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EVERYBODY IS
SOMEBODY IN
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AOoA continues guidance and services during CROVID-19 Crisis

By LEAH WILSON
Journal Staff Writer

With all Ohioans under an official "shelter in place" order by Governor Mike DeWine, the Area Office on Aging of Northwest Ohio is making sure older adults in the community are staying healthy and still receiving vital services some need as the coronavirus spreads across the nation. The governor's order, which allows people to leave their homes for what is deemed "essential activities," will last until April 6 and may be extended.

While most employees are working from home, pharmacist Ireatha Hollie says that older adults seeking help can be assured that the Area Office of Aging is still taking calls and providing vital services including transportation to essential medical appointments as well as meal or grocery delivery.

"We have maintained our services. The program that requires people to be on the phone to answer questions has been enhanced because there has been an uptick in calls," she said, "We connect to other agencies and organizations [that] deliver food and help with transportation to and from doctor's offices for essential visits. They're saying that the older adult should stay in and so we are providing some services where we are offering to shop. We actually have people who will shop for the elderly and deliver [the groceries]."

Ms. Hollie also said the meal and grocery delivery services are there so that older adults who are considered to be at greater risk of serious complications if infected with the novel (new) coronavirus can truly stay in their homes. However, to combat the effects of prolonged isolation, she said that they have increased their well-check call program to make sure people feel supported and remain connected to others.

"One of the major issues with the elderly is isolation. They're saying stay in place and for a lot of people who live by themselves, the one thing that



PHOTO CREDIT / SUBMITTED

Ireatha Hollie, pharmacist

they look forward to is somebody coming by to pick them up to take them to their appointments or to interact with someone as they deliver the meals," Ms. Hollie said. "Isolation is a terrible thing. Not only are the elderly concerned about this virus but also if they are going to lose the opportunity to interact with other people."

In addition to these important services, Ms. Hollie said that it is important that older adults are provided with facts about how to keep safe. She said that it is vital that older adults listen to the advice of their doctors as well as any helpful information coming from reputable organizations like the Centers for Disease Control [CDC]. To help in this area, she said the Area Office on Aging released a communication entitled Top 4 Ways for Older Adults to Stay Healthy During the Coronavirus Crisis; the four ways include: (1) Another Reason to Stay Home [Meal/Grocery Delivery]; (2) Well-Check Calls; (3) Continue to Get Essential Medical Care; and (4) Wash Hands.

Any older adult (age 60 and over) interested in receiving any of the services referred to above are encouraged to contact the Area Office on Aging by phone at (419) 382-0624 or by email at adrn@areaofficeonaging.com. Persons interested in volunteering to help with meal or grocery delivery can also contact the Area Office on Aging at (419) 382-0624 or by email at volunteers@areaofficeonaging.com. Volunteers will be vetted to help ensure there is no history of criminal behavior.

Dear Black People: Coronavirus Will Kill You



By NSENGA K. BURTON,
Ph.D., NNPA Newswire Cul-
ture and Entertainment Editor

Coronavirus or Covid-19 or "rona" as some are calling it will kill you. You may have seen some of the conspiracy theories, myths or outright lies floating around the internet stating that black folks cannot get coronavirus. You may have the false belief that those with "melanin poppin'" cannot get this deadly virus or if they get it, will not die from

in a facility for people with developmental disabilities and had limited exposure to people from outside of the facility. His family is still trying to figure out how someone seemingly in great health, contracted coronavirus. Mr. Green is black.

You may have heard of Dr. James Pruden, 71, an emergency room doctor in Paterson, NJ, who is now in critical condition after testing positive for coronavirus. He is a trained first responder who is in charge of the hospital's emergency preparedness unit and lead the hospital through the swine flu outbreak in 2009. Dr. Pruden is now fighting for his life and he is black.

Melanin is not Vibranium and America isn't Wakanda even in the Marvel



PHOTO CREDIT / SUBMITTED

Many have died already, but here are just five confirmed cases. Jump to page 10 to read more.

it. Stop the madness.

Actor Idris Elba, NBA stars on multiple teams and black folks in your everyday life have it. You may have heard the sad case of retired nurse Pat Frieson, 61, who became the first casualty of the virus in Illinois. What looked like an asthma attack has now been classified as coronavirus. Frieson has a sister in the same hospital also suffering from the same symptoms and now fighting for her life. Ms. Frieson and her sister are black.

Ives Green, a 58-year-old runner, and award-winning Special Olympics athlete, became the first person in Louisiana to die from coronavirus. He lived

Universe, so why some black people, who are often disproportionately impacted by medical conditions for a myriad of reasons, believe they are immune to coronavirus is beyond me? For those who think Idris Elba isn't "black, black," the British-born brother's parents are from Sierra-Leone and Ghana meaning he is African in addition to being a black Brit which makes him unequivocally "black, black."

For the record, people in 19 African countries have tested positive for coronavirus and for sure they are "black black."

To make it plain, I'm not talking about skin color,

Continued on page 10.

Opportunities Abound to Help Older Adults During the Coronavirus Crisis

As the war against the Coronavirus rages on, many north-west Ohioans are asking how they can help those who are twice as likely to fall victim to this deadly disease. New and existing programs designed to help older adults have ramped up their efforts to meet the increased demand of those who are most vulnerable.

As the negative effects of the Coronavirus continues to spread, more help from volunteers continues to be needed to keep up with the demand from older adults who need well check phone calls, home delivered meals, grocery delivery and grab-and-go meals from senior centers.

Carol Hanley, age 64, says, “The grab-and-go meals at the East Toledo Senior Center have been so life-giving to me. I first take my grandson to pick up his meal at the school, followed by picking up my meal from the senior center and then we spend quality time together eating our meals. These meals also give me a purpose as I pick up a meal from the senior center for my elderly friend who is homebound and I take her the meal.” Anyone age 60 and better is eligible for these services during this emergency regardless of their ability to contribute toward the cost.

Volunteers play a critical role in

delivering these services. Barbara Oxner is one such volunteer who has been making her caring presence known to older adults in life and death situations. Prior to the Coronavirus reaching crisis levels in Lucas County, Barbara had been paying friendly in-person visits to an older adult for a few hours a week. Making sure he did not die alone, she even was with this older adult when he recently passed away. During the Coronavirus crisis, she has been matched as a phone friend with another older adult and has been making well check calls to this individual and others weekly.

Those who want to



Barbara Oxner is one of the volunteers who is helping to meet the needs of older adults during the Coronavirus crisis.

help older adults but who can’t afford to volunteer are encouraged to consider taking a job in the in-demand career of home health care. This job opportunity includes the ability to get paid to provide care to an aging loved one in need. For more information about helping, contact the Area Office on Aging at 419-382-0624 or visit AreaOfficeOnAging.com.

Area Office on Aging Receives Grant from Aetna Supporting Community Needs amid COVID-19

Area Office on Aging of Northwestern Ohio, Inc. has received a grant from Aetna, a CVS Health business (Aetna), supporting its response the COVID-19 outbreak. The grant is part of more than \$1 million CVS Health and its foundations have given to address food insecurity and other community needs in response to the challenges presented by pandemic.

“This funding will be used to meet the essential needs of older adults in our community during the Coronavirus crisis,” said Mrs. Billie Johnson, President/CEO. “We appreciate the support Aetna has provided the Area Office on Aging to help our

community respond to COVID-19.”

The Area Office on Aging and its provider network have delivered groceries or meals to over 6,000 older north-west Ohioans each week during the Coronavirus crisis. The agency, its staff and volunteers have also been conducting thousands of well check calls of older adults at home to make sure they are okay and to provide them with an opportunity to socialize. The agency and its transportation providers are also making sure older adults who need to get to essential medical appointments such as dialysis and chemotherapy treatments are able to receive transportation

to their medical care.

We know that as a result of the disruption caused by the COVID-19 outbreak, there are many people in the communities we serve who are faced with urgent needs,” said Eileen Howard Boone, SVP of Corporate Social Responsibility & Philanthropy at CVS Health, President of CVS Health Foundation. “As part of our ongoing commitment to building healthier communities, we are pleased to support the Area Office on Aging in response to this pandemic.”

“The Area Office on Aging is a critical partner,” said Aetna Better Health of Ohio CEO, Tony Solem.

Coronavirus Crisis Career

The Area Office on Aging salutes the unsung heroes of the Coronavirus crisis: home care workers. These individuals are helping meet the critical needs of older adults in the community during this scary time. There are thousands of unsung heroes in northwest Ohio just like the one pictured below who are caring for older adults in our community, but there is a need for more unsung heroes like them. Training classes are forming. Call 419-382-0624.



Ongoing Events

Utoledo informational coronavirus website
You can find updates here: www.utoledo.edu/depts/infectioncontrol/coronavirus.html

Extended Due Dates for Courthouse Fines, Fees and Costs

On Monday, March 9, 2020, Governor DeWine issued Executive Order 2020-01D declaring a state of emergency. In order to maintain the safety of court staff and citizens appearing before the Court, The Toledo Municipal Court is implementing efforts in social distancing. As part of these efforts, fines, fees and costs that are due between March 11, 2020 and June 1, 2020 shall be continued an additional 90 days from the original due date. In the event that a due date falls on a holiday or weekend, the due date shall be continued to the next business day. For information on a particular case, check the Clerk of Court's website at <https://www.tmc-clark.com> The Clerk is in the process of updating due dates. If your date has not been updated, please continue to check the website for the next 24 hours. Contact: Lisa Falgiano, Court Administrator, Toledo Municipal Court, 419-245-1949 lisa.falgiano@tmcourt.org

Senior Centers Closed

At the advice of the local health commissioners, the following senior centers are closed to help prevent the spread of the coronavirus:

- Lucas County senior centers
- Sandusky County senior centers
- Williams County senior centers
- Wood County senior centers

The closure of the 12 Lucas County senior centers took place on Monday, March 16th. The AOoA/ Toledo Police Department's Retired Senior Volunteer Patrol Program has also cancelled all home visits. These precautionary steps are being taken since older adults are most vulnerable to contacting serious complications from the coronavirus. Older adults with chronic medical problems are twice as likely to have serious complications from COVID-19. The Area Office on Aging is recommending that all senior centers contact their participants and determine if anyone needs home-delivered meals, medical or personal supplies or any assistance during the period of closure. Additionally, the Area Office on Aging is recommending that a core team remain accessible to older adults and caregivers as needs arise.

The Agency has also been exploring ways to support the needs of homebound older adults in need of groceries, medications, incontinence supplies and other items necessary to promote independence and safety during this coronavirus pandemic.

11th Annual Toledo Sister Cities International Festival Postponed Until September
Jim Hartung, President, Toledo Sister Cities International Board of Trustees, has announced that the Eleventh Annual International Festival which was scheduled to take place Saturday, April 18, 2020 from 11 a.m. - 7:30 p.m. at the Toledo SeaGate Center, 401 Jefferson St., Toledo has been postponed until September 12 due to the Coronavirus pandemic.

Toledo and Lucas County 2020 Census
The 2020 Census is nearly here and it is EXTREMELY important to Toledo and Lucas County. Review the dates here and remember to Be Counted Toledo!

WHAT WE WILL SEND IN THE MAIL

- April 8-16 - A reminder letter and paper questionnaire.
- April 20-27 - A final reminder postcard before we follow up in person.

Sisters In Power Fundraiser/Donation Drive
Several programs and services for the community and its all free by ways of donations and fundraisers that are conducted throughout the year. A supply drive or diaper drive is needed to support some of these outreach programs. Donations that are needed for Children's clothing in any size, Baby diapers in size newborn to size 6 for Diaper Pantry, School Supplies, Printer Ink for Epson-212, and Gift Cards to Michael's. More information 419-984-2799.

CANCELLED - Every Third Wednesday Lucas County Human Trafficking Coalition and Social Justice Institute

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.

Every 3rd Saturday River of Life Church
Hosts "The Storehouse" free food distribution from 11:00am to 1:00pm , 3611 Upton Ave., Toledo, Ohio 43613. Ephesians 6:7 - NLT - Work with enthusiasm, as though you were working for the Lord rather than for people.


Now - Until WGTE Public Media Home Learning
WGTE Public Media in collaboration with all of the Ohio Public Broadcasting stations announces AT Home Learning. On Monday, March 30, 2020

at 7 a.m., WGTE changed its programming to educational programming to help students ranging from high school to early learners. This programming is designed for students who may not have computer and online access. This new programming will be available until schools resume. For more information contact Theresa A. Bush, Marketing Communications Manager at theresa_bush@wgte.org.

April 4th Greater St. Mary MBC "Spring Into Fashions" - Style Show & Dinner POSTPONED
Greater St. Mary Missionary Baptist Church Adult Choir's "Spring Into Fashions" - Style Show & Dinner Event has been Postponed. A later date will be established and the public will be notified of that date in advance. We certainly thank everyone for their interest, cooperation & commitments. "The well-being of our Guest and our Members is always our top priority". God is still in full control! We look forward to seeing you all soon. Prayer is the Key!
Emeritus Minister of Music, Bro. Johnnie Love, Pastor, Rev. Robert W. Lyons Sr.

April 5th POSTPONED Until - Sunday, May 3, 2020 The Indiana Avenue Missionary Baptist Church Will Be Celebrating The 55th Pastoral Appreciation & The 70th Wedding Anniversary
Rev. Dr. John E. & First Lady Mother Bernice Roberts

April 10th - CANCELLATION Good Friday Stations of the Cross
The annual Good Friday Social Justice Stations of the Cross are canceled for this year. Thanks to all of you who were planning to take part in the April 10 event. We hope we will be able to pray around the courthouse together again in 2021.
Peace and all good, Toledo Chapter Association of U.S. Catholic Priests Social Justice Subcommittee: Fr. John Blaser, 419-344-1295, lormanj@gmail.com St. paul's Lutheran Church: Rev. Pete Bowmer, 419-243-4214, pastor.pete@stpaulstoledo.org



DEBT RELIEF?
CHAPTER 7 BANKRUPTCY
\$650 PLUS COURT COSTS
FREE LEGAL ADVICE
A debt relief agency per the BKY code.
ATTY. LAFE TOLLIVER
CALL 419-249-2703

Loan Assistance

Ohio Primary Voting

SUBMITTED

Toledo Urban Federal Credit Union providing loan assistance for small businesses during shut down
Toledo Urban Federal Credit Union, 1441 Dorr, at Detroit, have started taking loan applications. To date, they have assisted, at least 50+, small Toledo business owners, during this coronavirus pandemic.
Beauty shops, barber shops and day care centers, just to name a few, are seeking \$25,000 loans, according to Ms. Suzette Cowell, Toledo Urban CEO.
She has suggested that, these businesses, call other people to let them know about the available loans.
Last week, Governor Mike DeWine, declared the state of Ohio a disaster area. He ordered the closing of all, but essential businesses, that included many small business owners.
As a result, the SBA office in



PHOTO CREDIT / PIXABAY

Cleveland, OH, began to offer loans, for up to two million, to small businesses (500 employees or less) hurt by the virus. Repayment is up to 30 years with a 3.75% fixed rate. Non-profits at 2.75%.
These loans can be used for everyday expenses, not for expansion or new equipment.
To contact Toledo Urban Federal Credit Union call (419) 244-8876 and ask for Zahra.

SUBMITTED

Our senators also helped address Ohio's Primary Election. As you know, Ohioans were not able to vote in-person on Primary Election Day (March 17), due to Coronavirus concerns. So our legislators have extended mail-in absentee voting to April 28th.
Ohio just extended mail-in absentee voting to April 28th. What does that mean?

- Anyone who is registered to vote in Ohio (who has not already voted) can request an absentee ballot and mail it in.
- Ballots must be postmarked by April 27th. So you need to request your absentee ballot ASAP.
- HOW TO request an absentee ballot:
 - 1.) Fill out the request form, print it, sign it, and mail it to your County Board of Elections at <https://bit.ly/3buH8T0>
 - Find your County Board of

Elections at <https://bit.ly/2UscC6A>.

- Don't have a printer? Call your County Board of Elections. Ask how you can request an absentee ballot.
- 2.) Your County Board of Elections will mail you a ballot.
- 3.) When you receive your ballot in the mail, fill it out and mail it back to your County Board of Elections.
- There will be NO in-person voting for most Ohioans (BUT Ohioans with disabilities or special circumstances can vote in-person **on April 28th** at their County Board of Elections.).
- If you already voted, you're good. Your vote will still count.
- **NOTE:** When the absentee request form asks for the date of the Primary Election, write March 17, 2020.
- Technically, Ohio's Primary Election Day did not change. They just extended absentee voting.
- Check out VoteOhio.gov for more information.

The Dangers of Binary Politics for the African-American Community



By Dr. Wilmer J. Leon, III
Wire Writer

(TriceEdneyWire.com) - “You can only be destroyed by believing that you really are what the white world calls a nigger...This innocent country set you down in a ghetto in which, in fact, it intended that you should perish...The limits of your ambition were, thus, expected to be set forever. You were born into a society which spelled out with brutal clarity...that you were a worthless human being...not expected to aspire to excellence...expected to make peace with mediocrity.” - James Baldwin My Dungeon Shook – 1963

America is recklessly muddling its way through perilous times. The pandemic called Covid-19 is being mismanaged by an administration that ignores science. Trump lied to the nation, falsely asserting that major insurance companies will cover treatment for Covid-19 free of charge. He then contradicted health experts with his “hunch” that the death rate was lower than WHO estimates, possibly down to a “fraction of 1 percent”. He also believes, “... we have thousands or hundreds of thousands of people that get better, just by, you know, sitting around and even going to work, some of them go to work...”

Contrary to Trump’s narrative that America’s economy is, “...the envy of the world. Perhaps the greatest

economy we’ve had in the history of our country”, reality tells a much different story. According to political economist Dr. Jack Rasmus, after Trump’s March 11 address to the nation, “The Dow Jones stock futures market immediately went into a tail-spin, falling 1250 points...That has nearly wiped out all of Trump’s much vaunted stock market gains since he came into office.”

On the international front, Trump’s “Deal of the Century”, the Middle East peace plan that was supposed to be three years in the making has proven to be a total fraud. Similarly, his “peace deal” in Afghanistan was signed by the U.S. and the Taliban in February but the Afghans and Taliban have not signed it. You can’t have peace unless the warring factions (Afghans and Taliban) agree. This from the man who claims to understand the “art of the deal”? That’s not a peace deal; that’s a big problem.

As America muddles its way through these perilous times, too many in the African-American community appear to be more confused than ever. We have traded our interests in for “electability” and “anybody but Trump”. Former NAACP Board Chair Julian Bond told us that we have no permanent friends, and no permanent enemies, just permanent interests. Malcolm X called them permanent agendas.

By failing to develop, understand and articulate our permanent interests/agendas, we fall victim to the problem of binary politics, the simplistic either-or scenario. Yes, this is a two-party system, but failing to have an afro-diasporic weltenschung or world view continuously leaves us with the simplistic and deadly choices of the status quo, “do you want lead in your drinking water or mercury?...do you want arsenic with your grits, Baby or do you want mamma to sprinkle a bit of strychnine on them for you?” Having an afro-diasporic weltenschung does not mean that we are a monolith. It recognizes that we share a common history, oppressor and we should have common issues and values.

This rant of “anybody but Trump” is a perfect example of the dangers of

binary politics, especially for the African-American Community. Please don’t get this twisted. Yes, Trump is disgustingly ignorant, vile, gauche, racist and an admitted sexual predator. However, following the simplistic narrative of “anybody but Trump” without an afro-diasporic weltenschung as the basis of your analysis will not ipso facto lead you to a better alternative. As Sportin’ Life say’s in Porgy & Bess “It Ain’t Necessarily So”.

We’ve been told by some in leadership positions that “we know Joe (Biden) and Joe knows us”, “He is a public servant who has always worked for the best of who we are as a nation and we need that right now,” and “The answer to hatred & division is to reignite our spirit of common purpose...He’ll restore honor to the Oval Office and tackle our most pressing challenges.”

Yes, we know Joe; he has quite a long record. His record on busing, the crime bill, Ms. Anita Hill’s testimony against Clarence Thomas, plagiarism and other issues is very clear. I don’t write this to say that Joe Biden is the wrong choice. I write this to say that if your analysis is solely based on “electability” or “anybody but Trump” your analysis is shallow. In fact, it’s not even analysis it’s reactionary. The African American community can ill afford reactionary politics. It’s not about the politics of personality; it’s about the politics of policy.

“Anybody but Trump” ignores the fact as a US President, Trump is a functionary of the US government. His position on Venezuela is the same as previous administrations’. Both Democrat and Republican administrations have had policies that included US interference in other Central and South American countries. Trump’s position on tax cuts and cuts to social programs builds upon tax policy and social policy cuts from previous administrations. Remember “ending welfare as we know it” under Clinton and Obama’s failed “Grand Bargain”?

Again, I did not write this to say that Joe Biden is the wrong choice. I’m merely asking what do we get for our loyalty; more hope without

substantive and systemic change? The issues that plague America are systemic. Racism in America is organic. What do we get for our endorsements? An afro-diasporic weltenschung is essential to developing the platform that serves as a baseline for any political candidate that seeks the African American vote. Any candidate seeking our support must commit to supporting a set of clear platform planks and policy initiatives that support the Community. The 1972 Gary Declaration from the National Black Political Convention is the place to start.

Yes, Trump needs to go, but so does the status quo. Dr. William A. Darity, Jr. wrote in How Barack Obama Failed Black Americans, “... the relative economic position on virtually all indicators, including the racial unemployment rate gap, has not improved (for African Americans) since the passage of the Civil Rights Act of 1964.” A return to the status quo for the African American community is unacceptable.

Samuel Yette told us in The Choice that this is a question of survival. In the minds of the elites, African Americans are “obsolete people... Black Americans have out lived their usefulness...The wood is all hewn, the water all drawn, the cotton all picked...and only a few shoes remain to be shined.”

By settling for the status quo through the willful ignorance of supporting a candidate that has a proven track record on issues that are not in the best interest of the African American Community, are we, as Baldwin warned, making peace with mediocrity?

Without substantive systemic change, are we believing that we really are what the white world calls a nigger? This should never become our reality.

Dr. Wilmer Leon is the Producer/ Host of the nationally broadcast call-in talk radio program “Inside the Issues with Leon,” on SiriusXM Satellite radio channel 126. Go to www.wilmerleon.com or email: wjl3us@yahoo.com. www.twitter.com/drwleon and Dr. Leon’s Prescription at [Facebook.com](https://www.facebook.com/InfoWaveCommunications) © 2020 InfoWave Communications, LLC

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A Good Time for Patience

By Dr. E. Faye Williams
Wire Writer

(TriceEdneyWire.com)—Most of us run around every day—often frantically and stressed out wondering how we’re going to handle everything that is on our plate. Day after day, we worry,

but we refuse to stop and figure out what our next step is. We often don’t eat right because we have so much to do. We don’t exercise because there’s just not enough time. We don’t take the time to read a good book that would just be enjoyable to read. We rush from place to place trying to solve the problems of the world.

Now, we’re faced with something we might never have heard of before called coronavirus. Not only due to presidential orders, governors’ orders, orders of local officials, CDC and other health agencies giving us directives, we’ve been forced to pause. This might be a good time to have patience since what happens next is beyond our control. We might do what Dr. Dee Carroll suggests in her book called Emotional Emancipation. She urges us to step into our freedom, reinvent our chal-

enges and move beyond them. For an unknown amount of time, we’ve been forced to slow down our pace from the things we usually do. We’ve been taken away from our usual hustle and bustle routine. Since no matter what we do personally, we don’t have the know how to resolve the coronavirus, so this seems like a good time to show some patience.

Maybe this is a good time to listen to the words of Dr. Homayoun Sadeghi who said, “... everything that happens is a gift, how adversity can make us magnificent creatures if we let it, and how embracing it can bring about an amazing journey of emotional healing and overall health....”

During this critical period of our being forced to slow down and do things in a different way, maybe we can teach ourselves

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Will the Corona Virus Hit Black Folks Harder?



By Julianne Malveaux
Wire Writer

(TriceEdneyWire.com) - Restaurants, museums, libraries, gyms, and bars are closed. So are schools, from K-12 to higher education. Classes will be conducted online or not at all. A local vendor told me her receipts were down by 85 percent, and she hopes not to close before the "national emergency" is over. Our streets are deserted, with some cities asking people to "self-quarantine", or in the words of several mayors, "stay home unless it is urgent." The shutdowns have impacted our economy. Consumer spending is more than two-thirds of GDP. If people aren't working, people aren't spending.

Treasury Secretary Mnuchin estimates that unemployment will rise to a scary 20 percent, just a bit lower than depression rate unemployment levels. And when America gets a cold, Black America gets the flu. Black unemployment has been twice the white unemployment rate. That means the Black community might experience unemployment of around 40 percent. That's frightening! Why are Black folks more vulnerable? We are more likely to work in the service occupations and in the gig economy. While jurisdictions are exploring the possibility of paying people who cannot work because of quarantines, it is not clear how many will be excluded from this relief. There are talks of giving everyone with an



income under \$85,000 a \$1000 cash payment. And then what?

Meanwhile, government is planning a big bailout for airlines, hotels, cruise lines, the auto industry, and others. If these folks get a bailout, it ought to be a loan, not a gift. After all, some of these industries, notably the auto industry, got bailouts in 2008, but they were loans, not grants. Those who got grants, like the "too big to fail" banks, were supposed to use it to pump money into the economy. Instead, they tightened credit requirements, so few could qualify for loans. The 2008 bailout was unevenly applied, and industries that didn't have effective lobbyists did much worse than others. Many of the companies paid the government back. We need to make sure they all pay it back this time.

My greatest concern is the medically vulnerable, people who have diabetes, lung disease, and heart disease, as well as those who are over 60. This includes nearly half of all African American women (47.3 percent), along with 44.8 percent of African American men. The incidence of heart disease for

white women (33.8 percent) and men (37.4 percent) is significantly lower.

There are racial differences in the incidence of diabetes, as well. African Americans are 60 percent more likely to be diagnosed with diabetes than whites and twice as likely to die from the disease. African Americans are also far more likely to contract lung disease than whites, and four times more likely to die from asthma. Tests for the coronavirus seem to be in short supply. Will there be any targeted outreach to African Americans to ensure they are tested for the virus, especially because African Americans often delay doctor's visits even when they are sick?

Coronavirus knows no race, gender, or age. When the virus first hit, medical professionals, said that older people were more vulnerable than younger ones. Now, the numbers are rising for young people, and even some children have been diagnosed with the virus. It may be churlish to point out that African Americans are likely to be harder hit than other populations. When white America gets a cold, Black America gets a fever. Inequality is hard woven

into our nation's very fabric. Thus, it is hard to imagine the hardest coronavirus relief will be race neutral. African Americans are more likely than others to be unemployed, part of the gig economy, or otherwise at the economic periphery.

Furthermore, recession is inevitable. Except for grocery stores, pharmacies, and banks, nothing is open. People aren't spending because there is no place for them to spend. We don't know how long this emergency will last – some say as long as 18 months. But we do know that recession hits Black folk, poor folk, and marginalized folk harder than it hits others. We won't see the impact of this pandemic until after the fact. But if the past is any indication, our nation will experience a harsh blow, and for African Americans, the impact will be even more jarring.

Dr. Julianne Malveaux is an economist, author, media contributor and educator. Her latest project MALVEAUX! On UDCTV is available on youtube.com. For booking, wholesale inquiries or for more info visit www.juliannemalveaux.com

A Good Time for Patience



continued from page 4

to be more patient about things that really matter. Maybe we can take the time to be more thoughtful toward others. We can take the time to call friends and family we've neglected to call for a very long time. Instead of sending demanding messages that require immediate responses, let's try sending warm, encouraging ones for others who may be going through very stressful times.

Even when there's no coronavirus concern, all of us go through something, but too often we don't take the time to deal with it. We move on to the next challenge without dealing with the one we just went through. If your work has slowed down or become non-existent, why not begin writing that book you've always thought about writing? Why not learn to meditate? Why not work some crossword puzzles? Why not just do nothing for a few days? That's probably the hardest thing in the world for

a normally busy person to do—but it may be just what you need.

Since I can't do all the things I normally do in a day, I've stepped up my walking. In the early morning, there's almost no one out there so I find myself relaxed, having clearer thoughts and feeling more energetic. I am organizing and finding things I haven't seen for years. I've thrown out a lot of things that I should have thrown out years ago. I've also found things I wanted that have alluded me for years.

I'm learning to stop saying "I've got to do this" and "I've got to do that" all day long, knowing I can never do all the things in one day that I schedule or that just come up seemingly out of nowhere. I'm exercising patience these days and I feel great!

(Dr. E. Faye Williams is National President of the National Congress of Black Women. She hosts "Wake Up and Stay Woke" on WPFW-FM 89.3. Contact information: 202/678-6788. www.nationalcongressbw.org)

Submitted

At its board meeting on Wednesday, March 18, the Ohio Housing Finance Agency approved a proposal to provide up to \$5 million in funding to help homeless and low-income Ohioans negatively affected by the coronavirus pandemic avoid or escape homelessness and stay in their homes.

Each of the state's nine Continua of Care will receive a portion of the dollars to address homelessness prevention, rapid rehousing, and emergency rental assistance. A Continuum of Care is a regional planning body that coordinates housing and other services for homeless families and individuals. Ohio's CoCs have significant experience administering homelessness prevention, rapid rehousing and rental assistance programs.

"Our state's Continua of Care are best situated and equipped to assist homeless families and households struggling with paying rent or facing housing instability during this difficult time," said OHFA Executive Director Sean Thomas. "We appreciate the support of our Board and are proud to provide this funding to help meet these urgent needs across our state."

Funds will be disbursed based on a formula corresponding to the number of extremely low-income and very low-income residents in CoC service areas. CoCs could begin receiving funds as early as April.

"You can't stay home if you don't have a home," said Michelle Heritage, executive director for Community Shelter Board. "This quick deployment of emergency funds will help us address a tremendous need among our most vulnerable neighbors facing homelessness."

"We appreciate OHFA's leadership and flexibility in getting these resources out quickly," said Bill Faith, Executive Director of the Coalition on Homelessness and Housing in Ohio. COHHIO, along with the Ohio Development Services Agency, serves as one of the lead staffing agencies for the Ohio Balance of State CoCs, which represents the 80 non-urban counties in Ohio.

Also in response to the COVID-19 emergency, the Board approved a proposal to work with previously funded affordable housing apartment communities throughout the state that agree to suspend evictions at their properties for the next six months. OHFA staff will contact eligible owners directly with details of this assistance.

As part of its regular agenda, the board also approved the construction and rehabilitation of 10 developments in counties across Ohio: Adams, Seneca, Allen, Clark, Hancock, Portage, Hamilton, and Montgomery.

Additional information and updates about OHFA's response to the coronavirus health emergency are available on OHFA's website.

About the Ohio Housing Finance Agency

OHFA is a self-supporting quasi-public agency governed by an 11-member board. The Agency uses federal and state resources to provide housing opportunities for families and individuals through programs designed to develop, preserve and sustain affordable housing throughout the state of Ohio.



PHOTO CREDIT / SUBMITTED

Toledo Ohio Public Utilities



PHOTO CREDIT / SUBMITTED

REMINDER : There is a moratorium on water shut-offs until the threat of COVID-19 is diminished.

The moratorium applies to residential Toledo and Lucas County customers.

Toledo Public Utilities will not turn off water service to any residential customer. The city will also restore water service to all residential customers who have had their water disconnected for non-payment. In order to accomplish this, Toledo Public Utilities field services technicians must access properties to obtain a meter reading.

During the moratorium, customers who need assistance, or who have general billing questions, are encouraged to contact Engage Toledo at 419-936-2020. Customers can also email dpucustomerservice@toledo.oh.gov.

The Customer Service Walk-In Service Center at 420 Madison Ave. is closed to the public. Find more information on city offices during the COVID-19 pandemic at this link . (En Español .)

You have homeownership #goals. But you also have financial #reality.

Did you know that the Ohio Housing Finance Agency helps qualified homebuyers with down payment and closing costs assistance, discounted interest rates and more?

Homeownership. It's Within Reach.

Find out if you're eligible at www.myohiohome.org





Dear Lucas County,

The Auditor Anita Lopez asks you to please call EACH DEPARTMENT DIRECTLY. Please save these numbers for the future until One Government Center opens again.

We are respecting the President's and Governor's request for social distancing due to the Coronavirus. These phone numbers are also on our website too. We are able to mail documents and forms. We can email, conference call, and Facetime. We can accept scanned or faxed documents.

If you MUST meet someone and CAN'T BE SAFE DISTANCE TO PROTECT your health, please call the Auditor directly.

Our office is Open 8 am - 4:30 pm Monday through Friday. We are ready to serve. Be safe!

If calling direct extensions, you will be prompted to dial the last 4 digits again, to connect.

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Board of Revision: (419) 213-4424 or (419) 213-4327

CAUV/Homestead: (419) 213-4873

Dog, Cigarette or Vendors License: (419) 213-4443

Finance: (419) 213-4329 or (419) 213-4435

Disbursements: (419) 213-4328

Tax Accounting: (419) 213-4446 or (419) 213-4154

Special Assessments-Exemptions: (419) 213-4292 or (419) 213-4154

Payroll: (419) 213-4348 or (419) 213-4346

Weights and Measures: (419) 213-4447 or (419) 250-3630

Homeowners Real Estate: (419) 213-4142 or (419) 213-4434 or (419) 213-4155 or (419) 213-4153

Commercial/Business Real Estate Questions: (419) 213-4833

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TEXT A QUESTION: 419-309-7877

Call the Lucas County Auditor Herself: (419) 213-4322

Penn State to honor first black astronaut to fly into space

By Frederick H. Lowe
BlackmansStreet.Today

Penn State University is expected to name a building in honor of alumnus Dr. Guion “Guy” Bluford Jr. , the first African American astronaut to soar into space.

Bluford, who graduated in from Penn State in1964 with a Bachelor of Science degree in aerospace engineering, flew into space as a mission specialist aboard the STS-8 Challenger on August 30, 1983.

It was a rainy day, and 30 years later Buford joked he was surprised that anyone showed up to the see the launch because of the foul weather. The Challenger took off from the Kennedy Space Center in Florida, circling the Earth 98 times in 145 hours.

“People came from all over to watch this launch because I was flying,” Bluford said in 2013 interview with the National Aeronautics and Space Administration. “I imagined them all standing out there at 1:00 in the morning, holding their umbrellas, all asking the same question, ‘Why am I standing here?’”

The mission ended when the Shuttle made a night landing on September 5, 1983, at Edwards Air Force Base in Kern County, California.

The shuttle was the first spaceship to carry a black man into space and the first spaceship to land like a passenger plane on the Earth. Previous landings occurred in the ocean.

Penn State’s Board
Penn State’s board of trustees has



PHOTO CREDIT / SUBMITTED
Astronaut Guion S. Bluford

a PhD in aerospace technology. He was one of 35 candidates out of 10,000 applicants selected for NASA’s new space shuttle program.

He officially became a NASA astronaut in August 1979. He was 37.

Two years after his first space mission, Bluford flew into space as a mission specialist on October 30, 1985 aboard the Challenger. The challenger completed 111 Earth orbits in 169 hours



recommended naming the CIMP-3d lab after Bluford. The lab uses powered metals and 3D printing to develop less expensive metal parts for various business applications. The building is located at 230 Innovation Boulevard in University Park on Penn State’s campus.

Philadelphia native
Bluford was born on November 22, 1942, in Philadelphia. He is 77. His father was a mechanical engineer and his mother was a special education teacher.

He enrolled in Penn State as a member of the Air Force ROTC program, graduating in 1964 with a degree in aerospace engineering.

He trained as a pilot at Williams Air Force Base in Arizona, later flying 144 combat missions in Vietnam.

After the Vietnam, he enrolled at the Air Force Institute of Technology where he earned both a master’s degree and

before landing at Edwards Air Force Base November 6, 1985.

The Challenger experienced a devastating setback on January 28, 1986, when it exploded killing all seven of the aboard, including black astronaut Ronald McNair, one of three mission specialists aboard.

The worldwide television audience watched in horror and disbelief as the Challenger exploded.

Bluford made his final two space flights aboard the Discovery in 1991 and 1992. He had spent 688 hours in space by the time he retired in 1993.

He was inducted into the International Space Hall of Fame in 1997 and the United States Astronaut Hall of Fame in 2010.

He now works in the private sector. Bluford is married and he and his wife have two children.

These 10 and 12-Year Old Sisters Have Just Written and Released Their 3rd Book



Nationwide — Gabby and Gigi, two young sisters from Southern California, have proven that you can never underestimate the imagination and vision of children. The sisters convinced their mother, Phnesha Marchette, who also happens to be an artist and writer, to use some of their drawings about things they loved to do, which morphed into the Gabby and Gigi book series.

The first book, Meet Gabby and Gigi, was released in 2016 and the second book, Daisy Did It, was released in the summer of 2019. The girls were so eager to work on getting their stories out that Gabby designed the cover art concept for book three and, even to their surprise, they were able

to release their third book, The Big Big Secret one week before Christmas in 2019.

2019 was a very busy year for the girls! Their book series was picked up by Reading is Fundamental and hundreds of the books have already been distributed in schools throughout California. They will also have their books distributed in Africa this year as well as launch a major product which will increase their platform, “Showing African American children in a positive light.”

The Gabby and Gigi book series is for ALL children. The goal has always been to show that all children are alike and learn the same lessons and have the same experiences. The series also

promotes strong family dynamics and is educational; there are Reading Comprehension questions at the end of every story.

Gabby and Gigi have been featured in magazines and local news outlets and have had book signings at major retailers and events over the past few years. Their next event will be on March 28, 2020 at the Carson Community Center 801 E Carson Street Carson, California 90745 starting at 10 a.m. The girls will be joining Black Writers on Tour again and will be featured in the children’s section.

Follow them on social media at Facebook.com/GabbyandGigi/ and purchase their books on Amazon.

How and Why to Keep Kids on a Schedule During School Closures

(StatePoint) School closures have forced families nationwide to readjust to the current reality. However, a sense of structure is important for children’s developmental growth. To create a routine for your kids that sticks, consider the following tips:

- Just because there is no formal school day doesn’t mean kids should sleep in or stay up late at night. Keep the same bedtimes, wake-up routines and mealtimes you always maintained during a regular school week. Doing so will bookend the mornings and evenings with a sense of normalcy.
- Mimic a school day to the best of your ability. Use the distance-learning tools your child’s teachers offer as well as other educational apps and resources to have kids focus on different school subjects. This will help break up the day into little chunks just as would happen in the classroom. Be sure to build in time for art projects, exercise and

music. Most importantly, don’t forget “recess.” If possible, allow children to play in the backyard where they can socially distance from neighbors, or set up an area of your home for playtime.

- Evenings are a good time to relax and unwind together. Play board games, watch your children’s favorite movies or even use the many resources available online to enjoy a virtual walking tour of a museum, botanical garden or zoo. This is also a good time to allow children to connect with their friends using video chat or with family members they are not currently able to see in-person.
- For many children, screens are their greatest distraction. For this reason, one of the best ways to ensure your children stay focused on the schedule you create for them is by managing their screen time.

One easy way to do so with less direct intervention from you (since you

are likely busy yourself!) is by using a screen time monitoring and scheduling tool like the OurPact app. Get started by signing up for a free account and pairing your children’s devices. From there, you will be able to manage devices remotely to create a schedule that keeps kids offline when they need to be focused on other things. It can also be customized to allow children to visit and use only certain learning sites or apps during particular hours of the day. Because this schedule lives on the children’s devices as well, you’ll be giving them the comfort of a routine. To learn more or download, visit OurPact.com.

During these challenging times, it can be tempting to let your family routine fly out the window. By using new tools such as distance-learning programming and schedule management apps, you can keep kids to a schedule that makes them ultimately happier and healthier.

April is Minority Health Month

April is Minority Health Month

Dear Black People

Continued from page 1.

you are African living anywhere in the world including the continent, black American, mixed race, biracial, Hotep, Greek, GDI, hood, bougie, religious, atheist or any category of black, there isn't a magical pill or pigment that's going to stop you from getting coronavirus if you come in contact with someone who has it.

Even if you don't think you have it, you very well could have it and knowingly or unknowingly spread the virus that may not be fatal to you but could be fatal to others. It is called being asymptomatic. Merriam-Webster's dictionary uses asymptomatic in the following sentence to give people a better understanding of the meaning of the word:

"Those measures could work slowing the spread of the virus, which is also believed to be spread by asymptomatic people."

My point is coronavirus will kill you and other black people so wash your hands and stay away from others outside of your home as much as possible, especially older folks. Listen to those in power you can trust. If restaurants, gymnasiums and other businesses are closed, stay away from them. Some restaurants are still delivering and responsible gym owners are posting at-home workouts for their clientele on the web. I've also heard folks saying only two percent of the U.S. population will get it. For the geniuses out there, that amounts to 6 million people which is not a small number.

As for all of the conspiracy theories, the rapid spread of coronavirus happens when your President hires a science denier as head of Health and Human Services who promptly cuts the CDC's budget on managing infectious diseases by 80 percent and is still trying to make more cuts to said budget.

Oh, and suppressing important information and holding press conferences about coronavirus that are evasive and filled with misinformation and flat out lies. Just because your xenophobic President calls it the Chinese virus, doesn't mean it only impacts the Chinese. Oh, and there are black Chinese people too but that's another article (see Jamaica).

If you haven't before, now is the time to practice self-care. There is no conspiracy and black people can and are dying from this virus. Coronavirus is real and those of us who have been historically denied competent and compassionate healthcare should be the most vigilant in adhering to guidelines and mandates to prevent the spread of the deadly virus, especially to our most vulnerable populations.

University of Toledo Medical Center lab can now test for COVID-19

By SUBMITTED

The University of Toledo Medical Center's pathology laboratory now has the ability to test for COVID-19 and deliver results in less than 48 hours. The service will significantly reduce the waiting period for patients and their physicians to confirm a diagnosis.

UTMC is the first laboratory in northwest Ohio with the capability to test for COVID-19.

The medical center is working closely with the Toledo-Lucas County Health Department and other area hospitals to prioritize testing for patients who are hospitalized with severe pneumonia or who are in intensive care units with severe respiratory illness. UTMC also will test symptomatic first responders and



healthcare providers who have had direct exposure to a confirmed COVID-19 case while not wearing personal protective equipment.

"Testing supplies are still limited and we have to be strategic about how we deploy our resources," said Mo Smith, associate vice president of patient care services and chief nursing officer at UTMC. "However, by working with our community partners, we can significantly increase the pace of testing in northwest Ohio as we work to fight this dangerous virus."

UTMC has the ability to process 180 samples per day. Patients will not be able to individually request a test. All testing must be ordered by healthcare professionals, following criteria established by the Ohio Department of Health.

COVID-19 takes IL Sisters 9 Days Apart

By SUBMITTED

Chicago, IL — Patricia Frieson, a 61-year old retired nurse from Illinois, was the first reported death from the coronavirus in the state. Just 9 days later, her older sister, 63-year old Wanda Bailey, also died from the virus.



PHOTO CREDIT /SUBMITTED

Pictured L to R, Wanda Bailey & Patricia Frieson

When Patricia started having difficulties breathing, her family didn't think it was that serious. Until she tested positive with COVID-19 and eventually died on March 16.

Unfortunately, on that same day, her family also found out that Wanda, her older sister, was taken to the ER due to cough. She died of pneumonia due to COVID-19 as well on March 25.

is particularly grieving with the fact that they weren't able to give the two sisters a final goodbye because of the necessary procedures in an infectious disease death.

"The toughest part about my sisters' death is that they had to die

alone in the hospital," Frieson told CNN. "It's just devastating to us that we couldn't go to see them in their last moments."

Currently, there are a total of more than 5,000 known cases of coronavirus in Illinois and 73 deaths.

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5 Confirmed Cases of African Americans Who Died from Coronavirus



Pictured L to R, Larry Edgeworth, Oliver Stokes Jr., Patricia Frieson, Alvin Simmons, and Tre Hiser

By SUBMITTED

Nationwide — Many from urban communities initially believed that Black people were immune to the coronavirus. This was obviously false information, partly due to the media’s bias in their reporting. Not only can Black people contract the COVID-19 virus, but many are also dying from it. Many have died already, but here are just five confirmed cases:

#1 – Larry Edgeworth: a 61-

year old long-time employee of NBC News. According to CNN, he worked in an equipment room at the company’s headquarters in New York City, also suffered from other health issues.
#2 – Oliver Stokes Jr.: a 50-year old man from New Orleans who was best known as Go DJ Black N Mild. He worked as a DJ in Houston for KHOU, and also spun bounce records for New Orleans AM station WBOK. According to People, he was initially diagnosed

with pneumonia.
#3 – Patricia Frieson: a 61-year old retired nurse from Chicago who had a history of respiratory issues which including severe asthma. NBC Chicago reports that she contracted the virus at a nursing home.
#4 – Alvin Simmons: a 54-year old from Rochester, New York. He reportedly had hypertension and liver disease, and was initially diagnosed with pneumonia. After being given antibiotics, he vomited blood, had a stroke, and later tested positive for coronavirus according to ABC 13 News.
#5 – Tre Hiser: a 32-year old family man reportedly Indianapolis, Indiana. He was a father, husband, son, and uncle. He reportedly contracted the virus from someone he knew who also was infected.
For the best information about the virus pandemic, please follow the Center of Disease Control (CDC) and the World Health Organization (WHO) or call the National Coronavirus Helpline at (888) 581-5029.

Can We Handle the Truth About Coronavirus?

More than half of all Black folks in this country are a vulnerable population!



By GLENN ELLIS

(TriceEdneyWire.com)
- Don’t you already know everything you need to know about coronavirus? What else is there for you to know that you haven’t already heard, you ask?
Every media outlet we turn on and everything we read in the papers inundates us with information about this rapidly evolving coronavirus crisis. On top of that, our “friends” are showing how smart they are by rushing to post every single natural/ miracle cure; conspiracy theory; and prediction on the end of the human race. Even people I have known for years have all of sudden become epidemiologists; medical doctors; scientists; and researchers! Regrettably, we have been done a disservice by both the media, as well as our well-intentioned friends. In spite of the best intentions, these new “experts” promote beliefs and folk remedies that could result in dangers equally as bad as coronavirus infection.
During this unprecedented disruption brought to all of our lives, some people are expressing concern that information was held back from them. Folks were upset because they wanted to hear the truth; or so they thought. Instead of continuing to pass on the mounds of gross misinformation and fear-driven behaviors, we should all be only interested in the truth. Well, I’m not so sure we can handle the truth.

Let me share a few “truths” that not only have many of us heard about, but many things are specific to poor people and African-Americans in this country.
Call your doctor: For millions or Black, brown, and poor people in this country, that is not an option. As of 2019, roughly 27.5 million people didn’t have health insurance at any point last year, according to figures from the Census Bureau. In addition, an analysis from the CDC and the Kaiser Foundation, 31 percent of blacks, 47 percent of Hispanics don’t have a personal doctor! I have looked and not been able to find any data on how many people who are newly insured under Obamacare actually have a primary care doctor they can call. Get my point? This “truth” shows that a whole lot of people are left out when the CDC and other officials tell folks who are already bunkered down, that if they think they have symptoms, “don’t go to the hospital; call your doctor first”.
Stay in place: This guideline to prevent the spread of coronavirus is probably among the most baffling to me. Let’s start with the complexity of many households and families in most of the urban cities where the majority of the poor, Black, and brown people live. One of the most recent studies to look at family household composition was published in the Journal of Black Studies (2007) reported that 39 percent of African-American children did not live with their biological father and 28 percent of African-American children did not live with any father representative. Some families have people live with them that aren’t

Continued on page 11.



April Is Testicular Cancer Awareness Month

- Don’t take a chance with your life... Do a self-exam monthly.
- Testicular cancer is the most common cancer in men ages 15-35 years.
- Testicular cancer is almost 100% curable if caught early.
- Testicular cancer can strike at any age.

Get It Checked
www.GetItChecked.com
Testicular Cancer Awareness Month
www.TesticularCancerAwarenessMonth.com
Men’s Health Resource Center
www.MensHealthResourceCenter.org
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Can We Handle the Truth About Coronavirus?

Continued from page 10.

related. Don't forget, the communities where marginalized populations are the places where you find homeless shelters; halfway houses; safe houses; and boarding houses. Add to that, the many seniors and "sick and shut-in" (many who live alone). The daily challenges in these scenarios means reliance on a variety of support systems in their social network (friends, families, caregivers, neighbors, etc.) as survival tools in everyday living is disrupted or no longer available.

Vulnerable populations: As defined by the World Health Organization, Vulnerability is the degree to which a population, individual or organization is unable to anticipate, cope with, resist and recover from the impacts of disasters. For purposes of the coronavirus pandemic, this includes those who have weak immune

systems; elderly; chronic diseases (diabetes, heart disease, obesity); cancer and transplant patients. It has been long established that Blacks have the highest mortality rate (of all causes) and arguably the worst health status of any racial group in the United States. Now think about what we know about the significant percentage of the black population in this country that has high blood pressure; diabetes; obesity; kidney failure; heart failure; cancer; asthma; COPD; and cast of other diseases. Just doing some rough calculations, it seems like no stretch of the imagination to conclude that more than half of all Black folks in this country are a vulnerable population!

I felt it was important to write this particular column, so that we are all clear about the specific impacts of this pandemic, and how it will disproportionately impact black, brown, and poor people in ways that

others won't be affected. Somebody has to (sadly) always look at what happens in this country, and ask the question, "how will this affect my community".

C O V I D - 1 9 (coronavirus) is real, it's deadly; and it's going to be with us for possibly the rest of this year.

Please continue to pay attention to the information from credible sources. Don't become a victim to your friend who all of sudden has become a "master healer". Stick to factual information. Always make sure that you understand, with every piece of information or official directives, seek the truth.

We know this is wreaking havoc on our families, our communities, our nation, and our world. It is the great equalizer. Just be sure to ask yourself if you can say you have thoroughly considered how this pandemic is affecting you and your family...if you can handle the truth.

Remember, I'm not a doctor. I just sound like one. Take good care of yourself and live the best life possible!

The information included in this column is for educational purposes only. I do not dispense medical

advice or prescribe the use of any technique as a replacement form of treatment for physical, mental or medical problems by your doctor either directly or indirectly. Glenn Ellis, is Research Bioethics Fellow at Harvard

Medical School and author of Which Doctor?, and Information is the Best Medicine. Ellis is an active media contributor on Health Equity and Medical Ethics. For more good health information visit: www.glennellis.com

Do I Have Severe Asthma?

Better understand your asthma, so you have better control of your symptoms.

	Well Controlled	Uncontrolled	Difficult-to-treat	Severe
Daily asthma symptoms and activity limitations		✓	✓	✓
Waking up at night due to asthma		✓	✓	✓
Daily use of quick-relief medicine		✓	✓	✓
Asthma episodes requiring an oral corticosteroid, emergency room visit or hospital stay		✓	✓	✓
Use of multiple medium to high-dose long-term controller medicines			✓	✓
Biomarkers are positive for type 2 or non-type 2 inflammation				✓



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An Open Letter to Church Leaders:



By REV. DONALD L. PERRYMAN, PHD
President, United Pastors for Social Empowerment

On Wednesday, April 8th, our Jewish friends will celebrate the old, old holy time of the Passover. Each year, a Jewish child asks at the Passover meal, “Why do we do these things? What do we mean by this service?” You, pastors and leaders of the church,

know the answer. You know the story. It was necessary that the people of Israel do a series of particular things in a particular way, sacrifice a lamb, eat it hurriedly with loins girded, each in their own house. You know what they did with the blood on the frames of their doors. And you know why they did this – there was danger coming.

Jesus also celebrated the Passover and even when he was raised, the story goes, his followers met with closed doors, carefully. At this time, in order to promote the health and well-being of our whole city, we too must do particular things—follow God’s will, if you’ll take that directive.

We must each go to our own houses like the ancient Israelites and remain until our ‘passover’ of COVID-19 has finished. We must encourage our people to stay safe, and we must model the safety we want our people to have by extending our carefulness into our houses of worship -- praising

God with only the minimum people there, making a service or ceremony by livestream or prerecording, even reducing the number of musicians to one or two and keeping them six feet away from one another. The thoughts of grace and divine protection are good, but please, make it easy on all, especially our doctors and nurses, and let sacred focus be on those who truly need it. For example, we are called to care for the people who cannot afford their own lamb to sacrifice and to protect themselves (Exodus 12:4); there are lots of people who need help during this ‘passover’ without risking exposure to the virus itself.

God is working, as you all are preaching, in this time, through the hands of the health care workers, through the gifts of public health officials who are warning us to stay in our homes. God is working through the ways that you are encouraging your people each day through emails, texts, phone calls,

and video conferences, reminding them that they have overcome greater troubles than this. Please, stay inside. Please hold your worship alone in the sanctuary like Moses on the mountain, if possible. And, please keep the people safe in their homes, at the foot of the mountain for these “forty days.” We must not be like the Egyptians in the biblical account, who disregarded these practices and God’s warnings to us. We must keep our people safe as they move into freedom.

Clergy in Isolated Community:
Rev. Donald Perryman, PhD, United Pastors for Social Empowerment
Bishop Dr. Robert A. Culp, Toledo Community Coalition
Dr. Cedric Brock, Interdenominational Ministerial Alliance
Rev. Robert Birt, D.Min., Toledoans United for Social Action
Rev. Rose Russell, Methodist Ministers Affiliation

Joseph and Evelyn Lowery Institute for Justice & Human Rights Statement on Peaceful Transition of Rev. Dr. Joseph Echols Lowery

By SUBMITTED

Our beloved, Rev. Dr. Joseph Echols Lowery, made his transition peacefully at home at 10 p.m., Friday, March 27, at the age of 98. He was surrounded by his daughters.

Hailed as the “Dean of the Civil Rights Movement” upon his receipt of the NAACP’s

Lifetime Achievement Award, Dr. Lowery had assumed and executed a broad and diverse series of roles over the span of his nine decades: leader, pastor, servant, father, husband, freedom fighter and advocate.

Born in Huntsville, Ala., on October 6, 1921, his legacy of service and struggle

was long and rich. His genesis as a civil rights advocate dates to the early 1950s, when he headed the Alabama Civic Affairs Association, which led the movement to desegregate buses and public accommodations. In 1957, with friend and colleague Dr. Martin Luther King Jr., he was a co-founder of the Southern Christian Leadership Conference (SCLC).

He served as Vice President (1957-1967), Chairman of the Board (1967-1977), and as President and Chief Executive Officer (1977-1998). To continue his legacy and promote non-violent advocacy among future generations, The Joseph E. Lowery Institute for Justice & Human Rights was founded in 2002 at



PHOTO CREDIT /SUBMITTED
Rev. Dr. Joseph Echols Lowery, Age 98 was born October 6, 1921 and passed on March 27, 2020.

Clark Atlanta University. The Institute was later renamed to include and honor Dr. Evelyn Lowery, his beloved partner in marriage and the movement for 67 years.

Calling on his over 40 years as ‘pastor’ and in his inimitable style, Dr. Lowery delivered the benediction on the occasion of President Barack Obama’s inauguration as the 44th President of the United States in 2009. Later that year, President Obama awarded him the nation’s highest civilian honor, The Presidential Medal of Freedom, in recognition of his lifelong commitment to the nonviolent struggle for the causes of justice, human rights, economic equality, voting rights, peace and human dignity.

ASK YOUR FUNERAL DIRECTORS

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Is embalming mandatory by law?

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Remembering Dr. Martin Luther King, Jr.'s assassination April 4, 1968

By SUBMITTED

Standing on the balcony outside his second-story room at the Lorraine Motel in Memphis, Tennessee and a little after 6 p.m. on April 4, 1968, Martin Luther King Jr. is fatally shot. The civil rights leader, who was in Memphis to support a sanitation workers’ strike, was on his way to dinner when a bullet struck him in the jaw and severed his spinal cord. King was pronounced dead after his arrival at a Memphis hospital at 7:05 p.m.

He became increasingly concerned with the problem of economic inequality in America. In the months before his assassination. He organized a Poor People’s Campaign to focus on the issue, including a march on Washington, and in March 1968 traveled to Memphis in support of poorly treated African-American sanitation workers. On March 28, a workers’ protest march led by King ended in violence and



PHOTO CREDIT /SUBMITTED
Dr. Martin Luther King Jr.

the death of an African-American teenager. King left the city but vowed to return in early April to lead another demonstration.

In Memphis, on April 3, King gave his last sermon, saying, “We’ve got some difficult days ahead. But it really doesn’t matter with me now, because I’ve been to the mountaintop ... And He’s allowed me to go up to the mountain. And I’ve looked over, and I’ve seen the Promised Land. I may not get there with you. But I want you to know tonight that we, as a people, will get to the promised land.”

One day after speaking those words, Dr. King was shot and killed by a sniper. As word of the assassination spread, riots broke out in cities all across the United States and National Guard troops were deployed in Memphis and Washington, D.C. On April 9, King was laid to rest in his hometown of Atlanta, Georgia.

The evening of King’s murder, a Remington .30-06 hunting rifle was found on the sidewalk beside a rooming house one block from the Lorraine Motel.

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SOCIAL SECURITY UPDATES



Social Security Benefits Will be Paid On Time and Updates COVID-19 Pandemic

By: Erin Thompson, Public Affairs Specialist
Social Security Administration

Andrew Saul, Commissioner of Social Security, reminds the public that Social Security and Supplemental Security Income (SSI) benefit payments will continue to be paid on time during the COVID-19 pandemic. The agency also reminds everyone to be aware of scammers who try to take advantage of the pandemic to trick people into providing personal information or payment via retail gift cards, wire transfers, internet currency, or by mailing cash, to maintain Social Security benefit payments or receive economic impact payments from the Department of the Treasury.

“Social Security will pay monthly benefits on time and these payments will not be affected by the COVID-19 pandemic,” Commissioner Saul said. “I want our beneficiaries to be aware that scammers may try to trick you into thinking the pandemic is stopping or somehow changing your Social Security payments, but that is not true. Don’t be fooled.”

The Department of the Treasury will soon provide information about economic impact payments under the recently enacted law, the Coronavirus Aid, Relief, and Economic Security Act, or CARES Act. Treasury, not Social Security, will be making direct payments to eligible people. Please do not call Social Security about these payments as the agency does not have information to share.

The agency continues to direct the public to its online self-service options whenever possible. Local offices are closed to the public but are available by phone. People can find their local field office phone number by accessing the \n _blankField Office Locator.

To allow available agents to provide better phone coverage, the agency is temporarily changing the National 800 Number hours starting on Tuesday, March 31, 2020. The hours will change from 7:00 a.m. to 7:00 p.m. local time to 8:00 a.m. to 5:30 p.m. local time. The agency is experiencing longer than normal wait times on the 800 Number and asks the public to remain patient, use its online services at www.socialsecurity.gov, or call their local office.

Please visit the agency’s COVID-19 web page at www.socialsecurity.gov/coronavirus/ for important information and updates.

To get more Social Security news, follow the Press Office on Twitter @SSAPress.

Our employees will never threaten you for information or promise a benefit in exchange for personal information or money. Real Social Security employees also will not:

- Tell you that your Social Security number has been suspended.
- Contact you to demand an immediate payment.
- Ask you for credit or debit card numbers over the phone.
- Require a specific means of debt repayment, like a prepaid debit card, a retail gift card, or cash.
- Demand that you pay a Social Security debt without the ability to appeal the amount you owe.
- Promise a Social Security benefit approval, or increase, in exchange for information or money.

If you receive a suspicious call or are unsure of the identity of someone who claims to be from Social Security:

- Hang up.
- Do not give money or personal information.
- Report the scam to our Office of the Inspector General at oig.ssa.gov.

BLACK HISTORY

The National Association for the Advancement of Colored People, a civil rights organization, was founded in 1909

Created in 1926 by Carter G. Woodson, a noted African American historian, scholar, educator, and publisher. Woodson built Negro History Week around traditional days of commemorating the black past to extend public’s study of black history. In the 1940s, efforts increased within black community to expand the study of black history in the schools.

In 1739, the Stono Rebellion in South Carolina became the largest slave revolt in colonial America

The first black U.S. senator was Hiram Revels in 1870

Dr. Mae Jemison became the first African American woman to go into space aboard the space shuttle Endeavor in 1992.

1922-1929 - These are the years usually assigned to the Harlem Renaissance, which marks an epoch in black literature and art.

October 2, 1944 - The first working, production-ready model of a mechanical cotton picker was demonstrated on a farm near Clarksdale, Mississippi.

1952 - After keeping statistics kept for 71 years, Tuskegee reported that this was first year with no lynchings.

October, 1966 - The Black Panther Party was founded by Huey P. Newton and Bobby Seale in Oakland, California.

April 6, 1909: Matthew Henson reached the North Pole. Traveling with the Admiral Peary Expedition,

Henson, managed to reach the North Pole before Peary and the rest of the men.

April 4, 1915: Muddy Waters, Born April 4, 1915 in Rolling Fork, Mississippi

April 7, 1915: Billie Holiday, blues singer, born in Baltimore, Md.

April 2, 1939: Marvin Gaye is born in Washington, D.C.

April 3, 1950: Carter G. Woodson, the father of black history, dies.

April 4, 1967: Dr. King makes a speech about the war in Vietnam, “Beyond Vietnam: A Time to Break Silence,” at Riverside Church in New York City.

April 3, 1968: Dr. King addresses a rally of striking sanitation workers and their supporters in Memphis. He also delivers his last speech, titled “I’ve Been to the Mountaintop,” at the Memphis Masonic Temple.

April 4, 1968: Dr. King assassinated in Memphis, Tenn.

April 4, 1968: Dr. King is assassinated by a single rifle shot to the head and neck. He was killed while standing on the balcony of the Lorraine Hotel in Memphis. He had left his room to greet visitors who had assembled in the parking lot below.

April 1, 1984: Marvin Gaye, rhythm and blues singer, dies.

April 5, 1990: Jazz Vocalist Sarah Vaughn dies

April 3, 2007: Former Grambling State University football coach Eddie Robinson dies on this date. He retired from coaching in 1997 with 408 victories, the most wins by any football coach in college history at the time of his retirement. Robinson was 88 years.

BEWARE OF calls claiming there’s a problem with your Social Security number or account

By Erin Thompson
Social Security Public Affairs Specialist in Toledo, OH

Social Security and its Office of the Inspector General continue to receive reports about fraudulent phone calls from people claiming to be Social Security employees. These scammers try to trick people into providing personal information or money, and often threaten their victims with arrest. Don’t be fooled.

Byron Allen Loses \$20 Billion Supreme Court Case Against Comcast



Submitted

Byron Allen, founder and CEO of Entertainment Studios Network (ESN), has lost his Supreme Court battle with Comcast. According to Black Enterprise, in February 2015, his company filed a \$20 billion racial discrimination lawsuit against the cable giant, but the Supreme Court has ruled in a unanimous decision that Allen was not able to prove that Comcast's decision not to carry his channels was because of race.

Comcast is the largest cable TV company and home Internet service provider in the United States. They are supposedly committed to diversity, but they refused to carry ESN's channels which mostly concentrate on African-American targeted programming. Comcast cited lack of programming demand, bandwidth constraints, and a preference for programming not offered by ESN.

ESN, which owns The Weather Channel and many other channels, first appeared before the District Court in Washington, DC, and the case was dismissed. However, that decision was later reversed by the Ninth Circuit, which held that ESN just needed to show plausible facts proving that race was a factor in the way decisions were made at Comcast. The case was later escalated to the Supreme Court, but has now been dismissed,

which pushes the case back to the lower court.

"This is a very bad day for our country," Allen said in a statement. "Unfortunately, the Supreme Court has rendered a ruling that is harmful to the civil rights of millions of Americans."

"We will continue our fight by going to Congress and the presidential candidates to revise the statute to overcome this decision by the United States Supreme Court, which significantly diminishes our civil rights," he continued.

"This is a very bad day for our country. Unfortunately, the Supreme Court has rendered a ruling that is harmful to the civil rights of millions of Americans"

Executives at Comcast are obviously happy about the ruling. Meanwhile, many in the African American business community remain extremely disappointed in the court's decision.

"We will continue our fight by going to Congress and the presidential candidates to revise the statute to overcome this decision by the United States Supreme Court, which significantly diminishes our civil rights,"

Allen spoke extensively about his case during the 2018 Black Enterprise Entrepreneurs Summit and during a televised radio interview on The Breakfast Club back in October 2019. Both interviews sparked a national outrage.

Many others began to strongly question why Comcast repeatedly refuses to license Allen's cable networks, in contrast with other distributors like Direct TV, Dish Network, and Verizon that have all agreed to carry his programming.

Allen once sued Charter Communications for the same reasons, but that case too was dismissed.

From the Desk of Felicia

3 Tips to Talk About Sex with Your Partner

Let's talk about sex!!!!!! Talking about sex with your partner doesn't have to be an awkward moment between you two, every single time you sit down and have a discussion. If your partner isn't the most affectionate person, you can ease into a healthy conversation around sex. You may want to try new things or add having more sex into the relationship more often than you do now. Whatever your reasons are behind sparking up a conversation with your partner around sex, it doesn't have to be overwhelming for either of you.

Wait until the right time. Don't talk to your partner about sex as soon as they walk in the door from a busy day at work. Wait until there's a quiet moment and your partner feels relaxed to have the conversation. You don't want your partner to feel attacked if you have the conversation when they're stressed out already. Another reason that waiting until the right time is important because you want your partner to be actively listening to what you have to say. I'm not a licensed therapist but I know the basics of the benefits of active listening.

Decide on a location to talk about sex. Please whatever you do, don't talk about sex in the bedroom with your partner. If you know that your partner freaks out whenever you bring up sex, they may feel pressured to talk about it, while lying in bed. Pick a place preferably outside of the home so that you both can feel comfortable talking about sex. If outdoors is not an option for you, than chose any room in the house, other than the bedroom.

Never complain about the sex you're currently having. If you want more sex, complaining about the lack of sex you're not having, won't make your partner run into the bedroom and have more sex with you. Recall moments that made you happy before having sex with your partner to set the mood for the conversation. Starting any conversation with negativity is not the way to get what you ultimately want, especially with wanting sex. Your partner has feelings so make sure that you approach them with positive words and actions to follow.



Tavis Smiley ordered to pay PBS \$1.5 million

by BlackmansStreet.Today

A jury ordered former Public Broadcasting System talk show host Tavis Smiley to pay the network \$1.5 million after determining that he violated the company's moral's clause by sexually harassing female coworkers.

Smiley, host of The Tavis Smiley Show, on late night television from 2005 to 2017, was suspended and later fired.

PBS said it took the action after it received multi-

ple, credible allegations of misconduct on his late-night interview show, which was broadcast to more than 200 stations nationwide. Smiley admitted having romantic relationships with female colleagues during his career, arguing they were consensual.

He was the only black man who served as a solo host in the network's history, according to the lawsuit. He sued PBS in Washington D.C. Superior Court, arguing the network fired him because of race and that he was wrongly terminated



without proof. He sought \$1 million in compensation, but PBS argued that he owed them money for a season that was not broadcast.

Network lawyers argued Smiley violated the company's morals clause, which bars romantic relationships in the office. Six female

employees described the misconduct claims, which Smiley denied. His downfall came during the #MeToo era.

The jury deliberated a day before reaching its verdict.

John Rubiner, Smiley's lawyer, said his client will appeal the decision, according to the Washington Post.

PBS said it was pleased with the decision. Smiley, 56, was born in Gulfport, Mississippi and grew up in Bunker Hill, Indiana.

He graduated from Indiana University. During the 1980's he worked as an

aide to Los Angeles Mayor Tom Bradley. In 1991, he became a radio commentator and beginning in 1996 he hosted BET (Black Entertainment) Talk. The program was later renamed BET Tonight.

In 2001, BET refused to renew his contract, and he began hosting The Travis Smiley Show on National Public Radio from 2002 to 2004 before moving to PBS. Tavis's father is Emory Garnell Smiley, a non-commissioned officer in the U.S. Air Force, and his mother is Joyce Marie Roberts.

Black Woman Makes NHL History as the First to Play Professional Hockey

By **BLACK NEWS**

Meet Blake Bolden, a native from Cleveland, Ohio, who has broken many barriers in achieving many firsts in the sport of women's ice hockey. In 2016, she became the first African American woman to play in the National Women's Hockey League, a subsidiary of the NHL.

Bolden started at a young age where she played minor youth hockey for the Cleveland Barons and the Ohio Flames. She later went to Northwood School in Lake Placid, NY while also participating

in the first U18 World Championship for team USA, winning Gold in both 2008 & 2009 tournaments. Blake then went to Boston College, earning Hockey East Defensive Player of the Year and All American Honors.

After graduating, she joined the Boston Blades of the CWHL (Canadian Women's Hockey League), winning the Clarkson cup in 2015. In 2016, she played for the Boston Pride of the NWHL (National Women's Hockey League) winning the inaugural Isobel Cup.

After two seasons and two All-Star appearances



Blake Bolden, a native from Cleveland, Ohio, known as the Jackie Robinson of women's hockey.

in the NWHL, she recorded 27 points in 20 games with HC Lugano in Switzerland in 2018.

Blake later returned to the NWHL to play for the Buffalo Beauts for her 6th season playing professional hockey. Dawned the Jackie Robinson of women's hockey, she is the first Black player drafted in the first round of the CWHL and the first ever to compete in the NWHL.

In 2019, she reclaimed her hardest shot title in the NWHL All-Star Skills Competition and was awarded Defensive Player of the Year.

Hints To Help You Stay On The Road To Safe Driving - 2 Week Series



PHOTO CREDIT / SUBMITTED

With age, your ability to drive may diminish—but you can get help to maintain your independence longer.

SUBMITTED

(NAPSM)—For many older adults, retaining the ability to drive is very important. It means independence and makes it easier to do shopping, see friends and family, and keep medical appointments. It's not always a safe option, however.

Physical and mental changes related to aging can affect your ability to drive safely. If you're alert to these changes and manage them carefully, you may be able to continue driving safely for some time.

To keep your skills as sharp as possible, consider following these suggestions from experts at the American Geriatrics Society (AGS), healthcare professionals dedicated to improving the health, independence, and quality of life of older people:

Check your eyesight

more than a block a day?

- Can I raise my arms above my shoulders?

**Perform a reality check
on your attention span
and reaction time:**

- Are you overwhelmed by signs, traffic signals, and car and pedestrian traffic, especially at busy intersections?

- Does it seem harder to

merge into traffic on the highway?

- Do you take any medications that make you sleepy, dizzy, or confused?

- Do you feel less confident about driving at highway speeds?

- Do you react slowly to cars entering your roadway, or to cars that have slowed or stopped

in front of you?

Pay attention to changes and warnings:

- Have friends or family members expressed worries about your driving?

- Have you ever gotten lost on familiar routes or forgotten how to get to familiar destinations?

- Has a police officer

pulled you over to warn
you about your driving?

- Have you been ticketed for your driving, had a near miss, or a crash in the last three years?

- Has your healthcare provider warned you to restrict or stop driving?

See next week's paper
for more tips on this

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