



Volume 57, No. 2

"And Ye Shall Know The Truth..."

August 7, 2019

Thoughts of the 2019 NAACP Convention



Toledo NAACP President Ray Wood, Former Mayor Carty Finkbeiner, Brittany Jones, Darryl Jones

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Draw The Line

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

The Truth Contributor

Another mass shooting. Another assault rifle used. Another white male. Another outcry. Another "thoughts & prayers." Blah! Blah! Blah! I'm so sick of it. In America we love empty religion & loaded guns.

— Hart Ramsey



A mass shooting took place in Dayton, Ohio just after I went to bed early Sunday August 4, 2019. And, approximately 18 hours before this tragedy, 20 people were murdered in another mass killing spree at a Walmart in El Paso, Texas.

Previously, there was also a shooting at the Gilroy Garlic Festival in Northern California that killed three. Before that one person was killed and 11 injured at a Brooklyn block party and 2 were killed and two more injured at a Walmart in Southaven, Mississippi. And, there were mass shootings at a Texas Church, Jewish Synagogues in both California and Pittsburgh, Pennsylvania and schools in Florida and Texas. And sadly, on and on and on and on.

The point is that there have been 251 mass shootings in the first 216 days of 2019, more than one per day, with the latest occurring in Dayton, which is too close for comfort.

What's Gone Wrong in America?

The problem is not violent video games, gay marriage, the lack of prayer in schools or women preachers. Neither is the problem mental health, although that is a factor not to be ignored.

The truth, as the New York Times reports, is that "we have a White Nationalist terrorist problem."

For the first time in many decades, domestic terrorism has exceeded international terrorism in the United States. That means that there is more violence being perpetrated in the U.S. by white supremacists than by foreign terrorist organizations such as ISIS, Al-Qaeda and others, an enemy that the FBI admits they currently do not have the resources to adequately fight.

Close To Home

The Oregon district, the entertainment area where the Dayton shooting took place, is just a few miles from the Antioch University Midwest campus, which had hosted its Summer 2019 Graduate School graduation just a few hours earlier.

Many of my fellow graduates and their families who attended the graduation ceremony stayed overnight at hotels in Dayton and likely celebrated in the city's entertainment district. I had previously decided not

to attend my graduation and am pleased that many of the university's staff, faculty and students who live or journeyed to the area have reported that they are safe. I am also heartbroken for the victims of this senseless tragedy.

Yet, I have also been part of Toledo's 2017 FBI Citizens Academy where I had the opportunity to learn from federal law enforcement staff just how domestic terrorism and other issues impact our own community.

Let's be clear. Notwithstanding President Trump's misstatement in referring to Toledo as the site of the mass shooting rather than Dayton, domestic terrorism currently is present in Toledo and has been for a while. Sadly, if domestic terrorism can happen in Dayton, it can also happen in Toledo.

What Can We Do?

Gun violence is a public health crisis. Domestic terrorism and hate crimes attack our democracy and therefore require us, not only to speak out against them from our individual spheres of influence, but also to demand that our elected officials denounce domestic terrorism for what it is and call it by name. Many officeholders are eager to denounce "radical Islamic terror," and enthusiastically mislabel Black Lives Matter participants as terrorists, but refuse to acknowledge the danger of domestic terrorism and its association with mass shootings.

Also, every person in our community should be engaged in "electoral activism" in order to ensure that the people whose agenda is to build safe and inclusive communities are elected to public office.

For certain, it's time to drop the obligatory "thoughts and prayers" mantra, "draw the line," say "No More," and finally do something tangible to address mass shootings and domestic terrorism.

(contact Rev. Dr. Donald Perryman at drdperryman@enterofhopebaptist.org)

Community Calendar

August 10

Rossford First Baptist Church Health Fair: 11 am to 4 pm; Blood sugar checks, blood pressure checks, Kidney Foundation, Helping Hands; Check out your sickness for your wellness: 419-481-6922

Ottawa Park Free Summer Concert Series: 6 to 8 pm: DeZire Project VOICE 5K Run/Walk: 8 am; Swan Creek Metropark; To raise awareness and fight human and sex trafficking; To aid sexually exploited children The Perfecting Care Department of Perfecting Church School Days Donation drive: Accepting new and gently used clothing, uniforms, socks, shoes and jackets for pre-k -senior high students. Toiletry items are also; Donation drop off dates are every Saturday until Sept 14 from 3-6 pm: 419.382.1300.

August 17

Ottawa Park Free Summer Concert Series: 6 to 8 pm; Nu-Tones Lincoln School Community Coalition 3rd Annual Neighborhood Picnic: 11 am to 3 pm – corner of Lincoln and Detroit; Food, fun activities, ABC health services, music: 419-350-0421

The Perfecting Care Department of Perfecting Church School Days Donation drive: Accepting new and gently used clothing, uniforms, socks, shoes and jackets for pre-k -senior high students. Toiletry items are also; Donation drop off dates are every Saturday until Sept 14 from 3-6 pm: 419.382.1300.

August 24

Ottawa Park Free Summer Concert Series: 6 to 8 pm; The 25's

October 23

UT's "Tricks Treats & Dunks:" 6 to 8 pm; Savage Arena; Trick or treat for kids from 6 to 7 pm; Costume contest at 7; Rockets players at various games

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The Sojourner's Truth, 1811 Adams Street, Toledo, OH 43604

Phone 419-243-0007

thetruth@thetruthtoledo.com

www.thetruthtoledo.com

Top Issues White Folks Fret About

By Lafe Tolliver, Esq

Guest Column

As many of you know by now, I spend a considerable amount of time involved in scientific polling of current cultural issues. My company, Kassie & Reiner (I am a silent partner) engages in what is known in the trade parlance as, "street interviews."

Our objective is to stay within a margin of error of minus one or plus one. We conduct our samplings only at the following locales: gas stations, minor league baseball games, convenience stores, churches, supermarkets, barber shops, flea markets, college gathering spots and gun shows.

Due to the recent and highly toxic political discussions regarding race, politics and immigration; and the inflammable comments by President Trump regarding his disdain of people of color who criticize the American government, we decided to track those sentiments with a new survey.

Over a course of three weeks, our canvassers were able to

interview and screen (to weed out duplicate names and those who were intoxicated or did not complete all the proffered questions) 3,700 white ethnic persons.

Our survey was limited to white persons who were American citizens and whose parents were not recent immigrants. Our goal was to find 12 issues that white Americans either found fearful about minorities or issues that they wanted to talk about but were reluctant to discuss in mixed raced company.

The results that we obtained were both profound and troubling since it present a snapshot

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Secretary of State Seeks to Reset Voter Registrations

Special to The Truth

Last month, Ohio Secretary of State Frank LaRose announced that his office will compile a statewide list of registered voters who are in danger of being purged from the voting rolls. The list, which has been named the "Registration Reset List," will be made widely available to political parties, non-profit organizations, churches and other entities that have an interest in locating and notifying those in danger of being purged.

The 88 county boards of elections were given until July 15 to compile their lists and submit to the Secretary of State's office.

Under Ohio law, Ohio elections officials must remove voters from their rolls if they have not voted within the last six years and haven't responded to a mailed notice. The controversial law, which prompted 276,200 last-chance notices to be mailed in January, was enforced by LaRose's predecessor, then-Secretary of State Jon Husted and upheld by the U.S Supreme Court last summer.

Husted did not require the county board of elections to forward their lists to his office, a policy LaRose changed in June. Now groups such as the League of Women Voters and the Ohio chapter of the NAACP are able to obtain copies of the lists in order to reach out to those in danger of being purged. The plan for some such groups is to make direct phone calls and knock on doors in an attempt to locate those on the list, said Jen Miller, the League of Women's Voters' executive director.

Assisting the Secretary of State with the effort to get the word out is Zach Reed, a former Cleveland City Councilman who signed up with the Columbus office earlier this year and has been traveling the state making connections with local groups who can reach out to the disenfranchised voters. Reed has been to Toledo perhaps as many as 10 times already in these past few months to meet with local group leaders and officials..

While for some groups, such as the League of Women Voters, the effort is a non-partisan attempt to reach out to all voters, some groups,



Zach Reed

such as the state Republican Party, have plainly noted that they want to find Republicans to keep on the rolls.

"The Registration Reset List is an unprecedented effort to give Ohio's community and grassroots organizations a real opportunity to partner with us in our effort to maintain accurate voter rolls," said LaRose. "We want every eligible voter who wants to participate in the process to have that opportunity, and this initiative will help make that happen."

LaRose has called on Ohio to embrace a modernized system that will make voter rolls more accurate and secure, his office said in a statement released last week.. Instead of relying on voters to remember to update their information at their local board of elections or on the Secretary of State website, it would require state government to automate this process. A system that allows Ohioans to seamlessly update their registration information when they interact with state government will significantly improve the accuracy of Ohio's voter rolls.

Said Spokeswoman Maggie Sheehan: "For the first time, the Secretary of State's office is collecting inactive voter data from the counties that has allowed us to discover minor discrepancies. Thanks to our efforts, the Registration Reset List is up-to-date and we certainly hope every inactive voter on the list takes advantage of the opportunity to update their information and once again become a full participant in the democratic process. This situation is a reminder that the modernized, automated system of registration proposed by Secretary LaRose would eliminate these types of issues in the future. We hope this legislation is swiftly introduced, passed and signed into law."

Organizations seeking to partner with the Secretary of State's office can email SecretaryLaRose@OhioSoS.gov.

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NAACP National Convention Notes

By Sasha Dailey

Special to The Truth

On July 23, the NAACP hosted Water as a Human Right Workshop during the organization's national convention in Detroit Michigan. Alicia Smith, Freshwater Future Associate Policy Director, described water contamination and quality for the Great Lakes Region as a guest for The Environment Climate Justice Panel.

Along with colleagues from Flint, Detroit, and other areas of the region, in a forum moderated by Mustafa Santiago Ali, Smith provided detailed information regarding harmful algal blooms (HABS) and lead and per-

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Toledo NAACP President Ray Wood, Former Mayor Carty Finkbeiner, Brittany Jones, Darryl Jones



The 2019 National Urban League Conference

By Paul Hubbard

Special to The Truth

The annual National Urban League Conference was held in Indianapolis, IN, July 24-27, at the Indiana Convention Center and featured a variety of forums dealing with equality, America's moral challenge, the racial wealth gap, voting rights, entrepreneurship, technology and the power of unity, among other issues.

The Convention brought together over 4,000, many of whom were young adults.

I attended a private corporations solutions meeting that the National Urban



Paul Hubbard and Marc Morial

League President Marc Morial held with about 20 corporate leaders. In that meeting Morial spoke about how the Democrats are going after the black vote because we made such a difference in the last three elections when we voted and when we did not vote.

Morial talked about how housing, health care and education should be black voters' main agenda items. He also spoke about how Russia suppressed the black vote thru 58,000,000 fake social media postings. Russia has 300,000,000 followers that they send daily fake information to. Voter registration and the 2020 Census will be the main agenda topics of the Urban League for the next year.

Anthony Hamilton conducted a work shop on parts of his life and back ground for some of his songs; Dapper Dan had a work shop on why it is important to always dress well; Slutty Vegan owner Pinky Cole spoke about how she uses social media to build business for her restaurant and presidential candidates held two forums to discuss equality and leveling the playing field for all citizens.

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Reaping the Summer Bounty of Food

By Patrice Powers-Barker, OSU Extension, Lucas County

Guest Column

Even if you are not a gardener or farmer, if you've watched the weather on the news in 2019 you probably know that it has been an extremely hard year for farmers in Northwest Ohio to grow their crops, especially in relation to the very wet and cool springtime season.

While there is little to cheer about for those who make their living from crops like wheat, soybeans and corn, from the perspective of a fruit and vegetable grower, things are looking a little better at this time of year. For those who grow their own gardens, belong to a Community Support Agriculture or shop at a local farmers market or farm stand, it's a delicious time of year. For some crops, like blueberries, a wet springtime was welcome weather. The berries right now are wonderful.

Joining a CSA, growing your own vegetable garden or buying fresh produce at the farmers market may be fun yet challenging, as an abundance of fresh produce may feel like too much food sometimes. Meal planning is one way to help avoid food loss. Many cookbooks focus on local, fresh, seasonal eating. The local library may be a good resource as well as a local bookstore for cookbooks on seasonal eating.

Prepare simple meals that can be changed up depending on the current produce. Determine certain "go-to" meals that can be made quickly and without much planning. Meals such as stir fry, omelets and veggie pizza are convenient because they can be made using a wide variety of vegetables depending what

is available.

Want to keep it cool? Many vegetables can be washed, sliced, or shredded and added to either a salad or a favorite slaw recipe.

Review the types of available produce and plan two to three recipes per expected item. There will be multiple uses for everything in the box so have several options for that week in case there is more than expected. Vegetables can be used in a variety of dishes. Tomatoes can be used in spaghetti sauce one night, salsa for nachos, bacon lettuce and tomato sandwiches for lunch, and bruschetta for an appetizer or snack.

Substitute new or unfamiliar vegetables for your familiar vegetables in favorite recipes. For some people, vegetables such as kohlrabi, chard, and fennel may seem intimidating at first, but the more you research, the more you will find that many vegetables can replace or complement other more commonly used vegetables. Try adding shaved kohlrabi into slaw recipes or substituting lettuce with a mix of kale and chard.

Some weeks might have an overabundance of veggies. Look at the selection of vegetables and determine which ones should be used sooner and which ones can store for a longer period of time. For example, in the springtime share, a box might contain lettuce, spinach, other greens and radishes. The lettuce, spinach, and delicate greens should be used within the first couple days of harvest.

The radishes, as well as other root vegetables like beets, carrots, parsnips, and turnips can be stored in the refrigerator crisper one to two weeks if the green tops (leaves) have been removed. Start with eating salads and then decide how to enjoy the root vegetables in the near future.

A summer selection of garden vegetables might include zucchini, eggplant, and peppers. The eggplant is best used right after harvest. Eggplants do not like cool temperatures, so it is recommended to refrigerate them only one to two days before they start to develop soft spots. Summer squash like zucchini, yellow squash, and patty pan store well in the refrigerator for two to three days but peppers store well in the refrigerator crisper up to two weeks.

In addition to planning the timing and storage in the refrigerator, some people might have enough produce to consider long-term storage. Home food preservation like canning, freezing, or drying offers enjoyment of the local produce throughout the entire year.

For safe home food preservation, use reputable, up-to-date sources like the National Center for Home Food Preservation or OhioLine fact sheets for recipes that are validated for safety. Canned food must be properly processed the correct amount of time for a safe product. It is important to remember that many vegetables must be pressure canned. Water bath processing is generally used for high acid fruits, tomatoes, and pickles. Following a recipe from the sources above will help ensure the correct process is used. If you have any questions about home canning please contact Patrice at powers-barker.1@osu.edu or call 419-213-2022.

With some intentional planning, lots of summer vegetables can offer much enjoyment and many benefits for everyone in the kitchen and at the table. This information taken from OSU Extension Factsheet titled Using a Community Supported Agriculture Share to Plan Family Meals at ohioline.osu.edu.

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Junction Community Green Infrastructure Projects

By Alexis Smith

Special to The Truth

This year has been a time of action! The Junction area neighborhood and partners have been busy kicking off their various plans for environmental protection, ensuring the residents have access to a sustainable and safe community. Among the various green infrastructure installations are rain gardens, community gardens, bioswales and community parks.

What is the Community Doing Now?

The new Junction Park located at the corner of Nebraska and Junction has finally broken ground this summer! Thanks to Junction Coalition's collaborations with the City of Toledo and the National Parks Association, the community was able to fund the construction of a park by way of the Disney grant.

The park will include four pillars, symbolic of the Junction Coalition's founding principles, ornately decorated park benches, a walk-trail, and an amphitheater stage. What was once a barren, purposeless empty lot is going to be transformed into a space of celebration, peace and recreation. With the installation of amphitheater, Junction also hopes to see growth in the economic investment in the community.

On the 1300 block of Blum, Junction Coalition with the help of Tree Toledo, Lucas County Soil & Water, TMACOG, LandBank, and Partners for Clean Streams has successfully installed both a rain garden and a community-food garden, commonly known as "What Blooms on Blum."

The rain garden and community garden were installed during the summer of 2017 and now are in full bloom and function. The rain garden helps combat storm-water run-off and flooding during heavy rain activity. It also has plants and vegetation native to Ohio which helps enrich the soil and allows much of our native birds and insects to return to their natural habitats. All in hopes of restoring our ecosystem.

The community garden is growing numerous edible fruits and vegetables to help combat the existing food dessert, and provide the community with its on sustainable means of resources. These facilities are maintained and maintained by the surrounding neighbors, where they have adopted the principle of "if you take a fruit or vegetable, pick a weed."

With the help of the City of Toledo Environmental Services, the churches in the community are also doing their part in the revitalization and beauti-

fication plans. Glass City church has constructed a rain garden, while People's Church has installed a prayer garden known as "Sacred Grounds."

Why It Matters

Back in August of 2014 Toledo experienced a toxic contamination of its tap water. This outbreak is commonly known as the Toledo Water Crisis. During this time, harmful algal bloom caused primarily by the pollutants like farm and sewage run-offs. This run-off often contains high-levels of phosphorus which then feeds the harmful algal bloom.

The Junction community found themselves in a compromising situation when the residents (like many other Toledoans) had to fend for themselves in this crisis. Ingesting this contaminated water can negatively affect the brain, can cause nausea, diarrhea, and even sickness and/or death among pets and infants.


After the crisis abated, the community did not stop there. Many of the concerned citizens wanted to ensure this did not happen again by taking a more active role in protecting their drinking water. Part of that protection meant cracking down on littering and garbage collection in the streets, installing rain gardens, community gardens, and bioswales, and educating and creating awareness about the protection of freshwater sources.

Citizens are also partnering with the city's government officials, ensuring that they are appropriately keeping their constituents abreast on the state of the drinking water and any alerts in a timely fashion. Collaborations and partnerships are forming with Junction Coalition, Toledoans for Safe Water & Advocates for Clean Lake Erie, who all Toledo residents looking to protect our most precious natural resource.

What's Next?

Jill Ryan, director of Freshwater Future is determined to work with the Junction Coalition and other organizations to ensure community educa-

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Green Infrastructure... continued from page 7

tion and policy change takes place. She shared her concerns about the on-going issues surrounding drinking water: "There has been insufficient notice of what the state of Ohio has done to ensure regulatory action of phosphorus run-off takes place. There needs to be a plan of action before and after a crisis hits."

As we near the five-year anniversary of the Toledo Water Crisis, and on the cusp of a rumored second outbreak, community members have a couple questions on their minds that they intend to ask their local officials about. The community poses the following questions to our city officials:

- How comfortable and confident can citizens be in Toledo's tap water?
- What is the city's before and after plan if a second crisis does occur?
- Why isn't the drinking water dashboard alert on the front page of the city's website?
- Is there a plan for regulatory action for run-off and how are we as citizens are to be updated?

The Junction Coalition with the help Freshwater Future, Great Lakes Alliance, Partners for Clean Streams, Ohio Environmental Council, American Rivers, National Wildlife Federation and many other local and national environmental groups continue to educate the public about how to protect our natural resources. Junction Coalition is gearing up to have a full media blast of their upcoming events, alerts, and information as well as disaster preparedness seminar in September, 2019.



"What Blooms on Blum" Community-Food Garden



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A Mental Health Moment

Depression and Relationships

By Bernadette Joy Graham, MA, LPC, NCC Licensed Mental Health Therapist

The Truth Contributor

A diagnosis of depression and the symptoms suffered by many can seem surreal to those suffering and an excuse or unreal to those in relationships with the individual diagnosed. Beyond the stigma of mental health there is also the problem of the unseen symptoms, and many don't believe what they cannot see.



Over 60 percent of the population have been diagnosed with depression at some point in their lives. The symptoms leave a person feeling hopeless, doomed, unhappy, unmotivated, unable to enjoy simple life matters, lonely and often suicidal.

Being in a relationship with an individual who is suffering from depression can be difficult in handling the expectations. We expect happiness, fun, companionship and a hopeful future often sharing commonalities with each other and also enjoying the differences. Depression can put a damper on anyone's love life and is often the reason other negative aspects come into the picture.

Domestic violence, abuse, trauma, substance abuse and other negative factors weigh in on how you hoped to love and be loved. Unfortunately, depression is severely misunderstood in relation-

ships and will often end a good pairing of a couple who just want to love and be loved and share a life together.

... continued on page 10



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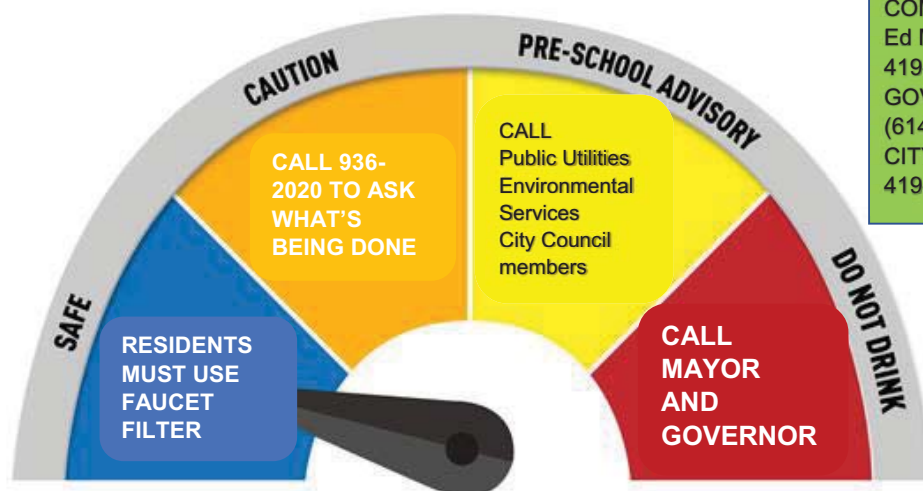
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Our community needs to know what the dashboard means and how to protect our members BEFORE the next emergency

Toledo water professionals test and monitor drinking water quality 24 hours a day, every day of the year. This dashboard is updated by staff at the Collins Park Water Treatment Plant to provide the public with an accurate drinking water quality status.



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**WHAT DOES THIS COST THE AVERAGE HOMEOWNER DURING A BLOOM?
WHAT IS BEING DONE TO TACKLE THE PROBLEM AT THE SOURCE—continuous nutrient loading from CAFO AND FACTORY FARM runoff?**

Northwest Ohio Syringe Services Celebrates its Second Year of Service

Today marks the second year of service for Northwest Ohio Syringe Services (NOSS). Syringe Service Programs (SSP) provide anonymous syringe exchange to prevent the spread of HIV and viral Hepatitis, primarily serving people who inject drugs.

SSPs are required, by law, to provide HIV and Hepatitis C testing, education, and referral. NOSS is also required to offer referral to substance abuse treatment. NOSS provides these services, along with unrestricted syringes and injection supplies, Narcan training and kits, fentanyl test strips, and biohazard containers. Screening, Brief Intervention, and Referral to Treatment (SBIRT) are offered through Motivational Interviewing performed by the NOSS staff.

In total, 336 unduplicated participants have visited NOSS. Secondary exchange has expanded over the last year, allowing one person to pick up syringes and injection supplies for several others in their using network. Providing unrestricted syringe access is best practice, which has increased syringe distribution from 19,578 in Year One, to 94,687 throughout Year Two. NOSS has also seen an increase in syringe collection; 10,087 syringes returned in year one, and 45,580 returned in year two.

NOSS continues to screen for human trafficking as a Partners against the Trafficking of Humans (PATH) agency. Over the last year, NOSS has experienced an increase in pregnancy testing and prenatal care referrals. NOSS has expanded the distribution of safer sex supplies to include female condoms.

Fentanyl test strip distribution has almost tripled over the last year. NOSS distributed 473 Narcan kits. This year, participants have reported being the first responders to 156 opioid overdoses, tooled with Narcan provided by NOSS; which more than doubled from year one. New partnerships with the Lucas County Sheriff's Office have led to expanded Narcan distribution through the Lucas County Corrections Center and the Drug Abuse Response Team (DART).

NOSS continues to provide Harm Reduction services from the following fixed locations, 6 hours a week:

St. Paul's United Methodist Church
1201 Madison Ave.
Toledo, OH 43604
Tuesdays, 1-4 p.m.

Talbot Clinical Services, Inc.
732 Main St.
Toledo, OH 43604
Thursdays, 1-4 p.m.

NOSS is excited to announce a third fixed location for Syringe Services. The new location, First Unitarian Church of Toledo, in South Toledo, is tentatively scheduled to start providing services on Wednesday, September 4, 2019.

For additional information, please call the NOSS line at 419.213.2655 or visit www.lucascountyhealth.com/syringe-services.

Mental Health Moment... continued from page 9

Take a mental health moment to discuss any issues with your spouse/partner whom with you may be co-habiting or dating if you feel that depression may be the culprit putting the negative qualities into your relationship but remember to check yourself as well. Sometimes both individuals in the relationship may be suffering from depression.

Depression is real but is not always the case for all issues. Some of us can be unhappy, unstable, have low self-esteem and just plain victims of circumstances that cause us to feel some of the symptoms of depression, but it doesn't have to mean that it is a true diagnosis. Fortunately, depression does not always last forever, it can be hereditary or a short-lived turmoil via one's experiences.

Depression is treatable with a variety of methods but most important it needs to be properly assessed. If the person you are with seems to no longer be the one with whom you fell in love and has changed the relationship close to ending at least give them and your relationship the opportunity to continue by caring enough to assist them in finding the proper help. Talk to your primary care physician or see a mental health provider as soon as possible.

Love is a beautiful part of life and when you have the opportunity to enjoy it do your best to keep it and that special person in your life.

Bernadette Graham is a Licensed Professional Counselor, National Certified Counselor and Certified Grief Recovery Specialist. She is available for presentations and speaking engagements on mental health topics. Provide feedback or reach out at graham.bernadette@gmail.com or visit her website at www.bjgrahamcounseling.com. 419.409.4929 for appointments.



I affirm that I welcome individuals from all walks of life into my neighborhood and my community, and that I value human diversity in all its forms. I cherish my right to live according to my own values and beliefs, and I respect the rights of all others to do the same.

I am personally opposed to—and will try to speak out against—discrimination, harassment, and intolerance based on a person's:

- Race
- Color
- Religion
- National Origin
- Sex
- Disability
- Familial Status
- Marital Status
- Age
- Source of Income
- Student Status
- Sexual Orientation
- Gender Identity
- Gender Expression
- Military Status
- Immigration Status

I recognize that I might also hold various prejudices and stereotypes that have developed during my lifetime. Over the next year, I will try to better understand and reverse such personal biases to avoid acting upon them.

I will display the WIMBY sign as a way to increase awareness in my neighborhood and my community about the need to foster more inclusive environments.

I pledge to respect those whose backgrounds and experiences are different from my own by saying, "You are Welcome In My Backyard."

WIMBYohio.org

August is Breastfeeding Awareness Month

Communities Need to Work Together to Provide Support for Breastfeeding Mothers

August is Breastfeeding Awareness Month in Ohio and Aug. 1-7 is World Breastfeeding Week (WBW). Research suggests that breastfeeding is a key modifiable factor for disease for both mothers and infants.

The Centers for Disease Control and Prevention report that Ohio's 2018 breastfeeding initiation rate of 81.9 percent ranks 36th in the nation. For this year's Breastfeeding Awareness Month, Ohio will adopt the theme: Empower Families, Support Breastfeeding. This theme focuses on the importance of supporting all members of a breastfeeding family as well as working to advocate for breastfeeding supportive environments in and around local communities.

The American Academy of Pediatrics (AAP) and the World Health Organization (WHO) recommend exclusive breastfeeding for the first six months of life and continued breastfeeding with the addition of appropriate solid food for the first year and beyond.

"In light of the monetary and lifesaving benefits of breastfeeding, all elements of the community, must cooperate and support breastfeeding," said Eric Zgodzinski, Toledo-Lucas County Health Commissioner. "Ultimately, our whole society benefits from having healthier mothers, babies and children when breastfeeding is promoted, protected and supported."

One of the most important things businesses and the community can do is to allow mothers to feel comfortable nursing in public. Hungry babies need to eat and Ohio law (Section 3781.55 of the Ohio Revised Code) allows breastfeeding in public. Businesses can show their support by placing the "Breastfeeding Welcome Here" universal sign for breastfeeding in their windows and educate their staffs on the accep-

tance of breastfeeding in their establishments. They can also encourage their employees and provide a private space (other than a bathroom) to pump. This will increase employee retention and reduce medical costs.

Hospitals can adopt the Ten Steps to Successful Breastfeeding as an indication that they are dedicated to supporting new mothers who choose to breastfeed. By eliminating formula gifts to breastfeeding mothers, they send the message that they believe mothers can make enough milk to breastfeed exclusively.

Educational institutions can support breastfeeding by presenting age appropriate education on the anatomy and physiology of the human body. Local county fairs can teach young children about how other mammals feed their young with milk that is made just for them. Child care providers and libraries can also stock children's books that show breastfeeding as a normal part of family life.

Social media can also provide support to breastfeeding mothers through Facebook and Twitter. Breastfeeding mothers can reach out through groups and chat rooms and get the support they need to feel normal in a formula feeding culture.

Breastfeeding is a personal choice, but communities play a vital role in informing and supporting a mother's decision to breastfeed her baby. Returning our communities back into a breastfeeding supportive culture will take efforts by family, friends, employers, educational institutions, hospitals and businesses.

For more information about breastfeeding in Lucas County please call the Help Me Grow Helpline at 1-800-755-GROW or the Lucas County WIC Breastfeeding Support Program at 419-213-2124.

Rob Shorter... continued from page 16

letes and of local high school and college athletes. Shorter's current preferred medium for his work is Prismacolor pencils using Strathmore premium drawing paper or illustration board.

"I've always loved to draw and in the beginning I did quite a bit of oil paintings on canvas, but clean up and space were always an issue. I found over time that I was able to draw and achieve the results I wanted without the clean-up problems using color pencils," says Shorter. "I eventually taught myself to 'paint' with pencils." He adds that "the richness of Prismacolor pencils allows me to capture any subject in the vivid colors of oils without the sometimes messy cleanup of using oil paints."

Shorter has been absent from the art scene such as art clubs and

art shows, but has consistently created numerous drawings over the years through commissioned art. He reports that he enjoys working out of a small studio in his home and has never given up his passion for or stopped drawing.



Black Caucus... continued from page 16

about issues that were raised during the restructuring of the Caucus. "And how do we develop better cohesion?"

With respect to Toledo, he recounted how Hicks-Hudson arrived in Columbus not very many months ago to begin her term and almost immediately said that such an off-shoot of the Caucus was needed in her home town. That concern, of course, sparked the Caucus focus on bringing an organization to Toledo.

As Scott further explained to the group, going forward their challenges would be "how are you organized and how are you using your collective strength?"

A discussion among the invitees followed, led by the guidance of Scott and Hicks-Hudson. Hicks-Hudson emphasized that the focus of the group should not be directed by partisan concerns. Some persons invited to the discussion, she noted, were not Democrats.

"The two operative words here are 'legislative' and 'black,'" she said.

Hicks-Hudson closed the first session with an admonition to the group about the seriousness of their purpose.

"This group isn't for everybody," said Hicks-Hudson. "We need people who are committed and can check their egos at the door and can focus on the advancement of the African-American community. Don't come in here thinking about yourselves or thinking of this as an addition to your resume – it should not be about you but about the benefit to this community. We have a serious opportunity to make a difference so – thank you."

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Urban League Conference... continued from page 5

Candidates in attendance were Mayor Pete Buttigieg, Mayor Bill de Blasio, Sen. Kamala Harris, Sen. Kirsten Gillibrand, writer Ami Horowitz, Sen. Cory Booker, Rep. John Delaney, Sen. Amy Klobuchar, former Vice President Joe Biden and Rep. Tim Ryan.

During the candidates presentations Kamala Harris raised the points that kids who have two or more black teachers are 38 percent more likely to attend college and that home ownership is the key to building a middle class. She also discussed how Russia has used racism to divide our country. She feels that our country is so divided that things are going to get very nasty around the 2020 election

There was a Shark Tank event for young adults to present their business or business plan using social media. The businesses presented were prison mail from families, entertainment, construction virtual soft ware, transportation of goods, cultural events, travel guide, social affairs, and women programs, emergency loans, food server. The business that won the \$11,500 grand prize was a web site that gave information about after school programs and latch key kids.

Coke Cola also sponsored a shark tank type event were there were three

prizes totaling \$10,000. Isiah Thomas, former all-star basketball player, was one of the judges and gave a presentation about his new business, Isiah International, LLC.

The four days of the convention were packed with panel discussions on subjects such as school choice, disparities in health care, the 2020 census, the power of the black/brown vote, the racial wealth gap, among others.

The Urban League Convention ended with a Family and Community Day where several thousand local families came to the convention center for fun, games, prizes, and gifts. Thousand of kids got free back packs filled with school supplies. There were exercise contests with bikes as prizes, hustle contest, wobble contest, etc. The crowd was mostly black but there were a visible number of white and Hispanic families.

*NAACP... continued from page 5*

chlorates (PFAS) contamination throughout the Great Lakes Region. Each panelist shared stories of Environmental and Climate Justice as it relates to infrastructure and public health.

"It is essential that we provide a toolkit of information, resources and communications to our communities regarding water toxins and climate resilience, Toledo experienced several days without water in 2014. Flint and Detroit are still suffering from lead, PFAS and water shutoffs that threaten the lives of all of our loves ones," said Smith

"The Rose that Grew from the Concrete needs Fresh water to Grow" (Tupac Shakur) a beautiful mural can be viewed on Junction and Dorr sponsored by Junction Coalition and painted by community artist Christopher Rodriguez, designed by our own David Ross of Toledo Art Museum, inspired by Junction Coalition Circles & Verses Youth (funded by Lucas

County Juvenile Court).

Toxins are a national disaster, and it's important that we see movement in policies which address these complex issues. Smith went over issues pertaining to exactly what the danger in the water could do to you. The seriousness of this situation leads directly to brain degeneration and other health risks, Alzheimer's Disease, Lou Gehrig's Disease, and Parkinson's Disease.

The toolbox to the issue is making the change, she emphasized. She stressed the importance of getting involved with community education, green infrastructure, green technology, civic ecology education, rural/ urban collaboration, policy education, and information sharing. Smith also addressed building relationships, overall partnerships with local state, regional, and federal/authorities.

During the panel discussion, a commitment to Act on Our Liberation and transformation now and after the climate crisis was made, which meant giving ourselves a chance to be a part of the change we want to see.



Alicia Smith and friend

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Tolliver... continued from page 3

their belief that their hard-earned property values would plummet even though the evidence says otherwise.

NINE: Eighty-eight percent of white Americans are content when they worship on Sundays apart from any persons of color because of what they see as, "their unique style of worship and preaching." Translated: They do not want to be talked about from the pulpit in a black church.

TEN: Almost nine out of 10 persons who were surveyed did not have any person of color as an acquaintance or a friend that they could visit or talk with at least once a week. Practically none have ever visited a black home for a meal, nor have they been to a black church or to a black theatrical play.

ELEVEN: A bare four percent of the respondents have ever read a book by a minority author and could not identify people such as

John Coltrane, Toni Morrison, Malcolm X, Marcus Garvey, Thurgood Marshall, Lionel Hampton, Medgar Evers, Fannie Lou Hamer, W.E.B DuBois or could name two predominately black colleges.

TWELVE: Only a fraction of one percent would want to change places with a black person and experience "black life" for ninety days as being a slave in the South or as a sharecropper in Mississippi during the 1930's.

Our survey results indicate that the social and cultural chasm between white and black America is not closing but ever widening.

Contact Lafe Tolliver at tolliver@juno.com

Reflections on Mass Shootings in Dayton and El Paso • Reflections on Mass Shootings in Dayton and El Paso

Rep. Kaptur Urges President to Convene Special Session of Congress

Calls on Mitch McConnell to Immediately Advance Bipartisan Background Check Legislation

Congresswoman Marcy Kaptur (D-OH), the longest serving woman in the House of Representatives and Dean of the Ohio delegation, released the following statement:

"There is not a single community across the U.S. that has been spared from the tragedy of gun violence and mass shootings," said Rep. Kaptur. "Today, our hearts hang heavy for the families and people of Dayton, Ohio and El Paso, Texas, where in the span of less than thirteen hours two shootings carried by domestic terrorists resulted in the deaths of 31 people - 9 in Dayton and 22 in El Paso."

"Whether it is in Ohio, Texas, Florida, or Connecticut - or anywhere else for that matter - one thing remains constant across every mass shooting that takes place: the fast action of first responders and the selfless bravery of bystanders. At great risk to their own personal safety, brave men and women have acted quickly to save innocent lives and protect others from falling victim. For every shooting, there are stories of heroism, bravery, and selflessness, for which we the public are perpetually grateful.

"It is, however, a profound injustice that our nation's leaders, specifically those within the Republican Party, have refused to act with similar urgency in a single case, even while tragedies like those in Ohio and Texas continue to take place

again and again.

"In recent years, Americans across the country have fallen victim by the thousands to domestic terrorists - and at an ever-increasing rate. The combination of on-line radicalization, an unregulated, for-profit firearms industry, and a President who proudly stokes the flames of prejudice for political gain, have all contributed to the rise of domestic terrorist incidents that are of unparalleled scope in our society.

"It is not enough to condemn racism, bigotry, and white supremacy. Our country - our communities - desperately need and deserve action. The House already passed H.R. 8 and H.R. 1112, bipartisan bills that will strengthen our background check system and that have overwhelming public support. Both have awaited Mitch McConnell's action for a vote in the Senate for months. Americans by the scores will continue to die by mass shootings and gun violence until President Trump and Mitch McConnell act. The President should call Congress back now from its August recess and demand that Mitch McConnell immediately bring these bills up for a vote in the Senate. Let's use August to convene a national discussion about what we must do to protect the American people with a unified voice. Enough is enough."

I am heartbroken.

Dayton's Oregon District is usually a site of celebration - not one of mourning. I know many of us are hurting right now, and uncertain of where we go from here. We have lots of challenging days ahead.

But Dayton is fearless. I thought about that as I watched the video of our Dayton Police officers running toward the gunman who was carrying a weapon bigger and more powerful than their own. I know it may not feel like it right now, but I have seen so much fearlessness from our community in the last 48 hours and in the last several months. We have confronted some of the toughest challenges any city could imagine and we stood tall in the face of all of them.

But of everything we've faced this year, this one is especially tough. Not only because we lost members of our community, but because it was avoidable. I spoke with 61 mayors yesterday, who called recognizing I had been initiated into the unfortunate fraternity of those who had endured one of these tragedies in their own communities. Something must be done. Enough is enough.

But we can't be hopeless in the face of inaction in DC and in Columbus. We must continue to support one another here at home. As we've endured these horrible times, this community has learned about each other and what is most important to us. People who never would have crossed paths have helped each other in our most painful moments. Dayton has done what Dayton does best - we take of each other.

Nine of our neighbors came to celebrate in the Oregon District Saturday night, and now nine families are dealing with incredible sorrow. And dozens more families are trying to wrap their heads around the violence that changed

the lives of their loved ones forever.

The Oregon District is a place full of so much life. That is why it is especially painful for it to be the site of such tragic loss. But I have no doubt that tomorrow, and the next day, and every day after that, it will continue to be a place for us to come together for celebration. Including celebrating the lives of those we lost.

Onward,

Nan Whaley, Mayor City of Dayton

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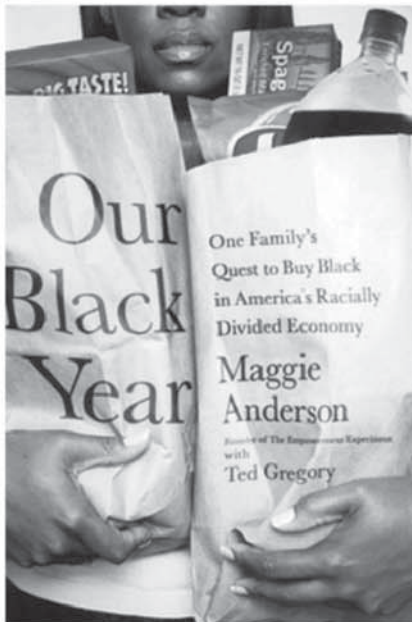
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CLASSIFIEDS

August 7, 2019

Page 15

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Lucas County Children Services is seeking candidates for a Human Resources Manager. Education and experience requirements can be viewed at www.lucaskids.net. Apply online by **8/30/19**. No Phone Calls Please. EOE valuing diversity

EDUCATION SPECIALIST

Partners in Education is looking for energetic, **reliable team players** that enjoy working with middle school students in a classroom setting. Candidates must have excellent written and verbal communication skills, the ability to prepare hands-on, inquiry-based lessons, knowledge in data collection, and work well with youth and families experiencing poverty.

Part-time 20-30 hours per week/15.54 per hour

A few Key Qualifications

1. Record and manage student level data. Microsoft Excel skills are a must.
2. Able to work during the day between 9am and 3pm Monday-Friday.
3. Bachelor's degree in education, teaching certificate preferred, and at least 1 year of classroom teaching experience.

To Apply:

Please email resume and cover letter to Reed Steele (rsteale@partnerstoledo.org). Questions? Call 419-242-2122

EARLY HEAD START HEALTH ADVOCATE LUCAS COUNTY FAMILY COUNCIL

Lucas County Family Council is accepting applications to fill the **Early Head Start Health Coordinator** position. Applications are accepted until position is filled. Additional information regarding the duties is available on the Lucas County web site (www.co.lucas.oh.us). Click on "Apply for a Job" and then select "Early Head Start Health Advocate" from the list to read more or apply.

An Equal Opportunity Employer

Call to place your ad:

419-243-0007

www.TheTruthToledo.com

SITE COORDINATOR

Do you LOVE working with children? Have a passion for literacy? Partners in Education is looking for extremely reliable, upbeat, friendly people to lead a small group of adult volunteers who aim to mentor young students and strengthen their literacy skills. The perfect candidate has experience in the educational arena, communicates well, is confident using computer applications such as email and Microsoft Office, and office equipment such as a copier, and strives to make sure the students and volunteers they work with have an excellent experience. Part-time 12-15 hours per week; 30 weeks per year during the normal school year, \$12.00-12.30 per hour. **We also have substitute Site Coordinator positions available.**

A Few Key Qualifications:

1. Strong written and phone communication skills.
2. Ability to recruit, retain and support volunteers.
3. Associate degree required. Bachelor's Degree preferred. Experience teaching or working in an educational setting preferred.

To Apply:

Please email resume and cover letter to Heather Henson (hhenson@partnerstoledo.org). Questions? Call 419-242-2122

Notice to Bidders: Inquiry # FY20-07, (Project # 5007-19-1866) for University Medical Center Pharmacy Compliance Ventilation System for the University of Toledo Health Science Campus. 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, Main Campus, Facilities and Construction, Plant Operations Room 1100, 2925 E. Rocket Drive, MS 216, Toledo, Ohio 43606 before 2:00 p.m., Tuesday, August 20, 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 Julie Cavese of PMBA Architects at 419-873-8450. One Pre-Bid Conference will be held on Tuesday, August 13, 2019 at 10:00 a.m. in the Health Education Building, Room 227, at the University of Toledo, Health Science Campus, 3000 Arlington Avenue, Toledo, Ohio 43614. 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: \$500,000.00.

NORTHGATE APARTMENTS

610 Stickney Avenue
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THE UNIVERSITY OF TOLEDO BUILDING OPERATOR – HEALTH SCIENCE CAMPUS (2) POSITIONS

Please complete the online application at:
Req 789: <https://utoledo.csod.com/ux/ats/careersite/6/home/requisition/789?c=utoledo>
REQ 790:
<https://utoledo.csod.com/ux/ats/careersite/6/home/requisition/790?c=utoledo>

General Summary

Under general supervision of appropriate Manager; the Building Operator performs skilled HVAC/R, plumbing, steam system maintenance, electrical, general housekeeping/maintenance of the assigned buildings. The primary function of the position is to perform, repair, upgrade, and organize the maintenance of building areas and to perform preventative maintenance on all building systems and components.

Qualifications (Indicate minimum required to qualify or perform this job.)

- Requires 3-5 years in one (or a combination) of the following fields: HVAC/R, electrical, plumbing
- Maintains a valid driver's license and must be insurable under the University of Toledo's driving policies
- Knowledge of general maintenance and general repair practices
- Ability to use math, read and write common vocabulary, read blueprints, understand manuals, and verbal instructions (technical in nature)
- Ability to walk, climb, bend, twist, kneel and lift up to 50lbs.

Working Conditions

May involve travel; may be required to work 1st, 2nd, and/or 3rd shifts; may be required to be on call twenty-four hours a day, seven days a week. May work outside exposed to weather, may be exposed to the dangers of CFC's (chlorofluorocarbon) and insulation properties. May be working at high elevations and on extended work platforms; may be required to wear protective clothing and equipment. May be required to work in confined space; may be required to work on equipment with dangerous inertia/velocity. Work areas may be at any location on or off campus, may be in any building leased or owned off campus.

OUTDOOR SKILLS PROGRAMMER

Metroparks Toledo is looking for an Outdoor Skills Programmer to conduct outdoor skills programs such as kayaking, archery, hiking, etc... Must have completed some college class work in environmental science, biology, education, outdoor recreation or related field, or equivalent work experience. Previous experience working with groups of children and leading outdoor education programs for all ages required. \$9.47/hr. Seasonal position, now through December as needed. Go to www.MetroparksToledo.com for complete job requirements and descriptions; must submit online application and resume. EOE

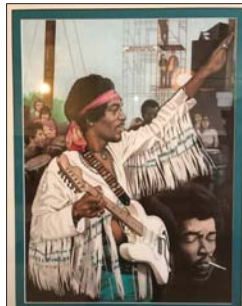
Rob Shorter – Back at The Truth Gallery

Artist and illustrator, Robert E. Shorter, has brought his art back to The Truth Gallery after a five-year absence – an absence during which his talent was sorely missed by Gallery visitors and art lovers.

Shorter, a Toledoan since the age of nine, started to show his talent for drawing at an early age and began his formal art studies at the Toledo Museum of Art. He attended Edward Drummond Libbey High School, winning numerous state scholastic art awards and then continued his studies at Bowling Green State University.

Over the years, Shorter has painted and drawn portraits for professional football players, created numerous sports drawings of other various pro ath-

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The Ohio Legislative Black Caucus Comes to Toledo

By Fletcher Word

Sojourner's Truth Editor

A number of Ohio cities have local branches of the Ohio Legislative Black Caucus – organizations assisting the Black Caucus in Columbus with issues of local concerns. On Wednesday, July 31, State Rep. Paula Hicks-Hudson brought together about 20 local citizens with the purpose of forming such an organization in Toledo which has never hosted such a group.

“What I’ve seen in Columbus is that there’s a disconnect,” said Hicks Hudson, opening the meeting. What she explained as a disconnect is a penchant among elected and appointed officials in Columbus to assume they know what is best for the different locales in Ohio, even their own.

The purpose of the meeting, explained Hicks-Hudson, was to put together a group that could be informed on the issues affecting the black community that would help her, as a legislator in Columbus.

Chris Scott, the executive director of the Ohio Legislative Black Caucus, then addressed the attendees about how the Caucus’ local organizations function and what their main challenges are.

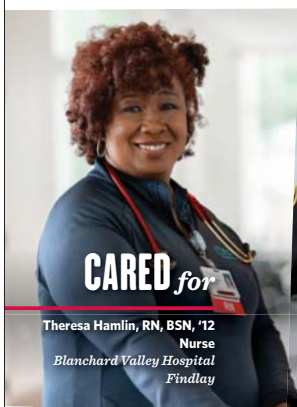
“How do we get people to know what we are fighting for?” he explained

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State Rep. Paula Hicks-Hudson and Legislative Intern Precious Tate

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