



Local and National News

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"And Ye Shall Know The Truth..."

November 9, 2016

# NAMI African American Mental Health Forum



LCCS Sherry Dunn, AKA's Katrina Barry, Andrea Price and Treva Jeffries

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# What If ... She Wins?

## Limping Across The Finish Line....

By Lafe Tolliver

Guest Column

By the time you read this column, Hillary Clinton just tallied enough electoral college votes to become the first female president of the USA.

The only thing good about it, is that she kept that maniac Donald Trump from the nuclear codes and his blooming bromance with Russian dictator Vladimir Putin.

So, with Hillary in the White House, she will have to first execute on the following three items before she will be able to govern effectively:

(1) Keep the First Man, Bill Clinton, away from any shapely female interns.

(2) Have Bill Clinton wear an ankle electronic monitoring bracelet so that it sets off a high pitched alarm when Bill Clinton comes within one hundred feet of an unsuspecting female intern.

(3) Have a frank discussion with Bill Clinton on he voluntarily becoming an eunuch and thus saving Hillary a lot of time of not being distracted with the Secret Service constantly ringing her cell phone during important cabinet meetings that husband Bill, "is on the prowl again!"

Other than those worries, Hillary will be stymied with pushing an aggressive and progressive political agenda during the first critical one hundred days because it has already been said that certain factions of the Republican Party are planning to investigate her about the email scandal or Benghazi or the doings of the Clinton Foundation.

In other words, America could be facing more political gridlock for years as certain Republicans are not yet finished with

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# What If ... He Wins?

## Write Me If You Can...!

By Lafe Tolliver, Esq

Guest Column



Dear readers: By the time you read this column I will have voluntarily removed myself to the Panama Canal Zone to establish residency there as my protest against America voting into the White House a certifiable lunatic!

For me to stay in America during such a soon to be turbulent presidency would be my acceptance of this moron as my president and that

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## Community Calendar

### November 3

Kwanzaa Park Neighbors Meeting: 6 pm; The Padua Center; Featured speaker Anthony Pattin, PhD and students of UT Pharmacy Department: 419-241-6465

### November 8

Election Day!

### November 12

United Church of God 1st Annual Fall Festival: 1 to 3 pm; Crafts, games photo booth, food: 419-266-4320

### November 13

United Church of God Post Service Meal: "Let Us Break Bread with Our Fun and Food:" After 10 am service: 419-810-6335  
Christ Congregational MBC Women's and Men's Day: 11 am speaker Sis Dorothy Gray; 4 pm speaker Pastor Garland Files of Morningstar MBC

### November 18-20

Indiana Avenue Men's Day Weekend: "Men of Integrity Using Their Voices to Serve the Lord;" Friday Noon to 6 pm – men's clothing giveaway and BBQ ribs and chicken dinners; Saturday – Men's Fellowship Breakfast 9 to 10:45 am; Sunday – Men's Day Service 10:45 am to 1 pm – speaker Sam Hancock; Men's Day Musical – 4 to 6 pm: 419-290-2501

### November 19

Sisters Only Seminar: Noon to 3 pm; Crusaders for Christ Church; "Theme "Daughters of Naomi-Baez;" Communicating with the opposite sex, recognizing a serious relationship, initiating without flirting

### November 24

Thanksgiving Day!!!

### November 25

Crusaders for Christ Church Black Friday: 7 to 8:30 pm; Come visit the church family

### November 29

First Unitarian Church "Black Lives/Blue Lives: A Community Discussion:" 7 pm; Diverse voices from the community including activists in the Black Lives Matter movement, local enforcement officials and civic leaders: 419-262-7859

### December 10

Bethlehem Baptist Church "Seasons of Symphonic Sounds" Christmas Concert: Presenting the Toledo Symphony Orchestra; 3pm; Soloist Deborah Gardner, ballerina Carrington Kynard and the Bethlehem Mass Choir: 419-241-9360

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### A Certified MBE

The Sojourner's Truth, 1811 Adams Street, Toledo, OH 43604

Phone 419-243-0007 \* Fax 419-255-7700

thetruth@thetruthtoledo.com

www.thetruthtoledo.com

# Early Voters Turn Out in Large Numbers in Lucas County

*Sojourner's Truth Staff*

The initial reports for the first week of early voting in Ohio, and in Lucas County, showed that the numbers were not matching up to comparable periods in 2008 and 2012. However, the lines during the last week of the early voting period, particularly the last weekend, seemed to contradict those reports.

On the last Sunday, voters waited in line for as long as 90 minutes to exercise their right to cast a ballot. And even if one showed up before the doors opened, it wasn't early enough. A half hour before the doors opened on Sunday at 1 p.m., the lines were wrapped around the block.

Early voting over the last 10 days of the 2016 election cycle increased the per day average around the state of Ohio to 65,300, up from 51,000 in 2012 confounding predictions that the turnout would be down due to voter disinterest in the presidential candidates.



## First Federal Bank Promotes Reginald Temple to Community Reinvestment Act Officer

First Federal Bank is pleased to announce the promotion of Reginald Temple to Community Reinvestment Act Officer. In his new role, Temple is responsible for developing, implementing and administering all aspects of the Bank's Community Reinvestment Act Compliance Program by establishing, participating and maintaining relationships with community based, charitable, and non-profit organizations.

"I am looking forward to broadening the impact First Federal Bank has on the communities we serve," said Reginald Temple. "We truly believe that our partnership with our customers and our communities makes us all better together."

Temple has been in the banking industry for over 15 years and was nominated for the 2016 Toledo's Top 20 under 40, awarded the 2012 Toledo Branch NAACP Emerging Young Community Leader Award and the 2012 Emerging Leader African American Legacy Project of Northwest Ohio.

A graduate of The University of Toledo, Temple is a member of the Toledo Chapter of the NAACP, African American Leadership Council of United Way, Prince Hall Free and Accepted Masons Amazon Lodge #4, Maumee Chapter #6 Royal Arch Masons, Xi Tau Chapter of The Omega Psi Phi Fraternity Inc., and is a Certified Ohio High School Athletic Association (OHSAA) Football and Basketball official. His board responsibilities include, West Toledo YMCA, MLK Center Kitchen for the Poor and Adelante. He can be reached at his office at 417 W. Dussel Dr., Maumee, OH or by calling (419) 794-5017.



*Reginald Temple*

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*Finish Line... continued from page 2*

their on going 30-year war against anything or anyone called, "Clinton."

The email scandals were self-inflicted wounds to say the least. Anyone with two functioning brain cells would have come to the conclusion that having a private server in your closet at your home or office that could send and received classified information was not a bright idea.

Let's face it. Hillary won this narrow election because her former boss, President Obama, and Michelle lent their credence and popularity to a candidate who was seriously flawed.

Also, the Latino vote came out for her big time and, as president, Hillary has some whopping IOU's to pay to that constituency. Let's see if she does or simply gives lip service to those voters.

If only lip service, I can assure you that if she tries to run again in four years, she will be lucky to find a minority of minority voters rooting for her. Bet on it!

The Black Congressional Caucus should hold her hands, feet and eyeballs to the fire and gave her no breaks and insist on meaningful changes regarding criminal code reform, incarceration reviews, money to black colleges and universities, an appointment of a black woman to the US Supreme Court and appointments in both her cabinet and with federal judgeships that bespeak of the tremendous black and brown support that got her to the White House.

Anything less would be a slap in their faces. Hillary knows that the margin of victory was from the Garcias and the Washingtons and the Diegos and the Johnsons who pulled the levers for her win.

This was a dirty election. Sometimes, I had to take a shower simply after listening to the evening news! Will her four years be mired in acrimony and bitter charges from the losing party? I hope not. My water bill is high enough!

Lafe Tolliver, Attorney

comments to: tolliver@juno.com



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*Write Me If You Can... continued from page 2*

is something I could not live with under no circumstances.

Without citing chapter and verse, America has lost itself with the election of Donald Trump as president. You might as well have elected Bozo The Clown or the Three Stooges to serve in that capacity.

That is the category in which I would place Donald as far as his ability and capacity to be president. His gaffes, intentional and otherwise, are legendary as to being the antithesis of present-day requirements to be remotely able to be president.

So, from the warm climes of the Panama Canal, I will be watching cable television from my veranda, observing the circus acts of Trump and a Congress that will either implode due to its inability to do the basics of governance or their appalling lack of control over the political and farcical acts of Trump and his appointed right wing cabinet members.

For anyone who chose not to vote in this election of the century, shame on you and your apathy because when "things" happen and those "things" are policies that directly kick you in your hiney, please do not complain but simply turn your hiney to the un kicked part so Donald can complete his task.

To see the rabid support for this buffoon that he generated in spite of his mind boggling derogatory statements about practically everyone, including his own daughter (affirming with radio shock jock Howard Stern that she is a pretty piece of \*\*), it makes one wonder that the political discourse in this country has been reduced to a full body contact sport.

In spite of the concerns the electorate had, and rightly so with Hillary C., the election of the carnival barker Trump to the Oval Office is an effrontery to human decency and hastening of the demise of civility in the political arena.

If Trump has not and will not bring back to the shores of the USA the jobs that he has in about 12 countries and which make his products, why are the voters clueless in thinking that Donald will bring jobs back to America?

If Donald has any reserve for promoting a white nationalist agenda (The KKK under the auspices of David Duke of Louisiana strongly and happily endorsed Trump and his racial/immigration policies), that reserve or patina will come off while he is in the White House and that house will only get whiter and whiter and whiter.

Sadly, too many so called white evangelicals sold their soul to the Devil when they jettisoned any semblance of a "moral majority" and, like sheep to the slaughter, they voted, "Trump!"

So, from a safe distance I will be watching the political drama as Donald sticks it to America and tries to foist his vision of a divided America (both race and class) on a gullible and naive voting population who thought Donald was their Second Coming of Christ.

American politics has sown to a whirlwind and now it must reap the harvest. No recount. No second thoughts. No, "what have I done!" statements allowed. You were determined to bring Donald to the dance, so now dance with him!

Lafe Tolliver, Attorney

comments to tolliver@juno.com

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# Holiday Season Opens with Trunk or Treat Festivals

As usual, Halloween opened the fall holiday season and numerous groups, churches and organizations held Trunk or Treat festivities to mark the occasion

## Indiana Avenue MBC Holds Trunk or Treat Festivities for Kids

Several hundred children and their parents turned out for Indiana Avenue Missionary Baptist Church's annual Trunk or Treat festivities on Sunday, October 29 on the grounds of the church. From 4 to 6 p.m., children, ages three to 12, were treated to carnival games, horse-back rides and trunks full of goodies.

The event spread from the Fellowship Hall, to the lot across the street and back to the parking lot where dozens of trunks were open with treats for the children.

The evening was sponsored by Indiana Avenue MBC and hundreds of church members and volunteers.



... photos continued on page 16

## LMHA Festive Fall Celebration for Children

*Special to The Truth*

Lucas Metropolitan Housing Authority (LMHA) and its community celebrated the onset of fall at its first Trunk or Treat event on Thursday, October 27, from 4 to 6 p.m. at LMHA Port Lawrence Community Room on Belmont Avenue.

Martin LaMar, president and CEO of LMHA, said: "The event was a tremendous success. We wanted to do something special to ensure that the LMHA community had a safe festive event to kick off the holiday season. With the help of our community partners, we made it happen. Fun was had by all."

Over 200 parents and costumes children participated in an early evening of festival fun consisting of cotton candy, treats, games and activities for all. Donations were provided by local businesses and community partners, as well as LMHA employees. Participants included American Lawn, TTL Associates, Inc, K Kern Painting, V & R Home Inspections, LA Brownstone, Toledo Police Department, Little Scholar Academy, Security Corporation, Inc, Lucas County Sheriff's Department, Toledo Fire Prevention Bureau, All Aspects, LLC, Surface Enterprises, G45 Security, Gold Seal, Trabbic Pumpkin Farm, Nan McKay & Associates, Target and Kroger.



... photos continued on page 16

## Lucas County Children Services' Trunk or Treat

On Saturday, October 29, LCCS employees, members of the Libbey Legacy Lives community group, Friends of LCCS, along with donors/sponsors Fifth Third Bank, Meijer, The Juice 107.3, The Sojourner's Truth, Buckeye Health Plan, Mr. G's, Tim Horton's, LCCS Employees, Lucas County Foster Parent Association, Molina Health Care, Panera, Sonic and United Healthcare came together to provide children with a fun, family friendly Trick or Treat. Community service providers were also on hand to provide information to families.

The site was the former Libbey High School on Western Avenue



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## American Diabetes Month® 2016: This is Diabetes™

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

To recognize November as National Diabetes Month, the American Diabetes Association has shared the following theme: *This is Diabetes™*. They are highlighting the personal stories of people who live with diabetes as well as the stories of their families and caregivers.

In the United States of American, 29 million people live with diabetes. It can be challenging to live with a diagnosis of diabetes but messages from *This is Diabetes* share a vision of health and hope for all of us. They are encouraging people to share their personal story. This month's suggestion of people sharing their own stories is to help all of us better understand this disease. If people share their stories online, they are encouraged to use the hashtag #ThisIsDiabetes.

For example, a photograph of Norah practicing yoga says, "I feel better when I take care of myself. Even if it means a downward dog at 7:15 a.m. every morning right after checking my blood glucose level. I'm in harmony with my universe." For a well-balanced treatment of diabetes, it is important to work with your doctor, nurse and dietitian. Diabetes is best managed by a balance of food, medicine and

exercise.

What is diabetes? The National Institutes of Health explains: it is a disease that occurs when your blood glucose, also called blood sugar, is too high. The three main types of diabetes are type 1, type 2 and gestational diabetes. People can develop diabetes at any age. Both women and men can develop diabetes.

Over time, having too much glucose in your blood can cause health problems, such as heart disease, nerve damage, eye problems, and kidney disease. The good news is that we can take steps to prevent diabetes or manage it.

The Ohio State University Wexner Medical Center offers the following suggestions to help **control diabetes**:

- Follow your meal plan.
- Take your insulin or other diabetes medicines as ordered.
- Exercise most days of the week, such as walking briskly for 30 minutes, 5 days a week.
- Maintain a healthy weight.
- Learn how to check and record your blood glucose levels.
- Learn how to recognize when your blood glucose level is too high or too low.
- Keep all of your appointments with your doctors, nurses and dietitians.
- Attend diabetes education classes. Learn as much as you can about diabetes. The more you know about your diabetes, the better you will be able to control it.

Some people have prediabetes. It is estimated that in the United States, more than one in three adults have prediabetes. These individuals have blood glucose levels that are higher than normal, but not

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# All In or Nothing at All!

By Angela Steward, Fitness Motivator

The Truth Contributor

With Thanksgiving right around the corner, you can pretty much bet that a good Thanksgiving meal consisting of turkey and all the fixings is going to stick to your body like glue....lol!.

I'm also willing to bet that we'll all gain a few pounds over the holidays, but weight gain is no reason to give up on weight loss. The key to weight loss is.....don't give up! After you've enjoyed your holiday meal - Get Going!! Move!!

Whether you know it or not, when you've decided to lose a few pounds.....YOU don't have to be ALL IN, but you CANNOT DO NOTHING AT ALL!

ALL IN is - you bust into the gym, over excited and bursting with energy - motivated and committed to achieve your fitness goals. You hit the GEM hard! You eat healthy! You watch your calories and sugar intake! You drink your water! You avoid everything unhealthy - YOU ARE ALL IN!

So, what happens when your kids begin to play sports or they get sick, or you get sick? This is what's called derailment which causes last week's "ALL IN" attitude to get flushed straight down the toilet.

The next thing you know, one week of missed workouts turns into months of NO workout and now....you're DOING ABSOLUTELY NOTHING! Or my repeated scenario is: I get on track with my healthy eating, then I go to a party or celebration that includes one night of crappy eating and drinking and I run right back to my comfort foods that add inches to my belly & booty.

If you do the same, you might figure...What the hell, I give up! Well, you're right, what the hell? But what the hell are you going to do about it? Giving up is NEVER an option!

That's why you can't be ALL IN ALL THE TIME! ALL IN leads to NOTHING AT ALL! It's a setup for failure.

How can you keep the momentum going, when parties, functions, drinks and food a/k/a derailments set in? YOU ADAPT! There is no "perfect plan or situation" to lose weight! Derailments happen - You just have to know how to adapt to the situations that will more than likely impact your life and health!!

Here are a few examples of the dreaded derailments:

1. Injuries - Even while injured, you can always do something. Work the part of the body that's healthy!! Focus on what you can do, not what you can't do! Work the uninjured area, improve that area. It's so easy to create excuses, so talk yourself into getting back on track.

2. You can only make it to the GEM two times this week instead of three to five days. Adapt - walk/run, work out at home for 30 minutes, and/or ask for extra help (I'm available to you - so use me.....lol!) No Excuses! Doing nothing is never an option.

3. You go to your favorite restaurant and you're surrounded by all your favorite foods- Of course we all deserve to treat ourselves occasionally, so eat the foods you love - on occasion. Order it, share it, eat half of it - take the rest home, or eat the whole damn thing. JUST DON'T BEAT YOURSELF UP ABOUT IT - EAT IT, ENJOY IT, THEN GET BACK ON TRACK!! I do this over and over again....and I'm okay with that. Depriving myself of the foods I love is not an option.

4. You're surrounded by people who try to squash your motivation to lose weight. They love you just the way you are. Problem is, you don't want to be that person anymore - Adapt! Invite them to join you in becoming healthier. If they refuse -It's okay. Don't lose relationships based on your new and healthier lifestyle choices. Accept your friends and respect where they are in their life! But politely inform them, that they will have to do the same for you - mutual respect is the foundation of a strong friendship.

5. Unexpected events occur, and you lose motivation to work out or eat right! Adapt - "DSD" Do Something Dammit!! Call me! Call someone you trust to motivate you to get back on track. Sometimes all it takes is a chat with someone, even the person in the mirror.

The ability to adapt is a huge part of what it takes to stay on track to lose weight, to maintain weight loss, and to live a healthier

lifestyle. Learn to ADAPT to any given situation - be it nutrition or fitness.

The next time you're injured or you have to miss a class or classes, or the kids need your attention (out of the ordinary), tell yourself....How Can I Adapt, because DOING NOTHING AT ALL IS NOT AN OPTION FOR ME!

I hope to see you at Fabulously Fit GEM..... SOON!

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# NAMI's Fourth Annual African American Forum on Mental Health Awareness

*Sojourner's Truth Staff*

The National Alliance on Mental Illness (NAMI) of Greater Toledo held its fourth annual African American Forum on Saturday, October 22, from 9 a.m. to 3:30 p.m. at Glenwood Lutheran Church on Monroe Street and dozens of family members gathered to glean information on coping with the various aspects of the disease.

Rev. Timothy Clark, pastor of Harvest Christian Center, opened the event with a welcome and a prayer and Alexis Means, news anchor and journalist at WTVG Channel 13, served as mistress of ceremonies.

During the morning session, parents of those afflicted with mental illness shared their stories of coping with their youngsters. Deidre Washington, Jenelle Jones and Andre Tiggs spoke out about how their lives have been impacted.

They were followed by LaShanna Alfred, a licensed independent social worker and clinical director at New Concepts. Alfred, who teaches social work classes at The University of Toledo, spoke of the fundamentals of mental illness from the social worker's perspective.

Then came breakout stations before lunch which addressed the issues of: specific mental illnesses, crisis intervention and drug response, assessments, medications and therapy, living with mental illness, positive choices over violence and embracing and restoring the family.

During the afternoon session, the keynote address was delivered by Bishop Michael Carter, pastor of Praise City Worship Center Detroit and Praise City Toledo. Carter, who has a bachelors of science in psychology along with a masters and doctorate of Practical Theology, spoke of how faith communities can speak out on issues of mental health.

The African American Forum is a collaboration of NAMI and the Alpha Kappa Alpha Sorority, Inc.

The Forum is presented by the NAMI African American Leadership Initiative which includes representatives from the YWCA, Harbor Behavioral, Arrowhead Behavioral, Toledo Police Department, Toledo Fire and Rescue Operations, Urban Radio, Neighborhood Health Association, Lucas County Children Services, CareSource, Harvest Christian, University of Toledo's Department of Education, the Mental Health and Recovery Service Board and individuals Bandon Chapman, Robert Stevens and Washington Muhammad.



Felicia Dunston, AKA President and Cheryl Bobo-Wallace, AKA Health Promotion Chairman

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# Oldtimers...It's No Joke

By Dianne Pettis, CRNP

The Truth Contributor

Joking that "I must have 'Oldtimers,'" used to seem funny to me, until I began to observe the effects of Alzheimer's Dementia in my own family. It's sad to see the physical and mental decline in once very vibrant and independent people. It's also sad to see the stress-related illnesses affecting those who care for their loved ones.

*Dementia* is a general term for loss of memory caused by physical changes in the brain and death of nerve cells, resulting in the brain not being able to function properly.

There are 10 types of Dementia; four of which I'll highlight here. Alzheimer's Disease is the most common of the dementias – 60-80 percent of cases. One in nine people over age 65 has Alzheimer's; one-third of the population over age 85 has it, and two in three are women.

Alzheimer's is the sixth leading cause of death in the United States. It is a slowly progressive brain disease that begins well before a person actually has any symptoms. The changes in the brain are due to plaques and twisted strands of proteins that are deposited in the brain, nerve cell damage, and death of brain tissue.

Symptoms include difficulty remembering recent events, names, or conversations; and depression. Later, as brain cell changes progress, and cells die; a person has problems speaking and swallowing, displays poor judgement, disorientation, confusion and has problems walking. Ultimately, the brain can no longer control life processes, leading to death.

The manifestation of Alzheimer's symptoms is divided into stages. The stages and symptoms affect people differently. The rate of the decline in health varies from person to person, but all symptoms will worsen over time. Once a diagnosis of Alzheimer's Disease is made;

the average life expectancy is four to eight years. The stages are Early (mild), Middle (moderate), and Late (severe). In the mild stage, a person is still able to live and work independently, but they may notice little memory lapses...forgetfulness. They may frequently lose things, and find it difficult to concentrate. They not only notice these things, but family and friends now begin to take notice also.

The Middle Stage is the longest stage. Thinking and memory challenges progress. There is more forgetfulness even for more familiar and personal things, such as address, and information about their life and history. There is more confusion about activities of daily living, what to wear, how to pay bills, and orientation to time or place. Physically, there tend to be changes in sleep, bowel, bladder, and hygiene patterns. During this stage, the person will need more care and observation.



Dianne Pettis

... continued on page 10

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## Ask Ryan

By Ryan Rollison

The Truth Contributor

Dear Ryan,

I have been training for a few years and I can't seem to get my shoulders to grow. I work them hard and I work them the day after my chest and before my back. I've tried every exercise that I've seen and nothing seems to work for me. Do have any suggestions?

James C.

Dear James C,

I also had the same problem with my shoulders. I could work them very heavy for low reps or really light for a lot of reps and they never got sore and they didn't seem to want to grow. Then I took a look at my nutrition and it was pretty good so then the next step was my training.

What could I do differently to enhance my shoulder girth and thickness?

I figured that I was possibly over-training them and not giving them enough time to rest and recuperate. You get shoulder work in-directly when you train chest and back. I decided to stick to my main shoulder exercises but split them up.

I do four sets of regular dumbbell presses and side lateral raises on my leg days. One day doing them heavy for low reps (four-eight) then light with high reps (15-20) on the next workout. When I work my back, I also work my rear delts. I do behind the neck barbell press and/or bent over lateral raises with the same rep scheme as previously stated.

On chest days I work my front deltoids by doing front lateral raises also following the same repetition plan. This has proven to be very effective for my and some of my clients shoulder growth. You have to experiment with your body and do what works for you because we are

all different. At the very least try the different rep scheme and double check your nutrition.

Make sure your getting enough protein and if your not, make the adjustment. If you are working your shoulders on the day between your chest and back then it is very possible that you are over training them and not giving them rest. Remember that your shoulders are being worked indirectly when you train chest and back. Try this and see how it works. Keep training hard and good luck in achieving your Dream Bodies out there.

UNLEASH YOUR HERO!

Ryan Rollison

Dream Bodies

Toledo Ohio



Ryan Rollison

*Dianne Pettis... continued from page 8*

Severe Alzheimer's is the final stage of this disease. People will definitely require around-the-clock care because they can no longer respond to their environment or those around them. Communication becomes difficult, as does controlling movement. Eventually, everything needs to be done for the person. They are also more susceptible to infections. Eventually death occurs due to the progressive damage to vital brain tissue.


The next most common dementia is Vascular or Post-Stroke Dementia. Ten percent of cases are of this type. With this type, there is blood vessel blockage and damage usually after a stroke. These changes are seen on brain imaging. Initially there is impaired judgement, and decreasing ability to make decisions, plan, or organize. The size of the injury, location, and number of the injuries determine the functions that are affected.

Lewy Bodies; another cause of dementia, are clumps of alpha-synuclein protein. There is memory loss and thinking difficulty as seen in Alzheimer's, but people are more likely to have earlier symptoms such as sleep disturbances, slowness, imbalance with walking, and hallucinations. With Mixed Dementia – the fourth most common dementia, the brain changes are linked to more than one type of dementia all occurring at the same time. The more common combinations are Alzheimer's + Vascular Dementia, Alzheimer's + Lewy Bodies, and occasionally Alzheimer's + Lewy Bodies + Vascular Dementia. The other six types of dementia are Parkinson's Disease, Frontotemporal Dementia, Creutzfeldt-Jacob Disease, Normal Pressure Hydrocephalus, Huntington's Disease, and Wernicke-Korsakoff Syndrome.

If you are concerned about yourself or others, the first step is to consult your primary care provider (PCP). There should be a thorough medical history and physical exam that includes bloodwork, a mental status evaluation, and a neurological exam. Sometimes there are diseases and conditions that can cause similar dementia symptoms. Based on exam results, the PCP may order brain imaging with an MRI, or CT scan.

Care givers need a tremendous amount of help and support. Contact local community organizations and the Alzheimer's Associations for resources for caregivers and loved ones.

Dianne Hart Pettis, CRNP




### Junction Annual Urban Harvest Health & Wellness Expo

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# Five Tips for Good Gut Health During the Holidays

*Special to The Truth*

The holiday season can be one of the most stressful times of the year and you may have noticed you're more prone to colds and upset stomach when you're stressed. Stress tends to slow the digestive process. What's more, 70 percent of the immune system lies in the digestive system, according to findings reported in "Clinical & Experimental Immunology."

Unfortunately, one of the most stressful seasons coincides with one of the most indulgent. To help, Vincent Pedre, MD, author of the new book, "Happy Gut: The Cleansing Program to Help You Lose Weight, Gain Energy, and Eliminate Pain," is offering useful tips to lessen digestive upset and keep your gut healthy over the holidays.

- **Pack healthful snacks.** When traveling, people tend to grab unhealthy foods for convenience. Pack nutritious foods like carrots, apples, almonds and frozen yogurt to keep the body strong. Foods like yogurt, which contain probiotics, not only address digestive issues, but are said to help stave off colds. One study found that those who took a probiotic supplement with *Lactobacillus rhamnosus*, a type of healthy probiotic bacteria, recovered earlier and reported less severe symptoms.

- **Eat mindfully.** Eating in a hurry is a major no-no for good gut health, and makes you more likely to overeat, since it takes the brain about 20 minutes to recognize when you're full. Plus, eating quickly can cause gas, acid indigestion and bloating.

"When we stop and really enjoy what we're eating we're less likely to overdo it, and we'll avoid issues like emotional eating," says Dr. Pedre.

- **Relieve stress.** Take some "me time." Maintaining an exercise routine and practicing deep breathing relaxation techniques can do wonders for mental and digestive health, and help alleviate stress' negative effects on the digestive

system, such as gas, acid reflux and stomach cramps.

- **Maintain a sleep routine.** Get an adequate night's rest of at least eight hours nightly. Your body and gut like predictability. Plus, staying up late could make you more likely to visit the fridge and eat that piece of chocolate cake that'll lead to an upset stomach.

- **Help your body naturally.** Overeating or drinking is easy to do this time of year, but it can cause stomach distress. Check out local natural product retailers, which offer homeopathic medicines like *Nux vomica* to relieve nausea, heartburn, acid indigestion or fullness associated with overindulgence of food or drink. While these uses have not been evaluated by the Food and Drug Administration for efficacy, *Nux vomica* is one of the most popular homeopathic medicines. It's also easy to take. The pellets are quickly absorbed under the tongue without water, as opposed to being absorbed through the stomach, which may not be functioning at its peak. As a homeopathic medicine, it has no known side effects such as constipation, diarrhea, gas or drowsiness.

To learn about relieving a variety of acute stomach issues, explore the Boiron Medicine Finder app. This free resource, available on Android and iOS devices, allows users to find the right homeopathic medicine for many everyday conditions.

Both the stress and the fun of the holiday season can take a toll on gut health -- take extra steps this season and beyond to feel your best.

*NAMI... continued from page 8*



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# Social Security Column

## ACT NOW! OPEN ENROLLMENT FOR AFFORDABLE HEALTHCARE

By Phil Walton

Social Security Manager in Toledo, OH

Affordable healthcare is something that all Americans deserve. Before the Affordable Care Act (ACA), millions of people and their families were at risk of financial ruin because they were uninsured. Health insurance companies could also deny health insurance coverage due to a preexisting condition like cancer or diabetes. Fortunately, you are now protected with the ACA.

Open enrollment under the Affordable Care Act begins November 1 and lasts until January 31, 2017. If you want your coverage to begin on the first of the year, you will have to enroll by December 15. Now is the time to compare healthcare plans so that you can find the best one for you. You and your clients can learn more about the Health Insurance Marketplace and how to apply for benefits at [www.healthcare.gov](http://www.healthcare.gov).

Signed into law on March 23, 2010, the Affordable Care Act provides Americans with better health security by expanding coverage, lowering healthcare costs, guaranteeing more choice, and enhancing the quality of

care for all Americans. As of March 2016, 20 million people have gained health insurance coverage—more than 6 million of them uninsured young adults—because of the Affordable Care Act. We now have the lowest uninsured rate in the country's history.

No matter who you are, you are entitled to affordable healthcare. It's a crucial part of securing today and tomorrow. The Affordable Care Act also ensures that even if you have a preexisting condition you will be covered. If you are already covered and want to change your plan, this is the time to do it. Factors might have changed over the last year that would make you want to update your coverage. Even if you're just curious about the many plans in the open marketplace, you can compare healthcare plans at [www.healthcare.gov](http://www.healthcare.gov). Having coverage for you and your loved ones is a critical part of a healthy and happy life. Make sure you're covered with the plan that best suits you.

## Library Journal Awards

### Toledo Lucas County Public Library

### Four Star Library Ranking

We are pleased to announce the results of the ninth edition of the Library Journal Index of Public Library Service, sponsored by Baker & Taylor's Bibliostat. The LJ Index is a national rating system designed to recognize and promote America's public libraries, to help improve the

pool of nationally collected library statistics, and to encourage library self-evaluation. It rates U.S. public libraries based on selected per capita output measures.

LJ Index scores and Star ratings are based on data reported annually by public libraries to their state library agencies and compiled nationally by the Institute of Museum and Library Services (IMLS).

LJ Index scores are based on five per capita service output statistics:

- library visits
- circulation
- program attendance

- public Internet computer use
- circulation of electronic materials (such as eBooks or eAudio)

Review the Article: America's Star Libraries, 2016: Top-Rated Libraries

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For additional information contact Joe Moran, Luanne Billstein, or Mary Sobecki

# Tales of the Talented Tenth: Bessie Stringfield by Joel Christian Gill

By Terri Schlichenmeyer

The Truth Contributor

It's a great big world out there.

So many things to see, so many places to visit. You can find pictures of those spots, but photos aren't enough. You want more, and you aim to touch as much of the world as you can. It's a common desire and, as in *Tales of the Talented Tenth: Bessie Stringfield* by Joel Christian Gill, you might make history while you're doing it.

c. 2015  
Fulcrum Books  
\$23.95 / \$31.95 Canada  
122 pages

Bessie Stringfield didn't remember much of her childhood.

She did, however, recall how her father saved to bring Bessie and her mother to America. They boarded a big ship for the journey from Jamaica to Massachusetts and for the whole trip, Bessie's mother was ill. Once they reached Boston, her mother died; overwhelmed, Bessie's father abandoned his little girl.

Taken to an orphanage, Bessie was cared for by kindly nuns but she longed for a family of her own. She was still a young girl when she was adopted by a white lady who gave her a good home and a fine education. Bessie grew to be a proper young lady but she had one desire that was unusual for girls then: she wanted a motorcycle. She'd seen boys on bikes and she wanted to be "free and happy" like them.

On her birthday one year, her mother had a surprise for her...

Almost by instinct, Bessie embraced the bike and rode it everywhere. As an adult, she traveled across the U.S. eight times. She did "Penny Tours" by dropping a coin on a map for her next destination. Married six times, she was more in love with the road than she was with any man but there was one thing that baffled Bessie: the South.

Unused to Jim Crow laws, Bessie learned to take care of herself with

speed and tricky maneuvers on her bike. Those fancy moves helped her get jobs with sideshows where she became The Motorcycle Queen of Miami; she entered races, and got work with a courier service during World War II. And when that was over, she traveled around the world before settling down to teach.

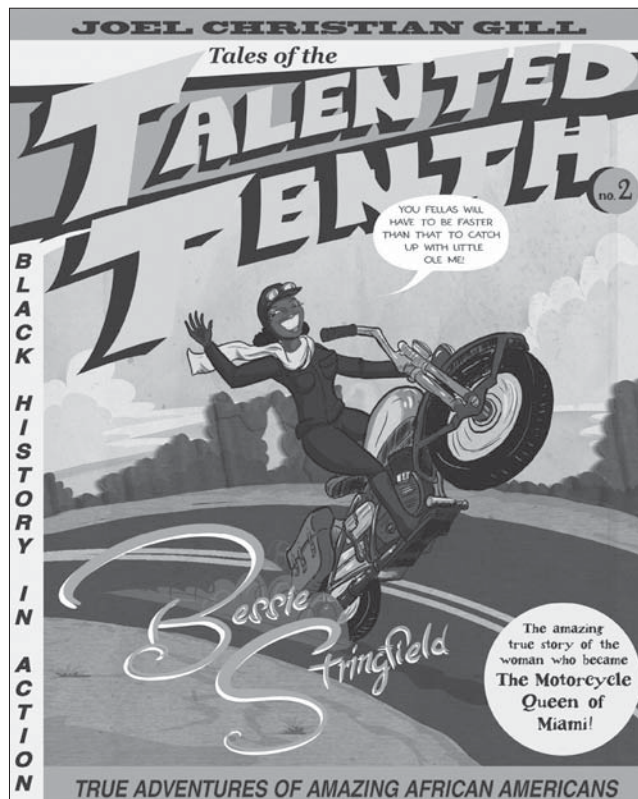
"Man," says author Joel Christian Gill, "she was something!" And he's right: *Tales of the Talented Tenth: Bessie Stringfield* is a pretty amazing story.

Set at a time when women (black women in particular) had few rights, this book tells the true tale of a pioneer on two wheels. What makes it so appealing is that it's entirely illustrated and formatted like comic books of yore, which enhances the story and its teen-friendliness. Young readers get a great sense of Stringfield's importance in history and if they want more information, Gill helpfully offers websites and further information at the end of this book.

This is a great biography for readers 12 and up, and could be a good gift for a Motorcycle Mama of a higher age. For them, or for anyone who wants to learn about an interesting, little-known story, *Tales of the Talented Tenth: Bessie Stringfield* is the book to see.



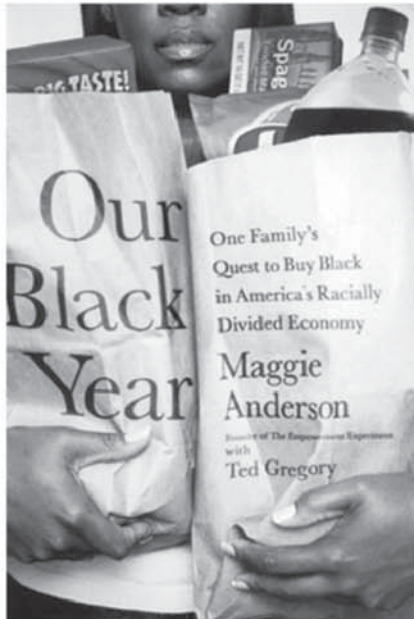
Joel Christian Gill



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# CLASSIFIEDS

November 9, 2016

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## CLASSROOM/RECREATION AIDE I

Start date: September, 2016

### Essential Duties and Responsibilities:

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## 21ST CENTURY ACADEMIC TUTOR

Start date: October, 2016

### Essential Duties and Responsibilities:

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Indiana Avenue... continued from page 6



LMHA Celebration... continued from page 6



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