

## Gov. Mike Dewine Says All Staff Members In The State's Hard-Hit Nursing Homes Will Be Tested For The Coronavirus

COLUMBUS) — All staff members in the state’s nursing homes will be tested for the coronavirus, Republican Gov. Mike DeWine said Tuesday, announcing a ramped-up effort in Ohio's hard-hit long-term care facilities.

The governor said testing will also be done on residents who are most likely to have been exposed. Testing by 14 teams of medically trained National Guard members will begin this



People wait in line at the Ohio Bureau of Motor Vehicles office, Tuesday, May 26, 2020, in University Heights, Ohio. Tuesday was the first day open for the Ohio BMV since they closed due to the coronavirus.

## DPS Athletic Director Steps Down to Become Principal; Who’s Next?



Shawna Welch

After 2 years of running the Dayton Public Schools District, Athletic Director Shawna Welch has stepped down to take a Principal position, leaving the position open once again. However, it seems that there will be a new athletic committee that will be apart of the decision making process in the future when it comes to sports and sports related events regarding DPS. Although people will question this method, it actually makes sense, as there were some major issues in recent years that needed to be tackled by more than one person.

While Welch didn’t do a amazing job in her 2 year stint, she didn’t do a horrible job either. It was more of the lack

of inspiration to move the program in the direction that was needed – and wanted – by the Board which led to the undoing of Welch as AD.

Welch, in all honesty, was thrust into the job after the previous AD was bought out of her contract. She will now be a principal at a middle or elementary school, which is a role that she was accustomed to being in.

While it is not determined who will replace Welch, there should be stronger leadership within DPS Athletics and a solid committee would help that process. They have made positive strides forward in the past. Let’s hope they continue to in the future.

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week.

Testing of staff “will help nursing home administrators understand the status of the virus in their facilities and will help isolate the virus and help keep it from infecting their community,” DeWine said. Ohio has more than 900 nursing homes.

Such widespread testing wasn’t possible before now because the testing capacity hadn’t been available, the governor said. Health Department data shows that about seven of every 10 coronavirus deaths in Ohio were among nursing home residents.

Meanwhile, gyms, motor vehicle bureaus and pools were among the next groups of businesses and activities reopening Tuesday after stay-at-home orders shuttered them to prevent the spread of the coronavirus.

Across the state, long lines formed outside reopened Bureau of Motor Vehicle offices, including dozens in the Cleveland area, according to WEWS-TV.

Republican Lt. Gov. Jon Husted, who is spearheading many reopening plans, has recommended people wait if possible since ex-

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## Former Detroit Mayor Kwame Kilpatrick Reportedly to Be Released Early From Prison



Kwame Kilpatrick, former Mayor of Detroit

Detroit, MI — According to Fox 2 Detroit and the Ebony Foundation, former Detroit Mayor Kwame Kilpatrick has been granted an early release from prison. He had been serving a 28-year sentence since 2013 for perjury, obstruction of justice, and other corruption charges.

The foundation reportedly partnered with several other black leaders to petition for Kilpatrick’s release. Those who petitioned President Trump for his release included the National Baptist Convention of America, the NAACP, the National Business League, and several pastors of Black churches across the coun-

try. One of those pastors was Jamal Bryant, of Atlanta’s New Birth Church.

Bryant comments, “This is welcomed news for my friend and his family. I’m certain that Kwame

will take advantage of this opportunity to make a positive contribution to society and fulfill his immense potential to do good and make a difference. We prayed and God answered.”

Kilpatrick, who is now 49-years old, was elected Mayor of Detroit in the year 2001, but he resigned in 2008 after a text message sex scandal.

## Black People, Post-Traumatic Stress Disorder (PTSD) and the Risk of Death From Coronavirus (COVID-19)

Here are some facts: Black people have been found to be more likely to die from COVID-19 infection than white people, both in the United Kingdom and the United States of America. Black people also have a higher rate of PTSD diagnosis than white people. PTSD can result in suppression of the immune system. Immunosuppression is associated with a higher risk of death from COVID-19. It is thus not unreasonable to question whether



PTSD-induced immunosuppression is contributing to the elevated risk of dying from COVID-19 amongst black people.

Data reveals that Black

people are more than four times more likely to die from COVID-19 than white people in England and Wales and that even after adjusting for age,

socioeconomic conditions and prior health, the figures show that Black people remain twice as likely to die from COVID-19 than white people in England and Wales, according to the Office for National Statistics.<sup>1</sup> Some suggest sickle cell disease is the explanation, however this is unlikely, being already in a shielded group they are likely to have little or no ongoing exposure to COVID-19. Other contributory factors which have been highlighted are obesity, over-crowding and

frontline working, however these are likely to be already adjusted for within socioeconomic status.

This article proposes that PTSD-induced immunosuppression contributes to raised mortality from COVID-19. PTSD is a condition which occurs after a traumatic experience where symptoms persist of reliving the distressing event and there is hypervigilance, numbing, mood changes including negativity about the self, the world and the future. There is avoidance of peo-

ple and situations that act as reminders of the event

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# Around DAYTON

## Congratulations to Desiree Tims

By: Barbara Vinzant

A new unknown politician is making herself known by throwing her hat into the ring to be elected to the U.S. Congress for the State of Ohio’s Tenth District, which is presently held by Congressman Mike Turner. The March 17th election was postponed and Absentee mail balloting held in April in Montgomery and Greene counties revealed that Tims gathered a 70% margin over Turner. Ms. Tims is a single, thirty-two year old Dunbar High School alumnus; graduate of Xavier University; served as an assistant White House intern



Desiree Tims

during President Obama’s tenure and served under Congressman Sherod Brown in the Senate Law School in Georgetown. Ms. Tims platform is to create opportunities for people; restore jobs; is a fighter for farmers, health care and gun violence. Congratulations Desiree – and more success to you in the November election.

## Local Group Announces The Inaugural African Liberation Day 2020

African Liberation Day (ALD) is celebrated both in Africa and around the world, mostly on May 25th. Here in our community the Coalition of African Liberators (C.O.A.L.) is sponsoring their first African Liberation Day celebration. Due to Governor Mike DeWine’s order limiting public gatherings to 10 people and because the State Health Director Amy Acton issued a public health emergency order to reduce the spread of the novel coronavirus,

or COVID-19, the African Liberation Day (ALD) 2020 will not be held at Dayton View Park, Dayton, Ohio as originally planned. However, African Liberation Day - 2020 is being held, in a limited fashion, on May 25, at 11:30 a.m. at the Dayton View Park at the corners of N. Broadway and Superior Avenue. “This is an event I feel the community

should take part in every year,” says Carlos Buford, co-organizer. “I’m glad we’re observing this day to celebrate the diversity of Africa.” The brief commemoration will feature the inaugural African Liberation Day celebration in the City of Dayton, and a water libation to honor the elders; asking them to pass on wisdom and guidance. Michael Mot-

ley, co-organizer will announce the Proclamations from the City and County and the group’s proposal to nominate the Dayton View Park to be renamed Liberation Park. The Coalition of African Liberators (C.O.A.L.) was established in September 2019. The group’s goal is to promote African Unity through educating, connecting, and mobilizing.

### Gov. Mike Dewine Says All Staff Members In The State's Hard-Hit Nursing Homes Will Be Tested For The Coronavirus... Continued from Page 1

pired licenses are valid 90 days after Ohio's state of emergency ends or Dec. 1, whichever comes first. In other coronavirus-related news Tuesday: The number of confirmed and probable deaths associated with the coronavirus in Ohio has exceeded 2,000. The Ohio Department of Health said Tuesday there have been 2,002 coronavirus-related deaths, an increase of 15 reported in the previous

24 hours. The state health department also reported 33,006 confirmed and probable COVID-19 cases in Ohio, an increase of 529 cases over 24 hours. For most people, the virus causes mild or moderate symptoms that clear up in a couple of weeks. Older adults and people with existing health problems are at higher risk of more severe illness, including pneumonia, or death.

**PRISONS**  
The U.S. Supreme Court denied the government's request to delay a judge's April order that the Bureau of Prisons speed up the release of more than 800 medically vulnerable inmates at a federal prison in Elkton in eastern Ohio. More than 200 Elkton inmates and 7 guards have tested positive, and nine inmates have died.

### Miami Valley Weather

Friday

Rain  
High 75  
Low 53



Saturday

Sunny  
High 72  
Low 52



Sunday

Mostly Sunny  
High 67  
Low 49



### 5 day Forecast

Monday

Sunny  
High 71  
Low 55



Tuesday

Cloudy  
High 77  
Low 66



The Rehabilitation Institute of Ohio, a joint venture between Premier Health and Encompass Health, formerly known as the Encompass Health Rehabilitation Hospital of Dayton, has started serving patients in its new home located at 835 South Main Street in Dayton, across from the Miami Valley Hospital campus.

The freestanding inpatient rehabilitation hospital is now a joint venture of Premier Health, the

largest comprehensive health system in southwest Ohio known for its award-winning medical care, and Encompass Health, the nation’s leading provider of inpatient rehabilitation services.

The freestanding inpatient rehabilitation hospital includes 60 private patient rooms, a spacious therapy gym, an in-house pharmacy, courtyard, dialysis suite, three bariatric rooms, an isolation room, dining room and dayroom areas.



“We are excited to begin serving patients in our new hospital location, which is specifically designed with our patients’ needs in mind,” said Barb Jacobsmeyer, executive vice president and president of inpatient hospitals at Encompass Health. “Our partnership with Premier Health will continue to strengthen the exceptional, life-changing rehabilitation services being provided to our patients.”

Complementing local acute care services, the hospital will care for patients overcoming debilitating illnesses and injuries including strokes and other neurological disorders, brain injuries, spinal cord injuries, amputations and complex orthopedic conditions. It offers physical, occupational and speech therapies as well as 24-hour nursing care that aim to restore functional ability and quality of life.

“This project unites the strengths of both our organizations under one roof,” said Mary Boosalis, president and CEO of Premier Health. “As the region’s only Level I trauma center, Miami Valley Hospital must maintain a significant number of inpatient rehabilitation beds to serve trauma patients and others from across the region. This joint venture will help us serve that community need while delivering great value and care for our patients.”

#### About Encompass Health

As a national leader in integrated healthcare

services, Encompass Health (NYSE: EHC) offers both facility-based and home-based patient care through its network of inpatient rehabilitation hospitals, home health agencies and hospice agencies. With a national footprint that includes 134 hospitals, 245 home health locations, and 83 hospice locations in 37 states and Puerto Rico, the Company is committed to delivering high-quality, cost-effective, integrated care across the healthcare continuum. Encompass Health is ranked as one of Fortune’s 100 Best Companies to Work For. For more information, visit [encompasshealth.com](http://encompasshealth.com), or follow us on our newsroom, Twitter and Facebook.

#### About Premier Health

Based in Dayton, Ohio, Premier Health has a mission to improve the health of the communities it serves. The health system operates five hospitals: Miami Valley Hospital with an additional site at Miami Valley Hospital South and Miami Valley Hospital North; Atrium Medical Center; and Upper Valley Medical Center. In addition, the health system offers a large primary and specialty care network, along with home health services. The health system is the second largest employer in the region and is the largest health-care system in Southwest Ohio.

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# National

## Concerned Parents of Inmates Expressed a Need to Know



Department of  
Rehabilitation & Correction

COVID-19 Inmate Testing | UPDATED: 06/19/2020

This section reflects the total number of tests taken throughout the duration of the COVID-19 Pandemic. These numbers do not represent the current number of COVID positive inmates at each prison.

Tested	Pending	Positive	Negative
8014	17	4527	3470

**COVID-19 Inmate Quarantine and Isolation** | Quarantine separates and restricts the movement of people who were exposed, or potentially exposed, to a contagious disease to see if they become sick. Isolation separates sick people with a contagious disease from people who are not sick.

Institution	# of Staff who have Reported Positive Tests	# of COVID-19 Related Staff Deaths	# of Staff who have Recovered	Units in Quarantine	# of inmates in Quarantine	Housing Type (cell, open bay, ward)	# of inmates in Isolation	# of inmates currently Positive for COVID-19	# of Probable COVID-19 Related Inmate Deaths	# of Confirmed COVID-19 Related Inmate Deaths	# of inmates who have Pending Results	# of current inmates who have Recovered
ABO	11	0	0		0	Cell	0	0	0	0	0	0
BOO	20	0	0		0	Cell	0	0	0	0	0	0
COO	20	0	0		0	Cell	0	0	0	0	0	0
DOO	2	0	0		0	Cell	0	0	0	0	0	0
EMO	80	0	0		0	Cell	0	0	0	0	0	0
FOO	11	0	0		0	Cell	0	0	0	0	0	0
GAO	13	0	0		0	Cell	0	0	0	0	0	0
HAO	2	0	0		0	Cell	0	0	0	0	0	0
IAO	8	0	0		0	Cell	0	0	0	0	0	0
LAO	20	0	0		0	Cell	0	0	0	0	0	0
MAO	7	0	0		0	Cell	0	0	0	0	0	0
NAO	1	0	0		0	Cell	0	0	0	0	0	0
PAO	17	0	0		0	Cell	0	0	0	0	0	0
RAO	20	0	0		0	Cell	0	0	0	0	0	0
SAO	1	0	0		0	Cell	0	0	0	0	0	0
TAO	1	0	0		0	Cell	0	0	0	0	0	0
UAO	1	0	0		0	Cell	0	0	0	0	0	0
VAO	1	0	0		0	Cell	0	0	0	0	0	0
WAO	1	0	0		0	Cell	0	0	0	0	0	0
XAO	1	0	0		0	Cell	0	0	0	0	0	0
YAO	1	0	0		0	Cell	0	0	0	0	0	0
ZAO	1	0	0		0	Cell	0	0	0	0	0	0
TOTAL	511	4	404		0	Cell	0	0	0	0	0	0

\* This column represents the number of inmates currently incarcerated with COVID-19. Prisons may implement quarantine procedures when staff or inmates test positive. Quarantined facilities are operating under modified movement and the population are being separated by unit along with other precautionary measures. Every inmate at these facilities is monitored daily and has their temperature taken along with a check for symptoms. Overall testing increases are partially attributed to implementation of mass testing at designated facilities beginning 04/15/2020.

By Barbara Vinzant

Several weeks ago I was given the assignment to seek, search and find out the answers to some questions, procedures and concerns that local parents and/or family members had relative to the impact the COVID-19 virus has had on the health, medical care and conditions of their fam-

ily inmates housed in the various Ohio penal institutions. I sent an e-mail letter request to Governor DeWine’s office on Sunday afternoon sharing that there has been no update on the virus in the penal institutions since a week after his daily reports began and this seemingly forgotten population needs answers. Promptly, on

last Monday afternoon I received a response from JoEllen Smith of the Ohio Media Department as shared in this issue. To inmates and family members alike I certainly hope that the information being provided will address your concerns; calm your fears and offer a universal prayer for a better tomorrow.

## Healthy Twin Babies Born to Atlanta Mom Who Had COVID-19 While in a Coma



Healthy twin babies born to mom with COVID-19

Atlanta, GA — Monique Cook was 8 months pregnant with twins when she tested positive for the coronavirus. While in a coma, she had to undergo an emergency procedure to give birth to healthy twins.

“My contractions started coming two minutes apart, so I knew something was wrong,” she told Today about her experience last March while 34 weeks pregnant.

Monique was taken to the hospital, where she had to be placed in the intensive care unit. She was then diagnosed with COVID-19 and doctors encouraged her to consider delivery via cesarean section. She said she remembered being told to count down from 10 before everything went black.

She woke up from a coma 5 days later.

“The worst part of that waking up, I look down and I have no big stomach. No babies,” she said. “I remember asking like, ‘Where are my babies?’ That’s when

the young nurse said, ‘Oh, your babies, they’re fine.’”

Monique was sad that she was not able to hold her babies named August Sky and Angel Renee after giving birth or even see her husband while she had coronavirus. For 9 days, she was only able to see them from pictures given to her by a nurse.

Now, Monique is relieved to be at home with her newborn daughters as well as her older daughters 17-year old Isis and 4-year

old Winter. She has, “It has just been awesome ever since.”

Moreover, she is expressing her gratitude to the doctors and nurses who took care of her and her babies.

“This story could have ended differently, listening to how many deaths from this, the COVID-19 like, the numbers go higher and higher just about every day. I actually survived,” She added.



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Booker T. Washington (1856 – 1915) ... Continued from Page 1

Awards and Honors: First black American to receive an honorary degree from Harvard University (1896). First black American invited to dine at the White House, with President Theodore Roosevelt (1901).

Spouses: Fanny Norton Smith Washington, Olivia Davidson Washington, Margaret Murray Washington

Children: Portia, Booker T. Jr., Ernest, adopted niece of Margaret Murray Washington

Notable Quote: "In all things that are purely social we [blacks and whites] can be separate as the fingers, yet one as the hand in all things essential to mutual progress."

Early Life

Booker T. Washington was born in April 1856 on a small farm in Hale's Ford, Virginia. He was given the middle name "Taliaferro" but no last name. His mother Jane was a slave and worked as the plantation cook. In Washington's autobiography, he wrote that his father—whom he never knew —was a white man, possibly from a neighboring plantation. Booker had an older brother, John, also fathered by a white man.

Jane and her sons occupied a tiny, one-room cabin. Their dreary home lacked proper windows and had no beds for its occupants. Booker's family rarely had enough to eat and sometimes resorted to theft to supplement their meager provisions. Around 1860, Jane married Washington Ferguson, a slave from a nearby plantation. Booker later took the first name of his stepfather as his last name.

During the Civil War, the slaves on Booker's plantation, like many slaves in the South, continued to work for the owner even after the issuance of

Lincoln's 1863 Emancipation Proclamation. In 1865 after the war ended, Booker T. Washington and his family moved to Malden, West Virginia, where Booker's stepfather had found a job as a salt packer for the local salt works.

Working in the Mines

Living conditions in their new home were no better than those back at the plantation. Nine-year-old Booker worked alongside their stepfather packing salt into barrels. He despised the work but did learn to recognize numbers by taking note of those written on the sides of the salt barrels.

Like many former slaves during the post-Civil War era, Booker longed to learn how to read and write. When a black school opened in a nearby community, Booker begged to go. His stepfather refused, insisting that the family needed the money he brought in from the salt packing. Booker eventually found a way to attend school at night. When he was 10, his stepfather took him out of school and sent him to work in the nearby coal mines.

From Miner to Student

In 1868, 12-year-old Booker T. Washington found a job as a houseboy in the home of the wealthiest couple in Malden, General Lewis Ruffner, and his wife Viola. Mrs. Ruffner was known for her high standards and strict manner. Washington, responsible for cleaning the house and other chores, impressed Mrs. Ruffner, a former teacher, with his sense of purpose and a commitment to improving himself. She allowed him to attend school for an hour a day.

Determined to continue his education, 16-year-old Washington left the Ruffner household in 1872 to attend Hampton Institute,

a school for blacks in Virginia. After traveling over 300 miles—by train, stagecoach, and on foot—Washington arrived at Hampton Institute in October of that year.

Miss Mackie, the principal at Hampton, was not entirely convinced that the young country boy deserved a place at her school. She asked Washington to clean and sweep a recitation room for her; he did the job so thoroughly that Miss Mackie pronounced him fit for admission. In his memoir "Up From Slavery," Washington later referred to that experience as his "college examination."

Hampton Institute

To pay his room and board, Washington worked as a janitor at Hampton Institute. Rising early in the morning to build the fires in the school rooms, Washington also stayed up late every night to complete his chores and work on his studies.

Washington greatly admired the headmaster at Hampton, General Samuel C. Armstrong, and considered him his mentor and role model. Armstrong, a veteran of the Civil War, ran the institute like a military academy, conducting daily drills and inspections.

Although academic studies were offered at Hampton, Armstrong placed emphasis on teaching trades. Washington embraced all that Hampton Institute offered him, but he was drawn to a teaching career rather than a trade. He worked on his oratory skills, becoming a valued member of the school's debate society.



# Editorial & Comments

## Letter to the Editor

Dear Editor,

It appears that the right has gone crazy with fear that Joe Biden will choose Stacey Abrams for his vice-presidential running mate. Hence they are giving Mr. Biden advice as to why he should not choose her via opposition editorials like the one in May 23rd's Dayton Dailey News. In it, Marc A. Thiessen makes the absurd comparison of Stacey Abrams to Sarah Palin. Stacey Abrams is articulate, intelligent, and knowledgeable. Anyone who observed Sarah Palin quickly found that she possessed none of those qualities. After all, it was Sarah Palin who said that she could see Russia from her front porch!

Thiessen says, "At least Palin won her race for Alaska governor." While Stacey Abrams is not governor of Georgia, it is not because she lost the election, the election was stolen from her by Georgia's Republican Party. Let us not forget that her opponent, Brian Kemp, was Georgia's Secretary of State all during the campaign and throughout the election. Considering that the Secretary of State runs the election process, he absolutely should have recused himself. He refused to do so, purged Democratic voters from the rolls, and closed polling stations in heavily democratic areas, to name just two of the overt things that he was able to do to steal the election. Georgia's Republican Attorney General, Chris Carr did nothing to curtail Brian Kemp's election fraud.

In her race for Governor of Georgia, Stacey Abrams tripped turnout among Latinos, and Asians and increased the African-American turnout by 40%. She formulated a strategy for doing that and the right knows that when that strategy is implemented nationally, the election will not be close enough for the Republicans to steal. That fact has the right wing terrified! They also know that she will be a strong influence in formulating policies that will put the plight of working class people over that of corporations, it appears that the thought of this actually happening is giving the right-wingers panic attacks.

After the Republicans stole the Georgia election, Ms. Abrams did not take a lucrative position as a consultant on CNN or MSNBC, she built an organization to formulate strategies for combating election theft in Georgia. That's the character of a true servant of the people.

That Joe Biden should choose Stacey Abrams as his running mate is a no-brainer. Unfortunately, the Democratic Party is notorious for snatching defeat from the jaws of victory. In the 2016 Presidential race, Hilary Clinton needed a dynamic Hispanic person to energize the Hispanic vote. She had Julian Castro ready, willing, and able to do just that. But instead of choosing an energizing Hispanic, she chose a White man who could speak Spanish. When asked why young Black people should vote for her, she responded, "because I've got hot sauce in my bag." We are all suffering from that kind of campaign strategy and nearly one hundred thousand people have actually lost their lives!

Considering Joe Biden's recent gaff in telling Charlamagne Tha God that "you aint black" if he was torn between voting for him or Donald Trump, it is painfully obvious that Biden needs help. He clearly did not understand that Charlamagne was asking him to articulate policies that would specifically benefit the African-American community and thereby energize the African American vote. He clearly has that help ready, willing, and supremely able in Stacey Abrams. With her as his running mate, the Democrats will be ready to not only win the Presidency, they would take the Senate. Will Mr. Biden do the right thing, lets all pray that he does, but I am afraid that he wont.

Kimaru Wa-Tenza

## Editorial

# Implicit Bias a Driver of COVID-19 Among African Americans

By Khalil Abdullah

Dr. Melva Thompson-Robinson knows the data on the disparate impact of the corona virus and COVID-19 on African Americans and other minorities. Her key concern is how racism and unconscious bias continue to act as an accelerant of the pandemic.

"Stories are starting to come out where African Americans are presenting themselves to emergency rooms and having COVID symptoms and are not being seen," Thompson-Robinson asserts. "In some cases, it's taking multiple trips, but by the time they do get tested they are so sick they can't recover."

Thompson-Robinson could have had Ms. Deborah Gatewood in mind. Gatewood repeatedly sought to be tested in mid-March for COVID-19 symptoms at the hospital in Michigan where she had been employed as a health-care worker for over 30 years, according to Fox News 2 in Detroit. She was turned away—four times—and advised to go home and take a mild palliative, like cough syrup. Gatewood finally became so ill she had to be transported by ambulance. She died in late March at age 63 in a different hospital. She tested positive there for COVID-19, but too late



for a lifesaving intervention.

The Gatewood story is a horrific but not atypical reminder of the fatal outcomes that Dr. Thompson-Robinson attributes to a long history of sub-optimal health care experienced by African Americans and the inherent bias that bleeds into all aspects of American life, from education to housing to employment opportunities. "This is something that has been centuries in the making – in the inequality, in the racism that African Americans in particular have experienced, but also other black and brown populations as well," Thompson-Robinson contends.

Thompson-Robinson is the Director of the Center for Health Disparities Research at the University of Nevada, Las Vegas. She spoke on a May 1 video conference for ethnic media journalists hosted by

## Something to Consider: Is A Beginning Really That Important?

By: Brenda Cochran  
Contributing Writer

The famous Leaning Tower of Pisa, has a problem with the foundation. It looks like someone didn't start at the beginning, but rushed straight into the building process.

Think about this – beginnings are everything. The beginning in any type of task is the chief ingredient. If you didn't begin, the rest of the project wouldn't get done. The entire idea is to think about it and have a plan, not just jump in head first. Getting started without doing the beginning work is not too smart.

Suppose you are constructing a building; the first step is to dig the foundation. Without a proper foundation, the building would easily be in trouble, and everything built on top of a poor foundation is also in trouble. The foundation, is the most important part, but you don't just go out and construct a building, right? Before you put the first shovel in the ground, you need to have a plan. An architect, and other specialists determine where the holes are going to be made, what materials need to be used, and how the foundation is to be dug and constructed.

Would you agree that this is an important way where we can apply



Brenda Cochran

this to our lives? Besides in construction or even cooking something, there are a million other things going on in our lives. Often there is just not enough time to do all the things at the beginning.

How often in your life have you jumped into a project without first considering the things which you should do at the beginning? Let's take cooking again for example: In cooking, have you ever gone to grab the proper number of eggs, only to find someone else decided to have scrambled eggs between you counted last?

Another example: Have you ever gotten in the car and started going somewhere, certain that you have enough gas, but didn't know that another member of your family borrowed the car and used a lot of the gas and now you find yourself stranded on the side of the road? This is all because you skipped the step at the beginning like checking the fuel level.

Think about when you are at work: Have you ever just jumped in without checking what needs to be accomplished? If you're mopping the floor, is it because someone spilled something such as grease, or because of the muddy footprints that you see? Each requires different attitudes to properly clean and sanitize the floor. If you fail to ask the questions at the beginning, you may have to clean the floor all over again, and that's no fun.

truck drivers, shelf stockers, check-out clerks, auto mechanics, bus drivers, nursing home attendants and other occupations heavily staffed by Latinos and people of color. They are also twice as likely not to have health insurance, Hayes-Bautista said.

In the public discourse about the effects of COVID-19, Mayra Alvarez, president of the Children's Partnership, expressed dismay at the scant attention paid to children. Federal relief efforts have excluded immigrants and, by default, their children.

At least 55 million students have been cast adrift by school closings in 43 states and the District of Columbia. Food insecurity is a paramount concern, as is the dearth of access to distance learning. Nor is there much discussion about the long-term consequences of the trauma to which children are being exposed. Children are residing in food-insecure homes where their par-

The consequences of not properly taking care of the beginning of any project will have many consequences and these consequences range from amusing to dangerous. If we think about it – we've all been there, some of the stories can be amusing, and others may be embarrassing.

Where, in your life do you have a tendency to skip the work at the beginning?

Think for a moment about all the times a project or plan has been destroyed. For each – consider that if you had started at the beginning, what you may have been able to do.

If we think about reading a story. Have you ever thought about how important the beginning of the story is? The beginning really captures the reader's attention, but that is really a marketing concern. The importance of the beginning is that it determines the middle and the end. Unless you get the beginning right, the rest of it won't be right.

Everything we do has a beginning. What are you building or organizing in your life without a proper plan? It's never too late to start at the beginning.

According to Daren Colbert, An America Actor – "You wish that you had learned to play the piano. You wish you could have started drawing when you were young. You wish you could have figured out who you wanted to be before you graduated college. You wish you could have learned to love yourself sooner. Well, you know what? You didn't. That's just something you're going to have to learn to deal with. Just because you didn't do it sooner, doesn't mean you can't start now."

ents sacrifice their own meals to feed them, Alvarez said, citing a survey of 500 families in California by Children's Partnership and Ed Trust. Some 72 percent of respondents said they "are worried about their family's mental health."

Offering one reason for hope, Alvarez said, "I truly believe that COVID-19 is shifting the conversation when it comes to greater understanding of historical inequities in health, in economic opportunity, in overall well-being – historical inequities that many of us have known have existed forever." It is a sentiment shared by Thompson-Robinson. "I hope that once we come out of this pandemic, these conversations will continue – and that people will realize the health of our communities, our workforce, our country is only as strong as its weakest link."



# Education

## Private Equity Investor Frank Baker Pays Off Tuition Debt for 2020 Spelman College Graduates

Frank Baker, an African-American investor who heads the billion-dollar private equity firm Siris, has paid off the remaining tuition balances for the 2020 class of graduates at Spelman College and established a \$1 million scholarship to help future graduates of the all-woman HBCU.

The businessman covered the debt for nearly 50 students graduating from Spelman this year with a payment that totaled \$250,000, according to Forbes.

Baker said he was inspired to make the move after another successful black investor, Robert Smith, paid off the debt of the graduating class of Morehouse College in 2019.

From Forbes: “Robert was fortunate enough to go to Cornell and Columbia and him giving to Morehouse was a nod to the recognition that the majority of African-Americans going to college are graduating from historically black institutions,” said Baker, who graduated



Frank Baker

from the University of Chicago, in an interview.

“We need to make sure these schools continue to be viable. We are all part of the same community. It doesn’t matter if I went to the school or not.”

Baker and his wife said in a press release that it was especially meaningful for them to support the education of students attending Spelman because they have a 12-year-old daughter.

Though black women are one of the most highly educated demographics in America, they also hold a disproportionate amount of student loan debt and finish their undergraduate education with more debt than women of any other race.

“The people who my heart really goes out to are women in their senior year who can’t afford it anymore and have to drop out,” Baker said to Forbes. “These are the most resilient people because if they run out of money their senior year, you know they were out of money their sophomore year and just made it work.”

“These are the women we need in the workforce. They are going to make a difference,” he added.

Baker is a Founder and Managing Partner of Siris, a private equity firm that has raised nearly \$6.0 billion in cumulative capital commitments for technology and telecommunications companies.



## Black High School Senior Makes History, Gets Accepted into All 8 Ivy League Schools

Springfield, MA — Roberta Hannah, an 18-year old senior at Springfield High School of Science and Technology in Massachusetts, has made history after being accepted into all of the 8 Ivy League schools.

The surprising news came amid the coronavirus pandemic that unexpectedly altered the course of events for the Class of 2020, giving her a reason to celebrate despite that.

Hannah, who is a student-athlete who plays track and field, said it

was really not that easy to achieve what she did. But she worked hard and took honors and AP classes to be ready for it. She is currently preparing for 7 AP exams.

Hannah said she initially wanted to apply to just 3 schools, but her mother and sister encouraged her to apply to all of the 8 ivy league schools. She did so without much expectation and thought that she would only be accepted into 4. But she actually got accepted to all 8.

“I was really anxious getting up to the day, and then I started opening the



Roberta Hannah, Black student accepted into Ivy League schools

letters, and I was like ‘oh, I keep seeing ‘yes,’” she told Western Mass News.

Hannah is grateful for her sister and mother who motivated her to achieve

more. Her mother, Valerie Williams, was not able to attend college but she

made sure to push her children “a little extra hard” to have the opportunity she didn’t have before.

Out of all the ivy league schools she could choose, Hannah plans to attend Columbia University and major in biochemistry and African-American studies.

“So my goal is to be a medicinal chemist, but with making medicine and kind of the one researching it,” she said. “I want my focus to be on increasing accessibility and making the medicine more affordable.”

# Arts & Entertainment

## ‘America’s Got Talent’ Contestant, Exonerated From Prison After 37 Years, Gets ‘Chance of a Lifetime’ and Praise From Simon Cowell

“This is Archie Williams. I will never forget this audition for the rest of my life,” Simon Cowell says of the singer

By Matthew Allen  
The new season of NBC’s “America’s Got Talent” won’t premiere until Tuesday, but one contestant is already making eyes watery.

And he’s giving the public an inspiring reason to watch.

AGT judge Simon Cowell tweeted out an extended preview of a segment featuring singer Archie Williams, a man who overcame tragic circumstances.

“I always desired to be on a stage like this and now I’m here. Thank God,” Williams said in the clip. “I know this is my chance of a lifetime.”

“This is Archie Wil-



Archie Williams, a contestant on the forthcoming season of America's Got Talent, gets his "chance of a lifetime" after serving 37 years in prison for a crime he did not commit.

liams. I will never forget this audition for the rest of my life,” Cowell said in a tweet.

This is Archie Williams. I will never forget this audition for the rest of my life. And I’ll never listen to this song in the same

way ever again.

Williams, a Louisiana native, was recently released from prison after spending decades in the pen. He ultimately served 37 years for a crime that he did not commit, explaining in the video profile

how he was convicted of a 1983 rape and stabbing of a 30-year-old white woman in her home.

In his interview, Williams said: “Being a poor Black kid, I didn’t have the economic ability to fight the state of Louisi-

ana.”

“At the trial, none of the fingerprints at the scene matched mine,” Williams stated. “Three people testified that I was at home, but they wanted somebody to pay.”

He was sentenced to life without parole and sent to Angola State Penitentiary.

With the help of The Innocence Project, DNA evidence proved his innocence. Williams was exonerated in 2019 and auditioned for AGT months later.

He told host Terry Crews that he would watch the show from prison and dreamed of competing on it.

“When you’re faced with dark times, what I would do is pray and sing,” Williams said. “I watched ‘America’s Got Talent’ in prison and I would visualize myself being there.”

“Freedom is of the mind. I went to prison, but I never let my mind go to prison,” he told Crews.

Once on stage, Williams sang Elton John’s “Don’t Let The Sun Go Down on Me,” leading to a standing ovation from both the audience and the judges. A notoriously candid Cowell was particularly impressed, calling him “courageous,” and that he has “a really good voice.”

“I will never ever listen to the song in the same way after you. It took on a whole different meaning for me,” Cowell told Williams. “This is an audition I would never forget for the whole of my life, Archie.”

All four judges voted Williams into the next round.



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Bible Study.....11:00 a.m. and 6:00 p.m.  
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# Religion

## Despite Spike in COVID-19 Cases in Churches, Trump Says Governors Must Allow Them to Open



Though two churches in Georgia and Texas recently had to re-close their doors after congregations became ill from the coronavirus, President Trump says governors across the country must allow places of worship to open this weekend.

"Some governors have deemed liquor stores and abortion clinics essential, but have left out churches and houses of worship. It's not right. So I'm correcting this injustice and calling houses of worship essential," Trump said during a press conference at the White House on Friday, CNN reported.

From CNN:

Trump said he was calling upon governors to "allow churches and places of worship to

open right now."

"If there's any question, they're going to have to call me, but they're not going to be successful in that call," Trump added.

"The governors need to do the right thing and allow these very important essential places of faith to open right now, this weekend. If they don't do it, I will override the governors," he continued.

Just days before the President's declaration, the CDC had published a report highlighting a church in Arkansas where 92 congregants got infected with the deadly COVID-19 disease and spread it to an additional 26 people in the surrounding community. The outbreak left 4 people dead.

The CDC report, published on May 19, recommended that faith-based organizations work with

local officials to modify activities so as to prevent COVID-19 transmission to their congregations and communities.

But the President's announcement on Friday was accompanied by new CDC guidance on church gatherings that basically gives permission for people to do whatever they want in the name of faith.

We're sure the change in tone from the CDC is just a coincidence.

White evangelical leaders, including those from the Southern Baptist Convention and the First Liberty Institute have welcomed Trump's announcement according to CNN, but representatives from the Interfaith Alliance and the Muslim and Jewish faiths have said they will keep their doors closed and their congregations safe this weekend.

SPACE FOR GRACE MINISTRIES WOW UNITED CHURCH OF CHRIST

"Do Justice, Love Mercy, Walk Humbly with God" Micah 6:8

SAY THEIR NAMES: Trayvon Martin, Sandra Bland, Kathryn Johnston, Sean Bell, Eric Garner, Renia Boyd, Mike Brown, Amadou Diallo, Kimani Gray, Kenneth Chamberlain, Travon McGill, Tank Rice, Ayanwa Stanley-Jones, Freddie Gray

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When we who say we love Him begin to live and BE  
A people with great freedom to gain through harmony.
- Where are the gifts we're seeking if not in our own hearts?  
To share, to offer others so they may know their parts  
In working as the chosen, whose heritage and hope  
Are in the great Creator, our Christ, our Lord, who knows.
- Let's offer all our talents and wants for setting free  
The homeless and the hungry, the hurting you and me  
Remembering tomorrow, the Son will rise and shine  
To give us Light and helpers to serve Him while there's time

To the tune of The Church's One Foundation  
Text: Reverend Pamela June Anderson, D.Min., ©1991  
LCDR (RET) US Navy Chaplain Corps  
[drpjanderson@spaceforgrace.org](mailto:drpjanderson@spaceforgrace.org)  
African American Heritage Hymnal, p337  
One Lord, One Faith, One Baptism Hymnal, p578

In a statement to HuffPost, faith leader and head of the Poor People's Campaign Rev. Dr. William J. Barber II challenged the

religiosity of the President's announcement.

"It's a violation of loving your neighbor as yourself to do something that

you know could put your neighbor in harm's way," Rev. Barber said. "That's a fundamental violation."

## Church Events?

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# Sports

## Brittney Weaver – Dunbar Hoop Legend

Brittney Weaver -Current Mom and Media Expert

(DW) What was it like playing at Dunbar?

(BW) It was a great experience playing with Coach Pullen in 02. We had a great team when I got there.

Keisha, Victoria, Lemicha, and Shawwna and the squad was able to have a great junior year.

(DW) When did you realize you would go Division 1

(BW) I was getting letters after my freshman year, but me and Katherine Cain got honorable mention my freshman year. I was getting letter from colleges and getting offers to go to Blue Chip camp and everything

(DW) What was it like playing for Pullen?

(BW)He was a great coach. He pushed you to the point of pushing past your limits. He cares about you off the court too. He was like a dad to a lot of us. His wife Shawn was like a mother to us. I call her Mama Shawn! Even though he didn't coach me my senior year, he still helped me get to St Francis University (PA) which is D-1.

(DW) Biggest upset in school history? D-1 College Life

(BW) We played against Penn State my sophomore year. They disrespected us. They put fire under us as they didn't warm up for the game. They came out thinking because we was a small D-1 team we wasn't going to be a challenge. I brought some DPS to that game! I had 3 steals and was a key player in defeating Penn State for the first time in school history. College life was cool for me, but it was a private catholic school. It was about the same size of Central State, in Loretta Pennsylvania.

(DW) Did you think



about playing pro after college?

(BW) I thought about it but once I hurt my shoulder I was done. I would go and help out the high school kids with Brenda Winston at Jefferson. Then we went to Dunbar and I was assisting there. It was a great early experience with Jefferson. I also coached at the Bomberger League, which helped me out on the coaching front.

(DW) How do we make

DPS girls hoops better?

(BW) We don't have the programs that we once had. We had the Tamika Williams league that was there for me, and I feel like there are no types of events out here for girls. I have contacted some players and plan to work on some projects for the rest of the year. We have to get some female influences to come back and have an impact.

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## Naomi Osaka Tops This Year's List of Highest Paid Female Athletes



Naomi Osaka

Tennis Star Naomi Osaka has broken the all-time record for female athlete's earnings in a single year, according to a new report from Forbes. 22-year-old Osaka earned \$37.4 million in the last 12 months from prize money and endorsements, making her the world's highest paid female athlete.

Another famous black tennis player, Serena Williams, had held the position for the last 4 years, while Maria Sharapova last set the record for female athlete's single year earnings in 2015. Osaka and Williams are the only two women to make the ranks of the magazine's 2020 list of the 100 highest paid athletes, Forbes reported.

Osaka won the Grand

Slam at the 2018 U.S. Open when matched up with her idol, Williams, and went on to win the Australian Open in 2019. According to Forbes, the player's Japanese and Haitian-American heritage played a role in her financial success along with her prowess on the court:

From Forbes:  
"To those outside the tennis world, Osaka is a relatively fresh face with a great back story," says David Carter, a sports business professor at USC's Marshall School of Business. "Combine that with being youthful and bicultural, two attributes that help her resonate with younger, global audiences, and the result is the emergence of a

global sports marketing icon."

Osaka held dual citizenship growing up but made the wise choice to represent Japan ahead of the Tokyo 2020 Summer Olympics, now postponed to 2021. The decision made her an even hotter commodity for Olympic sponsors, like Procter & Gamble, All Nippon Airways and Nissin, which signed endorsement deals with Osaka to use her around marketing for the Games. She is expected to be one of the faces of the Olympics, which had triggered unprecedented levels of excitement among the Japanese public before the coronavirus outbreak.

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Our Care Lives  Here

## Black People, Post-Traumatic Stress Disorder (PTSD) and the Risk of Death From Coronavirus (COVID-19)... Continued from Page 1

and sleep and concentration disturbance. Physical symptoms including Neurological, Respiratory and Cardiovascular symptoms also occur in PTSD.<sup>2</sup>

What is the evidence that Black people have higher rates of PTSD?

The Adult Psychiatric Morbidity Survey: Survey of Mental Health and Wellbeing, England, 2014 found doubling of the rate of PTSD amongst black adults at 8.3 per compared to white adults at 4.2 though assumed that the differences could not be relied on because of the small sizes involved.<sup>3</sup>

One study found that when PTSD affects US race/ethnic minorities, it is usually untreated and likely to become chronic and persistent and suggested that the large disparities in treatment indicate a need for investment in accessible and culturally sensitive treatment options.<sup>4</sup> A separate two year follow up study found that African Americans with PTSD experience high number of traumas and most do not receive treatment.<sup>5</sup>

Findings from large-scale national studies

suggest African Americans have a 9.1% prevalence rate for PTSD.<sup>6</sup> This suggests that almost one in ten Black people becomes traumatized. This is an underestimate due to known under-diagnosis of PTSD in black people.<sup>7</sup> Studies of racial discrimination and race-related stress have shown that when an individual reports psychological distress from racism, trauma was often not considered.<sup>8</sup>

Why would Black people be at increased risk of PTSD?

In addition to traumatic experiences that a person of any race or ethnicity might face, race-specific traumas include micro-aggressions and the erosion of a fundamental requirement for human beings – a sense of belonging. A striking example of that undermining of belonging was witnessed by the Windrush generation in the UK. Black people face challenges to a sense of belonging to desirable social, housing, occupational groups and on a wider scale there are challenges to the black person's right to belong in a country such as the UK, a crude example being the 'go back to where you

came from' statement. A sense of belonging is an intrinsic human need. The psychologist Maslow's hierarchy of human needs defined self-actualization and self-esteem as requiring the secure foundations created by a sense of belonging.

Another often overlooked contributory factor to the large prevalence of traumas affecting Black people is Intergenerational transmission of trauma. Parent-child attachment patterns are known to replicate through generations within families. Going back to slavery and post-slavery eras, forced black familial disruption was part of the mechanism that enabled forced labour and enrichment of slave owners and others and this involved brutal disregard for the integrity of the black family unit by white oppressors. Yet another overlooked factor is vicarious trauma and witnessing shootings of unarmed black people can give rise to a sense of threat to the black viewer's sense of their own safety.

What is the evidence that PTSD suppresses the immune system?

A study of 1,550 male workers with a previous

history of PTSD concluded that PTSD produces immunosuppression and has long-term implications for health.<sup>9</sup> This finding is now widely accepted amongst mental health professionals and a questionnaire commonly used as a tool to diagnose PTSD is the IES-r.<sup>10</sup> A cut-off point of 37 and above in the IES-r is commonly accepted by mental health workers as associated with immunosuppression.

Treatment of PTSD

PTSD in Black people is treatable with a growing number of psychotherapies including prolonged exposure therapy, EMDR, cognitive processing therapy, somatic experiencing, if delivered by psychotherapists with training and knowledge of diversity matters. Medication is sometimes but not always required.

Conclusion

There now exists evidence for higher death rates of Black people from COVID-19 compared to White people as well as evidence that Black people have a higher rate of PTSD diagnosis than White people and furthermore that PTSD is associated with immunosuppression and we know

that immunosuppression is associated with a higher risk of death from COVID-19. The proposed association described here between PTSD-induced immunosuppression and increased risk of death

from COVID-19 needs to be explored further and in addition, high PTSD rates in black people need to be recognised and treated as both a mental and physical health priority.

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