

The Sojourner's Truth

Volume 60, No. 9

“And Ye Shall Know The Truth...”

April 1, 2020

Connecting the Community - Meal by Meal



Wendi Huntley, Connecting Kids to Meals CEO

In This Issue...

Perryman and John Rudley
Page 2

Kaptur on Stimulus Package
Page 3

Cover Story:
Wendi Huntley and
Connecting Kids to Meals
Page 5

Maintaining
Mental Health
During Shutdown
Page 6

Maintaining Safety
and Nutrition
Standards
During Shutdown
Page 7

Center of Hope's
Emergency Meal
Plans
Page 9

Maintaining
Physical Well
Being During
Shutdown
Page 10

Book Review
Page 13

Maintaining
Spiritual Well Being
During Shutdown
Page 16

The Clash of Youth and Age: John Rudley's Story (Part One)

By Diana Patton

Guest Column

We all know that change is hard, but we don't know enough about why it is so hard and what we can do about it.

- Robert Kegan



In the mid-1960s, a tide of minority students flooded into predominately white colleges and universities, ultimately changing the culture of not only higher education but also American society itself. The presence of these black and brown "outsiders" (many were the first in their families to attend), disrupted the "white supremacist status quo, classism, and monolithic Eurocentrism" (Colon, 2008, 271) and placed stress and strain on institutions of higher learning to change.

Former University of Toledo star point guard John Rudley arrived on the University of Toledo campus from the projects of Benton Harbor during this era described by scholar Alan Colon as a period of "widespread internal critique of and massive confrontation with U.S. institutions, values, authority, and social conventions."

Despite a stellar basketball and academic career at UT and outstanding career in business and higher education, advocates for Rudley's induction into the school's athletic Hall of Fame have been rebuffed by the "powers that be." The reasons? For fighting for equality; for struggling for students' rights; for teaching whites about blacks and blacks about whites and for demanding better treatment of blacks in higher education. The University's snub is akin to keeping out Martin Luther King or other activists from the Civil Rights period because they helped shape the rights and liberties which we all enjoy today.

I spoke with Rudley concerning his career, experiences and thoughts about his ostracism from the UT athletic Hall of Fame. This is part one of our candid discussion.

Perryman: So, tell me about your early years, going back to your youth.

Rudley: I grew up in Benton Harbor, Michigan, a small, typical blue-collar town between Detroit and Chicago where most of the people worked in the factories. My father was working in a factory, and my mom was a stay-at-home mom, and we had nine kids in the family. We grew up in the projects, and I was fortunate enough to be around a bunch of people who wanted their kids to do better and go to college.

Perryman: What about athletics?

Rudley: Chet Walker, who had an all-star career in the NBA, was one of my neighbors. Then, Alex McNutt was another one of my mentors, he went to Bradley University, and so I had these guys that I looked up to and my community was so small that we country boys in our free time, we played

ball all the time, almost 24/7. So I was really in a little crucible of a lot of talented people, and I played basketball, I ran track, I ran cross country, I had the long jump records for a freshman at Toledo when I was a freshman, and so people don't realize I was a three-sport guy. And I got that because of the little Benton Harbor town I was living in where a lot of cats were playing



John Rudley

all kinds of sports, and it helped me become a better athlete. I think that was the preamble to why we had such good high school teams because we played together around that little city for so long. In high school, we averaged 90 points a game without a 3-point shot, so I was co-captain of the team, so sports was in my blood, and that was my ticket out of the hood. I was recruited by 26 universities, including Michigan State, Michigan, Eastern Michigan, and Western Michigan. I was set to go to Michigan State but the coach there died, so I decided to come to Toledo. I also received a scholarship offer from Virginia Tech, the one that knocked us (UT) out of the NCAA Tournament.

Perryman: Right, after you and UT had beat them decisively during the regular season.

Rudley: By 20 points! I always tell people that I don't know if Coach Nichols went to sleep on that second game because he didn't modify our offense and Virginia Tech totally revised their defense to shut Steve Mix down, so that's what happened. I became like a floor general because I could see what was happening with my teammates in high school. So you can read what's going on. If you've got the ball all the time like a point guard, you can kind of read what's going on. So that was one of the situations where I wish I had spoken up and told Nichols we need to change our offense and defense, but it didn't happen, but that's my background.

Perryman: I noticed, because I watched the Virginia Tech game on television, is that you were usually a pass-first guy, but near the end of that game, you took it over and started scoring. People didn't realize that you could score like that, but you aggressively took the game over trying to bring the team back and nearly did.

Rudley: Well, I appreciate you saying that because my philosophy the whole time I played in high school was to depend on your other team members and try to get the ball to them and make sure you support them, but if they're having a bad day then that's when I felt it was my responsibility because there was one time during my junior year in high school where I didn't take the responsibility, and we lost the game. Even though we went on to win the championship, I remember that I could've done more. You were right, I deferred to the coaches first, and then if I thought that plan wasn't working, I'd try to do what I could do. That's where I was a little bit upset, and I haven't been upset about basketball for 50+ years, but when the athletic director (O'Brien) had a quote in the paper, and he said I was just an average player, that really upset me because it let me know that he really wasn't watching the game.

Perryman: Many think that's a faulty assessment, totally wrong.

Rudley: And Nichols really never - he and I reconciled when I became

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... continued on page 4

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Perryman... continued from page 2

a professional in terms of my career, and I got to see him at a couple of Final Fours and I didn't have this conversation with him, but I had a conversation with Bob Miller about this and Mix too, recently talked about our days playing at Toledo. Nichols never really set an offensive play for me, never. Now when you see that the real problem with that is if you have four guys like legendary UCLA coach Johnny Wooden did, he used the talents that he had, and he made sure everybody was in position. I think that's what happens at North Carolina and all these other schools where the coaches make sure all the players get involved because you never know what night you're going to need somebody. But he never ran a play for me the whole time I was there, so I had to really take the initiative and just do my own thing.

Perryman: So then, you left high school having grown up in a particular cultural context. Talk about the cultural context that you walked into when you arrived at the University of Toledo during the mid 1960s?

Rudley: I had not had a campus visit to Toledo. I went to Michigan and Michigan State and Western Michigan for campus visits, but I was kind of insular. I didn't want to take trips when I was supposed to be studying for my exams, so I had never been to Toledo but had already signed. When I got to the bus station, nobody from the university was there to pick me up or anything. I was on my own. That wasn't the case at other institutions, but when Bob Miller and I met at the bus station, and I figured he was going to Toledo too because he was 6-feet something and he was tall, dark, handsome like Sidney Poitier, I said: "bro you going to Toledo?" He said, "yeah!" I said, 'me too.'

So, we got in a cab and went to the campus and I was shocked because the campus was so small. I asked Bob 'where is the rest of the campus?' Because when you go to Western Michigan or you go to Michigan, Michigan State, I thought all colleges looked like that. So, I get it figured out, and I said to myself, 'Oh, God!' boy, you had one major decision to make, and you blew it.' I then said, 'I'm going to make the most out of this damn thing, I'm still gonna play hard.'

So when I got there, and we got registered in the dorms I realized how tiny it was and then I met Calvin Lawshe who really helped me out because he was a star, a legend in that community and we were roommates; I met John Brisker as a freshman, it's all of us young guys in Carter Hall East,

the first athlete's dorm, a new dorm then and Frank Lauterbur had recruited a host of African Americans. You go to Carter Hall East, you would see Chuck Ealey, Mel Tucker, Mel Long, Curtis Johnson, Bob Aston, you would see all of us in the same place, so that helped keep me at Toledo instead of transferring. So culturally, it was just a small school. I was somewhat disappointed, but I had in the back of my mind that well, if you go to a small school, you get a good education, so that's kind of what I was dealing with.

In terms of the social environment, I'll never forget Lawshe took me over to Ottawa Hills in a car, and he was explaining to me that this was the cream of the city, but it seemed like we were kind of not allowed to be over there. I started getting the sense that there was a division in terms of race there, but it was kind of subtle. But it's like anywhere you can go from Benton Harbor, and you can go to Detroit and still, there are certain sides of Detroit you will see the same thing. The rich people there on one side of the town or you can go to Chicago, the same thing, so it was the same. It was still racial and cultural divisions that I saw there, but they weren't anything I hadn't seen before.

Perryman: Were you affected by any of the racial justice issues and discrimination that was always in the media, news reports, and possibly on campus, back then?

(To Be Continued)

Contact Rev. Donald Perryman, PhD, at drdperryman@centerofhopebaptist.org

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Wendi Huntley Continues to Connect the Toledo Area Kids to Meals

By Asia Nail

Sojourner's Truth Reporter

In our fast-paced world, many seek position and power rather than opportunities for humble service. Wendi Huntley, president of Connecting Kids to Meals, is a shining example of how leaders can also be servants within their own community.



Connecting Kids To Meals' mission is simple: To provide nutritious meals to children at no cost throughout the year.

As president and CEO, Huntley has been changing the culture and building trust within the community at large in Ohio. "There are around 40,000 children in NW Ohio who are food insecure," says Wendi. "We serve all around the region because hunger doesn't discriminate."

People often make assumptions on who is poor and who is not based on geographic location. Surprisingly, there are school districts that have a significant number of kids that qualify for free or reduced meals, even in the suburbs, meaning all these families, regardless of zip code, live in poverty.

This 18-year-old organization, formerly called Feeding Lucas County Children, is combating many stereotypes by raising awareness on childhood hunger, all the while expanding weekend services to meet the community's growing need amid our country's Covid-19 crisis.

Connecting Kids to Meals is currently operating out of 17 locations on weekdays and preparing meals ahead of time for weekend delivery so that families will stay connected.

"Right now our main focus is making sure kids have access. During this Covid-19 shutdown of schools it is vitally important to us that kids and their parents know that their children can **ACCESS OUR MEALS AT NO COST** and that our partner sites are strategically located throughout the city with listings on our website and social media channels."

Huntley, who has been with Connecting Kids to Meals since 2016, replaced Patrick Howard as president in March 2016. She is native to Toledo, and attended Nathan Hale, and the now-closed Ladyfield Elementary School. After graduating from Notre Dame Academy, Huntley enrolled at Bowling Green State University where she earned her Bachelor of Arts degree.

After her undergraduate studies, Wendi was encouraged by her mother, Sylvia Huntley, PhD, former director of Toledo Head Start and BGSU professor at the time, to pursue furthering her education. "My parents wanted the best for us and believed in the value of education. Those were the 'Be a lawyer, a doctor, or an engineer days.' I chose law. It was the best fit for me," she recalls.

Huntley went on to earn her law degree from The Ohio State University College of Law, now known as The Michael E. Moritz College of Law, in Columbus, Ohio. For the next 12 years she practiced both corporate law and litigation, as well as sports and entertainment law, with nationally-recognized Bricker & Eckler, a Columbus-based law firm.

Although Huntley loved practicing law, she is grateful she made time for a passion project at church while living in the state's capital, stating, "I did non-profit work in Columbus with the Children's Hunger Alliance and I loved it. When my dad fell ill and I moved back to Toledo, I think it was just a natural progression for me to work in this field."

... continued on page 6



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A Mental Health Moment

Mental Health During COVID-19

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

Guest Column

Getting through a crisis successfully is similar to finishing a marathon or a championship game by being prepared by practicing and working out. You become fit and confident and begin to process in your mind how you will compete when the time comes. Therefore, it takes both physical and mental competence to be successful.

Before the current COVID-19 outbreak, each of us had in our own ways things that presented battles, struggles and complications. We are just weeks into not just a country, a time zone, or a race but a world crisis. There is no where to go that is better due to the risks being everywhere. We put our trusts into world organizations, federal and state governments not that we should not, but at the end of the day and just like any other day, we have to maintain a focus on self, both physically and mentally.

Take a mental health moment to reflect on struggles or difficulties you had before this crisis and then focus on creating a plan on how to maintain your health in addition to this crisis. Many individuals found pleasure in getting away for work or vacations, attending social gatherings and worship. We are human beings and were not made to isolate. Unfortunately, for a time unknown, our lives have taken a cut in social affairs to include work.

This time of crisis will make us stronger or weaker depending on what we do and what we think and feel. Here are a few pointers on strengthening yourself:

1 – Don't isolate. If you live alone, see if it is possible to stay with a friend or family member or ask someone to stay with you. Become more social virtually such as phone and computer apps. Stay in contact with people.

2 – Plan your days wisely such as taking a walk three times a week or at least going outside for some sunshine or some fresh air. Finish home projects, learn something new and enjoy some entertainment even if it is just music or a comedy stand-up on video or on television. Eat and maintain a meal habit...the grocery stores are still open and there are food banks



around but no one should be going hungry through this... just don't over do it as well. Keep a gratitude journal or just a journal about your daily or weekly thoughts and activities as these may come in handy as well after this crisis is no longer a threat.

3 – Know that not everything can stop. If you were in counseling, don't stop. See if telehealth/telemedicine is available. Same with medications and other health needs. Even though our lives have changed significantly for the moment, go with the flow and change with it. The outcomes will be positive. None of us will be the same. Take this as a time to learn about yourself and others and reflect on your life. Put into production what you can do to help yourself and others.

Seek immediate help if you are having thoughts of hurting yourself or others. If you know anyone who may be at risk, reach out to help them or call for others to help. We cannot always change how things are but we can definitely change our perspective and how we see things to be. All you have to do is finish the marathon, don't stop. I know I definitely want to see the finish line, I hope you do as well, just pace yourself.

Bernadette Graham is a Licensed Professional Mental Health 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 For appointment information please call 419.409.4929 (Telehealth is available for ongoing and new clients at this time).

Wendi Huntley... continued from page 5

Nearly 40 percent of kids live in poverty here in greater Toledo. Realizing hunger relief was such a growing problem in NW Ohio, Huntley shifted gears professionally, working with the non for profit on a full-time basis.

With Huntley at the helm of Connecting Kids to Meals for the past four years, the non-profit is now a sponsor of two federal child nutrition programs, providing just over 540,000 meals to kids in need in 2019 alone, and is the only weekend food provider servicing the local area, supplying take-home weekend bags filled with nutritious, child-approved foods.

"As president I make sure we don't feed kids just anything. We do taste testing and surveys with our kids and food vendors. It's important to us that the meals are not just healthy, but that they taste good and we know kids like eating the food we serve," says Huntley.

The community must remember that a child who is hungry cannot think or learn. She explains, "It's easy for people to place blame when a child is suffering. But there can be a myriad of circumstances for caregivers and we urge the community to be compassionate. Direct all your positivity toward helping the kids in our community not only survive, but to thrive."

Huntley recommends that the community stay focused on the most important aspect of this challenge--hunger.

"When we hear remarks like 'the parents should be feeding these kids,' our organization understands these types of thoughts simply stem from a lack of understanding - not disinterest. Much of our community is the 'working poor' making choices between rent, utilities, childcare, and healthy food is often at the bottom of the list," shares Huntley.

Studies show children who are food insecure have more illnesses. Without the vital nutrients of a balanced diet, often, these kids also have poor early brain development, impacting them when they get to school, and leading to poor academic performance.

Schools are a critical partner in feeding the area's children. The Toledo Public School district reported more than 87 percent of children received free or reduced-cost lunches by the Ohio Department of Education in the past two consecutive academic school years.

"When schools are closed, we know kids don't eat. These are the times we depend on our partners and you, the community, to help bridge the gaps and volunteer," says Huntley.

Volunteers can schedule to visit the organization downtown at the Life Revitalization Center and help to pack up the meal components. "It really helps us speed up the process to serve the over half a million meals we



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For more info, visit: www.cdc.gov/coronavirus/2019-ncov
Updated March 18, 2020




... continued on page 7

Please Stay Healthy During COVID-19

By Patrice Powers-Barker, OSU Extension, Lucas County
The Truth Contributor

Dear Readers,

This is the monthly nutrition article, but today's format will read more like a letter because I want you to know you are not alone in this time of uncertainty. I would like to encourage you to use the information and advice of the emerging science and to trust yourself to make the best choices for yourself, your loved ones and our larger community. I applaud the work of Sojourner's Truth throughout the year and I am especially grateful for this newspaper as a valuable resource as we stay home and practice social distancing.

I recognize that everyone's current situation is different – some people are working outside of the home, some people are at home with children who would normally be in school and most of us are missing friends and family who we would typically see in-person. There are two common goals for all of us: we all have to eat, and we all need to stay well. The following information is shared from the CDC and North Carolina State Extension.

COVID-19 is very serious, and we encourage you to follow all safety recommendations. It is important to understand that Coronaviruses are generally thought to be spread from person-to-person through respiratory droplets. It may be possible for a person to get COVID-19 by touching a contaminated surface or object and then touching their mouth, eyes, or nose, but this is not thought to be the major way the virus is transmitted. Based on current research, in relation to a safe food system, the risk of transfer of viruses is very low. Coronaviruses need a living host (animal or human) to grow in and cannot grow in food.

There is no shortage of food in the United States, although local stores may not have normal inventory while supply chains adjust. My recent

experience at the stores have been very different than when I grocery shopped a month ago. I see empty shelves for products like disinfectant wipes and hand sanitizer. For some foods, the shelves are not completely out but the only options left are the brands that cost two to three times what I would normally spend on that item.

While this feels frustrating, I try to remember that this is not permanent, and I try to get creative with other options. For our household, we are trying to visit the grocery store less frequently and plan out more meals between visits. We have added more canned foods to our list in order to store them in a cupboard and not have to refrigerate or freeze. I know not all families love canned meats, but they have become more regular in our meal planning. My family likes tuna fish sandwiches and although canned salmon is not the first choice of everyone in my home, we will be making some salmon patties this month. Also, canned chicken can be added to enchiladas, chicken chili and chicken salad sandwiches. We also use canned beans as a simple addition to add protein to our meals.

Note: if disinfectant supplies are low, you can make your own with a bleach solution and either an old rag or paper towels. The recommendation for COVID19 disinfectant: 5 tablespoons bleach per gallon of water. Clean surfaces (like kitchen counters) with soap and water and then follow with this disinfectant.

Are take-out and drive throughs a good option? From a nutrition point of view, I will still encourage you to add more vegetables and fruits to your day and limit high fat and high sodium food options but there can be healthy choices at restaurants. From a food safety point of view, there is no current indication that takeout or drive-thru meals will increase

... continued on page 8

Wendi Huntley... continued from page 6

provide every year. All the information you need on the ways to support us is on our website," shares Huntley.

Connecting Kids to Meals has served more than five million meals to area children in its 18 years of operation and is the largest provider of hot meals in northwest Ohio during times when children aren't in school

The organization established a summer program to ensure students who rely on free and reduced meals throughout the academic year have access to nutritious meal options during their summer break as well.

All of the Summer Meal Partners and meal servicing sites are designed to educate children about nutrition while providing supervised activities that encourage kids in need to return daily. "I love knowing that when parents are working over the summer, kids can stop by a site (like the

public library), have a free lunch and fun with their friends in a safe and healthy way," says Huntley.

Due to her commitment to the growth and development of the children in our communities, Wendi Huntley will be honored as this year's 2020 YWCA Milestone Award recipient, for her outstanding contribution in the area of social service

And although Huntley is immensely proud of her role at Connecting Kids to Meals, she graciously attributes her organization's success to her team, sharing, "You will never find a more dedicated, passionate group of folks committed to the wellbeing of our kids. This award is for all of us."

The 25th Annual Milestone Awards will take place at the Seagate Center in downtown Toledo (TBA). All proceeds from the luncheon will benefit more than 23,000 women and families who utilize the social service programs of the YWCA.

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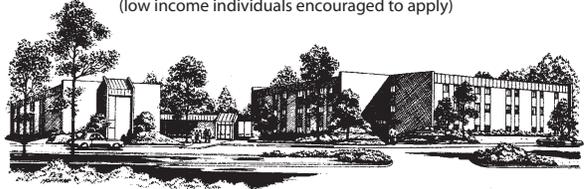
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Stay Healthy... continued from page 7

illness. This option can be a good risk management choice, especially for high risk and elderly groups because it reduces the number of touch points compared to other options such as going to the grocery store. In order to serve the community and to earn money, many local and national chain restaurants are getting creative in their offerings such as family-style take out meals. If you had normally frequented a locally owned establishment before the COVID-19 pandemic make sure you check out their current options to see if it will fit with your current situation.

For those who are struggling with having enough food, please contact United Way by calling 211 or texting your zip code to 898-211 to find the best and closest options for you. While school is out, meals are provided for children in the community. Social service agencies that served those in need before the pandemic are still serving families although their current operations may have made changes due to COVID-19. If you are in a position to donate to local services, they need and appreciate the support. For those donating and those in need, I would recommend checking with United Way or the individual service to see how they are currently operating, who they serve and their greatest need for donations.

Like many schools and other community services, the Ohio State University Extension, Lucas County Office is closed but staff are still working. If you have any questions related to nutrition, household budget, families or food safety, please know that we are available to you. Here is my contact information: Patrice Powers-Barker, Family and Consumer Sciences Extension Educator, email: powers-barker.1@osu.edu phone: 419-574-0893. Web page: <https://lucas.osu.edu/fcs> or Facebook for ongoing updates: <https://www.facebook.com/OSUExtensionLucasCounty/>. During this time when we are not out in public, gathering and learning from one another face-to-face, you are missed!

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Center of Hope Family Services Addresses Food Insecurity in its Youth Development and Adult Support Programs

Special to The Truth

Among the area agencies trying to make sure that children and families receive food and nourishment during this coronavirus pandemic is Center of Hope Family Services.

Since 2014, Center of Hope Family Services has integrated solutions to food insecurity in its State Award Winning after school programs,

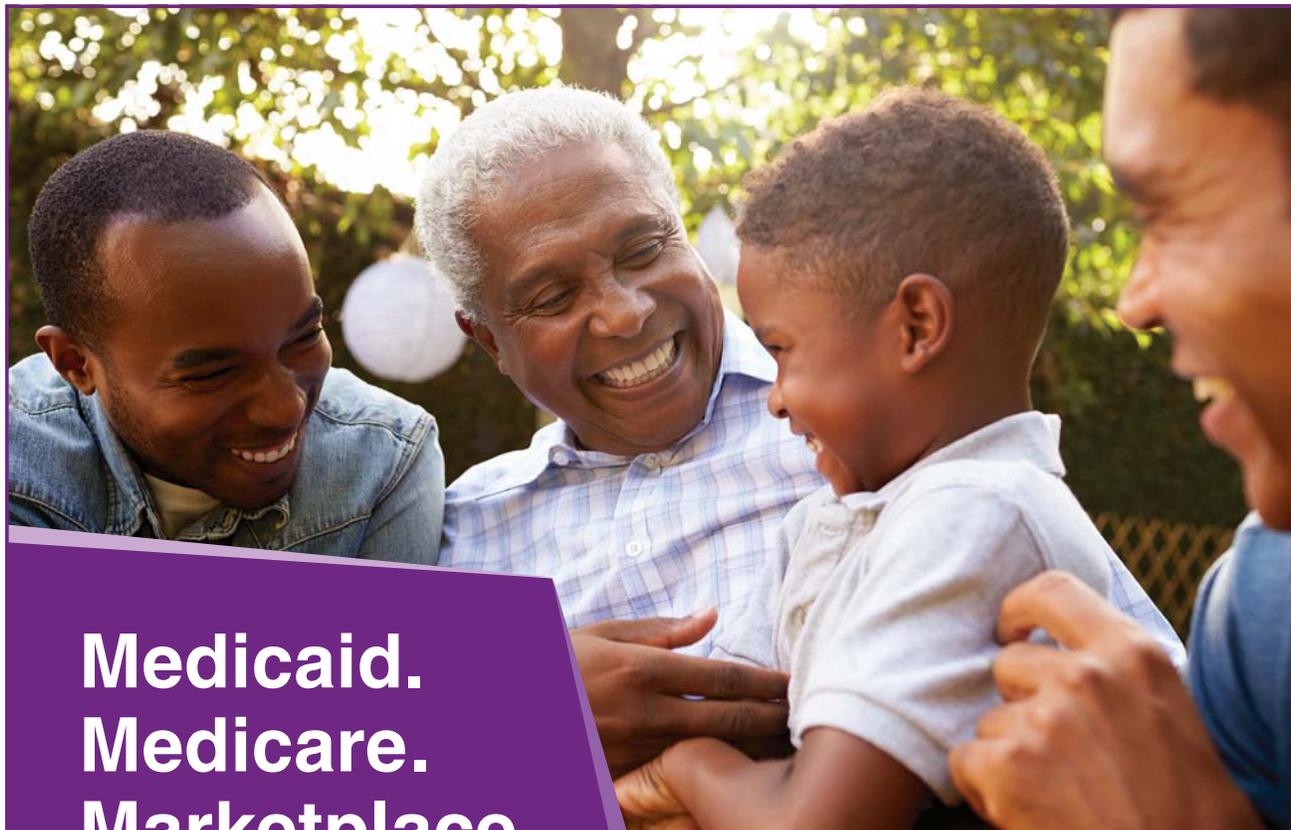
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Hands of Hope



Shari Thompson and Mercedes Perryman



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Control The Situation ... Don't Let It Control You!

By Ryan Rollison, Fitness Guru
The Truth Contributor

I know everyone is going stir crazy with this current situation. Being locked up with limited options and in someone's face all day is enough to drive anyone mad. Control this situation do not let it control you!

I have sent out messages to my clients encouraging them to keep moving forward. DO NOT use this as an excuse to fall back into old habits that you have overcome.

If you have not overcome old bad habits now is a perfect time to start. Use this time to create healthy habits and begin an exercise program. This does not have to be anything strenuous, just something to get you started and keep you moving.

My son and I have turned watching television into an opportunity to exercise. We pick an exercise for any show or movie that we are watching and do that exercise during the commercials. We do one set of anything from push-ups, squats, planks, sit ups, wall sits, jumping jacks, mountain climbers and more.

You can create any order you like. Do all push-ups for one show or make a list and go through them all starting with the first commercial break. you can plank, do jumping jacks or mountain climbers for one commercial then do push ups for the next and so on..

Or you can just do one exercise per commercial break. If we are watching a movie, we set a timer for 10 minutes and do the exercises we choose. You can make it a very fun and a challenging competition between you and your kids or spouse. See who can hold a plank the longest during the commercials. See who can finish a set number of reps first or do the most. Encourage one another and have fun with it.

We also play Uno and the loser has to do 10 reps of a certain exercise. You

can incorporate this into almost anything you do throughout your day

It is also very easy to eat bad during this time with limited options and boredom. You have to go to the store so why not grab some healthy fruits and vegetables that everyone in the family likes? Try to stay away from as much boxed items as possible.

Again, control the situation don't let it control you.

You can establish a healthier eating pattern now that most of us are at home. With this situation take the time to prepare better meals for you and the family. I hope everyone stays healthy and plays it safe to remain that way.

When this crisis is finished, I will be offering FREE FIT CAMPS to new people! That's right FREE Along with discounted rates after the free classes. The class times will be Monday, Wednesday and Friday @ 5:30 p.m. and @ 6:30 p.m. if you are interested please email dreambodies419@gmail.com and let me know which time slot you are interested in and please go like my Instagram @mydreambodies.

--
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Top 4 Ways for Older Adults to Stay Healthy During the Coronavirus Crisis

While some of the ways on this list may come as no surprise, there are some new resources that have been developed to help older adults to stay healthy in the following top four ways to stay healthy during the Coronavirus Crisis list:



1. Another Reason to Remain at Home – Those age 60 and better needing groceries and meals but wanting to abide by the Governor's Remain at Home order have a new, quick easy and low-cost way to have groceries and meals brought right to their homes. The Area Office on Aging and senior centers have stepped up to help make sure older adults get their groceries and meals delivered. The Area Office on Aging and its provider network have delivered groceries or meals to over 6,000 older northwest Ohioans during the last week. Older adults simply call the Area Office on Aging at 419-382-0624 to place your order and before they know it their groceries and/or meals will be on their doorstep.

2. Well-Check Calls – Recent studies show that loneliness has a negative impact on the health of older adults equivalent to smoking 15 cigarettes a day. While this time of remaining at home can be lonely for many, the Area Office on Aging and its volunteers have been and continue to call thousands of older adults at least weekly to check in on them to make sure they are okay and to provide them with an opportunity to socialize.

3. Continue to Get Essential Medical Care – The Area Office on Aging is continuing its partnership with Black & White Transportation so that those older adults who still need a way to get to the doctor's office or hospital for essential medical care can get to the essential care they need. For more information on this free medical transportation service, contact the Area Office on Aging at 419-382-0624.

4. Wash hands – Washing hands with soap and water for at least 20 seconds and/or using hand sanitizer frequently throughout the day are some of the best ways to stop the spread of the Coronavirus.

The vast majority of these services supported by the Area Office on Aging are available for any Lucas County resident age 60 and over. The demand for these services has also increased as more older adults are staying home due to people age 65+ being more susceptible to the Coronavirus and have a higher mortality rate, according to the Centers for Disease Control and Prevention (CDC).

Those interested in receiving these services can call the Area Office on

Aging at 419-382-0624 or via e-mail at adm@areaofficeonaging.com. Those who are interested in volunteering to help with delivery of home-delivered meals or with grocery delivery can contact the Area Office on Aging at 419-382-0624 or e-mail volunteers@areaofficeonaging.com. The Area Office on Aging is vetting volunteers to help ensure they have no history of criminal behavior.

Center of Hope... continued from page 9

through its Kids Supper Club initiative. Dr. Tracee Perryman, CEO, states, "programs are more likely to succeed when evidence-based programs are delivered in a culturally responsive manner by a team of individuals who have advanced training, along with both practical and professional experience. However, knowledge and skills are not sufficient alone. These attributes must be supported by resources that reduce family barriers to participation and success. One of those barriers is malnutrition and hunger."

In 2015, Center of Hope expanded the Kids Supper Program, and renamed it Hands of Hope. This expansion was created based upon Dr. Perryman's observation that the agency needed to also serve adult clients. According to Dr. Perryman, "it can send a strong and negative message when we only serve the children, with no attention to their parents or family members. Though we provide meals, we find that the informal, warm interactions and discussions around the meals are the most important feature for parents and family members. Families are more likely to engage when there are informal opportunities for sharing, and when they believe that special, intentional provisions have been made to make them feel at home. As families become engaged, children perform better in school, and adult members are more likely to take advantage of the resources that can help them achieve their personal goals."

Center of Hope's feeding initiative has been supported by the Lucas County Commissioners since its inception in 2014. Since COVID-19, the agency has experienced an even greater need to deliver shelf-

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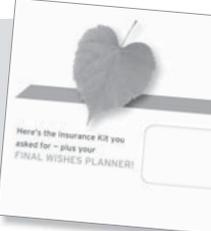
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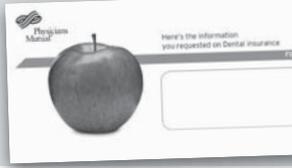
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Center of Hope... continued from page 11

stable, family size meals to support the entire family. The Lucas County Commissioners partnered with Center of Hope immediately to facilitate their expansion to fill this need. The Board of Trustees of the Greater Toledo Community Foundation also approved a grant from the COVID-19 Response Fund to help Center of Hope to deliver family-sized meal baskets for Lucas County residents in need.

Nevertheless, the current crisis presents some unanticipated challenges for the agency whose students in its Elevate Program are no longer able to assemble for the critical meals Center of Hope usually provides at schools.

Center of Hope, therefore, is taking the meals to the families. Thanks to that funding from various agencies – such as a recent \$30,000

grant from the Lucas County Commissioners – the Elevate students' families will continue to receive meals delivered by the Center of Hope staff.

Research indicates that food insecure children tend to develop math and reading skills more slowly, and exhibit higher rates of truancy, tardiness, behavioral, mental, and emotional problems (<http://feedingamerica.org>). Further, food insecurity leads to the following health problems: higher chances of hospitalization and chronic health conditions such as anemia, asthma, oral health problems, and poorer physical quality of life. Health issues lead to increased school absence, which also reduces chances of high academic achievement (<http://www.attendanceworks.org>).

For more information about Center of Hope Family Services, visit www.cohfs.org.

Kaptur.. continued from page 3

package.”

Here are just a few of the numerous initiatives in this historic piece of legislation that will benefit the residents of Ohio:

- A \$150 Billion State and Local Coronavirus Relief Fund: Creates a \$150 billion State and Local Coronavirus Relief Fund to provide states and localities additional resources to cope with the coronavirus pandemic. It is estimated that our state of Ohio will receive approximately \$4.53 billion in desperately needed funds to benefit our state's residents.
- \$260 Billion in Dramatically Expanded Unemployment Benefits: Includes numerous provisions to improve unemployment benefits including providing an additional \$600 per week for the next four months, providing an additional 13 weeks of federally funded benefits, and expanding eligibility to include workers in the gig economy and self-employed workers.
- Immediate Direct Cash Payments to Lower and Middle-Income Americans: Provides for immediate, direct cash payments to lower-and middle-income Americans of \$1,200 for each adult and \$500 for each child, beginning to phase out at an annual income of \$75,000 for an individual and \$150,000 for a household. These payments will provide

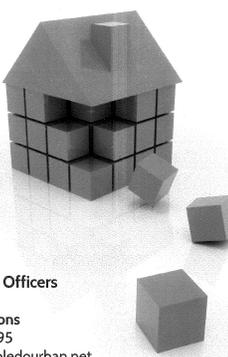
individuals with the cash they need right now to survive with much of the economy currently shut down.

- More Than \$375 Billion in Small Business Relief: Provides more than \$375 billion in small business relief, including \$349 billion for forgivable loans to small businesses to pay their employees and keep them on the payroll; \$17 billion for debt relief for current and new SBA borrowers; and \$10 billion in immediate disaster grants.
- Approximately \$200 Billion for Our Hospitals, Health Care Workers, and Health Research: Provides an investment of about \$200 billion in our hospitals, health systems, and health research, including expanding funding for the personal protective equipment desperately needed by our health care workers, including ventilators, n95 masks, gowns, gloves, etc.
- More Than \$100 Billion in Additional Emergency Appropriations, Including the Following:
 - Transit Agencies: Provides \$25 billion to transit agencies, which have all seen a drastic drop in revenues as social distancing has been implemented. This funding is to be used to protect the jobs of the employees of the transit agencies, funding their paychecks during this public health emergency. Ohio will receive \$474,118,324 under this program.
 - HUD Emergency Solution Grants: Provides \$2 billion for HUD Emergency Solution Grants to states that will be distributed by formula. These grants are designed to address the impact of the coronavirus among individuals and families who are homeless or at risk of homelessness, and to support additional homeless assistance, prevention, and eviction prevention assistance. Of this \$2 billion, Ohio will receive \$91,234,014. In addition, the bill provides an additional \$2 billion for these grants that will be allocated by HUD to the most hard-pressed areas.
 - Child Care and Development Block Grant: Supports childcare and early education by providing \$3.5 billion for the Child Care and Development Block Grant. Ohio will receive \$116,574,845 under this emergency appropriation.
 - Low-Income Home Energy Assistance Program (LIHEAP): Provides \$900 million to help low-income families pay their heating and cooling bills. Ohio will receive \$12,605,000 for this purpose during this public health emergency.
 - Byrne-Justice Assistance Grant Program: Provides \$850 million for this program, giving additional support to state and local law enforcement agencies, thereby allowing them, for example, to obtain the personal protective equipment and other medical items they may need during this public health emergency. Our state will receive \$25,244,475 under this appropriation.
 - CDC Coronavirus State, Local and Tribal Grants Minimum Awards: Provides about \$750 million in CDC State, Local, and Tribal Grants Minimum Awards to help agencies cope with the public health emergency. The minimum award for our state is \$17,357,000. In addition, states can apply for additional funds above their minimum award, based on their needs.
 - Election Assistance: Provides \$400 million for Election Assistance Grants for states to help prepare for the 2020 elections. Coronavirus is already resulting in the postponement of some primaries and this funding can help states make voting safer for individuals. Funding can be used, for example, to increase the ability to vote by mail, expand early voting, and expand online registration. Ohio will receive \$12,800,802 for these purposes.

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State of Play: The Old School Guide to New School Baseball by Bill Ripken

By Terri Schlichenmeyer
The Truth Contributor

Grip the bat lightly.

Elbows loose, feet comfortably apart, shoulders and hips perpendicular to the mound, hands by your shoulder, eyes on the pitcher. It's a basic recipe for batting that every good player knows and knows how to change to fit a situation. And what else about baseball has changed? Find out in *State of Play* by Bill Ripken.

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240 pages

There are two ways of looking at baseball: old school, and "new school." So says Ripken, and he thinks that while new school "things are different... they may not be as good as they once were." We talk about baseball differently, for one, and we look at statistics that never used to exist.

When Ripken's father, Cal Sr., worked as a player-manager for the Orioles organization, he didn't have a computer or stop-motion recall on a screen. He filled out nightly reports from memory, wrote his thoughts by hand, lived the game, played the game, even drove the bus when needed, and he knew that a win wasn't a do-or-die goal, particularly when the season was young. He had four tenets that he called "The Ripken Way," and the first one mandated simplicity.

That, as Ripken suggests, doesn't apply to baseball anymore.

Take, for example, pitch framing: Ripken says those stats are not important. Improving a launch angle is something he doesn't completely understand. He imagines tunnelling in a way that makes it make sense (and he wishes he'd cashed in by naming it years ago). WAR (Wins Above Replacement) doesn't, as he sees it, have one cohesive definition; and automated strike zones change, depending on the hitter, thus being not calibratable. Line ups, at least for the first five players, aren't created like they used to be. RBIs are not even the same, and Ripken says there are other terms that he can't quite clarify.

And the big question is this: are the players even using these stats?

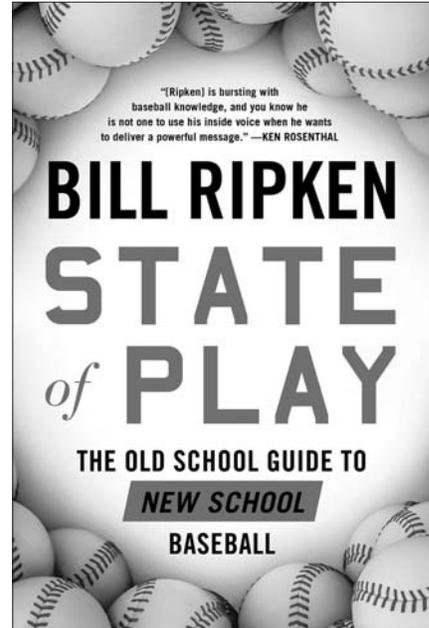
So let's say you're the kind of baseball fan who casually likes to listen

to the game while grilling, washing the car, gardening, cleaning house, as background noise. This is not really a book for you, just so you know.

Instead, author Bill Ripken speaks to those rabid fans who think that more stats equals more science to the game of baseball even though, as he believes, these additional game bullet-points don't enhance the way the game's always been played, and they might even leave a fan baffled. More bafflement: when Ripken seems to sometimes contradict himself, often in the same paragraph, leaving readers to

wonder if they've actually caught what's been pitched or if something is out in left field.

Readers who are dedicated fillers-out of statistic booklets won't call that a strike, however, nor will those who've welcomed the changes that have been made to the game itself. If that's you, this book by a "qualified, crusty baseball man" is perfect for argument-enders or debates. If you're not so into all that, though, *State of Play* is likely a book you'll just bat away.



University of Toledo Medical Center Lab Can now Test for COVID-19

The University of Toledo Medical Center's pathology laboratory now has the ability to test for COVID-19 and deliver results in less than 48 hours. The service will significantly reduce the waiting period for patients and their physicians to confirm a diagnosis.

UTMC is the first laboratory in northwest Ohio with the capability to test for COVID-19.

The medical center is working closely with the Toledo-Lucas County Health Department and other area hospitals to prioritize testing for patients who are hospitalized with severe pneumonia or who are in intensive care units with severe respiratory illness. UTMC also will test symptomatic first responders and healthcare providers who have had direct exposure to a confirmed COVID-19 case while not wearing personal protective equipment.

"Testing supplies are still limited and we have to be strategic about how we deploy our resources," said Mo Smith, associate vice president of patient care services and chief nursing officer at UTMC. "However, by working with our community partners, we can significantly increase the pace of testing in northwest Ohio as we work to fight this dangerous virus."

UTMC has the ability to process 180 samples per day. Patients will

not be able to individually request a test. All testing must be ordered by healthcare professionals, following criteria established by the Ohio Department of Health.

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RE: Examinations for Journeyman Wireman Applications for the Journeyman Inside Wireman test will be accepted March 30, 2020 – April 3, 2020 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.

EMPLOYMENT OPPORTUNITIES

Lucas Housing Services Corporation (LHSC), an affiliate of Lucas Metropolitan Housing Authority (LMHA), located in Toledo, OH is seeking experienced applicants for the following position: **Assistant Community Development Program Manager**. For complete details, visit <https://www.lucasmha.org/219/Careers>. **Deadline:** 03/16/20. This is a Section 3 covered position. HUD recipients are encouraged to apply and are to indicate on the application if you are a LMHA Public Housing client or Housing Choice Voucher Program participant. Persons with disabilities are encouraged to apply. **NO PHONE CALLS**. Equal employment opportunity shall be afforded to all qualified persons without regard to age, race, color, religion, religious creed, gender, military status, ancestry, disability, handicap, sexual orientation, genetic information or national origin.



DEPUTY DIRECTOR OF EMERGENCY SERVICES/EMA DIRECTOR LUCAS COUNTY

Lucas County Emergency Services is accepting applications to fill the position of Deputy Director of Emergency Services/EMA Director until 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 "Deputy Director of Emergency Services/EMA Director" from the list to read more or apply.

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BUILDING SERVICEPERSON

Metroparks Toledo has an opening for part time Building Servicepersons to perform a variety of housekeeping, janitorial, and basic maintenance functions at the Tree House Village, Oak Openings Preserve. Up to 35 hours per week. \$11.73/hr. High school diploma or equivalent required. Must have valid driver's license. May include evenings, weekends and holidays. Go to www.MetroparksToledo.com <<http://www.metroparkstoledo.com/>> to view detailed position description, job requirements and to apply.

SYSTEMS ANALYST LUCAS COUNTY

Lucas County Emergency Services 9-1-1 is accepting applications to fill the position of Systems Analyst position until 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 "Systems Analyst" from the list to read more or apply.

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FEEDBACK NEEDED

The Mental Health & Recovery Services Board of Lucas County (MHR SB) is seeking Lucas County Residents to participate in a short survey.

Please take a few minutes to provide feedback for the development of our 3-year strategic plan that will be focused on the direction, impact, and responsiveness of MHR SB's work in the communities we serve. Your candid feedback and insight will be used to develop the final strategic plan for the next three years. Complete the survey online in English or Spanish by visiting: [docs.google.com/.../1FAIpQLSfJN6abJNj_NSqee_sHFZIFMX.../viewform](https://docs.google.com/forms/d/1FAIpQLSfJN6abJNj_NSqee_sHFZIFMX/viewform)

Printable versions of the survey are available in Arabic, English, and Spanish on our website: www.lcmhrsb.oh.gov/publicnotice/ We appreciate your willingness to participate in this process and look forward to the honest feedback.

MANOR HOUSE PROGRAMS AND EVENTS ASSISTANT

Metroparks Toledo is looking for an outgoing individual to provide excellent customer service for park visitors and program participants through positive and engaging experiences.

The Manor House Programs and Events Assistant position is located at Wildwood Preserve Metroparks. Must be at least 18 years of age and have a valid driver's license. Must have completed some college course work in history, education, communication, or related program or equivalent work experience. Some experience in customer service, and public speaking. Experience leading public programs preferred. Seasonal position through December. May include some weekends, holidays, and evenings. Up to 35 hours per week. \$9.47/hr. Go to www.MetroparksToledo.com <<http://www.MetroparksToledo.com>> to review complete job description and to apply. EOE

ABUNDANT LIFE OF PERRYSBURG ACCEPTING APPLICATIONS

Abundant Life of Perrysburg is accepting applications for its subsidized apartment communities. Abundant Life #1 offers independent living for senior citizens 62 years of age or older and individuals 55 or older with a physical impairment. Abundant Life #2 is a supportive living complex for people 62 and older. To apply individuals must meet the age and annual income requirement of no more than \$24,150.00 for one person or \$27,600.00 for two people.

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Sunday Services Go on ... Empty Pews or Not

Sojourner's Truth Staff

"Run and be not weary," from Isaiah 40: 28-31 was the inspiration for Rev. James Willis' message on Sunday as he addressed his St. Paul Missionary Baptist Church congregation on Facebook and via teleconference.

Willis, pastor of St. Paul, held his first Sunday service in church sanctuary empty of all but his media team, Bobby McDole, Sharon Hubbard and J'Vann Winfield, and reflected on the current coronavirus pandemic, or "plague," and Old Testament teachings about the purpose of plagues which was "to get people to turn from their wicked ways."

"This is one of those things," he observed.

Further down the street on Detroit Avenue in the pulpit of Mt. Nebo Baptist Church, Pastor Cedric Brock also spoke to his church congregation on Facebook and radio, assisted in the sanctuary by Carlos Pettin and Alan Crawford.

"We're in a 'yay' moment," said Brock. "We don't need to fear, we need to trust!"

Brock cited the words of Psalm 23: 4. "Yay, though I walk through the valley of the shadow of death, I will fear no evil," as he told his audience that in an evil moment, such as the present, "if we trust in God, we can make it through it."



Sharon Hubbard, Pastor Willis, J'Vann Winfield



Pastor James Willis, Sr.



Pastor Cedric Brock



Carlos Pettin, Pastor Brock, Alan Crawford

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