

The Sojourner's Truth

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“And Ye Shall Know The Truth...”

September 2, 2020

Toledo Buffalo Soldiers Honor Local Scholars



L. to R: Earl Mack, Ebony Cunningham, Fred LeFebvre, Russell Chapman, Tyra Smith, Kyla McCoy, State Rep. Paula Hicks-Hudson, Brooklynnne Gregory, Larry Taylor

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On Strike

By Rev. Donald L. Perryman, PhD

The Truth Contributor

I don't want your pity, I want change.

- Letetra Wildman, sister of Jacob Blake



The NBA players went on strike, refusing to play scheduled basketball games to protest the police shooting of Jacob Blake in Kenosha, Wisconsin, last week. Blake, who remains paralyzed from the waist down, was shot seven times in the back at point-blank range while the officer held him by his tee-shirt.

The players finally had enough after George Floyd was killed by an officer who knelt on his neck for over eight minutes in Minneapolis, police killed Breonna Taylor in her own bedroom in Louisville, and numerous other unarmed black men and women died at the hands of law enforcement. Ironically, a young white teen armed with an AR-15 was able to walk past hordes of police officers while apparently trying to surrender after killing two protestors and wounding another in the Blake shooting aftermath.

The NBA players found solidarity with athletes and teams from the WNBA, Major League Baseball, NHL hockey, professional tennis and MLS soccer, who also implemented a work shortage.

The result?

Slogans, tee-shirts, and pro-social justice public announcement statements were not enough. Today's athletes, more high-profile and earning more money for themselves and their owners than ever before - and more unified - were able to use their collective status to bring awareness to police brutality and effect tangible change.

The players' actions gained a commitment from their employers to use every team-owned arena as a polling place. The deal will ensure a safe space to cast votes in the November election amid the COVID-19 pandemic. The negotiations also produced a "social justice coalition" of players, coaches, and owners to "promote civic engagement and advocate for meaningful police and criminal justice reform."

Using the NBA as a model, how might others use influence to bring awareness to systemic racism and help usher real change?

Certainly, high profile professional athletes have real power, as Ann Killion recently pointed out in the San Francisco Chronicle. "They have a voice. They have platforms. They have access to people with enormous wealth and influence," she wrote. Like the NBA, it's time for others to use those same devices to effect change.

Anthea Butler, associate professor of religious studies and Africana studies at the University of Pennsylvania, and co-organizer Kevin Gannon, director of the Center for Excellence in Teaching and Learning at Grand View University, have organized a work stoppage and virtual, public teach-in on police violence and racism, for example. Participating scholars will "pause their normal teaching and administrative duties on September 8 and 9" in the wake of the Blake shooting and the killings of Breonna Taylor and George Floyd, according to Colleen Flaherty for Inside Higher Ed.

What if teachers, school leaders, coaches and public school administrators who serve as examples of public education's value and payoff used their real power and went on strike to highlight systematic racism throughout society, including an unequal education system?

Or, what if students of poverty and color and parents refused to show up for school to drive real change in education?

One of the underlying causes of the current racial divide is the lack of knowledge about blacks and other people of color.

What if parents refused to send their children to school until schools stopped teaching a white-dominant culture only? Until they are no longer mis-taught because books are mostly written and designed by those who leave the black experience out of the curriculum?

What if we boycotted all elementary, high schools, and universities until they make African-American history and social justice courses mandatory rather than a mere obligatory aside during February? We have allowed others, who have mastered the art of deception, to profit from our perpetual ignorance and generational lack of information.

Sadly, our educational system is not the only institution that keeps us tethered to systemic racism's status quo. Too many of our churches also only present us with "what European males say." Authentic scholarship, secular or religious, needs also to include the black perspective, female interpretation, and the vantage of other marginalized and excluded groups.

Yes, the Black Lives Matter movement and the continuing death of unarmed blacks by police are slowly changing the church. Some churches are beginning to take their financial resources out of mainstream banks and depositing them in black financial institutions. That is noble.

But, what if pastors, church members, and those who serve as a positive voice in congregations and community, would stay home until the church portrays Jesus as the Bible depicts him. Borrow the words of Brenda Salter McNeil, "as a radical figure - a man of color - flipping tables in the temple to point out economic injustice and to agitate for the dignified treatment of lepers and prostitutes." Christ sought to upend corrupt social hierarchies, not to reinforce them or look the other way, Salter McNeil says.

What if the Black Church, instead of using the white-supremacist oriented Sunday School and Vacation Bible School curricula, incorporated Black History, Black Literature, Black Children's Literature, and Black Scholars in their ethical teaching?

What if the Black Church utilized black women's voices, positive youth voices, and culture, black experience, the black value system, or the African origins of scripture? Protests are wonderful. However, Black people and institutions must use our influence and our minds to effect real change.

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When Jesus Is Not Enough

By Lafe Tolliver, Esq

Guest Column

This scolding or spanking is targeting the nigh 81 percent of white evangelicals who pulled the voting lever in 2016 for Donald Trump.

I start with the questionable and debatable premise that those identified as white evangelists have even a rudimentary knowledge of the book's teachings, precepts and more importantly, the character and wisdom of Jesus that they purportedly profess to follow.

Yes, it is that same Jesus (by the way, was a dark-skinned Semite) to whom they lift up holy hands in their sanctuaries during Sunday morning worship; and who get teary eyed when they read the scriptures regarding how Jesus went around doing good and blessing those who were without and were considered the outcasts of society.

The one and same Jesus that they have turned into a money grubbing merchandising machine replete with plastic cups, T-shirts, pens, banners, podcasts, CD's, key fobs, magnetic signs, posters, hats and quacky get rich quick scheme books,

What you are now experiencing is a tsunami shift in evangelical thought by which the old boundary lines and firewalls which once stood for the integrity and truth of scriptures, is being quickly eroded and is being replaced with the cultic personality of Donald Trump becoming their "go to savior."

What was once a body of believers who attested to the inerrancy of scriptures and the finality of the Word of God on all matters of morality, is now a corpus of beliefs being jettisoned in favor of blurred lines constituting the non-negotiables markers of the Christian faith.

With the puzzling rise of Trump as the titular head of the emasculated GOP and with the majority of white evangelicals basing their cultural hopes on the quicksand of Trumpism, evangelical White America is sliding into the goop of nonsensical thinking that Trump is the God-ordained protector of their faith and their shield against the onslaughts of a wicked world.

Trump, being an accomplished con artist as attested to by those who intimately know him, willingly allowed himself to be transfigured from a reality TV showman to the protector of the faith for those white evangelicals who chafe at being persecuted for their stances on all things biblical.

Herr Trump, knowing how to play to the fears of the religious right, allowed

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The Benefits of White Privilege

By Anthony Bouyer, PhD
Guest Column

Racial imagery is central to the organization of the modern world. Whose voices are listened to, who gets what jobs, housing, access to health care and education, what cultural activities are subsidized and sold, in what terms they are validated?

Public perception drives public policies. Because of people's capacities and worth, the judgments based on what they look like, where they come from, how they speak, even what they eat, those are racial judgements. Race is not the only



factor governing these things, but it is never not a factor.

Yet, until recently, a notable absence in the study of racial imagery has been the study of images of white people. To say that one is interested in race has come to mean that one is interested in any racial imagery other than that of white people. Yet race is not only attributable to people who are not white, nor is imagery of non-white people the only racial imagery.

In fair social systems, individuals generally get what they strive for according to predictable rules that apply equally to everyone. This tenet of U.S. society, that most citizens, regardless of race, believe ought to be the case. However, in reality, the rules do not work the same way for everyone. Dominant groups make the rules in order to retain control over the resources of the society. Different groups actually experience societal rules differently.

Most people in the U.S. analyze who gets what only in terms of individual effort and ability. Privilege allows people to assume a certain level of acceptance, inclusion and respect in the world. Privilege grants a presumption of superiority and social permission to act on that presumption without having to worry about being challenged.

Race privilege is more about whiteness than it is about white people. Black and people of color are not race privileged because of who they are. Whiteness is privileged in this society. Since being white is valued in this society, whites tend to compare themselves with other whites, not people of color.

Peggy McIntosh, American feminist, anti-racism activist, scholar, speaker, and senior research scientist of the Wellesley Centers for Women, in her work on white privilege, "White Privilege and Male Privilege: A Personal Account of Coming to See Correspondences Through Work in Women's Studies," says that denial surrounds the subject of advantage which whites gain from minorities' disadvantages.

These denials protect white privilege from being fully acknowledged. McIntosh says whites are carefully taught not to recognize white privilege, as males are taught not to recognize male privilege, and whites have come to see white privilege as an invisible package of unearned assets which they can count on cashing in each day, but about which are to remain oblivious. According to McIntosh, white privilege is like an invisible weightless knapsack of special provisions, maps, passports, codebooks, visas, clothes and blank checks.

McIntosh described 25 privileges her whiteness afforded her. Do to the lengthiness of the list; I will only submit the following:

1. If I should need to move, I can be pretty sure of renting or purchasing housing in an area which I can afford and in which I would want to live.
2. I can go shopping alone most of the time, pretty well assured that I will not be followed or harassed.
3. When I am told about national heritage or about "civilization," I am shown people of my color who made it what it is.
4. I can be sure that my children will be given curricula materials that testify to the existence of their race.
5. Whether I use checks, credit cards, or cash, I can count on my skin color not to work against the appearance of financial reliability.
6. I can arrange to protect my children most of the time from people who might not like them.
7. If a traffic cop pulls me over or the IRS audits my tax return, I can be sure I haven't been singled out because of my race.
8. I can take a job with an affirmative action employer without having my co-workers on the job suspect that I got it because of my race.

For people of color, and particularly African American males unfortunately, their race and gender has been priced cheaply and these privileges are inconceivable if not totally foreign to their imagination. The existential chasm between white privilege and being a black male is the price of taking a black man's life. To be a black man is to be marked for death. How do these marks appear? How that is the black male body "presents itself "as an object to be killed?"

Unlike white privilege, black people, especially black males are subject to a virtual probation. the presumption that black people are disposed to criminality and they are guilty until proven innocent. Some white people do not have to harbor conscious racial animus against black people to

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Elected and Union Leaders Respond to Trump's Goodyear Remarks

By Tricia Hall

Sojourner's Truth Reporter

Ohio's Democratic elected officials and an Akron-based union leader are issuing a statement of support for Goodyear Tire and Rubber Company in response to recent events linked to President Trump. A press call was organized on Tuesday, August 25 which included Ohio Senator Sherrod Brown, Akron Mayor Dan Horrigan, Steelworkers Local 2 President Jack Hefner, and also U.S. Representatives Tim Ryan, Emilia Sykes and Tavia Galonski.

"Trump has shown us who he is, and that he doesn't care about 3,300 people with good jobs who take pride in their work. Trump is putting people's livelihood at risk with his tweet, but Ohioans won't fall for this. Vice President Biden and Senator Harris will bring back better, support union workers and manufacturing, and increase minimum wage to \$15.00 hourly," said Brown during his opening remarks. "Joe Biden is also about dignity of the work. The real theme is to show who is on the side of workers, and show contrast between Donald Trump and Joe Biden."

Senator Brown is referencing the conflict between President Donald Trump and Goodyear Tire and Rubber Company that began when Trump responded to an employee training held at a Topeka, Kansas location. The August 18 report included a visual presentation of "unacceptable" work-attire clothing that displayed MAGA (Make America Great Again) hats which are linked to President Donald Trump's campaign, while also noting that Black Lives Matter and LBGQTQ (lesbian, bi-sexual, gay, transgender and questioning) pride-related items as acceptable.

Immediately following the media report, the Official Donald Trump twitter account, calledrealDonaldTrump, posted this in response, "Don't buy Goodyear Tires. They announced a ban on MAGA hats. Get your tires for far less! This is what the radical left democrats do. Two can play the same game, and we have to start playing it now."

The president held a press conference to clarify the tweet that was viewed by his 85 million followers. "I'm not happy with Goodyear because they are playing politics. I can guarantee that I poll very well with those great workers at Goodyear. When they say that you can't have Blue Lives Matter, can't wear a MAGA hat, but you can have other things that are Marxist in nature. There is something wrong with the top of Goodyear and what



Senator Sherrod Brown

the radical left does. They make it difficult for people to do business if they are republican or conservative. They put out all sorts of efforts, don't shop there. They are no different than what you saw on the streets of Portland two nights ago. If they want to hold political speeches, they are just using their power over people, these people who want to wear whatever it is that we are talking about. I would be in favor if people don't want to buy there anymore. I think it's disgraceful that they did this."

Representative Sykes, during the August 25 press call, shared her positive experiences in Akron. "Generations ago we left the segregated south for a better life and travelled to Akron. My father, sister and I all went to college. Akron is and was Goodyear and impacts the world. I am looking forward to supporting my community by supporting Biden," said Sykes.

In response to the president's press conference and later the press conference by White House Press Secretary Kayleigh McEnany, Goodyear's CEO issued a statement that banned political endorsements within the company but clarified the company's support for law enforcement. "By now, you are aware of the visual from our Topeka factory that has been circulating in the media, and I want to personally clear the record on what you are seeing and hearing. The slide in question was created by a plant employee to try to explain what is acceptable to wear in the workplace. The slide was not approved or distributed by Goodyear Corporate or anyone outside of that facility. I deeply regret the impression it has created and wanted to clarify Goodyear's position," explained Rich Kramer.

"We're fired up. It's not just about the comments. When you attack Goodyear, you attack Akron. We need to stand unified. Can't image anyone saying the words that Trump did and still support workers," stated Dan Horrigan, Akron's mayor during the press call.

"Trump's attack is nothing new. He doesn't care about the working man or woman, especially after his tweet. I'm sure some voted for Trump in 2016, hopefully they will see the light and know he's not on our side but Biden is on our side," said Jack Hefner, Steelworkers Local 2 president during the press call.



Rep. Emilia Sykes

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Anti-Racism Teach-Ins: Critical Reflection for Change

Special to The Truth

A central theme of the Anti-Racism Teach-Ins and of all work on antiracism is critical reflection: all of us need to reflect on the institutions in which we are involved, how they have been fueled and structured by ideologies of race and white supremacy, and how that affects the people they/we serve.

This does not have to be threatening to anyone; however, it does need to be personal. This past week's teach-ins focused on tools and strategies to recognize and respond to structural racism and antiracists. Anyone, Black or White, can be part of the antiracist team: antiracism is not about being against any particular individuals; rather, it is for change to support all individuals. As Toledo's St. Martin de Porres church sign has proclaimed for many weeks now, "When Black Lives Matter, All Lives Matter." We need policies and practices that ensure this, and the past week's antiracism teach-ins included good examples for achieving it. Here are summaries of the teach-ins as written by the presenters.

A Critical Look at Systemic Racism in Education: The Need for a Racial Equity Policy

By Hope Bland, Ph.D.
The University of Toledo

Without a critical and reflective inquiry into how we conceptualize sys-

temic racism and the way in which we move through this space, we may never reach effective strategies to overcome racist ideologies permeated within and throughout our society. To understand how systemic racism undermines our democracy, we must first examine and scrutinize the historical racial context of our institutions starting at its origin when the United States Constitution classified Black people as the property of White people.

Joe Feagin, a well-known sociologist, best describes *systemic racism* as "rooted in racist foundation, is composed of intersecting overlapping, and codependent racist institutions, policies, practices, ideas, and behaviors that give an unjust amount of resources, rights, and power to white people while denying them to people of color."

This teach-in explored core principles in education rooted in racism that began at the inception of slavery and passed through the Civil War, Jim Crow, and Civil Rights eras. African and African American children were legally de-



Hope Bland, PhD

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Lucas County Children Services Division Leader Named Outstanding Local CPA

Special to The Truth

Ebonie Jackson, CPA/CITP, MBA, CGMA, director of administrative services at Lucas County Children Services (LCCS), has been named the 2020 "Outstanding Local Government CPA" by the American Institute of CPAs (AICPA).

AICPA recognized Jackson for making, "significant contributions to the efficiency, effectiveness and innovative service delivery in her role as director of administrative services ... [and] has led a significant and complex digital transformation initiative at LCCS. As a result of her leadership, LCCS caseworkers

and staff now spend significantly less time on manual, paper-based processes."

Jackson began her career as a senior associate at KPMG in Washington, D.C., before moving to Toledo to accept a position at Owens Corning, and ultimately joining LCCS in 2017. She received her B.S. in accounting, as well as her MBA, from Florida A&M University. She received her CPA in Virginia shortly after graduation.

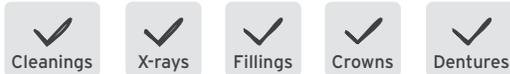
Jackson has served on the boards of a number of professional organizations, and currently serves as a member of the AICPA Governing Council, and on the boards of directors of The Ohio Society of CPAs, the Ohio CPA Foundation, and the Toledo Zoo.



Ebonie Jackson

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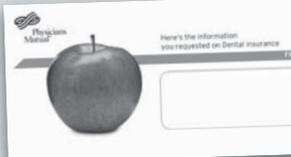
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Anti-Racism... continued from page 6

nied education at the time they arrived from being transported across the Atlantic in chains. Dating to the 1800s, Native American, Chinese and Chinese American, Latinx American students were also denied education or subjected to poor quality education while learning in deplorable conditions, compared to their white counterparts. Native American children were not permitted to speak their native language while they experienced forced assimilation into the European cultural. This brief overview describes the United States education system as founded in racist ideology.

According to Ibram K. Kendi, author of *How to be an Antiracist*, many racist principles are transformed into racist policies that continue to exist in our educational institutions today. According to Kendi, systemic and penetrating acts of racism are not figments of our imaginations. Therefore, once we accept the definition of systemic racism, then we must conceptualize that systemic racism is intrinsic and infused into the fabric of our society and daily existence.

The premise of this antiracism teach-in was to examine from a critical lens systemic racism in education; its implications, and the need to explore racial equity policies that place a racial ideological framework as the focus. Systemic racism in education is not explicit or in conscious view but rather hidden in policies and practices. A racial equity policy positions "race" as the focal point and prioritizes the elimination of racial disparity and disproportionality in all aspects of our educational system.

In order to address systemic racism and its implications on students of color, student disparities and disproportionalities should be critically examined with a racial equity lens. Educational institutions must also commit to strategic goals designed to dismantle racism at the root level. According to Kendi, policy reform is an excellent starting point.

Although in the teach-in I did not place much emphasis on personal accountability, antiracism work does not exclude any persons from responsibility. Kendi graciously summarized his own afflicted reality, writing, "It is hard for me to believe I finished high school in the year 2000 touting so many racist ideas. A racist culture had handed me the ammunition to shoot Black people, to shoot myself, and I took and used it. Internalized racism is the real Black on Black crime."

Several school districts around the nation have begun to make policy that prioritizes antiracism. As outlined from my teach-in, I provided an example of a few goals as identified by the Seattle area's Shoreline School District, which has adopted a racial equity policy and plan as part of their *district's strategic plan*:

- Reducing the suspension rates of students of color by 10 percent
- Decreasing the achievement gap in proficiency rates between African American and white students by 3 percent;
- Increasing the number of minority teachers by 2 percent;
- Increasing students of color enrolled in higher level courses by 3 percent, and those participating in career pathways and graduating transition ready by 5 percent; and
- Providing funding of at least \$2 million on initiatives focused on students of color.

F. Equity in Systems and Operations • Identify barriers and transform practices, including assessment, which lead to the under-representation in programs such as, but not limited to Highly Capable, Honors, accelerated, and Advanced Placement courses • Recognizing and empowering under-represented families

of color as essential partners so that all students are successful • Commit to equitable budgetary alignment

G. Workforce Equity • Formally and informally recognizing the value of a diverse workforce • Make appropriate efforts within existing legal frameworks to Recruit, hire, support and retain racially and linguistically diverse staff

H. Opportunity Gap: Acknowledges that there are still structural issues with institutionalized racism, disparate educational opportunities, and different treatment experienced by students of color. More specifically, opportunity gap refers to inputs— the unequal or inequitable distribution of resources and opportunities. (Shoreline School District, n.d.)

Addressing systemic racism in education through policy and transformative social reform is revolutionary in its approach. Moreover, educational reform through a racial equity lens could be the baseline from where to begin. I leave you with Kendi's observation, "Really, when you look at racist ideas historically we see teachers, we see principals whose schools and classrooms have these notorious disciplinary gaps and instead of saying, 'You know what? It's something that I'm doing.' They say, 'There's something wrong with these Black boys.'" We all as individuals need to look critically at what our schools have been doing and how these policies and practices affect our students negatively, and then we need to create policies and enforce practices that support our students' learning positively.

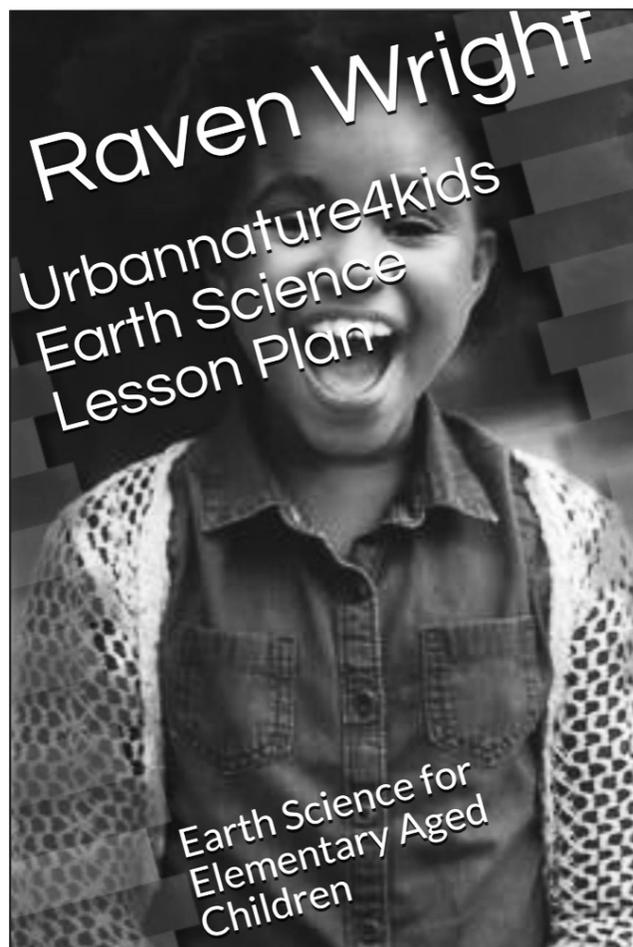
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Urbannature4kids Earth Science Lesson Plan ebook for children in grades K-4 available on Amazon. The book is authored and created by the Founder and CEO, Raven Wright
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Toledo Opera Announces Black Lives-Inspired "Blue"

Special to The Truth

Toledo Opera is proud to announce that it will be producing "Blue" in February of 2022. "Blue" follows the story of a Black couple in contemporary Harlem. The father, a police officer, worries about his teenage activist son while questioning his own identity as a "Black man in blue." When the son is killed by a fellow officer, the family turns to the church and community for answers and the father struggles with his desire for revenge on the cop who shot his son.



"Blue" just received the Award for Best New Opera from the Music Critics Association of North America. "Blue" is a collaboration between playwright/director Tazewell Thompson and Tony Award - winning composer Jeanine Tesori. The world premiere was at Glimmerglass Festival in 2019. The opera examines racial injustice from both a personal and institutional perspective. Thompson explains, "I wrote it from an obsessive need and sense of responsibility to tell an intimate story behind the numbing numbers of boys and men who are killed."



Photos by Karli Cadel

Executive Director of Toledo Opera, Suzanne Rorick says "Opera is about telling powerful stories, and *Blue* continues this tradition with a moving and personal story that is relevant to today." Toledo Opera also plans to develop a series of community programming that centers around the experiences of Toledoans of color, and those directly impacted by police violence. "Blue" will be performed at the Valentine Theatre on February 11 & 13, 2022. Tickets are not yet on sale.

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Toledo Buffalo Soldiers Announce the 2020 Scholarship Recipients

Sojourner's Truth Staff

The Toledo Buffalo Soldiers presented their 2020 "Deeds Not Words" student scholarships last Saturday at the Collingwood Presbyterian Church and four outstanding students were awarded scholarships in the amount of \$1,000, \$750 and \$500 to continue their education.

"Education is extremely important," said Fred LeFebvre, the Soldiers public information officer, in his introductory remarks. "These four students will go out and educate others. We are proud of each and every one of them."

The awards ceremony was held with the Soldiers, the students and the students' close family members in attendance. After the ceremony, the attendees were treated to lunch provided by Off the Rails food truck.

Russell Chapman, a graduate of Jones Leadership Academy of Business with a 4.2 grade point average, was awarded a \$1,000 scholarship sponsored by Key Hotel and Property Management, a longtime supporter of the Buffalo Soldiers community service. Russell was the 2020 Class salutatorian and was on the Principal's List for all four years. He was a member of DECA, Student Council, the Alzheimer's Walk, YMCA Storer Camp and had over 300 hours of community service volunteering with Kidz 1st. He will be studying business at the University of Toledo.

Brooklynne Gregory is a graduate of St. Ursula Academy and achieved a 3.14 GPA. She was a Student Ambassador, president of the African American Club – serving as a mentor to students at the Ella P. Stewart Academy for Girls. She was awarded a \$750 scholarship sponsored by Lantz Dental Prosthetics. Brooklynne will be attending Kent State University to earn a bachelor's degree in psychology and hopes to also earn masters and doctorate degrees in the same field of study.

Kyla McCoy is a graduate of Eastwood High School and achieved a 3.99 GPA. She was active in Student Council, the National Honor Society, People Incorporated, One Step Ahead, the International Club, Key Club and FFA. Kyla was awarded a \$500 scholarship sponsored by Frobose Meat Locker and will be attending The Ohio State University. To study Agricultural Education.

Ebony Cunningham is a graduate of Jones Leadership Academy of Business and maintained a 3.78 GPA ranking fifth in her 2020 class. Ebony, who received a \$500 scholarship sponsored by the Timothy Ryan Family, was a member of Young women of Excellence, DECA, Youth Opportunity Program, YES Program, BGSU Talent Search and the YWCA. She has helped others through TEEN PEP and Student Leaders in Action. Ebony will be attending Lourdes University and plans to become a registered nurse.



Brooklynne Gregory



Ebony Cunningham



Kyla McCoy



Russell Chapman

The Toledo Buffalo Soldiers Motorcycle Club is a 501(c)3 non-profit Charitable Organization of professional men and women who love to ride their motorcycles and give back to their community.

"We ride, we educate, we serve our community," said LeFebvre during the awards ceremony.

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Planning for Easy Meals

By Patrice Powers-Barker, OSU Extension, Lucas County

Guest Column

While the quote, "if you fail to plan, you plan to fail" cuts to the chase, I prefer the directive of, "plan the work, work the plan". When it comes to food, if we plan the meal, we then eat the meal! Sounds like a winning plan to me.

When it comes to meals, one size never fits all. However, the planning process can be helpful for everyone. Remember, less is more!

- You do not need to be a gourmet chef or spend all day in the kitchen. While some enjoy preparing a new recipe or taking the time to prepare vegetables fresh from the garden, a healthy meal is not required to take long time. Look for shortcuts in the kitchen and use them to your benefit. While it is often more expensive at the grocery store to buy food that is already prepared, you might choose to spend extra in one area to save time in the kitchen. Make the best choices for your budget and your schedule.

- Create a one, two or four-week menu cycle. There is really no rule for how often you need to make different foods and many people already have a pattern of favorites. In the past, for schools, the school menu was often shared for the month. Even on the school menus, some meals are repeated within that one month so the idea of a two-week cycle of meals is not unusual.

- Know your options for school-aged children. Like the statement above that one size never fits all, all our regional school systems are operating under different schedules and formats this fall. For families with children who have typically qualified for free and reduced lunches at the school building (and they are not currently learning in person), there are different ways to access school meals for students. Please check with your local school for the current options.

- To decide on some easy options, choose a theme for days of the week like Taco Tuesdays, Pizza on Friday, or Meatless Mondays. Having a routine makes one less thing to think about every week.

- Once you have your menu plan with a list of items needed, keep your plan, ingredients, and favorite kitchen tools easily accessible. Make everything as easy as possible on yourself or other people in the kitchen.

- Have a few back up options. These ideas should be the ones that simple, accessible ingredients, do not take any special equipment and can be made quickly. A few options include Breakfast for Dinner (or any time of day), Soup and Sandwich (or salad) or heat up some soup and add crackers, cheese, and fruit (fresh or canned). Bake a potato in the microwave

and pile on the toppings.

Utah State University Extension points out, "Many people may think they hate to cook, but often find what they actually hate is not knowing what to cook. When the plan is in place and you have all the ingredients you need to create a fast, easy, delicious, and nutritious meal, you may decide you actually like to cook!"

A few food preparation and planning ideas include:

- Double a recipe to enjoy your effort for two meals this week.
- Plan a food prep day and create a few freezer meals to pull out and heat up.
- Make individual meals for the week. Make sandwiches, salads, fruit salad or breakfast burritos ahead of time and package in individual containers to grab for breakfast, lunch, or dinner.
- Upcycle a main ingredient by using it in more than one recipe. For example, cooked spaghetti could be used to make a baked spaghetti or a spaghetti salad. Hard boiled eggs could be used as a chef salad topping or to make egg salad sandwiches. Roasted chicken could be used for chicken salad or in enchiladas.
- Pull out a kitchen appliance that you have not used in a while. Have you ever made grilled cheese sandwiches in the waffle maker? What are your easy slow cooker or pressure cooker recipes?

September is National Food Safety Education Month. While Covid-19 is not a food born illness, the act of frequently washing our hands with soap and water for at least 20 seconds is an important step for preventing food borne illness as well as illness caused by other harmful bacteria and viruses. Please stay healthy!



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A Mental Health Moment

Jealousy and Envy

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

Jealousy and envy are two of the most confused emotions people feel. So how do you tell the difference? Well it comes down to this: Envy occurs when we lack or don't have a desired attribute enjoyed by another individual. This could be something material, beauty, even a pleasant personality.



Jealousy on the other hand happens when something we already have such as a special relationship (BFF) or even a romantic relationship is threatened by a third person. To keep it clear, envy involves a two-person situation and jealousy involves a three-person situation. Envy reacts to not having something we want and jealousy is a reaction to a threat of losing something(s) or someone.

Jealousy and envy can wreak havoc on an individual's mental and emotional well-being. People in turmoil of jealousy can suffer from raised blood pressure, high adrenalin levels, heart rate, weakened immune systems, anxiety and insomnia to name a few. It can rob us of oxytocin which is the bonding hormone that makes couples and lovers want to touch and cuddle.

Bottom line, jealousy and envy are overwhelming with feelings of being insecure. Most people do feel jealousy from time to time but on the extreme end of this spectrum interferes with day-to-day life. If you find yourself on the extreme end, consider speaking with a therapist to better understand how and why this is interfering with your life.

Anger and sadness come into play at times and life can become all about these thoughts toward a person or persons. Resentment can set in and an individual begins to conjure up lies, negative stories that after repeating over and over begin to believe themselves.

Take a mental health moment to check yourself or others on jealous behaviors such as anger toward a person for an unknown reason or something mysterious designed that has no obvious possibility, also strong feelings about wanting to cause others harm, resentment and difficulty feeling happy when the other individual receives something positive such as a job, a raise, marriage proposal, a pregnancy, anything that you have always wanted but never received.

Pathological jealousy which is an extreme form of jealousy can be a sign of an underlying mental issue such as schizophrenia, and anxiety. It is often used to describe jealousy that causes a person in a relationship to have irrational worries and they begin to sabotage anyone around them who is willing to listen. They begin to act abusively or unsafely toward others especially a

partner or spouse.

It is normal to experience mild jealousy in a platonic or romantic relationship.

Jealousy can become destructive when it is frequent, intense and irrational. People become jealous for many reasons to include low self-esteem, loneliness, insecurity, competition and trust issues.

If you feel you have suffered from long-lasting feelings of jealousy, pervasive, or severe this may indicate help is needed to assess for schizophrenia, paranoia, psychosis, attachment issues, anxiety and borderline personality disorder. There is help and you don't have to suffer these feelings. Seek out a professional mental health provider with the help of friends and loved ones you don't have to go this alone.

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). In person office hours will be opening in September. Call today to schedule your appointment. www.bjgrahamcounseling.com

Anti-Racism... continued from page 7

Antiracist Pedagogy as Praxis: Developing Personal Commitments to Racially Inclusive Classrooms

By Quatez Scott
The University of Toledo

The purpose of this teach-in was to transform the theoretical components of antiracism into practical steps for critically conscious antiracist educators. Grounded in Paulo Freire's theory of critical consciousness, critically conscious antiracism was defined along with the importance of challenging rac-



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Anti-Racism... continued from page 7

ism through (1) critical reflection, (2) unveiling the world of racism, and (3) introducing effective versus ineffective forms of action.

Freire developed the pedagogy of critical consciousness to help Brazilian peasants (or the oppressed) learn to "read the word" and "read the world." Educationally, this meant emphasizing the development of literacy, the capacity to reflect on the inequities of social conditions that perpetuate oppression, and submit a challenge to the oppressed to take action against these systems. Of particular note, Freire acknowledges that humans are human beings in the world and of the world. As such, because racism exists in the world, it exists in all humans. This perspective acknowledges that all humans are oppressed by racism and therefore have a moral duty to take action in dismantling racism.

In this session, we identified important practices such as: seeking to understand racism as a complex rather than concrete issue, being challenged to rethink the way(s) we reflect on racism, aligning our practices with the principles and values of antiracism, inspiring others to take action through our own efforts, and not being afraid to experiment with our efforts as long as they are well informed. Each of these serves as a manner of creating humanizing experiences which is one of the central components of critical consciousness. This session also discussed avoiding efforts such as: symbolic antiracist gestures devoid of antiracist work, charity efforts that do for groups rather than work with groups, preserving aspects of education that continue to exploit students of color, and believing that racism ends with policy changes.

In Eddie Glaude, Jr's., *Democracy in Black*, he stated that "we enter a world not of our own making." However, it is important to acknowledge that the world we leave is largely of our own doing. Therefore, the actions we take in transforming classroom and other social spaces are critically important to anti-

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Trump's Remarks... continued from page 5

Media outlets reports and social media posts in general demonstrated how divided Americans were between supporting Trump or the employees of Goodyear Tire and Rubber Company. In response, the Akron factory held a rally. The following week, according to Cleveland's local media, Ohio's Governor Mike DeWine doesn't support the boycott. "Look, we should not boycott this good company. They have Ohio workers who are doing a good job and making a good product."

According to the company's website, Goodyear Tire and Rubber Company was founded in 1898 when Frank Seiberling borrowed \$3,500 to open the first factory in Akron, Ohio. The company has 66,000 associates in 48 facilities in 21 countries around the world.

"Akron's 20,000 jobs were attacked by Trump. He's the divider-in-chief. Summit County citizens need someone who grew up in an area like ours, like Scranton, Pennsylvania," said Representative Tim Ryan during the press call. "Donald Trump's actions demonstrate that he doesn't understand our challenges and struggles, because if he did, he won't encourage a boycott. 90 million followers saw that tweet,"

White Privilege... continued from page 4

conclude black people are criminals or otherwise dangerous, being black and particularly male does all the signifying work.

Virtual probation is the object of a criminogenic gaze. Regardless of the race and gender of the perceivers, black people, especially black males, are perceived as criminals. The virtual unanimity of this perception (a transracial consensus) is an artifact of white supremacy. This perception is counterfactual.

Black people are perceived as always guilty of a crime (or of being predisposed) in the absence of evidence, even in the presence of contrary evidence. Black criminality is ontological.

If you think that this clam is exaggerated, then consider the remarks of former Secretary of Education William Bennett. Speaking of the relationship of race and crime, he remarks: "But I do know it's true that if you wanted to reduce crime, you could—if that were your sole purpose—abort every black baby in this country, and your crime rate would go down. That would be an impossible, ridiculous, and morally reprehensible thing to do, but your crime rate would go down." Bennett, recipient of a PH.D in philosophy, ontologizes black criminality.

To be subjects of this kind of knowledge is to be subjects of virtual probation. Part of the disagreeable if not unfair part of being on probation is that you become one of the "usual suspects."

When crimes occur, or when they don't occur, the police come looking for you. They treat you with disrespect; pressure you to confess to crimes, provide information they presume you have, and threaten to arrest you.

With impunity if not immunity, they make your life miserable. They rough you up and beat you down. You have little recourse. Who would believe you if you complained. The police have presumptive moral credibility, you do not. You are trapped by your presumed convict status. Civically speaking, you are virtually dead.

The subjects of virtual probation are always under suspicion, subject to question, to being stopped and frisked, in danger of being deprived of their liberty, if not their life. Acting as an ally to people of color is one of the most important things that white people can do. An ally is not identity, it is a practice. An ally is someone who not only shows up, but also one who stays around for the long term.

Acting as an ally means living each day in alliance with people of color in the struggle for racial justice because we recognize that we are interdependent.

Tolliver... continued from page 3

booths and pulled the levers for a known con man and a man that professes not the slightest allegiance to the commandments of their faith.

They went whoring after other gods, namely Trump and if required that they had to sear their conscience to do it, so be it. They now have what they thought was missing in their collective lives and that was access to power and not being regarded as people of no importance.

The Bible is surfeit with admonitions, warnings and examples of those professing to follow the scriptures, but still decide to say, "Jesus is just not enough" and they go in hot pursuit after a purported narcissistic and pathological liar.

After all is said and done, what was the tripwire that exposed them for their cowardice of standing by the standards of biblical morality and they wanting to be caressed and wooed by political leaders?

Lamentably, it would boil down to them, "Talking loud and saying nothing!" Oh...how the mighty have fallen!

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WE ARE A FULL SERVICE BUSINESS

Begin Again: James Baldwin's America and Its Urgent Lessons for Our Own by Eddie S. Glaude Jr.

By Terri Schlichenmeyer

The Truth Contributor

Did you see that?

Sure you did. You couldn't miss it, actually, because you can spot hatred, discrimination, and bad trouble a mile away. You know when something's wrong and you saw it; saw it coming, in fact, and you weren't alone. In *Begin Again* by Eddie S. Glaude, Jr., you'll know that a warning was sounded decades ago.

Every day, it seems like you catch the news and you cringe.

"It is exhausting," says Glaude, "to find oneself... navigating a world rife with deadly assumptions about you and those who look like you... for no other reason" than the color of your skin or your sexuality.

Author James Baldwin keenly felt both and in the midst of his career, he demanded, through his writing, that America come to terms with "this so-called democracy." Baldwin was tired of a "set of practices" Glaude calls "the lie," or "more properly several sets of lies" meant to keep racism alive in as many American systems as possible.

Baldwin saw "the lie" and it enraged him: once, early in the Civil Rights Movement, he made a group of Black college students promise that they would never take to heart "the lies" they heard about themselves. It's been said that he saw "the lie" and wanted to give "warning" to White readers of the battle to come, but in truth, Glaude says, Baldwin wasn't sure "whether white America was worthy of warning at all."

These are the things Baldwin spoke out against, says Glaude, and that we still grapple with – especially in the political climate in which we live. He believes "the divisions in the country feel old and worn," although we do

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have the tools to alter current racial and political climates. Baldwin, for instance "insisted that we reach for a better self.."

"With that in mind," says Glaude, "we have to gather ourselves to fight and to begin again."

In his introduction, author Eddie S. Glaude, Jr. says that he was in Heidelberg when he started this book, which gave him a unique perspective of the "current state of our politics." He says that he didn't write it as biography or literary criticism or history, although it ended up being "some combination of all three." This, plus a good measure of personal memoir thrown in, adds a different twist and makes *Begin Again* quite deep.

But not too deep: there's enough room here for readers to be moved by the parallels that Glaude draws between then and now, and how Baldwin perceived American society before his death. Glaude also presents Baldwin's constant fury and sadness over "the after times" (post-Civil Rights Movement) with an urgency that can still galvanize, though Baldwin has been gone for more than three decades.

So what would Baldwin have thought about our current administration? Glaude doesn't hypothesize here, so we're left mostly to draw our own conclusions, to imagine, think, and to use Baldwin's words as a sort of guide out.

And for that, *Begin Again* is a book you'll want to see.

Anti-Racism... continued from page 12

racist efforts that realize the fullness of each person's humanity.

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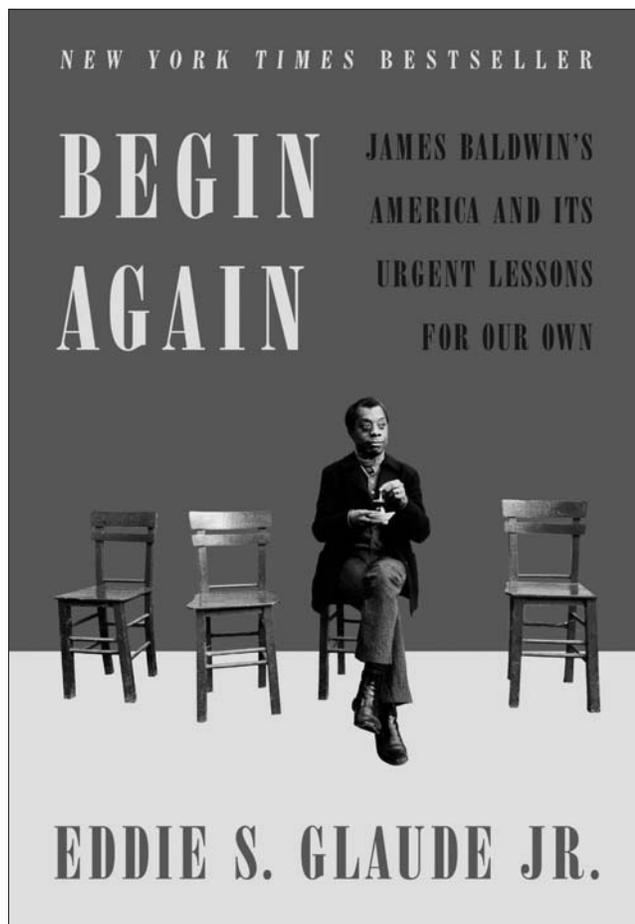
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The Anti-Racism Teach-Ins have been hosted by the Toledo-Lucas County Public Library and supported by The Sojourner's Truth. The teach-ins are open to the public with a special invitation to teachers, administrators and parents who want a safe space to work together to learn about, challenge and change white supremacy in schools. Though the presenters have all been faculty, adjunct faculty, and graduate students in the UToledo Judith Herb College of Education, the university is not an official sponsor of the series. On Facebook, follow Anti-Racism Teach-Ins at <https://www.facebook.com/profile.php?id=100053978557767> for news of plans to continue the sessions into the fall. Please leave a message there if you have ideas for a teach-in topic or would like to participate in some other way.

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.



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CLASSIFIEDS

September 2, 2020

Page

15 Owens Community College seeks candidates for the following positions:

- Assistant Manager, Truck Driving
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- Coordinator, Emergency Services Technology
- Corporate Programs Specialist
- Development Officer
- Facilities Specialist II (Findlay Campus)

Owens Community College invites you to learn more about these exciting job opportunities at <https://jobs.owens.edu>

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AA/EOE

STORMWATER PROGRAM MANAGER

LUCAS COUNTY ENGINEER

Lucas County Engineer, is accepting applications to fill the Stormwater Program Manager position. Application deadline is September 2, 2020 at 4:30 pm. 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 "Stormwater Program Manager" from the list to read more or apply.

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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: Community Development Program Manager. For complete details, visit <https://www.lucasmha.org> and click on Careers. Deadline: 09/06/20. 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.



CUSTOMER SERVICE RECEPTIONIST

Metroparks has an opening for a full time Customer Service Receptionist position at Wildwood Preserve Metropark to serve internal and external customers by providing administrative support and information on Metroparks facilities, services, and programs, ensuring high levels of customer satisfaction and promoting public use and enjoyment of Metroparks. High school diploma or equivalent required. Must be 18 years of age and hold a valid driver's license. Customer service and administrative support experience preferred. \$15.11/hr. Full time with benefits.

To apply visit www.metroparkstoledo.com <<http://www.metroparkstoledo.com>>/careers for complete list of position requirements and duties; must submit online application and resume. EOE

LABORER I LUCAS COUNTY ENGINEER

Lucas County Engineer, is accepting applications to fill the Laborer I position. Application deadline is September 2, 2020 at 4:30 pm. 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 "Laborer I" from the list to read more or apply.

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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 \$25,200.00 for one person or \$28,800.00 for two people.

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GIS DATABASE PROGRAM MANAGER LUCAS COUNTY ENGINEER

Lucas County Engineer, is accepting applications to fill the GIS Database Program Manager position. Application deadline is September 2, 2020 at 4:30 pm. 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 "GIS Database Program Manager" from the list to read more or apply.

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SUBSCRIBER SERVICES MANAGER LUCAS COUNTY SHERIFF'S OFFICE

Lucas County Sheriff's Office is accepting applications to fill the position of the Subscriber Services Manager. Applications accepted until August 28, 2020.

Additional information regarding the duties are available on the Lucas County web site (www.co.lucas.oh.us). Click on "Apply for a Job" and then select "Subscriber Services Manager" from the list to read more or apply.

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The 2020 Commitment March

Fifty-seven years after Martin Luther King Jr.'s "I Have a Dream" speech at the famous March on Washington, the families of Black Americans shot or killed by police officers spoke at the same site Friday, August 28, 2020, the Lincoln Memorial in Washington D.C.

The families of George Floyd, Breonna Taylor, Eric Garner and Jacob Blake joined Reverend Al Sharpton and Martin Luther King III at the Com-

mitment March: Get Your Knee off Our Necks, which drew thousands of marchers.

The march, organized by the National Action Network, called for racial justice and police reform. Sharpton first announced plans for the march during a memorial service for George Floyd, the 46-year-old father who was murdered by police in Minneapolis in May.

Groomed for Greatness Girls Join MLK March in DC

Sojourner's Truth Staff

Michelle McCaster, founder and executive director of a girls youth group, Groomed for Greatness, escorted five of her young ladies to Washington, D.C. last week to attend the MLK March on Washington. The March was a commemoration of the original 1963 march that was perhaps the outstanding event of the 1960's Civil Rights Movement.

Just as those present in 1963 observed, McCaster related that this year's gathering was also awe-inspiring. "Everybody was all together – Black, White, Hispanic – everybody getting along," she said. "It meant a lot."

Attending the event with McCaster were Groomed for Greatness members Miracle Williams, Kourtney Barham, Natia Nelson, Cynthia Green and Taryn Johnson.

Groomed for Greatness, which has been in existence since 2017, was

honored in January 2019 by the Ohio MLK Holiday Commission as one of three organizations statewide to receive an award. They were presented the "Youth: Capturing the Vision of Dr. King Award" in which the criteria exemplifies leadership, non-violence, and a commitment to excellence and interracial cooperation as well as adherence to one or more of Dr. King's Six Principles of Nonviolence.

"I thought it befitting to pay homage to Dr. King by taking some of the young ladies to the march and stand for what is right and just and show support for Dr. King's legacy," said McCaster upon her return.



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