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"And Ye Shall Know The Truth..."

March 4, 2020



Commissioner Tina Skeldon Wozniak, musician Wayne Harris, AALP Executive Director Robert Smith, Commissioner Gary Byers, Weldon Douthitt, Commissioner Pete Gerken

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What the Science Says

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

The Truth Contributor

A pandemic is not an uneducated voting block so it will not be swept up in the emotional fervor of dog and pony patriotism or duped by ceremonial religiosity.

- John Pavlovitz



Health officials have confirmed six deaths and more than 80 cases in the U.S. resulting from the coronavirus at the time of writing this article. Many thousands more have died or contacted the disease globally as the illness, also known as COVID 19, currently spreads faster outside than inside of China, where it originated.

Sadly, the illness thrives at a time when our nation is, in the words of author Tom Nichols, "a country obsessed with the worship of its own ignorance."

Indeed, diseases thought to be nearly wiped out such as measles are experiencing a dramatic resurgence due to an uninformed public and the intentional spread of misinformation over the internet, a medium where most people "can't tell the difference between truth and falsehood."

However, "only intelligent, qualified, reasonable, compassionate people who trust science and want to protect human beings can help at times like these," says author John Paylovitz

It is a time when misinformation is, perhaps, the biggest threat to our national security. It is also a time when science represents our best hope in the struggle against misinformation in our nation's era of declining physical and intellectual health

What does science say about the coronavirus?

That is the question I posed to Commissioner Eric Zgodzinski of the Toledo-Lucas County Health Department. Our discussion follows.

Perryman: What is the coronavirus?

Zgodzinski: Well, the coronavirus is a family of viruses. Fifteen to 20 percent of the common cold are actually caused by a coronavirus. However, the coronavirus that's circulating the world right now is called a novel coronavirus and that means that it's new, we've never seen this one before; its structure is different, its epidemiology might be a little bit different too. So, this is called now CO-VID-19, the coronavirus, which originated in China in December of 2019 and has a mortality rate of a little bit over two percent.

Perryman: What do we know and what don't we know?

Zgodzinski They started seeing unusual or unique pneumonia cases in China, and it progressed to where 78,000–79,000 individuals there have been seen as coronavirus patients. Over the last couple weeks, it has come out of China, and you're seeing it now in Japan, in South Korea, Iran, and Italy. You're starting to see it move into the European theatre. We haven't too much of a concern in the United States, until the other day when it appears that we've seen now a community spread issue here. What does that mean? It means that we can't link this patient to somebody who's traveled and/or to travel itself. So, when that starts to happen, we start to say okay, what's going on? How many other people could

The Sojourner's Truth

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be infected or will be infected? So that's the concern that we have right now.

Perryman: What are the current concerns in Lucas County?

Zgodzinski Here in Lucas County or Ohio, we have no concerns with coronavirus at this point. But that doesn't mean that won't change eventually. As we start progressing through all these issues that we're seeing right now - the virus spreading to other countries and community spreading in the United States - we're starting to get a better idea of what's going to happen here. The biggest takeaway right now is we are still concerned with flu season because every flu season does kill individuals. But the issue now is that we probably should take time to make sure that we're prepared.

Perryman: What does "prepared" really mean?

Zgodzinski Preparing for this is much like we do for flu season. You need to keep yourself healthy, and you need to keep your hands washed. Did I mention you need to keep your hands washed? Oh, and can you keep your hands washed?

Seriously, that's my mantra is that the more that we can wash our hands then the less likely we are to infect ourselves. We're always touching our face, our mouth, we feed ourselves, we're wiping our nose and so we have the ability to take the coronavirus and get it into our systems.

That's the message that we're trying to send out now is to stay calm, make sure that you stay informed and stay healthy, and listen to kind of what's going on, and we're going to make it through this. We're not seeing a high mortality rate for coronavirus. It's probably around what the flu is – two to three percent.

Perryman: Who are the most vulnerable?

Zgodzinski If we can verify that what we've seen in China is accurate and, if that's the case, then it is older individuals that are probably immunocompromised or have other existing health challenges. It doesn't appear to be children, although that could change. Because again, it's not like the flu or cold virus; it's not like the measles where we've had science behind it for a long time because we've seen those viruses or issues. Here we don't know, but at this point it appears to be adults and probably older adults.

Perryman: Okay, you talked a little bit about unknowns that we know about.

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Community Calendar

March 7-

St. Paul MBC Men's Day Weekend: 9 am Saturday Breakfast with Guest speaker Rev. Floyd Smith of Calvary MBC; Sunday 10:45 am service with Guest speaker Rev. Kenneth Wayne Coleman of Canaan MBC of Dayton: 419-246-2886

March 8

Calvary MBC Pastoral Anniversary for Rev. Floyd Smith Jr: Guest Rev. Melvin Barnes and Greater Faith Fellowship; 4 pm

March 15

Calvary MBC Pastoral Anniversary for Rev. Floyd Smith Jr: Guest Rev. Roger Carson and Southern MBC; 4 pm

March 21

Books4Buddies 3rd Annual Youth Global Perspectives: 11:30 am to 2:30 pm; West Toledo Branch Library; Featuring International ACES students and Books4Buddies Ambassadors: 1.866.944.1119

March 22

Calvary MBC Pastoral Anniversary for Rev. Floyd Smith Jr: Guest Rev. James Willis and St. Paul MBC; 4 pm

April 24-25

Calvary Baptist Church Women's Ministry 23 Spring Retreat: Holiday Inn Lima: 419-531-9443



Perryman... continued from page 2

Can you also describe what might constitute possible unknown unknowns?

Zgodzinski: So, people could be exposed, and within two to 14 days you show signs/symptoms of the disease and/or test positive for the virus. The concern that we have is that you can be asymptomatic with this. In other words, so you're exposed, your body is replicating the virus, and you or I can be walking around not having any symptoms of fever, shortness of breath, or other manifestations of the disease be actually infecting other individuals, while not aware that I'm even sick. So that's the concern that we have is, how much of a virus load is needed, asymptomatic individuals.

Also, we know of other matters such as respiratory concerns. So, I as a first responder know that if I wear my N-95 Particulate Respirator mask, my eye shield, I've gowned up and gloved up, I do all the things I need to protect myself properly, then there's a very low chance of coming into infection with that. Again, first responders, nurses and doctors, do this all the time and so it's no different than another virus that they prepare for. Now the problem is that "everybody" wants to wear a mask, that's probably not a good idea.

Perryman: Why is wearing a mask not a good thing if you are other than a first responder?

Zgodzinski First off, the surgical masks do nothing to protect you. They actually catch your saliva or respiratory secretions and doesn't allow them to travel from you to somebody else. Hence, it's a barrier, but if you ever notice the surgical mask, there are little holes by your nose, it doesn't fit tight around your mouth.

First responders wear a mask that seals around the face, the nose and the mouth. That limits their ability to take in the virus because it's stopped at the facemask. It actually kills about 95% of those particulates. The problem is you have to put them on right and you have to take them off right.

Again, if you think about that, think about your strainer at home, and you're trying to strain out something powdery, eventually, the holes clog up, and then you have to shake it out. It's the same thing here. So those viruses start to clog up that mask, and now you have all that virus there, and if you don't take it off properly, you can actually have more of a chance of infecting yourself than if you were not wearing the mask. So, there are a lot of misconceptions about mask use.

Perryman: What happens in a worst-case scenario?

Zgodzinski Worst case scenario is kind of what we were planning for H1-N1. If you remember back in 2009, we started talking about social distancing. What

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is social distancing? To reduce the risk of somebody catching the disease and/ or spreading it, I limit those individuals that are onsite. Now, here at the health department I have enough office space where Jimmy has his own space, as Joey does his own space, and Sally has her own space. Still, I want to stagger the times that those people are here, so they don't come in contact with each other, so that's social distancing.

The other thing though too, is that yes, if we get to a point where, and I can't give you a number, but at some determined trigger point, I'm just gonna say, alright, now what we have to do is we have to stop athletic events, concerts, ask the churches to not convene for a couple weeks and recommend that churches go online or televise their services through the web. Schools would be closed, businesses would...again, there are some businesses such as grocery stores that they just can't close because they are essential. How do we still have a place to work and be able to check people out at the counter because they need a gallon of milk.

So, those are all real-world concerns that could happen in a worst-case scenario. Schools probably will be closed because, again, kids might not be getting sick, but they could be virus carriers so, again, we don't want this thing to spread any more than it has to or at least try to slow that down. Those are just hypotheticals so they might change a little bit.

Perryman: Is there anything positive in all of this?

Zgodzinski There are a couple of things on a positive note. One, this community has gone through other events like what we could encounter with the coronavirus. Like the water crisis, we got through that because we were prepared. It was something that we didn't really train for, but we took a plan that we already had, changed them around a little bit and said okay, we need to respond to that.

With the H1-N1, we were looking to do the same thing. We got the vaccines in, and we gave over 70,000 vaccines in that timeframe. So, we've experienced these things before and the big thing is that this community's first responders, hospitals, schools and others have already been talking about this since about the middle of January. We've all been looking at plans and what do we need to do, but now it's time to say okay, what do we need to get out there relative to making sure that everybody else is prepared.

We all should prepare for any type of event like this, and again, it's one of those things where the best prevention for this is the things that we're already doing for flu. Wash your hands, wash your hands, wash your hands, and then make sure you're healthy.

Perryman: Some would say that our information ecosystem, specifically social media, is broken. So, the last thing I think it's important to emphasize is that the coronavirus is real. It is not a human-made conspiracy theory intended to misinform or make money on vaccines.

Zgodzinski: No, this is actually happening and definitely an issue. Again, this type of thing has happened throughout the ages. If you look at the pandemic flu of 1918, that started the year before, actually was very low in numbers, then the next year, it hit the entire world very hard. We can go through other disease outbreaks throughout the ages. The reason why we don't have some of these other outbreaks anymore is because of our vaccinations, measles, mumps, rubella, smallpox have all been eradicated. So, you're not hearing about these large outbreaks anymore, so that's good, but we're always going to have these viruses that are always changing. We've seen little pandemics here and there, but again, it's our job here in this community to make sure that we're continually looking for ways to respond to issues like this.

If you want more information, visit the Toledo Lucas County Health Department's web page. It'll take you to the CDC and other resources. We have a ton of stuff up there.

Perryman: Thank you.

Contact Rev. Donald Perryman, D.Min, at drdlperryman@centerofhopebaptist.org



Lucas County Commissioners' Black History Month Celebration Salutes Old Dorr Street

Sojourner's Truth Staff

In the final tribute of this year's Black History Month, the Lucas County Commissioners saluted the glory days of the Dorr Street corridor – those several decades when the central city street teemed with black-owned businesses and "economic, social and cultural activity – the heart of the community," said Commissioner Pete Gerken in his opening remarks.

Then, Robert Smith, executive director of the African American Legacy Project and the organizer of Dorr Street Live – an annual commemoration of the way things were, presented his testament on "Why We Celebrate Dorr Street – Gone but Not Forgotten."

"Fifty years ago, Dorr Street was alive," said Smith as he opened his remarks. "Dorr Street was an explosion of colors, sights, sounds and aromas – and it meant so much to so many."

As Smith would describe, Dorr Street was the "cornerstone of Toledo's African American business district ... the stimulus for the African American community's artistic and cultural expression."

Smith continued by declaring that Dorr Street framed "who we are as a people and ... a part of our community's DNA."

He went on to describe the effort his organization – the African American Legacy Project – is making to preserve that history though the annual Dorr Street Live community event. Since 2015, Dorr Street Live, said Smith, "extends our ability to document this community which – even to this day – evokes just plain joy from its residents (past and present) when the two words 'Dorr Street' are mentioned."

This summer's upcoming Dorr Street Live will feature its first ever Urban STEM event.

"The future is science and technology," explained Smith. "Our kids are already behind and they need to understand the importance of STEM to their future."

As for the current Dorr Street – now bereft of those businesses and entertainment enterprises that once filled the corridor, Smith said: "Some see an impoverished area; we see bright minds and lots of energy waiting to explode. We see the future through the past. That's why we are documenting Dorr Street. In many respects we have lost so much and we can understand why some might think we are foolish dreamers, but what happens to Dorr Street and the history of Dorr Street is up to us.

"We should all take a look deep inside our memories and lend a hand in helping to document the 'magic' of Dorr Street. If we get the story right, maybe we can look toward an even brighter tomorrow.

"Maybe we can leave something for future generations; maybe, just maybe, if we do this right, we can make the story of Dorr Street our legacy. Maybe out goal should be to rekindle the spirit of a community, a neighborhood, a culture ---- our people.

"Maybe we should offer hope to succeeding generations

"Maybe we've already started."

After Smith's remarks, the commissioners applauded his recollections of





Commissioner Tina Skeldon Wozniak, musician Wayne Harris, AALP Executive Director Robert Smith, Commissioner Gary Byers, Weldon Douthitt, Commissioner Pete Gerken

what Dorr Street had been and his efforts to keep the memories alive,

"It's all about neighborhoods," said Commissioner Gary Byers. "In the late 60's and 70's, people forgot that."

"The false promise of urban renewal crushed Dorr Street," said Gerken. "We won't let it die in our memories."

Editorial... continued from page 3

fighter certification examination required for graduation. Then, after being informed she had passed, after she was given her firefighter's badge, uniform and fire station assignment, after dressing and greeting family and friends planning on attending her graduation ceremony, just hours before that planned celebration, she was summarily terminated by Fire Chief Brian Byrd.

His justification was a non-descript, totally subjective claim of "unsatisfactory performance." She was given no further explanation. She had never been progressively disciplined. She had never had a disciplinary hearing establishing she violated any policy, procedure, or directive which warranted a suspension or termination.

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Toledo Community Coalition Continues Fight Against Racism

By Tricia Hall Sojourner's Truth Reporter

A hundred people gathered to hear highlights and a call to action during the Toledo Community Coalition (TCC) meeting on Thursday, February 27. The meeting was held at Warren AME Church on Collingwood and was focused on the theme of changing minds and lives, combating racism.

Bishop Robert Culp, pastor of First Church of Christ, opened the meeting with prayer and Lenora Barry officially presented a welcome to the audience. "We extend a heartfelt welcome to each of you. Our challenge today is to keep moving forward. We must make plans for those who come after us."

Attendees stood to their feet and applauded the accomplishments reached by TCC. "LED Lighting at Frederick Douglass Center was a victory, but we want to see additional lights in our community. We're moving forward with lead poisoning screening for our homes. The new ordinance was passed but now we must work with the city and focus on hiring a coordinator, fundraising, and training of lead inspectors. We're going to hold elected and appointed officials accountable. We will continue to support those causes," explained Otis Gordon, TCC chairman and pastor of Warren AME Church.

The meeting publically acknowledged two community partners who have spent time supporting TCC. Rev. Karen Shepler, who passed in 2017, attended United Theological Seminary in Dayton and served as an ordained elder in the United Methodist Church in Dayton, Columbus and Toledo. She founded Dialogue to Change which encourages small groups to talk about race and inequality in the Toledo area. The second honoree was David Murray, a retired managing editor of The Blade. Murray organized community forums about racism and poverty in partnership with Dialogue to Change.



If you or someone you know has served as a Board Member of the Neighborhood Health Association (including the former Aurora Gonzalez Medical Clinic, Guadalupe Medical Center, East Toledo Community Health Center, South Toledo Community Health Center and Cordelia Martin Health Center), or are a former Executive Director, Auxiliary member or volunteer, please let us know.

2020 is our 50th year of service to this community and we'd like to say "thank you" for your service to your community and for helping to ensure that affordable health care is available to everyone in our community.

Please send your name and contact information to: Lisa Matthews at Lmatthews@nhainc.org. We will contact you soon with further information. Information should be submitted to Ms. Matthews prior to June 1 2020.

Thank you for all you have done in service of this community.

"Karen would be angry that she's being honored, but she would understand that we want to honor her. We want to remember her. She changed minds and lives," shared Barbara Coleman.

The meeting concluded with several call to action items: attendees should participate in the Census, the Census is hiring, Dialogue to Change needs facilitators and there is a youth component, and attendees must continue to advocate for jobs.

"I want to thank everyone who came out tonight. I personally have learned so much from this coalition, especially the leadership. It is great to be in this community, because so many of us work so hard for this community," explained Ray Wood, TCC coalition member and NAACP Toledo president.

TCC Steering Committee: Lenora Barry, Reentry Coalition; Rev. Beverly Bingle, Holy Spirit Catholic Community; Robert Cole, ABLE; Bernard Culp; Bishop Robert Culp; Juanita Green, First Church of God; Rev. Otis Gordon, Warren AME Church; Don Fothergill, Toledo Together; Marilyn Jacobs, State of Ohio; Marriah Kornowa, Buckeye Health Plan; David Longacre, Multifaith Council; Lisa McDuffie, YWCA; Doni Miller, Neighborhood Health Services; David Murray, retired The Blade; Gloria Smith, Toledo Lucas County Health Department; Darlene Newbern, Ohio Civil Rights Commission; Jennifer Teschner, The Fair Housing Center; Kelley Webb, Dialogue to Change; Eric Williams, YMCA; Ray Woods, NAACP.

The mission and vision of TCC is to promote collaboration among groups and organizations dedicated to improvement and empowerment for African Americans and other underserved of Toledo. They strive to eliminate racism in all forms and to educate, empower and act as the support base to form collaborations in the areas of education, health, employment, housing, and cultural awareness in order to improve the quality of life in the Toledo community. Toledo's African American community will be a dynamic and safe model of a collaborative community where open communication, partnership, love and second and third chances are no longer the dream but the reality of life.



Rev. Otis Gordon (speaking) with Marriah Kornova (left) and Juanita Greene





Bite By Bite

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

March is National Nutrition Month® . This year, the Academy of Nutrition and Dietetics encourages everyone to "Eat Right, Bite by Bite." Small goals can have a cumulative, healthy effect. Every little bit of nutrition is a step in the right direction!

Research has shown that healthy eating patterns, which include the recommended amounts from each food group, can have a positive effect on our health. For example, healthy eating patterns have been associated with a reduced risk of heart disease, type 2 diabetes, some types of cancer, and overweight and obesity. An eating pattern that is higher in vegetables and fruits has been associated with a reduced risk of several chronic diseases, including heart disease. Unfortunately, many Americans don't get enough servings of fruits and vegetables and the important nutrients they provide.

This year for National Nutrition Month® there are four overarching goals that can be broken down to one goal each week during the month to practice eating right, bite by bite.

Eat a Variety of Nutritious Foods Every Day.

It's important to eat a variety of nutritious foods every day in order to get the nutrients that our bodies need. Make sure to include healthy foods from all five food groups: vegetables, fruit, grains, protein foods and dairy. Although each food group has its' own recommendations for best options, keep in mind the daily goal of 2 cups of fruit and 2 ½ cups of vegetables. Make healthy drink choices like water first for thirst. Use the Nutrition Facts labels to make the best choices about beverages and foods. Practice portion control and slow down to take time to enjoy your food.

Enjoy Healthy Eating at School, Work and Home.

Eat at least three meals a day and plan your meals ahead of time. Whether you're eating at home, packing a lunch or eating out, an overall eating plan for the day or week will help keep you on track. By planning your meals and snacks you will be sure to include foods from all five food groups. Planning in advance will also help you be menu-savvy when dining out, enjoy healthy snacks when at school or work and also eat healthy when traveling.

Learn Skills to Create Tasty Meals to Share and Enjoy.

Preparing food at home can be healthy and rewarding and a great way to save money, too. As mentioned before, planning is important to make sure you have healthy ingredients on hand. You don't have to go to culinary school to make a simple, tasty, healthy meal for yourself. If you have family around, share meals together as much as possible.

When preparing foods keep these food safety tips in mind. Do not cross contaminate raw meat with fresh food. When preparing raw meat, don't use the same cutting boards or plates, utensils or countertops until they have been sanitized. If foods need to be hot, make sure they are hot and it they need to be cold, make sure they stay cold. There are many important steps to food safety but one of the easiest ways to practice good sanitation is to wash hands with water and soap for thirty seconds. Not only is this very important for food safety, it's also one of the best ways to reduce the spread of other germs that can make people sick.

See a Registered Dietitian Nutritionist.

Registered Dietitian Nutritionists are professionals who have degrees in fields like nutrition, dietetics or public health from accredited colleges and universities. They have completed an internship, passed an examination and maintain continuing education. In addition, they are in our communities working hard to help us live healthy lives! Some people may meet with a Registered Dietitian Nutritionist for a specific diagnosis from their medical care provider like heart disease or diabetes or a need to lose weight. In addition to helping those with specific medical conditions, Registered Dietitian Nutritionists can be helpful for many others. Most people can focus more on their eating habits and learn more about healthy living. Whether you want to lose weight, lower your health-risks or manage a chronic disease, consult the experts! Registered dietitian nutritionists can help you by providing sound, easy-to-follow personalized nutrition advice. To find an expert in your area, visit the Academy of Nutrition and Dietetics' website at www.eatright.org.

Don't forget! Every little bit (or bite!) of nutrition is a step in the right direction!

Honor Black History Month by EXERCISING YOUR RIGHT TO VOTE!

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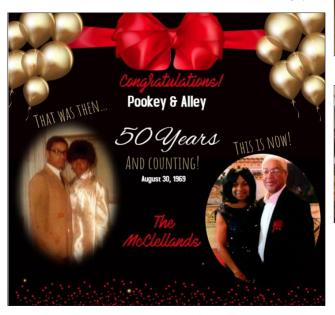
Mt. Nebo Baptist Church Annual Homage to "The Silent Soldiers"

Sojourner's Truth Staff

Nineteen years ago, Rev. Cedric Brock and the congregation of Mt. Nebo Baptist Church began a Black History Celebration titled "Stepping Out In Faith," a banquet to honor the community's "Silent Soldiers" – those who contribute so much to so little fanfare.

Those first few celebrations were held in the church's dining hall - with an

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The 2020 Honorees - the Silent Soldiers



First Lady Debra Brock escorted to her place on the dais



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Health Section • Health

A Mental Health Moment

Identifying your Strengths and Weaknesses

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

The Truth Contributor

Along the way to the path of becoming a mental health counselor, there were some questions and thoughts that needed to be discussed and decided within myself. One of those questions was: what type of counselor did I want to be?

There are many choices in settings such as schools, working with children, developmental disabilities or courts and prison systems just to name a few. I began to think about what type of counselor I wanted to be, but honestly it was easier to decide what type of counselor I did not want to be. I began a reflective process on past experiences, addressing my biases', values and even spirituality.

There has always been a great need for counselors with diverse backgrounds and I certainly fit much of that diverse content but that still was not enough to narrow down my choices. One year, on February 29, a memory was triggered while typing the date on some paperwork. It was the birthdate of one of my older brothers and we often joked about him only being a portion of his age due to that date only occurring every four years.

In 1994, I returned to Toledo on emergency leave from my active duty Air Force tour in England to attend this same brother's funeral. My brother was 36 years old and had been gunned down and murdered by a 14-year-old adolescent for the contents of his wallet. My last memory of my brother was having dinner with him and his family; a wife of 12 years and two daughters ages three and five, at their home just one week before I left for basic training for the military in 1990. My brother was employed by the City of Toledo as a mechanic. He had always had a passion for working on cars and I vividly remembered old cars or engine

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parts in and around the front yard.

Years later, returning to Toledo in 2011, I hardly recognized the city in which I was born and raised. Many past memories surfaced. I visited my mother's grave and found myself driving through neighborhoods in which I once lived and even the home where my brother and his family resided which was now empty and abandoned.

I could not help but wonder what happened to the adolescent who was now an adult and the outcome of the trial he faced with the murder of my brother. I learned he was imprisoned for a life sentence not only for my brother's death but for several others. After much research, learned about this individual's life story how he was abandoned as a child, and shuffled through foster home after foster home. He was a victim of trauma and many types of abuse. My reaction to this information was met with uncontrollable tears not only for the loss of my brother but for this man who endured a tragic childhood. My thoughts raced realizing that this story was not an isolated incident and that many lives have been destroyed as both he and my brother were victims.

It was that defining moment I knew I did not want to be a counselor in the courts which was governed by the "justice system," because I could not determine the answers to questions such as justice for whom? What is justice? Who decides justice? And most importantly would my ability and passion as a counselor even have an effect on this thing called justice.

My nine-year-old son recently asked me, "mom, if you could have any super power in the world what would it be?" I smiled and returned the very same question to my son. His answer gave me solace in knowing I have been doing a pretty good job as a mom.

Take a mental health moment and question your strengths and weaknesses. It's important to know regardless of your job, career or profession. It helps you to know what you realistically can and cannot do as a human being. No super power will ever change the course of my brother's tragic death nor the unfortunate experiences of the adolescent who was forgotten, neglected, hurt and traumatized.

I made the decision to become a mental health counselor to help people heal from broken hearts often caused by the lack of justice to the treatment of human beings beginning at birth. You don't have to be a counselor nor possess super powers to value life, not just yours but all lives "with liberty and justice for all."

Bernadette Graham is a Licensed Professional Counselor, National Certified Counselor and Certified Grief Recovery Specialist. She is available for presentations and speaking engagements on mental health topics. Provide feedback or reach out at graham.bernadette@gmail.com For appointment information please call 419.409.4929

Ohio Commission on Minority Health Renews Commitment

To help ensure African American babies are born healthy and reach their first of many birthdays, the Ohio Commission on Minority Health is investing \$288,800 for Lucas County efforts of the Northwest Ohio Pathways HUB. The care coordination system is organized by the Hospital Council of Northwest Ohio.

From 2017 to 2018, Lucas County's infant mortality rate among African Americans was 15.2 per 1,000 births, nearly three times higher than the county's rate of 5.7 per 1,000 white births, according to Ohio Depart-

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Health Section • Health

Ask Ryan

By Ryan Rollison
The Truth Contributor

Dear Ryan,

I hope this email finds you well and blessed. I am concerned about my health! I am overweight and I have been trying to eat right for a few months but see little change. Everyone says I should lose weight before I begin to exercise but it doesn't seem to be working for me. Do you have any helpful ideas that can get me started? Thank-you and God Bless

Debbie

Dear Debbie,

Well my first piece of advice is to quit asking people who are no more informed about it than you are. This is not the first time that I have heard this ridiculous claim to getting healthy or living a healthy lifestyle. I put that in a category as someone telling you to go buy gas before you purchase a car. Does that make sense to you? I sure hope not.

Here is the thing with that analogy; you will sit for months trying to lose weight and it's just not coming off fast enough to the point that you feel you can train. So, now you have wasted a few weeks or months waiting to get to some point before you start an exercise program. The formula is simply calories in vs. calories out! If you change your eating you should see some changes due to the fact that you cut calories in some way. It's a slow process but it's a start.

Now let's take another approach. It takes 3500 calories to burn just one pound of body fat. Say you cut your calories by 500 per day which would get you to that 3500. You're not adding calories, which is good and those are calories that your body doesn't have to burn off, but you already have stored body fat that you need to get rid of. So why would you not exercise to burn more calories that you have stored as body fat? Why not kill a few birds with one stone?

Speed up the fat burning process by exercising while you cut your calorie and get in better condition now instead of waiting to see progress before you do anything. By doing this your results will be much faster,

your calorie intake is cut plus your burning calories which will lead to quicker fat loss and better results.

Exercise can be very simple in the beginning and you don't have to do too much too fast. Start out with three days per week doing simple exercises. Now, I would assume you are overweight due to your question in the first place. Start by doing an easy program I call 5s. 5 squats, 5-pushups, 5- sit-ups, 5 mountain climbers (10 total steps) then rest and repeat. Try to go through it 3-4 times, resting 60 seconds between the mountain climbers and the squats.

If you need more rest in the beginning, then take it! Your goal is to get through the four to five sets without resting. As you progress add reps, sets or both to increase intensity and results. Your pro-

gression and results will vary according to your efforts, so get started towards your Dream Body and stop waiting around listening to people with wrong advice! I always say, "Nothing changes unless you do something!" The more you do the more you change. So do something!

If you have an organization, church group or club that would like to do Dream Bodies Fit Camp or fit camp plus please call so we can get you going. Now is the time to get ready for summer.

UNLEASH YOUR HERO Ryan Rollison Dream Bodies 419 944 4200



ment of Health statistics. There were 47 deaths of African American babies younger than 1, 42 deaths of white babies, and three deaths of babies of other races for an overall Lucas County infant mortality rate of 8.5 per 1,000 births from 2017 to 2018, according to the statistics.

The Ohio Commission on Minority Health grant provides the Northwest Ohio Pathways HUB with support for training, evaluation, outreach services and project management. Key to the community-wide system are community health workers employed at 11 care coordination agencies, who help connect women to needed medical and social services.

"This funding from the Ohio Commission on Minority Health is absolutely vital to our community's efforts to prevent African American babies from dying at nearly three times the rate of white babies," said Jan Ruma, Director of the Northwest Ohio Pathways HUB and Vice President of the Hospital Council of Northwest Ohio. "Our system's community health workers are making in difference in Lucas County."

Community health workers working through the Northwest Ohio Pathways HUB serve women at highest risk for having low birth weight and preterm births, which are leading causes of infant mortality. From 2017 to 2018, the infant mortality among the system's African American clients was 8.7 per 1,000 births, which was significantly lower than the Lucas County rate of 15.2 per 1,000 African American births, statistics show.

The Northwest Ohio Pathways HUB has received funding from the Ohio Commission on Minority Health to combat infant mortality since 2016, and other funders include the Ohio Department of Medicaid, Medicaid managed care plans and the Ohio Department of Health. Care coordination agencies employing the system's community health workers are Adelante, Baby University, Compassion Health Toledo, East Toledo Family Center, La Posada Family Emergency Shelter, Mercy Health, Neighbor-

hood Health Association, ProMedica Toledo Hospital, Toledo/Lucas County CareNet, University Church and YWCA of Northwest Ohio.

About the Hospital Council of Northwest Obio

The Hospital Council of Northwest Ohio (HCNO) is a regional hospital association that represents and advocates on behalf of its members while providing collaborative opportunities to improve community health. HCNO coordinates several community health initiatives, including the Northwest Ohio Pathways HUB and the Healthy Lucas County coalition. For more information, please visit hcno.org.





Health Section • Health Section

Editorial... continued from page 5

The administration had tried to railroad her, but she had stood her ground and they had failed with their trumped-up charges against her. But now under their new plan, after failing to beat her down, to stop her, they got her. Fire Chief Byrd, bowing to and joining with the same TFD ranking members whose overt discrimination she had resisted throughout the Academy, fired her without just cause. They had humiliated her publicly; they thought she would crumble and go away.

She requested that Dan Desmond, president, IAFF Local 92, file a grievance protesting her termination. Incredibly, the IAFF Local 92 president asked her to tell him not just the facts of what happened to her, but he also demanded she do the union's job, that she define the articles of the collective bargaining agreement that had been violated. If she refused or could not comply, the union would not consider going

She is a union member; though not a firefighter she is a Toledo Fire & Rescue Academy Trainee. She doesn't have a whole city administration behind her with a staff of attorneys and more funds than will ever be necessary to pursue her case. That's why you have a union, to give you a fighting chance - some semblance of equality against a larger, more powerful employer.

Instead, her union tried to game her, to fabricate a basis upon which

to refuse to represent her in her grievance against the unfair treatment rained down upon her. Nevertheless, and to the union's surprise and chagrin, she complied as best she could by detailing the various CBA articles that had been violated.

Remember, IAFF Local 92 solicits academy trainees, after 60 days of employment, to join the union, to begin paying dues. But for what for non-representation? To have that union turn on its members? This type of fee charging without representation has been addressed by the U.S. Supreme Court. In Janus v. AFSCME Council 31 June 8, 2018 the Court knocked out the agency shop/fair share fee under Illinois law. Local 92 members should read this decision and, perhaps, union members should demand refunds of dues paid for nothing.

But again, she would not surrender, now she wasn't just fighting for her dream, she was fighting for her family, for her ability to survive. She appealed her termination under the collective bargaining agreement rules. She asked her union to represent her in pursuing a hearing, a hearing she never had on the charges against her. She asked the union to pursue arbitration. And again, the union, per IAFF Local 92 Union President Dan Desmond, claiming support of the union board, and the union's attorney, Donato Iorio, Esq., refused her request. They sided with the City which claimed she had no right to be heard.

Locked out of arbitration, she appealed her firing to the Toledo Civil

...continued on page 12

Mt. Nebo... continued from page 8

attendance of around 100. Nineteen years later, the event has been moved to the Premiere Banquet Complex on Heatherdowns to accommodate the 600

So it was this past Sunday, as hundreds gathered to congratulate the 2020 honorees: Bridgette Byrd, Donnetta Carter, Alan Crawford, Helen Diggins, Kelly Ewing-Sims, Rev. Avearn Ford, Deborah Gardner, Pastor roscoe Gilmore, Elsie Harbour, Mary Hawkins-Mitchell, Betty Houston, Gesiele Hunter, Bessie Luckett, Sheree Madison-Emery, Ethel McCollum, Debra Middleton, Thomas Mitchell, Barbara Rome, Bishop Christopher Rowell, Michelle Tarrant, Phyllis Wallace, Amanda West and Kenneth Witherspoon.

As he has for years, Larry Jones served as master of ceremonies. Cerssandra McPherson, of Braden United Methodist Church welcomed the guests, followed by a selection by Mt. Nebo's First Lady Debra Brock.

After dinner was served, and a selection by the Youth Ministry of Mt. Nebo, Geraldine Scrutchins of St. Paul AME Zion led the presentation of the honor-



MC Larry Jones

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Stop Telling Women to Smile: Stories of Street Harassment and How We're Taking Back Our Power by Tatyana Fazlalizadeh

By Terri Schlichenmeyer

The Truth Contributor

Heeeeey, look over here!

You look fine today, Mama, Sugar, Honey, Baby, fill-in-the-blank with names you're called by men you don't know. Just think, Sweetie, Pretty, you were minding your business before this monkey business started. And just know, by reading

c.2020 Seal Press \$28.00 / \$35.00 Canada 226 pages

Stop Telling Women to Smile by Tatyana Fazlalizadeh, that others deal with it, too.

Like many women, Tatyana Fazlalizadeh spent her teen years in public "not wanting to be seen." Catcalls, creepy comments, unwanted compliments about her young body followed her from street to sidewalk, coming from men who made her feel afraid, ashamed, and definitely harassed. The "sheer quantity" of it struck her as she got older and in 2012, Fazlalaizadeh, a street artist, started a movement she calls Stop Telling Women to Smile.

As part of her work, she invites women to her studio to tell their stories as she sketches their portraits. Some of her results are in this book – and they're powerful.

The most common response to street harassment, she says, is anxiety, a lingering dread of what could happen – physical violence, stalking, emotional terror – whether one interacts with a harasser or not. For many women, harassment becomes a part of their daily lives.

Stories of
Street Harassment
and How
We're Taking
Back Our Power

STOP
TELLING
WOMEN
TO SMILE
Tatyana
Fazlalizadeh

Says Fazlalizadeh, men who engage androgynous women in unwanted ways "are particularly likely to harass masculine women" out of a false sense of their own masculinity; they're also likely to harass trans women because they feel "tricked" by a trans body. Women of color receive different' "markedly harassment from white men than from men of their own races. Pregnant women receive unwel-



Stop Telling Women to Smile author

come touches, as though they're good-luck charms; and Muslim women are verbally attacked for their clothing.

And who can women "go to for protection" if the harasser is a police officer?

What can be done?

Fazlalizadeh says that she sees hope for today's children, who are raised learning not to harass – but beyond that, the solution "is a large question that can have many answers."

Give yourself a minute to skim through Stop Telling Women to Smile, and it may seem like the book is little more than same-but-different which, after awhile, is too homogeneous and overgeneralizing. Dig a little deeper, though, and this book opens like a flower with pages of emotion, outrageous tales, anger, unwarranted shame, and a chapter for feminist men that could spell welcome change.

Dig a little deeper, though, and you might shudder.

Author Tatyana Fazlalizadeh makes this book feel like a raw gallery performance, and it shouts with power but not a lot of caution. Some of the "What Women Want to Say to Street Harassers" sidebars come off as advice, and safety isn't stressed nearly enough there. There's strength in Fazlalizadeh's words and they're stand-up-and-scream inspiring, but they just need a hair more prudence.

And yet: this is an invaluable book for any women's group, it's a great launching point for conversations with teens of any gender, and parents will absolutely want to read it. For that, for them, *Stop Telling Women* to Smile is worth a look-over.



Editorial... continued from page 12

Service Commission. Instead of giving her a hearing, the Commission met behind her back, without any notice or opportunity for her or anyone on her behalf to be heard. They ruled that she had no right to even know they were contemplating her case, they ruled she had no right to be heard.

Again, the administration, from Fire Chief Byrd to Mayor Kapszukiewicz, thought she was done. She was not. She appealed this kangaroo court decision to the Lucas County Court of Common Pleas. Her case is pending before Judge Alphonso Gonzales. And that is where it happened.

After extensive briefing, being faced with the weight of the evidence against them, the City turned to her own union - the union she has repeatedly asked for help and been turned away. Why? Because people in power don't like being challenged and if anything has been learned through our history it is that people in power, especially, don't like being challenged by minorities.

Not only has the union refused to help her, now in a final attempt to teach her a lesson - to teach her to stay in place, to not speak the truth, to not fight for her dreams and her family - her union, again through Dan Desmond and Donato Iorio, have not only abandoned her, they have betrayed her - they have actively advocated against her. And by seeking to silence her, the union is now advocating against the due process rights of all IAFF Local 92 members. In this process, IAFF Local 92 has thrown the well-established position that Academy Trainees are not yet "probationary firefighters" who have no rights of notice and to be heard when they are arbitrarily disciplined and even terminated.

The union has joined the administration and now claims that an academy trainee is a probationary firefighter having no rights to appeal wrongful charges and not to be heard when the administration disciplines or terminates them. Why? Because to win, to crush and silence this female, African-American upstart, the City needs the union to overcome the sworn testimony of both the battalion chief, herself a long-term Local 92 member, who was then in charge of the Training Academy, and the sworn testimony of Fire Chief Brian Byrd, who was also a long-term member of the union until as fire chief he became a member of the City Administration.

Both have testified in another case that an academy trainee does not become a probationary firefighter who has a right to be heard on appeal of wrongful discipline or termination, until after graduation from the Academy. That testimony is now in front of Judge Alphonso Gonzales and the administration has no defense of its own against it. Now the union, Dan Desmond and Donato Iorio, after refusing her pleas to join her in her appeal, have inserted themselves without even asking the court for permission, and filed against her.

IAFF Local 92 without any Toledo firefighter precedent to support them whatsoever now claims a trainee has no right to be heard because trainees are probationary firefighters who have no rights of due process. In doing

so the union ignores the Ohio Revised Code, O.R.C. 4117.09, states clearly: "A party to [a collective bargaining] agreement may bring suit for violation of the agreement or the enforcement of an award by an arbitrator in the court of common pleas of any county wherein a party resides or transacts business." The union goes against the very language of their own collective bargaining agreement, which states in very plain language, that probationary fire fighter term commences "after graduation."

To support its unsupportable position, Local 92 claims it only makes sense that academy trainees can be summarily terminated without any right of notice or hearing on the validity of the claims against them as a matter of public safety. They argue that because firefighters are dealing with the lives of community citizens, Toledo administrators, including the fire chief, the safety director and the mayor must have the unbridled power to jettison probationary firefighters as part of their duty to protect the public health and safety. As applied to academy trainees however, this argument is nonsense. Academy trainees do not participate in active firefighting duties with the public, they are not allowed to even wear firefighter logoed clothing because they are not firefighters until after they graduate the Academy.

Why would the union go against its own members? Because as confirmed by Fire Chief Byrd's recent report to Toledo City Council, only minorities - Hispanics and African Americans - have been fired from the training academy. Non-minorities have not been subjected to termination no matter if the offenses and violations charged against them were actually committed .By IAFF Local 92 taking the City of Toledo administration's side against the rights of its members, in reality, through the 100 percent application of this policy only against minorities, the Union is taking the administration side against only the rights of African Americans and Hispanics.

While Caucasians may not care about this fight now, because it does not currently affect them, or because it doesn't happen to them, Local 92 has abandoned the rights of all its members. It is one thing for the City of Toledo to argue for more rights, for more power over its employees, but it is unheard of, it is unprecedented and it goes against the very purpose for their existence for IAFF Local 92 Union to join the employer in denying a union member in good standing their rights to be heard, and instead to argue for the abolishment of those rights. It is the purpose of this contributing editorial to expose Local 92's desertion, to let you know of the union's outright rejection of members rights in the face of unconstrained and arbitrary power and to let you know how this insidious discrimination is being used right now to destroy a community member and her family.

Our community-at-large needs to know how the current City Administration and IAFF Local 92 leadership are stripping minorities - especially African Americans - of the right to be heard, the right to fair treatment, the right to a job they have earned and the ability to support their families.

Our community and employees of the Toledo Fire & Rescue Department need to stand

The Adebisi Timeline

Sierra Adebisi, an African-American mother of three, qualified, academically and physically, as a trainee in the 2019 Toledo Fire & Rescue Department Training Bureau. She was admitted to the Academy on February 27, 2019.

On Thursday August 22, 2019, Adebisi, in recognition of having successfully completing all educational and physical skill requirements of the TFRD Academy was given her firefighter uniform, her firefighter badge and fire station assignment, including time and location at which she was to appear the following day for her first day of work.

On Friday, August 23, 2019, hours before the graduation ceremony, Adebisi was terminated without any specific explanation other than because of "overall unacceptable performance," in a termination letter from Fire Chief Brian Byrd.

On August 30, 2019, Adebisi filed a Notice of Appeal with the City of Toledo Civil Service Commission.

On September 4, 2019, at a meeting of the Civil Service Commission, the commission declined to hear her request in a decision that held that the seemingly applicable Civil Service Rule 80.08 "does not qualify for probationary employees to appeal their terminations.

On September 6, 2019, the Civil Service Commission gave notice to Adebisi's counsel that she had no right of appeal of her summary termination.

On September 16, 2019, Adebisi instituted her appeal to the Lucas County court of Common Pleas of the Civil Service Commission determination that she was a probationary employee and the denial of her due process rights.

On February 18, 2020, the Civil Service Commission filed a motion to strike Adebisi's appeal because, as a probationary employee, she had no rights to appeal to the commission.

On February 25, 2020, the Toledo Firefighters International Association of Firefighters Local 92 filed an Amicus Cureia (friend of the court) brief in support of the Civil Service Commission argument declaring that Adebisi's argument is without merit, that she is not a party to the collective bargaining agreement since she "was a probationary firefighter when terminated."

Through counsel, Adebisi has responded.

up and firmly reject these persistent, insidious racist policies. Our community needs to do it now.

The author is the subject union member's administrative representative.

CLASSIFIEDS

March 4, 2020

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FEEDBACK NEEDED

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

Please take a few minutes to provide feedback for the development of our 3-year strategic plan that will be focused on the direction, impact, and responsiveness of MHRSB's work in the communities we serve. Your candid feedback and insight will be used to develop the final strategic plan for the next three years. Complete the survey online in English or Spanish by visiting: docs.google.com/.../1FAIpQLSfJN6abJNj_NSqee_sHFZtFMX.../

Printable versions of the survey are available in Arabic, English, and Spanish on our website: www.lcmhrsb.oh.gov/publicnotice/

We appreciate your willingness to participate in this process and look forward to the honest feedback.

SYSTEMS ANALYST LUCAS COUNTY

Lucas County Emergency Services 9-1-1 is accepting applications to fill the position of Systems Analyst position until filled. Additional information regarding the duties is available on the Lucas County web site (www.co.lucas. oh.us). Click on "Apply for a Job" and then select "Systems Analyst" from the list to read more or apply.

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NATURAL RESOURCES CONSERVATION ASSISTANT

Metroparks Toledo has openings for seasonal Natural Resources Conservation Assistants. Must be 18 or older with high school diploma or equivalent and valid driver's license. \$11.00/hr. Some training or coursework in environmental sciences or natural resources management preferred. Some outdoor work experience with natural systems, forestry or horticulture preferred. Go to www.MetroparksToledo.com

 sToledo.com
 Attp://www.MetroparksToledo.com

 to view detailed position description and job requirements. Must apply online. EOE

PARK MAINTENANCE

Metroparks Toledo is looking for a qualified individual for Park Maintenance at Providence Metropark. High school diploma or equivalent and valid driver's license required. Moderate level of specialty maintenance experience required. Perform a broad spectrum of maintenance duties, including building equipment, maintenance, grounds maintenance, landscaping and construction. 40 hour work week. \$18.09/hr. Go to www.metroparkstoledo.com

 maintenance, grounds maintenance, landscaping and construction. 40 hour work week. \$18.09/hr. Go to www.metroparkstoledo.com
 for complete job requirements and to apply. EOE

EMPLOYMENT OPPORTUNITIES

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



DEPUTY DIRECTOR OF EMERGENCY SERVICES/EMA DIRECTOR LUCAS COUNTY

Lucas County Emergency Services is accepting applications to fill the position of Deputy Director of Emergency Services/EMA Director until filled. Additional information regarding the duties is available on the Lucas County web site (www.co.lucas.oh.us). Click on "Apply for a Job" and then select "Deputy Director of Emergency Services/EMA Director" from the list to read more or apply.

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PUBLIC NOTICE CITY OF TOLEDO ONE-YEAR ACTION PLAN

To all interested agencies, groups, and persons:

The City of Toledo is seeking comments on its **Draft** July 1, 2020 – June 30, 2021 One-Year Action Plan to be submitted to the U.S. Department of Housing and Urban Development (HUD) on or before May 18, 2020. The One-Year Action Plan will be included in and is based on the HUD-approved Five-Year 2020-2025 Consolidated Plan submitted by the City of Toledo for housing, community, and economic development

The One-Year Action Plan includes a description of the federal funds anticipated to be received, as well as other resources expected to be available within the City of Toledo during the 2020-2021 program year. The Action Plan provides a description of the activities to be undertaken when using these resources and the expected results of those activities. Also, the Action Plan depicts a geographic distribution of assistance, special needs activities, general and public housing actions, and actions, to the 2020 46th Year Community Development Block Grant (CDBG), 34th Year Emergency Solutions Grant (ESG), 29th Year HOME Investment Partnerships Program (HOME), and the Neighborhood Stabilization Programs (NSP). In addition, the Plan will contain HUD-required certifications, as well as a summary of the community input received at the public hearings regarding the Action Plan.

The **Draft** One-Year Action Plan is available for review beginning March 20, 2020 at the following locations:

- Department of Neighborhoods
 One Government Center, 18th Floor
 Downtown Toledo, Jackson & Erie Streets
- Office of the Mayor One Government Center, 22nd Floor Downtown Toledo, Jackson & Erie Streets
- Clerk of Council
 One Government Center, 21st Floor
 Downtown Toledo, Jackson & Erie Streets
- 4) The Fair Housing Center 432 N. Superior Street Toledo, Ohio 43604

developmen

 Lucas Metropolitan Housing Authority 435 Nebraska Avenue Toledo, Ohio 43604

- Toledo Lucas County Homelessness Board 1946 N. 13th Street, Suite 437 Toledo, Ohio 43604
- 7) Toledo-Lucas County Public Library 325 Michigan Street Toledo, Ohio 43604 (available at the Main Branch and by request at all other branches)
- Lucas County Board of Developmental Disabilities 1154 Larc Lane Toledo, Ohio 43614
- 9) Dept. of Neighborhoods website: https://toledo.oh.gov/services/neighborhood-and-business-

Public hearings on the **Draft** One-Year Action Plan are scheduled as follows:

Monday, March 23, 2020, 4:00 p.m. City Council Chambers, 1st Floor One Government Center, Toledo, OH 43604

Wednesday, April 1, 2020, 5:30 p.m. City Council Chambers, 1st Floor One Government Center, Toledo, OH 43604

The City of Toledo will also receive comments from the public in writing beginning Monday, March 23, 2020 through Tuesday, April 21, 2020, at the following address:

CITY OF TOLEDO
DEPARTMENT OF NEIGHBORHOODS
ONE GOVERNMENT CENTER, SUITE 1800
TOLEDO, OHIO 43604

ATTN: 2020-2021 ONE-YEAR ACTION PLAN

For reasonable accommodations or additional information, please contact Monica Brown, Administrative Analyst IV, Department of Neighborhoods at (419) 245-1400.



Mike Bloomberg's Greenwood Initiative. A Plan for Economic Justice for Black America.

- ✓ Drive economic empowerment to create one million new Black homeowners and 100,000 new Black-owned businesses.
- Commit \$70 Billion to the 100 most disadvantaged neighborhoods to improve health outcomes, education, infrastructure and justice.



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Election Day in Ohio is Tuesday, March 17th.

Read Mike's Plan at MikeBloomberg.com.







