



Volume 48, No. 1

"And Ye Shall Know The Truth..."

December 6, 2017

Punished Again ... and Again



Laura Lloyd-Jenkins

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Cooking With Soul for the Holidays

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

The Truth Contributor

It is the family that gives us a deep private sense of belonging. Here we first begin to have our self defined for us.

- Howard Thurman



Nothing says "food and family" more than Thanksgiving and Christmas. The calls grow increasingly louder with the changing colors and dropping of every autumn leaf. These holidays present an opportunity to relax and spend quality time with family and friends centered around food (and set aside a specific time for a dietary splurge).

Several of my friends have expressed an interest in understanding traditional holiday meals from a black perspective. The following is a suggested list of traditional menu items for a true "Soul Holiday" based on how my family "rolls."

The Main Dish:

Poultry or Ham:

The entrée choices come down to poultry and/or glazed ham and for the dedicated old school southern folks it might also be "chitlins." I've got relatives that will shun or disown you if you don't set aside at least a cup of chitlins and a bottle Louisiana Hot Sauce.

Depending upon the crowd, a turkey will feed more but roast chicken, although typically smaller, is a little juicier. I prefer Cornish hens for those hectic holidays, which bring time constraints and when you're not feeding a large crowd. The hens are a tasty and more delicate meat that only take approximately an hour to cook.

When preparing ham, black folk love to use pineapple and cherries and a honey or brown sugar glaze. Ham pairs well opposite the poultry and provides a lot of flavor. At many traditional houses you will find both ham and turkey being served.

Side Dishes

It is important not to prepare an excessive number of side dishes but to concentrate on a few sides that taste exceptional, look appealing and that complement each other. My wife and I try to be efficient and conserve time and energy at holiday time. Nevertheless, these staples should always find a place on your holiday table:

Fluffy Cornbread Savory Sage Dressing:

Since you are preparing poultry for your holiday meal, make all of the tasty broth and stock that cooks off the turkey or hens work for you by using it to make a fluffy cornbread dressing. Black folks like to say that they "dress" the bird rather than "stuff" the bird and know that the secret to preparing great tasting dressing begins with delicious cornbread. So take the cornbread straight out of the oven instead of using old white bread from the freezer. Also, don't be afraid to use a sufficient amount of stock/broth so that you are

left with dressing that is fluffy and not hard or stiff.

Mac and Cheese:

A staple on almost every African-American holiday dinner menu. The trick to preparing delicious mac and cheese lies in using a variety of cheeses so that you get more than just a Velveeta flavor. However, keep in mind that a fresh creamy mac and cheese requires whole milk, evaporated milk or heavy cream to smooth out the texture of the dish. And if you are going fix an amount necessary to feed a crowd, be sure to use enough eggs so that the dish is creamy and doesn't need to be cut with a knife.

Greens:

Almost anywhere you find African Americans, you can also find greens, whether collards, mustards or turnips. Greens are best seasoned with smoked meat, whether smoked ham, hocks or turkey. My favorite is cooking greens using oxtails. Salt and pepper the oxtails, add a little onion powder, dredge them in flour and sauté them in vegetable or canola oil and add to the dish when the greens have cooked down a bit.

Potato Salad:

Everyone loves potato salad. Some prefer Miracle Whip salad dressing while others love Mayo. Some people use russet potatoes and others Yukon gold. I use redskin or new potatoes and leave the skin on after scrubbing well. Add relish, onions, bell peppers, celery or celery seed for a signature dish.

Candied Sweet Potatoes:

Cut the sweet potatoes into rounds. Most also use brown sugar (or white), butter, cinnamon or nutmeg. Add heavy cream to, what my wife calls the "sweet potato juice," for a tasty caramel flavor.

Desserts

If there is anything that I have inherited from my ancestors, it is the sweet tooth they passed down directly to me. I remember my grandparents having dessert with every single meal and certainly, no holiday menu is complete

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The Sojourner's Truth

Toledo's Truthful African American
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A Certified MBE

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Community Calendar

December 7

Kwanzaa Park Neighbors' Meeting: 6:00 P.M. A guest speaker gives relevant information at every meeting. The community is welcome to attend and enjoy conversation and complimentary refreshments. Monthly meetings are held at the Padua Center at 1416 Nebraska Ave., which includes the neighborhood Block Watch: 419-241-6465

December 9

Affordable Care Act Discussion: 3 to 5 pm; Maumee Branch Library; Hosted by State Rep. Michael Sheehy and Toledo Department of Health; Healthcare issues, open enrollment

December 10

New Prospect Baptist Church Candlelight Service: 4 pm; Guests are Greater St. Mary's MBC and Pastor Robert Lyons
Monroe St. United Methodist Church A Season's Evensong: A Service for Advent: 4 pm; Vocal and handbell choirs of the chorus of Young Voices of Greater Toledo and congregational singing: 419-473-1167 ext 230
Beulah Baptist Church Friends and Family Day: 10:45 am; Guest preacher Elder Steve Allen

December 25

Merry Christmas!!
Thomas Temple Church Annual Free Christmas Dinner: 1 to 3 pm: 419-255-3447

No Christmas Toys For You, Flynn!

By Lafe Tolliv, Esq

Guest Column

That loud WHOOSH! sound that you just heard was not from a polar air mass slicing in from Canada.

No...that was the sound of America when they find out today that Michael Flynn of "Lock Her Up!" fame was pleading guilty to lying to the FBI about his involvement in the Russian collusion investigation.

Flynn knew the jig was up and unless he wanted to continue to pay even more astronomical attorney fees and face more charges, he decided to throw himself on his military sword and with hat in hand, go face the music playing by the consummate maestro, Robert Mueller, the special investigator.

In spite of all of the blustering of the near-hysterical President Trump, Bob Mueller kept his counsel to himself and quietly and adroitly plodded away at the gargantuan task before him: To rid the White House and those minions who, as flies around rotten meat, clung and cling to Trump regarding his effusive denials of collusion with the Russkies.

Trump, in his self-made delusional world where he is King and Prophet and Lawgiver, always was the court jester trying to throw Bob Mueller off of the trail with his bright shiny objects of misdirection, be it the false claims of birtherism, crowd sizes or Muslim hate tweets; and a fresh daily assorted pack of lies and distortions so as to have his loyal base mesmerized by freshly-aired conspiracy stories.

Trump is the consummate master of ill manners and hate mongering and has a profane moral code by which he operates to his glee. Even white evangelicals sold their soul and went a' whoring after other gods if it meant getting Trump elected.

For those soulless evangelicals they probably decided that they can ask for forgiveness later but, for them, the now was only what mattered and that meant getting the con artist from New York elected so they could root and howl about, "one of theirs" being in the highest office in the land.

Michael Flynn was in that sordid trumpian orbit of anger, hostility and mis-placed allegiances when he went all out for Trump. In a manner of speaking, Flynn also sold his fractious soul for the highest amount of Russkie rubles and made his bed with Trump & Company blithely unaware that somewhere in America, there is a day of reckoning for all things bad and smelly and evil.

Flynn was able to read Trump and he knew or should have known that to cast his pearls before swine was only to invite the pigs to turn on him and trample him. And trample him they have.

Flynn became a pariah...an outcast to Lord Trump and Lord Trump did not hold out his fake golden scepter for Flynn to enter his presence after a faux pas in which or by which Flynn drove outside of his assigned lanes.

And now...we have Michael Flynn, before a national spotlight, being humbled and chastised knowing that he could spend months or years in a federal pen...and for what?

The last swan song for Flynn will be that if he sings like a canary and delivers up credible information on the inner workings of Trump & Company about this Russian election intervention, Flynn might receive some props from the prosecutor and could receive judicial mercy for his cooperation.

And don't fail to remember that Trump is sitting on a hot poker iron if Flynn starts to sing a song of retribution about what Trump did and how he did it and who else was involved in the recent election debacle.

When they say "the fur will fly" that is an understatement of the first degree.

After Flynn finishes fingering the players in the Russian collusion efforts, you will see Washington in a panic because they know that the shadow of death will be coming to the White House to seek out anyone that lied or participated in this outrageous effort to undermine the US elections.

Trump knows what Flynn knows and Flynn knows what Trump knows. It will not be a pretty sight to see the fingered players scream and screech and issue statements of professed innocence.

But, it will too little too late. The die has been cast and the piper (justice) wants to be paid and the bill will be placed at the door step of the White House and Bob Mueller will be waiting in the car parked at the curb to see who answers the door.

Is Hillary Clinton sitting smug and happy possibly knowing that one day she and her shorted supporters will be able to say in union about Flynn,



Lafe Tolliv

"Lock Him Up!"?

Yes, that day will come and also will come many other days in which the other players, both major and minor, will be called to audition before Bob Mueller to see if their role playing gets them an orange jumpsuit or just a wrecked career.

At severe cost to my contacts in Washington and the Justice Department and the risk of being threatened by Trump supporters, I was able to get some snippets of the wire-tapped phone messages between Flynn and Trump that led to this guilty plea.

These segments happened the day before Flynn knew the game was up and he was it:

TRUMP: Mike, is that you?

Flynn: Yeah, it me. What do you want now? You already ruined me! Go away.

TRUMP: Listen, I hear that you are going to plead guilty to lying to the feds. Is that true?

Flynn: Lying! You do it all the time! Why are you worried when someone else does it?

TRUMP: Hey, a little less attitude, OK! I am doing what I can to get you out of this

jam. Whatever you say, do not mention Jared or Don Jr., They are good kids!

Flynn: Are you nuts! Those two idiots are two of the reasons I am in this jam.

TRUMP: Now...now...Remember if anything happens to you, I will get Jeff Sessions to pull some favors for me.

Flynn: Sessions! He couldn't remember his middle name if his life depended upon it.

TRUMP: Yeah, you are right there! What was I thinking putting him in as AG!

Flynn: @*^\$&*^\$#@/! (unintelligible gibberish).

TRUMP: What are you gonna say to Mueller?

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Rep. Ashford Testifies before Ohio House on Bill to Reform Payday Lending

House Bill 123 would protect Ohio consumers from predatory lenders

State Rep. Michael Ashford (D-Toledo) testified before the House Government Accountability and Oversight Committee Wednesday on House Bill (HB) 123, his plan to reform short-term small loan and mortgage loan laws in Ohio. More than one million Ohioans have taken out short-term loans in the last decade, many repaying more than double the principal borrowed in interest and fees alone.

"Predatory lending is devastating the bottom line for hardworking families in Northwest Ohio and across our state. It's time to say enough is enough to these unfair practices," said Ashford. "House Bill 123 will make it easier for borrowers to pay back their loans and will lift the burden on Ohio families so they can get ahead instead of falling further behind."

Modeled after a similar bill in Colorado, HB 123 would allow short-term lenders to charge a maximum interest rate of 28 percent plus a maintenance fee of up to 20 dollars. Additionally, the legislation would give borrowers extended time to repay their loans in affordable installments,



not to exceed 5 percent of the borrower's paycheck, rather than in the current two week timeframe.

The next hearing on HB 123 has yet to be announced.

Tolliver... continued from page 3

Flynn: Wouldn't you love to know! Let's just say, it will be jaw dropping and amazing...you know...your favorite word. I know where all of the bodies are buried and all of the accounts in the Seychelles. Don't mess with me! I am in no mood for your lies.

TRUMP: Anything you say, I will just say that it is fake news! I will get by. My base will not leave me! I am Trump!

Flynn: Hey...gotta go. My lawyers tell me that if I give up the secret memos and e mails, I can get out in three to six months. That sounds good to me! See ya.

TRUMP: Hello...hello...hello...is someone else one on this line?

Contact Lafe Tolliver at tolliver@juno.com

Perryman... continued from page 2

without traditional desserts that are prepared just like they were then – from scratch! (Sorry Patti LaBelle).

Peach Cobbler:

There are many takes on this down-home, southern favorite. I like a crispy crust (my wife's version) and not the dumplings (my mom's). My wife starts with a layer of peaches in the bottom of a baking dish, then adds a lattice crust, and bakes it. Next she adds another layer of peaches and tops with

crust and bakes again.

Sweet potato pie:

Say sweet potato! Not pumpkin! Say it one more time. Sweet Potato! Not pumpkin! Just be sure to add eggs and a bit of flour to the batter to make the pie light and fluffy and not too dense or heavy. I also like to use unsalted butter and heavy whipping cream.

Banana Pudding:

The key is to use bananas that are nice and ripe and be sure to cook a custard for the filling. Boxed or fillings that come in an envelope are a no-no.

Caramel Cake:

My mom used to make each of her five boys their own favorite cake. Today, one cake for the entire extended family will have to make due, my wife insists. A homemade caramel cake is our favorite.

Start out with a basic butter layer cake that some people call a 1, 2, 3, 4 cake and bake. Prepare the caramel icing by cooking with white sugar and evaporated milk. Let it cook until it forms a soft bead when you put a drop of the hot icing in cold water.

Tradition without Traditionalism

While traditions are "instructive resources for African Americans in our contemporary settings," we should must be able to accommodate new tastes for new situations rather than being shackled to old practices merely because "we've always done it that way."

Don't be afraid to accommodate the new, adding new twists to old recipes or techniques or to different dishes altogether. Try some of our contemporary holiday favorites also :

Prime rib, standing rib roast, shrimp etoufee or grilled/deep fried shrimp

Jambalaya or other creole main/side dishes

Stir-fried collard greens

Jalapeno corn muffins

ENJOY!

Contact Rev. Donald Perryman at drdperryman@centerofhopebaptist.org

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Laura Lloyd-Jenkins: Guilty By Association Perhaps But Not for Any Perceived Failures

By Fletcher Word

Sojourner's Truth Editor

Despite the shock, the devastation, the trauma, the embarrassment of having to deal with the news of her husband's indiscretions and, then, his arrest on charges of sex trafficking of a 17-year-old minor and child pornography, Laura Lloyd-Jenkins soldiered on in her position of Lucas County Administrator from the moment the news first hit her in late March, though April, through May, through June, through the first half of July, performing her duties as her bosses on the Board of Lucas County Commissioners would have expected and without incident or second guessing, evidently, on the part of those supervisors.

In July, however, Lloyd-Jenkins would be suspended for 30 days, 10 without pay. In a letter dated July 11, Lloyd-Jenkins was informed by Board of Commissioners President Pete Gerken that the 10-day punishment was "for failure of good behavior in your job duties." The nature of the failure was not explained in the letter. And in more than four years on the job, says Lloyd-Jenkins, she had never been informed that her performance was ever less than satisfactory. However, the timing of the suspension did coincide with media reports earlier that week that misrepresented what Lloyd-Jenkins knew and when she knew about her husband's activities.

The letter indicated that Lloyd-Jenkins was to return to work on July 31 but that return was pre-empted by another letter from Gerken dated July 28 placing her on "paid administrative leave effective Monday July 31, 2017."

On November 28, Lloyd-Jenkins received her latest communication in this matter ending her employment with the county.

Lloyd-Jenkins' involvement in these proceedings began on the night of March 29, 2017 when she was contacted by phone by a woman claiming knowledge of inappropriate behavior involving her husband. Upon returning the call, she was asked to meet immediately that night at a local pizza place

Once there she met the caller who had requested the meeting. The caller was the guardian, as she explained, of a teen-aged girl. The guardian informed Lloyd-Jenkins of the inappropriate relationship between her husband and the girl and also informed her of the fact that numerous texts, sent between Cordell Jenkins and the girl, would confirm those allegations. Lloyd-Jenkins was only told about the texts, not shown them.

Lloyd-Jenkins called her husband immediately and he arrived within minutes. Once there, he vehemently denied the allegations to his wife and the girl's guardian. At an impasse, the parties agreed to meet the



next afternoon to further discuss the matter.

The next day, however, the guardian called Lloyd-Jenkins during the mid-afternoon, to inform her that law enforcement officials had been called by a third party. Cordell Jenkins was arrested on April 7 and accused of paying two minor girls for sex and soliciting nude photographs and videos from them – he has been charged with two federal counts of sex trafficking of a minor and one count each of production of child pornography and receipt of child pornography. He has remained in custody since his arrest.

The key moment so far in the ongoing investigation occurred on July 6 during a pretrial hearing into the Cordell Jenkins case. At that time the FBI agent testified, accurately according to Lloyd-Jenkins: "that Laura Lloyd-Jenkins found out the nature of the text messages and called Mr. Cordell Jenkins."

That testimony, however, was misrepresented in a July 6 article in the local daily newspaper which reported that the agent testified "the guardian of a 17-year-old girl showed her the girl's cell phone and the racy text messages that indicated Mr. Jenkins had been paying the girl for sex."

The Blade continued the misrepresentation in a subsequent article and

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Lloyd-Jenkins... continued from page 5

reported that "The guardian showed Ms. Lloyd-Jenkins the teenager's cell phone which contained explicit text messages indicating Mr. Jenkins paid the girl to have sex."

Again, this is not what the agent said during his testimony, but by now the damage had been done to Lloyd-Jenkins' career and reputation. The sins of her husband had been visited upon her. In all, four times between July 6 and August 1, the local daily misrepresented the testimony of the FBI agent, stating, for example, on August 1 that "a judge heard the testimony of an FBI agent who said that Ms. Lloyd-Jenkins knew about her husband's alleged crimes." The agent, in fact, offered no such testimony.

A local television statement compounded the misrepresentations, reporting on July 7 that Lloyd-Jenkins had "resigned from her post at Lucas County Children's Services after lying about her knowledge of child sex trafficking."

The misrepresentation of Lloyd-Jenkins' actions was also the result of reports of the testimony given during the July 6 hearing when the FBI agent told of searching Lloyd-Jenkins' cell phone and discovering Google searches for companion air travel, as well as possible charges for the alleged crimes – leading to government testimony that Lloyd-Jenkins considered leaving the country and taking her husband with her.

However, these Google searches, conducted in the immediate aftermath of Lloyd-Jenkins' father's massive stroke on April 4, days after her husband's issues had come to light, were solely for her own travel – as the designated travel companion of a friend who was an employee of a major U.S. airline. No one else can use the privilege other than Lloyd-Jenkins. Searches for possible charges related to the allegations against her husband began on March 30, the day she was notified that law enforcement had been notified.

Other than her initial statement to the FBI in April – when she voluntarily provided access to her phone – she has not been contacted at all by law enforcement officials regarding this case.

She was placed on unpaid suspension by the Lucas County Commissioners on July 11, 2017 in a letter calling it a "disciplinary suspension for 30 days, of which ten days will be without pay." And although the letter does not specify the infraction, the timing of the action, not coincidentally, occurred just after the newspaper articles which declared Lloyd-Jenkins guilty by association. When asked why the commissioners waited until that time to suspend Lloyd-Jenkins, Gerken told The Truth that "it was the collective decision of the board."

According to Lloyd-Jenkins, she never saw the text messages and, given the denial by her husband and the brief time before law enforcement was made aware of the allegations – within mere hours of Lloyd-Jenkins' hearing of the accusations, she had none of the facts necessary to make such a report. Indeed, Lloyd-Jenkins states that she has been taken unaware that there was difficulty in the couple's marriage.

Lloyd-Jenkins, a California native, moved to Toledo in February 2013 and assumed her job at the County at that time and joined her husband whom she had married in 2010. As administrator, she served as the chief operating officer and was the first African American and first female to do so. To move to Toledo, she left her position as principal administrative analyst for a large urban county in California. She earned her undergraduate degree in business administration and a masters in strategic management – both from California State University, Hayward.

In April 2014, she joined the board of Lucas County Children Services, becoming secretary of that board in March 2015. She took a leave of absence from the board in April 2017 following the indictment in U.S. District Court of her husband. While on the leave of absence, near the end of May, says Lloyd-Jenkins, she was contacted by the LCCS board president and invited to return to her seat – informing her that her eligibility to be a board member, given the charges against her husband, had been clarified. Lloyd-Jenkins put off the decision to return and later resigned from the Board in July.

The LCCS then provided training to its board members on their mandatory duty to report suspected incidences of child abuse and neglect in May – after Lloyd-Jenkins' leave of absence. In her three years on the Board, says Lloyd-Jenkins, she not only had never received such training but she also had never been informed that she was a mandatory reporter.

Indeed, one long-time former board member, Pete Culp, says that in his seven years of service on the Board, he never received training for mandatory reporting nor did he know that he was, in fact, a designated mandatory reporter.

When Lloyd-Jenkins received the second letter dated July 28 placing her on paid administrative leave, there began an ongoing discussion about the status of her employment. On November 17 she received a letter from the president of the Board of Commissioners informing her that "your status of paid administrative leave is continued... effective Friday, November 24, 2017, until further notice."

Further notice arrived on November 28, ending her employment with the county and, once again, no explanation was forthcoming about the reason for the disciplinary action. She was only informed that she did "not have civil service protection and serve[d] at the discretion of the appointing authority."

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Be Choosy with Recipe Ingredients

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

Give your meals a makeover by lightening your recipes with healthier ingredients. The Ohio State University Extension has a fact sheet titled, *Modifying Recipes to Be Healthier*. You do not have to count every calorie that you eat but take a moment to think about your favorite recipes. How you can increase amounts of healthy food options and decrease extra amounts of high sodium, high fat or high sugar ingredients? How many of these substitutions can you try?

To decrease total fat and lower the calories of a recipe:

Try this:	To replace this:
Use cooking methods such as bake, boil, broil, grill, poach, roast, stir-fry or microwave	Frying in fat
When frying foods, use cooking spray, water, broth or a nonstick pan	Frying in fat
Use unsweetened applesauce, fruit puree, mashed bananas or canned pumpkin when baking muffins, brownies or quick breads	Half of the butter, shortening or oil in a baked good. You might need to reduce the baking time of the item by 25 percent
Fat free milk, 1% milk or half and half	whole milk, half-and-half
Neufchâtel, low-fat cottage pureed until smooth	Full-fat cream cheese
Plain Greek Yogurt	Sour cream (yogurt is not heat stable so don't substitute for a baking recipe). The Greek Yogurt will offer more nutrients including calcium compared to the sour cream.
Extra-lean ground beef, ground turkey breast or ground chicken breast (without the skin)	Ground beef
User leaner cuts of meat and remove any skin before cooking	Fatter cuts of meat, with the skin on
Canadian bacon, lean ham	Bacon

Decrease the sodium (salt) in a recipe:

Try this:	To replace this:
Omit salt or reduce by half in most recipes (except when baking foods that include yeast). Don't store the salt shaker on the table.	Salt
Frozen vegetables without sauces, no-salt added canned goods. Rinsing canned vegetables with water will reduce the amount of sodium	Frozen vegetables with added sauces and canned vegetables
Use herbs and spices. Look for garlic powder instead of garlic salt.	Seasoning salt or spice mixes with added salt

To reduce sugar in a recipe:

Try this:	To replace this:
Unsweetened frozen fruit, fruit canned in its own juices, or plain fresh fruit	Sugar in frozen or canned fruits
Reduce sugar by one-quarter to one-half in baked goods and desserts. If a recipe calls for 1 cup, use ¾ cup or less. Add cinnamon, nutmeg, vanilla or almond extract to give impression of sweetness. (Do not remove all sugar in yeast breads, as sugar provides food for the yeast.)	Sugar
For most baked products, replace sugar with equal amounts of sucralose (*Splenda). Add ½ teaspoon baking soda in addition to each cup of sucralose used. Baking time is usually shorter, and product will have a smaller yield. Try using aspartame (*Nutra Sweet), saccharin or acesulfame potassium in other products that are not baked. The sweet taste will vary with product combination or amounts of each sweetener used.	Sugar

To increase fiber in a recipe:

Try this:	To replace this:
Whole-grain rice, brown rice, wild rice, whole cornmeal, whole barley, bulgur, quinoa	White rice or enriched grains
Substitute whole-wheat flour for up to half of the all-purpose flour in a recipe. For example, if a recipe calls for 2 cups all-purpose flour, try 1 cup all-purpose flour and 1 cup minus 1 tablespoon whole-wheat flour.	All-purpose flour
Use "white whole-wheat flour" or "whole-wheat pastry flour" for the total amount of all-purpose flour.	All-purpose flour
100% whole-wheat bread and 100% whole-grain bread	White bread
Add extra fruits and vegetables to standard recipes such as shredded carrots. Leave on the apple peel. Add extra fruits and vegetables to recipes and include the peel when appropriate.	Peeled fruits and vegetables
Use more dried beans, peas and lentils to many different dishes. For instance, add cooked lentils to spaghetti sauce.	Using just ground meat as a protein ingredient in a recipe (use half of the ground meat and add half cooked beans or lentils)

If you exchange gifts this time of year, give a gift of good health to friends and loved ones. Schedule a time to walk together, participate in a healthy cooking class or prepare a meal that can be eaten later, during a busy week. Look for books by authors with medical or nutritional backgrounds or subscriptions to a health magazine. Purchase kitchen appliances for stir-fry, grilling or juicing. To encourage physical activity give dance music, sports equipment or pedometer, t-shirts or gift certificates for shoes. For outdoor play, don't forget lip balm, gloves and a sled!

Rep. Sheehy to Host Healthcare Town Hall, Encourage Public to Sign up for Coverage

Public Health staff will be on site to help people navigate healthcare exchange

State Rep. Michael Sheehy (D-Toledo) and Toledo Department of Public Health Commissioner Eric Zgodzinski will join public health officials **Saturday, December 9** from 3:00-5:00 p.m. at the **Maumee Branch Library** to discuss healthcare issues, open enrollment and the Affordable Care Act. Public Health staff will be ready to help people navigate the healthcare exchange and sign up for coverage before the Dec. 15 deadline.

This event is free and open to the public. Anyone interested in signing up for healthcare should bring income information documenting their annual earnings, their social security number and personal information of any dependents, including social security numbers. All information will remain private and confidential.

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Dear Ryan

By Ryan Rollison

The Truth Contributor

Dear Ryan,

I really want to start an exercise program, but to tell the truth, I'm embarrassed because I am overweight and out of shape. I would love to drop some weight before I join a gym so that I am a bit more comfortable walking into a place where everyone is in good shape. What can I do to get started?

Dear Embarrassed,

Stop making excuses and just get started. Do you stay locked in the house because you don't want people to look at you? Probably not, so why is going to a gym to better yourself any different? Not everyone in the gym is a size three. There are plenty of overweight people in the gym trying to lose weight and lead a healthier lifestyle.

Just go in and focus on you, don't pay attention to other people and get your work done. When I attend another

gym to train I put on my music and don't look up until I'm headed for the door. You are not there to see who is looking at you or to socialize. You are there on a mission and that mission is to get leaner, stronger, and healthier. Now is a great time to get started especially with the holidays here and all the extra eating everyone does.

The average person puts on 10 pounds over the holiday season. You can go into any gym right now and take a tour to see if that is the place for you. It's best to go during the time of day that you think you will be training. This will give you an idea of the traffic flow and type of people who will be there when you are.

So, to get started you need to just get started! You can drop a few pounds by eating right and



drinking more water. Eat a good protein-filled breakfast, have some carbs along with protein in every meal you eat and in your last meal eat only lean meat and veggies.

Get your mind right and set a realistic goal. It doesn't have to be weight oriented it can be just working out two-to-three times per week. Start with total body workouts or just do cardio. That is a great goal to get started with. Consistency, is what is going to breed results. Set a goal and stick to it at any cost. Schedule your workouts like a doctor's apt. You wouldn't bail on your doctor so don't bail on your workouts. If you are still not comfortable with the gym scene you can come and see me. I train one on one with you in a private setting. Good luck in getting started and I wish you all the luck in the world.

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“Triple the PINK” -Triple Negative Breast Cancer Program

The women of the NANBPWC, Inc.) National Association of Negro Business and Professional Women's Club, the Toledo Club and Maumee Bay Adult and Youth Clubs and the YWCA of NW Ohio came together for another great cause to make the Toledo area community aware of the importance of “Triple Negative Breast Cancer.” Together they presented a program entitled “Triple the PINK” at the Kent Branch Library on Saturday, October 28, 2018 at 1:00. This event was open to the public to educate everyone about another form of cancer that affects so many people and many are not aware of triple negative breast cancer.

Triple negative breast cancer occurs in about 10-20 percent of diagnosed breast cancers and is more likely to affect younger people in African-American and Hispanic populations. Triple negative breast cancer can be more aggressive and difficult to treat and is more likely to spread and recur. Therefore, the Association's objective is to educate minority communities about this disease in the hope of minimizing its negative impact among those populations.

What is triple-negative breast cancer? About 10 to 20 percent of breast cancers are triple-negative, but you may never have heard of triple-negative breast cancer before you received your test results. Hearing new words and not understanding what they mean may make you feel scared and overwhelmed.

Knowing breast cancer basics can help you understand how triple-negative breast cancer is different from other types of breast cancer.

To find out what type of breast cancer you have, your doctors search for the presence or absence of three receptors, proteins that live inside or on the surface of a cell and bind to something in the body to cause the cell to react. You may have heard of the estrogen receptor (ER), progesterone receptor (PR) and human epidermal growth factor receptor 2 (HER2).

In estrogen receptor-positive breast cancer, progesterone receptor-positive breast cancer and HER2 positive breast cancer, treatments prevent, slow or stop cancer growth with medicines that target those receptors.

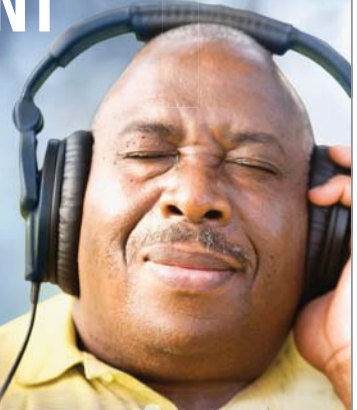
But triple negative breast cancers need different types of treatments because they are estrogen receptor-negative, progesterone receptor-negative and HER2 negative.

“Triple the PINK” Program was guided by the NANBPWC, Inc. – Toledo Health Chairman Sarah Burkes who was also the mistress of ceremonies. She set the tone to welcome every guest to listen to pre-

... continued on page 12



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Taking the Stress out of Meat-Free Holiday Meals

By Brittany Jones
The Truth Contributor

With the passing of Halloween, the holiday season is in full effect as our daily surroundings beginning to transform with lights, fall colors, Christmas decorations, and of course, holiday commercials. The three F's of the holiday: Family, Food and Fun, are prioritized as families begin to plan the festivities, with a huge emphasis on "what are we going to eat?"

Turkey, ham, greens, potatoes in every style imaginable, dressing and gravy, casserole—the list goes on and on as these have become a staple in most households. However, with the growing number of those practicing plant-based lifestyles, these classics are often substituted or revamped.

Overall, meal planning can be a hassle, especially if you are the lone veggie soul in the family. Whether this is your first holiday season as a freshly-minted vegetarian/vegan, or you have been in the game for several years, holiday meals are a chance to show that you can be plant-based and cook satisfying meals for all to enjoy.

As some may know, I have almost 10 years of this lifestyle under my belt and have prepped my fair share of meals for gatherings. Over that time, I have learned some tips that can relieve anxiety and leave everyone basking in the holiday spirit.

Research dishes on various vegetarian/vegan websites

Unless you are America's Best Chef and have the time to create a

whole dish from your mind, the internet is your best friend when it comes to searching for ideas. Just Googling "vegetarian holiday meals" produces thousands of websites with recipes galore for whatever cuisine your taste buds desire. Although there are many widely known sites like Martha Stewart and The Food Network, I prefer personal blogs and other small scale sites that lay out the author's experience before, during and after making the dish-- it just seems more personal.

Some sites that I have come across over the years are the VegetarianTimes.com, Ohsheglows.com (this was where I learned to make tofu "ricotta" stuffed shells—still need to master it), Vegkitchen.com, and Theveggietable.com (my first encounter with making lentil "meat" loaf). The easiest meal I have prepared was a veggie lasagna. It's well-known and you can just load up on the vegetables, cheese (or veggie cheese (Daiya brand or nutritional yeast)), and noodles—now you can add veggie crumbles to resemble ground beef. Do not be overwhelmed, but know that there is lots to explore and be adventurous with the drinks, desserts, appetizers, salads, soups, and entrees!

Be prepared to answer questions, especially if you are just beginning the lifestyle

When I first started this venture, I usually ate only side dishes or whipped up something simple like a salad, green beans or greens without the meat. Tofu was, and still is, a feat I have yet to conquer, but over time, I began adding this ingredient to more meals—the key was seasoning of the tofu.

The more complex the dish, the more questions I had to answer about ingredients, what benefits they give the body, and how it was prepared. I did not mind this, and, coincidentally, heightened the curiosity to learn more about certain ingredients, spices, and international dishes. I've even loaded my personal library with vegetarian cookbooks and reference books that expand on the use of particular vegetables and seasonings. Become an expert on not just cooking, but also the lifestyle overall.

You cannot please everyone

I was my biggest critic of my dishes when I had to share with anyone besides my husband. I want people to enjoy what I prepare and especially since it's already expected for it be unappetizing due to the lack of meat, there was extra pressure to make sure it's just right. You may have the highest appreciation for your meal, but differing opinions exist, and depending on the relationship, it can be harsh.

Luckily, I have not experienced this type of judgment, but the angst still remains. What is learned is that taste buds differ. Keep in mind that if a person has not tried a particular ingredient, it may not be a pleasant experience, but that should not stop you from attempting other dishes, which leads to the next point of advice....

Try to challenge your cooking skills

The tofu "ricotta" stuffed shells and lentil "meat" loaf were challenging dishes to make, not to mention time-consuming. Finding the ingredients alone was a hassle, fortunately Kroger's and Bassett's Health Foods had majority of them, but once it was all done, there was pride of stepping out of my cooking comfort zone.

Focus on one dish, maybe something as simple as a stir-fry or the lasagna mentioned earlier would be a good start, and then move up the difficulty as the holidays pass. Be creative and try new cuisines like Asian

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Having a Stress-Free Holiday Season

By Angela Stewart, Fitness Motivator
The Truth Contributor

It's Christmas time!! It's a time of celebration filled with laughter, family, fun and food, lots of food! But you shouldn't stress about the food, especially at holiday time! Overeating (during the holidays) isn't going to sabotage your normal diet...It's actually good for your health! Comfort foods containing salt, fat and carbs are stress reducers. They help keep cortisol and adrenaline at bay, and help us to feel relaxed. That's why they're called "comfort foods." So enjoy your favorite holiday treats, eat them, especially at holiday time!

Whatever we eat 80 percent of the time is our **"NORMAL DIET."** It's the one that impacts our health the most. If we all focus on eating satisfying, nutrient-dense foods, and avoiding processed garbage 80 percent of the time, we're giving our body the nutrition it needs! We shouldn't feel the urge to binge or over eat often!

The other 20 percent of the time, you won't be perfect... especially during the holidays, AND THAT'S OKAY!! You don't have to be perfect to maintain your weight and health. Maintaining a healthy weight isn't only about calorie input and output; it's about making sure your normal everyday diet is filled with REAL FOOD. Once you do that, you'll find you can eat whatever your little heart desires at whatever party you attend!

Please don't feel the need to be perfect. It's Christmas time, eat that big piece of sweet potato pie your grandma makes every year. Enjoy it, and then go right back to eating your **NORMAL DIET** of fresh fruits, vegetables and lean meats.

Some people even stress while traveling to the holiday parties, wondering if they'll be able to control themselves, followed by the guilt they feel when they eat way more 'junk' than planned, followed by the shame they feel after saying "SCREW IT" so they continue to eat almost everything in sight. All of this stress and feeling guilty during the holidays, all have negative effects on your health! Feelings of guilt and/or shame can cause physical symptoms ranging from a simple knot in your stomach, to fatigue followed by depression.

So stop stressing about what you eat and how much you eat during the holidays. Enjoy the holidays! Gaining a few pounds during this time of year is common! We typically eat more and exercise less during the holiday season, which makes it super easy to gain weight this time of year. We get so caught in in our holiday festivities, we run out of time to exercise! Not to mention, it's hard to stay motivated to exercise during cold, dreary winter days! Staying home to snuggle in front of a fire with a cup of hot

chocolate, sounds way more appealing than facing the elements to make it to the gym!

Although it can be difficult to find the time or energy to exercise during the holidays, it is necessary, so do it!!! Commit to gain little to no weight, to make time to exercise, and instead of avoiding physical activity because family is in town, bring them with you! That way you can give yourself permission to eat "whatever the heck you want" during the holidays!! You'll find you'll be much happier, you'll feel less stressed, you'll enjoy the holidays more, and in the end you'll probably find that you won't overeat as much as you feared in the first place.

BE SENSIBLE.....Do not bring leftovers home! You may be helping the host out by taking home containers of leftovers, BUT, you're hurting yourself by eating them. Enjoy all the holiday yummys at the holiday party - then LET IT GO! Get back to exercising, get back to your 80/20 healthy eating and let someone else fill their fridge with a week's worth of bad eating habits.

Christmas is a time of celebration filled with love, laughter, family and friends!! Have a happy, stress-free holiday with a side of mac & cheese...lol! Yours In Fitness....

Angela R. Stewart

Owner & Head Instructor of
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ProMedica Community Events in December

ProMedica will offer the following community events in December:

Aromatherapy

Discuss the special ways that essential oils can be used for everyday health and wellness. This program is free to people with a cancer diagnosis and is sponsored by ProMedica Cancer Institute. Aromatherapy takes place the first and third Wednesday of each month. Call the Victory Center at 419-531-7600 for details.

Wednesdays, December 6 and 20

1 – 2 p.m.

The Victory Center

5532 W. Central Ave., Suite B, Toledo, Ohio, 43615

Look Good Feel Better

ProMedica Cancer Institute is hosting Look Good Feel Better, a free program from the American Cancer Society designed for women dealing with hair loss and skin changes from chemotherapy and radiation. You will learn specific techniques to help make the most of your appearance while undergoing treatment. You will also take home a makeup package valued at \$200. Registration is required. For more information or to register, call 1-800-227-2345.

Wednesday, December 6

3 – 5 p.m.

ProMedica Monroe Regional Hospital

Monroe Cancer Center

800 Stewart Road, Monroe, Michigan, 48162

Nursing Mothers Support

ProMedica Toledo Hospital's women's services is hosting a breastfeeding support group for nursing mothers. Do you have breastfeeding questions? Drop in and receive support from a certified lactation consultant and other nursing mothers. The group meets the second Tuesday of every month. For more information, call 419-291-5666.

Tuesday, December 12

1:30 – 2:30 p.m.

ProMedica Toledo Hospital

Entrance F, Mom & Me Boutique

2142 N. Cove Blvd., Toledo, Ohio, 43606

Bariatric Seminar – First Step

ProMedica Weight Loss is hosting free bariatric seminars. Attending an in-person seminar is your first step in the journey toward weight loss surgery. Learn from one of our expert surgeons who will explain the weight loss surgery process, eligibility requirements, types of surgical procedures, and your potential benefits and risks. Talk with someone who has already had bariatric surgery. Ask questions, and get answers that will inform your healthy weight loss decision. For more information or to register, call 419-291-6777 or 1-800-971-8203 or visit promedica.org/bariatric.

Tuesday, December 12

Monday, December 18

Wednesday, December 27

6 – 8 p.m.

ProMedica Health and Wellness Center

Community Education Room, Suite 101

5700 Monroe St., Sylvania, Ohio, 43560

Diabetes Education Support Group

This monthly support group is for people living with Type 2 diabetes and features certified diabetes educators and others with diabetes for a source of inspiration, education and an opportunity to better your health. The support group meets on the third Wednesday of each month and is free and open to the public. Friends and family are welcome. For more information, contact 419-291-6767 or sarah.cordrey@promedica.org.

Wednesday, December 20

6 p.m.

ProMedica Mary Ellen Falzone Diabetes Center

Conference Room A

2100 W. Central Ave., Toledo, Ohio, 43606

Triple The Pink...continued from page 9

pare to listen and talk about Triple Negative Breast Cancer and affects our lives.

Frances Collins, PhD, –NANBPWC, Toledo Club President; Linda Collins – NANBPWC - Maumee Bay Club President and Lisa McDuffie- YWCA CEO greeted guests and gave important points on why this workshop was greatly needed.

The Purpose of the program was given by Denise Black- Poon Toledo Club, 1st VP and program chairman: "The National Association of Negro Business and Professional Women's Clubs Inc. National Mandated Project address current and critical issues within the country, including Triple Negative Breast Cancer. Heart disease, domestic violence, emergency preparedness and community policing.

Triple the PINK is our theme which stands for Triple Negative Breast Cancer Awareness.

President Linda Collins and Patricia Poston, 1st VP and program chairman from Maumee Bay presented key points that the community should know.

Sarah Burkes introduced the special guest for the program, Windi Birt – YWCA Health Connection Director and Panellist. Birt spoke about the importance of how we can take care of our bodies, what signs to look for, treatment, etc. Birt also quizzed the audience to see how much they knew about "Triple Negative Breast Cancer" and answered questions. She shared resource information and other materials that were not discussed. Her excitement on spreading the word on getting regular check-up and mammograms was highly expressed.

Questions, answers and discussions continued and the audience shared personal facts about how cancer has affected them or their family members in different ways.

Toledo City Councilman Larry Sykes was on hand and spoke about several ways cancer has affected his life. He also presented a plaque for the City of Toledo because of the importance of knowing about cancer and its fight. State Rep. Michael Ashford, Councilman-elect Gary Johnson and other community leaders were there to give their support to cancer awareness.

Closing remarks were offered by Frances Collins, Linda Collins and McDuffie as they thanked everyone for coming and asked everyone to share the information with others about the things they learned so that many people can live longer by having regular doctor visits and knowing what signs to look for when their bodies change.

Refreshments were served

The YWCA has many programs available for the community. Dates and times can be obtained by calling the YWCA on 1018 Jefferson Avenue

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Blessed Life by Kim Fields with Todd Gold

By Terri Schlichenmeyer

The Truth Contributor

You have much to be thankful for this year.

There's a roof over your head, for beginners. You know where your next meal will come from. You can read, obviously. Running water, electricity, friends, and family, the list goes on. Author **Kim Fields (with Todd Gold)** counts those happy things, too, and in her new book *Blessed Life*, she knows who gets credit.

Born in Harlem with a pedigree in performing – her grandmother was a dancer; her mother, an actress – Kim Fields recalls how much she loved Harlem, but she says she “would not trade growing up in Hollywood,” which is where she moved with her mother when Fields was six.

At age eight, as her mother's L.A. star was on the rise, Fields tried out for her first role in a TV ad, later appearing in other commercials. She met Janet Jackson and they often played together, a friendship that led Fields to an appearance on *Good Times*, as a friend of Jackson's character.

Shortly after that first quick appearance, Fields was hired for a new spin-off television show, in part because she could roller skate. The show wasn't a hit with audiences at first, but NBC had faith in *The Facts of Life*.

“Going through puberty on television was not fun,” says Fields but she “handled” things. It helped that her mother kept her grounded; finding a church and connecting with God at age fourteen also made a difference.

Those things helped Fields during her trials and lifted her higher when things were good. Friends helped her search for love, introducing her to men and offering support when love went wrong. Professionally, work

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215 pages

came and went in large roles and small projects. Fields went to college, worked behind-the-scenes in the film industry, fell in love, and got married. When that relationship fell apart, she became depressed and stayed in bed for weeks, asking God if he “*still got a plan, right?*”

He did. It involved a new love, a family, more work, new focus, and maturity.

“What I've come to terms with,” says Fields, “is that as long as I'm moving forward.... I'm winning at least half the battle.”

“*Blessed Life*” is a bit of fresh air in the star-biography genre.

While so many H'wood memoirs get oversaturated with chummy shouts of Look-Who-I-Know, author Kim Fields' ubiquitous (in star bios) name-dropping feels incidental and totally natural here. Fields (with Todd Gold) doesn't seem to be reaching to impress anyone; rather, her anecdotes are breezy and fun and pretty matter-of-fact, but she's also open to laying out the ups and downs of being a child-star, grown up. Even that is told simply, but with just a little embellishment and a lot of gratitude.

Overall, we take the good, we take the bad, and we get a sense that the best aspects of Fields' TV characters reflected the best of her, too. Most happily, this peek at stardom isn't heavy on the drama and for that, reading *Blessed Life* is something to be thankful for.

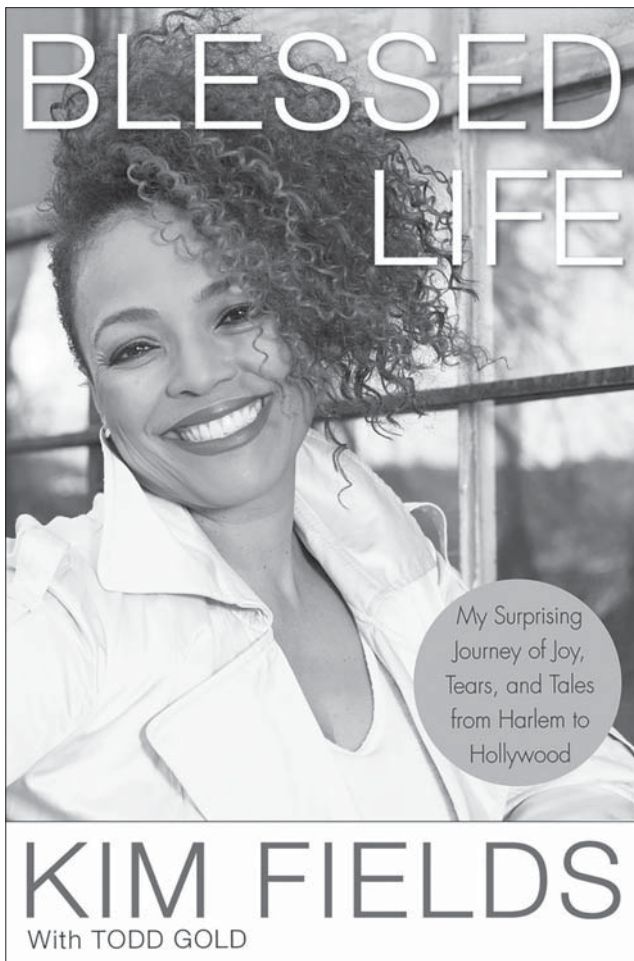
Meat-Free Meals... continued from page 10

or Greek food, but add your signature touch. If you want to stay within the soul food category, I would suggest *Afro Vegan* by Bryant Terry. This book goes in-depth about Caribbean, African, and Southern ingredients that holds on to the traditional family recipes, but with a veggie twist. Cooking brings joy and if your heart is truly into making people happy through food, then have faith and reach your culinary potential!

Most importantly, Have fun!


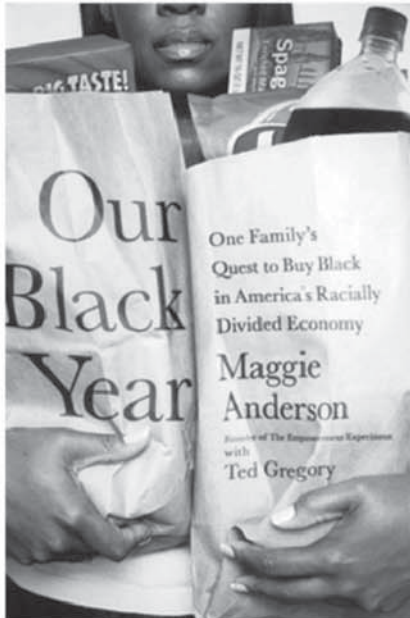
There is always something new to explore when it comes to the food landscape. The holidays are meant to bring families together and celebrate this crazy thing called life. Cooking is a staple in these affairs. With that in mind, also look at the holidays as a way to drop some knowledge about begin plant-based and your experiences thus far (just don't let it grow into a holiday clapback session. It's not that serious). For the new veg-heads this holiday season, it's just one step at a time. Again, have fun and relax! There is always next year to make your food statement.

Brittany Jones is a local foodie extraordinaire and founder of Growing Back to Your Roots whose mission is to create an environment of conscious consumers, where individuals understand their right to a racially and economically equitable food system, while also practicing healthier lifestyle habits. She can be reached at gb2yr419@gmail.com.



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December 6, 2017

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Full time opportunity available for individuals to work as part of a treatment team providing chemical dependency treatment and a full range of case management services. Candidates must possess a Bachelor's degree, a minimum of six months experience working with adults with mental health and substance abuse issues and be at minimum a CDCA. Dual licensure as either a PC or LSW preferred. Current CPR and First Aide certification required. Previous experience within a residential, MAT, or detoxification unit preferred.

PROGRAM MANAGER, NURSING SERVICES FULL-TIME

This is a management position responsible for planning, directing, supervising and evaluating all AOD and physical health nursing services provided at all sites. Primary duties will include some direct client care, ensuring quality nursing care is provided in accordance with federal, state, and local regulations, standards and practices, developing new programs and implementing nursing policies and procedures, ensuring compliance with certification standards, and monitoring the budget to ensure department fiscal goals are met. Must have current Ohio licensure as a RN. Must have Med/Surg, detox, MAT, physical health, withdrawal management 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 Health
2310 Jefferson Ave.
Toledo, OH 43604
Fax: 419-936-7574
Visit our website: unisonhealth.org

EOE

THE ARTS COMMISSION

CALL FOR APPLICATIONS part-time nine-month contracted employment as Coordinator of Young Artists At Work, a six-week summer youth arts employment program. Deadline to apply is January 4, 2018. For position details and application, visit www.theartscommission.org/youth.

An Equal Opportunity Employer

Sprinkle This, Sprinkle That

Making memories that lasts a lifetime.

Thank you for your interest in participating in this special holiday event. My goal is for families to come together and create lasting memories through crafting. The event shall take place at 1811 Adams St Toledo, OH 43604 on Dec. 9th and 16th from Noon-4pm. All participants should be able to assist with the following task:

- Check-in
- Santa helper
- Craft helpers
- Host assistant
- Co-host assistant

I'm currently looking for someone to be Santa and to take photos. Entry fee for this is \$7 per person, children 5 & under are free. Feel free to promote how you like to gain more interest in this event. There is also an Facebook page you can direct everyone to or visit Eventbrite link <https://www.eventbrite.com/e/sprinkle-this-sprinkle-that-holiday-keep-sake-ornaments-tickets-39677640892>

I would also like to promote each participant, so in a return email, may I have the name of the organizations and/or product and services. Another note: Moms House of Toledo may join us. Hoping to hear from them soon.

Thanks,
Autumn Gineen Creative Director
(419)699-9798

LEGAL NOTICE

Toledo-Lucas County Port Authority
REQUEST FOR QUALIFICATIONS
RELATING TO THE DESIGN OF ADDITIONAL PARKING CAPACITY FOR THE
TOLEDO-LUCAS COUNTY PORT
AUTHORITY
VISTULA AND SUPERIOR STREET PUBLIC
PARKING GARAGES

The Toledo-Lucas County Port Authority ("TL-CPA") is requesting qualification statements from Architect/Engineer (A/E) firms to provide design services in connection with the subject project. The project involves designing modifications to add parking capacity to two public parking garages in Downtown Toledo on Superior Street. The total project budget for the project is approximately \$8 million. The targeted design completion date is September 1, 2018.

The required format for the proposal to be submitted to the Toledo-Lucas County Port Authority is described in detail in the full copy of the Request for Qualifications, and is available by either (1) emailing Tina Perkins, Program Administrator, (Projects@Toledoport.org) or (2) visiting the Port Authority's website at <http://www.toledoport.org/connect/public-notices/>. Proposals are due no later than 1:00 p.m. (local time), Friday, January 19, 2018.

NORTHGATE APARTMENTS

610 Stickney Avenue
Toledo, Ohio 43604

Now Accepting Applications for 1 and 2 Bedroom Apartment Homes

Senior Community for persons 55 years and older. Rent is based on income. Our Activity and Service Coordinators are on site. Heat included. Chauffeured transportation to nearby shopping and banks available.



EQUAL HOUSING
OPPORTUNITY/EQUAL
OPPORTUNITY
EMPLOYER



RSVP DIRECTOR

Provides administration, management and programming for the RSVP volunteer program for 13 county service area. Provides administrative oversight by selecting, training, supervising program staff and by monitoring staff performance. Develop and implement appropriate policies and generate required program reports. Develops financial resources to support the program by means of federal, state, county, United Way and other grants. Direct any fundraising efforts and monitor in-kind support. Review financial statements and prepare annual budgets. Provides for program quality and impact by planning annual program goals and outcomes designed to meet critical community needs while offering meaningful volunteer opportunities for older adults. Maintains oversight of program activities, including services to volunteers and volunteer stations by providing leadership, support and consultation. Promote positive public relations and communications in the community by means of educational materials, programs, brochures, press releases, media events, and volunteer recognition events. Enhances the project effort through involvement with community organizations, other national service programs, and other senior and volunteer programs. Promotes and enhances the relationship with RSVP advisory group volunteers by valuing and utilizing their knowledge, skills and community connections. Performs other program duties as assigned. Must have strong organizational and supervisory skills. Bachelor's degree in human service or related field. At least ten (10) years prior experience in working with volunteers and/or older adults. Must be knowledgeable of community needs and resources. Demonstrated program management experience preferred. Background check required. The position reports to the VP of Planning & Program Development and has supervisory authority over paid program and volunteer staff. Travel required. EEO/AAP, Bilingual applicants encouraged to apply.
Send resumes to: jobs@areaofficeonag-ing.com



VISIT TARTATRACKER.COM TO FIND OUT WHERE YOUR BUS IS RIGHT NOW.

TARTA route information is also available through online map providers *Bing Maps* and *Google Maps*.



100% wheelchair-accessible and bicycle rack-equipped.



Service changes effective January 7, 2018

TARTA.com/Winter2018

New daytime lineups for all TARTA weekday fixed-line services for increased Downtown route connectivity every 30 or 60 minutes; effective Sunday, January 7, 2018.

- 1/4 Ottawa Hills/Sylvania/Sylvania Twp Call-A-Ride — *holiday service discontinued*
- 2 (currently 2M/H) Franklin Park via Toledo Hospital — *schedule adjusted for lineup and routing changes with access to ProMedica Toledo Hospital on all trips; 2H/M renamed to 2*
- 3 North/South Crosstown — *NO CHANGES*
- 5 (currently SR) Dorr via UT Main Campus/Wal-Mart — *adjusted schedule for lineup and routing changes; no access to the Independence/Nebraska/Richards loop; UT Transit Center: outbound only*
- 6N/S King Road/City of Sylvania — *NO CHANGES*
- 8/29 Maumee/Waterville Call-A-Ride — *holiday service discontinued; Waterville Call-A-Ride hours adjusted from 9 a.m.-5 p.m. to 8 a.m.-5 p.m.*
- 10 Rossford Call-A-Ride — *schedule adjusted for lineup changes*
- 10L Rossford via Hollywood Casino — *NO CHANGES*
- 12 (currently 12/13) Front/Starr — *schedule adjusted for lineup and routing changes; all trips now clockwise; 12/13 renamed to 12*
- 14 (currently 11/14) East Broadway/Oak — *schedule adjusted for lineup and routing changes; all trips now clockwise direction; 11/14 renamed to 14*
- 15A Summit/Suder/Alexis — *schedule adjusted for lineup changes*
- 15E Summit/Point Place via Alexis — *schedule adjusted for lineup changes*
- 16 Alexis via Meijer — *schedule adjusted for lineup changes*
- 17B Lagrange/Bennett via Miracle Mile — *schedule adjusted for lineup changes*
- 17E Lagrange/Eleanor via Miracle Mile — *schedule adjusted for lineup changes*
- 19F Cherry/Franklin Park — *schedule adjusted for lineup and routing changes; no access to Laskey/Secor*
- 19T Cherry/Tremainsville — *schedule adjusted for lineup and routing changes to absorb Laskey/Secor*
- 20F (currently 24) Central Ave/Franklin Park Mall — *schedule adjusted for lineup and routing changes; to absorb route 24 between Downtown and Delaware/Detroit; no access to ProMedica Toledo Hospital; Franklin Park via Central/Talmadge; no access to Executive Parkway/Secor Rd*
- 20M Central/Meijer Drive — *schedule adjusted for lineup changes*
- 20W (currently 24T) Ottawa Hills via Westgate — *Ottawa Hills via Westgate; schedule adjusted for lineup changes; 24T renamed to 20W*
- 20 (currently 20/24) Central/Westgate/Wal-Mart — *no route or schedule changes; 20/24 renamed to 20*

- 22 Bancroft via UT Campus/Franklin Park — *schedule adjusted for lineup changes; no access to Harvest/Sylvania*
- 26D Berdan/Douglas/Miracle Mile — *schedule adjusted for lineup changes*
- 26L Lewis/Alexis/Miracle Mile — *schedule adjusted for lineup changes*
- 27H Nebraska/Hill-Reynolds — *schedule adjusted for lineup changes*
- 27N Nebraska/South-Reynolds (currently Airport-Wenz) — *schedule adjusted for lineup and routing changes; no access to Reynolds/Angola/Wenz/Airport loop: to be covered by route 32H*
- 28 Indiana/Smead/Oakwood (currently 28/30) — *lineup schedule and routing adjusted; clockwise direction with 28/30; renamed to 28*
- 29X Waterville Express — *NO CHANGES*
- 31G Glendale/Southwyck — *schedule adjusted for lineup changes*
- 31H Heatherdowns/Southwyck — *schedule adjusted for lineup changes*
- 32H South/Airport via Home Depot — *schedule adjusted for lineup and routing changes; no access to Southwyck Blvd; Reynolds/Angola/Wenz/Airport loop added*
- 32R UTM/C/Southwyck — *schedule adjusted for lineup changes*
- 34 Detroit/Byrne/Western via UTM — *schedule adjusted for lineup changes*
- 35 Airport/Maumee-Arrowhead — *NO CHANGES*
- 39 Franklin Park/City of Sylvania — *NO CHANGES*
- 39M Monroe/Sylvania-Centennial — *NO CHANGES*
- 41 Glendale-Southland/Maumee-Arrowhead — *schedule and Downtown routing adjusted*
- 43 Maumee-Arrowhead/Western via UTM — *NO CHANGES*
- 44X St. Luke's Hospital — *NO CHANGES*

**Lineups
all day,
every day**

School Day Routes

- 11A/B East Broadway Crosstown — *NO CHANGES*
- 18A/B/C Sylvania Avenue Crosstown — *NO CHANGES*
- 20A/B Upton Avenue Crosstown — *NO CHANGES*
- 27A/B/C Reynolds Road Crosstown — *NO CHANGES*
- 34A/B/C Airport Highway Crosstown — *NO CHANGES*
- 36A/B Hawley Crosstown — *afternoon schedule adjusted*
- 37A/B Central Avenue Crosstown — *NO CHANGES*

TARTA serves the communities of Maumee, Ottawa Hills, Rossford, Sylvania, Sylvania Township, Toledo, and Waterville.

**TARTA Mobility
Management**
ACCESSIBLE
TRANSPORTATION
NETWORK



419-243-RIDE | TARTA.com

