



Volume 37, No. 1 *"And Ye Shall Know The Truth..."* January 6, 2016

Laneta Goings: A Fierce Sister



Laneta Goings, Toure McCord, and Andrea Goings MD

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Overlooked Resources

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

The Truth Contributor



... Health is a human right, not a privilege to be purchased.

- Shirley Chisholm

The 2007 death of Deamonte Driver, a 12-year old seventh grader from a Washington, D.C. suburb, exposed yet another devastating contributor to the wide gap in life outcomes between African Americans and others.

Deamonte tragically died from complications from a tooth abscess after his mother Alyce was unsuccessful in locating a dentist who would accept Medicaid to treat his toothache. Deamonte was treated at a hospital emergency room for a headache, sinusitis, and an abscess and sent home. He eventually died, however, when the bacteria from the diseased tooth spread to his brain.

The youngster's death exposed the connection between oral diseases and other systemic diseases and highlighted disparities in oral health and lack of access to dental care for African Americans and other minorities. Also historically overlooked is the fact that tooth decay is the single most common chronic childhood disease – five times more common than asthma, according to medical sources.

Locally, the Dental Center of Northwest Ohio is committed to addressing oral health disparities and is an overlooked resource that is committed to providing access to quality care for all, especially for the underserved.

I spoke with Dental Center's executive director, Melinda (Lindy) Cree, and Lisa Lawson-LaPointe, development officer, on this serious issue.

Perryman: Please tell The Truth's readers about the history of the Dental Center of Northwest Ohio.

Lindy: We've been in business going on 106 years. We were founded in 1910 by the Toledo Dental Society and other community volunteers who felt that there was a need for low cost dental care for folks that were on lower end of the income bracket. And so we started seeing mostly children. Then as we got more well known we started seeing adults, and so right now children make up 50 percent of our practice and adults are the other 50 percent. We see people that are living at or below 400 percent of the federal poverty level, so we determined when the Affordable Care Act passed that anybody who was eligible for a federal subsidy should be able to come to the Dental Center and get care that's about 35 percent of what the average dentist charges, so we're very reasonable.

Perryman: If I'm correct, dental coverage is an extra expense even with the Affordable Care Act?

Lindy: Yes. So we felt that folks who were below 400 percent probably were not going to be able to afford buying dental coverage under the Affordable Care Act. It's still not affordable, and despite what people say, dental coverage is not a real rich benefit even when you have it. It's usually capped somewhere between \$750 and \$1500 a year, and if you have a family, you go to a private dentist it could be \$150 for each cleaning. You could go through that \$1500 in no time flat or if you have a pair of dentures made, it's more than gone. Most private dentists are probably charging \$1400 to \$1500 just for an upper denture, so we're much more reasonable than that.

Lisa: I think it's important to note to that Lindy talked about 400 percent and below, we also see a lot of patients who have Medicaid as their insurance. We do accept self-pay, but I think the vast majority of what we see are Medicaid-insured patients.

Perryman: So for those who are self-pay or Medicare, which might as well be self-pay...

Lisa: Yeah, actually dental isn't covered with Social Security or Medicare.

Perryman: So you're going to be how much lower than dental care in a private practice?

Lindy: About 65-70 percent less than a private office. For instance, on a cleaning for an adult, it is \$34. An x-ray is \$5. An exam is \$17, so an adult can come here and for about \$84, which is a lot of money when you don't have money, can get a cleaning and exam, the necessary x-rays and a treatment plan and walk out the door for that \$84, whereas at a private office, they're probably paying upwards of \$150.

Lisa: But keep in mind what Lindy pointed out earlier was that we get the patients here in crisis. They're already in oral health crisis, and so it's not...we don't see as much of the preventative as we do the...

But someone can come in and have an emergency exam and an x-ray and a tooth extracted, for instance, for about \$60. If you have a tooth extracted alone at most private dental offices, it's around \$170. Plus you can get a referral out to the oral surgeon.

Our dentists here are very good at extractions and they will try just about anything because there are six oral surgery private practices in the area, but only two are really good at taking Medicaid, but even they only do it like one day a month. It'll be a year before you get in there (private practice). And they cap the patients that they'll take. So access to private dental care is very difficult and can be very expensive.

Perryman: Race and ethnicity are significant determinants of oral health. There are wide disparities, particularly in the health of black children compared to others. Some research indicates that a major contributor to the disparities is the underrepresentation of minorities in the dental hygiene profession. The lack of minority dental professionals contributes to a lack of access by minorities, thus helping to fuel the disparities.

Let's talk about your staff. How many people do you have and how are they classified?

Lindy: We have about 85 employees, I'd say about 14 of them are dentists. Of those dentists, only two are full time. The other 12, work private practice and then work here anywhere from one to two days a week. There are about six hygienists who make about a little over three full time equivalent dental professionals.

The largest group of our employees, which is about 21 or 22, are dental assistants, and they go through a special training program

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The Sojourner's Truth

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Only Whites Need Apply

By Lafe Tolliver, Esq

Guest Column

I will tell you about a scandal, a legal scandal if you will, that has been happening in

Lucas County for decades and seemingly without any letup in sight.

It is a sad and sordid story of the good ol' boy network and the maintenance of power by the powers that be over the lives of black people who are caught up in the justice system and those seeking a legal job in that same system.

It is a tale of people excluding others simply due to their race. Now, this practically closed system did not evolve by accident or as a result of not finding enough "qualified" blacks (as if all whites are "qualified!").

It is, truth be told, about white folks not wanting people of color to share positions of power. It is about white folks behaving badly when they have the purse strings to do the right and fair thing but yet buckle in the knees and select and choose those lawyer candidates who look like them for available jobs.

It is about choosing a Mary or a John who comes from your same fraternity or sorority or college or a past neighborhood high school graduate with whom you can ethnically identify with.

It is about the woefully poor selection process by which people who hire, hire those who look like them and that means black graduates from law schools with the same law degree and credentials are chronically left out in the cold wondering "what is wrong with me?"

The past and current hiring record in Lucas County for legal jobs in the Public Defender Office (P.D.) or the Lucas County Prosecutor's Office or the Juvenile Court Prosecutor's Office or the Toledo Municipal Court Prosecutor's Office or the law department of the City of Toledo can be stated with two pithy words...appallingly bad.

Not poor. Not so-so. Not...it could be better. Not...we have a ways to go...but bad...**appallingly bad.**

In some of the city and county departments wherein they use legal aides and/or attorneys, you will find no minorities. Nada. Zip. None.

What is really egregious is the Public Defender's Office in which their clientele base is approximately 50 percent minorities coming before the judges to be sentenced.

Yet, the Public Defenders Office has no black attorneys (and, save for one who recently died and one who moved away many years ago, they have had none for decades).

Save for one here and there over the past 30 years, The P.D. office is one of the worst hiring offenders. They have no shame. Sure, they will come now and then to the Thurgood Marshall Law Association meetings and grin and smile and tell us to contact them with applicants, but ... The but is that they do nothing to change or correct the culture of their dismal hiring record and this

is so even when minority candidates apply for the few and far between job openings in the P.D. office.

Having been a lawyer since 1977, I have had first-hand viewing knowledge of the above-named departments being practically lily white...and the powers that be, simply could not give a bucket of warm spit about the inequities in their midst.

Why? They simply do not give a tinker's damn even though they are disingenuously eloquent in providing reasons why they can not hire minority candidates and, for that, they trot out the tried and true usual suspects: (1) can't find qualified candidates. Problem: they don't look for them (2) we have budget woes and can't hire at this time. Problem: when there weren't budget woes, you didn't hire even then.

You can count on two hands over the past 25 years, the number of blacks and other minorities who were allowed to grace the courtrooms of this county or city as prosecutors or serve as public defenders or serve the county or city law departments as lawyers. Names available upon request.

And what makes this scandal, scandalous is that these positions are funded by tax-payer funds. Yet the persons who make these biased hiring decisions treat the tax funds as their personal pocket money and hire whom they want without accountability.

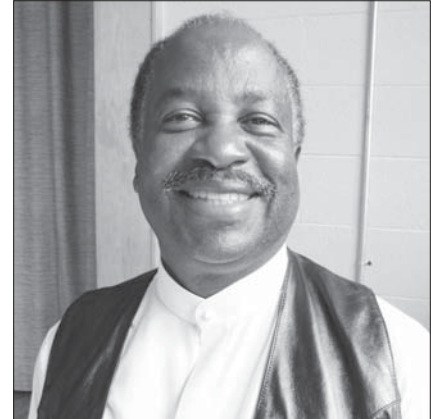
Advertising for vacancies? Are you on drugs? No, they do not post the job openings for all to see in any public media outlets. They pass the word around to their own cronies and inner circles of best buds and those are the ones who get the jobs.

The few minorities who have cracked that glass ceiling of hiring did it in conjunction with an inside person who had a conscience to know that equality means employing people other than from your own clan or tribe.

What is the pernicious effect of this closed system of hiring? Simple. It is tough to recruit black students to come to the law school here in Toledo because they can see that upon graduation, the job market, other than entering into a private practice, is a closed shop for all intents and purposes.

The other effect? When people of color appear before judges and they do not see black prosecutors or are not represented by a black P.D., they can think that the system is stacked against them and there is no hope for them. Perception is reality.

The current system by which people of color are hired or not hired by the city, state and county agencies that employ lawyers has made and is currently making a statement that black lawyers need not apply.



Lafe Tolliver

Has the white county or city bar associations issued any manifestos about this glaring practice of a decades old track record of not hiring people of color as lawyers? No.

Has anyone chided the Public Defenders Office for their abysmal hiring record for black attorneys? No. Have any of their funding sources raised their eyebrows about why there are so few, "flies in the milk?" No.

Do the parties that hire attorneys for these public tax payer paid legal slots, do they have any shame about what they do and how they do it? Apparently none.

Yet, they want to give the impression that all is well and they are doing their level best to right this crooked playing field. Lies...lies and more lies. The proof is in the pudding.

You want to see bald-faced segregation in Toledo? You want to see "legal" apartheid in its finest form? Simply go to the P.D. office and check out what lawyers have nappy heads. Go to the Lucas County Prosecutor's Office and see how many lawyers are wearing an Afro.

Go to One Government Center legal department and check out who there is darker than a glass of milk. Go to the Juvenile Court or the Domestic Relations Court and see how many magistrates or referees are black. Note: in the Domestic Relations Court, the last black referee came out of there over 25 years ago! Name available upon request.

And when you do that and when you check out the paucity of the hiring of black lawyers in the past 20-40 years in this city, then tell me with a straight face that all is well in Toledo.

Contact Lafe Tolliver at Tolliver@Juno.com

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15 Fiercest Sisters of 2015

Special to *The Truth*

She fights for justice. She reminds us that #BlackLivesMatter — and, yes, all lives, for those who insist on getting it twisted. She beats trolls at their own cyber game. She keeps the water on.

She has a way with words — and especially numbers, for she's a genius. She will unearth her roots by any means necessary. She has been acting up for years. She tells our stories. She is fast. She is formidable.

She is fierce!

She is among the exceptional women selected for the third annual listing of the 15 Fiercest Sisters by the



Laneta Goings

readers and staff of FierceforBlackWomen.com. These 15

women epitomize the Fierce manifesto, says editor-in-chief Sheree Crute, who co-founded the digital health and fitness magazine with publisher Yarnick Rice Lamb.

"To be fierce is to embrace all that's wonderful about being a black woman," the manifesto states in part. "To live your dreams, celebrate your strengths and appreciate your true beauty. It means being confident and unapologetically you!"

She is also one of our own — a Toledoan. Indeed this year, listed among the 15 Fiercest Sisters is Laneta Goings who has been a force of nature here in the Glass City for decades. A 2013 Jefferson Award winner, Goings has been involved a number significant activities over the years: president of the TWCA board of directors when that organization started its Milestones: A Tribute To Women Awards; centennial chairman for the Toledo Zoological Society; founding member of the Northwest Ohio Black Media Association among her many activities.

In 2012, Goings launched Books 4 Buddies, a group that collects new and gently used books to be distributed to youngsters in the area. She immediately enlisted groups and companies such as the Toledo Lucas County Public Library, The Blade, Cedar Creek Church, Taylor Auto to assist — that list has grown over the years. Books 4 Buddies has now collected thousands of books in the effort to improve literacy rates among the area's youngsters

Here are 15 women who fit this description and will continue to inspire others in the new year and beyond. Click the link to read their profiles: <http://bit.ly/15Fiercestof2015>

1. The founders of the #BlackLivesMatter movement — **Melina Abdullah, Alicia Garza, Patrisse Cullors and Opal Tometi** — are fighting

to raise our collective voice until each of us, our children and our families are free to walk, live and work safely and peacefully in every community in America.

2. Thousands of people in Detroit and Baltimore can be thankful that **Tiffani Ashley Bell** has a very big heart. She's helping to pay their water bills.

3. **Michelle Ferrier** is creating a safe cyberspace for women through Trollbusters, "pest control" against harassment and threats on the Internet.

4. **LaToya Ruby Frazier**, a 2015 winner of the prestigious MacArthur Fellowship, is a master storyteller and activist, but she communicates through powerful images, rather than words.

5. **Laneta Goings** has helped Books 4 Buddies collect more than 30,000 books to enhance literacy among boys and young men.

6. Literary activist and acclaimed author **Marita Golden** is celebrating the 25th anniversary of the Hurston/Wright Foundation, which mentors and honors writers.

7. President Obama awarded astrophysicist and mathematician **Katherine Johnson**, 97, a Medal of Freedom for her contributions to nearly every space program — from computing the trajectory for Alan Shepard's flight when he became the first American in space to working on Apollo 11's mission to the moon.

8. **Loretta Lynch** is the first African-American woman to become U.S. Attorney General, but she has been a force to be reckoned with for decades.

9. **Regina King** is having a good year, starring in two series, directing everything from "Scandal" to "Being Mary Jane" and winning an Emmy Award for Outstanding Supporting Actress in a Limited Series as Aliyah Shadede on "American Crime."

10. Renaissance woman **Paula Madison** is inspiring people around the world in searching for her roots in Harlem, Jamaica — and China.

11. **Dee Rees'** unique take in writing and directing HBO's *Bessie*, starring Queen Latifah, drew two of the film's 12 Emmy nominations. She's also working with Shonda Rhimes to adapt *The Warmth of Other Suns: The Epic Story of America's Great Migration* by Pulitzer Prize winner Isabel Wilkerson.

12. 81-year-old poet **Sonia Sanchez** is a "word sorcerer" who's always "BaddDDD" — the name of new documentary chronicling her life with a title based on her legendary collection *We a BaddDDD People*.

13. **Rev. Martha Simmons** created the Women of Color in Ministry Project to give women ministers "the opportunity to live out their call, as God so desires."

14. **Carla Walker-Miller** is known as a survivor with solid business skills, energy-efficient ways and a commitment to the community. In spring, the U.S. Small Business Administration honored her Detroit-based company, Walker-Miller Energy Services LLC, as the Woman-Owned Small Business of the Year in Michigan.

15. **Serena Williams** has broken all sorts of records and made all sorts of history. She the first woman to make our 15 Fiercest Sisters list more than once. And she's the first woman in three decades to grace Sports Illustrated's cover as Sportsperson of the Year.

Fierce is a new digital network designed to captivate busy, dynamic black women in the prime of their lives. Fierce celebrates the joys of life as a black woman in ways that acknowledge our unique culture, while offering the latest advice on staying healthy, fit and fabulous. As the only site with a commitment to investigative reporting, hard news, fact-based consumer reporting and fascinating features on the health needs and interests of black women, Fierce fills a major void in the women's media landscape.

A few are pictured here, from top left: literary activist and author Marita Golden, tennis champion Serena Williams, Trollbuster Michelle Ferrier, pulp equalizer Rev. Martha Simmons, Books 4 Buddies co-founder Laneta Goings, acclaimed poet Sonia Sanchez, renaissance woman and genealogist Paula Williams Madison, Emmy-winning actor Regina King, MacArthur Fellow and photographer LaToya Ruby Frazier.



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Ask Ryan: Clean Eating Is the Key

By Ryan Rollison
The Truth Contributor

This time of year I get a ton of phone calls and emails about “New Year” resolutions. Getting into shape, starting a new program and, of course, looking better by summer. The biggest struggle I find that people have and the reason for their short-lived enthusiasm of sticking to new healthy lifestyle is the lack of quick results.

I cannot stress enough the importance of clean eating. Calories in vs. calories out. Even if you do not exercise daily just the change in the type of calories consumed will make a difference. Here is an excellent food list to follow. Whether you are trying to lose body fat or gain muscle tissue this list will be your guide.

DO NOT cut your fats out of your diet This will cause your body to hold on to body fat and burn muscle. Consume healthy fats for optimum results. My fit classes are a great way to get started. Contact me if you would like to join one or get one started with your friends, family or co-workers.

Happy New Year and UNLEASH YOUR HERO!

FOOD SUBSTITUTION LIST

PROTEINS

Basic nutrition profile for label comparisons: 1 oz raw lean meat has approx. 7 gms of protein.

0 carbs, 1-3 gms fat. 2 egg whites = 1 oz equivalent, ¼ C low fat cottage cheese = 1 oz equivalent.

BEST PROTEIN CHOICES - lowest in fat and unprocessed!

Chicken breast, fresh or frozen tuna and other white fish, turkey breast, lean trimmed beef with no marbling or fat, steaks (examples: lean sirloin steak, round steak, sometimes good quality flank steak and London broil cuts) 93-96 percent ground beef, pure ground turkey breast, egg whites, whole eggs, good quality protein drink,

OTHER PROTEIN CHOICES - Cottage cheese*, other cheeses containing less than three grams fat per oz (* limit portions), pre-cooked

chicken breast chunks or strips (no breading), canned white meat chicken or tuna, lean ham(limit due to sodium) pork chops cut from round, lean deli meats. Salmon is great but is high in omega 3 oil. While this is very good for you, you will still need to reduce the other oils in your diet by two teaspoons per five ounces eaten to compensate for fat calories.

COMPLEX (unprocessed) CARBOHYDRATES- STARCHY FOODS

Basic nutrition profile for label comparisons: A basic serving (1/2C oats, 1/2C brown rice, 4 oz potato)

Contains about 20-25 grams “active” carbs. “Active” refers to net carbs after subtracting the fiber gms. Fiber is part of the carbs listed on the label, but it is not absorbed or utilized like carbs and needs to be subtracted from total carbs listed on label.

BEST CARB CHOICES - Emphasizes fiber content and low glycemic effect, so blood sugar stays more stable than with other carb sources:

Red potatoes, sweet potatoes (fresh or canned no syrup or sugar), brown rice, oatmeal, kidney, Lima and other beans, corn, lentils and peas. Cream of rice and white rice are ok but not as good as brown rice.

OTHER CARB SOURCES - Highly unprocessed whole grain breads (Ezekiel) or whole grain high fiber breads, unsweetened rice cakes, whole grain unsweetened cereal(puffed kashi), or other cooked cereals that contain only whole grains. You can try other unsweetened starches but there is a possibility that your progress may be affected.

FRESH FRUITS - (not dried, canned or juiced)

Basic nutrition profile for label comparisons: four ounces = approx 15

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Jump Start a Healthier 2016 – Be a Goal Getter!

By Angela Steward, Fitness Motivator

The Truth Contributor

We all know that after the holidays, getting back into the fitness groove is tough. With the new year come resolutions to live healthier and better. Unfortunately, those lofty goals dissolve as quickly as they're made.

How about promising yourself a goal that's realistic and attainable, such as "I will increase my daily intake of water" or "I will exercise at least three hours per week."

Get a jumpstart on a healthier and happier 2016 by:

Making yourself a promise to never ignore your brain waves. YOUR TRAIN OF THOUGHT can be your biggest cheerleader, but it can also be your biggest joy killer. If you don't believe in yourself, you'll never reach your goal. Get rid of negative thinking! Stop doubting your abilities – they're endless.

Thinking positive. Just thinking of something over and over can make it come true. For example, if you believe you'll never lose weight, chances are you probably never will. So retrain your brain: every time a negative thought pops into your head, change it to something positive. Soon your new way of thinking will become second nature to you.

Getting visual. Visualize a clear image of how you would love to look. Be realistic! Very few of us can ever return to our teenage dress size, however, you can envision a picture of how you'd like to look at the age you are right now, and put a plan together to reach your visual goal.

Keeping a happy frame of mind. It's so easy to dwell on disappointments and past failures. Focusing on what goes wrong in your life can make you feel like a loser and can block your energy and blessings. Change your focus – focus on gratefulness. As you begin to focus on all the things you're blessed with, you'll feel empowered and confident to jumpstart your 2016 goals!

Trusting your instincts. Remove people from your life that bring negativity to you. If someone lacks integrity, is disrespectful or dishonest – serve them an eviction notice! That person doesn't deserve to occupy space in your life. A lot of people think the way to create friendships or to maintain friendships is to put others down or to gossip about others. Those are the very people who need to be deleted from your life. It doesn't matter if they're family or if you've known them forever. If they're not good for you, they've got to go!



Angela Steward

Believing in the spirit inside of you. While visiting a local church for Sunday service, the pastor's message was about treasured gifts being placed into earthly vessels. I had absolutely no idea what treasured gifts or earthly vessels were, but once I understood the message and how it pertained to my life, I was immediately moved. We are the earthly vessels and the treasured gifts are the gifts God placed inside of each of us!

Our earthly vessels are to be cared for, to be fed, soothed and to be kept strong and healthy. We are all blessed with treasured gifts. It's up to us to recognize our gifts, to nurture and protect our gifts and to NEVER take our gifts for granted! As easily as gifts are placed inside us, they can easily be taken away.

So my message to you is - Get out there and find your gift. Finding your passion – is your gift. Be a Goal Getter! Break free of negative thinking. Listen to your spirit. Remove all self-doubt. Serve an eviction notice to toxic people in your life. Focus on that small inner voice inside and repeat to yourself - "I love and fully accept myself – I'm blessed with special gifts, I'm a goal getter."

Then get out there and reach your 2016 goals, whatever they may be!!!

Yours In Fitness!!

Angela R. Steward
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Do You Eat Pulses?

Patrice Powers-Barker, OSU Extension, Lucas County, Family and Consumer Sciences

The Truth Contributor

Although the term “pulses” might be unusual, many are probably familiar with dried beans and lentils. The word “pulses” describes legume plants that are grown for edible dry seeds like dried beans and peas, lentils, black-eyed peas and chickpeas. The word “pulse” is not as common as “beans and peas” or “beans and lentils” but it includes all of those good-for-us foods.

Not only are pulses accessible and available in northwest Ohio, they are also being highlighted internationally by the United Nations as 2016 International Year of the Pulses. The tagline of this campaign is *nutritious seeds for a sustainable future*. The International Year of the Pulses boasts economic and nutrition benefits to individuals as well as a valuable part of sustainable agriculture around the globe.

Pulses have a high nutritional value. They are rich in minerals and vitamins, protein and dietary fiber and they are low in fat content with no cholesterol. All of these properties play a vital role in health around the world. When eaten as part of a healthy diet and lifestyle, research indicates that pulses can help control and combat obesity, may help improve blood cholesterol, and prevent and manage chronic diseases such as diabetes and cancer.

As we start 2016, beans have a global history as being a good-luck food for New Year's Eve and New Year's Day. Pulses can be found in numerous dishes including beans and greens, hoppin' john, lentils and rice and many soups. In addition to those dishes, there are many ways to include beans and lentils in the diet throughout the year. Common side dishes include baked beans, beans and rice and refried beans. Pulses are also popular in dips like hummus, black bean salsa and chili bean dip. How easy is it to top a salad with some cooked beans or add them to sautéed vegetables or mix them with cooked greens and garlic?

Dried beans can be very economical and easy to make. Not all pulses need soaked before cooking – this is one advantage of lentils and split peas. All dried beans need to be prepared by (1) rinsing, (2) soaking and (3) cooking. Although this sounds like a lot of steps, it is not difficult. (1) Rinsing includes running water and removing any damaged beans and/or dirt or small stones. Remember, pulses come from plants – it's similar to washing any vegetables. (2) Dried beans can be soaked in a few ways depending on what is easiest for you. Here are different options for soaking dried beans from *The Bold and Beautiful Book of Bean Recipes*. The following steps are for one pound or two cups of dried beans.

- Hot soak. For each pound of dried beans, add 10 cups of water; heat to boiling and let boil two to three minutes. Remove from heat, cover and set aside for up to 4 hours. Although hot soaking takes longer than a quick soak, it helps reduce intestinal gas.
- Quick soak. For each pound of dried beans, add 10 cups hot water; heat to boiling and let boil two to three minutes. Remove from heat, cover and set aside for at least one hour.
- Overnight soak. For each pound of dry beans, add 10 cups of cold water and let soak overnight, or at least 8 hours.
- Microwave soak. Put one pound of beans and eight cups of water in a microwave-safe container. Cover and cook on full power for eight-10 minutes, or until boiling. Let stand for an hour or longer.

After soaking, drain the soaking water and rinse beans. Cover the soaked beans with fresh water. (3) Cook by simmering for one and a half hours until tender.

Canned beans are a fast and convenient way to add pulses to many recipes. When using canned beans, drain in a colander and rinse with water to remove excess salt. Use onion, garlic, peppers and herbs to give great flavor without adding extra sodium. At the beginning of the year we might start new healthy eating habits. Fiber is a very healthy thing to add to the diet and pulses are a great way to add extra fiber. Adding too much fiber, too fast into the diet can cause discomfort and gas. Some ways to limit this problem when using beans are shared from *The Bold and Beautiful Book of Bean Recipes* on page 5:

- Add beans to the diet over a three to eight week period
- Chew well and slowly to help digest
- Drink plenty of water and other liquids to help with extra fiber
- Beano is an enzyme product that helps with digestion

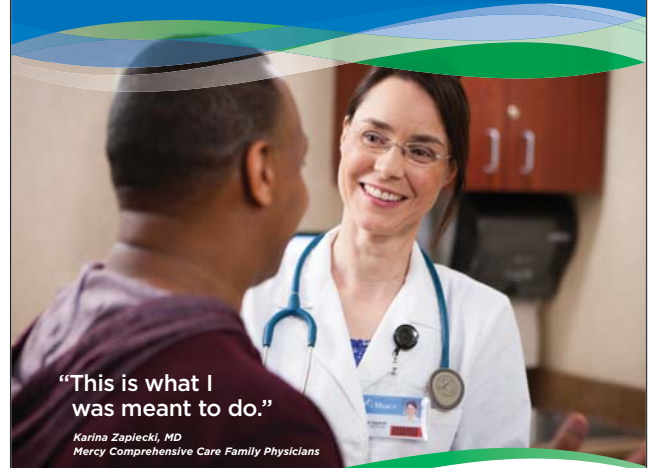
If you ate beans as part of a traditional New Year's dish, make sure

you eat some more throughout the month and year. If pulses are not yet part of your healthy diet, find some delicious ways to include them in 2016.

Information from The United Nations 2016 International Year of Pulses, American Heart Association and Washington State WIC. On online copy of *The Bold and Beautiful Book of Bean Recipes* from Washington State WIC is available here: http://here.doh.wa.gov/materials/bold-and-beautiful-book-of-bean-recipes/15_BeanBook_E04L.pdf



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Three Tips for Surviving Cold and Flu Season

Special to The Truth

It's that time of year again. From minor colds to severe flus and fevers, seasonal sicknesses are unpredictable and can sneak up on your family at any time.

Unfortunately, even the Centers for Disease Control and Prevention cannot predict the timing, severity and length of a seasonal virus. Luckily, there are steps you can take to ward off illness and better monitor symptoms when you're sick.

Check in with Your Doctor

Make an appointment with your primary care physician to get a look at the family's vitals. These are good indicators of overall well-

ness. Plus, it's a great time to schedule that annual flu shot, if you haven't already done this.

If you're pregnant, have kids, or are a caregiver to elderly parents, it's an even better idea to get vaccinated, as these are the most at-risk groups for complications from flu. If you don't have time to schedule a full exam, many pharmacies like CVS offer quick, in-store vaccinations.

Practice Healthy Living

Maintain a healthy lifestyle. Get enough sleep, eat the right foods

... continued on page 10

Ask Ryan... continued from page 5

grams of carbohydrates. Some fruits such as bananas and grapes, have concentrated sugar levels and affect blood sugars too much- they are avoided as "best choices".

BEST FRUIT CHOICES - Apples, apricots, cantaloupe, cherries, grapefruit, honeydew, nectarines, oranges, mango, papaya, plums and all berries.

OTHER CHOICE - Grapes (10 per serving), Banana (1/2 small per serving)

NON-STARCHY VEGETABLES

Basic Nutrition Profile for Label Comparisons: 4 oz cooked serving (1/2 cup) = approx 8 grams carb. If eaten raw, then double the measured amount.

BEST FOOD CHOICES

Asparagus, broccoli, green beans, cabbage (all varieties), carrots (small amounts used in salad or vegetable mixtures), cauliflower, celery, cucumbers, kale, lettuce (all varieties) and all other green leafy vegetables, onions (small amounts for flavoring only), peppers (green, red, jalapeno, etc), radishes, snow peas or sugar snap peas, spinach, string beans, squash (summer varieties, like zucchini only), tomatoes, water chestnuts

FATS & OILS

Processed fats and meat fats are to be avoided. Emphasis on omega 3 fatty acids (as found in flax oil and fish oil) and essential fatty acids (as found in Evening Primrose Oil) to support the fat burning and lean gain/sparing effects of your diet. Saturated (animal fats- except heavy cream) and processed fats (like margarines and shortening) are unhealthy

to the cardiovascular system, reduce insulin sensitivity, and promote fat storage. Heavy cream is saturated but is stimulating for lean mass gains.

Basic Nutrition Profile for Label Comparisons: 1 tsp oil = 5 grams fat. 1 TBS oil = 15 grams

fat. Double amount for peanut and nut butters and most salad dressings. oz nuts = 1 TBS oil.

BEST FAT CHOICES

Flax seed oil, cold pressed unfiltered oils like safflower, sunflower, canola, walnut, olive. Nuts

like almonds, brazil nuts, filberts, pecans, pine nuts, walnuts. Avocados, olives, heavy whipping cream, natural style peanut butter or other organic nut butters, real butter, and lecithin granules. Also, quality salad dressings (like Newman's Original) are good.

"FREE" OR "LIMITED" FOODS

The following foods are "free" foods or may be used in limited amounts.

-All vegetables (dill pickles included) except corn, peas, squash, carrots, beets.

-Green leafy veggies are free

-Diet sodas, Crystal Light, coffee, decaffeinated coffee, regular or herbal tea (sugar free)

-For health purposes, limit artificially sweetened drinks up to 2 a day. Otherwise they are not restricted.

-Other unsweetened beverages are unlimited and encouraged in generous amounts.

-Sugar-free Jello: Limit, it does add calories.

-Sugar-free Gum: Unlimited

-Non-fat sour cream, non-fat cream cheese, non-fat sugar-free mayonnaise: Limit.

-All dry seasonings and herbal seasonings: Unlimited.

-Plain herbs and spices: Unlimited.

-Packaged seasoning blends (like meatloaf seasoning): Limit.

Butter Substitutes: Butter Buds, Molly McButter, Molly McCheese, and SMALL amounts of

"Non Calorie" butter-type sprays (these are oil based so fat calories do add up with unrestrained use!)

Marinades: Be sure they are low sugar - such as herb-Italian, hickory, some grilling sauce, A-1 sauces. A low sugar "teriyaki" can be made with equal parts soy sauce and diet coke with garlic and ginger. This tenderizes meats well, too. Paul Newman's Original salad dressing is great as a marinade. The oil cooks off. (It's the sugar in products that gets absorbed when marinating meats.)

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- [3] PROBATE CASES AND ADOPTIONS
- [4] BANKRUPTCY CASES (CHAPTER 7 FOR A FRESH START)
- [5] WRONGFUL DEATH AND PERSONAL INJURY CASES
- [6] HOUSE CLOSINGS AND LAND CONTRACTS



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'Tis The (Flu) Season

By Dianne Pettis, MS, FNP-BC

The Truth Contributor

There doesn't seem to be much in the news about "The Flu" this year; probably because in Ohio and Michigan, there is minimal activity of Influenza-like Illness as of 12/31/2015. It is important to at least think about, because people are still needing to be hospitalized, and some have died from complications of the illness.

As of October 2015, there are 170 different influenza viruses! The flu viruses are grouped into Influenza A and Influenza B. There are 146 types of Influenza A. The most common viruses are H1N1 and H3N2. There are only 24 strains of Influenza B.

The Centers for Disease Control (CDC) recommend three important action steps for fighting the flu: vaccinate, stop the germs and taking antiviral drugs if your Primary Care Provider (PCP) prescribes them.

People seem to have strong opinions either for, or against influenza vaccination. And may I just say; the flu vaccine does not give you the flu. People who get the flu after receiving the vaccine may have been exposed to the virus beforehand. It is also possible that they were exposed to one of the many strains of flu virus that the vaccine does not cover.

The vaccines are prepared every year based on the most prevalent virus expected. It is highly recommended that those most at risk for serious illness be vaccinated – the very young (six months and older); the elderly; those with chronic illnesses, like asthma, heart, lung, kidney, and neurologic diseases) and pregnant women. Those who care for high-risk people and healthcare providers should also be vaccinated.

Flu germs can be spread up to six feet away though the air and on surfaces that are touched. Avoid close contact with people you know are sick. You may not know if you've been exposed because those with the virus are infectious for one day before symptoms start, and for five-to-seven days after becoming sick.

Children can spread the virus for even longer. Avoid touching your eyes,

nose, and mouth. To protect others, use a tissue for coughing and sneezing, then throw it away after use. Wash your hands afterwards. If no soap and water are available, use an alcohol-based hand sanitizer. Stay home until you have been fever-free for 24 hours without taking a fever reducer. Use a disinfectant cleaner for common surfaces.

Anti-viral drugs don't take away the illness; rather, they lessen the severity, and decrease the number of days you are ill. Most of the viruses are susceptible to oseltamir (Tamiflu) and zanamivir (Relenza). These drugs are not available over the counter, and must be prescribed by your PCP. For the drugs to be effective, they need to be started within two days of the beginning of symptoms and taken for five days. These drugs do not take the place of getting the vaccine.

The flu symptoms range from being mild to severe. Common symptoms are: high fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue, and occasionally vomiting and diarrhea. Most people say that they feel like they have been run over by a truck. Other than the antiviral medications; you just have to wait it out. Viral symptoms usually take seven-10 days to resolve.

It is important to stay hydrated – water, orange juice, tea, or broth. Rest! Advil or Tylenol may be helpful for fever, and body aches. Hopefully you have a wonderful person around to take care of you, and monitor your condition. Please have someone take you to the emergency room if you are unable to get enough fluids in, if breathing status worsens, or if your level of consciousness decreases.

Dianne Pettis, MS, FNP-BC



Dianne Pettis

African Art Has Arrived!!

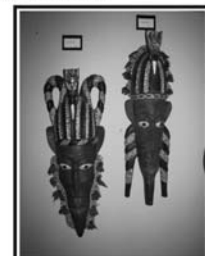
Hundreds of wood carvings from Ghana have recently arrived at The Truth Gallery – masks, statues, village scenes! All at unbelievably low prices!



The Gallery is open Monday through Friday from 8 AM to 4 PM



See more art online at www.thetruthtoledo.com



The Truth Gallery
1811 Adams Street
419-242-7650

Perryman... continued from page 2

post high school. So it can be anywhere from 12 weeks to nine months of training where they learn about the structure of the tooth and tooth surfaces and dental materials and instruments, and they assist the dentist. They can suction the spit as somebody is having work done, pass instruments, mix materials for the filling and take x-rays. They're sort of a paraprofessional group, I guess you would call them, but each dentist is given two rooms and two assistants, so they have an assistant for each room who stays with the patient and who makes sure that things are going well, and frequently a patient may be more likely to share the truth with the assistant than with the doctor, so the assistant can be a great resource for the doctor in truly understanding the patient and the patient's needs.

And then we have clerical staff who, check patients in and check them out and make appointments, call patients to schedule appointments or confirm them. We do have a denture lab in here, so we make all of our own dentures on site. That enables us to have a quicker turnaround time for patients so that they're getting their dentures more quickly. And then the administrative staff people, like me and Lisa and Jamie, and an HR person.

Perryman: You have a mobile operation also?

Lindy: We do. We have a 40 foot motor coach, it has two exam rooms and treatment rooms and that goes out to basically the 18 county service areas that we have, mostly rural areas, but other things too, like group homes or nursing homes, assisted living, head start programs, all of that kind of thing.

Perryman: Please talk about the diversity of the staff.

Lindy: It's a very diverse staff. I would say that most of the dental assistants, well over a half are probably African American. We have a pretty good representation of Hispanic, Latino individuals, and some Asian, Middle Eastern, so we represent, I think, a very fair representation of the communities that we serve, particularly here in Toledo. Right now, we do not have any African American dentists, although we have in the past. We do have a number of Ohio State University senior dental students, who rotate through the Dental Center, and so they're here for a two-week rotation, so that adds to the diversity of the patient base, but I think we are very reflective of the folks that we serve. And I think it's a wonderful career for the young people with a high school education, but who really can't afford six to eight years of education, because you can be a hygienist with a two-year degree from Owens Community College. You can be a dental assistant with a certificate program that you can graduate in a maximum probably of nine months, but from then on it's a good salary.

Perryman: What type of salary could African-American dental assistants or hygienists expect to make?

Lindy: Salaries are probably anywhere from \$11 to \$24 an hour depending on the credentials that the assistant has, and it's not huge, but it's a respectable salary without a four-year college degree, and there is always work.

(to be continued)

Contact Rev. Donald Perryman, D.Min, at drlperryman@centerhopebaptist.org

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edge1radio.com/kaydavisya
Call 419-321-9987

THE PRAISE BREAK
Evangelist Maria Dennis 2pm - 4pm Mon - Sat
Call 419-241-6008

Cold and Flu Season... continued from page 8

to ensure proper nutrition, drink plenty of water and exercise regularly. Avoid close contact with sick people, and maintain a safe distance from others when you are sick. If necessary, stay home from work or school to keep your germs from spreading.

Cover your mouth and nose with a sleeve or tissue when coughing or sneezing. Sanitize doorknobs, light switches and work areas with germ-killing soap. Also, don't forget to wash your hands or use an alcohol-based hand sanitizer throughout the day to combat contamination.

Keep Your Cool

Even the best preparation can leave your family susceptible to cold and flu. Fever and chills could be a sign you're getting sick. Remember, a fever isn't always a bad thing. It means your body is working hard to fight off infection. But for parents of small children, putting feverish kids to bed at night can still be unnerving.

New technology can help you rest at night. For example, TempTraq, available at Amazon.com, is a Bluetooth wearable temperature monitor in the form of a soft, comfortable patch. It records your child's temperature every 10 seconds for 24 hours, sending the data to your smartphone via a free, downloadable app. You can view real-time data or receive alerts when your child reaches a user-set "red zone" level.

"A 24-hour temperature monitor that continuously records a child's temperature readings could alleviate many parent's concerns when caring for a sick child," says Aris Eliades, director of Nursing research, Akron Children's Hospital. "The child can rest, the parent can be alerted if anything changes, and we as nurses and physicians get needed information to make better decisions for patients."

Find yourself with a stubborn fever? Adults can use it too. Consider keeping TempTraq in your medicine cabinet for unexpected fevers all season long.

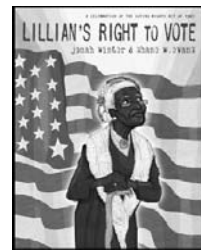
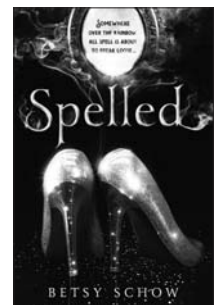
Take proactive steps for a healthy household. And, when all else fails, grab a hot cup of tea with honey and lemon, a warm blanket and a good movie.

Courtesy StatePoint

Best of 2015... continued from page 12

could mean danger. This is an adventurous book with a hint of thrill and a sweet ending that adults and kids will love.

I loved, loved, *loved Spelled* by Betsy Schow, a fairy-tale-ish book that's part Cinderella, part Wizard of Oz. It's the story of a spoiled princess whose parents have sheltered her, and who've also chosen her new husband. Problem is, she doesn't want a husband and when she throws a Royal Fit, all spell breaks loose. This is a great young-adult book, but it's one that grown-ups will get a kick out of, too. Pay close attention to the language, and you'll be captivated.



And finally, *Lillian's Right to Vote* by Jonah Winter & Shane W. Evans

really captured my attention this year. It's a picture book that tells the story of an elderly woman and the first time she steps up to cast a vote. As she travels to the polling place, every step reminds her of the steps taken by others so she can exercise a privilege that others didn't always have.

And there you are – books for you, books for your family, the best books I've read in the past 12 months. Pick them up. You won't be sorry.

Happy Reading!

CLASSIFIEDS

January 6, 2016

Page 11

PROCUREMENT ASSOCIATE

Lucas Metropolitan Housing Authority (LMHA) is seeking experienced applicants for **Procurement Associate**. Visit www.lucasmha.org/Employment and click on the appropriate job link for details. **Deadline: 01/17/16**. This is a Section 3 covered position and HUD recipients are encouraged to apply. Please note on your submittal 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.



HVAC/R TECHNICIAN

Lucas Metropolitan Housing Authority (LMHA) is seeking experienced applicants for **HVAC/R Technician**. Visit www.lucasmha.org/Employment and click on the appropriate job link for details. **Deadline: 01/10/16**. This is a Section 3 covered position and HUD recipients are encouraged to apply. Please note on your submittal 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.



Special Notice

RE: Examinations for Journeyman Wireman

Applications for the Journeyman Inside Wireman test will be accepted January 4-8, 2016 at the International Brotherhood of Electrical Workers Local 8, 807 Lime City Road, Rossford, Ohio between 9:00 a.m. and 3:00 p.m. The qualifications to be eligible for this examination are:

1. Must be 18 years of age or over,
2. Must live in the jurisdiction of Local 8 for one year prior to application.
3. Must have proof of 4 years employment in the commercial/industrial electrical construction industry.

Call to place your ad

419-243-0007

www.TheTruthToledo.com

EMPLOYMENT OPPORTUNITIES

Lucas Metropolitan Housing Authority (LMHA), located in Toledo, OH is seeking experienced applicants for a Manager of Resident & Special Services and a Service Coordination Specialist. For complete details, visit www.lucasmha.org/Employment. **Only online applications received at the above website by 01/10/16, will be accepted.** These are Section 3 covered positions. 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**. Equal employment opportunity shall be afforded to all qualified persons without regard to age, race, color, religion, religious creed, gender, military status, ancestry, disability, handicap, sexual orientation, genetic information or national origin.



Facilities/Construction Positions The Toledo Zoo

Facilities Field Superintendent

Provide field management support consisting of organizing, coordinating, scheduling, and inspecting the work performed by employees, contractors, and their subcontractors as they relate to all types of capital and operating projects for the Toledo Zoo, ensuring compliance with contract documents, rules, regulations, ordinances, and procedures. Using project design and contractual documents prepared by the project manager or project management team for a specific project, ensure that all field activities comply with the design intent and that work is coordinated to meet project completion and organizational objectives

Facilities Construction Project Manager

Position has full accountability for implementing and managing multiple mid to large size capital projects and various repair and maintenance projects for the Toledo Zoo, ensuring compliance with rules, regulations, ordinances and procedures. Reports to the Director of Facilities & Planning. Facilitates design, plans, bids, contracts, manages, budgets, and supervises the construction of new construction projects, and capital repair and maintenance projects ranging from approximately \$10,000 to \$10,000,000.

For a complete job description for each position, visit www.toledozoo.org/jobs. Resumes must be submitted to resume@toledozoo.org by January 19, 2016. The Toledo Zoo is an Equal Opportunity Employer and a drug and alcohol free workplace and offers a competitive salary and benefits package.

OFFICE ADMINISTRATION/ HUMAN RESOURCES

Metroparks of Toledo has an opening for an Employee Resources Coordinator starting at \$14.35 with benefits, up to 35 hours per week, weekdays, at Wildwood Metropark. Duties include administrative support, coordination of hiring activities, record keeping, benefits administration. Go to www.MetroparksToledo.com to view the job description, position requirements and apply online by January 15, 2016. EOE

Associate Veterinarian The Toledo Zoo

Under the direction of the Chief Veterinarian/Director of Animal Health & Nutrition, this individual is responsible for providing care to all zoo animals. The essential functions include: performing routine, preventative, emergency and surgical care, prescribing medication, and conducting clinical pathology and post mortem evaluations. Will mentor veterinary students and interns and also review and develop veterinary protocols. As necessary will assist in managing the commissary operations, evaluate nutrition programs and diet formulations and provide input on animal behavior training, exhibit design and emergency escape protocols. Effective interdepartmental communication skills necessary to assist veterinary department staff, curators, zookeepers, and other staff in attaining relevant goals. The minimum criteria requirement includes a Doctoral degree in veterinary medicine and one year of practical experience in a zoo facility. Must be able to obtain a State of Ohio Veterinary License, USDA veterinary accreditation and a DEA license. Being boarded by the American College of Zoological Medicine is preferred or must become boarded within five years of hire. The Toledo Zoo is an Equal Opportunity Employer and a drug and alcohol free workplace and offers a competitive salary and benefits package.

For consideration submit a resume along with credentials to resume@toledozoo.org.

Notice to Bidders: Inquiry # FY16-25, (Project # 1020-16-151) for Root Bridge Replacement for the University of Toledo. Sealed bids for this project must be clearly marked with the project number on all inner and outer envelopes and/or shipping containers. Bids must be addressed and delivered to the University of Toledo, Facilities and Construction, Plant Operations, Room 1100, 2925 E. Rocket Drive, MS 216, Toledo, Ohio 43606 before 2:00 p.m., Thursday, January 21, 2016. Bids will be publicly opened that same day at 2:05 p.m. in the Plant Operations Building, Room 1000. Copies of Plans, Specifications, and Bid Forms may be obtained from Becker Impressions, 4646 Angola Road, Toledo, Ohio 43615. Call 419-385-5303 for an appointment to pick up bid package. A cost of \$50.00 will be charged per set. Any further information may be obtained from Richard McGuckin of DGL Consulting Engineers at 419-535-1015. One Pre-Bid Conference will be held on Tuesday, January 13, 2016 at 10:00 a.m. in the Plant Operations Building, Room 1000, at the University of Toledo, 2925 E. Rocket Drive, Toledo, OH 43606. Total Bid Guaranty and Contract Bond are required per section 153.54 of the Ohio Revised Code. EDGE Participation Goal: 15%. Project Estimate: \$1,015,000.00; Breakdown: General Const: \$1,015,000.00.

The Best Books of 2015

By Terri Schlichenmeyer

The Truth Contributor

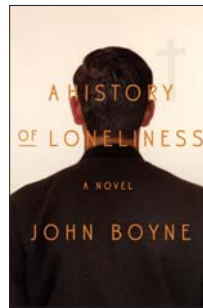
As you look back over your year, there are a lot of things you notice.

You had fun – probably more than once. You had some really great meals with really great friends – also probably more than once. And in my case, there were books – definitely more than one. Over 320, to be exact, but here are my Top Picks of 2015.

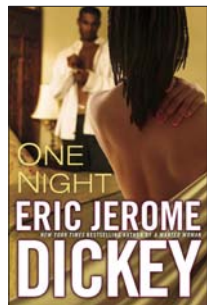
FICTION:

I always loved author **John Boyne's** books; in fact, *The Absolutist* is one of my Top Five Ever. But *A History of Loneliness* has to be right up there.

In this book, a priest explains his relationship with a colleague who always seems to be moved around from parish to parish. What's wrong will slowly dawn on you, but our narrator is a little slower on the uptake. What happens will make you want to crawl into bed and cry for an hour.



In *One Night* by **Eric Jerome Dickey**, a woman who has nothing left to lose meets a man who has everything in life. She needs money. He decides that he needs her and they embark on a one-night stand that's almost unbearably taught. I loved the mixture of this book: psychological, erotic and sass.

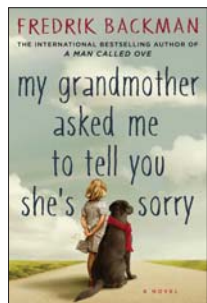


Also tightly written is *The Magician's Lie* by **Greer Macallister**. It's the story of a small-town sheriff who finally captures a



killer who's been on the loose for some time. She's a slippery one – an illusionist – and he hopes she'll offer a confession. Instead, she tells him a story...

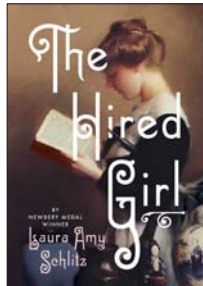
The sheriff doesn't know what's lie and what's not – and neither will you in this wrap-you-up tale with an ending you totally won't see coming.



Remember what it was like to be a kid? You'll revisit it again in *My Grandmother Asked Me to Tell You She's Sorry* by **Fredrik Backman**, the story of a seven-year-old who loses her grandmother. Else is precocious, Granny was her only real friend and she was somewhat of a rascal. And as proof of that, before she dies, Granny leaves Elsa with an assignment.

Part fantasy, part childhood, all charming, this book from the author of *A Man Called Ove* is a wonderful winner.

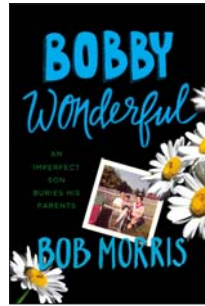
The Hired Girl by **Laura Amy Schlitz** might be found on the Young Adult section of your bookstore or library, but I definitely thought it was more of an adult novel. It's the story of a teenager who leaves her family because her father is abusive, and she moves to Baltimore to become a housemaid. It's 1911, she's Catholic, but her new employers are Jewish and the learning curve is steep. There's adventure, heartbreak, romance and history here – and yes, you can still share it with your favorite teen...



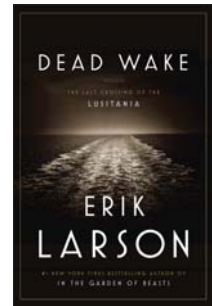
NON-FICTION

You may find *Dead Wake: The Last Crossing of the Lusitania* by **Erik Larson** on other Best Of lists this year, for a reason. This is a historical account of the sinking of a ship but there's more: Larson

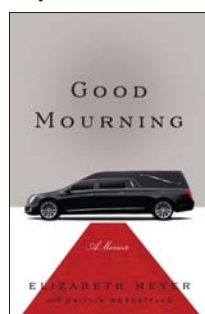
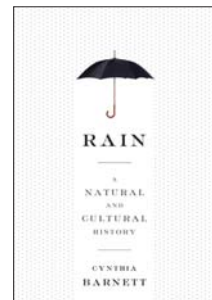
is known to tease a story out, adding small side notes and spinning off in ways that enhance the tale he's telling. That makes for a fascinating, heart-pounding true account you won't want to put down.



Bobby Wonderful: An Imperfect Son Buries His Parents by **Bob Morris** made me laugh, and it made me cry a small creek. It's the story of Morris' mother, her life and her death, and the relationships she had with her family. It's also a gay man's love letter to his very supportive mom, and it definitely lives up to its name: it's wonderful.



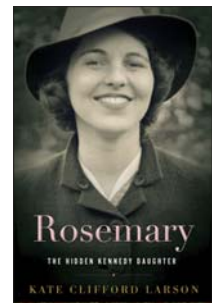
Though it may sound odd, *Rain: A Natural and Cultural History* by **Cynthia Barnett** put me in a good mood when I read it – maybe because it was as refreshing as its subject. Here, Barnett writes about all aspects of that stuff that falls from the sky – historically, culturally, and meteorologically speaking – and she sprinkles readers with facts, disasters, and sunshine. This book simply made me happy, which is why it's on this list.



As a lover of All Things Scandalous, I found *Good Mourning: A Memoir* by **Elizabeth Meyer with Caitlin Moscatello** to be absolutely delicious. After Meyer lost her father, a high-powered lawyer, she realized that she was rather fascinated with death, just a little bit. So she marched into one of Manhattan's premiere funeral homes, asked for a job, and ended up being a funeral planner (think: services that are anything but dead). I loved this book for its behind-the-scenes peeks, and for the tales that only an insider can

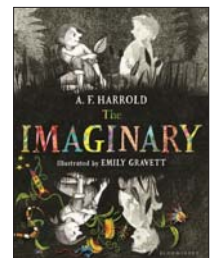
tell.

There's a TIE for the last slot on this non-fiction list: I loved *Rosemary* by **Kate Clifford Larson** for its jaw-dropping look at history, the Kennedys and power gone wrong. I also couldn't put down *Lights Out* by **Ted Koppel**, a cautionary, scare-the-daylights-out-of-you book on what could happen if our electric grid and internet infrastructure are attacked by terrorists.



CHILDREN'S BOOKS

If you ever had an imaginary friend, then *The Imaginary* by **A.F. Harrold**, illustrated by Emily Gravett is a book to read – or to give to your nine-to-12-year-old. It's the story of a little girl who, of course, has an imaginary friend she loves. But one day, they come to realize that the imaginary friend isn't the only Imaginary around – and the newcomer



... continued on page 10