied with the potential workforce that we have. We need to make sure that we are reaching everyone to provide opportunities that they can enter the workforce. And you know

workforce development is about more than just having the skills that an employer needs, it's also about being in a position where you're ready to be successful in a job and that can mean transportation, it can mean having adequate childcare. In so many ways, these factors can determine your success in employment. So working in that area is so important to me.

**Perryman:** And the third area that might resonate with the African-American community?

**Spang:** The third area is consistent also with the work that I've done on city council, my interest in neighborhood economic development. I have often said it's not a neighborhood if you can't buy the goods and service as you need it. We know that we have a lot of neighborhoods where goods and services aren't available, where there's no longer employment located within the neighborhood. When Jeep left there was so much disinvestment in the Overland neighborhood but now we see businesses returning because

... continued on page 12

## Community Calendar

### September 8

New Attitude On My Image Massage Benefit: 8:30 am to 3 pm; Friendship Baptist; Vendors, jewelry, cosmetics, clothing, food courts, health screenings: 419-304-2733

### September 9

An Evening of Prayer of Praise and Worship with Talley and Friends: St Paul AME Zion Church; 5 pm; Featuring Elder Lesley Talley in Concert Calvary MBC Roses of Calvary Flower Ministry 9th Anniversary: 4 pm; Guests Pastor Jerry Boose and Second Baptist of Monclova

### September 11

Talk Back with Candidate Paula Hicks-Hudson: 6 - 7:30 pm; New Psalmist Church; Want to know what state government does for you? Want to learn how the state House of Representatives serves you? Want to give your input on issues that are important to you and your family?

### September 14-16

Beulah Baptist Women's Explosion 2018: Friday - 6:45 pm with speaker Preacher Elder Patrece Tolbert; Saturday 5:45 pm with speaker Preacher Elder Tanya Lee; Sunday - 10:45 am service with Preacher Evangelist Teresa Allen

### September 15

St. Mark MBC Pre-Women's Day Luncheon: 11 am; "I Choose Love: Choosing to Follow Christ;" Speaker Arielle Johnson and panel: 419-460-0389 or 419-536-5656

### September 15-16

St. Paul MBC Annual Women's Day Weekend: Saturday luncheon 11 am to 2 pm - speaker Min. Anita Bass of United MBC; Sunday service at 10:45 am - speaker Elder Janae Hicklin from Canaan Manifested Word

### September 16

Indiana Avenue MBC Annual Women's Day: 10:50 am service with speaker Deaconess Cynthia Wizgen; "Time Is Now"

### September 21

UT President's Committee for Recruitment and Retention of African American Students (PCRRAAS) Reception for Pharmacy Students: 6 to 8 pm; UTMC Hospital Mulford Cafe

### September 22

Flanders Road Church of Christ Clothing Give-away: 10am to 1 pm; For men, women, children of all ages

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# White Evangelicals Serving Two Masters

By Lafe Tolliver, Esq

Guest Column

"No man can serve two masters, for he will love the one and hate the other." Matthew 6:24.

No matter. Too many, many white evangelicals are quite comfortable in being modern day Sadducees and Pharisees when it comes to bowing their bobble heads to Agent Orange...aka: President (Herr) Trump.

When you examine their moral outrage at the failings of past President Clinton and the young and impressionable White House intern, Monica Lewinsky, you will have to scratch and wonder, where did their Jesus go?

To understand this total capitulation to Herr Trump by many white evangelicals, you must understand that one of the cornerstones of their faith story is that a person's character matters and that out of the abundance of the heart, the mouth speaks. Matthew 12:34.

When you are daily bombarded with the vile utterances of Herr Trump be they outright lies, fantasies, mis-truths, mis-directions, omissions and historical inaccuracies, you must think, how could any organization that professes an adherence to biblical definitions of character and morality, venture within three miles of a Trump White House.

The answer is: These white evangelicals do not act upon what they preach to their pew sitters. No, they will parade around like good Sadducees and Pharisees and seek the best places at the political buffets and seek out the adulation of the political spotlight but when it comes to holding up biblical standards of conduct, they simply "skin and grin."

Regrettably, they show that their primary concern is not the Kingdom of God but rather they being plugged into the current political kingdom of King Herod aka: Herr Trump.

I have seen their pithy pronouncements on TV wherein they preach about a Deep State coming after their freedoms and I have heard them turn themselves into human pretzels trying to get past the bra size of Stormy Daniels and somehow justify Herr Trump's audacious conduct as a "personal matter" between him and God.

That is true. But what they glaringly fail to state is the obvious matter of how they can look the other way while their GOP standard bearer drags their beliefs through the political mud, and for what?

For political access and the illusion of being seen with the powerful in the White House.

The Bible speaks about the love of the world being at odds with God but for many evangelicals (latest poll indicates over eighty percent!), they are willing to distance themselves from such instruction if it means that they can get a crumb...or two...from the table of a King Herod or a Governor Pilate.

Unless you understand that so many white evangelicals feel that they have been locked out of being in the catbird seat of political power for sometime, their failure to avoid moral compromises is easier to comprehend.

White evangelicals do not mind compromising their values because so many apparently did not hold those values close to heart if they are willing to approve of Herr Trump and his policies that are not supportive of the "common folks" but of the rich and powerful.

That is the secret hope and admiration of many white evangelicals. They want to be seen not as poor pastors preaching to even poorer people but as suave, rich, admired and being seen in the right company.

This identity of being identified with Jesus and his "poor peoples campaign" and being blessed as being poor in spirit just ain't hitting the right spots for these pastors.

They want power and they want it now and if it means selling their birthrights for a mess of pottage, they are willing to do so, delusionally thinking that they are doing the business of the kingdom!

Oh, yes. They have impressive websites and have impressive policy statements of beliefs and creeds but when it comes down to getting a free lunch at the White House and being serenaded by the lies of Herr Trump, they are easy bait.

Herr Trump even told them at a recent White House luncheon that if they do not cajole their pew sitters to get out and vote, there will be violence after the upcoming midterms!

Word of violence coming from the White House about elections! Are you serious? But, yet...where was their concerted voice of disapproval of such "dog whistle" calls to Trump's base?

Where were the words of scripture offered up as a rampart against such gibberish? None! The white evangelicals at that influence peddling lunch simply grinned and smiled for the cameras; and when they return to their respective temples of compromise, they will boast of this luncheon meeting as something of importance for Christianity in America.

Such dupes. Such so-called biblical thinkers who apparently are at ease in propping up Herr Trump and his anti-people policies rather than quoting Amos 5:24.

But. Such is the current state of affairs in the world of the white evangelical. They are willing to do a kissy-kissy with Herr Trump rather than lay down their own lives for the tenets of the scriptures that they so gladly give lip service to.

They are quick to forego the admonishment of not being engaged in the affairs of the world and to adhere to a separation of church and state.

But such obedience is not the bread and butter of these sell-outs. They now have come to expect that their presence in the White House is of utmost importance. They can throttle their conscience and straddle the fence between hailing a vain, egotistic Caesar and dying out to self.

Oh, how the mighty have fallen!

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# Veralucia Mendoza: Letter to the Editor

In Response to Larry Sykes:

Councilman Sykes wrote a column about the North Toledo shooting that involved a police officer and young man, about my age.

Mr. Sykes begins his paragraph about me by stating "A Caucasian female approached me," already misrepresenting me. I'm Afro-Latina. Afro-Latinos are black folks from Latin America, which means his ancestors and mine landed on different ends of the Western world, but both came from the continent of Africa. I am African and Indigenous. I have never identified as Caucasian.

The woman that he mentions as loudly using profanities was arguing with him, but not unprompted. She was openly mourning as she had recently buried a family member, a young Black man, and this shooting triggered a response in her. As the woman openly wept, I saw Mr. Sykes look at her directly, smiling. She said, "Don't look at me all smug," and he laughed. At this point, I approached him. I confronted him about his behavior to laugh in the face of a hurting woman, especially for someone who claims to be pro-community.

In the midst of all of this he took a step toward me. Remembering that he had an altercation with Julian Mack, I asked him if he would hit me, too. As you can see in the Councilman's column, he proudly bragged about choking him. He laughed and adjusted his hat. This is when I noticed the Chief Wahoo logo.

We all know by now that "Indians" is not the proper term for Indigenous people whom were here before Columbus arrived. He thought he landed in India and used the incorrect term; this is something we all learned in school and Mr. Sykes' use of the word is inaccurate. I did tell him the hat is offensive, as no one would like it if we saw caricatures of Black men on sports teams' logos. I told him the logo has racist history, though I didn't call him racist directly. In addition, he said he learned I was with Black Lives Matter, I would like to highlight that there is no official BLM chapter in Toledo.

In conclusion, I believe Mr. Sykes named me in order to incite anger against me. To portray me as Caucasian is a direct attempt to strip me of my culture and my work within Black and Brown communities. To assume I am not Black because I'm not American-born is xenophobic and shows a lack of

understanding of the African diaspora and the history of slavery. In addition, I have lived in America, Toledo specifically for 18 years. I grew up in North Toledo, on the corner of Sherman and Stickney, and I went to the scene of the shooting because it mattered deeply to me.

As for Mr. Sykes, I leave him with this quote from Angela Y. Davis, "You can't assume that making a difference 20 years ago is going to allow you to sort of live on the laurels of those victories for the rest of your life." Mr. Sykes, as an elected official, we expect better.



Veralucia Mendoza and her father

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## In Memoriam

Barbara Jean McGowan, 511 Greenwood Way, Stockbridge GA (formerly of Toledo, OH) passed away on Thursday, August 23, 2018. She was the wife of Charles Sanders Lee; mother of Rachel Ashley, WI Earl (Debbie) Ashley, Port Charlotte, FL and Brian Ashley, Orlando, FL; stepmother of Elisha Lee, Baltimore, MD, Charles "Chuck" (Temia) Lee, Detroit, MI and Kelisha (Donald) Wing, Alexandria, VI.

Funeral services were held at Speer-Shelton Funeral Directors, 97 Old Griffin Road, McDonough, GA on Wednesday, August 29, 2018 at 11:00 a.m. in Edwin Muhammad, officiating. Repast was at Shiloh Baptist Church, 262 Macon Street, McDonough, GA 30253. Rev. Dr. Edward W. Lee, Pastor. Viewing was on Tuesday, August 28, from 12:00 to 3:00 p.m.

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# Rob Richardson: Planning to Use the Treasurer's Office to Hold the Powerful Accountable

By Fletcher Word

Sojourner's Truth Editor

Rob Richardson, a national labor attorney from Cincinnati, is the Democratic candidate for Ohio Treasurer and should he win in the general election against Republican Rob Sprague, he will be the first Democratic black candidate to ever win a statewide race in Ohio.

It's a bit of an uphill battle considering the relatively low turnout of Democratic voters in the primary compared to those of the GOP; the good news for Richardson, however, is the fact that his organization is doing a great job of fundraising. By the beginning of August, Richardson had \$1.08 million on hand compared to Sprague's \$362,317 and out raised his opponent in July \$468,222 to \$109,475.

Richardson's stated mission, once he is elected, is to use the power of the Treasurer's office to effect sweeping change in a number of areas, thereby doing what he can, he said, to save the democracy from the enormous harm that is being done to it in the current political climate.

"I plan to hold the powers-that-be accountable as the chief financial officer of the State of Ohio," said Richardson during a recent conversation with The Truth, "using the powers that haven't gotten used."

To be sure, Richardson does follow the politician's script in his campaign literature about how he will approach the duties of the office – "respect the duties of the office... bring efficiency and fiscal responsibility ...conduct fiscal impact analyses ..." - but those boilerplate promises only scratch the surface of Richardson's intentions as Treasurer.

This aspiring Treasurer has bold, innovative plans for the office, hoping to use his powers to effect social change on matters of importance to thousand of Ohioans.

"We have the fourth largest prison population in the United States because of our policies," said Richardson of one of his key initiatives. "I want to use the powers of divestment - it's a fiscal and moral imperative."

He would first divest for-profit prison companies. He said it is immoral to have a prison system that is more interested in making profits than keeping people safe and rehabilitating offenders. He mentioned the troubling images of CoreCivic, a huge for-profit prison corporation, locking up migrant children.

He would also conduct a fiscal impact analysis on the criminal justice system and analyze the practices of other states. "If we make changes like other states, how much will we save?" he asked. "This is a choice, an opportunity for someone to make money and I'm going to fight it no matter who is the governor."

Also on Richardson's list is the issue of student loan debt. "Ohio is number one for student loan debt in the nation," he noted. He wants to make sure that Ohio "invests more in low-interest student loans because students need relief." His plan is to help refinance such loans and "help keep students in the state."

And, of course, as Treasurer, Richardson sees an opportunity to foster economic development through the powers of his office. He suggests, for example, that it is difficult for Ohio-based businesses to be competitive without the

advantage of high-speed broadband internet, in which Ohio is woefully behind the curve. His office, he promised "will be expanding the access to opportunities" for businesses.

Richardson said he is intent on remembering who he is and how he got to his position in life. "Being fortunate has led me to hope others would be so fortunate." In fact, he is fortunate in overcoming his doubts that good fortune was his lot in life. His learning disabilities, as an elementary and middle school student, prompted his teachers to inform him of his limitations, assuring

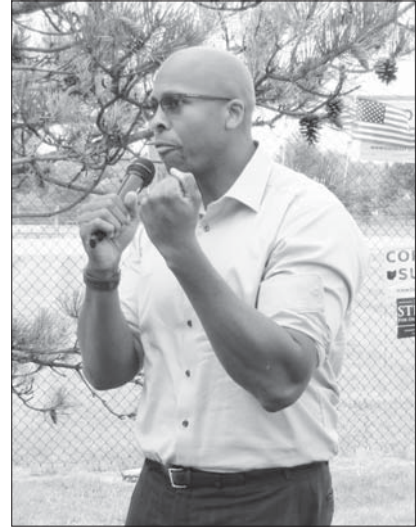
him that college was not in his future. His mother, however, would not allow him to become discouraged. "You define yourself," she advised him.

Indeed, he overcame his difficulties to go on to college at The University of Cincinnati where he established the first collegiate chapter of the NAACP in the tri-state area and ultimately became the student body president. He went on to law school and, after graduation, was appointed to the board of trustees of UC, and was elected board chairman in 2016.

During his time as chairman, he established the UC Scholars Academy, a leadership development and academic preparedness program for students in Cincinnati Public Schools. He also raised hundreds of thousands of dollars for student scholarships, including the largest corporate diversity scholarship at UC, helped establish the university's 1819 innovation hub and led the first Next Lives Here Innovation Summit.

Next up for the Democratic candidate is the opportunity to bring his passion for change to the state through the office he attains in November.

"I look at the Treasurer's office not just as something that focuses on numbers, but really as something that can be used to empower people and create systemic reform," he said. "I'm going to use the power of the office – the power of the purse – to hold the powerful accountable."



Rob Richardson


  
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# Independent Workers Are the Economy of the Future: Toledo Library Joins Initiative to Help Entrepreneurs Launch Businesses with Focus on Women and People of Color

Starting one's own business may soon become the most viable path to achieving the American dream. It is projected that by 2020 half of all workers will be independent freelancers, responsible for their own fortunes and well-being. Knowing this, Toledo Lucas County Public Library (TLCPL) is partnering with 11 other public library systems from across the U.S. and Canada to explore ways libraries can reach and engage entrepreneurs in their communities — particularly people of color, women, immigrants and veterans. This effort is being led by the Urban Libraries Council, a membership organization of North America's leading public library systems, as an extension of ULC's collaboration with the Ewing Marion Kauffman Foundation to strengthen libraries' capacity to support entrepreneurship.

"The library plays an important role in building businesses and our economy," said ULC President and CEO Susan Benton. "This experience will shape current thinking about how libraries can support entrepreneurship and create new opportunities for all community members."

Participating in this initiative, TLCPL is building on its strong business outreach efforts with FREE programs such as:

- One-to-one assistance with TLCPL Business Specialist
- Monthly Ask A Patent/Copyright/Trademark Attorney sessions and support from the Library's official Patent and Trademark Resource Center of the United State Patent and Trademark Office
- Small Business Resource Day on Sept. 25
- LinkedIn and Business Boost classes
- An array of professional-level databases such as Business Plan Pro and Marketing and Sales Plan Pro which provide resources otherwise beyond the grasp of most small business owners

A comprehensive list of all small business services may be found at [toledolibrary.org/businessgrants](http://toledolibrary.org/businessgrants).

The Business Team will also develop a more comprehensive understanding of the challenges facing aspiring women and immigrant entrepreneurs as well as how those obstacles differ for aspiring male entrepreneurs.

Entrepreneurs play an increasingly important role in growing local economies as technology continues to transform the labor market. However, barriers to resources and information prevent many individuals from pursuing or achieving entrepreneurial success. Public libraries are uniquely equipped to reach populations who are underrepresented in today's entrepreneurial economy and most in need of guidance. The Urban Libraries Council also released a Leadership Brief titled Strengthening Libraries as Entrepreneurial Hubs, which you can read here.

To learn more about Toledo Lucas County Public Library's role in supporting entrepreneurship, contact David Topoleski at 419.259.5244 or [David.Topoleski@TOLEDOLIBRARY.ORG](mailto:David.Topoleski@TOLEDOLIBRARY.ORG).

## Purchasing Goal... continued from page 16

tor and interim deputy director of the Equal Opportunity Division of the Ohio Department of Administrative Services, which certifies businesses into the MBE program.

"Continuing to provide the resources to minority business owners allows them to grow their businesses, create jobs and participate in a strong and vibrant Ohio economy," said Jeffrey L. Johnson, chief of the Minority Business Development Division at the Ohio Development Services Agency.

Out of the eligible expenditures for goods and services purchased during Fiscal Year 2018, 18.86 percent was set aside for MBE-certified businesses. Another 2.78 percent of eligible goods and services were purchased from MBE-certified businesses through open-market contracts.

Ohio's Equal Opportunity Division oversees the MBE program and helps to ensure equal opportunity access to and fair treatment in government contracting. It strives to maximize contracting opportunities through certification of minority-owned, women-owned, veteran-owned and socially and economically disadvantaged businesses.

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**DAVE McMURRAY** [greatlakesjazzfestival.net](http://greatlakesjazzfestival.net)

# The Truth HEALTH



## The Summer Business and Health Expo

The Summer Business & Health Expo was held on Sunday, August 12, 2018 at the St. Clements Hall, sponsor by Donnetta Carter "The Social Butterfly"

On a beautiful sunny day, small business owners – entrepreneurs with goods and service – presented their products to over 300 guests in attendance with free admission. Mercy Health conducting health screenings, LISC providing information to small businesses, Women of Toledo, women's Accessories, jewelry, natural products, fitness and financial investment - credit repair were among the many services those in attendance were able to explore.

Carter gave thanks to the corporate sponsors: WoodForest National Bank, Costco Wholesale, Paramount, The Truth Newspaper, Tyrel Betts Production and Tracy Roberts - OMG Production. Save the Date for the eighth Annual Christmas Bazaar on Saturday, December 1, 2018 at the Indiana Avenue MB Church.

Contact via email [donnetta\\_c@msn.com](mailto:donnetta_c@msn.com) for more information.



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# Exercise To Be Healthy, Not Skinny

By Angela Steward, Fitness Motivator

The Truth Contributor

When I starting exercising at a size 20 - my goal was to become a size 10. So, for three years I carried my 240+ body into the gym Monday thru Friday for one-to-two hours, and sweated my butt off - I lost over 70 pounds and fit into a size 10-12 quite nicely.

But after losing 70 pounds, I felt thinner, not healthy! In fact, the thinner I got, it seemed like my body was falling apart! My body was telling me that I was exercising for the wrong reason -- to get skinny!!

I learned quite a bit about myself during that time. I realized that: 1) I've never been skinny and I never will be; 2)



Angela Steward

Trying to maintain that daily "after-work" schedule was exhausting; 3) Weight loss isn't and shouldn't be what solely motivates someone to get off their booty to get physically active; and 4) It's okay to have a few curves, lumps and maybe a few bumps...lol!

Unfortunately, a lot of people equate fitness and health with being skinny, it's almost impossible to separate the two. Believe it or not, there are plenty of women who hit the gym regularly that are not, may never be, nor do they want to be skinny!!

Weight loss (or weight maintenance) is an obvious and undeniable benefit of regular exercise. So, it is entirely possible for a plus-size woman to go to the gym and work to maintain the physique she already has. Personally speaking, I'm comfortable with my curves, but I go to the gym so that I can be even more comfortable with them. Here are a number of other benefits of working out that don't have anything to do with being skinny:

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Exercise to Please Yourself, Not Others!

One of the biggest excuses people use for fat shaming is that they're concerned about your health; the truth is that they don't give a flippity flip about your health. They just don't want you to be fat because it makes them uncomfortable with you. Luckily, though, that's not really your problem. Your primary reason to exercise should be to improve your health, weight loss is secondary!

Exercise to Improve Your Health!

Challenge yourself - See how far you can push your body. The gym is a good place to do that. How many days per week can you give 100 percent in your workout? You're the only one who knows your limitations! There's something that feels really good about being able to do something that you couldn't do before.

Be Prepared for the Battle!

During this journey, you're going to run across people who don't understand

...continued on page 12



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# Summer Partnership A Success

Mercy Health participated in a first of its kind "Summer Kids Program" in partnership with The Mareda Center and the Wayman-Palmer YMCA this summer to help reduce summer learning loss and promote health in the central city community surrounding Mercy Health – St. Vincent Medical Center.

This six-week program was the first time that three organizations came together for the benefit of the children living in the surrounding neighborhood. The concept was created by Allisan Perz, Director of The Mareda Center and Linda Bert, Practice Administrator for Mercy Health Physicians along with Eric Williams of the Wayman-Palmer YMCA. This collaborative partnership formed as a result of shared visions on ways to help neighborhood children by creating a fun and meaningful summer experience.

Pat Ricard, Practice Manager for the internal medicine resident site and

*...continued on page 11*






Present

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<p>for more information about attending or sponsoring this event, please contact Kathryn Hood at <a href="mailto:kathryn.hood@nationaldiversitycouncil.org">kathryn.hood@nationaldiversitycouncil.org</a></p> <p style="text-align: right;"><a href="http://www.ohiofairhousingsummit.org">Register Here</a></p>		

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# Using the Slow Cooker for Easy Meals

By Patrice Powers-Barker, OSU Extension, Lucas County

The Truth Contributor

Although a slow cooker appliance can be used throughout the year, wintertime is often the time people think to use them the most. Fall is also great time to use the slow cooker (also known as a crock pot) to help make easy, healthy and economical dishes.

For many recipes, food ingredients can be put in the crock and it cooks during the day without any other attention. It's simple to prepare recipes all in one step. Many slow cooker recipes can cook for eight to 10 hours. The exceptions to this rule are milk products and some tender vegetables and herbs. They should not cook for many hours and should be added only during the last hour of cooking.

Using a slow cooker to prepare recipes can be a good value. First, it's economical to operate. Using a low wattage of electricity over a long time is less expensive than using high wattage for a short time.

In addition to using less energy, the slow cooker won't add extra heat to the kitchen like the stove during these final days of summer and early warm autumn weather. Another advantage of cooking food slowly helps keep it tender. This allows for the use of less expensive cuts of meat that are lower in fat because slow cooking tenderizes the meat.

Liquids do not boil away as they do on the stovetop and slow cooking keeps more of the natural juices and flavors of foods. Lastly, having a healthy home-cooked meal can limit the need for picking up food at a restaurant, which in turn can help with the household food budget.

Cooking food in the slow cooker can be tasty and safe. Keep these tips in mind:

- Completely thaw frozen meat in the refrigerator before cooking it in the slow cooker. The slow cooker is great for cooking meals all day but it will

not reach a high enough temperature fast enough for frozen meat.

- Do not fill food to the very top of the slow cooker. When adding ingredients, only fill the crock pot half way or three fourths of the way full.

- Do not leave cooked food to cool down in the slow cooker. Once you turn it off and eat the meal, place left-over food in the refrigerator.

- Don't use the slow cooker for reheating food. You can use the slow cooker to keep food warm on a buffet table but for reheating food, use the stove or microwave.

- Most slow cookers have clear lids so you can see the food while it's cooking. Every time you lift the lid, you have to add an additional 15 -30 minutes of cooking time.

- Spray with cooking spray for ease of cleaning or look for coupons or sales on slow cooker liners which are placed in the crock before the food and can be thrown away when done cooking.

While the slower cooker is a great option for less expensive cuts of meat, don't forget, the slow cooker can also be used for soups, side dishes including vegetables and fruits and even overnight for hot breakfast options. When deciding what to prepare in the slow cooker, use the Dietary Guidelines for Americans and the MyPlate icon. As you try new recipes, keep the following food preparation tips in mind for quick, healthy meals. (1) How can you add more vegetables to your day? (2) Are you preparing and eating lean meats? (3) If the recipe calls for canned soup, look for a low-sodium variety. (4) Remove the skin from poultry before cooking in order to reduce the amount of fat in the recipe.

Ready to slow-cook some winter squash? The directions listed here are for butternut squash but the same steps can be used for other winter squash such as acorn squash, spaghetti squash, pumpkins and others that have a hard shell to cut. Instructions: Take one winter squash and wash the outside with clean running water. Place it in the slow cooker and cook until soft and easily pierced with a fork. It will take about four-to-six hours on high or six-to-eight hours on low. Remove from slow cooker and allow to cool for about 15 minutes.

When cool enough to handle, slice it in half with a knife and scoop out the seeds. Use a large spoon to scoop out the cooked squash from the peel. Enjoy as a side dish or use as the main ingredient for Butternut Squash Soup.

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## Sykes Responds to Ohio Dept. of Medicaid's Expansion Group VIII Report

*Expansion resulted in positive outcomes, more economic security for Ohioans*

State Rep. Emilia Sykes (D-Akron) last week responded to the Ohio Department of Medicaid's assessment of Ohio's 2014 Medicaid expansion. The evaluation analyzed Group VIII participants who were enrolled in Medicaid for at least 30 days and included a detailed telephone survey, biometric screening and qualitative interviews. Representative Sykes has been a strong supporter of Medicaid's Expansion since its inception in 2014.

"The assessment of the Medicaid Group VIII is additional evidence that Ohio needs to continue the Medicaid expansion," Sykes said. "The report proves that access to healthcare gives Ohioans more freedom and security. Discontinuing or undermining this program will not only set Ohioans back, but will also create more undue stress when working or job searching."

... continued on page 11



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## Ask Ryan

By Ryan Rollison

The Truth Contributor

Dear Ryan,

I look forward to reading your articles in The Truth. Thank you for all the good advice that you give. My question is: how do I stop my child from eating so much junk food and gaining weight? She is 11 years old and she is just getting bigger by the week. I do not want people to stare and tease her or make fun of her in school. Summer's over and as it gets colder she will get less active and gain more weight. What can I do?

Mary

Dear Mary,

Well this is a simple fix. If your child is eating a lot of junk food, STOP buying it and having it available for her! You are in control of that part of the situation.

---

*Sykes... continued from page 10*

Medicaid's findings detailed that more than 1.26 million Ohioans have participated in the Medicaid expansion since it began in 2014. According to the report, the most common reason Group VIII participants un-enrolled from the program was that family income increased or the participants obtained employment. A majority of enrollees stated that being on Medicaid made it easier to work and unemployed enrollees said Medicaid made it easier to look for work.

Sykes, who serves as the House Minority Whip, represents Ohio's 34th House district, which includes Akron and parts of Cuyahoga Falls and Bath Township.

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*Summer Partnership... continued from page 9*

Renice Allen, Practice Manager for the pediatric resident site at Mercy Health led this six-week program in the Community Resource Room at the Mercy Health Franklin Avenue Medical Center. As many as 20 children joined in twice weekly sessions to learn about combatting germs, safety in the kitchen, recycling, where food comes from, teamwork on an obstacle course, getting immunizations, and wound care.

"It is our hope that by engaging the children and their families, that health care and family wellness will take on new significance in the lives of our neighborhood," Linda said. We want to help prevent health issues and to promote wellness in this community and we see this as a step to proactive care."



Start to feed her healthy snacks like carrots, celery and peanut butter, and some fruit that are low on the glycemic index (pears, apples, berries, and melons but not watermelon). She is not too young to get started on a work-out program or into a class.

There are a ton of classes around this city where you can get her signed up in one. You can try different classes to see what she likes to do. Most classes have a drop in fee anywhere between \$5.00-\$10.00 a class.

Get her involved in some sort of sport or after-school activities to keep her occupied. I know when I was little I would eat when my friends were gone and I got bored. I was always outside playing and doing something active. Kids these days are more interested in playing video games, talking on their cell phones and watching videos.

You need to find out what your girl likes to do or what she has an interest in and get her involved in it. This will keep her busy burning calories and not thinking of snacking on junk food. Point out the difference of how much better she is feeling from healthy eating. Tell her how good she looks and encourage her in every way you can.

Don't ride her about eating healthy just start shifting her food around so when she wants a snack you give her the above mentioned and tell her these are OUR new snacks. You can't feed her healthy snacks while you're still filling up on Little Debbie's. I hope this helps you and that you have great success with this transition.

I am going to be starting Dream Bodies Fit Camps again at the American Academy of Martial Arts on Lewis Ave. keep an eye open for starting dates and times and LIKE Ryan Rollison's Dream Bodies on facebook

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*Perryman... continued from page 2*

of recent reinvestment efforts. So bringing economic development back in order to sustain neighborhoods and I've long advocated for code enforcement grants to repurpose old commercial buildings thereby raising interest in those properties and to make them viable again as businesses. Those three areas – community health, workforce development and neighborhood economic development - I think would make an impact, and they're areas that I have experience in and I'm ready to work.

**Perryman:** Let's go back to your comments about the lack of county effectiveness on the issue of infant mortality as well as numerous health and other disparities, which negatively impact African Americans. It is my contention that the lack of successful outcomes is directly correlated with dealing with African-American issues from a deficit rather than a strengths basis. As you know, there are many, many strengths in the African-American community. And I would also state, unequivocally, that the second reason for local government's inability to solve social problems is its failure to include people that have "proximity to the problem" in a decision making capacity and at the table from the beginning of the effort to develop solutions.

**Spang:** Well, what you're talking about is about building relationships and drawing upon those relationships as you try to find solutions to problems. And I'll go back to that same model. You do your research, but then you listen. You go to people who have more knowledge than you do about an area and you listen to them and learn from them, and certainly we need all hands on deck to solve these problems that have been thwarting us for many years. I agree with you. The community has the strength to solve the problems and they need to be given the opportunity and the resources to make an impact.

**Perryman:** So, as commissioner, what would you do to make sure that the people with proximity to the problem are included to provide context and fill color gaps missing in strategies to solve these problems? Because who knows more about the problem than those whom are most affected by it?

**Spang:** I think that as an elected official you have a real ability to bring people together to solve problems. So the idea would be to convene those who are working on this problem from different angles, try to bring about collaboration because it's about partnerships. When you're talking about an issue that affects families, you've got to bring in the schools, you have

to bring in the churches, you have look at this from every aspect that touches the family, that can make a difference in solving the problem. We need schoolteachers, we need Sunday school teachers, we need people. We need everybody that can play a role in intervening in this problem to be present at the table.

**Perryman:** Finally, what makes you unique and distances you from the other candidates for commissioner?

**Spang:** It's the obvious, it's that I'm the independent in the race. I respect political parties. But the reality is, at the national level, partisan politics is preventing any real dialogue. Right now is an opportunity moment for Lucas County. Despite the challenges that we face, loss of population, loss of employment opportunities, community health and workforce issues, despite that, we all can feel a sense of momentum. There is investment happening. East Toledo is seeing a metro park developed, 360 apartments being built near that metro park and a \$700 million investment into the Cleveland-Cliffs Project. We're seeing downtown revitalized. We're seeing investment from the private sector that we haven't seen in a long time. This is an opportunity moment for Lucas County and I think as an independent I am uniquely poised to work with everyone.

I think this is also a moment where partisan politics at the local level right now isn't relevant. What's relevant is to have someone in office who cares deeply about our community, who can bring people together, who will play that role of convener, listen to everyone in our community, look for fresh solutions to problems that have thwarted us for decades and help Lucas County grow and bring opportunity to everyone, and I think I'm uniquely positioned as an independent without partisan concerns to do that.

**Perryman:** Thank you very much for your time.

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

*Angela Steward... continued from page 8*

your fitness commitment and will attempt to sabotage it. For example: "You're not losing any weight, so why keep going?"; "Why do you go to the gym so much?"; "You shouldn't lift weights, you'll look like a man", "You've changed" and on and on!!!! Just keep your gym bag packed, grab your tennis shoes & tell them...."You're welcome to join me, Boo".....stay on track, keep your commitment & get your workout on!!!

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# Housegirl by Michael Donkor

By Terri Schlichenmeyer  
The Truth Contributor

You're up for this.

This next thing is going to be a challenge, but you're ready. You've studied it as much as you can and you've thought it through, you're bringing your best talents and your keenest observation skills, and you got this. You can do it. Still, as in the new book *Housegirl* by Michael Donkor, it won't be easy.

c. 2018  
Picador  
\$16.00 / \$21.00 Canada  
309 pages

Mary was often too impetuous.

Belinda didn't mind, though. Mary was still a child, not quite a teenager, and she still sucked her thumb at night. Sometimes, she was an exasperation but mostly, she was like a sister to Belinda, even though they were unrelated house girls from small Ghanaian villages, given up by their mothers to work for wealthy people.

Given by her mother. That hurt, but it was why Belinda didn't feel she had much choice when her employer, Aunty, gifted Belinda to her friend, Nana, with an odd assignment attached. Belinda would move to London – not to cook and clean, but to serve as a good example for Nana's daughter, Amma, who was just a year older than Belinda, but worlds away in attitude.

It was not easy for Belinda to tell Mary that she was leaving. Mary cursed and cried but in the end, she was comforted by promises that she and Belinda would talk often on their cell phones. Belinda was sure Mary would adjust, maybe even take over the running of Aunty's household. Mary would grow up.

In the meantime, Belinda had other worries. Nana's husband paid for Belin-

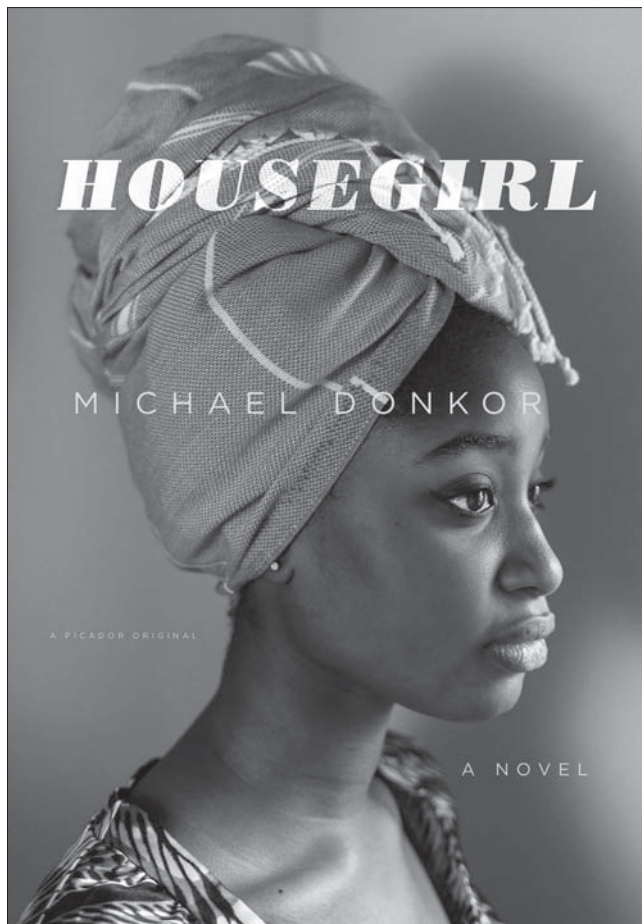
da to go to school, and Nana took her shopping for new clothes. They gave her a room of her own, a bed of her own, and pretty things for decoration. But Amma was a challenge – she was sassy and cursed, lied and snuck around. Belinda liked Amma, but befriending her could be quite another thing.

Still, the two girls grew close and they began to share secrets. Belinda unburdened herself of the shameful things her mother had done. Amma told Belinda that she liked girls *in that way*. Both knew they'd have to rely on one another in days to come.

Neither knew their friendship would cause regrets...



Housegirl author - Photo courtesy David Yiu



Absolutely, *Housegirl* is not an easy book to read.

Parts of it are written in the Ghanaian language of Twi, and though there's a glossary before this story starts, it's cumbersome to constantly page back and forth.

More back-and-forth comes from character conversation in which it isn't always clear who's saying what, so it all ends up being a mish-mash of words. Add to that a number of odd details that seem pruriently gratuitous (do we really, for example, need to know about a character's need for hygiene products? The answer is "no.") and you've got a lot of cringing ahead.

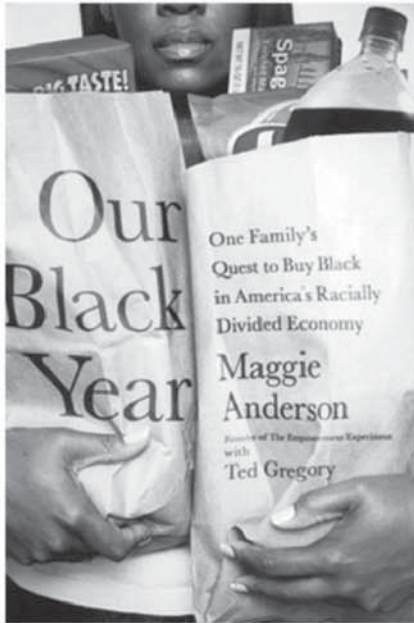
That's too bad; the characters are mostly very likeable, maybe even relatable, and the settings are perfectly written. That makes *Housegirl* flawed, though it's not a terrible novel; it's just that, if you try it, it's going to be a challenge.

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# CLASSIFIEDS

September 5, 2018

Page 15

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The Fair Housing Center (Toledo) is seeking an innovative action-oriented CEO with demonstrated experience or knowledge in enforcement, fair housing; fundraising, program staff & financial management; working with board members & volunteers. Required qualifications: Bachelors degree, 5 years experience in executive management, proven success in fundraising & grant management and excellent communication skills. S/he is professional, visionary, entrepreneurial and has passion for the FHC mission. See complete job description and application submission info: <http://www.toledofhc.org/jobpostingceo/>

## MULTIPLE POSITIONS AVAILABLE

Thomas M. Wernert Center (TMWC) in Toledo, Ohio is growing! We're currently looking for kind, capable and energetic individuals to fill these positions: Art Coordinator, Computer Lab Coordinator, Fitness Coordinator and Administrative Assistant.

Art Coordinator - Responsibilities include, but not limited to: Managing and scheduling all art services, creating and teaching art programs/classes and maintaining art supplies/equipment. Supervise Art Program Assistant. Monitors revenues and expenses of art budget. Associate Degree in a related field required, Bachelor's Degree preferred. Applied art experience required, including drawing, painting, sculpture and mixed media. Minimum one year of teaching and supervisory experience in a related setting preferred. Working with adults living with mental illness and/or alcohol and other drug addictions, developmental disabilities or related fields in social service preferred. Personal or lived experience with mental illness preferred.

Computer Lab Coordinator – Responsibilities include, but not limited to: Managing, scheduling and overseeing all Computer Lab services, creating and teaching computer classes and maintaining Computer Lab supplies/equipment. Researches, tests and installs software. Supervise Computer Lab Assistant. Monitors revenues and expenses of Computer Lab budget. High School Diploma or General Equivalency Diploma (GED) required, Associate Degree in a related field preferred. Computer Lab experience required. Knowledge of Computer Lab operation including troubleshooting, technical support and spyware/malware/virus removal required. Minimum of one year of teaching and supervisory experience in a related setting preferred. Working with adults living with mental illness and/or alcohol and other drug addictions, developmental disabilities or related fields in social service preferred. Personal or lived experience with mental illness preferred.

Fitness Coordinator – Responsibilities in-

clude, but not limited to: Managing, scheduling and overseeing all fitness services, creating and teaching fitness programs and classes. Perform inspections and maintain cleanliness and sanitation of fitness areas and equipment. Supervise Fitness Assistant. Monitors revenues and expenses of fitness budget. High School Diploma or General Equivalency Diploma (GED) required, Associate Degree in a related field preferred. Fitness service knowledge and experience required. Minimum of one year of teaching and supervisory experience in a related setting preferred. Working with adults living with mental illness and/or alcohol and other drug addictions, developmental disabilities or related fields in social service preferred. Personal or lived experience with mental illness preferred.

Administrative Assistant – Responsibilities include, but not limited to: supervise front desk/data entry employees, recording/preparing meeting minutes and packets and direct incoming calls for administration. Assist with the following: administrative tasks, accounting functions including accounts payable/receivable and payroll, grant and/or proposal writing, maintaining relationships with vendors, outcome measurements and statistics of programs, and human resource tasks. Associate Degree in a related field required; will consider significant and progressive work experience in lieu of degree. Three years of supervisory experience is required. Experience with data entry required. Personal or lived experience with mental illness preferred. Must have excellent verbal and written communication, decision making, problem solving and strong organizational skills with attention to detail.

All positions are 40 hours per week with medical, dental, life, short term disability, employee assistance program, retirement and paid time off. Criminal background and pre-employment drug screening required.

Please send resume, cover letter and three professional references to Shelly McCoy Grissom, Development Director at [smccoy-grissom@wernertcenter.org](mailto:smccoy-grissom@wernertcenter.org) by 4:00 pm, September 4, 2018.

# Ohio Meets 15 Percent Minority Business State Purchasing Goal for Fourth Year

For the fourth consecutive year, the State of Ohio has exceeded the goal of its Minority Business Enterprise (MBE) program. During Fiscal Year 2018, the state purchased 21.63 percent of eligible goods and services through certified minority-owned businesses, while spending more than \$268 million.

Ohio's MBE program, established in 1980, mandates that state agencies set aside 15 percent of annual purchases for goods and services from certified minority-owned businesses. Governor John Kasich has made achieving the 15 percent mandate a priority during his administration. Since 2011, the state has made steady progress in identifying set-aside opportunities, certifying minority-owned businesses and matching them with state contract opportunities, reaching the 15 percent set-aside goal for the first time in 2015.

"We are pleased to report that Ohio has met its 15 percent set-aside goal for the fourth consecutive year. Governor Kasich challenged us to make reaching this goal the norm and we have succeeded in doing so," said Pamela Osborne, state equal employment opportunity coordina-



Jeffrey Johnson

... continued on page 6

The Recovery Council of the Mental Health & Recovery Services Board of Lucas County Presents

## RECOVERY Is Beautiful.™ 2018 FAMILY FESTIVAL

Join us on Saturday, September 8, 2018 to observe Recovery Month! Hear from those in recovery while also helping us increase awareness and understanding of mental health and substance use issues. We look forward to celebrating with you!

**Free food, theatrical performances, certified peer supporters resource fair, photo booth, games and fun!**

**Sat, Sept. 8, 2018**  
**10am-2pm**  
**Uptown Green Park**  
 (ProMedica Ebeid Institute/  
 Market on the Green)  
 1810 Madison Avenue  
 Toledo, OH 43604

For more information, contact  
 Phone: 419.213.4614  
 E-mail: kbarham@lcmhrsb.org

## Momentum

**FREE three-day festival of music and art in Promenade Park!**

**GLASS, MUSIC, ART & MAKERS**  
 MomentumToledo.org

**SEPTEMBER 13th-15th**

PRESENTED IN PARTNERSHIP BY  
**THE ARTS COMMISSION AND THE TOLEDO SYMPHONY**

## CARE that embraces all of you.

### A compassionate team focused on you.

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