

HEALTH / NATIONAL

The Salvation Army Launches Beat the Heat to Help People in Need During Hot Summer Days

CHATTANOOGA, Tenn. (June 15, 2022) — As temperatures reach into the 90s, many are turning to The Salvation Army for relief from the heat. Salvation Army case workers in Chattanooga and Cleveland give out free box fans to low-income individuals and families living in Bradley, Hamilton and Marion counties in Tennessee and in Catoosa, Dade and Walker counties in Georgia.

Case workers also receive requests for utility assistance from families struggling to keep their utilities on. To help the homeless, The Salvation Army provides water at an outdoor hydrating station at 800 Mc-

Callie Ave. In Cleveland at 437 Inman St., water, showers and laundry services are available for homeless neighbors, as well.

“With the challenges of the coronavirus pandemic, it is vital that we hand out bottled water to our homeless population,” said Major Mark Smith. “We are grateful for all the in-kind support of bottled water that we receive from Chattanooga Coca-Cola Bottling Company United.”

Currently, The Salvation Army is in need of financial assistance to support Beat The Heat. Elder’s Ace Hardware has extended a special discount to The Salvation Army to assist in the

purchase of fans.

“For every \$13 donated to The Salvation Army, we can purchase a quality box fan for our families in need. We anticipate needing 300 fans in total.” said Major Mark. “Food City is a major sponsor of our Social Services program. However, we currently need additional monetary support so we can provide utility assistance for low-income families.”

People interested in sending in monetary gifts to help cover the cost of box fans and utility bills can mail in donations to 822 McCallie Ave., Chattanooga, TN 37403 or to 437 Inman Street, Cleveland, TN 37377. Mailed

donations should include “Beat the Heat” on the envelope. To give online to contribute to this effort, visit the Beat the Heat giving page. Box fans can also be donated and dropped-off at both of The Salvation Army locations.

The Salvation Army asks that if you or someone you know needs a fan, please call 423-305-6200 for assistance in Chattanooga and in Cleveland, call 423-308-3467.

To learn more about The Salvation Army of Greater Chattanooga, please visit csarmy.org or call (423) 756-1023.

Heat Exhaustion & Heat Stroke: How To Protect Your Children

Several weeks ago, I relocated from Northern Virginia to Phoenix with my two kids in tow. While I had previously lived on the West Coast (including PHX) one thing I forgot – it’s xxxx hot! We’re not talking that great for your curls humid heat, but that forever feeling of dry mouth heat.

Naturally, the daily average temp of 110+ degrees put a damper on all the outdoor activities I had planned for my little ones including: hiking, biking, lounging by the pool, etc. So, in an effort to better protect my children (as they are far more susceptible to heat exhaustion than adults), I visited a local public health center to get a better grasp on the warning signs, symptoms and treatment for heat exhaustion and stroke.

Normal reactions to hot weather may include:

- Heavy sweating
- Redness of the face
- Heavy breathing



- Thirst
- Muscle cramps
- Signs of overexertion and possibly heat exhaustion may look a little something like this:
- Dizziness, weakness
- Beet-red skin and looking miserable
- Clamminess
- Fatigue

- Fainting
- Nausea or vomiting
- Headache
- Lack of sweat

While even the hottest day may feel comfortable enough for play, according to Weather Guidelines for Children:

- 80° or below is considered comfortable

- 90° beginning to feel uncomfortable
- 100° uncomfortable and may be hazardous
- 110° considered dangerous

With that said, pay attention to the signs. In the event any of the above symptoms occur, quickly find some shade or GO INSIDE.

Next, loosen his/her clothing and have them drink plenty of water — infants and toddlers may be given an over-the-counter rehydrating solution, like Pedialyte.

If symptoms don’t improve within the hour, or your child begins to exhibit signs they’re confused, has trouble breathing or develops a rapid pulse, seek medical help immediately.

In the future, encourage water and shade breaks every 15 minutes or so to prevent further episodes. Heat exhaustion and stroke are very serious conditions and should not be taken lightly. (Source: Blackdoctor.org)

Meet the Former Waitress & Flight Attendant Who is Now a Commercial Airline Pilot

Nationwide — Precious Sibalo, a woman from Zimbabwe, is now a commercial airline pilot after years of working as a waitress and flight attendant.

Ever since Precious saw pilots during a school trip at an airport, she has already dreamed of becoming a pilot. She realized she didn’t see any female pilots at that time and it inspired her even more to pursue a male-dominated career.

However, Precious had to put her dream on hold when she became a young mother at the age of 17. She also lost her mother around that time. Although she was grieving and she really didn’t want to be away from her daughter, she had to provide for her own family.

Precious moved to South Africa to work as a waitress and a part-time model before moving to Dubai where she also worked as a waitress. After just 3 months in Dubai, she took an opportunity to work at Qatar Airways as a cabin crew member.

That’s when her dream of becoming a pilot started to resurface. After a few years of working as a cabin crew member, she was about to get promoted to senior cabin member. Instead, she decided to start her studies to become a pilot in 2017.

Now, she now holds an Airline Transport Pilot License, the world’s highest level of Aircraft Pilot License from 43 Air School in South Africa.



She is currently building hours in South Africa and is hoping to work for Qatar Airways again, but this time as a pilot

for their biggest planes.

Racism Continues to Block the Escape of Many Africans from Ukraine. Here’s Why

By Legrand H. Clegg II

Nationwide — Since the invasion of Ukraine by Russian troops on February 24, 2022, word has spread that, while millions of Ukrainians and other Europeans have sought refuge in neighboring

It appears that most Black students, migrant workers, and professionals have met the same fate. According to the New York Times, Chineye Mbagwu, a 24-year-old doctor from Nigeria who lived in the Western Ukrainian town of Ivano – Frankivsk, reported that “The Ukrainian border guards were not letting us through... They were beating people up with sticks... They would slap them, beat them and push them to the end of the queue. It was awful.”

Emmanuel Nwulu, 30, a Nigerian student of electronics at Kharkiv National University, said that when he tried to board a train in Ukraine going west toward the border, Ukrainian officials told him, “Blacks could not board the train.”

In other cases, Polish officials have denied Black people escaping Ukraine entry into that country. Reportedly, other foreigners have not faced such discrimination in Ukraine or Poland. The African Union has stated: “Reports that Africans are singled out for unacceptable dissimilar treatment would be shockingly racist,” and violate international law.

Over the past few weeks conditions have changed. Ukrainian officials have condemned all forms of discrimination against refugees. The Global Black Coalition has assisted some Africans in leaving Ukraine. Furthermore, cer-

tain African nations have sent planes to Eastern Europe to rescue their citizens.

Yet, the question remains: Why have Ukrainians singled out people of African descent for special discrimination? The standard answers are that Europeans are xenophobic in general; that Africans were once enslaved in parts of Europe and this stigma persists, or that Africans are viewed as primitives, and therefore disrespected.

I believe that there is another reason that has not been considered by scholars and scientists. Ukrainians are not unique among white Europeans in their collective attitude toward Black people. On a global level (in Europe, Latin America, Australia, New Zealand, South Africa, Zimbabwe, Canada, the United States, etc.) white people have a deep-seated, visceral, reflexive loathing of Black people that appears to defy all logic and has persisted for centuries.

I believe that on a deep, subconscious level the white collective has inherited from its ancient and medieval ancestors an ingrained resentment of Black people that was originally caused by three thousand years of Black armies raiding, invading, conquering, dominating, colonizing, oppressing, enslaving and, ironically, in some cases, civilizing various European and Western Asian populations.

Ukraine is a case in point. In antiquity, this country was called Scythia. According to the Greek historians Herodotus, Diodorus, Plutarch, Strabo, and Josephus, around 1,900 B.C., an Egyptian army, led by the Black, “world conquering pharaoh,” Senwosret, marched through Southern



Russia. Historian Richard Poe, citing the scholar Martin Bernal, states that the pharaoh left in his wake a “wide band of burnt, plundered, and deserted cities throughout” Scythia and what is today Anatolia, Armenia, Bulgaria, Romania, and Yugoslavia. This was a time, Poe writes, when “highly civilized Africans once colonized a primitive Europe still seething with head hunters and cannibals.”

I believe that over the centuries, memories of the horrendous invasions of Senwosret (Scholars are not certain as to which of the Pharaohs, Senwosret I, II or III conducted these rampages) survived in Eastern European folklore, especially since he appears to have left a large colony of Black Africans in Colchis, now the former Soviet republic of Georgia. These memories were undoubtedly rekindled when later Black generals, including Ahmose, Thutmose I, Thutmose III, Ramesis II, Nimrod, Taharka, Batricus and Hannibal also invaded and colonized large swaths of territory in Europe and Western Asia.

The last group of Africans to con-

quer parts of Europe was the Moors or “Blackamoors,” who ruled Spain and held sway over much of the Mediterranean World for 781 years. The Moors civilized southern Europe and launched the continent into the Renaissance period. Nevertheless, this unwelcome Black dominance was met with resistance until the liberation of Spain in 1492.

When the tables were turned and the Portuguese and Spanish began enslaving Africans, whom they first called Moors, the longstanding European hatred and resentment of their former African masters morphed into contempt, animosity, and vengeance toward Black people in general. This sentiment became institutionalized and spread throughout Western Europe, crossed the Atlantic, and reached the New World during the African slave trade.

Africans first entered Europe not as slaves, but as masters, and the ramifications of their dominance survive today as a subconscious, retributive impulse that manifests itself in Ukraine and elsewhere as white racism toward people of African descent.