

The *Sojourner's* Truth

www.thetruthtoledo.com

Volume 61, No. 9

"And Ye Shall Know The Truth..."

June 3, 2020

Duluth, MN

Philadelphia, PA

George Floyd ... And So Many Others ... Remembered!

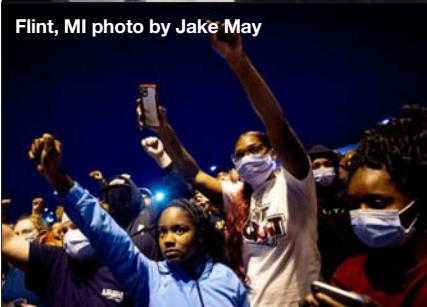


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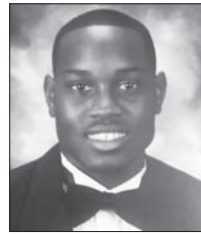


Seattle



Washington, DC

Eric Garner Philando Castile Ahmaud Arbery Walter Scott Eric Harris
 Sean Reed Freddie Grey Tamir Rice Michael Brown Trayvon Martin
 Michael Brown Philando Castile George Floyd John Crawford III
 Ahmaud Arbery Trayvon Martin Tamir Rice Alton Sterling Eric Garner
 Sandra Bland **SAY THEIR NAMES** Tony McDade
 Eric Garner Randolph Evans Ahmaud Arbery Alton Sterling
 Randolph Evans Eric Harris Corey Jones Freddie Grey Sean Reed
 Breonna Taylor Sandra Bland Philando Castile Breonna Taylor
 George Floyd Freddie Grey Sandra Bland Alton Sterling eliminating racism
 Michael Brown Sean Reed Walter Scott Tamir Rice **ywca** empowering women



Ahmaud Arbery



Alton Sterling



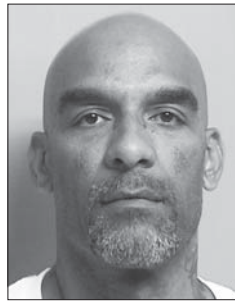
Breonna Taylor



Corey Jones



Eric Garner



Eric Harris



George Floyd



John Crawford III



Michael Brown



Philandro Castile



Sandra Bland



Sean Reed



Tamir Rice

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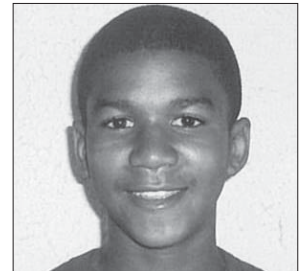
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Tony McDade



Trayvon Martin



Walter Scott



Freddie Gray

National Reform Demanded

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

The racism in this country is deeply entrenched in everything – especially and including its laws and its legal system.
- Minnesota Council of Churches



Joint Statement:

by
the Minnesota Council of Churches
and Samuel DeWitt Proctor Conference, Inc.

The Executive Director of the Minnesota Council of Churches (MCC), the Rev. Curtiss DeYoung, D.Min, and the Rev. Iva Carruthers, D.Min, general secretary of the Samuel DeWitt Proctor Conference, Inc. (SDPC), said today that unless the systemic issues that are the foundation of racism in this country are addressed, the fallout of the horrific death of George Floyd at the knees of the Minneapolis Police Department will only further erode the illusion of democracy and its catastrophic undoing from within.

Both DeYoung and Carruthers stressed that the black community has been weary for a long time, as state-sanctioned violence results in few arrests and convictions of police officers. In spite of what seems to be clear evidence of wrongdoing by law enforcement officers substantiated by videos, officers – predominantly white – have walked free, causing deep anger. They note that officers are supported in what they do by a corrupt system, which remains in place. Though there is justified anger levied against the offending officers, it is the system which has to change, they declared.

DeYoung has been on the streets with the protesters in Minneapolis, where, he said, the intense anger is matched equally with deep grief. In a statement, the MCC asked faith leaders to help address the anger and grief by urging people to respond to the crisis by their presence, by and through protesting, by pushing for prosecution of the officers, and through prayers.

Quoting scripture, the MCC statement said that the question, “How long?” ...is emanating once again from Minneapolis and the rest of the nation with the police killing of George Floyd. He was killed while screaming, ‘Please, I can’t breathe!’”

“How long will the killing of African Americans by police officers continue?” the statement said. “The brutal attacks on black bodies is not acceptable.”

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“I Can’t Breathe...”!.....The Sequel.

By Lafe Tolliver, Esq
Guest Column

At times, the whirlwind speed of the news cycle sometimes overwhelms you with information and pictures that can cause you to shut down and bury your head in your hands.

This is one of those times. For starters, let us begin with the murder of the black man, George Floyd.

As you may have seen the gruesome cell phone video wherein it vividly depicts a white police officer seemingly having most of his body weight on the neck of the deceased.



The history was that the murdered man was purportedly engaged in a scheme of using counterfeit money at a retail store and was reported to the police. So far, so good.

But, when four policemen responded, things went from bad to really, really bad, even deadly bad.

The deceased, appearing not “altogether” was taken out of his parked car but eventually wound up under the front portion of one of the police cars and with a white officer placing his knee on his neck.

Despite pleas, that he could not breathe and bystanders imploring the police to let him get up (no weapon or danger to the police officers was noticed), the cop with the macho knee problem held the deceased down on the ground for a time frame of five to eight minutes, while the life oozed out of George Floyd.

In broad daylight and with body cams whirling and witnesses watching the slow and tortuous death of an unarmed man purportedly engaged in a non-violent offense, the cop with the knee on neck of George Floyd persisted in keeping Mr. Floyd pinned down.

Desperate cries of the need for air coming from the soon to be executed George Floyd, did not phase this sadistic police officer. The knee remained in place as remarkably efficient as a deadly chokehold.

It is reported that this same cop has had three prior, violent “run-ins” regarding his police conduct not being appropriate, but here he is again, kneeling someone to death over a trifling nonviolent offense.

And where are the other three police officers? They are standing by as mute witnesses to one of their own, callously and inhumanely, murdering a person who still has the right to protest and prove his innocence.

But for this white cop, placing his knee on the neck of a black man

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Tolliver... continued from page 3

seems racially perverse and almost as if he got pleasure from inflicting such torment, knowing that the dying man was no threat to him or to himself.

For that white cop, what mattered was that he was in control and he was going to inflict maximum harm on this "perp" and if that meant death and dying under his knee, well, so be it.

Why didn't one of his police buds tell him to stop and get off this guy's neck and place him in a squad car? Why did not one of them have the guts to tell this Neanderthal cop that he was doing harm and that he needed to get off this guy's neck?

Why? Because it is the unwritten code that the boys in blue do not interfere with a fellow cop and much less "squeal" on them.

The three other cops could have remembered their slogan of, "To Protect and Serve" but in this case, serving and protecting this soon to be dead black man was apparently not of any consequence to any of them.

Imagine if all three of the onlooking cops (or even one of them) has the strength of character to stop this murder and to physically confront

thismurderer from executing an innocent man.

Imagine. When the other body cam footage is shown to the public, I contend that it will show that this cop brutalizing this man, intentionally abandoning all taught principles of containment; and was so fixated in snuffing out the life of the hapless, handcuffed man, that the last thing he thought of was protecting the civil rights of his prisoner.

And you wonder why so many black and brown people are highly suspicious of cops because the rotten ones cause so much psychic pain and residual fear.

Yeah, all four of the cops were fired and their police union will do the usual song and dance of urging the public not to judge them until all of the evidence is in; and there will be the usual lawsuits against the City of Minneapolis for police brutality.

This band of four rogue cops will find other employment (probably with other police departments!) and they will lament and rue how badly they were treated by the media.

But an apology from the knee jerk killing cop to the family of George Floyd? That won't be in the cards.

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Perryman... continued from page 3

Yet, the killings will continue until the system is changed, said Carruthers and DeYoung. "This is America's history; it is in America's DNA," expressed Carruthers. "It has its roots in historic legal decisions, including the Dred Scott decision, Plessy v Ferguson, and the 1954 Brown v Board of Education decision. White people in this country have long sought and benefited from the oppression of black people and have also invested in their belief that blacks are inferior to whites. Just looking at how that officer kept his knee on the neck of George Floyd for all that time made it clear that he did not consider Floyd to be a human being worthy of being treated as such. In this country, whites in law enforcement are allowed to consistently violate the human rights of black people and in so doing, they evidence their own inhumanity. And, that's what we have to address and change."

Carruthers noted that when these incidents occur, law enforcement works

to criminalize and further dehumanize the victim – as a way of justifying what they have done. "It is a pattern. We saw it when Trayvon Martin was killed, when Michael Brown was killed, and Philando Castile was killed, and we are seeing it as the media tells the stories of the murders of Armaud Arbery, Breonna Taylor, and now, George Floyd. These officers do what they do because the system allows them to do it, and they are rarely afraid of being held accountable," she said.

"The African American community is not whining. We are not making up our reality. The racism in this country is deeply entrenched in everything – especially and including its laws and its legal system. Work has to be done to change the system. Until that is done, these tragic killings are going to continue."

DeYoung said that it was strikingly apparent that even as people gathered on the streets of Minneapolis to protest, "they were still trying to obey the rules by wearing face masks. Community leaders were encouraging the protests but were also saying to them, "Don't bring COVID into our communities."

In Plessy v Ferguson, dissenting US Supreme Court Judge Marshall Harlan said that the Constitution was "color blind." That assertion, said Carruthers, is not true and has never been true. In spite of amendments that have helped African Americans enjoy rights and privileges written in the Constitution, those who run governments have successfully ignored the Constitution whenever they have wanted to and have not been concerned about consequences to African Americans or other communities.

"If these officers are not indicted, brought to trial, convicted, and given sentences commensurate with the vile act of Floyd's tragic murder, the police department will have blood on its hands," Carruthers and DeYoung agreed. "The first step in addressing the inhumane injustice of the justice system will be to hold these officers accountable. George Floyd, a young man, unarmed, suspected of forgery, who did not resist arrest and... who should not be dead. And that is what the system is going to have to address. We pray that God intervenes and brings justice to this man's family and to his community," they said.

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

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The Minnesota Black Media Discuss the Protests Surrounding the Floyd Killing

By Tricia Hall

Sojourner's Truth Reporter

In response to protests the National Newspapers Publishers Association (NNPA) organized a Facebook live discussion about the reason for the protests in Minneapolis. Stacy Brown, NNPA senior correspondent, facilitated the 60-minute conversation with the representatives of two Minnesota black-owned newspapers: Mel Reeves, editor of Minnesota Spokesman and Al McFarlane, editor of Insight News.

"I want to say thank you to Mel and Al, for your leadership in Minneapolis and St. Paul area.

Your newspapers are the voice of the black community there. In the midst of a pandemic we are also dealing with an epidemic of racism, white supremacist, and police brutality. The eyes of the world are on Minneapolis," said Benjamin Chavis Jr., PhD, NNPA president and CEO.

The death of George Floyd while in police custody on May 25, 2020, is well known because of the video recording of the situation. The video captured then-police officer Derek Chauvin kneeling on the neck of Floyd, an African American male in Minneapolis who was handcuffed. In days since the video's release, protests have been held in more than 75 cities around the U.S. including Atlanta,



Benjamin Chavis, PhD

Denver, Los Angeles, New York City, Miami, Phoenix, Seattle, Charlotte, Washington, D.C., Columbus, Cleveland, Flint, Detroit and, this past weekend, in Toledo. The black media and mainstream media have reported extensively on the disruption and injury that has occurred in Minneapolis since the May 25 incident.

"You can see it all over social media. The people are upset. The National Guard has been called out and are rolling down our streets. People are still protesting and are outraged," explained McFarlane. "In Minneapolis, the people are outraged because of the murder of George Floyd in the hands of Minneapolis police officer. I think Minneapolis ordinary people are focused on the deed that caused this unrest," added Reeves.

In the days following the first protests Chauvin was fired from the police department, arrested, charged with third-degree murder and manslaughter, and bail set at \$500,000. "This was an intentional homicide and that's why it's spilling over to other cities in our country. All people should be outraged. We want a new normal that gets rid of injustice, racism and health disparities," said Chavis.

The panel shifted the discussion to the events surrounding Floyd's death, why his death caused protests in various cities, and the inaction of the individuals who filmed or watched on that May 25 day.

"It was difficult for me to watch, but people have to make that choice to act or not for themselves. There will be a time when people won't stop and watch anymore, which is already starting to happen. People are losing their fear and those people that didn't stop George Floyd's death feel terrible. Everyone has to decide what to do with their own life because if you interfere with police business you could lose your own life," said Reeves.

"The fix is in and people are outraged that there were four officers involved and only one arrest to date. One down and three more to go. Even the nature of the charges is light, the charge implies that the death was unintentional. What we saw on that video was intentional. I salute the people who videotaped, it took courage. We dare now to videotape what has always happened in front of us," said Chavis.

The recent death of Floyd has been linked to a similar deaths of un-



Stacy Brown

armed African Americans at the hands of police officers or vigilantes. In 2014 Michael Brown was shot by an officer in Ferguson, Missouri; and Eric Garner was crushed by New York City officers in Eric Garner and repeated the phrase 'I can't breathe.'

In 2015 Freddie Gray died from a broken neck in the back of a police vehicle in Baltimore, Sandra Bland's suspicious death in a jail cell, and Jamar Clark was killed by Minneapolis police. In 2016 Philando Castile was fatally shot by police during a Minnesota traffic stop and Alton Sterling was shot by two officers in Baton Rouge. In 2020 Ahmaud Arbery's accusers were charged with murder earlier this month and Breonna Taylor was killed after police entered her home with a no-knock warrant.

"We live up-South, we have Southern conditions here. Black people here are treated like second class citizens. Hennepin County attorney office during the term of Amy Klobuchar, she accelerated imprisonment of juveniles as adults and locked up a lot of young people from our community," said Reeves.

According to a CBS report, the Twin Cities of Minneapolis/St. Paul has ranked as one of the worse urban areas for African Americans at least six times in the past decade. The report combined data from the U.S. Census, the Centers for Disease Control and Prevention (CDC) and the Bureau of Justice Statistics concluded that black households earn \$34,174 annually verse white households earning \$78,706 annually. The report also concluded that 10 percent of African Americans are unemployed in the Twin Cities while only three percent of whites are unemployed. The Facebook panel discussion linked the report findings to examples of questionable indictment, conviction rates of police and police conduct.

"The current county attorney Mike Freeman has taunted the community when he found police killings as justified. That guy might as well be Bull Conner, he dresses nice like a decent human being but when it comes to us, he is not. He locks us up and he needs no evidence. He even talked on the news that he indicts cops all the time, which is a half-truth. He has never charged or indicted a white police officer for killing a human being. He has never done

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16th Annual African American Festival Cancelled

Due to the Covid-19 pandemic, the annual Toledo African American Festival and Parade has been cancelled. The Festival and Parade was slated to take place the weekend of July 17-19, 2020. This is the first time in 16 years that the event will not take place.

"We are saddened that we are unable to hold the festival this year due to coronavirus," said Suzette Cowell, CEO of Toledo Urban Federal Credit. She continued by saying, "The Toledo community has shown

their continued support through out the years and for that we are thankful. We feel, however, that it is in the best interest of the community we serve to cancel the event."

The African American Festival takes place the third weekend in July each year. The three-day event includes a parade, vendors, concert series, a prayer breakfast and much more. The 2021 event is scheduled to take place July 16-18, 2021.

Minnesota Black Media... continued from page 5

that. He did indict a black officer for killing a white woman. The reason why this officer is charged with third degree murder is because that's his habit. The protests are the only reason why he was even charged. Jamar Clark was shot in front of witnesses in his head while he was handcuffed. The officers got away with it. The reason why the kids are tearing down stuff is because they have been disrespected in the streets of this city daily. This city might be well be an old city from the South and they hide that fact very well," explained Reeves.



Mel Reeves

"We have to remember that for millions of Americans being treated differently on account of race is tragically, painfully, maddeningly 'normal.' Whether it's while dealing with the healthcare system, or interacting with the criminal justice system, or jogging down the

street or just watching birds in the park," shared former President Barack Obama in his statement on the Floyd murder.

Tolliver... continued from page 4

The murder of George Floyd was eerily similar to the chokehold death of Eric Garner in New York City some five years ago and, in that case, the killing cop was not charged with murder.

Will a grand jury indict the killer cop for murder and will a probably near all-white jury condemn him for this public execution? Only time will tell.

This murder, done by an agent of the City of Minneapolis, only graphically reinforces the latent knowledge that black people possess and that is America was originally never designed to accommodate or welcome them... and much less afford them equal protection of the law as their birthright.

Contact Lafe Tolliver at tolliver@juno.com

THE TRUTH ART GALLERY PRESENTS

"Everlasting Colors"

An Exhibit



Portraits, colors and nature! The Truth Art Gallery is presenting an exhibit by two of the Gallery's favorite artists over the last few year – Mack Walton and Gabriele Art – May 1 to June 30!

Toledo artist Mack Walton has been presenting his portraits and scenic displays of the world around him for decades. It's his life, it's his passion. And it has been for over 50 years.

Mack eventually ventured into street scenes, landscapes and still life – all of which are on exhibit on The Truth Gallery website and in the Gallery itself by appointment.

Gabriela Art, a Detroit-area resident is a native of Romania who developed her skills and talents studying for a masters degree in art at the Academy for Visual Arts in Cluj, Europe.

Recently, inspired by the work of Spanish painter Jose Royo, Gabriela has been increasing her art repertoire by working, as does that Spanish master, with light and bursts of color somewhat reminiscent of the French impressionist, Renoir.

The online video and exhibition catalogue and price list for "Everlasting Colors, are posted on The Sojourner's Truth website at thetruthtoled.com

Call 419-243-0007 for more information or to make an appointment!



Response to the Death of George Floyd

The YWCA of Northwest Ohio sends our deep condolences to the family, friends, and community of George Floyd. We are disgusted by the senseless actions inflicted by the Minneapolis police officers, and we stand with citizens all over the world who are hurt, enraged, and fed up with the abuse of power subjected on people of color in America due to police brutality. "I can't breathe" are words that trigger basic human responses. The video of this horrifying assault shows a blatant disregard for human life. We must channel our outrage into peaceful protest and united voices from all races

George Floyd

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Paying Back: Meet Charles King

By Mariah Hicks, Brothers United Coach

Special to The Truth

"Being the only boy with three sisters, I saw a lot of stuff that my sisters didn't see. If Pop was leaving, he'd always take me with him, and it'd be times where they'd just do an impromptu robbery on a gas station or hotel or something. He might be with my uncle or with a friend of his and they'd do it, and I'd just be in the car. Even though I knew our quality of life increased financially, just for a moment, I knew I didn't want to do that. Even though I really felt like I knew how."

Charles began experiencing this type of lifestyle in his childhood years. He remembers being introduced to certain behaviors around seven or eight years old when he got up to use the bathroom around 3 one morning.

"In the back room of our apartment, there was like 30, 40 guys. Smelled like weed, liquor, must, and they had been gambling for hours. So when I flushed the toilet, my ole' man saw that I was up and invited me into the room, gave me a dollar, told me I could win or lose and here are the rules. And so I ended up making \$12 that night off that one dollar. I think that's what started it for real."

Because he didn't want to add to the plague of selling drugs in the black community, Charles tried to preserve his way of living up into his teenage years. He juggled two jobs at a time between the ages of 16 and 18.

"I was trying to do the right thing, but all my friends were hustling."

Even though he tried to refrain from adopting the lifestyle he was surrounded by, circumstances eventually pushed Charles to doing so.

He remembers his car breaking down, which led him to depending on a coworker for transportation. When he got caught driving his coworker's car without a license, he ran from the police.



"Right there, I had no idea how I was about to survive."

His first robbery was when he was 18 years old. He was struggling and recalled how easy it was to access money at one of his previous jobs at KFC. He instantaneously robbed them of around \$11,000, took off running and never looked back. That was his first robbery until he was about 20 years old. From there, he devised and executed solo robberies (except for his last two) during which he obtained thousands of dollars. *"From 21 to 23, I did a robbery every month and nobody knew."*

Charles ended up going to jail for 13 years. His son was nine months old when he first went in. Until his son was around 7, he wasn't able to talk to him.

He called his mom's house one day, and his son answered the phone. That opened the door for his co-parent to allow them to have regular contact. She had told their son that Charles was in Iraq, but eventually his son found out the truth.

When he was released, Charles' son was 14 years old.

"We didn't know how to approach each other. We were both a little timid, both a little uncomfortable. I was kind of torn. I tell people all the time, I wish I did have something like Brothers United when I got out."

Even without the resources or guidance, Charles applied himself to being present in his son's life. They got to know each other first and even-



Charles King

...continued on page 9

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FDCA Foundation Established to Revitalize Center's Impact

Sojourner's Truth Staff

The Frederick Douglass Community Association announced the creation of the Frederick Douglass Community Association Foundation on Monday during a news conference at the Toledo Urban Federal Credit Union.

The Foundation was formed in partnership with Walk the Word Church and was the brainchild of the church's pastor Rev. Tim Pettaway.

Considering the COVID-19 pandemic and its impact on communities of color, the FDCA realized the urgency of moving forward with the vision and redirection of the services and programming offered at the Community Center.

"We're asking everybody for a \$100 investment at the Credit Union," said Pettaway who noted that an investment in the Community Center is also an investment in the community itself.

The FDCA Foundation was created by the center's community of supporters to enhance the services and innovative programming provided at the Center and for the renovation of the center and surrounding community. The Foundation has set a goal of winning the financial support of 100,000 citizens and has established a trust account at the Credit Union for donations from those in the community.

Reggie Williams, executive director of the FDCA, spoke of the vision created by the partnership of the Center and Walk the Word. "We believe that now is the time to run with that vision, we have to change direction," said Williams. "This partnership by the community and for the purpose of this community ... is to ren-

ovate and enhance programs.

Some of the renovation has already begun, noted Albert Earl, president of the FDCA board of directors. The second floor, he said, has been completed due to the contributions of members of the community. "We are doing great things at the Frederick Douglass. However, we have greater visions than just beautifying the building."

The long-term goal of the fundraising effort, said Earl, is to create "opportunities to hire more people and increase services to the community."

It's an effort that will take time, said Pettaway.

"This is not a sprint, it's a journey. But with the help of everybody in the community, this will be an easy task."



Rev. Tim Pettaway announces Foundation goals

Charles King... continued from page 8

today worked their way to a father/son relationship. Their relationship is good, and Charles himself has become a guide for his son's life.

"Looking back, I think about the lies I believed. I didn't think me getting locked up would have any ramifications on anybody else. That's why

it was OK for me to do it. I had no idea of the psychological or emotional ramifications that would come from me being locked up. Not just for my son or his mom, but my mom, my dad, my sisters, their kids."

When he first got out, he struggled with being able to find a job, which

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A Mental Health Moment

Surviving Madness in the Midst of Pandemic

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

The Truth Contributor

As Covid-19 has attacked the world killing many with an unknown and misunderstood virus, 2020 will forever be remembered as a time of pandemic. Each of our lives will be changed in one way or another. Mental health is now a topic at the forefront of interest and need. While it may still be stigmatized, it may be the best treatment we have for

people to begin to heal and survive the madness that has been captured on cell phones just across this country of hatred and chaos.

We need to begin to acknowledge that the pain and suffering we are incurring from this pandemic but also all of the other pandemics hidden in the shadows such as loneliness, aggression, and anxiety that now warrant just as much attention as Covid-19.

People were dying from loneliness and have been way before a stay at home order was set into place. People are dying from aggressive behavior of their own and of others due to severe anxiety and fear of the unknown. There is scientific evidence that supports causes of death such as diabetes and heart disease at same or higher rates of the consequences that stem from loneliness, aggressive behavior and anxiety. Suicide and homicide take surreal amounts of lives on a daily basis and has been long before the outbreak of Covid-19.

There are countless reasons African-American communities have the highest rates of fatalities of the cruelties of this world. There are also countless historical times when African Americans as a people have overcome, changed the world and survived. Mental health is just as real and just as important as physical health. It is your mental health that not only determines your physical health but it can also determine your fate. When you are not thinking clearly your feelings are greatly affected which in turn rules your behavior. It has never been the most physically strong person to win in any scenario yet the most strategic. A sound mind gives a sound body.

I often say to people "get your mind right," and then go from there. Depression is real, anxiety is real, loneliness is real, psychosis is real and to varying degrees. Some need hospitalization, medications, counseling or a combination. Through my many years of experience, sometimes we just need each other. This community is filled with mental health providers. This community is also filled with people who care. If you need



...continued on page 12

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4 In Texas, the Auto Program is underwritten by Southern County Mutual Insurance Company, through Hartford Fire General Agency, Hartford Fire Insurance Company and its affiliates are not financially responsible for insurance products underwritten and issued by Southern County Mutual Insurance Company.
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Connecting Community to Nutritious Food Resources

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

What to expect this summer in relation to food changes caused by COVID-19? A recent interview with experts shared, "the honest answer is, 'we don't know.'" They did state some predictions and this article will share updated information on specific food and nutrition opportunities.

Stay informed as you make the best food choices for your health and budget during uncertain times. Please use the following information that is helpful to you and share the information with friends, neighbors and family who might benefit from different resources, depending on different circumstances.

Summer Prediction: Online resources will continue to be important. In place of face-to-face contact, many organizations continue to help consumers online before offering in-person contact. While this is challenging to those who cannot easily access the internet or do not have a lot of experience with purchasing and seeking information online, the biggest advantage is that they are able to continue to serve us during this time.

Some of your favorite local restaurants, farmers and business might have helpful information online to make their sales to customers as safe and easy as possible. In addition to businesses, local community organizations have to offer more online. For example, the Area Office on Aging of Northwest Ohio is taking applications for the 2020 senior farmers market nutrition program coupons online. Please read below for details. Also, all the resources shared in this newspaper article are listed online at go.osu.edu/lucasfoodresources as one way to help connect people with their best options.

Summer Prediction: Local foods will continue to be important as we have seen and experienced disruption in the national food system. Many growers and farmers who sell directly to the public through a farm stand or local farmers market are online and share details about making safe purchases from them during COVID-19. In addition to changes made by individual businesses, there have been changes to community resources to help decrease crowded spaces.

- The Downtown Toledo Farmers Market is open on Saturdays (8:00am-2:00pm) and **NEW also Sundays (9:00am – 1:00pm)**. They also host the Wednesdays at Westgate (on Central Avenue) from 3pm-7pm.

- SNAP benefits (Ohio Direction Card or EBT, through the Department of Job and Family Services) can be used at the Toledo Farmers Market (TFM) sites. In addition, the Produce Perks program doubles the amount of money that SNAP benefits can buy at the market. **NEW** this year, through June 30, the Produce Perks have no limit for doubling per purchase. So, if a family or individual chose to use SNAP benefits at the TFM information booth, they would choose the amount of money to spend off their EBT card. Whatever they spend (and receive in market coins) will be doubled by the Produce Perks. If someone spends \$40 off their EBT card, they will receive \$80 in tokens to be spent on local foods. The tokens do not expire. If an individual or family choose to make that \$40 purchase for \$80 worth of tokens, they could spend as much or as little as they wanted this week. They could save the tokens to spend at other times of year if they have favorite foods like summer crops of peppers or melons or fall crops like apples and winter squash. For more information on Produce Perks, visit the Toledo Farmers Market information booth or call 513-202-4057.

Summer Prediction: There will be an increase in vegetable gardening and home food preservation. There are many reasons growing your own food is gaining popularity. Some people grow and preserve food to save money, for food security or to have more control over ingredients in their food. Others are finding that gardening can be a healthy, enjoyable outdoor

activity during uncertain times.

- The Lucas County Sustainability Commission has launched a **NEW** website <http://www.lucascountygreen.com/grow-it-at-home.html>. You can grow some food in a large container, a small spot of land in the yard or at a community garden. Start small. You certainly don't have to grow all your own food, but many people find enjoyment and health and wellness by growing some food. If you have any questions about gardening you can also email (questions and/or photos about plants, insects, etc.) to lucascountymastergardener@gmail.com or call the Lucas County Horticulture Hotline at or 419-578-6783 on Mondays and Wednesdays from 10am – 1pm.

- SNAP benefits (Ohio Direction Card or EBT) have been allowable to purchase vegetable and herb **seeds and seedlings** as part of a healthy and nutritious diet. These can be purchased anywhere that sells seeds and plants and also accepts the Ohio Direction Card. This would include Toledo Farmers Markets and other farm markets that accept the Ohio Direction Card, also large and small grocery stores that sell food and seeds and plants.

- When preserving you own food, it is important to follow research-based, tested and food safe recipes and processes. A **NEW** series of online classes is being offered every other Tuesday afternoon by Ohio State University Extension food preservation team. The next 2 online classes are at 4:00 on Tuesday June 2nd and June 16th. To register for the free classes, please visit <https://lucas.osu.edu/home-food-preservation>

Summer Prediction: we all need to learn and share about opportunities for different households to continue to make affordable and healthy food choices.

- **NEW** way to apply online for Senior Farmers' Market Nutrition Program

...continued on page 12

DEATH AND DYING IS IN YOUR FUTURE... SO PREPARE FOR IT:

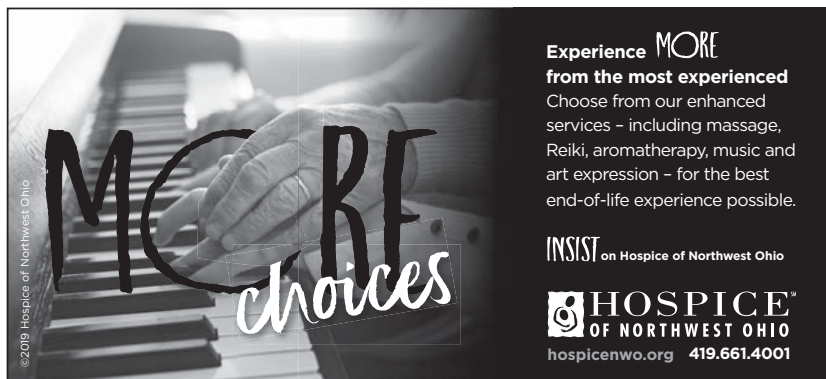
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Alzheimer's Association Calls for Additional Action as the State's Nursing Home Crisis Grows

The Alzheimer's Association is calling for greater attention to the needs of nursing home and assisted living facility staff and residents as deaths related to COVID-19 climb in those settings.

The Association has created a set of public policy recommendations to address the burgeoning needs of nursing homes and assisted living facilities in the areas of COVID-19 testing, reporting and surge activation.

According to some estimates, more than 27,000 residents and workers nationwide have died from the coronavirus at nursing homes and other long-term care communities. In Ohio, as of May 19, COVID-19 deaths in long-term care facilities represented 60 percent of Ohio's coronavirus deaths, according to reporting by the Columbus Dispatch.

Trey Addison, Director of State Public Policy for the Alzheimer's Association, said, "The Alzheimer's Association acknowledges the strain and difficulties associated with taking care of individuals with Alzheimer's and dementia in the midst of COVID-19. Our recommendations stand out as solutions that will protect patients and assist long-term care facilities with keeping their workers safe."

In Ohio, about 30 percent of the 220,000 individuals age 65 and older living with Alzheimer's disease live in long-term care facilities. Residents with dementia are particularly susceptible to the coronavirus due to their age, increased likelihood of coexisting chronic conditions, and the community nature of these settings.

Addison said the Association has been working collaboratively with the Ohio Department of Aging and while a number of positive steps have been implemented, to better address the issues, the Association recommends:

Testing:

- Implement daily testing for all new individuals who come onsite, and retesting for returning individuals who enter the facility, in accordance with local guidance.

Reporting:

- Protect the privacy of individuals throughout the reporting process.

Surge Activation:

- Require nursing homes and assisted living communities to implement a care coordination protocol that ensures a smooth transition between care settings if a resident must be moved to another care setting.

- Designate state Long-Term Care Ombudsman and state and federal CMS Surveyors as "essential," ensure they have priority access to personal protective equipment and authorize them to visit long-term care communities.

Overall Support:

- Require dissemination of essential dementia care standards to aid pro-

...continued on page 13

Nutritious Food Resources... continued from page 12

(SFMNP). As mentioned above, the Area Office of Aging of Northwest Ohio is currently offering sign up online. Please note, if you have already submitted a hard copy application for this year, do not fill out the application on their website. <https://www.areaofficeonaging.com/landing-pages/senior-farmers-market>

- **NEW** Pandemic Electronic Benefit Transfer (P-EBT) for **families who have a child in kindergarten through twelfth grade in the household who was receiving free or reduced-price meals while in school**, the child is eligible for the P-EBT program to receive Supplemental Nutrition Assistance Program (SNAP) benefits as a result of the school closure. The benefits will be added to the Ohio Direction Card and can be used to buy food items at grocery

stores and retailers that accept the EBT card. If the child is not in a household that currently receives SNAP benefits, a preloaded P-EBT card will be mailed. Instructions on how to activate the card will be included. For any questions, please call 1-866-244-0071.

If you are currently able to make your typical, healthy food purchases, please remember that emergency food pantries are still taking donations. Not only have many continued their community service, but many have also experienced an increase in need by those most affected by income changes due to COVID-19. Because of so many changes in the past couple months, please contact agencies, businesses, and programs directly to confirm their most updated information. Make your summer food plan, whether it is buying from a restaurant, shopping at the grocery store, or visiting a farm stand match your personal goals for healthy eating.

Mental Health Moment... continued from page 10

help seek it, if you know someone who needs help give it. You don't have to be a PhD psychologist to relieve the feelings of loneliness for a person who has been shut in or isolated from society. Sometimes the best medicine for your own pain is to help someone else in pain. Share your story, listen to theirs. Show that you care.

Access to professional mental health care is problematic not just in this state and in this city but period. There is no reason for any of us to be suffering to the point of killing each other or ourselves. Take a mental health moment and think about three fundamental pillars of life... Faith, Hope, and Love. Each day, each and everyone of us should empower Faith in another human being which will give another life Hope to live on and Love will endow us with a life worth living. Together we can create a new normal devoid of the atrocities we have so incurred on ourselves and one another by stigmatizing the one thing we need most... a healthy mind set.

Please seek out help and realize none of us are exempt during these trying times to become victim to an unhealthy mindset. I have listed a few resources below but remember sometimes the best resource is each other. I am providing as much pro bono counseling I can possibly give, I hope that other professionals are doing the same.

Resources for loneliness – coalition to end social isolation and loneliness

<https://static1.squarespace.com/static/5cb224c5aadd34703fcd10b6/t/5e7d0a224887e51518c9494a/1585252899325/COVID-19+CESIL+One-Pager+%28updated%29.pdf>

For School Kids

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Covid-19 Resources

<https://static1.squarespace.com/static/5cb224c5aadd34703fcd10b6/t/5e7d0aa9ad724f2d67898171/1585253034102/CESIL+-+COVID19+Infographic+%28updated%29.png>

https://thementalhealthcoalition.org/wp-content/uploads/2020/05/Mental-Health_COVID-19-511.pdf

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#isolatedNOTlonely

To find a mental health provider you may get a list of providers from your insurance company. You do not need a referral. You may also visit sites such as www.psychologytoday.com or www.goodtherapy.com

Lastly, if you find yourself in a moment of crisis and unable to find help around you, please call 911 or get to an emergency room. ALL LIVES MATTER...especially yours even when it doesn't seem like it and the pain is unbearable, don't feel embarrassed or ashamed as you will soon realize we are all hurting in some way right now you are not alone.

Bernadette Graham is a Licensed Professional Mental Health Counselor, National Certified Counselor and Certified Grief Recovery Specialist. Provide feedback or reach out at graham.bernadette@gmail.com For appointment information please call 419.409.4929 (Telehealth is available for ongoing and new clients at this time). www.bjgrahamcounseling.com

Becoming Bulletproof *by Evy Poumpouras*

By Terri Schlichenmeyer

The Truth Contributor

Every schedule, every plan you made in February was shot.

March began and in about three weeks' time, life changed in big ways and small, calendars were tossed, and things got scary. Maybe they still are. So how did you deal with the virus, its impacts, its unknowns, and what will you do if it recurs? In *Becoming Bulletproof by Evy Poumpouras*, there may be many distinct answers to that question.

Five months after joining the NYPD at the age of 23, Evy Poumpouras received a "conditional offer of employment" with the Secret Service. By the time the offer arrived, she was physically fit, emotionally ready for challenge, and had learned a lot about herself and others – which was a good thing, since this wasn't long before September 11, 2001.

That day, she helped others and received a commendation for it, though she was reluctant to get the kudos. Helping was her job and, she says, "being willing to help... is the first step toward becoming bulletproof."

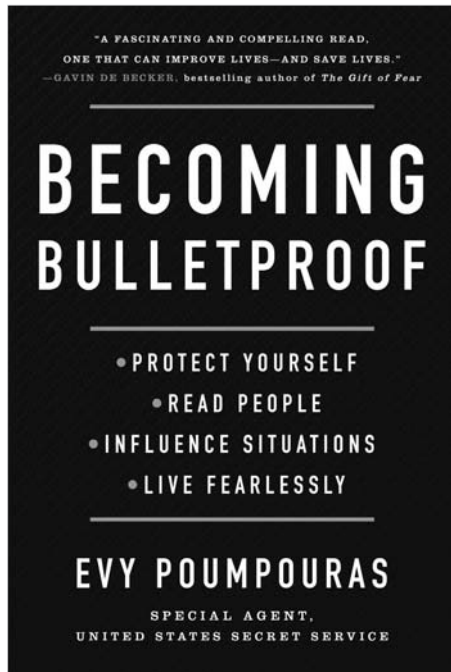
The second step is knowing your adversity reaction, or your "F3." Do you Fight, Flee, or Freeze when disaster happens? Knowing your automatic response will let you harness your fears and give you a split-second chance to decide on the validity of instantaneous reactions. In decision-making, knowing your F3 will help you recognize which kind of regret you fear that's keeping you from making an hard-to-decide choice. Your F3

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will also help you to "prepare your mental armor," which you'll want to do soon, to give yourself more control over any sort of adversity you might face.

"Fear is like fire," Poumpouras says. "If you extinguish it while it's small, it won't become an inferno."

Once you know how to handle your fear and your reactions to it, then "become a Human Lie Detector" by knowing exactly how to read people. That's also a good time to know how to present yourself, to keep others from reading you...



For the last few weeks, you've used books to distract you, and there's nothing like a good spy story for that. Nothing, except maybe a thrilling and true story that'll help you survive crisis and calamity. Nothing that's all cloak-and-daggerish, though; no, maybe something like "Becoming Bulletproof."

You'll like this: author Evy Poumpouras uses brutal, serious honesty generously tinged with spirit, humor and confidence in a personal look at the hard road that leads to one of the most elite organizations in this nation, and how she traveled it. That's impressively fascinating but not a distraction: Poumpouras returns to the meat of her book again and again, never letting readers lose focus on the reason for it, which is how to gain resilience and control. Don't be surprised, then, if you find latent super-powers, or you suddenly feel 10 feet tall.

This book will appeal to lovers of espionage, business readers and, because of her work with the Secret Service, to presidential history buffs. Or if you're just up for an action-packed, informational, steely-eyed read, give *Becoming Bulletproof* a shot.

Alzheimer's Association... continued from page 12

visional staff in the delivery of person-centered dementia care.

- Require the use of personal information forms for each resident to allow all staff to quickly identify essential information about the person to help maintain a stable and comforting environment.
- Require nursing homes and assisted living communities to address social isolation and ensure people with dementia are able to communicate with designated family/friends.

"Our recommendations are directly correlated with what we are hearing throughout Ohio, from families with a loved one living in a long-term care and assisted living facility. We are targeting the entire life-cycle from testing to support. If we can be proactive in testing and reporting, the level of cases will hopefully be highly isolated, and dealt with rapidly," Addison said.

"We are blessed to have Governor Mike DeWine and Dr. Amy Acton and thank them for the work that they are doing, to save lives, and we plan to support them through these recommendations," he added.

In March, the Alzheimer's Association released guidance to help ensure the delivery of high-quality care for people living with Alzheimer's and all dementia in long-term care and community-based settings during the current COVID-19 crisis. Released in collaboration with 36 long-term care and community-based care providers and affiliated associations, the document identifies important care considerations and incorporates evidence-based strategies from the Alzheimer's Association Dementia Care Recommendations to assist staff in long-term and community-based care settings during emergency situations. The document is aimed at focusing non-clinical staff needed during a crisis on the most important considerations in caring for persons with dementia.

Charles King... continued from page 9

tempted him to turn back to his old ways. Going to the University of Toledo and getting his bachelor's degree in film was the thing that kept him from robbing.

Eventually, Charles began working with Brothers United. Working with them has changed his stance on not only fatherhood, but on manhood as well.

"I look back and remember watching *New Jack City*. That sparked in me this idea that I owe back. I owe churches, I owe my mom, I owe Malcolm. Now that's my approach to life. So when I got a job at BU, that's how I felt like I was paying back what I owed. By sharing my story. If 20 of them are in the streets doing illegal stuff, maybe only two or three of them catch it, but that's still something. It's an opportunity to pay back what I owe. And in my mind, that's a lifelong debt."

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June 3, 2020

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MENTAL HEALTH & RECOVERY SERVICES BOARD OF LUCAS COUNTY

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Mental Health and Recovery Services Board of Lucas County is accepting applications to fill the positions of Director of Finance until position is 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 Director of Finance from the list to read more or apply.

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COVID-19 HOTLINES OPEN

Effective Friday, May 1, Mercy Health and ProMedica will operate their Nurse COVID-19 hotlines to answer medical questions related to the virus from 7 a.m. to 7 p.m. Monday through Friday, the two health systems announced in cooperation with the Northwest Ohio Healthcare Emergency Management Coalition and Lucas County Emergency Operations Center. The hotline phone numbers are 419-251-4000 (English only) and 419-291-5355 (multilingual). After hours and weekend callers may leave a message, and their calls will be returned on the next business day. The Ohio Department of Health also operates a COVID-19 hotline, and the number is 1-833-4-ASK-ODH (1-833-427-5634).

MENTAL HEALTH & RECOVERY SERVICES BOARD OF LUCAS COUNTY

FINANCE MANAGER

Mental Health and Recovery Services Board of Lucas County is accepting applications to fill the positions of Finance Manager until position is 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 Finance Manager from the list to read more or apply.

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HS degree or equivalent required. Entry level experience in general turf, grounds and building maintenance. Valid driver's license required. Work schedule may include evenings, weekends and holidays. 40 hrs/week. \$13.50/hr. Full benefits. Go to www.MetroparksToledo.com <<http://www.metroparkstoleado.com/>> to view detailed position description, job requirements and to apply. EOE

ABUNDANT LIFE OF PERRYSBURG ACCEPTING APPLICATIONS

Abundant Life of Perrysburg is accepting applications for its subsidized apartment communities. Abundant Life #1 offers independent living for senior citizens 62 years of age or older and individuals 55 or older with a physical impairment. Abundant Life #2 is a supportive living complex for people 62 and older. To apply individuals must meet the age and annual income requirement of no more than \$25,200.00 for one person or \$28,800.00 for two people.

We are located in the Three Meadows subdivision near the Manor of Perrysburg. Our garden style apartments offer an open floor plan, one bedroom, secured buildings with private patios and individually controlled heat and air conditioning.

We have a bus that transports all residents to area grocery stores and monthly outings. We offer exercise, worship services and a variety of opportunities for our active and not so active seniors. Please call (419)874-4371 to find out more about our fabulous communities and our availability for apartments. You may also visit us on the web at abundantlifeperysburg.org.



ADVERTISEMENT FOR PROPOSALS

TOLEDO-LUCAS COUNTY PORT AUTHORITY

TOLEDO, OHIO

NOTICE IS HEREBY GIVEN that Sealed Bids will be received by the Toledo-Lucas County Port Authority for all labor, material, insurance, and equipment necessary for the Port Lawrence Parking Garage Elevator Modernization project located at 227 N. Saint Clair St., Toledo, OH 43604, in accordance with the approved plans and specifications, to the Port Authority at One Maritime Plaza, Toledo, Ohio 43604. The engineer's estimate for the base bid and alternates is approximately \$620,000.00.

Bids will be received at the Port Authority's administrative offices, 1st floor reception area at One Maritime Plaza, Toledo, OH 43604 until Tuesday, June 30, 2020 at 10:00 AM, at which time and place all bids will be publicly opened and read aloud via conference call. Conference call-in information will be shared in addendum no. 1.

Plans, Specifications, Instructions to Proposers, and Forms of Proposal and Contract are on file and may be obtained by either (1) obtaining hard copies from Becker Impressions, 4646 Angola Road, Toledo, OH 43615, phone 419.385.5303, during normal business hours, or (2) ordering from Becker Impressions, via their website www.beckerplanroom.com at the cost of reproduction.

Please note that there will be an on-site pre-bid meeting for this project for all prospective bidders on Tuesday, June 9, 2020 at 11:00 AM, at 227 N. Saint Clair St., Toledo, OH in the atrium on the ground floor, north elevator next to Park Smart Offices. Attendance is suggested, but not mandatory. Please submit all questions to the Port Authority, Tina Perkins, at TPerkins@Toledoport.org by Tuesday, June 17, 2020 at 10:00 AM local time. Additional information can be found at www.toledoport.org.

Thomas J. Winston
President and CEO
Toledo-Lucas County Port Authority

Call to place your ad:

419-243-0007

www.TheTruthToledo.com



CLINICAL DIRECTOR

Status: Independent Contractor

Date: May 28, 2020

ABOUT US:

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

SUMMARY:

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

ESSENTIAL RESPONSIBILITIES:

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

REQUIRED QUALIFICATIONS:

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

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

Toledo Joins Nation in Protesting Floyd Murder

The last few minutes of George Floyd's life, spent under the knee of Minneapolis Police Officer Derek Chauvin, turned into days of protests around the nation, including in Toledo. On Saturday, May 30, members and supporters of the Service Employees International Union (SEIU) gathered on Secor Road to express their dismay over police brutality and the murder of George Floyd in Minneapolis.

Later in the day, the Community Solidarity Response Network held a Police Accountability March in downtown Toledo at the intersection of Jackson and Huron and hundreds of Toledoans, most wearing masks, many carrying signs, joined the CSRN. The stated goals of the police accountability platform of the CSRN are: 1. A civilian review board with authority, 2. A ban on chokeholds, 3. Change the option for disciplinary actions to be removed from an officer's file after two to five years.

During the protest, Washington Muhammad, Jodie Summers, Ruth Leonard and Julian Mack of the CSRN spoke of their distress over the current state of affairs between the black community and law enforcement officials in every part of the country. Protesters here were, in fact, part of a nationwide pattern of protests, many of which, as in Toledo, turned violent after the peaceful demonstrators had had their say.

Leonard decried the violence that followed in the evening after the peaceful march but also noted that: "But we did what we came to do. We shook the city. Now is not the time to retreat. For my black brothers and sisters, now is the time to ensure that our demands are met."



 wholesome wave

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Fostoria Police Join Protesters

Across the nation this past weekend, a variety of behaviors were on display – from peaceful and respectful to violent and destructive. And in some venues, such as here in Fostoria, police officers joined those protesting the murder of George Floyd.





Tara K. Johnson 

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