

The Dayton Weekly NEWS

An African-American Community Newspaper

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Black Lives Matter Dayton Explains Demands

By LaTonya Victoria
Staff Writer

I recently had the opportunity to speak with one of the founders of Black Lives Matter Dayton, Carlos Buford, and several local community activists about the current climate in the Miami Valley and the 10-point plan they crafted recently demanding police reform in Dayton.

1) Point 1 demands stopping no-knock warrants and chokeholds. I asked Mr. Buford to tell me a little about what they'd like to see happen. He said, "When it comes the no-knocks warrants, we're trying to eliminate the element of surprise. When police serve a no-knock warrant, they arrive at the residence and knock down the door. This puts the target and the police at risk. We shouldn't put anybody at risk when it comes to an arrest." Mr. Buford began talking about a

BLACK LIVES MATTER DAYTON
DEMANDS FOR DAYTON POLICE REFORM

1. Immediately ban no-knock warrants and use of chokeholds
2. Eliminate pretext traffic stops and sniff and smell stops
3. Dismantle the shot-spotter program
4. Re-implement residency rule for newly hired police officers
5. Reestablish the five districts police model
6. Demilitarize the police
7. Establish limitations on qualified immunity and police bill of rights
8. Reorganize the police department
9. Establish reparations program
10. Institute online customer satisfaction survey for public comments

drug raid that happened in November, 2019, where Detective George DelRio was shot and killed during a drug raid. He continued, "they were in the basement and the target didn't know that Detective DelRio was an officer. The target was thinking that someone was about to rob them. The suspects shot

and killed Detective DelRio. He was a police officer and he died. That was an element of surprise that shouldn't have been there in that police community interaction."

2) Point 2 demands that pretext traffic stop, and sniff and smell stops be eliminated. I asked Rev. Dr. Fox what ex-

actly a pretext traffic stop is. He said, "Our concern has to be with the Fourth Amendment to the Constitution which is applicable to the States by the 14th Amendment and protects people from unreasonable search and seizures. A police officer has the intent to search someone's

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Dwight Anderson, True Ambassador of Dayton Hoops, Passes Away



(L-R) Craig Hodges, Jim Clemons, Don Sellers, Dwight Anderson, Quade Miller with At Top Talent Youth Camp

By: Deon Cash
Staff Writer

One of the greatest basketball players in Dayton's rich hoop history passed away as Dwight Anderson, died last weekend.

Anderson, known as "The Blur" and widely regarded as the greatest basketball player to come from Dayton,

was a phenomenal player in high school as he averaged 38 points, 11 rebounds, and 12 assists per game. He was the #1-ranked player in the country before he went to Kentucky. It didn't take long for Anderson to make an impact. He became an overnight star early in his freshman season after scoring 17 points late in

the second half to defeat the #2-ranked team in the country.

Al Maguire, one of the great broadcasters and coaches in college basketball history, said four words;

"A Star Is Born."

After some issues, he transferred to the University of South Carolina

(USC), where he was a legend for dropping a behind-the-backboard shot (similar to the Larry Bird shot that is still talked about to this day).

Dwight would become a second-round draft pick, but he could not stick with the National Basketball Association (NBA) as his social lifestyle and his battle with drugs ultimately cost him a lengthy professional career.

Despite not lasting in the NBA, "D.A." as he was affectionately known, would continue to play later in life and would latch on with the semi-pro team, the Dayton Wings, and he would eventually win a championship despite being 40 years old.

Then Dwight started to embrace the role of being the "Goat of Dayton."

He would then continue to just play ball all over the playground courts of Dayton. He would start to make appearances at bas-

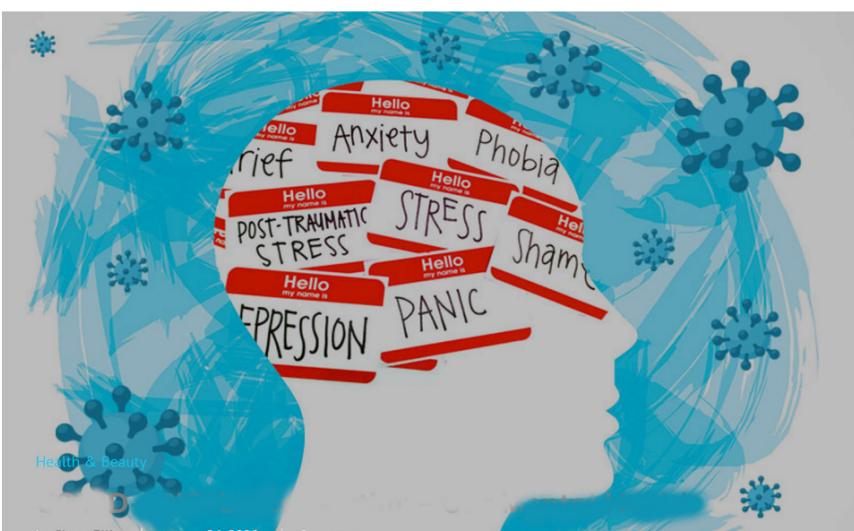
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Health & Beauty

COVID-19'S 'Latest Victim' – Our Mental Health

By Glenn Ellis

COVID-19 has now been found to have another deadly effect on our health: a study from the Commonwealth Fund reports that one-third of all Americans are now documented as reporting mental health issues. A whopping 70% of Americans cited the "government response" to COVID-19 as a significant source of this stress. According to a poll by the Kaiser Family Foundation, al-



by Glenn Ellis | August 26, 2020 | 0 comment

BLACK HISTORY
A Moment In Time

Know The Past, Shape The Future

Alfred Nobel (1833 – 1896)



Alfred Nobel (October 21, 1833–December 10, 1896) was a Swedish chemist, engineer, businessman, and philanthropist best remembered for inventing dynamite. Paradoxically, Nobel spent most of his adult life creating ever more powerful explosives, while writing poetry and drama, and advocating for world peace. After reading a prematurely written obituary condemning him for profiting from the sale of arms and munitions, Nobel bequeathed his fortune to establish the Nobel Prizes for peace, chemistry, physics, medicine, and literature.

Alfred Bernhard Nobel was born on October 21, 1833, in Stockholm, Sweden, one of eight children born to Immanuel Nobel and Caroline Andrietta Ahlsell. The same year Nobel was born, his father, an inventor and engineer, went bankrupt due to financial misfortune and a fire that destroyed much of his work. These hardships left the family in poverty, with only Alfred and his three brothers surviving past childhood. Though prone to illness, the young Nobel showed an interest in explosives, having inherited a passion for technology and engineering from his father, who had graduated from the Royal Institute of Technology in Stockholm. Nobel was also a descendant of the 17th-century Swedish scientist, Olaus Rudbeck.

After failing at various business ventures in Stockholm, Immanuel Nobel moved to St. Petersburg, Russia, in 1837, where he established himself as a successful mechanical engineer providing equipment for the Russian Army. His work included torpedoes and explosive mines, which would detonate when a ship hit them. These mines worked by using a small explosion to set off bigger ones, an insight which would later prove helpful to his son, Alfred, in his invention of dynamite.

In 1842, Alfred and the rest of the Nobel family joined Immanuel in St. Petersburg. Now prosperous, Nobel's parents were able to send him to the finest private tutors who taught him the natural sciences, languages, and literature. By age 16, he had mastered chemistry and was fluent in English, French, German, and Russian as well as Swedish.

One of Nobel's tutors was the accomplished Russian organic chemist Nikolai Zinin, who first told him about nitroglycerine, the explosive chemical in dynamite. Though Nobel was interested in poetry and literature, his father wanted him to become an engineer, and in 1850, he sent him to Paris to study chemical engineering.

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most half of all Americans say worry or stress tied to the pandemic has negatively affected their mental health, according to a poll by the Kaiser Family Foundation.

The toll of the grief and loss related to death, related to loss of jobs and loss of income during this pandemic has touched each and every one of us. Even though everyone

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Around DAYTON

Miami Valley Weather

Friday

Partly Cloudy
High 79
Low 55



Saturday

Mostly Sunny
High 82
Low 58



Sunday

Partly Sunny
High 84
Low 65



5 day Forecast

Monday

Partly Sunny
High 80
Low 60



Tuesday

Partly Cloudy
High 82
Low 63



Free Meal Pickup Continues Through December at All Dayton Metro Library Locations

Dayton Metro Library's partnership with the Children's Hunger Alliance continues this fall, with free, shelf-stable meal pickup available at all Dayton Metro Library Branches through December. Each week, parents are invited to pick up five meals per child at the Branch Library nearest them. Pick up times are 4:30 - 5:30 pm at all locations. No registration is needed.

Shelf-Stable Meal Pickup Schedule:

TUESDAYS, 4:30 - 5:30 pm

Main Library 215 E. Third St. 45402
Miamisburg 545 E. Linden Ave. 45342
Northmont 333 W. National Rd. 45322
Northwest 2410 Philadelphia Dr. 45406
Westwood 3207 Hoover Ave. 45402
Wilmington-Stroop 3980 Wilmington Pk. 45429

WEDNESDAYS, 4:30 - 5:30 pm

Brookville 120 Blue Pride Dr. 45309
Burkhardt 4680 Burkhardt Ave. 45431
Miami Township 2718 Lyons Rd. 45342
Southeast 21 Watervliet Ave. 45420
Trotwood 855 E. Main St. 45426
Vandalia 330 S. Dixie Dr. 45377

THURSDAYS, 4:30 - 5:30 pm

Electra C Doren 701 Troy St. 45404
Huber Heights 6160 Chambersburg Rd. 45424
Kettering-Moraine 3496 Far Hills Ave. 45429
New Lebanon 715 W. Main St. 45345
Madden Hills 2542 Germantown St. 45417
West Carrollton 300 E. Central Ave. 45449
There will be no meal distribution on dates the Library is closed: November 26 (Thanksgiving), December 24 (Christmas Eve) and December 31 (New Year's Eve).

"The Library has had a unique opportunity to help meet an unexpectedly critical need in our communities, and that need continues as the school year begins," said Mandie Burns, Dayton Metro Library's Youth Services Coordinator. "Whether children are in the classroom or at home, it's impossible for them to learn if they're hungry. We are pleased to continue our partnership with the Children's Hunger Alliance, connecting our patrons with support they need."

Over 10 weeks from June through August, more than 155,540 shelf-stable meals were distributed from Dayton Metro Libraries to 15,670 children. Individual volunteers and volunteer groups donated more than 700 hours of service to the Library for this program.

The Library is seeking additional volunteers to help pre-pack and serve meals this fall. To volunteer, complete a volunteer application online at DaytonMetroLibrary.org.

The Alzheimer's Association Miami Valley Chapter Will Host a Q&A Session on Alzheimer's and Dementia

The Alzheimer's Association Miami Valley Chapter will host a virtual Q&A session with a gerontological nurse practitioner on Alzheimer's disease and dementia.

The free educational program will occur from 4:30-5:30 p.m. on Wednesday, Sept. 16 via video conferencing. Phyllis Atkinson will give an overview of the disease and participants can ask questions. Alzheimer's, which is a form of dementia, is a progressive brain disease that cannot be prevented, cured or slowed.

Atkinson has been a nurse for 41 years with 27 of those years as a Gerontological Nurse Practitioner. She has worked in all areas of geriatrics including Long-term care, Rehab, and Geriatric Assessment Centers. To RSVP, please call the Alzheimer's Association's 24/7 Helpline at 800.272.3900. After registering, partici-

pants will receive a link to participate.

About the Alzheimer's Association:

The Alzheimer's Association Miami Valley Chapter serves nine counties. Last year about 30,000 people in the region were living with Alzheimer's. Nationwide, more than 5 million Americans are living with Alzheimer's disease, the sixth-leading cause of death in the United States and the only disease among the top 10 causes that cannot be cured, prevented or even slowed. Additionally, more than 16 million family and friends provide care to people with Alzheimer's and other dementias in the U.S.

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vehicle. The officer finds an excuse such as failing to put on a turn signal 100 feet from the intersection, changing lanes without putting on a turn signal, or driving somewhat too slow for example so that they can pull the car over. Then they can continue an investigation that is unrelated to any kind of traffic offense that he originally pulled the car over for. That happens quite often and sometimes turns out to be deadly. If the traffic stop had never occurred, that was pretextual, then most likely the aggressiveness that hurt someone very seriously may

not have ever happened." Rev. Dr. Fox continues, "the sniff and smell is very similar. A police officer pulls the car over for some minor traffic offense and tells the driver they sniff and smell marijuana. The officer searches the car, violating the person's ability to travel without being harassed by the police. In Dayton, the City Commission and the Mayor decriminalized marijuana. Now young people think it's not illegal to smoke, but, it's a minor misdemeanor. It's not a jail able offense, but the fact that they smoked

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What's The

WORD

On The Street

Do You Know Where Your Polling Place Is Located?



Denise Henton



Tami Ellis



Leronda Jackson

By LaTonya Victoria
Staff Writer

According to the Montgomery County Board of Elections website, there are 365,252 people registered to vote as of September, 7th 2020 of which 269,732 are registered non-party, 49,706 are registered Democrats, 45,763 are registered as Republicans, and 51 are registered for the Green party. Voting is a multi-step process. First you must get registered to vote. Then you cast your ballot one of three ways: In person, by mail, and by early voting. I spoke with several people in the Miami Valley and asked them if they knew where their polling places are located for this upcoming election. I received a variety of responses:

1) Denise Henton, who is CEO and Founder for Single Parents Rock and lives in Harrison Township said, "I absolutely do know where my polling place is. Yes I do! I'm excited about voting this year. I feel like we are going to have to go out in numbers to vote. My God-mom is Rhine McLin and she makes sure that we are up on our voting. She doesn't play around about the voting!"

2) Tami Ellis, a Minister who lives in Columbus, OH, said, "I do. Well, let's put it this way, I know where it is for my old address. I never updated my address when I moved. I've just been going to the old spot. This election, I'm going to do an absentee ballot. I just got mine in the mail today."

3) Leronda Jackson who lives in Englewood. is running for the State Representative Seat for House District 40 which includes Englewood and a little of Dayton said, "The polling places haven't been released yet. I was told it will be this week. Due to the Coronavirus (COVID-19), they must readjust some of the polling places. Voting is not going to be at any of the senior communities or schools. They're trying to get that together now. I just inquired about it on Friday and was told that they're just not ready to release that information yet. Early voting starts October 6th, but you can only vote at the Board of Elections. Nobody is going to have to drive from Dayton to Beavercreek to vote. It's not going to be any major kind of inconvenience like that. The Board of Elections just needs to nail down the locations and make sure that we have enough poll workers. That is really the question for today. Can we get people to work the polls? If we all want to get civically engaged and don't trust the process, then we need to be a part of the process."

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Educators Are Using Blackhistory.com To Teach Students What Textbooks Leave Out



Educator teaching Black history

Textbooks are failing public schools, community colleges, and universities when it comes to African American history. Therefore, many teachers and professors are teaching their students from credible web sites like BlackHistory.com that reveal little-known facts about Black culture, inventions, and more.

The web site was launched more than two years ago and adds weekly content that surpasses the fundamentals that are covered in most schools across the country. Sadly, most curriculums for Black history are just basic lessons about the likes of Rosa Parks, Martin Luther King, Jr., Frederick Douglass, Harriet Tubman, and Malcolm X.

Because of this, many students never really get to learn about the in-depth topics that accurately cover the facts about people of African descent.

Here are just a few topics that the web site covers:

- * The Real Betty Boop Was a Black Woman... Before She Was White-washed!

- * There Was a Black Passenger on the Titanic When it Sank in 1912 — But He Did Not Survive!

- * Black People Invented Memorial Day

- * The First 6 African Americans Who Escaped Slavery and Became Millionaires

- * Black People Founded the City of Los Angeles

- * A Black Man Founded the City of Chicago

Dante Lee, creator of the web site, says that

the articles they publish are accurate and verified from credible sources. He comments, "It's a free online tool for teachers and professors to use in addition to the books that are already being used in the classroom. Every educator around the world should implement our articles into their lesson plans."

Researchers, historians, and authors can contribute content by submitting their articles for consideration to info@blackhistory.com

Educators who are interested in using the content can print and/or share the articles electronically by visiting BlackHistory.com.

For press inquiries, contact 614-595-6063 or info@blackhistory.com

Alfred Nobel (1833 – 1896)...
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Though he never obtained a degree or attended the university, Nobel worked in the Royal College of Chemistry laboratory of Professor Jules Pérouze. It was there that Nobel was introduced to Professor Pérouze's assistant, Italian chemist Ascanio Sobrero, who had invented nitroglycerin in 1847. Though the explosive power of the chemical was much greater than that of gunpowder, it tended to explode unpredictably when subjected to heat or pressure and could not be handled with any degree of safety. As a result, it was rarely used outside the laboratory.

In 1863, Nobel returned to Stockholm and continued working with nitroglycerine. That same year, he invented a practical explosives detonator consisting of a wooden plug inserted into a larger charge of nitroglycerin held in a metal container. Based on his father's experience in using small explosions to set off larger ones, Nobel's detonator used a small charge of black powder in the wooden plug, which when detonated, set off the much more powerful charge of liquid nitroglycerin in the metal container. Patented in 1864, Nobel's detonator established him as an inventor and paved the way to the fortune he was destined to amass as the first mogul of the explosives industry.

Nobel soon began mass producing nitroglycerine in Stockholm, founding companies throughout Europe. However, several accidents with nitroglycerine led authorities to introduce regulations restricting the manufacture and transport of explosives.

In 1865, Nobel invented an improved version of his detonator he called the blasting cap. Instead of a wooden plug, his blasting cap consisted of a small metal cap containing a charge of mercury fulminate that could be exploded by either shock or moderate heat. The blasting cap revolutionized the field of explosives and would prove integral to the development of modern explosives.

Nobel's new blasting techniques garnered sig-

nificant attention from mining companies and the state railways, which began to use it in their construction work. However, a series of accidental explosions involving the chemical—including one which killed Nobel's brother Emil—convinced authorities that nitroglycerine was extremely dangerous. The use of nitroglycerine was banned in Stockholm, and Nobel continued to manufacture the chemical on a barge on a lake near the city. Despite the high risk involved in using nitroglycerine, the chemical had become essential to mining and railway construction.

Nobel continued looking for ways to make nitroglycerine safer. During his experiments, he found that combining nitroglycerine with kieselguhr (also called diatomaceous earth; mostly made of silica) formed a paste that allowed the chemical to be shaped and detonated on command. In 1867, Nobel received a British patent for his invention he called "dynamite," and publicly demonstrated his new explosive for the first time at a quarry in Redhill, Surrey, England. Already thinking of how he might best market his invention, and mindful of nitroglycerine's bad image, Nobel had first considered naming the highly powerful substance "Nobel's Safety Powder," but settled with dynamite instead, referring to the Greek word for "power" (dynamis). In 1868, Nobel was awarded his better-known United States patent for dynamite referred to as "Improved Explosive Compound." The same year, he received an honorary award from the Royal Swedish Academy of Sciences for "important inventions for the practical use of mankind."

Safer to handle and more stable than nitroglycerin, the demand for Nobel's dynamite surged. Since the user could control the explosions, it had many applications in construction work, including tunnel blasting and road building. Nobel continued creating companies and laboratories all over the world, amassing a fortune.

Nobel went on to com-

bine nitroglycerin with other materials to produce even more commercially-successful explosives. In 1876, he was awarded a patent for "gelignite," a transparent, jelly-like explosive both more stable and powerful than dynamite. Unlike traditional rigid sticks of dynamite, gelignite, or "blasting gelatin," as Nobel called it, can be molded to fit into pre-bored holes typically used in rock blasting. Soon adopted as the standard explosive for mining, gelignite brought Nobel even greater financial success. A year later, he patented "ballistite," the forerunner of modern smokeless gunpowder. Though Nobel's main business was explosives, he also worked on other products, such as synthetic leather and artificial silk.

In 1884, Nobel was honored by being elected a member of the Royal Swedish Academy of Sciences, and in 1893, he was awarded an honorary doctorate degree from Uppsala University in Uppsala, Sweden, the oldest university in all of the Nordic countries still in operation today.

Later Life and Death

After being accused of high treason against France for selling ballistite to Italy in 1891, Nobel moved from Paris to San Remo, Italy. By 1895, he had developed angina pectoris, and died of a stroke on December 10, 1896, at his villa in San Remo, Italy.

By the time of his death at age 63, Nobel had been issued 355 patents and, despite his apparent pacifist beliefs, had established more than 90 explosives and ammunitions factories worldwide.

The reading of Nobel's will left his family, friends, and the general public in shock when it was disclosed that he had left the bulk of his fortune—31 million Swedish kronor (over 265 million U.S. dollars today)—to create what is now regarded as the most coveted international award, the Nobel Prize.

Black Lives Matter Dayton Explains Demands...

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marijuana somewhere and got pulled over by the police, they definitely would be subjected to this sniff and smell. Sometimes stops don't turn out good."

3) Point 5 is to reestablish the five district police model. Rev. Dr. Fox explained to me that the City of Dayton used to be divided into five districts which were broken down into sectors, and the sectors were broken into beats. Police officers had an area that they would cover. The organizers of this list of demands feels that having smaller areas will allow the police officers to go to emergencies quicker and safer. They feel that another benefit would be to have a group of police officers able to be more familiar with the residents in each smaller area which would help to change the dynamic between the public and the police.

4) Point 6 is to demilitarize the police. On this point Mr. Buford said, "I've been in positions where they're trying to get control of a crowd. But I don't see where

militarized police is needed. These protesters aren't armed with AK 47's. I think those tactics are like a fear tactics to me."

5) Point 9 deals with reparations. Mr. Buford states, "The reparations are more about reallocating funds into the community. We're not talking about defunding the police. We're talking about reallocating funds to put back into the community as reparations, healing, programs, jobs."

Community Activist Michael Motley said this about reparations. "I think the whole question of reparation is very broad. An example of reparations is a financial scenario. One of the things that we talked about was that we have an extraordinary number of blacks that have been put into the prison system. Which, in many cases, costs up to \$50,000 a year to house. If we spend \$50,000 in grants to give blacks the opportunity to create businesses within their community, becoming taxpayers, reducing recidivism and the number of people being back and forth in the prison system,

we need to just think in terms keeping people out of a financial situation and finding themselves in poverty. When you live in a society where black people have a dime for every dollar a white person has, you already understand that the deck is stacked up against."

I asked Mr. Moyley how people would apply for these grants. He responded, "Those are things that would be worked out in some sort of committee type program. This is just a proposal. Again I use the quote of \$50,000 but I would hope that the economic system that has deprived us for years in terms of red lining and all the other ways they have deprived us of opportunity that it would be even more".

I asked Mr. Motley if there was anything else that you'd like the readers of the Dayton Weekly to know. He said, "All of the 10 points are important. The solutions and reparations are a major aspects in solving the problems within our community."

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Editorial & Comments

Commentary

If You Hear it Enough



By Dr. E. Faye Williams, Esq.

Growing up in Louisiana, I was exposed to men and women who used animals to work their land and/or as a food source to sustain their families. It was fascinating that most of these men and women could gather their animals to a central location for feeding and other purposes with a unique sound, call or shout.

I was amazed at the amount of control these calls afforded these people over their "dumb animals." I didn't immediately think about a correlation between animals and humans, but after observation, I realized humans become conditioned to the influence of "noise" in our lives as well.

Because of scientific research, we understand the effect of "noise" on African Americans is responsible for many significant behaviors. In 1939, noted Black psychologist, Dr. Kenneth Clark and his wife performed an experiment where they asked Black children ages six to nine to choose between Black and white dolls that were the same except skin-color.

The test asked the children seven questions. "Show me...:

...the doll you like best or that you'd like to play with?"

...the doll that's the 'nice' doll?"

...the doll that looks 'bad'?"

...the doll that looks like a white child,"

...the doll that looks like a colored child,"

...the doll that looks like a Negro child,"

...the doll that looks like you."

At question six, most had identified the Black doll as "bad." When asked question seven, many replied that the white doll looked like them. Others refused to pick either doll or just start crying.

The Clark Test was presented as evidence in the Supreme Court *Brown v. Board* decision and, more than any other instrument, demonstrated the psychological impact of the portrayal of image and character upon a group; how image can shape and influence conduct and behavior. Considering the historically stereotyped images of African Americans, it is easy to understand OUR struggle to maintain positive character images rather than acceptance of the negativity projected/expected of us.

Those who enjoy history or who witnessed when we began to accept ourselves understand how WE embraced the beauty of our natural selves and reject the images of European beauty. We rejected "processed" hair, straightening combs and skin-lightening creams. Many can still remember the pride and self-confidence that surged through their bodies upon first hearing James Brown singing, "Say it Loud, I'm Black and I'm Proud."

Many are now consumed with concern about the impact of another "noise" influencing our communities. Throughout the ugliness of our 400-year experience, our musical artists provided us with music that was up-

lifting and projected positive outcomes. I believe the recent introduction of gangsta rap has had a profoundly negative impact on our community.

With rare exceptions, our music pronounced respect for self and others, but something influenced our people to believe it okay to denigrate each other. Some rappers even stooped to denigrating their mothers, grandmothers, and women in general. The genre promotes the thinking that violence is the preferred method of conflict resolution. Lyrics normalize profanity which creates conflict and difficulties in school and the workplace.

Asked to justify their "art," some say, "It's the only way we can make money."

Some report their White managers and producers tell them the filthier they are about Black people, the more money they'll make. Denigrating our humanity becomes the norm and through this genre our worth comes into questionable value. Meanwhile, White promoters get the "gold."

Joseph Goebbels, Hitler's Minister of Propaganda said, "If you repeat a lie often enough, people will believe it, and you will even come to believe it yourself."

OUR wounds are badly in need of healing! Our first step is to stop lying to ourselves!

E. Faye Williams is President of the National Congress of Black Women. She also hosts "Wake Up and Stay Woke" on WPFW-89.3 FM.

Something to Consider:

Are You Finding Difficulty Coping with Uncertainty?

By Brenda Cochran, Contributing Writer

Never more than other difficult times, have we had to cope with so much uncertainty. The current pandemic has increased uncertainty over a multitude of various issues, not only with the economy, employment, finances, relationships but, definitely physical and mental health.

I think that this is due to the fact that we regularly look forward to security; we are anxious to feel safe and also, usually have control over the well-being in our lives. Whenever you think of the fact that there are so many people that are fearful and uncertain today, it can automatically bring about feelings of depression. It can also drain you emotionally and you find yourself trapped in a downward spiral of endless thinking of what will happen and worrying about what tomorrow will bring?

There are many people who differ in how much uncertainty they can handle in life. Some people enjoy taking risks and even living their lives in an unpredictable manner, while others find the random type of life very distressing and depressing. If you are a person who feels overwhelmed by uncertainty and find yourself worrying, it is important for you to realize that there are a lot of people who are feeling the same way. Many are in the same boat right now. It is also important to realize that no matter how helpless and hopeless you may feel, there are some things that you can do to deal better with the circumstances that are so unpredictable, uncontrollable, and uncertain. The question is how do we learn how to cope with uncertainty?

Basically, there are some who don't even like



Brenda Cochran

to acknowledge uncertainty. They feel that it is natural and an unavoidable part of life. When you think about it, very little about our lives is constant or always certain, and although we have control over many things, we are not able to control everything that happens to us. As the Corona virus outbreak has shown, life can change so quickly.

Sometimes you may have suddenly become ill, lost your job, or even found yourself struggling with the necessities of life, or how to keep your family safe. You may also be anxious about when the pandemic will end or if life will ever return to normal.

In order to cope with so much uncertainty, many people use worrying as a tool in trying to predict the future or avoid those unpleasant surprises. Worrying may seem like you have some control over uncertain circumstances, but it doesn't work.

It is usually said that change is the only constant thing in life. Everything else is up in the air. Uncertainty is a natural part of life and something that almost everybody feels at one time or more. Being uncertain or unsure doesn't mean that you are lost, it just means that you are living. At times, feeling uncertain can almost be overwhelming; you can feel that everything that you cannot control is taking over your life. The

trick is not to become lost in the uncertainty. The best thing is to deal with the curve balls that life brings you day-to-day and remind yourself to handle what you can, when you can, and trust that the rest will work itself out in time.

Dealing with uncertainty may be easier than is said and done, but there are a few ways to help yourself cope when things get tough like they have been lately.

When you set expectations for yourself, you are only setting yourself up for disappointment. You know what you want to happen, but since you really don't have any control over what tomorrow will bring, it makes no sense to set yourself up only to be knocked down again. You can still plan and set goals; keeping in mind that it is good to plan for any possible outcomes and keep a positive attitude. Find some stress release techniques. These can make a difference.

Unfortunately, we usually can't change our circumstances; it may take a few days or even a few years, but the sooner we realize that this is the situation we are going to be in for a while, and accept it, the better off we will be.

Uncertainty can eat away with you; you owe it to yourself to take the time to relax, regroup, and to re-think all those good strategies that will help you.

According to Lee Iacocca, "So what do we do? Anything. Something. So long as we don't just sit there. If we screw it up, start over. Try something else. If we wait until we are satisfied and have satisfied all the uncertainties, it may be too late."

The Perilous Sanitization Of Looting And Other Commentary

Culture critic: The Perilous Sanitization of Looting

"Until recently, looting was seen as a symptom of community decay" and "condemned as sickening anti-social behavior," laments Frank Furedi at Spiked. He has "vivid memories of the outburst of violence that accompanied the 1956 Hungarian Revolution," when he was 9. "I saw shopfronts where the glass had been blown away by gun- and tank-fire. Yet nobody thought of helping themselves to the easily accessible goods" inside — proving "poverty and oppression do not turn people into looters." Today, "the idealization of looting fosters a climate that cultivates people's worst instincts."

Media watch: Activists Distort Portland Re-

porting "YOU'RE NOT ALLOWED TO FILM!" is a cry you hear incessantly" at Portland protests, "shouted at close range to your face by after-dark demonstrators," recounts Nancy Rommelmann at Reason. It's how activists "shape the narrative," which, "after many weeks covering street clashes in a city where I lived for 15 years," is "90 percent bulls--t." Reporters "not sufficiently sympathetic to the cause" are "followed, harassed" and have their phones stolen. Meanwhile, media recycle footage of a "group in league with the activists," showing "mostly innocent protesters being harassed and beaten by police." Less "prominently" featured are activists "menacing and setting fires to police stations and other institutions." The

result: coverage that's "predictably distorted and dangerous."

Riot journal: The Fallout in Kenosha

"Large swaths" of Kenosha, Wis., "are indistinguishable from a war zone," reports The (London) Times' Josh Glancy on Twitter. "The destruction in places is total, the locals dazed, shocked and trying to be brave." The "beating heart of the city's black community" uptown was the "worst hit" after rioting following the police shooting of Jacob Blake, with countless buildings — "shops, nail salons,



faith missions" — now "smoldering husks." At a car dealership, "you could still taste the smoke," its lot filled with burned-out vehicles. "Pretty much every boarded-up shop has a mural or painting on it," some with "plaintive requests to prospective fire starters: 'Kids live upstairs.'"

Progressive: Xi's Fatal Urge To Purge

"History, especially Chinese history, is full of examples of omnipotent rulers whose unchecked behavior led to disaster," writes Simon Tisdale at The Guardian, and "comrade-emperor" Xi Jinping "is a modern-day case in point." His "authoritarian, expansionist policies" have landed "China in a ring of fire," all its "borderlands ablaze with con-

flict and confrontation." Even with the pandemic further sinking Beijing's global reputation, Xi is "doubling down" on "indefinite one-man rule and ideological conformity" — with rumored plans to "declare himself 'Chairman Xi.'" Last week, he ordered renewed crackdowns in Tibet — where past "crimes against humanity" were the template for current oppression in Xinjiang. Facing unrest from Mongolia to Hong Kong, Xi nonetheless is "steadily increasing military pressure on" Taiwan. Yet "there's nobody to stop him, nobody to say 'no.'"

From the left: 'Confirmed,' My Behind Remember when CNN and MSNBC breathlessly reported Donald Trump Jr. *Continued on Page 5*

Classified

REQUESTS FOR PROPOSAL

Sealed proposals will be received in the office of the Director of Procurement, GREATER DAYTON REGIONAL TRANSIT AUTHORITY, 4 S. Main Street, Dayton, OH 45402, for the following:

Legal Notice: RFP GD 20-15

Title: Project Management Professional Services

Due Date: 9/30/20 at 2:00 p.m.

Copies of the Request for Proposal are available from the office of Director of Procurement, RTA, 4 S. Main Street, Dayton, OH 45402 or online at <http://proc.greaterdaytonrta.org/>. All proposals must be submitted in accordance with requirements set forth in the RFP.

Deborah Howard
Director of Procurement

INVITATIONS FOR BID

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Deborah Howard
Director of Procurement

REQUESTS FOR PROPOSAL

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Legal Notice: RFP GD 20-17

Title: Website Redesign

Due Date: 10/13/20 at 2:00 p.m.

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Deborah Howard
Manager, Procurement

Entertainment

Award-Winning Black Urban Fantasy Author Turns His Debut Novella, “Animal Instincts: The Urban Jungle” into Animated Series



This is not just a book of animals with emotion, poise and grace. This is an Urban Fantasy that allows the reader to use his or her imagination. S.L. Jackson is a Eugenius author who has deposited his spirit to form a world that is so familiar yet distant. One may ask; “What does rabbits, outlaws, and murder have in common?” The answer is EVERYTHING. You will NEVER look at a rabbit the same again after indulging into this conscientious tale of the Jacksons.

S.L. Jackson is an American author born and raised in Inkster, Michigan with a well-seasoned background in entertainment. Music,

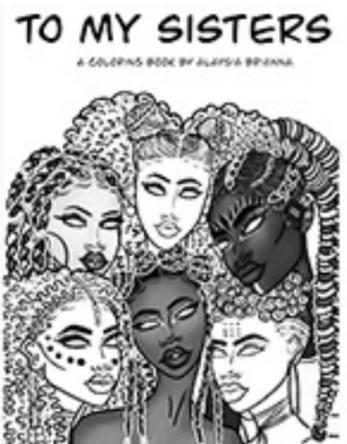
film, apps, education (Co-founder of The College of Hip Hop.org), and podcasting are a few masterful skills of S.L. Jackson. Now, he has embraced his literary skill set and decided to follow his vision of becoming an urban fantasy author. After his hiatus, S.L. Jackson focused on writing his first novel. Animal Instincts in which he has willed to be a trilogy. The first offering is entitled Animal Instincts: The Urban Jungle. He chose urban fantasy as an outlet to escape the harsh realities and give vivid imagery of so many urban communities across the United States.

Animal Instincts: The Urban Jungle is a collective of stories based on

animals living in an urban underworld jungle. Unfortunately, there are no happily-ever-afters in these stories. This underworld takes place in the jungle where trying to maintain a balanced life and family structure is a task. Animal Instincts: The Urban Jungle will give you one impassioned ride that is unexpected. Join the Jackson rabbits as they navigate their way through the urban jungle using their animal instincts.

In a collaborative effort with HB Comicz, The Connected Experience will release Animal Instincts: The Urban Jungle ANIMATED in early 2021.

Artist and Illustrator, Alaysia Berry, Releases “To My Sisters” Coloring Book For African-American Women and Girls



Alaysia Berry has released the “To My Sisters” Coloring Book, a 42-page coloring book she illustrated and self-published. The book’s designs feature fashionable women embracing their textured hair and also include a woman in a wheelchair and one with a prosthetic limb. It is available now for online ordering at AlaysiaBrianna.com.

“I wanted to create something special for girls and women of color,” she says, “Instead of being

side characters in someone else’s main story, I wanted to focus on our beauty and diversity and create something to showcase that.”

Berry has been creating art ever since she was able to hold a pencil. “Creativity has always been a part of me,” she says, “My joy of creating began at the age of two and it never left. I wanted to design the coloring book that I wanted and did not have when I was younger. I also wanted to make sure that every woman of color has

the opportunity to own a book like this.”

The pages of the coloring book are filled with positive, uplifting quotes. Berry says the quotes are an extra gift to her audience. “I want girls and women to feel uplifted and to see themselves within the pages.”

For more details, visit AlaysiaBrianna.com

For press inquiries, contact officialalaysiaabrianna@gmail.com

Print Friendly, PDF & Email

The Perilous Sanitization Of Looting And Other Commentary... Continued from Page 4

had advance access to a WikiLeaks tranche of Democratic Party emails — only to have the story fall apart spectacularly? The episode, charges The Intercept’s Glenn Greenwald, is a striking example of a “highly corrosive tactic”: the claim of supposed “independent confirmation” when a story is anything but confirmed. That same technique is “driving the supremely dumb

but all-consuming news cycle centered on whether President Trump, as first reported by The Atlantic’s editor-in-chief Jeffrey Goldberg, made disparaging comments about The Troops.” AP and Fox News claim to have “confirmed” the Atlantic story. But if one looks at what they actually did . . . it is the opposite of what that word . . . should mean.” Both outlets cited un-

named senior officials, meaning “all that likely happened is that the same sources who claimed to Jeffrey Goldberg, with no evidence, that Trump said this went to other outlets and repeated the same claims — the same tactic that enabled MSNBC and CBS to claim they had ‘confirmed’ the fundamentally false CNN story about Trump Jr.”

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Church Sunday School.....9:15 a.m.
Sunday Worship.....10:45 a.m.
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Noonday Bible Study - Wednesday.....12:00 p.m.
Prayer Meeting - Wednesday.....7:00 p.m.
Bible Study - Wednesday.....7:30 p.m.




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Toll Free: 1-844-679-9343
email: bcfchurch@swohio.twcbc.com

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Other Ministry
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Rev. Xavier L. Johnson, Senior Pastor
937-222-4373 - Office - Email: offices@bmbcdayton.org

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Morning Worship 10:45 a.m.

WEDNESDAY
Bible Study 12:00 noon
Word & Worship 6:30 p.m.

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Religion

The Conversation: Why Masks Are A Religious Issue

By Leslie Dorough Smith | Avila University

Seemingly everyone has an opinion on masks: when to wear them, how to wear them, which ones are best and even whether we should be wearing them at all.

For those in this last camp, a popular argument is that the coverings aren't the problem but being forced by a government entity to wear one is. It's the mandate, not the mask, some might say.

Some anti-maskers have claimed that being forced to wear a face covering violates their religious rights. Back in May, Ohio state Rep. Nino Vitale, a Republican, publicly rejected mask-wearing on the grounds that covering one's face dishonors God. This view is echoed by some individual faith leaders, with churches flouting requirements that congregants wear masks. Meanwhile, media-savvy pastors have put anti-mask posts on Facebook that have been viewed millions of times.

A recent study revealed that the rejection of masks is higher in populations that associate with conservative politics and the idea that the United States is a divinely chosen nation.

Is it that masks are a religious matter, or is religion being used to suit people's political agendas? Socially speaking,

both things can be true.

The function of religion As a scholar who studies Christian conservatism and its impact on culture, I believe society often adopts an overly narrow understanding of how religion works.

Using religion to support one's political interests is generally viewed as a negative thing that represents the hijacking or twisting of religion. Such a view is echoed in the words of a preacher-activist, the Rev. William Barber, who said Donald Trump's alliance with evangelical Christians was a "misuse of religion."

From a scholarly perspective, though, all forms of religion affect society in some way — even if those outcomes are deemed undesirable or unethical by certain groups. Examining how religion operates in society can help us understand why the conversation over masks has recently turned religious.

In his landmark analysis of the social impact of religion, scholar Bruce Lincoln argued that there is no realm of life that cannot somehow be made religious. This is not because there are topics that are specific or unique to religion, but because of what happens to the authority of a claim when religious language is used. In other words, when people use religious speech, their authority is often perceived to be heightened.

For example, if people plan to marry partners



they don't appear to like very much, their claim that "we've been together a long time" may not come across as a convincing argument for a wedding. But what if that same person says that "God has brought this other person into my life"? That reason may be more readily accepted if the public hearing these words is already open to religious ideas.

Taking this approach to religion doesn't mean that all religious claims are factually true or ethical. It also doesn't mean that the people who use religious language are insincere or even wrong. Rather, the function of religious speech is to amplify the authority of an idea through appeals to seemingly unquestionable authorities, like deities and "ultimate truths." If a statement does this, Lincoln concludes, then it is religious.

Special authority

These are important considerations for the debate over masks. Using religious language to justify an anti-mask position is a move intended to amplify the voices of those who make this claim. And public health issues have long been a concern of American religious groups.

For example, when it comes to childhood vaccinations, arguing for exemption on philosophical or moral grounds will work in only 15 states. But arguing a religious objection will be accepted in at least 44 of 50 states. The difference is that, in the United States, religious claims are often granted a special type of authority.

Consider also that Americans generally accept the circumcision of infant boys on religious grounds. This is true despite the fact that some medical authorities and activists have questioned both the ethics and health

impact of performing this specific surgery, which is otherwise elective and cosmetic, on a newborn.

This does not mean, however, that if religion is involved, then anything goes. As recently as 2014, a faith-healing couple were sentenced to jail time after the preventable deaths of two of their children. The couple claimed that seeking medical care was against their religion.

These examples provide some clarity on when religious rhetoric is successful and when it is not. Groups, beliefs or practices that are already popular or commonplace often appear to get a boost of authority when religious language is used to describe them. If the claim is unpopular or the group is not considered mainstream, then religious language may have little impact.

Barometer of public opinion
Masks are a religious is-

sue because some people have described them that way. But this does not mean that such religious claims have successfully granted them authority. Despite an existing partisan divide on the matter, there is still no widespread sentiment among Americans that a government mask mandate is religiously problematic.

This means that those who rail against masks for religious reasons may not gain a lot of traction right now among the wider American public, when a record 6 million Americans are sick with the virus. There is simply too much fear presently to make that a popular line of reasoning.

But if that number wanes, I believe it is entirely possible that religious rationales against masking could receive renewed, and even broader, support as the culture's interests change.

This is a good reminder that whether religious ideas take hold is not so much a matter of "truth" or ethics. Rather, the issue at hand is often the barometer of public opinion.

The Conversation is an independent and non-profit source of news, analysis and commentary from academic experts. The Conversation is wholly responsible for the content.

Sports

Week Two Headlines, Highlights; Springfield, Northmont, Fairborn Stay Undefeated



Kenyon Wilson - WR (C-J)

C-J. Wayne stops Miamisburg, gets their first win of Season The Wayne Warriors ride star QB Cam Fancher and rising Junior running back (RB) Jordan Ward to their first win of the season as they toppled Miamisburg 35-24. After failing offensively in some crucial times last week, the Warriors took advantage of the opportunities and were able to see how good its offense could be. Ward, a powerful and shifty runner, was too much for the Vikings, who fall to 1-1.



C.J. Hicks - LB/ RB (Alter)



Hunter Warner - RB /LB (Fairborn)

Here are the HEADLINES, Recap, and Athlete of the Week for week two in high school football: 1-1 while C-J falls to 1-1. WR Kenyon Wilson was unstoppable in the game for Fairborn Proves no Joke as Warner Power's Skyhawks pass Pirates

Springfield stops Centerville in overtime (OT) on ShawnThigpen touchdown (TD)

The Springfield Wildcats rode the hot hand of star quarterback (QB) Tae'Sean Smoot and he found wide receiver (WR) Shawn Thigpen in the end zone for a touchdown as the Wildcats knocked off Centerville in OT. In a game that was back and forth the entire game, the Wildcats came up with the plays when needed the most.

Chaminade-Julienne (C-J) falls to Carroll as Kneel turns Bad

C-J was literally a minute away from being 2-0, but after a botched kneel down during the end of the game, it would rifle a completed pass down to the 1-yard line. With 1.7 seconds left, Carroll would complete the TD pass to win in the unlikeliest of fashion. Carroll moves to

Dwight Anderson, True Ambassador of Dayton Hoops, Passes Away... Continued from Page 1



Dwight Anderson in High School

as the ball was put in play, D.A. was in game mode, and if you were on the other side, tighten them laces because you were about to go on a serious ride with one of the greats and it usually wasn't going to end well for his opponent.

Dwight was still challenging the young greats, even at his age of 59.

While he was known to have a drug problem during parts of his life, he always carried himself with respect, class, and youthful joyfulness on and off the court that couldn't be ignored.

Rest in peace to the greatest Dayton hooper



Dwight Starring at Kentucky

ketball camps and celebrity hoop games such as the Local Legends basketball game that featured NBA players Daequan Cook and Norris Cole.

Dwight started working with kids, doing youth training, and there were

reports he was headed to high school coaching, which would have been amazing to see. He was always a smiling individual, no matter what type of day he was having. But on the court? That's another story. Because, as soon

of all time. Dwight Anderson. An honor and a pleasure to have spent time with you. I learned a lot.

Follow Us on the Journey @Daytonweekly @SELive365

Fairborn rode the burly big shoulders of RB Hunter Warner as he powered for 230+ yards and 3 TDs as they outscored West Carrollton 45-32. He was unstoppable and while Pirates QB Kamaury Cleveland had another good offensive night, it was the defense who weren't able to stop the surging Skyhawks. Fairborn moves to 2-0 while West Carrollton falls to 0-2.

Alter falls to 0-2 After Loss to Badin The Alter Knights, one of the favorites to be a contender for a state run, now sit at 0-2 after losing to Badin for the 3rd time in a row. The Knights lost to Badin last year, twice, which has to leave a bad taste in the mouth of a program who now must win to get to 1-2 in a shortened season.

Athlete of the Week: Hunter Warner, Fairborn Hunter Warner was good last week, but he was spectacular this week, literally carrying his team on his back and to a 2-0 record. Hunter rushed for 238 yards and 3 TDs and gave the Skyhawks all they needed to win.

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Health & Beauty
COVID-19'S 'Latest Victim' – Our Mental Health...
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in this country is impacted, particularly hard hit (as with everything else from this virus) are Black and Brown communities. The old folks used to say, “When America catches a cold, Black folks get pneumonia.”

And like everything else, members of these parts of our nation have to figure it out for themselves. The virus will be with us for years to come, so we must get serious about how we are going to survive this thing moving forward. Mental health has always been a challenge to access in this country, and COVID-19 has made it worse. For the millions who comprise Black and Brown communities in this country, the Primary Care system is our first point of contact for people experiencing mental health concerns. We can foresee the challenges the primary care networks are going to have providing services in the aftermath of the pandemic, and it is likely that the historical inequities in mental and behavioral services will not only continue but get worse.

The central focus of our attention has to be to learn how to protect ourselves, and our fami-

lies' health by just paying close attention to exactly what the facts are. I would like to point to a few areas of concern that will not only help to navigate your survival, but also help to guide your decisions about the best way, if any, for you to move forward, as the “government response” continues to leave us with doubt, uncertainty, and fear.

All of us are starting to see the “cracks” in the relationships with our families, friends, and other relationships. Many of us are admitting that we are starting to feel “depressed” and “exhausted.”

One of the most important things to make sure you have a grip on is your understanding of how the virus spreads. Even though the experts don't know all of the ways the virus that causes COVID-19 spreads, it is important for you to know as much as possible about how you can best protect yourself, when you should be concerned, and how to make a safe decision when, and if, you return to work; accept a particular job, in a particular environment or under certain conditions; or attend or engage in social activities with other people.

Based on the current research, every person who

is infected with COVID-19 will infect 2 or 2.5 others. This infection rate can be as high as one sick person infecting between 4.7 and 6.6 others! To put it into context, someone who has the flu will probably give it to an average of 1.1 to 2.3 others, and one person with measles might spread it to 12 to 18 others!

So, if you find out that someone in your home, your job, or at the last funeral, cook-out; or any social interaction is infected, you can get an idea of the increased risk you could be facing.

If you go out food shopping, or other situations where you must be around other people, getting infected from packages, groceries, or food is statistically unlikely; your greatest concern should always be coming into direct contact with other people. When they say 6-foot distance, make it 10-feet.

And then there are those doggone face masks!

For most of us, those things can cause things like rapid heart rate, difficulty breathing, chest tightness, dizziness, feeling hot or sweating, or other symptoms like anxiety. No, face masks aren't 100% effective, but wearing them means the less virus is coming

in from other people and you're inhaling less. The bottom line is that wearing a cloth face covering is estimated to screen out between 65% and 85% of viral particles. So, the next time, you don't feel like going back to get your mask, or you're around some of your favorite family or friends and feel “comfortable,” think again. The smaller the amount of virus you have to deal with, the better chance your body's immune system has of mounting a defense.

Lastly, a word about the children. Words can't describe how concerned I am about what this pandemic will do to our children. In addition to being at the center of the greatest human experiment in history, by us allowing them to be tossed like sacrificial lambs into the political war over the reopening of schools. Be clear; children of all ages can still catch this virus... and spread it. Some have become seriously ill and even died.

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

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

use of any technique as a replacement form of treatment for physical, mental or medical problems by your doctor either directly or indirectly. Glenn Ellis, MPH is a Visiting Scholar at The National Bioethics Center at Tuskegee University and a Harvard Medical School Research

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