

Review: Civil War Movie Portrays Consequences of Political Division

The full-scale modern-day military seizure of the U.S. Capitol.

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East Tech Warriors Win FIRST Robotics Competition Ohio State Championship



By Khalil Anderson

CLEVELAND, OH - The Tech Warriors from East Technical High School in Cleveland made history by becoming state champions at the FIRST Robotics Competition Ohio State Championship. Their success would not have been possible without the extraordinary teamwork and coordination of The Tech Warriors and their alliance partners, Team 4028 The Beak Squad from Cincinnati, Team 1787 Flying Circuits from Pepper Pike and Team 8243 Astro Circuits from Cleveland.

The FIRST Robotics Competition (FRC) is a competitive robotics competition that challenges high school students to design, build, and program robots to perform specific tasks. The Tech Warriors proved their skill, determination and professionalism throughout the year competing at competitions such as The Finger Lakes Regional in Rochester, New York, The Buckeye Regional in Cleveland, and The Miami Valley Regional in Cincinnati. After competing at three competitions, The Tech Warriors ranked among the top teams in the state.



East Tech Robotic team: From left back Stephen Marquez, Jr., Marvell Womack, Khalil Anderson, Malik Frazier, Alimasi Abumba, left front: J'Dian Farris, Siy Stoutemire, Harmony Reed and Mecyah Mills Photo Credit Mertyl Johnson

After finishing all their qualification matches and ranking 25th, their journey to the state championship round began with an alliance selection process, where they secured a spot on the number one of the alliance to enter the playoffs and compete for the state

championship.

During the playoffs, the top eight alliances faced off in a series of elimination rounds. The Tech Warriors and their alliance partners exhibited exceptional agility, and precision with their robots, allowing them to score high points and go

unbeaten in the playoffs, ensuring their position in the finals.

The alliance went up against an extremely skilled alliance in the finals, but The Tech Warriors and their alliance partners weren't about to back down. They went

Continued on page 2

Opinion: Cleveland At the Crossroads of Courage and Power of the People



By Imani Capri



“Never underestimate the power of a small group of people to change the world. In fact, it is the only thing that ever has.” – Margaret Mea

Cleveland's leadership and residents are facing a crossroads on various issues. The hiring and resignation of Philip McHugh as the former senior safety advisor is a teachable moment.

The lesson is loud and clear.

The voices, votes, and

interests of Cleveland residents matter. When residents, grassroots organizations, and elected officials engage, change is possible and tangible.

Courageous people change the world. Throughout history, we see examples in every area of human endeavor.

Whether we examine the lives of individuals like Martin Luther King Jr., Malcolm X, and Fannie Lou Hamer, one theme rings consistently true: everyday people possess incredible power to change unjust realities. The health, well-being, and future of democracy and our communities depend on it.

However, courage alone is not enough. History shows that all people striving to make change

eventually face a crossroads where a choice must be made.

Will they maintain the status quo to avoid the conflict that creating change usually brings, or meet the moment with courage and organized action in pursuit of a better reality?

Punching Bag or Accountability to the Power of the People?

The hiring of Philip McHugh as senior safety advisor in Cleveland was a flagrant mistake from the beginning.

The people of Cleveland had every right to voice their concerns consistently and confidently.

How safe or sound was it to hire a former police officer, who was the subject of a civil rights violation lawsuit brought by an elderly Black

couple in Washington, D.C., to oversee safety in Cleveland, a city still under an extended consent decree?

Accountability Is Not Attack.

McHugh resigned on May 9 via a letter from defamation attorney Andrew Stebbins to Mayor Justin Bibb. McHugh stated his reason for leaving was his refusal to allow “certain disingenuous media outlets and members of City Council to use him as a punching bag” or “to hurt Bibb and distract from the work to be done in their communities.”

A review of the facts surrounding McHugh's problematic hiring, who was also Bibb's former college roommate, reveals *Continued on page 2*

East Tech Warriors: State Championship

From front Page

undefeated in the finals and won the title of state champions because of their excellent teamwork and execution.

After endless hours of competing and strategizing, The Tech Warriors and their alliance partners put into building chemistry, their work had finally paid off. The four teams worked flawlessly together, bringing home a championship banner and trophy.

Khalil Anderson is a senior at East Technical High School. He participated in the eight Saturdays Cleveland Media Academy sponsored by the Plain Dealer and cleveland.com



East Tech Robotic team: Celebrates FIRST® Robotics Competition Championship Photo Credit Mertyl Johnson

Cleveland: At the Crossroads From front Page

something else: the democratic system and process of holding city government and elected officials accountable worked.

The Power Is with the People:

That's Democracy! Residents of Cleveland circulated, signed, and submitted a petition with 258 signatures, spearheaded by the Cleveland NAACP, demanding the termination of McHugh for inadequate policing

in Black communities prior to coming to Ohio.

Cleveland residents lobbied their City Council representatives, who spoke up and out consistently on behalf of their constituents despite obstacles and scrutiny.

Media outlets, both local and national, covered the stories.

The Plain Dealer and Cleveland.com reported on contradictory statements McHugh made under oath in a deposition

IT IS EASY TO STAND WITH THE CROWD. IT TAKES COURAGE TO STAND ALONE.

and to their news editorial board about his involvement in the Washington, D.C., case where he was sued for violating the civil rights of Eugene and Vashti Sherrod.

Is this not the democratic process at work?

Is this not a demonstration, in real time, of courageous citizens getting involved, making their voices heard, and community engagement affecting change? Is this not journalism performing its function as the fourth estate "watchdog" of government?

What some have labeled as backlash, uproar, and outrage from Cleveland residents, stakeholders, and several elected officials is the voice of the people, not a "smear campaign."

McHugh's resignation is the result of everyday people exercising their power through their voices and the ability to organize and engage their communities.

Kayla Griffin, president of the Cleveland NAACP, stated the following via an Instagram post on behalf of the local branch: "We acknowledge the recent resignation of senior safety adviser Phillip McHugh. This change marks a pivotal step forward in our continuous fight for justice and equity in policing. Our commitment

remains steadfast to bridge the trust gap and advocate for the fair treatment of all Cleveland residents, especially within our Black communities. Let's keep the momentum going. Together, we can ensure meaningful reform and true safety for everyone."

Mayor Bibb did not fire McHugh, as demanded, but he did issue a statement acknowledging the resignation and appealing to Cleveland to keep working together with him.

The masterclass message of this moment is this:

The power to reshape the city of Cleveland rests in the hands of the people and their ability to stay engaged and hold those elected to office accountable.

People are always the real power behind making change. That is democracy at its best.

The question now is, will the people meet the next challenge and crossroads with the same courage and engagement?

Links:

*Petition Demanding Termination of Phillip McHugh
Court Order (10/13/22)
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June 10 - August 2, 2024

Book Review: America's 'Nap Bishop' Offers Strategies for Rest As Resistance



By Sheila Ferguson



Tricia Hersey is the New York Times best-selling author of "Rest is Resistance: A Manifesto." The Atlanta, Georgia-based theologian, artist, poet, life coach, and community organizer is the self-anointed "Nap Bishop." Since 2016, she has shared a compelling message about the power of rest to break the cycle of oppression.

The book reads, "Your body is a site of liberation, It doesn't belong to capitalism, Love your body; Move your body and Hold your body."

"Nap Bishop" followers believe that taking a break from burnout is lifesaving. They see rest as a pathway to revitalizing your life. Hersey's book, "Rest Is Resistance: A Manifesto," published by Little Brown Spark (2022), focuses on two points: giving yourself permission "to live the 'soft life' through rest and restoration, and "quiet quitting" the corporate grind and releasing academic pressures that cause fatigue and social and emotional oppression.

Hersey's views come from her years of struggle as a graduate student at the Candler School of

message is that Black people's exhaustion stems from a legacy of enslavement, Jim Crow segregation, and modern-day racism. More importantly, Hersey says the recovery of Black people depends on the remembrance of the following:

- Watching our elders rest by reading scripture, meditating, and resting their eyes or feet daily to rejuvenate and renew
- Knowing that allowing rest, sleep, naps, and daydreaming slows us down enough to awaken to the beauty in ourselves
- Releasing ourselves from the grind to resist the capitalist and white supremacist mind

Hersey also stresses that rest is necessary and natural for



Author Tricia Hersey

all of us. Without rest, she says, "we won't make it! Thus, collective rest will liberate us and shift our consciousness." Hersey gives the message of rest as resistance with the intent of undoing the harm of exhaustion done to Black bodies. In her words, it starts by moving away from society's demand for perfection and beliefs.

Today, you can read Hersey's message in book form, watch and listen online, or attend her live sessions. During live sessions, the author preaches and leads meditation while the participants experience a state of collective rest. Hersey works to jar people enough to wake up through sleep. Rather than using free time to do extra work, Hersey's movement inspires people to sleep and rest to stave off burnout, exhaustion, and the risks of premature death. It is also a tool for helping others recognize their full potential beyond fulfilling the role of a slave to society's demands for mass production and speed in delivering work products.

The How-Tos of Self-Liberation From Obtaining Rest

Though daily sleep and rest are the starting points of Hersey's theory, healing and self-liberation

are its endpoints. She says getting there requires that you:

1. Stop worrying and reflect on your needs for peace and comfort. It's about collectively refusing to run ourselves into the ground
2. Rest and reset for good health.
3. Use rest as a form of resistance against oppression because it is life-saving and liberatory.
4. Start a daily practice of daydreaming.
5. Know that change takes time.
6. Slow down, connect, and reimagine your life.
7. Know that you are enough.
8. Know that exhaustion is not productive.
9. Listen to yourself and others more.
10. Create systems of community care and support.

Daily Resting Practices

Finally, begin and continue a practice of valuing self and the grace of loving yourself by:

- Closing your eyes once or twice daily,
- Taking long showers in silence,
- Meditating on the couch for 20 minutes,
- Daydreaming by staring out the window,
- Sipping warm tea before bed in the dark,
- Slow dancing with yourself to slow music,
- Taking a twenty-minute timed nap,
- Praying daily,
- Taking regular breaks from social media, and
- Committing to deep listening and enjoying musical albums.

To learn more about Tricia Hersey's work as the Nap Bishop, search these titles on YouTube:

Tricia Hersey: Rest & Collective Care as Tools for Liberation

Tricia Hersey: Creating a Guided Meditation for "Promise, Witness, Remembrance"

NO MORE GRIND: HOW TO FINALLY REST WITH TRICIA HERSEY - WCDHT EP 139



Theology at Emory University. Those were tough years, she recalls. As a grad student of humble means, Hersey was crushed by financial burdens, daily travel on public transit, and the grind of studying tirelessly with little to no sleep. She also cared for an ill family member. All of these pressures were compounded by the COVID-19 pandemic and the horrors of racism in America.

Out of the struggle, exhaustion led Hersey to take daily naps, to daydream, and to have periods of rest and respite. Experiencing this burnout, and the refreshment gained from these simple lifestyle changes, gave birth to Hersey's Nap Bishop ministry. The author's core

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Movie Review: 'Civil War' Movie Portrays Consequences of Political Division



By Gregory Moore



"Civil War" was released on April 12, directed by writer-director Alex Garland, starring Kirsten Dunst, Wagner Moura, Steven McKinley Henderson, and Cailee Spaeny, and is 1:49 in duration.

The highly acclaimed movie, "Civil War," set in modern times, tells the backstory of four reporters from three different generations going on a dangerous and risky road trip to cover the military conflict taking place in the US after two states secede from the United States. Little is said in the movie about how the conflict started or why. All we know from the movie is that a "Western Alliance" between Texas and California have seceded from the Union and are launching a modern-day military march to the nation's capitol in Washington, D.C.

The first few minutes of the movie mark the only time we hear a full explanation of the conflict which comes through sporadic breaking news reports on television. On the journey between New York and Washington, we see bombed-out cities, abandoned cars on empty highways, and what appears to be the complete collapse of the U.S. economy. There are periodic glances of a dystopian population seeking to survive, hunkered down with their shotguns, or seeking refuge in disaster relief camps. It's a familiar picture frame that we see every day on the evening news. However, in this instance, instead of Gaza or the Ukrainian war-torn landscape, it is the cities and towns of the United States that are displayed in haunting detail.

The bulk of the movie is centered around the personal dynamics between three photojournalists and an elderly sage Black reporter seeking to scoop the first pictures of the Western Alliances' seizure of Washington, D.C.

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Presented in a fast-paced one hour and 49 minutes, "Civil War" follows the adventures of four main characters led by Lee Smith, an aging, trailblazing journalist portrayed by actress Kirsten Dunst; Sammy, a seasoned veteran reporter portrayed by veteran stage actor Stephen McKinley Henderson; Jessie Cullen, a very eager student photojournalist played by up-and-coming actress Cailee Spaeny; and Joel, the South American photojournalist portrayed by Brazilian actor Wagner Moura

Seeing the White House under fierce military siege was jarring and a reminder that the conflict, for whatever reason, had led to this level of carnage. Eventually, the journalists were embedded with the rebel forces of the Western Alliance as they made their way closer to the U.S. Capitol. Their deadly encounters with the warring factions along the way would reveal their personal journeys as photojournalists covering past foreign U.S. wars.

The character that resonated the most was Sammy, movingly portrayed by Henderson, who carried with his large frame a wealth of knowledge and experience that he repeatedly tried to impart to the younger, adventurous journalists. Despite his poor health, Sammy takes up with the three younger journalists and helps guide them, and rescue them, through some of the more dangerous encounters in the movie.

"Civil War," despite its title, directs the attention of the moviegoer, not so much on the deadly conflict itself, but on the coverage of it by the four reporters and the desperate citizenry they encounter along the way.



Getting "the photo" of the graphic carnage and "the interview" with the beleaguered president under siege becomes the most important goal of the group - not saving the country from complete collapse.

The full-scale modern-day military seizure of the U.S. Capitol was depicted in the final minutes of the movie with still no clear reason why it had come to this and who or what was driving the rebellion. Ironically, the succession that reportedly started thousands of miles away from Washington, D.C., was now at its doorstep seeking its complete overthrow. The team eventually ended up embedded with the rebel forces as they marched toward the nation's capital. It also became increasingly clear as the movie progressed which side of the conflict the media was on.

"Civil War" is a stark reminder of the inherent tragedy of war between the states and makes a strong case for why we should always aim for diplomacy, reconciliation, and peace over division, retribution, and pestilence.



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Death: Myths and Truth



By Pastor Larry Frazier

Benjamin Franklin, an American diplomat and publisher once said, "In this world, nothing is certain except death and taxes." That has been an enduring quote throughout the years. Just as are some of the superstitions about death that remain in our society. This article will present some beliefs and practices concerning death, and finally explore death from the words of the Bible.

Some superstitions about death are aimed at protecting the living from the spirit of the deceased. Mirrors were covered after death because the first person to see their reflection would be the next to die. Family pictures were turned face down to keep the living from being possessed by the spirit of the deceased. Veils were worn to hide the mourner's identity, protecting them from the dead. Tombstones were made large to not only mark the grave but also to keep the spirit from escaping. Thunder after a funeral means the deceased entered heaven. Tossing a pinch of spilled salt over the left shoulder blinds the devil and keeps him from taking control. Whistling in a cemetery summons the devil.

These sayings, no doubt, are embraced to various extents by people. One thing is certain, however: from the time we are born death is in our future. Bob Dylan said, "He who is not busy being born is busy dying." Michael Landon's words of wisdom are, "Whatever you want to do, do it now. There are only so many tomorrows." Somewhat humorously, Benjamin Franklin said, "Death takes no bribes." Sayings can be thought-provoking, even entertaining.

The Rev. Dr. Alvin Barry, President of the Lutheran Church Missouri Synod, answered the

question "What is death?" "The Bible teaches that death is not an annihilation in which we cease to exist. The Scriptures teach that death is the separation of our eternal soul from our mortal bodies. Our bodies rest in the grave, awaiting the final day when soul and body shall be reunited. At the moment of death our souls and the souls of all those who die in faith, immediately are in the presence of Christ, and will enjoy His presence, peace, and joy until the great day of the resurrection of all flesh."

Job 14:5 says, "A person's days are determined; you have decreed the number of his months and have set limits he cannot exceed." Jesus Christ gives words of reassurance in John 6:37-39, "All those the Father gives me will come to me, and whoever comes to me I will never drive away. For I have come down from heaven not to do my will but to do the will of him who sent me. And this is the will of him who sent me, that I shall lose none of all those he has given me, but raise them up at the last day."

The following verses further help our understanding of death. Proverbs 14:27 says "The fear of the Lord is a fountain of life, turning a person from the snares of death." From 2 Timothy 1:10, "But it has now been revealed through the appearing of our Savior, Christ Jesus, who has destroyed death and has brought life and immortality to light through the gospel."

John 5:24 says, "Very truly I tell you, whoever hears my word and believes him who sent me has eternal life and will not be judged but has crossed over from death to life."

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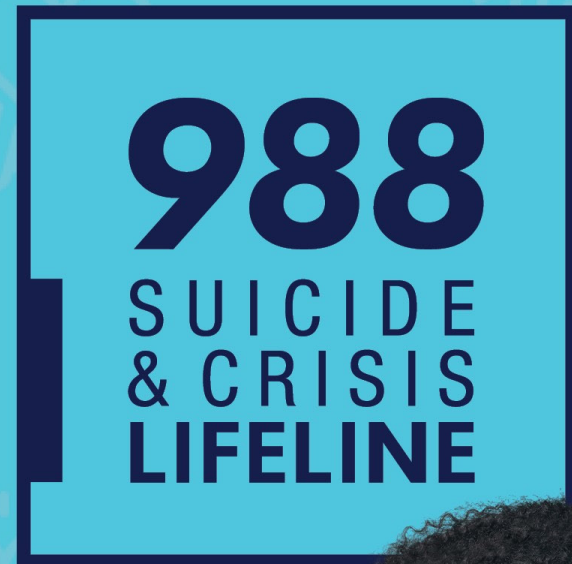
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Legal Aid Provides Help for Clients Struggling with Mental Health



By Tonya Sams

Many people suffer in silence when struggling with mental health issues. These issues can affect every area of one’s life—even how they address legal issues that impact basic needs like shelter, safety, and economic security. Client Support Specialists at The Legal Aid Society of Cleveland recognize how a client’s battle with mental health challenges can impact their legal cases. People work with Legal Aid attorneys to implement strategies to help them have positive case outcomes while improving mental health outcomes.

“Client Support Specialists are professionals who provide assistance and support to those who are receiving legal assistance from Legal Aid who may have a barrier related to their legal case,” said Aisha Midgett, a Client Support Specialist at Legal Aid. The Client Support Specialists at Legal Aid make a team of three trained social workers. For over a decade, Client Support Specialists, working closely with attorneys and paralegals, have played a critical role in ensuring the best possible outcomes for client success and overall wellbeing.

When mental health issues are involved, it can dramatically affect a client’s case.

“It can have a significant

impact in various ways,” said Aisha. “It can affect their ability to make informed decisions, their ability to understand the legal process and legal language. They may not have the ability to engage with their case, so they are missing appointments,

resources and programs offer crisis prevention, suicide resources, crisis hotlines, and educational information.

People with low income experiencing mental health issues may have additional challenges



won’t return calls, or won’t follow through on tasks.”

To help clients resolve these issues, Aisha and other Client Support Specialists at Legal Aid will conduct an intake to determine the obstacles that may cause the client not to be actively involved in their case. They help identify the client’s needs, establish goals to help them along the legal process, and link them to community resources and programs that may help them with their mental issues. Many of these

when it comes to finding proper assistance. This may be due to limited access to therapists, counselors, or case management professionals.

Beyond the financial barrier to accessing care, “There is a social stigma about sharing mental health issues with people which hinders their ability to have access to health resources,” said Aisha. “There are also other challenges. People could be struggling with substance abuse, domestic violence, and

trauma. They could also be dealing with chronic health conditions. All of these things overlap which can heighten the possibility of being exposed to mental health challenges.”

Client Support Specialists also assist with crisis intervention for clients who have experienced a crisis or are at risk by creating a safety plan. Safety plans are unique to each individual. They are designed to help them feel safe, and connected to people experiencing a crisis. For some people, this could be a sheet of paper that includes information from emergency organizations, local hospitals, and others they can contact when they are in a crisis. It can also include information on coping skills.

“There are clients that never talk about their feelings, but we give them access to help and get them linked to organizations to receive mental health services that will work with them on a longterm basis to improve their mental health,” said Aisha. “Remember, it is okay to ask for help. You are never alone.”

Do you need help with a civil legal matter? Legal Aid may be able to help. Call Legal Aid at 888-8173777 during normal business hours, or contact us online 24/7 at [lasclv.org/contact/](https://www.lasclv.org/contact/).

Tonya Sams is a Development & Communications Manager at The Legal Aid Society of Cleveland.

Happy Body, Happy Brain: The Benefits of Exercising



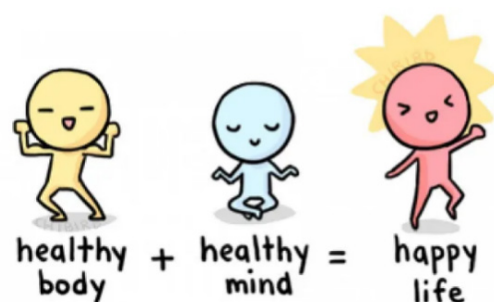
By Khemi Adé



to neurodegenerative diseases” like Alzheimer’s. It’s about making it take longer “for these diseases to actually have an effect”, said Suzuki. Suzuki even stated that there are three shortterm and three long-term benefits on the brain when it comes to exercising.

Short-Term Benefits

Suzuki listed three short-term benefits pertaining to exercise. Firstly, it “has immediate effects on your brain.” One workout session will result in a mood boost because the brain releases feel-good hormones



such as “dopamine, serotonin, and noradrenaline.” Secondly, that same session, Suzuki shared, will also improve focus retention and the ability to shift focus that “will last for at least two hours.” Lastly, Suzuki said, it “will improve your reaction times.”

Long-Term Benefits

Long-term exercise “actually changes the brain’s anatomy” which means it literally changes the brain. First, Suzuki stated that the brain “produces brand new brain cells in the hippocampus.” Secondly, the prefrontal cortex and focus improve. Lastly, there’s an increase in mood over a longer period of time due to the “good mood neurotransmitters.”

Adapting an active lifestyle will improve overall health and provide a sense of “emotional balance” according to the CDC. The CDC also highly recommends that

“adults need at least 150 minutes of moderate-intensity physical activity weekly or 75 minutes of vigorous-intensity activity.” Little ways to increase physical activity in day-to-day life can look like taking multiple walking breaks or jogging in place while watching TV.

Exercise and overall physical activity play a huge role in brain health and mental health. It can improve mood, memory, focus retention, brain blood flow, and reaction timing.

Learn more: [Physical Activity Boosts Brain Health | DNPAO | CDC](#). Khemi Adé is a well-rounded, multi-hyphenated artist, writer, and journalist who’s also the author of “My Life is a Fairytale - A Journal Guide for the Magical Glories.”

Generational Trauma



By Sharon Lewis



SCAN TO LISTEN

Were they in combat? Were they displaced from their homeland by war? Were they indigenous people whose land was taken? Were they survivors of the Holocaust? Were they victims of discrimination? Did they live in poverty? Were they abused in some way?

While some of these questions are extreme situations, any prolonged exposure to an environment that causes stress to the body or mind can have a long-lasting impact on health and well-being.

According to the Mayo Clinic, “the body’s stress response system is usually self-limiting.” That

means once a perceived threat has passed, hormones return to typical levels. As adrenaline and cortisol levels drop, heart rate and blood pressure return to normal.

Other systems go back to their regular activities, but when stressors are always present, when a person always feels under attack, that fight-or-flight reaction stays turned on. The long-term activation of the stress response system and too much exposure to cortisol and other stress hormones may disrupt many of the body’s processes.

According to the Mayo Clinic, stress puts you at higher risk of many health problems including anxiety, depression, digestive challenges, headaches, muscle tension and pain, heart disease, heart attack, high blood pressure and stroke, sleep problems, weight gain, and problems with memory and focus. Chronic stress puts your health at risk.

Starting in the womb, an unborn child feels the effects of the mother’s stress. Imagine being constantly worried about the day-to-day activities of living. Do you have a safe place to live? Do you have a job or some means of supporting yourself? Are you getting the medical care that you need? What about adequate food? Do you have the support of friends and loved ones? The overabundance of those stress hormones will impact the future development of that child.

Trauma also causes epigenetic changes which means there is a shift in one’s DNA due to traumatic experiences. Genetics will still produce someone who looks physically similar to their family. Still, due to epigenetic changes, altered DNA may cause some of the conditions mentioned above for many generations. That may also explain why some ethnicities are more prone to certain medical conditions. It is in the bloodline.

Being a member of a minority group in America gives one a bird’s eye view of issues relevant to this article. Knowing the story of my people left me wanting to know the stories of others.

A coworker connected me with the child of a Holocaust survivor named Marilyn Zaas. Zaas is a lifelong resident of the Cleveland area. She is active in her community and lives much like everyone else. Additionally, Zaas is well-versed in her family history, knowing dates, times, and places. I most wanted to know how her family history affected her life. Zaas told me that, never having lived as anyone else or any other way, the question is difficult to answer.

To help me gain a better understanding of the Jewish experience, she invited me to the Commemoration of the Holocaust and Heroism Ceremony at the

B’nai Jeshurun Synagogue on Fairmont Boulevard in Pepper Pike, on May 5. Six families shared their Holocaust survival stories. For the Jewish community, it is vital to remember and share so that history does not repeat itself and no one ever forgets. The stories were both moving and heartbreaking.

I met Zaas’s mother, Erika Gold, after the ceremony. Gold is a vibrant, intelligent woman of 94 years. She was born in Hungary in 1932. In 1944, her father had to report to a Shell Oil work camp located on an island south of Budapest, as ordered by law. Gold and her mother went to work in a factory until, one day, the workers were forced onto a flatbed truck. Realizing this would end their journey, Gold’s mother jumped from the vehicle, signaling Gold to do the same.

They walked calmly away from it, throwing away their coats marked by the Star of David to hide their Jewish identities. Her mother recognized the area and knew that their former housekeeper lived nearby. They were fortunate that the former housekeeper hid them for six weeks until the liberation of Hungary. The family was reunited after the war. Her mother learned that her entire family, 45 people of all ages, had lost their lives in the gas chambers—a problematic fact for her mother.

In 1948, her parents bought Cuban visas because the wait for an American visa in Europe was exceptionally long. They were in Cuba for two years before they received American Visas and moved to the United States. Gold came ahead of her parents because their visas were not all granted at the same time. Her aunt and uncle drove from Cleveland Heights, to pick her up in Florida. Before the drive back, her uncle explained to her that she would see separate bathrooms, water fountains, and many other forms of discrimination. She told me that she found this hard to believe. This was America, where she and her family strove to reach for a better life. These revelations were unbelievable to her.

If you have experienced trauma, you may have triggers that bring back vivid memories. For Gold, the sight of a cattle car, no matter what is in it, brings strong memories of the war. The sensations of being cold and or hungry also bring strong memories but are quelled by the knowledge that she can get warm and get a meal. Gold does not say that she is a Holocaust survivor because, for her, that denotes victimhood. Instead, she says that she survived the Holocaust because that indicates that she is an overcomer.

While trauma can be passed from generation to generation, it can be healed and removed from the bloodline.



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June 10 - August 2, 2024

Basic Facts On Sleep Hygiene



By Sheila Ferguson



deprived individuals can struggle to stay awake during the day while working or driving. Better rest and sleep hygiene means consistently getting 6-9 hours of sleep. When possible, taking a 15 to 20-minute power nap each day can also help keep you rested and refreshed.

Cleveland Clinic sleep medicine specialist Nancy Foldvary Schaefer, DO, MS, says sleep is “foundational to our health and wellness.” She indicates that getting enough and good sleep is necessary for cardiovascular, metabolic, and brain health.

Getting the needed hours requires a consistent bedtime routine and sleep environment. Experts suggest that you give yourself the same support rituals you would give your child or grandchild. Pamper yourself with

a soothing sleep ritual that includes:

- Preparing for bedtime with a hot bath, warm milk or tea, listening to or reading a story,
- Reflecting on the day’s events,
- Using a little aromatherapy to breathe in soothing fragrances if you do not have allergies, and
- Slow down gradually, changing into your pajamas, and listening to soothing music to create a satisfying gateway for restful sleep.

If these methods do not work, consult with your physician. It may be time to probe what disrupts your sleep rhythms or keeps you under stress. You may get additional support through testing and assessment, sleep studies, prescription medications, biofeedback, learning mindfulness meditation, changing your daily routine to include exercise, and moving your bedtime to a later hour to make it easier to rest.

More Steps to Better Rest:

- Keep a tidy bedroom.
- Remove all electronic devices from your sleeping area. Create an electronics charging or docking station outside of your bedroom.
- Ensure that your bedroom is just the right temperature that is not too hot, or too cool.
- Work to rest and rise at the same time.

- Use curtains or drapes that block the sun or outside lights.
- Refrain from eating your last meal at least three hours before sleeping. This can help reduce the likelihood of indigestion and those blood sugar spikes that prompt waking up for midnight snacks.

Finally, Dr. Steven Marshall suggests maintaining sleep hygiene can improve your longterm health. Optimal sleep patterns of 6-9 hours a night can protect you from becoming overweight and contracting Alzheimer’s disease, heart failure, diabetes, and kidney disease. Good sleep habits can minimize the negative impact of poor sleep on your overall health and wellness.

The Cleveland Clinic and University Hospitals of Cleveland offer various sleep hygiene services. Contact Dr. Tina Water (216) 444-8072 ext. 9500 of the Cleveland Clinic’s Sleep Medicine Department to learn more about proper sleep hygiene. At University Hospitals of Cleveland, call 855-404-9456 to contact Adult Sleep Medicine, Pediatric Sleep Medicine, Behavioral Sleep Psychologists, and Sleep Surgery.

Other Resources:

How Sleep Impacts the Top Age-Related Health Concerns (ncoa.org)

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