

The *Sojourner's* Truth

www.thetruthtoledo.com

Volume 66 No. 3

"And Ye Shall Know The Truth..."

April 7, 2021

Montrice Terry Is Working to Create Lasting Change



Montrice Terry and his son Chase

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The Dignity of Labor

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

The Truth Contributor

[We] are demanding that this city [Memphis] respect the dignity of labor. So often we overlook the work and the significance of those who are not in professional jobs, of those who are not in the so-called big jobs. ... Whenever you are engaged in work that serves humanity... it has dignity, it has worth.

- Martin Luther King, Jr.



Easter Sunday, April 4, marked the 53rd anniversary of the assassination of Martin Luther King, Jr.

The Reverend Dr. King had been in Memphis helping sanitation workers to fight for better wages and working conditions. It was King's final cause coming just days before he preached his famous last sermon: "I've been to the mountain top and seen the promised land."

King's support of the Memphis garbage collectors' strike for dignity and fair wages marked a shift in the civil rights movement from an emphasis mainly focused on "class-based" racial equality to worker's rights and economic injustice.

Fifty-three years later, President Joe Biden has also championed several pro-union measures that "dramatically enhance the power of workers to organize and collectively bargain for better wages and fringe benefits." Biden recently encouraged the House of Representatives to pass the "PRO Act," a bill that makes it "easier for workers to unionize, strike, and bargain for better wages and working conditions," according to People's World online news. Biden's stance on empowering workers represents a dramatic shift from former President Donald Trump's administration, which favored employers and their ability to classify workers as independent contractors rather than employees. The classification, critics say, "exploits workers in order to keep costs low for the business owners."

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All of this came to a head last week in Toledo when a few dozen members of the Indiana Kentucky Ohio Regional Council of Carpenters union picketed a construction site in North Toledo's Vistula neighborhood.

The contractor is ARK Restoration & Construction, owned by Ambrea (an African-American woman) and Kevin Mikolajczyk. The company is converting the old Wonder Bread into 33 market rental apartments in a \$7.5 million renovation project.

What's Race Got To do With It?

Much has been made about the targeting of a black female-owned business by "protesters who are mainly "middle-aged white men from the suburbs, marching around the construction site shouting 'No Justice No Peace'."

"Not so," Mike Gibson, senior representative of the Indiana Kentucky Ohio Regional Council of Carpenters, says in rebutting the racial motive. "ARK Restoration subcontracted carpenter work to a contractor (KCS) that we feel is less than the area standards for that type of work, and that's the story, and that's the story behind the story," he insists. "It's not Ambrea or Kevin. It's the contractor, KCS Contracting, that we are taking the issue with. KCS is a non-area standard contractor."

Others went even further in their criticism of KCS, which works as a dry-wall subcontractor for ARK Restoration.

"He's a bad actor," said a credible source with experience over many development projects but whose statements we were unable to confirm. "They're not after Ambrea. She's using one of the most notorious wage theft, wage rip-off, human rights-suppressing contractors. [People] are having problems with KCS everywhere. He gives people a really rock-bottom price and then takes it out of his work saving wages, taxes, and benefits. I don't know how far into the project Ambrea is. Still, this guy needs to step up, pay standard wages for the area, which he never does, pays people under the table, and uses some people that live in the shadows that he can exploit," the source added.

Why Was the ARK Project Targeted?

Although there are at least 10 other current projects using KCS as their dry-wall subcontractor, the union targeted ARK Restoration for protest because the site "offered the most exposure on a main vein in and out of Toledo," Gibson says.

Ambrea also came out hard publicly against the union's controversial proposal to require a license for drywall installers in early 2020, appearing on the Jerry Anderson Show with the owner of KCS Construction. She likely is being perceived as "being in bed with the enemy."

Ambrea acknowledges that she was vocal about the drywall ordinance that the Carpenters' union had proposed because it hindered Black and Brown access to the construction field. "First of all, the training facilities are in the suburbs. I have guys who ride their bikes to work or carpool. How are they then going to get to the suburbs, train, and then take this test? It would be an opportunity to force us to use the union only and drive out others. I didn't think it was fair," she explained.

ARK - which is constructing the project on tight margins, also indicated that KCS has been a great partner who shows up, performs their work safely, and is respectful. "They're my nonunion company and, also, my company is nonunion, but my other contractors are for the most part, union companies. I know they've been dragged through the mud, but it is not our experience," said Mikolajczyk.

Where are the Carpenters' Union Minority Workers?

Gilbert insists that the Carpenters union has data that shows the number of minority and female union members and apprentices. The information was



Ambrea Mikolajczyk

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A Life Is Worth Only 20 Lousy Bucks?

By Lafe Tolliver, Esq
Guest Column

If you have been watching any summaries of the George Floyd murder case for the past week or so, you probably have noticed a startling trend in the evidence presented by the prosecution team, and that is: George Floyd was murdered for 20 bucks! Twenty lousy bucks is all that the depraved cop Derek Chauvin charged to murder this man.

I say 20 bucks because it was the dispute over the late George Floyd attempting to pass off a counterfeit 20-dollar bill at the Cup Foods Carryout, the locale of his eventual sentencing and execution by Chauvin.

Police experts and others who have a modicum of common sense told graphic details of how the acts of the cop Chauvin in pinning his knee on the neck of a prostrate, handcuffed and subdued George Floyd, caused his untimely death.

Make no mistake about it. George Floyd should be alive today but for the malicious and obscene acts of Derek Chauvin deciding on that date and place, that it was nigh time for George Floyd to die and die at his hands.

The three other cops, sycophants to a tee and like Zombies, fell in line and assisted their supervisor, Derek Chauvin, in his dastardly act of public murder.

Those three other cops abandoned their conscience and any humanity and allowed their boss to bully them into being accomplices to a murder. Silence to a murder is complicity to that murder.

None had the moral fortitude to make a stand and say anything to deter or slow the roll of Derek Chauvin in his appointed task of morbidly snuffing out the life of another human being.

Those other three spineless cops closed their eyes and ears to the muffled cries of another human being slowly being tortured to death by the knee of a craven police officer.

Even the small crowd of anxious onlookers had enough presence of mind to know that what they were witnessing was a life being snuffed out on a mere pre-text of "prisoner control."

An EMT who was present at the murder site and realized that Derek Chauvin was not going to allow her to interfere with the murder of George Floyd when she yelled out for permission to render assistance to what was by then, a dead man.

But Chauvin had other plans for George Floyd. Chauvin was maniacally hell bent on sending George Floyd into eternity.

Derek Chauvin rested his body weight on his left knee and that weight was on the sensitive neck area of the now pleading George Floyd and that knee planted there for an astonishing nine minutes and 29 seconds!

If you saw the video over and over again, one could not notice the dead eyes of cop Chauvin and his impervious responses to George Floyd who was literally begging for his life.

His life was being exchanged for a counterfeit 20-dollar bill.

In his panicked mind, George Floyd did not have a ghost of a chance to utter anything other than crying out to his mother and tell the brute cop Chauvin that he could not breathe.

When anyone in the assembled crowd spoke with shock or with fear as to what they were witnessing, Chauvin resisted all attempts for anyone to deprive him of his role of murdering a defenseless George

Floyd.

Cop Chauvin was steely minded in his mission to kill George Floyd because of a lousy 20 dollars.

Never mind that the counterfeit bill charge was a misdemeanor and thus the perp could have simply been issued a summons to appear in court.

No. For Chauvin, that was too easy justice. He wanted a life taken because Chauvin was a monster masquerading in a police officer's uniform.

He wanted the thrill and exhilaration to terminate a life knowing that he only would face a trifle dustup with his superiors for his dastardly deed...but the video recording by the courageous teenager would shock the world and eventually rock cop Chauvin's life.

A watching America watched a murder play out before them in slow time and some may still yet wonder why and what the BLM protest is about.

For Chauvin, black life is cheap. For him, 20 dollars was enough of a payment to him to obliterate a human being and so when that black life was pleading to live and not to be killed, it was as if George Floyd had a premonition about dying when he was dragged from his car.

George Floyd was prophetic. Prophetic about his upcoming murder by the cops. He innately knew something was about to transpire that would leave him lifeless and his final and frantic calls to his mom was his way of saying, "I am coming to you Mom, wherever you are."

The grisly death scene, as macabrely orchestrated by cop Chauvin, was not an aberration. It was planned by cop Chauvin. It was to be his lasting testimony and memorial to police violence, police hatred of Black people and Chauvin's determination that when it comes to the matter of Black people living or dying, he would make that decision and him alone.

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George Floyd killed by Minneapolis Police Officer Derek Chauvin on May 25



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Kaptur Statement on President Biden's American Jobs Plan

Last week, Congresswoman Marcy Kaptur (D-OH), chair of the House Appropriations Subcommittee on Energy and Water Development, released the following statement as President Joe Biden and Vice President Kamala Harris unveiled the American Jobs Plan, a historic, new-age jobs and infrastructure package to reimagine and rebuild the American economy, invest in American communities, create millions of new jobs, rebuild our country's infrastructure, combat climate change, and take on global competitors like China.

"What America makes and grows, makes and grows America," said Rep. Kaptur. "As Chair of the House Appropriations Subcommittee on Energy and Water Development, which will shoulder major provisions of this new-age jobs and infrastructure package, I strongly applaud President Joe Biden and his Administration for providing a strong lead for renewed American progress by strengthening our homeland from the ground up."

"The United States is the wealthiest country in the world – and yet families and communities struggle to make ends meet as their neighborhoods and infrastructure crumble around them. Ohioans know this reality better than anyone. Over the last several decades, manufacturing jobs have been outsourced, while communities have been left to fend for themselves. The previous Administration skyrocketed our trade deficit to historic highs, while doing less than nothing to help American workers. Public domestic investment as a share of the economy has fallen by more than 40 percent since the 1960s. Following decades of neglect, our roads, bridges, and water infrastructure are crumbling. Our electric grid is vulnerable. Countless Americans lack reliable, high-speed internet. And the level at which working Americans continue to endure poverty wages, threats to their collective bargaining rights, and a lack of access to safe, quality housing is a national disgrace. America, once the world's greatest leader in manufacturing and innovation, is falling behind our global competitors in training, manufacturing, and research and development – especially in emerging industries like renewable energy.

"For too long, our national leaders have let American innovation and investment slip away to foreign competition. It's time America grabs the reins of progress again. The American Jobs Plan will invest in American com-

munities, jobs, and infrastructure in ways not seen for a generation – it is desperately needed and I look forward to working closely with President Biden, Vice President Kamala Harris, and my colleagues in Congress to ensure it becomes a reality. Let us pull forward together for the sake of generations to come."

LMH Awards Additional Tenant-Based Housing Choice

Lucas Metropolitan Housing (LMH) has awarded additional tenant-based housing choice vouchers to two program partners who have continued to maximize their program utilization above the LMH-required standard of 95 percent.

LMH designed, developed, and implemented a 90-Day Partner Performance Plan in mid-2020 to refresh relationships with the current Housing

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Perryman... continued from page 2

requested but has not yet been provided. The union touts its minority outreach efforts and partnerships with Pathways and TPS to recruit apprentices.

Where Do We Go From Here?

Ambrea Mikolajczyk is a minority entrepreneur and an excellent developer. She has been willing to take financial risks to better her community. She is exactly what our community needs. Some feel that the Carpenters' union has bullied her after putting her and her husband Kevin's lives and livelihood on the line risking all to invest in the historic Vistula Neighborhood.

Others, however, feel that the situation can be best described as "a dog bringing a bone to Ambrea's yard." The metaphor brings to mind the old wisdom that says, "beware of the dog that brings you the bone. It will only wreck your happy home."

The best thing to do is find a way to bring both parties together in a room to talk, a process that is agreeable to Gilbert.

However, emotions are still high for Ambrea. "It very much feels as if this is a personal attack and a stain on my reputation and everything that we've built, everything that we're trying to do in the community. But I have no problem sitting down to talk with them," she divulged.

Then, ARK Restoration and the union can find a way to put the dignity in labor together.

That is what Dr. King attempted to do 53 years ago.

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



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Montrice Terry: Building a Stronger Community and Creating Lasting Change

By Asia Nail

Sojourner's Truth Reporter

It's a beautiful sight at Savage Park: kids running in the grass, families cooking out at the pavilion and the biggest summer basketball tournament in Ohio.

The City Park League is a group dedicated to giving the underserved opportunities in sports and neighborhood clean-up during the summer months.

There are two community benefits the City Park League is notable for. First, it is the biggest outdoor summer basketball league in Ohio (hosted at Savage Park). Second, their city-wide youth cleanup 'Beautification Project' pays local kids ages five to 15 to revitalize the community neighborhoods.

Montrice Terry is the current director of Toledo's City Park League. You may remember him as 'Big Treece' from his radio days at the Juice 107.3. Terry laughs saying, "As a public announcer and show host, I now realize, I turned what you call a 'Class Clown' personality into a professional 'Industry Host'."

Terry proudly represents the Junction community. This neighborhood is bound on the west at Brown Avenue, on the east at Division Street, on the north at Dorr Street, and on the south at Klondike Street. "It's so important to me that people know the area that I was raised in because there's a misconception that you will not have a promising future or do good work in your community when you're from certain streets or neighborhoods," explains Terry.

Terry is a graduate of Sylvania Southview Highschool (Go Cougars!). After graduation he went to Illinois to pursue his football career, earning his associates degree from Joliet Junior College. Terry went on to attend historically black Tuskegee University in Alabama where he earned his bachelor's of history and sociology, as well as the opportunity to win a national football championship title.

The black college football national championship is a championship won by the best football teams among historically black colleges and universities (HBCUs) in the United States.

The Golden Tuskegee Tigers defeated the Winston-Salem State Rams, the 2000 CIAA football champions, in the 2000 Pioneer Bowl. The 12 - 0 win over Winston-Salem gave the Golden Tigers their first 12 - 0, undefeated and untied season in the history of football at Tuskegee University, making Terry one of the only black college national football champions living here in Toledo Ohio.

After college Terry worked in the automotive industry as a part of the Human Resources team for Hyundai. Still, he stayed involved and committed to community outreach and public work.

Summer basketball tournaments

In 2000, Toledo's Libbey Highschool Cowboys had great success making it to the state playoffs with longtime boys basketball team coach Leroy Bates. At the time, Toledo City Councilman Larry Sykes and former Democratic Mayor, Carty Finkbeiner, asked Coach Bates ways to keep the community engaged and out of trouble during the summer months. Bates enlisted the help of his two assistant coaches, Carlton Mathis and George Mitchell. "They all put their heads together and this was the start to our annual summer basketball tournament," shares Terry.

The tournaments reduced gang violence and negative behavior within the community noticeably decreased each summer. Sadly in 2014 George Mitchell, affectionately called "Uncle," passed away. It was at this time that Terry took the helm of the league.

Terry recalls saying to himself, "Basketball games draw everyone to one place, at one time. We need to get our message and resources out to the community at our tournaments."

As the word spread and the popularity of the summer basketball league increased, the tournament championship game aired on BCSN in 2015. After the game, an invested community partner paid the local youth to clean up the park. The rest is history.

In 2016, The CPL established a city-wide cleanup program. "We pay kids \$5 per full garbage bag. During this self-funded summer project we teach participating kids fiscal money management every Saturday at 7 a.m. Kids also learn time management skills, as they are expected to be on time.

"We often protest and march but no one ever shows the community how to get the desired results. We inform every-day people with effective means to create lasting change," says Terry.

CPL's co-ed adult summer basketball leagues are more than vehicles to hone athletic skills. The league also serves as a space for social-emotional development, providing a place for families to share resources and tools. These tournaments are bridging the gap between research and grassroots implementation.

A Five-step approach

Basketball is part of urban culture and lifestyle and community involvement always leads the way. Adopting the "it takes a village" approach, the City Park League believes the more people are involved, the farther their reach.

The most successful movements often focus on breaking a "big picture" issue into actionable goals. As an example, Terry shared a five-step approach to reduce at-risk behaviors in neighborhoods through family and friend outreach:

1. Parents find out who your kids' friends are and with whom they are feuding.



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How Prison Education Programs Transform Lives and Communities

Special to The Truth

In 2014, Benito Castro was sentenced to six years in prison for passing bad checks as a result of a gambling habit he'd developed. Today, he's the director of operations for a grocery store chain and runs freedomrides.org, a non-profit he started that provides transportation for those recently released from prison.

Castro credits his transformation to the education he received through Ashland University while in prison.

"I earned my degree while I was still incarcerated, and that made all the difference in the world when I was released. It gave me a sense of purpose and led to a whole new life."

After early release, Castro took a job as a dishwasher at a Huddle House restaurant and met someone from Ideal Market grocery stores, who hired him as a night manager. From there, Castro quickly rose to district manager, director of marketing and then director of operations for the chain.

"I'm a different person today thanks to the Ashland program. I have financial security. I'm contributing to society. And most of all I have self-respect," said Castro.

Ashland University operates the largest correctional education program in the nation. It has more than 4,000 incarcerated students enrolled at 120 facilities in more than a dozen states and has graduated nearly a thousand students since 2016, when the school began offering distance learning beyond its home state of Ohio.

The program features the same academic rigor and learning outcomes as the university's on-campus curriculum, and is free for students who qualify for Pell Grants or receive Ashland University scholarships or other assistance. There is also no cost to the prison.

"Providing access to this underserved community is an integral part of our mission to transform people's lives through education so they can go on to work, serve and lead in their communities," said Dr. Carlos Campo, president of Ashland University. "And in many of the places where we

operate, there are no other options available to inmates who want to use their time in prison to further their education and invest in themselves."

Andrea Buttross, Louisiana Department of Corrections education director, says Ashland's distance-learning program is deployed on an easily managed platform providing those about to re-enter society an opportunity to access education that they may not traditionally have received in the prison setting.

"Ashland has decades of experience working within prison systems and they know how to operate in this unique environment," said Buttross. "They provide all necessary aspects of the program: the technology, all of the curriculum and resources for the classes, direct contact with professors, and even an on-site academic coordinator to help students progress toward their degrees."

There are advantages to distance learning in prisons—especially in the age of COVID. Classes are available to more students in places where in-person options are unavailable. Students can take classes anytime during the day, and their education can continue once they're released, regardless of where they live.

To learn more about Ashland University Correctional Education, visit ashland.edu.

"The incarcerated face a lot of obstacles in attaining an education because they often have limited access and fewer choices," said Dr. Campo. "We want to change that, one successful student at a time."

LMH Awards... continued from page 4

Choice Voucher Program partners. As part of this plan, LMH reengaged in strategic conversations with all 12 permanent supportive housing partners and implemented a collaborative approach to provide them further assistance in identifying and removing barriers to performance and progress.

"We know that, when taking steps to ensure that our partners are successful, LMH also becomes successful by reporting to the Department of Housing and Urban Development (HUD) the expected voucher utilization levels across the Agency's Housing Choice Voucher portfolio. More importantly, LMH continues to build strong and expansive partnerships to supplement the housing solutions we provide with the supportive services that our clients needs," said LMH President and Chief Executive Officer, Joaquin Cintron Vega.

Partners who utilized all or some of their assigned vouchers at or above 95 percent can request additional vouchers. Once LMH determines that the partner qualifies for additional vouchers, the vouchers may be awarded. This has recently been the case for the Toledo Lucas County Homelessness Board's (TLCHB) Housing First program, which was awarded an additional 30 vouchers, and for the Hospital Council of Northwest Ohio (HCNO) Infant Mortality program, which was awarded an additional 40 vouchers.

"Both programs have made tremendous upward strides in utilization this last year, so we sort of look at this as a way of saying thank you for the great job they're doing serving our families," said Shanetta Moye, Vice President of the Housing Choice Voucher Program. "We want all of our partners to know that we are 100 percent invested in ensuring their programs' success."

"We're grateful to LMH for awarding these vouchers, which have become a key tool in our community's efforts to ensure African American and other families have healthy infants who reach their first of many birthdays," said Jan Ruma, vice president of Hospital Council of Northwest Ohio (HCNO), which operates the Northwest Ohio Pathways HUB care coordination system. "Safe and affordable housing is critical to both a healthy pregnancy and a thriving family."

"The Toledo Lucas County Homelessness Board is grateful for LMH's continued support of our No Barriers Housing initiative and proud to partner alongside them in our efforts," said Rachel Gagnon, executive director of the Toledo Lucas County Homeless Board. "By committing more resources to this important program, we are able to offer more individuals the foundation necessary for life improvement, thereby creating a more stable community."

The Truth

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Montrice Terry... continued from page 5

- 2. Build a relationship among said friends' parents.
- 3. Have conversations and bridge gaps.
- 4. Let your children see you cultivate these new relationships.
- 5. Repeat for young cousins, nieces, nephews and other family/friends.

The Six Degrees of Separation theory contends that we are all connected to each other by six or fewer acquaintances. The truth is, in the Black and Brown communities in Toledo the connection is many fewer degrees than six.

"It's worth it to contextualize steps that may truly help someone. So many of us spend more time picking up our phones, than picking up our youth. If we take it back to basics, we can regain control of the senseless shootings," says Terry.

Terry and his team created an acronym for the work they do: H.E.R.E. ME. Help. Educate. Restore. Empower. My Environment.

As a part-time host and eligible bachelor, Terry brings good energy and a smile saying, "HERE ME single ladies, your presence is also valued within our grassroots efforts."

Let's face it, both men and women play a vital role in family communication. The City Park League believes parents and community leaders have to model the behavior they want to see from our youth.

"Us parents have to do our best to reduce the senseless shootings from occurring. My young 14-year-old little homie, Royce Chatman, was only a freshman at Start High School and was gunned down last week. He would have turned 15 on April 5. This is the fourth child under the age of 20 we lost this month in Toledo to gun violence," shares Terry regretfully.

CPL has hosted forums where children under the age of 10 have expressed their fears surrounding gun violence in their schools. Terry says, "I saw what the basketball tournaments did for our community. I saw what it did for my life. I saw that it saved lives. So we decided to try to utilize that as a vehicle for change."

They got creative by bringing the resources and services people in our communities need to league basketball games. What is nice is the City Park League connects people in a recreational and leisurely kind of way.

Cultivating life skills

Everyone has building blocks or steps they must take in their lives before gaining overall perspective. So many young people in our communities are addicted to pills and using drugs recreationally. Kids are also struggling with the virtual/hybrid schooling and the disconnection of social interaction. In the Black and Brown community, social interaction is a priority.



Montrice Terry

Terry is currently working with the Ohio governor's office on a template for teaching de-escalation and confrontational techniques to the community. "People don't even argue anymore we just shoot," says Terry with a sigh.

A simple difference of opinion can lead to major violence. De-escalation training is a must.

'All the beautiful ladies make noise', for instance, is an example of a security measure MCs take to keep crowds engaged.

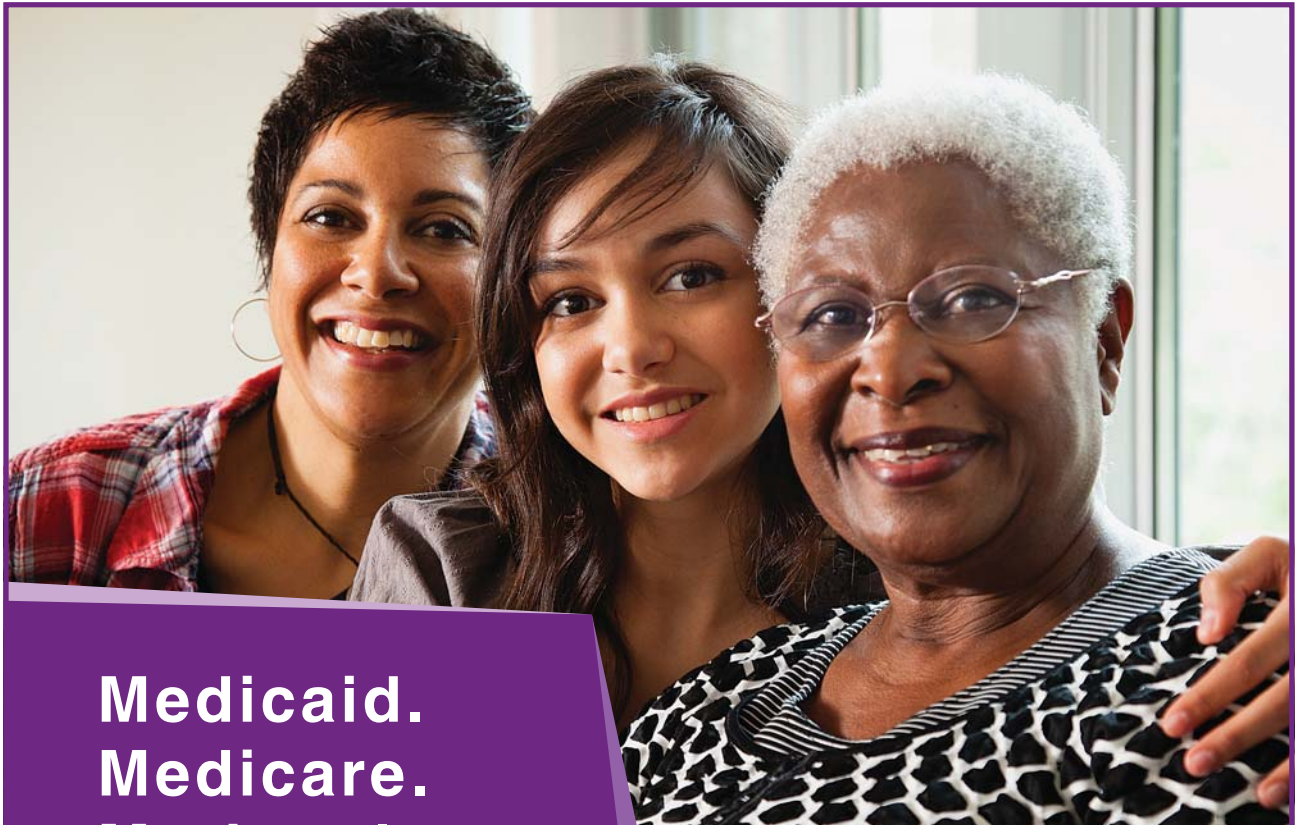
The City Park League's youth programs also teach kids alternatives to negative behavior and violence by offering both social and personal development activities. The goal is to unite efforts in areas such as education, housing, infrastructure, jobs, public safety and others to create a holistic approach to lifting the community. It makes sense to address these issues in concert, "We listen to what people say they need, and we empower them through community connection, to then create their own solutions," shares Terry.

The City Park League does a good job evaluating what's going on in our neighborhoods, what's needed, determines where they can make an impact, then they measure that impact.

Stronger community through partnership

The parents and adults play a big role in mentoring the youth.

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New Alzheimer's Association Research Shows that African Americans Experience Health Care Disparity and Discrimination in Getting Alzheimer's and Dementia Care

Special to The Truth

Ernest Gragg is "a little stubborn" about things and fiercely independent, said her daughter Priscilla Robinson.

You can see it in how she lives her life. Ernest Gragg worked until she was 83 years old. A history and English teacher, she retired from teaching and then went to work again fluctuating from full-time to part-time to full-time again. Even after retiring at 83, she went back to work as a contract employee.

Today at 86, Gragg is showing signs of memory loss. A long-distance caregiver, Robinson said she talks to her mother every day- sometimes multiple times a day.

"She admitted to me that she's gotten turned around a few times driving," Robinson said. Another concern: "She repeats herself over and over and over," Robinson said. The family has voiced other concerns.

Robinson took her mother to the doctor to get checked for memory issues, but the doctor did not diagnose her with dementia and did not give any advice on how to handle the family's concerns.

"They were a little cavalier in the way they handled my concerns," Robinson said. "When you see her once every few months and I talk to her every day, I feel I know her better than the doctor knows her...If I went in and thought it was an ulcer, the doctor would tell you don't eat this, do that. Why not for this issue?"

Karen D. Gorman Jones said when she first started noticing changes in her mother, her mother's doctor would not even acknowledge her concerns. Her mother changed doctors and the geriatric doctor told Gorman Jones that nothing was wrong with her mom, Inez Gorman. Less than a year later, Gorman Jones said, the



Priscilla Robinson and her mother Ernest Gragg



Inez Gorman

diagnosis came – her mother had Alzheimer's disease.

African Americans are disproportionately impacted by Alzheimer's disease. Older African Americans are almost twice as likely as whites to get the disease. But new research findings also show they bear the brunt of health care disparity and discrimination in getting Alzheimer's and dementia care.

Findings from two national surveys appearing in the Alzheimer's Association 2021 Alzheimer's Disease Facts and Figures report reveal

...continued on page 12



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I Am a Voice for Others

By Tammy Presnall, Assistant Director of Support Living

Luther Home of Mercy

Guest Column

Tammy Presnall has worked with people with intellectual and developmental disabilities for most of her adult career. She holds a Bachelor's degree in Gerontology and a Masters in Administration. In her work she supervises a staff of direct support providers, provides training and ensures the smooth delivery of services. Tammy is married and resides in Toledo, Ohio.



Tammy Presnall standing with Sue

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." —Maya Angelou

At Luther Home of Mercy (LHM), a faith-friendly organization serving Lucas, Ottawa, Wood and Sandusky counties, our dynamic staff work round-the-clock to bring out the best in people with intellectual and developmental disabilities.

Since 1928, LHM has been offering extensive residential facilities, pastoral care, day programming, community housing, and supportive living. Tailored to meet individual needs, services range from just a few hours each day to 24-hour care. Several programs are offered affording those we serve to live as they choose, while providing the support needed to fulfill their hopes and dreams.

Over the years, I have come to work with many people in my role as Assistant Director of Supportive Living Services and to form friendships that have impacted my life. Sue is one of those friends. A 1961 graduate of Central Catholic, Sue really is a friend to everyone she meets. Friends say she is a social butterfly and she doesn't mind that at all!

Before Covid-19, Sue volunteered at Advent Day Program, participated in a Bible study group with her friends and invited former classmates over for fun. According to Sue, "I love being with people and living here gives me every opportunity I need. The staff are great and I am well cared for."

For more than four years, I have worked with Sue and others in her home. I am asked often--"what makes you love your job?" I can honestly say that it is people like Sue and all of the clients I work with who bring sunshine to my life. Others say, Tammy, you have the patience of Job--and I simply say, "not really, I just love working with people with disabilities."

Rewarding, genuine and caring friendships like this are hard to define. Working with people with disabilities keeps me humble. This population gives me a greater understanding that life is not just about me.

Life is about caring, sharing and loving (1 Corinthians 13:4-8). Giving back does not have to be just monetary gifts. It can also mean giving your time. When one gives his or her time, blessings come back 10 fold. I am a living testimony of the blessings that I have received over the years working with this population. From time to time, my husband reminds me that I am servant by nature. Resonating on his words, I guess I am a servant by nature, because I love to serve. I could have chosen many different career paths, but it was meant for me to stay on this path.

On my journey in life, I have studied many fields of disciplines from nursing to psychology. It was not until I stumbled upon the field of Gerontology (study of the aging) that I found a calling. I knew that I loved to surround myself with elders, because they had so much knowledge and not necessarily schooling, but life knowledge that I could learn from.

While pursuing my degree, I needed to work as most college students need to. That is when I started working in the intellectual and developmental disability field. And it is where I found my love and passion for individuals with intellectual and developmental disabilities.

It makes me feel good to see my clients smiles---even from the littlest gestures. One of my clients that I work with, sees me, and instantly asks me to help him get a cup of coffee. To me, this is his way of showing that it is time for the two of us to hang out and spend time together.

Another client whose vocabulary is limited, always share a joke, and engage in conversation whenever we are together. Even though his vocabulary is limited and difficult to understand, I am able to understand him. Staff would ask me, "How do you understand him?" I often respond, that he and

I have a special bond. Giving him the attention makes him feel good and it makes me feel good seeing I was able to put a smile on his face from our interaction.

Many of the individuals we serve do not have family close by, so staff becomes their family and best friend. These clients are my extended family too, and I treat them as such. My passion for the field has taught me the love of my clients, wanting to get to know them more, as well as being their voice even when they can't speak. Everyone has a right to a voice, whether they are verbal or not. I am my client's voice. I invite you to consider joining us at Luther Home of Mercy---where you can also become a voice and a new best friend!

Montrice Terry... continued from page 7

Gun violence will be declared a public health crisis and will be tackled in new ways by a new group. It's called the Mayor's Initiative to Reduce Gun Violence.

Terry will be helping JoJuan Armour, coordinator for the Mayor's Initiative, to Reduce Gun Violence. Terry is helping Armour focus on things like mental health and domestic violence, and trying to address these issues before they turn into gun violence.

... continued on page 15

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What's on Your Take Action List?

By Patrice Powers-Barker, Ohio State University Extension
The Truth Contributor

As you know, every year in April we celebrate National Minority Health Month. One year ago, we were facing so many unknowns with Covid-19. Although we still face many unknowns, in April 2020 it would have been hard to predict that #VaccineReady is the theme of April 2021 National Minority Health Month.

National Minority Health Month has two major goals every year.

• **Build awareness** about the disproportionate burden of premature death and illness in minority populations. Certainly, this disproportional burden has a much longer history than one year but 2020 also highlighted the disproportional impact the COVID-19 pandemic has had on racial and ethnic minority communities. This month underscores the need for vulnerable communities to get vaccinated as more vaccines become available.

• **Encourage action** through health education, early detection and control of disease complications. Although we know we need early detection and control of different diseases, the 2021 focus is on Covid-19 and being ready for the vaccination as a control factor.

The US Department of Health and Human Service Office of Minority Health is promoting #VaccineReady as an important tool to help us get back to normal, and to prevent the spread of COVID-19 to bring this pandemic to an end. This focus will empower communities to:

- Get the facts about COVID-19 vaccines.
- Share accurate vaccine information.
- Participate in clinical trials.
- Get vaccinated when the time comes.

- Practice COVID-19 safety measures.

As more vaccines become available, there are steps communities can take to protect themselves until they can get vaccinated. Be sure to:

- Wear a mask to protect yourself and others and stop the spread of COVID-19.
- Wash your hands often with soap and water for at least 20 seconds.
- Stay at least six feet (about two arm lengths) from others who don't live with you.
- Avoid crowds. The more people you are in contact with, the more likely you are to be exposed to COVID-19.

What We Know and What We're Still Learning

• **We know** that COVID-19 vaccines are effective at preventing COVID-19 disease, especially severe illness and death.

- **We're still learning** how effective the vaccines are against variants of the virus that causes COVID-19. Early data show the vaccines may work against some variants but could be less effective against others.

• **We know** that other prevention steps help stop the spread of COVID-19, and that these steps are still important, even as vaccines are being distributed.

- **We're still learning** how well COVID-19 vaccines keep people from spreading the disease.

- Early data show that the vaccines may help keep people from spreading COVID-19, but we are learning more as more people get vaccinated.

• We're still learning **how long** COVID-19 vaccines can protect people.

As we know more, CDC will continue to update our recommendations for both vaccinated and unvaccinated people. Until we know more about those questions, everyone — even people who've had their vaccines — should continue taking steps to protect themselves and others when recommended.

As overwhelming as the pandemic has been, COVID-19 is not our only health concern. The encouragement to take action on early detection and control of disease complications covers many health topics. For example, last August 2020, at age 43, actor Chadwick Boseman died after a private

... continued on page 15

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A Mental Health Moment

A Solution-Focused Approach

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

The Truth Contributor

Finding solutions is the goal of mental health counseling. Individuals seeking counseling express great concern over issues having affected them much in the past and now in the present. During the first session, which is an assessment of the individual's history including family, medical, social, education and employment contexts, the first question asked is the presenting problem "why are you seeking counseling?" The last question asked is often "what are some goals you want to achieve during counseling?"

Solution-Focused Therapy is a future and goal-directed approach to assist individuals in solving problems. The focus is on the individual's health but not the problem, on strengths not on weaknesses or limitations and on skills, resources and coping abilities to assist in reaching goals.

Solution-Focused Therapy (SFT) can be used to treat mental health problems such as:

- Anxiety
- Depression
- Self-esteem
- Stress (Personal/Work related)
- Substance abuse/ addiction
- Relationship problems

SFT is best used when an individual is trying to reach a particular goal, or overcome a particular problem. The techniques utilized are: 1 – The Miracle Question – when you wake up tomorrow and realized your life was perfect what would that look like? 2 – Coping Question – how have you coped in

the past with this particular issue and continued to function? 3 – Exceptions to the problems – When has this problem not presented a barrier to your life, describe what was going on? 4 – Compliments – Identifying and acknowledging strengths – *That's great to hear that you were first to apologize to your sister!* 5 – Scaling Questions – *On a scale from 1 to 5, 1 being least and 5 being most, rate the severity of the issue.*

Take a mental health moment to try out the miracle question for a current problem/issue in your life. If you have been on the fence about starting counseling or returning to counseling, this may assist you in getting an idea of how things can be better. While not all counselors utilize SFT, the presenting problem and goals should be clear by the end of the assessment. You will just have a head start on the bigger goal (solution) as sometimes that solution does seem to be in the necessity of a miracle.

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 as well as in person appointments available on Tuesdays and Fridays only). Office location is 3454 Oak Alley Ct. Suite 300 Toledo, OH 43606 www.bjgrahamcounseling.com



2021 Special Enrollment Period Access Extended to August 15 on HealthCare.gov for Marketplace Coverage

Last week, President Biden announced that the Centers for Medicare & Medicaid Services (CMS) is extending access to the Special Enrollment Period (SEP) until August 15 – giving consumers additional time to take advantage of new savings through the American Rescue Plan. This action provides new and current enrollees an additional three months to enroll or re-evaluate their coverage needs with increased tax credits available to reduce premiums.

"Every American deserves access to quality, affordable health care – especially as we fight back against the COVID-19 pandemic," said HHS Secretary Xavier Becerra. "Through this Special Enrollment Period, the Biden Administration is giving the American people the chance they need to find an affordable health care plan that works for them. The American Rescue Plan will

bring costs down for millions of Americans, and I encourage consumers to visit HealthCare.gov and sign up for a plan before August 15."

... continued on page 15

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The Nation's First, Private HBCU Joins the Fight Against COVID

Monday, April 5 and each Monday (12, 19, 26) in April, the Wilberforce University Gaston Lewis Arena (gymnasium), 1055 N. Bickett Rd., 45384, will serve as a site for COVID vaccinations from 1 to 5 pm.

The Greene County Health Department link - <http://www.gcph.info/> "Wilberforce University is pleased to partner with the Greene County Department of Public Health to provide access to the COVID-19 vaccine to the local community. This partnership reaffirms our historic commitment of service to our community, especially given the prevailing narrative regarding the lack of access to the COVID-19 vaccine for rural communities of color. With this partnership, we are also

modeling the kind of civic responsibility and social engagement that we instill in and expect of Wilberforce University students." - *Dr. Elfred Anthony Pinkard, 22nd president, Wilberforce University*

Wilberforce University, established in 1856, is the nation's first, private, historically black college or university (HBCU). Located in Greene County, near Dayton Ohio, the four year, accredited university is a member of the United Negro College Fund (UNCF), the Ohio LINK Library Consortium and the NAIA Athletic Conference. According to HBCU.com, Wilberforce is one of the top five HBCUs in the Midwest.

Alzheimer's Association... continued from page 8

that half of African Americans (50 percent) report they have experienced health care discrimination. More than two in five Native Americans (42 percent) and one-third of Asian Americans (34 percent) and Hispanic Americans (33 percent) likewise report having experienced discrimination when seeking health care.

In addition, half or more of non-White caregivers say they have experienced discrimination when navigating health care settings for their care recipient, with the top concern being that providers or staff do not listen to what they are saying because of their race, color or ethnicity.

"Despite ongoing efforts to address health and health care disparities in Alzheimer's and dementia care, survey results show there is still a lot of work to be done," said Carl V. Hill, Ph.D., MPH, Chief Diversity, Equity and Inclusion Officer, Alzheimer's Association.

Eric VanVlymen, Ohio Regional Leader of the Alzheimer's Association, said in Ohio, the Association is conducting community forums to get more insight into Ohioans' experience. "We consistently say go to the doctor if you are noticing memory issues, but it is imperative that once people are there that people are diagnosed as early as possible and get the medical care needed."

Robinson said in her case, she doesn't think she was being discriminated against. The doctor just did not want to deal with it.

"It was not pushed to the back of the stove, it was pushed off the stove," Robinson said. "The doctor was not helpful in addressing these things. All of

these things are disheartening. I just feel it's going to be a struggle."

She continued, "Right now I don't have anybody to help. Where do I start, what do I do, all of these things are of a concern to me."

People with immediate concerns can call the Alzheimer's Association's 24/7 Helpline at 800.272.3900. The Alzheimer's Association is helping to train primary care physicians to increase the accuracy and timeliness of diagnosis of people with Alzheimer's and other dementia through an initiative called Project Echo®. Once enrolled, physicians can present cases and get coaching from a multidisciplinary clinical team of experts from around the country.

VanVlymen said current and future health care providers must be prepared to screen, diagnose and treat Alzheimer's and dementia in racially and ethnically diverse older adults because by 2050, up to 39 percent of this older adult population will be non-White Americans.

"At the Association we are focused on working to understand how we achieve health equity in dementia because everyone deserves accurate and timely diagnosis and effective treatment," VanVlymen said.

Tips on Getting an Alzheimer's Diagnosis

- If you, your parent or spouse is having memory issues, go see a doctor
- If it is a parent or spouse, ask if you can attend the doctor's appointment
- Make sure that your loved one has signed paperwork to allow the doctor to share information with you.
- Remember you are the best advocate for your loved one. If you are not satisfied with what the doctor is saying, keep asking questions or ask for a second opinion.
- Contact the Alzheimer's Association's 24/7 Helpline at 800.272.3900. The Association can help educate you on the stages of the disease and do a care consultation for you and your loved one.

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 *** The gift offer is good for first time responders who provide a valid email address. Respondents will be sent an email to confirm the gift. All respondents in IL, IN, MI and OH who do not provide an email address are still eligible to receive the gift. The gift offer is not available in GA, NC, NY or PA, but customers may still receive a quote. The gift is available only as a limited time offer. Please allow 4-7 weeks for delivery. Gifts not available if you are age 50 or older, once you've insured through this Program for at least 60 days, you cannot be refunded (unless as long as applicable premiums are paid when due). Also, you and other customary drivers of your vehicles must obtain valid license, driver abstract and monthly credits of operating an automobile (not applicable in MI), have no convictions for driving while intoxicated and must not have obtained your policy through national reinsurance. Benefits currently not available in HI, HI, MI, NC and TX.
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We Are Each Other's Harvest: Celebrating African American Farmers, Land, and Legacy by Natalie Baszile

By Terri Schlichenmeyer

The Truth Contributor

One little hole in the ground.

That's all it takes, as big around as your little finger, a pencil eraser, a coffee stirrer. A tiny fissure in the Earth, that's what you need to grow dinner next week or next winter, flowers for your table, sustenance for your animals or, as in the new book *We Are Each Other's Harvest* by Natalie Baszile, a tie to your past.

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Years ago, while taking weekly provisions to an elderly relative, Natalie Baszile learned that the presence of food in a neighborhood (or its lack) could be a racial issue. Shortly afterward, she discovered that her ancestors had been involved in farming, long before she was born. That's not unusual: as we learn in the introduction here, nearly all African Americans today can claim that farming is in their genes.

It's never been a smooth thing, though.

Over and over in previous decades, Black farmers paid faithfully each month to buy farms from white landowners, only to ultimately, cruelly be denied ownership. Others persevered, and then lost their land through lack of financial literacy, or problems with banks, the USDA or the Farm Service Administration (FSA), the latter which, suggested one farmer, seemed to have been created to make problems.

And yet, there were bright spots: like folks a century ago, Black farmers know that sticking together is best for all. They're speaking up and persevering, in planting and paperwork. Black farmers have learned to think around bigger issues by forming Black-owned co-ops, teaching new farmers, making sure the next generation wants ownership of the business, and ignoring old myths that say women don't farm. Black farmers are mentoring. They're redefining the word "farm." They're doing what it takes to keep possession of their land because for them, there just isn't any better way to live.

So you know where your food comes from. Bonus points if you grew it yourself. Even better, when you read *We Are Each Other's Harvest* after you're done weeding.

Using a little of this (fiction excerpts, poetry, and quotations), along with a little of that (essays, interviews, first-person tales, and history), author Nata-

lie Baszile gives praise to Black farmers and ranchers, showing that what may seem like a newly-discovered connectedness to the land goes way back. It is, in fact, a slice of the past that's rich as a fertile field, but also loaded with rocks that crushed many dreams.

And yet, while the stories Baszile lets loose need a wider audience today – they can't be silent anymore – anger at the past isn't the reason for this book. No, this is much more of a prayer for the Black stewards of the land, and for those who've listened to their hearts and stood, one hand filled with dirt and the other with seeds.

Whether you are a farmer, know one, or accept the fruits of one's labor, this book is the perfect meditation. Lush as a spring morning but sharp as barbed wire, *We Are Each Other's Harvest* is a book for the well-grounded.

Special Enrollment Period... continued from page 11

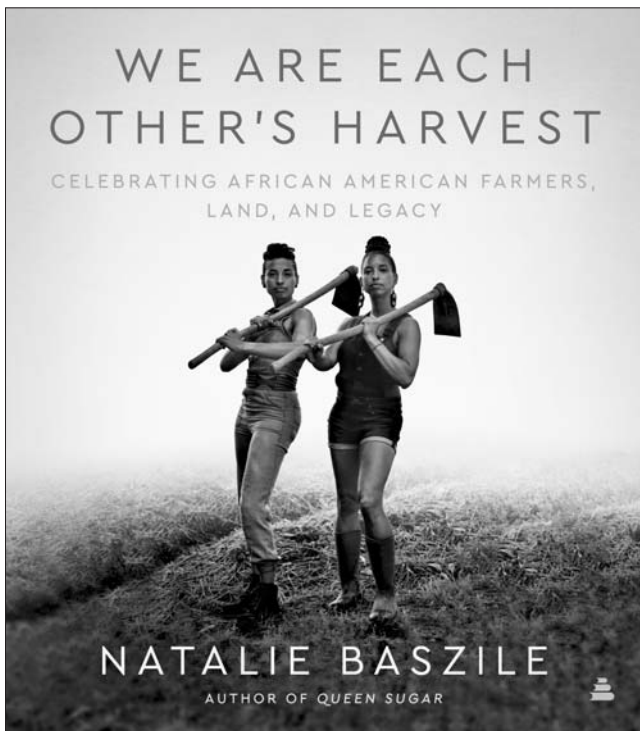
As a result of the American Rescue Plan, additional savings will be available for consumers through HealthCare.gov starting April 1. These savings will decrease premiums for many, on average, by \$50 per person per month and \$85 per policy per month. On average, one out of four enrollees on HealthCare.gov will be able to upgrade to a higher plan category that offers better out of pocket costs at the same or lower premium compared to what they're paying today.

Consumers who want to access the SEP to enroll in coverage and see if they qualify for financial help to reduce the cost of monthly premiums, can visit HealthCare.gov

Consumers who are eligible and enroll under the SEP will be able to select a plan with coverage that could start as soon as the first month after plan selection. Current enrollees will be able to change to any plan available to them in their area. To take advantage of the SEP, current enrollees should review their application and make changes, if needed, to their current information and submit their application in order to receive an updated eligibility result.

Additionally, beginning in early July on HealthCare.gov, consumers who have received or have been determined eligible to receive unemployment compensation for any week during 2021 may be able to get another increase in savings when enrolling in new Marketplace coverage or updating their existing Marketplace application and enrollment. These savings to be made available starting in early July for eligible consumers are in addition to the increased savings available to consumers on HealthCare.gov starting April 1.

The SEP is currently available to consumers in the 36 states that use the HealthCare.gov. Consumers served by State-based Marketplaces that use their own platform can check their state's website to find out more information on Special Enrollment Periods in their state.



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April 7, 2021

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BOOKKEEPER WANTED

St. Martin de Porres Catholic Church is seeking a part-time bookkeeper. This position will be approximately 10 hours a week with an adaptable schedule. The Bookkeeper will have excellent skills in QuickBooks accounting. Previous work with the Catholic Diocese of Toledo would be helpful. DEADLINE to apply April 15, 2021. Job description available upon request. Send resumes to Search Committee, St. Martin de Porres Parish, 1119 W. Bancroft St. Toledo, Ohio 43606 or email to: stmartindeporrestoledo@gmail.com

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Walkthrough: A walkthrough of the project site is scheduled for April 13, 2021 at 2:00 pm.

Walkthrough Location: Transportation Center Building, 1515 S. Towerview Blvd., Toledo Ohio, 43606

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

More Info: A/E contact: Greg Buhoveckey, Phone: 419-891-2222, E-mail: gbuhoveckey@manniksmithgroup.com

tunity employer
The right is reserved to reject any and all proposals.

TOLEDO LEGAL AID SOCIETY

Case Manager, Assistant Public Defender, and TLAS Fellowship Program positions in Lucas County, Ohio. Case Managers with the Opportunity Project will identify client needs and provide a meaningful connections to behavioral health and other services. LCDC II, LSW, LISW, LPCC, preferred but not required. Assistant Public Defender and TLAS Fellowship candidates must be licensed with the Ohio Supreme Court. Graduates from an accredited college of law that are awaiting Ohio bar results; have a UBE score that transfers to Ohio; or are eligible for Practice Pending Admission will be considered. Please see <http://www.nlada.org/node/38161> for more detailed descriptions. Email cover letter and resume by April 23, 2021 to: ToledoLegalAidSociety@Yahoo.com

COUNCIL MEMBER - COUNCIL DISTRICT 6

Toledo City Council has a vacancy for the Council District 6 seat. Members of Council shall have the qualifications of an elector of the City and shall have resided in Council District 6 continuously for one (1) year immediately prior to taking the oath of office. Persons interested in the appointment or nomination thereto should send a letter of interest with a resume attached to Gerald E. Dendinger, Clerk of Council, One Government Center Suite 2140, Toledo Ohio 43604 or email to gerald.dendinger@toledo.oh.gov or fax to (419) 245-1610 to be received by Wednesday April 7, 2021. Please note that all correspondence received will be public record and subject to disclosure.

INVITATION TO BID

Pathway, Inc. is accepting proposals for the 2020, 2021 and 2022 Calendar Year audit of the Agency. Requirements and specifications can be Obtained by contact Mr. Robert Jordan, at (419) 259-1192.

Sealed proposals will be received until 3:00 p.m., April 16, 2021, and opened thereafter. Include six (6) copies of the proposals addressed to Robert N. Jordan, Chief Financial Officer, 505 Hamilton St., Toledo, OH 43604.

We are an affirmative action/equal opportunity employer
The right is reserved to reject any and all proposals.

Call to place your ad:

419-243-0007

www.TheTruthToledo.com



JOB POSTING

GEM Energy provides services to improve customer business performance and reduce facility operation costs through on-site power development, HVAC and plumbing, facility management, energy procurement and building controls. Based in Toledo, Ohio since 1999, GEM Energy is part of the Rudolph Libbe Group, with offices in Cleveland, Columbus and Lima, Ohio, and Plymouth, Michigan. For additional information, visit www.RLGBuilds.com.

GEM Facility Management is seeking a Lead Facility Manager. The Lead Facility Manager is expected to be competent with multiple maintenance disciplines and can work to solve many facility issues. This associate must exhibit strong communication skills and can work effectively with teams. The associate will be required to manage a large facility and maintenance staff.

High school diploma or equivalent, minimum 2 years of applicable maintenance experience, two-year technical degree is equivalent to one year of experience, minimum of 5 years of facility and staff management, leadership experience and demonstrated ability to lead, coach, and build relationships while effectively maintaining boundaries.

GEM Energy is an EEO Employer.

For more information and to apply, please visit www.RLGBuilds.com/careers.

EMPLOYMENT OPPORTUNITIES

Lucas Metropolitan Housing (LMH), located in Toledo, OH is seeking experienced applicants for the following position(s): Senior Accountant I & CFP Coordinator and Manager of Procurement & Contracts. For complete details, visit <https://www.lucasmha.org> and click on Careers. Deadline: 04/18/21. This is a Section 3 covered position. HUD recipients are encouraged to apply and are to indicate on the application if you are a LMHA Public Housing client or Housing Choice Voucher Program participant. Persons with disabilities are encouraged to apply. NO PHONE CALLS. Equal employment opportunity shall be afforded to all qualified persons without regard to age, race, color, religion, religious creed, gender, military status, ancestry, disability, handicap, sexual orientation, genetic information or national origin.



Keith Mitchell... continued from page 16

annual event with the AALP to honor local Legends. Keith Mitchell was to be honored this past year, but as with so many events scheduled during the pandemic, that ceremony was postponed. Smith, however, organized a ceremony via Zoom on March 8 to present Mitchell with his Kente cloth as a number of local community luminaries paid tribute to the friend and colleague they had come to admire over the decades.



Theresa M. Gabriel, John Scott, Keith Mitchell

Tributes were presented by Judge C. Allen McConnell, Rev. Willie Perryman, pastor of Jerusalem Missionary Baptist Church and president of the Toledo Chapter NAACP; his sister Carolyn Mitchell and Brian Latta of the Northwest Ohio Young Black Democrats. All of the speakers addressed Keith's commitment to the community and his unstinting desire to help and uplift others.

Keith's family included an older brother and sister – Arthur Mitchell (three children: Sono, Arthur IV, Kuno)) and Carolyn Mitchell, along with

a younger brother John Mitchell (one son, Gabriel) and a younger half-sister, Kelly Gallagher. Keith has one daughter, Messiri, and two grandchildren, Aisha and Jonathan.



Paul Hubbard, Mayor Kapszukiewicz, Keith Mitchell

Robert Smith interviewed a number of people during his radio broadcast on March 6 to announce the Zoom ceremony. One of the people interviewed was Rebecca West-Estell, a local attorney who entered practice in the late 1990s. West-Estell expressed her gratitude for the mentorship Mitchell provided her as he guided her through the process of starting to practice law in Toledo.

West-Estell also summed up what so many people in the Toledo area have felt about Keith over the years and have said about him in recent days.

"He had the highest integrity and was very intelligent," said West-Estell. "He was a wonderful person to be around."



Dr. Houston Johnson and Keith Mitchell

Montrice Terry... continued from page 9

The City Park League's ideas emerge from the Black community, rather than being developed for it by external forces. "We bring community leaders together on issues important to us," says Terry.

Although preferred, in person activities are not the only ways to stay connected to the City Park League's events. Interactive content is updated daily on CPL's social media outlets driving participation amongst both parents and youth. "I try to keep it relatable," says Terry.

What can the community do? You can help by volunteering because safety is always a number one concern. You can also donate money to help pay the kids when they participate in community cleanups.

Bonding from shared experiences among the youth in our community reduces bullying and violence. To participate or become a sponsor follow Montrice Terry for community updates on Facebook @CityPark League. All events meet social distancing guidelines and best practices to keep families safe.

"When you work for your purpose, profits come. Profits aren't always monetary. Anytime I am acknowledged by my community it is priceless," explains Terry.

Terry was recently acknowledged anonymously by McDonald's #blackandpositivelygolden campaign in March 2021.

Black & Positively Golden® is a movement to uplift our communities. To help individuals and organizations take action to revive, protect and strengthen our culture. To use education and entrepreneurship to help build the next generation of Black Excellence. And to tell stories of truth, power, and pride.

When asked how it felt to start the new year being recognized by the McDonald's corporation for his hard work and dedication, Terry says, "I'm Loving it. Bhhad-Dup-Bop-Bop -Bop-Bopahh!"

Take Action List... continued from page 10

battle with colon cancer. Recently he won outstanding actor for his role in Ma Rainey's Black Bottom at the 2021 NAACP Image Awards. His wife, Simone Ledward Boseman accepted the award on his behalf. At the end, she encouraged everyone to take care of their health and get screened regularly for cancer.

Regular physical exams and adult health screening tests are an important part of preventive adult health care. Know which screening tests you need and how often to have them done. Early detection can be the key to successful treatment. The best way to determine what screenings are most important for you – often dependent on your age, gender, lifestyle and family history – is to work with your healthcare provider. Take action to get early detection and take action on controlling disease complications.

Due to Covid-19, many local community programs are still being offered virtually instead of face to face. If you are interested in attending an online Zoom class on Friday, April 9th from 11:00-11:30am on Gardening As A Self-Care Practice, OSU Extension Educator Patrice Powers-Barker will be presenting. The class is free, but you must register online at go.osu.edu/overcomingpandemicparalysis

GRID IRON
FLAG FOOTBALL LEAGUE
SPRING SEASON 2021

CO-ED LEAGUE

You need more info call:
Orlando Smith (419) 461-1854
Or Ryan Rollison (419) 944-4200

The Grid Iron League was started due to kids aging out of flag football after the 6th grade. We are dedicated to keeping kids active & involved in the sport they love. This is a competitive league, where we stress sportsmanship, and building new friendships! Fees are \$75.00 per player. Each team will have a total of ten players; if you have a team ready to go it will be \$650.00 for the team.

TO REGISTER GO TO: WWW.TOLEDGRIDIRON.COM

7th & 8th grade division
5th & 6th grade division

1st Practice Will Start The Week Of April 5, 2021. Practice Days & Times & Game Locations TBA

First Game April 18, 2021 to May 16, 2021 (Playoffs) May 23, 2021

The season will go 6 weeks and the games will be played on Sundays. The 6th week will be the playoffs with the championship game

This is the only co-ed flag football league. This will be the closest to real football you can get without contact!

SIGN UP NOW

INCLUSIVE WALL OF HONOR

Induction Ceremony

Thursday, April 8 | 12 p.m.

utoledo.edu/diversity/events

THE UNIVERSITY OF TOLEDO

Keith Mitchell: "A Wonderful Person to Be Around"

Sojourner's Truth Staff

Keith Mitchell passed away on Friday, April 2, 2021, after battling cancer for several years. Mitchell, attorney, community activist, behind-the-scenes political operator, was a long-time Toledo resident and a friend, mentor, advisor to many in the Toledo community.

Mitchell, who was originally from Los Angeles, earned his Bachelor of Arts in Economics from California State University in Northridge and his first career was in academia as he held various positions at his alma mater from his graduation for the next decade.

He left California for Toledo in the early 1980s with Neema Bell (his wife for years and a partner now with Shumaker, Loop & Kendrick, LLP) and entered the University of Toledo College of Law, graduating in 1986. While attending law school, Mitchell worked full time at Bowling Green State University, first as a counselor/recruiter in BGSU's Educational Talent Search and later as assistant director of the College Access Programs.

His first job as a lawyer was with Advocates for Basic Legal Equality (ABLE), where he worked as a staff attorney. In 1989, he joined the office of the Lucas County Prosecutor as an assistant prosecutor trying felony cases in the Common Pleas Court, conducting preliminary hearings in Toledo Municipal Court and presenting cases in front of the Lucas County Grand Jury.

He left the Prosecutor's office in 1991 to become executive director of Toledo's Board of Community Relations (BCR), after which he joined the Toledo law firm of Cooper, Walinski & Cramer as an associate attorney.

During 1991, he served as chairman of the City of Toledo's Apportionment Board that was charged with drawing the six City Council districts resulting from revisions to the City Charter – he ran unsuccessfully for Council two years later.

In 1996, Mitchell left Cooper to start his own private practice.

Over the years, Mitchell has been involved with such causes as preserving the historic Lathrop House – a stop on the Underground Railroad; Demo-

cratic Party activities such as campaigning for statewide candidates such as Sen. Howard Metzenbaum in the 1980's to serving as finance chairman for a recent Judge Myron Duhart campaign; serving as an officer and on the board of the Thurgood Marshall Law Association; helping to host community and cultural events; providing guidance for young business and political aspirants; assisting in neighborhood social events – to name a few.

"It's time for us older folks to pass the baton onto younger people," Mitchell said in recent years of his commitment to working with younger generations.



Keith Mitchell

Robert Smith, CEO of the African American Legacy Project, hosts an

... continued on page 15

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