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EVERYBODY IS  
SOMEBODY IN  
THE TOLEDO  
JOURNAL



## Councilman, TPD Receive Backlash from Night Club and Bar Owners of Racial Targeting



PHOTO CREDIT / TOLEDO JOURNAL

**Tyrone Riley, Toledo city councilman, and Jessica Meyers, Lt. Toledo Police Department, explain how the ordinance, and the enforcement of it, isn't targeting black businesses.**

By JURRY TAALIB-DEEN  
Journal Staff Writer

A informational business meeting on a new Toledo property nuisance law was recently presented to a group of central city bar owners and managers by District 1, Councilman Tyrone Riley, and Lt. Jessica Meyer representing the Toledo Police Department, turned into over two hours of heated debate, and required much more seating and space for attendees at the Mott Branch Library, 1010 Dorr St. The gathering was held on Monday, January 13, and focused on Toledo Municipal Code (law) Section 1726.09; Chronic Commercial Property Nuisance.

A five page document of what a "Chronic Commercial

Property Nuisance" was distributed to all in attendance. The document comprised of definitions of what a commercial property is, responsibilities of occupants owning, leasing or renting properties, as well as, discussing a new point system about certain actions that could lead to a non-renewal of liquor licenses at some neighborhood taverns. Approximately 75 African Americans citizens, along with owners of sport bars, night clubs and other establishments in the community began reading the new nuisance code.

The point system is as follows: whenever 12 or more points are assessed within a period of 12 months, or if 18

or more points are assessed within a 24 month period, a "Chronic Commercial Property Nuisance" is deemed to exist. The point schedule:

1. Each violation of the Ohio Revised Code

the Nuisance Abatement Housing Appeal board. If their appeal is denied, one may appeal to a court of competent jurisdiction. A criminal conviction is not required for a point assessment. Club



PHOTO CREDIT / TOLEDO JOURNAL

**Cullen Jones said, "If we call the police, because we're having problems with people causing problems, we're subject to receive points. It's like the police aren't there to help us."**

constituting a felony shall be assigned a point value of eight (8) points.

2. Each violation of the Ohio Revised Code constituting a misdemeanor of the first degree shall be assigned six (6) points; all lesser misdemeanor offenses shall be assigned (3) points.

3. Health and food violations shall be assigned points between one (1) and three (3) points.

Owners of alleged chronic properties have five (5) days to appeal any violations to

owners are responsible for the unruly actions and behaviors of their patrons in or outside the area of their respected establishments which can add points onto their properties.

"This is a meeting long overdue," Mr. Riley told attendees. "We (city) just don't want to talk about problems facing your businesses; we want to talk to you about how to prevent and solve problems."

Mr. Riley then yielded the floor to Lt. Jessica Meyer,

*Continued on page 6.*



PHOTO CREDIT / TOLEDO JOURNAL

**Questions such as, "Do you have fliers of white establishments, with bad advertisement," were asked of Councilman Riley, and Lt. Meyers.**



# A Price for Heat That’s Hard to Beat

Many of those age 60 and better who find themselves struggling to pay utility bills in the winter months may qualify for energy assistance.

The Home Energy Assistance Program (HEAP) can help single person households with an income of \$21,857 or a two-person household income of \$29,592. For households with more than two people living in the home, an additional \$7,735 should be added to the household income limit.

For many who qualify, this benefit could reduce the energy bill by \$350.

This program has helped thousands of local older adults stay warm this winter. The deadline to apply for HEAP and the Winter Crisis Program is March 31st.

For additional information about HEAP, contact the Area Office on Aging at 419-382-0624 or visit [AreaOfficeOnAging.com](http://AreaOfficeOnAging.com). Many older adults who are eligible for HEAP are also eligible for other programs that can save money on their prescriptions and food.



The Home Energy Assistance Program is a program that can help many older adults stay warm and save money during the winter. Older adults who qualify for this program may also qualify for other programs that can help save money on their prescription, health insurance, food and other utility costs. The Area Office on Aging helps connect older adults with these programs.

# Managing Diabetes Made Simple

### The **ABCs** of Diabetes

#### A A1C Test

The A1C is a blood test that measures your average blood sugar level over the past three months.

**Less than 7**

#### B Blood Pressure


Blood pressure is the force of your blood against the wall of your blood vessels.

**Less than 140/90**

#### C Cholesterol

LDL or "bad" cholesterol can build up and clog your blood vessels. HDL or "good" cholesterol helps remove the LDL.

**TOTAL less than 200**  
**LDL less than 100**  
**HDL greater than 40 (men)**  
**HDL greater than 50 (women)**  
**Triglyceride less than 150**



Area Office on Aging  
of Northwestern Ohio, Inc.

2155 Arlington Avenue • Toledo, Ohio 43609  
800.472.7277 • 419.382.0624  
[www.areaofficeonaging.com](http://www.areaofficeonaging.com)

### 5 - 4 - 2k QUICK COUNT

Total Carbohydrates ÷ 5







Number of Teaspoons of Sugar

Total Fat ÷ 4

Number of Teaspoons of Fat

Keep Total Sodium UNDER 2000 mg ↓ 2K

Connect with us on social media @toledoaging



One in four Americans aged 65+ fall each year.

We can help you beat the odds and stay on your feet!



Ongoing Events

Every Third Wednesday  
**Lucas County Human Trafficking Coalition**  
and Social Justice Insitute  
Anyone interested in joining, meet at Kent Branch Library, 3101 Collingwood Blvd., from 9:15 a.m. until 11 a.m.

Every Saturday  
Glass City Church of Christ - Free Meal  
Soup kitchen now open at 901 Hoag. Hours: 1:00-2:00 pm every Saturday. We are reaching out to individuals and families in need of a free meal. Please see our Facebook page for menu items and any updates.

Now Thru Feb. 7th  
WGTE Presents Our Annual Share A Story  
Join WGTE Public Media as we present our annual Share A Story. Sponsored by the Conda Family. Children ages of 4-12 can enter a story of what courage and heroism means to them in four easy steps. Contest winners will be invited to a celebration event at WGTE studios and win great prizes. Prizes will also be awarded to teachers that have the most classroom entries. Contest rules, details and entry forms are available online at [www.wgte.org/share](http://www.wgte.org/share).

Feb. 2nd  
Two Churches Merge Together  
Please join us Sunday, February 2nd at 11am on 2500 Nebraska Ave to celebrate "A Brand New Us!" And the Two shall become one. Joshua Generation FWC and The Ark are Merging to become "The Refreshing Place". Come help us give God Praise for what He has done, what he is Doing, and what he is Going to Do! All are welcome.

Come be Refreshed in the presence of God.  
Pastor Bishop Christopher A. Rowell

Feb. 3rd.  
8 Faiths Present Social Justice  
Texts and Music  
The multiFaith Council of NW Ohio is hosting a Service of Universal Worship, at 6:00 PM, on Monday, at First Unitarian Church of Toledo, 3205 Glendale Avenue, Toledo, OH 43614-2423. Representatives of eight faiths will present readings and music on the theme, Social Justice. Judy Lee Trautman, an ordained Cherag in the Sufi Universalist tradition, will lead the service. Lauraine Carpenter, serves as Music Director. The eight faiths include Pagan Traditions, the Hindu Faith, Buddhism, Judaism Christianity, Islam, the Baha'i Faith, and Unitarian Universalism.

Feb 5th.  
The Multifaith Clergy Faith Leader  
Breakfast  
This Free Event, in observance of World Interfaith Harmony Week, will be held Wednesday, 8:30 - 10:30 am, at Christ Presbyterian Church, 4225 W. Sylvania Ave, Toledo, OH 43623. the free event is a good opportunity to mingle and chate with other faith leaders, learn ababout Multifaith Council activities, and to discuss collaborative solutions to your choice of three critical issues - what faith groups can do to  
1. alleviate  
2. loneliness/isolation  
3. climate change  
violence against faith communities.  
The event is free, but registration helps us plan food and name tags.  
Register Now

**February 22, 2020**  
**Dramatically Inspired Works**  
**Sounds of Black History**  
Saturday 4:00 P.M., 2340 N. Holland-Sylvania Rd., Toledo, OH 43615. In honor of those leaders who fought and died for us to come together in unity as a country; Dramatically Inspired Works and St. Mark Drama invite you to come and celebrate the legacy they paved for us and support the generation that now holds the awesome responsibility of carrying out the dream!! Celebrate with us in Poetry, the "Who Am I" game, Dramatic Skits, Songs from the Dramatically Inspired Works Vocals and more... Together We Stand, Divided We Fall. FREE EVENT. See You There! St. Mark Baptist Church, Rev. C.L. Johnson.

Feb. 8th  
Thurgood Marshall Law Association  
Legal Symposium Announcement  
If you are interest in a career as a lawyer, the Thurgood Marshall Law Association and the University of Toledo College of Law is sponsoring an informational workshop for students! Saturday, from 8:30 am-2:30 pm, University of Toledo College of Law, near the Secor road entrance. FREE lunch is being served. Interested in attending?  
(1) Sign up with your Guidance Counselor OR  
(2) Email Twila Ferguson to register or with questions at [twilaf3@gmail.com](mailto:twilaf3@gmail.com). Please include your name, school, phone numbers, and age.

Continued on page 12.

# DOG LICENSING FEES

1 Year Tag

\$ 25.00

Per Dog

3 Year Tag

\$ 75.00

Per Dog

Permanent Tag

\$ 250.00

Per Dog

\*3 year and permanent tags Only at Auditor's Office or Canine Care & Control



## RENEW YOUR DOG LICENSE FOR 2020

ANITA LOPEZ, ESQ., LUCAS COUNTY AUDITOR

1. Downtown Library 325 Michigan St. Toledo, OH 43604 (419) 259-5200	8. Locke Library 703 Miami St. Toledo, OH 43605 (419) 259-5310	15. South Library 1736 Broadway St. Toledo, OH 43609 (419) 259-5395	22. Lewis Animal Hospital 5104 Lewis Ave. Toledo, OH 43612 (419) 476-9105	28. Sylvania License Bureau 4900 N. McCord Rd. Sylvania, OH 43560 (419) 885-0201
2. Birmingham Library 203 Paine Ave. Toledo, OH 43605 (419) 259-5210	9. Maumee Library 501 River Rd. Maumee, OH 43537 (419) 259-5360	16. Sylvania Library 6749 Monroe St. Sylvania, OH 43560 (419) 822-2089	23. Shoreland Animal Hospital 4940 Suder Ave. Toledo, OH 43611 (419) 729-0766	29. Lucas County Auditor One Government Center Suite 770 Toledo, OH 43604 (419) 213-4406
3. Heatherdowns Library 3265 Glanzman Rd. Toledo, OH 43614 (419) 259-5270	10. Mott Library 1085 Dorr St. Toledo, OH 43607 (419) 259-5230	17. Toledo Heights Library 423 Shasta Dr. Toledo, OH 43609 (419) 259-5220	24. Sylvania Vet 4801 N. Holland Sylvania Rd. Sylvania, OH 43560 (419) 885-4421	30. Lucas County Canine Care & Control 410 S. Erie St. Toledo, OH 43604 (419) 213-2818
4. Holland Library 1032 S. McCord Rd. Holland, OH 43528 (419) 259-5240	11. Oregon Library 3340 Dustin Rd. Oregon, OH 43616 (419) 259-5250	18. Washington Library 5560 Harvest Ln. Toledo, OH 43623 (419) 259-5330	25. Heatherdowns License Bureau 4460 Heatherdowns Blvd. Toledo, OH 43614 (419) 381-1390	
5. Kent Library 3101 Collingwood Blvd. Toledo, OH 43610 (419) 259-5340	12. Point Place Library 2727 117th St. Toledo, OH 43611 (419) 259-5390	19. Waterville Library 800 Michigan Ave. Waterville, OH 43566 (419) 878-3055	26. Market Place West License Bureau 3606 W. Sylvania Ave. Toledo, OH 43623 (419) 720-6900	
6. King Road Library 3900 King Rd. Toledo, OH 43617 (419) 259-5380	13. Reynolds Corners Library 4833 Dorr St. Toledo, OH 43615 (419) 259-5320	20. West Toledo Library 1320 Sylvania Ave. Toledo, OH 43612 (419) 259-5290	27. Oregon License Bureau 3018 Navarre Ave. Oregon, OH 43616 (419) 698-4100	
7. Lagrange Library 3422 Lagrange St. Toledo, OH 43608 (419) 259-5280	14. Sanger Library 3030 W. Central Ave. Toledo, OH 43606 (419) 259-5370	21. Gladieux Do-It Best 5120 Navarre Ave. Oregon, OH 43616 (419) 693-0601		

### REGISTER ONLINE

[co.lucas.oh.us/dogtags](http://co.lucas.oh.us/dogtags)

or

### REGISTER IN PERSON

- 30 dog licensing agencies for same day service
- Bring your renewal form for faster processing

**RENEW December 1, 2019 to January 31, 2020**

Qustions? Call (419) 213-4406

Free rewards card with dog license, good at participating businesses!  
[lucascountylovesdogs.com](http://lucascountylovesdogs.com)





# Yes, It Is THAT bad...!



By Lafe Tolliver,  
Attorney

The inner moral rot that has grabbed America’s gut and bladder has not yet run its full course. What I describe as rot is the lessening of the American will to courageously confront wrong when that wrong duplicitously dons a wig and lipstick and flirts at us with kisses and hugs.

The kisses and hugs are no more than a ruse or a coverup for the real maiming of all things honest and just that are now up for grabs which is being blatantly exposed in the current impeachment trial of a consummate con, Herr Trump.

Don’t kid yourself, naïve citizen. Herr Trump is calculating and betting the farm that you will tire of it all, deflate and call it a day; and allow his entourage of professional liars to rule the day which could allow Herr Trump to see another four years of infesting the White House with his obscene political swagger.

Also, don’t kid yourself as to Herr Trump being an outlier of a personality or just a one-off politico.

Unless you are willing to pull up the rug and see the dirt beneath it, you will always be puzzled as to how America came to this perilous crossroad of the truth being re-defined as alternative facts and how national news can be transformed into national opinion sodden with lies and half-truths.

Herr Trump is the singular most visual personality that is emoting on the national scene and which moral sheddings has infected the national consciousness.

The sobering reality is that America and especially white America championed this political buffoon and did not



clip his wings when they first had the chance to do so.

White America by feverish acclamation and by lazy and lax moral default,

“  
*Herr Trump was the proverbial Pied Piper who caught riffs of the ugly and nascent tune of bitterness and angst in the American politic and he played his odious song until his lungs gave out and then he blew some more...and it worked!*

”

has allowed this perp to shovel his manure around the willing “news” media outlets and he thus struck a homogenized chord with the underbelly of the estranged voting public.

Herr Trump smelled the putrid air of hatred, discontent and dissatisfaction with the corruption in Washington, D.C. and like a blood hound to the scent of

a cornered possum, he stuck his knife into it and greedily gobbled at the open carcass.

Yeah. America allowed, condoned and permitted Herr Trump to live and survive in this toxic political landscape that was littered with racism, capitalism gone amuck, phobia of “others”, hatred of women, mind-boggling stupidity and willful ignorance of all things pertaining to the US Constitution and respecting human rights.

Herr Trump was the proverbial Pied Piper who caught riffs of the ugly and nascent tune of bitterness and angst in the American politic and he played his odious song until his lungs gave out and then he blew some more...and it worked!

The so called, “deplorables” disenfranchised fringe groups, right wing conspiracy nuts and those who trade in alternative facts, who are the maestros at mis directions of the truth, came together and swore their allegiance to all things, Trumpian!

When historians piece together the pieces of cloth that were knitted together by Herr Trump and the like-minded persons that he placed in power, America will have to repent of its evil in giving any deference to this coalition of miscreants and not calling them out for their flagrant violations of wholesome norms.

If you sow to the wind, you will reap

a whirlwind and America has and is now reaping the poisonous seeds that it sowed and did not repent of since the founding of America.

Slowly and surely as a virus mutates and spreads its sickness among both the well and the not so well, this Trumpian madness has made fools of so many people whom on a normal day would be respectful, think with a sound mind and would oppose his madness.

But these are not normal times. Not anymore. Once Pandora’s Box has been kicked open, the demons inside will fight tooth and nail not to be confined again but rather that released and unchecked human spirit that has no good intents, will seek out similar spirits, and chaos will reign.

Can there be a reckoning so that this course that we are on, a course that leads to further shame, angst, loss and polarization, can it be reversed?

For the time being, no. The cancer that has infected American politics and which has metastasized over into relations with one another, will be stanchd but not cut out until the body of American politics is willing to purge itself of a known virus and takes those painful steps to renounce Herr Trump and the like-minded minions that cheered him on and enabled him to act like a wannabee despot.

Lafe Tolliver, Attorney

The Toledo Journal

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## Sure Glad to Be Black!

By Dr. E. Faye Williams, Esq.  
Wire Writer

(TriceEdneyWire.com)  
When you think about the harsh treatment Black people

have experienced, and still experience in this country, when you think of 400 years of Black people being enslaved, having gone through Jim Crow, segregation, lynching and every indignity you can think about, don’t you at least say to yourself, “I’m sure glad I’m Black?”

I say that because I watch the news religiously, and listen to all sides of this Trump thing. I look at everybody involved, and none of the crooks or accused crooks look like you or me! I know some of our ancestors suffered severe and outrageous beatings and other sinful indignities, but we’ve never heard of any of them engaged in conduct like that attributed to Donald Trump, Mike Pence, Rudy Giuliani, William Barr, Robert Hyde, Devin Nunes,

and all of those unsavory characters who meet at the Trump Hotel Bar! You can take note that none of them look like you or me!

Despite a few bad apples among us from time to time, none of them are major players in this plot to get dirt on the Bidens or subvert national interests.

Rachel Maddow interviewed Lev Parnas who described what can only be called a serious mob operation! If just one half of what Parnas has shared with us is true, we are living in a very dangerous country, and I’m sure glad to be Black!

I read about Darryl Scott (one of us) and others trying to pull a fast one down at Virginia Union University in Richmond

continued on page 5



# Amazon's Police Power Sounding Alarms Among Blacks and Communities of Color

By Hazel Trice Edney  
Wire Writer

(TriceEdneyWire.com) - It's no secret that Amazon has been promoting DIY (Do It Yourself) surveillance products to consumers, such as its very own smart doorbell, Ring. But what Amazon shoppers and most everyday Americans are just starting to find out is that the real target customers for these surveillance tools are police departments and other law enforcement agencies – something that should have every person of color worried.

The little we know about Amazon's surveillance technology is not good: it has been demonstrated to have racial and gender bias, and hacks have raised serious privacy concerns. As the lead local law enforcement officials, state attorneys general must suspend any partnerships with Amazon until we have more information, particularly with regards to how these technologies could impact communities of color.

Amazon has become a lightning rod for criticism as it attempts to tighten its grip around law enforcement practices. Dozens of social advocacy groups, including Human Rights Watch, Color of Change and Data for Black Lives have sounded the alarm over the consequences of allowing Amazon's surveillance tools to wrongfully target groups that advocate for justice for people of color and others. Last year, Rekognition falsely matched 28 members of Congress with criminal mugshots, disproportionately representing people of color.

Without identifying a specific company, NAACP President/CEO Derrick Johnson recently called face recognition technology "a scary proposition."

Johnson was responding to questions from veteran journalist, Dr. Barbara Reynolds, during Richard Prince's recent Journalism Roundtable. Reynolds expressed concern over technology "so flawed" that it doesn't even properly represent the faces of Black people.

Johnson said, concerning "face recognition technology specifically, we've talked to individual companies because that's a scary proposition." He noted that the NAACP has had ongoing discussions on the topic with the committees of Homeland Security in both the House and the Senate. "We're in the middle of conversations with cyberexperts so that we can have a very clear



PHOTO CREDIT / SUBMITTED

**NAACP President/CEO Derrick Johnson is among a string of racial justice advocates expressing concern over surveillance technology, including face recognition devices. PHOTO: Sharon Farmer/Journalism Roundtable**

policy approach dealing with - not only facial recognition - but all of the technology and how it can be used in our community against us."

Meanwhile, researchers from Google, Facebook, and Microsoft have all urged Amazon to stop selling Rekognition software to law enforcement, citing study after study that show the company's surveillance tools simply cannot be trusted.

And what has Amazon done to address these serious allegations about racial profiling from its surveillance tools? Quietly tell law enforcement officials not to use the words "surveillance" when talking about Amazon products in public.

It is overwhelmingly clear that Amazon's facial recognition technology is not only deeply flawed, but has the grave potential to magnify our worst racial biases if we continue to allow it to dictate policing.

Amazon's Neighbors application sim-

ilarly has put Black people and other people of color at unfair risk of being targeted by law enforcement officials. Earlier this year, one review found that neighborhood watch groups using Ring footage disproportionately accused people of color of suspicious activity under the guise of law and order. Moreover, these videos are frequently accompanied by racist and verbally abusive language, demonstrating the threats these technologies pose.

Sometimes lawmakers can even be left in the dark as Amazon strikes shadowy backroom deals with local law enforcement agencies. For example, Palantir — a notorious data analytics software company hosted on Amazon Web Services that has drawn fierce backlash from hundreds of Amazon employees for its connections with immigration deportations — was secretly used by the New Orleans Police Department and was accused of overwhelm-

ingly targeting young African-American men while having virtually no impact on reducing crime.

All of this should be setting off alarms for lawmakers and putting Black communities on high alert. For his part, Senator Bernie Sanders recently came out in support of a ban on police using facial recognition technology. But much more must be done.

Giving incredibly invasive tools like Neighbors or Rekognition a greater role in our justice systems poses a threat to anyone who wants to walk the streets without the fear of being tracked and falsely targeted.

We must protect our communities of color before Amazon's dangerous surveillance technologies become fully entrenched in our criminal justice system. All state attorneys general must immediately investigate any partnership with Amazon and bring to light how they are targeting communities of color

## Sure Glad to Be Black!

*continued from page 4*

by trying to entice people to be present to honor Donald Trump and Jared Kushner on the sacred day America observes Dr. Martin Luther King Day! The hook was to offer money—lots of it to unsuspecting Black people who didn't know the real purpose of the event! Yes, I admit that was a bad act, but even that does not rise to the level of what Black people (Red, Yellow and Brown people, too) have seen on the news every night. I know Darryl is friends with Trump and his supporters—but what he tried to do is small time compared with what Trump's friends from another mother have done and are now trying to cover up.

“

*Black people, for once, can be glad to be Black. I know I am. I pray that my good white friends are wishing they could be Black, Brown, Red or Yellow, too because we've never committed any act remotely close to the current crimes we're seeing. All white people aren't involved, and I congratulate them; but think about their new, uncomfortable feeling every time they turn on their televisions observing only white people, many with whom they identify and support, mixed up in this corruption.*

”

Black people, for once, can be glad to be Black. I know I am. I pray that my good white friends are wishing they could be Black, Brown, Red or Yellow, too because we've never committed any act remotely close to the current crimes we're seeing. All white people aren't involved, and I congratulate them; but think about their new, uncomfortable feeling every time they turn on their televisions observing only white people, many with whom they identify and support, mixed up in this corruption. Those of us who are fortunate enough to be Black know well what daily recriminating, negative news feels like. Imagine how it feels to those whites whose new reality is that our current national disgrace is not shared. Imagine having these accusa-

tions directed at you or those who reflect your values. The leader of this mob has been impeached, but, unlike typical consequences for those of us who are non-white, for all the witness verified, condemnable acts, unless there is a miracle of justice, 45 won't even be convicted. Many of the Senators elected to represent all of us have already indicated that they will turn a blind eye to the voluminous evidence that would change the mind of a normal, objective person.

At least for the next few days non-white people can watch and live without the fear or threat of being maligned and condemned for involvement in this national travesty.

(Dr. E. Faye Williams is National President of the National Congress of Black Women and Host of "Wake Up and Stay Woke" on WPFW-FM 89.3.)



# Should I Be Worried About That Condensation on My Windows?

BY: STATEPOINT

If you take a look at your home’s windows and doors in winter, you may notice condensation. As temperatures drop, it often appears on the inside and outside of these surfaces.

Here’s what you need to know about why condensation occurs, when it matters and what you can do about it:

### INTERIOR CONDENSATION

When the heat is on inside the home in wintertime, a certain amount of humidity feels good -- we breathe easier, our skin is less dry and there’s less static in the air. This is fine usually, but when temperatures outside get extremely low, problems can arise. Under these circumstances, humidity can generate condensation on your windows -- whether they’re old or new -- and this should be managed.

While there’s no problem with condensation on the window glass itself, (except for the fact that visibility can be obscured) that condensation could affect wood trim around the windows and lead to mold and rot. Perhaps even worse, it could be an indicator that condensation is also occurring within your walls, which can lead to unhealthy mold.

Unfortunately, the most common sources of home humidity are everyday parts of life, including showers, cooking, doing laundry and even fish tanks. However, if you see condensation on your windows there are two actions that experts recommend. One, if you have a humidifier, turn it down. The second, use a dehumidifier.



PHOTO CREDIT / YOURIL / STOCK.ADOBE.COM AND PROVIA

### EXTERIOR CONDENSATION

Exterior condensation occurs when the dew point temperature approaches the outside air temperature. When the air is saturated and can’t hold any more moisture, water vapor forms droplets on surfaces -- including your roof, siding, windows and doors.

If you have energy-efficient windows, you may notice exterior condensation occur more than you did when you had older, less energy-efficient windows that allowed warmth from inside the home to reach the outside glass pane and dissipate the condensation.

Unlike with interior condensation, there’s nothing to worry about in the case of exterior condensation. Moisture on the outside pane of glass is normal and a good sign that your windows are functioning correctly to prevent warmth from reaching the outside glass. The condensation will dissipate when the outside air temperature rises.

### NEXT STEPS

If there’s no condensation on the exterior of your windows but there’s moisture on adjacent exterior surfaces, this would be a good indicator that it’s time for new windows. Also, if you get constant internal condensation on your windows in very cold weather and your humidity is low, then upgrading to a more thermally efficient window would be a good idea.

Look for high-performing replacement windows with the latest technological advances that offer maximum efficiency and comfort. Third-party recognition for a particular brand or product is a strong indicator that you’re investing in a quality product. A recent “Remodeling” magazine survey of remodeling contractors ranked ProVia vinyl windows as number one in window quality in part because of their features that are tested against the most stringent requirements for air and water infiltration.

This winter, pay attention to your home windows, glass doors and other surfaces. Understanding the ins and outs of interior and exterior condensation can help you address potential issues.

## Bar Owners

Continued from page 1.

who’s an officer for the Community Service Section of TPD, which will enforce the ordinance, and assist commercial property owners whom wish to be or get back into compliance. Other government departments involved in the enforcement of the chronic nuisance code are the Toledo Fire and Rescue Department, Department of Neighborhoods, city law department, Ohio Liquor Control Investigative Unit, Lucas County land Bank, Lucas County Health Department, Lucas County Prosecutor’s Office, and Toledo’ Division of Building Inspection.

Lt. Meyers’ presentation focused around issues that could cause business owners to accumulate points, and ultimately lose their liquor license. She asked the audience, “Do you want me to show you fliers (pictures) of properties of bars that can cause owners to be, out of compliance?” She then, quickly followed

up with, “The fliers may offend some people.” All the attendants replied by saying yes.

Lt. Meyers began projecting the fliers onto a screen. Four fliers, which were each attached to a local business, had pictures of alcohol, or African Americans on them. She stated that the advertisement on the fliers were bad marketing and could attract the wrong type of crowd.

“If you’re not targeting Black businesses, why were the fliers addressed specifically to black business owners.”

“All of your flier examples are saying our culture (Black) is bad,” stated Zahra Collins a, business owner, to Lt.

questioner.

Mr. Riley again stated that, the city wasn’t targeting African American businesses but, any business within Toledo that violates the ordinance.

“If you’re not targeting Black businesses, why were the fliers addressed specifically to black business owners,” Crystal Orr, a business owner, asked Mr. Riley? He responded by saying that was an error (handouts), and the law wasn’t meant to target specifically black businesses.

Other questions, or inquires asked of Mr. Riley, and Lt. Meyers, included, “Are businesses like Dollar General, and Walmart included in this targeting,” and “What about the gas station on Dorr and Hoag that, for weeks, has had windows busted out and boarded up, as if abandoned, but yet, is still opened for business; have they received any points, or been considered a nuisance property?”

Mr. Riley then admitted that there may be some gray areas in the ordinance, and that he and city council members want to help the business owners, not hinder them.

“What about the gas station on Dorr and Hoag that, for weeks, has had windows busted out and boarded up, as if abandoned, but yet, is still opened for business?”

Leon Watson, owner of the Classic Lounge, and Club Evolution responded to Mr. Riley by stating, “If you admit there are gray areas in the law, and that you and all the other members of city council want to help us, why did you pass it, knowing there were gray areas? All of you did was vote to pass it, right Mr. Riley?” Mr. Riley responded by saying, “Yes, we all passed the law.”

City council passed the legislation on a 12-0 vote.

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Meyers. “Do you have advertisements of bars that attract college kids,” she asked?

Councilman Riley quickly followed up stating that, the fliers aren’t targeting African Americans, but instead, are examples of what the Toledo Police Department considers bad marketing.

A question was immediately yelled from the audience, “Do you have examples of white clubs with bad advertisement?” Neither Mr. Riley nor Lt. Meyers responded with an answer from the unidentified



# JimElla Jeffries Celebrates Milestone 100th Birthday!

BY LEAH WILLIAMS  
Journal Staff Writer

JimElla Jeffries celebrated her 100th birthday on January 22 surrounded by love, laughter, and good food. The centenarian beamed as family and friends cheered loudly then broke out into song when she entered the party.

The youngest and last living sibling out of six from the small rural town Eads outside of Memphis, Tennessee, Ms. Jeffries still lives independently and says she feels strong in mind and spirit. When asked how it felt to be 100 years old, she laughed and said, "I can't tell it. I feel good. My mind is clear, and I just love everyone."

Ms. Jeffries' niece Christine Walsh who spearheaded the planning said the 'matriarch of the family takes no prescription medications and is in amazing physical health.

"It's such a blessing," she said. "I hope I have those genes in me to live to be 100. She's just everything to us."

Other family members who came out to celebrate the milestone birthday echoed that sentiment adding that Ms. Jeffries was a 'bigger than life' figure who continues to live life on her own terms.

"It's remarkable," said her great niece Armon Miller. "Through the years, she has told me stories about her life and how wonderful it was but she was very honest and very truthful about the bad and the ugly. So, I've learned a lot from her."

Cousin Harold Stevens shared that Ms. Jeffries was still sharp for her age and a beautiful person. "She has always been a very pleasant person, a very mindful person," he said. "It's a milestone, and I'm just proud to be a part of this."

Before the birthday festivities got into full swing, Ms. Jeffries shared her secret to longevity with a small group of adoring loved ones. "I don't steal but I do save," she said smiling. "I never chased after money, and even though I don't make it to church, I know that I'm with Jesus."



PHOTO CREDIT / TOLEDO JOURNAL  
Christine Walsh, Harold Stevens, and 100-year-old JimElla Jeffries.



PHOTO CREDIT / TOLEDO JOURNAL  
JimElla Jeffries and her niece Christine Walsh.



PHOTO CREDIT / TOLEDO JOURNAL  
JimElla Jeffries waves at her great nephew Darnell McCoy (right in red shirt).



PHOTO CREDIT / TOLEDO JOURNAL  
Family and friends pose with 100-year-old JimElla Jeffries (sitting center) at her birthday celebration.



# Looking for a Healthy New Year's Resolution? Don't Overlook Your Eyes

*Submitted*

(StatePoint) The most ambitious time of year is upon us: the time to set New Year's resolutions.

All the parties have been hosted, the marshmallows have been toasted and you've binged on your new favorite TV show the entire month of December. Now you're asking yourself, "What do I want to accomplish this year?" A New Year's resolution is, for all intents and purposes, a good thing. Now consider this twist on the standard resolution format: opt for a few, small, lifestyle wins rather than mounting an all-out assault on your current habits – more resolution-lite, if you will. Choose resolutions that have clear start and end points, and that are attainable for you. Most of all, resolutions should make you feel good – that's the whole point, right?

"A resolution that checks all the boxes is to get an eye exam," says VSP network doctor, Jennifer Chinn.

If you have loved ones in mind, bring them. Their eyes will thank you.

Here's why:

- **It's Easy:** With a comprehensive eye exam, there's no uncomfortable warm-up, pep talk or preparation period. Making an appointment is easy: you simply show up and your eye doctor tests different aspects of your vision and eye health. Save the maximum effort for a goal further down your list, knowing an eye exam is a small investment of energy that reaps huge health rewards.
- **It Doesn't Take All Year:** You can be certain that unlike most resolutions where some level of delayed gratification is the motivator, a comprehensive eye exam provides immediate results.

"All within your visit, you'll learn the shape your vision is in, and, if you wear glasses or contact lenses, whether your prescription has changed," Dr. Chinn says.

- **It's Really Healthy:** Beyond ensuring great vision, an eye exam offers an incredible look into your overall health. In fact, an eye exam is often the first line of defense when it comes to protecting your health.

During your visit, the eye doctor will examine your eyes to check their visual acuity (or how clearly you see), and for any signs of eye conditions like dry eyes, digital eye strain, glaucoma, cataracts and macular degeneration.

"More significantly, a comprehensive eye exam gives eye doctors an unobstructed view of the eyes' blood vessels and optic nerves, both of which can give away signs of chronic diseases like diabetes, high blood pressure and even some cancers years before a person shows symptoms," notes Dr. Chinn.

Unfortunately, many outward signals of diseases and conditions don't appear until some damage has occurred, making eye exams powerful, preventative tools to keep tabs on what's quietly happening in your body.

To find an eye doctor near you, visit [www.vsp.com/eye-doctor](http://www.vsp.com/eye-doctor).

You don't need 20/20 vision to see that the case for a 2020 eye exam is clear. Make this the year you commit to an annual trip to the eye doctor.



Changing the Face of Toledo...  
One Frame at a Time

A portrait of a Black man with short, dark hair, wearing dark sunglasses. He is looking directly at the camera with a neutral expression. His hands are raised to his temples, with fingers spread. The word "tarian" with a registered trademark symbol is printed in white in the upper left corner of the image.

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## 5 Tips to Help Older Adults Be Healthier in 2020



(StatePoint) For many, the new year is about establishing goals for the year ahead. But where should you start? As we age, an increasing number of us link our emotional and physical well-being to our overall health. After all, you can't do the things you'd like if you aren't healthy.

With that in mind, Cigna and its Medicare Advantage (MA) fitness partner, the Silver&Fit Healthy Aging and Exercise Program, share these five tips to help older adults get fitter and stronger and be less stressed and happier in 2020:

1. **Hit the gym.** Exercise is a proven way to help you get fitter and stronger, improve balance, lose weight, reduce blood pressure, improve cardiovascular health, manage pain and even be more social. Many gyms offer such options as free weights, machines, pools, classes, private instructors and other amenities that can inspire you to try new things. Prefer working out with others? Group classes can help you discover a new exercise, stick to a schedule and find exercise buddies. If you're new to exercise, remember that slow and steady is the way to build good habits, avoid injury and achieve health goals. It's always a good idea to consult your doctor before starting any new exercise program.
- Can't afford a gym membership? You may be surprised to learn that many MA plans offer exercise programs at top fitness centers and YMCAs for no extra cost. Check your plan for details.
2. **Nourish your body.** For optimal health, nourish your body with

*continued on page 9*



# 5 Tips to Help Older Adults

continued from page 8

healthy, energizing foods, including fruits, vegetables, grains, fish and healthy oils, such as olive oil and sesame oil. Limit pre-packaged, processed foods. Set an achievable goal. Try cutting out one unhealthy food each month, such as sugary soft drinks or chips. Your body will love you for it! Also, stay hydrated, especially when exercising.

At the same time, eliminate unhealthy habits, such as smoking or drinking alcohol in excess. With an MA plan, you may be able to get help with smoking cessation products or alcohol counseling at no extra cost.

3. Stress less. Stress can be toxic and debilitating. Develop a "PLAN" to deal with it. According to Cigna's Dr. Stuart L. Lustig, this includes identifying a Period of time to unwind, a Location to de-stress, an Activity to enjoy and the Name of someone with whom you can talk. Yoga, tai chi and meditation may help you cope with stress, as well as going for walks, listening to music, comedy or audio books -- or even coloring. If you're experiencing ex-

treme stress, talk to your doctor. Remember, the mind and body are connected, and stress takes its toll on physical health.

4. Get social. According to a 2018 Cigna survey, loneliness in America has reached epidemic levels. Nearly half of Americans report sometimes or always feeling alone (46 percent) or left out (47 percent). Loneliness has been shown to negatively impact physical and mental health. Alleviate loneliness by taking one proactive step each week. For example, call or get coffee with friends or family, join a club or volunteer. You can also connect with other active adults on social media. Check out the inspirational health and fitness posts on the @SilverandFit Facebook page and join in the conversations.

5. Practice gratitude. Happiness comes with thankfulness. Think about people and things you feel grateful for, and start a gratitude journal.

By doing your best to incorporate these five tips into your life, you'll kickstart your journey toward a healthier 2020.

# How Simple Steps May Prevent Type 2 Diabetes

(StatePoint) More than one in three Americans -- over 84 million people -- have prediabetes, which is a serious condition that often leads to type 2 diabetes and other significant health problems, such as heart disease and stroke. Despite its prevalence, nearly 90 percent of people with the condition don't know they have it. The good news is that prediabetes can often be reversed. The first step is learning your risk, say experts.

As part of its efforts to lead the charge in preventing chronic diseases and confronting public health crises, the American Medical Association (AMA) is encouraging all Americans to learn their risk for type 2 diabetes and take action accordingly during November, which is Diabetes Awareness Month.

"Preventing type 2 diabetes starts with ensuring that people are aware of their risks for developing the disease and advising them on interventions," says Dr. Patrice A. Harris, M.D., M.A., president of the AMA. "Research shows that people who are aware of their condition are more likely to make the necessary long-term lifestyle changes that can help prevent or delay the onset of type 2 diabetes. The AMA is focused on improving the health of the



nation by leading the charge to prevent chronic disease. As the cornerstone of that effort, we are committed to helping America achieve no new preventable cases of type 2 diabetes."

A one-minute self-screening risk test available at [DolHavePrediabetes.org](https://www.dohaveprediabetes.org) can help you determine where you stand. The AMA encourages those with high scores who learn they may be at risk for prediabetes to consult their doctor to confirm a diagnosis, as well as to find out how lifestyle changes, such as losing

weight, eating a well-balanced diet that includes a variety of foods and being more physically active can help prevent type 2 diabetes. For additional resources, visit [amapreventdiabetes.org](https://www.amapreventdiabetes.org) and [cdc.gov](https://www.cdc.gov).

The prevalence of adults diagnosed with diabetes more than doubled in the past 20 years, making it more important than ever that Americans find out whether they have prediabetes. Armed with that knowledge, they can take steps to manage or even reverse the condition.

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## National Black HIV/AIDS Awareness Day

**Join The University of Toledo Medical Center and International HIV Activist and Humanitarian, Hydeia Broadbent**

# Reclaiming our Narrative: Ending the Epidemic

**Saturday, Feb. 8, 2020  
4 – 6:30 p.m.**

The University of Toledo Medical Center  
Collier Building,  
Room 1000 A & B  
3000 Arlington Avenue,  
Toledo, OH 43614

**This event is free and open to the public.**

**Visit [utmc.utoledo.edu/ryanwhiteprogram/event/](https://utmc.utoledo.edu/ryanwhiteprogram/event/) for more information.**

Sponsored by The Ann Wayson Locher Memorial Fund for HIV Care in partnership with The University of Toledo Office of Diversity & Inclusion



# IMA Hosts Installation Service of Officers



PHOTO CREDIT / TOLEDO JOURNAL

Officers of the IMA are composed of a diverse group of religious backgrounds.

BY JOURNAL STAFF WRITER

The Interdenominational Ministerial Alliance, IMA, hosted their installation service of its officers on Sunday, January 26. Held at Mt. Nebo Baptist Church, 831 N. Detroit, members of different denominations attended the event that has positive ramifications beyond the religious society, event planners told The Toledo Journal.

Nine members, who hold the title of Reverend, three with PhDs, were installed during a service of prayer, musical selections, an offering, a keynote address by Kenneth Flowers,

Rev at Greater New Mt. Moriah Missionary Baptist Church in Detroit, Michigan, an invitation to Christian Discipleship, and finally, the act of installation, rounded out the day.

Also in attendance were city, and county elected leaders to support the installation of the organizations officers.

Dr. Cedric Brock, President of the IMA, and pastor. at Mt. Nebo Baptist Church said that the installation service has positive ramifications on the overall society.

“Besides working on issues facing



PHOTO CREDIT / TOLEDO JOURNAL

Mt. Nebo Praise and Worship team performed a couple of selections at the beginning of the service.



PHOTO CREDIT / TOLEDO JOURNAL

People from different denominations attended the installation service, including city, and county elected leaders.

the church community, we partner with various community partners to help solve some of the problems of today,” he said. “Working together regardless of denomination, allows us to have better networking skills, and continue to love the works of Jesus,” Dr. Brock said.

Zarael Nurrudin, 20, has been a member of Mt. Nebo Baptist Church her entire life. She said she witnessed the formation of the IMA, and saw the impact it has had on the community.

“The members of the IMA find common ground to help others,” she said. “They don’t approach forcefully, but instead follow the teachings of Christ to tackle issues that continue to perplex people,”

Ms. Nurrudin said.

Some of the many community partners the IMA works with are Family House, Muslim Association, Toledo Police Department, and Toledo Area Office on Aging.

Causes that the IMA has championed include levys supporting the library, mental health, the Imagination Station, the Board of Disabilities, and Toledo Public Schools.

The officers being installed were Dr. Rev. Cedric Brock, Rev. Lee Williams, Rev. Timothy Clark, Rev. Shirley Sparks, Rev. Marquisa Horton, Rev. Dr. Amaria McIntosh, and Rev. Dr. Willie Perryman.


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How to Start a Conversation

When you first meet someone, direct questions such as, “What do you do?” make some people uncomfortable. Instead, say, “Tell me about yourself.” That lets the person choose what aspect of himself/herself to talk about.

NPR radio host Terry Gross, quoted in The New York Times.



# Church merger gives way to ‘The Refreshing Place’

BY LEAH WILLIAMS  
Journal Staff Writer

On Sunday, February 2, ‘the doors of the church’ will be open all over the city of Toledo. However, for members of The Ark and Joshua Generation Family Worship Center, this phrase takes on new meaning as they open the doors of their newly merged church - The Refreshing Place - with Bishop Christopher Rowell serving as senior pastor.

The path leading to this merger of the two churches with divergent yet overlapping histories is quite remarkable. The Ark, formally known as Christian Community Church, was originally founded in 1982 by Rev. Clarence Smith Sr. and eventually taken over by his son Dr. Gregory Smith. After Dr. Smith’s passing, Bishop Nolan White was appointed senior pastor and served in that position for 18 years. The church changed its named to ‘The Ark’ in 2018 and recently found its membership dwindling quickly as they searched for a new pastor in the wake of Bishop

“  
The Ark and Joshua Generation Family Worship Center, this phrase takes on new meaning as they open the doors of their newly merged church - The Refreshing Place.  
”

White’s resignation and relocation to Florida last year.

The Joshua Generation Family Worship Center began 13 years ago in the Cherry Street Mission as a ministry to those often overlooked by society - the poor, the homeless, and those suffering from mental illness and/or substance abuse. Founded by Bishop Rowell and his wife while they were homeless with four children, he says the road ahead was paved with hard times and many tears. Yet, despite wanting to give up many times, he remained obedient to God and faithful to his post.

“I believe if you stay obedient to the word and the will of God for your life, you’re going to be blessed,” Bishop Rowell said.

After moving out of the Cherry Street Mission into their first building on Western, Joshua Generation relocated to its current building at 950 Prouty in need

of new space. Bishop Rowell said that the church was able to expand its mission to serve the community by increasing their existing food and clothing giveaways including the Feed Our Neighbor program, which provides a hot meal twice a month to the community.

“I really understand that’s our assignment - to love on the community, be a resource, show them Christ, not just preach,” he said.

It was this understanding of his assignment and affection for the Smith family that led Bishop Rowell to seek God earnestly when he was approached about the pastoral vacancy at The Ark. Their families have been intertwined since Bishop Rowell was a young boy. Not only had his mother Marlena Rowell provided daycare services to Dr. Smith’s daughters, but she also sang the first solo during the opening service of Christian Community Church when the Nebraska building opened.

Bishop Rowell then attended McTigue Junior High where Dr. Smith was his music teacher. He credits Dr. Smith with discovering and developing his gift of singing. It was this personal history with the Smith family that laid heavy upon his heart as he considered how the merger could even work with him already serving as overseer over six churches in his role as bishop in addition to serving as senior pastor of the Joshua Generation Family Worship Center.

“I had felt something in the spirit that God was telling me about another level, another place,” he said. “Because of my history with the Smith family, I just really felt a pull to continue the legacy of Dr. Smith and to continue the legacy of the Smith family.”

“I grew up, up the street at St. James,” he continued. “And I really felt there needed to be a beacon left on Nebraska. The Amory or St. James is no longer there, and I felt that it wasn’t over. There was more to be done and another chapter - a chapter that would reach a generation of the 21st century but also bring together three generations.”

After many months of prayer and deliberations among the leadership of both churches, the merger was agreed upon as well as the need to leave the old behind as the newly formed congregation looks to the future together. The existing Joshua Generation Family Worship

“  
I grew up, up the street at St. James. And I really felt there needed to be a beacon left on Nebraska.  
”

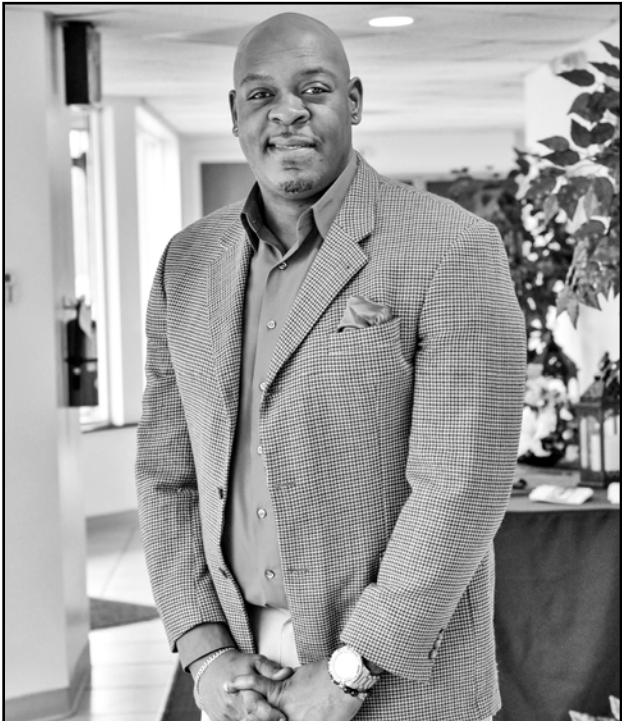


PHOTO CREDIT / TOLEDO JOURNAL

**Bishop Christopher Rowell stands in the vestibule of the newly formed The Refreshing Place church at 2500 Nebraska Avenue.**

Center building on 950 Prouty will become the Joshua Generation Community Outreach Center, and The Ark at 2500 Nebraska is now a combined congregation of both churches appropriately called ‘The Refreshing Place.’

Under his leadership, Bishop Rowell says that both the Joshua Generation Outreach Center and The Refreshing Place will continue to serve the community with renewed passion and commitment to reach even more people through new community partnerships as well as by opening their doors to start-up ministries in need of worship space, community-based programs serving the underrepresented, and people of all backgrounds who need love, support, and refreshing.

“I believe that God has had us in preparation in all this time for 13 years for such a merger as this,” he said. “Two churches bringing together their strengths from what they’ve been doing. One for 38 years and us the babies, the new kids on the block, for 13 years. As the Bible says, ‘and the two shall become one.’ It’s a spiritual marriage.”

The opening service for The Refreshing Place will be on Sunday, February 2 at 11:00 a.m. in their church home at 2500 Nebraska Avenue. Sunday worship service will be every Sunday at 11:00 a.m., and midweek bible study will be on Wednesdays at 7:00 p.m. with prayer starting at 6:00 p.m.

# Pastor Theft Allegations: \$1Mill in Church Funds Stolen from Food Program

SUBMITTED

Bishop Clarence Smith Jr., who led New Life Impact Church in Chicago, has been accused of stealing about \$1 million which was intended for a food program for children in need. He apparently used the money for his own luxurious expenses, including buying a new Bentley car.

The 45-year old pastor’s church was reportedly chosen as a sponsor to feed children in different locations in the community. New Life Impact Church was given more than \$900,000 by the city and the state.

However, he did not carry out the responsibility to feed the hungry. When he received two lump-sum payments amounting to nearly \$1 million in 2016, he initially made deposits to the church’s bank account. But he eventually withdrew it in cash at ATMs and wrote checks for his personal expenses.

After receiving the second check from the state, Smith also bought for himself a 2015 Bentley Flying Spur luxury sedan that costs around \$142,000 using a cashier’s check.

When the Illinois State Board of Education, who administers the food program, probed him regarding the number of children fed, Smith claimed the records were damaged in a flood and cannot be retrieved



PHOTO CREDIT / SUBMITTED

**Bishop Clarence Smith Jr.**

anymore. Smith had a long history of committing fraud to a number of food companies. He was also previously found guilty in a separate case of using forged signatures to steal \$100,000 from an elderly man’s estate.

Now, he has been indicted on charges of four-fraud related counts. He was released on his own recognizance after pleading not guilty.

“I totally deny any and all allegations of fraud. I’ve served the community for years and will let this play out in court,” Smith told ABC 7 Chicago.

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*A word from C. BROWN and C. BRIAN BROWN DIRECTORS*

What recourse does a consumer have for poor service or overcharging?

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# Police Violently Arrest Black Student Biking on Wrong Side of the Street

SUBMITTED

Genesis Hansen, a 21-year old Black student from Oregon State University, was brutally arrested by two white police officers for allegedly riding her bike on the wrong side of the road. She was also charged with resisting arrest after insisting on her right to refuse to provide identification.

In late 2019, Hansen was reportedly stopped by Oregon State Police trooper Kelly Katsikis because she was riding her bike on the wrong side of the road. Things escalated quickly and several witnesses took videos of what has become a violent arrest.

Police finally released the 38-minute body camera footage a week after the incident. It showed Hansen being arrested on the ground after Katsikis claimed she was not cooperating. Hansen can also be heard asking the trooper why he demanded to see her identification.

At one point, another officer, Corvallis Police Officer Donald Sheldon, arrived and Katsikis said, "Every question that I ask, we go in a circular argument wherein they state, 'I don't answer questions.' It's a minor stop to start with, but that's where we're at."

After a few minutes of discussion,



PHOTO CREDIT / SUBMITTED

Katsikis told Hansen, "I need you to either give me your identification now or you are going to be under arrest. Do you understand that?" But Hansen replied, "I don't answer questions."

The officers then continued placing handcuffs around her wrists while they violently pinned her down to the ground.

The witnesses nearby tried to stop the officers. One woman can be heard saying, "She's a young woman, you do not need to be on top of her. She is not resisting. You are so much bigger than her. This type of force is not necessary."

Hansen was eventually escorted to the police car. She was arrested for interfering with an officer and resisting arrest. She was transported to the Benton County Jail before she was released.

The incident has since sparked

outrage from advocates. The Alaska Oregon Washington State-Area Conference of the NAACP and the Corvallis-Albany chapter want all charges against Hansen to be dropped and for police to apologize, describing her arrest as "another example of excessive use of force imposed on communities of color."

Meanwhile, the Oregon State Police said in a statement, "As an agency that is committed to eliminating racial profiling and implicit bias in policing, these allegations are being meticulously reviewed and we are compiling as much information as possible."

"The agency understands the importance of vigorously investigating these allegations and is taking a serious look at the incident."

## Ongoing Events

Continued from page 3.

Feb. 8th  
National Black HIV/AIDS Awareness Day  
The Ann Wayson Locher Memorial Fund for HIV Care Presents: International HIV Activist & Humanitarian. Hydeia Broadbent reclaiming our Narrative: Ending the Epidemic, [hydeiabroadbent.com](http://hydeiabroadbent.com). FREE and Open to the Public, Saturday 4:00 PM-6:30PM, The University of Toledo Medical Center Collier Building Room 1000 A & B, 3000 Arlington Avenue - Toledo, OH 43614.

Feb. 16th & Feb. 23rd.  
The Indiana Ave. Missionary Baptist Church 74th Church Anniversary  
Theme: "My Church, My Rock" Matt 16:18  
Sunday, February 16, 2020 4:00 p.m. Reverend Dr. Jerry Boose, Pastor Second Baptist Church, Sunday, February 23, 2020 4:00 p.m., Reverend Dr. Willie Perryman, Pastor Jerusalem Missionary Baptist Church. All services will be held at 640 Indiana Ave., Toledo, OH. Because of Christ, Chairpersons - Deacon Robert and Deaconess Jackie Jackson, Reverend Dr. John E. Roberts, Pastor

Feb. 27th  
Sylvania Franciscan Village  
9th Annual "Have A Heart Restock Drive"  
Kicks off Monday, collecting unused personal care items for seven human service agencies and outreach programs: Bethany House, Claver House, Family House, Helping Hands of St. Louis, Our Lady of Lourdes Outreach Soup Kitchen, Sylvania Area Family Services and Toledo Street Newspaper. A complete list of collection sites can be found at [www.sylvaniafranciscanvillage.org](http://www.sylvaniafranciscanvillage.org). To make a monetary donation, contact Sophia Lloyd at 419-824-3533 or [slloyd@sistersosf.org](mailto:slloyd@sistersosf.org). Visit [www.sylvaniafranciscanvillage.org](http://www.sylvaniafranciscanvillage.org) for more information.

Feb. 27th  
Lourdes University The Annual Black History Month Celebration  
The Power Within Us: Acknowledging the Past, Recognizing the Present, Focusing on the Future. Program begins at 4:30 p.m., 6832 Convent Blvd., Sylvania, OH 43560. For more information, contact Tonya Colbert, Coordinator of Multicultural Services and Director of Upward Bound, at (419) 824-3866. FREE and open to the public.

Feb. 29th  
Justice: Through a Different Lens  
The African American Legacy Project in collaboration with City Councilman/ Attorney Tyrone Riley 10:00 am, Saturday, at Jerusalem Baptist Church, 445 Dorr Street, Toledo, OH 43604. Justice: Through a Different Lens seeks experienced voices who come in contact with youth offenders at various points in a juvenile's experience with the justice system. This is the third in a series of ongoing engagements entitled: I Dream... The series is designed to seek real solutions to issues facing this community. For more information about this event contact: Robert Smith, Director, The African American Legacy Project Phone: 419-720-4369, Email: [rsmith@africanamericanlegacy.org](mailto:rsmith@africanamericanlegacy.org), or Tyrone Riley, Toledo City Council Phone: 419-250-1050, Email: [tyrone.riley@toledo.oh.gov](mailto:tyrone.riley@toledo.oh.gov)

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- February 1, 1887:** J. Robinson patents food
- January 31, 1893:** Bessie Coleman, First African American airline pilot, born.
- February 2, 1897:** Alfred L. Cralle invented the ice cream scooper.
- February 4, 1913:** Rosa Parks born in Tuskegee, Ala.
- January 29, 1919:** Jackie Robinson baseball great, born in Cairo, Georgia.
- January 30, 1948:** Mohandas Gandhi assassinated in New Delhi, India.
- January 30, 1956:** A bomb is thrown onto the porch of Dr. King's Montgomery home. Mrs. King is in the house with baby Yolanda Denise. No one is injured. A crowd gathers and calls for violent retaliation. Dr. King urges nonviolence.
- February 2 to March 10, 1959:** Dr. and Mrs. King spend a month in India studying Gandhi's techniques of nonviolence as guests of Prime Minister Jawaharlal

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- Nehru. Dr. King resigns as pastor of Dexter Avenue Baptist Church to focus full-time on the civil rights movement.
- January 30, 1961:** The Kings' third child, Dexter Scott, born in Atlanta, Ga.
- February 3, 1981:** The Air Force Academy drops its ban on applicants with sickle cell trait.
- February 4, 1986:** A stamp of Sojourner Truth is issued by the US. Postal Service.
- January 30, 2006:** Coretta Scott King passes away.
- February 1, 2010:** The International Civil Rights Center and Museum opens in Greensboro, N.C., to commemorate the 50th anniversary of the F.W. Woolworth sit-ins. The 43,000 square-foot museum is located on the historic site where four students from North Carolina A&T University protested at a whites-only lunch counter.

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Bids will be received at the Port Authority's administrative offices at One Maritime Plaza, Toledo, OH 43604 until Wednesday, February 12, 2020, at 10:00 AM, at which time and place all bids will be publicly opened and read aloud.

Plans, Specifications, Instructions to Proposers, Forms of Proposal and Contract are on file and may be obtained by either (1) obtaining hard copies from Becker Impressions, 4646 Angola Road, Toledo, OH 43614, phone 419-385-5303, during normal business hours or (2) ordering from Becker Impressions, via their website [www.beckerplanroom.com](http://www.beckerplanroom.com) at the cost of reproduction.

Please note that there will be a pre-bid meeting for this project for all prospective bidders on Tuesday, February 4, 2020, at 1:30 PM at the Port Authority's administrative offices at One Maritime Plaza, 7th floor, Toledo, OH 43604. Attendance is suggested, but not mandatory. Please submit all questions to the Port Authority, Tina Perkins at [TPerkins@Toledoport.org](mailto:TPerkins@Toledoport.org) by Thursday, February 6, 2020 at 11:00 AM local time. Additional information can be found at [www.toledoport.org](http://www.toledoport.org)

Thomas J. Winston  
President and CEO  
ToledoLucas County Port Authority



# Three Ways to Mute Our Inner Heckler

By Eric Croomes

A heckler is a person who interrupts a performer or public speaker with derisive or derogatory comments or abuse. One of the most famous public hecklers in American culture is a man named Robin Ficker. Ficker was a passionate fan of the NBA's Washington Bullets. He is most famous for his storied picture heckling behind Michael Jordan and for Charles Barkley flying him in for the 1993 Western Conference Finals to get into the head of the Chicago Bulls.

Ficker was an external heckler. But did you know that we each have an inner heckler? It is that voice of derision, abuse and pessimism that keeps many people from reaching their potential. Our inner heckler poisons our dreams, stifles our courage and causes us miss our appointment with destiny; it pokes fun at our ambitions.

As a new year dawns, it's important for men to adopt a positive mental attitude. Our challenges will



Focusing on the good stifles the voice of the heckler. This requires mental discipline. Our brains are inundated with negative sensory information daily. It requires hard, mental discipline to conquer the voice of the inner heckler.

Much of how we respond to the events of our lives is shaped by the way we have been taught to view it. Former United Nations Ambassador Andrew Young once admitted that his parents taught him that life is a burden. Through hard work and determination, though, he came to realize that if you take it one day at a time, it's an easy burden.

Your job is made much easier when you focus your thoughts on the good things happening in your personal life. Well you might say 'There's nothing good happening in my life!' I'd disagree. If you are alive, breathing, able to walk and talk; if you have a gift or skill, if you can think and rationalize – you are already ahead of the game!

'Good' can be discovered in personal victories, quality relationships, meaningful work and connections to the community.

You have a brain, a nervous system and opposable thumbs. You have the stuff for success!

Share your Power

Former NBC News Anchorman, Tom Brokaw once offered some great insight on the value of education. He said: You may think of it as the ticket to the good life. Let me ask you to think of an alternative. Think of it as your ticket to change the world.

We are part of something bigger. Do not make the mistake of focusing exclusively on selfish motives. When you expand your vision of yourself to include the plight of others, you do much to banish the inner heckler. Your inner heckler becomes lost in the symphony of bigger ideas.

Share your power, as opposed to seeking to consolidate it. Those are meager words in a hyper-competitive society that seeks to extract every ounce of energy from the person dispossessed of true understanding.

If you master the Silence, focus on the good happening in your life and share your power, you will do much to mute the inner heckler.

Pastor W. Eric Croomes is a motivational speaker and author. You can reach him at PastorCroomes@Outlook.com or on Facebook at Pastor W. Eric Croomes.

## From the Desk of Felicia

# Tips to Stay Committed in Long Distance Relationships

Long distance relationships aren't for everyone but it is possible to be in a committed, long distance relationship. Think about celebrities who does countless interviews and say that they are everyday people like us, they go months sometimes without seeing their spouse or partner because of their busy schedules. Therefore, for the bulk of their relationship, it's considered to be long distance.

Technology really help make long distance relationships seem closer than they really are. If your partner lives in a different state, you can FaceTime, Skype or use Google Hangout and video call them. Using this method of communication puts you right where they are visually and reduces your feelings of loneliness. You can play games together during a video call, talk dirty to each other or whatever you and your partner decide to do, together.

If you're going to embark on a long distance relationship, set your expectations and boundaries in the beginning. Have those difficult conversations before you commit to a relationship with someone who lives hundreds of miles away from you. If you don't trust your partner now, and you're already in a long distance relationship, you may want to reevaluate that relationship. Regardless, make sure that both of your expectations and boundaries are clearly stated, understood and respected.

Next, enjoy those moments that you live apart. An anonymous person once said, "If you want to live together, you first need to learn how to live apart." Embrace the moments that you can



sleep in your big comfy bed alone. Think about how you don't have to share your personal space, hygiene products or food with anyone else. You can make a mess and don't have to be considerate of someone else in that moment and decide to clean it up later. I know that you may love and miss your partner deeply, but enjoy the moments of not arguing over the top to the toothpaste being off, the toilet seat left up, feminine hygiene products or makeup spread across the sink or dirty laundry lying around in weird places.

Visit each other as often as you can. This should go without saying but it needs to be said. We all crave human interaction or connection at some point, especially with a person we're in a

relationship with. You don't have to make it a monthly trip unless you don't live that far away for your partner, but you need to physically see your partner often to stay in a committed long distance relationship. Building the momentum to see each other will be rewarding if you stay committed to your partner.

Whether you travel by car, bus, train or airplane, you have to do the work to stay in a committed long distance relationship. Make sure that the goal in this relationship is to eventually be together in the same space. But for now, enjoy each other at a distance and be creative with how you will communicate and that's how you stay committed in a long distance relationship.

“

*We are part of something bigger. Do not make the mistake of focusing exclusively on selfish motives. When you expand your vision of yourself to include the plight of others, you do much to banish the inner heckler. Your inner heckler becomes lost in the symphony of bigger ideas.*

”

not dissipate from that alone, but it does give us solid ground from which to approach our challenges.

Too many of us think negative and react negative to our circumstances. That's because we have internalized the inner hecklers around us.

If this sounds like you, here are three ways to mute the inner heckler and reclaim your brand-new future.

Seek the Repose of Silence

Without question, the best place to confront your inner heckler is in the Silence. This would appear to be counterintuitive. One would think that seeking the place of noise would be the most effective remedy for drowning the heckler's voice. Consider, however, the words of the great orator Pythagoras, Silence are better than unmeaning words. It's important that you master the Silence and allow the Silence to master you. Initially, your thoughts will race wildly about, but with concentration and focus, you will begin to train your heckler to obey your command – as opposed to the other way around.

We need to find God, and he cannot be found in noise and restlessness, wrote Mother Teresa. Indeed, when we find God in Silence we conquer the noise of the heckler.

Focus on the Good



# 'Thank You, Kobe': Howard University Student

BY ARTHUR CRIBBS  
SPECIAL TO THE TRICE EDNEY

When I heard of the passing of Kobe Bryant and his daughter, Gianna, along with seven others in a helicopter crash in Calabasas, California, I had an initial feeling of shock, disbelief and numbness. And in the hours since hearing the news, that feeling has not gone away. For a lot of us in this world, this feeling isn't going away anytime soon. It truly felt like losing someone close.

In this time of mourning, I just want to say thank you, Kobe.

Growing up in Los Angeles, you were everything for me. You introduced me to winning at an extremely young age. When I was born in 1999, you were a

three-year veteran in the NBA and in my first three years of life, you helped the Lakers win three straight league finals. Although I was too young to remember those championship years, I do remember you leading the Lakers to two more NBA finals in 2009 and 2010.

Your ability to be a winner inspired my interest in sports and competition, and it has been a passion of mine ever since. And while winning is great, it was the way you won that stuck with me.

Your "Mamba Mentality" of being your best self and making sure nobody worked

Continued on page 16.

Kobe was and will always be an inspiration to millions of people. You will never be forgotten.  
- REST IN PEACE KOBE -

Mike says, LET'S CELEBRATE BLACK HISTORY !



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# ‘Thank You, Kobe’: Howard University Student Tells How Kobe Bryant Impacted Him, Los Angeles, and the World

Continued from page 15.

harder than you is a work ethic you consistently lived by, and I have been aiming to emulate you in that regard.

You also had infectious confidence in your game that gave viewers confidence in themselves. I remember when you played your final game on April 13, 2016. Everyone remembers the 60-point performance, but people may forget that you struggled early on in that game, going just 7-20 from the field in the first half. Several players would have just stopped shooting at that point, but you remained confident in your training and took 30 more shot attempts.

Your confidence influenced a generation of kids who watched you play. When I started playing organized

basketball, you were in the midst of your MVP season and all I could hear at practice was “Kobe!” every time someone attempted a shot. When it came to shooting a fadeaway jumper or having a pre-free throw ritual, every kid tried to emulate your style.

You also were a symbol that brought unity in the city of Los Angeles. When the Lakers won their championships, you brought the city together at the championship parades. I personally remember waiting for several hours just to see a glimpse of you.

When you played your final game, the country was heading into a heated presidential election. Watching you play though, people were able to detach from the stress of the real world and enjoy your play. Whether it was



your first game or your last, you always put on a show and you gave your fans everything you could offer.

As someone who uses sports to connect with people, you helped me find the confidence to have conversations. With you being such a global figure, it didn’t matter how much the other person was invested in sports. We could always have a conversation about Kobe. With deeply rooted sports fans, I have formed so many close relationships that started by debating where Kobe stands as the greatest of all time (GOAT).

Beyond my life though, you meant so much more to the world. You helped globalize the game of basketball, making the NBA popular in China. At a time when WNBA players struggle to receive support, you served as an advocate for the league. As a family man, you showed what it means to be a father, taking interest in your daughters’ passions and putting them in positions to succeed. When Gianna’s favorite player was Atlanta Hawks guard Trae Young, you took her to Hawks games to watch Young firsthand.

Thank you, Kobe, for all the memories. You, Gianna and the seven others were taken way too soon, and this world will never be the same.

Arthur Cribbs is a junior journalism major from Los Angeles. He is a Rhoden Fellow at ESPN for TheUndeated.com. He also works with the Department of Athletics at Howard University and was a production manager for WHUT’s Spotlight Network.

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