

The Dayton Weekly NEWS

An African-American Community Newspaper

Sept. 24 - Oct. 1, 2020

Vol. 26, Issue 43 50¢

Ruth Bader Ginsburg, Supreme Court Justice, Dies at the Age of 87

The supreme court justice Ruth Bader Ginsburg has died of pancreatic cancer, the court said Friday. She was 87.

Ginsburg was the second woman appointed to the court in history and became a liberal icon for her sharp questioning of witnesses and intellectually rigorous defenses of civil liberties, reproductive rights, first amendment rights and equal protections under the law.

In a statement, the court said Ginsburg, who served more than 27 years on the bench, "died this evening surrounded by her family at her home in Washington DC, due to complica-



Ruth Bader Ginsburg, Supreme Court Justice has died of pancreatic cancer.

tions of metastatic pancreatic cancer".

The chief justice, John Roberts, said that the nation "has lost a jurist of historic stature. We at the supreme court have lost a cherished colleague. To-

day we mourn, but with confidence that future generations will remember Ruth Bader Ginsburg as we knew her – a tireless and resolute champion of justice."

Her death thrust an im-

mediate spotlight on who might fill the vacancy on the court, with just over six weeks before the election. The news was received with alarm by liberals and moderates who feared that Republicans would exploit the narrow window to install a third Donald Trump appointee on the supreme court.

The Senate majority leader, Mitch McConnell, pledged to get Trump a swift vote his supreme court pick. "President Trump's nominee will receive a vote on the floor of the United States Senate," McConnell said.

The Democratic presidential candidate, Joe Biden, said that the Re-

Continued on Page 3

Deion Sanders Hired as Head Coach at Jackson State University

After multiple reports emerged in recent days, FCS-level Jackson State confirmed Monday that it has hired Sanders, the Hall of Fame defensive back. Sanders, 53, has never been on a college football coaching staff.

Most of Sanders' coaching experience came when was the head coach at his Prime Prep Academy charter school in Texas for three seasons until it closed because of financial issues in 2015. Most recently, he has been an assistant at Trinity Christian Cedar Hill High School in Texas.

While Sanders has far less coaching time under his belt than most any other person Jackson State could have hired for the job, it's clear why JSU would want to hire



him.

"I am thrilled to welcome Deion Sanders to Jackson State University, the city of Jackson, and Mississippi," said Jackson State athletic director Ashley Robinson. "Coach Sanders is student-athlete centered and cares about young men and their well-

being beyond the football field. We expect to compete for and win championships at Jackson State, and Coach Sanders will help us achieve those goals."

Bringing Sanders on board immediately makes JSU one of the most recognizable schools in the

Southwestern Athletic Conference and boosts its profile. Plus it's never a bad thing to have one of the most famous defensive backs of all time recruiting on your behalf. Sanders' profile should immediately provide a recruiting boost.

Continued on Page 5

President Donald Trump Addresses Crowds at Two Ohio Stops Monday Evening

Remarks on jobs, economy and Little Miami football players

While visiting Ohio, President Trump hoped the promise of jobs would help secure votes for a second term in an area once hit hard by economic downturn, and he applauded two Little Miami football players who carried flags supporting police and firefighters.

By: Kristen Swilley and WCPO Staff

VANDALIA, Ohio — President Donald Trump visited Vandalia, Ohio, on Monday as part of his "Fighting for the American Worker" campaign on Monday evening. The president also spoke to supporters in Swanton, Ohio near Toledo later Monday night.

"We want workers," the president said during remarks to a crowd gathered inside a hangar at Dayton International Airport. "Forty-three



President Donald Trump during his visit to Dayton on Monday, Sept. 21, 2020.

days from now, we're going to win this state. We are going to win four more years in the White House."

While visiting the battleground state, Trump made it clear he's gearing up for a fight this November, hoping the promise of jobs will help secure votes for a second term in an area once hit hard by economic downturn.

"Steel plants are opening or being upgraded in

Toledo, Marian, Cuyahoga Heights" and others, Trump said.

Trump also renewed a promise he made earlier Monday to choose a woman to fill a vacancy on the Supreme Court left by the late Justice Ruth Bader Ginsburg.

"I have five that we are vetting right now," he said. "It will be a brilliant person. It will be a woman. It will be a woman. And

we are looking forward to it and we'll probably announce it on Saturday, maybe Friday, but Saturday, and it's a big day for our country."

And at his later stop in Swanton, Trump brought two Little Miami football players on stage who had been suspended from their team for carrying "Thin Red Line" and "Thin Blue Line" flags on-field during pregame ceremonies on



George Crum, 1824 – 1914 Inventor of the Potato Chip

George Crum (born George Speck, 1824–1914) was a renowned African American chef who worked at Moon's Lake House in Saratoga Springs, New York during the mid-1800s. According to culinary legend, Crum invented the potato chip during his work at the restaurant.

Known For: Inventing potato chips after slicing an order of french fries extra thin to spite a demanding customer. The story has since been debunked as a myth, but Crum achieved success when he opened Crum's, a popular restaurant in Malta, New York.

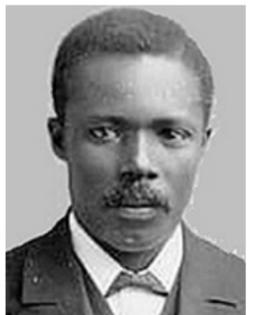
Also Known As: George Speck

Born: July 15, 1824, in Saratoga Springs, New York

Died: July 22, 1914, in Malta, New York

The Potato Chip Legend

George Speck was born to parents Abraham Speck and Diana Tull on July 15, 1824. He grew up in upstate New York and, in the 1850s, was hired at Moon's Lake House, a high-end restaurant that catered to wealthy Manhattan families. A regular patron of the restaurant, Commodore Cornelius Vanderbilt, frequently forgot Speck's given surname. This led him to ask waiters to relay various requests to "Crum," thus



giving Speck the name he is now known by.

Stereograph of Moon's Lake House Saratoga in Springs, NY about the time George Crum worked there. Joki Collection, Saratoga Room, Saratoga Springs Public Library / public domain

According to popular legend, the potato chip was invented when a picky customer (Vanderbilt himself, according to some reports) repeatedly sent back an order of french fries, complaining that they were too thick. Frustrated with the customer's demands, Crum sought revenge by slicing a batch of potatoes paper-thin, frying them to a crisp, and seasoning them with lots of salt. Surprisingly, the customer loved them. Soon enough, Crum and Moon's Lake House became well-known for their special "Saratoga chips."

Disputing the Legend

A number of notable accounts have disputed

Continued on Page 4

Sept. 11.

"Thank you for supporting the heroes and our law enforcement. We all love you. I'm telling they, they were -- you really set something up that's incredible, and thank you, parents, for letting you do it," Trump told both students.

During the stop in Vandalia, Trump also took aim at his Democratic opponent, Vice President Joe Biden, on China, the American economy and recent social unrest.

"The workers of America will never forget Biden's economic treachery, he said. "They will remember in November."

"When we win the election, you're gonna see (the economy) roar, because

that's what people want.

That's what the market wants, and that's what the workers want," the president continued.

Trump also touted his negotiating tactics with other countries and the strength of the U.S. military.

What's Inside

Education	3
National	3
Editorial	4
Sports	5
Religion	6
Health	7
Health	8



Around DAYTON

Miami Valley Weather

Friday

Cloudy
High 81
Low 57



Saturday

Sunny
High 84
Low 64



Sunday

Mostly Cloudy
High 82
Low 60



5 day Forecast

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Tuesday

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High 69
Low 48



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What's The

WORD

On The Street

Can You Go 30 Days Without?



Julie Trice



Greg Reese



James "Battle Tested" Clay

By LaTonya Victoria
Staff Writer

According to Smallbiz.com the first recognizable social media site was created in 1997 and was called Six Degrees. The site allowed users to create a profile and connect with other users. The first blogging sites became popular in 1999 and continues to grow in content and popularity today. Sites like Myspace and LinkedIn gained notoriety in the early 2000's. Followed by YouTube in 2003 and Facebook in 2004. Many of us begin and end the day with some sort of social media. We consume news, gossip, and even our motivation from social media. I asked several people from the Miami Valley if they could go 30 days without consuming any form of social media and received the following responses:

1) Julie Trice who lives in Huber Heights and is an interpreter for the deaf, Professor at Sinclair, and Mother of five, said, "No. I don't think I would be able to. I feel like I should say that I have discipline and I can. But no. I don't think I could. I don't use social media to get my news, but I do use it to post my #Morning Jewel's."

2) Greg Reese who is a content creator and lives in Dayton, said, "No, I don't think I could. I would say no. I did shut down my main Facebook page for a year and started a new one. I had about 4,000 friends. Now that I could do. But everything else, I would have to say no, I couldn't."

3) James "Battle Tested" Clay who is with the Montgomery County Office of Re-entry program, said, "Yes! I spent nine years in prison. We didn't have any of those things. All we had was whatever television they allowed us to watch and whatever magazines our families sent in. We were kind of isolated from the world. When I was at Sinclair, we had to do this same exercise for a week. For me it was easy. But I could understand a millennial not being able to go through this. This is all they have ever known. I'm 53 years old. I remember the dial up." I asked James what he'd do with the extra time that he'd get back. He responded, "Read books. Visit folks like I always do. I still would be social because I'm a social person. I just wouldn't get it from my phone. I wouldn't get it from my laptop. I'd get it from my family and friends."

Black Wall Street Unveils Itself in Dayton



It has been the idea of entrepreneur Sarah Muse who, for the past three years, has hosted a semi-annual Tulsa, Oklahoma Black Wall Street event in Dayton inside the walls of the Central State University West building on Germantown Street. But, due to the virus and the social distancing restrictions, the University's director Millie Dixon Smith, moved the event to the Germantown parking lot which proved to be a huge publicity and money maker success for the thirty-eight vendors and six food vendors. The vendors had female clothing, shoes, jewelry, artwork, monogrammed tee shirts, scented candles, scented bars of soap,

Christian books and tee shirts on display and for sale, while the six food trucks showcased long lines of hungry patrons. The weather cooperated as the sun provided warmth for customers who visited all the booths while swaying to the line dance music over the speakers. Congratulations to the Dayton Black Wall Street. Creativity in business is what it takes survive. Well Done!



The Dayton Weekly News

Published By
MWC Publishing, Inc.
1501 N. Main St.
Dayton, Ohio 45405
(937)223-8060
DaytonWeek@aol.com

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MWC Publishing, Inc.
Editor/Publisher
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Distribution
Ras Calhoun

Copy Editor
Ras Calhoun

Subscription Rate
\$40 Per Year
Single Copy Rate
50¢

The Dayton Weekly News is published weekly by MWC Publishing, Inc. Second class privileges are pending in Dayton, Ohio.

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Education

University of Dayton and the Dayton Chapter NBMBA Host Special Webinar

Mahatma Gandhi once said, "Our ability to reach unity in diversity will be the beauty and the test of our civilization." His words echo the sentiment of Marco Bizzarri who once said, "Diversity and inclusion, which are the real grounds for creativity, must remain at the center of what we do." To ensure true progress in our society that is often times filled with negativity and divisiveness, we must commit ourselves to effective diversity and inclusion concepts and strategies that will affect positive changes, even during this unprecedented time of COVID-19.

According to Eric Spina, President of the University of Dayton (UD), UD affirms that diversity, equity, and

inclusion are inextricably linked with excellence. UD pursued these core values, which align with their mission on building a community in the world and working for justice for all people. President Spina maintains that diversity at all levels of the University enriches the learning environment and expands their institutional ability, intelligence, and creativity.

The National Black MBA Association (NBMBA) leads in the creation of educational opportunities and economic growth for Black professionals. Diversity and inclusion remain an important part of its successful strategic programming. Under the leadership of President Barbara Stewart Bostick the Dayton Chapter NBMBA continues to reach new heights of Efficiency,

Effectiveness and Excellence and is committed to making an impactful and sustainable difference in the communities in which its members work and serve.

The public is invited to a special virtual webinar Monday, September 28, 2020 at 6:00PM hosted by the UD and the Dayton Chapter NBMBA. Learn how the UD created an effective Diversity and Inclusion strategy during the COVID-19 pandemic. You don't want to miss hearing from the three guest speakers: UD President, Eric Spina, UD VP for Diversity & Inclusion Larry Burnley and Vince Lewis, Director, Crotty Center for Entrepreneurial Leadership. You must register via the link provided on the event flyer.

How UD Created An Effective Diversity and Inclusion Strategy During the COVID - 19 Pandemic

Join us for a special virtual webinar
Monday, Sept. 28 at 6:00 pm

MEET YOUR SPEAKERS:



Keynote Speaker
Eric Spina
UD President



Larry Burnley
UD VP for Diversity & Inclusion



Vince Lewis
Director, Crotty Center for Entrepreneurial Leadership



Sharon Howard,
Master of Ceremonies

TOPICS WILL INCLUDE

- UD's diversity and inclusion strategy
- University goals for the campus community
- Updates on the Dayton Arcade and the West Dayton Incubator, with a focus on entrepreneurship

Link to register:
https://udayton.zoom.us/webinar/register/WN_OeOf_i_0zSyeDXcR-9OV1-w



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Questions? Contact: Shelly Carter, SBA Dean's Office
937-229-3349 or scarter2@udayton.edu



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2020
CELEBRATING VISIONARIES
DAYTON

National

Ruth Bader Ginsburg, Supreme Court Justice, Dies at the Age of 87... Continued from Page 1

publican-controlled Senate should wait until after the election to confirm Ginsburg's replacement, following the precedent Republicans set in 2016.

McConnell blocked Barack Obama from filling a court vacancy in March 2016, eight months before the presidential election that year, claiming that the window of time was too narrow and saying the slot had to be held for the next president to fill.

"Tonight and in the coming days we should focus on the loss of the justice and her enduring legacy," Biden said. "But there is no doubt - let me be clear - that the voters should pick the president and the president should pick the justice for the Senate to consider. This was the position the Republican Senate took in 2016 when there were almost 10 months to go before the election."

Both of Trump's supreme court appointments to date - Neil Gorsuch and Brett Kavanaugh - replaced justices appointed by fellow Republican presidents. But by replacing Ginsburg, who was appointed in 1993 by Bill Clinton, Trump could decisively skew the ideological balance of the court for a generation.

Tributes poured in on Friday, with figures on the left and the right offering praise and condolences. Meanwhile hundreds of mourners gathered outside the supreme court in Washington DC, laying flowers and candles on its steps.

"During her extraordinary career, this Brooklyn native broke barriers & the letters RBG took on new meaning - as battle cry & inspiration," tweeted the New York governor, Andrew Cuomo.

"Justice Ginsburg paved the way for so many women, including me. There



People gather in Washington following the death of Ruth Bader Ginsburg. Photograph: Alexander Drago/Reuters.

will never be another like her," said former secretary of state Hillary Clinton, while the former president George W Bush said "she inspired more than one generation of women and girls".

The president's son, Eric Trump, called Ginsburg "a remarkable woman with an astonishing work ethic". Donald Trump, who was holding a rally in Minnesota when the news broke on Friday, appeared not to learn of the news until he left the stage.

After the the event, the

hours, with the court reporting that she was recovering well.

After her discharge Ginsburg announced that she had been undergoing chemotherapy since May to treat cancerous lesions on her liver. A scan on 7 July had revealed "reduction of the liver lesions and no new disease", she said.

Ginsburg had survived four cancer treatments going back to 1999. She participated in oral arguments in May from a hospital bed while receiving treatments believed at the time to be for a malignant tumor on her pancreas diagnosed in 2019. Ginsburg had announced in January that she was cancer-free.

Ginsburg had undergone surgery on 21 December 2018 to remove two cancerous nodules from her lung.

Doctors discovered that she had developed lung cancer in the course of a health review following a

7 November fall in which the associate justice fractured three ribs. She returned to work within days of that incident.

Ginsburg had been diagnosed with colon cancer in 1999 and pancreatic cancer in 2009, undergoing surgery both times.

Trump could become the first president to appoint three supreme court justices in his first term since Richard Nixon a half-century ago. In July, Trump nominated Kavanaugh to replace the retiring Anthony Kennedy. In early 2017, Trump nominated Gorsuch to replace Antonin Scalia, who died 11 months before the end of Obama's presidency. McConnell declined to hold hearings on the nomination by Obama of the appeals court judge Merrick Garland.

In her 25 years on the court, Ginsburg was an essential vote in watershed rulings that combated gender discrimination and protected abortion rights, equal pay, civil liberties and privacy rights.

Of reproductive rights, Ginsburg told an interviewer in 2009: "The basic thing is that the government has no business making that choice for a woman."

In her later years Ginsburg gained traction as a cultural figure and feminist icon. A biopic released in 2018 was chosen by the National Board of Review as the best documentary of the year. A blog called Notorious RBG packaged Ginsburg's feminist appeal in a hip-hop persona, and she had a daily workout that defeated Stephen Colbert.

Ginsburg was born in Brooklyn, New York, and was one of the first women to enroll at Harvard Law School, from

Continued on Page 4

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Editorial & Comments

The 2020 Election: What is at Stake?



By Robert McGhee
 The day was September 14, 2020, my birthday. I had decided to just relax at home, other than running a short errand to drop off some vegetables to a friend. As I walked toward the kitchen, I noticed several pieces of unopened mail on the dining room table. Leafing through the small stack of envelopes, I found a greeting card and an absentee ballot. At that moment, it hit me. There are less than two months until the 2020 election!

Unfortunately, social unrest followed by the panic of Covid-19 has taken precedent in the minds of many Americans, including yours truly. So, realizing that another election has snuck up on me was quite jarring to the senses. There are so many things to focus on in one's daily life, such as providing for food, clothing, and shelter, that it's no wonder most fail to realize all the different issues at stake during a presidential election.

According to Ballotpedia, "all 470 seats in the US Congress are up for election on November 3, 2020." More people have become more aware of exactly which political offices hold power that could affect them. This will hopefully influence the number of voters who take part in helping secure a better future for our communities. Casting your vote is a symbol of acknowledging the power of the ordinary citizen to bring about change.

Given the repeated attempts to interfere with the vote of African Americans, it makes sense that some have expressed anxiety about the voting process entirely. While we are not in pre-civil rights America, many inalienable rights and comforts are under constant attack. Widespread reports of voter intimidation are not unheard of.

If experiencing some form of social discomfort is of some concern to you, please keep in mind

there are several options to cast our votes, notwithstanding in-person ballot boxes. These convenient methods of taking advantage of our civic right to vote in a Democratic election are available to assist with the busy schedules many of us manage every day. Despite recent unfounded claims to the contrary, many feel confident in the integrity of casting their ballots by mail. In fact, several states who conduct their elections almost entirely by mail while ensuring the anonymity of the vote.

I admit, I'm considering taking part in some form of ride share service being arranged throughout the inner city. This is a key election, and I want to experience the joy, hope, and elation of "the hungry masses," yearning for freedom as I cast my votes for president and congress on November 3, 2020. I'll see you there!



Something to Consider: Developing a Habit of Happiness

By: Brenda Cochran
 Contributing Writer

If this commentary had been written much earlier, the title would not seem too difficult, but it is written in 2020, a year that is not known as a prosperous year, but one filled with much anxiety, death, uncertainty, fear and loss of faith.

While happiness is one of the most important factors for us to live a good life, there are many people who have a hard time being happy. The good news is that there are many ways to build habits that will increase your happiness every day.

First, begin by trying to think positively, enjoy life, living healthy and also being appreciative of having all the good you have in your life. If you are able to do this, you will begin to build habits that promote happiness, and in the end, the quality of your life will improve and those around you will benefit from it.

One of the characteristics of a happy person is the tendency to see the positive side in almost all things. By emphasizing the good things, you will begin to think positively. How to accomplish this:

- 1) You focus on the good aspect of any activity that you may compete in. For instance, if you must train a new employee at work, instead of looking at this as a chore, look at it as bringing an opportunity to help another person and also being able to share your experience.
- 2) When you are talking about others, only emphasize the positive quality. An example is when you are talking with a friend about a person who you just met, instead of saying



Brenda Cochran

something that is negative, you can change it to something positive by saying, "she seems like a nice person." 3) Look at stressful situations or those negative events as an opportunity to grow or to help others. For example, you may have experienced a death in your family. Try to see it as an opportunity to help by consoling one who might find the loss more difficult. 4) Look for the humor in things. Humor is a great source of happiness in the lives of many people. By inserting humor into your daily life, you will create an indefensible and very impactful happiness habit. So how can you do this? You can try to laugh at things that would usually annoy or anger you. For example, instead of cursing when you drop something on your foot, try to laugh it off. Another one is to make a point to laugh whenever you can. Laughing has been shown to increase happiness. 5) Tell a joke and make light at a tense or uncomfortable situation. For example, if you are in a conversation that has stalled with an awkward silence, tell a situational appropriate joke. You will make people laugh and even save the conversation.

It's also good to keep a journal listing the things that you are grateful for. If you do this on a regular basis, writing about things that make you happy, will keep you in a positive mode. Remember to also reserve time for fun. Without time for fun every week, you are likely to have a difficult time to be happy regularly. Consequently, you need to make having fun a habit. This is important because having fun will help in reducing stress and bring about happiness for you.

Though you are staying home a lot, try to plan a regular (masked) outing with friends at the end of the week or set aside small moments, like playing a game. When you cultivate positive relationships by surrounding yourself with loving and positive people, you will create a regular source of happiness in your life.

Remember to also embrace your spirituality, keep regular exercise in your activity during the week, get enough sleep and eat healthy.

According to Joel Osteen, television evangelist, **"It is so important to train our minds to see the good. It is not something that is going to happen automatically, we have to discipline our thoughts. Some people have trained their minds to worry, complain, and see the negative, but one of the main keys to developing a habit of happiness, is to focus on what's right and not what's wrong."**

George Crum, 1824 – 1914, Inventor of the Potato Chip... Continued from Page 1

the story of Crum's culinary innovation. Recipes for frying thin potato slices had already been published in cookbooks by the early 1800s. Additionally, several reports on Crum himself—including a 1983 commissioned biography of the chef and his own obituary—curiously lacked any mention of potato chips whatsoever.

Meanwhile, Crum's sister, Kate Wicks,

claimed to be the real inventor of the potato chip. Wick's obituary, published in The Saratogian in 1924, read, "A sister of George Crum, Mrs. Catherine Wicks, died at the age of 102, and was the cook at Moon's Lake House. She first invented and fried the famous Saratoga Chips." This statement is supported by Wicks' own recollections of the tale, which were published in several periodicals during her lifetime. Wicks explained

that she had sliced off a sliver of potato and it inadvertently fell into a hot frying pan. She had let Crum taste it and his enthusiastic approval led to the decision to serve the chips.

Crum's Legacy
 Visitors came from far and wide to Moon's Lake House for a taste of the famous Saratoga chips, sometimes even taking a 10-mile trip around the lake just to get to the restaurant. Cary Moon, the owner of Moon's Lake House, later tried to claim credit for the invention and began producing and distributing potato chips in boxes. Once Crum opened his own restaurant in the 1860s in Malta, New York, he provided every table with a basket of chips.

George Crum opened his own restaurant in the 1860s in Malta, New York, now marked with a historic marker. Peter Flass / Wikipedia / CC BY 4.0

Crum's chips remained a local delicacy until the 1920s when a salesman and entrepreneur named

Herman Lay (yes, that Lay) began traveling throughout the south and introducing potato chips to different communities. At that point, Crum's legacy was overtaken by the mass production and distribution of potato chips on a national scale.

Ruth Bader Ginsburg, Supreme Court Justice, Dies at the Age of 87... Continued from Page 3

graduate from Columbia. She served as general counsel for the American Civil Liberties Union and was co-founder of the Women's Rights Project. "Women's rights are an essential part of the overall human rights agenda, trained on the equal dignity and ability to live

in freedom all people should enjoy," she said.

Elevated to a federal judgeship by Jimmy Carter, Ginsburg was Clinton's first nomination to the court. The Senate voted 96-3 to confirm her nomination to the supreme court.

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Sports

Classified

Deion Sanders Hired as Head Coach at Jackson State University... Continued from Page 1

"I am truly blessed to be the 21st head football coach of Jackson State University," Sanders said in a university statement. "This amazing HBCU has always enjoyed a high level of commitment academically and athletically. It's my desire to continue this storied tradition and history of JSU and prayerfully bring more national recognition to the athletes, the university, the Sonic Boom of the South, and HBCUs in general. I am TRULY proud to be a part of the JSU Tiger family. I BELIEVE."

Sanders' son is a 3-star recruit. Could he even get his son to come to Jackson State? Shedeur Sanders is a QB in the class of 2021 and verbally committed to Florida Atlantic in July. Shedeur is a three-star recruit and has 23 scholarship offers, according to Rivals. Deion Sanders is currently his son's offensive coordinator at Trinity Christian Cedar Hill High School. Deion Sanders' hire is able to happen in September because the



SWAC isn't playing football in the fall of 2020. The school fired John Hendrick at the end of August.

"In consultation with President Hudson and after a thorough review and evaluation of all aspects of our football program, I have decided that a change in leadership is in the best interest of our program and university," Jackson State athletic director Ashley Robinson said when announcing Hendrick's firing on Aug. 31. "I want to thank Coach Hendrick for the hard work he has done with our football program. I wish John much success in the future."

Sanders said he'd be a CFB coach in January. Sanders' reported hire also comes months after he said he would be a college football coach this

season. He's made his college coaching desires no secret.

"I'm going to be a head coach in college football next year," he told Dan Patrick in January.

Sanders made that comment after his name had been linked with Florida State's coaching opening that went to Mike Norvell.

"I'm that definite. I'm that assured that I am," he said.

Sanders left his analyst post at the NFL Network in August and currently hosts a podcast. The fifth pick in the 1989 NFL draft played from 1989-2000 in the NFL for the Atlanta Falcons, San Francisco 49ers, Dallas Cowboys and the Washington Football Team before returning for a two-year stint with the Baltimore Ravens in 2004 and 2005.



City of Trotwood Notice of Open Position September 10, 2020

SEASONAL FALL MOWERS/LEAF PICK-UP ASSISTANTS

NATURE OF WORK

The City of Trotwood is accepting employment applications for the positions of (Seasonal) Fall Mowers/Leaf Pick-Up Assistants.

This position requires assisting the City of Trotwood's Public Works Department - Road Crew in providing lawn mowing and leaf-pick up services in the community.

JOB TYPE

- Full-time position: 40 hours per week
- Monday - Friday
- 7:30 AM to 3:30 PM
- This position ends December 18, 2020

RECRUITING REQUIREMENTS

- High School graduate, GED, or equivalent certificate
- Must pass a pre-employment background check
- Must possess a valid Ohio Driver's License
- Must possess an acceptable driving record
- Must be reliable and punctual
- Must work effectively with other City personnel and the public

SALARY

\$11.00

APPLICATION PROCESS

Please apply online at: <https://trotwood.org/human-resources/employment>.

THE CITY OF TROTWOOD IS AN AFFIRMATIVE ACTION/EQUAL OPPORTUNITY EMPLOYER

Dayton Public Schools (DPS) Athletics Kicks off During Coronavirus (COVID-19) Season; Dunbar Halts Streak, Defeats Belmont



Dunbar Greg Packnett (12), Offense Looks To Score against Belmont in Season Opener.

In one of the great scenes of high school football this season, Dunbar took on Belmont at Welcome Stadium on Thursday night.

With all the uncertainty, it was not sure there would even be a fall season for DPS athletics during the COVID-19 outbreak?

It was a real breath of fresh air to see the young high school student athletes out on the field after such an emotional summer. The COVID-19 virus wiped out sporting leagues, events, and organizations all over the country in the 2020 year.

After a final ruling by DPS to bring back sports, the DPS Athletic department, run by new Athletic Director Victoria Jones, did a mad scramble in the last two weeks to see if they could bring the games under the COVID-19 restrictions.

That was executed emphatically as there were officials on each sideline responsible for all athletes, coaches, and media all wearing masks and following the proper protocol.

Even if you browsed in the stands on both sides, there were very few peo-

ple who were not properly masked up.

As far as the game goes, it was a battle to the finish as the Wolverines sealed the deal on an interception return with less than a minute left to win 25-13. Greg Packnett started the game off with a 32-yard touchdown (TD) pass to get new Dunbar head coach James Lacking and his troops fired up.

After a stop on defense, Dunbar would score on a run to push to 13-0. After a Tavon Hardwick TD run by Belmont to close the game to 13-7, Dunbar would score on a Jacaree Morris TD to push the lead to 19-7 late in the third quarter. Belmont would

Thurgood was clicking on all cylinders against an over-matched Meadowdale team, who struggled finding any consistency against an aggressive and experienced Thurgood team. Jaylen Spann, a beast of a RB, found the end zone first for the Cougars in a 43-0 shutout win.

Chris Stanfield, one of the top quarter backs (QBs) in DPS, scored to push the lead up and the defense shut down the Lions in the opener for both

score again as DHSS Top 5 Player Tavon Hardwick would scamper for a big TD run to give the Bison hope.

But on the final drive of the night, the penalty bug halted two consecutive first down conversions before the pick-6 nail in the coffin. The myriad of penalties by Belmont (over 200+ yards) finally caught up to the 5-time City League champions.

With a short season, this definitely puts the Wolverines in a good spot to win the City League Championship, as the Rams haven't joined DPS and Thurgood will pose the biggest threat to the City League title.

Thurgood Shuts Out Meadowdale

teams. After speculation that coach Brian Carter was going to step down, he decided to stay on, and might have his experienced team yet with a variety of talented seniors all over the field.

Spann scored twice and was unstoppable as the Lions had no answer for Carter and the Cougars. They will face Trotwood next in what will be a battle.

Ram Nation Honors Big Mike, Powers Past Ponitz



Trotwood Defense waits for play vs Ponitz

Trotwood celebrated playing in Welcome Stadium by honoring one of its fallen players as Trotwood started its defense of its title with a 34-6 win over Ponitz on Saturday afternoon. The Rams were led by star running back (RB) Hudson-Davis as he ran for two TD's and helped propel the Rams after the Panthers had scored first.

The coaches and staff wore shirts with the number 54 on the back, as they

represented "Big Mike Stephens". Stephens was an offensive lineman for the Rams last season, and helped them garner their third Ohio High School Athletic Association (OHSAA) State Football Championship.

"We miss him everyday man. We just wanted to represent him the way we know. We are just glad to be playing to be able to honor him in any way we can." Rams assistant

coach Kerry Ivy said.

The Rams also played their first game as an Independent, as they are not affiliated with the Greater Western Ohio Conference (GWOC) starting this season. While it looked bleak for the Rams to come and defend their championship, they were able to turn up the defense after giving up the first TD, shutting the Panthers after the first quarter.



Thurgood vs Meadowdale

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WEDNESDAY
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Bible Study.....11:00 a.m. and 6:00 p.m.

Saturday
Bible Study.....11:00 a.m.

Pastor Cory J. Pruitt

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Rev. Gerald A. Cooper, Pastor

937-268-6729 ~ Office 937-267-9804 ~ Fax

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Worship Services 10:00 a.m.

WEDNESDAY
Prayer Meeting/Bible Study Noon

THURSDAY
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Church Sunday School.....9:15 a.m.
Sunday Worship.....10:45 a.m.
Women's Bible Study - Monday.....6:30 p.m.
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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& Wednesday.....1:00 p.m.
Bible Study/Prayer Meeting - Every Wednesday starting at.....6:00 p.m.

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Tues. Bible Study.....6:00 p.m.
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Other Ministry
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Rev. Xavier L. Johnson, Senior Pastor
937-222-4373 - Office - Email: offices@bmbcd Dayton.org

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Morning Worship 10:45 a.m.

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

Bethel services are aired on DSTV Time Warner Wednesdays at 3:00 p.m. and Saturdays at 9:00 p.m. Time Warner Cable 992

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Religion

States Need to Track COVID-19 Data Better

By Christine Lehmann, MA

Unlike countries like Germany, Senegal, South Korea, and Uganda, the United States lacks a national strategy for reporting COVID-19 data.

While all 50 states and the District of Columbia have COVID-19 data dashboards, the data reported is inconsistent, incomplete, and inaccessible in most locations, a report from Resolve to Save Lives concludes.

"It's quite clear that dashboards vary across the states and municipalities, which makes them hard to compare and get a comprehensive understanding of what's happening across the U.S.," says Yonatan Grad, PhD, an assistant professor of immunology and infectious diseases the Harvard T.H. Chan School of Public Health in Boston.

In addition, states are not reporting key information needed to track and control COVID-19, especially testing and contact tracing.

Across the country, only 40% of essential data points are being monitored and reported publicly, leaving major gaps in "strategic intelligence that leaders need to turn the tide

against COVID-19," according to the report "Tracking COVID-19 in the United States: From Information Catastrophe to Empowered Communities."

"Despite good work done in many states on the challenging task of collecting, analyzing, and presenting crucial information, the United States is flying blind in our effort to curb the spread of COVID-19," Tom Frieden, MD, former CDC director and president and CEO of Resolve to Save Lives, says in a news release. Several public health leaders, including the president of the American Public Health Association, support the recommendations.

The report recommends that all state dashboards use 15 essential metrics and prioritize the first nine, including new cases by date, new tests done, percent of positive tests, PCR diagnostic test turnaround time, daily hospitalizations, health care worker infections, and syndromic data, which represents people who seek health care due to symptoms before they are diagnosed with a disease.

This fall, influenza and COVID-19 will spread at the same time. Respiratory symptoms in both

diseases, like cough and high fever, overlap, so "it's hard to discriminate between the two viruses without tracking symptoms and testing for both," says Grad.

Many Metrics to Measure COVID-19, Which Are Best?

A distinction is that COVID-19 symptoms include shortness of breath, a hard time breathing, and unusual symptoms like loss of smell or taste.

Currently, only 18% of states report data on influenza-like illness as part of their COVID-19 dashboard, and only 37% report data on COVID-like illness, according to the report.

Resolve to Save Lives recommends that all states report both illnesses as trends on their dashboards.

"Having this data may also help health care providers and institutions develop and tailor responses such as directing influenza vaccine, treatments, and supplies to where they are needed," says Grad.

Group Settings Overlooked

One-third of states do not report any dashboard data on outbreaks in group settings such as nursing homes, homeless shelters, and cor

Continued on Page 8

CONNECTING SOUL II SOUL ANSWER OUR PRAYER O LORD 09212020

Pastor/Chaplain Pamelaune (Pj) Anderson, DMin.
Lt. Commander (RET) USN Chaplain Corps
TFAM National Veteran's Support Chaplain
Certified Peer Support Specialist

NOW, TODAY, IS THE DAY OF HOLY SPIRIT GRACE, WISDOM, AND AWARENESS. BE STILL AND LISTEN TO HEAR HER VOICE

"The God-rebel tunes in to sedition—all ears, eager to sin. He has no regard for God, he stands insolent before him. He has smooth-talked himself into believing that his evil will never be noticed. Words gutter from his mouth, dishwasher dirty. **Can't remember when he did anything decent.** Every time he goes to bed, he fathers another evil plot.. Psalm 36:1-4



"DEAR GOD, the Honorable Justice Ruth Bader Ginsburg is bearily cold. And this administration is plotting to nominate a replacement. They are disregarding her final request for a nominee replacement after the election. Do you remember how Mitch McConnell held up former President Obama's nomination for a Supreme Court Justice eight months before the election? Now he wants to

push that envelope two months before the 2020 election. Who puts children in cages, separating them from their families? What motivates the Empire to remove mailboxes and mail sorters for voter suppression? Has it not occurred to them that Veterans and other citizens' medicines are held up, or do they not care? God, what say Ye?"

You, and You alone, have the power to hold back the bellowing sea for safe passage of Your Family through these turbulent times in the United States Incorporated. Grant us salvation from the making trick without straw. Spare us from bearing the burden of the religious and political evil control. Open the masses' eyes that we may see and reject the malicious shenanigans of domestic leaders. Hear and answer our prayer, Lord. Please deliver us from wickedness and replace our heart of stone with a heart of love for justice. And baptize us with the fire of determination and will to vote.

The Honorable Joan Ruth Bader Ginsburg was a justice warrior and advocated for gender equality and women's rights. She fought for the LGBTQ community and Veterans. Allow for her replacement to BE likewise. You can do it. Will you do it?

The songwriter puts it this way. "Won't He do it? Ah, yes, He will. Anybody tell you something different, you know that's a lie. You gon' look back and be so amazed, how it turned out. It's only His grace. Won't He do it? He said He would."

Church Events?

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US Cases of Depression Have Tripled During the COVID-19 Pandemic



A large study finds a dramatic increase in the number of adults in the United States reporting symptoms of depression during the COVID-19 pandemic.

Recent data indicate that the number of adults with depression symptoms in the U.S. has increased threefold during the pandemic.

The number of adults experiencing depression in the U.S. has tripled, according to a major study. Researchers estimate that more than 1 in 4 U.S. adults now report experiencing symptoms of depression.

Before the pandemic, 8.5% of U.S. adults reported being depressed. That number has risen to 27.8% as the country struggles with COVID-19.

Prof. Sandro Galea, a dean at Boston University (BU) School of Public Health, MA, is senior author of the study.

Stay informed with live updates on the current COVID-19 outbreak and visit our coronavirus hub for more advice on prevention and treatment.

“Depression in the general population after prior large-scale traumatic events has been observed to, at most, double,” he notes.

While reports of depression have increased in response to earlier crises, such as the 9/11 attack and the spread of Ebola in West Africa, the extent of this recent finding is something new.

The study features in the journal JAMA Network Open. The Rockefeller Foundation-Boston University 3-D Commission and the National Institutes of Health (NIH) provided funding for the research.

About the study
The BU study is the first large-scale investigation into America’s mental health in response to COVID-19.

To measure the prevalence of depression symptoms among the population, the researchers worked with mental health professionals’ leading tool for this purpose: the Patient Health Questionnaire-9 (PHQ-9).

The researchers used the 2017–2018 National Health and Nutrition Examination Survey (NHANES) as a baseline measurement of depression rates before the beginning of the pandemic. A total of 5,065 individuals responded to that survey.

They compared these data with the findings of the COVID-19 and Life Stressors Impact on Mental Health and Well-

being (CLIMB) study, which surveyed 1,441 U.S. adults between March 31 and April 13, 2020. This study also used PHQ-9, facilitating the comparison of changes in the prevalence of depression among the population.

Although the 2020 survey took place relatively early in the pandemic, by the time it was complete, stay-at-home advisories and shelter-in-place orders were in place for about 96% of the public.

Reasons behind depression

The CLIMB survey also questioned participants regarding the various stressors associated with the pandemic. These stressors included the death of a friend or loved one and financial worries, such as the loss, or potential loss, of personal income.

The survey found that symptoms of depression had risen in response to the pandemic across all demographic groups.

According to the survey participants, the predominant driver of depression was concern regarding personal financial well-being. Lead study author Catherine Ettman says, “Persons who were already at risk before COVID-19, with fewer social and economic resources, were more likely to report probable depression.”

Specifically, the team found that individuals with less than \$5,000 in savings were 50% more likely to be experiencing symptoms of depression than those who had more.

Ettman says that the study underscores the value of a society “where a robust safety net exists, where people have fair wages, where equitable policies and practices exist, and where families can not only live on their income but can also save money toward the future.”

As for what the authorities can do now to lessen the emotional toll of the ongoing pandemic in the U.S., Ettman suggests:

“There may be steps that policymakers can take now to help reduce the impact of COVID-19 stressors on depression, such as eviction moratoria, providing universal health insurance that is not tied to employment, and helping people return to work safely — for those able to do so.”

Ettman hopes that her study can, at the very least, deliver some comfort to people struggling with depression by making them realize that they are far from alone.

For live updates on the latest developments regarding the novel coronavirus and COVID-19, click here.

FOCUS ON OUR HEALTH

A Personal Approach to Weight Loss

We can all agree there’s nothing more frustrating than sticking to your diet and watching the pounds melt away; only to gain it all back as soon as the diet finishes. What is it about dieting that makes you want to give up and eat everything in sight?

For years, I have been telling patients that diets don’t work. But why? The truth is, weight loss is not a cookie-cutter journey. It’s highly individualized. What works for one person might not work for another. The bottom line is everyone’s chemistry is different.

Take it from me the perfect weight loss solution is a blend of five key elements: your gut health, calorie intake, detoxification, hormone balance, and stress-reduction. Optimizing these components will help to improve your longevity and accelerate your weight loss. Consider the rest of these important principles as you embark on your personalized weight loss journey.

Gut Health

Digestion begins in the mouth; it starts with chewing. If you don’t chew your food thoroughly, you’re contributing to an inflammatory condition in your gut. Inflammation blocks your ability to lose weight and is a major contributor to chronic medical problems. Once food reaches the stomach, further digestion occurs. Stomach acids and digestive enzymes further breaks down your food. Certain medications can inhibit the production of stomach acids. Having your Gallbladder removed also inhibits your ability to breakdown foods you eat and contributes to inflammation. The Gallbladder job is to release bile from the liver that aids also in breaking down food.

At Total Health & Wellness our emphasis on establishing good gut health is an essential component to personalizing a weight loss and longevity plan for patients. When it comes to good nutrition we also consider food allergies.

Food allergies are incredibly common when it comes to the inability to lose weight. You’d be surprised how sensitive you may be to several foods you know and love. Unfortunately, you may need to “remove” them from your diet. Repopulating the gut lining with probiotic supplements is important when it comes to improving the gut Microbiome. The Microbiome is the microorganisms that live in your gut and responsible for your enteric immune system. Remove and Repopulate is part of a 4R program for gut health. Optimizing gut health is critical as 80% of our immune system begins in the gut. When gut health is not optimized it contribute to the development of Chronic Medical Problems like autoimmune disorders, arthritis, obesity, diabetes, hypertension and cancer.

I have a patient who was convinced she couldn’t lose weight. Naturally, we started with a test from Genova Diagnostics and found she had underlying gluten sensitivity. The next step was purging everything with gluten from her diet. It didn’t take long for her to start losing weight and feeling better. We had made tons of progress before we hit a bit of a roadblock on her road to success.

She had taken the kids to the movies one evening and decided to munch on some popcorn. Immediately she felt her face begin to “swell-up.” It turned out the theatre had gluten in the butter they used for their popcorn, which set off a chain reaction that landed her in the urgent care. Luckily, she was feeling herself again after getting an epi-shot.

In the past, when she was ingesting gluten regularly, it created inflammation in her body, which manifested as extra weight around the midsection. However, after avoiding gluten, the trace amounts within the popcorn were enough to trigger an immediate allergic reaction.

Cut the Calories

Part of the basic formula for shedding pounds is to eat fewer calories than you burn in a day; however, if you’ve ever tried to cut calories, you know that’s a lot easier said than done. Fortunately, there are tons of ways to help curb your appetite. The most important thing is the type of calories you consume. Nutrition is critical for your wellbeing. Processed foods, simple carbohydrates, trans fats and sugar works against you. The consumption of these food types is the largest contributors to chronic medical problems that plague the African American population contributing to health disparities in our communities.

A few of my favorite weight loss supplements include Chromium Piccolate and Green Tea. Eating less can make some of us a little cranky or “hangry.” Luckily, intermittent fasting really does work the added benefit is you’ll feel better and more energized to tackle whatever the day throws at you. I’ll save the explanation of the intermittent diet for another day when there is more time to do a deep dive on the subject and the chemistry behind it.

Detox

To detox means to remove toxic waste. The liver is the main detoxing organ in the body. When you detox it’s like cleaning out your filter. Functions of the liver are to make bile, which helps carry away waste, makes cholesterol and stores and releases glucose, a sugar in the body.

Lipotropic (Lip0-B) injections are a combination of three natural amino acids: choline, methionine, inositol and vitamin B-12 the combination helps with detoxing

and weight loss.

The amino acids support the liver, the organ responsible for filtering the bloodstream, supporting a healthy metabolism, and keeping the weight off. With Lipo-B, both your liver and your gallbladder can melt stubborn fat deposits; boost your metabolism and your energy. These injections are given in the office or you can take them home. There are many products on the market for detoxing. Completing a colonic is not detoxing.

Balance Hormones

As we get older, our hormone production slowly decreases this naturally causes inflammation to rise. Again inflammation is the root of all-evil. The right balance of estrogen, progesterone, testosterone, thyroid hormone, and cortisol could kick-start fat loss.

Is the thyroid really an issue when it comes to weight loss? Yes, it can be! A sluggish thyroid makes it hard or near impossible to lose weight. If your thyroid isn’t optimized, you can’t burn fat. The key word is “optimized.” One may not necessarily need thyroid hormone replacement. Supplements and certain foods can support good thyroid functioning. Zinc or selenium can do the trick. Pumpkin seeds, hemp seeds, lamb and grass-fed beef are high in zinc. Selenium-rich foods include Brazil nuts, garlic, pasture-raised chicken and turkey, and mushrooms. But start with having your thyroid levels checked if you’re not losing weight, despite all your best efforts. I always include free and reverse T3 tests when doing a complete thyroid workup.

Manage Stress

Are you stuck on a never-ending sugar merry-go-round? The secret to losing weight and keeping it off is to get the root of your stressors.

Does stress really cause you to gain weight? You betcha! Stress raises your cortisol level. Cortisol is your body’s natural steroid and helps to support your immune system. But when cortisol levels rise chronically, it creates an inflammatory environment that can inhibit the immune system. Are you starting to see a trend? Inflammation occurs under various conditions and interferes with many body processes. The ability to lose weight is one of them. Raised cortisol levels also cause sugar cravings.

This phenomenon of cortisol-induced sugar cravings has to do with one of the functions of cortisol ... and that’s sugar regulation. Sugar cravings can be so powerful when cortisol does its thing. The reaction is almost uncontrollable ... enough to get you eating an entire pack of donuts or go out in the middle of the night for Waffle House! You must control the stress. This may involve serious lifestyle changes or changes as simple and enjoyable as practicing yoga, exercising, line-dancing, meditating and prayer works. We need all the help we can get. And don’t bite off more than you can chew – literally and figuratively speaking. Say “no” when you’ve reached your physical and mental limits.

The more cortisol circulating in the blood, the higher our blood sugar levels rise and signal the body to store more belly fat. More later on how the dysregulation of Cortisol contributes to a poor immune response and raises your CRP level.

I offer IV vitamins to accelerate your weight loss. IV vitamins help to speed up metabolism, provides lipotropic (fat burning) minerals and support the adrenal gland. One of the benefits of IV vitamins is 100% go directly in the bloodstream and delivered to the cells that need it.

Have realistic expectations when it comes to weight loss and be consistent. Remember, if you’re impatient, if you want to look like the queen of pinup models and you want it yesterday, you could get discouraged. Working on you isn’t an overnight turnaround. With persistence, a personalized approach and self-dedication you will get there and improving your longevity along the way.

Schedule your in office visit or TeleHealth visit with Dr. Roz for a personalized approach to your weight loss.

Roz Jackson MD.

Dr. Roz Jackson promotes personalized medicine for women. She is the founder of Total Health & Wellness Center for Personalized Medicine, OBGYN LLC. She has been practicing in the area of women’s healthcare for over 20 years. She is a Board Certified Obstetrician and Gynecologist and member of The American College of Obstetrics and Gynecology, A Fellow of the American Academy of Anti Aging and Regenerative Medicine and member of the Metabolic Medical Institute.



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Our Care Lives Here

States Need to Track COVID-19 Data Better... Continued from Page 6

rectional facilities. In addition, high-risk essential workplaces remain overlooked in many areas, such as meatpacking plants, which are known to be hot spots for spreading COVID-19, according to the report.

“A large number of cases have come from nursing homes, and superspreader events have occurred in meatpacking plants. It’s important to collect data on these vulnerable populations if the goal is to prevent outbreaks,” says Grad.

Poor Reporting on Contact Tracing

Only two states reported data on how quickly contact tracers interview people testing positive to learn about their potential contacts. Just eight states report data on the source of exposure for people who test positive. This is important because cases coming from an unknown exposure signal a much higher risk from undetected community transmission, according to the report.

States should use metrics that address cases with and without known exposure, how fast contacts are obtained, and the percentage of new cases arising from among quarantined contacts. “Case identification,

contact tracing, and quarantine/isolation are key components of a pandemic response. You want to measure how well you’re doing to know if there are deficiencies and how you can improve them,” says Grad.

Age, Race, Ethnicity, Location

The recommended essential indicators would

significantly increase the information available on disparities in COVID-19 cases, deaths, and the quality of the government response for different ages, races, ethnicities, and locations, according to the report.

The United States is flying blind in our effort to curb the spread of COVID-19.

“This virus is affecting

different racial groups in different ways. Having more data enables you to know which groups are at greatest risk and tailor messages and design targeted programs or treatments,” says Amesh Adalja, MD, a senior scholar at the Johns Hopkins University Center for Health Security in Baltimore.

Resolve to Save Lives

recognizes that putting these metrics into practice will be a challenge for health departments, requiring technical changes in the current data systems, more money, and more staff.

“This is where we need to invest to achieve an informed comprehensive and effective response strategy. Our public health institutions

are chronically underfunded -- we need to reverse course quickly and understand that our investment now in measuring and understanding the effectiveness of our responses is critical to our emerging from the pandemic,” says Grad.

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