

The Sojourner's Truth

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“And Ye Shall Know The Truth...”

August 5, 2020

Anti-Racism Teach-Ins: Challenging White Supremacy



Teach-Ins organized by faculty and students from the University of Toledo

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Leading Through Crisis

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

The Truth Contributor

People put enormous pressure on you to respond to their anxieties with authoritative certainty, even if doing so means overselling what you know and discounting what you don't.

- Ronald Heifetz



On June 1, the Lucas County Democratic Party named longtime politician and community leader Michael Ashford as its new party chairman. Just two months later, hardly enough time to settle in, Ashford must navigate several immediate crises that could threaten the Party's relevance in northwest Ohio.

Among the urgent challenges are the unpredictability surrounding the high-stakes 2020 Election and a concurrent public health crisis that carries the trauma associated with COVID-19. Added to these is the anxiety generated by sky-high local unemployment numbers and the potential political fallout after four black city councilmen were charged in a bribery probe.

Since a crisis, perhaps, is also the best revealer of one's character and leadership ability, I felt compelled to speak one on one with Michael Ashford. We discussed his plan to meet the challenges of today's turbulent social, economic and political environment.

Perryman: What is the current state of the Lucas County Democratic Party?

Ashford: We have accomplished a lot, given the enormous challenges we are facing. We had our first executive committee meeting on July 20 and had a great turnout. Sixty-seven out of 75 executive members participated in that Zoom meeting. From there, we were able to establish and appoint a chair and vice-chairs for at least five of our committees. We've been able to work on our fundraisers and a lot of internal issues that we had going in. Overall, we provided some direction, we're getting a lot of things cleaned up and moving forward. And we've got a great team.

That's the key. If you have a great team, which we do, and learn to identify brilliant people, which we have, and empower them and let them do their job, things get done and a lot faster. So we've put all that in process. A year from now, we'll likely be back to being the old Democratic Party, very strong.

Perryman: The leadership and management experts also stress the need to get the right people on the bus. The next step is to make sure that people are in the right seats, so to speak. Do you have your team positioned in the right seats?

Ashford: Absolutely. We looked at all of the talented people who

were part of the Democratic community. Even though some may not have been active, we identified good people and inserted them into the correct positions. We now have a strong executive committee. Let me give you this; there are 53 at-large members, of which 45 are brand new folks. That tells you we have new faces and fresh ideas moving forward instead of recycling the same people into different seats. We don't just put you on a committee just to fill a slot. We, now, look at your background and see if you are a fit on that committee. So, we have good people in proper places.

Perryman: Let's get right to it. One major challenge you face is replacing the four councilpersons who recently agreed to be suspended.

Ashford: Eventually, we will replace four people, but the way it works now is that Probate Judge Jack Puffenberger will make the appointments for temporary councilpersons. All the Party is doing right now is posting the information on our webpage or Facebook and referring interested people to contact Judge Puffenberger until August 21.

Once the relevant seats come up again and are available, that's when it comes back to the Democratic Party. We will then put candidates through our extensive screening process, which will be a lot better than it was under previous leadership. We have added some standards and new expectations in our process. Eventually, all the seats will come back to us, but now we don't know when that will happen.

Perryman: This may be a delicate dance, but who are some promising candidates?

Ashford: I have not talked to Judge Puffenberger.

Perryman: The rumor is that Judge Puffenberger has put together a committee to look at resumes to make recommendations for a good fit. I've heard that there are 25, 30 names out there who have expressed an interest, including Keith Jordan, Julian Mack, John Jones, Dominique Warren, Norris Finley and Wendi Huntley.

I have also heard that certain influential members of the Party are

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Democratic Party Chairman Michael Ashford

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Community Calendar

Churches Reopening

Mt. Pilgrim - Open Now

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Mt. Nebo Baptist - Open Now

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Mt. Ararat Baptist - Open Now

Jerusalem Baptist - Open Now

True Vine Baptist - Open Now

Warren AME - Fourth Sunday in July

August 8

Community Garage Sale: Saturday, 9 am to 6 pm; Quality Time Learning Center

“Oh, When Those Cotton Balls Get Rotten!”

By Lafe Tolliver, Esq

Guest Column

Recognize the above partial piece from a song about cotton and how those old cotton fields back home can turn rotten?

Yeah, cotton balls do get rotten when they get wet and then it is hard to dry them out so they can be machined by the, then, cotton gin.

So, recently you may have heard the august (?) senator from Arkansas, Tom Cotton (yes, that is his real last name), state that slavery was a “necessary evil” in the building of America but it (slavery) was on a path to extinction (Huh...?).

Tom Cotton was doing his usual cow-towing to Herr Trump and he lied or was grossly mistaken when he said the founding fathers uttered such a heinous remark.

For the record, there is no such remark by any of the founding fathers as Tom Cotton tries to furiously walk back such racist drivel.

For an unrepentant historical revisionist, such as Senator Cotton, his view of Black people is harmful, vile and clearly shows that Tom Cotton is woefully ignorant of American history.

Imagine even trying to get your mouth and lips to utter such doggerel and you, at the same time, are trying to sound like an intellectual. It just goes to show you that being a Harvard law grad is no guarantee of having any common sense or racial sensibilities.

For Tom Cotton, this is what slavery being, “a necessary evil” can easily connote:

(1) human trafficking for the good of the nascent US of A was acceptable because it was referring to black people, whom as we know, were not equal in humanity to white people.

(2) rape of the female slave was permitted since a “necessary evil” covers a host of wrongs including white slavers raping black women and disregarding the progeny thereof. That means, white rapist slavers were enslaving their own sons and daughters...but mind you, it was for the good of the country!

(3) it was perfectly permissible under the doctrine of “a necessary evil” that remuneration or wages for millions of black people and over hundreds of years was denied because due to that free slave labor, the US of A was able to amass a critical amount of capital by which to become a

world superpower.

(4) the implementation of Jim Crow laws and the thousands of lynchings, plantation tortures and the selling of family members was also covered under this “necessary evil” that Senator Cotton speaks of.

(5) the rise of the domestic terrorist groups, The KKK and the White Citizens Council, was needed in order to ensure that this “necessary evil” continued

in order to fear those who were deemed as mere chattel and not people.

(6) the ongoing legacy of slavery resulting in segregation, discrimination and outright voter suppression was merely inconvenient collateral damage as a result of this “necessary evil”.

(7) the word, “necessary,” bespeaks of being required for a cause or a purpose and for Senator Cotton, that stained and ugly purpose was to elevate white people as superior over black people and thereby to give them cover for racism, both blatant and subtle.

(8) the word “evil” bespeaks of a malignant heart and accompanying putrid thoughts that were not reined in by either the white slavers and the early colonial states that explicitly made laws that tamped down any dissent from the oppressed.

(9) Senator Cotton, like so many delusional white people who are intentionally clueless about their history, wants to sound civil and

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Women Leaders in Ohio Praise Joe Biden's Agenda for Women

Last week, Joe Biden announced the Biden Agenda for Women to ensure that women can fully access and exercise their civil rights and participate in our economy and country. Biden's agenda aims to improve economic security for women, expand health care access to tackle health inequalities, help women navigate work and families, end violence against women, and protect and empower women around the world.

Ohio leaders from across the state are applauding the agenda.

"Across Ohio, Black women and women of color are the backbone of our homes, our businesses and our communities. No one understands that better than Vice President Biden, who has always marched in lockstep for and with us," said Congresswoman Joyce Beatty. "Joe's Agenda for Women today demonstrates that he's dedicated to fighting for the fundamental changes we need to improve the lives of all women for our future generations."

"Real, lasting change is built with the grit that Ohio women know best. Across our state, we've been the leaders, the healers and the pillars of our communities — all the while facing headwinds that threaten our dignity, our rights and our voice in society," said Dayton Mayor Nan Whaley. "For decades, Joe Biden has fought tirelessly for the justice we deserve — and he's delivered results. Joe's Agenda for Women today isn't just a list of steps we can take today, it's a roadmap to a better future for our families, our businesses and our state for years to come."

"Ohio's resilience is founded on our strong women. When times have gotten tough, we've pulled together as a community to get back on our feet," said Portage County Commissioner Kathleen Clyde. "Joe Biden understands what real struggle looks like, and he's never backed down from a fight for justice and equality. Joe's Agenda for Women gets to the heart of what it's going to take to not only strengthen and empower women, but to bolster our communities, our families, and our economy."

The Biden Agenda for Women will:

* Improve economic security. Biden will start by fighting for equal

pay, investing in women-owned small businesses, expanding access to education and training, and strengthening pay and benefits in careers disproportionately filled by women.

* Expand access to health care and tackle health inequities. Biden will expand access to high-quality, affordable health care for all women.

* Help women navigate work and families. Biden will expand access to affordable child care and care for older Americans and people with disabilities, and provide paid leave and other important workplace benefits and protections.

* End violence against women. Biden will work to end violence against women, continuing his leadership on this issue since he authored the Violence Against Women Act in 1994.

* Protect and empower women around the world.



Congresswoman Joyce Beatty

Senator Sherrod Brown and Ohio Leaders to Join Weeklong, Four-Stop Biden for President 'Made in America' Virtual Tour

Tour will highlight Biden's "Build Back Better" plan to create millions of new manufacturing and innovation jobs at events in Kent, Chillicothe, Lima, and Cleveland

This week, Senator Sherrod Brown and Ohio leaders and workers will join a statewide virtual tour discussing the "Made in America" plank of Joe Biden's "Build Back Better" plan to ensure that the future of America is made in all

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Anti-Racism Teach-Ins: Policy and Practice for Anti-Racism

(This is part 2 of a series.)

By Lynne Hamer, Ph.D.,

Special to the Truth

Faculty and students from the University of Toledo have organized teach-ins, open to the community hosted via Zoom, to work to understand and challenge white supremacy. This involves not just being passively “not racist” but being actively “anti-racist,” which requires learning how to implement anti-racist policies and practices on the individual and institutional levels.

Ibram X. Kendi (2019) defines racist as “one who is supporting a racist policy through their action or inaction or expressing a racist idea.” He defines anti-racist as “one who is supporting an anti-racist policy through their actions or expressing an anti-racist idea” (p. 11). Being anti-racist sounds easy in Kendi’s words, and most of the organizer/presenters of Anti-Racism Teach-Ins focus on how to get started.

Hope Bland, PhD, adjunct professor at the University of Toledo for both the Africana Studies program and Social Work and the Human Trafficking and Social Justice Institute, will take the series into the administrative realm with her presentation, The Importance of a Racial Equity Plan in Educational Institutions. Bland notes the need for educational institutions to place “Race” at the center of diversity initiatives aimed at achieving equity and justice in schools. In her presentation, Bland will critically examine systemic racism and its effect on our current educational system.

Bland notes, “Systemic racism in education is a root cause of so many other inequities that BIPOC (Black, Indigenous, and other People of Color) face. Racial equity policies in education focus on racial disparities and starts with recognizing the historic systemic racism in the education system and in society.” She recognizes, however, that it is difficult to take the first step: “One issue for White Americans who say that they want to dismantle racism, is not knowing precisely where to start. They worry about sounding racist and not sounding suitably anti-racist.” Her presentation and discussion will help participants develop the skills and language necessary to start.

Aaron Baker, a doctoral student in educational sociology in the Social and Philosophical Foundations of Education (SPFE) program at the University of Toledo, will address Critical Self-Reflection: Tools for Unpacking Seen, Unseen, and Unforeseen Racial Biases. Baker has taught undergraduates in the UToledo teacher education program how to reflect critically and how to develop tools to support reflection and action. Baker observes, “Research confirms that anti-racist teachers must regularly engage in rigorous self-reflection. Therefore, they must continuously seek to understand their students’ and their own racial backgrounds, heritage, and consequences of race that oppress some and privilege others.” Because of the centrality of reflection in being anti-racist, the teach-in organizers have built time for

reflection into each teach-in session.

Baker explains that his work is “is grounded in my experiences of racial isolation in schools where few role models looked like me.” He notes, “I hope to help better prepare educators to effectively serve marginalized students regardless of race, culture, gender, or LGBTQ+ status. I believe this starts with, us, educators understanding our racial and cultural identities.”

Quatez Scott is a Ph.D. student studying history of education, also in the SPFE program at the University of Toledo. His teach-in contribution is Antiracist Pedagogy as Praxis: Developing Personal Commitments to Racially Inclusive Classrooms. Scott has taught introductory level Africana Studies classes to undergraduates and has seen the impact that learning even a little knowledge and a few skills can have when students have not previously had access to knowledge and skills of anti-racism.

Scott is motivated to take time as a student to be part of the teach-ins because of the increased urgency of the moment. He explains, “I am participating in the teach-ins because now is an important time in our country to work with real educators looking to make transformational change in the ways we teach and understand marginalized communities.”

Sakui Malakpa, PhD, returns participants to matters of administration at both the classroom management level and the institutional level. A faculty member of the University of Toledo’s teacher education department, Malakpa will present Ideologies and Advantages of Diversity in Higher Education. Malakpa notes that throughout history and into the present, “several ideologies have been advanced to subvert the advocacy for diversity.” He draws on the ideas of Burke & Mayorga-Gallo (2017) to describe the “principle-policy gap” that often deep-sixes diversity initiatives and he involves participants in reflecting on how they can keep this from happening—in their own classrooms and through work at the institutional level. Malakpa will review various competing ideologies and outline advantages of diversity.

Malakpa notes, “It helps when teachers and administrators understand the arguments buried in ideologies to deny policies and practices that promote diversity. Thus, this presentation will cover not only the ideology of



Ibram X. Kendi

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Toledo Public Schools to Open 2020-21 School Year 100 Percent Virtual for All PreK-12 Students

Special to The Truth

The Toledo Public Schools Board of Education approved a recommendation from Dr. Romules Durant, CEO/Superintendent, that the District would begin the 2020-21 school year in a virtual learning environment for all students in grades pre-K through 12. It was also recommended and approved that the school year will begin for students on Tuesday, September 8.

TPS families should plan for remote learning through the first semester. However, families are also encouraged to remain flexible as students could pivot into a hybrid or traditional school model earlier.

The district initially announced they would begin the school year with a hybrid-learning model for PreK-12 students. However, public health conditions have dramatically worsened in Lucas County and throughout the state since the initial announcement. Ohio's Public Health Advisory System currently rates Lucas County at Level 3, or Red, indicating very high exposure and spread of COVID-19. The number of confirmed cases is rapidly increasing, and the level of risk is high even with strict health and safety protocols in

place for our schools.

TPS will continue to monitor public health conditions before determining when it is safe and practical to have students return to the classroom. The District has developed the following color system to indicate where our district stands during the pandemic.

GREEN: During the green light status, school is in full session as it has been in previous years. For those wanting to still use the virtual learning option, it will be available.

YELLOW: A yellow light status means that the virtual option is available, but physical attendance in a school will be on an A/B schedule. Students would either attend in-person classes on Monday and Thursday (Group A), or Tuesday and Friday (Group B), with Wednesday being an at-home online learning day.

RED: A red light indicates the most severe conditions are present and the district is operating with only the virtual learning option. Students will have access to all TPS learning resources and be provided a device and reliable Wi-Fi, as needed. State licensed and credentialed educators will teach live each day.

Toledo Public Schools realizes that nothing can replace face-to-face learning, but the health and safety of students, families, staff and the community remains the top priority. The District will continue to engage with families and staff and seek feedback throughout the first quarter of the year to make any necessary adjustments to learning environments.

For more information and to review the TPS official Reopening Plan, please visit tps.org/reopen.

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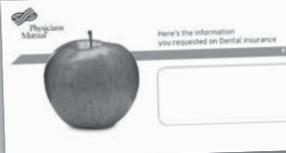
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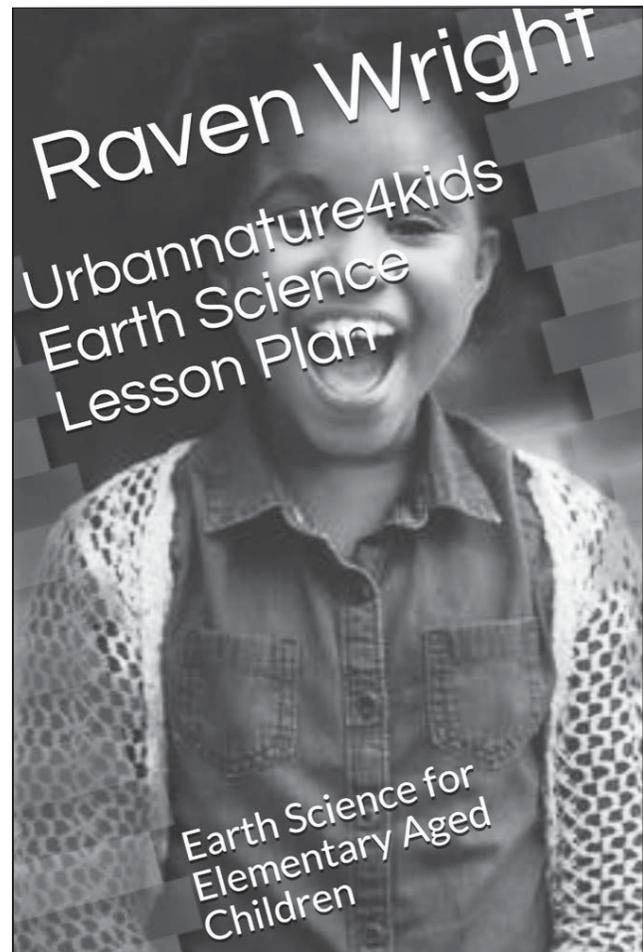
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Urbannature4kids Earth Science Lesson Plan ebook for children in grades K-4 available on Amazon. The book is authored and created by the Founder and CEO, Raven Wright
UrbanNature4Kids.com

Make it Easy. Make a Sandwich.

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

At one point in US history, August was recognized as Sandwich Month. It is convenient to go to a drive through to pick up a hot sandwich but for this summer month, let's talk about making easy, cold sandwiches. They can be tasty, convenient and healthy.

Choose 100 percent whole grain breads and other items such as wraps, buns, rolls, pita pockets, tortillas, or bagels. Use the food labels and nutrition facts to check for 100 percent whole grains. It should be one of the first ingredients listed on the ingredient list.

If it says "wheat flour" but does not specify whole grain wheat flour, you probably are not enjoying all of health benefits of eating whole grains. If you compare the Nutrition Facts Label with a product made from wheat flour verses one made with 100 percent whole wheat flour, it is very likely that the whole grain will have a higher fiber content.

Although bread is a typical sandwich bookend, sandwich fillings can also be rolled into other foods such as large lettuce leaves for a handheld menu. Get creative with other large fruits and vegetables to create the outside layers such as thick, roasted sweet potato slices for a "bun" or round apple slices for apple peanut butter sandwiches.

When filling the sandwich, choose slices of lean meats such as turkey, chicken or roast beef over highly processed luncheon/deli meat. Often, the more process meats have added sodium and might be higher in fat. Eggs are another protein that can be scrambled and added to a breakfast sandwich or hard-boiled and made into egg salad.

To save time, cook extra meats at a meal to use as "planned-overs" in a sandwich the next day. Roasted chicken could be used as sliced meat for sandwiches or chopped up for a tasty chicken salad recipe.

Be choosy about condiments. There are so many options of flavors and brands of sandwich spreads! Many – but not all – condiments are low in nutritional value and high in fat and calories and salt. Go light on mayonnaise, margarine, butter and cream cheese. Some other options that are not usually as high in fat include different flavors of hummus, different types of mustards, low-fat plain yogurt or light dressing.

Although it might sound unusual to mix plain lowfat yogurt with shredded tuna, turkey or chicken, try replacing some of your mayonnaise with the yogurt to decrease the amount of fat and increase the calcium. If you are choosing to use less of a favorite condiment, add additional ingredients to the sandwich to add flavor and crunch such as chopped onion, celery or pickles.

Fruits on Sandwiches? Particularly if you're using a nutbutter like peanut butter or almond butter, jelly is not the only option. Try sliced apples, pineapple or banana. For sandwich salads like chicken salad or tuna salad, add some shredded apple to sweeten the recipe.

Pile on the summertime vegetables! Shred or thinly slice vegetables to add color, taste and nutrients. Lay spinach, lettuce or arugula. Add sliced zucchini, cucumber, different colors of peppers and shredded carrots. The followign recipe is from University of Nebraska Lincoln.

Garden Vegetable Sandwich – serves 1

Ingredients

- 2 slices whole wheat bread
- 2 teaspoons Dijon-type mustard
- 1 ounce cheddar or Swiss cheese
- 2 slices tomato
- 4 slices cucumber
- 4 basil leaves or 2 romaine leaves (or other leafy green lettuce)

Put it together: Spread one side of each piece of bread with mustard. Lay ingredients on one slice of bread and top with the other slice. Cut in half. Enjoy now or pack up to go.

When taking sandwiches on the go, whether it is to work or school or for fun at the park, pack and store sandwiches in a clean, insulated tote. Keep it cool with an ice or gel pack or freeze a juice box or bottle of water to add to the tote. If eating on the go, have some hand sanitizer handy and pack a few extra napkins. The sandwiches can be healthy and give you the opportunity to get outside and enjoy the front or back steps or the local park. Enjoy the rest of summer with some tasty and easy meals.



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Raise a Glass to Democracy: Breweries Join the Vote Crusade

Sojourner's Truth Staff

During a visit to Toledo last week, Secretary of State Frank LaRose announced that about 40 craft breweries around the state of Ohio have partnered with his office to help expand his message on voter registration.



Secretary of State Frank LaRose

The breweries have signed up to create a universal label for their cans and bottles to encourage and boost voter registration. The products are expected to be available for purchase by early September, well ahead of the October 5 registration deadline.

"It started as an idea to get more people to vote," said LaRose during a press conference held at Maumee Bay Brewing company with Craig Kerr Brewery, manager of Maumee Bay Brewing Co., and Scot Yarnell, co-owner & brew master of Earnest Brew Works.

The labels will promote the VoteOhio.gov website and also permit each brewery to include its own logo or branding.

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Anti-Racism... continued from page 5

colorblindness but also diversity as intent, acceptance, commodity, and liability."

The organizers are structuring the Anti-Racism Teach-Ins as a safe space in which all participants work together with small but substantial steps. We will practice keeping our focus on the problems to be solved, but will also be reflective about how the problems manifest in our own practices and how we can change that. The organizers understand that all of us, black and white, need to address white supremacy and racism personally, but that we can only do so by not taking the issues personally.



Hope Bland, PhD

White supremacy will not be dismantled in ten sessions, and anti-racism is a daily practice, not something to be mastered in ten easy lessons. The organizers hope that other presenters and topics will emerge as the teach-ins progress and that people will continue to work together, day by day and step by step, to become anti-racists instead of just "not racist."



Aaron Baker

References

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Kendi, I. (2019). *How to be an antiracist*. New York: One World Press.

The author is one of the organizers Anti-Racism Teach-Ins. For part 1 of this article, see <http://www.thetruthtoledo.com/story/2020/072920/lynne.htm>.

The teach-ins are open to the public with a special invitation to teachers, administrators and parents who want a safe space to work together to learn about, challenge and change white supremacy in schools.



Quatez Scott

Join in Zoom meetings, 5-6 pm Mondays and Wednesdays, August 3 until Labor Day, at <https://us02web.zoom.us/j/87347454267>, meeting ID: 873 4745 4267. On Facebook, follow Anti-Racism Teach-Ins at <https://www.facebook.com/profile.php?id=100053978557767> for the schedule and links to materials shared in teach-ins. When the coronavirus is under control and limitations on gatherings are lifted, sessions will take place at the Mott Branch Library and continue to be accessible via Zoom.



Sakui Malakpa, PhD

The Anti-Racism Teach-Ins are hosted by the Toledo-Lucas County Public Library and supported by The Sojourner's Truth, which will make resources from the sessions available on its website. *The University of Toledo is not an official sponsor of this series.*

Online Information Session

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Slowing Down: Meet Demetrius Haynes

By Mariah Hicks, Brothers United Coach
Special to The Truth

"I was 19 when my first co-parent got pregnant and 20 when my daughter got here. It taught me to slow down and all that living fast is not worth it. Going in and out of jail and friends ain't worth."



Demetrius Haynes

Demetrius Haynes wasn't prepared for fatherhood at first. He was caught up in the wrong things and found himself in trouble often. He and his first co-parent tried to make the relationship work, but due to consistent arguing and the police getting called to their apartment multiple times, he ended up catching a case and going back to jail for 16 months.

"My cousin taught me how to be a father. I threw my child under at first. I didn't know what to do. I was like, 'I'm a man, I don't change a female's diaper.' My cousin, she sat me down and taught me how to."

Haynes heard about Brothers United through some of the staff when he was at Jobs and Family Services. He joined because he believed the program could teach him how to be a father.

"I wanted to be a great dad. With the program, I became the best dad I can be."

He expressed that Brothers United humbled his "alpha dog" mentality and made him sit back and listen to his co-parents and his kids. He realized that having children and being in and out of jail wasn't a life he wanted to live.

"It helped me realize that it wasn't just about me any more. I slowed down and paid attention. It made me want to start working to provide and stay out of jail."

Mr. Haynes has a baby due this December. He expressed that he wants to be there 24/7 and work more so he can save money.

"BU taught me how to be a man. They made me feel like a star for my kids because I feel like I can give them a life I never had."

If you are interested in joining The Brothers United Program or have someone you want to refer : Call us at (4199) 279-6297 or www.pathwaytoledo.org

Standing Up For Something: Meet Deontae Ellis

By Mariah Hicks, Brothers United Coach
Special to The Truth

"My life before BU was trouble. I was getting into trouble and doing things I ain't have no business doing. I was not focused on my priorities the way I should have been."



Deontae Ellis

Deontae Ellis was 19 when he first became a father. His relationship with his co-parent wasn't good due to a lot of arguing and a failure at compromising or taking the time to listen to each other.

"Becoming a father taught me that I can stand up and be there for someone. It showed me that someone can depend on me. Even though I may not have all the answers, as long as I try and give my best effort, everything will be alright."

Ellis found out about Brothers United from his step-brother. He joined because it was an opportunity to be around men going through some of the same things that he was going through. He also realized that the opportunities the program offered could help him become a better man.

"BU taught me patience and how to compromise with my co-parent. It taught me values and priorities. It taught me to stand for something."

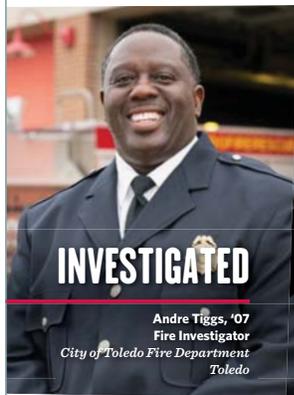
Ellis learned to use the term co-parent when addressing the mother of his child. He also realized that he didn't have to be afraid to ask questions and admit when he needs help.

Life after Brothers United has been more positive for Mr. Ellis. He credits the program for helping him learn how to protect his children and open up and express himself to them, which has enhanced their relationships.

"I look at things more optimistically. Brothers United has basically boosted my life, taught me a lot of valuable lessons. I look forward to telling people I was a part of BU and being acknowledged when people see me."

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Alzheimer's Association Hosts African American Community Forum on Dementia and Alzheimer's

Special to The Truth

When people come into Terri Littlejohn's home, she is extremely protective of her mother.

Dorothy Crane, 86, has Alzheimer's disease. Plus because of COVID-19, she doesn't want to do anything that could cause another illness. "It's just different," Littlejohn said. "You can't do too much to change their routine. It throws her whole day off."

Terri Littlejohn is just like millions of Americans who care for their loved one with Alzheimer's or dementia at home. "It's easy for me, a blessing for me because I am married to a man who accepts this as a norm for us when the change occurred," she said. "I still have days when it's hard sometimes to take care of her because you've got to make sure you tend to her needs first sometimes before my husband."

African-American seniors are about twice as likely as whites to have Alzheimer's or another dementia. The Alzheimer's Association Northwest Ohio Chapter will hold a virtual African American Community forum about dementia and Alzheimer's on Wednesday, Sept. 2.

Pamela Myers, program director for the Alzheimer's Association Northwest Ohio Chapter, said the Forum provides an opportunity for Toledo residents to learn about the disease, to find out about available educational and support resources and to share their experience with the disease. The event allows Alzheimer's Association staff to listen to the needs in the community so the agency can enhance their support of families dealing with Alzheimer's disease. "We understand the importance of early diagnosis, care and support and sharing information in our local communities," Myers said.

Alzheimer's disease is a progressive and fatal brain disease that causes problems with memory, thinking and behavior. In the United States, 5.8 million Americans live with Alzheimer's disease and in northwest Ohio, 32,000 people live with the disease and 96,000 are caregivers.

Individuals needing immediate support can call the Association's 24/7 Helpline at 800-272-3900. If you are interested in attending the forum contact Dakota Stone, program coordinator at dstone@alz.org.



Terri Littlejohn and mother Dorothy Crane

Sen. Sherrod Brown in Your Hometown Declaring Racism a Public Health Crisis

Guest Column

Cities and counties around Ohio have led the country in declaring racism a public health crisis.

... continued on page 12

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A Mental Health Moment: Sticks and Stones.....

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

One of my favorite comedians of all time is Dave Chappelle. If you are familiar with his works, last year he produced a phenomenal stand up, in my opinion called Sticks and Stones. I enjoyed this particular stand up because he talked about everything and everybody but in a most classic, intelligent manner that left no one, or should have left no one feeling insulted.



He talked about life in a comedic manner that honestly things we have all thought about ourselves. I believe he meant no harm. I also appreciate his historical accounts of facts that no one can deny or debate in his other performances. He is an Ohioan.

As a child myself and many of you have probably heard the words, "sticks and stones may break my bones but words will never hurt me." My personal experience as a child, yes I was bullied for many reasons, I was hurt by sticks and stones and often fought for reasons unbeknownst to me for whatever reason the other child decided to use me as a beating stick for their own anger, most likely brought on by their own family dysfunction.

Children learn from adult behavior. They repeat what they hear, they repeat the behavior. If they are unfortunate in growing up in a household of abuse whether it be physical, mental, emotional, sexual or verbal, they will follow the same path. There is no such thing as a bad child. What does exist is bad parenting. Yet children are reprimanded for bullying, for calling other's names they can't even spell and their belief system becomes that of the parents/caregiver's behavior.

I recently had the experience of a family member, a church going person, tell me that if I spoke to my child as others did in her household he would behave more properly. The debate consisted of me asking her why she would allow a guest in her home to speak to her young children in a manner in which an adult would curse out another in a club.

Choice words I am unable to pronounce in this publication but let's just say the "F" word, the "B" word, the "Get the F out of her word and sit your "MF ass down." I was appalled. My thoughts were this individual was instilling in her children a belief system of unfavorable mention creating low self-esteem, low confidence and anger.

I reprimand my children when they make bad choices. I do not see the

positive in utilizing words children cannot spell let alone wish to repeat. In social settings and in school these children begin to repeat those words and behaviors and are then reprimanded by educators and the parents/caregivers then want to punish them for their behavior.

Children need love, attention and discipline. Discipline is in no way associated with hateful words that will follow them through adulthood along with anger, rage, hate, low-self esteem and overall bullying. Children are gifts from God and deserve to be raised in an atmosphere contingent upon trust and again love. Children make mistakes, adults make mistakes and forgiveness and an explanation of right doing will make all the difference of our future generations of children who will one day be our own caretakers and leaders of this world. When we do and say ugly, disrespectful things to others, it's merely a reflection of what's inside of us.

Sticks and stones may break our bones but words, words can destroy a child's future and fulfil a negative belief system. Take a mental health moment and choose your words and behavior carefully around our most precious commodity of our future.....children.

"There can be no keener revelation of a society's soul than the way in which it treats its children." — Nelson Mandela, Former President of South Africa.

This article is dedicated to all the adults who suffered the negative impact of negative words, who now struggle to heal from a negative belief system instilled in them by adults who either knew no better or had no business in having or raising a child. To the children who now suffer from the negative impact of these deplorable acts, it is not your fault, you are not bad, you are a beautiful child with a bright future. Love yourself and ignore the ignorance of those who project their faults, anger and hate upon you. You are blessed and protected beyond those who wish harm...Karma (what goes around comes around) is a.....let's just say not a nice thing.

Bernadette Graham is a Licensed Professional Mental Health Counselor, National Certified Counselor and Certified Grief Recovery Specialist. 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). www.bjgraham-counseling.com

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Perryman... continued from page 2

making phone calls to recruit new councilpersons. Candice Harrison is one that, perhaps, has been contacted. They have also reached out to Randall Parker for District 4 and Marsha Hill and Theresa Gabriel for District 1. Josh Abernathy of the Building Trades, though not a minority, his name has also come up.

Ashford: At this point, it's an open process, and there are names out there floating around, but I don't know.

Perryman: I have also heard that those who are interested should be prepared to be scrutinized. Candidates should make sure that their taxes, water bills, etc. are paid because they will be under a microscope.

Candidates who possess a business background, electability or who understand the role of a councilperson and can walk right in the door and perform the job are preferred.

Ashford: Again, the appointments are not coming through the Party; we don't even take calls. If anybody calls the Party or looks at our Facebook and website, we have directed them to Jack Puffenberger. His contact is judgепuff@lucas-co-probate-ct.org. You can also mail your resume to: Judge Jack Puffenberger, Lucas County Probate Court, 700 Adams St. Ste. 200, Toledo, OH 43604; or leave it in the probate court dropbox.

Perryman: What effect will the simultaneous suspensions of four blacks have on city council?

Ashford: Taking away almost 80 percent of African-American representation on city council has a tremendous impact. I want to see that people of color are replaced by people of color. However, I want to make sure people clearly understand that you're not going on city council to just an assumed seat, you're going on to actually serve people.

Perryman: The sole task of a city councilmember, then, is to serve people. Is that what you're saying?

Ashford: The number one priority, if the applicant is applying, is to understand that you're there to work on behalf of the citizens of this community. You can't go in because of your ego or because you want to make a name for yourself. You're going in there to help people.

Perryman: Will the suspended councilpersons' legal issues burden the Democrats throughout the election?

Ashford: Absolutely not. The indictments will not hold us back, or better yet, hold any Democrat back when we're going to the polls. You have to understand; people are concerned about their daily lives. We have 48 million people in this country that are unemployed, an unemployment rate of 18 per-

cent in Lucas County, almost one out of five people not working. People are trying to figure out where their next meal or their next check is coming from. They know they have to get out and vote in this presidential election because they don't want to go the next four years with Donald Trump.

Perryman: Leadership and other experts suggest that the first step in managing a crisis is to stabilize the situation. The next step is to "adapt to the uncertainties of a new reality in order to thrive." Since the crisis is far from over, where does the Lucas County Democratic Party go from here?

Ashford: Over the next 12 months, we'll get through the process. We'll start putting people back in place on city council and we'll be proud of them. We'll do a good job and move forward to bring our core Democratic values back to this community. That's where we go from there. It is one thing at a time and we're getting there. We've already had some small victories and we feel terrific about them.

Perryman: Two final things. The mail has been slowed down by the U.S. Postal System. How do we overcome the challenge of trying to vote in a pandemic without getting sick? The last issue is your take on the mayor's tax proposals.

Ashford: The first issue is one that the Ohio Secretary of State has the power to order. In fact, Toledo is relevant because our mail goes to Michigan. Columbus' mail stays in Columbus and Cleveland's mail stays in Cleveland, so we have a much more significant challenge. Even though the mail is being slowed down throughout the country, ours is just as bad as it gets.

Nevertheless, the Ohio Secretary of State has the power to order the postmaster or the governor has the power to ensure that if mail is labeled Board of Elections for Lucas County, it stays right here in Toledo and does not go to Michigan. So, that's the first thing.

The second one is that I support both tax levies because they care about jobs, the public safety of our community, and making sure that our streets are taken care of and maintained. So, yes, I support them both.

Perryman: Are you going to contact the governor to change the mail policy?

Ashford: I think that message comes from our state representatives and our state senators. In fact, they have a bigger voice in Columbus than I do right now. If they make the mail policy a priority and get it in front of the governor, a change could happen. The good thing is we have great representation in Columbus. We have Paula Hicks-Hudson, Lisa Sobecki and Marcy Kaptur. They know our concerns and are well able to address our needs in Columbus.

Perryman: Thank you.

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

Sen. Sherrod Brown... continued from page 10

The first step to solving a problem is recognizing its existence. That's why I joined my colleagues Senators Kamala Harris and Cory Booker to continue the effort at the federal level. We introduced a Senate resolution last week that declares racism a national public health crisis, and acknowledges the systemic barriers that people of color, especially Black Americans, continue to face in our health care system.

The COVID-19 pandemic has been the "Great Revealer," and exposed what Black Ohioans already knew: racism threatens their health, their safety, and their lives, every day.

We see it in disparities in access to health insurance and quality health providers, and implicit biases in our health care system. We see it in a justice system and an economic system that too often treat Black lives as expendable. And we see it in all the social determinants of health - education, environmental hazards, housing, and job opportunities.

Of course we know a resolution alone won't solve centuries of racism baked into so many of our systems. This acknowledgment must be the beginning of the conversation - it's a commitment to engage with communities that have been silenced for too long, and work together for long-term change.

It's why in crafting this resolution, I held virtual roundtables to get input from Ohioans across the state - NAACP chapters and groups of young Black leaders and public health officials. The best ideas aren't going to come out of Washington - they'll come from Black and brown communities who have been living with these inequalities and fighting this fight for generations.

This month we lost an American hero and an icon of the Civil Rights Movement, Congressman John Lewis. From the age of 20, John risked his life fighting for justice and racial equality in this country.

We must carry the torch he has passed us as long as we can, and honor his legacy by continuing the fight to finally tear down the walls of racial inequality in this country once and for all.

Virtual Tour... continued from page 4

of America by all of America's workers.

Across Ohio, Donald Trump has broken promises to manufacturing communities and working families who are struggling to get by. Joe Biden believes that American workers can out-compete anyone, but their government needs to fight for them.

That's why his plan will mobilize the talent, grit, and innovation of Ohioans and the full power of the federal government to bolster American industrial and technological strength well into the future. In addition to bringing back the jobs lost this year, Biden's plan will help create at least five million new jobs in manufacturing and innovation.

On Tuesday, August 4, Portage County Commissioner Kathleen Clyde will kick off the tour in Kent. The tour will continue on to Chillicothe on Wednesday, August 5, with Mayor Luke Feeny; to Lima on Thursday, August 6, with Mayor David Berger; and conclude in Cleveland on Friday, August 7 with Senator Sherrod Brown.

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The Shared Room by Kao Kalia Yang, Illustrations by Xee Reiter

By Terri Schlichenmeyer
The Truth Contributor

Sometimes, things change in a minute. You look, and it's one way. You look again, it's different, and you didn't even see the change happening. You might not like it but that never matters. As in the new picture book *The Shared Room* by Kao Kalia Yang, illustrations by Xee Reiter, that's when it's best just to take a deep breath, roll your shoulders, and move on.

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If it were any other winter day in Minnesota, it might've been nice. It was warm enough for the snow to melt and you could almost see that spring was coming. But inside the house in east St. Paul, there were shadows across a dark fireplace and quiet floors. There was light in the house, but no sunshine.

Pictures hung on the wall but it was hard to look at them because they reminded the family inside the house that one of them was missing. It had been seven months since the girl with the shiny brown hair and big toothy smile, the happy little girl in a framed picture, had walked into a lake, misstepped, and accidentally drowned.

Nobody had seen it happen and nobody in the family could forget. The mother and the father couldn't even bear to take the sheets off the girl's bed and for seven months, they visited her room and cried once, twice, three times a day. The house was quiet, except when someone would play a video of the girl on their phone, and everyone watched.

But then, something shifted. Ever since the youngest brother was born, the oldest brother shared a bedroom with him in the house in east St. Paul. There were four bedrooms, four children and two parents, so there had to be sharing – until the parents asked the oldest brother if he'd like to have his sister's room. He'd have her bed. He would have her dresser and her closet.

But he would never have her back. Would he miss his sister forever? Is *The Shared Room* a book for children? You may wonder that after you've read it through once – and you should,

to gauge its appropriateness for your child before you present it. It's a lovely story, but it's also deeply, unbearably sad.

While the artwork by Xee Reiter may soften things a bit, author Kao Kalia Yang's tale starts with silence and ends like a grey tattered shawl draped over every page. This profound mourning leaves a heaviness over the story that stays well beyond the final page, and you'll feel it in your chest.

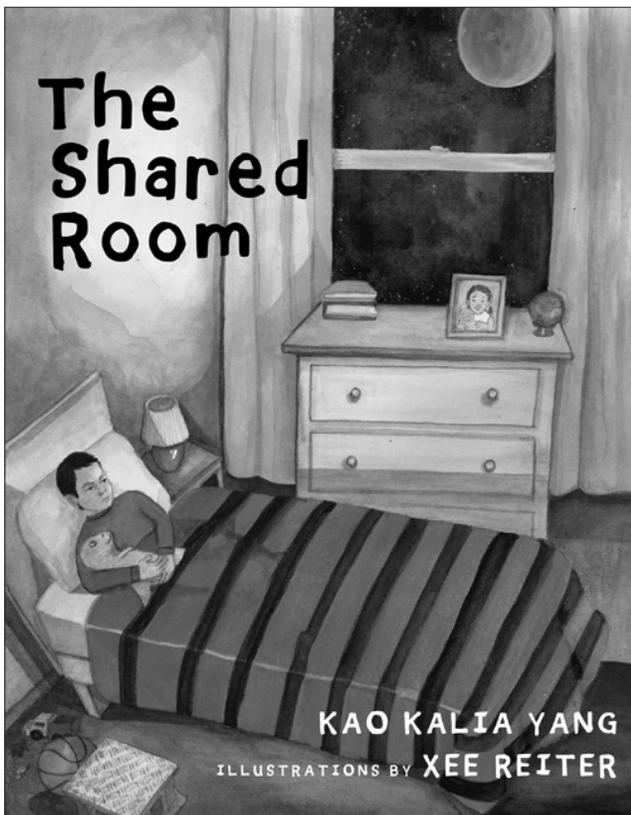
And yet, if you can withstand the pall, there's a sliver of hope inside this book and a reminder that life goes on. It also serves to tell a child that it's best to come to terms with death but that never forgetting is okay, too.

Again, read this book through once before you give it to your eight-to-12-year-old. *The Shared Room* may prove to be too much, too early, too overwhelming – or it may change your child's grieving.

Raise A Glass... continued from page 8

"Our democracy can only thrive when we hear the diverse voices of everyone," said LaRose while noting the impact of breweries from around the state both in their outreach to consumers and their enhancement of the labor force with their hundreds of employees.

"Beer and democracy go together," said the Secretary of State. To register online at VoteOhio.gov, Ohioans will need to provide their Ohio driver's license or Ohio identification card number, name, date of birth, address and the last four digits of their Social Security number.



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CRUSADERS FOR CHRIST CHURCH Presents **Youth & Young Adult 4th Sunday**

Have you been feeling the nudge to develop your life more spiritually but aren't quite sure how to begin? If so, this theme-enriched and spirit-filled experience is designed just for you. Visit us on Facebook - I have a special video message for the serious pursuer!

Youth & Young Adult 4th Sunday

When: Every 4th Sunday
Time: 11:00 am
Where: Crusaders for Christ Church
910 Woodbelle Rd.
Toledo, Ohio

Bishop Joseph Mitchell Jr., Pastor Emeritus Lakota Mitchell, Pastor Leah

Crusaders for Christ Church • www.crusadersforchristchurch.org

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Annual Membership available and receive complimentary Bookings Church and Organizational Bookings welcomed
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CLASSIFIEDS

August 5, 2020

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ADDITIONAL CONTRACTORS FOR UPCOMING PROJECTS

Lucas Metropolitan Housing (LMHA) and its non-profit affiliate Lucas Housing Services Corporation (LHSC) are actively seeking new Contractors for all trades to increase its pool of contractors. Projects include home renovations, general maintenance work, 24-hour emergency response, snow removal for approximately 45 lots, and other trade related work such as boiler replacements.

Minority and woman-owned businesses and Section 3 businesses are encouraged to apply. For more information and for a reservation at an upcoming informational meeting about how to do business with LMHA and LHSC, please contact Sherry at 419-259-9446 or stobin@lucasmha.org



THE TOLEDO-LUCAS COUNTY HEALTH DEPARTMENT IS HIRING!

Current openings:

Nurse Practitioner- Reproductive Health & Wellness Clinic

The Toledo-Lucas County Health Department is an Equal Opportunity Employer. The Department operates in accordance with Title VII of the Civil Rights Act of 1964.

For job descriptions and information on how to apply, please visit our website:

<https://www.lucascountyhealth.com/about/career-opportunities/>

INTERIM CITY COUNCIL POSITIONS

For those interesting in applying for the interim positions for Toledo City Council, send Judge Puffenberger a letter of interest and a resume by August 21, 2020. Please specify which position you are applying for; District 1, District 4, or At-Large. Applicants can submit their letter and resume via email (judgepuff@lucas-co-probate-ct.org) fax (419-213-4764,) postal mail (ATTN: Judge Jack R. Puffenberger, Lucas County Probate Court, 700 Adams St. Ste 200, Toledo, OH 43604,) or by dropping it off at the Lucas County Probate Court in the drop box provided. This information is also posted on the Lucas County Probate Court website: www.lucas-co-probate-ct.org.

REQUEST FOR PROPOSALS TRANSITION AGE YOUTH SUPPORTIVE SERVICES RFP20-LHSC015

Lucas Housing Services Corporation (LHSC) will receive proposals for Transition Age Youth Supportive Services. Received in accordance with law until August 18, 2020 at 3:00 PM ET. See documents: www.lucasmha.org; 201 Belmont Ave., Toledo, OH 43604; or 419-259-9446 (TRS: Dial 711). Affirmative Action and Equal Employment Opportunity requirements (Executive Order #11246). This contract opportunity is a Section 3 Covered Contract and any Section 3 Business Concerns are encouraged to apply.



CLINICAL DIRECTOR

Status: Independent Contractor

Date: May 28, 2020

ABOUT US:

Center of Hope Family Services, Inc. is a 501(c)(3) nonprofit corporation founded in 1997. Our mission is to improve the life outcomes of adults, children, and families in urban settings.

SUMMARY:

The Clinical Director is an independent contractor who will collaborate with the Executive Director, the Management Team and the Clinical Services Team. The Clinical Director is responsible for designing and implementing client services that address Center of Hope Family Services' mission and are provided in a manner consistent with Agency vision and values.

ESSENTIAL RESPONSIBILITIES:

1. Recommends a system of clinical programming for achieving budget goals and assuring quality of care by adhering to relevant best practices and State mandated requirements.
2. Ensures that clinical decisions are made in the best interest of the client.

REQUIRED QUALIFICATIONS:

1. The Clinical Director must have a master's degree from an accredited college or university in social work, psychology, or other closely related human service field.
2. Must be licensed to practice in the State of Ohio in psychology, social work or professional counseling.
3. Must have demonstrated extensive experience in the treatment and care of individuals who have mental health, substance abuse or trauma related issues and/or children who have experienced these issues or child abuse / neglect.
4. They must have prior supervisory experience.

To apply, please email your resume to jobs@cohfs.org.



NOTICE OF JOB VACANCY

LICENSED SOCIAL WORKER OR REGISTERED NURSE

Care Manager- with one (1) year of paid clinical experience in home and community based service. To conduct care management, and assessments for individuals in need of community based long-term care. Benefit package. Knowledge of community resources and reliable transportation required.

Reliable transportation, successfully passing criminal background check (BCI/FBI), drug/alcohol screening, valid driver's license, insurance and the ability to satisfactorily undergo a Motor Vehicle Record check (MVR) on at least an annual basis

Excellent Benefits. EEO/AAP, Bilingual and minority applicants encouraged to apply

Deadline for application: Until position filled

Submit resumes to:
Samuel H. Hancock
Ed.D.

Vice President of
Human Resources
Area Office on Aging
of NW Ohio, Inc.
2155 Arlington Avenue
Toledo, Ohio 43609

Or

jobs@areaofficeonaging.com

This description is intended to indicate the kind of tasks and level of work difficulty required of the position. The title of this job shall not be construed as declaring the specific duties and responsibilities of the position. This position description and/or job vacancy notice is not intended to limit or in any way modify the rights of any supervisor to assign, direct, and control the work of employees under supervision. The use of this particular expression or illustration describing duties shall not be held to exclude other duties not mentioned.

Call to place your ad:

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