



Volume 30, No. 6

*"And Ye Shall Know The Truth..."*

November 5, 2014

# Second Baptist Women's Day



*Rev. J.L. Boose, First Lady Boose, Debra Jones, Mary Sumrow, Shirley Williams*

## *In This Issue...*

Perryman  
Page 2

Junction Avenue  
Page 4

Sen.  
Brown  
Page 3

Upcoming  
Fatherhood  
Summit  
Page 5

### The Health Section

Ebola Threat  
Page 6

Pumpkin Pie Spice  
Page 8

Regular Exercise  
Page 10

Holiday Gifts  
Page 7

Fitness Motivator  
Page 9

Ask Ryan  
Page 11

Book Review  
Page 13

BlackMarketPlace  
Page 14

Classifieds  
Page 15

Second Baptist  
Page 16

**"There are women who are broken and I pray they held something that will restore them. There is an inner and outer beauty within each woman." - Women's Day Chairman Debra Jones**

# Small Minds and Big Progress

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

*Sometimes it appears that we should worry more about how we split among ourselves and less about how whites keep us divided.*

— Alvin Poussaint



Black voter apathy and depressed turnout in the most recent midterm election can arguably be attributed to the top of the gubernatorial election ticket. With the imploding of the Ed FitzGerald campaign, most voters stayed home, resigned to accept the inevitable reelection of John Kasich as Ohio governor. The fact that a weak Democratic candidate for governor affected almost every other state or local race was hardly a surprise either.

However, the unexpected and unprecedented action by Toledo City Council on the TPS levy may have also chilled local voter enthusiasm and affected outcomes.

A resolution by Councilman Lindsay Webb to endorse the Toledo Public Schools' 5.8-mil levy was abruptly tabled with no discussion after Webb later changed her mind. Council's refusal to support the levy was likely the first time that this has happened. The surface but official explanation was that there was "a need for additional information that was not available" because TPS Superintendent Romules Durant, Ed.D. was away in Milwaukee making a presentation on behalf of the district.

Indeed, the refusal to endorse the TPS levy is strange given the presence of five African Americans on Toledo City Council.

## To the Editor of The Truth Newspaper:

We would like to give a publicly thanks to The Sojourner's Truth newspaper, Fletcher Word and staff, for their sponsorship and support of the "The Purple Event on the River: Charity Fundraiser to benefit Second Chance Program for " Human Trafficking".

Also, thanks to all of our sponsors as well who assisted in making this a successful event and thanking the community at-large for their overwhelming support.

Sponsors included Northwestern Ohio Building and Construction Trades Council, Indiana Ave MB Baptist Church, Sephora, Reve Salon and Spa, Loft Boutique, Fabulously Fit, Healing Arts Institute, Twine Live Photos, Shapemyjeans, the City Paper, Event Design Professionals, "Living Up Show" Everlasting Dezigns Printing, Forrester's on the River, The Toledo Blade- Barbara Hendel, Graphic Designer-Travis Grant, Steve Reamy, Emcee, Joe Curry, Photographer, Exquisite Finishings- Detroit, MI, Adventurous Travels and Kizzy Williams executive director of Second Chance Program along with Celia Williamson, PH.D and CJ Manning and Company featuring Marcia Bowen.

### The Sojourner's Truth

Toledo's Truthful African American  
Owned and Operated Newspaper

Fletcher Word – Publisher and Editor  
Marticia Hurst – Office Manager

Tricia Hall – Reporter  
Carla Leonard – Social Editor  
Rev. D.L. Perryman – Columnist

Jennifer Retholtz – Webmaster  
Kathy Sweeny – Graphic Designer  
Jessica Crans – Layout

**A Certified MBE**

The Sojourner's Truth, 1811 Adams Street, Toledo, OH 43604  
Phone 419-243-0007 \* Fax 419-255-7700  
thetruth@thetruthtoledo.com  
[www.thetruthtoledo.com](http://www.thetruthtoledo.com)

The progress at TPS has been astounding given Durant's ascendancy to interim Superintendent April 9, 2013, and to the permanent position last December.

In barely over a year, the district has implemented best practices from around the world, built new strategic partnerships with African-American community organizations, made new alliances with the business community and improved test scores and district report cards to the degree that a public school district as large and diverse as TPS now outshines its Ohio urban peers.

Perhaps most remarkable is that there is an enthusiasm, excitement and pride among students that has not previously existed. Students have gone from not coming to TPS, or coming with indifference, defiance and little educational self-esteem to being excited and proud to go to school under Durant's leadership. Enrollment this year has increased at TPS for the first time in 20 years.

Why then, did TPS receive Hateration instead of Celebration? And why did Toledo City Council attempt to knock Durant back down a notch, chill the enthusiasm of Toledo's children and pour cold water on the district's momentum?

It appears that Council's own conflicted internal demons may have prevented its members from putting their small individual agendas down for the betterment of the community.

Outwardly, Councilman Larry Sykes reportedly expressed a desire to de-

... continued on page 7

## Community Calendar

### November 9

Macedonia Baptist 13th Pastoral Anniversary: Pastor Clifford L. Mayes; 10 am service: 419-320-2379

### November 11

NAACP General Membership Meeting: 7 pm; 1326 Collingwood

### November 14

United Church of God Church Celebration: 7 pm; Guest Pastor David Lunn of Detroit

### November 15

Keys to the Kingdom Christian Fellowship: 11 am; Missionary activists: 419-787-6031 or email@Avgim7@aol.com

### November 16

United Church of God Celebration of Church Dedication: 10 am guest Levi Cyrus of Shreveport; 4 pm guest Rev. Robert Culp of First Church of Christ True Vine MBC Women's Day: 10:45 am service; Speaker Sis Gloria Tisdale of Rossford First Baptist; "Rejoicing in our Season of Grace and Favor:" 419-539-9104

Macedonia Baptist 13th Pastoral Anniversary: Pastor Clifford L. Mayes; 10 am service: 419-320-2379

Beulah Baptist Choir Anniversary: 4 pm; Guest preacher Bishop Marvin Crittenden: 419-944-5262

Bethlehem Baptist Church 97th Anniversary: Celebration starts at 6 pm with concert featuring Toledo Interfaith Mass Choir: 419-241-9360

### November 23

Macedonia Baptist 13th Pastoral Anniversary: Pastor Clifford L. Mayes; 10 am service: 419-320-2379

Beulah Baptist Junction Street Project Church Service: 6 pm; Guest preacher Pastor Harold Stegall of Kingdom Life Church Ministry: 419-944-5262

St. Paul AME Zion 4th Pastoral Anniversary: Pastor and First Lady Dwight L. and Mia Gutridge; Morning service at 11 am; Evening services at 5 pm: 419-243-1065 or 419-246-0790

### December 7

Bethlehem Baptist Church 97th Anniversary: 9 am service; Guests Rev. Aaron Brown and the Unity MBC: 419-241-9360

# Protecting the Right to Vote in Ohio

By U.S. Sen. Sherrod Brown  
Guest Column

Next year marks the 50th anniversary of the *Voting Rights Act of 1965* – landmark legislation that helped secure the right to vote for millions of Americans. Unfortunately, in Ohio and across the United States, new voter suppression efforts have sprung up, threatening to disenfranchise millions of voters.

Protecting the right to vote has always been a bipartisan issue. Congress has reauthorized the Voting Rights Act in a bipartisan manner four times, most recently in 2006 under President Bush. In fact, the latest attacks on voting rights here in Ohio are attacks on provisions that were passed on a bipartisan basis – at a time when Republicans controlled the Ohio Statehouse.

These attacks include cutting early voting and eliminating the “Golden Week” – when voters can register and vote on the same day during the early voting period. Early voting improves access to the polls for seniors, minorities, and hourly workers. In 2012, 600,000 Ohioans – or 10 percent of the electorate – voted early. And, in Cuyahoga County in 2008, African Americans went to the polls for early voting at a rate more than 20 times greater than white voters. Offering the option to cast a ballot during a time that’s convenient for voters’ family and work schedules is critical for ensuring that all Americans have the chance to have their voices heard.

In addition to the attacks on voting rights happening at the state level, last year, the Supreme Court gutted a key part of the Voting Rights Act that gave the federal government the authority to “pre-clear” changes in election law proposed by states with a history of voter discrimination. This decision has left voters vulnerable and allowed states to implement discriminatory voting laws. That’s why the *Voting Rights Amendment Act of 2014* is so important.

Last week during a visit to Columbus, I joined with Representative Joyce Beatty (D-OH-3); Sybil Edwards-McNabb, president of the NAACP State Conference; Reverend Tyrone Lawes, president of the Baptist Ministerial Alliance and Reverend at New Hope Baptist Church; Larry Price, vice president of the Baptist Ministerial Alliance; Reverend Fred LaMarr, vice president of the Baptist Pastors Conference of Columbus & Vicinity and Reverend at Family Missionary Baptist Church; Pastor Dale Snyder, president of the Interdenominational Ministerial Alliance and pastor at Bethel AME Church in Columbus; and Franklin County voter Vashitta Johnson to speak out in favor of the *Voting Rights Amendment Act of 2014* and to highlight how important voting is to a free democracy.

This bill would create national uniformity in the voting process and strike back against radical voting changes at the state level. It provides greater transparency to voters by requiring public notice when changes are made to the voting process. It also affords vot-



Sen. Sherrod Brown

ers the protections that the Supreme Court’s decision removed – requiring states with five or more voting rights violations in the last 15 years to having any voting changes precleared with the federal government before taking effect.

The *Voting Rights Amendment Act of 2014* is bipartisan and bicameral legislation. More importantly it will protect American citizens, deterring current threats to voting rights and providing new tools to stop voting discrimination before it happens.

There is no greater symbol of our democracy than the right to vote. We must continue to work to protect the right to vote and pass this bill.

## Community Forum at Monroe Street United Methodist

Councilman Tyrone Riley in collaboration with Rev. Dennis Payne is sponsoring a community forum on Thursday, November 13, from 6 p.m. until 8:00 p.m. at Monroe Street United Methodist Church. The theme of the event is “Rebuilding Our Neighborhood.” The following individuals are scheduled to attend and provide information:

1. Judge C. Allen McConnell, Toledo Municipal Court housing judge;
2. Thomas Kroma, Director of Neighborhoods;
3. David Mann, Lucas County Land Bank, and
4. Bill Farnsel, Neighborhood Housing Services

“By bringing city officials together with community and neighborhood leaders, I hope to begin a dialogue that will lead to revitalizing this neighborhood,” said Councilman Riley. “Pairing the tools of the Court, the Department of Neighborhoods, the Lucas County Landbank, and Neighborhood Housing Services, with committed leaders like Rev Payne, and members of his congregation we can stop the decline and disinvestment that has occurred here, and begin to reclaim this neighborhood from blight.”

\*\*ALL RESIDENTS ARE INVITED AND ENCOURAGED TO ATTEND! \*\*





## Junction Avenue and Urban Waters

*Special to The Truth*

The residents of the Junction Avenue neighborhood are at work on a neighborhood revitalization plan. Toledo Metropolitan Area Council of Governments (TMACOG) will host an interactive community event that will introduce residents to ideas for green infrastructure. The interactive, educational event is Saturday, November 22, 1-3 p.m. at Mott Library, 1085 Dorr St, Toledo 43607.

The meeting will be hands-on with 3D models showing how green infrastructure works and with activities about the Maumee watershed. As residents develop their plan to relieve blight, they will learn about options to include useful and beautiful

green spaces.

Green infrastructure uses vegetation, soils, and natural processes to manage water and create healthier urban environments. Green infrastructure refers to storm water management systems that mimic nature by soaking up and storing water. Elements can include rain gardens, planted swales, permeable pavements, green roofs, and many other strategies.

The project runs through December 2015. Several additional community events are planned to give residents the opportunity to discuss their vision for their community.

## Citizens' Climate Lobby Toledo Charter Meeting

*Special to The Truth*

Citizens' Climate Lobby (CCL) is holding its Toledo charter meeting on Saturday, November 15, 9:30 a.m., at the Padua Center, 1416 Nebraska Avenue, Toledo. CCL conducts grass-roots lobbying efforts to contest the authority which professional fossil-fuel lobbies presently hold over Congress.

Local chapters meet for monthly action projects outlined by the national organization. Most of these projects in-

volve letter-writing. They educate themselves on the most pressing climate issues, keeping abreast of the ongoing crisis. They set up speaking dates and spread the word to others in their locality. These activities prepare them to meet face-to-face with their elected officials in Washington, DC, on Fathers Day weekend each year.

*... continued on page 5*

## African Art Has Arrived!!

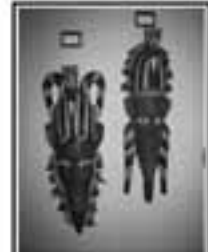
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# Northwest Ohio Fatherhood Summit

Special to The Truth

In 2008, northwest Ohio held its first regional Fatherhood Summit. It is time to reestablish momentum towards focusing children and family services' efforts on "Engaging and Involving Fathers in Toledo and the surrounding area. The Northwest Ohio Fatherhood Summit will take place on Friday November 7, 2014 at Mercy St. Charles Hospital Auditorium, located at 2600 Navarre Avenue, Oregon Ohio.



The purpose of the Summit is to provide awareness and valuable information on the importance of engaging and involving fathers to professionals in the social services community in their practice.

## Type of Household – Comparison: 1980 – 2010

Family with children under 18/ Married Couples: 75 percent – 55 percent

Single Female head of household: 19 percent – 35 percent

Single Male head of household: 2 percent – 9 percent

This illustrates two significant trends – first, the number of children growing up in fatherless homes is going up significantly and the number of men taking care of children has grown over threefold since 1980. These changes have significant impacts for how policies, services and supports need to be developed for families as well as to meet the specific needs of mothers and fathers.

Nationally recognized expert on fatherhood, David Cozart, program director of the Fayette County Fatherhood Initiative, will be the keynote speaker for the summit. A highly respected and regarded individual who is sought out to lead efforts to motivate and empower citizens, community groups, professional organizations and businesses with intent on improving

the quality of life. Particular interest, expertise and knowledge around the issues of fatherhood and positive male development has been accumulated and implemented through this career.



The highlight of the Northwest Ohio Fatherhood Summit will be the special viewing of Kenneth Braswell's documentary on fatherhood. Mr. Braswell has over 21 years of community development experience; he serves as the Executive Director of Fathers Incorporated (FI) ([www.fathersincorporated.com](http://www.fathersincorporated.com)). At Fathers, Incorporated he focuses on the need to reaffirm the benefit of fathers within the family service paradigm. As the field of responsible fatherhood expands, Braswell has also increased the reach of his work to include a focus on the impact of fatherlessness on both mentoring and single motherhood. As a result of his life's experience, Braswell is also a national motivational speaker, lecturer, presenter and trainer.

Also, the Summit will present a "Women on Fatherhood Panel" composed of a group of ladies who represent extensive knowledge in fatherhood issues.

The Northwest Ohio Fatherhood Summit was organized by representatives from Lucas County Family and Children First Council, Toledo Area Ministries, Lourdes Univ. and R.E.S.T.O.R.E., Inc., led by Mark Robinson, Founder of R.E.S.T.O.R.E., Inc. and Lourdes University Social Work Faculty, who recognized the importance of this regional event. Other sponsors include The Ridge Project and Mercy.

For more information about **Northwest Ohio Fatherhood Summit** go to [www.restorefathers.org](http://www.restorefathers.org)

## Toledo Charter Meeting... continued from page 4

CCL's key legislative effort—with supporters from both major parties—is a Carbon Fee/Dividend law. Presently, the proposal has about 30 Congressional supporters. Other Representatives and Senators simply don't know about it or are waiting for more pressure from voters. For CCL, it's all a question of creating that pressure and ultimately the political will, swamping Congress with calls for action.

This law would create a 10-year transition period away from carbon fuels. It puts an increasing price on carbon

fuels mined, pumped, or withdrawn from the earth. As these fuels become more expensive, investors are expected to turn away from carbon's continued use and seek the most technologically effective way to make renewable sources pay for themselves. The carbon fee, once collected at a national clearing center, would then be sent as a monthly dividend check to American households to cover necessary family expense.

If you want more information about the local meeting, call Royce Wicks, 419/340-9732 to reserve your place (seating is limited). If you want more information about CCL, go to [citizensclimatelobby.org](http://citizensclimatelobby.org).

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# Just Stay Calm and Prepare

By Eric J. Zgodzinski, MPH, RS, CPH, Director of Community and Environmental Health

Guest Column

Peace of mind is what we all look for at the end of the day. With Ebola, the flu, and so much more in the news, it's reassuring to know that the Toledo-Lucas County Health Department is working at the top of their game to protect you and your family. The Health Department is preparing for the risks of potential Ebola illness within our county. **To date, there are no confirmed Ebola cases in Ohio.**

Great community partnerships are one of the key means we are ensuring safety for all. Working together, the Health Department is minimizing the risks of exposure to the Ebola virus in Lucas County. We are working to make sure all health care professionals in the region are prepared to protect the public's health and well-being in the unlikely event that a Lucas County visitor or resident does contract the virus.

**Some of the ways we are protecting the community include:**

- Holding weekly conference calls with

hospitals and Infection Control Practitioners in the region. These calls are helping to put procedures into place to reduce the infection risk to the public if Ebola were to come to Lucas County. This dramatically helps improve Lucas County's readiness to fight this disease.

- Working with local Fire, Emergency Management, Law Enforcement and other first responders to discuss Personal Protective Equipment (PPE) requirements and precautions when handling suspected or confirmed Ebola patients.

- Conducted "Contact Tracing" training for the agency's Disaster Response Team in October. This Team is ready to spring into action to monitor, educate, and protect any citizens who may have come into contact with the infected individual.

- Participating in daily update conference calls with the Ohio Department of Health to ensure we have the most up-to-date information regarding Ebola in Ohio.

- Updating our website with fact sheets



and frequently asked questions. For more information, visit [www.lucascountyhealth.com](http://www.lucascountyhealth.com) or <http://www.cdc.gov/vhf/ebola>.

The public's health and well-being are the Health Department's number one priority. You can contact us through our website, facebook and twitter. Visit [www.lucascountyhealth.com](http://www.lucascountyhealth.com) for more information.

# HHS Advances Development of Third Ebola Vaccine

*Studies will prepare vaccine candidate for clinical trials*

Special to The Truth

The development of a vaccine to prevent Ebola virus disease will be accelerated with support from the U.S. Department of Health and Human Services' Office of the

Assistant Secretary for Preparedness and Response (ASPR).

Under a one-year contract with Profectus BioSciences Inc., headquartered in Baltimore, ASPR's Biomedical Advanced Research and Development Authority (BARDA) will provide approximately \$5.8 million in funding, in addition to subject matter expertise and technical assistance, to further develop an experimental Ebola vaccine. The company will manufacture vaccine for use in animal safety studies and future clinical trials and conduct animal studies to test safety. The contract can be extended to a total of 13 months and \$8.6 million.

Upon successful completion of this work,

... continued on page 11


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# Holiday Gift Ideas for the Health Conscious

Special to The Truth

Americans have a lot on their minds during the holiday season, and the stress of ballooning budgets and crowded calendars can be enough to affect almost anyone's well-being. With that in mind, why not use the holidays as an opportunity to give the most important gift of all?

That gift, of course, is health. Here are a few ways to make your health-conscious friend or family member smile from ear to ear.

## The Gift of Fitness

Whether buying for a fitness buff or a beginner, options abound. Exercise balls, kettlebells and resistance bands are inexpensive gifts that can help budding fitness gurus build their home gyms. If the DIY option isn't right for the person you have in mind, try a prepaid gym membership, trainer session or package of yoga classes. Losing weight is the most popular New Year's resolution, so spread the health.

## Healthy Tech

Many health enthusiasts like to monitor their progress and chart their results. These days, there are a number of gadgets that can help keep track of your fitness and dietary goals. From wristbands that log daily activity to wireless heart monitors and interval timers, technology can supercharge any regimen.

## Culinary Inspiration

Whether you're shopping for a vegetarian, a Paleo enthusiast, or just someone looking to build a healthier kitchen, culinary gifts are always a sure bet. Healthy cookbooks and

kitchenware will help them stick to their healthy habits, and you might even get a delicious meal in the bargain.

## Charitable Donations

Donating to a health-promoting charity on another person's behalf can be a great way to support his or her health-conscious cause. Giving Tuesday is December 2 – a nationwide event that marks the perfect time for such a gesture.

If you're looking for a unique way to give back, check out Action for Healthy Kids, an organization that works to make schools healthier places for kids to learn. In its online gift catalog, you'll find a host of charitable options, scaled to fit almost any budget. From a physical activity classroom kit to school breakfast for a child for the entire year (students who eat school breakfast score 17.5 percent higher on standardized math tests), Action for Healthy Kids provides an easy way to make an impact with healthy gifts.

"Everyone is looking for the perfect gift for kids this time of year, and it's hard to beat the gift of a healthier life," said Rob Bisceglie CEO of Action for Healthy Kids. "It's estimated that one-third of U.S. kids are overweight or obese. That's a statistic that needs to change."

For more information, visit [www.actionforhealthykids.org](http://www.actionforhealthykids.org).

Staying healthy and fit is important year-round, so don't hesitate to give your friends and family holiday gifts that will help enrich their mind, body and soul. While other gifts might be used and discarded, yours will keep on giving.

Courtesy StatePoint

*Perryman... continued from page 2*

bate the issue and wanted to know how the levy proceeds would be spent, but "still harbors grudges with some current TPS board members," according to persons close to the situation.

Councilman Theresa Gabriel, according to sources, was "convinced that if public discussion took place that Earl Murry, community curmudgeon, would bring 50 people to council chambers to bitch about the former EOPA/CDI Head Start teachers who were not hired or retained by TPS even though nearly 80 percent of them didn't possess the credentials that the federal government requires."

Webb, who "has a reputation of flip-flopping on issues or backing out when flustered," was "spooked by the drama and decided to table the issue rather than witness an ish fight."

What does this say about the state of our community?

It says that small minds are unable to think about large issues and lack the ability to coordinate a strategy among themselves. It also says that Toledoans are unwilling to lay their small agendas aside for the good of children and large progress.

Despite TPS' preeminence among urban Ohio schools and all of the challenges presented to urban education by the effects of poverty that other districts don't have to deal with, African Americans and others seem to want to drag TPS back into the crawfish barrel.

Instead, we should continue to look at the strides made by TPS over the past year and imagine where the district might be two, three, four or five years from now if we continue the momentum and keep the fire of enthusiasm burning.

We all, then, can be "TPS Proud" because an investment in children is an investment in the community and because TPS is a part of the community that we call home.

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

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# Pumpkin Spice Season

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

A favorite flavor and scent this time of year is pumpkin spice. From pancakes to pies, muffins to drinks, recipes might have pumpkin as a main ingredient or they might only use the pumpkin spice seasoning as a flavor.

Here are some suggestions for enjoying not only pumpkins but also a variety of winter squash. There's a way for everyone to enjoy winter squash. The pumpkin spice flavor is optional, depending on the winter squash recipe you are making.

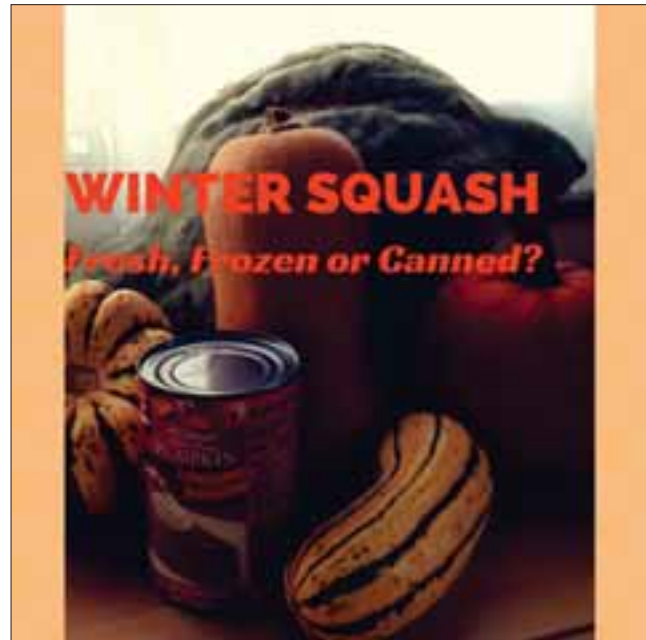
Pumpkins are one type of winter squash. All winter squash contain antioxidants, Vitamins A and C and potassium. Winter squash falls into the color category of red and orange vegetables. There are too many varieties of winter squash to list in one article but a few that might be on the grocery store or farmers' market shelves right now: acorn squash, butternut squash, pie pumpkins, delicata squash and Hubbard squash.

There are many ways to cook squash. Whether you're going to bake, broil, steam, or pressure cook, start by washing the outside of the winter squash under running water. Next, decide how you are going to prepare the winter squash.

A few types of squash, like Butternut can be peeled with a sharp vegetable peeler but that won't work well with all of them. A few others like Delicata have a thinner skin and it can be eaten after you cook it. Most winter squash have hard skins so it's often easiest to cook it with the skin and then remove it once it has cooled down some.

To bake, pierce the skin several times with a sharp knife. Bake whole squash in baking dish at

400° F until tender when pierced with a fork. Squash could also be cut in half, remove seeds and strings and place face down for a "steamed" cooking or face up for a more "baked" option. Either way, put a ¼ inch of water in the bottom of the baking dish for cut squash and bake at 350° F. It will take 30 – 45 minutes to bake and the squash will feel soft when it's done.



Before using the microwave to cook winter squash, pierce the hard shell several times with a sharp knife. Because of the small size of Delicata squash, it might cook in the microwave in as few as five minutes! Delicata are small, oval squash with cream color and dark green stripes. Sometimes it's called a sweet potato squash and it's the perfect size for a personal serving. Larger varieties of squash will take longer to cook in the microwave. Once the squash is soft, take it out of the microwave, slice in half and remove the seeds

... continued on page 10

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# Thanksgiving Is Approaching – Be Thankful

By Angela Steward, Fitness Motivator  
The Truth Contributor

Thanksgiving is approaching, families are gathering and our favorite foods are being prepared! As I've stated over the years in my articles, I love good food and I love our family gatherings! Thanksgiving is a great time to place less focus on the food and more focus on being healthier and happier!

As the holidays approach many people believe that they'll be so much happier if and when they lose weight. But really, learning to appreciate yourself and others is a key to a happier life. Be thankful for the blessing of everyday life.

Develop an attitude of gratitude. Stay focused on the good things that can be easily forgotten in our day to day living. Remember to acknowledge what you do have instead of what you don't. You'll soon recognize that most of the positive things in life are the consistent ones: health, family and friends, while the negatives come and go.

I believe happiness is a direct result of thankfulness. Happiness involves recognizing all the areas of your life that are important to you, and actively focusing on improving those areas every day. Just the simple act of paying attention to your needs and nurturing yourself (and others) is a powerful source of fulfillment and happiness. Be thankful for the small things that bring you joy, you'll find that you'll pay better attention to your good health by making time to take care of yourself!

Everyone wants to be happy, but most of us think of happiness as black or white. We're either happy or we're not. It's not like you wake



Angela Steward

... continued on page 11

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# Regular Exercise Can Help Kids Do Better in School

*Special to The Truth*

Physical activity may not be the first thing parents or teachers think about when they want to boost a child's academic performance, but evidence supports the notion that a bit of exercise for the body is beneficial to the brain as well.

In fact, kindergarteners who participated in Build Our Kids' Success (BOKS), a free before-school program involving physical activity and nutrition education, had significantly improved memory skills as rated by teachers, compared to their peers who did not participate. A study of the children's performance also concluded that those who participated in the program exhibited good behavior in the classroom.

"A sedentary life and poor eating habits can lower kids' performance in the classroom and start a cycle of health problems later in life," says Kathleen Tullie, Founder and Executive Director of BOKS and the Director of Social Responsibility for Reebok. "Simply stated, a healthy body and a healthy brain go hand in hand."

So how can you incorporate more healthy habits into your family's routine?

- **Active weekends:** Instead of a lazy Saturday or Sunday, get outside and get moving. Take a soccer ball to the park for a pick-up game or hike a local trail. Make exercise on the weekends a regular habit for your family, and those habits will extend to the rest of the week as well.

- **Fuel throughout the day:** A hearty breakfast sets kids up for a great day. Follow that up with a healthful, satisfying lunch and snacks such as nuts and fruit, to help kids avoid the pitfalls of the

junk food machines.

- **Cook together:** Take-out is great when you're crunched for time, but be sure to cook at home at least a few times a week. Not only are homemade meals one of the only ways you can be exactly sure of what you're feeding your family, but the act of cooking together is a great opportunity to impart some lessons about nutrition and eating right.

- **Bed time:** Adequate sleep is crucial for a healthy, functional mind and body. Setting a regular bedtime and sticking to it is best to ensure kids get a full night's rest.

- **Volunteer to get your school involved:** Children should have one hour or more of physical activity daily, according to the Centers for Disease Control and Prevention. Unfortunately, physical education class may not be sufficient. Investigate what other opportunities your child's school has for physical activity, such as before school programs like BOKS or after school sports. If your school doesn't have such a program in place, look into starting BOKS at your school.

BOKS, for example, can be run by anyone -- parents, teachers, the school nurse or a community activist. To learn more, visit [www.BOKSKids.org](http://www.BOKSKids.org).

Healthy habits will not only reduce your child's risk for such problems as obesity, diabetes and heart disease, they can help prime children for more success inside the classroom and beyond. So give your children a leg up and encourage them to get moving.

*Courtesy StatePoint*

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*Pumpkin Spice... continued from page 8*

One advantage of preparing your own winter squash is the seeds! The University of Illinois gives the following recommendations for homemade pumpkin seeds. You will need:

- 1 quart water
  - 2 Tablespoons salt or salt-free seasoning
  - 2 cups pumpkin seeds
  - 1 Tablespoon vegetable oil or melted butter
1. Preheat oven to 250°F.
  2. Pick through seeds and remove any cut seeds. Remove as much of the stringy fibers as possible.
  3. Bring the water and salt to a boil. Add the seeds and boil for 10 minutes. Drain, spread on kitchen towel or paper towel and pat dry.
  4. Place the seeds in a bowl and toss with oil or melted butter.
  5. Spread evenly on a large cookie sheet or roasting pan.
  6. Place pan in a preheated oven and roast the seeds for 30 to 40 minutes. Stir about every 10 minutes, until crisp and golden brown.
  7. Cool the seeds, then shell and eat or pack in air-tight containers or zip closure bags and refrigerate until ready to eat.

Do you use canned pumpkin? Canned pumpkin is convenient to use. For some recipes, the texture and taste of canned pumpkin might be more consistent than a homemade pumpkin or squash puree. If you are using canned pumpkin for recipes look for the label to say "100% pumpkin" instead of pumpkin pie filling. Canned pumpkin is an easy way to make pumpkin muffins, pancakes, soups and dips.

Interested in OSU Extension's online Zero Weight Gain Challenge that runs from Thanksgiving to first week of January? The twice a week email reminders challenge you to stay on track with healthy habits during this busy time of year. If you are interested in participating, please email [pow-ers-barker.1@osu.edu](mailto:pow-ers-barker.1@osu.edu) with the message Zero Weight Gain Challenge.

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Angela Steward... continued from page 9

up one day and think, Wow, I'm happy!

What makes one person happy might not necessarily make another one happy. I've come understand that at this point in my life happiness is being able to handle the ups and downs of life without becoming to attached to the good or feeling like a victim during the bad! I choose to keep my heart open! I'm compassionate towards others! I live in the moment! I'm spontaneous! I try to be fully present in my day to day activities!

While driving down the street last week listening to the Oprah Winfrey radio station, she talked about fulfillment. She stated, "Every human being wants to know - do you hear me, do you see me, do I matter?"

We are all happiest when we feel purposeful and feel that we are making a difference-whether it be in the life of a child or in the world. Creating a life of thankfulness that is full of activity, that is surprise! Fun is the key to happiness.

Ebola Vaccine... continued from page 6

the company is expected to submit an investigational new drug application to the U.S. Food and Drug Administration (FDA). This application, once accepted by the FDA, would allow the vaccine to begin the first clinical trials for safety in humans.

"We are pushing hard to advance the development of multiple products as quickly as possible for clinical evaluation and future use in preventing or treating this deadly disease," said BARDA Director Robin Robinson, Ph.D. "Our goal is to close the global gap in vaccines and therapeutics needed to protect the public health from Ebola as highlighted by the epidemic in West Africa."

The project builds on early research of this experimental vaccine supported by the National Institute of Allergy and Infectious Diseases (NIAID), part of the National Institutes of Health, and animal studies supported by the Department of Defense. In the DoD-supported studies, a single dose of the experimental Ebola vaccine provided 100 percent protection in non-human primates. BARDA will support further development of the vaccine against the Ebola virus strain responsible for the current epidemic.

Clinical trials are under way with other experimental vaccines. NIAID currently is supporting Phase 1 clinical trials that examine an investigational Ebola vaccine developed by Glaxo-SmithKline and an experimental Ebola vaccine developed by the Public Health Agency of Canada and licensed to NewLink Genetics Corp. Phase 2 clinical efficacy trials for these vaccine candidates are expected in 2015.

BARDA also continues to explore how its Centers for Innovation in Advanced Development and Manufacturing, its Fill Finish Manufacturing Network, or other measures can accelerate the manufacturing time for Ebola therapeutics and vaccines.

The agency is seeking additional proposals for the advanced development of antibody treatments, antiviral drugs, and vaccines against the Ebola and Marburg viruses, both of which cause viral hemorrhagic fever. Program requirements are described in BARDA's Broad Agency Announcement BARDA-BAA-13-100-SOL-00013 at <https://www.fbo.gov>.

HHS is the principal federal agency for protecting the health of all Americans and providing essential human services, especially for those who are least able to help themselves. The Office of the Assistant Secretary for Preparedness and Response (ASPR) leads HHS in preparing the nation to respond to and

This Thanksgiving, focus on happiness. Take small steps towards improving your life. Laugh a lot, eat a little! Create memories that will last. Find the good in most situations. Open your heart. Develop positive relationships others! Be thankful - Give thanks - Fill your Life, Not your Plate!

Happy Thanksgiving Everyone!

Angela R. Steward

Creator of Fabulously Fittm

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recover from adverse health effects of emergencies, supporting communities' ability to withstand adversity, strengthening health and response systems, and enhancing national health security.

Within ASPR, BARDA develops and procures medical countermeasures - vaccines, medicines, diagnostics and medical equipment - that address the public health and medical consequences of chemical, biological, radiological, and nuclear (CBRN) accidents, incidents and attacks, pandemic influenza, and emerging infectious diseases.

For more information about advanced research and development of medical countermeasures, visit [www.medicalcountermeasures.gov](http://www.medicalcountermeasures.gov). Contract opportunities and awards are announced at [www.fbo.gov](http://www.fbo.gov).

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**Equal Justice Works AmeriCorps Fellowships with the Immigrant Children's Defense Corps**

Advocates for Basic Legal Equality, Inc. (ABLE), a non-profit regional law firm that provides high-quality legal assistance to low-income persons and groups in western Ohio, and agricultural workers statewide, seeks a dynamic, bright, hard-working attorney to serve as an Equal Justice Works AmeriCorps Fellow. The Fellow will provide civil legal assistance to immigrant children eligible for asylum, Special Immigrant Juvenile Status, or U-visa status, and represent the children throughout Ohio in related juvenile, asylum, and immigration proceedings. The term of service will begin in December of 2014 for one year (with a possible renewal). Two positions are available. At least one of the positions will be in our Dayton office; the other will be in Dayton or Toledo.

**Qualifications**

The Fellow is required to have excellent oral and written communication skills, as well as interpersonal, organizational, and negotiation skills, and the ability to work as a team member. The ability to communicate in Spanish is required. Knowledge of immigration law and/or experience with immigrant children preferred. Diverse economic, social, and cultural experiences are preferred. The Fellow must be admitted to practice law in Ohio and have graduated from an Equal Justice Works member law school.

**Compensation**

The Fellow will receive an AmeriCorps living allowance of \$24,200 plus supplemental benefits paid of \$16,800 for housing; student loans; relocation; professional dues; and other allowable expenses.

Other benefits include: \$5,645 Segal Education Award upon successful completion of service; childcare assistance; professional development and training assistance; student loan forbearance during services and interest accrual payment for eligible loans upon successful completion of service; participation in Equal Justice Works training opportunities and conferences, as applicable; and fringe benefits, including health insurance (medical, dental, vision, Rx), disability insurance, and life insurance.

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# Ask Ryan

By Ryan Rollison  
The Truth Contributor

Dear Ryan,  
My name is Kimberly, and to keep it real I am fat! I have been this way for a long time and I really need to do something about it. My family members are fat, my friends are fat and my children are on their way to becoming overweight as well.

I am tired of getting out of breath just putting my shoes on and I have to make changes in my life. I don't even know where to begin. I have high blood pressure, hypertension, I take the diabetic pill, my joints ache and my cholesterol is slowly creeping higher.

I have tried Weight Watchers and other diets and I just seem to fall off and gain more. My support system is non-existent and I just feel helpless. Is it too late for me to make changes that will improve my health?

Dear Kimberly,

No, it's not too late. I am a person who believes it's never too late to make changes.

Some say that people can't change, but I say that the only constant is change. People can change if they want to, it's in us all. It just depends on how much you want it and what you are willing to do to make the change happen.

If you are having all these health issues, I suggest you get started sooner rather than later. You seem to realize that change needs to happen if you want to simply improve your basic life dealings. Support systems can be difficult to find

especially when people around you are so negative.

Find a few friends who are overweight as well and start your own support group. Encourage one another and make time to speak of your accomplishments not your failures. When you are struggling with your eating, call one another for encouragement.

Keep a food journal and at your meetings trade them off to each other to look at. With a colored pen or a high lighter mark in each other's journals the foods that should not have been eaten and next time look for healthier alternatives.

You will have days that are harder than others, and you will get past them. Remember your eating habits are just that. Habits! They will take a conscious effort to break but it can be done. Also know that you are not going to get in better shape over night. This also will take time and is a lifestyle change not just a temporary fix.

As far as exercise goes, posse up and walk or come up with something that you all like to do and can encourage one another. If you are alone then so be it. Grab your phone, ipod or whatever else you may want to listen to that will motivate you and help you through your walk.

You will want to increase and start adding functional movements to help you with your progress. I have had many clients come off of the diabetic pills, get lower doses of BP medication and ease most of their joint pain.

Before I left for Cuba, I used to do a Dream Bodies Buddy Club where we would meet on Saturdays, work out, go over nutrition and monitor progress. I would start this back up if you and four friends would be interested in it.

Better yet, if people email me stating why they need to lose 50+ lbs I will select five people and do 1 month for free.

**UNLEASH YOUR HERO!**

Ryan Rollison  
Dream Bodies  
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# Death of a King by Tavis Smiley (with David Ritz)

By Terri Schlichenmeyer  
The Truth Contributor

Your heroes are larger than life.

They're always tall, strong, and wise. No one can best them or outdo them, and no one can touch them in the good they do. Whether they're cape-wearing, donning a dress, or suited, you want to be just like them.

And you are, more than you realize. Your heroes are only human, after all, and in the new book *Death of a King* by Tavis Smiley (with David Ritz), you'll read about one of them.

On April 4, 1967, Martin Luther King, Jr. (known to his friends as "Doc") had his mind made up. Despite urgings from many in his inner circle, he was determined to go head-to-head with Lyndon Johnson – arguably the most powerful man in the world – against the Vietnam War. They'd had this conversation before, Doc and LBJ,

c. 2014  
Little, Brown  
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277 pages

In his mid-30s then, Doc seemed to be losing them. Many were following what SNCC leaders and Malcolm X were saying; specifically, that revolution was the way to quash racism. Doc felt strongly that ending the war was the key to peaceful equality. He was "still formulating his Vietnam position" at this time in his life, but he was increasingly seen as "out of style and out of step."

The notion may have been underscored that summer, when more than 125 riots broke out across the nation and no one seemed to be listening to Doc's words. He was widely "out of favor" with many; some even blamed the violence on him.

but Doc was "about to dramatically turn up the volume."

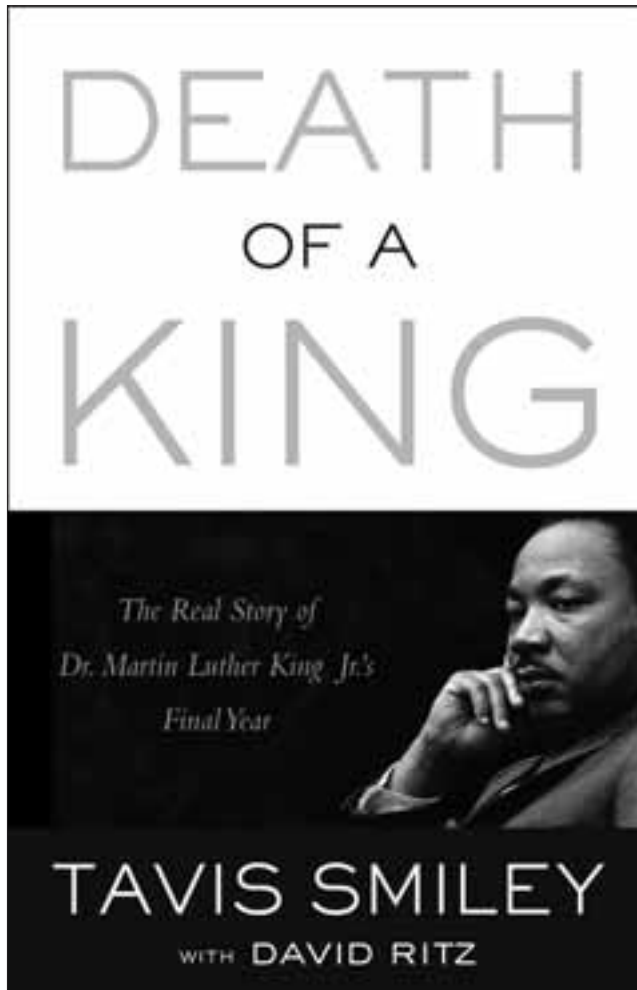
It pained him, however, that his own people were attacking him.

and reconstructed personal feelings of dead men do not make a non-fiction book, in my opinion. But yet – because author Tavis Smiley explains why he wrote *Death of a King* this way - it's okay.

In fact, it's *better* than okay.

In his introduction, Smiley says that an early admiration of King helped him in life and career, but he thinks King's "martyrdom has undermined [King's] message." Through interviews and other conversations, Smiley recorded "essential truths" that he says needed preserving, and he found an immensely readable way to share them.

Ultimately, I liked this book for its novel-like flair and for the intimacy that it lends to "the soul of the man" so many revere. And if you're one of those reverential folks, *Death of a King* will be a huge book for you.



Fundraising events failed that year. Money was tight; they were "barely scrap[ing] by." Doc's inner circle began "fighting to take the campaign in different directions," and he turned to his wife, Coretta, on whom he had cheated, hoping for the support of at least one person he loved.

By early spring of 1968, Doc was deeply depressed and was talking about death "all the time". He wasn't sleeping, wasn't eating right, and was "torn by his obligations." He confessed to friends that "He's certain... he'll be killed."

I'm not normally a fan of books like this. Recreated conversations presented as quotes

\* \* \*

In Smiley's book, he mentions King's "Letters from a Birmingham Jail." In *Letters to a Birmingham Jail* by Bryan Loritts, you'll read essays by influential men who reflect on religion and the truths that King held dear. Loritts, by the way, is lead pastor of Fellowship Memphis Church.





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### Educational Advisor - ETS TRIO Programs

#### Bowling Green State University

The primary purpose of Educational Advisor is to provide supportive services to achieve the performance objectives of the Educational Talent Search(ETS) programs. The Educational Advisor recruits and retains new and continuing middle and high school students to increase secondary school achievement, assists students with supportive services necessary to help their promotion to next grade level, graduation from high school and then be prepared to matriculate to a postsecondary institution. This is a Grant Funded position. This position has many related duties and is in Bowling Green, Ohio.

Full-time, Administrative staff position available. For a complete job description & instructions on how to apply for this position visit <https://bgsu.hiretouch.com/> or contact the Office of Human Resources. Bowling Green State University is an Affirmative Action/Equal Opportunity Educator and Employer. We are committed to a multicultural environment and strongly encourage applications from women, minorities, veterans and persons with disabilities. In compliance with the ADA Amendments Act (ADAAA), if you have a disability and would like to request an accommodation in order to apply for a position with Bowling Green State University, please call 419-372-8421.

### Medicaid Clerk Full-time

Full-time (40 hrs/wk) position available to provide assistance to clients applying for Social Security (SSI), Social Security Disability (SSDI) and Medicaid. Position will gather information, verify eligibility, track redeterminations and assist clients who have lost benefits. May serve as client representative. Position schedule is Monday – Friday.

Qualified candidates must demonstrate knowledge and understanding of SSI, SSDI and Medicaid programs. Proficiency in computer use and software applications such as Excel and MS Word. Must have prior experience using electronic billings systems, experience with electronic health record preferred. Excellent customer service skills required and previous experience in dealing with individuals with mental illness preferred.

Send resume or apply to:

Unison Behavioral Health Group, Inc.  
Human Resources - MC  
1425 Starr Ave.  
Toledo, OH 43605  
Fax: 419-936-7574  
Website: [unisonbhg.org](http://unisonbhg.org)

EOE

# Second Baptist Church Held Its Annual Women's Day Celebration

By Tricia Hall  
Sojourner's Truth Reporter

The women of Second Baptist Church, dressed in white and yellow, celebrated Women's Day with a panel discussion and service, using the theme: "The Total Woman: Beauty from the Inside out."

The October 25 panel included women who spoke on the celebration theme and focused on uplifting attendees. "There are women who are broken and I pray they held something that will restore them. There is an inner and outer beauty within each woman," shared Women's Day Chairman Debra Jones.

On October 26, the celebration included two services, one in the morning and one in the afternoon. The morning service was facilitated by mistress of ceremonies Virginia Welch, then praise and worship was led by Varetta Glover, Renee Johnson, Theresa Shumpert, Sierra Watson and Ada Williams.

Second Baptist Church Women's Day Choir delivered selections through the service. Ebony Johnson read the responsive reading, First Lady Boose communicated the pastor's observations, Hezel Fell and Kaye Williams introduced the speaker and event co-chairman, Charlotte Lawson, gave the words of gratitude.

The afternoon service was led by mistress of ceremonies Kaye Williams. Praise and worship was led by Barbara Campbell of St. Mark's Baptist Church, Vera Sanders and Lisa Sumrow of Ebenezer Baptist Church, Diane Williams of Greater Harvest Church and Mattie Taylor of First Baptist Church.

The Second Baptist Church Women's Day choir sang various selections throughout the service, and Inez Hunter introduced the speaker. Event Chairman Debra Jones completed a presentation and delivered

words of gratitude.

"I would personally like to thank, my pastor, Rev. J.L. Boose and First Lady Boose. I thank everyone who helped this weekend, especially our panelist and speakers. I thank the Women's Day co-chair Charlotte Lawson, and the committee for all of their work and dedication. The community is always invited to fellowship with the Second Baptist Church family," explained Jones.

The morning speaker was Shirley Williams, a member of Second Baptist Church since 2010, serves as the church Administrator and Director of Vacation Bible School. The afternoon speaker was Mary Sumrow, a member of St. Paul A.M.E. Zion Church for over 54 years. She's the widow of Rev. Fred Sumrow, mother of two daughters and a grandmother. Currently, she serves on the district and local levels of the church.

This year's theme was inspired by Biblical scripture I Peter 3:3-4. Rev. J.L. Boose is the pastor. The committee members: Debra Jones, chairman; Charlotte Lawson, co-chair; and members Emma Brown, Patricia Clayton, Shirley Jordan, Niki Sims, and Regina Tilman.

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Second Baptist Church Womens Day and Rev. Boose



Shirley Williams, Mary Surrow, First Lady Debra Boose, Rev. J.L. Boose