



Local and National News

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Volume 37, No. 5

"And Ye Shall Know The Truth..."

February 3, 2016

# A Community Forum



TPS Young Men of Excellence and Supporters

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# Black Mothers of the New Movement II: The Night "To Not Indict"

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

The Truth Contributor

*... We stand today between two worlds, the dying old and the emerging new. The tensions which we witness in the world are indicative of the fact that a new world is being born and an old world is passing away.*

- Martin Luther King, Jr.



This year's MLK Unity Event on Monday, January 18, 2016 at the University of Toledo's Savage Arena, according to many, was more reminiscent of the actual King and the Civil Rights Movement than those held in the past.

This occurred, some say, because Paula Hicks-Hudson, Toledo's first African American woman mayor, and Sharon Gaber, University of Toledo's first woman president, "allowed it to happen" by including program elements that had been vetoed previously by former Mayors Bell and Collins or representatives of past UT President Jacobs.

The centerpiece of the event was the "Straight Outta Ferguson" keynote address by Cori Bush, social justice activist. Bush's story is compelling as well as intriguing, as she affords us a rare insider's view of black struggle at the five-point intersection of race, gender, work, home and community. In addition to serving on the frontlines of the justice battlefield in Ferguson, Missouri, Cori Bush is also an African-American woman, mother, pastor and nurse.

This is part two of Pastor Bush's three-part story, A Black Mother's Report from the Frontlines:

**Cori Bush on the Night "To Not Indict:"** ... I remember one night in the Ferguson protest almost arriving home, which my home was about 60 minutes away, and I was driving and I saw two dark colored vans, maybe dark blue or brown.

I was very close to my home and I knew once I got out of Ferguson that it was kind of quiet and kind of peaceful. But I saw these two vans and I stopped because it shocked me, and I froze. Then I started to lose it, because in my mind I saw tanks. Tanks were around my home now.

I remembered grabbing my son at a protest one evening because at that time, if you stepped off of the curb, if you stepped over the white line by the curb, you could be arrested and could be attacked by the police. We saw it happening over and over again. They later came and said that's unconstitutional, you can't do that, but anyway, this is what was happening at the time.

And so my son, my 15-year-old son that's taller than me, that

has a mustache, that somebody could look at and say, "Oh, he's a threat." My 15-year-old son, he decided, he said, "hey, I wanna test my mother" and he turned around and he stepped over the white line and when I looked and I saw him step over that white line I reacted because I just wanted to save my child because I feel like whatever I can do to him it won't be worse than what they'll do to him, so I reached over and I grabbed my child and I pulled him back across that white line and I pulled him up on the curb and I was holding him like this, and the tears began to flow from my eyes. I didn't want to hurt my child, but I didn't want them to beat him. I've seen people beaten for less.

On the night of the announcement that was made to not indict

... continued on page 12



Cori Bush

## Community Calendar

### February 2-4

Abundant Life Ministries Winter Revival: "Reviving the Saints;" 7 pm nightly; 2.02 Guest speaker Bishop Michael Pitts; 2.03 Speaker Pastor Cordell Jenkins; 2.04 Guest speaker Evang. Joyce Rodgers: [www.almtoledo.org](http://www.almtoledo.org)

### February 5

City of Zion, Mt Zion Church Presents Toledo District of FGBCF International "Fire on Friday;" 7 pm; Guest speaker Pastor Hart Ramsey of Northview Christian Church: 419-246-1850 or [cozmtzionchurch.com](http://cozmtzionchurch.com)

### February 11

TUSA Youth Forum "Colorful Conversation;" 6 to 8 pm; Violence, Education, race and discipline; St. Paul MBC

### February 13

St. Phillip Lutheran Church Lent Prayer Breakfast: 10 am; "Hiding from God or Hiding in God;" Guest speaker Pastor Roosevelt Gray: 419-475-2835

### February 14

True Vine Baptist Church Mission Open House Service: 4 pm; "For By Grace You Have Been Saved Through Faith;" Guest speaker Rev. Bobby Welborn of Charity Baptist: 419-539-9104

### February 21

City of Zion, Mt Zion Church Family and Friends Day: 10:30 am; Guest speaker Pastor Reginald Perry of Victorian Believers Ministry Virgin Islands and the BGSU Choir: 419-246-1850 or [cozmtzionchurch.com](http://cozmtzionchurch.com)  
Third Baptist Church (Holland) 28th Annual Black History Month Musical: 4 pm

### February 27

Abundant Life Ministries 2016 ALM Black History Month Red Carpet Extravaganza: 5 pm - Meet and Greet; 6 pm - program; Black History moments, music, art, vendors, networking

## The Sojourner's Truth

Toledo's Truthful African American  
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# Evangelicals Go A'Whoring After Trump

By Lafe Tolliver. Esq  
Guest Column

Well, it was only a matter of time. A matter of time before the false religious base that described themselves as evangelicals would finally put on their blond wigs, ruby red lipstick and silk stockings and go 'a whoring' after other gods.

To be specific, one god, a god they are bending a knee to and that god is Donald Trump. The clamor of this spectacle of evangelicals feverishly pressing the flesh of god Trump is without shame.

In their pell-mell rush to bow down before their newly-crowned golden god Trump, some evangelicals who cannot get near the temple courts of god Trump will stand outside in the courtyards for hours and offer up strident praise of god Trump.

Consider this: What is an evangelical and why are so many evangelicals ostensibly turning their one remaining good eye towards a Trump presidential run and why have they chosen not to take out the cakes of wax that are in their ears when it comes to either obeying man-made gods or, The Word of God?

Supposedly, an evangelical is a person who has been born again due to the birth, death and resurrection of Jesus the Christ (Christ means, anointed one) and is filled with the Holy Spirit who is to lead and guide evangelicals into all truth.

An evangelical is a person who supposedly is not to be so engaged in civic affairs that he strays from the commands of his commander in chief, Jesus Christ.

He is supposed to keep his eyes on the prize and is not to have a fervid and engulfing fascination with all things material and political.

Jesus, when he stood before Pilate and before his unjust crucifixion, clearly told Pilate and later his disciples that this world was not his kingdom and his followers were to keep their attention sighted on the kingdom of God.

Apparently, many evangelicals did not read those passages or they have foresworn it as being too timid and mild for their tastes and they want bold political action and they want it now!

Evangelicals, especially those described by political pollsters as white, rural and without college degrees, want an earthly king over their kingdom and god Trump fits their bill.

Evangelicals are seemingly willing to cut their moorings from the tenets of scripture if it means that they can launch the career of god Trump and then latch their hopes and dreams to his cruise liner and not to their dinghy boats that are in perceived danger of capsizing.

No, evangelicals have made the conscious decision that god Trump has the goods even if his history and background is those of a person who in times past would be shunned and rejected out of hand by evangelicals as being inauthentic and "not one of us."

Not now. Trump, the new savior of evangelicals, is hitting new highs in the polls that show that he is 'out Christianizing' Ted Cruz insofar as talking the talk and imitating the walk that causes many evangelicals to swoon and wax wondrously about god Trump.

Evangelicals are quite willing to prostitute themselves to god Trump if that means that their newly-fashioned god will slam immigrants, promise to kick the stuffings out of Obamacare, restore America's credibility to new heights and build a wall along the US and Mexican border and have Mexico pay for it!

Evangelicals are willing to blush shamelessly when potty-mouth god Trump curses and rants and raves in their very midst, but that is considered tolerable by a religious group that now has no scruples about bedding down with a thrice married-casino holding god.

I mean, after all, god Trump is showing John Wayne traits and god Trump is willing to bomb the hell out of ISIS! What more could your god do?

It matters not that god Trump profanely claims that he has a great relationship with God yet he does not even know how to recite the Book of Second Corinthians!

It does not matter that god Trump has belittled the significance of the holy communion downgrading and dissing the wafer and the wine.

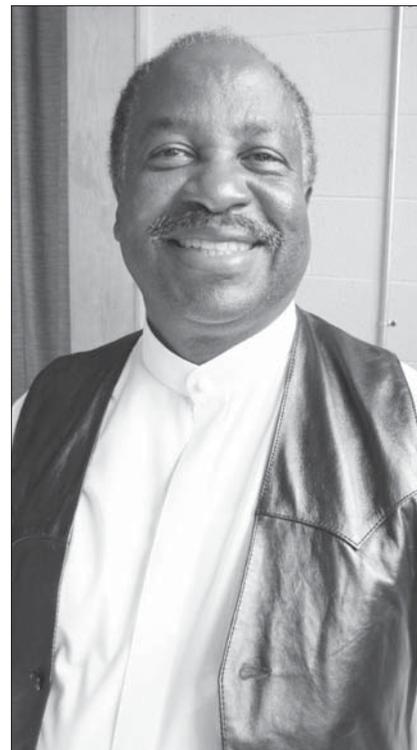
So what that he does not believe in confessing his sins to a holy God. As god Trump, he does not sin, so what is there to confess?

Evangelicals, at one time, were the gold standard of orthodox Biblical Christianity and their word meant something. Not now. Not anymore.

Trump, their new god, has catered to their whims and fears and god Trump gave trifle reference to God even when he went to Liberty University in Virginia (the largest Christian University in the world) and repeatedly cursed before the entire student body!

So what. Whatever your god does, that is OK and as long as that god is created in your image, you can put up with that image and in retrospect...with yourself.

... continued on page 12



Lafe Tolliver

## TAKE THE NEXT STEP



**Register today for our next training classes:**  
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# Community Service on MLK Day

The Zeta Alpha Omega Chapter, Alpha Kappa Alpha Sorority Incorporated® volunteers annually on January 18 at the MLK Unity Celebration Day at the University of Toledo. Also, the Kitchen For The Poor by preparing and serving meals. This is AKA's National Community Impact Day.

Felicia Dunston, president; Morgannia Dawson, vice president and Donnetta Carter, chairman for MLK Community Impact Day.



Felicia Dunston, President



Katrina Barry and Richelle Ford-Watkins



Katina Johnson, Joan Harris, Treva Jeffries



Julia Holt; Frances Collins, PhD; Andrea Price; Chelsea Dunston, college student



Donnetta Carter and Patricia Hogue

## African Art Has Arrived!!

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



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

See more art online at [www.thetruthtoledo.com](http://www.thetruthtoledo.com)



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# Community Forum Attracts Nationally Known Diversity and Inclusion Expert

By Tricia Hall

Sojourner's Truth Reporter

Over 500 people filled the Bowsher High School auditorium on Thursday, January 21, 2016 for a community forum sponsored by the Toledo Community Coalition, Lucas County Commissioners and The Blade.

The primary focus of the forum was on how to combat racism, interactive community conversations about how to improve police-community relations, and guest speaker Eric Ellis, an author and president of Integrity Development Corporation.

"My expertise is about bringing people together," said Ellis. "The work is long but obtainable. Someday we'll understand that we all need to make a commitment to change. Respect, diversity and inclusion will improve within the city. We can't demonize actions of police on actions of the few. We still have work to do and can't paint all police with a broad statement."

Ellis specializes in developing long-term diversity, inclusion and respect solutions for various companies including: Toyota Engineering and Manufacturing, Honda, Lexmark, CIA, Plante Moran and United States Air Force. Ellis also addressed the issue of youth and adult relations. "We can't keep coming to our young people with old people solutions. I work to inspire them. Young people need us and want us. They want relationships across generations, across racial lines, and across gender," said Ellis.

In addition to Ellis, the forum continued with audience questions that were answered by three panelists: Toledo citizen Willis Knighten Jr, TPS Chief George Kral, and Lucas County Sheriff Department Captain Thomas Walker.

Forum questions covered youth and adult relations, and also police and community relations. Panelist Knighten is a Toledo resident, former gang leader who was wrongfully convicted in 1997. His life sentence was later commuted in 2009.

Panelist Kral was hired by TPD in 1990, and promoted to chief in 2015. "Community engagement is important. I can't, we can't do this alone. I meet with community leaders regularly. We, the police, are fighting against a mindset. This process won't be done this week, this month, or by December 31. It takes time," said Kral.

Panelist Walker of Lucas County Sheriff's Department was hired by the department in 1977 and was promoted to lieutenant in 1993. "In order to improve police and community relations we need for residents to come to activities like this," said Walker. "Our profession demands professionalism and caring attitudes. It doesn't matter how many officers are hired if problems in communities aren't stopped. We are working on increasing diversity within the force. We have a full-time background recruitment to target demographics that we need. TPD is 17 percent African-American and that's not good enough. I've event spoken with Dr. Durant about recruiting in Toledo Public Schools to focus on the pool of seniors that are here in the city. It's our mission to change that.

Volunteers from Toledo Public Schools young men of excellence collected audience questions and dialogue sign up forms.



Willie Knighten Jr, Eric Ellis, Captain Thomas Walker, Chief George Kral



Norman Bell, former Mayor Mike Bell, Juanita, Bishop Robert Culp



Audience question and answer facilitator Pastor Karen Shepherd



Toledo Councilwoman Yvonne Harper and TPS Superintendent Romules Durant, Ed.D



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# The Truth HEALTH



## No More B.S. (Excuses) – Just Do It!

By Angela Steward, Fitness Motivator

The Truth Contributor

You may already have a good sense of how much you like or dislike exercise and if you are ready to make some changes. Even if you are ready and willing to change, it's also important to ask yourself if you're able to change.

Many people don't believe they can change. They prefer to make excuses: *I have no time. I'm not able to keep up with the class. I'm too tired. Exercise makes me hungry-not skinny! I don't like to sweat! I don't want my hair to get wet!*

There are millions of excuses – and yet even people with crazy busy schedules and people who live with chronic pain – manage to exercise. Excuses allow you to continue living the way you are now without making any tough choices or doing any hard work. Excuses are a convenience – a way of allowing yourself to feel better about not doing things you know you should do – and somewhere deep inside, actually want to do. In order to move forward, create a zero tolerance policy on excuses. The old cliché: where there's a will there's a way – holds true today!

Here are a few of B.S. excuses I hear every day:



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1. ***I don't like to exercise!*** While I appreciate honesty, I still see not liking exercise as an excuse. How many people actually enjoy brushing their teeth? But we do it because we don't like the feeling of grimy teeth and smelly breath. The same approach has to be used for exercise – we do it because we need to. I'm not saying you have to grin and bear it – find something you like to do. Take some time to think about this: is there any form of movement that you enjoy or tolerate? There are so many different ways to move your body, from simple walking to more complex dance classes! There are so many different ways to move your body – keep looking until you find the one that fits you!

2. ***I don't have time!*** Who does? We're all juggling a lot. Work, family housekeeping, grocery shopping, etc. If that's your life, activities that you feel are unnecessary – and even worse, unnecessary and boring, are the last things you want to do. But somehow you always make time for them. If you're not exercising, it's because you haven't made it a priority. People who make time to exercise tend to be more efficient with their time. They are able to do more because they've taken the time to schedule exercise into their everyday lives. Keep in mind also, as you become more active your energy levels will rise – so you get more done at a quicker pace. In a sense, by taking the time to exercise, you'll create more time elsewhere.

3. ***I'm not sure what to do!*** Kickboxing, step aerobics, yoga, pilates, swimming, dance, hip hop, walking – there are literally hundreds of ways to exercise. Making a choice can be overwhelming – the only way you are going to know what you like is to experiment. But keep in mind, different workouts work your body in different ways. Any exercise you do is admirable, but if you want to really see changes in your body, you need to do a combination of exercises. To achieve true fitness, you need three forms of exercise:

- a. Cardio (aerobic) exercise measured either in minutes per day or by steps per day;
- b. Strength training measured in reps; and
- c. Functional fitness exercises.

Slowly work your way up to six hours of cardio aerobic exercise a week. At first, this may seem like a lot of exercise, but keep in mind that you can break up those six hours however you like and chose whatever kind of physical activity you enjoy. Although you may not

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# Tips to Avoid Overeating

Special to *The Truth*

For many people, the biggest hurdle in their quest to eat sensibly isn't a question of what they should eat, but how much?

If overeating is an issue you face, consider the following tips:

- Stay hydrated. Thirst is often confused for hunger. Stay hydrated so that when true hunger strikes, you will know what your body needs.
- Snack. It may sound counter-intuitive to eat more meals. But staying fueled throughout the day will prevent you from feeling ravenous and over-eating later.
- Rest. Lack of sleep can leave you hungry. Get proper rest each night.
- Make more room. It sounds simple but the more calories you burn, the more food your body requires. If you like large meals, consider "working up an appetite," first.

Even if you follow the tips above, you may have trouble relying on your intuition when it comes to doling out properly sized portions. A new cookbook may prove useful with that challenge. "The Perfect Portion Cookbook," offers 150 comfort food recipes that have undergone healthful makeovers. Each is easily divided into 100-calorie portions whether measured by a cup, piece or slice. Readers can enjoy 100-, 200-, 300- or 400 calorie servings of their favorite comfort foods. The book also offers tips for

making meal plans, smart snacking and burning calories.

"Understanding realistic portion sizes and the calories within them is the first step," says Anson Williams, "Happy Days," TV star and director who has teamed with cookbook author Bob Warden and nutritionist Mona Dolgov to create the book.

"Without worry or guilt, we can all eat perfect portions of the foods we love and never over-eat."

The trio is offering this delicious recipe for Creamy Stovetop Mac & Cheese (recommended portion size: 300 calories = 1 cup):

## Ingredients:

- 16 ounces elbow macaroni
- 2 tablespoons cornstarch
- 1 1/2 cups chicken broth
- 1 12-ounce can fat-free evaporated milk
- 3/4 teaspoon salt
- 4 ounces reduced-fat cream cheese

3 cups shredded sharp cheddar cheese

1 tablespoon grated Parmesan cheese.

## Directions:

- Boil the macaroni according to package directions. Drain, but do not rinse.

In a stockpot over medium-high heat, whisk the cornstarch into the chicken broth, until dissolved. Bring up to a simmer, and let cook for two minutes.

Whisk the evaporated milk and salt into the thickened chicken broth, and bring back up to a simmer.

Remove sauce from heat, and stir in cream cheese, cheddar cheese and Parmesan cheese, until melted and creamy.

Add the cooked macaroni into the cheese sauce, and stir to combine before serving.

For more recipes, tips and information about the book which is available on QVC and elsewhere, visit [theperfectportion.com](http://theperfectportion.com).

With a few tricks and tips, you can land on the perfect portion sizes that will leave you feeling energized and satiated after meals.

*Courtesy StatePoint*

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Health Section • Health Section

# Breakfast – Not Just For Kids

Patrice Powers-Barker, OSU Extension, Lucas County

The Truth Contributor

Most important meal of the day? It might seem like a childish question but breakfast is an incredibly important meal of the day, no matter what your age. Many mental and physical benefits of a healthy breakfast have been shown for youth as well as adults.

**Energy.** Eating the first meal of the day gives the body energy and jump-starts the metabolism. While some “breakfast foods” like donuts and rolls are high in sugar, the best breakfast foods are high in important nutrients like vitamins, minerals and fiber and low in added sugar and fat.

**A healthy start to the entire day.** By choosing foods high in nutrients for the first meal of the day, you are more likely to consume the recommended vitamins and minerals for the entire day. Those who skip breakfast are also more likely to skip fruits and vegetables during the day.

**Better grades.** Kids who eat breakfast typically get better grades in school. Although eating a healthy breakfast is not the only way to earn good grades, other benefits associated with breakfast include better behavior, improved self-esteem and fewer missed days of school.

**Improved concentration.** A healthy breakfast for adults and children helps with brain function, especially memory and recall.

**Healthy weight.** People who skip breakfast tend to weigh more than those who don't. There is an old myth that if you skip breakfast, you're eating less food during the day. This is usually not true since people who skip breakfast don't tend to make healthy food choices when they are very hungry later in the day.

A common reason people give for skipping breakfast is not having enough time in the morning. If that is your reason for not eating breakfast, make a game plan to fit it in! Getting up fifteen minutes earlier in the morning could be all the time you need to eat this important meal. Even if getting up earlier is not an option, there are additional ideas for making sure you have a morning meal.

**Keep it simple.** Although the term “breakfast foods” might bring images of bacon, eggs, toast, biscuits and gravy, cereal and donuts, “breakfast foods” can be any kinds of foods. Breakfast could even include vegetables. To start the day right, make a goal of eating from at least three of the five food groups: fruits, vegetables, whole-grains, lean protein and low-fat dairy. Following the guideline of at least three food groups for breakfast shows why a bowl of cereal, topped with milk and fruit does fit into the definition of a good breakfast. Although that is a simple example, breakfast foods can be so much more than a bowl of cereal. Try some ...

- Wholegrain muffins with shredded vegetables or chopped fruit
- Smoothies made with yogurt, fruit and vegetables
- Egg sandwich with lean meat and a side of fruit
- Leftovers out of the refrigerator
- Whole-grain toast, peanut butter and sliced fruit
- Trail mix made with cereal, popcorn, pumpkin seeds, nuts and dried fruit
- When eating out, consider ordering one or two of the following options: whole grain waffles or whole grain bagel, fresh fruit, omelet with vegetables or scrambled eggs, lean ham or Canadian bacon

**Plan Ahead.** Take a few minutes to prepare breakfast the evening before. Better yet, let your slow cooker do the work during the night and wake up to a warm breakfast. This is an easy wintertime breakfast because that can be tailored to your taste. Add your favorite fruits to this easy recipe.

Steel Cut Oats in the Slow Cooker

Ingredients:

- 1 cup steel cut oats (since this recipe will cook all night in the slow cooker, do not substitute quick cooking or old fashioned oats. The steel cut oatmeal is not cut as small as those other options)
- 2 cups water
- 1 large apple, washed, cored and chopped into small pieces
- ½ cup dried fruit (like raisins, cranberries, etc.)
- 1 teaspoon cinnamon
- 2 Tablespoons sweetener like maple syrup, honey or brown sugar
- ½ cup chopped nuts like walnuts (optional)

Instructions:

Spray slow cooker with cooking spray. Place all ingredients in crock. Cover and cook on LOW for six-to-eight hours. The edges might be slightly crusty in the morning. Some people love the edges or just use a spoon and stir it all together in the morning. Breakfast is ready!

Mark your calendar now for the annual Toledo GROWs Seed Swap, Saturday February 27, 2016, 12 p.m. – 3 p.m. at (new location) Scott High School, 2400 Collingwood Blvd., Toledo, Ohio. Admission is FREE and each attendee receives five free seed packets. Featuring garden displays, workshops, food, music, raffle, and children's activities.

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Health Section • Health Section

# Ask Ryan

By Ryan Rollison

The Truth Contributor

Dear Ryan,

How important is it to stretch? I hear mixed things all the time – stretch before you workout or stretch after you workout? When is the proper time to perform stretches and is it really necessary?

M.K.

Dear M.K.,

I believe whether or not you weight train, run, do cardio, or if you are just a couch potato you need to stretch.

I am sure you hear a ton of opinions on when to stretch and when not to. First, let's cover a few of the basic advantages of stretching. Of course stretching leads to better flexibility and basic ease of functional movement. It also improves posture, fewer aches and pains, more sound sleep, better blood flow, transport of nutrients and oxygen to muscles and brain.

It also helps to break up fat in the muscle tissue as well. The benefit of stretching much out weighs the body's condition from lack of stretching.

Stretching is something you can do while you are watching television. Instead of sitting on the couch, cop a squat on the floor. You can do a great amount of stretches from this position. While you're watching your program, start out by just stretching during commercials.

Try to hold each stretch for about 30 seconds and increase duration the next time you stretch. Then eventually start stretching during your program and use the commercials as your rest time.

I stretched the most when I was competing, lifting heavy, boxing and doing more cardio. It is amazing how much better one feels when you are flexible and free from restriction. It's an easy thing to do and the only thing that stops us is our own laziness.

I am also a certified yoga instructor and all the stretches are eased into and re-

peated until greater flexibility is achieved.

At times it can be painful and if you are experiencing pain then ease up on the stretch. You don't have to touch your head to your knees the first time you do it. It's also important that you don't bounce. I am sure you have seen people bounce when the stretch. This is a great way to rip a muscle or mess up a tendon.

Now, a big question is when does one stretch? It really depends on what activity you are doing. As a rule NEVER stretch a cold muscle! It's like taking a piece of gum out of the refrigerator and bending it. What happens? It breaks! But if you hold it in your hand for a few moments it softens up and becomes less brittle and more flexible.

A few range of motion movements along with some dynamic warm ups will loosen up your joints and get some blood flowing to the muscles. When doing cardio I suggest you do a few minutes of your activity to get the blood flowing then take a few moments to lightly stretch. When weight training I do a few very light warm up sets and the amount of weight and number of sets can be determined by the individual and what feels best.

Now a lot of factors play in here when weight training is concerned. After every set while I am resting I stretch the muscles unless I am going real heavy. Make the determination yourself as to when you should stretch. I do suggest stretching between sets to create better blood flow and oxygen to the muscle.

Try stretching for a while and you will notice a big difference in how your body feels in a very short time. Good luck, train smart, eat healthy and be consistent.

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Health Section • Health Section

# Alternative Cold and Flu Remedies to Try this Season

*Special to The Truth*

While flu and cold are common to every region of the world, different cultures have developed their own solutions to tackle the all-too-familiar and dreadful symptoms.

Today it's thought that 70 percent of your immune system lies in your digestive tract, so many of these alternative healing methods rely on food for its curative properties. While some alternative treatments have not been evaluated by the Food and Drug Administration for efficacy, many people swear by them. If you are suffering this cold and flu season, incorporating these remedies into your get-well plan could be worth a shot.

- In Japan: Hot green tea is poured over a crushed ume, which is an alkaline-rich Japanese pickled plum. Drinking this "umeboshi tea," full of iron and potassium, is said to help ease fever associated with the flu.

- In the Dominican Republic: A paste of honey, finely chopped onion and garlic, and the juice of at least half of a lime, is taken before bedtime. The garlic and lime juice, rich in vitamin C, boosts immunity.

- In France: For those with the flu, a homeopathic approach is taken using Oscillococinum. This unusually named medicine has been a favorite flu fighter of the French for more than 70 years. Clinical studies show that it reduces the duration and the severity of fever, chills, fatigue, headache and body aches. It is recommended that you take it at the first sign of flu symptoms.

- In China: A restorative dish is made from healing fritillaria bulbs (Chuan bei mu) and an Asian pear. The center of the pear is scooped out to form a bowl. A teaspoon of honey is mixed with fritillaria extract, which is then poured into the pear. The covered dish is steamed for 45 minutes to create a warm elixir to soothe the throat. For maximum effect, a honeysuckle and licorice root tea chaser provides added immune support.

- In South America: A plate of sliced onions is placed on a nightstand overnight. The scent from a freshly chopped onion helps break up mucus and congestion, just as it causes the eyes to water and nose to run while cooking. Loaded with sulphur compounds, onions also improve circulation.

For more helpful tips about the flu, visit [www.Oscillo.com](http://www.Oscillo.com) for access to a four-part podcast series "Tackling the Flu, Naturally." Experts explain how the flu virus works in the body and why having a strong immune system is so important; how flu spreads; when children should stay home from school; and more.

Feeling under the weather? Beyond your go-to medications, get inspired by the whole world for treatments that are said to alleviate symptoms and restore wellness.

*Courtesy StatePoint*

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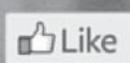
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# Time for a Getaway!

By Dianne Pettis, MS, FNP-BC

The Truth Contributor

Fifteen years ago, I thought it would be a good idea to treat myself to a massage. I got positioned on the massage table, and as soon as the masseuse touched me, he asked (exclaimed), "So when is your vacation?"

The stress in my life was quite evident in my muscles, even though I thought I was okay and handling things. He tried to knead, press and squeeze the tension from my muscles. I endured the painful session because, after all, he had been Jane Fonda's personal masseur. "He must know what he's doing," I thought. I was in the worst pain ever for over a week. It was so traumatic that I haven't had a massage since.

Life can be stressful – more at certain times than others. I've been a big fan of taking time for rest, relaxation, and meditation but even after 15 years, that masseur's voice still pops into my head..."So when is your vacation?"

I'd been having that need-to-escape feeling, so I planned my first "real" extended vacation since the 1990's. Not even Winter Storm Jonas was going to get in my way. I made it to Virginia Beach just before the snow buried Washington, DC. I experienced joy, rest, peace, relaxation, fun, play, sleep, naps, release and spontaneity. I was in my Happy Place!

Stress is a part of life. Our bodies expected it and know how to deal with it but constant stress is harmful. Constant stress is at the root of many chronic physical and emotional illnesses. Taking a break – as in 'Vacation' – can bring the body, mind, and spirit so many benefits.

The intent of a vacation is to relax. Relaxation is defined as the absence of physical, mental, and emotional tension. When you are relaxed, a calming effect takes over. There are less stress hormones produced, which has a healing effect on the mind and body, even down to the cellular and DNA levels.

## No More B.S... continued from page 6

be ready to do six hours of cardio exercise weekly right away, I encourage you to aim as high as you can when you first begin. If you're very overweight or have medical conditions, always check with your doctor before increasing activity.

There are eight simple strength training exercise that help the body beat back the effects of aging. Squats work the upper legs (quadriceps and hamstrings), Lunge works upper and lower legs (quadriceps, hamstrings gastrocnemius), Butterflies work back muscles, Dumbbell Flies work the chest muscles, Bicep Curls work the upper arms, Tricep Extensions work the backs of the arms, Chest Press works chest and back of arms and Shoulder Press works the shoulder muscles (deltoids). Do at least two sets of eight or 10 reps per set of each exercise at least two days per week, three is even better. I'd like to see you working hard to do them all, if you can.

Functional fitness exercises are exercises that give you the strength and agility to get through daily life with ease using exercises like stretches, crunches and other resistant exercises and can be done with or without weights. All of these exercises increase your core strength, flexibility, balance and coordination. You can do functional fitness exercises everyday. If that's impossible, do what you can.

The point is, you have options. Make the effort to try new things. Zero in on your own personal motivating factor or factors, and own up to some of the excuses for not exercising that you've made in the past. Making excuses can be habit forming. When one excuse no longer applies, you come up with another one, then another one. It feeds on itself. On the other hand, overcoming an excuse is freeing. Stop hemming and hawing and wasting energy trying to come up with reasons why you can't exercise. Instead start to think of yourself as healthy and fit!

Exercise is and should be a part of your life, just do it! It's like dinner, it's part of your day. When you reach this point, you don't have to worry about staying motivated. You've become a different person, an active person with zero tolerance for excuses!

Yours In Fitness!  
Angela R. Steward

Expect to have decreased anxiety, pain, muscle tension, irritability and anxiety. You should notice that your sleep, mood, and creativity should improve. Although 'stay-cations' can be helpful, a retreat from your usual surroundings is necessary for the best healthful benefits.

Let go of the guilt of leaving it all behind. Even as adults, we need to have time to play and laugh with reckless abandon! Play is not just for children. It seems as though once we get into the world of 'working', we tend to think of play or recreation time as just a diversion or a waste of time.

However, it's during those times of play and recreation, when we can re-create, re-fresh, recharge, refocus, and relax. Play for the sake of pure enjoyment, not competition is relaxing. A good belly laugh is followed by the brain's release of endorphins which help to decrease tension in your muscles. Even not having to pay attention to time while you're away can be healing.

So, don't do what I did – wait decades to take a real vacation! Make a guilt-free decision to take some time for yourself. Go somewhere, with or without companions. Get away and re-charge. You'll come back a better person. Be better this year. Your body will thank you, and your loved ones will thank you.

Dianne Pettis, MS, FNP-BC  
Family Nurse Practitioner  
724-375-7519



Dianne Pettis

The music of opera is so beautiful...But come on, are we really supposed to believe these plots?! Come and explore how opera relates to 2015 America. The Toledo Opera season is the platform for our discussion series. Join the conversation!

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*Perryman... continued from page 2*

Darren Wilson, I took to the street as a protestor. I knew that it would be a day where things might get out of hand. I didn't care. We just gotta get in the street. You know what's about to go down, so get out there. But, I made sure, because I realized what was about to go down, I made sure I had everything. We kept backpacks with us. I had a Hazmat suit in my bag, I had everything. And so I went out, and I said well I'll be ready for whatever. If I'm a nurse today, a medic or clergy, whatever it needs to be, a protestor, whatever, I'm ready.

So I'm out there and because it was so hyped up, people came from all over the world to be here for that one day when that announcement was to be a part of this history that was happening, even though what they didn't understand was, this is our everyday life. When you go back home, this is what we have to live, and so when you come and you yell and you tear up our city, when you come and hit the police or whatever you think you are getting ready to do, we've gotta sit here and we've gotta take this and we're the real Ferguson protestors and they're gonna call your actions - us.

So anyway, I'm out there and people are falling out all over the ground because they're getting tear-gassed. I mean they tear-gassed us so hard, and if you've never been tear-gassed before let me help you, because my mind is... I don't know what I was thinking about when it comes to tear gas. I thought it was a tank that was just spewing it out, and if it went one way that you could go the other way.

But no, what I found out was that through all of this that tear gas is actually a person that decides I'm going to take this, (it looks like a gun), I'm going to take it and pop it at you, and so the whole time when we're out there it is "pop, pop, pop." That's all we're hearing and they're chasing us with tear gas and so we're trying to get away from it, and I'm so used to it, it doesn't usually bother me, but it was so much this night.

I was trying to help people by pouring Maalox and just rubbing people... it was just horrible, and so I had to get away for a moment, and so I went away and I heard somebody yell out, "help, help, my mom's having a heart attack, help, help." And I said uh-uh (no). I kept going. Uh, uh, I'm not stopping, I'm trying to breathe because I gotta go back and help somebody else, I can't stop with this, and

*Tolliver.. continued from page 3*

For god Trump to blatantly say that he could stand on Fifth Avenue in New York City and shoot someone and even then his followers would not leave him, only a god could do that!

When Jerry Falwell Jr., the president of Liberty University, seemingly with great joy and gladness, endorsed god Trump for the White House, god Trump took this political glory as his due and evangelical credibility fell another 10 points.

The golden blond hair god Trump is without any credible evidence of knowing God or his Christ but to many evangelicals, that is a mere trifle and of no concern. What they are concerned about is their god Trump getting to the White House so he can lord it over a broken Congress and a Supreme Court, which to their liking, is out of control.



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plus I didn't know if it was fake, so I kept going.

I heard it again. I...turned around and I went back to go help her. By the time I turned around a young lady was holding her mother up against a car and the mother began to slide down the car, and so I caught her just in time and I was able to lay her down to the ground, and what she said to me was, she named two medications, and when she named those two medications, I knew that it was a possibility she could be having a heart attack. So I began to help her and people crowded around and I'm trying to tell this story fast because I know my time limit.

So we were trying to help her, people crowded around and we knew that we had to get this lady to some kind of help, but the problem was that all the streets were blocked off. They (police) had us in like a fish bowl. Everything was blocked off. We couldn't get the ambulance to come through so we had to figure out what could we do to get this woman to safety. So what we did was we looked down the street, there was MSNBC and CNN. Don Lemon was out and someone else was broadcasting live.

I remember it was dark by this time, so they were up under this tent, and so we decided, because actually behind the tent was Ferguson Fire Department and the Ferguson police station, but in front of that was the united command, that was the police and the National Guard and all of them, they were lined up in front of it with the tanks.

So MSNBC's tent was right in front of it, so we said, hey, they're live broadcasting. If we take this body and we run it through the broadcast, in the middle of the broadcast, if they shoot us it'll be on live TV and somebody will know it. So we said that's the safest way we can get this lady to safety.

And so we picked her up and we were running down the hill, we're yelling out, "hey, she's having a heart attack, she's having a heart attack." I'm smacking her on her face and doing this to her, I'm trying to keep her awake, "Lisa, Lisa, stay awake, stay awake" and her eyes are rolling back and her tongue is starting to hang out of her head, and I'm like, "no, don't you die on me."

(...to be continued)

Contact Rev. Donald Perryman, D.Min, at [drldperryman@centerofhopebaptist.org](mailto:drldperryman@centerofhopebaptist.org)

Trump, the god, promises the evangelicals that he can deliver the goods since after all look at what he has accomplished and he can do the same in the White House!

Does god Trump look to God for any direction or inspiration or acknowledgement?

Only as little as possible and just enough to sugar coat his skinny message of hubris but with no specific details that would catch the eye of a sharp investigative reporter.

The discernment and wisdom of the evangelical community has been blistered and fractured because they have sought out a worldly leader to give them their promised land now but they are still yet careful to give dutiful and vacuous lip service to God in church on Sunday morning. Their trump-shaped lips mouth God but their hearts are far from him.

Let me give you a clue as to what God has done in history past with reprobates and those who go 'a whoring' after other gods.

He leaves them to their own devices and permits them to have the fulfillment of their own moral choices; and lets them drink from the broken cisterns of false gods until they gag and cry out for real living water.

Evangelicals have profaned their faith and have shown that they are naked and unafraid to kiss and hug god Trump thinking that they can serve two masters but not knowing that they will come to love one and to hate the other.

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For the evangelicals who have not bowed their knees to god Trump...Maranatha!

Contact Lafe Tolliver at Tolliver@Juno.com

# Year of Yes by Shonda Rhimes

By Terri Schlichenmeyer

The Truth Contributor

For far too long, you've been holding back.

c. 2015  
Simon & Schuster  
\$24.99 / \$32.99 Canada  
311 pages

Opportunities have presented themselves, and you've passed on them. Chances have leaped in front of you and you skipped them, but you're not sure why. Some days, you feel like you're in a ten-foot-deep rut; in the book *Year of Yes* by Shonda Rhimes, you'll see how to get out.

With two babies and a "tween" at home, several mega-hit productions, and hundreds of employees on her payroll, writer-creator-producer Shonda Rhimes had ample reason for turning down requests. She was busy – and she was also terrified.

Rhimes is a private person, an introvert's introvert. She hated publicity, interviews, and foofaraw, all of which scared her to the point of panic. "NO" was a much safer word until, on Thanksgiving Day a few years ago, her sister said six words that set Rhimes back on her heels: "You never say yes to anything."

A few days later, after those words sunk in, Rhimes realized how wrong it was that her sister was right. Rhimes was "miserable" and knew that she shouldn't be, so before she was tempted to let the idea go forever, she texted a friend and vowed to say "YES" to everything scary for one year's time.

Almost immediately, the "Universe" sent her the first challenge: an invitation to speak at her alma mater's graduation. Next came an invitation to interview with Jimmy Kimmel and, said Rhimes when it was done, "I didn't die."

She said yes to letting go of outdated ideas about motherhood. She became "a big social butterfly" before learning to say yes to play. As an F.O.D. (a "First. Only. Different."), she'd already said yes to "literally changing the face of television," but she had to learn to watch the yeses she stuffed in her face... and she said yes to weight loss.

She said yes to those who inspired her.

She said yes to compliments.

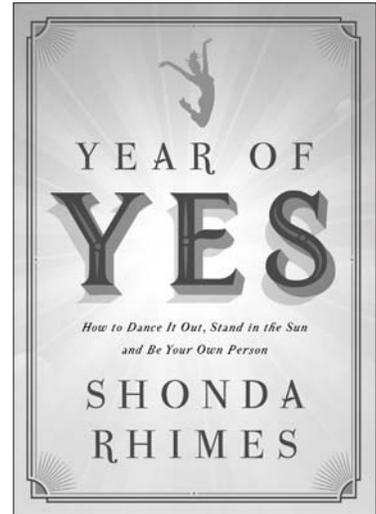
She said yes to learning how to appropriately say "no."

She said yes to singlehood because everybody's "happy ending" is different. And she said yes because "Saying yes... is courage."

With all she has on her plate – one high-profile company, three kids, four hit TV shows - you should wonder where author Shonda Rhimes found time to write a book. And you should be glad she did.

With wisdom, wit sharper than a Ginsu knife, and the warmth of a BFF, Rhimes takes readers on her year-plus-long journey, from "It's NEVER going to get better" to a life of joy, on a road filled with potholes of self-doubt, hairpin curves, and the realization that inviting fears into her life wasn't going to kill her. Yes, I loved it.

Inspirational? YES, and because her TV creations are dramas, you'll be surprised and delighted to find that Rhimes is a funny writer, too. She's also thoughtful, and her experiences will make you think: maybe you do need play. Maybe you do need to learn when "no" is appropriate. Maybe you do need *Year of Yes*, no holding back.



# Library to Celebrate Love with Bridal Event and Gameshow

February is the month of love, and the Toledo Lucas County Public Library is celebrating with two exciting events: Bridal Budget Do's & Don't's on February 6, and The Love & Money Game on February 13. Both events will take place at Main Library (325 Michigan St., Toledo) in the McMaster Center.

## Bridal Budget Do's & Don't's: February 6, 1 – 3 p.m.

Let us help you plan your dream wedding without breaking the bank! Brides and grooms-to-be will learn how to stretch their wedding budget, meet a real "budget bride," hear from a DIY Pinterest expert, meet local vendors, and can enter to win a variety of wedding-themed prizes. Sponsored by Encore Bridal, the FINRA Foundation, Papparazzi Accessories, Shenanigans Photography, Simply Married Chapel, and the Toledo City Paper.

## The Love & Money Game: February 13, 1 – 2:30 p.m.

We're putting a new spin on the "Newlywed Game!" Join us and watch three local couples try to match answers about financial questions on love, marriage, and living together to win prizes. Financial experts will be on hand to weigh in on their answers and offer further financial advice. Visitors can also win prizes by voting for their favorite couple both on the Library's Facebook and Instagram pages and during the event. Sponsored by the FINRA Foundation and the Toledo City Paper.

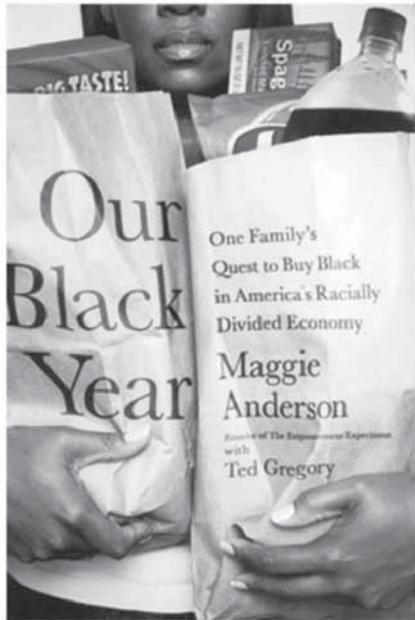
Both programs are part of the Library's Living Better Spending

Smarter (LBSS) initiative and were made possible through a grant from the FINRA Investor Education Foundation through Smart investing@your library®, a partnership with the American Library Association. Visit <http://lbss.toledolibrary.org> or call 419.259.5200/419.259.5200 for more LBSS information and programming.

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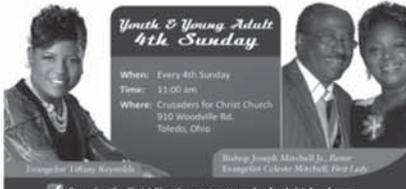
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# CLASSIFIEDS

February 3, 2016

Page 15

## NATIONAL ACT-SO COMPETITION

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## Full-Time Communications Coordinator – Guest Engagement

### The Toledo Zoo

Position is a contributing member of the communications team and will be responsible for the direction and development of fun, informative and compelling content for the Toledo Zoo Blog, website and several social media sites. This position will also be the point of contact for customer inquiries that are sensitive in nature. Will create, acquire, and maintain compelling content for Toledo Zoo's brand journalism platform used to tell the story of Toledo Zoo from an in-depth and behind the scenes perspective. Will manage content for social media platforms with an aptitude to reach millennial audiences and other stakeholders who utilize Twitter, Instagram, Snapchat and Periscope and other related social media outlets. Will gather, organize, and create content for Toledo Zoo's website which requires working with various departments to obtain up to date information. This is a non-exempt position under the Fair Labor Standards Act. Bachelor degree in communications, marketing, public relations, journalism or related field and a minimum of 2 to 4 years in a communications/public relations arena with focused experience in customer engagement, social media and web content or any combination of education and experience that demonstrates the necessary skills and abilities. Must have a valid driver's license and be insurable by the fleet insurance carrier. EOE. Drug and alcohol free workplace. Competitive salary and benefits package. Resumes must be submitted by February 12, 2016 to [resume@toledo zoo.org](mailto:resume@toledo zoo.org).

## NATURAL RESOURCES CONSERVATION ASSISTANT

Metroparks of the Toledo Area has openings for seasonal Natural Resources Conservation Assistants. Must be 18 or older with high school diploma or equivalent and valid driver's license. \$9.50/hr. after 30 days. Some training or coursework in environmental sciences or natural resources management preferred. Some outdoor work experience with natural systems, forestry or horticulture preferred. Go to [www.MetroparksToledo.com](http://www.MetroparksToledo.com) to view detailed position description and job requirements. Apply online by February 10th. EOE.

## Full-Time Security Officer – 3rd Shift/Midnights The Toledo Zoo

The primary objective of position shall be to protect the property and integrity of The Toledo Zoo. Effectively carry out safety and security policies that provide for protection of visitors, employees, animals and zoo assets. Duties will include but are not limited to monitoring and reporting on the following: air & water temperatures, water filtration systems, intruder/fire detection and camera surveillance equipment. Responsible for training of security officers in all aspects of their assignment, including radio communication, foot patrols, lock ups, reports, fire and intrusion alarm systems, monitoring and recording of temperatures, lighting, proper procedures relating to specific special requests, any other security related duties. Must have a minimum of 2 years security experience and degree in Criminal Justice or related field or any equivalent combination of education and experience. Prior experience in law enforcement, firefighting, or military service preferred. Applicants must be at least 18 years of age, have a valid driver's license and be insurable by the fleet insurance carrier. EOE. Drug and alcohol free workplace. Competitive salary and benefits package. Resumes must be submitted by February 12, 2016 to [resume@toledo zoo.org](mailto:resume@toledo zoo.org).

## Full-Time Development Database Manager The Toledo Zoo

The Development Database Manager will oversee, manage and maintain the Blackbaud Raiser's Edge, Outbound online membership store, Centerstage, Sendblaster, and Membership POS and provide training, data entry and computer/software support. Manage the membership processing area and supervise membership staff. Requires strong database management, Excel, alpha/numeric data entry skills, communication skills and the ability to work with vendors to trouble-shoot software issues. Requires a BS in management or computer science, and a minimum of two years exp. in database management, computer/data entry science, or an equivalent combination of education/experience. Will work some weekends and holidays. Must have a valid driver's license and be insurable by the fleet insurance carrier. EOE. Drug and alcohol free workplace. Competitive salary and benefits package. Resumes must be submitted by February 12, 2016 to [resume@toledo zoo.org](mailto:resume@toledo zoo.org).

## Registered Nurse

Lucas County Children Services is seeking candidates for a Registered Nurse. Education, experience and deadline requirements can be viewed at [www.lucaskids.net](http://www.lucaskids.net). EOE Valuing Diversity. No phone calls please.

## MUSICAL DIRECTOR

Braden United Methodist Church has a position open for a Director of Music. The candidate must have a high school and some formal musical education and/or training. Must be able to read music, have excellent keyboard skills namely piano, organ, etc., have experience in directing a choir, and be able to work with the pastor, staff and ministries and church members to maintain a smooth flow of worship services and other activities.

Please send your resume by **February 1, 2016 to Braden United Methodist Church, 4725 Dorr Street, Toledo, Ohio 43615, Attention: Elbert Stewart.**

## COMPTROLLER

Metroparks of Toledo has an opening for a Comptroller to administer Metroparks accounting and finance functions in accordance with governmental accounting standard and to manage accounts of the Board, financial reports, audits and internal controls. Position is full time with benefits and is located in the administrative office at Wildwood Preserve Metropark. The qualified candidate must have a minimum of three years experience in accounting, finance or treasury. Governmental professional accounting and treasury management experience preferred. Position requires a Bachelor's degree in Accounting or Finance or equivalent combination of education and work experience; CPA or CMA preferred. Go to [www.MetroparksToledo.com](http://www.MetroparksToledo.com) to view the job description, position requirements and apply online by February 14, 2016. EOE

## EMPLOYMENT OPPORTUNITIES

Lucas Metropolitan Housing Authority (LMHA), located in Toledo, OH is seeking experienced applicants for a Community Success Coach & Service Coordination Specialist. For complete details, visit [www.lucasmha.org/Employment](http://www.lucasmha.org/Employment). **Only online applications received at the above website by 02/14/16**, will be accepted. These are Section 3 covered positions. HUD recipients are encouraged to apply and are to indicate on the application if you are a LMHA Public Housing resident or Housing Choice Voucher Program participant. Persons with disabilities are encouraged to apply. **NO PHONE CALLS**. Equal employment opportunity shall be afforded to all qualified persons without regard to age, race, color, religion, religious creed, gender, military status, ancestry, disability, handicap, sexual orientation, genetic information or national origin.



# True Vine Missionary Baptist Church Celebrates Second Pastoral Anniversary

By Tricia Hall

Sojourner's Truth Reporter

Family, friends, community supports and congregational members gathered to publically acknowledge their beloved pastor, Rev. Cecil Jerome Graham, during a pre-anniversary service on January 10, and anniversary service on January 24.

"Now in my second year of pastoring, I recognize that it is an awesome blessing and responsibility to disseminate the gospel of Christ Jesus to the people of God. It also is quite liberating because of the joy one gets from seeing people respond positively to all the preparation and time that goes into putting together a gospel message," explained Rev. Graham.

Rev. John E. Roberts, D.Min, pastor of Indiana Avenue Missionary Baptist Church, delivered the pre-anniversary service message, and Rev. Cullian Hill, D.Min, of Greater Concord Missionary Baptist Church in Detroit, Michigan delivered the anniversary message.

"The growth of the ministry has blessed me, the True Vine Health and Opportunity Fair going into its third year. The distribution of over 40 turkeys and hams all have truly blessed me," explained Rev. Graham.

Tokens of appreciation were presented by different church ministries to the pastor during both services, including: Brotherhood, Lucille Boost Guild, Nurses Guild, Voices of True Vine, #2 Usher Board, Mother's Board, Senior Mission, Youth & Recreation, Male Chorus, Pastor's Aid, and Sunday School.

"There are great possibilities ahead for True Vine Missionary Baptist Church and I know that we will achieve every assignment that God has in store for us. We will reap the fruits of our efforts," said Rev. Graham.

This annual celebration was organized by the church's Pastor's Aid officers and committee: president and publicity chair, Mother Georgia Trigg; vice

president, Sister Bobbie Beasley; secretary, Sister Elaine Easter; treasurer, Mother Mattie McAlister; chaplain, Deacon Nate Frazier; advisor, Deacon Robert Bowie; banner committee chair, Sister Yvonne King; decorations committee chair, Sister Audrey Starks; ribbons committee, Sister Janice Baker; dinner committee, Sister Ora Bell; and members Sister Tosha Easter, Sister Denise Graham-Banks, Sister Sharon Lee, and Mother Vivian Smith.



Revs. Jerome Graham and Cullian Hill



Pastor's Aid committee and Revs. Graham and Hill

## Winter 2016 updates effective January 3.

On Sunday, January 3, 2016, TARTA's winter route schedules will begin. As most routes will be affected by time changes, new timetables and maps are available at [TARTA.com/Winter2016](http://TARTA.com/Winter2016)



- **2C Sylvania-Centennial/Franklin Park Mall**  
– interlined with Route 3 at Franklin Park Mall;  
– schedule adjustments
- **3 North/South Crosstown**  
– interlined with Route 2C at Franklin Park Mall;  
– schedule adjustments
- **11/12/13/14 East Toledo**  
– Sunday and holiday schedule adjustments
- **17B Lagrange/Bennett via Miracle Mile**  
– all 17B trips will stop at New Towne Square Drive;  
– schedule adjustments
- **17E Lagrange/Eleanor via Miracle Mile**  
– schedule adjustments
- **26D Berdan/Douglas/Miracle Mile**  
– schedule adjustments
- **26L Lewis/Alexis-Miracle Mile**  
– all 26L trips will no longer stop at New Towne Square Drive;  
– schedule adjustments
- **27A/B/C Reynolds Road Crosstown**  
– schedule adjustments
- **34A/B/C Airport Highway Crosstown**  
– 34A morning schedule adjustments

