



# The Sojourner's Truth

Volume 53, No. 5

“And Ye Shall Know The Truth...”

December 5, 2018

## Senator Edna Brown Says Goodbye Columbus



Senator Edna Brown Calls an End to a Stellar Political Career

### In This Issue...

Edna Brown with Perryman Page 2	TARTA Upheaval Page 5
Tolliver Page 3	Big Brothers Donation Page 6

#### Health Section

Fitness Motivator Page 7
Mental Health Page 9

Book Review  
Page 13

The Study Hour Club  
Page 16



# Standing Her Ground

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

The Truth Contributor

*The legacy of courage left by heroic black women was amassed, deed by deed, day by day, without praise or encouragement.*

- Johnnetta B. Cole



The curtain will close on Ohio Senator Edna Brown's remarkable legislative career when the current session of the Ohio General Assembly wraps up at the end of the year.

Brown is a local icon and trailblazer whose historic story of representative leadership goes back to the rough and tumble arena of organized labor at a time when women, especially African-American women, were expected to sit down and be quiet.

Yet the former AFSCME executive committee leader refused to be silent, continuing to step up and not back and standing when asked to sit down, while negotiating union contracts with the City of Toledo for her members.

After retiring from the city and thus required to give up her position with AFSCME, a union official suggested that Brown run for city council. Serving, (along with June Boyd) as one of the first African-American women on city council, Brown spent eight years there followed by nine years in the Ohio House and eight in the Senate.

Characterized by some as a person who "has earned respect and demands respect," Brown leaves a legacy of courage and many other lasting effects via her pioneering work with AFSCME, Toledo City Council, community development and in the Ohio General Assembly.

I caught up with Senator Brown to reflect upon her "rock-solid" career as an elected official.

**Perryman:** What differentiates Edna Brown from other elected officials?

**Brown:** Well, this is what I see in myself and probably anyone else who has a passion for this kind of work. You look at your own upbringing, background and experiences and you empathize with other people who may have fallen onto hard times or have a need for something, and you find yourself reaching out. And I believe much of what I have done in - I am going to call this my second career - was shaped by the positions I held with the City of Toledo, and not necessarily what the titles were, but because of the actual experiences.

And it was always people calling in and I would have to research or come up with an answer or refer them to where they could get an answer and I always felt that you should never give people another phone number to call or say that this is not the department that handles that. I always felt that you should do the best you could to come up with a solution to their problem or at least put them in touch with someone who could come up with a solution to their problem. And that has followed me throughout.

**Perryman:** What are you most proud of in your time in Columbus?

**Brown:** I'm most proud of the fact that I met so many dedicated statesmen

and colleagues who were genuinely interested in serving the people of the State of Ohio. I met many on both sides of the aisle, who were not so much interested in feathering their own nest, but really in reaching out and helping others and looking out for the well-being of all the citizens of the state.

**Perryman:** You and I have talked in the past about the long and tedious commute between Toledo and Columbus, however can you paint a picture of the actual experience of serving as a legislator in Columbus?

**Brown:** The difference between Toledo and Columbus, is like two different worlds. Columbus is...and I don't want to paint a negative picture of Toledo because I love Toledo and Toledo is the perfect place to raise a family. But Columbus has that big city feel. It is the center of government for the State of Ohio. It's where everything happens. You have all walks of life. You have the big university and there are many experiences that you can have in Columbus that you cannot have in a city like Toledo.

But when it comes to when comparing my experience in driving from Toledo to Columbus for the Senate position and when I was in the House of Representatives for nine years, that is a very, very lonely drive. But once you're in Columbus, it's a whole 'nother experience, but I have heard many people say serving there takes a toll on their family. I was fortunate or unfortunate, depending on how you look at it, my husband passed way while I was on city council, so by the time I was appointed to the position in Columbus, I was a widow, so I did not have that disconnect with my family that many people have. So there was no strain on my family, my children were grown and out of the house.

**Perryman:** Of the things you championed in Columbus, what are you most proud of?

**Brown:** I'm most proud of a couple of things. My very first bill, called Shynerra's Law, was one I was very proud to get done because it did something for our young people who had no way of getting, shall we say, the proper attention to problems of teenage domestic violence and abuse. We had several teenage young ladies actually murdered by their boyfriends who'd tried to get some help from the courts, but there was no avenue to do that.

Another thing I'm very proud of, even though my name is not listed as the primary sponsor, was for the no excuse absentee voting legislation. I put that idea in a bill and although it didn't pass we were able to get it incorporated into another bill that did pass, so I do take credit for it and so I'm very proud of that. I also brought attention to some other things that are going to pass eventually such as PTSD protection benefits for first responders

... continued on page 4



Sen. Edna Brown

## The Sojourner's Truth

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## Community Calendar

### December 8

St. Paul AME Zion Winterfest Musical: 4 pm; The Michigan Nightingales of Kalamazoo and Nikki Dee and the Brown Family: 419-206-4092

### December 25

Merry Christmas!  
The Thomas Temple Church Of God In Christ Annual Free Christmas Dinner:  
Serving from 1:00 - 3:00 pm; All are welcome: 419 255-3447.

### December 26

Blood Drive: 10 am to 3 pm; ProMedica Toledo Hospital; Coxton Room



# Asylum Rules Revisited 101

By Lafe Tolliver, Esq

Guest Column

As food for thought and in light of the current dust up regarding the caravan that is now seemingly encamped outside of Tijuana, Mexico with migrants seeking to apply for asylum, it is time to revisit the issue of who qualifies for admission to these united states.

It goes without question that the very concept of seeking asylum is embedded in the notional concept that a person is seeking permission to enter another country based upon whatever criteria the host country imposes on those seekers.

Some of the qualifications could be: [1] escape from real and imminent threat of political execution; [2] living under hostile conditions that directly affect one's ability to peacefully live and earn a livelihood; [3] threat of famine, pestilence and overwhelming natural disasters that are likely to continue without abatement; [4] religious persecution; [5] repression and persecution due to ideological beliefs that are in opposition to the ruling government.

In the current case of Hispanic migrants seeking asylum in the US of A, it appears that they are fleeing dire threats of death or injury due to governments that are unable or unwilling to staunch the power of drug cartels or corrupt governmental leadership.

Herr Trump has raised a false narrative that "these" people are criminals awaiting their chance to pillage the countryside and to rip off the goodies that the social fabric provides to those of lesser means.

He knows that his base will howl to the moon and back if he feeds them the tried and true red meat of brown-skinned people selling tacos on your streets and speaking Spanish as their primary language.

But how quickly America forgets. Remember back decades ago when boatloads of Europeans, both north and south, steamed towards fabled Ellis Island to begin the journey of becoming "Americanized" and thus becoming a part of the American fabric?

Remember the millions of Irish, Italians,

Germans, Poles, Eastern Europeans who flooded New York City with their strange foods and heavy accents and foreign customs?

They were welcomed and eventually blended in with the surrounding tapestry of what is now called America.

Their saving grace? They were white. Poor... but white, some ignorant... but white, some unable to speak the language...but white, some with no job skills...but white, not with any American political party...but white, not knowing American history...but white.

Can you imagine when the alleged first trespasser, Christopher Columbus, came to the United States and had the audacity and temerity to claim an occupied country for the Queen of Spain!

Absolutely no regard or respect for its then-current owners and occupants the native American Indian tribes.

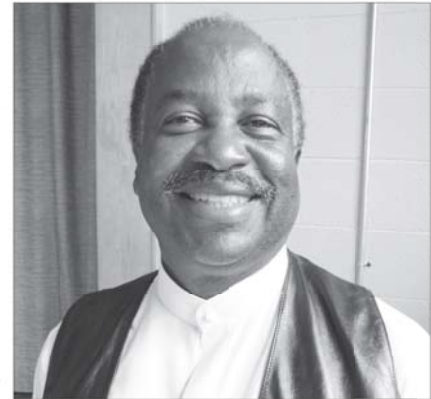
But a craven Christopher Columbus simply disregarded rules of territorial integrity and claimed the New World as "his"! What racial arrogance. But for the native American Indian not putting up a spirited defense against this trespasser, history would have had a different outcome than what it now has.

I had the opportunity to sit down with two native American Indian chiefs, Deer Runner and Night Wolf, and asked them about how they lost so much land to migrants and trespassers back in the 17th and 18th century.

Me: Tell me, what were the pivotal facts that caused the native American Indian to lose so much of his land and wind up on reservations?

Chief Night Wolf: We were willing to share our land and resources with the foreigner but when he discovered gold on our land and timber land that stretched as far as the eye could see, he wanted

... continued on page 12




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# First Confirmed Case of Acute Flaccid Myelitis in Lucas County

The Toledo-Lucas County Health Department has one confirmed case of a rare polio-like condition called acute flaccid myelitis, or AFM. AFM affects the nervous system — specifically, the area of the spinal cord called gray matter — and can cause muscle weakness and paralysis in the arms and legs.

AFM symptoms include sudden muscle weakness in the arms and/or legs. Other symptoms may include:

- Facial droop/weakness
- Difficulty moving the eyes

- Drooping eyelids
- Difficulty swallowing or slurred speech.

In 2018, there have been 106 confirmed cases of AFM in 29 states. These 106 confirmed cases are among the 252 total reports that the CDC received of patients under investigation. More than 90% of AFM cases have occurred in children less than 18 years of age.

...continued on page 13

*Perryman... continued from page 2*

**Perryman:** Why aren't more young people involved, particularly in Toledo, in running for elected office?

**Brown:** The salary is not that great for the local positions where most people need to begin. Unless young people are still living home with parents or if they happen to be a young person married to someone with a job that is sufficient to support them and a young family, then they cannot afford to run for public office, but I wish more of them would get involved.

**Perryman:** You have a reputation of being gentle but very tough, and that one does not "mess with" Edna Brown. What do you think about that?

**Brown:** Well, I kind of like it, depending on whose mouth it comes from. I don't like controversy but I am serious and I try to be gentle. You will not find me using profanity or being loud and boisterous or anything like that, but I will stand my ground, and I'm using that term because the Ohio Legislature will get (Stand Your Ground) bill next week, on issues that I'm passionate about. And I will not give on issues that I'm passionate about.

**Perryman:** You have been a very powerful figure in Columbus and very few people with power are able to wield it both justly and effectively. Yet you have the reputation of understanding how to handle power respectfully but forcefully. That is not an easy feat.

**Brown:** I think some of that perhaps goes back even before I got into the political arena. As I said, when I worked for the City of Toledo, I learned that if you want something or you want to accomplish something, you go to someone who can give you what you want or help you to accomplish what you want. And so I used that and when I first was elected to city council, I was able to use my relationships, shall we say, with the directors and commissioners and managers with whom I had worked before I retired. I was able to pick up the telephone and speak to them one-on-one and ask questions and get answers to things I wanted without making a big show of it.

So that served me well, not only when I was on city council, but also once I was in Columbus. As they say, you can catch more bees with honey than vinegar. So sometimes it's better not to make a loud noise, but try to quietly get things done. But then on the other hand, once in a while you find the only way you can get attention for something that is important to you is to issue a press release, and I learned how to do that in a way that I don't believe ever hurt my reputation.

**Perryman:** Do you have any regrets?

**Brown:** None whatsoever. I have absolutely no regrets. I will admit I've gone farther than I ever dreamed I would, but I have had experiences that I shall never forget.

**Perryman:** What's next for Edna Brown?

**Brown:** Right now, what I plan to do is just kind of come home, relax and I've got a couple of younger grandbabies and one great-grand and I'm going to enjoy them before they grow up on me. Going to try and play a little golf. I've always loved to travel, so I may do a little bit of travelling, but immediately I am going to relax, at least until the weather gets warm, and then I may do some volunteer work for some agency or other, but I'm not looking for another 9-5 and I'm not looking for another paid position.

**Perryman:** Well, you certainly deserve the time to relax.

**Brown:** Yes, and I do plan to, but I do think that there is somebody somewhere who would not mind having me give some free time to them here and there. I'm just so thankful and I feel so very, very blessed to have been able to take advantage of the various opportunities that came my way. Not many people can say that.

**Perryman:** Thank you so much for your time and your service.

Contact Rev. Donald Perryman, PhD, at [drdlperryman@enterofhopebaptist.org](mailto:drdlperryman@enterofhopebaptist.org)

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# TARTA Schedules Are Due for a Drastic Reduction

By Fletcher Word

Sojourner's Truth Editor

"The actions of two trustees has blocked [continued and improved public transportation service] for a half million people," says James Gee, president of the Toledo Area Regional Transit Authority, as he and the TARTA board prepare to greatly reduce that service as 2019 approaches. The Rev. Cedric Brock, pastor of Mt. Nebo Baptist Church, and Shelley Papenfuse, Long Term Care program manager at The Ability Center of Greater Toledo, are planning action to protest the cause for the reductions.

The action Gee references is the July vote by two Sylvania Township Trustees, John Jennewine and Neal Mahoney, to reject a TARTA plan to place on a county-wide ballot a proposal that would substantially alter the way the transit system is funded by local monies. TARTA has proposed shifting its local funding away from property taxes to a sales tax, the same way in which transit systems are funded in other major cities across the state and the nation.

"We know what works across the state and across the country," he says of the proposal. "And our preference as a board is to switch to a sales tax."

This year, TARTA put together a plan that would have dramatically altered its mass transit concept – expanding service, improving service, improving efficiency, introducing new programs and innovative technologies. It's a plan that had been conceived after a lengthy public research study that examined not only what current and potential riders want and expect but also what a variety of public transit systems from around the nation are offering to their customers.

In order to create a strategic plan that would win the approval of member communities and the voters come election time, TARTA teamed up with Hart Associates, the area marketing firm, and AECOM, a multinational engineering firm. The new strategic plan – Move Toledo – was an effort to respond to regional changes; to address problems identified with current services; to make it easier to use public transit; to identify adequate funding and to create efficiencies if operations.

The result of that study was a plan that included advances in three key areas: core improvements – a makeover of current services and funding; technology – changes that would enhance the rider's experience and alternative fuels to improve efficiency; new services – that would grant broader access and offer more personalized transportation options.

The area of core improvements presented the immediate impact to riders in streamlining main-line services, updating the aging fleet, enhancing services for the elderly and for passengers with disabilities and creating a citizens committee.

The key to the whole package, however, was funding – finding more funding with greater flexibility. Ultimately, a change in funding was the issue TARTA was waiting for member communities and the Board of Commissioners to approve. That change was critical, said CEO/General Manager James Gee back in the early summer, in order for TARTA to bring enhanced and improved services to more area customers.

The proposed change would have eliminated the property tax that provides 46 percent of TARTA's funding and replace that source with a county-wide sales tax – an increase of .05 percent. There were three benefits to this change, says Gee. First, area property owners would not have to pay the 2.5 mill in taxes; second, much better transit service would be provided and, third, of the proposed .05 percent increase in sales tax, one-third of that amount would go back to the member communities for infrastructure improvements.

TARTA's plan was to place the sales tax proposal before the voters but it first required that the elected officials of all of TARTA's member communities – Toledo and its suburbs – approve the ballot measure. Sylvania Township, alone among the member communities, declined to place the measure on the ballot for voters to have a say in the matter.

Most Sylvania Township residents would support the new Toledo Area Regional Transit Authority proposal to expand its service area and hours and implement a sales tax to pay for the expanded service according to the results of a telephone survey conducted by Odesky and Associates of 300 likely voters in the township.

According to the survey, 46.3 percent supported the TARTA proposal, 21 percent were against it and 32.7 percent were undecided; 58 percent favored a sales tax and only 5.7 percent supported a property tax.

Now that the two Sylvania township trustees have declined to let voters decide the matter, TARTA has been forced to make drastic cuts in its service. At the end of the year TARTA will discontinue Sunday and holiday service, modify some of the fixed routes on the schedule and eliminate some early and late routes.

"Unfortunately, the cause for the financial situation is the fact that property taxes aren't enough money to provide the same service," says Gee noting that between 1987 and 2010, the property tax levy dollar amount to TARTA dropped by \$6 million.

Brock and Papenfuse will be organizing a community meeting and have tentatively planned a protest at the Sylvania Township trustees meeting scheduled for December 16

"We are trying to get some sympathy on behalf of those who ride TARTA and TARPS," says Brock.



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# Big Brothers Big Sisters Celebrate the Holidays, Receive Big Gift

Sojourner's Truth Staff

Big Brothers Big Sisters of Northwestern Ohio celebrated the holidays by treating their little brothers and sisters and their families to a day of bowling, gifts, food and Santa Claus at Southwyck Bowling Lanes on Heatherdowns but it was the agency itself that received the biggest gift of the day.

For the 10th year, the local accounting firm, Gilmore Jason Mahler, Ltd, hosted the annual holiday party, providing gifts for all the kids and the dinner. GJM brought along approximately 70 volunteers as part of their effort and an estimated 300 guests – about 160 children and their families – were served.

In addition, this year, GJM had a surprise in store for the agency which has been facing some fundraising issues this year.

GJM, Ltd is a locally-owned and managed accounting firm, established about 22 years ago. The firm has an affiliation with the national accounting firm RSM US LLP, the fifth largest accounting firm in the nation. As part of RSM's commitment to service, they ask their affiliated firms around the country to apply for a donation once a year for a good cause in their communities.

This year GJM submitted a proposal for Big Brothers Big Sisters of Northwestern Ohio and won the national first-place prize of \$15,000. That check was presented to BBBS on Sunday afternoon during the party as two RSM partners, Dean Sengstock of Minneapolis and Duke Smarnoff of Chicago, came to Toledo for the presentation ceremony.

The party continued after the ceremony. The guests bowled, received their gifts, dined and had the opportunity to make sure Santa got the word.



Dean Sengstock, RSM partner; Linda Hillstrom, GJM partner; Kevin Gilmore, GJM managing partner; Marie Bush, board president of BBBS; Duke Smarnoff, RSM partner; Johnny Mickler, executive director of BBBS



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ELLINGTON TCHAIKOVSKY

# Nutcracker

JAZZ

Valentine Theatre | Saturday, December 15 | 8PM

The Ellington Nutcracker is a holiday jazz classic. The creativity of Duke Ellington and Billy Strayhorn's arrangements highlight the individual talents of the musicians to make these stand out from other holiday music. From the big swinging brass to the muted brass, the saxophones to the prominent clarinet, this music is capturing Ellington. The music from the original was rewritten and expanded to create the "Halleim Nutcracker" a few years back by Ellington historian David Berger. The T.J.O. is proud to present to you the original arrangements from Duke Ellington's classic 1962 recording "The Nutcracker Suite", featuring dancers from the Toledo School for the Arts.

In addition to the Nutcracker, the band will be performing a number of great holiday big band arrangements from the bands of Count Basie, Bob McConnel, Tom Kulis, and others. Also featured will be arrangements written for the United States Air Force Band of Blue and the United States Army Jazz Ambassadors. The concert will conclude with some classic Glenn Miller and a special closing number.

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## #METIME – Time to Set goals for 2019!

By Angela Steward, Fitness Motivator  
The Truth Contributor

If you're reading this article in print, there is a pretty good chance we're close in age! Why? Because you're actually reading a newspaper...lol! So, chances are, you're probably able to relate to the mid-life emotions I'm experiencing!

I woke up recently and it hit me....I'll be 61 this month! I've been involved in the fitness and health business for 11 years! I can't begin to name the many women I've helped begin their fitness journeys and helped others with opening their own business. I've trained and I've shared advise with many! I've shared a lot of ME!

So it hit me .... this month I'll be 61 – it's time I help and support others by loving and helping myself first! And then I thought: How do I do that and how do I find the time? First, I prayed, then I sought advice from those I trust, who love me unconditionally and truly want the best for me: my parents, my husband, my children and close friends! I then prayed again and as usual....God showed up and gently asked...Do you love others more than yourself?

Most people have no idea of the time and energy it takes to run your own business or shall I say busy-ness. I then owned up to what God asked and I made the hard decision... I chose ME! Ten plus years of busy-ness was enough!

So, as I'm stepping into my 60's, I realize how truly blessed I am and how I've been allowed to speak life into the sistas of my generation by encouraging us to live the rest of our lives: healthier and happier! We've done everything we can for every one else, its time to step into 2019 with a ME attitude!

So join me as I share my plan of "Will Do's" for the rest of 2018 while stepping into 2019:

**I WILL** spend more time with my parents and family. I have no intention of making this a pity party, but I've been on the run for 10 plus years! Everything I've participated in revolved around my schedule and my busy-ness! I haven't been mentally or physically available to my parents, siblings, husband or kids for over 10 years! There was no such thing as a quick visit or quick lunch/dinner, I always had to check my calendar if it involved anything outside of my busy-ness!

**I WILL** sink into my own thoughts. I plan to take a few minutes to meditate daily to keep me focused and provide continued clarity. I'm truly grateful for God's gift of clarity!

**I WILL** spend time with my "real" friends. We all have friends, but not many friends are "real" friends! Facebook friends don't qualify as "real" friends. Real friends stand with you through the rain, the snow and hail storms of life! In my New Edition voice.... Sunny Days – Everybody loves them – but can you stand the rain????

**I WILL** shop less and stash more! I plan to stash away an extra \$50 to \$100 a month! A little extra savings is always good and can go a long way. So....Less Shopping – More Stashing!!

**I WILL** sip less! Rather than pouring a glass of wine every evening to relax, I plan to reserve my alcohol intake for the weekends or social gatherings, now if I have an event every day, I guess I'll be sipping

every day....lol!

**I WILL** Hate Less! Yes, I said it! We all hate on somebody or something at some time! Just because I think or notice something negative about somebody, doesn't mean I need to say it—not to that person, and not about them to others. If it isn't constructive criticism, then it's petty, and age 61 is way too old to be petty....IJS!

**I WILL** Stop Comparing Myself to Others, especially those younger, cuter or thinner! It's funny how we never envy any one older or wiser! Hater-ade is usually sipped while comparing how we look or dress, or what we have or don't have compared to others! I don't know about you, but I've sipped a lot of hater-ade in my life – I'm no longer thirsty! My motto is....I have everything I need - What's for me is for me!!!

**I WILL** compliment others more often! I often think of something nice to say about someone, but rarely do I speak it! Why? Growing up, compliments always made me uncomfortable. Why? Because I didn't know if the compliment was authentic or if I was being made fun of! So, I would allow my insecurity and low self-esteem offset the compliments by pointing out my self-imagined flaws! I had to learn that if a compliment was intended to hurt my feelings, it could only hurt if I

... continued on page 10

Health Section • Health Section • Health Section • Health Section • Health Section • Health Section • Health Section • Health Section

# What's Taking up Real Estate in Your Kitchen Cupboard?

Patrice Powers-Barker, OSU Extension, Lucas County

The Truth Contributor

The end of the year is a good time to check, clean and clear out. What's taking up space on your kitchen counter, cupboard or closet? What types of appliances do you have? The good news is that we have many options and varieties of appliances to best meet our needs. The differences of small kitchen appliances include cost, size and the service they offer to us. Do you have small kitchen appliances and tools that you don't use? Use this article as a reminder to use them for planning and making some healthy recipes.

This article is not intended to be a holiday gift wish-list so if you or someone you know has requested a new kitchen appliance, make sure you check the reviews before making a final purchase. If you are looking at a new appliance, keep in mind how it can be used for making healthy food

choices. Some of the suggestions for healthy meals include eating food from all five food groups: protein, grains, fruits and vegetables and milk, watching portion size as well as preparing the food in a healthy way like skipping the deep frying. In addition to preparing healthy food, a home cooked meal can limit the need for picking up food at a restaurant, which in turn can also help with the household food budget.



**Blender/immersion blender** can be used for a lot of different foods

and are a great way to add more fruits

and vegetables to the diet. One easy way is to create some tasty smoothies with both fruit and vegetables. Looking for something warm and cozy? The blender can be used to puree vegetable soups like potato soup, butternut squash soup – any soups that would be thick and creamy. In addition to the traditional blender with a base and motor that sit on the countertop, an immersion blender can be used for those same types of recipes. The immersion blender is handheld and “immersed” right into the pot of soup or tall container for the smoothie. It takes up less space than a larger blender but cannot do all the same jobs – mainly it's not great for crushing ice.

**Slow Cooker** - One advantage of cooking food in slow cooker is that it helps keep it tender. This allows for the use of less expensive cuts of meat that are lower in fat because slow cooking tenderizes the meat. Liquids do not boil away like on the stovetop and slow cooking keeps more of the natural juices and flavors of foods.

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...continued on page 10



Health Section • Health Section • Health Section • Health Section • Health Section • Health Section • Health Section • Health Section

# A Mental Health Moment

By Bernadette Joy Graham, MA, LPC, NCC, Certified Grief Recovery Specialist

## Taking Psychotropic Medications – aka psych meds.

An unfortunate part of psychiatric care and mental health can be a need for psychiatric medications. If you have ever taken these types of medications, you have a better understanding of how different they can be from medications designed to treat other issues such as high blood pressure.



Psychiatric medications change the way our brain chemistry works. Our brain chemistry controls things such as mood and sleep. Not small things. Things, that if not controlled, can get out of hand and cause undesired effects. Insomnia is the inability to sleep and if our bodies do not get

... continued on page 11

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### Cupboard Real Estate... continued from page 8

While the slower cooker is a great option for less expensive cuts of meat, don't forget, the slow cooker can also be used for soups, side dishes including vegetables and fruits and even overnight for hot breakfast options.

**Pressure Cooker** – Although stove top pressure cookers have been around for a while, in the past few years' electric pressure cookers have become more popular. Although different companies make them, Insta Pot is probably the most commonly recognized brand. The pressure cooker uses pressure to heat the food hotter and faster than a pot on the stove. One advantage is that they cook food fast. Many models of electric pressure cookers offer different settings such as sautéing, warming, sometimes yogurt making and pressure cooking. Although they have the word "pressure" in the name, they are just used for cooking. An electric pressure cooker cannot be used safely for canning food that requires pressure canning. You would need to own a pressure canner for that kitchen task.

**Air fryer** - The main health advantage of air fryers is that they do not require oil to cook the food. Food prepared in the air fryer is crispy on the outside and moist and tender on the inside. The air fryer cooks small batches of food in a way similar to a convection oven. The extremely hot air is circulated around the food using a mechanical fan for the crispy outside.

Many of the previously mentioned foods and recipes can usually be made with basic kitchen tools such as pans and baking sheets and a stovetop or hotplate or an oven (even a small toaster oven as long as the baking sheet fits). Having different kitchen tools can offer different advantages but that doesn't mean that you need any new equipment. Use what you have – pull out the tools you haven't used in a while. Try a new recipe or update an old one.

Information compiled from University Nebraska Lincoln and Iowa State University Extension



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### #METIME... continued from page 7

allowed it! So now, when someone compliments me, I smile and say "thank you"! And if I have a compliment bubbling up in my spirit, I'm going to share it – it just might uplift someone's spirits!

**I WILL** read BOOKS more! While in busy-ness, I didn't have a lot of free time to read! I love reading motivational books - It feeds my spirit! On-line reading doesn't really stimulate me the same as reading a book - I guess I'm really showing my age...lol! When I read on-line I usually get distracted by a Facebook post, Instagram, or an email or text. I am a proud member of the Banging Book Club, so I hope my sistas forgive me when I openly admit that usually two or three days prior to our meeting - I'm skimming the book quickly, just enough to participate in the book discussion! Sorry, I totally promise to read the next one!!!

**I WILL** make Sunday my Anti-Social Media Day! Even though I love sharing my experiences, vacations, meals, pictures of my grandbaby, my deceased cat, my shoes, my bags, my parties, my hair, my teeth, my ..... whatever – spending less time on social media reduces comparing and criticism. So, Sunday is ASM Day!

**I WILL** take a few days a week for myself. While I was in busy-ness mode, I was always on the go! Now, I will take time to relax while getting my nails, lashes and hair done. Making myself a priority is hard to do, but I'm already enjoying the benefits of relaxing when I get home...if my I'm not babysitting my granddaughter aka BooThang...#loveher.

**I WILL** stop HIDING My True Feelings. I've come to a point in my life that I no longer want to hide how I truly feel out of fear that I'll hurt someone else's feelings. While I was prioritizing everyone's feelings, were they thinking of mine? So, if I'm tired, frustrated, stressed or depressed I promise to let the "real" people in my life know how I feel.

**I WILL** say...."NO"! It's a simple two-letter word, but you'd be surprised how much trouble I used to have saying it! I felt that saying "NO" made me a bad person, even when I had too many things on my plate or needed to take time for myself! I believe those that know me are shocked to finally hear me say "NO," however I believe they've grown to respect and appreciate me more for finally putting myself first!

**I WILL** no longer seek validation! If you're a busy-ness owner, you're continuously seeking validation from others, because you want and need their revenue to support your busy-ness! My clients will always be on the top of my list of concerns because we have a close relationship! But, while I believe helping others is what we all should do, my happiness is a priority and I will never attempt to create happiness for others at the expense of my own!

I wrote this article in the hopes that it will not only shake up your life, but also your spirit, your looks, your health and your love for self as we move forward towards 2019!!!

So ladies, get ready, there's no better time to focus on you...its #METIME!!

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#FABFIT #METIME



# World AIDS Day 2018: Progress, Challenges, and the Role of Local Health Departments

World AIDS Day, observed annually on December 1, celebrates accomplishments in combating the disease, remembers those who have lost their lives to HIV and AIDS, and refocuses efforts on what is still needed to end the epidemic. Advances in testing technologies and biomedical interventions have expanded and transformed the way we approach HIV prevention and care, but disparities remain. This year's World AIDS Day theme, "Know Your Status," aims to address this by encouraging people to get tested and, in the event of a positive diagnosis, engage in care. Local health departments are on the forefront of these efforts, working on initiatives to address the prevention and treatment of HIV and AIDS. This update is provided by the National Association of County and City Health Officials (NACCHO), representing the nation's nearly 3,000 local health departments.

## Status of the Epidemic

- The annual number of new HIV infections has declined over the last decade. Still, more than 1.1 million people are estimated to be living with HIV in the U.S., and one in seven are unaware of their status.
- Progress in the HIV epidemic is uneven across populations and regions.
  - Black populations account for nearly half – 44% – of HIV diagnoses, despite representing just 12% of the U.S. population.
  - Men who have sex with men (MSM) remain most affected, representing 67% of new diagnoses in 2016. However, white MSM are seeing decreases of 10% in HIV diagnoses, while black and Latino MSM have experienced increases of 4% and 14%, respectively. The Centers for Disease Control and Prevention analysis suggests that if current HIV diagnosis rates persist, one in two black MSM and one in four Latino MSM will be diagnosed with HIV in their lifetime.
  - Youth ages 13-24 make up 20% of all new HIV diagnoses and are the least likely of any age group to be linked to care in a timely manner.
  - Nearly one in ten new HIV diagnoses are among people who inject drugs, reflecting the severity of the opioid epidemic.
  - Southern states account for more than half of new HIV diagnoses and 44% of all people living with HIV, while making up 38% of the national population.
- Medical and community-based interventions are making a difference.
  - Antiretroviral therapy (ART) significantly extends and improves the quality of life for people living with HIV, and there is now conclusive sci-

entific evidence that people living with HIV who are on ART and virologically suppressed do not sexually transmit HIV.

- Pre-exposure prophylaxis (PrEP), as well as post-exposure prophylaxis (PEP), uptake is a critical intervention for decreasing the risk of HIV transmission.

## The Role of Local Health Departments and NACCHO

Local health departments are key leaders in providing and assuring access to HIV prevention, care, and treatment for the communities they serve. As community health strategists, local health departments facilitate collaboration among public health, healthcare, and social services organizations, among others, to achieve more integrated, evidence-based, culturally competent systems for HIV prevention and care. They are uniquely positioned to provide data and are leaders in broader efforts to fight stigma and address the root causes of health inequities and structural barriers to effective HIV prevention and care. These local efforts are critical to address disparities in the impact and reach of the epidemic. Local health departments are also addressing the intersecting threats of sexually transmitted infections, viral hepatitis, tuberculosis, and the opioid crisis.

NACCHO works closely with its members to help advance the National HIV/AIDS Strategy goals:

- NACCHO's Southern Initiative seeks to improve HIV outcomes among minority populations in the south through the use of Community Health Workers.
- Projects in rural areas of Kentucky, Virginia, and West Virginia are increasing local capacity to respond to the infectious disease consequences of the opioid epidemic and offer comprehensive harm reduction programs to address the needs of people who inject drugs.
- NACCHO recently completed an action planning project focused on building local health department capacity to collaborate with schools and other key stakeholders to implement school-based prevention programs that reduce HIV/STIs among adolescents.
- This year, NACCHO also signed the U=U Consensus Statement, published the findings of a survey about PrEP implementation among LHDs, presented findings from an evaluation of local implementation of Health is Power, a campaign to promote sexual health among heterosexual black men ages 18-30, and updated its HIV Prevention, Care, and Treatment policy statement.

## Mental Health Moment... continued from page 9

enough sleep the effects are extreme.

Just as an example, being in a good or bad mood is not based on how much money we have or not have. Money is great and when we get it, we feel less stressed about paying bills or have the freedom to buy what we want, take a trip or help someone else. Having money or not is not controlled by psych meds. Our ability to cope with life and unbalances we may have naturally can be helped with psych meds.

You may be prescribed psych meds for a short window of time. Maybe an occurrence has happened and we are unable to cope well such as a death in the family or a loss of relationships. Your prescribing physician is best to talk to about whether medications are best suited for you....but do take a mental health moment and always ask as many questions as you can about these medications prescribed for you or your children. Some good questions to ask are:

- Why do I need these medications ... how will they help?
- What are the common side effects?
- What are the long- term effects?
- Is there a big difference between the name brand and generic of this medication?
- How long am I expected to be on this medication?
- Once stopped are there side effects from no longer being on the medications?
- Are there any major interactions with over the counter meds or vitamins/

supplements or even food?

If you begin a medication regimen, beware of any effects good and bad. It takes some time for psych meds to take effect. For example, if you are put on an antidepressant for depression, ask how long before full benefits are reached which can be one week to one month. Do not expect that you will feel immediate relief from psych meds. Many people do and will stop taking them after the third or fourth day. Give it some time.

Also, if you find the medications are causing you severe side effects or just not for you, talk to your prescribing physician before stopping due to possible withdrawal effects. Sometimes they will recommend taking at a different time or adjusting the dosage.

If you still do not feel comfortable or on the fence about medications ask your provider for a drug-gene testing or pharmacogenomics testing. This is a test to see how the genes in your body respond to various medications which can cut down on the guessing. This is a simple test done by a cotton swab of your inside cheek.

Lastly, if you decide on taking psych meds also be sure to be in talk therapy aka counseling. Having someone see and talk about how you are feeling and behaving is important in keeping track of your progress. Find a counselor in which you feel comfortable and who have a good understanding and education of psych meds. There are alternatives to psych meds and if you feel strongly about not wanting to take them, your provider should be able to give you options as well.

Bernadette Graham is a licensed professional counselor accepting new clients at her private practice. You may call 419.409.4929 to make an appointment. Also, visit her website at [www.journeyofhealingtherapies.com](http://www.journeyofhealingtherapies.com)

# Local Infant Mortality Documentary to Premiere First Week of December

*Special to The Truth*

The Toledo-Lucas County Getting to 1 coalition, invites the community to attend the debut of *Infant Mortality: Black and White in Lucas County*. Dinner will be provided for all in attendance. Details for the feature are as follows:

Tuesday, December 4, 2018 Scott High School 2400 Collingwood Blvd 5:30 P.M.

A second viewing of the documentary will be featured on Saturday, Decem-

ber 8, 2018 at 1:00 p.m. at the Ohio Theatre, 3114 Lagrange Street. Complimentary popcorn and beverages will be available.

The vision of Getting to 1 is to help all African American babies in Lucas County to reach their first birthday by preventing pre-term births through outreach and education. For additional information on the event or to get involved, please call 419.213.4263.

# Keeping Your Health on Track During the Indulgent Holiday Season

*Special to The Truth*

The holiday season can be an indulgent one, full of cookies, candies, heavy meals and eggnog. While no one wants to rein in the fun during the merriest time of year, there are simple ways to keep your health on track during this indulgent holiday season.

- **Stick to Routines.** To the best of your ability during this hectic time of year, attempt to stick to routines that promote wellness. Set a bedtime and honor it. Hit the gym. Meditate. Do whatever it is that keeps you grounded and feeling your best.

- **Drink Up.** Many people associate dehydration with the warmer months. But in winter weather it can be especially easy to forget to stay well-hydrated, especially when you're indulging in alcoholic beverages at all those holiday parties.

Remember, water doesn't need to be the only source of hydration you think about this season. Soups and purees made from hearty winter vegetables, as well as citrus fruits do the trick, too, and their nutritional properties can help keep you healthy in winter.

- **Keep Things Organically Sweet.** Staying on track doesn't mean you can't enjoy the sweetness of the season. Instantly boost the flavor of your favorite meals with organic honey. One great option is Organic Honey In The Raw. USDA Organic Certified and Non-GMO Project Verified, it's made from pure nectar collected from exotic wildflowers found in the remote Caatinga region of northeast Brazil. The hand-harvested, sustainable

honey is raw (never heated above 117 degrees) and unfiltered, so it retains the benefits of bee pollen.

And just one tablespoon of organic raw honey provides the right amount of sweetness and flavor for any dish or drink, including year-round staples like oatmeal, yogurt, tea, and more. You can also consider giving a honey makeover to all your favorite holiday recipes, including glazes and sauces for meat and poultry, cocktail recipes, and of course baked treats.

- **Make Substitutions.** Other healthful substitutions you can make this holiday season include topping pies with Greek yogurt instead of cream, using apple sauce in place of oil and nut flour instead of white flour in baking, and serving vegetable mash as an alternative to mashed potatoes.

- **Be Mindful.** The holiday party circuit can be dangerous when it comes to making nutritious choices. When you enter a party with a buffet set-up, it can be tempting to reach for the richest foods first. Before indulging in the canapes and Swedish meatballs, try filling up a plate with crudité first. While you're doing so, get a good look at all the options available. This way, you'll be more likely to savor choice items you'll truly enjoy.

A joyful holiday season doesn't mean you must pack on pounds or feel under the weather. By keeping your health on track throughout this indulgent time of year, you can start 2019 with your best food forward.

*Courtesy StatePoint*

*Tolliver... continued from page 3*

it all.

**Chief Deer Runner:** Every treaty that we signed with the foreign government was violated and our people shuttled off to reservations that had no value to us. We were killed by the hundred of thousands when we resisted and suffered from European diseases from which we had no immunity.

**Me:** Have you ever been fully compensated for your losses by the any government that sits or sat in Washington, D.C.?

**Chief Night Runner:** Never! We were promised money and fertile land and water rights but we were always shorted and when we complained we were placed on still more reservations.

**Chief Deer Runner:** Your Hollywood movies always show us as renegades and evil people but that is a false story line used to reinforce the image of us as savages. From the east coast to the west coast, we were hundreds of tribes and we had all of the resources necessary to maintain our way of life but the foreign invaders never honored our people or their ways and corrupted us with lies and theft of our lands.

**Me:** Looking back, what should have been done to prevent the near genocide of your people and the taking of your lands and resources?

**Chief Deer Runner:** We should have formed a confederacy and met the invaders at our borders and turned them away since they came with evil intents and we should have only allowed in those who were peaceful.

**Chief Night Wolf:** Could you imagine native American Indians setting up check points along the east coast to regulate those Europeans coming to our lands! They are the trespassers on our land but yet they act as if by their gun power they have full rights to rule and reign over us...in our land!

White Americans love to say that they are a nation of immigrants but when those immigrants are brown or black people, they are then called invaders!

To date, the trillion of dollars that we have lost as indigenous tribes will never be repaid. America owes us but to them, might makes right so we will never be repaid for that land theft and the outright murder of so many of our people.

*Contact Lafe Tolliver at tolliver@juno.com*



# Kids Christmas Books

By Terri Schlichenmeyer

The Truth Contributor

**“A Tuba Christmas” by Helen L. Wilbur, illustrated by Mary Reaves Uhles**

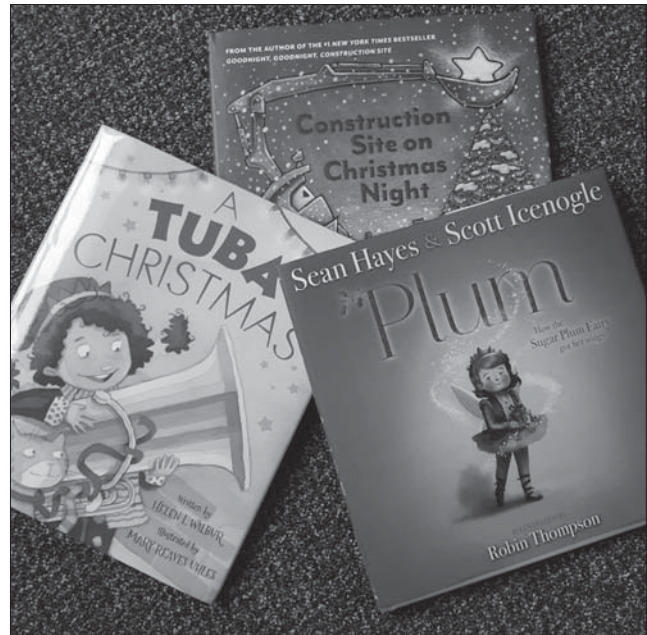
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**“Construction Site on Christmas Night” by Sherri Duskey Rinker and Ag Ford**

c. 2018  
Chronicle Kids  
\$16.99 / \$22.99 Canada  
40 pages

**“Plum: How the Sugar Plum Fairy Got Her Wings” by Sean Hayes & Scott Icenogle, illustrated by Robin Thompson**

c. 2018  
Chronicle Kids  
\$16.99 / \$22.99 Canada  
40 pages



You already know the story about Santa.

You know about his reindeer and his sleigh and the toys. You know about Frosty, and Rudolph, and the elves. But what about fairies, tubas, or construction equipment at Christmastime? With these great picture books, you'll learn fast...

Everyone in Ava's family played some sort of musical instrument and so when it was time for Ava to decide what she wanted to play, she knew immediately that she wanted a tuba because nobody else was playing one. But in *“The Christmas Tuba”* by Helen L. Wilbur, illustrated by Mary Reaves Uhles, Ava learns that big instruments come with big problems and she almost quits – until her music teacher, Rodney, makes a big announcement.

In a few days, it'll be Christmas everywhere. In *“Construction Site on Christmas Night”* by Sherri Duskey Rinker and Ag Ford, dump trucks, mixers, bulldozers, excavators, and other equipment toil on a project that must be done by the end of the year. Each machine does its job perfectly and at the end of the night, there's a reward: each finds a special holiday thank-you for their hard work.

Of all the kids at Mary Fitzgerald Orphanage, Plum was the smallest and the other kids never let her forget it. One night, she was sent to bed early for something she didn't do, but Plum decided not to let her troubles spoil Christmas. After making presents for all the kids in the orphanage, she discovered a mysteriously wrapped gift with her name on the tag. In *“Plum:*

## Acute Flaccid Myelitis... continued from page 4

The condition can be brought on by viruses, including enterovirus and West Nile, as well as environmental toxins. Some people may become infected with these viruses or exposed to certain toxins, and then experience the polio-like symptoms of AFM. The condition of AFM is not contagious and cannot be transmitted person-to-person.

AFM can develop as a result of a viral infection and individuals can take some basic steps in order to avoid infections and stay healthy:

- Wash your hands frequently to limit your exposure to germs.
- Cover your cough or sneeze.
- Stay home if you are sick.
- Stay up to date on vaccinations.

If parents see potential symptoms of AFM in their child, (for example, if he or she is not using an arm) they should contact their clinician as soon as possible. While there is no specific treatment for AFM, clinicians may recommend certain interventions on a case-by-case basis. For more information on acute flaccid myelitis, visit <https://www.cdc.gov/acute-flaccid-myelitis/>.

*How the Sugar Plum Fairy Got Her Wings”* by Sean Hayes & Scott Icenogle, illustrated by Robin Thompson, that led to a sweet surprise.

If read-aloud time is important in your house, wouldn't it be great to have a holiday theme for the next few days? Of course it would, and one of these fun books might be just the thing to ho-ho-have.

With its Christmas concert theme, *“A Tuba Christmas”* is perfect for 4-to-7-year-olds who love music and performing. Be sure you've got your sound-effects voice warmed up, because this book will be doubly fun if you play along.

Because just about every 2-to-5-year-old likes big machines, *“Construction Site on Christmas Night”* takes the *“Construction Site”* books to a natural holiday level with a tale of hard work and giving. Here's a hint: if your child is on Christmas overload and can't sleep, this book makes a great bedtime story.

And finally, *“Plum”* is a just-right book for slightly older children (5-to-7 years old) who still crave holiday tradition in a read-aloud. It's a cute story that, from an adult's perspective, is perhaps a bit too contrived; to kids, though, it's as fanciful and lovable as its ballet namesake.

For the child who wants a Christmas story but the same old tales need new sparkle, grab any of these three books. With their holiday themes and cute illustrations (but not a word about The Jolly Old Elf), you absolutely know your child will love them.

## THE INK TRUTH SHOWCASE

We would like to welcome you to the first ever Art Gallery showcase of Ink Truth. This will be a showcase like the city has never seen!!! There will be three poets, three authors, three creative artist, and a special guest. TBA. Special editions of Tears of the Wounded book will also be autographed and signed. This is a family-friendly event we will have light refreshments and plenty of entertainment. There will be door prizes for the 1st 20 guests!! Doors will open at 6p.m performances will start at 6:45p.m until 9 p.m. This is a FREE event, but donations will be happily accepted. Special thanks to the Truth Art gallery and newspaper for letting us enjoy their space. Come and be ready to be inspired by local talent who put their soul into everything they create.

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# CLASSIFIEDS

December 5, 2018

Page 15

## PARK TECHNICIAN 3

Metroparks Toledo is looking for an individual to fill a Park Technician 3 position at Farnsworth Metropark to assist with maintenance of grounds, facilities and equipment. High school degree or equivalent required. Must be 18 years of age and have a valid driver's license. Moderate level of experience in general turf, grounds and building maintenance required. \$16.05/hr. Full time with benefits. Go to [www.metroparkstoledo.com](http://www.metroparkstoledo.com) for complete list of position requirements and duties; must submit online application and resume by December 12. EOE

## 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



## PROJECT COORDINATOR, DEPARTMENT OF JUSTICE GRANT ON VIOLENCE PREVENTION

Lourdes University seeks a Project Coordinator for Dept. of Justice Grant on Violence Prevention to implement comprehensive violence prevention programs. Bachelor's degree in counseling, social work, etc., training/presenting experience, and ability to work some evenings/weekends required. 1-3 years victim services experience helpful. Submit cover letter, resume/CV, 3 professional references (MS Word or pdf only) to [resume@lourdes.edu](mailto:resume@lourdes.edu). See [www.lourdes.edu/jobs](http://www.lourdes.edu/jobs) for details. EOE

## CHOIR DIRECTOR/PIANIST

St. Martin de Porres Catholic Church is seeking to hire a choir director/pianist for Sunday worship. Must play in gospel style, read music, be able to direct a choir, understand and implement Catholic liturgical worship guidelines or be willing to learn Catholic worship. Submit resume on line to [smartindeporestoledo@gmail.com](mailto:smartindeporestoledo@gmail.com) or mail to 1119 West Bancroft St., Toledo, Ohio 43606.

## NOTICE OF APPLICANT'S PUBLIC MEETING HOFFMAN ROAD LANDFILL Permit to Install Application for Permit Modification Activities

The City of Toledo is seeking a Permit to Install (PTI) from Ohio EPA for permit modification of the existing Hoffman Road Landfill at 3962 Hoffman Road, Toledo, Ohio 43611. A public meeting will be held Wednesday, January 16, 2019, 6:00 p.m., at the Toledo-Lucas County Police Athletic League Gym, 1111 E. Manhattan Blvd., Toledo, Ohio. This meeting is intended to inform local citizens of the PTI application contents, explain the Ohio EPA PTI application process, and to receive and respond to comments and questions about the PTI application. The PTI application is available for review at the Lagrange Branch Library, 3422 Lagrange Street, and the Point Place Branch Library, 2727 117th Street during their regular business hours.

Please contact Paul Rasmusson, Director of the City of Toledo's Department of Public Service, (419) 245-1835, for more information about this meeting, the PTI application, or project plans.

## LEGAL NOTICE

### REQUEST FOR QUALIFICATIONS FOR AVIATION CONSULTING SERVICES FOR THE TOLEDO-LUCAS COUNTY PORT AUTHORITY

The Toledo-Lucas County Port Authority (TLCPA) is seeking a qualified aviation consulting and engineering firm to provide professional planning, environmental, architectural, administration and engineering services for the Toledo Express Airport and Toledo Executive Airport. These services are to be provided in connection with the capital improvement plan (CIP) for both airports.

This Request for Qualifications (RFQ) will result in a multi-year agreement with a consultant for a period of five (5) years. The selected consultant will then negotiate and enter into sub-agreements for services, based on the scope of work, with the Toledo-Lucas County Port Authority on a project/assignment basis during the term of the five (5) year period.

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 at [Tperkins@Toledoport.org](mailto:Tperkins@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, December 21, 2018.

## MEDICAID WAIVER CASE AIDE

Provides data entry and monitoring of Medicaid eligibility through the MITS and Ohio Benefits (OB) computer systems. Facilitates program enrollment for PASSPORT and other waivers.

Requires excellent interpersonal skills and computer/data entry skills. Associates Degree in Human Services or 2 year degree with at least 1 year of experience in human services also required. Experience with Medicaid in the State of Ohio preferred. Reliable transportation, insurance, and valid driver's license and successfully passing criminal background check and drug/alcohol screening required.

EEO/APP, Bilingual and minority applicants encouraged to apply.

Deadline for Application: Until Filled

Submit resumes to:  
Samuel H. Hancock Ed.D.  
Human Resources Officer  
Area Office on Aging of NW Ohio, Inc.  
2155 Arlington Avenue  
Toledo, Ohio 43609

Or [jobs@areaofficeonaging.com](mailto:jobs@areaofficeonaging.com)

This description is intended to indicate the kind of tasks and level of work difficulty required of the position. The title of this job shall not be construed as declaring the specific duties and responsibilities of the position. This position description and/or job vacancy notice is not intended to limit or in any way modify the rights of any supervisor to assign, direct, and control the work of employees under supervision. The use of this particular expression or illustration describing duties shall not be held to exclude other duties not mentioned.



## NATURAL RESOURCES TECHNICIAN EAST 3

Metroparks Toledo has an opening for a Natural Resources Technician East 3 to maintain the natural areas throughout Metroparks. Position location: Pearson Metropark. Experience in land management/natural areas stewardship required. HS Diploma or equivalent required. \$16.05/hr. Full time position with benefits. Go to [www.MetroparksToledo.com/careers](http://www.MetroparksToledo.com/careers) to view the job description, position requirements and apply online. EOE

## THE INK TRUTH SHOWCASE

We would like to welcome you to the first ever Art Gallery showcase of Ink Truth.

This will be a showcase like the city has never seen!!!

There will be three poets, three authors, three creative artist, and a special guest. TBA.

Special editions of Tears of the Wounded book will also be autographed and signed.

This is a family-friendly event we will have light refreshments and plenty of entertainment.

There will be door prizes for the 1st 20 guests!!

Doors will open at 6p.m performances will start at 6:45p.m until 9 p.m.

This is a FREE event, but donations will be happily accepted.

Special thanks to the Truth Art gallery and newspaper for letting us enjoy their space.

Come and be ready to be inspired by local talent who put their soul into everything they create.

Call to place your ad  
419-243-0007  
[www.TheTruthToledo.com](http://www.TheTruthToledo.com)

# Study Hour Club Celebrates Christmas and The Club's 85th Anniversary

*Sojourner's Truth Staff*

Members of the Study Hour Club celebrated the holidays and their 85th anniversary on Saturday, December 1 with a gala luncheon event at The Pinnacle as the ladies and their invited guests enjoyed a feast, listened to tales and reenactments of the club's history and reveled in the live entertainment.

The Study Hour Club was founded on October 3, 1933 when 16 women met in the home of Elizabeth English under the leadership of Bessie Marsh with the intent of forming a group to focus on reading, studying, reviewing and discussing books, current events and topics of interest which might enhance the cultural and mental development of the participants. The group adopted the name "The Study Hour Club" and selected as its motto "Strive to Excel."

Over the years, the Club's programs grew to include debates, forums with political candidates in election years, informative talks by directors of social service agencies concerning their work in the community. Creative and intellectual pursuits and interests also continued.

The Club observes Black History Month each year and, in recent years, the Club has held concerts featuring outstanding young women from the Toledo who are pursuing advanced musical degrees – young women who were pre-

sented honoraria.

Also in recent years, programs have included book reviews of notable African-American authors, tours of area exhibits, a variety of program topics. The Club has collaborated with local sororities and fraternities in its community involvement activities.

When the Club began, 85 years ago, members "were doing studies about what black people were about," says Kim Penn, club president. "They were trying to put a positive spin and making people understand our importance." As the years and decades passed, the Club has evolved into a more community-oriented organization by not only conducting such activities as book discussions but also supporting the arts and creative activities within the community.

The Club's activities include Quiz Bowls featuring students from Scott and Rogers high schools, senior citizens' issues, physical and mental health concerns, black doll exhibits, Kwanzaa presentations and Homeland Security issues.

Study Hour Club has a membership of 35 and continues to seek and share goals of self-awareness, self-expression and cultural fulfillment.



## *Club 300 Catering Inc.*

3304 Collingwood Blvd, Toledo, Ohio 43610  
a full-service facility in Toledo's upscale Old West End

presents

### *Sunday all day...*

**Buffet brunch** on the **2<sup>nd</sup> and 4<sup>th</sup> Sunday in December from 12 pm – 5pm** with live entertainment hosted by Melvin Johnston and Dianne E'Laine (Stubblefiled- Moore).

Includes chicken, fish, beef and pork, greens, cabbage, fried corn, sweet potatoes, macaronni and cheese, assorted salads and desserts and much more.

Adults \$16 pp, Children under eight \$8 pp, Senior discount \$2

**Persons dining between 3 and 5 – 1<sup>st</sup> person regular price 2<sup>nd</sup> person half price.**

**Jam session** following buffet from **5:30 – 9 pm** hosted by Katch Band, \$5 pp  
(light refreshments included)

For more information call 419.902.0084/419.244.0620

