

The Sojourner's Truth

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"And Ye Shall Know The Truth..."

December 2, 2020



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Who Lives and Who Dies?

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

The Truth Contributor

Creative community living becomes a reality only when each individual in that community, from birth to death, has an opportunity to achieve his maximum potential.

- Whitney Young



COVID-19 has presented a sequence of events enabling government and healthcare officials repeatedly to determine who lives and who dies. The following are two scenarios which put African Americans at the center of current decision-making.

Who gets the coronavirus vaccine first?

If priorities for the vaccine distribution follow the pattern for other public policies, people of color will be well down the list.

Black Americans have already been hit hardest by COVID-19 compared to others. The evidence is clear that blacks and other ethnic minorities get sick and die from the coronavirus at higher rates and lack opportunities to be healthy than other groups' experience.

And, institutional racism and bias in the healthcare system combined with inequities in access and utilization are to blame for these worse outcomes, according to the Centers for Disease Control and Prevention (CDC).

Yet, as the release of an FDA-approved coronavirus vaccine nears, it remains uncertain whether Blacks will have the fair access required to keep their community safe.

I have been told that powerful local companies are forcing non-essential workers to complete their tasks in buildings where "COVID is running crazy." Several people have been sent home for exhibiting symptoms. But, "management could care less and want us in this building working when WE ALL can do this work from home safely," they say. The employees have contacted the Toledo-Lucas County Health Department but have not received a response.

As the community waits for distribution in trouble spots like that above, African-Americans disproportionately get sick, suffer and die.

Still, given the community's great need for the soon-to-be-distributed vaccine, trust remains an issue dating back to the U.S. government's violation of ethical standards in the Tuskegee Syphilis Study and other studies involving black human research subjects.

The government should prioritize the black community's access to the vaccine given its disproportionate share of COVID's risk, adverse outcomes, and racial inequities in the healthcare system. Along with other community health advocates, I also urge the government to work with black medical personnel, churches, and other community groups to develop a comprehensive program to educate the community on the

vaccine's safety.

Running a Small Business or Social Enterprise While Black:

Whereas inequities exist in healthcare, there are also glaring inequities in black small businesses. Black entrepreneurs and business owners face their own set of challenges, according to a 2020 report by Goldman Sachs 10,000 Small Businesses. These obstacles include difficulties in obtaining funding, hiring full-time employees, maintaining, and growing their businesses,

and Black women entrepreneurs have it even harder. Although they are the most highly educated group, Black women's median revenue generates less than half of that for white male entrepreneurs, according to Goldman Sachs.

While the COVID-19 crisis has wiped out 20 percent of all small businesses, nearly half of black-owned small businesses may not survive the pandemic and related economic recession.

Also, an often-overlooked segment of community wealth and capital African Americans is the nonprofit industry. While a third of nonprofits risk closure, 50 percent of black nonprofits are likely to shutter. Although frequently marginalized, black nonprofits are likely not merely to be community-based, but also are primarily community-centered. Many organizations are located or based in minority areas but are operated by those outside the community. In those instances, income is removed without providing meaningful outcomes in the community in which operations are located.

On the other hand, community-centered organizations, although unduly marginalized, create jobs for the community, improve the area with a thriving business, and contribute to a more economically stable

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The Sojourner's Truth

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Another Distinction of Excellence for Wilberforce University

Special to The Truth

A recent announcement heralds Wilberforce University's designation as the 40th best healthcare administration degree program in the nation.

University Headquarters (HQ), a student resource guide, recently released its list of best value healthcare administration programs and Wilberforce is listed ahead of larger schools such as Tulane University and the University of Nevada Las Vegas (UNLV). The HBCU (historically black college or university) also achieves this honor as one of four colleges in Ohio selected in the top 55 positions as the best in this category.

"This ranking recognizes the hard work and commitment of our faculty in that program. Our small, hands on, family environment class work, gives students the motivation to make this area of study a highly sought curriculum at Wilberforce." - Dr. Edward Hill, VP, Academic Affairs, Strategic Initiatives -

This acknowledgement is particularly special for Wilberforce student Mancell Lyttle. The senior from Detroit, Michigan will receive his bachelor of science degree in health services administration in December of this year.

"Since I have been here at Wilberforce University, I have seen more and more students enter this major." - Mancell Lyttle, Wilberforce University, Class of 2020-

• Once you have graduated from Wilberforce with a B. S. degree in health services administration, you will have:

- Demonstrated an understanding of the nation's health care system
- Learned to apply best practice and business theories to the management of a health care organization
- Developed quantitative analysis and technological skills to synthesize and analyze information.

According to the school's website, all of these executions will allow you to produce clearly written, concise business analyses and reports, design and deliver clear, well organized, persuasive oral presentations and demonstrate career readiness skills that will make a smooth transition into the work force or graduate program. Mancell Lyttle says, he's ready.

"When I get that degree, I know it will pay off. I've gained the knowledge, and my internships have given me the experience. I won't just get a degree and not know how to use it."

Anuradha Venkateswaran, PhD, is the dean of the college of professional studies at Wilberforce. She says this "best of" designation not only creates greater enthusiasm to promote enrollment for the university, it further encourages students already enrolled in the school's health services administration program. "It's going to point out a program with such high regard presents great career prospects."

To say there is great demand for healthcare jobs is an understatement. According to the U. S Bureau of Labor statistics, healthcare will be the fastest growing employment trend between the years 2014 and 2024. Wilberforce University's premier, four-year curriculum has already addressed that movement by preparing students for these related healthcare careers. It's

what Mancell Lyttle already knows. He will return to Wilberforce after his December 2020 graduation to pursue a master's degree in clinical rehabilitation counseling.

"I'm very confident I will find work."

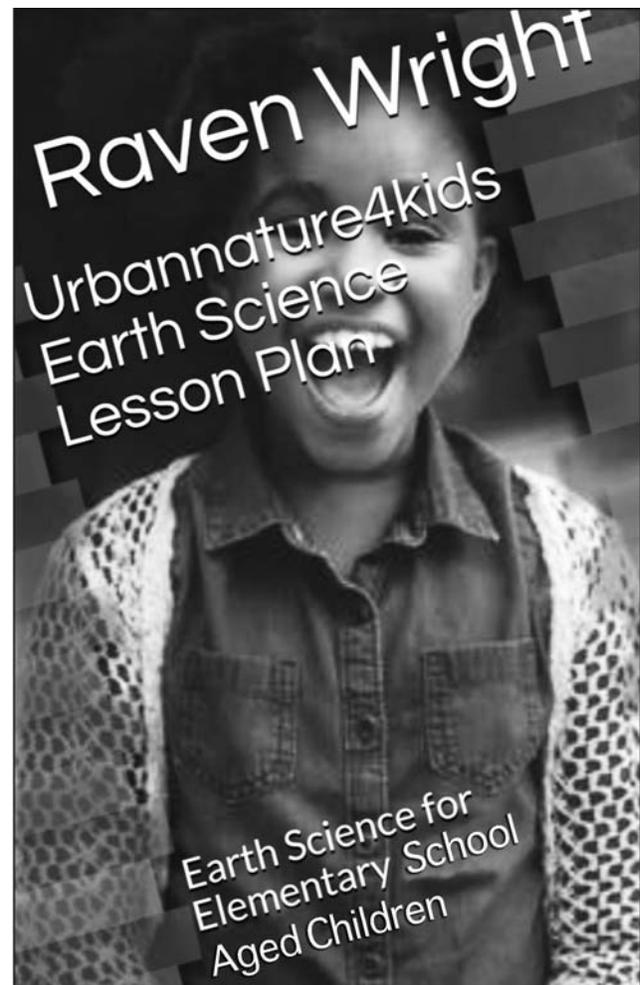
University Headquarters (HQ) is a new student resource website that helps college bound students narrow their decisions about fields of study.

Wilberforce University is a four-year, accredited, liberal arts college located in Greene County, Ohio, near Dayton. Founded in 1856, it is the nation's first, private, historically black college or university (HBCU). It is a member of the United

Negro College Fund (UNCFF), the NAIA Athletic Conference and the Ohio LINK Library Consortium. According to HBCU.com, Wilberforce is one of the top five HBCUs in the Midwest.



Mancell Lyttle



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

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President-elect Biden Announces Key Members of Economic Team

This week, President-elect Joe Biden announced key members of his economic team, including Janet Yellen, Secretary of the Treasury; Neera Tanden, Director of the Office of Management and Budget; Wally Adeyemo, Deputy Secretary of the Treasury; Cecilia Rouse, Chair of the Council of Economic Advisers; and Jared Bernstein and Heather Boushey, members of the Council of Economic Advisers.



Wally Adeyemo

Wally Adeyemo currently serves as the president of the Obama Foundation, the non-profit organization founded by former President Barack Obama and First Lady Michelle Obama to continue their work in service to their community, our nation, and the world.

A leader with deep experience across both the economic and national security space, Adeyemo has served as a trusted adviser to the country's foremost policymakers in times of crisis. During the Obama-Biden Administration, Adeyemo served as the President's senior international economic adviser and held a broad range of posts, including Deputy National Security Advisor, Deputy Director of the National Economic Council, the first chief of staff of the Consumer Financial Protection Bureau, and senior advisor and deputy chief of staff at the Department of the Treasury.

Before and after his service in the Obama-Biden Administration, he has advised a range of leading non-profit and private sector organizations, including the Center for Strategic & International Studies. Born in Nigeria and raised in southern California's Inland Empire, Adeyemo

received his bachelor of arts degree from the University of California at Berkeley and his JD from Yale Law School.

If confirmed, Adeyemo would be the first African American Deputy Secretary of the Treasury.

Cecilia Rouse currently serves as Dean of the Princeton School of Public and International Affairs. If confirmed, she will become just the first African American and just the fourth woman to lead the CEA in the 74 years of its existence.



Cecilia Rouse

A renowned labor economist with expertise centered in the economics of education and equality, she is an accomplished leader who has held prominent roles across academia and government service. Before taking on her current role as Dean in 2012, Rouse served as a member of the Council of Economic Advisers in the Obama-Biden Administration and on the National Economic Council in the Clinton Administration as Special Assistant to President Clinton.

Rouse joined the Princeton faculty in 1992 and has authored landmark papers on a variety of economic policy issues. Originally from California, Rouse received her bachelor of arts degree and her Ph.D. in economics from Harvard University. ---

Neera Tanden, whose career has focused on pursuing policies designed to support working families, foster broad-based economic growth, and curb rampant inequality, is nominated to serve as Director of the Office of Management and Budget. If confirmed, Tanden would be the first woman of color and first South Asian American to lead the OMB.

Perryman... continued from page 2

neighborhood.

According to Chris Raab, author of *Invisible Capital*, community-centered businesses and nonprofits partner with Community Development Corporations (CDCs), local school districts, Small Business Development Centers, and many others.

Therefore, it is imperative these "people-centered" business and social enterprises that have a history of serving and are "community-centered, collaborative, collective not-for-profit organizations, credit unions; and community-controlled" organizations not only survive during the pandemic but thrive.

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

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A Look at The Toledo Black Agenda

A wide range of leaders in Toledo's Black community have joined forces to put together a report on the challenges facing that community in six critical areas.

The report, *The Toledo Black Agenda*, a months-long project in the making, examines historic obstacles and current challenges in the areas of criminal justice, economic development, education, housing, health, workforce development.

The community leaders and experts were assembled by Lisa McDuffie, CEO of YWCA of Northwest Ohio and Robin Reese, CEO of Lucas County Children Services.

Now Toledo's Black Agenda will be made available to local government agencies, along with a host of private and public companies and entities in order to gather community-wide support for the demands and suggestions proposed in the report.

We will be printing excerpts from the report over the next few weeks. The following is McDuffie and Reese's introduction along with the executive summary and statistics from the Criminal Justice pillar.

The entire report can be read online at thetruthtoledo.com

THE TOLEDO BLACK AGENDA

Introduction

The racial inequity that exists today is the direct result of "Structural racism," a term that asserts our country is steeped in policies, practices and culture that, either by purpose or by indifference, exclude and oppress people of color. While we recognize that racism affects all people of color, this document was created by representatives of the Black community for the Toledo Black community. It is our response to the murder of George Floyd and to an ongoing system of unrestrained and unrelenting racism in this country toward Black people, a system that is moving a race of people onto a path of genocide in plain view of the entire country, without any organized and aggressive voices being raised to stop it. This is our call to action to make "Black Lives Matter."

Across the United States, cities are declaring that racism is a public health crisis. Toledo City Council and the Lucas County Commissioners each, unanimously, passed the same such declarations. These words truly represent a step in the right direction. However, words in a declaration alone will not institute change. Concrete actions must be planned and executed to give credibility and effect to these well-intentioned government decrees.

The broad term "Public Health Crisis" reflects significant impacts on a community's health, its life expectancy, and its economy. Structural racism affects the health of Black people in every aspect of their lives. Without question, the data and research make it clear that racism is a systemic and ongoing public health crisis with serious consequences for the health of Lucas County Black citizens. It is also clear that racism has a profound and pervasive impact across all the factors that shape our health. This includes our healthcare delivery systems, education, housing, food, economic, environmental, criminal justice and political systems.

Uniform support, from all sectors of the community, of the recommendations in this document along with zero tolerance for inequity will drive momentum towards true, lasting and effective change for the Black community in Greater

Toledo.

Acknowledgements:

As the facilitators of this process, we gratefully acknowledge the hard work, time and talent of all the individuals who made this document possible. The forming of the Unification Coalition proved beneficial in our ability to organize and execute. For roughly three months of intense weekly meetings, we have done it!

Lisa McDuffie Robin Reese
Convener Co-convener

PART I: THE CRIMINAL JUSTICE/ POLICE REFORM PILLAR EXECUTIVE SUMMARY

According to the report to the United Nations on Racial Disparities in the

... continued on page 7



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Winter Art Class Registration Begins at the Toledo Museum of Art

New onsite and virtual classes forming for adults and children

Registration is now open for art classes offered by the Toledo Museum of Art (TMA). A new "Winterim" session, featuring all virtual workshops, will run from mid-December through mid-January. The deadline for Winterim class registration is Saturday, Dec. 12, 2020.

On Jan. 24, 2021, the standard Winter/Spring art class schedule will start, offering both onsite and virtual workshops. This will be the first time since March that onsite classes resume at TMA. The Museum's new sculpture studio will be open, providing a space for sculpture classes to be taught for the first time since the summer of 2019. The deadline for registration for Session 1 is Jan. 10, 2021, with classes beginning the week of Jan. 24. For Session 2, the registration deadline is Feb. 14, 2021, with classes beginning the week of Feb. 28.

A special virtual drawing workshop for adults will feature contemporary artist Robyn O'Neil as the instructor (World-Making with Robyn O'Neil). Robyn's large-scale graphite on paper drawings are part of the exhibition Telling Stories: Resilience and Struggle in Contemporary Narrative Drawing, currently on display at TMA through Feb. 14, 2021.

"Like all classes at TMA, drawing classes, whether for adults or children, create a healthy distraction from the very real challenges we face today," said Mike Deetsch, the Museum's Emma Leah Bippus director of education and engagement. "Research has shown that looking at and making art reduces stress and anxiety."

Children will have a broad variety of classes to choose from, including digital photography techniques, mood-board creation and drawing with chalk pastels. Adult classes include ceramic tile design, watercolor stationery creation or jewelry design.

Scholarships are available to cover 100 percent of the registration fee for most Session 1 and 2 classes. The deadline for scholarship applications for Session 1 is Jan. 10, 2021; and for Session 2, the deadline is Feb. 14, 2021. For more information on class scholarships visit toledomuseum.org/education/ classes.

Detailed information on all art classes and workshops, registration and payment details can be found on the TMA website at tickets.toledomuseum.org. To register for an art class or workshop, visit tickets.toledomuseum.org, call 419-254-5080 during Museum hours or email classes@toledomuseum.org. If onsite classes are canceled, options for virtual classes will be provided if possible.

Georgia Coalition for the Peoples' Agenda Expands GOTV Activities for Georgia Senate Runoff Amid Ongoing Efforts to Disenfranchise Black Voters

Special to The Truth

Ongoing efforts to suppress and invalidate the voices of Black voters in Pennsylvania, Michigan, Wisconsin and Georgia have galvanized the Georgia Coalition for the Peoples' Agenda (Peoples' Agenda), Clayton County Black Women's Roundtable (BWR) and other groups to register, educate and mobilize voters for the upcoming Senate runoff elections.

The disenfranchisement efforts serve as a rallying call and enabled the coal-

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MHRSB Supports Closure of Clara Mae's Group Homes

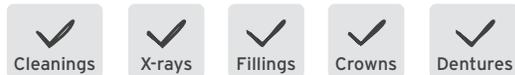
The Mental Health and Recovery Services Board of Lucas County (MHRSB) is aware of and fully supports the Ohio Department of Mental Health and Addiction Services (OhioMHAS) actions to close Clara Mae's Group Homes LLC.

While we know that most adult care facilities maintain high-quality operations, this closure should serve as a prime example of what can and should happen when those standards are routinely ignored and place the health and safety of Lucas County residents in jeopardy.

The MHRSB will coordinate with OhioMHAS and local providers to assure impacted residents, their families and guardians are supported throughout the relocation process.

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Toledo Black Agenda... continued from page 5

U.S. Criminal Justice System (4/19/18), the U.S. is a world leader in the rate of incarceration. The flow of the Criminal Justice system is policing, entry into the system, prosecution and pretrial services, adjudication, sentencing, sanctions and corrections, according to the Bureau of Justice Statistics. As the NAACP pointed out in their Criminal Justice Fact Sheet, the system is comprised of three institutions: Law Enforcement, the Courts and Corrections. It may seem as if these are simple steps to follow, yet our country's criminal justice system is fundamentally broken. While the universal statement is spoken that all people are innocent until proven guilty, the reality of the operation of the current system often renders a "guilty" verdict for some before they are even tried and convicted.

"The American criminal-legal system is a stain on our democracy. The system replicates and reinforces patterns of racial and economic oppression that trace from slavery — and the result is a criminal-legal bureaucracy that denies millions of people the opportunities, legal equality, and human rights they deserve while fueling the world's highest incarceration rate. Bringing fairness and dignity to our legal system is one of the most profound civil and human rights issues of our time." Vision for Justice 2020 and Beyond: A New Paradigm for Public Safety, September 2019.

This Criminal Justice/Police Reform report focuses a great deal on law enforcement; not because the other phases of the Criminal Justice System are any less important, because they certainly are, but because the primary impetus for the most recent movement and global outcry for racial justice was ignited as the world watched helplessly as George Floyd was murdered by a police officer right in front of our eyes. This unadulterated view into the everyday reality of so many Blacks in this country sickened many, and motivated countless others.

The very entry into the Criminal Justice System occurs at the hands of police officers. Racism exists in every aspect of our society and in our systematic structures. When analyzed closely, the disparate treatment of Black individuals by some police officers have a lasting effect, that alters their lives in ways not experienced at the same rate of any other race.

There is no question that significant reforms are needed in all phases of the Criminal Justice System. This report simply touches on just some of the data, systematic improvements and recommended changes that need to be implemented if true equity is to be achieved. This report is meant to start the conversation and insist on action to eradicate these grave injustices.

STATISTICAL ANALYSIS

Statistically speaking, the NAACP national office provided data at a glance:

- A Black person is five times more likely to be stopped without just cause than a White person.
- A Black man is twice as likely to be stopped without just cause than a Black woman.
- 65% of Black adults have felt targeted because of their race.
- 1,025 people have been shot and killed by police in the past year.
- There are somewhere between 900 and 1,100 people who are shot and

killed by police in the United States each year.

• Since 2005, 98 non-federal law enforcement officers have been arrested in connection with fatal, on-duty shootings. To date, only 35 of these officers have been convicted of a crime, often a lesser offense such as manslaughter or negligent homicide, rather than murder. Only three officers have been convicted of murder during this period and seen their convictions stand. Another 22 officers were acquitted in a jury trial and nine were acquitted during a bench trial

decided by a judge. Ten other cases were dismissed by a judge or a prosecutor, and in one instance no true bill was returned from a grand jury. Currently, there are 21 non-federal law enforcement officers with pending criminal cases for fatal shootings.

- Fatal police violence is the sixth leading cause of death for men ages 25 to 29 across all racial groups.
- The lifetime risk of dying from police violence is at its highest from ages 20 to 35, and this applies to men and women of all races.

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THE TOLEDO BLACK AGENDA

Addressing Six Critical Pillars Vital to the Success and Equality of the Black Community

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Tips for Holiday Photos

By Carla Thomas

The Truth Contributor

Hi I'm Carla, owner of CYT Images. 'Tis the season for Christmas photos! And I'm excited to share with you, a few of my holiday favorites featuring some of my amazing clients!

Life is always hectic and busy, but the Duval family decided to carve out time from their busy work schedules, COVID 19 homeschooling, and the day to day tasks associated with raising four children, to take advantage of my CYT Images Christmas Mini Sessions.

"It's been a while since we've taken family photos, so I decided to take advantage of CYT Images mini – sessions and make it a fun experience by dressing my family in matching pajamas." Says Collyn Duval.

Taking family photos doesn't have to be costly or overwhelming. Mini sessions offer you a quick, affordable, and fun way to capture your family



Carla Thomas



Rick and Collyn Duval with kids Carrington, Julian, Jace and Corrina



memories. Below are a few tips I offer my clients to help make each session a success:

PLAN YOUR OUTFITS: Coordinating your outfits can be fun! Consider wearing matching colors or colors that complement each other and the season.

GET YOUR REST:

Tired parents and children = Tired photos! Well rested parents and children = Beautiful photos!

ARRIVE EARLY: Always arrive at least 10 minutes earlier than your scheduled time. This will help the photographer stay on schedule.

GROOM FOR SUCCESS: Put your best face forward! Make up, fresh shaves and wrinkle free clothing result in awesome photos!

HAVE FUN! Relax and enjoy yourself. Some of the most precious moments are captured when you're just being yourself.

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Five Reasons We Must Increase Diversity in Medical Research

Special to The Truth

For better or worse, the COVID-19 pandemic highlights the devastating impact health inequities have on people of color; especially members of the Black and Hispanic/Latino communities.

Mentions of medical studies are at an all-time high, given the focus on the search for a COVID-19 vaccine; but it's important to understand that research has existed since the advent of modern-day medicine. It is through research that we learn if a treatment is safe and works as it is supposed to.

Participation in medical research is particularly important if you are from a racially and/or ethnically diverse background because these groups have been historically underrepresented. Here are five reasons why this matters and what you can do for yourself and others.

1. Shifts in Population. According to U.S. Census data, Black/African Americans represent 13 percent and Hispanics/Latinos make up 18 percent of the U.S. population. However, from a clinical research perspective, the U.S. Food and Drug Administration (FDA) reports that Blacks only represent five-to-seven percent and Hispanic/Latinos one-to-six percent of the volunteers in medical research. Caucasians account for 67 percent of the population, but 83 percent of research participants.

2. Treatments proven to work for everyone. Medical research, and the people who volunteer for it, are essential to the development of ways to fight illnesses. Research has shown that certain populations can be at higher risk for different diseases, such as diabetes and heart disease. That's why it's important for studies to include diverse volunteers who represent the population most likely to be treated with the medicines or devices being studied.

3. Equal access to care. Everyone deserves quality healthcare but, unfortunately, not everyone has equal access to it. According to the U.S. Department of Health and Human Services, members of the Black/African American community are 30 percent more likely to die from heart disease than Caucasians. Additionally, The Center for American Progress reports that one in five Hispanics/Latinos in the U.S. don't seek medical care due to language barriers.

4. Knowledge is power. Research shows that by putting your health first, you may fare better. As you learn more about your health risks, it's important to consider learning about medical research that may benefit you. By volunteering, you might gain access to cutting-edge treatments and ensure your condition will be closely monitored. Talk to your doctor about the studies underway and search for clinical trials by visiting www.clinicaltrials.gov.

5. Safety for all study volunteers. It's understood that there's a level of mistrust in medical research based off historical abuses experienced by women and people of color. That does not happen in today's research as it is closely monitored to ensure protection of all volunteers. When volunteering for a study, you will be given information explaining what will take place and before anything happens, you must give your approval to participate. If at any time you're not comfortable, you have a voice to express your concerns with your physician.

One initiative working to improve inequities is the Boston Scientific Close the Gap program, which aims to help all patients understand their medical condition and different therapies available to help them live better lives. This includes broadening clinical trial participation. More information can be found at knowyourhealth.com.

Courtesy StatePoint





Fast and Healthy Microwaved Vegetables

By Patrice Powers-Barker, OSU Extension, Lucas County

The Truth Contributor

Have a microwave? Do you use your microwave to just reheat meals? Use your microwave this month for fast, healthy dishes.

We might not often think of the microwave and healthy foods together but it can be used that way. While microwave meals in the frozen aisle at the grocery store are frequently high in fat and sodium, the microwave can easily and quickly be used to cook some healthy options. This is not to say that all premade, frozen meals are unhealthy – just be sure to read the nutrition facts label to make the best choices in regards to fat and sodium content.

When using the microwave, there are some general tips for safety:

- Keep your microwave oven clean. A dirty oven will increase cooking time.
- Use only cookware recommended for use in a microwave oven such as glass mixing bowls or measuring cups, casseroles and ceramic.
- Do not run the microwave oven when it is empty. You could damage the oven.
- Never heat infant formula or baby food in the microwave. They could have hot spots and burn your child.
- Cover all foods in the microwave. Decide what type of cover to use based on what food you are cooking. For steaming vegetables, use a tight-fitting cover such as a glass lid. To hold in heat (but not steam foods) like reheating leftovers, cover with a paper towel or wax paper.
- Remove covers and wraps from heated foods very carefully. Allow steam to escape away from your hands and your face.

Some might question, does microwaving vegetables decrease their nutritional value? Water-soluble vitamins like folic acid, other B-vitamins and

vitamin are heat-sensitive. No matter how they are heated (on the stovetop or in the microwave), a shorter cooking time retains the most nutrients. The microwave can be useful way to minimize cooking times. There are pros and cons to all cooking methods so it is still recommended to eat a variety of fruits and vegetables, avoid overcooking them and include some raw produce during the day. Let's microwave some vegetables tonight!

Frozen vegetables are a quick way to add color and nutrients to your meal. Most frozen vegetables were flash frozen right after harvest so they are high in nutrients. Some brands of frozen vegetables are packaged in bags that can go straight from the freezer into the microwave. Make sure you read the package to know if you can microwave it or if you need to place the frozen vegetables in a microwave safe container. Fresh vegetables are easy and quick to prepare in the microwave. Try some of these:

Sliced Carrots

Place two cups thinly sliced carrots or baby carrots in a one-quart casserole. Add 1/4 cup water. Cover with wax paper. Microwave four to six minutes, stirring once if needed. Drain. Add spices, if desired.

Broccoli or Cauliflower

Divide one bunch of broccoli or cauliflower into individual spears. Cut off 1 to 1 1/2 inches from tough ends. Place in 12x8-inch baking dish. Arrange broccoli with heads toward center. Add 1/4 cup water. Cover with wax paper and microwave on high six to eight minutes.

Cabbage

Cut 1-pound of cabbage into four wedges. Arrange like a wheel in spokes in 10-inch casserole. Add 1/4 cup water. Cover with wax paper. Microwave on high three to four minutes.

Baked Potatoes or Sweet Potatoes

Scrub well and pierce with a fork. When cooking three or more potatoes, arrange potatoes in a circle. Cook on high for 4 minutes for one potato.

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Health Section • Health Section

A Mental Health Moment

Your Mind, a Year in Review

By Bernadette Joy Graham, MA, LPC, NCC, Licensed Mental Health Therapist, Certified Grief Recovery Specialist

The Truth Contributor

December has finally arrived! The last month of the year has always been something certainly special in some very typical and atypical ways. When clients began to seek assistance in surviving the COVID-19 Pandemic, mentally and emotionally, creating and keeping to goals, new schedules and adjustments were things at the top of the list.



The end of the year holidays has always brought with them some mental and emotional challenges of their own and this year most of us have more than likely put all of our struggles in one big box because everything seemed and felt a priority with sparkles of panic.

Since I specialize in grief counseling, the majority of my clients seek help toward the end of the year in overcoming and healing through painful grief of loss of loved ones. It seems to mark an anniversary of sorts as the holidays are highly celebrated times and we often spend most of that time with our loved ones for the celebrations unique to our families and social circles. When they are no longer with us physically in celebration, pain is aggravated both of the heart and mind and if change is not put into place, the pain seems to worsen with each added celebration and year.

This year, this 2020, has caused us all great pain, aggravation, and stress and even ending the lives of many around the globe. How do we even come to attempt to celebrate end of year holidays with enormous chaos, none of our choosing but has affected every human being on this earth?

I admit, I had to take a step back as it was something I have never experienced as a counselor or an individual but as this epidemic progressed so did we...we adapted and we did what's most human, we struggled to survive. The fact that you and I are still standing is evidence enough that we changed in some most heroic ways of nature and it is the very same with grief and the heartaches of pain that unfortunately tag along.

Having a grief counseling background was a great amount of help in coming to terms with this pandemic year. Keeping note of goals, change and progress were key to keeping any parts of your mind.

Take a mental health moment to think back over 2020. What did you plan, what changed, what did you do or not do? What are your strengths and weaknesses and if we had seen it coming what would you do differently? Grief is a normal and natural reaction to a loss of any kind yet most people solely relate it to death and dying. It hurts because it forces us to change things that have

always naturally kept us in survival mode, it hurts because your life journey does not look to the goals you charted forward in your life.

Plan to still set goals and expectations for 2021, we are all stronger and paralleled in changes some we know are coming and most that will knock us down with blows we hardly see coming. Be prepared to having your mind tested. Know who you really are, want to be and what you can and cannot do. Keep your mind right and stand back up. I can't say how right 2021 will be for any of us but it will be a new year and a possible new way of thinking.

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 and in person appointments available. Call today to schedule your appointment.

Georgia Coalition... continued from page 6

tion to expand their get-out-the-vote activities.

"We organize year-round in the Black community and voters trust us. We will motivate them to vote," said Helen Butler, executive director of the Peoples' Agenda. "Before civil rights leaders like Dr. King and the founder of the Peoples' Agenda, Dr. Joseph Lowery, endured beatings and jail for us to have the right to vote, people used poll taxes, literacy tests and even violence to stop us from voting. Today, instead of suppressing Black voters, their efforts are creating a groundswell of support."

"We've received calls from across the country from people eager to help beyond the much-needed donations they're making," adds Felicia Davis convener of Clayton County BWR, a member of the Peoples' Agenda coalition. "We need people outside of Georgia to help by calling their family and friends in Georgia and let them know to vote. With the Coronavirus raging we're encouraging voters to vote absentee by mail or early in-person to keep the lines at a minimum on Jan. 5."

In addition to celebrities and dignitaries volunteering to make calls, produce

... continued on page 12



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Health Section • Health Section

Ask Ryan

By Ryan Rollison
The Truth Contributor

Dear Ryan,
I have seen on different occasions that people do a cleanse, a fast or a detox before they begin a diet and exercise program. I am curious as to what you think the best one are or if it's beneficial for one to do this before they start a program. Thank you, CR

Dear CR
Well let's get right into it. Be aware that this is clearly my opinion on the uses of the above, which has been drawn from researching this topic in the past.

I believe that some people need to do a cleanse or a detox if you are experiencing health issues. Gut health is extremely important and has been called the second brain because it has an affect on the whole body. It is said that disease starts and ends in the gut.

There is no doubt that nutrition plays an impor-

tant role in everything your body does. Symptoms of an unhealthy gut range from mood, memory, emotions, fatigue, headaches and those symptoms lead to illnesses.

However, studies have shown that if you do a fast, detox or cleanse too long that you will also lose muscle tissue, bone density as well as vitamin and minerals vital to your body. I honestly don't find it as necessary to do an extensive cleanse as I believe it is necessary to change your eating habits on a consistent basis.

If you mentally believe that a cleanse, fast or detox will give you the start that you need, then by all means do it. Just keep in mind that an extensive one will cause you to lose muscle tissue and bone density.

I believe if you clean your eating up and eat raw for a few days that it will have the same affect and get you used to eating healthier. Try a two-or-three day fruit and vegetable juice program and see how you feel.

Take some time and research what may fit more into your lifestyle and go for it. Keep in mind that you will find different things on the Internet to support weather you are for, or against, just about anything. Good luck and happy holidays.

Please contact me for New Year specials.



Ryan Rollison

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Microwaved Vegetables... continued from page 10

Add three minutes for each additional potato. Turn potatoes halfway through cooking time.

Baked Winter Squash

In the microwave, the amount of time it takes to cook food increases as the amount of food increases so you will have to determine the amount of time depending on the size of the winter squash. Microwaving can be a quick way to cook butternut squash, acorn squash and pie pumpkins. Wash the outside of the squash and poke holes all over with a fork. Microwave on high five to 10 minutes (depending on the size of the squash). If a fork doesn't easily pierce the flesh, continue to microwave at one-minute intervals until it is tender. Let it cool briefly, cut in half lengthwise, scoop out and discard seeds.

In addition to cooking vegetables in the microwave, there are other healthy foods like fruit and protein that can be quickly prepared and enjoyed. Try some **baked apples** as a side or dessert. Slice four apples, place in a microwave safe baking dish, sprinkle with cinnamon, cover with wax paper and microwave six to 10 minutes or until they are soft. Information for this article is from eXtension.org and Choose My-Plate.

Toledo Black Agenda... continued from page 7

- On average, Black Americans are exposed to four police killings of other unarmed Black Americans in the same state each year.

- Despite the fact that more white people have been killed by police, Black people are disproportionately impacted. While white people make up a little over 60% of the population, they only make up about 41% of fatal police shootings. **Black people make up 13.4% of the population but make up 22% of fatal police shootings.** This does not take into consideration other forms of police brutality, including non-lethal shootings. (See Info below)

The number of people shot to death by the police in the United States from 2017 to 2020, by race.

	2017	2018	2019	2020
White	457	399	370	42
Black	223	209	235	31

Hispanic	179	148	158	13
Other	44	36	39	3
Unknown	84	204	202	13

Source: Statista

Racial bias coupled with police training that focuses on 110 hours of gun and defense skills and only 8 hours of basic communication to deescalate is a major culprit (New York Times, 6/13/20). Law enforcement culture should embrace a guardian—rather than a warrior—mindset to build trust and legitimacy both within agencies and with the public. Most people would believe police officers need guns, batons, pepper spray and tasers. The NY Times 6/19/20, reports that calls to the police for service for 10 major US cities (including one Ohio city) showed less than 2% were calls for violent offenses, with most violent offense calls being at or below 1%. Over 80% of offenses charged are misdemeanors (Papers.ssm.com).

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County BWR postcard campaign.
Despite the challenges created by the COVID-19 virus, the Peoples' Agenda has worked nonstop the entire year. They even spent Thanksgiving week training over 500 phone-bankers, registering and educating voters at turkey give-aways, and dispatching teams of canvassers to distribute flyer with voting information packaged with PPE door-to-door in communities throughout the state.

... continued on page 13

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Dark Was the Night: Blind Willie Johnson's Journey to the Stars by Gary Golio, illustrated by E.B. Lewis

By Terri Schlichenmeyer

The Truth Contributor

It's almost time for lights out.

Just before that, though, you have a ritual: you wash your face, brush your teeth, put on your jammies, crawl into bed, and get a bedtime story. Then it's lights out until morning but before your good-night kiss tonight, ask for one last thing. Ask for *Dark Was the Night* by Gary Golio, illustrated by E. B. Lewis.

In a tiny Texas town in 1897, little Willie Johnson was born on a bright, sunny January day.

Willie's family didn't have much money, and so when he was a small boy and his parents noticed how Willie loved to sing, his father made a guitar for him from a cigar box and a wooden board. The boy would strum and sing all day long, and that's how Willie Johnson learned to play the guitar.

But then "some light went out of [his] life..." His Mama died, and not long after that, when Willie was "seven or eight," he went blind.

So Willie couldn't see, but that didn't stop his voice, did it? No, he could still sing in church and at home, and "on street corners." He could still strum his guitar – a real one now, one that could sound like it was "laughing or crying" – and he played his audiences "the way a preacher would."

And that's what he did: he traveled by train, into towns where cotton farmers gathered on Saturday mornings, and he'd sing raspy and powerful, making his guitar laugh and cry and people would put a few coins in a cup so that Willie Johnson had something for supper and a place to lay his head for another night. He played and played until one day, a man came to hear Willie sing, and the man offered to make a new thing called phonograph records and pretty soon, everybody knew the name of Willie Johnson. He was "a shining star."

That was true almost 100 years ago. And it's still true today...

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For the older child who hears this story at bedtime – and *Dark Was the Night* makes an excellent bedtime tale, by the way – there may be some question. How can a century-old story still be relevant?

The answer lies in author Gary Golio's afternotes. There, he explains that when NASA sent Voyager I into space some 40 years ago, included was a time capsule of audio clips, and Johnson's song with the same title as this book.

Nice to know, but your child is likely to care much more about Johnson's life story, which is inspirational and shows the strength of will and talent, despite adversity. There's also magic in this book, which comes in E.B. Lewis' washed-watercolor illustrations: alone, they tell a wordless tale that appears as sad, elated, or determined, all of which are perfect for children who are pagers more than readers.

Older preschoolers may enjoy this book, but starwatchers up to age eight will love it best. Find it – then sneak *Dark Was the Night* in before lights out.

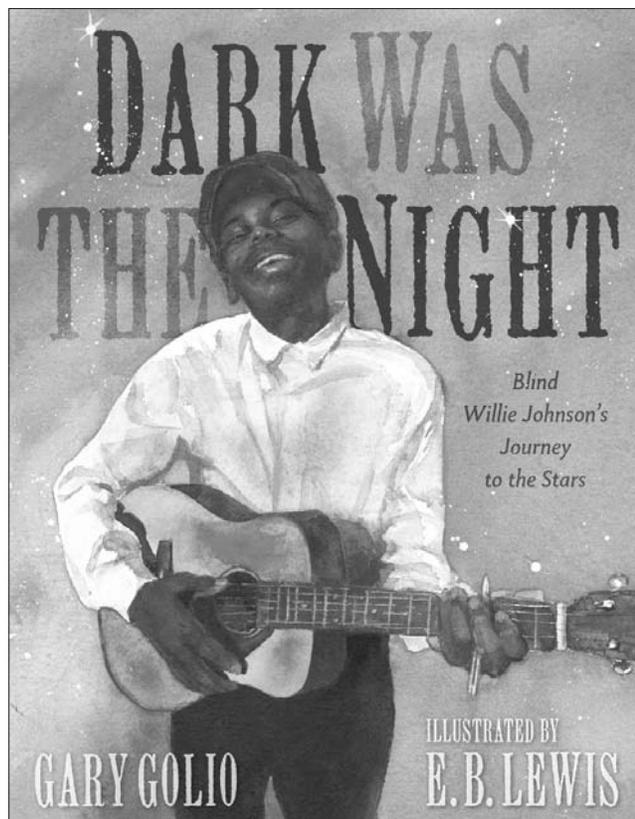
Georgia Coalition... continued from page 12

"It's clear that expanding access to absentee voting boosted turnout," said Butler. "The Peoples' Agenda is working with our partners to make sure voters receive and return their absentee ballot requests. For those who want to vote in-person, we're providing rides to the polls starting December 14 when early in-person voting begins."

"This year we lost Dr. Lowery, Rev. C. T. Vivian and Congressman John Lewis, three civil rights heroes whose sacrifices played a key role in the passing of the Voting Rights Act. Their memory fuels our resolve," adds Davis, who also serves as director of HBCU Green Fund.

"Our message to anyone trying to suppress or void Black votes is best communicated through a quote from Dr. Lowery, 'We ain't going back. We've come too far, marched too long, prayed too hard, wept too bitterly, bled too profusely, and died too young, to let anybody turn back the clock on our journey to justice.'"

The Georgia Coalition for the Peoples' Agenda is a nonprofit, nonpartisan organization performing year-round voter registration, education and mobilization in Black communities throughout Georgia. Led by board chair, Rev. J. A. Milner, the organization has headquarters in Atlanta and offices in Athens, Albany, Macon, Augusta, LaGrange and Savannah. To donate or volunteer visit www.thepeoplesagenda.org email coalition@bellsouth.net or call the Peoples' Agenda at (404) 653-1199.



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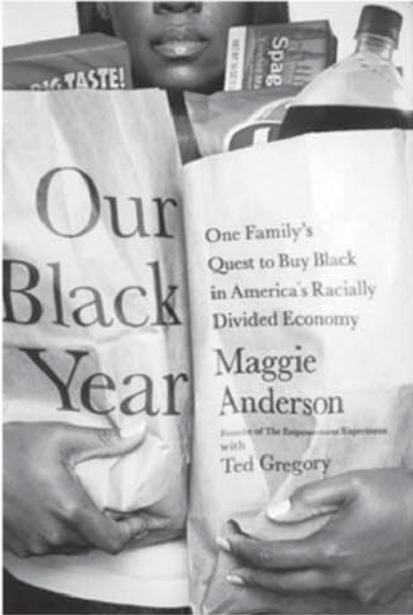
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THE ARTS COMMISSION

NOW HIRING for two part-time positions – one AmeriCorps member to serve as a Cultural Assets Research and Mapping Coordinator and one position for a Public Art Coordinator. Deadline to apply is December 4, 2020. For position details and how to apply please visit TheArtsCommission.org/Employment.

LUCAS COUNTY PROBATE COURT, LUCAS COUNTY BOARD OF DEVELOPMENTAL DISABILITIES, AND THE MENTAL HEALTH & RECOVERY SERVICES BOARD OF LUCAS COUNTY SEEK APPLICANTS FOR VACANCIES ON THE NEWLY FORMED LUCAS COUNTY GUARDIANSHIP SERVICES BOARD

The Lucas County Probate Court, Lucas County Board of Developmental Disabilities, and the Mental Health and Recovery Services Board of Lucas County are seeking applicants to fill vacancies on the newly formed Lucas County Guardianship Services Board. Pursuant to Ohio Revised Code 2111.52 (F) (1) the Lucas County Guardianship Services Board was recently formed by Lucas County Probate Court to provide guardianship services to qualified individuals. Applicants with knowledge of guardianship services, developmental disability and/or mental health fields, and individuals with lived experience and/or their family members are encouraged to apply.

Applicants appointed by Lucas County Probate Court, Lucas County Board of Developmental Disabilities and the Mental Health & Recovery Services Board of Lucas County will serve a 4 year term on a voluntary basis. The Guardianship Services Board is expected to meet monthly once operational, but may require more frequent meetings during its start-up phase, expected to be through April 1, 2021.

The Lucas County Probate Court, Lucas County Board of Developmental Disabilities and the Mental Health & Recovery Services Board of Lucas County will each appoint a single representative to the Lucas County Guardianship Services Board. It is the desire of the appointing authorities to appoint volunteers that reflect the diversity of our community. Any person interested in being considered for appointment must fill out the "Application for Guardianship Services Board" form. A detailed resume must be enclosed with the completed application form. Applications will be accepted until 4:30 p.m. on Wednesday, December 2, 2020.

Information on the Lucas County Guardianship Services Board and an application for Volunteer Trustee is available on the Lucas County Probate Court website at www.lucas-co-probate-ct.org/web/guest/guardianships. Completed applications and resumes can be returned via email to info@lucas-co-probate-ct.org. If desired, hard copies can be mailed to the care of Acting Court Administrator Sue Braithwaite Lucas County Probate Court, 700 Adams St. Suite 200, Toledo, Ohio, 43604. 2:00 p.m. (local time). to apply.

PARK MAINTENANCE

Metroparks Toledo is looking for a qualified individual for Park Maintenance at Swan Creek Metropark. HS Diploma or equivalent and valid driver's license required. Moderate level of specialty maintenance experience required. 40 hrs/wk. \$18.45/hr. Go to www.metroparkstoledo.com for complete job requirements and to apply. EOE

NOTICE TO BIDDERS

SEALED PROPOSALS for bidding on **Metroparks Toledo, Howard Marsh Phase 2, 611 Howard Road, Curtice, OH 43412** will be received; opened; and read aloud at the Metropolitan Park District of the Toledo Area, Fallen Timbers Field Office, 6101 Fallen Timbers Lane, Maumee, Ohio 43537 **Friday, December 11, 2020 at 2:00 p.m.** local time.

COVID-19 UPDATE: In the event the office is not staffed to receive early, hand-delivered bids, bidders may drop off sealed bids to the aforementioned office address through the front door slot. Staff will be present at the Fallen Timbers Field Office for one hour prior to bid opening. If social distancing becomes problematic due to bid-opening turnout, the opening will be held outside or in an adjacent larger facility. Masks are required.

THE SCOPE OF WORK consists of **diked wetland construction:** including tile search/removal, erosion control measures, mass excavation and embankment for dikes and channels, riprap/fabric, pumps/pump unit structures & electric, seed & mulch and **park amenity construction:** including aggregate path & kayak channel. Bidders may obtain copies of plans, specifications, contract documents and plan-holder's list through Newfax Corporation, 333 West Woodruff, Toledo, Ohio 43604 between 8:30 a.m. and 4:30 p.m., Monday through Friday (check made payable to Newfax Corporation) or via the Newfax Digital Plan Room at www.newfaxcorp.com. Newfax can be contacted at 419-241-5157 or 800-877-5157. A non-refundable fee of \$15 is required for each set of full-size documents obtained. For additional information, please contact Jon Zvanovec @ 419-360-9184, jon.zvanovec@metroparkstoledo.com.

EACH BIDDER MUST FURNISH either (1) a bond for the full amount of the bid or (2) a certified check, cashier's check or irrevocable letter of credit in an amount equal to ten percent (10%) of the bid with its bid. The successful bidder must furnish a 100 percent (100%) Performance Bond and a 100 percent (100%) Labor and Materials Bond.

No bidder may withdraw its bid within thirty (30) days after the actual date of the opening thereof.

THE BOARD OF PARK COMMISSIONERS OF THE METROPOLITAN PARK DISTRICT OF THE TOLEDO AREA reserves the right to reject any or all bids, and to waive any informality in bidding.

By order of the Board of Park Commissioners METROPOLITAN PARK DISTRICT OF THE TOLEDO AREA

David D. Zenk, Director

CONTROLLER POSITION AVAILABLE

The Fair Housing Center, 432 N. Superior St., Toledo, Ohio, seeks an experienced Controller to oversee accounting and financial operations. Reporting directly to the CEO, the successful candidate must demonstrate proficiency in generally accepted accounting principles for non-profit organizations to ensure that the highest accounting standards are met, maintain financial records to ensure accuracy and ease of reporting on fiscal activities to Board and funders, be well-versed in basic Microsoft Office software applications (Word, Excel, etc.) and Sage accounting software, with the ability to track activities in our proprietary case management system, and possess the knowledge and ability to interpret, Federal, State, and Local laws regarding non-profit financial management, including 2 CFR Part 200 and other federal guidance documents. The Controller is also responsible for managing the annual audit process, forecasting, budget preparation, 990 submission, preparation of the agency indirect cost proposal, and other duties as assigned, including the fiscal components of the grant writing process.

Qualifications: Bachelor's degree in accounting, finance or related field; 3 to 5 years of non-profit financial management experience; and Certified Public Accountant or advanced degree preferred.

This is a full-time exempt position, with some evenings or weekends as needed.

How to Apply: Please submit cover letter and resume to HR@toledofhc.org.

ADMINISTRATIVE ASSISTANT

The Fair Housing Center is seeking an administrative assistant with a strong interest in helping families with housing concerns.

The Fair Housing Center is advancing its new landlord-tenant mediation program and seeks an administrative assistant to work with applicants requesting assistance and our team.

The administrative assistant will help with collecting information from tenants who apply for assistance, completing paperwork, and inputting data. Many applicants seeking assistance face time sensitive issues and challenging life circumstances. The administrative assistant must be motivated to work with these persons and guide them through program processes. The administrative assistant will also answer phones and respond to voicemails. The administrative assistant must be capable of spending some significant time on the phone and typing.

The administrative assistant will be part of a dynamic team working to improve our community and help individuals. This position is part time with the potential for full time. Strong preference for persons with experience handling intake for nonprofit services, persons with bilingual skills, and persons with a social work background. Applicants should send a cover letter and resume before 11/30/2020 to hr@toledofhc.org.

Black Friday at The Truth Art Gallery

The Christmas shopping season opened last weekend with a three-day Black Friday session bringing together about a dozen vendors with a public anxious to start the seasonal binge.

Autumn Gineen, the Gallery's Atelier, organized the event and supplied the luscious edibles as well. For more information on Autumn's gift offerings during the season, call 567-318-2248.

The Black Friday Weekend vendors were: Tariq McKinney El of Tariq's Soothing Mist; Deejae Misstee of Miss T Hand Sanitizer; Carmel Felix of Sunglasses & Bubblegum; Jacques Shabazz of Scoopsofshabazz and African imports; Carmen Ford of Perfectly Imperfect Crafts; Ashe Turner of Natural Vibes LLC, Gutta Dave, artist; Kwame Amen MenRa Kembro; Chawonne Ardrey of Savanna's Soul Kitchen; Jodie Summers of Inked Truth; Davida Ross, spiritual counselor and Ms. Shirley of Custom Crafts.



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