

Volume 42, No. 3 *“And Ye Shall Know The Truth...”* December 7, 2016

In 2011, this house was listed for \$63,000 and the owners had clearly maintained their home. Fannie Mae came into possession and in 2012 listed it for \$10,500. Two months later it sold for \$6,200 after Fannie Mae continued to let it deteriorate ...



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Paradoxical Power

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

The Truth Contributor

America be placed on notice. We know who we are. We understand our collective power. Following today we will act on that power

- Maxine Waters



Who holds the reins of power in Toledo?

While power exists in many forms and is diffused over many groups and their networks, one usually expects to find power located in institutions dominated or controlled by "elites."

Yet, it is an informally organized group of women, predominantly black, and united through a common economic plight, that is exerting pressure on local "influential decision makers" to act in the group's best interest.

The women entered into agreements with the now defunct Toledo Community Development Corp. (TCDC) that abruptly closed its doors several months ago without notice. The contracts provided the residents of the 80 unit Oakwood I and II tax credit housing development, with an option to purchase their homes in year 16 if they rented and stayed in the homes for 15 years.

TCDC's sudden demise left \$230,000 in unpaid property taxes. As a result, the remaining 43 homes still standing or occupied were forced into foreclosure by the Lucas County Land Bank.

The residents, many of whom loudly accuse the elites of conspiracy, have responded by obtaining legal services from Advocates for Basic Legal Equality (ABLE). Nearly 20 meetings have taken place among various interested parties over the past six months.

With a mayoral election and six at-large city council seats up for grabs in 2017, the ladies' actions have certainly gotten the attention of City Hall and the Lucas County Land Bank.

"We are working with the residents and the Land Bank to ensure that they keep their homes," said Mayor Paula Hicks-Hudson, speaking of an ordinance approved unanimously by city council this past summer.

The plan enlisted the assistance of the Lucas County Treasurer's office to foreclose on the properties in order to have them pass through the Land Bank. The maneuver would totally wipe away the delinquent taxes plus additional liens of approximately \$700,000. The Land Bank, according to Lucas County Treasurer and Land Bank Chairman Wade Kapszukiewicz "would only own it for 5.5 seconds, only long enough to pass it along to a CDC, who hopefully can make good on the promise that was made to the residents, and that is to provide a path to ownership and to have a responsible property manager."

That "responsible property manager" appears to be NeighborWorks, a CDC with headquarters in East Toledo and led by Bill Farnsel. Several sources, unwilling to be identified, are skeptical of Farnsel's motives and critical of his cultural competence and racial sensitivities. The plan calls for NeighborWorks to sell the properties to the residents for \$20,000 and funds to make roof or other major repairs.

... continued on page 9

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Community Calendar

December 9

City of Zion, the Mt. Zion Church Presents Singer Leon Timbo and the UT Gospel Choir: 7 pm

December 10

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

Mt. Nebo Baptist Church Holiday Bazaar: 9 am to 4 pm: 419-246-8561
Clarence Smith Community Chorus "A Community Celebration of Christmas:" 6 pm; Mt. Pilgrim Church; With Sweet Adeline International - Pride of Toledo Choir and the Start High School Women's Choir: 419-283-1434 or 419-243-1958

2016 Holiday Bazaar Extravaganza: 1 to 6 pm; Indiana Avenue MBC; Unique shopping with exclusive vendors from all over the Midwest: 419-367-9765

United Church of God Women's Breakfast: 9 to 11 am; "Breaking Free from Your Past;" Speaker Min. Andrea Lesley: 419-810-6335

December 11

City of Zion, the Mt. Zion Church Presents Singer Leon Timbo and Pastor Reginald Perry and the Victorious Believers Ministries: 7 pm

United Church of God's Kingdom Kids Ministry Student Recognition Day: Celebrating the hard work of kids kindergarten through sixth grade; 10 am; Kids - bring copy of grade card to church by December 4: 419-810-6335 or 419-206-4320

Monroe Street United Methodist Church Concert Series: Young Voices of Greater Toledo and the Festival Chorus; Presenting Gloria; 4 pm: 419-473-1167 ext 230 or www.monroestumc.com

January 28

2017 Annual Gospel Extravaganza: "I Will Change the World;" Open to all youth artists; Vendors 3-4 pm; Music at 4; Warren AME: 419-450-0165 or 419-381-1558 or darlensawyer25@yahoo.com

Test Taking Time Again!

By Lafe Tolliver, Esq

Guest Column

I know...I know.

Normally I like to quiz my dear readers at the end of the year so as to see how many of them are actually reading my columns and how much have they retained so as to become truly enlightened readers.

However, since so much has happened this year, I did not want to stress you out with a large unwieldy quiz at the end of the year so I thought it best to present to you a small quiz now.

I understand the pressure that many people undergo when they take quizzes so I made the questions very easy to read and comprehend so that you will feel good about yourselves and thus will want to go on to the next question.

If you miss any of the questions, simply go to the library and get the past issues of the Sojourner Truth and re-read my columns and retake the test.

Ready? Go!

QUESTION ONE: In a column entitled, "I double dare you!" what was the gist of the column?

- (a) that you should not text and drive.
- (b) that you should return overdue library books right away.
- (c) that you should not doze off in church
- (d) that the five members of Toledo City Council and the mayor need to meet in secret and formulate a five-to-seven year plan for progressive political and economic development for the black community and stop being scared of any possible political repercussions or blowback!

QUESTION TWO: When I chastise former Mayor Michael Bell, it is because of:

- (a) he needs to stay out of the local bar scene and settle down.
- (b) he needs to try something other than country western line dancing.
- (c) he needs to understand his political fortunes in Lucas County are...Zip!
- (d) he utterly failed to reprimand former Mayor Finkbeiner from calling him King Kong at a city staff meeting thus indicating that Bell is clueless about ending The hostile racial stereotyping of black males.

QUESTION THREE: When I reprimand some of the local black clergy for their timidity in stepping forward and sharing the weekly wealth of the offering plate of their churches with the black community, it is because:

- (a) as black men and women they should be more conscious and educated as to the need to lend the resources of the assemblies they pastor to help a depressed economic black community.
- (b) they need to release their death grip on the weekly offering plate and start supporting programs that will revitalize their surrounding communities with a "ministry of money."
- (c) they are terrified of coming together with fellow clergy and sharing ideas and "tithing" 10 percent of their weekly offerings so that they can uplift their depressed communities.
- (d) it shows that many are woefully ill prepared to engage in works of faith that will demonstrate the power of the released gospel in their immediate surroundings.

QUESTION FOUR: When it comes to the chronic under performance of Toledo Public Schools (which recently receiving a score of an "F" from the Ohio Department of Education in Columbus) what or who do you think should be held responsible?

- (a) systemic racial policies that still consign inner city schools to the margins as to allocation of experienced teachers and monetary resources.
- (b) a superintendent who is indeed trying very hard but the slogan, "TPS Proud..." just isn't cutting it with this urban school district as far as overall academic improvements.
- (c) parents who are not as engaged as they should be in the education of their kids including attending PTA meetings, establishing a proper home environment to study and using discipline when it comes to what they do and who they see during the school week.
- (d) the students who have given up because they see no value in studying because some black idiots have called studying and achieving, "a white thing."

QUESTION FIVE: When you view the racial composition of the county and city employees who populate the judiciary system including the woeful lack of employment of minority attorneys, what is going on there?

- (a) The employers use the good ol' boy system of employing their buddies and friends and could care less about employing black and brown attorneys in

city and county government jobs.

(b) The powers that be, unless they are forced to, do not want to hire people who do not look like them. It is a closed system and they like it that way.

(c) The employment system is "rigged" and if you are not white, your chances of employment as an attorney are practically nil.

(d) Since most jobs for lawyers are not posted or known to the public, the inherently unfair hiring practices including the Public Defender's Office and the county prosecutor's office and the city law department can continue and no one is the wiser.

QUESTION SIX: What is a stratagem that you would approve of in order to get Toledo out of a mid fifties attitude or mindset when it comes to fair hiring policies and practices?

(a) Call for a dialogue with the powers that be and demand fair hiring and an end to their current nonsensical attitude of, "we can't find qualified minorities!"

(b) Select a certain flagrant employer and stage a sit in their offices with the media in attendance.

(c) File a class action lawsuit against the city and county for disparate hiring practices which is seen in the miniscule numbers of minorities being hired in city, county and state positions.

(d) Tell the Democratic fat-cats that control the city hiring practices to open up the hiring process or face consequences at the ballot box.

As you can surmise, Toledo has a gritty problem to solve and, by all indications, our elected officials are mum on this problem and they hope that you will not challenge them to step up and say something because being politically and economically organized other than they getting re-elected is not their strong suit!

Contact Lafe Tolliver at tolliver@Juno.com

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Faith Leaders and Immigration Advocates Press President Obama to Use Constitutional Power to Pardon Undocumented Immigrants and Individuals with Non-Violent, Low-Level Drug Sentences

"We are praying that he does not miss the opportunity to do the right thing at the right time."

Special to The Truth

Clergy and immigrant justice advocates with the PICO National Network, a collection of 45 groups in 150 U.S. cities and towns committed to changing the world through faith, joined a dozen national faith, labor and community organizations last week, calling on President Obama's Administration to protect vulnerable families by pardoning undocumented immigrants and people with non-violent, federal drug offenses.

"This is about protecting families," said **Richard Morales, immigration policy director for PICO**. "There is tremendous fear in our communities. This is a moral rather than legal issue. The President does have the constitutional power to grant these pardons and his needs to act."

"We need to think about our kids, our neighbors, and their dreams," said **Miguel Oaxaca, a faith leader with Together Colorado**. "I am an immigrant, a father, a business owner, but most importantly, I am your neighbor. Today, I'm asking President Obama as a father to keep families together. I'm asking him to use his heart to see all the families that will be separated if he does not take action. Take action to help the country be stronger."

The group urged local elected officials, governors, mayors and churches across the country to take steps to designate themselves "sanctuaries." Such expressions of solidarity with undocumented families and other targeted communities is a moral imperative.

"When families are broken and shattered, our country is broken and shattered," said **Bishop Dwayne Royster, political director for PICO National**

Network. "Our faith traditions underscore the power of redemption. Tens of thousands of our non-violent brothers and sisters languish in prisons because of the War on Drugs. The President has the capacity and the power to release them."

Today's event was part of PICO's larger efforts to raise a moral critique. It comes after promises from President-Elect Trump to deport 2 to 3 million undocumented immigrants, expand Stop and Frisk, eliminate health insurance for 22 million individuals and families, and implement a dangerous registry for Muslims.

"One of the major tenets of the Christian faith is to love thy Lord your God with all your heart, all your soul and all your mind. Second to that is to love your neighbor as yourself," said **Pastor Greg Holston, executive director for Philadelphians Organized to Witness Empower & Rebuild (POWER)**. "Our neighbors are under attack. We are urging preachers and leaders all over this nation to find those who are in danger, undocumented immigrants who need a safe place. Unless we stand up together, we will all be attacked. We have to learn to follow the tenants of our faith."

Reyna Montoya, a faith leader from Arizona and a DACA recipient made a heartfelt plea to break down divisions: "When I think about the moment we're in, I think about a nation that is completely divided, without compassion and without seeing each other," said Montoya. "Every single person in the nation has the opportunity to walk in the light or in the darkness. This is about people, our neighbors, our communities."

The network is currently circulating a petition to deliver to the White House on December 15, that addresses pardons, clemency and sanctuary. Signatories include Sojourners, Bend the Arc Action Fund, National Employment Law Project (NELP), Peoples Action Network, the Alliance for Citizenship, Unite Here, America's Voice, Auburn Seminary and author, professor and civil rights advocate Michelle Alexander.

In a direct plea to the President, **Denise Collazo, chief of staff for PICO National Network**, said, "We are asking and praying that you keep families together. Perhaps, President Obama, you were called to this position 'for such a time as this.' You told our nation, 'yes we can.' Now we're saying to you, yes you can."



Dwayne Royster



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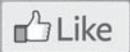
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Fannie Mae Accused of Racial Discrimination for Neglect of Foreclosures in Toledo and More Than 200 Other U.S. Cities

Toledo Fair Housing Center Joins Civil Rights Groups to Announce Filing of National Discrimination Lawsuit Over Neglected Foreclosures in African American and Latino Neighborhoods

This week, Toledo Fair Housing Center joined the National Fair Housing Alliance (NFHA) and 19 other local fair housing organizations from across the United States to file a housing discrimination lawsuit against Fannie Mae in federal district court in San Francisco, California.

The lawsuit alleges that Fannie Mae fails to maintain its foreclosures (also known as real estate owned or "REO" properties) in middle- and working-class African American and Latino neighborhoods to the same level of quality as it does for foreclosures it owns in white middle- and working-class neighborhoods. The data supporting the federal lawsuit, which includes substantial photographic evidence, reveals a stark pattern of discriminatory conduct. Based on an investigation conducted from 2011 through 2015, the lawsuit contains information from more than 2,300 foreclosures, including 125 properties in the Toledo area.

"Communities of color that are striving to recover from the foreclosure crisis face an uphill battle when lenders do not fulfill their responsibility to maintain properties," stated Michael Marsh, president and CEO of Toledo Fair Housing Center. "When African American and Latino neighborhoods do not receive the same level of care and attention from Fannie Mae as white neighborhoods, they do not have the same opportunity to build strong and stable communities. Fannie Mae's negligence demonstrates a disregard for the laws that were put in place to ensure everyone has a fair shot at pursuing the American Dream. We will not allow this inequity to continue."

Congresswoman Marcy Kaptur joined Monday's news conference and expressed her disappointment in Fannie Mae's actions, stating, "What Fannie Mae is doing is outrageous. The wealth of our society is measured by the value of our properties, and Fannie Mae isn't doing its job."

During the past several years, NFHA notified Fannie Mae many times of its failure to maintain and market its foreclosed homes in communities of color to the same standard to which it was maintaining and marketing the foreclosed homes it owned in similar, predominantly white neighborhoods. In spite of numerous meetings between NFHA and Fannie Mae to address these disparities, Fannie Mae persisted in its willful neglect of its properties in African American and Latino neighborhoods. Fannie Mae continued these practices even after the filing of a HUD complaint in 2015, so the decision was made to escalate the case to a federal lawsuit.

Shanna L. Smith, president and CEO of NFHA, commented, "Fannie Mae's intentional failure to correct its discriminatory treatment

in African American and Latino neighborhoods—the same communities hardest hit by the foreclosure crisis—can only be seen as institutional racism. This systematic and intentional neglect of foreclosed homes in communities of color devalues not only the property but the very lives of the families living in these neighborhoods."

Fannie Mae-owned properties in predominantly white working- and middle-class neighborhoods are far more likely to have the lawns mowed and edged regularly, invasive weeds and vines cleared, windows and doors

secured or repaired, litter and trash removed, leaves raked, and graffiti erased from the property. Conversely, Fannie Mae-owned properties in predominantly African American and Latino neighborhoods are more likely to be left neglected with debris and trash on the property, overgrown grass, and invasive plants. The windows and doors are often unsecured, left wide open, or boarded.

The poor appearance of the Fannie Mae-owned properties in middle- and working-class neighborhoods of color destroys the homes' curb appeal for prospective homebuyers and invites vandalism because the homes appear to be abandoned. Additionally, the blight created by Fannie Mae results in a decline in home value for the predominantly African American and Latino families who live nearby, deepening the racial wealth gap and inequality in America.

Highlights of Significant Racial Disparities in Toledo
Between 2012 and 2015, Toledo Fair Housing Center investigated 125 Fannie Mae foreclosures in African-American, Latino, and white neighborhoods in metro Toledo.

- **32.4 percent** of the REOs in White communities had **fewer than five maintenance or marketing deficiencies documented**, while only **9.8 percent** of the REO properties in communities of color had fewer than five deficiencies.



U.S. Rep Marcy Kaptur, FHC Board Chairman Louis Escobar, FHC CEO Michael Marsh

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Fast and Healthy Microwaved Vegetables

By Patrice Powers-Barker, OSU Extension, Lucas County

The Truth Contributor

Have a microwave? Do you use your microwave to just reheat meals? Use your microwave this month for fast, healthy dishes.

We might not often think of the microwave and healthy foods together but it can be used that way. While microwave meals in the frozen aisle at the grocery store are frequently high in fat and sodium, the microwave can easily and quickly be used to cook some healthy options. This is not to say that all premade, frozen meals are unhealthy – just be sure to read the nutrition facts label to make the best choices in regards to fat and sodium content.

When using the microwave, there are some general tips for safety:

- Keep your microwave oven clean. A dirty oven will increase cooking time.
- Use only cookware recommended for use in a microwave oven such as glass mixing bowls or measuring cups, casseroles and ceramic.
- Do not run the microwave oven when it is empty. You could damage the oven.

• Never heat infant formula or baby food in the microwave. They could have hot spots and burn your child.

• Cover all foods in the microwave. Decide what type of cover to use based on what food you are cooking. For steaming vegetables, use a tight-fitting cover such as a glass lid. To hold in heat (but not steam foods) like reheating leftovers, cover with a paper towel or wax paper.

• Remove covers and wraps from heated foods very carefully. Allow steam to escape away from your hands and your face.

Some might question, does microwaving vegetables decrease their nutritional value? Water-soluble vitamins like folic acid, other B-vitamins and vitamin are heat-sensitive. No matter how they are heated (on the stovetop or in the microwave), a shorter cooking time retains the most nutrients. The microwave can be useful way to minimize cooking times. There are pros and cons to all cooking methods so it is still recommended to eat a variety of fruits and vegetables, avoid overcooking them and include some raw produce during the day. Let's microwave some vegetables tonight!

Frozen vegetables are a quick way to add color and nutrients to your meal. Most frozen vegetables were flash frozen right after harvest so they are high in nutrients. Some brands of frozen vegetables are packaged in bags that can go straight from the freezer into the microwave. Make sure you read the package to know if you can microwave it or if you need to place the frozen vegetables in a microwave safe container. Fresh vegetables are easy and quick to prepare in the microwave. Try some of these:

Sliced Carrots

Place two cups thinly sliced carrots or baby carrots in a one-quart casserole. Add 1/4 cup water. Cover with wax paper. Microwave four to six minutes, stirring once if needed. Drain. Add spices, if desired.

Broccoli or Cauliflower

Divide one bunch of broccoli or cauliflower into individual spears. Cut off 1 to 1 1/2 inches from tough ends. Place in 12x8-inch baking dish. Arrange broccoli with heads toward center. Add 1/4 cup water. Cover with wax paper and microwave on high six to eight minutes.

Cabbage

Cut 1-pound of cabbage into four wedges. Arrange like a wheel in spokes in 10-inch casserole. Add 1/4 cup water. Cover with wax paper. Microwave on high three to four minutes.

Baked Potatoes or Sweet Potatoes

Scrub well and pierce with a fork. When cooking three or more potatoes, arrange potatoes in a circle. Cook on high for 4 minutes for one potato. Add three minutes for each additional potato. Turn potatoes halfway through cooking time.

Baked Winter Squash

In the microwave, the amount of time it takes to cook food increases as the amount of food increases so you will have to determine the

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... continued on page 9

Health Section • Health Section

Ask Ryan

By Ryan Rollison
The Truth Contributor

Dear Ryan,

I have seen on different occasions that people do a cleanse, a fast or a detox before they begin a diet and exercise program. I am curious as to what you think the best one are or if it's beneficial for one to do this before they start a program. Thank you, CR

Dear CR

Well let's get right into it. Be aware that this is clearly my opinion on the uses of the above, which has been drawn from researching this topic in the past.

I believe that some people need to do a cleanse or a detox if you are experiencing health issues. Gut health is extremely important and has been called the second brain because it has an affect on the whole body. It is said that disease starts and ends in the gut.

There is no doubt that nutrition plays an important role in everything your body does. Symptoms of an unhealthy gut range from mood, memory, emotions, fatigue, headaches and those symptoms lead to illnesses.

However, studies have shown that if you do a fast, detox or cleanse too long that you will also lose muscle tissue, bone density as well as vitamin and minerals vital to your body. I honestly don't find it as necessary to do an extensive cleanse as I believe

it is necessary to change your eating habits on a consistent basis.

If you mentally believe that a cleanse, fast or detox will give you the start that you need, then by all means do it. Just keep in mind that an extensive one will cause you to lose muscle tissue and bone density.

I believe if you clean your eating up and eat raw for a few days that it will have the same affect and get you used to eating healthier. Try a two-or-three day fruit and vegetable juice program and see how you feel.

Take some time and research what may fit more into your lifestyle and go for it. Keep in mind that you will find different things on the Internet to support weather you are for, or against, just about anything. Good luck and happy holidays.

Please contact me for New Year specials.

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Memory Loss?

Those with early stage memory loss and their families and friends are invited to a special Art Café on Wednesday, Dec. 21 from 4 to 6 p.m. at the Alzheimer's Association, Northwest Ohio Chapter, 2500 N. Reynolds Road.

Join area Artist Jan Revill for fine art options, choose to create a "Make & Take" or help create an "Unfrogettable" mosaic community piece. No art experience needed.

The Area Café is a regular event, scheduled the third Wednesday of each month from 4 to 6 p.m. and will be particularly meaningful for those experiencing forgetfulness, mild confusion or difficulty finding the right words.

Registration is strongly suggested, as programs may be rescheduled or cancelled due to attendance or weather. A \$5 fee is request-

ed, but no one will be excluded because of an inability to pay. To register or for more in-

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Health Section • Health Section

7 Ways to Get Fit as a Family

Special to The Truth

Healthy eating habits and gym routines can be hard to keep up after the excitement of the holidays fizzle. For parents who juggle busy schedules, it can be particularly challenging to squeeze in the recommended amount of physical activity each day.

However, with a little motivation and a dose of creativity, families can resolve to stay active and get fit together -- without stepping foot into the gym. Here are seven ideas to consider:

1. Explore the neighborhood. Take the children on regular strolls around the block. Create your own nature walks by identifying different insects, leaves and animals along the way. Collect pinecones, acorns or other foliage that can be used for fun crafts back at the house.

2. Take advantage of local parks. Visit a local park to discover different walking paths or bike trails. And spend some time on the playground while you're at it! Equipment, such as monkey bars, climbing walls and balance beams are all fun ways to get moving.

3. Invest in gear without breaking the bank. Athletic clothes and accessories with the latest performance fabrics enhance comfort and safety while working out. What's more, new gear can be a great way for each family member to show his or her sense of style, which can be just the motivation needed to get moving.

Footwear is especially important to replace often, as worn out athletic shoes can increase risk of injury. To go easy on the wallet, consider shop-

ping at retailers like Rack Room Shoes, which offers everyday value on brands for the entire family. For more information, visit RackRoomShoes.com.

4. Schedule dance parties. Enjoy music and shake off some stress by scheduling regular dance parties after school, during commercial breaks or before bedtime.

5. Make a game out of chores. Make the most of family chores. Shoveling snow, raking leaves and mowing the grass don't just enhance your home's curb appeal; they are all great forms of exercise!

6. Get in a routine. A routine ensures consistency. Set aside time each week for bike rides, tag football and soccer games, all of which can all be done in the neighborhood, backyard or at a favorite park. In bad weather, head to a local trampoline park, climbing gym or indoor soccer field.

7. Make a Matrix. Planning fun activities increases the chance you will keep up the good work. For those who love to check items off a list, a color-coded spreadsheet can be a fun visual reminder to test out new activities. Hang this in a common area, such as the kitchen, to keep track.

Once you've got the plan in place, get into a fitness routine that works for your family and stick with it!

Courtesy StatePoint

Mayor Paula Hicks-Hudson and the working families of Local 500 thank you for supporting this very important levy that will help

**KEEP TOLEDO
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**This was a vote for
Toledo and we thank you!**



David Fleetwood
Business Manager

*Thank
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Health Section • Health Section

Strahorn Takes Issue with State's Decision to Close Dayton Women's Health Clinic

Special to The Truth



State Rep. Fred Strahorn

House Democratic Leader Fred Strahorn (D-Dayton) took issue with the decision last week by the Ohio Department of Health (ODH) to revoke the operating license for the Women's Medical Center of Dayton.

"I believe women have the constitutional right to make their own personal health care decisions in consultation with their physician and their families," said Strahorn. "Not only does this decision jeopardize that fundamental freedom and right, but it stands on shaky legal ground by using questionable policies that have been drawn into constitutional question

by Ohio courts and the U.S. Supreme Court."

The state says the health care facility didn't qualify for a variance from a 2013 Ohio transfer agreement restriction - a hurdle that has been struck down twice as unconstitutional by Ohio courts. Similar restrictions were also ruled unconstitutional by the U.S. Supreme Court in *Whole Women's Health v. Hellerstedt*. Attorney General Mike DeWine is currently appealing the latest Ohio court order.

The Women's Medical Center of Dayton has been meeting changing demands from ODH regarding the number of back-up obstetricians needed for a variance from Ohio's 2013 restrictions, but a recent doctor harassment and intimidation campaign made it difficult to meet a new arbitrary four-doctor threshold from ODH, said Strahorn..

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New Year's Resolutions for a Healthier You

Special to The Truth

New Year's resolutions can be a double-edged sword. While many of us feel inspired to make goals to improve our health, happiness and wellbeing, we often find the changes hard to sustain, and sometimes end up reverting back to old practices.

Check out these tips for starting and maintaining a healthier lifestyle.

Baby Steps

Many people start a new year hoping to improve their fitness routines and eating habits, and quickly become discouraged when results aren't immediate. Instead of cancelling your new gym membership and opting for a box of chocolates by Valentine's Day, set achievable and realistic goals to stay on track.

If losing weight is the objective, aim for 10 pounds instead of 50. If you succeed at losing the first 10, celebrate and make a new goal.

Instead of adopting an extreme diet, cut back on one snack a day or incorporate a smoothie as a healthy meal replacement. Use ingredients like fresh fruit, dark leafy greens, flax or chia seeds -- even savory vegetables like beets -- the possibilities are endless.

Fuel Up to Get Fit

Sticking to fitness goals takes the right fuel. Eating whole foods instead of processed foods will give you more and longer-lasting energy. Plus, a whole-food diet is more simple and sustainable than restrictive calorie counting or elimination diets.

Powering your body with snacks like low-fat yogurt topped with granola, fresh hummus and whole-grain pita, or an apple and peanut butter, will carry your body through a workout and help you feel fuller longer. To make delicious homemade nut butter, throw three cups of roasted, unsalted peanuts or cashews into a high-powered blender like a Vitamix machine and blend for a minute or so. The result is a gooey, good-for-you treat that will provide ample energy for healthy pursuits.

While grocery shopping, stick to the outer perimeter of the store and pick up nutrient-rich and versatile ingredients like avocados, chickpeas, bananas, nuts and spinach, that can stand alone or be mixed into everything from healthy salads to frozen desserts.

Indulge Your Sweet Tooth

Being healthy and eating whole foods doesn't mean you have to sacrifice your sweet tooth. Before you plunge into a tub of cookie dough, consider other ways to curb cravings. Make your own, customized whole-food ice cream without artificial colors, flavors or preservatives using a blender. Varieties like apple pie and spiced strawberry will delight without guilt.

Or try a simple sorbet: blend two peeled oranges, two tablespoons sugar and four cups of ice. Use a blender with special settings for this purpose, such as the Vitamix Professional Series 750. Its Frozen Dessert program, one of the machine's five pre-programmed settings, allows you to make an easy, healthy dessert in minutes.

Looking for something that feels even more decadent? Find recipes like chocolate hazelnut spread and more at vitamix.com/Find-Recipes.

For a healthier new year, focus on small, attainable goals, and use whole foods to get creative with your diet.

Courtesy StatePoint



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The Truth's Annual Holiday Book Gift Guide – Part 3

By Terri Schlichenmeyer

The Truth Contributor

The gift list was easy this year.

For once, you knew what to get everybody. Every. Single. Gift-tee. Easy-peasy... except, oops, that one person who vexes you each year.

What to get? Well, books are always good gifts, and they're super-easy to wrap, too. How about one of these great selections for that One Person...

BUSINESS

For the person who dreams of leading a company or business someday, *Why Make Eagles Swim?* by Bill Munn with Libby Cortez may be the best gift of all. It's about making the most of what's already great about you, and soaring. Wrap it up with *Why Are There Snowblowers in Miami?* by Steven D. Goldstein. It's a book about how businesses can go off-path, and how they can avoid dysfunction.

The person who's thinking of starting a business in the New Year will have to learn to think differently. *Elite Minds* by Dr. Stan Beecham can only help, with its charts, takeaways, ideas, and short, easy-to-read chapters. Add *All About Them* by Bruce Turkel, a book about customer-focus, to make it the most helpful gift your new businessperson will ever get.

Here are two books your salesperson will love: first, *Pre-Suasion* by Robert Cialdini. It's about how to get someone to see your side of things, and persuade them in that direction Cialdini is the author of another book along the same lines, in case you were wondering. And when you wrap that up with *Sell with a Story* by Paul Smith, you know you've got the exact perfect gift at a just-right price.

If you've got someone on your list who loves business hacks, then *The Cheat Code* by Brian Wong will be what you need to give. It's about how your giftee can learn to cut corners right, get one step ahead, and use shortcuts to make that first million.

Business memoir fans will love finding *Oneida: From Free Love Utopia to the Well-Set Table – an American Story* by Ellen Wayland-Smith. It's the story of how a religious community operated, and how they ultimately came to dinner at so many American homes.

How do we choose? How, for instance, do you know what to get the businessperson on your list? You read this column, and learn that there are two possibilities: *You May Also Like* by Tom Vanderbilt is a book about why we pick what we pick; and *Invisible Influence* by Jonah Berger explains what subtle, manipulative forces make us do it.

And for the person who says (s)he is never going to retire, wrap up *The 100-Year Life* by Lynda Gratton & Andrew Scott. Part finances, part health, part education, and part work, this will show your giftee that not retiring is not so bad at all.

HEALTH

The perpetual romantic on your list may enjoy *The Golden Condom And Other Essays on Love Lost and Found* by Jeanne Safer, PhD. It's all about love, but also what happens after we stop loving, when we're obsessive, and when we take love to the next level. Wrap it up with *Labor of Love* by Moira Weigel, a book about dating, mating, and how they shape us and society.

Be aware of this book: *Why Can't I Stop? Reclaiming Your Life from a Behavioral Addiction* by Jon E. Grant, JD, MD; Brian L. Odlaug, PhD MPH; and Samuel R. Chamberlain, MD, PhD. It examines why we do the things we do, how habits are formed, and how they can be treated. For the right person who acknowledges and needs this book, it may be a loving gift. Think carefully, too, about giving *Daughters of Divorce* by Terry Gaspard, MSW, LISCW & Tracy Clifford. It's a look at the legacy parental strife leaves, and what a woman can do about it now.

Bump, Slide and Ride this Christmas

Slide, glide and bump your way around the track — it's fun for everyone. Or grab an inner tube and experience the thrill of our ice slide.

Come enjoy some holiday food and drink, exhibits and activities surrounded by over a million lights and the music of Trans-Siberian Orchestra. There's no better way to get in the spirit!

Come see Trans-Siberian Orchestra and support the Zoo's conservation mission. We receive a portion of every ticket sold for their two shows Friday, December 2 at the Huntington Center! Tickets available at ticketmaster.com.

Check out the schedule at toledozoo.org

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What's it like to go to a therapist? What's it like being one? *In How Does That Make You Feel?* edited by Sherry Amatenstein, your giftee will read essays by people — some famous, some not — who each have knowledge from a

...continued on page 13

Book Gift Guide... continued from page 12

unique side of the couch.

Here's a way to X two names off your list: get sisters each their own copies of *Marrow: A Love Story* by Elizabeth Lesser. It's the true story of a lifesaving measure that fails, and the sisters whose lives change anyhow.

What next? For the person who asks that, *The Next Pandemic* by Ali S. Khan may offer answers, health-wise. This book takes a look diseases that threaten the world, and what's being done (and not done) to ensure our safety. Pair it with *A Series of Catastrophes & Miracles* by Mary Elizabeth Williams. That's a book about a woman who signs up for a clinical trial for a new cancer treatment, and her experiences with it. Story twist: her best friend has cancer, too, but takes a different route.

HISTORY

For the Cold War buff on your list, or for the person who loves a bit of a thriller, *The Tunnels* by Greg Mitchell is a great book to wrap. It's a narrative of escapes from behind the Berlin Wall, and the surprising way the U.S. reacted. Pair it up with *Forty Autumns* by Nina Willner, a story of the author's family, separated by a great big German wall.

American History fans will want to read *All the Real Indians Died Off and 20 Other Myths about Native Americans* by Roxanne Dunbar-Ortiz and Dina Gilio-Whitaker. It's a widespread (but not by any means final word) look at things we may believe about Native Americans, but that are wrong.

Who loves reading about the Civil War? Your giftee, that's who – so you'll want to wrap up *City of Sedition: The History of New York City During the Civil War* by John Strausbaugh. New York played a major part, behind-the-scenes, in what happened during the War Between the States. Another volume on the war is just what your giftee wants this year.

If there's a social studies fan on your list, make *White Trash* by Nancy Isenberg the gift you give. It's a look at poverty, class, American caste, and how it's been perceived for the last 240 years. Wrap it up with *Evicted* by Matthew Desmond, for a full-circle look at the poorest among us.

The Downton Abbey fan on your gift list will love *Mind Your Manners* by Lucy Lethbridge, a book about keeping house (or would that be mansion?) in Great Britain in times gone by.

January Events... continued from page 16

a.m. to 12:45 p.m. \$10 for members and \$15 for non-members. Reservations are strongly encouraged at least one week prior.

For more information, visit www.lourdes.edu/lifelong, email lifelong@lourdes.edu or call 419-824-3707.

Monday, January 21

Toledo Symphony's "Welltower Mozart & More" series presents *Mozart & Tchaikovsky* at 7:30 p.m. featuring Tania Miller, Conductor and exciting young cellist Gabriel Cabezas. Call 419-246-8000 for tickets and pricing.

Tuesday, January 24

Science Alliance for Valuing the Environment, Inc. (S.A.V.E.) presents Melissa Green, Sustainability Coordinator for the Toledo-Lucas County Sustainability Commission, at 7:30 p.m. The lecture titled "*Greater Toledo Going Beyond Green: Our Path to Sustainability*" is free and open to the public. For further information, please call 419-824-3691 or email rsobczak@lourdes.edu.

LGBT INTEREST

In *Saving Delaney* by Andrea and Keston Ott-Dahl, your giftee will read the story of one little girl, her life before birth, her lesbian moms and her wealthy parents, and what happened when she entered the world with Down syndrome. Wrap it up with tissues and *Journey to Same-Sex Parenthood* by Eric Rosswood, a book filled with tips and tales of gay and lesbian folks who finally became parents.

If there's an art lover on your gift list, they'll love unwrapping *One Man Show: The Life and Art of Bernard Perlin* by Michael Schreiber. Part gay history, part art, this book showcases the life of a man who painted portraits of gay clubs and street life, and whose works were collected by mid-century high-society collectors, some of which still hangs in museums today.

For the mom or dad who's just learned that their child is gender-questioning, *The Gender Creative Child* by Diane Ehrensaft, PhD might be a loving gift. It's a book that will guide them through many early questions and thoughts they may have now, and later. Wrap it up with *When Your Child is Gay* by Wesley C. Davidson and Jonathal L. Tobkes, MD, for the answers to even more questions.

What does it mean to be a man or a woman? In *The Fate of Gender* by Frank Browning, your giftee will learn what science says about gender, brains, chromosomes, social pressures, and how other countries see gender and the spectrum. Wrap it up with *Queer Identities and Politics in Germany: A History 1880-1945* by Clayton J. Whisnant, a fascinating history book that looks at German LGBT organizations, people, publications, and the culture, especially during World War II.

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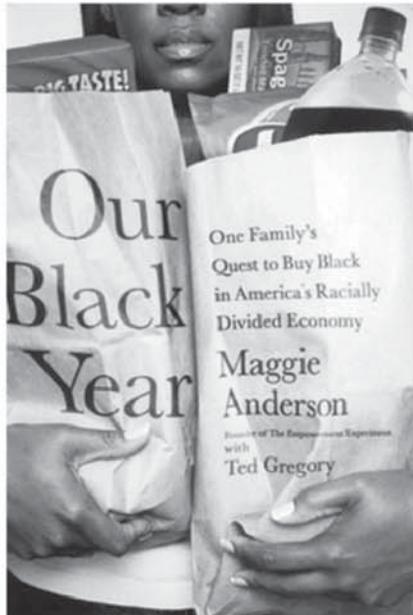
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When: Every 4th Sunday
 Time: 11:00 am
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CLASSIFIEDS

December 7, 2016

Page 15

BREAKFAST COOK

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

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Lucas Metropolitan Housing Authority (LMHA) will receive proposals for **Architectural & Engineering Svcs.** Received in accordance with law until **December 6, 2016, 3PM ET.** For documents: www.lucasmha.org, 435 Nebraska Ave., Toledo, OH 43604 or 419-259-9465 (TRS: Dial 711). Affirmative Action and Equal Employment Opportunity requirements (Executive Order #11246) and Sec. 3 Compliance Applicable.



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

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

CLASSROOM/RECREATION AIDE I

Start date: September, 2016

Essential Duties and Responsibilities:

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

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

21ST CENTURY ACADEMIC TUTOR

Start date: October, 2016

Essential Duties and Responsibilities:

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

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



REFINERY PROCESS OPERATOR

Overview

Toledo Refining Company LLC is located in Oregon, Ohio and is owned by PBF Energy LLC. The refinery has a crude oil processing capacity of 170,000 barrels per day. **The refinery is currently accepting applications for Refinery Process Operator positions.**

Description

Process Operators operate, maintain and repair units and equipment. A Process Operator works 12 hour rotating shifts on various units within the refinery which process crude oil as a feed stock in order to produce gasoline, diesel, jet fuel, various chemicals and other products. Process Operators are trained in the operation of plant processing equipment, including pumps, compressors, furnaces, heat exchangers, valves, distillation columns and other equipment common to refinery operations. Our Company is committed to a foundation of safe and environmentally compliant operations so Operators must follow all procedures and safe work practices. New hires will be required to complete a 36 month apprenticeship program. Starting pay is \$28.02 per hour.

Responsibilities

An Operator may be responsible for: maintaining equipment and operations; climbing ladders, tanks and towers up to 250 ft.; taking samples/readings of various process streams; initiating work orders and permitting for work related to the assigned unit; maintaining proper and safe process operations of the operating equipment; and communicating effectively during the shift and at shift relief regarding key process unit and equipment information.

Basic/Required Qualifications

Must be at least 18 years of age; be legally authorized to work in the United States without restrictions; hold a High school diploma or equivalent; and hold a current driver's license.

Must be willing to perform/comply with the following: working overtime; working on holidays and weekends; working in enclosed/confined spaces, such as tanks and towers; working with large, hot, high-speed machines; lifting a minimum of 50 pounds; working around chemicals; wearing fire retardant clothing and personal protective equipment; maintaining/shaving your face daily so that a respirator/face mask can seal properly; performing fire fighting duties; working outside in harsh weather conditions; and working with petroleum products and support systems that are under high pressure and heat.

Conditions of Employment

Written tests and assessments; meeting physical criteria for the job; a physical skills demonstration test; ability to demonstrate basic computer skills; pass a background check and drug screening; be eligible to qualify or hold a Transportation Workers Identification Credential (TWIC card); and be eligible to qualify or hold a State of Ohio 3rd Class Steam Engineer License (SEL) within 24 months of employment.

In order to be considered for this position, applicants must submit their resume in Microsoft Word or .pdf format per the following process on or before 11:59 P.M. of January 2, 2017. All interested candidates may apply by going to www.pbfenergy.com/careers and select "Refinery Process Operator" (Oregon, OH). **All applicants must provide a valid e-mail address where they can be contacted regarding updates on the recruiting process.** Applicants will receive an email containing a link for a supplemental screening that must be completed for further consideration. Should an applicant be selected for testing after completion of the screening, contact will be made via email. All contact information must be accurate and up to date. There will be 4 stages of the hiring process. Phase 1 consists of 4 tests. Relocation is not available for this position. Phone calls will not be accepted.

EOE/M/F/D/V

Notice to Bidders: Inquiry # FY17-34, (Project # 0001-17-853) for UH Window Replacements - Ph 2 for the University of Toledo. Sealed bids for this project must be clearly marked with the project number on all inner and outer envelopes and/or shipping containers. Bids must be addressed and delivered to the University of Toledo, Facilities and Construction, Plant Operations, Room 1100, 2925 E. Rocket Drive, MS 216, Toledo, Ohio 43606 before 2:00 p.m., Tuesday, December 13, 2016. Bids will be publicly opened that same day at 2:05 p.m. in the Plant Operations Building, Room 1000. Copies of Plans, Specifications, and Bid Forms may be obtained from Becker Impressions, 4646 Angola Road, Toledo, Ohio 43615. Call 419-385-5303 for an appointment to pick up bid package. A cost of \$75.00 will be charged per set. Any further information may be obtained from Tadd Stacey of Architect by Design at 419-824-3311. One Pre-Bid Conference will be held on Tuesday, December 6, 2016 at 10:00 a.m. in the Plant Operations Building, Room 1000, at the University of Toledo, 2925 E. Rocket Drive, Toledo, OH 43606. Total Bid Guaranty and Contract Bond are required per section 153.54 of the Ohio Revised Code. EDGE Participation Goal: 15%. Project Estimate: \$500,000.00; Breakdown: General Const: \$500,000.00.

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The Franciscan Center Announces January Events

The Franciscan Center of Lourdes University is pleased to announce its January 2017 slate of events.

Thursday, January 12

The Lourdes University Parent Institute will hold an advisory board meeting at 8:30 a.m. For more information, contact Parent Institute Coordinator Michelle Rose at mrose@lourdes.edu or 419-824-3822.

Sunday, January 20

The Lourdes University Lifelong Learning program presents the lecture "Healing the Hate: Can We All Get Along in a Post Obama, Donald Trump World?" with Dr. Dale Lanigan, Lourdes University Chair of Sociology and Criminal Justice; and Mr. Thomas Estrella, Lourdes University Associate Professor of Psychology. Sparks are sure to fly when Dr. Lanigan's progressive perspective meets Professor Estrella's libertarian views. The lecture is at 10 a.m. with refreshments offered at 9:15 a.m. Free for members and first-time visitors.

The Lifelong Learning Hot Topic is "Technology: Stimulus or Detractor of Learning?" featuring Dr. Mary Ann Gawelek, President of Lourdes University. The event runs from 11:15

...continued on page 13

Winter 2017 updates effective January 1.



On Sunday, January 1, 2017, the TARTA winter route schedule will begin. As some routes will be affected by routing and time changes, new timetables and maps are available at TARTA.com/Winter2017



- **1/4 Ottawa Hills/Spencer Twp/Sylvania/Sylvania Twp Call-A-Ride**
 - weekday Franklin Park Mall scheduled times reduced for improved service flexibility
 - Spencer Twp service discontinuation
- **20/24 Central/Westgate**
 - service extended to Wal-Mart bus shelters off N Holland Sylvania Rd just south of W Central Ave; new connection with routes 5 and 27H
 - will no longer serve Executive Pkwy
- **20M Central/Meijer Drive**
 - inbound-only service extended to Wal-Mart bus shelters off N Holland Sylvania Rd just south of W Central Ave; new connection with routes 5 and 27H
- **27N Nebraska/Airport-Wenz**
 - timepoint moved from Angola Rd and Wenz Rd to Airport Hwy and Wenz Rd
- **28 Indiana/Smead**
 - schedule adjustments
- **30 Oakwood/Smead**
 - schedule adjustments
- **39M Monroe/Centennial-Sylvania**
 - two inbound morning trips and one outbound afternoon trip are to be discontinued

