

Local and National News

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Volume 42, No. 7

"And Ye Shall Know The Truth..."

January 4, 2017

Heri Za Kwanzaa!



International Students Celebrating Kwanzaa - Front: Djeneba Diallo of Mali and Ntitseng Tsotetsi of South Africa
Back: Rafiq Lartey of Ghana, Ali Yaacoub of Lebanon and Nock Stewart of Toledo and the Toledo School for the Arts

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Embracing Uniqueness: Our Way With Food

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

The Truth Contributor

With the improvisational genius that gave the world jazz, we have cooked our way into the hearts, minds and stomachs of a country.

- Jessica B. Harris



What would America be like without soul food?

Soul, wrote famed writer Ralph Ellison, is "an expression of American diversity within unity, of blackness with whiteness (that) announces the presence of a creative struggle against the realities of struggle," (1970).

As we enter year 2017, we are witnessing a powerful assault on difference and an attempt to silence alternative perspectives. Yet, diversity, in the words of Allan D. Callahan, PhD, "safeguards human creativity, potential and responsibility" and is "one of our most potent weapons against hegemony," (2008, 158).

In the year ahead, we will need to embrace our uniqueness and values if we are going to successfully resist the looming winds of cultural and political domination.

How, you ask?

Nothing has survived the Middle Passage from Africa to America like our love affair with our food. Historically food, for our community, has been both a means of resistance and survival.

For the month of January, 2017 then, we can embrace our uniqueness and diversity through our love of soul food. The following is a list of my favorite soul food main and side dishes.

My Favorite Soul Food Main Dishes:

#5 – Smothered Cube Steak: A nice weekday dish or for Sunday after church. Serve with gravy over plain white rice for a superlative winter comfort dish. Be sure to use fresh garlic (not powder) and onions.

#4 – Fried Fish: Catfish or Rainbow Trout work well, as does Tilapia. Be sure to keep a bottle of Louisiana (The Perfect) Hot Sauce close by. I like my fish fried crispy and coated with seasoned cornmeal and flour style southern breading or with Cracker Meal for a contemporary take. Pair with southern hushpuppies or French fries and your favorite beverage.

#3 – Jambalaya: Created in the rice kitchens of South Carolina and migrating later (according to legend) to Louisiana, this dish makes your taste buds leap for joy and combines traditional vegetables, herbs and spices with shrimp, Andouille sausage and sometimes ham or chicken. With this, and most all creole-style dishes, I prefer a tomato base to a roux or brown gravy base.

#2 – Smothered Pork Chops: Comfort food extraordinaire! Smother shoulder chops using gravy and onions until tender. My recipe for this dish has been passed down from several generations on my wife's side as well as my own.

#1 – Iron-Skillet Deep Fried Chicken: No Southern dish is more beloved. Historically, it was a staple in the shoe-box lunches we carried on car trips to visit relatives living in the South. Currently fried chicken is a constant wherever black folk congregate - from church dinners to after-hours gatherings. Whether for a weekday or Sunday meal, the best fried chicken is crispy on the outside and completely cooked down to the bone.

My Favorite Soul Food Side Dishes:

5. Black Eyed/Crowder Peas: Ensuring good luck for the year ahead, according to legend, requires that you eat this dish on New Year's Day. Black-Eyed peas, also known as "the staff of life," can be traced directly back to its West African origins. I sometimes mix the black-eyed with the Crowder version for a flavorful source of fiber and protein. Don't forget to use a pinch of red pepper flakes for a touch of spice. The peas are great with jalapeño corn bread.

4. Rice and Gravy: Cooking plain white rice to "each grain stands up on its own" perfection is an art form that few have mastered. White rice was also present in Africa "before the Europeans arrived," and survived the Transatlantic Slave Trade. Gravy made of flour, onions and pan drippings from fried chicken or chops will surely take the entire meal to another level.

3. Turnip and Mustard Green Blend: Cook with smoked ham hock/shank or turkey to season. Greens can stand alone as a one-pot meal or as a fabulous compliment to the main dishes above. Best with hot-water corn bread.

2. Macaroni and Cheese: A fixture on tables for Sunday Dinner in the black community. For a distinctive version, blend several different cheeses including exotic and/or international varieties along with Velveeta and domestics.

1. Smothered Cabbage: Easy to prepare, works well with any main dish and is extremely versatile. I love my cabbage fried in bacon drippings to a crunchy texture and flavored with onions and red, yellow and green bell peppers.

Soul Food allows us to connect with our West African roots and embrace our uniqueness and culture. It is also a powerful strategy in the fight against domination and oppression.

Please let me know how your favorite soul foods compare to mine.

Contact Rev. Donald Perryman, D.Min, at drldperryman@centerofshope-baptist.org

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Strahorn Comments on Vetoes of Energy Standards "Goals," Government Shut-down Legislation

Ohio House Democratic Leader Fred Strahorn (D-Dayton) last week expressed support for vetoes of several bills, including legislation to change

... continued on page 3

Ohio Legislature Threatens Job Growth with Energy Standard Redo

Bucks leading business movement to renewable energy sources

State Rep. Michael Ashford (D-Toledo) last month criticized the passage of House Bill (HB) 554, saying legislation that changes the state's energy efficiency standards to unenforceable "goals" through 2019 will harm consumers and jeopardize thousands of manufacturing and development jobs in Ohio's advanced energy industry.

"HB 554 freezes the energy efficient standards, stops Peak demand programs, and eliminates economic development. Since 2007 SB 221 implemented standards clearly stating that 25% will be dedicated to wind and solar. Based on utility reports, energy efficient programs would save customers \$4 billion in reduced electric bills over the next decade", said Ashford. "Approximately \$15 billion have been invested in company infrastructures that provide wind and solar power to their communities. HB 554 sends a negative message to investors."

Ohio's energy efficiency standards were originally passed with overwhelming bipartisan support in 2008. According to various reports, the standards have since saved consumers over \$1 billion in energy costs, helped create thousands of jobs in the state's advanced energy industry, and were on track to reduce an estimated 23 million tons of annual carbon pollution by 2029, helping prevent thousands of lost work days, asthma attacks, heart attacks and premature deaths.

The nation and world's leading companies are increasingly turning to renewable energy sources to power their businesses. Some of the largest corporate brands – including Apple, Coca-Cola Enterprises, Facebook, General Motors, Google, Microsoft, Nike, Cincinnati-based Proctor & Gamble, Starbucks, Walmart and more – have all publicly pledged to procure 100 percent of their electricity from renewable energy sources by a certain date in the

near future.

Amazon Web Services, Inc., an Amazon.com subsidiary, recently announced plans to build a \$300 million wind farm in Hardin County, Ohio, in addition to their 100-megawatt wind farm in nearby Paulding County that is expected to start producing electricity next May.

"Our neighboring states like Michigan, Indiana, and Pennsylvania have increased their energy efficient requirements," Rep Ashford states "We are very proud that the Ohio State University program is one of the four best football teams in the country; however, we should work on improving our status as the 30th state in the country when it comes to implementing quality requirements for energy efficient programs."

Thanks to the state energy efficiency standards, Ohio had an opportunity to position itself as a leader in the burgeoning renewable energy industry. The future of the roughly 7,200 Ohio businesses and approximately 89,000 Ohio workers currently supported by Ohio's clean energy industry is now uncertain following the passage of SB 554.



Rep. Michael Ashford

Strahorn... continued from page 2

the state's energy efficiency standards to unenforceable "goals" through 2019. Critics say the bill, House Bill 554, would have harmed consumers and jeopardized thousands of manufacturing and development jobs in Ohio's advanced energy industry.

"In a state with a proud industrial history, we must embrace the growing advanced energy sector and the manufacturing-based jobs the industry can provide if we want to remain competitive in the 21st century," said Strahorn. "Ohio's bipartisan energy efficiency standards have already saved money for families across the state and created jobs for thousands of hardworking Ohioans. I believe extending the energy standards freeze under the guise of unenforceable "goals" would have set Ohio back, and I am pleased that the governor agrees."

Ohio's energy efficiency standards were originally passed with overwhelming bipartisan support in 2008. According to various reports, the standards have since saved consumers over \$1 billion in energy costs, helped create thousands of jobs in the state's advanced energy industry, and were on track to reduce an estimated 23 million tons of annual carbon pollution by 2029, helping prevent thousands of lost work days, asthma attacks, heart attacks and premature deaths.

Strahorn also expressed support for the veto of Senate Bill (SB) 329, a sweeping bill passed in the eleventh hour of lame duck session that would have given the legislature new power to dissolve executive-branch state agencies. Under SB 329, some 25 state agencies would be forced to spend extra money and resources every four years to defend against elimination based on a number of factors, including the potential for privatization, and a regulations evaluation against other states.

"I am pleased the governor vetoed this reckless legislation that could have put Ohioans in danger by potentially shutting down essential services overnight," said Strahorn. "The legislature already has to the ability - and responsibility - to oversee executive agencies through the state budget process. In an American democracy that relies on a healthy system of checks and balances, SB 329 was a reckless power grab by one branch of government that would have created chaos within our state every four years."

The governor today also line-item vetoed several tax provisions of SB 235, including a tax exemption for oil and gas producers and another for digital entertainment downloads.

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Lucas County Commissioners Sworn In ... Again

Sojourner's Truth Staff

Democrats Pete Gerken and Tina Skeldon Wozniak both won re-election in November and were sworn in last week to start their next terms on the Lucas County Board of Commissioners.

Skeldon Wozniak took her oath of office on December 29 at the J. Frank Troy Senior Center; Gerken on December 30 in the Lucas County Commissioners boardroom at One Government Center.

Both commissioners noted the challenges ahead and their key concerns for the next four years.

"The Board of Lucas County Commissioners aren't afraid to fight for clean water," said Skeldon Wozniak on Thursday at the J. Frank Troy Center. "We aren't afraid to fight for economic development and jobs. The bottom line is, it's all about all of us. These seniors have raised families and helped make this community strong. I'm here to show respect because you can't leave if you don't know what people need."

Gerken took a moment to salute the Commissioner's staff, many of whom were in attendance the following day. "My commitment to this staff is to support you as you have supported me," said Gerken. "We will continue to battle poverty; we will continue to create jobs; we will continue to work on clean water; we will continue to work on criminal justice reform."

Skeldon Wozniak was sworn in by her friend, Lucas County Juvenile Court Judge Denise Cub-

bon; Gerken by his daughter, Laura Gerken Dierks.

Skeldon Wozniak will be starting her fifth term as commissioner, Gerken his fourth, in January. The third member of the board, Carol Contrada, is in the midst of her second term.



Commissioner Pete Gerken is sworn in by his daughter Laura Gerken Dierks as wife Polly Gerken (right of Gerken) and Commissioners Carol Contrada and Tina Skeldon Wozniak watch

Toledo Kwanzaa... continued from page 16

The seven principles celebrated each year are Umoja (Unity); Kujichagulia (Self-determination); Ujima (Collective work and responsibility); Ujamaa (Cooperative Economics); Nia (Purpose); Kuumba (Creativity) and Imani (Faith).

This is the 50th year of Kwanzaa, a holiday created by Maulana Karenga in 1966 as an African-American holiday. For decades now, Toledoans have carried forth the tradition. The current Kwanzaa Committee includes: Diane Gordon, Donald Lynn, Rev. Kenneth Peterson, Oscar Shaheer, Rolita Noble, Ruth Ashford, Earnestine Harris, Washington Muhammad and Alisha Smith.

Joining the celebration this year were the international students of American Cultural Exchange Service (ACES).

ACES is a non-profit organization dedicated to global education through secondary level exchange and is designated by the Office of Educational and Cultural Affairs of the U.S. State Department. The students visit Toledo for one academic year, living with host families, attending school and becoming involved in extracurricular and community activities.

ACES has a relationship with more than 60 countries and the local international coordinator is Tracee Ellis who encourages a diversity of American host families to experience the opportunity, particularly minority families.

Ellis can be reached at TraceeEllis.goglobal@aol.com or 419-450-0631. The ACES website is explorettheworld.org.

In Memoriam

John Glover



April 8, 1934 – December 28, 2004

Lola Glover, Wife

Your children, grandchildren, sisters, brothers, family and extended family

We cherish the memories of the years and moments of love and happiness you both brought to all of us



Stephanie Lynn Hughley



August 29, 1956 - December 20, 2012

Lola Glover, Mother

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Optimal Health

By Patrice Powers-Barker, OSU Extension Lucas County

The Truth Contributor

Happy New Year! It's a good time for reflection, a new start and rededication to healthy living. Why not go for the best health you can reach? Kathi Kemper, the director of Center for Integrative Health and Wellness at Ohio State University's Wexner Medical Center suggests six strategies to employ for optimal health.

This article will focus on nutrition for health and wellness but nutrition alone does not dictate a healthy lifestyle. To paraphrase Kemper's list, here are six integrated tactics for a healthy year.

1. Choose a healthy eating pattern and avoid consuming toxins like tobacco, excessive alcohol or misuse of prescription medications.
2. Balance physical exercise and rest throughout a 24 hour day. Make an effort to workout 30-60 minutes most days of the week and to sleep seven to nine hours each night.
3. Build healthy, supportive relationships with family, friends, neighbors and colleagues.
4. Find meaning, purpose and connection with something greater than the individual self.
5. Seek out healthy, supportive physical and social environments.
6. Practice mind-body exercises for healthy emotions.

Please keep in mind that all six strategies are essential for optimal health, resilience, and effectiveness. While this article focuses on nutrition, this does not mean that any of the other five points are less important. The Dietary Guidelines for Americans promotes healthy eating as one of the most powerful tools we have to reduce the onset of diet related diseases. And when we combine healthy eating with other healthy habits, we can reach our optimal health easier.

If someone makes a new year's resolution to lose weight, the two best things to do are to eat healthy and to add or increase physical activity. When starting any new physical exercise, check with your primary care provider to make sure it's the best exercise option for your health.

For general health (and not necessarily weight loss) the Department of Health and Human Services' Physical Activity Guidelines for Americans, suggest that adults need at least 150 minutes of moderate-intensity physical activity each week and should perform muscle-strengthening exercises on two or more days each week.

Children ages six to 17 years need at least 60 minutes of physical activity per day, including aerobic, muscle-strengthening, and bone-strengthening activities. Balance this exercise goal with a healthy diet and celebrate a healthy new year.

Healthy, supportive relationships are good for both our disposition as well as our physical health. Who we eat with can have an important influence on our food choices. Are your friends and loved ones choosing more healthful food over less healthy options? It's a good time to either appreciate their good influence on you or you can decide to be the one who influences others in a positive way.

Talk with your loved ones and discover ways to support one another in healthy lifestyle choices. Can you meet to exercise together? Can you share healthy meals? Can you help encourage one another when you ever feel like giving up on your new healthy habits?

As important as individual choices are in regards to health, everyone has a role to create healthy community spaces to support those individual choices. Strategy number five promotes "seek out healthy, supportive physical and social environments." The Dietary Guidelines for Americans reminds us to think about healthier environments in all of the spaces we visit throughout the week.

- Home can be a great place to find out what works for you. Is your family willing to try some new foods or recipes? How can you help one another live your optimal health?

- Many students each lunch and breakfast at school during the week. Schools have the goal of providing healthy meals based on guidelines to meet the nutritional needs of students. Encourage stu-

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Essential Oils 101

By Dianne Pettis, CRNP

The Truth Contributor

I was inspired to write this month about pure essential oils after having some swelling and joint pain in my hand, which rendered me near tears and unable to work effectively in examining patients.

I have used certified pure therapeutic grade (CPTG) essential oils for several years now; about the only thing in my medicine cabinet is ibuprofen. Ibuprofen wasn't helping at all. I applied a blend of juniper berry, rosemary, and lemon oils to my hand before I went to sleep. The next day, the redness was gone; the pain was gone; and the swelling was barely noticeable. Amazing!

Essential oils have been around since the beginning of early civilization. They were used as a part of religious ceremonies, in healing, embalming, in cosmetics, and in perfumes. They began to regain popularity in the mid-19th century for use as fragrances in various products. Since then, there has been a great amount of research to investigate how best to use the oils, and to determine safety.

Essential oils are easily evaporating liquids that are distilled from all parts of a plant. Their chemical and therapeutic properties are determined by many variables; such as the part of the plant used, the season, the climate, the country grown in and the type of distillation process.

Not all brands of oils are the same. I use doTERRA certified pure therapeutic grade essential oils because I want to have confidence in the safety and benefits. CPTG oils can be more costly than what you may find in a drug store or a discount store. This is because getting the purest oils may require using hundreds of pounds of plant material just to extract one pound of pure essential oil.

Essential oils have many beneficial properties. They are powerful anti-oxidants. Anti-oxidants neutralize the action of free radicals;



Dianne Pettis

substances that are produced by the body during normal metabolic processes. The body uses the presence of free radicals as a signal to perform many regulatory functions. Free radicals are also created by pollution and radiation. When free radicals outnumber the body's natural anti-oxidants, cell injury occurs – such as damage to proteins, tissues and DNA.

Other properties of essential oils are antibacterial, antifungal, anti-tumor, antiparasitic, antiviral, and antiseptic. This is why I reached for my oils as help for my hand. Research has shown pure essential oils to destroy harmful bacteria, viruses and provide immune support. They also support the liver in detoxification of the blood.

The oils have systemic (throughout the body) effects and local effects at the site of application. Systemically, the oils are absorbed into the blood stream and distributed throughout the body via the circulatory system. They are then metabolized by the liver and excreted from the body by the kidneys, lungs, and intestines.

The oil molecules get into the body by three routes: inhalation, topically and internally. When you breathe in the fragrance of an oil, the molecules are sensed by the olfactory nerve cells and surrounding tissues. The receptors in these tissues (cilia) bind to specific odor molecules and send signals to five different structures in the brain. This chemical process ends up producing physiological and psychological effects.

When the oils are placed or rubbed directly onto the skin, they cross the top layer, and are absorbed into the capillaries of the tissues below. Massages, compresses or placement into bath water are ways the oils can be used topically.

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Six Easy Ways to Take Better Care of Your Health

Special to The Truth

A new year is an excellent opportunity to assess your health and resolve to make positive lifestyle changes.

"Many people work hard to establish healthy habits at the beginning of the year. But for those with busy schedules and tight budgets, maintaining these habits over time can be a challenge," says Jill Turner-Mitchael, senior vice president of Sam's Club, Consumables and Health and Wellness.

To help people prioritize and maintain their health in 2017, Turner-Mitchael and Sam's Club pharmacists are offering tips that are practical and affordable.

- **Secure Regular Screenings:** It is important to get regular health screenings to keep track of the state of your health. Routine tests are often the first to get postponed when people get busy, but they are crucial for ensuring any potential medical issues are identified and addressed as early as possible.

Resist the urge to let cost or time constraints prevent you from getting regular check-ups. For example, free health screenings are often available at Sam's Club, which offers a full suite of affordable health care offerings. These screenings are open to both members and the public at no cost, covering a wide range of tests to assess various health factors. Don't forget regular vision and hearing tests, as well.

- **Ask Questions:** Don't be afraid to ask questions and seek out advice for improving your health. One easily accessible professional resource that is often overlooked is your local pharmacist. Before visiting the pharmacy, consider whether you have any health questions and jot them down. Pharmacists are eager to help people understand their medications and health,

and you don't need to go through the hassle of making an appointment.

- **Focus on Fresh Foods:** Incorporating fresh fruits, vegetables, whole grains, lean protein and legumes into your meals can help you maintain a healthy weight, while also building your immunity and muscles. Smoothies, leafy green salads, vegetable stews and grilled fish are all great choices. You can also boost flavor with low-calorie ingredients that offer nutritional benefits, such as garlic, onion, spices and herbs.

Some retailers today make it easy for shoppers to identify nutritious items. For example, Sam's Club highlights healthy, organic foods with green tags.

- **Select Supplements:** Even the best diet can fall short of nutritional guidelines. Consider consulting with your healthcare professional about boosting your diet with a daily multivitamin or supplement tailored to your individual health needs.

- **Verify Your Vaccinations:** Immunizations can help prevent illness and save lives. Make sure you are current on all necessary vaccinations. Talk to your pharmacist about what vaccines you might need, which varies by age.

- **Enjoy Winter Workouts:** You don't have to become a world class body builder or competitive triathlete to reap the health benefits of exercise. Exercise can help everyone boost immunity, improve cardiovascular fitness and speed up metabolism.

Even just committing to a midday walk or opting to take the stairs can make a big difference.

Some people find they are more likely to stick to a workout plan if they enlist friends or coworkers to join them. Many people also find it helpful to track their fitness goals and progress using wearable technology and smart scales, which can provide information on everything from your heart rate to your body mass index.

For more tips and information about affordable health care services and free screenings, visit SamsClub.com.

Start 2017 off right by committing to better health.

Courtesy StatePoint

Essential Oils... continued from page 6

Some books and internet sites state that oils can never be taken internally. This is true for oils that are not certified pure. Only CPTG oils that are approved by the FDA and classified GRAS (Generally Recognized As Safe) may be taken internally. Approved oils can be taken in capsules, placed under the tongue, and used in cooking. I use lemon oil in my drinking water all the time.

There is caution for some groups; as certain oils may not be used in pregnancy, for children, if you taking certain medications, or used internally as mentioned. Contact a certified aromatherapist if you have questions regarding use and safety.

Dianne Pettis, CRNP
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The Best Books of 2016

By Terri Schlichenmeyer

The Truth Contributor

Got books?

Yep, if you were me, the answer would be, "Ohhh, yeah!" Shelves of them, in fact, over the last 52 weeks, and here are some of the better choices I read in 2016, in no particular order:

FICTION:

I'm not sure why, but I couldn't stop touching *I Will Send Rain* by Rae Meadows when I first got it. The cover pulled at me, but the story? Oh, my, it's the tale of a family of four during the Dust Bowl years. The mother, Annie Bell, is trying desperately to hold her family together while her daughter dreams a dangerous dream, her son is mute, and her husband slowly goes mad. There's a surprise in here, a fifth main character, and that's the dust. Do. Not. Miss. This. Book.

Not normally a big fan of fictionalized biographies, *Mrs. Houdini* by Victoria Kelly nonetheless captivated me with its magic. It's a tale of love and illusion, believing, trust, and it includes a gauzy ending that might seem implausible but who knows? Hint: if you can bear it, save your gift card. This book comes out in paperback in March.

Generally speaking, I'll read anything by Emma Donoghue. She has a way of turning a tiny, true event into a novel that

sticks in your head, and *The Wonder* is no exception. It's the story of a very confident, almost haughty nurse who served with Florence Nightingale and seems to think that stint confers some sort of specialness. When she's hired to watch a child who claims not to eat or drink, the nurse thinks the girl is a scammer – but, of course, there's so much more to the story and an ending that's so perfect, it's stunning. Write this title down. It's another book you can't miss.

A vision of the apocalypse is at root in *The Fireman* by Joe Hill. It's a novel about a virus that's infected the world, and if you catch it, you burn. Poof, up in flames, and it's pitting neighbor against neighbor and husband against wife. There's a surprising romance in this book, thrills, a chase, humor, and horror, and here's a hint: there are shades of Hill's father in here. Guess who?

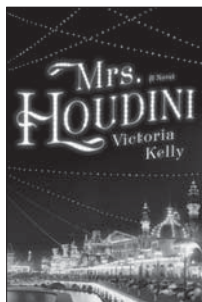
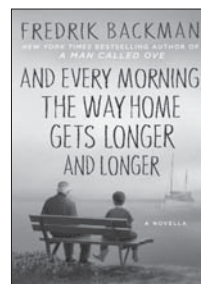
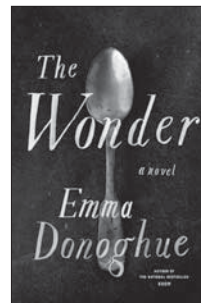
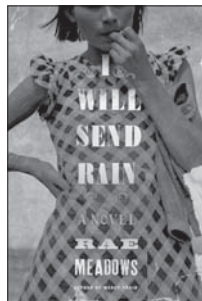
For my fifth pick, I debated: *Britt-Marie Was Here* or *And Every Morning the Way Home Gets Longer and Longer*, both by Fredrik Backman? I finally decided on the latter, the story of life and loss, forgetting and trying hard not to. But here's the thing to know: the first go-around won't make much sense. Turn around and read it again – it's really short, so no problem – and bring tissues that time. It's truly a lovely book.

Hint: *Britt-Marie* is a close, very close second-pick.

NONFICTION

As I was looking over the list of things I read, I was surprised to remember how much I enjoyed *Neither Snow nor Rain* by Devin Leonard. Overall, this book is about the U.S. Postal Service and its history. The thing that makes

...continued on page 10



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First Federal Bank is seeking Customer Service Representatives for our Cherry Street office in Toledo. Candidates must be able to work Saturday hours.

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First Federal offers a friendly, professional work environment, competitive products and excellent customer support, plus competitive pay, quarterly bonuses, and more.

If you would like to be considered for these positions, please apply online at www.first-fed.com, requisition numbers: 16-0167 and 16-0168.

No phone calls please.

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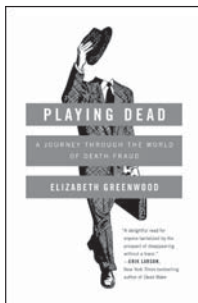
THE GLASS CITY GRIND

WAKE UP WITH CHERYL, LISA & CHARLIE
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Best Books... continued from page 9

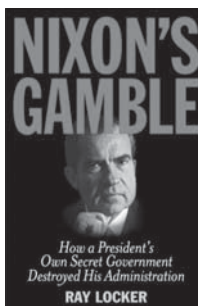
this book so much fun, though, is that Leonard also includes so many side-stories that it becomes more of a general history that's light and fun. Fans of Bill Bryson, take note and find this book.



Another something that's informative and a little on the light side is *Playing Dead* by Elizabeth Greenwood. I mean, how many times a week does the average person wish they could chuck it all and disappear somewhere? Greenwood looks into that: how it's done, what it's like, and the impacts it has on loved ones. You might change your mind. Or you might want to disappear even more. Either way, this is a

can't-miss.

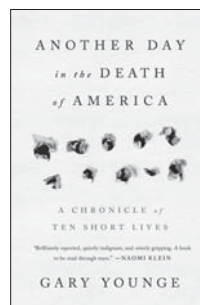
As a Baby Boomer, *They Left Us Everything* by Plum Johnson particularly resonated with me, which is why it really has to be on this list. Johnson's parents were both elderly and had lived in their oversized house for decades. When they died relatively close in time, Johnson and her brothers were tasked with cleaning up, but not just the house. They also had memories to examine and scrub. This is a book for daughters, particularly, but also for anyone who's facing the downsizing of a home or end-of-life caretaking.



In a political year, you might guess that an abundance of political books might be published – and you'd be right. My pick for the best in that category is *Nixon's Gamble* by Ray Locker, who takes a brief look at Nixon's early career before digging into the moves that the President made, starting on the day of his inauguration. Even if you think you know what happened nearly half a century ago... you don't. For history lovers of any age or place, this is an eye-opener.

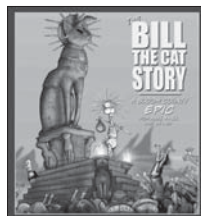
I don't think I would have liked *Another Day in the Death of America* by Gary Younge quite as much if it had been laser-

focused. Nope, Younge took one random day in recent years, and he writes about the 10 children who died of gunshot wounds in the U.S. on that day. It's that randomness that's so shocking, especially when you consider the statistic he cites: an average of seven children die by gun every day in America – and the circumstances Younge found make this book even more impactful.



CHILDREN/YOUNG ADULT BOOKS

Putting *The Bill the Cat Story* by Berkley Breathed on the kids



Best Of list might be cheating a little bit because this book is only partly something for kids. True, the kiddoes will love the illustrations and older children might laugh at the storyline, but this book is every bit for adults as it is for the younger set. Grown-ups will love the message inside this book; fans of Breathed's *Bloom County* will appreciate

knowing about Binkley's first days with Bill, and the insider peek at Opus' home. I don't say this lightly: it's a book for the whole family.

I'm not sure if I was ready for its light breeziness, but *Being Jazz* by Jazz Jennings was the right book at the right time when I read it last summer. You might have seen Jennings on the news; as a transgender teen, she's become somewhat of a spokesperson for trans rights and acceptance. Her book is gossipy, bubbly, and *truthful* – she proactively answers questions that teens want to know, without embarrassment. Hint: this is a great book for adults, too.



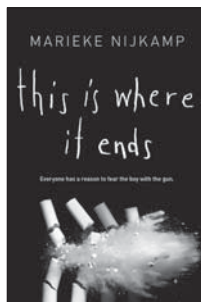
Another book that caught me by surprise (because I loved it so much) was *Mama Loved to Worry* by Maryann Weidt, illustrated by Rachael Balsaitis. In the same vein as the Pecos Bill, Slue-Foot Sue, and Paul Bunyan stories you loved as a kid, this is a book set on a farm, with a Mama whose tasks grow larger in both action and in fable.

The pictures are as much fun as the story, and you'll love it just as much as does your child – especially when it's read aloud.

There's a lot of cleverness inside *The Night Parade* by Kathryn Tanquary – enough to keep a lover of darkness up all night. It's the story of a Japanese-American girl who tries to fit in with the "in" crowd by disrespecting her ancestors, and yes, her actions have scary repercussions. Older middle schoolers not prone to nightmares will love this, as will younger young adults who are just stepping into this genre. Hint: save your gift cards. This book comes out in paperback in January.



And finally, *This is Where It Ends* by Marieke Nijkamp is a chillingly unexpected tale of a school shooting and heroism, with realism and timeliness that will shock you. That's not counting the story itself, told in minute-by-minute increments that will make you forget you're not reading a real account of a tragedy. Again, this isn't just a YA book. It's something adults should also want to read.



And now the paperwork: look for these books at your local library or bookstore. If you can't find them, ask your favorite bookseller or librarian, who is surely wearing a Super Hero cape beneath his or her clothing.

Season's Readings!

Optimal Health... continued from page 5

dents to try new foods.

- Many adults spend many hours at the workplace. Work sites can promote health and wellness with brief activity breaks; standing desks; healthy food options in the cafeteria and at staff meetings or functions; and provides health and wellness programs and nutrition counseling.

- Communities can promote safe parks and recreation sites and healthy, accessible food and water in places throughout the community.

- Grocery stores, corner stores and restaurants can offer affordable, healthy food in an easy way. Who says the check-out isles need to be stocked with candy? Fruit baskets can be placed in easy to grab sites. Are there different food retail sites that you can visit to find healthier food? Do you need a new favorite restaurant? Do you need to talk to the chef at your favorite restaurant?

As you work on your optimal health, know that you are not alone. There are many others who care and will make healthy choices this month. See who you can connect with! When community sites are working hard to promote healthy environments, let them know that you notice their good work.

Best wishes for a healthy 2017.

CLASSIFIEDS

January 4, 2017

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SPECIAL NOTICE

RE: Examinations for Journeyman Wireman

Applications for the Journeyman Inside Wireman test will be accepted January 3-6, 2017 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.

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BREAKFAST COOK

Ruby's Kitchen is seeking an experienced breakfast cook as it expands its hours in its new location. Apply in person at 805 N. Reynolds Street

FAMILY AMBASSADOR

Start date: July, 2016

Essential Duties and Responsibilities:

1. Juvenile Court Coaching and Support
2. Group-Based Support
3. Individual Family Support

If interested in this position, please read and fill out the job description document and employment application available at <http://www.cohfs.org/careers/paid-positions>. Next, email jobs@cohfs.org with the subject line "Family Ambassador" and attach both files along with your most recent resume.

CARE MANAGER

Openings for experienced professionals who will be accountable for overall care management and care coordination including physical health, behavioral health and social service needs and goals. May provide health home services as needed.

Qualified candidates must have at least a Bachelor's degree in Social Work, a Master's degree in Counseling or an Associate's degree in Nursing and current Ohio licensure as an LSW, LPC or RN. Independent licensure preferred.

Unison Behavioral Health Group, Inc.
2310 Jefferson Ave.
Toledo, OH 43604
Fax: 419-936-7574
Visit our website: unisonbhg.org

EOE

PARK SERVICES MAINTENANCE

Metroparks of the Toledo Area is looking for a Park Services Crew Leader position at Wildwood and Park Service Assistant Supervisor in the Oak Openings region. Associate Degree in Parks and Recreation services, Natural Resources, Criminal Justice Services Grounds Management, or related field or work experience equivalent to degree. 40 hrs/week. Crew Leader: \$17.45/hr. Assistant Supervisor: \$18.32 Go to www.metroparkstoledo.com for complete list requirements and duties for each position; must submit online application and resume by January 12. EOE

PROGRAM MANAGER, NURSING SERVICES

Full-time

This is a management position responsible for planning, directing, supervising and evaluating all psychiatric and physical health nursing services provided at all sites. Primary duties will include insuring quality nursing care is provided in accordance with federal, state, and local regulations, standards and practices, developing and implementing nursing policies and procedures, insuring compliance with certification standards, overseeing the infection control program and monitoring the budget to insure department fiscal goals are met.

Must have current Ohio licensure as a RN. Must have Med/Surg experience as well as Psychiatric Nursing experience. Position must be able to work a flexible schedule and will travel to various locations where services are provided.

Unison Behavioral Health Group, Inc.
2310 Jefferson Ave.
Toledo, OH 43604
Fax: 419-936-7574
Visit our website: unisonbhg.org

EOE

CLASSROOM/RECREATION AIDE I

Start date: September, 2016

Essential Duties and Responsibilities:

Assists with the daily activities of the summer and after school program including planning and implementing academic activities in core areas, providing recreational activities and assisting with field trips.

If interested in this position, please read and fill out the job description document and employment application <http://www.cohfs.org/careers/paid-positions>. Next, email jobs@cohfs.org with the subject line "Classroom/Recreation Aide I" and attach both files along with your most recent resume.

COMMUNITY PSYCHIATRIC SUPPORTIVE TREATMENT CLINICIAN

Unison Behavioral Health Group, Inc. is seeking a full-time Community Psychiatric Supportive Treatment Clinician to provide community support services to adults with serious and persistent mental illness. Duties will include assessment of client needs, assisting in the development of the treatment plan, coordination of the treatment plan, crisis management and stabilization, advocacy and outreach, education and mental health interventions addressing the mental illness.

Bachelor's degree in social work or psychology and a valid driver's license required. Master's degree preferred. Current Ohio LSW or PC license and experience preferred. Premium pay rate is provided to compensate for the additional responsibility of working as a CPST on this team.

Unison Behavioral Health Group, Inc.
2310 Jefferson Ave.
Toledo, OH 43604
Fax: 419-936-7574
Visit our website: unisonbhg.org

21ST CENTURY ACADEMIC TUTOR

Start date: October, 2016

Essential Duties and Responsibilities:

Tutors a small group of students in the content area of English, Reading, or Math; utilize scientifically research-based materials and lessons.

If interested in this position, please read and fill out the job description document and employment application available at <http://www.cohfs.org/careers/paid-positions>. Next, email jobs@cohfs.org with the subject line "21st Century Academic Tutor" and attach both files along with your most recent resume.

Toledo Kwanzaa House Holds Annual Holiday Celebration

Sojourner's Truth Staff

The Toledo Kwanzaa Committee hosted the annual holiday celebration at the Frederick Douglass Center on December 26 to 29 with a series of programs designed to foster understanding of African American culture and the principles that are at the core of Kwanzaa.

On the first evening, Rahwae Shuman spoke and presented "A Thumb-nail Sketch of African History." Audra Wilson spoke on the second evening on "Kujichagulia/Self-Determination." Shuman spoke again on the third evening on "The Physiological and Psychological Implication of Melanin."



Diane Gordon starts the opening march of the youngsters



Donald Lynn and Rahwae Shuman on the African drums

... continued on page 4



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