

# The *Sojourner's* Truth

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*"And Ye Shall Know The Truth..."*

July 1, 2020

## Michael Ashford: Chairman of the Lucas County Democratic Party



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# Make It Count

By Rev. Donald L. Perryman, PhD

The Truth Contributor



*Our democracy is stronger when all voices are heard.*

- Rebecca DeHart

In 2010, Toledo and Lucas County lost a massive \$208 million in federal funding because minorities, non-English speakers, renters and others went uncounted in that year's once-in-a-decade census.

Approximately 115,000 or 28 percent of Lucas County's population were missed, mostly those who live in hard-to-count neighborhoods such as 43605, 43607, and 43609. While our community fights for a just and more effective redistribution of resources from policing to community programs and services, we risk missing out on urgently needed funds for our overall change agenda to succeed.

The Lucas County Complete Count Committee (LCCC) was formed to help the Census Bureau obtain a complete count in 2020 through partnerships with the City of Toledo, Lucas County Commissioners, the Lucas County Public Library, and various community organizations.

I spoke with David Zovac of U.S. Representative Marcy Kaptur's office and LCCC's 2020 Census Coordinator, Deborah Barnett about the struggle to count minorities and other difficult-to-tally populations.

**Perryman:** Good afternoon. What's going on?

**Barnett:** Trying to get the message out to our community to respond to the 2020 Census.

**Perryman:** What's at stake?

**Barnett:** Ohio receives over \$33 billion every year distributed by the federal government, based on population. So, the higher number of people that we get counted, the fewer people we leave out, the more money comes back to our community. That money covers Medicaid, student loans, transit dollars, Head Start, Section 8, transportation and highway construction. Recently, with the Cares Act, which was passed to help deal with COVID-19, the money that went to our hospitals was based on formulas related to our population. The more people we count, the more money we receive to support critical programs that the citizens of our community utilize.

**Perryman:** How much of those dollars reach black businesses, nonprofits, or individuals? I suspect that black agencies and enterprises, those who work closest to the problem and who have answers, don't get their fair share.

**Zovac:** If we want more money for Medicaid, for neighborhood health organizations, and for community development block grants (CDBG funds) that get spent back into the community, those are directly related to the census.

**Perryman:** How about funding for nonprofits who work with schools or

the criminal justice system?

**Zovac:** If we want places like the Frederick Douglass Center or other nonprofits to get the capital improvements or programming that they need, the more people we have counted the more dollars will go in that direction.

As far as schools, the national school lunch and breakfast programs, special education grants, and Title I grants to local education agencies are part of the 2020 Census. When they decide how much to send for these programs, they need a snapshot of Toledo's demographics to get a picture of who we are, where we live, and what we need.

**Perryman:** How does the distribution of funds penalize our community when we undercount?

**Barnett:** According to a George Washington University analysis, for each person left uncounted, our local government loses \$1,814 per individual per year over the next ten years. In our 2010 Census, it's been estimated that Lucas County was under counted by over 20%. That equated to a loss of funding for things such as transportation and workforce development projects, Supplemental Nutrition Assistance Program (SNAP) dollars, foster care, Section 8 housing and other programs.

**Zovac:** So, the more people we count, the more money will come back to our district. On top of that, when they go to draw the districts for Ohio, for Paula Hicks Hudson's state congressional district, for Teresa Fedora's state district, for Lisa Sobocki's state district, the way that they draw the districts is based on population. For Toledo, then, we need to have as many people here as possible so that we have as many representatives as possible to represent us down in Columbus.

And then from a federal standpoint, the number of representatives that Ohio gets in the United States House of Representatives is based on population as well, so right now Ohio has 16 seats. If we don't count all of our people, it could go down to 15 or maybe 14 seats. We could lose seats because Ohio is losing some population. So, it's more representation in Congress; it's more representation in Columbus, it's more dollars coming to Toledo, more dollars coming to Lucas County and more dollars to the State of Ohio.

**Perryman:** Who are the people who are not being counted?

**Barnett:** The low response census tracks which are in Councilperson Yvonne Harper's district, Teresa Gaddus' district, and Tyrone Riley's dis-

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## The Sojourner's Truth

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Mt. Ararat Baptist - First Sunday in July

Jerusalem Baptist - First Sunday in July

True Vine Baptist - Second Sunday in July

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# Is This a Now or Never Moment?

By Lafe Tolliver, Esq  
 Guest Column

The singing group, The Temptations, had a popular song that was entitled, "A Ball of Confusion!"

It was a musical lament on the sordid state of affairs in the US of A that existed back in the Sixties and Seventies.

Now a ball of confusion would aptly characterize the underlying sentiments of what is occurring in the nation with a wannabee autocrat at the helm with his shameless Attorney General Will Barr as his trusty lapdog.

It appears that the dystopian theater call governance is in no wise abating anytime soon because Americans are seemingly caught in a political crossfire not knowing whom to believe about basic core issues of fairness and justice.

The public murder of George Floyd, et. al., ignited a firestorm of national and international protests but unless and until legislators feel the heat of an angry public, they will only pass a modicum of tepid bills aimed at putting out the fire but not putting an axe to the rotted roots of the tree.

The biggest tell will be if white America will humble itself and take its medicine and be thoroughly brought to heel and account for its original sin of slavery and its continuing aftermath as evidenced by an unjust legal system, a warped welfare system, criminality in the matter of not dispensing taxpayer funds to the neediest and not addressing the hot potato issue of reparations.

What is being asked of white America is to come on to the national stage and by way of implication, the world stage; and stand naked and confess that it devised, concocted, manufactured and benefited from a lie that people of color are inherently inferior to white people.

Also to admit, without reservation, that a total historical retelling is in order regarding their brutal treatment of the Native American tribes, people of color and Asian Americans.

Anything less would be dishonest and would not lead to a reconciliation of all the injured parties.

The Tulsa Massacre along with the recorded massacres of Native Americans and other hushed genocides against people of color including acts of violence and economic exploitation of poor whites would require a prop-

hundreds of extant books) on these subjects would be the tomes entitled: Stamped from the Beginning, The Half Has Not Been Told and When Affirmative Action Was White.

When Herr Trump threatened imprisonment for those who would trash American icons in the form and fashion of Confederate statutes, he was simply saying what his base believed and that is: White Supremacy is still the order of the day and if he has his say so, it will remain that way!

Unless you can fully comprehend that America, from its inception never had a plan to treat people of color as people of equal honor or being equally made in the image of God, you will continue to wander in abject darkness.

The Big Lie that was concocted is that America is a white man's country ordained by God and its manifest destiny is for the sole benefit of the Anglo-Saxon and not the Native American tribes, who possessed and owned the land and who were merely speedbumps on America's way to a shore to shore Caucasian hegemony.

History is told to us by the victor and the victor writes both the history books and the rule books; and if you have a contrary understanding of what really transpired, you are deemed a persona non gratis.

When the highest office in the land is occupied by a person who by all accounts is an intellectual moron and is bereft of any moral compass and is willing to do whatever it takes to achieve his goals. That is when you see the liar Michael Flynn being freed from any further legal prosecution for his crimes and those who "snitch," like Michael Cohen, remain in jail.

It is no longer sufficient to vent and rage about the obvious moral failings of Herr Trump or his proficiency in lying or remark about his addled brain spewing out incoherent sentences or he being enamored with tin horn dictators.

That is who he is, and he no longer is even trying to hide his disdain of minorities or the plights of the George Floyds or the Sandra Blands or his intense envy of former President Obama (Obama is everything Trump would want to be, but never will be!).

... continued on page 4

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# Mayor Announces Community-Police Relations and Reform Committee

Special to The Truth

"Ever since the murder of George Floyd by a Minneapolis police officer late last month, there has been a renewed discussion about the need to reform policing policies and improve relations between police and the citizens they serve. This conversation has been taking place all over the country, including here in Toledo." Mayor Wade Kapszukiewicz said this week.

"This moment in our history provides us the opportunity to fix what we may be doing wrong, and to build upon what we are doing right. In just the last month alone, a number of important steps have been taken to improve accountability and transparency in our local police operations. This new group is excited to work to bring about positive change during this crucial time in our city's history."

The co-chairs of the committee will be Anita Madison, a former Toledo Police officer and current executive committee member of the NAACP Toledo; David Fleetwood, business manager for Laborers Local 500 union and Toledo-Lucas County Port Authority board member; and Peter Silverman, former Toledo Board of Education member, former Toledo City Council member, and a partner at Shumaker, Loop & Kendrick, LLP.

The members of the committee are the Rev. Donald Perryman, the Rev. Willie Perryman, Ray Wood, Judd Silverman, Jayla Few, Ruth Leonard, Dr. Patrice McClellan, RaShya Ghee, Charles Allen, Tonya Rider, Reggie Williams, Imam Ahmad Deeb, Joaquin Cintrón Vega, the Rev. Otis Gordon, Avis Files, Jose Rosales, Dr. Hope Bland, Carmel Smith, Tawann Gaston, the Rev. Randall Parker III, Lisa McDuffie, Marvin Whitfield, Albert Earl, David Ross, Erin Baker, Sarah Skow, Diana Patton, Jim O'Brien, Brittany Ford, Pastor Cedric Brock, Rita Mansour, Toledo Police Chief George Kral, Toledo Police Deputy Chief Michael Troendle, Toledo Police Officer Dan Raab, and Toledo



Anita Madison

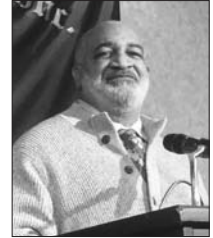
Police Officer Gregory Zattau.

The support staff for the committee will be Chief of Staff Catherine Crosby, Deputy Chief of Staff Karen Poore, Legislative Director Gretchen DeBacker, Diversity and Inclusion Director Matt Boaz, and Toledo City Council Manager of Legislative Operations Kim Baker.

The managers/moderators are Jason Daniels and Kelli Daniels.

Mayor Kapszukiewicz has previously ordered

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David Fleetwood

Tolliver... continued from page 3

Herr Trump gladly slanders Obama with the word, traitor, and that he has committed treason (of course without a shred of evidence and which evidence is not to be found in a sane world). For Trump knows by simply invoking his name, his base will howl to the moon and call for his political scalp.

America is witnessing a decline, temporary or otherwise, in both the quality of its civic discourse and its inability to spot a con in its midst because the con speaks to the evil that resides in their own hearts and as such, Trump is a fellow traveler with them.

What will be a grave danger for this American republic that has taken some serious hits to its gut, will be the dangerous time frame from the results of the November election to the time that Herr Trump is supposed to leave public office.

He will not go quietly into the night. He will shout, like the madman that he is, that the election was a fraud and the deep state manufactured millions of illegal votes and as such, until he investigates what happened, he will, by executive order, remain in office and have William Barr conduct an investigation.

However in the meantime between the time of the results of the Fall election and to the proper date of the swearing in of the new president, Herr Trump can and will cause some serious political and economic carnage by means of imperious executive orders and mouth slapping statements that will have the country reeling with fear and exhaustion.

If need be, who will have the political courage to take him by the scuff of his neck and led him to the front door of the White House and give him the boot? Or, will he bunker himself in the White House and issue a call for his minions to march on Washington and save his cowardly self from the pending state and federal criminal indictments?

That above time frame will be fraught with political intrigue as Trump defies the law and dares the powers that be, to come and get him, if they dare!

My answer to the above? Simple: Buckle Up...Buttercup!

Contact Lafe Tolliver at tolliver@juno.com

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# Michael Ashford Takes the Reins of the Lucas County Democratic Party

By Fletcher Word  
Sojourner's Truth Editor

The Lucas County Democratic Party elected a new chairman this spring, former State Representative Michael Ashford, signaling the fact that change is in the air for the local political organization.



Michael Ashford

Ashford, a long-time political operative and elected official – he served on Toledo City Council from 2002 to 2010 prior to election to the Ohio General Assembly for the 44th District – has been a prolific fundraiser and an adviser to numerous other Democratic candidates in their campaigns. He has also been in several leadership positions – City Council president and minority whip for the Ohio House.

He assumes his new tasks after a campaign promising to rebuild the local party's infrastructure and to get more people involved – those who have dropped out and those younger citizens who have not previously become engaged in party politics.

"We have not been strong in the last couple of years in getting our local message out," says Ashford of the challenge facing him and his new team. That loss of strength, he says, has had an impact at the polls. "Voters have left and become more independent than ever before," he adds.

Ashford, however, has a plan to stop the bleeding.

First, the party has to build a financial foundation, he says. His fundraising experience will be crucial to this effort.

Second, the party has to build a virtual grassroots component. Third, the party has to return to "core Democratic values." And fourth, the party has to become more inclusive.

Ashford has already begun to rebuild the party's infrastructure – "good, working committees" that can examine what works and what does not. As time goes on the party, he says, will be adding new committees that will help "bring the party into the 21st century."

"A dynamic set of officers" have been added to the Executive Committee, he says, such as Mike Hart as treasurer and Carrie Hartman, whose "ideas and concepts are first class," as secretary.

He's reached out to labor – such as AFSCME and the public safety unions – to increase both their presence with the party and their involvement in the party's decision-making.

Inclusivity, in this instance, clearly starts at the top. The new chairman is the first African-American leader of the Lucas County Democratic Party. Among the Ohio Democratic Party's 88 county offices, Ashford is only one of two black leaders – the other African-American chairman is in Cuyahoga County.



Dem candidates - City Councilmember Katie Moline; Sixth District Court of Appeals Judge Myron Duhart; Lori Olender, for Common Pleas Court Judge

The Democratic Party, however, cannot reach its goals all by itself. A host of partnerships are necessary and Ashford stresses that he is committed to working with elected officials, grass roots organizations, unions and "volunteers who want to be part of our process."

The process, however, is all for naught unless the very obvious goal can met – that goal is the election of local Democratic candidates and, in this upcoming general election, the turnout of Lucas County voters for presidential candidate Joe Biden.

Indeed, Ashford could not be assuming such duties at a more critical time. In this fall's general election, a large number of local campaigns are gearing up – U.S. House of Representatives, Ohio General Assembly seats, Lucas County offices and assorted local judgeships. And, of course, that presidential contest should get more than a little bit of attention.

"I have overall experience and the knowledge to work with people who are running and bring them resources," Ashford has told The Truth in the past. That experience and knowledge will be put to the test immediately.

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# Thurgood Marshall Law Association Statement on Injustice, Racism and Police Brutality

The Thurgood Marshall Law Association, comprised of African American and diverse attorneys in Toledo, are outraged by the countless deaths of our black brothers and sisters at the hands of police.

Dr. Martin Luther King, Jr. once said, "Law and order exist for the purpose of establishing justice and when they fail in this purpose, they become the dangerously structured dams that block the flow of social progress."

When citizens are killed in broad daylight, in their homes, or anywhere else by police officers sworn to serve them, it is evident that America has failed us. As citizens, we seek equal justice, and we cannot and will not sit idly by as our brothers and sisters lie lifeless in the street.

As Kareem Abdul-Jabbar recently explained in an Op-Ed in the Los Angeles Times, "Racism in America is like dust in the air. It seems invisible — even if you're choking on it — until you let the sun in. Then you see it's everywhere. As long as we keep shining that light, we have a chance of cleaning it wherever it lands. But we have to stay vigilant, because it's always still in the air."

In an effort to remove the spotlight from the injustices that black people face in America, there has been much debate about three words—Black Lives Matter. But we cannot move forward to address these injustices without shining light on and acknowledging this simple truth — black lives do matter. Black lives matter because black lives bring value to every space we enter. Black lives matter because black lives have meaning, and black lives matter because black lives foster change. Black lives matter because black lives are human lives.

Black lives have also suffered at the hands of those who vehemently resist progress and change. We stand proudly on the shoulders of men and

women who came before us, like Charles Hamilton Houston, who reinforced the value of understanding the Constitution of the United States and how to explore its uses in solving problems in communities and improving the conditions of Americans. This is why we fight.

Today, Black America still lives in frustration and fear with the real prospect of random and tragic mistreatment borne out of being viewed and treated less than equal to others. A series of inextricably intertwined events underscore the need for Black lawyers to mobilize and serve as a catalyst for real change ridding America of structural racism. Thus, we will continue to fight to end systemic racism and discrimination in our society and within the legal profession. By mentoring the next generation of minority attorneys and leaders in our community, working with community organizations to ensure that equal justice under the law is not just a slogan or a catch phrase-but an unwavering belief and principle, and connecting those who are in need of legal services to competent attorneys who can best represent their needs; we will continue fighting for the justice we seek.

In this moment in time, we recognize that our community and the world are justifiably angry, frustrated and tired. We can relate. TMLA stands in unity and solidarity with those individuals and organizations dedicated to doing the grueling work to eradicate police brutality and misconduct, structural and institutional racism, personal racism, inequity and all injustices against African Americans, in this nation, and specifically in our community. We recognize our role in this fight, and we are ready to meet that challenge. We welcome the opportunity to collaborate and partner with anyone in this work.

To that end, the TMLA submits the following action items to address the inequities and racial injustice faced daily by African Americans and other minorities in our communities:

- Establish a national, statewide and local Police Misconduct Registry. If a law enforcement officer has been found to have violated the law or departmental policies, those incidents should be kept, cataloged, and made available to the public.
  - Establish an effective Civilian Police Review Board with the authority to act when necessary, to recommend reprimands or other punishment for wrongdoing officers.
  - Require a racial competency evaluation, in addition to the required psychological and mental health evaluations, prior to being hired by a law enforcement agency.
  - ALL officers must be required to wear a body camera and to keep it on when they are interacting with the public.
  - Hire African American and other people from the community in a pipeline law enforcement/community liaison program, train and mentor them and promote them in the law enforcement ranks.
  - Conduct a survey of African Americans in the legal field in Toledo and institute hiring processes to make each institution/office more diverse.
- "We cannot play ostrich. Democracy just cannot flourish amid fear. Liberty cannot bloom amid hate. Justice cannot take root amid rage. America must get to work. In the chill climate in which we live, we must go against the prevailing wind. We must dissent from the indifference. We must dissent from the apathy. We must dissent from the fear, the hatred and the mistrust. We must dissent from a nation that has buried its head in the sand, waiting in vain for the needs of its poor, its elderly, and its sick to disappear and just blow away. We must dissent from a government that has left its young without jobs, education or hope. We must dissent from the poverty of vision and the absence of moral leadership. We must dissent because America can do better, because America has no choice but to do better."
- Thurgood Marshall

Submitted on behalf of the TMLA Board and Members,  
Monica Y. Hoskins, President  
Thurgood Marshall Law Association

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# Hundreds of Thousands of Ohioans Could Lose Health Care during Pandemic

*Trump administration, 18 states ask Supreme Court to end the ACA*

Despite the COVID-19 pandemic and recession, the Trump administration and 18 state attorneys general filed briefs asking the Supreme Court to strike down the entire Affordable Care Act (ACA). If the lawsuit succeeds, hundreds of thousands of Ohioans and their families who lost their jobs and health insurance will lose options for coverage through the ACA's marketplace exchange or Medicaid expansion. Hundreds of thousands of others who currently receive coverage because of the ACA also would lose coverage.

A Kaiser Family Foundation study estimates 1,002,000 Ohioans and their family members lost employer-sponsored health insurance in the first two months of the pandemic lock-down. But essential economic security programs - the ACA and Medicaid - protected most of them. Of those who lost employer health coverage in the initial pandemic lock-down, 267,000 became eligible for premium tax credits to help purchase coverage through the ACA's health insurance marketplace.

Another 531,000 became eligible for Medicaid.

"Both the Medicaid expansion and the premium tax credits that help moderate-income people afford private coverage would be eliminated if the Supreme Court strikes down the ACA," said Wendy Patton, senior project director at Policy Matters Ohio. "It is hard to imagine a worse time for state leaders to actively work to reduce access to health care - during a pandemic."

The Supreme Court is likely to decide the case in the first half of 2021, when the unemployment rate is still expected to be about 10 percent and the public health crisis may still be ongoing. If the court overturns the ACA, it would not only hurt the newly unemployed, but also people and families of low and modest income who have been getting health care through Medicaid and the ACA marketplace plans.

The 628,000 low-income Ohioans insured through the Medicaid expansion in April 2020 would all lose health coverage, since the Medicaid expansion is part of the ACA. The 196,806 Ohioans enrolled in ACA marketplace plans in 2020 before the pandemic started would also lose coverage.

Research shows the ACA has increased the number of people with health coverage, made people more financially secure, and improved people's health - with strong evidence that both Medicaid expansion and coverage through ACA marketplaces save lives. Reversing these coverage gains could worsen all of these outcomes. The adverse effects would be even greater with more people depending on the ACA for coverage during the recession.

The ACA also significantly narrowed racial disparities in health coverage, and the lawsuit would widen them. Based on pre-crisis estimates, repeal would cause nearly 1 in 10 non-elderly Black people, and 1 in 10 non-elderly Hispanic people, to lose their health insur-

ance, compared to about 1 in 16 white people.

Coverage losses from the lawsuit would also lead to spikes in uncompensated care costs that would add to the financial burden on state and local budgets during an unprecedented state budget crisis. Caring for people without being paid would harm providers at a time when many will likely still be reeling from the large drop in their revenues due to the pandemic. Uncompensated care costs as a share of hospital budgets in Ohio fell by 49 percent as the ACA's major coverage provisions took effect. COVID-19 is threatening the survival of some safety net and rural hospitals: If the cost of uncompensated care rises, the health care system that serves all Ohioans may be weakened.

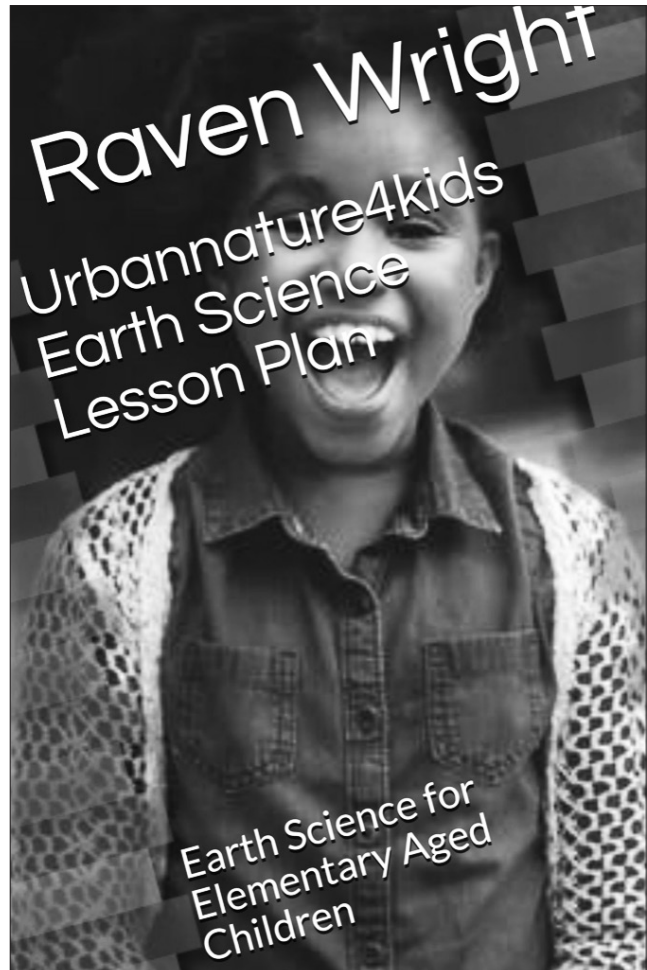
Meanwhile, striking down the ACA would also eliminate other policies and protections important to addressing and recovering from the public health crisis. Once again, insurance companies could charge higher premiums for Ohioans with pre-existing health conditions - including COVID-19 - or deny them coverage altogether. Insurance companies would no longer have to cover preventive services, including vaccines, without cost-sharing, and could go back to putting annual and lifetime limits on coverage.

"The damage this lawsuit would impose on Ohioans is devastating," said Patton. "It is disdainful and disrespectful of the lives of working people and families."

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# In Memoriam – Bishop M.C. McGhee – October 24, 1943 – June 2020

Bishop M.C. McGhee was born October 24, 1943 to Manuel and Arnes McGhee in Calion, Arkansas. He confessed a hope in Christ at a young age. He excelled in basketball and baseball.

Bishop McGhee moved to Toledo, Ohio in 1974 and joined the Losalem Baptist Church where he met the love of his life Lady Erma McGhee. On May 27, 1978, they were united in holy matrimony. After 42 years together, he would still say, "ain't no women like the one I got." He was ordained into the ministry October 1980. In March 1996, he became Founder and Lead Pastor of Serenity Church. In October 2005, he was consecrated as a Bishop

Bishop McGhee was known for dressing sharp, smelling good, and for dancing unashamedly for the Lord. He always had a word of encouragement for everyone and he was never hesitant to help

anyone in need. He was always willing to give of his time, talent, and money for the cause of Christ.

He was preceded in death by his parents, Manuel and Arnes McGhee; brothers, LG Pumphrey, OB Pumphrey, Prentis McGhee, Cleo McGhee, Calvin McGhee, Jacob McGhee, OD McGhee, and sister Allie Mae Belin.

He leaves to cherish his memories; his wife, Erma McGhee; brother, Emanuel (Judy) McGhee; three sons, Michael McGhee, Apostle Herman (Debra) McCardell, Deon Archie; four daughters, Dorethea Reynolds, Princess (Wayne) Ellis, Shanika Powell, Kira Sayles; 25 grandchildren, 32 great-grandchildren, a host of nieces and nephews, and many other relatives, Special friend and sister Mary Dabbs, countless colleagues, friends and associates.



Bishop M.C. McGhee

**AKA Sorority... continued from page 16**

Chairman Alexii Collins, a community event was held on Zoom.

Facts about Blacks and other Immigrants in the U.S. were presented. The goal was to educate the community about what "refugee" means and how is it different from an immigrant. Corine Dehabey, program director of US Together in Toledo, was the keynote speaker. She explained the process of how

refugees get to the U.S., which countries refugees are from (who live in Toledo) and what their needs are. Lastly, Dehabey explained the reason why they flee their countries.

US Together requested assistance with procuring personal toiletries and cleaning products. The AKAs donated dental products, personal hygiene products, laundry products and bathroom products to assist refugees in the Toledo area.

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# Versatile Vegetables

By Patrice Powers-Barker, Ohio State University Extension, Lucas County  
Guest Column

It's summertime and plants are ripening. What are the easiest ways you can enjoy a rainbow of vegetables? The following highlights are on a few local products that are currently or soon to be available in gardens, farm stand and farmers markets. The benefits to us are peak freshness and low cost as they are in season.

## Dark, leafy greens

Dark, leafy greens like collards, kale, mustard greens, etc. are very versatile because they can be harvested now as smaller, more tender leaves or they can keep growing until fall when the weather turns cold. Many people prefer the sweetness of collard greens or kale after the first frost of the year, but we don't have to wait until October to enjoy some.

**Selection:** Choose bunches of green leaves with no yellowing or withering. Stems should look freshly cut not dried out, browned, or split.

**Storage of dark, leafy greens:** Gently wrap green leaves in damp paper towels and store loosely in plastic bags. Keep moist and cool in the lower part of the refrigerator in the high-humidity bin. Store for up to five (5) days.

**Nutrition Benefits of dark, leafy greens:** Fat free, cholesterol free, very low sodium, low in calories, excellent source of vitamin A, vitamin C and folate; good source of calcium, potassium and fiber.

Enjoy a smoothie! A refreshing way to "eat" dark leafy greens in the summer is to add them to a smoothie. The Produce for Better Health Foundation suggests combining the following ingredients in the blender to puree for a Strawberry, Pineapple, Greens Smoothie: ¾ cup frozen strawberries, 1 cup packed greens (such as baby kale or spinach), 1 banana, 1 cup ice, 2 cans (8 oz each) pineapple chunks in juice, drained and 1 cup of milk (your choice, low fat milk, almond milk or low-fat yogurt). Optional ingredients: 4 fresh mint leaves.

## Summer Squash and Zucchini

Zucchini is a type of summer squash, so the following information is good for green zucchini or yellow summer squash.

**Selection:** For all summer squash varieties, choose glossy, small- to medium-sized squash, heavy for size. The skin should be firm and free

of cuts and bruises.

**Storage:** Refrigerate summer squash for use within 3-5 days.

**Nutrition Benefits of summer squash:** Fat free; saturated fat free; sodium free; cholesterol free; low calorie; high in vitamin C.

North Dakota State University gives directions for quick and easy "Vegetable Ribbons": The recipe calls for one medium zucchini and one large carrot. After washing the vegetables and cutting off the ends, use a vegetable peeler to shave the vegetables into ribbons by moving the peeler back and forth. Heat 1 teaspoon of oil in a large skillet (or lightly coat pan with cooking spray). Add the vegetable ribbons, stir, cover with a tight-fitting lid and cook for two to three minutes, or until vegetables are tender but not overcooked. Remove from heat, add pepper and salt, if desired, and serve immediately.

## Green Beans

**Selection:** Choose fresh, well colored beans that snap easily when bent.

**Storage:** Refrigerate green beans in plastic bag, use within 1 week.

**Nutrition Benefits:** green beans are fat free; sodium free; cholesterol free; low calorie; good source of fiber; good source of vitamin C.

**Stir fry:** Green beans make a tasty addition to stir fry vegetables. Add the cut pieces of green beans to the pan when other vegetables with similar cooking times are added, such as broccoli and cauliflower. Stir fry until tender crisp.

Growing your own? Are you new to vegetable gardening and looking to learn more? The good news is that even though these plants are already growing in gardens, we have another opportunity to plant vegetable seeds for a fall vegetable garden. Starting in July and through August we can plant seeds for squash, beans, greens of all varieties and root vegetables like beets, radishes and turnips to harvest in the fall. OSU Extension Lucas County joins The Ebeid Institute, Urban Agriculture Alliance of Lucas County and The Arts Commission for a monthly vegetable garden call-in show. For more information, please visit this website [go.osu.edu/gardencall](http://go.osu.edu/gardencall) or call the Master Gardener Horticulture Hotline for details 419-578-6783.

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# Lucas Metropolitan Housing Authority, Neighborhood Health Association, Mercy Health, and LabCorp Join Forces to Provide On-Site COVID-19 Testing at No Charge for Lucas Metropolitan Housing Residents

Special to The Truth

On Wednesday, June 24, 2020, on-site COVID-19 testing became available to hundreds of Lucas Metropolitan Housing Authority (LMHA) residents. The testing is made possible through a partnership between Neighborhood Health Association (NHA), Mercy Health and LabCorp, which has performed millions of COVID-19 tests across the U.S. since early March. LMHA and its partners have prioritized testing beginning with LMHA's most vulnerable populations – the elderly and disabled. The testing will be provided at no charge to the residents.

Through this partnership, NHA and Mercy Health are able to be on site at multifamily LMHA developments and are targeting over 3,000 residents for this testing. Joaquin Cintron Vega, LMHA's president and CEO stated, "We are very grateful to NHA, Mercy Health and LabCorp for providing our residents with this unique opportunity to be tested for COVID-19 and not have to leave their homes. Our job in the COVID-19 testing process is to provide site support where we help setup the test site and empower the residents to be

tested," said Cintron Vega.

The partnership with Mercy Health, LabCorp and the NHA in testing LMHA residents is the best example of the great things we can accomplish when organizations partner in service to this community. It is our intention to ensure that every one of LMHA's 6,000 residents has the opportunity to be tested. Black, Brown and poor people are being hit with this virus at greater numbers than any other group. The very least that we can do is to help them fight it with the few tools we have at our disposal," said Doni Miller, CEO of Neighborhood Health Association.

"Since first coming to this community more than 160 years ago, Mercy Health has dedicated itself to serving all those in need, especially those who are poor and underserved," said Bob Baxter, president, Mercy Health Toledo. "We are proud to stand with our partners to furthering this common mission of testing one of the community's most vulnerable populations to ensure all members of our community have access to this testing."

# How Caregivers Can Adapt to the New Normal

Special to The Truth

The COVID-19 pandemic has changed life for the 44 million caregivers in the U.S. and the people they care for, with social distancing creating new routines, concerns and challenges.

To help caregivers adapt to the new normal, Judith Ursitti, who is raising a son with autism, shares these tips and insights:

- Social distancing presents new challenges: The requirements around social

distancing may have eliminated access to some of the activities your loved one enjoys in the community, and in some cases, getting your loved one to accept this can be difficult. However, it's important to maintain patience and empathy by preparing for this challenge.

"Not seeing the familiar faces of friends, teachers and therapists has dra-

...continued on page 12

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**Reform Committee... continued from page 4**

that the police internal affairs division be re-located from the Safety Building to a neutral site, a move that will be completed by Aug. 3. He also banned safety forces from wearing military-style camouflage and made available to the public the trainings offered to our officers in areas such as de-escalation techniques, use of force, and implicit bias.

Police policies and procedures, as well as national grade cards on how TPD scores on various metrics of community engagement, have all been made

available over the last month. Toledo City Council has also taken strong action to meet the challenges we face. In the last month, ordinances have been passed that codified the city's long-held policy of banning chokeholds; compelled officers to intervene if they believe a fellow officer is engaged in an unlawful use of force; and required all officers to distribute business cards with pertinent information about how to report potential police wrongdoing.

"While a number of reforms have already been implemented, there is more work to be done," the mayor said.

**Perryman... continued from page 2**

trict. Many of the individuals living in those census tracks have limited access to the internet to complete the census online.

**Perryman:** How do we improve the response, particularly in neighborhoods with high poverty or transience?

**Barnett:** That's why we must get people like pastors and community leaders involved by being at the table, making sure that our community issues are addressed. It's never been easier to complete the 2020 Census because you can complete your questionnaire online, by phone or by mail. It's basically seven questions that you have to answer. They're interested in the count, the number of people that's in your household. When you receive your questionnaire there's no name on it; it's addressed to the household and mailed to your address.

**Zavac:** I agree that it is a big deal for individuals to see community leaders put their stamp of approval on the Census. A lot of the calls that I get are from people, they get a letter in the mail from the Census, but they're skeptical and don't want to provide their information. One, it only takes 10 minutes or less. I think stressing how easy it is, letting people know that if they have questions about whether or not it's a fraud or something like that, they're free to call Marcy Kaptur's office at (419) 259-7500. They're free to check it out anywhere so we can make sure that it's not some scam, but it's crucial for them to do.

**Perryman:** Individuals who may be undocumented, have outstanding warrants, or owe child support may still be very fearful of giving out information. What is your response to them?

**Barnett:** The information cannot be used by anybody but the US Census. It takes 70 years before they'll release what the 2020 Census collects. So, there's safety. The FBI, ICE, no police enforcement agency can utilize the census information. They don't have access to it.

**Perryman:** Okay, so from a practical standpoint, how do you complete the census online?

**Barnett:** Go to the website at [www.census.gov](http://www.census.gov). Once you pull up that website, the first command you see is to respond, and all you do is hit that. You are provided a specific ID for your household. You provide them with the ID and then go through and complete the seven questions. I finished it in less than 5 minutes. If you prefer the phone option, you call an 800 number we provide you, and enter your specific ID code.

**Perryman:** Every household has received a census form in the mail?

**Barnett:** Every household received their questionnaire the week of March 12 and a reminder some ten days after that. The census takers will, again, drop off a questionnaire in person at the homes that haven't responded yet. They're not going to knock on the door and ask you to respond. They will only drop it off at your door.

Then, in July and August, for those individuals that still haven't responded, the census takers will go out with an I-Pad and try to get people to respond that way. They can practice social distance, they can ask the questions, and they can complete the questions on the I-pad.

**Perryman:** Thank You!

Contact Rev. Donald Perryman, PhD, at [drdpperryman@centerofhopebaptist.org](mailto:drdpperryman@centerofhopebaptist.org)

**New Normal... continued from page 11**

matically increased Jack's level of anxiety. That leads to additional anxiety for the rest of the family. It's hard," says Ursitti.

From art projects to puzzles to bird watching, try introducing alternative activities that your loved one may enjoy and can participate in safely.

• New tools can help: While it may have been awhile since anyone in your family has gotten a barbershop haircut, it's important to stay on top of regular hygiene, even if you aren't leaving the house. Be sure that showers, shaving and toothbrushing don't fall by the wayside. Not only do these routines provide a sense of familiarity, they are important for your loved one's overall wellness, and innovative tools are making such tasks easier for caregivers.

"A quick, efficient way for me to help Jack shave is with the Gillette TREO,

...continued on page 13

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# Vanessa Williams Presents Bubble Kisses by Vanessa Williams, illustrated by Tara Nicole Whitaker

By Terri Schlichenmeyer

The Truth Contributor

You can teach a bird to sing along with your favorite songs.

Dogs love to learn new tricks, if you've got the patience; cats, too, but that might take longer. If you've got a pet pony, you can do all kinds of things together, and even a gerbil or hamster is fun to play with. If you've got an aquarium, though, there's not a whole lot of snuggling going on, and you can't walk a guppy or throw a ball for it. Still, when people ask you why you love your fish, you know the answer. In *Bubble Kisses* by Vanessa Williams, illustrated by Tara Nicole Whitaker, you'll know you're not alone.

Oh, how she loved her pet!

Other kids had dogs that WOOFed and cats that scratched. They had frogs and guinea pigs or hamsters or ponies. Other kids had regular kinds of pets, but this little girl had special pet: she had a goldfish named Sal.

The thing was, Sal wasn't just a fish. She was a "pal."

Now, you might think a fish is not nearly as much fun as a puppy or a kitten. You might think that you can't play with a fish. A goldfish isn't like a bird or a deer that you watch from your window but that was okay. The girl and Sal had fun, especially when they played "lots of games together," although mostly pre-tend ones.

But the biggest reason she loved Sal, though, was because Sal gave the girl "bubble kisses as she swims... in the water." Sometimes in her dreams, the little girl swam like a mermaid with Sal, and they visited other mermaids for those "delicious" bubble kisses. She thought it was sad that from other "people's lives such things are missing," but she was lucky.

She had Sal, right by her bedside. All night long...

There is one very important thing parents need to know about *Bubble Kisses*, and it's in two parts: as a book, this is really a no-go. It's repetitive and not very interesting to read. But as a book-with-accompanying CD, it's stellar and your preschooler will adore it.

Indeed, this book itself is mostly a vehicle for author Vanessa Williams' song, which follows the words in this book identically – meaning, basically, that when your child requests it, you'll be required to read song lyrics aloud. So many "bub-bub-bub-bub-bubble" recitations might make you want to call it a day and

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head for the shower.

But then, breathe deep and remember that you're not a 2-year-old. Williams' words are perfect for silly-singing, and the bouncy, light, super-memorable song is one your toddler will warble everywhere, all the time. With book-in-hand – and it'll be in their hands often – kids can sing and follow along as you both admire the adorable artwork by Tara Nicole Whitaker.



Bubble Kisses author CREDIT Rod Spicer

Just beware that this isn't a one-and-done book. It's going to be repeatedly requested and you might get an earworm from it. Still, just one round of *Bubble Kisses* and your toddler-to-preschooler will sing its praises.

*New Normal... continued from page 12*

which is conveniently designed for caregiver use," says Ursitti.

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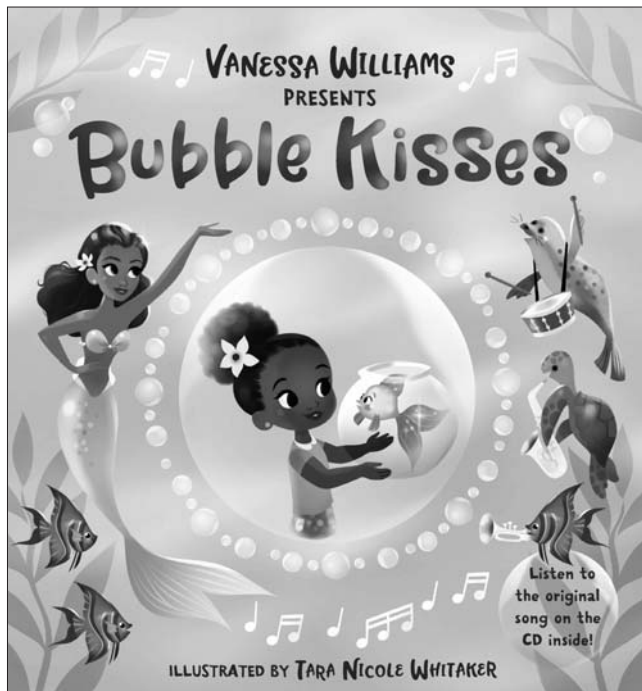
- Take care of yourself: It can be easy to forget that there is a light at the end of the tunnel.

"Try to remind yourself, especially when the anxiety is high or the situation is challenging, that it too shall pass," says Ursitti. "Take a deep breath and encourage your loved one to do the same. And when all else fails, eat some ice cream."

Reaching out to friends and family is especially important right now in combatting feelings of isolation and for support. Thanks to video chatting tools, it's easier than ever to stay connected.

Caregiving is never easy and these unusual times can make things even more difficult; however, new tools can offer you additional support.

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**Youth & Young Adult 4th Sunday**

When: Every 4th Sunday  
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Where: Crusaders for Christ Church  
910 Woodbelle Rd.  
Toledo, Ohio

Emmanuel Tolano Reynolds  
Bishop Joseph Mitchell Jr. Pastor  
Erinigan Lukosa Marshall, First Lady

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# CLASSIFIEDS

July 1, 2020

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## ASSISTANT MANAGER OF HUMAN RESOURCES

Lucas County Children Services is seeking an Asst. Mgr. of Human Resources and to assist in creating a work environment that promotes personal growth and excellence of LCCS employees. Additional requirements can be viewed at [www.lucaskids.net](http://www.lucaskids.net). No Phone Calls Please. EOE valuing diversity.

## PARK TECHNICIAN

Metroparks Toledo has an opening for a full time Park Technician to provide maintenance of grounds, facilities and equipment at assigned park.

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.metroparkstoledo.com) to view detailed position description, job requirements and to apply. EOE



## THE TOLEDO-LUCAS COUNTY HEALTH DEPARTMENT IS HIRING!

### Current openings:

Public Health Nurse- Reproductive Health & Wellness Clinic  
Public Health Nurse- Adult & Travel Immunization  
Community Health Worker- Healthy Start

The Toledo-Lucas County Health Department is an Equal Opportunity Employer. The Department operates in accordance with Title VII of the Civil Rights Act of 1964.

### For job descriptions and information on how to apply, please visit our website:

<https://www.lucascountyhealth.com/about/career-opportunities/>

Call to place your ad:

419-243-0007

[www.TheTruthToledo.com](http://www.TheTruthToledo.com)

## 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 [abundantlifeperrysburg.org](http://abundantlifeperrysburg.org).



## NOTICE OF JOB VACANCY

LICENSED SOCIAL WORKER OR REGISTERED NURSE

**Care Manager-** with one (1) year of paid clinical experience in home and community based service. To conduct care management, and assessments for individuals in need of community based long-term care. Benefit package. Knowledge of community resources and reliable transportation required.

Reliable transportation, successfully passing criminal background check (BCI/FBI), drug/alcohol screening, valid driver's license, insurance and the ability to satisfactorily undergo a Motor Vehicle Record check (MVR) on at least an annual basis

Excellent Benefits. EEO/AAP, Bilingual and minority applicants encouraged to apply

**Deadline for application: Until position filled**

Or

[jobs@areaofficeonaging.com](mailto:jobs@areaofficeonaging.com)

*This description is intended to indicate the kind of tasks and level of work difficulty required of the position. The title of this job shall not be construed as declaring the specific duties and responsibilities of the position. This position description and/or job vacancy notice is not intended to limit or in any way modify the rights of any supervisor to assign, direct, and control the work of employees under supervision. The use of this particular expression or illustration describing duties shall not be held to exclude other duties not mentioned.*

Submit resumes to:  
**Samuel H. Hancock**  
Ed.D.

**Vice President of Human Resources**  
**Area Office on Aging of NW Ohio, Inc.**  
**2155 Arlington Avenue**  
**Toledo, Ohio 43609**



## 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@cofhs.org](mailto:jobs@cofhs.org).**



# TPS Announces Learning Options for Upcoming School Year

Sojourner's Truth Staff

Last week, Toledo Public Schools announced that its students will be offered an alternative online learning option for the upcoming school year. Through the virtual classroom, students will receive a chrome book and receive daily instruction from a certified teacher. Attendance will be mandatory and will be monitored daily.

"What approach do you want for your child?" asked TPS Superintendent Romules Durant, EdD, as he introduced the options available to students during a press conference.

According to Durant, TPS is prepared to offer parents and students three options in the fall: the traditional classroom, remote learning and an "A/B" combination of class and online instruction.

The district has been actively soliciting the opinions of parents through its website – TPS.org – to determine how many would prefer each option. Thus far the results show that 48 percent of parents prefer the classroom option, 20 percent the remote instruction option and 33 percent want the A/B combination.

Nevertheless, Durant emphasized, the final decision may not be up to either parents or school administration but rather the State of Ohio and Governor DeWine. It is the governor who is expected to declare within weeks, when schools may re-open for classroom instruction.

Registration for the fall 2020 school year starts this week and can be accomplished at TPS.org.

The preparations for the fall session is an extension of what TPS and other

school districts faced in the spring when schools were temporarily closed, then shut down for the rest of the academic year.

"We made sure that some 8,000 chrome books were in households," said deputy superintendent James Gault who emphasized the "comprehensive approach" the district administration was taking to develop options for its parents and students.

Providing chrome books, a reliable internet service and certified teachers for live instruction are all priorities for those students – PreK to 12 – who want to go virtual, said Gault.

Stephanie Eichenberg, school board member and a parent of TPS students, spoke to a problem the district had during the spring when the shutdown happened – locating students and their families.

"We need to know how to find you," said Eichenberg. "That can be a road-block. Make sure you're up-to-date and in touch with us."



# AKA Sorority Conducts Community Event on World Refugee Day

World Refugee Day is recognized by the United Nations and is acknowledged as one of several community impact days in Alpha Kappa Alpha Sorority's programs. World Refugee Day falls each year on June 20 and is dedicated to refugees around the globe. It was celebrated globally for the first time on June 20, 2001, commemorating the 50th anniversary of the 1951 Convention relating to the Status of Refugees. It was originally known as Africa Refugee Day, before the United Nations General Assembly officially designated it as an international day in December 2000.

Under the AKA's local Zeta Alpha Omega's chapter leadership of President Andrea Price, MHA, FACHE; Vice President Treva Jeffries Ed.D, and Global Impact Program Committee



AKAZAO with Corine US Together



...continued on page 8

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