

Volume 73 No. 8

"And Ye Shall Know The Truth..."

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David Ross, Community Artist and Youth Advocate

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MercyCollege

FRIENDSHIP BAPTIST CHURCH

PNCBANK

Restoring Justice

By Rev. Donald L. Perryman, Ph.D. The Truth Contributor

... A [justice] with relevant nonjudicial experience would bring a different and useful perspective to the court. - Harry Reid



Judge Terri Jamison's candidacy for Ohio Supreme Court in November's election provides the community with a rare golden window of opportunity to restore justice.

The U.S. Supreme Court's recent apparently partisan decisions indicate that the body is out of step with the constitution and most citizens.

However, in America, the SCOTUS is not omnipotent. Instead, the state supreme courts have the "last say." Thus, the Ohio Supreme Court will ultimately decide over the recently overturned Roe v. Wade ruling and a host of other issues at stake.

In addition to Roe, the Ohio Supreme Court also holds the trump card over redistricting, race, the content of instruction in public schools, sexuality, and employment rights.

Therefore, getting Judge Jamison over the finish line against opponent Patrick Fischer is imperative to shift the court's political majority. Fischer's recent remarks declared abortion and slavery were comparable by equating Roe v. Wade to Plessy v. Ferguson.

A self-described Black Appalachian, Jamison climactically ascended to her current position as Ohio 10th district Appellate Court Judge from the underground mines of West Virginia. Her broad life experiences ensure all Ohioans an opportunity to equal justice under the law.

I spoke with Judge Terri Jamison just ahead of her campaign event at Toledo's Onyx Café.

Perryman: Perhaps, more than ever, people must vote to protect and restore our rights. So please tell The Truth's readers a little about you.

Jamison: I am a third-generation coal miner. I moved to Columbus from West Virginia after being laid off from working in the mines for more than a year. Having not finished my college degree when I moved here, I started my workforce development through the Comprehensive Employment Training Act program (CETA). Through Kelly Temps, I got my first job with the Online Computer Library Center in Dublin. I'm dating myself, right?

Perryman: I'm truly old school, so I remember Kelly and CETA.

Jamison: After that first job, I worked for Xerox Corporation, and they also moved out of Columbus. So, I landed a job as an office manager for a Black-owned insurance business for two years until I got my own agency. I had a small business for 16 years until I sold the agency. In the meantime, I graduated from Franklin University, sold the company, and enrolled in Capital University Law School.

Perryman: How about your post-law school experience?

Jamison: I did several internships while at Capital. First, I went to work for the attorney general's office in the Civil Rights section as an intern. And I did an internship with the Bureau of State Hearings as an intermittent hearing officer. I heard Welfare, Medicaid, and food stamp appeals. Then, I moved to an internship with the Franklin County public defender's office and remained there until I finished law school. After that, I took a brief break while I studied for the bar exam and then went back to work

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Race Man to the Rescue ... Not!

By Lafe Tolliver, Esq

Guest Column

Source: news wire: ANNN (All Negro News Network):

Just when you think things could not get worse, we now have it on a reliable source that Sesame Place, the children's theme park in Philadelphia, has turned loose its Rosita character on two hapless Black girls.

Yes, you heard it here first! Rosita has purportedly gone to the dark side when she allegedly refused to high five two Black girls who were anticipating a hand slap when Rosita passed by their way at the theme park.



The alleged slight was caught on camera and went viral. The two shaken girls seemingly recovered from the oversight and their parents did not accept the profuse apologies of both the theme park and the sorrowful character, Rosita.

The seemingly outraged parents, fearing that their two young daughters could be emotionally maimed for life, did what any aggrieved parent would do. They sued the theme park for \$25 million in damages to the two girls.

Yes, the parents of these distraught children want big bucks for the theme park violating their contract (the purchased tickets) wherein it is implied that racial discrimination would be prohibited at the playground.

Purportedly (and don't ask me how they got these other "videos") there are other instances where the cast of Sesame Street characters are filmed dissing other Black kids at the park.

Not being satisfied with getting this story second hand, ANNN sent our crackerjack reporter, Ms. Dymyfiludia Washington, to interview the family that is now in seclusion with 24-hour security.

This is what Ms. Washington learned:

ANNN: Mr. Burns, please tell our viewers what happened to you and your daughters at the theme park.

Parent: (fighting back tears). My two little sweets were waiting in line on the parade route when Rosita was coming their way. When the character got near them, my two precious daughters raised up their cute little hands to get a high five from Rosita.

Rosita looked at them and waived them off with a loud, "No!"

My daughters were crestfallen and as you can see from the video, they were rudely snubbed by Rosita!

ANNN: Wow! What a story. So how are your daughters doing under such enormous publicity about being slighted in public by Rosita?

Parent (reaching for another box of tissues to dry his eyes). They are doing terrible! Night sweats, wetting the bed, loss of appetite, their grades in school are down and they are starting to hang out with the wrong crowd of second and third graders!

ANNN: What made you seek out a lawyer to sue them for this seemingly vile attack on the innocence of their childhood?

Parent: I said to myself that they have got to pay for this outrage! They must learn a lesson that no Sesame Street character is above the law and if they can get away with not high fiving a third grader, we have lost it as a country!

ANNN: Tell me sir, why the amount of \$25 million? Wouldn't an apology and free admission to the park for five years work?

The park did state that any perceived snub was inadvertent.

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for the public defender's office, awaiting the exam results. Soon after, I became an assistant public defender.

I stayed there for a short time and decided to hang out my own shingle, Jamison Law Offices, with locations in Columbus, Mansfield, and Springfield. I began to practice in numerous courts across the state, representing men and women in domestic, criminal, juvenile and probate law at the trial and the appellate level.



Judge Terri Jamison

After about eight years of practicing, I filed to run for the domestic relations and juvenile court in Franklin County in 2012. I was successfully elected and re-elected to that court. I was there for over eight years and ran for the Court of Appeals, where I am currently.

Perryman: You're also a pastor. Right?

Jamison: I have to go way back. I accepted Christ in 1983 but didn't become ordained to minister until 2002, so I've been at the same church. Unfortunately, my pastor passed away, and in November of 2010, I became the interim pastor and have been there ever since.

The ministry does a lot in the community. For example, during COVID, we did cleaning supplies and hygiene product drives to help meet the needs of those in shelters who could not get out. We provide food and coats for children every year. We also did shoes this year and toy drives. We partner with different people in the community to ensure that we're meeting the needs of our community.

I also sit on the board at Capital Law School, the board at Franklin University, and I'm a volunteer with The Red Cross. I'm married. My husband and I are a blended family with three adult sons, eight grandchildren, and one great-granddaughter. Oh, and I recently received an honorary doctorate in community leadership from Franklin University for the work that I've been doing in the community.

Perryman: Most people know about the influence of the Supreme Court of the United States. However, they underestimate the power of representa-



tion on the Ohio Supreme Court. Can you talk about why getting elected to the Ohio Supreme Court is so important, particularly in today's political environment?

Jamison: All of these issues will be kicked back to our Ohio State Supreme Court, which is important for several reasons.

Ohio's constitution is not quite identical to the US Constitution. We want to make sure that people understand that when things come back, we get to take an original look at constitutional issues and the effect of our constitution on those things.

So, we will be determining issues affecting all Ohioans, whether it's redistricting, collective bargaining, workers' rights, or reproductive free-

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Parent: (looking aghast). Never! A money judgment will straighten them out!

ANNN: How do your girls feel about this lawsuit?

Parent: My wife and I have not discussed this too much with them. They are too young to understand that Rosita needs to be held accountable for dissing them!

ANNN: Mr. Burns, other media outlets are stating that you are making a mountain out of a molehill. How do you respond to that criticism?

Parent: (reaching for a second box of tissues). Ha! Let them explain to our kids why they are in counseling three days a week and they refuse to leave the house for fear of seeing Rosita coming down their street!

ANNN: Sir, don't you think today's kids are more resilient than you think and that once you explain to them what happened, that they are smart enough to understand and move on with their lives?

Parent: (calling in the background to his wife to refuse the request for a CNN

interview and not to have the kids appear on The View). If we do not draw the line with Rosita and Sesame Street characters, who knows whom may insult our daughters next! Donald Duck? Dora The Explorer? Spiderman? Wonder Woman?

No, you gotta draw the line with these arrogant Sesame Street characters.

ANNN: Mr. Burns, may I ask your daughters just a couple of questions? Parent (long pause....) Ok, but just two or they will be late for their self-esteem classes at the Y.

(Going to the TV room where the girls are watching re-runs of, Blackish). Hi girls. Your Daddy says I can ask you two questions, OK? Girls: Ok.

ANNN: How are you coping what happened to you at Sesame Place? Girls: Oh, that! We forgot about it when we left the park. No big deal. Rosita is a nice lady. She is not a meanie.

Parent: (seeing big bucks floating away) Okay, okay...that's enough. Interview over!

ANNN: (now outside of the house). Well viewers, there you have it. The kids know more than the parents! A big Waa...Waa over nothing and for this, the parents want \$25 million!

Ever heard of a money grab? Ten to one, the judge dismisses this case as being frivolous and assesses costs and fees against the parents!

Contact Lafe Tolliver at tolliver@juno.com



David Ross: Gutta Dave Says Art Is the Answer

By Asia Nail

The Truth Reporter

It's been at least five or six years since a youth survey has been done in Toledo. Last year local artist David Ross, along with Rev. Robert Culp of First Church of God, Lucas County Children Services and Pathways Brothers United, took the initiative to ask the underserved youth directly what they want. The results were astonishing.

The survey asked 184 youth in the area whom they trust most for guidance in achieving their goals. A majority overwhelmingly responded they only trust their parents and peers.

"Yeah, we learned that only about 18 percent of the youth surveyed trust adults being paid to teach them. That's a huge nugget of knowledge," explains Ross. "The youth survey made it clear that our kids are not willing to trust mentors that don't authentically know how to meet them where they are in life."

David Ross, affectionately known as Gutta Dave to much of the innercity youth, is a consistent civic advocate for youth engagement and creativity arts.

Born and bred in Toledo, he developed a passion for leadership at a young age. "I went to Bowsher High School and learned the importance of making collaborative progress in communities from my participation with The Young Artist at Work (YAAW) —an Arts commission program," says Ross.

In 2010, along with community artist/singer Tracy Haynes, they used their knowledge as artists and structured a collaborative charity foundation called Dunkin 4 Donations that provides Christmas for less fortunate families in Northwest Ohio.

"Working with YAAW taught me how to re-create many different structures of leadership through the use of art and mentorship," says Ross. "The only way to put our skills to good use is to directly ask youth what they need from us and consistently show up for them."

Since 1994, Young Artists at Work (YAAW) has offered paid summer apprenticeships to area teens to learn creative skills and job skills alike to connect to community through the creation of public art and salable works. Each year more than 40 teens from diverse neighborhoods and communities in and around Toledo come together to find a completely unique summer employment opportunity and access to an experience designed to make an impact for a lifetime.

Ross went on to master his skills in videography, photography and production. "That's how most people remember me in Toledo and then I just decided to change my path," he shares.

He brought many anti-violence collaborative efforts such as H.E.A.L Hoods everywhere achieving love and bringing together organizations to combat violence within the community. He also collaborated with artist Dean Davis on community murals to combat violence and address the rise in suicides within the black community.

Ross now serves as a community visual artist and on the staff of The Toledo Art Commissions Creative Placemaking team. "For the past four years I've been connecting Visual art to social issues involving our youth against crime," says Ross. "I always have an emphasis on art and men-



tal health awareness, exposing kids to our very own local jazz legends like Art Tatum and Jon Hendricks to inspire them to return back to our rich origins of community and culture."

In the summer of 2020 David Ross painted the mural, titled "Take a Breath," on former Mugshots Bar at the corner of Summit and Lagrange amid Black Lives Matter protests following



David Ross

the death of George Floyd under the knee of former Minneapolis police Officer Derek Chauvin. Although many in the community voiced bias, even prejudice, Ross says, "The mural wasn't to praise George Floyd the man, it was a representation of what happens to black men. With the magnitude of what happened it was to preserve the moment."

Now Ross teaches kids how to use what they have to create by showing them how to use their phones for videography and creative projects. He also spent several years as a boxing coach at Soul City Boxing.

"These kids need to learn the importance of the art of protecting themselves physically without guns," says Ross. "Many of the murals we do create a lot of conversations around these social justice topics."

Ross is one of the co-chairs of the Toledo Racial Equity and Inclusion Council (TREIC). Within the group there are approximately nine different committees, he co-chairs the social justice committee.

"Next we need to survey the adults and get the adults the education they need to help their children succeed," Ross says. "Coaches and mentors are straining themselves to make a difference in kids' lives that have zero trust for their guidance. Let's fix this."

The at risk youth in Toledo are willing to die for each other. Due to a rise in gang violence and street-ties, the youth survey validated more trust for peers and even parents came second.

"Art is the answer," explains Ross. "Art enhances our quality of life. Just creating murals can shift the consciousness of a neighborhood. My counselor in school told me to draw how I felt and it stuck with me. I

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doms. All of those questions will come before the court, and we must understand redistricting will also be coming up again.

Perryman: What does your life experience contribute to what you bring to the table as a state supreme court associate justice?

Jamison: I bring empathy, understanding, legal knowledge, and the familiarity of being a small business owner and its unique challenges. I also bring the experience of being a person that went to law school later in life and understands how that career change was beneficial to the community that I served.

Having been a member of two collective bargaining units, I also recognize the importance of having your voice heard, whether an individual or a collective issue. I'm aware of living in segregation because we lived in segregation and went to segregated schools in West Virginia until I was in the 2nd or 3rd grade.

So, I bring a lot of life experience that gives me a unique perspective when looking at the facts of a case. I can determine or help bend the room to persuade the justices or judges that there is a factual difference between this particular case and another case.

Lastly, when we started the Ohio Black Judges Association in 2019, only nine of the 88 counties had a black judge. Only 56 black judges in the State of Ohio and six of Hispanic origin.

So, I bring racial, gender, and diversity of thought and lived experience.

Perryman: You were on juvenile court before the court of appeals. One of the problems of concern in our community is youth, particularly youth violence. It costs approximately \$120,000 a year to incarcerate a child. So, we're seeing more kids enter the system than we can afford to detain. Yet, judges are criticized for incarcerating too many. How do we resolve that tension in the system while keeping it fair and the community safe?

Jamison: Crime has several roots. Crime comes from trauma and affects brain development, particularly in young people who experience trauma even as early as the mother being a domestic violence victim while in the womb. There's reliable evidence that children experience trauma when their mother is under stress. So, we look at how trauma triggers actions. We look at how trauma interferes with brain development, which interferes with reasoning. We look at the socioeconomic climate. We look at underfunding of schools and the disproportionality, and the fact that the funding scheme is unconstitutional.

Franklin County's Juvenile Court was a juvenile alternative court, meaning we have alternatives to incarceration. Incarceration was our last resort for children unless it was a case where the legislature required the child to be transferred to the adult court for prosecution. In those cases, our hands were tied by the law. So, we put wraparound services around the family and the child to ensure that the child was not without services that could help them and prevent recidivism.

I was a trustee on the Ohio Association of Juvenile Court Judges, and

many judges used these philosophies across the state. It saves dollars from incarceration and prepares the child to be more productive in society and to move forward. The intervention says to the child you are more than this mistake you've made in your life. We value you and want to see you do well and excel. There are several organizations out here, the Annie Casey Foundation and the MacArthur Foundation collecting data on the use of alternatives.

Perryman: You're saying, that if we're going to build a brighter future for children, young people, and families, then rather than incarcerating, we need alternative or diversion programs?



Judae Terri Jamison

Jamison: We even need to go further than that. You can't cure a problem from the feet. You have to also deal with the head. We have two generations of parents, I believe, that were victims of the crack epidemic and mass incarceration. We need those same support services for parents. Because a parent with no sustainability cannot parent and sustain a household and having represented children that were homeless, their parents are homeless. You can't cure a problem from the feet.

Perryman: Let's discuss your advocacy of the state's criminal sentencing database.

Jamison: We need the criminal sentencing database and also database access for civil judgments because minorities and lower socioeconomic status individuals typically do not get the same sentences or type of civil judgments in a lawsuit

Perryman: What is the criminal sentencing database system?

Jamison: It's a contract with the University of Cincinnati to collect data. There's a pilot program of about 60 judges who have agreed to use a uniform sentencing entry. So they will collect data on race, type of incident, criminal background, and history to determine whether or not one group of people is getting a different sentence from the other. I believe it's needed. But we also need the civil database. So, for example, if you're injured in a car or a work-related accident, you should get the same pay or the same settlement, and your race should not factor into it. So, one thing I would like to see going forward if I'm elected is a database that collects that data on civil judgments to know how that's impacted by race.

Perryman: Finally, what key messages do you want to communicate to our readers about your campaign?

Jamison: I am a proponent of individuals coming to the court to have a voice and to be heard. And, even when the law is not on your side, you should be treated with fairness, dignity, and respect.

Contact Rev. Donald Perryman, PhD, at drdlperryman@enterofhope-





Toledoans United for Social Action – We Care, We Serve Project

Special to The Truth

Toledo United for Social U (TUSA) have spent the past few weeks visiting area churches on weekends to advocate for the movement to put an end to the violence that is wracking so many urban areas these days, Toledo being no exception.

Partnering with various local organizations, such as the Corvette Club, Moms House, Lucas County Head for Violence, to name a few, and led by faith-based leaders, TUSA aims to set an example to youth about finding fellowship and community through positive engagement.

The way to achieve that goal, say TUSA leaders, is to increase positive adult presence which has been shown to act as a deterrent against negative behaviors – even violence.

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Rev. Jerome Graham, Rev. James Wilis, State Rep. Paula Hicks-Hudson, Rev. Art Walker



David Bush and JoJuan Armour



State Rep. Paula Hicks-Hudson addresses guests



CHOICE NEIGHBORHOODS INITIATIVE

Celebration Event and Festival

Warren AME Church - 915 Collingwood Blvd Friday August 5, 2022

> Kickoff Ceremony 11:00 am - 12:00 pm Featuring Minister Chris Byrd and

Nikki D and The Brown Sisters

Event Festival

1:00pm - 3:30 pm

Free food, games, pony rides, vendors, music,

free book bags (while supplies last)

Visit www.junctionchoice.com or call 419-259-9471 to learn more about the Choice Neighborhoods Initiative











Toledoans United.. continued from page 7

Another goal of the We Care We Serve Project is to increase the spread of information, regarding programming and family support initiatives that are taking place and available to local families 0 information dissemination is one of intervention strategies identified by The Center for Substance Abuse Prevention (CSAP).

According to the Project, there has been success with community-based interventions in Toledo in the summer of 2021 resulting in a decrease in incidents, when community volunteers stepped in to address violence at parks and pools.

TUSA brought the Project to the Parkwood Seventh Day Adventist on Saturday, July 16; to St. Paul Missionary Baptist Church on Saturday, July 23; to Glass City Church of Christ on Saturday, July 30 and will be at Mt. Ararat on August 6 from 11 a.m. to 2 p.m.



State Rep. Hicks-Hudson with Moms Demand Action members



David Ross.. continued from page 6

practice and preach that art is the best medicine for trauma."

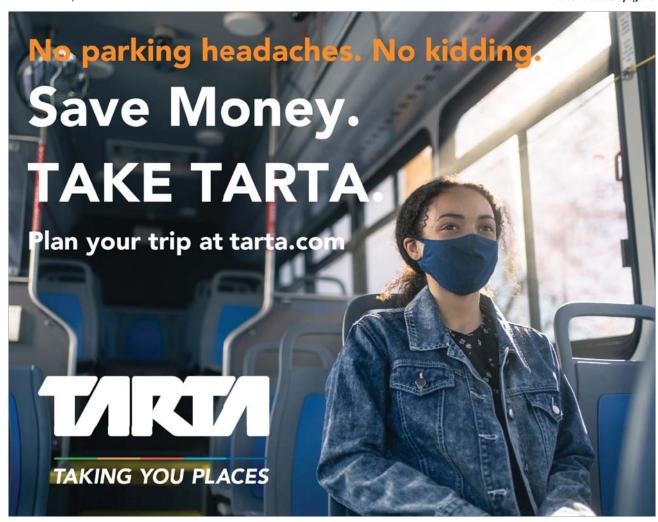
Our kids in Toledo are going through physiological warfare when they lose friends to gun violence. Ross says, "We are teaching youth coping skills for their trauma and triggers therapeutically with art."

Many adults don't understand that children experience PTSD the same as an adult with less abilities to cope.

With serious cycles of trauma and homelessness here in Toledo with our youth, Ross and his accompanying organizations are making positive headway.

"Before a poor kid is exposed to a positive interaction, they have usually experienced 10 or more traumatic or negative interactions first," says Ross. "We trust our processes. Now they will be based on real feedback

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The Blighted Rosemary Apartments Building to Be Demolished

The Truth Staff

"The Land Bank rarely gives up on buildings," said Lucas County Commissioner on Tuesday, July 26, during a press conference to announce just that – the demolition of the Rosemary Apartments Building on the corner of Detroit and Phillips.

The "bad history and bad owners," noted Gerken of the building, led to just that, the impending demolition of a six-story building that has been an eyesore – a very dangerous eyesore – in north Toledo for over 20 years.

"We all need housing, but this isn't the housing that we need," added Gerken.

The building was declared a public nuisance by the authority of the Land Bank in May 2022 after the current owner failed to abate over 60 pages worth of nuisance conditions. That authority was ceded to the Land Bank by the City of Toledo.

The Rosemary was built in 1923 and had 31,000 square feet of residential space within its six floors.

"It was a viable place," said Mayor Wade Kapszukiewicz of the building that is now located in the Ottawa River flood plane. "The City of Toledo and the Land Bank are dedicated to historic preservation whenever possible."

The Land Bank's David Mann opens the press conference to announce the impending demolition of the Rosemary Apartments Building

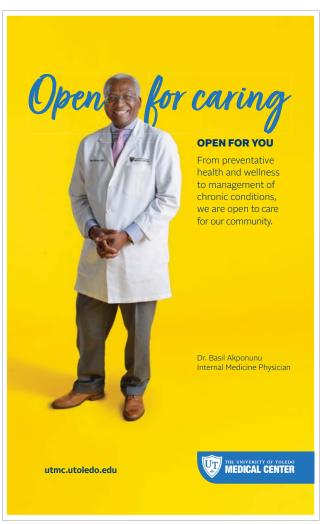


In the case of the Rosemary Apartments, noted the mayor and the rest of the speakers at the announcement of the impending demolition, preservation is not possible. The building has been closed for about 20 years and various owners since then have allowed the building to deteriorate beyond possible restoration, even were it not located in the flood plane. There are no plans to build another structure on the site – the future will be green space at the corner of Detroit and Phillips, said Lucas County Treasurer Lindsay Webb, who led the charge to have the structure demolished.

Also present at the announcement were the family – father, mother and sister – of Joshua Sorrell, a student/athlete at Whitmer High School who lost his life in the building in 2016 when he was 16 years old. Joshua fell down the building's abandoned elevator shaft. The day of the announcement, Tuesday, July 26, coincidentally, would have been Joshua's 23rd birthday.

Demolition will be put out to bid to local contractors in the coming months. The demolition costs will be paid by the Ohio Building Demolition and Site Revitalization Program which was created by the Ohio General Assembly and signed into law by Governor DeWine in June 2021. The Land Bank has been awarded \$500,000 through the Ohio Department of Development from the program to date with most of that funding to be used for the Rosemary Apartments project.

The Land Bank is waiting for an additional \$12,000,000 that has been requested for demolition projects in Toledo and the rest to Lucas County.





Strategies for Stretching the Food Dollar

By Patrice Powers-Barker, OSU Extension, Lucas County

The Truth Contributor

Many are aware of the increase in food costs. Predictions of food price increases for all food (at home and away from home) for 2022 indicate that prices are on path to increase between 8.5 and 9.5 percent.

For this year, food-away-from-home prices are predicted to increase between 6.5 and 7.5 percent, and food-at-home prices are predicted to increase between 10.0 and 11.0 percent. The predictions for 2023 are lower but still an increase.

In 2023, food-at-home prices are predicted to increase between 2.0 and 3.0 percent, and food-away-from-home prices are predicted to increase between 3.0 and 4.0 percent. (Consumer Price Index)

Food consumers (that's all of us) are encouraged to use this information and make plans to continue to **eat healthy while stretching the food dol- lar.** Saving money on food is more than comparing prices at the grocery store. We are all encouraged to continue to eat healthy amounts of foods from all five food groups to get the nutrients that our bodies need. None of these recommendations are brand new but it might be time to review your

food spending habits to see if they need any updates.

There are things that can be done **at home** to minimize food waste and to plan the best use of the food you will be buying. At home planning can include looking in your cupboards, freezer and refrigerator before writing the grocery shopping list. Make plans to use the food you have.

One recommendation is to **grow and can** your own food. To be clear, home food preservation can be a great way to save fresh food from right now for later in the year, but it might not always be the most economical way. For those who already have the right equipment and access to large amounts of food (such as fresh produce from the garden), it is often a tasty and practical way to have some extra garden produce later in the year.

If you would like to learn more about home food preservation and what might work best for you, OSU Extension, Lucas County is offering a free class on August 8, 2022. This class, "Basic Home Food Preservation: Deciding What's Best for You" will be offered two times that day (same presentation), once from 10:00 a.m. – 11:00 a.m. and again from 2:00 p.m. – 3:00 p.m.. It will take place at the Toledo Botanical Garden Metropark, 5403 Elmer Drive, Toledo, OH, 43615. There is no registration or fee to attend. lucas.osu.edu

Ohio State University Extension Service offers some useful tips. In general, locally-grown produce is less expensive than food that has to be shipped in from out of state or out of country. Another advantage is food that doesn't have to travel long distances may retain quality longer.

Is the cost of convenience foods worth it? Often, pre-seasoned frozen vegetables, snack-sized packs and bakery sweets save some time but cost much more money than if you were to make them and season them yourself at home.

Left-overs can make life easier. Making a large enough meal that can be eaten one day and then divided up for another day like lunch or an additional dinner can make the cost of buying more ingredients a savings. One example is to use tortillas and fill them up with leftover foods from a previous meal

Shop the grocery store infrequently. The less time you spend in the store, the fewer temptations. Adopt the mantra "get in and get out." In addition, pay attention to the register and check your receipts. Scanners make life

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Health Section • Health

A Mental Health Moment

A Young Man's Experience with Mental Health and Emotions

By Bernadette Joy Graham, MA, LPCC, CCHt, Licensed Mental Health Therapist

The Truth Contributor

The majority of my clients are females but I do have an astounding number of men who see me for individual counseling. I applaud them due to statistics that often show how females outnumber men in seeking counseling. In addition, both genders are often seeking help with relationship issues and state their frustrations on how they "just don't understand" the opposite sex. I also see individuals who are not heterosexual and also seek relationship help.

Both genders suffer from disappointment, frustration, unhappiness and broken hearts. Regard-

less of sexual identity, I felt it important to address the issue of men and their emotions. I hear time and again from women that men seem to just be able to experience a break-up or disappointment without any regard to showing emotions.

Over the many years of counseling, I can attest that those men do carry many emotions and, yes, they even cry. Men and women process emotions very differently but it does not mean that either of them hurts any less when it comes to matters of the heart and overall emotions.

I have a current male client who is heterosexual and who volunteered to give some feedback on his mental health and emotions. Of course, he will remain anonymous for purposes of this publication but I will address him as Ben.

Ben has been my client for almost two years, he is in his late 20's, has never been married with no children. His purpose for seeking counseling was due to a break-up from a long-term relationship that he described as on and off again over the course of three years.

Upon his assessment, Ben described feeling frustrated, angry, hurt, confused, difficulty sleeping, eating and concentrating. When asked why he felt this was the end for good of this relationship he stated that "when I saw her with another man unexpectedly out in public, I knew it was over for good, I was shocked, I felt jealous, I really wanted to beat the guy down but instead I called a good friend to come pick me up, I was so shook up I couldn't even drive and I did not want that moment to cause me an assault charge or worse."

Ben admitted that he cried, felt sick to his stomach and knew he needed some help. He reached out to me and set up an appointment to address the issue. I quickly normalized his feelings and genuinely commended him on his decision to seek counseling.

Today, Ben is in a new relationship but stated "I really like this woman but I'm not sure what this is because I still go out with other women and I'm having fun meeting women and just dating but honestly I'm trying my best not to make this relationship serious, too serious right now." Over the course of the two years Ben has been coming to sessions, he's grown comfortable in talking out many issues that don't even involve relationships but things like asking himself "what do I want for my future, where do I want to be in 10 years?"

I wanted to give Ben the opportunity to voice some questions he has for women on this platform and here are some questions Ben has for you ladies:

TARTA Downtown Transit Hub Closed

Due to unforeseen circumstances and out of an abundance of caution and care for the safety of its customers and team members, The Toledo Area Regional Transit Authority's (TARTA) downtown Transit Hub at 612 N. Huron St. will be closed to the public until further notice.

TARTA apologizes for any inconvenience. Customers will be able to purchase one-trip and Day passes on board fixed-route vehicles, and can purchase all TARTA passes at the Central Avenue garage (1127 W. Central Avenue).

1) "what do women want, it's so confusing trying to guess what they like or need? 2) "when it comes to sex, why don't women correct us in bed, if I'm not doing something right or something she wants why won't she speak up?" 3) Lastly, "why do women put eyelashes on their cars?" When I asked Ben what does he like in ladies, he responded, "I love a well put together woman, hair, nails, clothes – I love to step out with a woman who looks good and I know everyone is looking at ... I also like ladies who know what they want, if we go to dinner it's kind of frustrating when they can't even make up their minds because it tells me they probably don't even know what they want period, and lastly, I love a woman who is confident, walking around the house putting yourself down or asking me if you're fat is not sexy."

I know that Ben does not represent all men and he acknowledged that he is not trying to be the voice of all men. Every man and woman have their likes and dislikes in relationships and have the right to choose.

Men do have feelings and while they may not respond to heartfelt pain the same as women.

Ladies, please know that they are human and feel all the things humans feel. While we women may cry our eyes out at the drop of a dime, men may choose to go detail their car, play basketball or spend hours on an Xbox, their emotions do not magically disappear.

Take a mental health moment (Men) and ask yourself are you dealing with your emotions and overall mental health appropriately? If your emotions are causing you or others harm, when you finish detailing your car, consider getting some professional help, there are both male and female therapists so go with whom you feel most comfortable discussing your mental health.

Thanks, Ben, for your input, I have had the honor to watch this young man mature emotionally in many ways, and while he confessed that he still on some days wishes things had worked out with his lost love, he was grateful for the experience and has learned how to express himself more freely and can control his emotions without allowing his ego to cause him harm and stunt his emotional growth. Ben does want to marry and have a family one day but until then he said he chooses to enjoy life, and has the confidence to continue to do his best at "figuring out women."

Bernadette Graham is a Licensed Professional Mental Health Counselor, and Certified Grief Recovery Specialist. She is also a Certified Clinical Hypnotherapist. Provide feedback or reach out at graham.bernadette@gmail.com For appointment information please call 419.409.4929 (Appointments available on Tuesdays and Fridays only and some Saturdays). Office location is 3454 Oak Alley Ct. Suite 300 Toledo, OH 43606 www. bjgrahamcounseling.com Available for team building, employee empowerment in motivation and better understanding mental health in the work place. Accepting new clients ages 13 and older.

A Grant up to \$1,500 towards your Mortgage Closing Costs!¹

DO YOU QUALIFY?

- Purchase of a primary residence located within State Bank's lending area²
- Must meet borrower or geography low- to moderate-income eligibility requirements³
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Program subject to change with or without notice. Other restrictions may apply. Please see lender for complete details. Subject to credit approv ¹Actual amount applied at closing.

²Property must be located within one of the following counties: Allen Ohio, Allen Indiana, Defiance, Delaware, Franklin, Hancock, Lucas, Madison, Union, Williams, or Wood. ³Borrower income must be below 80% of the area median income, or property must be located

³Borrower income must be below 80% of the area median income, or property must be located in a low- to moderate-income census tract, as updated annually by the FFIEC (Federal Financial Lettly that the first property of the first property of

Health Section • Health Section

Health Department Announces Probable Cases of Monkeypox in Lucas County

By Derick Gant

The Truth Contributor

The Toledo-Lucas County Health Department is working with Ohio Department of Health on investigating two probable cases of monkeypox infection in the county. The individuals have tested positive for Orthopoxvirus in lesion samples while meeting both clinical and epidemiologic criteria. TLCHD is following up with people with whom these individuals may have had close contact.

Monkeypox is a rare disease caused by infection with monkeypox virus. The overall risk of monkeypox to the general population is low. Monkeypox is a rare disease that is caused by infection with monkeypox virus. Monkeypox virus belongs to the Orthopoxvirus genus in the family Poxviridae.

Once a positive case is detected, TLCHD will do a thorough tracing and monitoring of close contacts. If determined to be eligible for post-exposure prophylaxis (PEP), contacts can receive the monkeypox vaccine (JYNNEOS) on a referral basis.

"Monkeypox is a very rare disease in the United States," said Dr. Eric Zgodzinski, health commissioner. "Monkeypox does not spread easily between people, but anyone in close contact with a person with monkeypox can get it and should take steps to protect themselves. This virus has not shown the ability to spread rapidly in the general population. Based on the information currently available, the risk to the public appears to be very low."

Efforts are underway to ensure that antiviral treatment with tecovirimat (TPOXX) will be available to eligible patients in Lucas County. At this time, tecovirimat is reserved for those who are more likely to get severely ill or have weakened immune systems. TLCHD will closely monitor the situation and update the public about the status of the virus and any other measures

that can be taken to minimize the effects and evade an outbreak.

Although rare, monkeypox is a potentially serious viral illness that is transmitted when someone has close contact with an infected person or animal. Person-to-person spread occurs with prolonged close contact or with direct contact with body fluids or contact with contaminated materials such as clothing or linens. Illness typically begins with fever, headache, muscle aches, exhaustion and swelling of the lymph nodes.

After a few days, a specific type of rash appears, often starting on the face and then spreading to other parts of the body. Symptoms generally appear seven to 14 days after exposure and, for most people, clear up within two to four weeks. Some people may suffer with severe illness. As with many viral illnesses, treatment mainly involves supportive care and relief of symptoms.

If you are sick and have symptoms consistent with monkeypox, seek medical care from your health care provider, especially if you are in one of the following groups: Those who traveled to locations where monkeypox cases have been reported, or other areas with confirmed cases of monkeypox during the month before their symptoms began. Those who have had contact with a person with confirmed or suspected monkeypox. Close or intimate inperson contact with individuals in a social network experiencing monkeypox activity including meeting partners through an online website, digital app or social event.

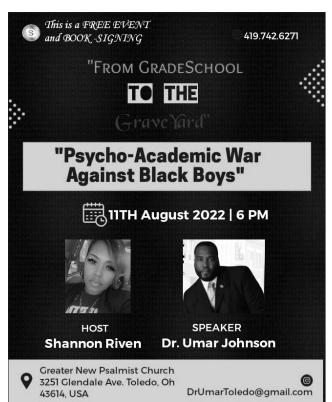
If you need to seek care, call your health care provider first. Let them know you are concerned about possible monkeypox infection so they can take precautions to ensure that others are not exposed.

For additional information, please visit: https://lucascountyhealth.com/monkeypox-information/

Stretching the Food Dollar... continued from page 10

more convenient, but they aren't perfect.

In addition to the Home Food Preservation class, OSU Extension is offering a class for anyone in our community who works with children. PAX Tools is intended for any caring adult who interacts with children, such as



parents, caregivers, professionals and volunteers. PAX Tools is a collection of strategies or "tips" to improve cooperation and self-regulation with youth. PAX Tools helps to create a nurturing environment that ultimately helps kids thrive!

The FREE upcoming workshop is Wednesday, August 31, 2022 from 6:00 – 8:00pm at Sanger Branch Library, 3030 W. Central Avenue, Toledo, OH. The first 25 to register and attend will receive a FREE Toolkit. (even if you are not the first 25, you are welcome to attend and you will leave the session with all the information needed to create your own toolkit). RSVP online at go.osu.edu/pax If you have any questions, please email Patrice powers-barker.1@osu.edu or call 419-574-0983.

Third ShotSpotter Zone Launching to Combat Gun Violence in Toledo

Special to The Truth

A third ShotSpotter Zone went live in Toledo at 1:00 PM on July 28, 2022 to continue helping combat the increasing problem of gun violence. ShotSpotter first launched in Toledo in June of 2019 in the Lagrange Street Corridor area. From its inception in Toledo to April 17, 2021, ShotSpotter alerts alone (with no associated 911 call) have resulted in 115 guns being taken off the streets and 151 arrests.

The location of the new ShotSpotter Zone was determined using crime data and is located in East Toledo. It was paid for through a grant from the American Rescue Plan Act. ShotSpotter will continue to help Toledo police by alerting them to gunshots in neighborhoods of which approxi-

Black Skin: The Definitive Skincare Guide by Dija Ayodele, foreword by Caroline Hirons

By Terri Schlichenmeyer The Truth Contributor

Inside and out.

That's where you wear your beauty. Your eyes glow with warmth and your smile is sunshine, your heart touches people and lets them know they're loved. The body you've been blessed with is strong and comfortable. Now what about your largest organ?

c.2021 HQ, a division of Harper Collins \$29.99 288 pages

In Black Skin by Dija Ayodele, you'll see how you can care for it best.

Short shorts, tank tops, bare shoulders, barely-there sleeves. You want to wear them all this summer, and you want to look good doing it. So how do you make sure your skin is in the best shape possible?

Dija Ayodele is a skin care expert and the first thing you should know, she says, is that "flawless skin is for babies." You're an adult and you'll never achieve a "flawless" complexion again. But she has advice on how you can turn heads with a glow.

For centuries, Black women have been "actively told that Black is not beautiful." Ayodele offers history to prove it: more than a hundred years ago, slaves were treated like they "were beastly and put on show as spectacles..." For many Black people in the past, that led them reach for chemicals to lighten their skin, which breaks Ayodele's heart. She hopes today's readers can learn to love their skin by becoming experts on it.

There are many of similarities between Black skin and white skin; the differences are cultural and "physiological." Black skin has more melatonin that helps protect from the sun, but don't get lazy: Ayodele says you should use a sunscreen because Black skin is still prone to sunburn. Also, "Black will crack if you're slack!" so use a really good moisturizer.

Know the difference between skin type and skin condition. Stop smoking,

BLACK
SIGNITIVE
SKINCARE GUIDE

quit your bad diet, cut down on alcohol, stop stressing, and get some sleep. Be prepared for the things that can go wrong with your skin, and learn about keloids and hyperpigmentation. Bust some myths, know which products to leave in the store and how to find a professional if you need one, and build a regiment.

Your skin will thank you for it.

Show your shoulders, flash your fingers, flaunt your feet. Summer fashions practically demand that you do, but what if your skin isn't ready for all that? Reach for Black Skin and get some help that will take you far beyond your surface.

But this book isn't just for those who are looking for beauty.

Author Dija Ayodele helps you understand why you sometimes believe your skin has a mind of its own. She tackles acne, skin tags, and vitiligo as well as ashiness and over-dry spots, and her advice is wide-ranging and easily understood. Best of all, she makes readers feel like their skin is a precious gift. Having that kind of information doesn't at all replace a dermatologist, but it's the next best thing.

Not just for women, this book also includes a chapter for men and children, too. Reading *Black Skin* is something you'll want to do, from the inside out.

Third ShotSpotter Zone... continued from page 12

mately 80% are not reported to 911. ShotSpotter enables officers to respond strategically, assist victims of gun violence more quickly, and improve evidence collection.

ShotSpotter uses acoustic sensors to detect and locate gunshots using triangulation. The information is then relayed to ShotSpotter's 24/7 Incident Review Center for confirmation that the sounds are gunshots, then relayed to the 911 Call Center for dispatchers to send officers. This entire process takes less than 60 seconds and has a 97% aggregate accuracy rate.

The real-time alerts notify police precisely when and where gun incidents occur, resulting in a faster, more accurate response to the scene to better recover evidence, interview witnesses, and attend to gunshot victims. The overall goal is to reduce gun violence and improve the safety of the community.



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CLASSIFIEDS

August 3, 2022

HOUSING CONDITIONS AND NEIGHBORHOOD REINVESTMENT ATTORNEY

The Fair Housing Center (TFHC) seeks a Housing Conditions and Neighborhood Reinvestment (HCNR) attorney who will represent tenants and homeowners. The HCNR attorney will represent tenants in rent escrow cases, and housing conditions cases to enforce tenant rights to decent habitable living conditions. The HCNR attorney will also provide educational resources and presentations to the community regarding legal rights and responsibilities especially as they relate to housing conditions issues, particularly in historically redlined and disinvested neighborhoods

QUALIFICATIONS:

- · Law Degree and current license to practice law in Ohio.
- At least two years of housing related legal representation working with diverse groups. Alternatively, five or more years of experience in civil litigation, especially if maintaining a large caseload.
- Possess the ability to investigate rental, sales, lending, insurance, zoning, harassment, and appraisal complaints in a timely manner.
- · Experience in a non-profit environment is preferred.
- Possess strong financial management, budgeting skills, organization, presentation, and writing proficiencies.
- Possess strong knowledge of fair housing principles and local, state, and federal laws governing housing discrimination and the landlord-tenant relationship.

This is a full-time position that includes a competitive salary and benefits package. Monday-Friday, 9a-5p, with evening and weekend hours as needed. Reliable transportation is required. TFHC offers a competitive wage and benefits package. Interested applicants should email their cover letter, resumé, and references in PDF form to hr@toledofhc.org. No phone calls, please.

EQUAL OPPORTUNITY EMPLOYER:

TFHC will not discriminate against any applicant or employee regarding any term or condition of employment because of race, color, sex (including gender identity and expression), sexual orientation, national origin, citizenship, ancestry, religion, age, disability, marital status, familial status or veteran status.

REQUEST FOR PROPOSALS FOR PROJECT BASED VOUCHERS RFP22-R001 J

Lucas Metropolitan Housing Authority (LMH) will receive proposals for Project Based Vouchers for the HCV program. Interested parties should be owner/developers, management agent, and/or project sponsors for projects concentrating on Supportive Services. LMH has reserved up to 250 PBV for this rolling RFP. Received in accordance with law until August 31, 2022 at 3:00 PM ET. See documents: www. lucasmha.org; 435 Nebraska Ave., Toledo, OH 43604; or 419-259-9446 (TRS: Dial 711). Affirmative Action and Equal Employment Opportunity requirements (Executive Order #11246). This contract opportunity is a Section 3 Covered Contract and any Section 3 Business Concerns are encouraged to apply.

INVITATION FOR BIDS IFB22-B005 ADMINISTRATIVE OFFICE CLEANING SERVICES AT 424 JACKSON

Lucas Metropolitan Housing Authority (LMH) will receive sealed bids from General Contractors for the for Administrative Office Cleaning Services at 424 Jackson Ave. in the City of Toledo, OH. Received in accordance with law until August 16, 2022 at 3:00 pm. See documents: www.lucasmha.org; 435 Nebraska Avenue, Toledo, OH 43604; or 419-259-9446 (TRS: Dial 711). Affirmative Action and Equal Employment Opportunity requirements (Executive Order #11246). This contract opportunity is a Section 3 Covered Contract, and any Section 3 Business Concerns are encouraged to apply.



Position Available

Staff Attorney- Medical-Legal Partnership for Children



Advocates for Basic Legal Equality, Inc. (ABLE), a non-profit regional law firm that provides highquality legal assistance to low-income individuals and groups in western Ohio, seeks a resourceful, culturally competent attorney to serve as an advocate for children in poverty with the Medical-Legal Partnership for Children in our Toledo office.

Please visit https://www.ablelaw.org/careers-with-able/ for more details and to submit your application. Position will remain open until filled.

ABLE is an Equal Opportunity Employer and places a high value on diversity in our workplace, including diversity in race, ethnicity, gender, sexual orientation, age, and physical ability. We strive to create an environment welcoming to all individuals and we encourage applications from individuals traditionally underrepresented in the legal profession. Applicants requiring accommodation for the interview/application process should contact the recruitment coordinator at ablejobs@freelawyers.org.

Position Available

Managing Attorney-



Agricultural Worker and Immigrant Rights Practice Group

Advocates for Basic Legal Equality, Inc. (ABLE), a non-profit law firm with a long history of representing low-income clients in Ohio in achieving equal justice and opportunity, seeks an Attorney to lead its Agricultural Worker and Immigrant Rights Practice Group. The position can be based in Toledo or Dayton, Ohio.

Please visit https://www.ablelaw.org/careers-with-able/ for more details and to submit your application. Position will remain open until filled.

ABLE is an Equal Opportunity Employer and places a high value on diversity in our workplace, including diversity in race, ethnicity, gender, sexual orientation, age, and physical ability. We strive to create an environment welcoming to all individuals and we encourage applications from individuals traditionally underrepresented in the legal profession. Applicants requiring accommodation for the interview/application process should contact the recruitment coordinator at ableplos@freelawyers.org.

Public Bid Advertisement (Electronic Bidding) State of Ohio Standard Forms and Documents

Project #0051-23-292
North Engineering/Classroom Phase III
The University of Toledo
Lucas County

Bids Due: 2:00pm, August 23 2022; through the State's electronic bidding system at: https://bidexpress.com

EDGE Participation Goal: 15.0% of contract

Domestic steel use is required per ORC 153.011.

Contract	Estimated Costs
General Trades Contract	\$5,282,000
Alternate G 1 – Skylights	\$210,000
Alternate G 2 – Upper Lab Cabinets	\$150,000
Alternate G 3 – Polished Concrete	\$155,000
Alternate G 4 – Multi-panel Sliding Glass Door	\$30,000
Alternate G 5 – Finish Enhancements	\$70,000
Alternate G 6 – Northwest Classrooms	\$125,000
Fire Protection Contract	\$348,000
Plumbing Contract	\$845,500
Mechanical Contract	\$3,195,000
Electrical Contract	\$2,632,000

Pre-bid Meeting: August 9, 2022, 10:00am, Plant Operations Building - Room 1000, The University of Toledo, 2925 East Rocket Drive, Toledo OH 43606

Walk-through: A walk-through of the project sites is scheduled for August 9, 2022 immediately following Pre-bid.

Walk-Through Location: Plant Operations Building

Bid Documents: Available electronically at: https://bidexpress.com

More Info: Project contact: Rick Butera, 419-464-7697, rick.butera@thinkchamplin.com

Call to place your ad: 419-243-0007 www.TheTruthToledo.com

Buffalo Soldiers... continued from page 16

During a ceremony at Wilson Park in north Toledo, the local Buffalo Soldiers received that plaque at a park they have adopted in recent years, received a donation of \$3,500 from the Paragon Msionic Lodge # 788 and donated an additional \$500 to keep the Wilson Park swimming pool open for local neighborhood kids.

"They give back," said former Mayor Mike Bell during the ceremony. "When you see Buffalo Soldiers, it's about something good happening."

The Toledo Buffalo Soldiers Motorcycle Club was founded on October 1, 2013 when six people came together. They later formed a not-for-profit corporation in order to "represent and educate people about the heritage and rich past of the U.S. Army's Cavalry and Infantry Buffalo Soldiers, through participating in community service events …" reads the published information.

The group has been active since their foundation in the community serving a range of citizens, from youth to seniors. They interact with students at four Toledo Public elementary schools; they provide residents with materials on preparing for disasters; they offer free meals to veterans on Veterans Day, they conduct workshops on issues of awareness and engagement such as "what to do when stopped by the police among a range of community engagement programs.



Christa Luttmann reads governor's plaque to local Buffalo Soldiers

David Ross... continued from page 8

directly from our youth. I know the seeds we plant into them may not grow today or tomorrow but over time our work makes a difference."

Follow David Ross and his civic leadership within the Frederick Douglass Center Board of Directors, Engage Toledo as an Ambassador, The Police-Community Relations Committee, and his work as Co-Chair of the Stop the Violence Committee.

When asked what three things can anyone do to succeed in his opinion he says: "First we all deserve to be heard and express ourselves. Second, If you don't know your 'why' you'll never be successful. Your 'why' is your mission. Last but not least, the real definition of success is —your working pursuit towards a worthy idea. Find and work with people who have missions that align with your 'why'."



"We are a small contingent but a might contingent," said State Rep. Paula Hicks-Hudson, a member who serves as legal counsel for the club.

Other members present at last week's celebration were: Earl Mack, president; Fred LeFebvre, the public information officer and secretary; Lorinda McCalebb, treasurer; Kenneth Reeves, sergeant at arms and Lucretia Stewart, a visiting member from the Detroit club.

The nickname "Buffalo Soldiers" was given to members to the all-African-American peacetime regiments of the 9th and 10th U.S. Army Cavalry and four infantry units by Native Americans because of their bravery and fierce fighting skills and because of their dark curly hair and beards.

President George H. W. Bush proclaimed July 28 as National Buffalo Soldiers Day in July 1992 and a monument was erected on that first National day to a Buffalo Soldier at Fort Leavenworth, Kansas, and dedicated by General Colin Powell.

Last week's event culminated with a tour of the swimming pool the Buffalo Soldiers have kept open for students and food provided by Chef Jim Rhegness food Truck. Rhegness has worked with the Buffalo Soldiers often at their events to provide free food for attendees.



Former Mayor Mike Bell addresses guests



Buffalo Soldiers: A Small but Mighty Contingent

The Truth Staff

This year, Ohio became the first state in the nation to declare July 28 Ohio Buffalo Soldier Day annually. House Bill 238 – co-sponsored by Toledo's State Rep Paula Hicks-Hudson – passed the Ohio House unanimously, then the Ohio Senate unanimously and was signed into law by Gov. Mike DeWine earlier this year.

This past Thursday, July 28, the governor's representative, Christa Luttmann, Northwest Regional Liaison for the governor's office, presented a plaque to the Toledo Buffalo Soldiers commemorating the new state day and honoring the gallant service the nation's Buffalo Soldiers have rendered to their nation for so many years in the past.

... continued on page 15



Buffalo Soldiers Paula Hicks-Hudson



Buffalo Soldiers PIO Fred LeFebvre



Buffalo Soldiers and Masons



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