

The *Sojourner's* Truth

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Volume 63 No. 9

"And Ye Shall Know The Truth..."

October 7, 2020

The Black/Brown Unity Coalition Holds Peace Rally



FLOC's Baldemar Velasquez and Toledo Community Coalition's Bishop Robert Culp

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Counting Dollars to Make Dollars Count

By Rev. Donald L. Perryman, PhD

The Truth Contributor

The important thing is not how much money a person makes it is what he does with it that matters.

- A.G. Gaston



With both early in-person and mail-in voting now open, the special general election for Toledo City Council At-large requires our attention. Katie Bibish-Moline faces off with challengers Tony Dia and Melvin Jackson III in what is expected to be a very competitive race.

I was able to catch up with Moline, a certified public accountant, appointed to council in January to replace Sandy Spang, who took a role in the City of Toledo's Economic Development Department.

Our discussion concerning her background, political philosophy and legislative priorities follows.

Perryman: On November 3, you're running in a special election to secure your temporary at-large council seat. Please describe your personal and political journey leading to this contest.

Moline: I grew up in west Toledo in the Blessed Sacrament neighborhood. I subsequently moved back into when I came back to Toledo. I have been called to serve, having had great role models, like my mom, who was a Toledo Public School teacher for 35 years in special education, primarily spent at Jones Jr. High. My dad worked for the City of Toledo in the finance department. Between them, they instilled in me a love of Toledo and serving the community. My call to serve started with them.

Perryman: Tell us about your education and subsequent professional life.

Moline: I went to Central Catholic for high school and then Miami Uni-

versity in Oxford, Ohio. While there, I studied history and political science, and I focused on Russian studies, of all things. They had an endowment in that area, so I was able to do an honor's thesis.

Perryman: You eventually returned to Toledo.

Moline: I came back to Toledo and worked for Congresswoman Marcy Kaptur for a number of years in her Toledo office. But after working for Congresswoman Kaptur, I reinvented my career, and became a certified public accountant, which is, obviously, a very different calling. But I am grateful for the experience and knowledge that I gained working as a CPA because I think it does enhance my role on city council. I am able to look at our finances. I'm able to look at our budget, understand the work being proposed, its cost, and know if it's being done properly. I'm able to contribute in a meaningful way to the city in that area.

Perryman: What do you believe are the three most significant strengths of the City of Toledo?

Moline: I've always felt as if I am a daughter of Toledo. So, I think our people are phenomenal. I always think of, especially when I'm in other cities, just how diverse Toledo is. There is every possible background here, and I think it makes our city so vibrant. Whether it's different neighborhoods, different ethnicities, or various religions, we have everything here, and you don't see that in every city to the degree we have. We haven't enjoyed our festivals this year like we usually do, but you can see all of this showcased and I'm so proud of that.

Also, my husband's a local firefighter. I think we have phenomenal public safety forces here. I've talked to folks in our suburbs, and I always say: 'Is your fire department as good as ours? Probably not. I think we're the best, and before you buy a home, you should think about that,' because sometimes that gets missed.

And, it'd be silly not to say a strength of Toledo is our proximity to the Great Lakes, being on the Maumee River. Our location at the intersection of I-75, I-80/90, is a true transportation hub to our entire nation and the world.

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Councilwoman Katie Moline

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Banana Republics Deserve an Apology

By Lafe Tolliver, Esq

Guest Column

Well folks, it is on! The President of this country has declared war on it and, get this...he is the commander in chief ripping up his own real estate!

If you were to submit a movie script about what Herr Trump has done and is doing to the integrity of the election system and how he is dising voters who mail in their ballots, your script would be outright rejected as the product of a wacked mind floating on a cloud of meth fumes.

If you watched the circus known as the first presidential debate, you saw Herr Trump in full blowout crazy mode with his gibberish talk of intimidating voters and stating very clearly that he wants to void all votes that are counted after November third.

The delusional president, who resides in his own La La Land of alternative facts, senses that he is about to lose the upcoming election and he has been prepping the voters to understand that their vote is nigh futile since if he loses, he will go to the courts to attempt to toss out the election results.

And to assist him in this Putin-inspired caper, Trump is attempting to ram rod through the Senate his current nominee for the now vacant seat of the late Justice Ruth B. Ginsburg.

Nothing is sacrosanct for Herr Trump. Everything is transactional and expendable as long as he gets what he wants which is four more years in the White House so he can avoid criminal prosecution for possible crimes committed due to his tax returns.

Trump even further debased himself by issuing a not too subtle call for the white supremacy group, The Proud Boys, to, "stand by" when he gives the call for help. Already, The Proud Boys have issued at their websites their response that they will answer the bell when it rings!

Folks, Herr Trump is almost complete in his dismantlement of the integrity of the voting system

and its platforms and with the help of his puppet master, Russian President Vladimir Putin, America is in for a rough ride until January 20, 2020 which is still set as the swearing in date for the elected president, be it Herr Trump or Joe Biden.

Make no mistake about it, if you are a wall flower or a whiny buttercup who does not like conflict or confrontation, Trump is hoping that his scare tactics will have you remain under your bed covers on election day.

Between now and election day, Trump will ratchet up his baseless rhetoric to inflict maximum mental damage on undecided voters to the point that he is hoping that they will stay home and by their dereliction of duty of voting, have the election thrown to him.

The head of the FBI is already issuing warnings that they sense that Russian trolls and fellow cyber actors are pouncing and will continue their social media warfare so that the voter will feel confused, angry and fearful of voting.

Trump wants you to knuckle under and fear his tin-coated wrath and for you to duck and hide while he throws his autocratic-based verbal bombs at you so you will sit this one out.

Trump traffics in fear and being a bully and not having a shred of a conscience, he is incapable of being remorseful for his despicable acts of treachery and his seemingly hatred or the norms of government that cement people together as a nation (in spite of this country's awful history of bigotry

against people of color and Native Americans).

Expect the following scenarios being played out between now and January 20, 2020:

(1) Trump will continue to harangue about his crafted lies of voter fraud and will stoke the flames of voters purportedly voting twice and stealing ballots and rigging the state and county elections to the point that it will seem as if all of the voting is being done by left wing radicals.

(2) Trump, who has earlier voted by a mail in ballot, will attempt to shame any voter who uses such a voting method as being a dupe of the Democratic Party and they are to be closely watched.

(3) Trump is threatening to send an "army" of poll watchers to closely monitor what occurs at various polling stations as if somehow people will

come in, vote, turn around and go back outside, change clothes, put on a wig and sunglasses and return to vote another time! Yes, that is how sick this man is.

(4) If and when the final vote tally shows that Trump has lost the Electoral College (an anachronistic process that needs to be terminated), Trump will, along with his favorite lapdog, Attorney General William Barr, issue an executive order that due to so much election fraud and millions of dubious votes, he must remain in office until the matter is properly sorted out to his satisfaction.

(5) Of course, the above scenario will cause a national uproar and will further polarize an already

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Kaptur Statement After House Passes Updated HEROES Act

Last week, Representative Marcy Kaptur (D-OH), senior Member of the House Appropriations Committee, released the following statement after she joined the House in voting to pass Democrats' updated version of The Heroes Act. The bill addresses needs that have developed since the House passed an earlier version in May and reflects bipartisan negotiations between Congressional Democrats and Republicans.

"American families and workers are desperate for any assistance they can get from their government in the face of the ongoing economic and public health crises resulting from the COVID-19 pandemic and President Trump's failed response," said Rep. Kaptur. "House Democrats have worked tirelessly to be there for our constituents, passing legislation in May and again today to extend additional, vitally needed support to workers, small businesses, health-care providers, schools, local governments, and more. Meanwhile, Senate Republicans never even bothered to vote on an updated response package, in fact, not only could they not agree that one was needed, they thought they had already done more than enough. Shameful. Even today, Republicans have failed to act because their interests clearly lie with large corporations and big donors, the likes of whom have gotten even wealthier during the pandemic. Meanwhile working people have been left to suffer. This updated Heroes Act reflects bipartisan negotiations and needs that have arisen since May - President Trump and Senate Republicans simply must come to the table. The consequences of doing nothing at this point will cause even further irreversible damage for our families, small businesses, and even keystone industries like airlines and restaurants, which employ millions of Americans. It's time to get this bill signed into law, now. If it doesn't pass the Senate or even receive a vote, whatever economic fallout ensues will be entirely on Republicans and President Trump's failed leadership, in addition to the suffering they've already foisted upon the



U.S. Rep. Marcy Kaptur

American public." The \$2.2 trillion legislation protects lives, livelihoods and the life of our democracy. To address needs that have arisen since the House first acted, the updated legislation includes:

- Strong support for small businesses, by improving the Paycheck Protection Program to serve the smallest businesses and struggling non-profits, providing hard-hit businesses with second loans, and delivering targeted assistance for the struggling restaurant industry and independent live venue operators.
- Additional assistance for airline industry workers, extending the highly successful Payroll Support Program to keep airline industry workers paid.
- More funds to bolster education and child care, with \$225 billion for education - including \$182 billion for K-12 schools and nearly \$39 billion for postsecondary education - and \$57 billion to support child care for families.
- Safeguards our democracy, with new resources to ensure safe elections, an accurate Census, and preserve the Postal Service.

Rep. Hicks-Hudson, House Dems Announce Nearly \$325 million in Funds for COVID-19 Relief

Last week, State Rep. Paula Hicks-Hudson (D-Toledo) and House Democrats Monday announced the approval of funds by the Controlling Board to further aid the state's response to the health and economic hardships caused by the COVID-19 pandemic. Funding was also approved for voter education efforts and to support women-owned and veteran friendly businesses.



Rep. Paula Hicks-Hudson

"The action taken today by the Controlling Board will help the citizens of Ohio. These funds will not completely address all the loss Ohioans have experienced. And my Caucus colleagues and I are ready to enact meaningful laws to truly assist," said Rep. Hicks-Hudson (D-Toledo).

The Controlling Board on Monday voted to approve the following funding items:

- \$81.5 million of federal CARES Act funds to the Ohio Department of Health to expand the state's COVID-19 testing capabilities;
- \$45 million to the Ohio Dept. of Job and Family Services for the Workforce

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Telemedicine Is Transforming Patient Care in California – With Some New Challenges

By Tanu Henry, California Black Media

When Dr. Andrea Goings, MD, launched her mobile medical service, offering at-home doctor visits and virtual consultation sessions via video in 2016 in the Los Angeles area, she did not know that just four years later her business model would be more the norm than not.

Goings, an African American pediatrician and Toledo native (the daughter of Bill and Laneta Goings), launched her service in West Lake Village, a city about 40 miles northwest of Los Angeles near the Ventura County line. She made house calls to patient homes across the metropolitan area.

“Technology has changed the way we approach and experience so many aspects of our lives, so I thought at the time, why not apply it to the work I do,” said Goings, who has been able to provide care to patients in various parts of the country while she is temporarily in Toledo caring for her mom as she recovers from a surgery.

“Being able to save busy parents from long waits in the emergency room or long drives to doctor appointments or giving them around-the-clock access to medical advice from the comfort of their home are all reasons clients have appreciated BabyDocHouseCalls.com over the years. Now, there is an added safety component that makes the service convenient, even necessary, for so many.”

Goings said because her businesses gave her a head start. Therefore, pivoting to respond to the constraints COVID-19 safety measures have imposed on clinical care, has been easy for her.

“Telehealth is a really good option for young adults who have returned to college campuses and dorms,” she says.

The California Department of Health Care Services (DHCS) says remote consultations like the kind Goings provides should be not be technically regarded as a distinct service, but an “allowable mechanism” through which medical practitioners can provide clinical services.

“The standard of care is the same whether the patient is seen in-person, by telephone, or through telehealth. As a result, DHCS has strongly encouraged all counties to work with providers to maximize the number of services that can be provided by telephone and telehealth, to minimize community spread of COVID-19,” said Ivan Bhardwaj, section chief, Community Services Division at the DHCS.

The DHCS has requested that all medical care providers adhere to all federal, state, and local guidelines.

The U.S. Department of Health and Human Services Office of Civil Rights says it will use “enforcement discretion” and it will not impose penalties for non-compliance with all aspects of the HIPAA rules when healthcare providers use telehealth in “good faith” during the COVID-19 public health emergency. The DHCS has also relaxed some its rules to accommodate telehealth, expanding platforms allowed to include popular video services such as Apple’s FaceTime, Facebook’s Messenger video chat, Google’s Hangouts and Skype.

“So far it’s been great. No problems. We’ve been able to keep all of our doctor appointments and do it safely” said Joe Bowers, a Ladera Heights resident in Los Angeles County who is retired and writes a column on education for California Black Media. Bowers says, “My wife, Margaret and I appreciate the con-

venience of visiting with our doctors — from the comfort of our home.”

For some critical mental health services that are vital to some of the most vulnerable Californians during the pandemic, like Medication Assisted Treatment (MAT) for those struggling with opioid use disorder (OUD), DHCS has increased its support.

“The Department of Health Care Services, in partnership with The Center at Sierra Health Foundation

(The Center), is funding 21 sites to provide telehealth substance use disorder and mental health services for individuals in counties that have been impacted by COVID-19, or in the case of providers, who have experienced trauma as a result of treating individuals with the coronavirus,” said Bhardwaj.

“DHCS and The Center additionally launched the Behavioral Health Telehealth funding opportunity in 2020 for non-profit behavioral health providers to



Dr. Andrea Goings, MD

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Perryman... continued from page 2

Perryman: What areas do you believe Toledo could improve?

Moline: Well, the one that comes to mind immediately, we have to do something to address population decline. As a city council member, I see the connection between the population of Toledo, our income collection and our ability to therefore do what we really want to do as the city. We need more people living and working here to be the great city we are, so that's an area of challenge.

We, obviously, during this last pandemic, need to make sure that we're on top of our city finances. We had to take our revenue estimate down by \$25 million this year, and that's a huge hit. We've been able to receive money in federal assistance or federal funds that have helped that. Still, it's going to take some time for us to bounce back economically. So, that is a big challenge, both in terms of individual day to day real life, but also for our businesses that support the people that live and work here.

Another challenge that we see right now is an increase in violence and whether we are doing everything we can to stem that. I think we have a lot to do in that area.

Perryman: What do you think is the best approach to address the violence here?

Moline: I think we really need to start thinking about some creative ideas between administration with council and the mayor. I know that some initiatives have been presented that we can start, and I encourage that because you don't know until you try. So, what can we do? I think we need to support the safety forces to do their job to help the violence. Finally, I think, again going back to money, which is my wheelhouse, is increasing investments in neighborhoods where the violence is happening. People need to know that they have opportunities and outlets other than crime or wrongdoing, that people care about them, there's a job to go to, and that there's

Raven Wright
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something that they could lose by engaging in violent or criminal activity.

Perryman: Let's talk about the criminal justice system, which we know has been structurally biased against Black and Brown people. Police reform and refunding have been in the news. What is your position on the issue?

Moline: In regards to reform and police, I believe it's just about accountability. I think that for every department in the City of Toledo. Anyone who engages in crimes and represents the City of Toledo, needs to be held accountable, which goes without saying.

When you talk about the disparities, it's horrible, that's not right either. It just seems so obvious that the mission of equality and accountability is paramount to what's happening right now. It seems like it should be evident and everybody should be working towards this. Everybody in a leadership position should have those values and it should determine what they do. I think civil discourse on the subject is important too. I'm continually trying to grow and learn, so us having this conversation is one way that can make me better in my role in this as well.

Perryman: You have publicly questioned a proposed payout for automated water meter replacement. Let's talk about your position on water affordability.

Moline: This piece of legislation's still in committee right now, and my concern is the way it's being proposed. My focus is that this is going to generate a lot more revenue in our public utility system. When you look how that is going to happen, there is a tiny element that's related to cost reduction. Still, primarily its revenue increases and the only way you increase revenue is by people paying more. And so, my question is, are we paying for the system on the backs of our rate-payers? I haven't seen how that's not the case, and that concerns me greatly, especially when we are suffering economically.

This is \$100 million project that will affect every Toledo citizen if it is implemented. It's critical that we have transparency and that the public has the opportunity to weigh in on an issue that will affect them for 20 years and beyond.

Perryman: Your position on Issue 3, the temporary income tax renewal of 0.75 percent to fund general fund, capital improvements, and safety forces; and Issue 4, the additional municipal income tax of 0.25 percent to fund road improvements?

Moline: The 0.75 percent is the most essential tax levy, in my opinion. I can't underscore enough the devastation to the City of Toledo if that issue does not pass. We need that money in order to keep our fire department, police department, and our courts. It's absolutely imperative that the 0.75 percent fund passes. The quarter additional tax? It is a hard time to ask people to pay additional taxes, but consider what that investment could mean in terms of outcomes and what it means if we don't do it.

Perryman: If elected, what would be your top legislative priority?

Moline: I want to continue the work I started when it comes to accountability of our finances and ensuring that we're doing everything in the taxpayers' best interest. That is so paramount to me. Additionally, I want to ensure that as a city council, we're rebuilding public trust. Citizens should know that we are acting in the highest standards and that we will continue to serve them by operating transparently and ethically. Finally, I want to ensure that we have beautiful, safe neighborhoods, and I cannot express that enough. I'm so proud of Toledo. That is where I will spend my time and focus if I am so honored to be reelected.

Perryman: How about directing more funds into organizations that are usually left out of the budgeting formula?

Moline: There are two thoughts. The first is, that we obviously need to make investments in other areas to curb these disparities and our city can thrive. But we also have to keep in mind that a lot of what we fund through our general fund, there's multiple funds in the City of Toledo, but our general fund, is limited through our income tax. A lot of that money goes to public safety by way of the bargaining agreements that we're contractually obligated to pay. So, we have to figure out where we can make the investments to address precisely what you're talking about.

Perryman: Finally, what should The Truth readers take away from your campaign message?

Moline: What I hope I can express is what I truly value: accountability and transparency. I am working as the watchdog of their tax money. I'm here to serve and work for them. I want safe, beautiful neighborhoods and will do anything I can to see that that happens and that I'm fiscally responsible. I know that every household has to go home, balance their budget, and reconcile their checkbook. The City of Toledo has to do the same thing. So, I take Toledoans' money just as seriously. It's not my money. It's their money. I take it as seriously as they do their own bank account.

Perryman: Thank you.

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

Glenn Stubblefield Way Unveiled at corner of Brown and Belmont

Sojourner's Truth Staff

About two dozen family members, neighborhood residents and friends of the late Glenn Stubblefield, along with City of Toledo leaders, gathered on Saturday, October 3, at the corner of Brown and Belmont to pay homage to the late community leader by dedicating and renaming the street corner for him.

"People miss the days when you could go to your neighbors and get results, the Stubblefield family was like that," said Toledo Mayor Wade Kapszukiewicz as the ceremony got underway.

"It was hard growing up over here," said newly appointed District 4 Councilwoman Vanice Williams. "I definitely appreciate the family taking care of us."

Glenn Stubblefield, and his wife, Joyce, lived in the inner-city black near Brown and Belmont and owned several other houses in the immediate area. For 17 years they also hosted the Collard Green Festival which drew hundreds of visitors to the annual summer event.

"I know my husband would be glad the city chose to honor him this way," said Joyce Stubblefield just before a city employee arrived to assist the group in unveiling the new street sign.



Councilwoman Vanice Williams, Mayor Wade Kapszukiewicz, ceremony facilitator June Boyd



Uncovering the new sign

Lourdes University Appoints new Director of Human Resources: Chantell Cargile

Lourdes University President Mary Ann Gawelek is pleased to announce the appointment of Chantell Cargile, MBA, Lourdes University's new Director of Human Resources. In this position, Cargile will create, develop, implement and coordinate human resources policies, procedures and programs. Cargile will also work closely with the Manager of Organizational Equity on recruiting and onboarding new hires. She assumed her duties on September 21.



Chantell Cargile


Bringing several years of human resources and project management experience to this position, Cargile most recently served as the Human Resources Manager for Root Inc., a brand strategy firm in Sylvania, OH. In this position, she supported strategic initiatives through the design, development and implementation of a new human resource information system (HRIS). In addition to leading and recommending employee relations, compensation, and plan design strategies.

Prior to her appointment at Root Inc., Cargile worked with Owens Corning supporting various functions within Human Resources including recruitment, university relations, total rewards, and compensation.

In addition to her expertise in Human Resource Management, Cargile is also knowledgeable in Unconscious Bias and Diversity & Inclusion. During her ten-

ure with Owens Corning she created and led committees and trainings such as the African American Resource Group, the Unconscious Bias Company Initia-

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Black Brown Unity Coalition Holds a Peace Rally, Pushes Code of Conduct

By Fletcher Word
Sojourner's Truth Editor

The Black/Brown Unity Coalition held a rally on Saturday, October 3, under a tent in the parking lot of the UAW Local 12 – an opportunity for the Coalition board members to explain why the group came into existence, how their next actions will take shape and how those in attendance can help the Coalition move forward.

“This is a milestone step to developing the next phase of this unprecedented coalition,” said Baldemar Velasquez, co-chairman of the Coalition.

The seeds of the Black/Brown Unity Coalition were planted in 2015 when the Farm Labor Organizing Committee (FLOC), an advocacy group for Latino farm workers founded by Velasquez in the late 1960s, began talks with the late Mayor Michael Collins to formulate a “Code of Conduct” between FLOC and the Toledo Police Department.

Since TPD was reluctant to commit to such an arrangement with a relatively small part of the community, Velasquez asked Bishop Robert Culp and the Toledo Community Coalition, along with Ray Wood and the Toledo NAACP, to join in the effort to enact the Code of Conduct.

In September 2016 FLOC invited civil rights icon Andrew Young to host the founding of the Black/Brown Unity Coalition during a rally at FLOC headquarters and, one year later, Mayor Paula Hicks-Hudson and members of the Coalition signed the Code of Conduct, which included an alternate grievance mechanism between TPD and the community.

The Coalition has subsequently determined that its primary focus will be on three issues: the Code of Conduct with TPD; establishing LED lighting on street lamps throughout the city to increase safety; the removal of lead paint in inner-city neighborhood housing.

Bishop Culp explained the purpose of the Code of Conduct. “Respect for one another is fundamental in any society,” said Culp. “You can’t change problems that you can’t recognize.”

Culp said that he is not of a mind to call for defunding the police, but “I do believe we need to redefine” the law enforcement mission. “Law and order should not be the purpose of the police department,” he said. “They ought to be agents of justice and peace in our community.”

Rev. Otis Gordon, pastor of Warren AME Church, made the plea for those in attendance to join the work of the Black/Brown Unity Coalition.

“This is a time for us to come together and to be proactive,” said Gordon. Noting that Toledo has not faced some of the difficulties that other urban areas around the nation have experienced lately, Gordon attributed that fact to community efforts to take steps to “come together, act together and unite together.”

Speaking of the Code of Conduct, Gordon said “it’s time to take this agreement city wide.”

Among the number of speakers addressing the audience of more than 100 under the tent was TPD Sergeant Mike Kurjan, who currently leads the recruitment effort for the department.

“We need applicants to accurately reflect the demographics of our city ...

...continued on page 9



FLOC's Baldemar Velasquez and Toledo Community Coalition's Bishop Robert Culp




Andre Washington



Ray Wood

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Black Brown Unity... continued from page 8

who are hard working with strong moral code," said Kurjan. "There is always room for improvement and we want members here to be part of that improvement."

The Code of Conduct, which has been signed by the leaders of FLOC, the Toledo Community Coalition and the NAACP, along with LIUNA Local 500, Latins United, the NW Ohio AFL-CIO, FLOC Homies and FLOC LO-BOS, is an agreement that calls for the respect of the sanctity of human life; the respect for fundamental freedoms and safeguards guaranteed by the U.S. Constitution; valuing honesty, integrity and ethical behavior; valuing diversity and a commitment to work together in the delivery of police services for the common good.

The goal of the Coalition is to see that the Code is used as a vehicle to curb racial profiling, to stop police misconduct and to improve police-community relations.



Sergeant Mike Kurjan



State Rep. Paula Hicks-Hudson, Candidate for Sheriff Earl Mack, Officer Dana Slay



Lourdes... continued from page 7

tive and the Diversity Leadership Summit.

Cargile earned a Master of Business Administration in Human Resource Management from Tiffin University and a Bachelor of Science in International Business from the University of Akron.

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Healthy Foods Don't Have to Be Scary!

By Patrice Powers-Barker, OSU Extension, Lucas County

Guest Column

As the weather is turning to fall, many communities and families are considering their best options to celebrate Halloween this year. While this nutrition article will focus on ideas for healthy foods, the following information is from the CDC website on October 1, 2020. The CDC ranks different risks related to spreading viruses like COVID-19 and have more information at their site. The following suggestions are listed as lower risk Halloween activities:

- Carving or decorating pumpkins with members of your household and displaying them
- Carving or decorating pumpkins outside, at a safe distance, with neighbors or friends
- Decorating your apartment, house or living space
- Having a virtual Halloween costume contest
- Having a Halloween movie night with people you live with
- Having a scavenger hunt-style trick-or-treat search with your household members in or around your home rather than going house to house

Reminder: If you may have COVID-19 or you may have been exposed to someone with COVID-19, you should not participate in in-person Halloween festivities and should not give out candy to trick-or-treaters.

Whether you have little ones at home, are deciding about passing out candy or do not normally participate in trick-or-treating, you are invited to use some Halloween themes to plan fall meals this month. Using the colors of orange, black and purple, mix up the fun and add some tasty treats to your menu.

Making orange (and red) vegetables a regular part of your diet will help reduce the risk of chronic disease, as well as improve overall wellness. Orange and red vegetables are full of vitamin A, that strengthens the immune system, healthy skin and promotes vision in low light. Vitamin C also promotes a healthy immune system. Orange and red vegetables are also a good source of potassium which helps regulate blood pressure. The next time you're at the store or farm market, look for orange peppers, carrots, pumpkins

and other winter squash. Many of those vegetables can be prepared in many ways and one easy way is to roast them in the oven. Add a little olive oil and some herbs and roast them in the oven alongside your favorite choice of meat.

Canned pumpkin is a convenient ingredient. Although these suggestions might sound unusual, look up a recipe for pumpkins in:

- Smoothies
- Pasta sauces
- Fall fruit dip

Add some dark colors to complement the orange such as black olives alongside a vegetable tray or as a garnish for cooked dishes. Blackberries are a delicious fruit and can be served alongside orange slices.

For fall snacks, not only are pumpkin seeds easily available this time of year, sunflower seeds are also a crunchy treat. Enjoy a handful of seeds as a snack or toss some on top of a salad or winter squash soup. Chopped nuts (like peanuts, almonds, walnuts) are a nice garnish on top of salads or soups.

Sweet Treats: While candy (in moderation) can have a place in celebrations, it is lacking in nutrients like fiber and vitamins and minerals. Try some of these sweet treats:

- Try popcorn, a whole grain, tossed with cinnamon and sugar.
- Fresh fruit alongside a pumpkin dip
- Baked apples or pears with cinnamon. For optional toppings, add chopped nuts or some honey.



... continued on page 11

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A Mental Health Moment

Mental Health and Voting

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

The Truth Contributor

It is difficult to escape discussions, arguments, debates, television commercials and even radio announcements about the upcoming elections. Personally, I feel this is one of our most important voting terms of this country. Yes, I am registered to vote and I have been since I was 18 years old and I voted in as many elections as possible in all levels of government. Many people choose not to register to vote for various reasons yet they are some of the same people who complain about problems with laws and legislations.

I was very compelled this season to speak on individual mental health and voting. Some people are diagnosed with various disorders but still able to function being employed, having families and so forth but it may still be difficult for them to feel up to the politics. There are some people diagnosed with severe and persistent mental illnesses who may "seem" incapacitated to vote, such as traumatic brain injuries, neurological disorders, autism or down syndrome which is not an exhaustive list.

Recently, I reached out to some individuals in the local political arena to ask the questions what, *if any criteria deem an individual the ability to vote or not?* Do they have the ability to understand voting and what votes are on the ballots? The roundabout answer was yes, if they are able to complete a ballot even if with the help of another individual they may vote.

This makes for me a very unquiet mind on this subject for a few reasons. First, there are many issues that are important to understand on mental health topics such as access to care, understanding mental health portions of your overall health coverage, psychotropic medication coverage and mental health provider visits.

Second, as many years as I have worked in the mental health field, not just in the state of Ohio but other states as well, I have never come across any education for clients, for patients or those in supervised care such as hospitals or group homes with a mental health diagnosis on the topic of voting or understanding how to become a registered voter. This is just my experience, and maybe it happens in other states or in other places but I think after 20 years in the healthcare field I would have at least heard a conversation or read a journal article.

Unfortunately, voting registration is closed. Take a mental health moment and think about how mental health affects your life and the lives of others. Just as we never know when our physical health may decline, our own mental health may become in need of assessment. We live in stressful times. Stress can lead to a variety of mental health issues. Mental health disorders can also be hereditary just like diabetes or high blood pressure.

I am in no way a political wizard but I hope that others will join me for a future evaluation of the need for taking a look at a stand for voting in mental health. If all lives matter, and they do, we can do more for those who need more help in

making decisions for the very country in which they reside.

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). In person office hours will be opening in October. Call today to schedule your appointment.

Healthy Foods... continued from page 10

- Warm cider served with a cinnamon stick.

For a spooky presentation, fill clear, food grade gloves to "serve" up some snacks. Fill them with dry cereal, nuts, mini-pretzels, snack mix or popcorn for bony fingers.

It's also time for the annual Live Healthy Live Well email challenge from Ohio State University Extension. The six-week email challenge is free to any adult – all you need is an email address. This year's theme: Take A Break! We have been spending so much time with technology, worrying about on-line school or staying healthy that it's been hard to make time for play, wellness, and celebrations. Join us for the fall email challenge and explore how to take the break you deserve. In mid-October, all participants will receive a pre-challenge message. They will then receive twice-weekly emails from October 19 to November 25, 2020. Visit go.osu.edu/lucasfall20 to register or Patrice Powers-Barker, Extension Educator, Family and Consumer Sciences, at powers-barker.1@osu.edu.

Information for this article from the CDC and Eatright.org

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Area Office on Aging Wins National Award for its Meals Program for Local Veterans in Need

The Area Office on Aging of Northwestern Ohio, Inc. (AOoA) received its 14th national Aging Innovations & Achievement Award yesterday. Northwest Ohio's Area Office on Aging continues to stand out as one of the premier agency's in aging among the 618 Area Agencies on Aging nationally. The National Association of Area Agencies on Aging (n4a) presented the AOoA with national Aging Achievement Award for developing a public/private partnership with Chik-fil-A who provides meals to the veterans for no cost once a month.

The AOoA also partnered with the Lucas County Veteran Service Commission, National Church Residences, and Valley Food Services to provide Saturday brunch to the veterans at Commons at Garden Lake. Older adults struggling to get enough food is a growing problem in northwest Ohio. When the Area Office on Aging evaluates the needs of older northwest Ohioans, it noticed that the percentage of older adults who said they eat fewer than three meals a day increased by 8% compared to four years earlier. "Before coming to live here, I was homeless and depressed. I received home-delivered meals and the Saturday brunch meals

and my fellow veterans and I really appreciate the meals. The meals and getting to know my fellow veterans better has helped me a lot," said veteran Bradley Rollins. About eight percent of older northwest Ohioans, or 15,505 older adults, are food insecure.

To make sure the nutrition needs of the younger veterans are also being met, the AOoA partnered with the Lucas County Veteran Service Commission, which pays for the meals provided to veterans under age 60.

Over the last seven years, the Area Office on Aging has been working to raise awareness about the senior hunger and malnutrition problem in our community and working to find solutions, like the veteran meal program, to address this issue. This program illustrates how the AOoA has worked with existing and new partners to create new nutrition programs to meet previously unmet nutrition needs. Area Office on Aging President/CEO, Mrs. Billie Johnson, said, "This work to end senior hunger and malnutrition in our community has been bearing fruit in terms of improving the health and well-being of older adults in our community."

Hicks-Hudson... continued from page 4

Investment and Opportunity Act to promote job creation and \$141.6 million to supplement the state's unemployment program;

- \$31 million to the Departments of Mental Health and Addiction Services, Higher Education, and Education to address the behavioral health impacts of

Telemedicine... continued from page 5

receive up to \$50,000 each for health infrastructure beginning September 1, 2020 through June 30, 2021," he added. "Providers applied for telehealth equipment, including laptops, desktops, monitors, electronic health record software licenses, internet subscriptions, cell phones for providers, and telehealth training. Providers that were awarded through this opportunity will receive funding in Fall 2020."

DHCS is also providing Personal Protective Equipment so that facilities that provide in-person mental health services and MAT sessions can continue to do so without interruption.

California's public awareness campaign titled "Choose Change California" provides information on opioid use disorder and a list of centers across the state where people misusing opioids or other substances can go for treatment and community-based wraparound services. The campaign is a collaboration oper-

ated by Sacramento- and Fresno-based The Center at Sierra Health Foundation and funded through the California Department of Public Health MAT Expansion Project.

- \$15.2 million in relief payments for Adult Day Care and Senior Centers;
- \$1.1 million to the Secretary of State for the Citizens Education Fund to promote election information to the public;
- \$120,000 to upgrade existing employment systems to accommodate women-owned and veteran-friendly businesses.

DHCS' efforts have resulted in helping some medical institutions to survive the pandemic and move closer to their pre-COVID levels of clinical care by transitioning to telehealth services, but they have come with some challenges. For example, the DHCS says some providers do not have enough funding to fully invest in telehealth infrastructure. On the flip side, some patients cannot afford or do not have sufficient broadband services and the required equipment to receive services through telehealth. Other patients, depending on their living situations, do not have adequate privacy to engage in telehealth sessions.

Goings pointed out that there are some obvious limitations to telehealth, too. With some conditions involving trauma or physical injury or pain, there is no way around seeing the patient in-person, she said.

"Now, that school has started, it's difficult because you don't know if someone has the flu or COVID," she says. "I can't give a clearance note, until you've been seen, tested and quarantined, if necessary," she says.

With some conditions involving trauma or physical injury or pain, there is no way around seeing the patient in-person, she said.

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We're Better Than This: My Fight for the Future of Our Democracy by Elijah Cummings with James Dale

By Terri Schlichenmeyer

The Truth Contributor

Things could always be worse.

You didn't sleep well last night, your day started earlier than usual, and traffic, ugh; then you forgot your lunch and lost a bag of chips in a vending machine, and you never did catch up. You had a rotten day but look on the bright side: you're above ground and breathing and, as in *We're Better Than This* by Elijah Cummings with James Dale, someone had your back.

Throughout most of his life, Elijah Cummings' parents were his guide-lights. "Neither had much education," he wrote; they were sharecroppers who moved north so that their children could have better opportunities and they motivated Cummings to become a lawyer, Civil Rights worker, and a Congressman. They inspired him to serve, he said, and "I believe that is why I was put on this earth."

His service began early but his biggest "fight... for our democracy" began in 2017, following his first meeting with the newly inaugurated president. Cummings believed that despite their fundamental differences, Trump had listened then, and understood the needs of Cummings' constituents, especially in reference to the cost of prescription drugs. Instead, Cummings' words were dismissed and nothing happened.

Though not the type to carry a grudge, Cummings never forgot. When he was asked to serve on the House Committee on Oversight and Reform two years later, his first thought was for the American people, and the responsibility that his position as chair of the Committee demanded. The Trump Administration, he said, had had no real oversight until then, and he hoped

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272 pages

to rectify that. He still had a passion for lowering prescription drugs, but his new position demanded a broader scope of attention.

In months to come, that would include a fight to keep important words off the 2020 Census. It included mentoring and guiding freshman Representatives. And it included the groundwork for impeachment proceedings that Cummings did not live long enough to see.

Not just for its political implications, but for the everyday lessons inside it, *We're Better Than This* is a book to have now.

Writing literally as he was dying, author Elijah Cummings began his book with two people who appear frequently in it: his parents. From there, he sparkles as a storyteller, sharing vivid memories that are both personal and professional, and that give readers a sharp sense of what drove him. This part speaks volumes about Cummings himself.

It's hard not to be thrilled as he proceeds to his recollections of what happened while he was chair of the Oversight Committee: riveted as we were by it, Cummings' account of the drama offers further behind-the-scenes peeks at, and his thoughts on, those proceedings. Wisdom, a charming ownership of his constituents, some well-deserved back-patting, and an awareness of his impending death add further luster.

In his introduction, co-author James Dale writes about his friendship with Cummings, and about finishing this inspiring read without him. That alone is poignant; the rest is insightful; and reading *We're Better Than This* is really the best idea.

Tolliver... continued from page 3

intensively divided nation, that Trump is hoping that his people will take to the streets (armed of course) so he can declare martial law.

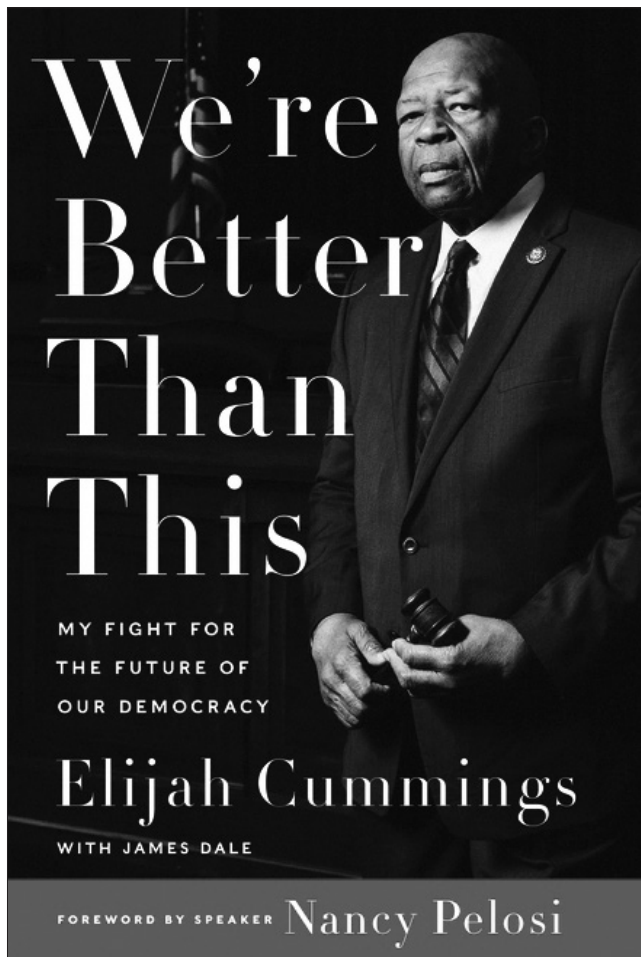
In the interim, Vladimir Putin is drinking champagne by the bucket full realizing that his pet stooge has more than accomplished his goal of underlining democracy as being a viable alternative to communism.

And during this tumultuous time, where is the GOP? Doing the usual of hiding in their Senate cloakroom closets hoping and feverishly praying that Herr Trump does not send out a mean tweet about them.

My advice to all? Buckle up, buttercup, we are in very interesting times led by a pathological liar who worships only at the shrine of Donald Trump.

And oh...to all the banana republics that were constantly mocked by US politicians as being examples of having autocrats who were destroying normative institutions of government and not having rudiments of democratic civilities, I apologize on behalf of a nation that unless they wake up, will join the banana bunch.

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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.

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Metroparks has an opening for a full time Diversity and Inclusion Programming Specialist position at Wildwood Preserve Metropark to carry out programs and special events that focus on the inclusion of diverse populations and to develop and coordinate those with community partnerships. Bachelor's degree preferred or equivalent work experience. Moderate level of experience in program development, production and evaluation and producing special events to diverse populations. Experience in developing and coordinating partnerships with community organizations. Must be 18 years of age and hold a valid driver's license. \$18.45/hr. Full time with benefits. Please visit www.metroparkstoledo.com or <http://www.metroparkstoledo.com/careers> for complete list of position requirements and duties; must submit online application and resume. EOE

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20 North Gallery Presents "TFAS100+3: Juried Members' Exhibit" to Benefit Toledo Federation of Art Societies

Special to The Truth

After a six-year hiatus, Toledo Federation of Arts Society is re-establishing their juried exhibition of regional artists, returning to the original focus of the organization's exhibit: to provide a professional exhibition opportunity to the artists who comprise the TFAS membership. TFAS100+3: Juried Members' Exhibit was judged by Brian Byrn, director and curator of the Midwest Museum of American Art in Elkhart, Indiana. Exhibit dates are October 9 – December 26, 2020.

The exhibit is comprised of 74 artworks created by 55 artists from all reaches of the eligible Toledo-area / Northwest Ohio / Southeast Michigan regions. Communities represented by one or more artists include those in Ohio: Toledo, Bloomville, Bowling Green, Bryan, Fostoria, Genoa, Grand Rapids, Maumee, Perrysburg, Portage, Swanton, Sylvania, Van Wert; and those in Michigan: Erie, Flat Rock, Lambertville, Monroe, Temperance.

The TFAS founding members, Toledo Museum of Art, Athena Art Society and The Tile Club of Toledo remain active in the organization and have pledged their support this year by underwriting the Founders Best of Show Award, one of the juried honors available to participating artists. These awards are made possible by the generous contributions of local businesses and individuals, as well as fellow member organizations—including The Arts Commission, Toledo School for the Arts, Bowling Green State University, Lourdes University and The University of Toledo.

20 North Gallery, is also a member organization of TFAS and is proud to serve as the presenting sponsor for the exhibit, through their in-kind support of hosting, administering, staffing and housing the 11-week exhibit.

Toledo Mud Hens / Hensville is hosting the October 9 Opening Reception & Award Ceremony. This free, public event will be from 6 – 9 p.m. The Award Ceremony will take place at 6:30 p.m.

20 North Gallery art director Condessa Croninger states, "As a proud member organization of Toledo Federation of Art Societies, 20 North Gallery is honored to serve as the presenting sponsor of TFAS100+3, an exhibit to showcase the varied and indelible talent of artists in our community. We look forward to the distinction of being the first gallery to exhibit the next artwork that will be inducted into the TFAS permanent collection."

Friday, October 9, from 6 – 9 p.m., the opening reception and award ceremony will be held outdoors in Hensville Park, at Fleetwood's Beer Garden. The event is free and open to the public, for up to 300 people. Masks are required for entry and 6-foot social distancing must be observed. To maintain social distancing and capacity limits at 20 North Gallery, timed tickets will be issued at the opening reception, for attendees to view the exhibit in the gallery that evening, beginning at 7 p.m., immediately following the award ceremony. Groups of 25 people will be able to view the exhibition at 15-minute intervals.

In the event that greater restrictions are placed on public gatherings prior to October 9, the award ceremony will be presented online and the exhibit will be

available for virtual viewing through the 20 North Gallery website.

20 North Gallery's regular exhibition hours are Wednesday – Saturday, from noon to 4 p.m. From October 10 through December 26, the TFAS100+3 exhibit will be open by "call-ahead" appointment; tickets will not be required.

A printed exhibition catalogue will be produced for TFAS100+3 that will include images of all accepted artwork and a listing of all award winners, artists and exhibition information. The catalogue will be available for sale during the exhibition.

TFAS President Doug Adams-Arman says, "We're thrilled at the prospect of our upcoming TFAS100+3: Juried Members' Exhibit. It's bringing us back to our very beginning, over 100 years ago, when TFAS was formed by the Toledo Museum of Art, Athena Art Society and The Tile Club of Toledo, to promote professional art exhibition for Toledo area artists. For many years, our founding institutions orchestrated Toledo's most prestigious juried exhibit; this year, we are delighted to recognize a more recent member organization for their dedication to promoting artists' opportunities in our community—20 North Gallery is partnering with us in this next step for our legacy organization."

TFAS 100+3: Juried Members' Exhibit is a new project of the Toledo Federation of Art Societies (TFAS). The organization is comprised of over 20 regional arts organizations, as well as scores of individual artists. TFAS was established in 1917 with the mission to unite area arts organizations, promote area artists, and maintain a permanent collection of Toledo area artists' work. TFAS is a 501(c)(3) not-for-profit entity under the Nonprofit Corporation Law of the Ohio Revised Code.

In addition to the "TFAS100+3" exhibit, 20 North Gallery continues to display glass, paintings, jewelry and artists' cards by noted artists of the region.

For More Information Contact: Condessa Croninger (Art Director) or visit www.20northgallery.com



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September's Jam Session at The Truth Art Gallery

Tariq McKinney El and Autumn Gineen did it again.

The Jam Session on the street in front of the Truth Art Gallery on September 26 brought together musicians, vocalists and a grateful audience for an end-of-the-summer musical bonanza.

The musicians were Brandon Benson, Mark Cavanaugh, Ray Benson, Tony Miller, Steve Griffin, Gordon Henry, Mike Miller, John Cunningham, Quincy Hubbard.

The session's singers were Phyllis Gray, Dorothy Gray, Karen Harris, Teresa Harris, Ramona Collins, Slim James Ham, Bobby G, aayan naim, Limon Wilson, Reginald Beverly and Glenn Mcfarland.

"Loving what they do give us harmony for the soul," said McKinney El who served as the MC for the evening festivities. "You are appreciated!"



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