



Local and National News

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"And Ye Shall Know The Truth..."

April 3, 2019

YWCA 2019 Milestones Honorees



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Silence No More

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

The Truth Contributor

It appears that my worst fears have been realized: we have made progress in everything, yet nothing has changed.

— Derrick Bell



I salute Lynne Hamer, PhD, and Monroe Street United Methodist Church on their third annual community reading of Martin Luther King's famous "Beyond Vietnam: A Time to Break Silence" speech, given in April 1967 at Riverside Church in New York City.

This provocative sermon had such a profound impact on me personally that King's words "there comes a time when to keep silent or inactive amounts to betrayal.... We believe that now is the time to break the silence" were incorporated into my own congregation's founding resolution on October 12, 1997.

We are undoubtedly more diverse in terms of race, gender, age, sexual orientation, able-bodiedness and more since King's sermon. Sadly, however, little has changed even 52 years after "Silence is Betrayal" as we have been unable to leverage our differences to create the "beloved community" that King dreamt about.

We have far more women legislators in the U.S. Congress than we had in 1967 or even 1997, yet women are still not safe and free from assault. We are currently in the midst of one of the longest economic recovery periods in American history, yet attempts by "other-abled" persons to bless us with all of their talents are ridiculed at the highest levels of government and threatened with defunding.

We allocate more budget dollars to the largest law enforcement and criminal justice systems than ever, yet the rights of LGBTQ persons are dishonored and the lives of black, brown, yellow and red people are dehumanized and disrespected in a manner that suggests the lives of some people don't matter, at least in comparison with those historically privileged by race or wealth.

And the worst thing about it all, perhaps, is that we have lost the fire of indignation that was present in us in 1967 or 1997 and replaced it with a laid-back obliviousness.

General Motors' Toledo Powertrain Plant (among other local organizations) has been the site of entrenched black-white racial tensions manifested by a culture of racial harassment and bullying. There has been an abundance of local and national media coverage of nooses, swastikas, and "whites only" signs being exhibited in the plant, all against a persistent backdrop of racial lampooning, jokes and name calling.

We also know, according to the Ohio Civil Rights Commission, that

GM (other than an offer of diversity training by the Ohio Attorney General and a \$25,000 GM reward), has not "properly addressed" the culture of discrimination and intimidation that it has long tolerated.

In fact, the Ohio Civil Rights Commission says that GM demonstrated "indifference" to what was going on in its plant.

Indifference! To nooses and swastikas, from the General Motors corporation! Indifference!

Not the hot fire of an active, enthusiastic, powerful counter response to the plant-wide backlash to the diversifying of America? Nor the sincere remorse of an organization that understands that it does bear some responsibility to the culture that has allowed these racial tensions to survive, thrive and poison the entire workplace?

Oh, it makes me want to HOLLER! And throw up both my hands!

Instead, the Ohio Civil Rights Commission suggests that the mammoth-sized General Motors Corporation – the one that was rescued from the brink of bankruptcy by America's first and only African-American president, and its labor union - with its glorious history of engagement during the civil rights struggle, have been accused of acting as if they are oblivious to or ignorant of the culture of hate that has taken over its Powertrain assembly plant.

Indifference is a terrible malady. That's why silence is betrayal.

So, we celebrate Lynne Hamer and Monroe Street Church's Silence Is Betrayal event.

Not because racial injustice has been relegated to a thing of the past. We do so to remind ourselves that our ideals do not yet match our reality.

And until they do, we must not be silent anymore.

Stop the racial harassment. Stop the bullying. Stop the hate.

Replace them with a culture of inclusion, diversity, tolerance, justice and love.

And, as King also said, "the time is always right to do the right thing."

Contact Rev. Donald Perryman, PhD, at drdlperryman@enterofhope-baptist.org

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Community Calendar

April 5

Opioid Prevention and Resource Expo: Noon to 7 pm; UT Student Union Auditorium

April 6

Flanders Road Church Clothing Giveaway: 9 am to 1 pm; For men, women and children

April 13

Youth Career Expo 2019: 10 am to 2 pm; Friendship Baptist Church; Career explained – police, fire, doctor, physician assistant, education and more; For Grades 6 to 12; Special panel discussion: 419-944-5169

April 26-27

Calvary Baptist Church Women's Ministry Spring Retreat: 419-531-9444

April 27

The Libbey High School Historical Marker Dedication: 11 am; The former Libbey High School campus.

April 28

Toledo Interfaith Mass Choir "It's a Crown Affair:" 5 pm; A service celebrating area pastors' and ministers' wives and widows; Calvary Baptist Church: 419-241-7332

Hey Pastors, Get off the Bucks!

By Lafe Tolliver, Esq
Guest Column

I know...I know...I am well past the normal time that I usually pen a, "Shame On You, Pastors"! column regarding their vise like death grip on the Sunday morning offering plate.

My being dilatory can be ascribed to the fact that I was hoping against hope that someone in the "community" will get woke and realize that we are failing to tap into a most valuable and present resource when we neglect to be circumspect regarding the proper husbandry of our collective assets.

If you want to talk about transparency, let's do it here and now. I am speaking of transparency in how the collective black community of church goers and worshipers do not make a demand on their respective houses of worship to get their pastor or board of elders or deacons to at least undertake baby steps in galvanizing their weekly monetary resources into community-funded projects that build up and enrich their memberships.

I know...I know...No one wants to grab the bull by the horns and hold a community-wide discussion on the weekly and monthly monies that black churches accumulate each Sunday, Wednesday and special events (Men's Day, Women's Day, Church Anniversary, Pastor's Birthday, "special offerings" and other events that generate moola).

I know...I know...No church wants to make known their weekly or monthly takes for reasons of possible embarrassment (e.g.: "Is that all THAT church takes in!"...or..."Man, that church is loaded and they don't do a thing in the community!").

Let me back up for the uninitiated as to this discussion (one sided as it is) that I have been

espousing for over twenty-plus years and that is: the black church is the single wealthiest institution in the black community both here in Toledo and across the nation.

When black folks attend church throughout the week in Toledo, they drop in the offering plate or the passed basket, tens of thousands of dollars PER WEEK!

But yet...where is the collective racial consciousness that some of those funds should do "double duty" and go out and seek and find their fellow brother or sister five dollar or 50 dollar bill and woo them into the fold?

Question: In Toledo, when is the last time you have seen a church or preferably a collective of churches linking both arms and their respective offering plates to do sustained economic development?

The kind of development that creates both full time and part time jobs and causes structures to be erected and assembles a competent managerial team that will invest and manage the collected monies? Times Up! Answer: You have not!

Now, if you are a thinking man or woman, you should be, by now, wondering what is it with some of our local pastors that they flee from collective economic development as if they are being chased down by a hoary demon?

I daresay that between a decision between pastors gladly giving a weekly 10 percent of their gross income gathered from their church coffers or that of appearing on the television series, Naked and Afraid, and taking their chances with

heatstroke or eating a fried snake, my vote is for Naked And Afraid!

What is it that causes some pastors to refuse to release their death grip on that gold or silver-plated offering plate?

Would it be an exaggeration to say that if there was a fire during a Sunday morning worship that instead of running out of a burning building, some pastors would make a life or death dash to the counting room to make sure that the offering was protected from the flames?

It is now time for me to let you in on a closely guarded secret that I have been privy to for many, many years and that is: The local pastors may LIKE each other but they may not LOVE each other!

There...I said it! Oh, it is all right to fellowship together around a chicken dinner or a community-wide sing-along service or the giving away of turkeys before Thanksgiving, but to ask them to systematically set aside each week or each month a finite sum for economic development and enrichment would be tantamount to asking them to confess (through gritted teeth!) that Jesus is their support and their provision!

I know...I know...money is needed to pay church's expenses and overhead but consider also that the pastors who would refuse to support collective economics and self-determination are in fact telling their congregations that marginal living, a financially anemic black community

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Transit Funding Belongs in Transportation Budget

Conference committee compromise puts funds at risk in GRF

By Amy Hanauer and Zach Schiller, Policy Matters Ohio

Special to The Truth

In the 2010-11 state budget, legislators and the governor began moving transit funding to the Transportation budget from the General Revenue Fund, where annual allocations had been steadily shrinking, putting Ohio near the bottom among states in transit funding per capita. Since then, policymakers of both parties have funded transit in the Transportation budget, where it has grown steadily. Last night, a conference committee of House and Senate members removed transit from the transportation budget altogether. Policy Matters Ohio Senior Researcher Amanda Woodrum issued the following reaction (<https://t.e2ma.net/click/vay7lk/bvwsuvc/v2jzr2c>):

“Instead of funding transit through the Transportation Budget, where it belongs, the conference committee increased transit funding in Ohio’s General Revenue Fund to \$70 million. This is less than half of the \$150 million a year recommended in the Ohio Department of Transportation’s 2015 Transit Needs Study (<https://t.e2ma.net/click/vay7lk/bvwsuvc/bvkzr2c>), but substantially more than the meager amount awarded in the previous biennial budget (\$39.5 million) and more than what Governor DeWine had recommended.

Transit should be a line item in the transportation budget. Ohio needs a balanced approach that provides multiple options to getting where we need to go. Our transportation system should be more than just roads and highways. We also need affordable, accessible, environmentally-friendly transportation options like public transit, passenger rail, and bikeable, walkable streets.

Consider this: \$70 million a year is about 2 percent of the \$7.4 billion two-year Transportation Budget. The federal transportation budget is more balanced with an 80/20 split between roads and public transit.

The governor proposes to spend \$527 million on school busing each year, to give Ohio school children a ride to and from school each day eight

months a year. School districts recently testified (<https://t.e2ma.net/click/vay7lk/bvwsuvc/rnlzr2c>) that they need more than this. If \$527 million isn’t enough to get children to school, how can \$70 million be enough to get everyone else in Ohio everywhere else they need to go?

State allocations to transit have slowly but steadily increased over the past few budgets, a victory for riders. But the General Revenue Fund is a precarious place for transit funding. In previous decades, public transit steadily declined as a line in the GRF where it competed with other important demands like health care, education, and economic development. Public transit doesn’t win that battle. There is no guarantee even that these funds will remain intact while the General Assembly finalizes the GRF budget between now and June.

A larger allocation for transit, while not enough, is a win for riders, for employers, for workers and for people who can’t or don’t drive. But this allocation is for transportation. It belongs in the Transportation budget.”

Hicks-Hudson announces funding for Workforce Based Training and Equipment Project

Lawmaker says funds will provide more quality opportunities for Northwest Ohioans

State Rep. Paula Hicks-Hudson (D-Toledo) last week announced the release of \$59,957.80 in state funds to support the University of Toledo workforce based training and equipment project.

“These funds will help train students for jobs in emerging, high demand fields and link area businesses with highly trained candidates,” said Rep. Hicks-Hudson. “Investing in workforce develop-



...continued on page 12 Paula Hicks Hudson

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Erik C. Johnson: Breaking Glass Ceilings and Opening the Doors of New Businesses

By Asia Nail

The Truth Reporter

Minority-owned start-ups are on the rise here in Toledo, and revolutionizing business as usual. Yet there's a lot to be done to make sure that local businesses prosper. Prospective business owners can be thankful there is a change agent in this evolving landscape helping local entrepreneurs jumpstart their success.

Erik C. Johnson is the founder of Ivy Entrepreneur Institute, a non-profit organization devoted to improving the quality of life for low to moderate-income Americans through Entrepreneurship. "IEI is the place where business begins. We help underrepresented individuals located in urban areas start and sustain businesses," states Johnson.

"One of the first questions a person asks when starting a business is, 'Will this idea make money?'" Johnson says, "The Entrepreneur Institute is a one-stop shop providing validation of your ideas, supportive direction, education and access to a large network of experts."

Johnson is a graduate of Bowling Green State University with a Bachelor of Science Degree in Construction Management. He describes Rudolph Libbe Construction Company as having a huge impact on his life after college. "Fritz Rudolph (founder of Rudolph Libbe) hired me as the first African American to hold an office in his company. Six years later Fritz would be an integral investor, helping me start my own construction company," recalls Johnson.

Johnson is also founder and president of Ivy Development Agency, a development company that provides supplier diversity and inclusion consultation as one of the many development solutions offered to general contractors, construction management firms and owners located in northwest Ohio and southeast Michigan.

Like Fritz Rudolph, Johnson is paying it forward by helping underrepresented groups realize their potential. The Associated General Contractors of Northwest Ohio commissioned Johnson's agency to produce a report that addressed the barriers that preclude minorities and women from entering the building trades.

Ivy Development also provided guidance to the Lucas County Port Authority during the development of their Diversified Contractors Accelerator Program. Most recently, Ivy Development Agency played a major role in minority carpenters and drywall finishers participating on the historic con-



struction project ProMedica Generations Care Tower and was instrumental in the unprecedented inclusion of MWDBE Businesses on the construction of the new Toledo Lucas County Public Library Mott Branch.

This savvy Toledo businessman and construction veteran shines a bright spotlight on our town's contributions to diversity initiatives for businesses. Johnson heralds the SBDC and MBAC programs as invaluable resources right here in our community.

The Small Business Development Center (SBDC) offers assistance to entrepreneurs in all stages of the business lifecycle. Likewise, the Minority Business Assistance Center (MBAC) Program serves the needs of Ohio's small, minority and disadvantaged businesses by providing important services such as technical, financial, certification assistance and contract procurement assistance at no cost.

Johnson also works closely with Lucas County Commissioners in a joint effort to increase diversity and inclusion language within business requests and bid invitations for underrepresented groups on projects throughout the greater Toledo area.

He is the recipient of the Harry C. Alford Business Professional of the Year Award presented by the Toledo African American Chamber of Commerce, a well-deserved honor for this groundbreaking man of color, entrepreneur and public servant.

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Honoring

Dr. Martin Luther King Jr.

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Health Department Reminds Residents on the Importance of Vaccination

Vaccines are among the most successful and cost-effective public health tools available for preventing disease and death. Health officials remind parents to protect their children's health by immunizing them against vaccine preventable childhood diseases. Additionally, vaccinations are the most effective way to prevent serious illness in children and adults.

Some life threatening disease include measles, rubella, mumps, diphtheria, and polio. Thanks to the development of safe and effective vaccines, immunization has been one of the most successful and safest public health measures available to populations worldwide, with an unparalleled record of disease reduction and prevention.

Despite the success and strong safety record of vaccines, vaccine hesitancy has been increasing. This threatens local public health by producing an environment where vaccine-preventable diseases such as measles,

mumps and pertussis (whooping cough) are on the rise. "When fewer people get vaccinated, preventable diseases such as measles are more likely to take hold in our communities," said Eric Zgodzinski, Health Commissioner. "Immunization is a shared responsibility, we can help protect our babies and the entire community by preventing and reducing the spread of infectious diseases."

Diseases such as measles are caused by a virus and highly contagious, spreading through the air when an infected person coughs or sneezes. Measles starts with fever. Soon after, it causes a cough, runny nose, and red eyes. Then a rash of tiny, red spots breaks out. It starts at the head and spreads to the rest of the body.

Before the introduction of the measles vaccine in 1963, most children

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The Truth

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Active and Healthy

By Patrice Powers-Barker, OSU Extension, Lucas County

The Truth Contributor

The theme for the 2019 National Minority Health Month is "Active & Healthy." An active lifestyle keeps us healthy and helps prevent disease. Even small amounts of moderate-to-vigorous physical activity is valuable!

The following information is from the national Office of Disease Prevention and Health Promotion about the Physical Activity Guidelines for Americans. The guidelines recommend that adults need at least 150 to 300 minutes of moderate-intensity aerobic activity, like brisk walking or fast dancing, each week. Adults also need muscle-strengthening activity, like lifting weights or doing push-ups, at least two days each week. Meeting those recommendations in the Physical Activity Guidelines for Americans consistently over time can lead to even more long-term health benefits.

For youth, physical activity can help improve cognition, bone health, fitness, and heart health. It can also reduce the risk of depression.

For adults, physical activity helps prevent eight types of cancer (bladder, breast, colon, endometrium, esophagus, kidney, stomach, and lung); reduces the risk of dementia (including Alzheimer's disease), all-cause mortality, heart disease, stroke, high blood pressure, type 2 diabetes, and depression; and improves bone health, physical function, and quality of life.

For older adults, physical activity also lowers the risk of falls and injuries from falls.

For pregnant women, physical activity reduces the risk of postpartum depression.

For all groups, physical activity reduces the risk of excessive weight gain and helps people maintain a healthy weight.

New evidence shows that physical activity can help manage more health conditions that Americans already have. For example, physical activity can decrease pain for those with osteoarthritis, reduce disease progression for hypertension and type 2 diabetes, reduce symptoms of anxiety and depression, and improve cognition for those with dementia, multiple sclerosis, ADHD, and Parkinson's disease.

Biking

When is the last time you rode a bike? Have you seen or used the yellow bikes around Toledo? They were installed last fall and now that the winter is breaking, it is a good time to try out the bikes. For more information visit <http://gotchabike.com/toledo>

Before you rent a yellow bike or dust off your own bike, here is a quick reminder of bike safety rules:

- Wear a bike helmet
- Obey all traffic laws, signs and signals
- Ride with the flow of traffic
- Staff off sidewalks
- Use your hand signals when turning and stopping
- Yield to pedestrians

Bicyclists follow the same rules and responsibilities as motorists. Bi-

cycles have as much right as cars to be on the road. A reminder to drivers to be careful around bikes!

- Drivers yield to bicyclists as they would to motorists.
- Be aware of surroundings and search for other vehicles, including bicycles especially when pulling out of a parking spot and opening your car door when parked on the street.
- Obey the speed limit
- Give bicyclists plenty of room when passing them.

Swimming

Swimming is a good way to exercise without adding extra pressure on joints. If you do not swim, there are different places in the Toledo area that offer swimming classes not only to youth but also to adults.

Gardening

Vegetable gardening is beneficial to health and wellness by adding physical activity to the day as well as tasty, healthy vegetables. If physical limitations or chronic pain keeps you from pursuing gardening or urban agriculture, this class will help with ideas to make gardening more accessible. The Brown Bag Lunch and Learn is scheduled for April 10, 2019 from 12:00 – 1:30pm at the Toledo Botanical Garden Conference Center, 5403 Elmer Drive, Toledo, OH 43615. Laura Akgerman, Disability Services Coordinator with the OSU Ohio AgrAbility program will share on how to keep gardening with creative solutions to continue working in your garden or small farm with a disability, chronic pain or other limitations. Partici-

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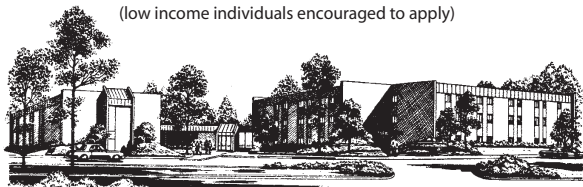
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YWCA 2019 Milestones: A Tribute to Women

By Fletcher Word

Sojourner's Truth Editor

On Wednesday, March 27, hundreds of luncheon attendees celebrated the achievements of the 2019 YWCA Milestones honorees, a group of seven women who have enhanced the Toledo community in a numerous ways, over an accumulated decades of service. In science, the arts, government, education, business, social service and volunteerism – the seven women honored this year have played an enormous part in benefitting the lives of countless Toledo-area residents in virtually every aspect of life.

The 24th Annual Milestones: A Tribute to Women event honored Jean Holden in the arts, Suzette Cowell in business, Lynn Fisher in education, Judith Lanzinger in government, Mary Fedderke in science, Robin Reese in social sciences and Lexie Hyman-Staples in volunteerism.

This year, three of the seven honorees are African American – Holden, Reese and Cowell.

Hyman-Staples, the executive director of the Collingwood Arts Center for the past four years, has stabilized that enormous space and the organization that had cried out for strong leadership. Quality programs for artists



Milestones honorees and YWCA Board members

and the community have been the result. Hyman-Staples is also the creator of Toledo Pride, an annual event that now attracts more than 20,000 people; opened the Pride Center 419 at the Collingwood Arts Center; is a board

member of Equality Toledo and serves on numerous other committees in the community.

Fedderke, the recently retired director of Institutional Advancement at the Toledo Zoo, led that venerable organization's efforts to establish science education and outreach programs. She fostered community partnerships to bring new programs into existence and also served as the liaison with other cultural organizations in the area such as the Toledo Lucas County Public Library, the Toledo Symphony, the Arts Commission, the Mud Hens, the University of Toledo, the Toledo Museum of Art, the Walleyes, among others.

Retired Justice Lanzinger was the first and only person elected to all four levels of the Ohio Judiciary. She has served, in her 25 years on the bench, on the Ohio Supreme Court, the Sixth District Court of Appeals, the Lucas County Court of Common Pleas and Toledo Municipal Court. In addition to her judicial duties, Lanzinger has chaired the Supreme Court Commission on the Rules of Superintendence; has served as chairman of the Ohio

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YWCA... continued from page 8

Judicial College and is past president of the Morrison R. Waite American Inn of Court – that mentors law students and new attorneys.

Fisher and her husband emptied their savings account in the early 1970's – the princely sum of \$250 – and the young school teacher rented space in a church, hired two co-teachers and enrolled 12 preschoolers. Now, 43 years later, the West Side Montessori enrolls 400 students a year from kindergarten to the eighth grade and is a highly regarded, fully accredited, fiscally sound school.



Milestones Honorees Robin Reese, Jean Holden and Suzette Cowell with Lisa McDuffie and NAACP President Ray Wood



Milestones honorees and YWCA Board members



Billie Johnson, Barb Petee, Deborah Barnett



YWCA Executive Director Lisa McDuffie and 13abc Kristian Brown

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Celebrating 100 Years of Public Health:

How the past has made public health matter

By Bernadette Joy Graham, MA, LPC, NCC

The Truth Contributor

This year marks the 100th anniversary of two legislative acts that shaped the future of public health in Ohio. The Hughes Act and Griswold Act, both enacted in 1919, established the modern day organization of local health departments and laid the foundation for public health efforts still in effect today.

As part of National Public Health Week, April 1-7, the Toledo-Lucas County Health Department is joining local health departments throughout Ohio to collectively celebrate 100 years of public health with a coordinated promotional campaign theme, "How the past has made public health matter."

Over the past 100 years, since the enactment of Hughes-Griswold, public health has had a significant impact on health and quality of life: People are living an average of 25 years longer; small pox, once a common, deadly occurrence, has been eradicated; motor vehicle fatalities have been reduced by 90 percent, and deaths from sudden infant death syndrome has decreased 50 percent.

Additional accomplishments of public health include: immunizations for children and adults, the control of infectious diseases, reduction of tobacco use, safer and healthier foods; better maternal and infant healthcare; increased preventative screenings, and public health preparedness and response.

The Hughes-Griswold acts were a continuation of public health organization that began with founding of the state board of health in 1886 and a 1906 law requiring each city, village, and township send a delegate to the state board's annual meeting. This is how many city health departments first started.

As a result of the 1906 law, there were 2,158 independent health units in Ohio representing cities, villages, and townships. The variety and quality of services varied greatly. After a statewide smallpox epidemic in 1917 and the national influenza epidemic in 1918, it became clear, a more comprehensive

and formalized approach to public health was necessary.

The Hughes-Griswold acts provided that approach and as written in the 1920 Ohio Public Health Journal of the Ohio State Board of Health, it "strengthens the hands of those charged with responsibility for people's health as nothing else could have been done."

Hughes-Griswold eliminated the village and township units and based local health administration onto cities and counties. A uniform structure for each health district was established, including boards of health, who should be on the board, plus the creation of the district advisory council which appointed individuals to the board of health. The process of combining districts was also outlined. A minimum of three full-time employees were required for each district: a health officer, a public health nurse, and a clerk.

The legislation also spoke to specific "duties" for each district including basic services still performed today by local health departments. Those services include data collection, control and prevention of communicable disease, food safety, birth and death records, inspection and abatement of nuisances, and as written in the original legislation, "all steps necessary to protect the public's health and to prevent disease."

While the last 100 years have been filled with much success and progress, the next 100 years promises to show the ever-growing presence and importance of public health in our everyday lives. This includes the continual emphasis on the importance of immunizations, maternal and child health, food safety and vector surveillance, there are new horizons including harm reduction efforts, health equity, national accreditation, food deserts and cross-sector partnerships.

For more information about local public health efforts, check out our website at www.lucascountyhealth.com.

African Americans More Likely to Be Misdiagnosed with Schizophrenia, Rutgers Study Finds

The study suggests a bias in misdiagnosing blacks with major depression

African-Americans with severe depression are more likely to be misdiagnosed as having schizophrenia, according to a new Rutgers study.

The study, which appears in a recent issue of the journal *Psychiatric Services*, examined the medical records of 1,657 people at a community behavioral health clinic that included screening for major depression as part of its assessment for schizophrenia in new patients.

"By definition, schizophrenia is a diagnosis of exclusion: Clinicians must rule out other potential causes of symptoms, including mood disorders, before the diagnosis of schizophrenia is given," said Michael Gara, a professor of psychiatry at Rutgers Robert Wood Johnson Medical School and a faculty member at Rutgers University Behavioral Health Care. "However, there has been a tendency for clinicians to overemphasize the relevance of psychotic symptoms and overlook symptoms of major depression in African Americans compared with other racial or ethnic groups. No studies show that African-Americans with schizophrenia are more likely to also have major depression."

The study, which looked at 599 blacks and 1,058 non-Latino whites, found that clinicians failed to effectively weigh mood symptoms when diagnosing schizophrenia among African Americans, suggesting that racial bias, whether conscious or subconscious, is one factor in the diagnosis of schizophrenia in this population.

Other factors include genetics, poverty and discrimination, as well as symptoms caused by infections and malnutrition early in life. "Individuals from a racial minority group also might feel hopelessness or mistrust when being assessed by someone from a racial majority group, which could affect how they act and how the clinician interprets symptoms," Gara said.

... continued on page 12

A Mental Health Moment

The Importance of the Family Dynamic.....

By Bernadette Joy Graham, MA, LPC, NCC

The Truth Contributor

Each of us comes into this world alone and we go out alone. We don't get to choose our family and we are dealt the cards we must play. Throughout our lives, we cannot delete our family members and our family members hold a lot of weight on the lens through which we view life. One thing we must remember is that we are individuals and although our family history and existence has a lot of power in how we choose to live our lives, we are not our family.

The family dynamic is how we as individuals interact within a family unit. The family unit is unique to each of us. Whether they be two-parent homes, single-parent homes, adopted or foster-parent homes. We also must consider that in today's society, grandparents, aunts, uncles and older siblings are now caring for children due to the child's loss of parents to incarceration, death, a home environment that was unstable that caused harm for the child and even extended separation due to military duty or other professions that cause the parent(s) to be away from the home.

In my practice the majority of my clients are individuals and from time-to-time I will ask if they would like to include their family in a session or two. A family session supplies a lot of information on how the client's family interacts and gives each member a voice.

After a family session I am better able to understand the function or the dysfunction of that family dynamic. The experience and impression our family members have on us is grossly underrated. All forms of abuse, all forms of love, all forms of non-communication impact how we will grow into healthy adulthood and begin our own families. If we grow up in an unhealthy environment, depending upon how resilient or strong we are, we will more than likely follow into the next generation of the same function or dysfunction of family.

The genogram is an exercise often given to clients and families to chart out patterns. It is like building a family tree and then going back as many generations to look for things such as job field, alcoholism, education,

divorce and even health issues.

I remember the first time I completed a genogram, I hardly had anything on my chart at all because I did not know my own grandparents let alone have much other information. I am the youngest of 15 siblings, some of us have the same mother, different father and visa versa.

Take a mental health moment and check out a genogram. You can find them online for free, or just chart your own. Take a moment and look at your own family dynamic. Is it satisfying, helpful, happy, dysfunctional? What is the weight it has on you both positive and negative?

Family is a major support system. Some individuals have no blood family and they create their own with good friends and mentors, but we all need a support system in our life to assist us in so many ways. If you haven't talked to much of your family in a while for whatever reasons, consider mending those relationships. Our time here on earth is short and getting a t-shirt with their picture on it after they have died is a waste of time and money.

Take the time to extend an olive branch of hope. People do change and often it is others who change us. To all my family reading this, I love you!

Check out a genogram at <https://www.genopro.com/genogram/templates/>

Bernadette Graham is a Licensed Professional Counselor, National Certified Counselor and Certified Grief Recovery Specialist.

She is in private practice and accepting new clients. Visit www.bjgrahamcounseling.com or call 419.409.4929 to learn more about mental health counseling, to make an appointment or to schedule a speaking/presentation engagement.

Vaccination... continued from page 6

did contract the illness - an estimated three million to four million patients each year in the United States, according to the Centers for Disease Control and Prevention. Of those, 48,000 were hospitalized, 400 to 500 died and 1,000 others suffered from a severe complication known as encephalitis, a condition in which the brain swells because of an infection.

Those who are interested in having their children vaccinated are encouraged to contact their healthcare provider or visit the Health Department's Shots 4 Tots 'n Teens vaccine clinic schedule or call 419.213.4121.

Active and Healthy... continued from page 7

pants are encouraged to bring their brown bag lunch. Complimentary beverages will be available. The event is free but please contact Amy Stone by 04/08/19 at 419-578-6783 to save your spot.

Looking for an online connection? Join the "Live Simply, Live Well: Refresh your Wellness this Spring" 6 week email wellness challenge for healthy living tips and encouragement to help you make the most of this spring season. You will receive twice-weekly email wellness messages. It runs from April 8th - May 20th. Participation is free, to sign up go to (case sensitive) go.osu.edu/LucasSp19 or email Patrice at powers-barker.osu.edu

Don't miss the Minority Health Kickoff is scheduled on April 13, 2019 from 9:00 a.m. to 3:00 p.m. at Scott High School, 2400 Collingwood Blvd., Toledo Ohio 43620. The event is open to all ages and will have various community serving organizations available. Services included: screenings for both youth and adults such as vision, blood pressure, cholesterol, blood sugar, and lead will be provided free of charge. The event will include a Youth Summit as well as a Community Wide Baby Shower.

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Older kids, ages 9 -13 can choose from these MACRO molecules Summer Camps:

*Inside the Lab: *June 10 – 14; June 17 – 21; June 24 - 28

Why should Imagination Station's Extreme Scientists have all the fun?

Campers will get a behind-the-scenes look at what it takes to become one of our team members. Prepare and perform lab experiments, ignite bubbles and set off explosions! Each week ends with an Extreme Science demonstration led by campers.

Schizophrenia... continued from page 10

The findings suggest that clinicians put more emphasis on psychotic than depressive symptoms in African- Americans, which skews diagnoses toward schizophrenia even when these patients show similar depressive and manic symptoms as white patients.

"Inaccurate diagnosis can have serious consequences," Gara said. "Mood disorder treatments differ from those for schizophrenia, and the prognosis for these conditions is typically more positive than for schizophrenia. These patients who may have major depression with psychotic features or bipolar disorder and who are misdiagnosed with schizophrenia do not receive the optimal treatment, putting them at risk for the worsening of the underlying disease process or for suicide. Also, the side effects of medication taken for schizophrenia, such as diabetes and weight gain, can be serious."

The researchers recommend that screening for major depression be required when assessing black patients for schizophrenia.

The study supports extensive previous research done by co-author Stephen Strakowski of Dell Medical School on how overemphasis of psychotic symptoms in African Americans can contribute to misdiagnosis of schizophrenia spectrum disorders.

Additional Rutgers authors included Shula Minsky, Steven Silverstein and Theresa Miskimen.

• *Cardboard Creators: *July 8 -12 ; July 15 -19

Creativity and collaboration are the name of the game at this camp designed to put engineering, planning, construction and communication skills to the test. Using cardboard and household tools, campers will work together to design and build the biggest, tallest and most extreme structures possible. The bigger the better, and teams are only limited by their imagination!

• *New! Super Splatter 2.0: *July 22 – 26; July 29 – August 2; August 5 - 9

You asked and we answered. We're giving you more SPLATTER than ever before. This camp is ooey, gooey, messy and memorable. Campers will burst bubbles, experiment with eggs, and create messes with color and exciting eruptions. Come prepared to have a BLAST exploring the sticky, slimy and sloppy side of science!

One week only, micro MOLECULES and MACRO molecules campers join together for an extra special, delightfully messy week of camp.

• *New! micro-MACRO Mashup – Super Splatter Magnified: *July 1 – 5

Campers ages 6 – 13 meet together for some of our most-requested mess makers and our Extreme Scientists' favorites experiments compounded into one science-stacked, massively messy and exceptionally exciting camp. Don't delay - this camp will fill quickly!

The science center also offers camp opportunities at two area uni-

... continued on page 13

Hicks-Hudson... continued from page 4

ment is crucial for workers and businesses alike to continue to grow and compete in an ever-changing economy."

The University of Toledo Workforce Based Training & Equipment project supports the education and skill training of students and workers to meet current and future needs of growing, emerging, and high demand industries. The funding provided will be used for equipment that will support regional workforce and educational objectives including the automotive, aerospace, and biomedical industries.

Tolliver... continued from page 3

and a lack of financial foresight is "OK" with them.

How many times have I heard from black people carping and blowing off steam about how "other" ethnic groups come into their community, buy up the corner stores, rehab houses; and are turning a profit while the black church mutely sits on the sidelines apparently content with just counting the hymnals in their pews.

The proposed economic plan is so simple to craft and develop: (1) A community call for ALL pastors to convene an economic summit (2) Each church brings in the last three years of their financial records (3) Ten percent of those averaged amounts are projected as the future yearly goals to be donated to a fund that is both licensed, insured and managed by financial professionals (4) At the end of four years, investment decisions are made by and for the local community which will cause job growth and provide grants and loans for business start-ups.

How hard is that?

I know...I know...you will say that such a thing has never been done before!

You are right...it has not and it is long past time to do it. This should have been started in the 1950's...we have lost decades due to being financially scared!

By the way, the local sororities, fraternities (yes, even Boule could participate!), professional groups and black businesses would be invited to be part of this grand but woefully needed financial undertaking.

Toledo, if not now....then when?

By Life Tolliver at tolliver@Juno.com

<h1>8TH ANNUAL BUSINESS & HEALTH EXPO</h1> <p>SAVE THE DATE – SPRING 2019</p> <p>WHEN: Saturday, April 27th 10:00am - 4:00pm</p> <p>WHERE: Indiana Ave MB Church The Stephenson - Roberts Fellowship Hall 640 Indiana Ave. Toledo, OH 43602</p>	
<p>FREE EVENT OPEN TO THE PUBLIC</p> <p>Come enjoy free health screenings, exclusive shopping, and networking opportunities.</p>	
<p>SPONSORSHIP & VENDING OPPORTUNITIES ARE AVAILABLE NOW!!</p>	
<p>CONTACT Ms. Donnetta Carter Phone: (419) 367-9765 E-mail: donnetta_c@msn.com</p>	
	

Sisters by Jeanette Winter

By Terri Schlichenmeyer
The Truth Contributor

The ball was thrown very high – so high that you lost it in the sky for a minute – and you weren't sure how you'd do it, but your hands were out and you caught it. Just. Like. That. Some balls are meant to be thrown or batted, while some are meant to bounce. In the new book *Sisters by Jeanette Winter*, you'll learn about two girls who don't just hit a ball, they smash it.

c.2019
Beach Lane Books /
Simon & Schuster
\$17.99 / \$23.99 Canada
48 pages

Ever since they were babies, Venus and Serena were very close.

They slept in the same bed, enjoyed the same books, and got up at the same time every morning, even though it was still dark sometimes. That's because their Mama and Daddy wanted their two youngest daughters to learn to play tennis so they could have a better future.

Each morning started with clean-up because the local tennis court was always littered. After clean-up, it was time for practice with equipment that was old and used. Venus and Serena served and volleyed, chased balls, and hit forehand and backhand, forehand and backhand while their Daddy reminded them to "Concentrate."

Pretty soon, the girls could ignore the gunfire down the block. They could forget about the trash on the tennis court, and the fact that their equipment was old and used-up, and that there was still homework to be done. They started to get *really good* at tennis and

they started gaining respect from the kids in the neighborhood, from people around the country, and from folks who wanted to help.

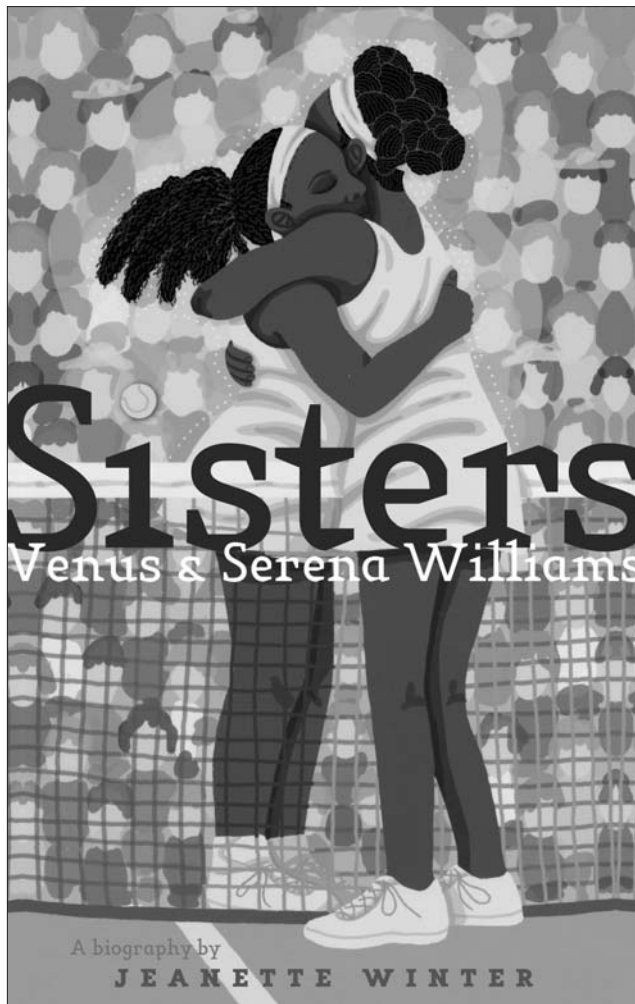
With respect came new equipment and invitations to tournaments. Venus would win her game, then Serena would win, and they'd concentrate on winning again and again. Venus would cheer when Serena was on the court, and Serena would cheer when Venus was on the court. As the girls grew into better tennis players, they grew into women with fashion sense and power, too. And when it was time for Venus and Serena to play one another on the court, they did it just like they did everything else all their lives: together.

Let's face it: when it comes to the lives of Serena and Venus Williams, there's really not much left to publicly tell. Certainly, author Jeanette Winter doesn't share anything new in *Sisters*, so why would you read this book?

Two words: the artwork.

Even if your child can't read the words inside *Sisters*, she'll be able to tell the story because Winter's vivid illustrations carefully follow the words, and then some: the telling of the tale is in the art but, more so than with many picture books, backgrounds matter. There's graffiti behind the characters on one page, tough boys hiding in another, and a definite sense that the Williams sisters didn't come from lives of luxury.

That gives browsing three to eight-year-olds a subtle sense of why this book, and it should give parents comfort that their children are learning about perseverance and "concentration." For that, *Sisters* is a book you'll want to catch.



Summer Camps... continued from page 12

versities. Campers will design and engineer challenges with *Catapults, Coasters and Cars* – and make a rocket blast off, create a protective device for an egg and more. Catapults, Coasters and Cars will be offered at Bowling Green State University from June 3 – 7 and the University of Findlay from June 10 – 14.

Each week-long, fun-filled, science-stuffed camp is \$175 for Imagination Station members and \$200 for non-members. Camps fill quickly, so early registration is recommended. Visit *imagination*station*toledo*.org or call 419.244.2674 ext. 250 to speak with a Reservation Specialist.

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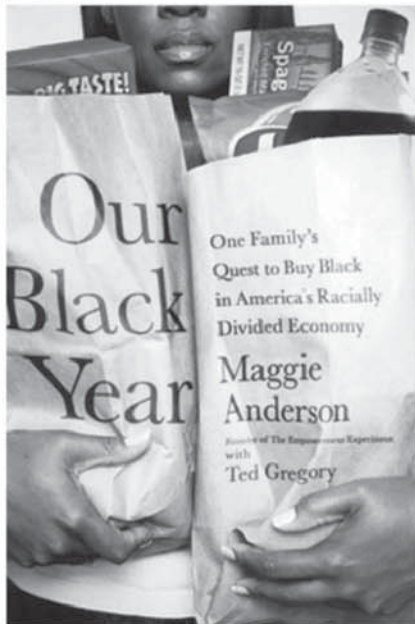
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Maggie Anderson
Author of The Engendered Experience with Ted Gregory



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

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Bishop Joseph Mitchell Jr., Pastor
Evangelist Catherine Mitchell, First Lady

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BOOK YOUR EVENTS NOW!

CLASSIFIEDS

April 3, 2019

Page 15

TOLEDO LEGAL AID SOCIETY

TLAS Fellowship Program is hiring up to **five** attorneys in Lucas County, Ohio. Successful candidates must be licensed with the Ohio Supreme Court. In addition, graduates from an accredited college of law who are awaiting Ohio bar results will be considered for the fellowship program. Please see <http://www.nlada.org/node/23806> for a more detailed description. Email cover letter and resume by April 19, 2019 to: ToledoLegalAidSociety@Yahoo.com

EMPLOYMENT OPPORTUNITIES

-Case Manager, Part-Time position, \$14.00 - \$18.00 per hour, Bachelors Degree.
-Administrative Support, Part-Time position, \$11.00 - \$14.00 per hour, High School Diploma.
The above positions require: Computer Experience/Word Processing, conduct oneself in a Professional manner, working independently/multi-tasking, having dependable/own transportation and excellent oral and written communication skills.
If you are interested, Please send Cover letter and Resume by April 30, 2019 to: BBBSNWO
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RACIAL JUSTICE DIRECTOR

The YWCA of NWO, whose mission is to eliminate racism and empower women, is looking to hire a Racial Justice Director. This candidate will manage the Dialogue To Change program and lead other racial justice initiatives. Must possess excellent organizational skills, be detail oriented and have a proven track record of delivery and understanding of racial inequities. Valid driver's license and Bachelors in social work or related field required. 30 hrs./wk. \$22.00/hr. with full benefits and potential for growth. Position will remain open until filled. Submit resumes via email at admin@ywcawno.org. No phone inquiries please.

Notice to Bidders: Inquiry # FY19-56, (Project # 0089-19-213) for Center for Administrative Support Renovations 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, April 2, 2019. 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 Rd., Toledo, Ohio 43615. Call 419-385-5303 for an appointment to pick up bid package. A cost of \$60.00 will be charged per set. Any further information may be obtained from Tadd Stacy of Architecture by Design at 419-824-3311. One Pre-Bid Conference will be held on Tuesday, March 26, 2019 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: \$737,202.00; Breakdown: General: \$370,650.00; Plumbing: \$38,772.00; Fire Protection: \$10,020.00; HVAC: \$72,000.00; Electrical: \$245,760.00..

PROPERTY FOR SALE

Well maintained property full of potential seeking a new owner. Currently being used as a church, over 4,700 square feet. Located at 1501 Western Avenue. For more information please contact Alisha Nalls Realtor with Coldwell Banker 419-261-8034

SPECIAL NOTICE RE: EXAMINATIONS FOR JOURNEYMAN WIREMAN

Applications for the Journeyman Inside Wireman test will be accepted April 1-5, 2019 at the International Brotherhood of Electrical Workers Local 8, 807 Lime City Road, Rossford, Ohio between 9:00 a.m. and 3:00 p.m. The qualifications to be eligible for this examination are:

1. Must be 18 years of age or over,
2. Must live in the jurisdiction of Local 8 for one year prior to application.
3. Must have proof of 4 years employment in the commercial/industrial electrical construction industry.

PARK TECHNICIAN

Metroparks Toledo has an opening for a Park Technician 1 position at Oak Openings to assist with maintenance of grounds, facilities and equipment. High school degree or equivalent required. Must be 18 years of age and have a valid driver's license. Some experience in general turf, grounds and building maintenance. \$13.24/hr. Full time with benefits. Go to www.metroparkstoledo.com for complete list of position requirements and duties; must submit online application and resume by April 4th. EOE

Call to place your ad

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Legal Notice

In accordance with Section 5101:2-25-03 of the Ohio Administrative Code, Lucas County Department of Job & Family Services (LCDJFS) will hold a public hearing prior to the submission of the County's Final 2020 Title XX County Profile to the Ohio Department of Job and Family Services for incorporation in the Comprehensive Social Services Plan for the State of Ohio.

PURPOSE:

1. To highlight pertinent data and information regarding identified social services problems, needs, resources, and gaps in service along with recommendations to the proposed 2020 county profile.
2. To elicit public comment, suggestions, and recommendations relative to the County's proposed 2020 county profile.

DATE: April 25, 2019

TIME: 10:00 A.M. to 12:00 P.M.

LOCATION: LCDJFS, 3210 Monroe Street, Toledo Room, 4th floor

Entities wishing to have their points of view captured in the County's submission to the State must submit proposals (not to exceed two pages) to Lucas_Contracts@jfs.ohio.gov by 4 P.M. on April 19, 2019. If individuals would like to present their proposals in person at the hearing as well, they must indicate that at the bottom of their proposal. This should include the speaker's name and contact information. Those wishing to speak must register upon arrival at LCDJFS on the 25th and all efforts will be made to accommodate everyone who would like to speak. If time constraints don't allow for that to happen, individuals will still have their written proposals reviewed and included in the LCDJFS summary report to the State.

Eric C. Johnson... continued from page 5

As the founder of Ivy Entrepreneur Institute, Johnson spreads his wings developing powerful industry leaders with his 25 years of business knowledge. He skips past trivialities and gets to the heart of his incredible journey stating, "I started the Ivy Entrepreneur Institute two years ago in April and officially organized a launch in 2017. There was no one helping entrepreneurs in the marketplace specifically in low to moderate income economic classes who wanted to start businesses," he recalls. "This is what God prepared me to do with my 25 years of business knowledge. My trials and tribulations were all in preparation to help other people start businesses."

In pursuit of giving the world 'The Next Great Entrepreneur', Johnson is candid about those is-

ues he perceives hindering a business's progress. "We often see individuals taking on two or three jobs and working 16 of a 24-hour day. "If you can start a business that solves a problem, you are no longer trading time for money; instead you are trading solutions for money. If you can find enough problems in the marketplace and identify the solutions, you can do very well."

When it comes to the culture of family and improving the quality of one's life, Johnson believes entrepreneurship is a valuable key to sustaining a family's commitment to spending quality time with



one another regardless of socio-economic class.

Raised in Warren Ohio, Johnson now resides in Toledo with his wife and two sons. "Entrepreneurship has given me the opportunity to not miss anything my children did in school. I was able to be at every after school program, sport competition and collegiate activity.

As a non-profit, The Entrepreneur Institute accepts donations from their clients and public community for a priceless service. "We don't want money to be a hindrance to someone realizing their dream. Whatever is purposed in a person's heart to give we will graciously accept," states Johnson.

"I think the biggest accomplishment of the Ivy Entrepreneur Institute is our Annual Black Friday Black Business Expo and Bus Tour Toledo. Not only do we create awareness for African American-owned businesses here locally but we help infuse cash into our business community that day." Those who have dreams of starting a business but don't have the resources to hire a consultant can greatly benefit from the half-dozen educational seminars sponsored by Johnson yearly.

Johnson concludes our chat by preparing owners to be problem solvers. "Regardless of industry, when you encounter a challenge, believe there is a greater opportunity. When people find themselves outside the margins of privilege, faith and a positive mindset can open doors of new business innovation from historically unexpected places."

Advice sure to break glass ceilings here in 'The Glass City'.

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MHM month events are funded by the Ohio Commission on Minority Health

