



Volume 75 No. 3 *“And Ye Shall Know The Truth...”* November 2, 2022

A Few Outstanding Candidates!



Vallie Bowman English

Elgin Rogers

Erika White

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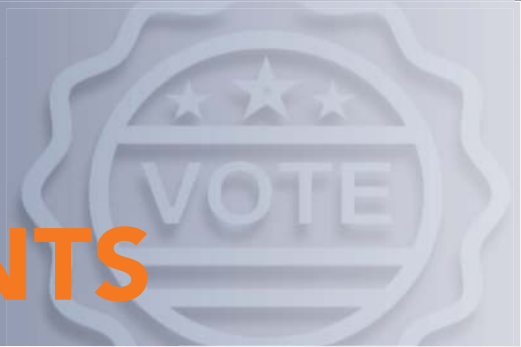
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- Ohio Supreme Court CHIEF Justice**
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- Ohio Supreme Court Justice**
✓ TERRI JAMISON
✓ MARILYN ZAYAS
- Ohio Senate, District #11**
✓ PAULA HICKS-HUDSON
- Ohio House District #42**
✓ ERIKA WHITE
- Ohio House District #43**
✓ MICHELE GRIM

- Ohio House District #44**
✓ ELGIN ROGERS, JR.
- 6th District Court of Appeals**
✓ CHRISTINE MAYLE
✓ TOM PUFFENBERGER
- Lucas County Common Pleas Judge**
✓ LORI OLENDER
✓ DEAN MANDROS
✓ LINDSAY D. NAVARRE
- Lucas County Juvenile Court Judge**
✓ VALLIE BOWMAN-ENGLISH
- Lucas County Commissioner**
✓ LISA SOBECKI
- Lucas County Auditor**
✓ ANITA LOPEZ
- Lucas County Recorder**
✓ MICHAEL D. ASHFORD
- Ohio State Board of Education**
✓ TERESA FEDOR

VOTE
YES
ON ISSUES:

- ✓ **ISSUE #7**
METROPOLITAN PARK DISTRICT RENEWAL
- ✓ **ISSUE #10**
IMAGINATION STATION & FACILITY RENEWAL
- ✓ **ISSUE #11**
TOLEDO-LUCAS COUNTY PUBLIC LIBRARY RENEWAL

**TAKE THIS WITH
YOU TO THE POLLS!**

My Rap poem to Kanye West (Ye)...

By Lafe Tolliver, Esq

Guest Column

Kanye West, now known as Ye
Is showing how dumb he can be
Declaring war on Jews and just showing out
Ye is telling everyone that he is just a cartoon cutout
With not enough sense to make two nickels equal a dime
Ye talks and squawks on things that no none should give him any time
Kanye knows he needs to take a brain rest
But dem spirits in him shows that he is not at his best
So Ye, for the sake of all and that includes you too
Lay off the hate because what goes around will come on you
Ye, with all his rantings and ravings is no friend to me
But, until he comes out of his mental cave-in, he will never be free.

I know...I know. No one in their wildest imagination could believe that I was a monster Rapper from back in da' day. My Rap name was Dark Bright.

But the sheer volume of gibberish and nonsense from Kanye West reluctantly forced me out of retirement and I felt compelled to do this Rap.

Let's face it people. Kanye (Ye) is not a well person. In my humble opinion, when you look into his eyes and the eyes are known as the "mirror" of one's soul, Ye is troubled. Very troubled. Ye needs intense mental intervention to prevent any further degradation of his facilities.

In my humble opinion, Ye also needs some positive image reinforcements for himself since his value of himself is very low, he lashes out at everyone else because he has an inner vacuum that has yet to be filled with agape love.

The short game: You cannot love others if you cannot love yourself

first.

His arrogance of being an important person whose opinions hold great weight or validity is indicative of a person seeking validation and affirmation. I am encouraged that many of his fat-cat sponsors gave him the heave ho when he crossed the line and starting a line of inflammatory comments about going "Def con 3" on Jewish people.

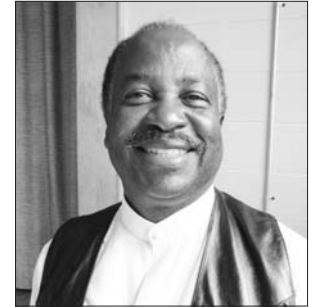
For those not familiar with such lingo as Def Con3, that is tantamount to a high level of aggression and accompanying violence for those who have been targeted as such.

Ye tries to rile up public discourse by initiating issues or controversial visuals that will get media attention and that of course, places Ye in the spotlight that he, like Trump, craves as a fish desires water.

The buffoonish wearing of clothing that states, "White Lives Matter" is another manifestation of Ye's insatiable desire to be hip and cool but sadly without any investment of context or appropriateness of his wild emotional swings.

As you may have seen, fringe Neo-Nazi elements have made Ye their Black poster boy as a ramrod to hurl their invectives at Jewish people. For them, Ye is simply a convenient tool and nothing else because the Nazi's have total disdain for people of color. And yet, Ye is said to admire Adolph Hitler! Go figure.

You would think Ye or his accomplice, Candace Owens, would be



Lafe Tolliver

... continued on page 4

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Michael Ashford: Dual Roles at Election Time

The Truth Staff

Lucas County Recorder Michael Ashford is a busy man these days. The officeholder is running for re-election and, as chairman of the Lucas County Democratic Party, is trying to shepherd members of the flock to victory as well.



Ashford was elected chairman of the Party in June 2020 and appointed Recorder by the Party's Central Committee in 2021 following the death of then-Recorder Phil Copeland.

Ashford, a former Toledo city councilman and former minority whip of the Ohio House of Representatives has been involved in virtually all aspects of local politics for the past two decades, campaigning for himself and for others, serving as a mentor to up-and-comers. He is also a former leader in the YMCA and Boys and Girls organizations.

Ashford is facing Republican John Rozic, a Waterville, OH, councilman.

Tolliver... continued from page 3

able to discern that, but both Candace and Ye walked hand in hand with that obscene phrase plastered on their clothing while out in public walking hand in hand!

Candace Owens is another "negro" that white right-wing media loves to dote on and especially so when she castigates people of color or when she flies the GOP flag and all things Trump.

Candace Owens and Ye and Uncle Tom Clarence Thomas would be great in each other's company since all three in my opinion hold both open and hidden disdain for Black people.

Hoping against hope, I would like to see ALL advertisers drop both Ye and Candace Owens or in the alternative, Black people quit supporting either one since neither person have any affinity for the struggles of Black people in America.

Ye thought that his money and creativity would make him impervious to attacks and financial losses. Guess who has been receiving a brutal education on, "that ain't necessarily so?"

If the GOP wins both chambers of Congress, expect to see more of Candace Owens and Ye being paraded about and around as examples of shameless fronting for a party or its inane positions that impede the progress of people of color in these United States.

Yes, both Ye and Owens have freedom of speech but they are somewhat subject to public opinion about their negative comments about Black people and we should not give them any affirmation simply due to their celebrity status or financial accomplishments.

Celebrity status does not come gift wrapped in common sense or empathy and any level of discernment.

Ye and Candace Owens should not be in your friend zone or group chat. Contact Lafe Tolliver, Attorney comments to: tolliver@juno.com

Community Calendar

November 5
Arts & Crafts Bazaar: Epworth United - Methodist Church; 9 am to 4 m; 67 vendors – books, candles, jewelry, pottery, among others

November 8
Election Day!!

November 10
Toledo NAACP Vote: Noon to 8 PM; Vote for Executive Committee: The election of officers and at-large members of the Executive Committee will take place in person following social distancing guidelines, wearing a mask is required. Polls will open from 12:00 pm (Noon) – to 8:00 pm. To vote in the Toledo Branch NAACP election, one must be a member in good standing of the Toledo Branch NAACP 30 days prior to the election. A form of identification is required.

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Three Critical Races; Three Outstanding Candidates

The Truth Staff

There are many important races in these midterm elections, for national offices and state-wide offices. For those voters in the Toledo Lucas County area, none may be more important than those for the state house in Districts 42 and 44 and for Lucas County Juvenile Court. And few of those on the various ballots are as experienced and qualified as the three Democratic Party candidates for those offices – Erika White for District 42; Elgin Rogers for District 44 and Vallie Bowman English for Juvenile Court.

All three are smart, well-versed on the issues facing them and possessing ample experience on so many levels to prepare them to hit the ground running once they are sworn into office.

We've written about all three extensively in the past and we heartily endorse them in this month's midterm elections. These are important offices and we hope they will receive our readers' support and votes.

Erika White: Candidate for District 42 State Representative (March 30, 2022)

By Fletcher Word, The Truth Editor

White is definitely ready. The long-time telecommunications specialist in the engineering department of AT&T and union leader – she served 13 years as vice president before she was elected president – also serves on the CWA National Executive Board as the Diversity Board At-Large Member for the Central Region and vice president of the Greater Northwest Ohio AFL-CIO. She also is vice chair of the Healthy Lucas County Executive Committee, an executive board member and Health Chair of the Toledo Chapter NACP, on the Executive Board for the Toledo Chapter of the Coalition of Trade Unionists (CBTU) and the Community Action and Response Against Toxics (CARAT) chair.

Her background with the union, collaborating with employers and representing workers during contract time, for example, have prepared her for the tasks required of elected officials in Columbus. "I have the tenacity to work with those in Columbus," she says. She also has acquired the ability and the knowledge of "how to bring home the resources," for the benefit of those in the greater Toledo area.



White is running for a state representative post for three primary reasons she says.

First, there is a matter of education, particularly school funding and school safety. Last week marked the 25th anniversary of a landmark Ohio Supreme Court decision, DeRolph v. State of Ohio, which ruled that Ohio's public school funding formula was "neither thorough nor efficient," as required by the Ohio Constitution. In those 25 years, notes White, nothing substantial has changed about the way Ohio's public schools are being funded.

White's community roots and her ability to get to the heart of the problem about "how teachers view it, how parents view it, how students view it, will enable her to help make some progress on what appears to be an intractable problem.

Second, there is a matter of safety for the general community but especially for those in public safety positions, such as firemen and policemen.

"How do we protect those who protect us?" she asks. Right now, for example, fire fighters often wear bulletproof vests while on a call and much of the danger would seem to be exasperated by a society that places the places the right to bear arms so far above that of public safety.

"Conceal and carry puts someone's public safety at risk," she says. "You go to work and you want to go home. More guns in the community do not make us safer."

Third on White's list of immediate concerns is building a stronger economy. "A strong economy built on sustaining wages," the candidate says. As White explains, a skilled tradesperson should be able "to take care of a family with a job" and good jobs that pay taxes can take care of a community's needs – the bridges and roads and multiple items that the government is responsible for building and maintaining.

"Employers need to understand the way the economy must grow and why jobs are a part of that economy," says the candidate.

As president of the Communications Workers of America Local 4319, White represents union workers at the University of Toledo, AT&T, the Toledo Lucas County Public Library, Allen County Children Services, Allen County Child Support and Johnson Controls.

She has been honored with the CBTU Trade Unionist of the Year and the CA District 4 Women's Committee Breaking the Glass Ceiling Award.

"This is me!" she says of the opportunity to serve her community on the state level. "We have a chance to have representation by the voters."

Elgin Rogers: Candidate for State Representative District 44

...continued on page 6

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 Website: www.drjwilliams.org

Three Outstanding Candidates... continued from page 5

(March 23, 2022)

By Asia Nail, The Truth Reporter

"I want to make sure Toledoans stay energized to vote amidst this redistricting confusion," Rogers explains.

"I'm a community village kid and this is OUR campaign. My name just happens to be on the Democratic ballot."

Rogers is an advocate for those fighting the realities of poverty, unemployment, poor working conditions, and hopelessness. Throughout the community he is known for his ability to address and solve complex problems. He is a good listener who is knowledgeable; having both the heart and the passion necessary to serve the Ohio House of Representatives.

Currently serving as an administrator with the Lucas County Board of Commissioners, Rogers assists seniors, businesses and community members at large in resolving issues ranging from employment and education to real estate, commerce and economic development.

Rogers has served in high functioning roles in government for nearly a decade, as the past Director of Weights and Measures and Educational Outreach for the Lucas County Auditor's Office. "I've been known to help achieve solutions with constituent issues," shares Rogers — a skill he plans to bring to the State House.

He's a proven go-getter, notably helping local seniors restore water services to their homes when the government was unable. "I'm running to continue to help the poor and the seniors in our community. My focus will always be on helping the underserved and most vulnerable among us," says the first-time candidate

Maintaining the public's trust in its elected officials is one of his first core objectives. Not only is he down to earth, he is also an informed advocate for the people of this Ohio region. "Let's put the 4 C's back in government: Community, Compassion, Commitment and Common sense," he suggests.

"It is a new day – Vote for a better way. Vote for Elgin Rogers, Jr.



for State Representative (district tba) to the Ohio House of Representatives."

Vallie Bowman English: Candidate for Judge, Lucas County Court of Common Pleas, Juvenile Division

By Rev. D. L. Perryman, The Truth Contributor (March 31, 2021)

Many in Toledo's African-American community want to ensure that Bowman-English becomes the Democratic Party nominee for Juvenile Court Judge in the 2022 election.

"She is a rock star and tailor-made for the position," a highly regarded legal mind proclaimed.

Indeed, after years of determined preparation and cultivation of a career that has garnered the respect of both peers and the community, the time is ripe for a well-deserved promotion.

A graduate of Ohio Northern University – Claude W. Pettit College of Law, Bowman-English has served as Clerk of Court for Toledo Municipal Court for 17 years after previously serving seven years in the Lucas County Prosecutors Office as an Assistant Prosecutor.

Toledo set a record number of homicides in 2020 and has experienced 15 homicides so far in 2021. Also, Black juveniles are arrested locally at three times the rate of Whites. As the mother of a young African-American son, Bowman-English can address decision-making biases and speak with authenticity to institutionalized racial disadvantage in the Lucas County juvenile justice system.

Further, while Black and Brown youth are overrepresented in the system, research also shows that they also experience disparities in accessing diversion programs.

Thanks to the American Recovery Act, more than \$400 million in federal aid is headed to Toledo among the City, Lucas County and Toledo Public Schools. The Lucas County Commissioners have pledged \$12 million for direct community aid; the mayor has allocated \$30 million for neighborhoods, parks and youth. The Toledo Public Schools are working to expand early childhood education and Early Head Start.



...continued on page 13

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Community Coalition Hosts Candidate Forum

By Tricia Hall

The Truth Reporter

Toledo's Black Brown Unity Coalition and Toledo Community Coalition held the city's largest candidate forum for the 2022 general election on Tuesday, October 25, 2022 at Warren AME Church.

The debate opened with greetings from Black Brown Unity Coalition Co-Chair Baldemar Velasquez and was moderated by The Sojourner's Truth Publisher, Fletcher Word. The candidates from each party represented in the November General Election were given opportunities to deliver an introduction, closing remarks and answer any question that was submitted by the audience. Not every candidate answered every question that was asked.

Candidates, Lucas County Commissioner

"I'm excited to see people involved in this political process leading up to election day. I've been a Sylvania Trustee for 13 years, have worked in finances, and plan to bring those skills into the County Commissioner role. Our city services are depleted, even in Sylvania we find it hard to hire police and fire. We have to work together, from Toledo to Sylvania Township, our crime statistics are pathetic. We are the third worst city in the Midwest behind Chicago and Detroit. We have so many great resources like the Zoo and the Metroparks, but that isn't enough to draw people here. We must have a safe community. My goal is to help our community and ask for your vote," explained John Jennewine, Sylvania Township

"I have worked with some neighborhood associations. I served as a Block Watch captain in Point place, a Boy Scouts leader when my boys were active, a soccer mom, and a school volunteer. In order to really understand the county and community, you must be involved in the community. I am ready to step into the role as County Commissioner and have researched and visited jails in Ohio, to better understand how they operate so we can complete that project. I believe that in order to be active, that means showing up all of the time and being responsive all of the time," explained State Rep. Lisa Sobecki.

Candidate, Lucas County Recorder

"Thank you for the opportunity to speak today. It's important to listen to the candidates that are here and I ask for your vote," explained Michael Ashford, Lucas County Recorder and chairman Lucas County Democratic Party.

Candidates, Ohio Senate District 11

"It's unfortunate that we live in a society where people care if you're a Democrat or Republican. I say who cares. We need to get back to basics and fight for our state and our cities. We need to move forward to help our youth. I have volunteered with a boxing gym that provided positive opportunities for the youth," explained Tony Dia.

"This area used to be Ohio District 44 and I used to serve Ohio District 44, but it's no longer Ohio District 44. I am now running for Ohio Senate District 11. I am the most qualified candidate, I want to continue to repre-

... continued on page 8



L to R - White, Henricks, Zucker, Knepp, Grimm, Sobecki, Olender, Palmer



State Rep. Paula Hicks-Hudson and Clerk of Court Vallie Bowman English with Bishop Pat McKinstry

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Candidate Forum... continued from page 7

sent this community and also the entire county. Many of you have seen my successful history, from my time as Toledo's Mayor and on Toledo city council," explained State Rep. Paula Hicks-Hudson.

Candidate, Ohio House District 41

"I'm a social worker by trade, and saw so many negative things going on that led me to become an activist. I want to take that activism to the legislature. Being a social worker has taught me how to listen. I will do what I can to ensure that the make the laws, follow the law. I'm a pro choice candidate even though I was raised Catholic. I don't believe that it's the state's job to make that choice," explained Nancy Larson.

Candidate, Ohio House District 42

"How can we address the housing stock problem? Let me start by saying that I am a Democrat, but when people see that label they already have something to say about me. My community work shows that I am committed to this community. When we talk about affordable housing, why aren't we talking about homeownership. Let's have real conversations with community leaders. People don't just want affordable housing, they want a house that is livable. They want a home where they can raise their families while remaining safe and secure," explained Erika White.

Candidates, Ohio House District 43

"When it comes to redistricting maps, we need to also talk about how the maps are impacted by Supreme Court judge appointments. If you want to make sure that we have fair representation and fair maps, it's important to consider who your elected officials are and vote for those who understand redistricting," explained Michele Grim, Toledo City Councilwoman.

"When it comes to affordable housing, the question is why do people need affordable housing. We need to empower people to get a job, so they can make their own money, so they can afford a home. Did you know that



The audience



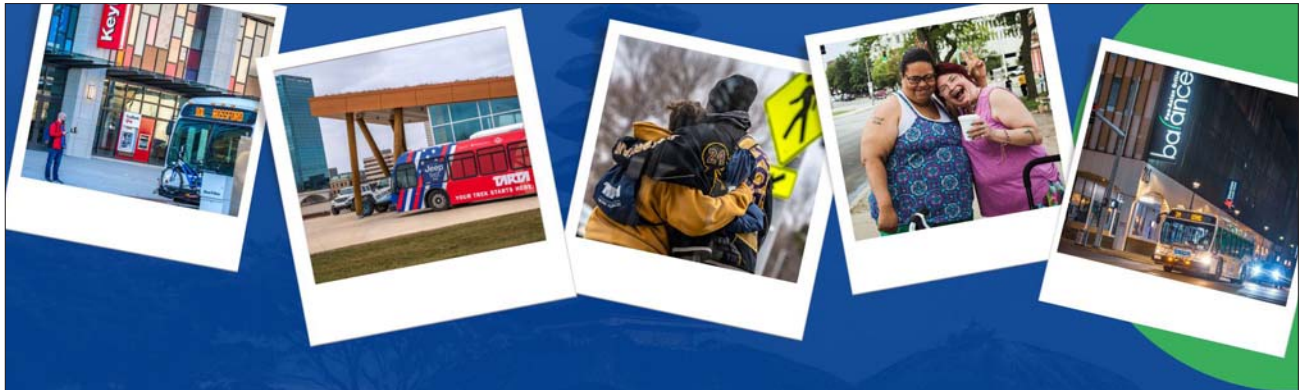
Deicie Sawyers

we're a sanctuary city? Meaning, that people from other areas can obtain affordable housing. We need to teach them and help them so they can get off assistance. Yes, we need better housing options, but we also need to provide better tools," explained Wendi Hendricks.

Candidates, Ohio House District 44

"The reason why I am running is for this seat, is to help the disenfranchised people so they can build a better life for themselves. To represent those who feel ignored. I want to represent this community and so I ask for your vote," explained Roy Palmer III.

... continued on page 9



Weekends or Weekdays

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Candidate Forum... continued from page

"I'm running because the people that you elect should represent you, and make sure that voting rights are protected. I will be accessible to you and response to you. Thank you for your support, proud Toledo native," explained Elgin Rogers Jr.

Candidates, Lucas County Court of Common Pleas Juvenile Division

"When it comes to youth offenders, as a former prosecutor I believe prosecutors are gatekeepers. Prosecutors represent everyone in the courtroom, even the defendant, to ensure that justice is fair. As a judge, my role is to be impartial and fair, and to make the justice is served by providing access to resources. I don't believe that defendants are being railroaded, as the question poses. As judges we make sure that they have the resources that they need," explained Vallie Bowman-English, Toledo Municipal Clerk of Court.

"I was appointed last year. I come before you with 29 years of experience, I worked in the prosecutor's office and trained in behavioral therapy which I use. I've served years in the auditor's office and all of those skills assist me everyday with my job, which I love. I love reaching out to people," explained Judge Linda Knepp.

Candidates, Lucas County Court of Common Pleas, General Division

"I have lived in Lucas County for the past 24 years, and for the last 16 or 17 years, I have worked as a defense attorney. The vast majority of my court appointed clients were people of color and in that experience I learned that there is a disconnect between the defendant, the victim, the court system and the community. My goal is to bridge those connections," explained Meira Zucker.

"All of these other candidates get to say what they will do this and do that, but as a judicial candidate I can tell you that I'm going to be efficient



Vallie Bowman English

and care about this community. What I want to do on the bench, when I see a person in front of me, is to make sure that I don't see them in front of me again. love Toledo and want to continue serving you," explained Judge Lori Olender.

In addition to election candidates, representatives in support of local levies were invited to present information and answer audience questions. Jason Kucsma, Toledo Lucas County Public Library Executive Director asked for voters to support Issue 11, a five-year renewal. Matt Killam, Toledo Metroparks Chief Outreach Officer asked that voters support Issue 7, a 10-year renewal. Deicie Sawyers, Imagination Station's Community Engagement Coordinator asked that voters support Issue 10, a 5-year renewal.

Link to Ohio Senate District map: <https://www.ohiosenate.gov/senators/district-map>

Link to Ohio House District map: <https://ohiohouse.gov/members/district-map>

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- ✓ Chelsea Clark for Secretary of State
- ✓ Scott Schertzer for State Treasurer
- ✓ Jennifer Brunner for Chief Justice Supreme Court
- ✓ Terri Jamison for Justice Supreme Court
- ✓ Marilyn Zayas for Justice Supreme Court

OHIO SENATE

- ✓ Paula Hcks-Hudson for OhioSenate - District 11

OHIO HOUSE

- ✓ Nancy Larson for OhioHouse - District 41
- ✓ Erika White for OhioHouse - District 42
- ✓ MicheleGrim for OhioHouse - District 43
- ✓ Elgin Rogers Jr. for OhioHouse - District 44

COURT OF APPEALS

- ✓ Tom Pufenberger for Court of Appeals District 6

STATE BOARD OF EDUCATION

- ✓ Teresa Fedor for Ohio Board of Education District 2

COURT OF COMMON PLEAS

- ✓ Dean Mandros for Court of Common Pleas
- ✓ Lindsay Navarre for Court of Common Pleas
- ✓ Lori Olender for Court of Common Pleas
- ✓ Vallie Bowman English for Juvenile Court

BALLOT MEASURES

- ✓ Vote Yes on Issue 7 Lucas County Metroparks Tax Renewal
- ✓ Vote Yes on Issue 10 Imagination Station Tax Renewal
- ✓ Vote Yes on Issue 11 Lucas County Public Library Tax Renewal
- ✓ Vote Yes on Issue 21 Toledo Charter Amendment

MAKE A PLAN TO VOTE

LUCASCOUNTY

- ✓ Lisa Sobecki for County Commissioner
- ✓ Anita Lopez for County Auditor
- ✓ Michael Ashford for County Recorder

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Election Day
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6:30am - 7:30pm

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For more candidate info
Text VOTE to 71736 or
Visit ohiodems.org/ballot

Health Section • Health Section • Health Section • Health Section • Health Section • Health Section • Health Section • Health Section

Talking Turkey

By Patrice Powers-Barker, OSU Extension, Lucas County
The Truth Contributor

Although many food prices, including turkey are higher in cost this year compared to one year ago, preparing a turkey can still be an economical way to plan a few different meals. It doesn't matter if you are hosting Thanksgiving dinner or making meals for an ordinary week, turkey can be prepared and used in a variety of ways.

Thawing Frozen Turkey

The USDA shares three safe ways to thaw a frozen turkey: in the refrigerator, in a container of cold water, or in a microwave.

Thawing a turkey in the refrigerator takes one day for each four-to-five pounds of weight. If your turkey weighs 12 pounds, it can take three days to thaw. Once thawed, you should cook the turkey within two days to ensure food safety.

For faster thawing you can place the turkey in a large container or sink and submerge it in cold water. Keep the turkey in its original wrapping while it is being thawed. The turkey must be completely submerged, and the water should be replaced with fresh, cold water every 30 minutes. It will take about 30 minutes of defrosting per pound.

To thaw a turkey in the microwave, take it out of its packaging and place it in a microwave-safe dish. Use the microwave's defrost function based on the turkey's weight. Generally, allow six minutes per pound to thaw. Once the turkey has thawed, it should be cooked immediately.

Ways to Cook Turkey

The USDA categorizes different ways of cooking a turkey. Traditional Roasting and Oven Bag Roasting are listed as easy, Grilling and Smoking are listed as moderate and Fried Turkey and Spatchcocking are listed as advanced. Spatchcocking may also be known as butterflying and it's when the



backbone of the bird has been removed and it's splayed out flat for cooking.

Roasting is the simplest and least expensive way to prepare a turkey. Make sure to remove the neck and giblets from inside of the turkey. You can stuff the turkey with fresh herbs like sage, rosemary, and parsley as well as a quartered onion and whole garlic cloves to give flavor to the bird. You can use olive oil and salt and pepper on the outside of the turkey before roasting. Set the oven to 325°F. On average, it will take between 3 to 4 hours to roast a whole, 12-14-pound turkey.

165 Degrees

Let the thermometer tell you when the turkey is ready! Even if your bird

... continued on page 11

PROVEN EXPERIENCED LEADERSHIP

ELECT

JENNEWINE

for COUNTY COMMISSIONER

- ✓ **Defend your 911 Services**
- ✓ **Protect your Tax Dollars**
- ✓ **Ask the Tough Questions**

BALANCE THE BOARD - END ONE-PARTY RULE IN LUCAS COUNTY

VOTE November 8th

Paid for by The Committee To Elect John Jennewine

Early voting for the Nov. 8th General Election going on now!

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JUVENILE COURT

Experienced. Dedicated. Trusted.



JUDGE LINDA M. KNEPP



****** Endorsed by ******

**Toledo Police Command Officers' Assoc.
Fraternal Order of Police
IBEW Local 8**

"...We share [Judge Linda Knepp's] desire for Lucas Co. to be a safe environment so that all of our families can enjoy a high standard of living. Our members recognize the tireless efforts that [she] has expended for our community & appreciate [her] work..."

Daniel Raab
President
Toledo Police Command Officers' Association

- ✓ **"Highly Recommended" (the highest rating possible) by a majority of the lawyers in the Toledo Bar Association judicial candidate poll**
- ✓ **Certified by the Ohio Supreme Court's Commission on Specialized Dockets for the Lucas County Family Drug Treatment Court**

Learn more at JudgeLindaKnepp.com

Paid for by Friends of Judge Linda Knepp

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A Mental Health Moment

Gratitude and How it Can Improve Your Mental Health

By Bernadette Joy Graham, MA, LPCC, CCHt, Licensed Mental Health Therapist
The Truth Contributor

Many of us carry a memory of our mothers or grandmothers saying something on the lines of "If you want to cry, I'll give you something to cry about." I certainly remember those words but I did not repeat them in quite the same way to my own children but with same message.

We all only know what we know as we are all in our own worlds and what happens in the worlds of others will never affect us the same. Case in point, have you ever tried to tell someone about an experience you had and while it may have felt cathartic to share your story, there is nothing you could say that could truly put them in your shoes and your emotions? On another note, has someone ever told you a story and, either in your thought or out loud, it was a relief it was not your experience?

Gratitude is a word most of us don't learn until adulthood. Our mothers and grandmothers were trying to teach us about being grateful for what we have instead of complaining about what we lack but children lack the maturity by nature to understand gratitude.

As we grow into adults and have to work for what we have we come to appreciate more of what we have but even then, we often compare ourselves to others or think we should be farther in our lives than we are. Depression and anxiety have been shown to involve lack of gratitude.

We have what we have and continue to be unhappy, it's never enough and it can begin to affect other areas of our lives going into our relationships, work life and physical health. I would not diagnose anyone with depression if they expressed themselves as purely feeling unhappy nor would I diagnose anyone with anxiety if they expressed unhappiness due to not accomplishing more at this point in their lives.

When people seek counseling, it is often due to something they don't have or something they lost. People, employment, homes, income level and more. I get it as it is quite normal to feel like this at some point in your life and a very valid issue to come in for therapy. The cure is plain and simple gratitude. When you can learn to look at your life from the perspective of what you have instead of what you don't it looks and feels different.

According to research on gratitude, it is so effective, it can change our brains...for the better. Gratitude can be started in early childhood by pointing this out to children on small things but quite difficult due to the world in which we live with expensive labels, tags on clothes and shoes and relating a lot of unrealistic wishes by kids to skip college or further education to get into the rap game or NFL.

Take a mental health moment and think about your gratitude...do you practice it? If you don't, this is what you are missing out on: Improved emotions and cutting toxic feelings out of your life, help you to become more optimistic, improve social bonds and even physical health. Now how you practice gratitude is completely up to you. You can practice it alone with self-reflection, you can share it with people you care about (especially while they are still here with us), and writing about your gratitude even if it's just a list. Try it, because many of you may be saying right now you have nothing to be grateful for. If you are able to read this article, you should be grateful for the gift of sight and knowledge to read, a lot of folks don't even have that. If you



have a cell phone, be grateful for having people to call or to call you. The next time you find yourself feeling down about what you don't have switch your thoughts to what you do have and what you could be lacking such as health, family, a home, a job, a car, even both arms and legs and the fact that you simply woke up today.

This is surely not about not striving for more or wanting to improve your life and gain, we should all strive for improvement but do not allow your efforts to lead you down a road to sadness, bitterness, anger...like your grandmother said, if you want to cry there are plenty of things you can be given to cry about or should I say taken away. I'm grateful for everyone reading these words on this paper and the knowledge I hold to share these words with you...please continue to read The Truth and thank you!

Bernadette Graham is a Licensed Professional Mental Health Counselor, and Certified Grief Recovery Specialist. She is also a Certified Clinical Hypnotherapist. Provide feedback or reach out at graham.bernadette@gmail.com For appointment information please call 419.409.4929 (Appointments available on Tuesdays and Fridays only). Office location is 3454 Oak Alley Ct. Suite 300 Toledo, OH 43606 www.bjgrahamcounseling.org Available for team building, employee empowerment in motivation and better understanding mental health in the work place. Accepting new clients ages 13 and older.

Talking Turkey... continued from page 10

has a "pop-up" temperature indicator, it is recommended that you also check the internal temperature of the turkey with a food thermometer.

A whole turkey should be cooked to a minimum internal temperature of 165 °F as measured with a food thermometer. Check the internal temperature in the innermost part of the thigh and wing and the thickest part of the breast. Depending on your preference, some may choose to cook turkey to a higher temperature.

For quality, let the turkey stand for 15 - 20 minutes before carving to allow juices to set. The turkey will carve more easily.

Food Safety for Left-Overs

Store cooked leftovers in the refrigerator and eat within 3-4 days or freeze them within 3-4 days. Label the freezer container with the name and date. In general, freeze casseroles for 2 to 4 months and soups and stews for 2 to 3 months.

Using Cooked Turkey in Other Recipes

Cooked turkey can be used in many different recipes! It can easily be used for cold turkey sandwiches or shredded and heated up for sandwiches. It can be used in casseroles and soups and turkey pot pie.

Turkey Cranberry Wrap Recipe from Celebrate Your Plate

Ingredients

1 large 8 inch whole-wheat tortilla wrap

... continued on page 13



Bernadette Joy Graham, LPC, LLC
Licensed Professional Counselor
National Certified Counselor
Certified Grief Recovery Specialist
419.409.4929
graham.bernadette@gmail.com
www.bjgrahamcounseling.com
3454 Oak Alley Court Suite 300
Toledo, OH 43606

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Licensed and Certified Navigators Provide Northwest Ohioans With Free Assistance With Marketplace and Medicaid Enrollment

Toledo/Lucas County CareNet's licensed and certified navigators can provide free assistance to any northwest Ohioan enrolling in federal Health Insurance Marketplace or Medicaid health plans. Marketplace open enrollment for 2023 plans is from November 1 through January 15, and residents need to enroll by December 15 for coverage to start January 1.

For 2023, the federal government adopted new rules so that tax credit eligibility for certain families is no longer based on the cost of a work-sponsored insurance plan for a single individual. This will allow more families who have access to health insurance plans through their employers to get price breaks on Marketplace plans if they pay more than 9.5% of their income toward monthly premiums, according to Julie Grasson, Executive Director of Toledo/Lucas County CareNet.

"The Marketplace continues to make improvements, and CareNet is here to help northwest Ohioans explore, compare and select plans," Grasson said. "This is a free service for anyone who needs help enrolling in coverage through the Marketplace or Medicaid, which is rolling out new managed care plan options this year."

On November 10, CareNet's navigators are holding a free education and enrollment event for both Marketplace and Medicaid plans. Representatives

from various plans also will assist event attendees from 2 to 6 p.m. Thursday, November 10 at Precious Blood Church, 5253 Bennett Road, Toledo OH 43612. No appointments are necessary.

CareNet has navigators who speak English, Spanish and Arabic. They can provide free assistance in-person, on the phone, or via a virtual meeting to residents of 21 northwest Ohio counties.

Northwest Ohioans can schedule an appointment with a navigator by calling 1-833-628-4467 or visiting widget.getcoveredamerica.org

CareNet is a member of the Ohio Association of Foodbanks' navigator consortium, which serves 77 of Ohio's 88 counties. For more information, please visit toledocarenet.org or getcoveredohio.org

About Toledo/Lucas County CareNet

Toledo/Lucas County CareNet provides access to coordinated healthcare services for low-income Lucas County residents. As a member of the Ohio Association of Foodbanks' navigator consortium, CareNet also has licensed and certified navigators who provide residents of 21 northwest Ohio counties with free assistance with Medicaid and federal Health Insurance Marketplace enrollment. For more information about CareNet, please visit toledocarenet.org

ADVOCATE FOR AN ABUSED CHILD

We invite you to a
CASA Volunteer Information Meeting



Sunday, December 4
2:00 p.m. - 3:00 p.m.
Sanger Branch Library
3030 Central Ave., Toledo, OH 43606

Next training course begins
January 18, 2023

APPLY TODAY AT WWW.CASAKIDS.NET



Lucas County CASA trains community volunteers to advocate in court for the best interests of abused and neglected children.

Andrea De la Roca
CASA Community Engagement & Volunteer Recruitment Coordinator
(419) 213-6716
aroca@co.lucas.oh.us



JOIN US FOR Super Saturday Visit Day
AT THE UNIVERSITY OF TOLEDO
Saturday, Nov. 19
10 a.m.-2 p.m.
Choose from one of three visit start times.

Meet the admissions team, tour our beautiful campus and visit with representatives of more than a dozen support services available at UToledo at our resource information fair.

Submit your UToledo application during this event and have your fee waived!

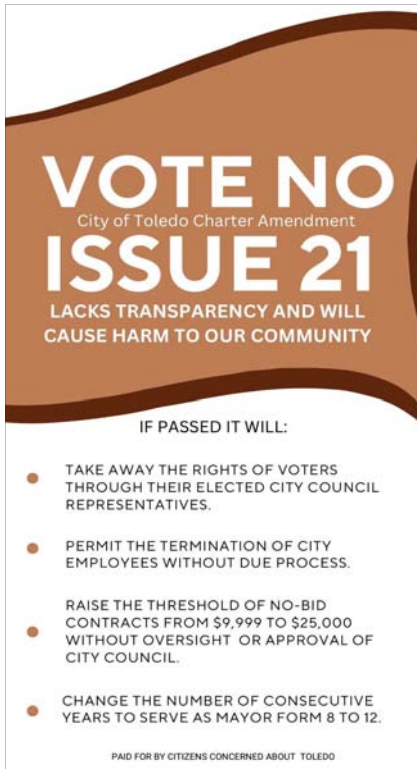


Register by scanning the QR code or go to utoledo.edu/admission/super-saturday for more details.

FUELING TOMORROWS

Talking Turkey... continued from page 11

- 2 tablespoons low-fat cream cheese
- 2 tablespoons dried cranberries



VOTE NO
City of Toledo Charter Amendment
ISSUE 21
LACKS TRANSPARENCY AND WILL CAUSE HARM TO OUR COMMUNITY

IF PASSED IT WILL:

- TAKE AWAY THE RIGHTS OF VOTERS THROUGH THEIR ELECTED CITY COUNCIL REPRESENTATIVES.
- PERMIT THE TERMINATION OF CITY EMPLOYEES WITHOUT DUE PROCESS.
- RAISE THE THRESHOLD OF NO-BID CONTRACTS FROM \$9,999 TO \$25,000 WITHOUT OVERSIGHT OR APPROVAL OF CITY COUNCIL.
- CHANGE THE NUMBER OF CONSECUTIVE YEARS TO SERVE AS MAYOR FROM 8 TO 12.

PAID FOR BY CITIZENS CONCERNED ABOUT TOLEDO

- 1/2 apple, cored and sliced 1/8 inch thick
- 2 ounces thinly sliced turkey
- 2 tablespoons chopped red onion
- 1/2 cup fresh baby spinach

Instructions

Before you begin wash your hands, surfaces, utensils, fruits and vegetables.

Lay tortilla on clean surface.

Spread cream cheese over the tortilla. Top with dried cranberries and sliced apple.

Layer turkey on top of fillings. Sprinkle with chopped red onion. Top with spinach and any additional toppings.

Roll wrap tightly into a cylinder, beginning at the bottom and tucking in the sides as you go. Cut in half and serve.

Food Safety Questions?

If you have a question about meat, poultry, or egg products, call the USDA Meat and Poultry Hotline toll free at 1-888-MPHotline (1-888-674-6854). The Hotline is open year-round Monday through Friday from 10 a.m. to 6 p.m. ET (English or Spanish). Send email questions to MPHHotline@usda.gov

The Hotline is open on Thanksgiving Day from 8:00 a.m. to 2:00 p.m., Eastern Time, but closed on other Federal government holidays.

If you are interested in watching a four minute video or checking out links to other resources, <https://extension.osu.edu/today/talking-turkey>

Outstanding Candidates... continued from page 6

However, the critical feat is to bring these efforts together to work upstream – to invest in programs to reach youth before they get to juvenile court (prevention) and scale up diversion and deterrence programming that intervenes before children get arrested.

Vallie Bowman- English is the right person at the right time to make valid impact as Juvenile Court Judge. She will ensure that funding sustains the necessary programs to transform our community rather than to balance administrative bureaucracy merely.

Finally, Vallie checks all of the boxes needed to win a political campaign. She has been Democratic Party Central Committee Chair for several years and thus, has the multi-racial support of:

- The Democratic Party
- The Legal Community (who finance judicial races)
- The Local Political Intelligentsia
- The Grass Roots Community (clergy, community activists, volunteers)

Traditional wisdom says, "Do the right thing at the right time for the right amount of time," and the yield of fruit will arrive in season.

And, as one enlightened public official divulged, "Vallie's golden! There is nothing standing in her way. We've been waiting years for her to express openly where she wants to go. All she has to do now is announce that she wants the position."

Expect the announcement to come very soon. For, this is Vallie's Season!



Re-elect ★ ★ ★ ★ ★
JUDGE LORI OLENDER
DEMOCRAT
LUCAS COUNTY COURT OF COMMON PLEAS



Experience where it Counts. ★ ★ ★ ★ ★

- ★ 25 YEARS of courtroom experience in both the prosecutor and public defender's office.
- ★ 13 YEARS of leadership as a chief deputy supervising young lawyers.
- ★ 9 YEARS as a child victim prosecutor, protecting our county's most vulnerable.
- ★ STRONG ADVOCATE for criminal justice reform.
- ★ LIFELONG TOLEDO resident from a proud union home.
- ★ ELECTED Judge in 2020 by the citizens of Lucas County.
- ★ 22 LOCAL UNION ENDORSEMENTS

Learn more about Judge Olender at voteolender.com
Paid for by Olender for Judge



Open for caring



OPEN FOR YOU

From preventative health and wellness to management of chronic conditions, we are open to care for our community.

Dr. Basil Akponunu
Internal Medicine Physician

utmc.utoledo.edu



CLASSIFIEDS

Page 14

November 2, 2022

ROADWAY WORKER – OHIO TURNPIKE

We need you to maintain our toll road! Our Roadway Workers start at \$22.95 per hour with substantial opportunities for earning overtime and pay raises with longevity. We offer 12 paid holidays, paid vacation and OPERS retirement.

The Ohio Turnpike is looking for a full-time Roadway Workers to work at our Swanton Maintenance Building. If interested in joining, please go to our website at www.ohioturnpike.org to view the full job description.

CIRCULATION SERVICES; SERVICE CLERKS; LIBRARIANS

Toledo Lucas County Public Library (TLCPL), a public library that inspires lifelong learning and provides universal access to a broad range of information, ideas, and entertainment, is seeking candidates to fill Supervisor Circulation Services, Customer Service Clerk, and Librarian positions. Please visit Employment Opportunities | Toledo Lucas County Public Library (toledolibrary.org) <<https://www.toledolibrary.org/jobs>> to review the full details and to apply.

The Toledo Lucas County Public Library is an Equal Opportunity Employer and places a high value on diversity in its workplace including race, color, religious creed, national origin, sex, gender identity, sexual orientation, physical or mental disability, protected Veteran status, or any other characteristic protected by law. Thank you!

PROPOSALS INVITED

The Mental Health & Recovery Services Board (MHR SB) of Lucas County invites proposals from qualified organizations with expertise in performing Latinx bilingual/bicultural Behavioral Health Navigator and Community/School-Based Prevention services. Eligible organizations are encouraged to submit proposals for navigation, community/school-based prevention services, or both. A maximum amount of \$750,000 is available from February 6, 2023, through June 30, 2024. At its discretion, the MHR SB may fund multiple organizations through this proposal process. Proposals are to be delivered no later than 4:00 p.m. ET on December, 9th, 2022. All questions should be submitted to apriest@lcmhrsb.oh.gov <apriest@lcmhrsb.oh.gov> by November 14, 2022, at 4 p.m. ET. Responses will be posted to the MHR SB's website. Details regarding the project deliverables and submission criteria are located on the MHR SB's website: <http://www.lcmhrsb.oh.gov/publicnotice/>.

BAPTIST PASTOR

"The True Vine M.B.C. is searching for a Baptist Pastor. Please send resume to:

True Vine M.B.C.
739 Russell St.
Toledo, OH. 43608
ATTN: Pulpit Committee

please include contact information

PUBLIC NOTICE SUBSTANTIAL AMENDMENT TO THE 2022 ANNUAL ACTION PLAN

To address the need for homelessness assistance and supportive services, Congress appropriated \$5 billion in American Rescue Plan (ARP) funds to be administered through the U.S. Department of Housing and Urban Development's (HUD) HOME Investment Partnerships Program to perform activities that must primarily benefit qualifying individuals and families who are homeless, at risk of homelessness, or in other vulnerable populations.

The City of Toledo is eligible to receive \$7.9 million in federal funding from HUD in HOME-ARP funds. These funds can be used for developing affordable housing, tenant based rental assistance (TBRA), the provision of supportive services, acquisition and development of non-congregate shelter units, and nonprofit operating and capacity building assistance in Toledo.

The City of Toledo HOME-ARP Allocation Plan provides details on the consultation and public participation process used to develop the draft plan, the needs and gaps analysis that informed the proposed allocation of funds, and how HOME-ARP funds are proposed to be allocated in the city.

The HOME-ARP Allocation Plan is submitted to HUD as a Substantial Amendment to the 2022 Annual Action Plan and will be available for review beginning **Friday, November 18, 2022**, on the website of the following entities:

Department of Housing and Community Development
One Government Center, 18th Floor
Downtown Toledo, Jackson & Erie Streets
website: <https://toledo.oh.gov/departments/housing-community-development>

Office of the Mayor
One Government Center, 22nd Floor
Downtown Toledo, Jackson & Erie Streets
website: <https://toledo.oh.gov/government/mayor>

Clerk of Council
One Government Center, 21st Floor
Downtown Toledo, Jackson & Erie Streets
website: <https://toledo.oh.gov/government/city-council/>

The Fair Housing Center
326 N. Erie Street
Toledo, Ohio 43604
website: www.toledofhc.org

Lucas Metropolitan Housing
435 Nebraska Avenue
Toledo, Ohio 43604
website: www.lucasmlha.org

Toledo Lucas County Homelessness Board
1220 Madison Avenue
Toledo, Ohio 43604
website: www.endinghomelessness.toledo.org

Toledo-Lucas County Public Library
325 Michigan Street
Toledo, Ohio 43604
website: www.toledolibrary.org

Lucas Co. Board of Developmental Disabilities
1154 Larc Lane
Toledo, Ohio 43614
website: www.lucasdd.info

A public hearing on the Substantial Amendment to the 2022 Annual Action Plan and City of Toledo HOME-ARP Allocation Plan is scheduled as follows:

Wednesday, November 30, 2022, 5:30 p.m. in City Council Chambers
One Government Center, 1st Floor
Downtown Toledo, Jackson & Erie Streets

The City of Toledo will also receive comments from the public in writing beginning **Friday, November 18, 2022**, through **Monday, December 19, 2022**, at the following address:

CITY OF TOLEDO
DEPARTMENT OF HOUSING AND COMMUNITY DEVELOPMENT
SUBSTANTIAL AMENDMENT – HOME-ARP
ONE GOVERNMENT CENTER, SUITE 1800
TOLEDO, OHIO 43604

The City of Toledo supports the provisions of the Americans with Disabilities Act. If you would like to request a reasonable accommodation, please contact the Office of Diversity and Inclusion ADA coordinator at (419) 245-1198 or submit a request online at toledo.oh.gov/ada.

Interpreters will be made available for non-English speaking citizens at the public hearing if requested at least 72 hours in advance. Inquiries for translated summary copies of the Substantial Amendment to the 2022 Annual Action Plan and HOME-ARP Allocation Plan can be obtained by contacting the Department of Housing and Community Development at least three weeks in advance.

TARTA SEEKS FEEDBACK ON UPCOMING SERVICE CHANGES

The Toledo Area Regional Transit Authority (TARTA) has scheduled a series of public events to collect community feedback on upcoming proposed service additions and changes. Proposed adjustments, if approved by TARTA's Board of Trustees, would go into effect in March of 2023, and would include:

- The addition of Route 33, from TARTA's Transit Hub to University of Toledo College of Medical and Life Sciences and Walmart on Glendale Ave. This new route would replace portions of routes 28, 32, and 34
- The extension of Route 32 to Spring Meadows Place shopping center and other route modifications along Airport Highway
- Modifications to Route 34
- Removal of Route 28 A/B

These events will include two in-person forums and one virtual feedback session. These forums will focus on the Title VI equity analyses surrounding the service changes. Public meetings are scheduled for:

- In-person meeting, **Monday, Dec. 5, 2022**, 5-6 p.m., conference room at TARPS, 130 Knapp St., Toledo
 - Virtual meeting, **Tuesday, Dec. 13, 2022**, 10-11 a.m.
 - In-person meeting, **Friday, Dec. 16, 2022**, 2-3 p.m., conference room at TARPS, 130 Knapp St., Toledo
- If you are unable to attend, a recording of the virtual meeting will be posted on tarta.com.

All language assistance services for TARTA programs are provided to the public at no charge. In-person translation services for events can be provided and should be requested at least 5 business days prior to the event.

Registration and additional details will be available in the coming weeks at tarta.com or by calling 419-243-7433. Customers and others from the public interested in submitting questions may do so by sending them to customer-relations@tarta.com.

Mercy Health's Mobile Mammography Van visits area locations

As Mercy Health continues to evolve to better meet the needs of our patients and community, we are pleased to announce the region's first mobile mammography unit has visits scheduled throughout the region.

The mobile mammography unit is customized for patient convenience and will deliver 3D mammograms to women age 40 and older. It is equipped with the newest 3D technology and offers patients the option of self-compression, meaning the patient will have the ability to control the compression once they are in position.

The unit will make access to mammography services easier as well as increase capacity. It will offer safe and easy screenings at convenient locations throughout the 21 counties in northwest Ohio and early diagnosis of breast cancer has proven better outcomes.

Wednesday, November 2

Mercy Health - Point Shoreland Family Medicine
2755 Shoreland Avenue, Toledo, OH 43611

Thursday, November 3

Mayores Senior Center
2 Aurora L Gonzales Drive, Toledo, Ohio 43604

Friday, November 4

Tiffin Community Health Center
1344 West Seneca Avenue, Tiffin, Ohio 44883

Monday, November 7

Progressive Wellness Medical Office Building
7640 West Sylvania Avenue, Sylvania, Ohio 43560

Tuesday, November 8

Franklin Medical Center
2213 Franklin Avenue, Toledo, Ohio 43620

Wednesday, November 9

Old West End Community Health Center
2244 Collingwood Boulevard, Toledo, Ohio 43620

Thursday, November 10

Swanton Primary Care
22 Turtle Creek Drive, Swanton, Ohio 43558

Friday, November 11

Jefferson Family Medicine
2200 Jefferson Avenue, Toledo, Ohio 43604

Monday, November 14

Progressive Wellness Medical Office Building
7640 West Sylvania Avenue, Sylvania, Ohio 43560

Tuesday, November 15

Bryan Community Health Center
228 South Main Street, Bryan, Ohio 43506

Wednesday, November 16

Starbright Primary Care
28555 Starbright Boulevard, Perrysburg,

OH 43551

Thursday, November 17

Mercy Health - Perrysburg Primary Care & Walk-in
1103 Village Square, Perrysburg, Ohio 43551

Friday, November 18

Mercy Health - Waterville Primary Care
1222 Pray Boulevard, Waterville, OH 43566

Monday, November 21

Progressive Wellness Medical Office Building
7640 West Sylvania Avenue, Sylvania, Ohio 43560

Monday, November 28

Progressive Wellness Medical Office Building
7640 West Sylvania Avenue, Sylvania, Ohio 43560

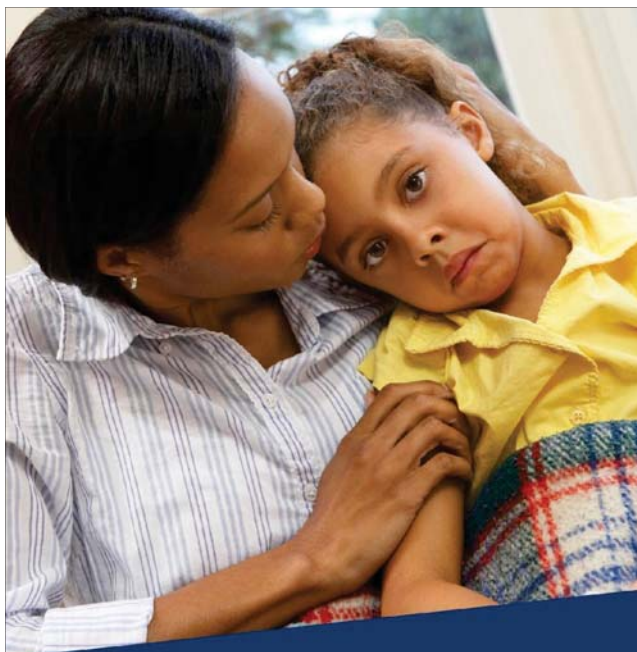
Tuesday, November 29

Alpha Towers
525 East Woodruff, Toledo, Ohio 43604

Wednesday, November 30

Starbright Primary Care
28555 Starbright Boulevard, Perrysburg, OH 43551

Please note, while mammogram screenings may be covered by insurance, for best coverage, please verify if Mercy Health - St. Charles Hospital is an in-network provider with your insurance carrier. If you are uninsured or underinsured (have high deductibles), we have financial need-based assistance programs available to help you. If eligible, you may qualify for a no-cost mammogram. Call 419-696-5839 for more information.



Lead is TOXIC.

Learn the risks for children and your rights as a tenant at ToledoLeadSafe.com



UNITED WAY 211 PROVIDES REFERRALS FOR:

- FOOD LEGAL SERVICES HEALTH
- HOUSING EMPLOYMENT AND MORE!

FOR ASSISTANCE:
CALL 211 or 1-800-650-4357
TEXT your zip code to 898-211
VISIT 211nwo.org

United Way 211 is a free, 24 hour a day information and referral service, readily available to surround our community with support.



Home
WORK YOUR WAY
PARADE OF HOMES
2022
THURS, NOV 17th

FREE CREDIT CHECK!
Go to www.lucasmha.org for details or call the number below
419-259-9445

PRESENTED BY
LHSC
LUCAS HOUSING SERVICES CORPORATION
an affiliate of LMH

PREQUALIFICATION EVENTS FOR FALL PARADE OF HOMES

LUCAS METROPOLITAN HOUSING AND LUCAS HOUSING SERVICES ARE PARTNERING TO HOST A FALL PARADE OF HOMES AND SPECIAL AUCTION EVENT ON THURSDAY NOVEMBER 17TH.

YOU CAN GET READY FOR THE EVENT BY GETTING

PRE-QUALIFIED AND REGISTERED FOR HOMEOWNERSHIP COUNSELING NOW!

TUESDAY, NOVEMBER 1ST – 1PM-7PM

THURSDAY NOVEMBER 3RD – 1PM-7PM

MONDAY, NOVEMBER 7TH 10AM-4PM

TUESDAY, NOVEMBER 8TH – 1PM-7PM

THURSDAY, NOVEMBER 10 – 1PM-7PM

MONDAY, NOVEMBER 14TH – 10 AM – 4 PM

TUESDAY, NOVEMBER 15TH – 1PM-7PM

EVENTS ARE BEING HELD AT 201 BELMONT IN THE PORT LAWRENCE COMMUNITY ROOM.

CALL, 419-259-9445 OR 419-259-9447



FIFTH THIRD BANK