



Volume 36, No. 5

"And Ye Shall Know The Truth..."

December 2, 2015

A Holiday Feast!



Toledo City Councilwoman Theresa M. Gabriel and Chef Marla Oden

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Sixteen Messages.....

By Lafe Tolliver, Esq

Guest Column

By now, most if not all of America has had a chance to witness the real-time video of the first degree murder shooting of the black teen Laquan McDonald by the white Chicago cop.

It reminded me of the scene in the movie, *To Kill A Mockingbird*, when the lawyer Atticus Finch was called back to home due to a report of a rabid dog roaming the street.

Atticus came home and was given a gun and shot the dog. All was well.

Atticus saved the day.

Now fast forward that shooting scene to the streets of Chicago and the young teen takes the place of the rabid dog and the sadistic cop takes the place of Atticus Finch.

One was a rabid dog in need of being put down and the other was a human being who needed to be talked down out of jay walking and carrying a four-inch knife.

One was a danger to the neighbors and the other one was a danger, at that time, only to himself and not to the arriving fleet of police cars.

One was shot one time and the other was shot 16 times. Even the rabid dog got better treatment than the 17-year old teen.

You wonder how could a cop whose job is to protect and to serve could so wantonly and without conscience shoot a kid 16 times when the kid posed no threat to that cop or his fellow officers in blue.

What type of depraved mind set can even remotely shoot a non-attacking teen 16 times and with 14 of those shots being while the teen was lying on the ground.

If you saw the video, you would see that after the first two shots felled the teen, the other 14 shots were pummeled into the teen while he was prostrate on the street...no visible means of posing any threat to anyone. None. But for this craven police officer who had a history of 18-20 prior civilian complaints about his conduct while on the police force, two deadly shots were not sufficient.

For this cop wanted more. Those additional 14 shots blasting into the limp body of the dying teen, those fourteen shots manifested a twisted and sick mind that bordered on pure rage and hatred.

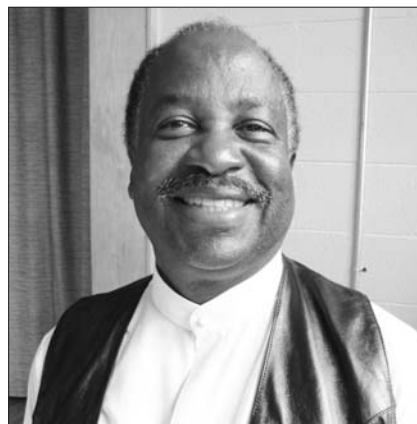
Do not believe the public relations hype being put out by the lawyer for the shooting cop that somehow the viewers missed from their angle what was really happening with the cop and the kid.

The Chicago Police Department would have to you believe, tongue in cheek, that somehow that carnage was justifiable and according to policy.

That somehow this teen, who was veering away from the arriv-

ing police officers, posed an imminent threat to the arriving officers and this shooting officer had fear of grave bodily harm to himself or to his fellow officers.

Why did it take that police department 400 days to release that video and save for a journalist making a demand under the Freedom of Information Act (FOIA), it is not sure when that video would have seen the light of day.



Lafe Tolliver

It is a sure bet to say that they did not want this video released immediately after the murder of this kid because of the outrage it would cause in the city and justifiably so.

And yet people wonder why #BlackLivesMatter is needed and necessary in the light of the plethora of so many shootings involving black males and white police officers.

It appears to be a policy of whenever you confront a black male and regardless of the situation, you use deadly force and worry about the consequences later. Don't try to de-escalate the situation by a two way conversation or the use of a Taser or a Billy club but rather, use a gun and get it over with.

When that officer shot that kid a total of sixteen times without justification, here is what each bullet said on behalf of the shooting officer:

bullet one: I' am the law here, how dare you!

... continued on page 4

The Sojourner's Truth

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Community Calendar

December 3

Kwanzaa Park Meting: 6 pm; Padua Center; Guest speaker LC Auditor Anita Lopez; Planning session for December 28 Kwanzaa Celebration

December 6

Junction Street Churches Fellowship: 4:30 pm; "Rebuilding the House of God;" Guest preacher Rev. Ronald Taylor of Beulah MBC; Churches - Resurrection MBC, Beulah MBC, Christian Love Fellowship and Kingdom Life Christian Center

December 15

Free Community Workshop: "Protecting and Maintaining Your Home;" Mott Branch Library; Sponsored by the Northwest Ohio Development Agency; 6 to 8 pm' Budgeting and savings, establishing credit, selecting contractors, home repair loans and grants: 419-243-3734

December 20

Calvary MBC Annual Musical: The Lion of Judah Victory Choir; 5 pm; Guest choirs, groups and soloist from around Toledo: 419-242-8379

December 25

Merry Christmas!!

December 26-29

2015 Kwanzaa Celebration: 6-7:30 pm nightly; Frederick Douglass Community Association; Open 5 pm for vendors: 419-509-0751 or 419-410-8022

January 1

Happy New Year!!

Working Together for Special Education

By Lynne Hamer and Willie McKether

Guest Column

Throughout its short history, as chronicled in this column, "Community Conversations" has focused on the achievement gap between students of color and white students in both K-12 and postsecondary education.

While we make no claim that Special Education accounts for the gap, it deserves attention as a potent contributing factor in K-12 education, particularly when research shows that children of color are often over-diagnosed into particular types of special education categories, such as "emotional behavior disorder."

Here, we see an important opportunity for action that needs to involve all stakeholders in schools: parents, community members, teachers, administrators, and students.

At our November 23 meeting, D.L. Adams, Ph.D., shared extensive knowledge about special education laws and practice. Adams recently received a doctoral degree in Special Education, Disability Studies, and Gender Studies from Syracuse University in New York, and has been a participant in Community Conversations for over a year.

Adams's research interests are in the critical study of special education, as well as school-to-prison pipeline, the overrepresentation of kids of color in special education, supporting LGBTQ students in schools and school-wide behavior management.

Adams explained how since the passage of public law "PL 194-142" in 1975, our country has guaranteed the right to free and appropriate education designed to promote progress for all students with disabilities.

PL 194-142 was later revised and renamed The Individuals with Disabilities Act (IDEA). Reauthorized and amended in 2004, IDEA "applies to children who have particular disabilities which affect the child's learning, from preschool aged children to young adults, age 21."

"Under the IDEA," Adams explained, "children are entitled to an education designed to produce educational progress (not the best possible education)." "Progress" instead of "best" can set a low threshold of expectation. This has meant that parents have regularly, across the country, had to advocate for their children to receive the best education they can have.

The referral of a child to be considered for special education, and an initial evaluation of the child including numerous tests, starts the process. A child might be referred by a parent/guardian or by a teacher.

Adams emphasized that it is important for the parent/guardian to be receive a thorough understanding of the tests and results. Nationally, however, "that is the problem: they don't. When they get the test results, they are supposed to have someone there to help them interpret, but they don't."

How that education will take place is determined in the student's Individualized Education Plan (IEP), which, Adams explained, is a legally binding contract. "The IEP is a written statement between the parent and the district that specifies the specially designed instruction, related services, accommodations, modifications and supports that a school will provide for a student with a disability."

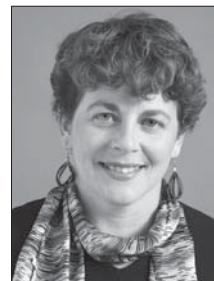
Most important, according to Adams, is that the process for the IEP must by law involve the parent or guardian in making the plan. That is why the IEP team *must by law* include the parent/guardian of the child, at least one of the child's regular education teachers, at least one of her/his special education teachers, a school district representative knowledgeable about the curriculum and available resources and, if possible, the child her/himself.

Too often, however, the process of making the plan does not involve the parent/guardian, let alone the child, in a meaningful way. Again, this is a problem across the nation, though some districts do better than others. Adams stated, "Often the plan is made before the parent comes in [to the IEP meeting], even though the parent is supposed to come to the planning meetings."

By law, Adams ex-
... continued on page 4



Willie McKether, Ph. D



Lynne Hamer, Ph. D

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Lafe Tolliver... continued from page 2

bullet two: Now, see who is the boss here.

bullet three: Now say something...I dare you!

bullet four: Yeah, I am all into you.

bullet five: How is this for #BlackLives-Matter?

bullet six: Lights out kid!

bullet seven: Who's your daddy now?

bullet eight: Got somewhere to go kid, too bad, not today!

bullet nine: Easier than shooting fish in a barrel!

bullet 10: I hope your Mamma has burial insurance.

bullet 11: What kind of name is Laquan?

bullet 12: Are we having fun yet?

bullet 13: Wait till I tell the fellas back at the precinct how this body jumped!

bullet 14: Is my wife making meat loaf tonight or is it pot roast?

bullet 15: My finger sure is tired from pulling this trigger so much.

bullet 16: Finally! Now let me reload and get some more target practice in.

So, a kid is gunned down without a trifle of a thought going into it and the shooter stays on the job with full pay and benefits in spite of the video.

The mayor of Chicago stayed silent for 400 days and did not chastise the shooter nor did he ask for his removal from the department.

So much for the power of the black vote in Chicago and its inability to show its voter strength and demand immediate changes in the police culture that would tolerate such a shooting and only under duress, release this shocking video.

Chicago is now averaging a daily shooting death and the overwhelming majority are those of "us" killing "us."

With that lack of respect for each other, it is no wonder that this shooting cop could take his cue and gun down this kid with a devil may care attitude because he has seen it repeatedly done and he probably thought, "Hey, one less black male to worry about later."

Contact Lafe Tolliver, Attorney at Tolliver@Juno.com

Special Education... continued from page 3

plained, the parent is supposed to be notified 10 days prior to the IEP meeting, and the parent has the right to request the meeting be rescheduled if s/he cannot attend. Schools are supposed to tell parents that they can participate by phone, but often schools do not.

In our conversation about Adams's presentation, some participants wondered how realistic it was to expect parents' active involvement. Others expressed that it was entirely appropriate, and noted that in their experience, if parents are educated about the law and made to feel welcome, they usually attend the meetings.

General consensus held that if the IEP is supposed to be a joint effort, it should be. Several parents present expressed the belief that parents want to participate, and that they should participate because they know the child best.

Participants questioned, where do parents get knowledge about the IEP and their roles, rights, and responsibilities? To which Adams replied, again speaking of the general situation nationally, "That's the problem: they don't."

This conversation demonstrates the best of what can happen when individuals come together to freely discuss matters of common concern. Adams provided research-based information from national, peer-reviewed studies, that showed local concerns are not unique to Toledo, but are concerns shared in many, many communities and districts.

Participants who had experience as parents or teachers or students with special education locally and regionally were able to share with individuals who lacked experiences. In the process, local concerns were contextualized nationally, and national concerns were seen at the local level, where individual children's futures are at stake.

Participants were concerned that they saw our inner-city kids failing academically, and wondered if that was because of the lengthy evaluation process. There was

... continued on page 12

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Portman, Brown, and Ryan Urge President Obama to Award Simeon Booker the Presidential Medal of Freedom

Special to The Truth

This week, U.S. Senator Rob Portman (R-Ohio) joined U.S. Senator Sherrod Brown and Congressman Tim Ryan (D-OH-13) in urging President Obama to award African-American journalist Simeon Booker the Presidential Medal of Freedom – the highest civilian honor bestowed by the President of the United States – for his pioneering achievements in the field of journalism and his work to advance the civil rights movement.

“By overcoming adversity, Simeon Booker became not only a trailblazer in his field, but also a role model for generations to come,” Portman stated. “He devoted his life’s work to chronicling the history of the civil rights movement in America and is very deserving of the Presidential Medal of Freedom.”

“Simeon Booker surely deserves this prestigious award. Throughout his long and illustrious career, Booker risked his own safety to bring groundbreaking coverage of the civil rights movement and the Vietnam War to the American people, and in doing so forever changed our nation for the better. Simeon Booker has devoted his life’s work to breaking barriers and changing the hearts and minds of all those he touched through his writing. He is a true American hero,” said Ryan.

“Simeon Booker is proof that great journalism can help change the course of history,” Brown said. “He stopped at nothing to cover key moments in the civil rights movement and his work helped advance the cause of civil rights in America. There is no honor more fitting for Booker than the Presidential Medal of Freedom.”

Portman previously honored Booker’s legacy with a Congressional Record entry when Booker received an Honorary Doctor of Letters from Youngstown State University.

Simeon Booker, who grew up in Youngstown, OH, began his career writing about Negro League baseball teams for the Youngstown Vindicator. In 1950, he received the Nieman Fellowship to study journalism and develop his talent as a reporter. After one year at Harvard, Booker became the first full-time African-American reporter at the Washington Post.

In 1955 he helped advance the civil rights movement with his famous coverage of the Emmett Till murder and trial – turning a common occurrence in the Deep South into a national tragedy that united the African American community. In 1961, he rode with the Congress On Racial Equality (CORE) Freedom Riders through the Deep South. When they were firebombed and beaten by the Ku Klux Klan in Alabama, Booker arranged for their rescue by calling U.S. Attorney General Robert F. Kennedy.

Simeon Booker is often referred to as the “Dean of the Black Press.” He has covered every presidential election since 1953 and is the author of two highly acclaimed books: *Shocking the Conscience: A Reporter’s Account of the Civil Rights Movement* and *Black Man’s America*.

His honors and awards include: Nieman Fellowship, Harvard University 1950; President of the Capitol Press Club, 1956; Fourth



Simeon Booker

Estate Award, National Press Club, 1982; Inducted into Hall of Fame, Washington Chapter of Sigma Delta Chi, and Hall of Fame of Washington, D.C. 1984; Master Communicators Award, National Black Media Coalition, 1998; Phoenix Award, Congressional Black Caucus Foundation, 2010; Inducted into Hall of Fame, National Association of Black Journalists, 2013.

Season’s Greetings from Toledo Branch NAACP

Please join us to celebrate the Christmas Season on Tuesday, December 8, 2015 – 7:00 p.m. at the African American Legacy Project, 1326 Colingwood. Light refreshments will be served.

Ray Wood - President Toledo Branch NAACP
And The Executive Committee

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Dessert is Served!

By Patrice Powers-Barker, OSU Extension, Lucas County

The Truth Contributor

I have the pleasure of hosting an after-school food class at a local elementary school for the sixth through eighth graders. As part of the after-school activities, we usually make an easy recipe for them to sample and decide if they will make it at home.

As you might guess, the main nutrition messages revolve around eating more fruits, vegetables and whole grains as well as increasing physical activity. Last week, in anticipation of the upcoming holidays, one of the students asked, "Are we going to make recipes with vanilla and chocolate?"

As I kept a straight face and said we could look at some dessert recipes, inside I was grinning and thinking "ah, a girl after my own heart."

During this time of year, not only do we have all the sweets and desserts that are available in the store all year long, but we also have an additional barrage of holiday decorated and packaged candies, store-bought sweets and traditional home-baked goods. Can it really fit into a healthy diet? Here are some strategies to use during this busy season.

Eat breakfast. Use this important meal to eat healthy foods and know that not only is it a good start to the day, but it can also help you consume fewer calories throughout the day.

At the store, stick to your list. Make a grocery list, buy the items you need and use a check-out lane that doesn't display candy.

Choose only what looks good to you. You do not have to eat a dessert, or any other food for that matter, just because it is a traditional food at this time of year. Be choosy.

Take your time when eating. Be mindful to truly enjoy the taste and textures of the foods.

Pay attention to how you feel, use hunger and fullness as cues to recognize what to eat and when. Wait 10 minutes after your meal to see if you are truly hungry for more food.

Serve small portions and use a smaller plate. While mini cupcakes and cake pops might not include ingredients like fruits or whole grains, enjoying a small serving is a better option than eating way too much.

Make treats "treats" and not everyday foods. This is a hard one during the holiday season since there are opportunities for so many parties and celebrations. Make sure your celebrations include other aspects such as quality time with other people and opportunities for physical activity in addition to the food and meals.

Shhhh, don't tell the students that these might be recipes we sample this month at their after school program. As you can see, they are desserts, they have a limited amount of ingredients, and they can be made by an adult or young adult. One other thing we do at the after-school program is to try new foods. They do not have to be favorite foods; in fact, the youth may not care for them. The participants are not supposed to say "ewwww, yuck" or "that's nasty" but they have every right

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The Knotty Truth

Natural Care for Locs
Saturday, November 14, 2015
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Health Section • Health Section • Health Section • Health Section • Health Section • Health Section • Health Section • Health Section

Four Common Myths about Diabetes Debunked

Special to The Truth

Knowing the facts about diabetes is important for everyone, as living a healthy lifestyle can play a key role in helping to prevent and control the disease.

To help, the Certified Diabetes Educators at Nutrisystem are debunking some common myths.

Myth: I'm a healthy weight -- I can't get diabetes.

Truth: Although there is a clear connection between being overweight or obese and developing Type 2 diabetes, genetics and other lifestyle factors like diet can play a role as well. By maintaining a healthy weight, eating a nutritious, balanced diet and engaging in healthy habits like regular exercise, you can decrease your risk of developing Type 2 diabetes.

Myth: People develop diabetes because they eat too much sugar.

Truth: Consuming excess calories (from sugary and non-sugary foods) can contribute to excess weight and obesity -- both of which are associated with Type 2 diabetes, but sugar is not the singular cause of diabetes. Type 1 diabetes is the result of genetics and additional unknown factors, while Type 2 diabetes is the result of a combination of genetics and lifestyle factors.

Healthy hint: Even if you only use sugar substitutes as sweeteners, consuming excessive calories from other foods can still contribute to developing Type 2 diabetes.

Myth: If I have diabetes, I have to follow a restrictive diet that includes no carbs and definitely no dessert.

Truth: You might be surprised to learn that generally speaking, individuals with diabetes can follow the same healthy diet recommended for the general public -- one that includes lean proteins, non-starchy vegetables, whole grains, healthy fats and fruit, and that minimizes saturated and trans fats, salt and sugar.

Carbohydrates are an acceptable and necessary part of a healthy meal plan. However, pay attention to portion. Optimal carb counts vary, but the American Diabetes Association recommends starting with 45 to 60 grams of carbohydrates per meal, and tweaking depending on your body's response.

Some good carbs to consider include whole grain breads, pastas, rice and cereals, plus starchy vegetables like potatoes, peas and corn. Fruits, beans,

milk and yogurt also count toward daily carbohydrates.

Those with diabetes can also still enjoy sweet treats in small portions on special occasions.

Myth: If my blood sugar doesn't improve right after losing weight, it never will.

Truth: It may take time for the body to adjust to the new way of eating. If you don't see quick improvements, be patient.

Also, stay in touch with your doctor since your medication or insulin may need to be adjusted.

To make eating right a snap, consider following a structured meal plan like Nutrisystem D, which provides pre-portioned meals to help manage diabetes. More information can be found at www.Nutrisystem.com.

Getting the formula right for a healthy lifestyle is not just an art, it's a science -- particularly if you have diabetes. Take steps to learn more about the disease and make positive lifestyle changes to support your health.

Courtesy StatePoint

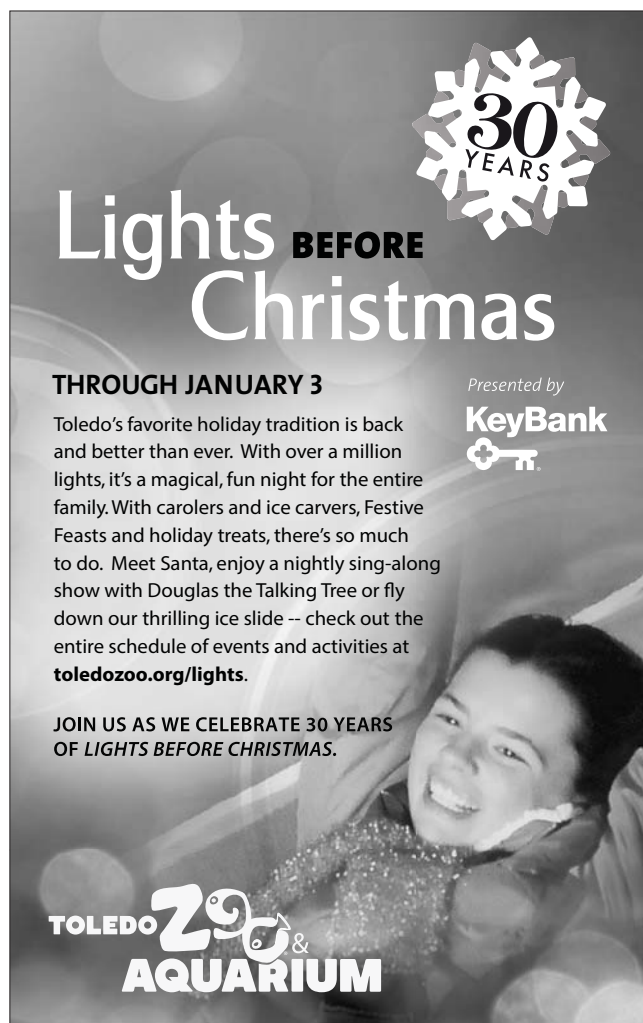


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TOLEDO ZOO & AQUARIUM

Take the Stress Out of The Holidays!!

By Angela Steward, Fitness Motivator

The Truth Contributor

Holidays have the annoying side effect of throwing my workouts and diet way off track. By late November, early December, I often find myself longing and sighing (often out loud) that I'd be happy when the holidays are over. I don't want to feel like that!

So, this year I'm challenging myself (and you) to Take the Stress Out of the Holidays!

Our goals are:

To actually enjoy our favorite time of the year.

To maintain a gym routine; and

To not stray far from our normal eating habits.

Here's how we're going to accomplish those goals:

1. BY SAYING YES AND NO TO THE RIGHT HOLIDAY EVENTS.

Stop cramming every weekend between now and New Year's Eve with parties you'd rather not attend. This time of year should be fun, but it seems more often than not, I spend a lot of the season going to events due to feelings of obligation.

Most of the holiday invites are not mandatory and, in fact, no one would miss me if I didn't go. So this year I asked myself: "Why force myself to attend huge, hours-long events trying to make small talk with a bunch of people I don't know while checking my watch every five minutes to see if I've spent enough time so I wouldn't look rude when I leave? I'm saying "no" to the stuff that doesn't put me in the holiday spirit!

I'm going to say "YES" to the plans that excite me, like our FabFit Christmas Pajama Jam Party! No fancy dresses, high heels and uncomfortable spanx under my clothes! We're wearing comfy pajamas & slippers and spending the evening laughing, playing games and enjoying each others company. It's a get-together that we all look forward to and enjoy, and it makes the holidays more fun!

Don't feel badly about missing a party or two to spend time with your family to watch A Christmas Story or A Charlie Brown Christmas to simply relax on the couch. If instead of going to a party, you'd rather go to the gym or sit on the couch in your pajamas and shop online, then do that. Just tell yourself, I've already made plans (shopping in your PJ's does count as a plan) and don't feel guilty about it.

2. I'M GOING TO MAKE MYSELF A PRIORITY.

It seems as soon as our schedules get a little weird, the first two things to be

thrown out the window are diet and exercise. It takes time to work out and it's easier to grab whatever food is around, rather than take the time to either make a healthy meal or go get a healthy meal.

But the truth is, when I miss my workouts: I actually MISS my workouts and I MISS my workout Sistas!! I know that if I eat a few too many less-than-healthy meals in a row, I feel terrible, I look terrible and my mood is awful!!! I've come to realize that it would just be better for me (and everyone who has to deal with me) to take thirty to sixty minutes to work out, and take ten minutes or so to go get a flipping salad, and avoid eating the chocolate Kisses and chocolate covered peanuts in the office kitchen.

I need at least five workouts a week to feel healthy, some need less! But if you need at least three workouts a week to feel healthy, then get them in - COME HELL OR HIGH WATER!!! If you're feeling tired and frazzled, then come to Fabulously Fit Gem where you can get a variety of classes that always leave you feeling energized & awesomely mellow (shameless plug...but the truth...lol)!

You want to take care of yourself so you can actually feel good through the holidays and not like a grumpy bloated version of yourself.

3. I'M MAKING NO EXCUSES, NEITHER SHOULD YOU!!

Maybe it's not that it's hard to fit your workouts in and to eat right. Maybe, especially if a healthy lifestyle is something you are still trying to adopt wholeheartedly, you are using the holidays as an excuse to skip the gym and to eat every piece of sweet potato pie you come across! Hmmmm, sound familiar??? It's the holiday, I can eat (fill in the blank)!!!!

If that's the case, stop that sh** right now! Do you really want to be faced with tight pants, gut rot, and the feeling of desperation that shows up around New Year's Day when you realize you totally undid a good six months of work in the course of eight weeks? **Probably not!!**

4. I'M GOING TO ENJOY THE PARTS OF THE HOLIDAYS I LOVE!

Celebrate this time of year. Just do it selectively. **I would never tell anyone not to eat their favorite foods on Thanksgiving, Christmas, Hannukah, Kwanzaa, etc.** That's ridiculous. I never want to be that person who spends Christmas and Thanksgiving trying to find a steamed vegetable and a lean piece of non-fried turkey to eat because I didn't want to go off my diet even for one meal. *Do not be that person, and if you are, stay very far away from me!!!!* Because unless you have a bodybuilding show or a weightlifting competition the next day, there's absolutely no reason you can't enjoy the holidays with your family and eat the foods you love that are special to this time of year.

Go for the pumpkin pie, the cranberry sauce, or the fried turkey - if those are things you truly enjoy. But don't drink the eggnog if you don't even like the stuff. **THEN, THE NEXT DAY, GET BACK TO NORMAL.**

So to summarize: I'm planning to maintain my exercise routine, eat seasonal foods but not go crazy, and actually enjoy the holidays in the way that I enjoy them. I will do this by:

1. Saying Yes or No to Holiday Events;
2. Making Myself a Priority;
3. Making No Excuses; and
4. Enjoying the Parts of the Holidays I Love!!

I hope this helps everyone, myself included, make their holiday season more enjoyable, healthier, and less stressful. Please feel free to email comments or to share your tips and tricks for making this time of year special and stress-free.

... continued on page 11

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Ask Ryan

By Ryan Rollison

The Truth Contributor

Dear Ryan,

I have a question about getting started on a workout plan for the New Year. I had bumped into you last May in a store and asked you about losing weight for the summer. You said I should have started sooner to lose the amount of weight that I wanted to. Truthfully, I didn't do anything to lose weight and I am still heavy and probably added about 10 more pounds. I would like to lose about 30 pounds before summer comes. Can you tell me what to do from the ground up? Thank you.

M.K.

Dear M.K.,

This is plenty of time to get started to lose 30 pounds. You would be amazed at how many people come to me wanting to lose 10 pounds in a week because they have a wedding, reunion or some kind of social gathering that they want to be ready for. If you're playing a sport you don't wait two weeks before the season starts to begin your conditioning.

As I had stated many times before, losing more than three pounds per week will result in a loss of muscle tissue. You have to be smart about your approach.

You have to give 100 percent in your nutrition, training and cardio. Now by 100 percent I am not telling you to kill yourself every time you're in the gym. I am saying be consistent with your program and don't skip workouts or meals.

Remember all three components working together will yield you the best results in meeting your goals. Set realistic goals to achieve and stay focused on them. People who set unrealistic goals fail every time! If you haven't been training or eating right, don't expect to go in and train as if you been doing it for a year.

Know that some days will be tougher than others, but, also know that you can get through it and when you do, you will feel accomplished. Pick your days and stick to them like you would a doctor's appointment.

Your friends want to do something?

"Sorry, I can't, I have an appointment."

This is one of the most important appointments that you can keep. This is your promise to yourself that you are going to change your lifestyle, your attitude, your confidence, your level of fitness, your muscle tissue, your body composition, your energy

and much more. Be dedicated to you, for you!

Embark on your journey with confidence and direction and discipline. Here is a simple plan for you to get started and reap results.

I would start with three days a week working major muscle groups. Legs, back and chest. Pick one exercise for each muscle group and do two sets of 12.

Pick your favorite cardio activity and try to do at least 10 minutes at a moderate pace and level. Do 20 minutes if you can.

I would follow this for two weeks then add another exercise for all the muscle groups. During your third week, add in your shoulders, arms and abdominal. On your now weight-training days, still make it to the gym and do 20 minutes of cardio. It's best to create the habit and stick to it. It is said that it takes a minimum of 21 days to create a new habit and to break one.

Nutrition! I find this to be almost everyone's thorn in the side. You don't have to be perfect but you have to be consistent! If you slip up, then you slip up.

Get back on track and push forward. Make your eating changes simple at first. Start by cutting your sugars and junk foods out or down by half. Replace them with veggies that you like to eat. Please don't make this harder than it needs to be.

We all have weaknesses and with that being said, AVOID THEM! If you like chips, DON'T BUY THEM! Use it as a reward at the end of the week for being successful in sticking to your goals this week. Make that a small snack size bag, not the family size.

Sometimes you can't avoid having items around due to other family members who aren't eating clean like yourself. Still, steer clear until your week is completed. Be the strong person that you are capable of. Eat five small meals per day with an emphasis on complete proteins and fiber-filled carbohydrates. I have a great food list that I can share with you. If anyone is interested in this list just email me your request



Ryan Rollison

and I will get it right out to you.

I also do fit camps that are specialized for beginners and people who need to lose 25 lbs or more. Again contact me for information and if you have at least five people who want to start a group.

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Ryan Rollison

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Tips to Boost Your Family's Energy

Special to The Truth

Busy schedules can leave you feeling drained, but with the proper fuel, you can ensure both you and your children have the energy needed to ace each day.

Meal Plan

Creating a meal plan, which will help you stay organized, maintain a good diet and avoid repeat trips to the store. To simplify shopping and preparation, put together a list of favorite meals and snacks; then group according to common ingredients. Use a dry erase calendar, spreadsheet or online template to plot out menus one week at a time. Then, draft a grocery list and stick to it. This will help you pass up the chips and cookies for more energy-boosting options.

When you arrive home, immediately wash and prep produce for the week to make it that much easier to make nutritious meals all week long.

Start the Day off Right

Wholesome breakfasts provide a pick-me-up in the morning and throughout the day. Squeeze some oranges for fresh juice and a vitamin C boost. You can make a pitcher each weekend to last several days. Serve with homemade granola bars for a satisfying start to the day.

Smoothies are another easy breakfast. Whip up personalized flavors for each family member using the pre-set Smoothie and Power Blends programs on a Vitamix S50. This personal blender's 20-ounce container becomes a good travel cup for school or work. Freeze a variety of individual servings of fruit and vegetable combinations into zip-top bags, blend with yogurt, milk or juice, and head out the door. Or use the machine's 40-ounce container to make larger batches for the family to enjoy together. A nourishing smoothie provides the

fuel necessary for a productive start to the day.

Mid-Day Motivation

Prep power-packed lunches for school and work by including protein, fruits and vegetables in an assortment of tastes and textures. You can use a premium blender to quickly prepare all kinds of dips and nut butters. Try homemade hummus with cucumber slices and carrot sticks and a side of strawberries and grapes. Or create fun finger foods, such as a peanut butter and apple wrap, or ants on a log -- almond butter and raisins on a celery stick.

Remember to stay hydrated. Water is fuel, and even mild dehydration can slow down body systems, resulting in fatigue. Carry a large container of water to drink throughout the day.

Dinner Delight

Continue beneficial eating habits at dinner. Add extra vegetables to your menu with a squash cheese sauce for a new take on whole wheat macaroni and cheese. Or bake a wholesome pizza using fresh pesto or a white bean purée as the sauce.

Instead of hitting the couch after dinner, complement healthful eating by taking a walk with your family. Exercise provides a natural endorphin boost, giving you extra motivation to maintain healthy habits.

With a little planning, a busy schedule won't be an excuse for bad habits.

Courtesy StatePoint

Dessert... continued from page 6

to say they don't care for it. They might like these recipes, how about you?

Pineapple angel food cake

12 servings

Ingredients

- 1 package angel food cake mix (1-step mix)
- 2 cups crushed pineapple in 100% juice (**do not drain**)
- Whipped topping (optional)

Directions

1. Preheat oven to 350°F. Mix the cake mix and pineapple together in a large bowl.
2. Pour into an ungreased 13x9-inch pan.
3. Bake for 25-35 minutes, until golden brown or an inserted toothpick

comes out clean.

4. Let cool and serve with whipped topping (optional)

Chocolate Mousse

4 servings

Ingredients

- 1 carton instant chocolate pudding mix
- 1 1/4 cups soy milk (cold)
- 3/4 package silken tofu (14 ounce)

Directions

1. Blend the chocolate pudding mix and the soy milk on medium speed for about 15 seconds until the mixture is very smooth.
2. Add the silken tofu and blend again. Scrape the mixture down off the sides to be sure it's all mixed in. Blend and scrape until well mixed and very smooth.
3. Pour mixture into 4 small serving dishes.
4. Place in the fridge. Chill for at least 2 hours before serving.

Sources: ChooseMyPlate.gov, www.eatright.org (Academy of Nutrition and Dietetics), recipes from What's Cooking, USDA Mixing Bowl



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Are You Sleeping Enough?

By Dianne Pettis

The Truth Contributor

At this time of the year, we tend to get so busy...parties, shopping, decorating, and working extra. Who has time to sleep? Getting a good eight hours of sleep at night tends to take a back burner. It's one of those healthy lifestyle components that most people just don't think about. We need to think about it because poor sleep can severely affect quality of life.

While we sleep, our bodies are quite busy healing and recharging us. All kinds of chemical, hormonal, and restorative processes are taking place during slumber. All of the body's functions are affected when we don't get enough sleep. Young ones need about 10 hours sleep per night; but the average amount needed for adults is eight hours per night.

Sleep deprivation, even one or two hours less can impair learning, memory, concentration and creativity. This is particularly important for children's classroom performance and behavior. Children who don't have enough sleep can be hyperactive, whereas adults get sleepy.

Too little sleep is associated with a shortened lifespan. Last month, I wrote about the dangers of inflammation in the body. With less than five hours of sleep per night, an increased amount of inflammatory proteins are produced. This increased inflammation is associated with heart disease, stroke, diabetes, arthritis, premature aging and premature death. A vicious cycle occurs because too little sleep is associated with disease, and people who have chronic illnesses don't sleep as well.

Decreased sleep is associated with increased stressed, increased blood pressure, increased cholesterol, and decreased immune system function. Lack of sleep, especially chronic lack of sleep, causes depression, irritability, and you just don't handle pain as well – which can make you irritable, too.

Are you trying to lose weight? Try getting more sleep. When you have an adequate amount of sleep, your body is able to promote more fat loss; but when you don't get enough sleep, you're at risk for losing muscle mass. Also, the hormone that increases when you are sleep-deprived – ghrelin, drives your appetite. You seem hungrier. At the same time leptin decreases. This is the hormone that signals fullness. So you never feel full. You may seem more tired, with less stamina; so you don't want to exercise.

If you recognize that you are not practicing good sleep hygiene, here are some lifestyle changes to incorporate:

- Try to have a more stable and consistent schedule around bedtime.
- To decrease stress, do some relaxation activities, such as light reading, meditation or prayer.
- Avoid caffeine before bedtime. It can stay in your system as long as 14 hours.
- Avoid smoking before bed; the nicotine can cause frequent awakening during the night.
- Avoid alcohol before bed. Although it is a sedative, it can also cause frequent awakening two to three hours after it is cleared from your system.
- Before sleep, the bed is for sex only – not TV, eating, or talking

Stress Out of The Holidays... continued from page 8

I wish you a heartfilled Christmas and a Heathy and Happy New Year!

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about emotionally charged issues.

- Minimize light, noise, and temperature extremes in the bedroom.
- Sleep in your bed, as opposed to a couch or chair.
- A clean environment seems to be relaxing for some people.
- Avoid fluids after 8 p.m.
- If you must nap during the day, limit it to 30 minutes.

Avoid heavy meals before bed. If you need a snack and can tolerate it, try a little milk. Milk has L-tryptophan which helps sleep.

Contact Dianne Pettis, MS, FNP-0-BD at 724-375-7519



Dianne Pettis

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Special Education... continued from page 4

also concern about students being “passed along,” promoted from grade to grade despite not being able to read. And throughout this all, there was the concern that we as a society are treating some children as “disposable kids,” not taking seriously the need to help every child, from every community, be the best they can be.

So, in the spirit of moving from conversation to action, as discussed in our last column, what do we do? The following ideas emerged from the conversation:

Schools could educate parent/guardians effectively about laws regarding the creation of the IEP as a collaborative process. Schools could assure that parent/guardians receive help understanding what the tests say about their children's needs. Schools could also be sure to invite parent/guardians to the meetings where IEPs are actually discussed and made, with the whole team, and communicate that they believe the parent/guardian's insights are essential and appreciated.

Colleges of Education could provide easily accessible information about the tests that are used in the evaluation of students for special education. Colleges could provide accessible instructions for parents to interpret the results of tests. In addition, they could provide accessible discussion of research on cultural biases in the tests and on the reliability of tests in assessing a child's emotional state and ability to learn.

Community Centers could provide ma-

terials for parent/guardians to know their rights and responsibilities. Centers could even provide typed form letters for parent/guardians to fill in and sign requesting, for example, that their child receive an IEP and making clear that they know the school is under a legal obligation to provide the IEP within a specified time frame, once it is requested. Centers could provide coaching for the parent/guardian to take two signed copies of the letter to their child's school principal, leaving one with the principal and getting the other date-stamped to ensure the start of the process.

Parent/Guardians and Teachers could work together as allies, sharing information about what they've observed with the child, and strategizing how to get needed supports. Either a parent/guardian or a teacher could initiate this conversation. What is important is that each communicates to the other that their input is appreciated—and each is patient with the process, believing in the good intentions of the other.

Citizens could become more educated about the detrimental effects of laws and acts, such as No Child Left Behind, that tie teachers' pay and job security to children's test scores, which can have a negative effect on children's being included in classrooms. Citizens could then vote for candidates that support teacher-friendly and student-friendly legislation. (Colleges of Education also could provide accessible information about these matters.)

Clearly, there is something for everyone to do. Participants agreed that part of the time at our next “Community Conversations” will be devoted to reviewing these ideas and discussing next steps.

This is in the spirit of our intent to create a free and democratic space—a place where people can try out ideas and collectively select the ones most important to act on—as well as to develop smart ways to act. As Martin Luther King famously observed, “We must learn to live together as brothers or perish together as fools.” Conversation is essential if we are to learn to live together—and work together—for the common good of our students, our society, and our selves.

Everyone is welcome to join in the Community Conversations, alternate Mondays, 6:30-8:00 pm, at the Kent Branch of the Toledo-Lucas County Public Library, 3101 Collingwood Blvd., Toledo. The next conversation will take place on December 7; we will then observe a winter break with conversations resuming January 11, 2016.

The authors of this column are faculty at the University of Toledo and facilitate the group “Community Conversations for School Success.” Lynne Hamer, Ph.D, is professor of Educational Foundations and Leadership and directs UT@TPS. Willie McKether, Ph.D, is associate dean in the College of Language, Literature and Social Science, and associate professor of Sociology/Anthropology. Email lynne.hamer@utoledo.edu or willie.mckether@utoledo.edu to get on the Community Conversations email list, or join our public Facebook page at “Community Conversations for School Success Toledo.”

On Monday, December 7, at 6:30 our program will be “Schools as Community Hubs.” This will provide an opportunity for participants to learn about the valuable resources available through the “hubs” programs at Pickett and Robinson schools, as well as to brainstorm how the hubs can be locations for more community conversation to occur. Please join us!

Community Christmas Celebration

Clarence Smith Community Chorus invites one and all to join us for our 40th annual community Christmas concert on Saturday, December 12 at 6:00 p.m. The location is Mt. Pilgrim Church, 1401 Hoag Street. It will be broadcast live for WGTE-TV. We will have something for everyone to enjoy. In our effort to support local food banks, please bring some non-perishable items.

Look forward to seeing you!



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Naughtier Than Nice by Eric Jerome Dickey

By Terri Schlichenmeyer
The Truth Contributor

You have to tell somebody.

There's a secret inside you, one you've been keeping far too long and you're about to burst. You need to talk about it. You need some advice, some perspective. As in the new novel *Naughtier than Nice* by Eric Jerome Dickey, if you don't talk about this issue soon, it could be the death of you.

c. 2015
Dutton
\$25.95 / \$33.95 Canada
357 pages

Last Christmas Eve had been a memorable one for Frankie McBroom, for the wrong reasons: that was the day she spent thinking about how to cancel her wedding to Franklin Carruthers. He'd been her soul mate, her one-and-only... until she discovered that he was a married man.

As the eldest McBroom sister, Frankie felt as though she needed to set an example and she fought hard to forget Franklin. She wished her relationship with him had been like what youngest sister Tommie had with her Blue. Or like what middle sister Livvy had with Tony. But no, Frankie had something else altogether.

Tommie McBroom felt bad that she was cheating on her fiancé.

Down deep, she loved Blue but he'd betrayed her: he knew how much she wanted a family and yet he'd had surgery to prevent it, which proved that he didn't care about her. Beale Streets, on the other hand, listened to her. Yes, Beale was a few years younger than Tommie, but that didn't matter when they were making love.

The delicate chain surrounding Livvy McBroom-Barrera's ankle spoke to Livvy of different times, of days when she and Tony were estranged and she first slept with a woman. The charm on the chain reminded her of things she learned, and lovers who disappeared from her life so suddenly. She thought of them often – especially when she and Tony brought another woman to their bed.

It was hard to believe that a year had gone by since Frankie caught Franklin in a lie. So much had happened since last Christmas, so much that wasn't discussed.

Tommie's life was taking a turn. Livvy's life seemed to be going backwards.

And Frankie? She was dealing with a blown-up phone, an acid-rained car, bricks through her windows, belongings rearranged in her home.

Frankie was dealing with a stalker...

So you like a little spice with your Christmas nog? Or maybe some extra pepper in your pep-

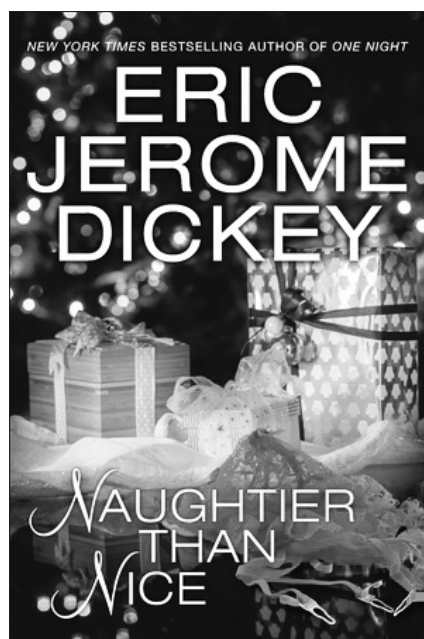
permints? Then *Naughtier than Nice* will make you very jolly.

In this somewhat-sequel, author Eric Jerome Dickey made a list of everything you want in a holiday drama – cheating, scandalous pasts, sex, murder and light humor – and it's obviously checked twice to add even more of the above. Although this book can be read as a stand-alone, readers then get to revisit some of Dickey's best characters from other novels. His usual themes are mashed-up, and there's a very nice gotcha or three scattered throughout this book.

That, and the fast-moving action, made me ho-ho-ho for this not-so-holiday holiday book and Dickey fans old and new will love it. Just beware: start *Naughtier than Nice* and you'll just have to tell somebody.



Author Eric Jerome Dickey courtesy Joseph Jones Photography



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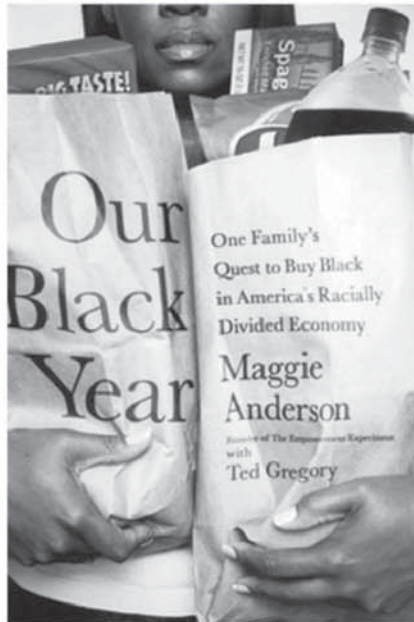
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For more info: www.crusadersforchristchurch.org



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CLASSIFIEDS

December 2, 2015

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SPECIAL NOTICE REQUEST FOR PROPOSAL

In continuing efforts to foster activities that promote positive mental health and prevent substance abuse, The Mental Health and Recovery Services Board (MHRSB) of Lucas County is pleased to announce an opportunity for funding. The Board is seeking to provide up to \$5,000 in funding to grass roots organizations and individuals that are providing programming that offer skills, strengths, resources, supports, or coping strategies for the population that the MHRSB serves. A complete description of the "Request for Proposal" can be found at www.lcmhrsb.oh.gov.

Proposals must be received no later than **4:30 PM on Wednesday, December 16, 2015.**

SPECIAL NOTICE REQUEST FOR PROPOSAL

The Mental Health and Recovery Services Board (MHRSB) of Lucas County in partnership with the Toledo-Lucas County Health Department is seeking a marketing consultant to develop and implement a one-year community awareness campaign for the Naloxone Distribution Program. A complete description of the "Request for Proposal" can be found at www.lcmhrsb.oh.gov. Proposals must be received no later than **4:30 PM on Monday, December 14, 2015.**

SPECIAL NOTICE - REQUEST FOR EVALUATION SERVICES

The Mental Health and Recovery Services Board of Lucas County (MHRSB) is seeking the services of an experienced professional evaluator to perform a multi-pronged, research-based analysis of specific publicly funded mental health programs. Interested parties are encouraged to submit a brief letter of intent and their Curricula Vitae to Crothszirotnyak@lcmhrsb.oh.gov by close of business on December 4, 2015. Qualified respondents will be sent detailed information regarding the project and will be invited to an optional Q&A session on December 21, 2015. Based on the response, MHRSB intends to issue a Request for Proposal that would result in a contract being issued for the provision of the evaluation.

Call to place your ad

419-243-0007

www.TheTruthToledo.com

EMPLOYMENT OPPORTUNITIES

Lucas Metropolitan Housing Authority (LMHA) is seeking experienced applicants for the following positions: **Information Technology Coordinator and Program Manager.** Visit www.lucasmha.org/Employment and click on the appropriate job link for details. **Deadline: 12/16/15.** This is a Section 3 covered position. HUD recipients are encouraged to apply and are to indicate on the application if you are a LMHA Public Housing resident or Housing Choice Voucher Program participant. Persons with disabilities are encouraged to apply. **NO PHONE CALLS.** An Equal Opportunity Employer.



JOB POSTING

PROJECTS COORDINATOR

The Lucas County Land Bank is an exciting, mission-driven, and dynamic organization dedicated to helping our community solve the problems of vacant and abandoned properties. With a highly-motivated and fun-loving staff, we do important work to help strengthen neighborhoods and preserve property values.

The Land Bank is seeking a Projects Coordinator to provide a high-level of detail-oriented administrative support to the Land Bank related to its many transformative programs. Interested candidates must have a commitment to the Land Bank's mission and direct experience in real estate and community development.

Candidates must have a minimum of an Associate's degree or demonstrated experience in related fields. Salary commensurate with experience. Attractive benefits package, paid time off, and opportunities for growth. EEO/AA.

Interested in joining our team? Visit www.LucasCountyLandBank.org to review the full position description and submit your resume.

Deadline is December 2, 2015 or until the position is filled.

A Pre-Thanksgiving Feast For Gabriel Friends

Sojourner's Truth Staff

Marla Oden, proprietor of Whisk Takers Catering, brought her talents and expertise to the party on November 17, as Toledo City Councilwoman Theresa M. Gabriel hosted friends and

political dignitaries during a pre-Thanksgiving celebration at Michael's on Monroe Street in downtown Toledo.

Republicans, Democrats and independents put aside political differences to feast on Oden's holiday fare – turkey with all the trimmings.

Oden, an Akron native, has been a Glass City resident for the past three decades, with a brief, recent interlude in Las Vegas, Nevada where she beefed up her culinary skills at Le Cordon Bleu College of Culinary Arts.

She returned to Toledo to work at the Holly-

wood Casino's Final Cut steakhouse and, this year, launched Whisk Takers Catering, providing a range of catering services for large and small, intimate parties.



Theresa M. Gabriel and Marla Banks



Robert Smith and Micheal Alexander



Toledo Councilmen Cecelia Adams, Ph.D and Mike Craig



Union Officials Joe Gwin, Micheal Alexander, Dan Morey and Jim Lowery join Gabriel



Johnny Mickler, Lavinia M. King, Rose Bonhart Ellis

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