

# The Dayton Weekly NEWS

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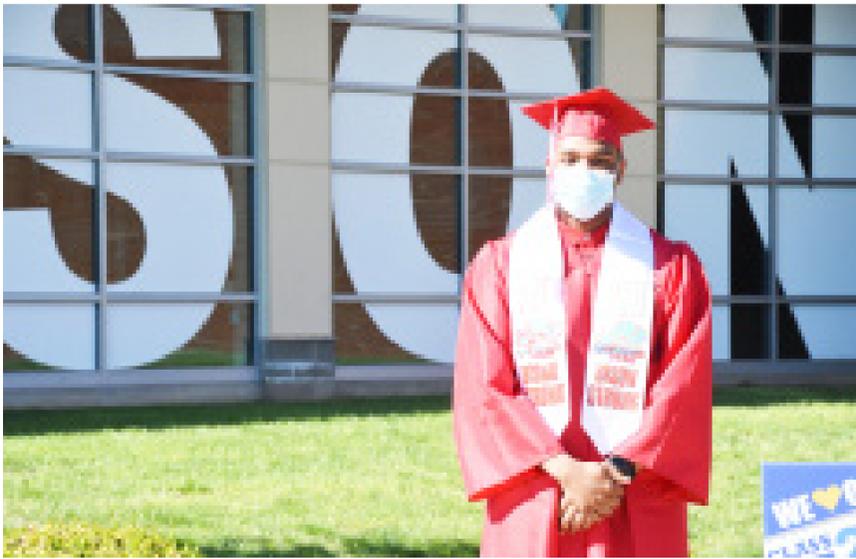
## DPS Celebrating The Class of 2020 With Billboards, Parades and Special Events

By Alex Kincaid

To celebrate the Class of 2020, the Dayton Public Schools have held events, distributed yard signs and have even put senior photos on billboards around Dayton. Although this graduating class is not having a traditional senior year, the district is finding creative ways to celebrate graduates and make their last year of high school memorable.

Graduation ceremonies and diploma parades:

In addition to providing pre-recorded graduation ceremonies complete with speeches from classmates, the Superintendent and the Board of Education, the district will be holding parades for students at



Welcome Stadium.

Each school has a designated parade date and time. Students and their families will drive through a parade of teachers cheering and holding signs in the parking lot of the sta-

dium. At the end of the drive, the graduate will exit their vehicle and receive his or her diploma. A photographer will be there to take a professional photo of students holding their diplomas. The gradu-

ate will then get back in the vehicle and exit Welcome Stadium. One car per graduate is permitted.

Half of a school's seniors will arrive at the stadium at the beginning of

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## American Idol Winner "Just Sam" on the History-Making At-Home Victory: "This Is Life-Changing"



"Just Sam" winner of American Idol.

"This is life-changing. This is a dream come true, all the good things," Just Sam told E! News' Lilliana Vasquez after winning American Idol.

Just Sam got the news of her win in the long-running reality show's first-ever remote finale. Production was halted and plans adjusted after the coronavirus spread

causing mass production shutdowns. Reality shows, like American Idol and The Voice, pivoted to at-home self-taping to conclude the seasons.

In the Sunday, May 17 finale, it was down to Just Sam and Arthur Gunn after Dillon James, Francisco Martin and Jonny West were eliminated earlier in the night. Just Sam said

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## 3 Innocent Black Men Awarded \$18 Million Settlement After Serving 39 Years in Prison



Three Black men awarded \$18 million settlement for wrong imprisonment.

Three men from Cleveland, Ohio — 63-year old Rickey Jackson, 65-year old Wiley Bridgeman, and 62-year old Kwame Ajamu — have been awarded a settlement for \$18 million nearly 45 years after their wrongful conviction and imprisonment in connection to a robbery and murder case in 1975.

Jackson, Bridgeman, and his brother Ajamu,

formerly known as Ronnie Bridgeman, were then aged 18, 20, 17 when they were accused and convicted for the deadly robbery of Harold Franks.

They were convicted based solely on a testimony of a 12-year old boy, which eventually turned out to be false testimony. The boy admitted that he was coerced by Cleveland

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## Digital Detox: How Video Gaming Can Be Addictive

By Tristyn Eppley, Montgomery County Alcohol, Drug Addiction & Mental Health Services and The Montgomery County Prevention Coalition

Video games are a fun way to pass time for many youth and adults. Video games can bring about positive benefits such as bonding with friends and family, teamwork, and conflict resolutions skills. However, just like many things, there can be too much of a good thing. The World Health Organization (WHO) has

defined the preoccupation with video games as a gaming disorder. According to the WHO, a pattern of digital or video gaming that causes an individual to prioritize gaming over other activities causing regular negative consequences can put an individual at-risk for a gaming disorder.

Given that the restrictions around Covid-19 have caused individuals to spend more time at home, youth and adults may be tempted to increase the amount of time they spend playing digital games on smartphones or video



## Sojourner Truth (1797 – 1883)



Sojourner Truth was an African American evangelist, abolitionist, women's rights activist and author who lived a miserable life as a slave, serving several masters throughout New York before escaping to freedom in 1826. After gaining her freedom, Truth became a Christian and, at what she believed was God's urging, preached about abolitionism and equal rights for all, highlighted in her stirring "Ain't I a Woman?" speech, delivered at a women's convention in Ohio in 1851. She continued her crusade for the rest of her life, earning an audience with President Abraham Lincoln and becoming one of the world's best-known human rights crusaders.

### Sojourner Truth's Early Life

Sojourner Truth was born Isabella Baumfree in 1797 to James and Elizabeth Baumfree, slave parents in Ulster County, New York. Around age nine, she was sold at a slave auction to John Neely for \$100, along with a flock of sheep.

Neely was a cruel and violent slave master who beat the young girl regularly. She was sold two more times by age 13 and ultimately ended up at the West Park, New York, home of John Dumont and his second wife Elizabeth.

Around age 18, Isabella fell in love with a slave named Robert from a nearby farm. But the couple was not allowed to marry since they had separate owners. Instead, Isabella was forced to marry another slave owned by Dumont named Thomas. She eventually bore five children: James, Diana, Peter, Elizabeth and Sophia.

### Walking from Slavery to Freedom

At the turn of the 19th century, New York started legislating emancipation, but it would take over two decades for liberation to come for all slaves in the state.

In the meantime, Dumont promised Isabella he'd grant her freedom on July 4, 1826, "if she would do well and be faithful." When the date arrived, however, he had a change of heart and refused to let her go.

Incensed, Isabella completed what she felt was her obligation to Dumont and then escaped his clutches as fast as her six-foot-tall frame could walk away, infant daughter in tow. She later said, "I did not run off, for I thought that wicked, but I walked off, believing that to be all right."

In what must have been a gut-wrenching choice, she left her other children behind because they were still legally bound to Dumont.

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games. In fact, game developers spend around \$23 billion dollars annually to make games more enticing to players. The games are designed to have players crave the excitement that they get from leveling up or other accomplishments built into games. They do this by designing games that periodically cause a release of dopamine which is the "feel good" chemical in the brain. Given that

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# Around DAYTON

## Miami Valley Weather

**Friday**

Cloudy  
High 75  
Low 59



**Saturday**

Cloudy  
High 81  
Low 65



**Sunday**

Mostly Cloudy  
High 85  
Low 68



## 5 day Forecast

**Monday**

Rain  
High 85  
Low 69



**Tuesday**

Rain  
High 84  
Low 68



## Shayla Smith A Special Student Athlete From the Miami Valley

By LaTonya Victoria  
Photo courtesy of Shayla Smith

I had the pleasure of speaking with Gregory and Shelly Smith about their daughter Shayla Smith's accomplishments. Shayla just graduated from Stivers School for the Arts. You see Shayla is not only a student athlete, but she is among an elite group of African American female students to receive a rowing scholarship. Shayla Smith was awarded a rowing scholarship to the University of Kansas.



Shayla Smith

Girls team had sixty girls on it but only three minorities.

I asked Shelly what advice you would give to other parents who had not considered rowing as a sport for their child and Shelly replied, "The scholarship money is great for girls. I think we miss out on that. There's a free camp at the Dayton Row Club and students usually start going there at the age of twelve. It is an expensive sport and I think that the cost will keep some people out. It's year round."

I asked Shelly what she thought helped set Shayla apart from some of the other rowers to help her obtain her scholarship from Kansas State. Shelly said, "I think it was doing Cross Fit. Because doing Cross Fit made her a beast in rowing, in terms of getting in shape, and having the strength to do it. Before COVID-19, Shayla was expected to be rowing in Nationals this summer which usually takes place in Florida. The regular races usually take place in Columbus and Cincinnati." The week I interviewed the family they were to have gone to compete in Oakridge, Tennessee.

During winter break the top 16 girls at the University of Kansas get to

spend part of their Christmas break in Florida for a special training camp. The family is hopeful that Shayla will be able to attend this year. I asked Shayla what was one of the keys to her success. Shayla replied, "I think putting a child in a sport early really helps and then sticking with it. I went to practice every day and I practiced like I was at a meet every day." It's hard to believe that after just two and a half years of rowing Shayla received a scholarship.

I asked Shayla what's been her most memorable moment in the sport? Shayla said, "Dropping time in my Two K. I dropped eleven seconds. My time is seven minutes and thirty-three seconds now. Dropping the 11 seconds increased her scholarship money." Shayla continues, "Each year I dropped 11 seconds off my time. This next year it's going to be harder to do."

Shayla would like to study Biology at the University of Kansas and go into medical school and become a pediatrician. In High School Shayla was in visual arts and did ceramics and competed on the swim and rowing teams. She also played volleyball for three years until she had

## City of Trotwood Reopens On June 1, Under Controlled Measures

"Protecting our citizens and employees is our first mission. Therefore, the City of Trotwood will reopen on June 1, 2020, under the following COVID-19 controlled measures," said Trotwood City Manager Quincy E. Pope, Sr.

The government center offices will open from 8 a.m. to 4:30 p.m. Visitors will be limited to the lobby only and must make an appointment prior to arrival. Visitors will maintain a minimum of six (6) feet between each other. Hand sanitizing stations are placed in each lobby for visitors to wash hands.

Because of limited space, there is a limit of no more than five (5) visitors in the government center. From 8 a.m. to 9 a.m., only those 60 years or older, or those with compromised health conditions, are allowed with appointments.

The preferred method of paying utility bills will be online and/or the drop box located outside of the government center. Visitors to the government center offices will be requested to wear face masks. All public meetings will be held by teleconference until further notice.

## What's The

# WORD

On The Street

## Would You Like a Table for Two?



Janon White-Adams



Brian Martin



Chad Diggs

By LaTonya Victoria  
Photos courtesy of various sources

The State of Ohio has been living under a shelter in place order for nearly two months. Last week Governor Mike DeWine unveiled the state's New Responsible Restart Ohio Plan which allows for the gradual re-opening of the state. The plan lays out the guidelines that each non-essential industry is to follow as it re-opens. I spoke with several people in the Miami Valley and asked them if they planned to make a dinner reservation to dine in one of the newly re-opened restaurants or planned to take a shopping trip for non-essential items this weekend. I received three different responses, but for the first time since I've been writing Word on the Street...they each sounded very similar.

I spoke with Janon White-Adams who is the owner of Wings of Love Services. Janon replied, "No! No, I will not. I will still be living my life as if we were still being quarantined. I do go to the grocery store and things like that. But it is not a necessity to be out. I don't think we're ready yet. These next two weeks will ready tell if we're ready and if it's (COVID-19) going to spread. I need another two weeks to be comfortable to just go to stores. I'll just continue to shop online."

Brian Martin lives in Centerville and is fifty-five years old. Brian works in Government. Brian answered, "I'm definitely going to wait on going to bars and restaurants in terms of dining in. Certainly, drive-up, pick-up, and order ahead are fine. I'm doing that. But I'll be a little bit slow on everything else."

I spoke with Chad Diggs who is thirty-seven years old and lives in Dayton. Chad is the owner of Edible Arrangements in Kettering and Gem City Carwash on Gettysburg Ave. Chad said, "No. Personally, I'm wanting to see America get back to work. But I don't think that the full solution and the measurements are in place to do so. I still feel it's premature and I would almost want to see some type of online training on safety and cross contamination be completed before we start to open back up. I think to open back up prior to June 1st is irresponsible and pre-mature."

to give up the sport for rowing. Shayla also received the Dayton Montgomery County Scholar-

ship. Shayla Smith, the Dayton Weekly News and our readers can't wait to watch your college career

as you compete at the University of Kansas Congratulations!

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# National

## All 50 States Partially Reopen Despite At Least 17 Seeing Rise Of Coronavirus Cases

All states, as of Wednesday, have partially reopened despite the fact that the coronavirus is still spreading. Their governors and elected officials are bowing to the pressure of a restless public that wants their liberty and their businesses back.

According to data from Johns Hopkins University, CNN reported, 17% of states have recorded an uptick in cases of the coronavirus. At least 90,432 have died and more than 1.51 million people in the United States have been infected.

Despite the deaths and those who have taken ill, protests have sprung up across the country those demanding that states reopen. Many have accused the government of taking away their liberties and the ability to provide for their families.

President Donald

Trump has taken to Twitter to demand that states open. He wants states to resume fully functioning despite the potential health risks in the absence of a vaccine or other means to stop the spread of the deadly contagion.

"I don't want people to think this is all dependent on a vaccine," Trump said on Friday, explaining that the government was working on one.

"Vaccine or no vaccine, we're back. And we're starting the process," Trump said.

However, his own advisors believe that the quarantine should be extended longer. Dr. Anthony Fauci, the country's top infectious disease expert, warned about any rush to return to life as normal before the pandemic changed everyday routines earlier this year.

"There is a real risk that you will trigger an outbreak that you may not be able to control," Fauci said

## 3 Innocent Black Men Awarded \$18 Million Settlement After Serving 39 Years in Prison... Continued from Page 1

police to provide wrongful testimony during the trial. The three men were all exonerated and freed in 2014.

"For 45 years, our clients never gave up hope that someday their nightmare would be over," said their attorney, Terry Gilbert. "That time has come with this final resolution providing some measure of justice and closure. But the physical and emotional trauma our clients were forced to endure is an example of the deep flaws of a racist criminal legal system focused on results rather than truth and justice."

The three have reached an \$18 million settlement following a lawsuit against the city of Cleveland for police misconduct, falsifying evidence, and coercing a witness. It is reportedly the largest settlement ever made in the history of the state of Ohio.

## These 6 Black Patients Were Denied A Test... And Then Died From Coronavirus!



Black patients who died from Coronavirus after being denied a test

Federal data has already confirmed that most of the deadly victims of COVID-19 in the United States are African American. However, many news reports are failing to report that many of those who have died from the virus were also denied tests. In fact, some were denied a test multiple times. Here are six cases:

#1 - Bassey Offiong: a 25-year old Nigerian

American college student at Western Michigan University who died from the virus just a few weeks before his graduation. Detroit News reports that he was denied a test multiple times.

#2 - Gary Fowler: a 56-year old from Detroit who died at home from the virus. USA Today reports that he literally "begged" for a test, but was rejected on multiple occasions.

#3 - Rana Zoe Mungin: a 30-year old social studies teacher from Brooklyn who died from the virus after being on life support for almost a month. CBS News reports that she was rushed to the hospital three different times and was denied a test each and every time.

#4 - Kayla Williams: a 36-year old mother from

## Sojourner Truth (1797 - 1883)... Continued from Page 1

Isabella made her way to New Paltz, New York, where she and her daughter were taken in by Isaac and Maria Van Wagenen. When Dumont came to re-claim his "property," the Van Wagenens offered to buy Isabella's services from him for \$20 until the New York Anti-Slavery Law emancipating all slaves took effect in 1827; Dumont agreed.

Sojourner Truth, First Black Woman to Sue White Man - And Win

After the New York Anti-Slavery Law was passed, Dumont illegally sold Isabella's five-year-old son Peter. With the help of the Van Wagenens, she filed a lawsuit to get him back.

Months later, Isabella won her case and regained custody of her son. She was the first black woman to sue a white man in a United States court and prevail.

Sojourner Truth's Spiritual Calling

The Van Wagenens had a profound impact on Isabella's spirituality and she became a fervent Christian. In 1829, she moved to New York City with Peter to work as a housekeeper for evangelist preacher Elijah Pierson.

She left Pierson three years later to work for another preacher, Robert Matthews. When Elijah Pierson died, Isabella and Matthews were accused of poisoning him and of theft, but were eventually acquitted.

Living among people of faith only emboldened Isabella's devoutness to Christianity and her desire to preach and win converts. In 1843, with what she believed was her religious obligation to go forth and speak the truth, she changed her name to Sojourner Truth and embarked on a journey to preach the gospel and speak out against slavery

and oppression.

Ain't I A Woman?

In 1844, Truth joined a Massachusetts abolitionist organization called the Northampton Association of Education and Industry, where she met leading abolitionists such as Frederick Douglass and effectively launched her career as an equal rights activist.

In 1851, at the Ohio Women's Rights Convention, Truth spoke out about equal rights for black women. Reporters published different transcripts of the speech where she used the rhetorical question, "Ain't I A Woman?" to point out the discrimination she experienced as a black woman. She met with leading women's rights activists of her day like Elizabeth Cady Stanton and Susan B. Anthony.

The speech became her most famous, though it was just one of many as she continued to advocate for human rights the rest of her life.

Sojourner Truth During the Civil War

Like another famous escaped slave, Harriet Tubman, Truth helped recruit black soldiers during the Civil War. She worked in Washington, D.C., for the National Freedman's Relief Association and rallied people to donate food, clothes and other supplies to black refugees.

Her activism for the abolitionist movement gained the attention of President Abraham Lincoln, who invited her to the White House in October 1864 and showed her a Bible given to him by African Americans in Baltimore.

While Truth was in Washington, she put her courage and disdain for segregation on display by riding on whites-only streetcars. When the Civil War ended, she tried exhaustively to find jobs for freed blacks weighed down with poverty.

Later, she unsuccessfully petitioned the government to resettle freed

blacks on government land in the West.

Sojourner Truth Quotes  
"If the first woman God ever made was strong enough to turn the world upside down all alone, these women together ought to be able to turn it back, and get it right side up again! And now they is asking to do it, the men better let them."

"Then that little man in black there, he says women can't have as much rights as men, 'cause Christ wasn't a woman! Where did your Christ come from? Where did Christ come from? From God and a woman! Man had nothing to do with Him."

And what is that religion that sanctions, even by its silence, all that is embraced in the 'Peculiar Institution'? If there can be any thing more diametrically opposed to the religion of Jesus, than the working of this soul-killing system - which is

as truly sanctioned by the religion of America as are her minsters and churches - we wish to be shown where it can be found."

"Now, if you want me to get out of the world, you had better get the women votin' soon. I shan't go till I can do that."

Sojourner Truth's Later Years

In 1867, Truth moved to Battle Creek, Michigan, where some of her daughters lived. She continued to speak out against discrimination and in favor of woman's suffrage. She was especially concerned that some civil rights leaders such as Frederick Douglass felt equal rights for black men took precedence over those of black women.

Truth died at home on November 26, 1883. Records show she was age 86 yet her memorial tombstone states she was 105. Engraved on her tombstone are the words, "Is God Dead?," a question she once asked a despondent Frederick Douglass to remind him to have faith.

Truth left behind a legacy of courage, faith and fighting for what's right and honorable, but she also left a legacy of words and songs including her autobiography, The Narrative of Sojourner Truth, which she dictated in 1850 to Olive Gilbert since she never learned to read or write.

Perhaps Truth's life of Christianity and fighting for equality is best summed up by her own words: "Children, who made your skin white? Was it not God? Who made mine black? Was it not the same God? Am I to blame, therefore, because my skin is black? ... Does not God love colored children as well as white children? And did not the same Savior die to save the one as well as the other?"

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# Editorial & Comments

## Editorial Featured

### The Hunted!

By Deric Muhammad

Let me start by going on the record and saying that the most horrific tragedy of the year 2020 is not the COVID-19 pandemic.

The most horrific tragedy to take place in America in the year 2020 was the public lynching of Ahmaud Arbery in Brunswick, Georgia. For those of us who could stomach to watch the video of the lynching that took Ahmaud's young life, it was a reminder of the unfathomable depths of hatred that still exist in this country for Black people. It was a reminder that, even though our ancestors built this country by the sweat of their calloused hands, we are still not safe here.

It was as if, even in the midst of the most deadly pandemic the world has ever seen, God wanted to remind us of the real pandemic in this country. The lynching of Ahmaud Arbery is worse than the COVID-19 pandemic, because at some point America will get past the Coronavirus. However, it has been 465 years since the first slave ship landed in Jamestown, Virginia, and this country has yet to get past its hatred and systematic injustice towards Black men, women and children. America is more interested in saving Black whales than Black males.

Seeing Ahmaud Arbery fall face forward, after being shot three times, scorched me well into the deepest parts of my soul.

What hurt me even more was seeing him "hunted down" moments before.

The brother was jogging! Two armed White Supremacists posted up in front of him while a third gave chase in a pickup truck with a cocked pistol and a "kill that ni\*\*a" mentality. The young king had no way out. It was a scenario that spoke louder than the rifle blasts that killed our brother. There was a moment in that message that stuck with every Black male in this country.

We are still "the hunted!"

One hundred fifty-seven years after the Emancipation Proclamation, Black men are still being hunted down like runaway slaves. For nearly 3 months, no district attorney would file charges against the hunters, primarily because the American justice system has a well-documented history of blaming Black people for our own deaths. I repeat; we are not safe here.

Hunting is a favorite pastime in America. It is defined as "the seeking, pursuing and capturing or killing of wild animals. It is customary for humans to hunt animals; for meat,

recreation and to remove predators that can be dangerous to humans or domestic animals."

In the case of Ahmaud Arbery, we did not witness human beings hunting an animal; we witnessed three animals hunting a human being. That human being was Ahmaud. Those three animals were Travis McMichael, Gregory McMichael and William Bryan. If the human being in this scenario were White and the animals were Black, the animals would probably have already paid with their lives. At the very least, they would have been arrested and charged immediately. We've all seen Animals Gone Wild videos. When a circus lion kills a human being, that lion is usually "put down." If Ahmaud's murderers are convicted and receive life in prison, I would not consider that justice. Animals who kill human beings must be "put down."

If you study the survival habits of commonly hunted animals you will see similarities in how Black males move in society. Both move with great caution. Both are difficult to get close to. Just as animals who tend to be hunted as prey run in packs for protection, so do many Black males. Society calls them gangs. I could go on. More profound is the anxiety, unending stress and psychological damaging terror, of knowing that you could be killed at any moment with no justice to follow. Being "the hunted" is not always about being slaughtered. Sometimes it's about being exploited.

For instance, a Black male athlete who turns professional is usually fed, like wild game, to agents, accountants, lawyers and business managers, who leave him broke and broken at the end of his career; not realizing he had been hunted since little league. The American educational system purposely mis-educates Black boys to justify building more prison beds, fueling a billion dollar industry. Hunted since second grade! The music industry hunts down rap artists, like the talented, charismatic NBA Youngboy, to create content that promotes violence, street life and the killing of our own kind, to the youth. These rappers, like the athletes, are caught up in a web of legal paperwork that makes them slaves. They are made to appear like predators in their songs and videos, but they, themselves, are really the prey. Some old white guy in a button-up sweater usually ends up owning the intellectual property of the gangster rapper. Hunted since his younger days on the block. We are hunted at every level.

Charles Dutton said it best in the 'hood' classic "Menace II Society", when he said "THE HUNT IS ON!"

Nothing illustrates this reality more clearly than the murder of Ahmaud

Arbery.

Truth is, it took me forever to write this article. Do you know why?

It's because, like every other brother in the country, I'm tired. Most of the messages I've received from Black men regarding this case read like this: "Brother I'm tired!"

Millions of Black men cried in the dark for Ahmaud Arbery. It's not that we are tired and ready to give up on the struggle for freedom for our people. We are just tired of being the hunted. We are tired of depending on a system that was not created to give us justice. We are tired of being made to feel guilty for wanting to kill those who kill us. We are tired of not even having time to feel tired because the hunt is still on!

To my brothers: If you watched the video of Ahmaud Arbery carefully you will see that Ahmaud was tired too. What did he do when he had nowhere else to run? God dammit, he started fighting!

Ahmaud may have lost his life, but he fought those bastards until the end. He never gave up. He died like a man, therefore he will never die. We, as Black men, are Ahmaud Arbery! We must take our cue from him. We are the hunted and there is nothing left for us to do, except fight. We must fight intellectually, economically, spiritually, politically and (hell yeah) if you have to physically defend your life, you must be prepared to fight.

If we do not fight, we will pass "the hunt" down to the next generation of Black males. Ahmaud Arbery is a hero in my book. I shed tears writing this piece.

## A Trail of Destruction and an Unclear Future: This is COVID-19

By Dr. James B. Ewers Jr.

The Coronavirus has wreaked havoc on the United States of America.

Now, for the most part, we operate from our homes. Every day, the top news story is COVID-19. Statistics detailing the number of cases and the number of people on ventilators have become the top news story. It is information that we need to know and want to know. The stories surrounding the coronavirus have become daunting and deadly.

There are now over 1.3 million cases of COVID-19 and almost 80,000 fatalities. This pandemic has cast a long shadow of terror and apprehension over this country.

If you are Black, like me, the terror and apprehension have escalated even more. Black people are dying at an unprecedented rate. There are over 16,000 African Americans who have succumbed to this pandemic.

Even with these numbers the way they are, several states have chosen to re-open. The state of Georgia is one of them.

Brian Kemp, the governor, announced ten days ago that his state was going to re-open, although he has been widely criticized about his decision.

He said, "All the deci-

## Something to Consider:

### Finding Confidence in Troublesome Times

By: Brenda Cochran  
Contributing Writer

For many, confidence is a popular subject today. We are taught at an early age to think confidently, to live boldly and to be self-assured. I think of being confident as exercising positive thinking.

Self-confidence is understanding that you have trust in your own judgment and your own abilities and that you value yourself and also feel worthy even though there might be imperfections of what others might believe about you.

According to Charles Stanley, well-known television evangelist, "We have responsibility in our relationship with others. This can be on our job, with our children, our finances and our future. Many people are caught up with their finances for their future, but the concern is if we live for the future, we may have the incorrect perspective.

If we are followers of God, we learn that we are to live for Him and to make our lives count for Him. If we are able to do this, He will take care of all the other issues.

Dr. Stanley provides principles and adds that if we are able to follow these principles, we will be able to live confidently – no matter what is going on around us. The first is that God controls all of our circumstances; the second is God will meet all of our needs; the third is God is always with us and lastly – God loves us always with eternal love.

Looking at Romans 8:28-39, teaches us that God controls our circum-



Brenda Cochran

stances. This is the basis of our confidences-- that we are able to have confidence in our 'trying' times. If you are unable to believe this – ask yourself the question – If God is not in control – who is in control? Is it the devil? Are you in control? So -If you are not in control and the devil is not in control, and God is not in control – then who is in control? If you feel that no one is in control, Stanley says, "Well, what you have said is you can come to the point of relinquishing your total being that living in this world pot where everything is turning around and nobody knows. It's just this and that. It seems that there can be no peace, no contentment, no joy and no assurance. God is in absolute control and that is the bottom-line and the basis of our confidence-- that we can overcome – no matter what is going on."

The second principle from Verse 32 of Romans is that God will meet our needs- all things that meet His will and purpose for our lives. Stanley shares that as long as you have what you need-fine, but when the bottom drops out, your health is gone, or you are facing death –

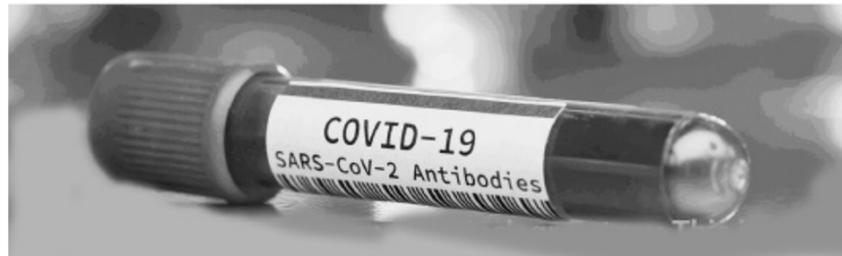
then what do you do? He says "This is reality."

The third basis is that God is with us. In verse 35 – "Who will separate us from the love of Christ?" "One of the basic beliefs for having a sense of confidence in 'trying' times is God is with us. No matter what is going on and where we are and what is happening in our life, He's with us."

The Fourth basis is that the truth that we are loved by God with eternal love. In Verse 35, the question is asked – "Who will separate us from the love of Christ?" In Verse 37 "But in all these things, we overwhelming conquer through Him who loved us – no height, nor death, nor any created thing will be able to separate us from the love of God which is in Christ Jesus."

If we look at every verse, we see that each is an expression of God's love, so though we may be living in troublesome times, we can hold on to the fact that God is in control of all that happens to us – He has a purpose for every single one of our lives.

Many ask the question, why does God allow some of our prayers to go unanswered? His major purpose is not to grant each of our wishes or make our lives comfortable, but we can learn to be content in every circumstance, trusting that He will supply us with all we truly need.



sions that we have made have been for our citizens' safety and public health."

The same sentiments have been voiced by the governors of Oklahoma and Iowa.

Kevin Stitt, governor of Iowa, said, "As the CEO of the state, my goal was to No.1, protect the health and lives of Oklahomans and then to mitigate the impacts to Oklahoma's economy and get Oklahomans working back safely."

Some leaders want their states and cities to go back to business as usual. The problem with coming back is that the Coronavirus is coming along with you.

For example, at the Tyson meat plant in Waterloo, Iowa, more than 1,000 employees have tested positive for COVID-19. We know from history that the numbers will continue to go up.

Not everyone is happy with these re-openings. Some mayors were surprised at their states coming back so quickly.

Keisha Lance Bottoms, mayor of Atlanta, said, "We are not on the other side of this. It's like we are in a tunnel, and rather than walking straight toward the light, we're spinning around in circles."

Since reopening, Georgia's cases are up 37% from a week ago.

Some critics are saying that the Coronavirus has turned into a political football. The Republican Party does not seem to paint as grim a picture as those in the Democratic Party.

According to the NBC News state tracker, 17 states led by Republican governors are re-opening, while only 7 states led by Democratic governors are opening early.

This pandemic is not going anywhere. It will be in our grocery stores and in the public square in general. While states will re-open, some with trepidation, we will still be wearing our masks and using hand sanitizer. Shaking hands is in our past and may not be in

our future. We will have to wait patiently and see.

Mother's Day was celebrated on Sunday, May 10th. In years gone by, restaurants have always been packed with people, and places of worship have always been filled with happy and thankful people. Not this year!

Take-out meals were the call of the day, and on-line services were held by many religious leaders.

If we saw our relatives, it was from a distance.

The Coronavirus has created a one-of-a-kind illness. We are experiencing collateral damage because of it. Jobs have been lost, businesses have closed, and many of our loved ones have passed on too soon. Life as we knew it had many memories.

Will our future create more of them? We do not know. At this juncture and period, it is simply one day at a time.

# Education

**DPS Celebrating The Class of 2020 With Billboards, Parades and Special Events...**  
Continued from Page 1



the parade and the other half will arrive halfway through. This will ensure cars have space to safely navigate the Welcome Stadium parking lot.

Parade dates and arrival times are below:

Stivers School for the Arts  
Monday, June 1st  
5:30 - 8:00 PM  
(5:30 last names A-M;  
6:45 last names N-Z)

Dunbar Early College HS  
Tuesday, June 2nd  
5:30 - 8:00 PM  
(5:30 last names A-M;  
6:45 last names N-Z)

Meadowdale High School  
Wednesday, June 3rd  
5:30 - 7:00 PM  
(5:30 last names A-M;  
6:15 last names N-Z)

Ponitz Career Tech. Center  
Thursday, June 4th  
5:30 - 8:00 PM  
(5:30 last names A-M;  
6:45 last names N-Z)

Thurgood Marshall STEM HS  
Friday, June 5th  
5:30 - 8:00 PM  
(5:30 last names A-M;  
6:45 last names N-Z)

Belmont High School  
Saturday, June 6th  
2:00 - 4:30 PM  
(2:00 last names A-M;  
3:45 last names N-Z)

Class of 2020 pride around Dayton:

All graduating seniors had Class of 2020 yard signs personally delivered by the teachers and administrators of their high school at the end of April. These signs are now proudly displayed in front of homes around Dayton to support and celebrate seniors.

Senior photos are also displayed on digital billboards throughout the city to honor DPS graduates. Each school has a designated billboard. These photos alternate based on photos seniors have submitted to the district. Students can still submit photos by filling out a form sent to their DPS email in early May.

DPS social media will continue to celebrate and highlight the accomplishments of individual seniors. Follow Dayton Public Schools on Facebook, Twitter and Instagram to see these highlights.

High schools celebrate with their seniors from a distance:

From virtual piano concerts to videos from staff expressing support for students, individual high schools have made efforts to celebrate seniors while still abiding by social distancing guidelines.

Belmont High School held an event in early May that allowed seniors to have a ceremonial walk across the sidewalk in their caps and gowns. This event gave seniors the experience of walking across a stage, as they would normally do at graduation.

## 10 Black Scholarship Programs In 2020 That Are Still Open Despite COVID-19

10 Black scholarship programs that are still open. Here they are:

#1 - Jack and Jill of America Foundation Need-Based Scholarships: Offered to high school seniors who will attend and maintain a full-time status at an accredited, four-year post-secondary institution, starting in the fall of the year and working toward a bachelor's degree. Learn more at <https://www.blackscholarships.org/2018/10/jack-and-jill-of-america-foundation-providing-need-based-scholarships.html>

#2 - Walmart Foundation First Generation Scholarship For HBCU Students: Offered through Walmart's foundation, the program specifically helps students who are enrolled at any HBCU or PBI (Primarily

Black Institution) across the country. Learn more at <https://www.blackscholarships.org/2019/04/walmart-foundation-first-generation-scholarship-hbcu-students.html>

#3 - Jay-Z's Shawn Carter Scholarship Fund: Founded by Jay-Z and his philanthropist mother, Gloria, this program helps low income students advance their education by giving them the resources they need to enroll in college, pay the tuition, and successfully finish college on time. Learn more at <https://www.blackscholarships.org/2019/04/jay-z-shawn-carter-scholarship-fund.html>

#4 - Jesse Jackson's PUSH Excel Scholarship Program: This program encourages servant leadership potential in scholars, and pushes students to develop a passion for social

justice and social change. Learn more at <https://www.blackscholarships.org/2018/10/jessie-jackson-push-excel-scholarship-program-three-awards.html>

#5 - McDonald's Black and Positively Golden Scholarships: This partnership between McDonald's and the Thurgood Marshall Fund gives scholarship awards to deserving students that are attending HBCUs and PBIs across the United States. Learn more at <https://www.blackscholarships.org/2019/03/tmcf-mcdonalds-black-positively-golden-scholarship-program.html>

#6 - Apple's HBCU Scholarship Program: Program for exceptional students currently attending an HBCU with a minimum GPA of 3.0. Applicants must be working towards

earning a Bachelor's degree, Master's degree, or a Ph.D. Learn more at <https://www.blackscholarships.org/2018/09/apple-40-million-hbcu-scholarship-program-summer-internship.html>

#7 - Coca-Cola Scholars Program Scholarship: A program for graduating high school seniors who can demonstrate their ability to lead and serve their communities. Students are also expected to be able to demonstrate a level of commitment to making a significant impact at their school and society in general. Learn more at <https://www.blackscholarships.org/2018/10/20k-scholarships-from-coca-cola-program-foundation.html>

#8 - Gucci Changemakers Diversity and Inclusion Scholarship Program: A global program that promotes unity, diversity and

inclusion through its Gucci Changemakers program. The program offers more than \$1 million in scholarships that will be allocated to financing the education of at least 70 fashion students. Learn more at <https://www.blackscholarships.org/2019/04/gucci-changemakers-diversity-inclusion-scholarship.html>

#9 - Foot Locker/United Negro College Fund Scholarship Program: A partnership between the Foot Locker Foundation, Inc. and the United Negro College Fund (UNCF) to fund a scholarship program for students attending a UNCF member college or university during the fall of the current year. Learn more at <https://www.blackscholarships.org/2020/05/foot-locker-united-negro-college-fund-scholarship-pro>

gram.html

#10 - Davis Scholarship For Women in STEM (Science, Technology, Engineering and Math): Willma H. Davis has partnered with the United Negro College Fund (UNCF) to establish a scholarship to encourage minority female students to pursue a future career in the STEM fields. Candidates must be classified as sophomore, junior, or senior in the Fall and attend a UNCF-member institution. Learn more at <https://www.blackscholarships.org/2020/05/willma-h-davis-scholarship-for-women-in-stem.html>

For more 2020-2021 scholarships, visit [BlackScholarships.org](https://www.blackscholarships.org)

## Meet The Black Woman Educator Who Transforms Herself Into A Superhero In The Classroom



**Kandra Albury, founder CAPE Curriculum**

Eight years ago, Kandra Albury set out on a mission to help prevent and raise awareness of childhood sexual abuse, bullying and illegal drug use in children and since that time she has reached more than 5,000 children and adults across the U.S. and in Africa.

Albury's mission was clear - teach kids to activate their superpower, courage - to help prevent and raise awareness of childhood sexual abuse, bullying and illegal drug use, early on. Albury brought together literacy, advocacy, education and added superhero capes! The acronym C.A.P.E. stands for COURAGEously Affirming and Protecting through Education. She believes courage is the new superpower!

"I want parents and teachers to know just how simple it is to approach sensitive issues from an empowered position," said Albury who is also the president and CEO of Kids'n Capes, Inc. "With children being home and learning is online, now is the ideal time to begin educating the whole child with an emphasis on safety and wellness."

While the C.A.P.E. Curriculum is intended for parents and teachers, it can also be used by civic

and faith-based organizations, as well as early learning/childcare facilities, homeschool groups or any youth-serving organization.

"The programs that have been piloted throughout the past eight years by Kids'n Capes, Inc. were taken and written to Next Generation Sunshine State Standards for health and social education. These standards can be easily adapted to Common Core Standards," said Albury. "Common core has been implemented in more than 40 states in the U.S. and District of Columbia."

For the early learners/primary grade levels, the curriculum features 19 lessons in which books in the Feisty Four Children's Book Series serve as the foundation for learning. The four books address body safety, bullying and illegal drug use prevention. They also have animated read alouds in video format in which the characters come to life. Also included are supplemental videos that Albury uses to teach adults how to host an interactive read aloud.

Secondary learners, Albury offers COURAGEous Conversations(TM) which includes real-life situations. The facilitator guided scenarios also cover body safety, bullying pre-

vention and avoiding illegal drug use and peer pressure. Conversation topics also address the hazards of vaping and marijuana use. Sample questions include 'What should students have already been taught about this type of situation', 'If there's been a conversation', 'How do they feel about certain situations' and 'What they would do to avoid a situation that would compromise their well-being?'

"As an advocate and a survivor of sexual abuse and bullying, I realize these are tough topics to talk about; however, I do it in a fun and engaging way," said Albury, whose journey is currently airing on TBN (Trinity Broadcasting Network). "I help remove feelings of uneasiness when talking about tough topics."

About the founder

Kandra Albury was born and raised in Crescent City, FL. She has a Bachelor's degree in communications from the University of North Florida, a Master's degree in Mass Communications from the University of Florida and a Ph.D. in Ministerial Education from Truth Bible University. Visit [www.kidsncapesinc.org](http://www.kidsncapesinc.org)

Thurgood Marshall STEM High School celebrated those seniors who have participated the most in their online classes by hand-delivering gift cards to their homes.

Many other schools have sent video and photo collage messages to seniors to remind them that although it is not fair that they are not having a traditional senior year, their teachers still care about them and want to recognize their accomplishments.

# Miami Valley DIRECTORY OF CHURCHES



## Worship At The Church Of Your Choice

### ST. MARGARET'S EPISCOPAL CHURCH



5301 Free Pike, Trotwood, Ohio 45426  
Office: 937.837.7741  
Office Hours: 10:00 am-2:00pm-Monday-Friday  
Website: www.stmargaretsdayton.org

Reverend Father Benjamin E. K. Speare-Hardy II, Rector

*The mission of St. Margaret's Episcopal Church is to worship, to serve and to form the spiritual and moral growth of individuals according to the teachings of Jesus Christ.*

**SERVICE SCHEDULE**  
Adult Bible Study - Sunday 9 AM  
Worship Service - Sunday 8 AM & 10:30 AM  
Sunday School - Sunday 10:30AM

### Mt. Enon Missionary Baptist Church

"Building a Healthy Church to Serve an Unhealthy Society"

(937) 222-0867  
FAX: (937) 222-7336

SUNDAY  
Sunday School.....8:30 a.m.  
Morning Worship Services.....10:00 a.m.

WEDNESDAY  
AM Prayer Meeting.....9:30 a.m.  
Bible Study.....11:00 a.m. and 6:00 p.m.

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

Pastor Cory J. Pruitt

1501 W. Dr. Martin Luther King Jr. Way, Dayton, OH, 45412

### WAYMAN CHAPEL A.M.E. CHURCH

3317 Hoover Avenue ~ Dayton, Ohio 45407  
Rev. Gerald A. Cooper, Pastor

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

SUNDAY  
Church School.....9:00 a.m.  
Worship Services.....10:00 a.m.

WEDNESDAY  
Prayer Meeting/Bible Study Noon

THURSDAY  
Food & Clothing Pantry 10:00 a.m - 1:00 p.m.

Join us for a new beginning...

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Rev. Elmer S. Martin, Pastor  
1620 West Fifth Street  
Dayton, OH 45402-2910  
Church Phone: 937-223-5115  
Fax: 937-223-8872  
Email: greater\_allen\_ame@att.net

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.

### Believers Christian Fellowship Church

3010 McCall Street, Dayton, OH 45417  
Tel. No.: 937-279-9343, Fax: 937-279-9342  
Toll Free: 1-844-679-9343  
email:bcfchurch@swohio.twcbc.com

Sunday Service.....9:30 a.m.  
Church School - Sunday.....8:45 a.m.  
& Wednesday.....1:00 p.m.  
Bible Study/Prayer Meeting - Every Wednesday starting at.....6:00 p.m.

Check out our website: www.believers-christian.org  
Listen to our weekly radio show every Sunday at 8 am on 98.7 FM

### Zion Baptist Church

"And I, if I be lifted up from the Earth, will draw all men unto me."

(937) 275-6906  
Fax 276-6267

Sunday  
Church School.....9:30 a.m.  
Morning Worship.....11:00 a.m.  
Tues. Bible Study.....6:00 p.m.  
Wed. Prayer Meeting.....6:00 p.m.

Other Ministry  
email: rockney.carter@gmail.com  
1684 Earham Drive • Dayton, OH 45406

### Bethel Missionary Baptist Church

401 S. Paul Laurence Dunbar St. - Dayton, Ohio 45407  
Rev. Xavier L. Johnson, Senior Pastor  
937-222-4373 - Office - Email: offices@bmbcdayton.org

SUNDAYS  
Church School 9:30 a.m.  
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

### ZION HILL MISSIONARY BAPTIST CHURCH

Rev. Dr. Junior F. Greenlee - Pastor  
Church School.....9:00 AM  
Morning Worship.....10:55 AM  
Wed. Prayer Service.....6:00 PM

ZION HILL BAPTIST THEOLOGICAL INSTITUTE  
Mondays & Fridays - 6:00 p.m.

"Forever Learning And Not Coming To The Full Knowledge Of Truth"  
263-6104 or 837-2486  
Fax 263-0627  
1900 W. Dr. Martin Luther King, Jr. Way

### Ethan Temple Seventh Day Adventist Church

4000 Shiloh Springs Road, Clayton, Ohio 45315  
(937) 837-9326 • www.ethanemplesda.org

Services Each Saturday:  
Sabbath School 9:15 a.m.  
Morning Worship 11:00 a.m.  
Mid Week Prayer Service 7:00 p.m.  
Dr. William T. Cox, Sr., Pastor

### SHILOH BAPTIST CHURCH

3801 Fairbanks Avenue  
Office: 937-268-6711 Fax: 937-221-8040

Rev. Dr. Marcettes Cunningham, D.Min., Pastor  
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Morning Worship 10:45 a.m.  
Wednesday Prayer/Bible Study, 12:00 & 7:00 p.m.  
Evening Prayer, 6:30 p.m.

### COLLEGE HILL COMMUNITY CHURCH

(corner Philadelphia Dr. and Cornell Dr.)  
Pastor Emeritus Robert E. Jones  
www.collegehillcommunitychurch.org  
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We are a multicultural, multi-lingual congregation  
Morning Worship every Sunday at 10:30am

## Advertise Your Church in the Dayton Weekly News

Call (937) 223-8060 for more Information.

# Religion

## COVID-19 Testing Offered In West Dayton



Pastor Peter Matthews is being tested to make sure he does not have COVID-19.



Primary Health Solutions bus at McKinley United Methodist Church to do free virus testing.

By: Barbara Vinzant Senior Staff Writer  
Virus testing was offered "FREE" on Monday, May 18 from 1 – 5 p.m. at McKinley United Methodist Church located in west Dayton at 196 Hawthorne Street in partnership with Primary Health Solutions, a non-profit federally qualified health care center dedicated to providing quality, affordable health-care. Residents began

lining up at 11 a.m. and at the end of the day an estimated 100 residents were tested, myself included, and results will be reported within a week. The first testing location to be offered on the westside of Dayton was the brain storm of McKinley's Pastor Peter Matthews who felt the need to close the gap toward healthy testing for its minority residents. Pastor Matthew stated "Our arms are open even

though our church doors are closed and that there are twenty other sites in West Dayton scheduled to offer the free testing. "Stephen Roller, the chief operating and clinical officer of Primary Health Solutions shared that the testing at McKinley is just the first of more to come and the listing will be made known at a later date. Thanks Pastor Matthew for offering a bridge over troubled coronavirus waters.

## COVID-19 Generates Changes in Worship Services

By Barbara Vinzant, Senior Staff Writer

There's a familiar song of yesteryear which bel- lows out a warning that "Everything Must Change – Nothing Stays the Same" and the lyrics could not be any truer and descriptive than what the world is experiencing today. Most office buildings have shut down and their employ- ees are putting their tech- nology skills to work in a makeshift office at home. Schools of all levels have closed and learning con- tinues to be streamlined into living rooms, bed- rooms and or kitchens. The important thing is that those who are technology savvy and members of the new millennia don't sweat the stuff but just go with the flow. We, of the older generation, like myself, marvel at how quick even those in elementary school are able to latch on to the fact that there is a new day of communicating so you'd better get on board.

I spoke to Reverend Father Benjamin Speare- Hardy, II of St. Margaret's Episcopal Church who has served as its pastor for



Pastor Benjamin Speare-Hardy

twenty years to learn how and what changes had to be implemented to keep up with the flow of things as result of the virus. Says Pastor Speare-Hardy we met with a few glitches in the beginning because we did not have all the tech- nology in place to produce a smooth transition. But, with only three members on staff we are able to con- vene a monthly meeting by Zoom. We were ac- customed to an 8 a.m. and a 10:30 a.m. service on Sunday which we changed to a 9:30 a.m. service via Web-Z which made it con- venient for their musician who resides in Cincinnati, Ohio; the worship book

was sent out via e-mail. Father Speare-Hardy shared that he felt the Web-Z method of com- munication has reached the sick and shut-in and others residing in Dal- las and Atlanta. "We still host our daily noon day prayer via confer- ence call by dialing 712- 432-6258 and using Pin #810151, I did and I was blessed by the prayers of the believers through- out the Dayton area. The staff at the church is planning and looking forward to commence- ment of its annual Pre K-3rd grade reading and math classes three days a week scheduled for June- July which will prove to be an academic enrich- ment for parents and kids. The on-line giv- ing and volunteer help maintaining the church continues but the income from the monthly fish fry has been cancelled due to the virus which revenue assisted people in need. With constant prayer and continual perseverance this too shall pass.

## Church Events?

Let the Public know... Advertise in the Dayton Weekly News.  
Contact for information to (937) 223-8060 or email to DaytonWeek@aol.com



# Health

## Piqua Urgent Care Center Opens to Community

Premier Health will open its newest urgent care location in Piqua. The site is part of a larger rollout, which now includes nine locations throughout Southwest Ohio.

The Premier Health Urgent Care in Piqua, located inside the Outpatient Care Center North Premier Health building at 280 Looney Rd., will officially open to patients on Monday, May 18.

The urgent care location will handle a variety of health care needs from minor illnesses such as sinus infections, earaches, allergies and pink eye to

injuries such as fractured bones. Providers will also be able to conduct school and sports physicals, and administer vaccinations. Diagnostic testing for the flu, pregnancy and strep can be done on-site as well as X-rays.

Premier Health Urgent Care locations also offer many occupational health services such as initial injury and post-accident care, drug testing, employee sick care, and company-wide wellness biometric screenings.

The Piqua location will be open from 9 a.m. to 9 p.m. every day of the week. Each Premier Health Urgent Care is staffed by local advanced

practice providers, which are physician assistants and nurse practitioners who work under the close supervision of a physician.

Patients are able to register for an appointment time online or request a video visit. Patients can wait in the comfort of their own home up until the time of their appointment. Walk-in appointments will also be available through the convenient registration at self-check-in kiosks.

For more information on Premier Health Urgent Care, visit PremierUrgentCareOH.com.

## Emergency Departments Safe, Prepared to Care For All In Need

### Public Health Concern Grows For Those Who Delay Seeking Treatment Out of Fear

Coronavirus doesn't put other threats to a person's health on hold, yet in recent weeks local residents have in some cases delayed seeking medical treatment for sudden changes in their condition out of fear, according to Premier Health.

"Heart attacks and strokes don't stop during a pandemic," said Darin Pangalangan, MD, an emergency medicine physician and chair of Premier Health's Emergency and Trauma Institute. "We are seeing significant decreases in the number of patients presenting for emergency care because they are fearful of being exposed to COVID-19. This is becoming a public health concern."

According to the Centers for Disease Control and Prevention, about 647,000 Americans die from heart disease each year (one person every 37 seconds) while stroke kills about 140,000 Americans annually (one person every 4 minutes).

An April study in the Journal of the American College of Cardiology found admissions for a serious type of heart attack known as STEMI dropped 38% after March 1, 2020. In April, Premier Health also witnessed a significant decline in people seeking treatment for both strokes and severe heart events. Seeking medical treatment at the

onset of heart or stroke symptoms can save lives. Patients receiving timely care often recover more quickly and limit damage to their health. People who delay care can suffer complications, have longer and more complex hospital stays, and may be at greater risk of death.

In recent weeks, Premier Health emergency departments are seeing patients who delayed care due to fear. These are cases in which more prompt health care interventions would likely have been beneficial.

Anyone experiencing chest pain; difficulty breathing; discomfort in the chest, arms, back, neck, shoulder or jaw could be experiencing a heart attack. Anyone experiencing numbness, weakness or loss of movement in the face, leg, or arm, especially on one side; confusion, trouble speaking or understanding; or loss of balance may be having a stroke.

Other medical emergency symptoms include: trouble breathing or shortness of breath; severe chest or upper abdominal pain or pressure; choking; severe or uncontrolled bleeding; sudden (if temporary) loss of sight or the ability to move or speak; fainting, sudden dizziness, weakness or loss of consciousness; poisoning; deep cuts or severe burns; an attack by a person or animal; broken bones or sudden, severe joint pain or swelling; severe or persistent vomiting or diarrhea; changes in vision; any sudden or severe pain; coughing or vomiting blood; unusual abdominal pain; or suicidal feelings. In the event of a medical emergency, it is critical to call 911 or go immediately to your nearest emergency room.

Premier Health emergency departments are well prepared to care for people with emergent health care needs in addition to COVID-19 patients. The impact of the coronavirus pandemic has made it necessary to make changes to the hospital visit experience. At all Premier Health sites, safety measures are in place to protect against the spread of COVID-19 and to put the well-being of patients and staff first:

- A split flow system is in effect at all emergency departments; patients who exhibit symptoms associated with COVID-19 are separated from those who do not.

- Upon arrival, persons are screened, temperatures taken, and directed accordingly.

- Patients with COVID-19 symptoms are treated in designated areas separate from patients with other medical emergencies.

- Visitor restrictions are in place and enforced.

- To further support social distancing, waiting room seating allows for proper distancing.

- Adequate personal protective equipment is available for all staff. All patient-facing and non-patient facing staff are wearing face coverings.

- Patients and any companions are required to wear masks when present at Premier Health's sites of care, provided either by themselves or by the site of care.

- Signage is present at sites of care to emphasize social restrictions and plenty of hand sanitizer is available for patients and staff.

- An intensive disinfection plan is in place at all sites of care

- Significant steps have been taken to ensure an adequate supply of COVID-19 testing and the movement to universal testing at all Premier Health hospitals.

A multidisciplinary team from across the Premier Health hospital system continues to monitor and implement daily safety guideline recommendations from state and national public health officials. As more is learned about COVID-19, safety measures will continue to be refined and evolved.

"If someone is concerned they are experiencing a medical emergency, that before COVID-19 they would have gone to the hospital for help, they should do so now knowing the emergency department is safe and prepared," Dr. Pangalangan said.



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## Digital Detox: How Video Gaming Can Be Addictive... Continued from Page 1

the brain doesn't fully develop until around age 25, youth are more likely to chase the feeling of excitement and satisfaction they get from playing digital and video games. Parents can be important in setting safety protocols that decrease the risk of a young person from developing a gaming disorder.

A recent study published in the Proceedings of the National Academy of Sciences Journal showed that "violent video-game play is associated with increases in physical aggression over time." As parents purchase games and have conversations with their children around video gaming, it is important to keep in mind the violent nature of some video games and the potential impact extensive exposure to these types of games can have on children.

The Montgomery County Prevention Coalition and Montgomery County Alcohol, Drug Addiction & Mental Health Services recently released a new resource, Digital Detox 101, for parents and youth to provide tips on how to prevent gaming disorders as well as negative consequences related to extensive exposure to social media. A few tips to keep in mind when children play video games are:

### Signs of Addiction

- Feeling increased anxiety and depression
- Feeling distressed when leaving their devices for a length of time
- Using tech to avoid problems
- A victim of cyber-bullying while continuing to use tech

### How you can reverse their addiction:

- Make screen time a privilege
- Don't allow electronics into a child's bedroom
- Pledge to reduce screen time with your children



Check out our tech-free bucket list at:  
[DigitalDetox101.org](http://DigitalDetox101.org)



- Have a conversation by asking kids why they love playing video games and why they think they are fun?

- Be sure to check the Entertainment Software Rating Board rating and that it is appropriate for your child's age.

- Keep in mind who your child is playing

games with if they are engaging in online game play, and be mindful if they are playing online video games with strangers.

- Discuss boundaries with your children and let them know that they can talk to you if they feel uncomfortable with another player's behavior.

- Set limits on the amount of time a child can play digital or video games each day.

- Be sure to monitor expenditures related to games, especially if there is a credit card attached to a gaming account.

- For more information visit [www.digitaldetox101.org](http://www.digitaldetox101.org).

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