



John H. Finney

WHAT'S On Back



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Even kids who have never had seasonal allergies in years past can develop them. Seasonal allergies can start at almost any age, though they usually develop by the time someone is 10 years old.

Changing lives one family at a time

EOA HEAD START POST

Issue #35
March
2017

Celebrating Our Leader: John H. Finney Over Fifty Years of Community Action

On Tuesday, March 14, 2017 the Economic Opportunity Authority (EOA) for Savannah-Chatham County Area, Incorporated paid homage to its illustrious leader Mr. John H. Finney. Family, friends and colleagues from around the country were in attendance to honor this great general in the war on poverty.

Mr. Finney has over 50 years of executive and professional experience in human service work, with 48 years as Executive Director of EOA. EOA is a community action agency founded by the 1964 Economic Opportunity Act to fight poverty by empowering the impoverished.

Even as a young man Mr. Finney sought to improve conditions in our community through involvement in the civil rights movement during the late fifties and early sixties. To this day there is a picture with him participating in a protest in the Ralph Mark Gilbert Civil Rights Museum located on Martin Luther King Jr. Boulevard here in Savannah.

In later years, Mr. Finney organized the first local Martin Luther King Jr. Observance in

1972, and established a Multicultural Coalition in 2000 to enhance awareness of community diversity.

Mr. Finney is a life member of the Savannah Branch NAACP and currently serves on several local and state boards. He is an active member of Beta Phi Lambda Chapter of Alpha Phi Alpha Fraternity, Incorporated. He is also a member of First Union Missionary Baptist Church where he serves on the Deacon Board. He is Sunday School Superintendent and a member of the First Union Baptist Brotherhood Association.

During his tenure at EOA, Mr. Finney has been recognized for his contributions and received several awards including the 2005 NAACP Freedom Award, 2006 Spirit of Excellence-Corporate Leader Award, and the 2011 Community Action Association President's Award.

At Tuesdays celebration Mr. Finney was the recipient of several honors and awards. Mr. Finney received a congratulatory letter from

Alderman Van R. Johnson II of District 1. Mr. Solomon Myers III, President of the Beta Phi Lambda Chapter of the Alpha Phi Alpha Fraternity presented the Director with the Award of Excellence, and a Letter of Commendation was presented by Mr. Terry Tolbert, President of the Georgia Community Action Association.



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The room in which the event was held at the EOA Aaron Buchsbaum Learning Center will no longer be generally referred to as the multipurpose room. Mrs. Gloria S. Brown, EOA Board Secretary, led the ceremony rededicating the room as the John H. Finney Multipurpose Room. In conjunction, Ms. Debbie Walker, President of the EOA Employees Association dedicated a portrait of

(Continued on page 2)

(Continued from page 1)



Mr. Finney receives the proclamation declaring March 17 John H. Finney Day.

Mr. Finney for the room on behalf of all EOA employees.

As the program continued Chairman Al Scott of the Chatham County Commission presented Mr. Finney with a Proclamation saluting his service to the community. Alderman Julian Miller of District



The men of Alpha Phi Alpha salute their brother in song.

4 rounded out the proceedings issuing a Proclamation declaring March 14 as John H. Finney Day.

As the end of the celebration approached, it was time for the man of the hour to address those who had come to honor him.

As he approached the podium to a standing ovation and thunderous applause, the general was at a temporary lost for words. Once he found them, he began to take us on a journey of community service. And although he is retiring as the Executive Director of EOA, he assured all he would continue the fight for economic equality.

It was clear from watching Mr. Finney standing at that podium that there stood a man of community action. Some say let your actions speak for you. His actions speak volumes.

Initially, when he took the podium and attempted to address the audience, Mr. Finney said he couldn't find the words. Well John we can find the words, and those words are thank you.



Foods that are high in added sugar (soda, cookies, cake, candy, frozen desserts, and some fruit drinks) tend to also be high in calories and low in other valuable nutrients. As a result, a high-sugar diet is often linked with obesity. Eating too many sugary foods also can lead to tooth decay.

The key to keeping sugar consumption in check is moderation. Added sugar can enhance the taste of some foods, and a little sugar, particularly if it's in a food that provides other important nutrients (such as cereal or yogurt), isn't going to tip the scale or send your child to the dentist.

Instead of serving foods that are low in nutrients and high in added sugar, offer healthier choices, such as fruit — a naturally sweet carbohydrate-contain-



Seasonal allergies, sometimes called "hay fever" or seasonal allergic rhinitis, are allergy symptoms that happen during certain times of the year, usually when outdoor molds release their spores, and trees, grasses, and weeds release tiny pollen particles into the air to fertilize other plants.

The immune systems of people who are allergic to mold spores or pollen treat these particles (called allergens) as invaders and release chemicals, including histamine, into the bloodstream to defend against them. It's the release of these chemicals that causes allergy symptoms.

Even kids who have never had seasonal allergies in years past can develop them. Seasonal allergies can start at almost any age,

Cutting Sugar Leads to Healthier Children



From: *Wed MD*

ing snack that also provides fiber and vitamins that kids need. One way to cut down on added sugar is to eliminate soda and other sugar-sweetened beverages. Consider these facts:

Each 12-ounce (355-milliliter) serving of a carbonated, sweetened soft drink contains the equivalent of 10 teaspoons (49 milliliters) of sugar and 150 calories. Sweetened drinks are the largest source of added sugar in the daily diets of U.S. children.

Consuming one 12-ounce (355-milliliter) sweetened soft drink per day increases a child's risk of obesity.

Acidity from sweetened drinks can erode tooth enamel and their high sugar content can cause dental cavities.

Instead of soda or juice drinks (which often contain as much added sugar as soft drinks), serve

low-fat milk, water, or 100% fruit juice. A note: Although there's no added sugar in 100% fruit juice, the calories from those natural sugars can add up. So limit juice intake to 4–6 ounces (118–177 milliliters) for kids under 7 years old, and to no more than 8–12 ounces (237–355 milliliters) for older kids and teens.

Making sure that kids get a balanced, nutritious diet isn't as hard as it may seem. Stock your home with healthy choices, limit foods containing added sugar (especially those with little or no nutritional value), and encourage kids to be active every day.

Above all, be a good role model. Kids will see your wholesome habits and adopt them, leading to a healthier lifestyle throughout childhood and into adulthood.

Seasonal Allergies in Children: Causes & Treatments

From: *Kids Health*

though they usually develop by the time someone is 10 years old and reach their peak in the early twenties, with symptoms often disappearing later in adulthood.

If certain seasons cause symptoms, keep the windows closed, use air conditioning if possible, and stay indoors when pollen/mold/weed counts are high. It's also a good idea for kids with seasonal allergies to wash their hands or shower and change clothing after playing outside.

If reducing exposure isn't possible or is ineffective, medicines can help ease allergy symptoms. These may include decongestants, antihistamines, and nasal spray steroids.

If symptoms can't be managed with medicines, the doctor may recommend taking your child to an allergist or immunologist for evaluation for allergy shots (immunotherapy), which can help desensitize kids to specific allergens.

