

The Dayton Weekly NEWS

An African-American Community Newspaper

Aug. 27 - Sept. 3, 2020

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Black Lives Matter?

Jacob Blake Shot in the Back Several Times By Police in Front of His Three Children

By Charise Frazier
A 29-year-old Wisconsin man is alive and fighting for his life after he was reportedly shot seven times in the back while attempting to enter his SUV with his children, ages 3, 5, and 8, inside.



Jacob Blake shot in back by police.

The man, identified as Jacob Blake, is out of surgery and recovering in the ICU after the shooting which took place around 5 p.m. on Sunday in Kenosha. The incident happened less than 48 hours after the

shooting of Trayford Pellerin, 31, a Black man who was fatally shot by Lafayette, Louisiana, police outside a convenience store on Saturday.

A tweet shared by Blake's family member confirmed that he is out of surgery, and calls for calm in the surrounding area. On Sunday night, protesters gathered in the streets of Kenosha, undoubtedly filled with anger and despair as these specific shootings wage on, where Black people are gunned down by people who were sworn to protect them.

The Wisconsin Department of Justice (DOJ)'s Division of Criminal Investigation (DCI) is con-

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Charlotta Bass 1880-1969



Charlotta Bass used her influence as the publisher of a newspaper to uncover injustice and fight for civil rights. She campaigned for vice president of the United States and used the resulting media coverage to call attention to such issues.

Bass was born Charlotta Amanda Spears in October of 1880 in Sumter, South Carolina. She was the sixth of 11 children between Hiram and Kate Spears, but very little is known about her parents or her early life. Bass moved to Rhode Island soon after graduating from high school, and found work selling ads and doing odd jobs at a newspaper. She grasped the nuances of the business over 10 years of employment at the Providence Watchman. After moving to Los Angeles, California, in 1910, she found work selling subscriptions to the African American newspaper the Eagle.

Two years later, the Eagle's publisher, J.J. Neimore, took ill and asked Bass to take over the operation of the paper upon his death. The surprise bequest made Bass the first African American woman to run a newspaper in the United States. However, the Eagle was in dire financial straits when she finally assumed the role of editor and publisher. Determined to correct the paper's

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What's the Biz with Te'Jal Kicks off Season Three with the Dayton Weekly News

By TJ Cartwright
What's the Biz with Te'Jal (TJ) is back with a brand new season highlighting our favorite local black-owned businesses. With the help of community funds and sponsors, season 3 started with a live premiere on Monday, August 24th. Fans of the show can check out on the What's the Biz Facebook page, Instagram, and the YouTube channel.



Te'Jal Cartwright

"This show is all about being intentional" TJ says, "we wanted the first episode to set the tone and really pay homage to the black businesses that are pillars in the community. That's why we decided to have it at the Top of the Line Barbershop and feature the Dayton Weekly News. It's all about history. Barbershops are one of



Donerik Black

the foundations of black-owned businesses."

Donerik Black and the Dayton Weekly News will be highlighted as the business for episode one. When asked about this decision TJ said "it just makes sense! As the longest running black-owned newspaper in Dayton's history, the Dayton Weekly News has tried to pave

the way for black businesses to thrive. They've set the tone not only for me but businesses across the city! I can't wait for everyone to hear Donerik's story. I'm so grateful for the platform that Mr. Don and Donerik have created."

The hour long season premiere included performances by local artist/comedian Dionte' Allen and artist/poet Breanna McGowan (The Quiet Storm).

You can catch the premier episode of What's the Biz with TJ along with new episodes every Monday at 6P.M. on Instagram, YouTube, and Facebook. Through social media and their episodes, What's the Biz creates a tailored experience for their audience and shares the stories of black entrepreneurs in a unique and quirky way! Be sure to tune in.

The 2020 Census Caravan Hits West Dayton



The 2020 Census Van, Commissioners Matt Joseph and Chris Shaw.

If you heard sirens and cars honking last Saturday morning in West Dayton, it likely wasn't due to traffic. The 2020 Census Van made its way through a dozen neighborhoods last weekend, accompanied by a caravan of police cruisers, fire engines, the Dayton Water Truck, the RTA Census Bus, and local government officials. Their message was simple: complete the 2020 Census ques-

tionnaire today.

The caravan made its way past some of Dayton's most recognizable landmarks and its hardest-to-count neighborhoods. Starting at the Job Center in the Carillon neighborhood, the parade was routed to the Wright-Dunbar Village, continued on to the Westwood neighborhood, proceeded to the Dayton Metro Library Northwest Branch and the Children's Service Center, and then returned south

via Main Street and Riverside Drive back to the Job Center.

Local churches and volunteers partnered alongside the caravan by going door-to-door in neighborhoods along the parade route to encourage residents to complete their questionnaire online or by phone. Tom Maultsby, President and CEO of United Way of the Greater Dayton Area described the event as innovate. "The

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Fall Sports Readies for Kickoff Despite Coronavirus (COVID-19) Dayton and Other Public Schools Remain Firm in Suspension

With all fall sports ready to go down this week, it will be the beginning of a new era as high school sports in the Miami Valley look to move forward during the COVID-19 crisis.

After it was determined that Governor Mike DeWine and the staff had decided to let fall sports continue, it was accepted throughout the state, and most school districts agreed to continue with some new rules in play.

However, Dayton Public Schools (DPS) and every other primarily black public school district in Ohio has shut down their fall sports for this fall season.

Elizabeth Lolli, the Superintendent of DPS, has been very cautious about the situation, with the inner city as a hot spot, and felt like it could threaten DPS.

After an outcry from DPS teachers, she decided



Elizabeth Lolli, Dayton Public School Superintendent

to shut down in school teaching and push all the learning to online. With those rules came the fact that you can't play sports without having in school participation, which caused more speculation and drama.

While this was possibly a smart move early, there has been no budge in the district, and now every sports district (except DPS) in Southwest Ohio has resumed fall sports.

While it was reported that the board voted against re-opening sports, it has been met with a vibe that makes you feel like there is more going on than just sports being postponed.

While Governor DeWine has given the go-ahead on all fall sports to play, all of the inner city Public School districts in Ohio have been shut

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Around DAYTON

Miami Valley Weather

Friday
Thunderstorms
High 86
Low 72



Saturday
Thunderstorms
High 81
Low 58



Sunday
Partly Sunny
High 77
Low 57



5 day Forecast

Monday
Partly Sunny
High 79
Low 63



Tuesday
Partly Cloudy
High 82
Low 66



Avoid Idling Your Car to reduce air pollution



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Correction

In last weeks publication, August 20 - 27, 2020, of the Dayton Weekly News on Page 2, "School Backpack and Voters Information Distributed", Members of the Dayton Fellowship Club instead of the Dayton Alcoholics Anonymous Association, were responsible for the "Back to school supply give-a-way" held on Friday, August 14. This group continues to give back to the community.

Join us for our Grand Re-opening!

Wings of Love Services Adult Day Center have moved to a new location and would like to invite you to come take a tour!

4130 Linden Ave Ste. 180
Dayton, Ohio 45432

Walk through tours will be held by appointment only. We also have virtual tours available!

Please contact Renay Frost (Dayhab Supervisor) to set up appointment.

937-789-8192

wols.renayf@gmail.com

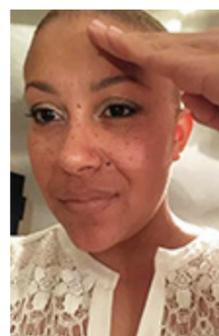
What's The

WORD On The Street

Did The Coronavirus (COVID-19) Affect Your Travel Plans?



David R Webb



Jasmine Brown



Janelle Henderson

By LaTonya Victoria
Staff Writer

The new normal of living in a world changed by the presence of COVID-19 has made many of us change our approach to our daily lives from things that many of us took for granted. Things such as working in an office environment, going to church on Sundays, going out to lunch, and even the anticipation of summer vacations that allow us to unwind, relax, and change our environments.

This Summer has been a little different than most and some of those very things we enjoyed without a second thought had to be adjusted. I spoke with several people from the Miami Valley and asked them if their summer vacation plans were affected due to COVID-19 and received a variety of responses:

1) David R Webb, President & CEO of the Funk Music Hall of Fame and Exhibition Center (The Funk Center), said, "Actually I did take a summer vacation. I went to Hueston Woods with my family. It reminded me of back in the day in the 60's and 70's when our parents would take us to parks and we did gatherings with our food and everything. That's what we pretty much did. We didn't take cell phones with us. We didn't have a television. It was just natural fun like it was then. We rediscovered everybody and what they liked and disliked. When this COVID-19 hit us, it kind of slowed everything down. Then you have time to see what needs to be fixed. Like I need to check out my car and the garage needs to be cleaned out. Before COVID-19 we were always running. We didn't have time for ourselves. God had a way of slowing us down and saying you need to understand what is going on."

2) Jasmine Brown, the CEO of Huggle Provide Repeat (a brand new t-shirt line coming out this week) and the owner of Delish Café, which is about to be mobile, replied, "I went to Atlanta with my best friend to help her son get moved in. It was a break for me, but I can't really say it was a vacation. I was supposed to go out of town this month with a girlfriend and a couple of others, but we didn't get to go because of certain things being closed. I haven't been able to take a real vacation this summer at all. I actually moved. So I did do some stuff around the house. More than anything, I think that's where my money went. I bought fifty-million plants, some towels, and the everyday things you need to furnish a house. I'm also buying a food truck and, some of the money I saved from not going on vacation, went there as well. I'd say it went to good use."

3) Janelle Henderson who is a staff accountant, Sings with Kick n Flava, and owns Janelle Jay Fitness said, "I did go on a few vacations this summer and yes... COVID-19 greatly affected our plans. I was to go to Canada for Spring Break with my kids and that didn't happen. I was supposed to go to Brazil in July and that didn't happen. I was to go to Jamaica in October but the person I was going with didn't want to with all the uncertainty. I ended up going to Florida with one of my friends to see her daughter graduate and we ended up going to the beach. I went to Virginia Beach in June and visited my friends in Houston and St. Augustine, Florida. I then went to visit my sister in Atlanta. I used some of the money I saved by not going on a big vacation to finish my bathroom and I'm hoping to finish my kitchen before the year is over."

The 2020 Census Caravan Hits West Dayton... Continued from Page 1



The 2020 RTA Census Bus.

response was positive, and we had impact with this form of messaging. We will look at repeating the caravan before the end of September," said Maultsby.

Census Bureau studies have shown that children under 5 years old, minorities, and immigrant communities are the most likely to be undercounted this year. When a community is undercounted, their resources are allocated somewhere else. Of Dayton's ten lowest-responding neighborhoods,

all ten are on the West Side. "Completing the Census is as important as voting," explained Dayton City Commissioner Chris Shaw. "A complete count means millions of dollars for our community, and we only get a shot at this once every ten years."

Luckily, there's still time to be counted. The 2020 Census Van will be at the Job Center on Friday, August 28th from 11AM-1PM. You can complete your questionnaire at the door and

receive a coupon for free ice cream. Neighborhood organizations can request the Census Van through September 30th. To see how your neighborhood is doing, visit daytonohio.gov/census. You can also complete the Census by calling 1-844-330-2020 or visiting MY-2020CENSUS.GOV.

Dayton's response rate is currently 51%, which is below state-wide averages. To book the Census Van, contact Verletta Jackson at the City of Dayton, 937-333-3288 or Verletta.Jackson@daytonohio.gov. The 2020 Census Caravan and 2020 Census Mobile Van was made possible through a partnership with the Census Bureau and a grant from the National League of Cities.

National

Black History A Moment in Time
Charlotta Bass 1880-1969...
Continued from Page 1

course, Bass changed the name to the California Eagle, and began hiring staff that were less interested in society reporting and more dedicated to reporting on the issues of the day. In 1912, she hired Joseph Blackburn Bass to be the paper's editor. He eventually became Bass' husband.

By 1915, the paper was staking out firm political stances. Bass ran editorials denouncing D.W. Griffith's *The Birth of a Nation*, a film that many found offensive for its glorification of the Ku Klux Klan and ideas of white supremacy. Bass' protest motivated African American newspapers around the country to join her in condemning the film. When she realized the true scope of influence the media possessed, Bass redoubled her efforts to use the Eagle as a tool to fight for the rights of African Americans. The paper tackled issues such as fair access to housing, segregated schools, and illegal hiring practices by corporations.

By the mid-1930s, the Eagle was in solid financial shape, and with a circulation of 60,000, was the largest African American newspaper on the west coast. Her husband's death in 1934 was an emotional blow to Bass, and a key transitional point in her life. When she recovered from grieving, she began to dedicate herself to political activism beyond the newspaper. Bass worked diligently on the "Don't Buy Where You Can't Work" campaign that urged African Americans to take a personal stand against discriminatory hiring practices, and only spend their money at businesses that hired, or were run by, African Americans. Soon, she began to consider the possibility of running for public office.

On the National Scene After rallying a group of black leaders in a battle against Los Angeles mayor Fletcher Bowron, Bass became convinced that politicians were not representing the issues that were important to the people. Although her group was successful in pressuring Bowron's office to expand its Committee on American Unity, none of its other demands related to racism and discrimination were addressed. In 1945, Bass ran for Los Angeles City Council, and in 1950, became the Progressive Party's candidate for state senate. She didn't win either race, but gained a taste for politics and a platform for voicing ideas provided by political debate among candidates.

Because Bass' political rhetoric was decidedly leftist as the United States entered the McCarthy era, and as suspicions toward communists, intellectuals, and activists reached a fever pitch, she found herself under surveillance by the FBI. In 1950, she was called before the Cali-

fornia Legislature's Joint Fact-Finding Committee on un-American Activities. Though neither Bass nor her paper were found guilty of any wrongdoing, she was subjected to surveillance for the remainder of her life. This did little to slow her political ambitions, however, and in 1951, after nearly 40 years as the managing editor and publisher of the Eagle, Bass sold the paper and began preparations for what would be her greatest challenge. In 1952, she

ran for vice president of the United States on the Progressive Party ticket with Vincent Hallinan. She did not aspire to win, but rather to broadcast her views into a more public and national forum with a motto of "Win or lose, we win by raising the issues." The bid for the vice presidency made Bass the first African American woman to run for a national office.

Despite her splashy appearance on the national stage, Bass continued to be dedicated to political work

and around Los Angeles throughout the remainder of her life. She never saw the city become the place of racial harmony that she envisioned, but during Bass' life, Los Angeles was one of the most progressive cities in the United States, due in great part to her own efforts. When Bass moved just outside of Los Angeles in 1960, to Lake Elsinore, she opened her own garage as a community center and reading room. She hosted voter registration drives and be-

came a regular participant at local protests against South African apartheid policies and on behalf of prisoners' rights. In 1966, Bass suffered a stroke that confined her to a convalescent home. On April 12, 1969, she suffered a cerebral hemorrhage and died in Los Angeles.

Throughout her journalistic and political careers Bass fought for the rights of African Americans across a range of practical issues. In the course of her work, she befriended

the famous activists Paul Robeson and W.E.B. Du Bois. Although Bass never was elected to public office, she was successful in her attempts to galvanize national energy around discrimination and civil rights. Her personal life and her publishing prowess are detailed in her 1960 autobiography, *Forty Years: Memoirs from the Pages of a Newspaper*.

Black Lives Matter?
Jacob Blake Shot in the Back Several Times By Police in Front of His 3 Children...
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ducting an investigation into the shooting, while two officers have been placed on leave, CNN reports. Kenosha police were responding to a domestic disturbance in the area, when the shooting took place.

According to the Milwaukee Journal Sentinel police arrived and attempted to question Blake who wanted nothing but to leave and make sure his kids were in the car. A now viral video shot by Blake's neighbor Raysean White, shows where police followed Blake to his car with their guns drawn. One officer fires into Blake's back causing him to slump into the steering wheel.

Famed civil rights lawyer, Benjamin Crump, who is now represent-

ing Blake's family, confirmed that Blake's three sons were in the car when the shooting took place. Crump also confirmed that Blake was shot after attempting to deescalate a domestic disturbance, assuming that the cops would take over the situation. Crump also maintains that officers used a taser on Blake prior to the shooting.

"Blake was helping to deescalate a domestic incident when police drew their weapons and tasered him. As he was walking away to check on his children, police fired their weapons several times into his back at point blank range. Blake's three sons were only a few feet away and witnessed police shoot their father," Crump's statement reads.

"They saw a cop shoot their father," Crump tweeted. "They will be traumatized forever. We cannot let officers violate their duty to PROTECT us. Our kids deserve better!!"

Several witnesses on the scene have corroborated Crump's report regarding what took place on Sunday night, including Laquisha Booker, who was identified as Blake's fiancée.

"You shot him numerous times, for no reason. It didn't take all that," Booker said in an interview with WTMJ. "Disregard that my kids were in the car at all. And you knew they were in there, because I kept screaming that."

Several high-profile voices have called for a complete investigation

and condemn the shooting.

Wisconsin Governor Tony Evers also tweeted about the shooting on Sunday night.

"I have said all along that although we must offer our empathy, equally important is our action," he said. "In the coming days, we will demand just that of elected officials in our state who have failed to recognize the racism in our state and our country for far too long."

The national guard is being called into Kenosha on Monday, which raises more concern regarding civilian safety and protection. When police continuously are let off the hook for participating in these types of actions, the answer is far from more police intervention. Like Rep. Omar said, there has to be more conversations regarding racial bias and dismantling systemic op-

pression which infiltrates our society.

The Kenosha Professional Police Association are working on a spin narrative to accommodate police after another shooting of a Black man by police in a pandemic has gone viral.

"As always, the video currently circulating does not capture all the intricacies of a highly dynamic incident. We ask that you withhold from passing judgment until all the facts are known and released," said Pete Deates, president of the Kenosha Professional Police Association.

Governor Tony Evers and Lieutenant Governor Mandela Barnes are calling a special session on police accountability among state legislatures which will take place on August 31, according to PBS Newshour reporter Yamiche Alcindor.

A copy of the Dayton Weekly News can be purchased at the following locations:

All-N-One 119 N James H McGee Blvd	JW Wine Cellar 724 E. Main St., Trotwood	3901 North Dixie Dr. 4051 Salem Ave. 5010 Olive Rd. Denlinger and Shiloh Springs Rd.
All Cuts 3535 Klepinger Rd.	Main Stoppe 30 N. Main St.	Star Fire Express 3499 West Siebenthaler Ave.
Citizen Market Germantown & Liscum.	Marathon Riverside & Old Riverside	Sugar's Restaurant & Lounge 1919 North Main St.
Dayton Nutra Foods 5294 Salem Ave.	Nabali's 2288 N. Gettysburg	Texas Beef and Cattle Company 1101 W. Third St.
Donut Palace 5264 Salem Ave.	Natural Foods Plus 2901 Philadelphia Dr.	Theze Dealz 3183 W. Siebentahler Ave. Suite C
Estridge Grocery 4230 Hoover Ave.	On The Fly Convenient Stores Grand and Salem	Trotwood Party Supply 1010 Free Pike
Germantown St. Market 2247 Germantown St.	Salem & Siebenthaler	United Foods 2141 N. Main St.
Hair Kapital 2242 Germantown St.	Shaw Cleaners 2241 Germantown St.	Zik's Pharmacy 1130 West Third St.
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Editorial & Comments

Letter to the Editor

Corporate Democrats Doing It Again!

Dear Editor,

Did the Democratic Party Leadership learn nothing from the 2016 Presidential race? After Hillary Clinton ran a horrible campaign, failed to even mention Republican voter suppression methods, and took African-American and Hispanic voters for granted, she lost to the worst candidate the Republicans have elected in modern times. Now, it appears that the party leadership is trying to duplicate that effort. Joe Biden had the opportunity to choose Stacey Abrams as his Vice-Presidential running mate. During her run for the Governor of Georgia, she tripped turnout among Latinos and Asians and increased African-American turnout by 40%. Even in deep red Georgia, the Republicans had to steal the election from her. Instead, he chose Kamala Harris who got a grand total of 3% of the vote in her run for president. With Julian Castro ready, willing, and able to garner enthusiasm from the Hispanic community, the corporate Democrats did not even allow him to speak. They did allow conservative Republican John Kasich to speak. Like Hillary Clinton, their effort is to try to get Republicans to vote for Democrats instead of appealing to the Democratic base. But they did make up for this insult to the Hispanic community by giving the very popular Alexandria Ocasio-Cortez a whole minute to speak. Way to go Dems!

On July 29, despite the fact that 85% of Democratic voters support Medicare for All, the DNC platform committee voted 125 to 36 not to include Medicare for All in the Democratic platform. As in 2016, the corporate Democrats are choosing to protect insurance corporations rather than people. In this era when the Coronavirus (COVID-19) is reeking havoc on our economy and our lives, it is imperative that people of good will organize to combat this effort within our party to place corporate well being over the people's well being.

While we are fully engulfed in this COVID-19 pandemic, corporate democrats offer a myriad of excuses as to why Medicare for All is not feasible, we need only look to real life comparisons to see that it is absolutely the best way forward!

Cuba, one of the poorest countries in Latin America, has free healthcare for its entire population! This includes free dental care. It also has free college for all who qualify. Its education systems are highly supported by the Cuban government. Although the Cuban government is vilified by virtually all of the Republican Party and most of the Democratic Party, its response to COVID-19, compared to our own, is telling.

Cuba has a population of about 11.33 million people. Ohio has a population of about 11.69 million people. Cuba has had 2,646 reported cases and only 87 deaths because its national government acted immediately in the best interests its people. Ohio has had 93,031 reported cases of the virus, and 3,529 deaths because our national government acted in the best interest of Putin's puppet, Donald Trump. We should be thankful that Governor Mike DeWine had the integrity to dump Trump's delusional approach to COVID-19 or our outcomes would have been much worse. Never-the-less, Cuba's outcomes are monumentally better than ours.

Lest we think this kind of data is common throughout Latin America, lets look at a country universally liked by Republicans and Democrats. The Dominican Republic (DR) has a population of about 10.74 million people. It has had 93,031 reported cases of the virus and 3,529 deaths. Although education in the DR is free and compulsory from ages 5 to 14, college is not free nor well supported by the government.

On August 2, five African-American women running for Congress appeared on the nationally televised Morning Joy show. One was our own Desiree Tims who is running for Ohio's 10th congressional district against incumbent Mike Turner. Sadly, while all mentioned the need for change, in the midst of this horrific pandemic when COVID-19 is hurting African-Americans the most and we are the least likely to have medical insurance, none mentioned supporting Medicare for All! None of them mentioned simply scrapping the cap and thereby strengthening Social Security, a program on which many Black people are seriously dependent. Moreover, none of them mentioned supporting the Green New Deal, which, if enacted, would provide millions of new, well paying jobs, and move us in the right direction toward saving our planet and all humanity from global warming.

Cost is no excuse for non-support of the aforementioned programs. Scrapping the cap and requiring the rich to pay the same percentage of their income as the rest of us solves all of Social Security's problems. A two cent per dollar national sales tax on all items sold in the country, and a two cent per transaction tax on Wall Street would pay for Medicare for All and free tuition at all State Colleges. The only reason this has not been done is that our leaders are protecting the profits of Corporate America.

If we are to be saved from the tyranny of corporations, then all who recognize the severity of our situation must demand that our candidates, from Joe Biden to Desiree Tims, support policies designed to benefit American people over Corporate America. Please remember these statistics:

Cuba	Population: 11.33 million	Cases: 2,646	Deaths: 87
Ohio	Population: 11.69 million	Cases: 93,031	Deaths: 3,529
Dominican Republic	Population: 10.74 million	Cases: 72,243	Deaths: 1,178

Kimaru Wa-Tenza (kwatenza50@gmail.com)

Commentary

Get Your Ballot Now



By Dr. Julianne Malveaux

What would you do if somebody walked by your house and promised to rob it the next day? Most of us would take every precaution, checking the locks, the

door, and the windows. Some of us might weapon up, making sure we could defend our homestead. Some might also reach out to law enforcement, sharing the threat with them. Almost all of us would take the threat se-

riously and make the appropriate precautions to prevent our violation.

The 45th President of the United States has warned us that he plans to rob us. First, he placed one of his crooked cronies in charge of the post-

Something to Consider:

Are you Having Trouble Making The Most of Your Days?

By: Brenda Cochran, Contributing Writer

Do you remember that several weeks ago, you wondered how you would find the time to do all the chores, projects, or fun activities you loved to do?

Things are very different since the challenges that we have experienced in the last few months.

There are several suggestions we have known in the past such as getting enough sleep so that we can wake up smiling, being organized, eating a good breakfast, etc. These suggestions are fine, but our days are quite different now.

There are a lot of things that we can do these days that don't sound that hard. The first example is spending more time on your couch. Except for some people, the thought of sitting on the couch for days, weeks, or even months is not too pleasant or appealing. There are a lot of people who simply don't like to stay at home, even during the winter.

Today is so different. We're worried about catching or spreading a disease that we learn more about each day. Although there are many that might hate it, many are staying put inside as much as possible.

Perhaps there is a silver lining. Maybe we can turn a period of self-isolation into a spiritual and intellectual improvement. We can do the things that we have been planning to get to, but just never seem to have the time. Think about those books on your shelf that you have been looking at collecting dust or what about your favorite author you can pick up (quickly) at the library.

We can also connect with friends and family on face-time or by phone and, just maybe, we can come out of this whole period of time better, more emphatic, intelligent and fulfilled people.

al service. Then he said that he would not fund the postal service to facilitate the timely processing of mail ballots. He has continuously associated mail voting with fraud, although nine states have had universal mail voting for years. And finally, he just put it out there, plain and simple. He thinks mail voting favors Democrats, and he doesn't want to do Democrats any favors. So instead, his postal chief is removing mailboxes and shutting down sorting machines. And now the USPS has warned election officials in most states that ballots mailed before election might not arrive in time to be counted.

The 45th President is setting up a situation where the November election can be contested. He's doing it because he has already stacked the Supreme Court in his favor. He has no interest in maximizing the number of people voting but minimizing that number. He's not interested in democ-



Brenda Cochran

Here is a guide to making the most of our days: I already mentioned the books that are gathering dust, the books that you received as a gift, the ones you actually bought, but never cracked open, or the ones you finally picked up at the library that have been getting a little dusty. Think about having a good old read-along. You could even set a goal and decide to compete with a few friends.

We do have Netflix now and can get to know our favorite actor or actress. What about trying a new recipe? With many stores running out of frozen food or restaurant's shutting down, even though some are providing curbside pickups, this is a perfect time to try new recipes.

Did you purchase an instrument, but you never learned to play it? Here is another time to wipe the dust off or get it out of the case and just try it. What about the things you have been planning to repair? Remember the door knob that you're always afraid will fall off?

Since we are spending more time at home, why not take this time to make some small improvements. You could paint a table whose color you've always hated, hang up art work that has been sitting in your closet, or reorganize the drawers in your kitchen. Here's a good one, start exercising. Just because you are not able to go to the gym, you can

still work out. You can even watch some workouts on television.

There are so many people who have to go out. They are like the soldiers in this war against Coronavirus (COVID-19). It hasn't been easy for them, but they persist even with the risks. There are so many who help us. It seems so important to try to stay calm and positive during this difficult situation. Staying calm will help us in facing this pandemic and supporting those who are providing necessary services to us.

Inspirational phrases can often help to shift our energy and improve our mood as well as meaningful and memorable words of wisdom that can even have more of an affect on us. They can give us a fresh perspective especially when we are feeling stressful and fearful.

Here is one by Martin Luther King: *"The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands in times of challenge and controversy."*

Ralph Waldo Emerson's quote is: *"What lies behind us and what lies ahead of us, are tiny matters compared to what lies within us."*

The following are some motivational thoughts: 1) Train your mind to see the good in everything. Positivity is a choice. The happiness of your life depends on the quality of your thoughts: 2) Be strong because things will get better. Though it may be stormy now, it never rains forever, and: 3) During this COVID-19, stop thinking of what may go wrong and focus on what could go right.

racy, but in dictatorship.

If someone told you they were planning to rob you, you'd take precautions. Trump has declared that he intends to steal this election. We can't let him do it. Not only must the Biden-Harris ticket beat him, but they must beat him like a drum, so decisively that there is no doubt that he has got to go.

Here's what you must do:

Voting procedures vary by city and state. Make sure you know the rules. Some places send all registered voters mail-in ballots, while others require you to request an absentee ballot. Find your local Bureau online, or call your favorite local elected to get the information.

Return your ballot in shortly after you get it. If you put your ballot in the mail on Election Day, November 3, it may not be counted. Some places will have drop boxes for ballots, and others will allow you to drop off your ballot. Just get your bal-

lot back by whatever means necessary.

If you prefer to vote in person, or if you've neglected to mail your absentee ballot, make sure you know where your polling place is. Because of the coronavirus, some cities are reducing the number of available polling places, and the site where you usually vote may be closed.

It is also possible to vote early in person. Check with your Board of Elections about when and where you might vote early.

Be patient. Conducting an election amidst a pandemic is new for us, and some election procedures have been unnecessarily politicized. You may encounter obstacles if you choose to vote in person. Document any hurdles you have to clear, get names of anyone who denied you the right to vote, and complain if the matter is not resolved. The Lawyer's Committee for

Continued on Page 5

General

Health & Beauty

Ask Dr. Beal Mental Health Corner

By Janice M. Beal, Ed.D.

Dear Dr. Beal: My daughter is starting college next week. I have mixed emotions; I am scared and happy at the same time. One of my major concerns besides COVID-19 is how I watched her when she did not get into her dream school. She became so upset and cried for days, refusing to move. What if something goes wrong in college. How will she accept rejection?

Dear Reader: We are in such a competitive world where we strive on winning, winning, winning and sometimes winning at all cost. However, anyone who has been great at something will also share that there were many times that they have failed. Teaching children how to lose and recover is so important. It may sound weird, but failure is a major part of winning. The key is to never stop trying and don't give up. The school that she did not get into may have been a disappointment, so allow her to grieve. However, celebrate the acceptance of the schools that said yes! She was competing with people from all over the country. That does not mean she wasn't good enough, it just means that it wasn't the right fit at that time. Use examples of people like Tyler Perry, Oprah Winfrey, Mattress Mack, and many others who were told "no" or did not succeed their first time at something. All are remarkably successful in their own right and are at the top of their profession. In helping build a resilient child into a resilient adult explain that the things that come easy, we celebrate but, the real celebration comes when we have conquered things that were difficult.

A few suggestions to helping children/young adults overcome disappointment:

Listen First: Allow your child to discuss the hurt before offering suggestions. It will help you understand them and show your level of empathy about the situation.

Make it a Teachable Moment: It is an oppor-

tunity for you to discuss adversity and introduce problem-solving skills.

Discuss your life challenges: Share with your child some of your disappointments or failures and how you made it through. Often, our kids think that we did not experience things in life that they are going through. It's good to let them know that "we" are human.

Dear Dr. Beal: What are the signs of autism? I think there is something wrong with my son, but I am afraid to say something to my husband. What should I do first?

Dear Reader: The diagnosis of autism is given to children once they meet the criteria in the DSM5, which is classified as Autism Spectrum Disorder (ASD). A diagnosis of ASD now includes several conditions that used to be diagnosed separately: autistic disorder, pervasive developmental disorder not otherwise specified (PDD-NOS), and Asperger syndrome. These conditions are now all called Autism Spectrum Disorder. The Autism Spectrum Disorder (ASD) includes communication, behavioral, and social challenges. Challenges experienced by children can range from mild, to moderate, or severe. The key is early detection because early treatment can make a big difference.

Some children who are on the spectrum start showing signs as young as a few months old. Others seem to have normal development for the first few months or years of their lives and then they start showing symptoms. A study indicated that fifty percent of parents when questioned about their children with ASD reported noticing issues by the time their child reached one year of age. Whereas a second research study of parents indicated that between eighty and ninety percent reported noticing problems by age two. Children on the Autism Spectrum Disorder (ASD) will have symptoms throughout their lives, but it is possible for them to get better as they get older with therapy.

Below are a few developmental milestones that you should look for in your child:

- Smiles by 6 months
- Imitates facial expressions or sounds by 9 months
- Coos or babbles by 12 months
- Gestures (points or waves) by 14 months
- Speaks with single words by 16 months and uses phrases of two words or more by 24 months

On the Other Hand, a Few Red Flags may include:

- No response to their name by 12 months of age
- Not pointing at objects to show interest (point at an airplane flying over) by 14 months
- Not playing "pretend" games (pretend to "feed" a doll) by 18 months
- Avoid eye contact and want to be alone
- Have trouble understanding other people's feelings or talking about their own feelings
- Have delayed speech and language skills
- Repeat words or phrases over and over (echolalia)
- Give unrelated answers to questions
- Get upset by minor changes
- Have obsessive interests
- Flap their hands, rock their body, or spin in circles

^a Have unusual reactions to the way things sound, smell, taste

Remember, having a mental health concern is not something to be ashamed of; what is shameful is not getting it addressed. Seek professional help. Make an appointment with your pediatrician and discuss your concerns. The next step will be getting your child to a mental health professional. Do not be afraid to seek help for your child.

References

Johnson, C.P. Early Clinical Characteristics of Children with Autism. In: Gupta, V.B. ed: Autistic Spectrum Disorders in Children. New York: Marcel Dekker, Inc., 2004:85-123.

If You Have Questions Connect with me: ask-drbeal@gmail.com

Mortgage Assistance Program Program Guidelines

The HomeOwnership Center of Greater Dayton has partnered with Montgomery County and the federal CARES (Coronavirus Aid, Relief, and Economic Security) Act to help local homeowners who have been adversely affected by the COVID-19 pandemic. The Mortgage Assistance Program helps homeowners to catch up on their mortgage and ultimately avoid foreclosure.

Applicants must:

- Own a home (primary residence) in Montgomery County with an original mortgage of 300,000 or less.

- Have had a loss of employment income after March 1, 2020 due to COVID-19 that impacted the homeowner's ability to pay their mortgage. The loss of income could have been caused by a layoff,

reduced work hours, furlough, or reduction in pay.

- Be behind on their mortgage or currently in a forbearance agreement.

- Complete an application, provide required documentation, and discuss their circumstances with HomeOwnership Center staff.

- Participate in follow-up with HOC staff regarding the applicant's financial and mortgage status.

The HomeOwnership Center will:

- Review the specific circumstances for each applicant to determine eligibility.

- Communicate with the applicant's mortgage lender to determine the status of the loan and options to bring the mortgage up to date.

- Provide up to \$10,000 to be applied directly to

a qualified applicant's mortgage to bring the account current. The amount of assistance will be based on individual circumstances including the status of the mortgage.

- Provide follow-up with Mortgage Assistance Program recipients.

- Offer additional services to applicants such as financial fitness, foreclosure prevention, debt management and community referrals.

Applications will be accepted via our website: www.homeownershipdayton.org, or may be delivered to the drop box located behind our offices at 130 West 2nd Street, Dayton, OH 45402. Additional program requirements apply.

CITYWIDE

MOVING DAYTON FORWARD

CityWide Development Corporation announced today that it is a recipient of a Community Challenge grant from the American Association of Retired Persons (AARP). The grant, submitted in partnership with the Carillon Civic Council, is aimed at creating vibrant public places by improving open space and access to Welcome Park in the Carillon Neighborhood.

Working in partnership with the Carillon Civic Council, CityWide intends to use the \$28K grant to enhance a vacant lot at the corner of Harriet and Cincinnati Streets, creating a new accessible entrance to Welcome Park. Grant funds will also add a new

entrance sign for the park, benches along the walking path, and a dedication plaque to the late Virginia McNeal, co-founder of the Carillon Civic Council and tireless advocate for her neighborhood and city.

"This grant is another step in our efforts to improve our neighborhood and encourage the larger community to Rediscover Carillon," said Gwen Buchanan, the president of the Carillon Civic Council. Buchanan and other Carillon residents recently worked with local artists to create a new logo and brand for their neighborhood as part of their "Rediscover Carillon" campaign. "These park improvements will go a

long way to advancing our goal of building a neighborhood that is livable and vibrant for new and old residents," Buchanan added.

"We are thrilled to partner with Carillon to advance the goals of their adopted neighborhood plan," said Karen DeMasi, Vice President of Community Development for CityWide. DeMasi noted that the planned improvements leverage substantial investments made by the City of Dayton to Welcome Park over the last two years, including new basketball courts, a renovated picnic shelter, and a walking trail.

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LFL

Commentary Get Your Ballot Now... Continued from Page 4

Civil Rights Under Law runs a hotline on Election Day. Their number is 866-OURVOTE, or 866-6878683.

Spread the word. Reach out to your circle to share information about voting and encourage your friends and colleagues to vote.

Because of the coronavirus, which is not likely to be gone by November, there will be fewer gatherings to dis-

cuss the vote. Be on the lookout for Zoom town halls and other meetings that civic organizations are holding. Encourage your church, your sorority, or your local NCNW section to consider virtual town halls.

It is in some people's interest to suppress the vote, and we've seen enough of it these past few years. It is your absolute right to exercise the right to vote, even if some make it dif-

icult. We don't have to guess the number of jelly beans in a jar or translate a passage of the Constitution into Latin, as our foremothers did. It is in their honor and the memory of Congressman John Lewis that we vote.

Dr. Julianne Malveaux is an economist and author. For more information please visit www.juliannemalveaux.com or email booking@juliannemalveaux.com.

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SERVICE SCHEDULE
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Worship Service - Sunday 8 AM & 10:30 AM
Sunday School - Sunday 10:30AM

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FAX: (937) 222-7336

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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

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Worship Services.....10:00 a.m.

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Dayton, OH 45402-2910
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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.

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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.

Rev. Dr. William E. Harris, Jr. Senior Pastor

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Zion Baptist Church

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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
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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

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Religion

The Dayton Renaissance



By Jermaine McGhee

Many often speak of Dayton, Ohio (the Gem City) as a dying city. At first glance, one would be tempted to agree. Unfortunately, our town has suffered many blows which have left us reel-

ing, nearly asleep in the ring. In fact, there was a documentary, "Left Behind America," filmed in 2018 by Frontline about our beautiful city which has started a meaningful conversation. Despite the lower population numbers

and employment rates, there exists an optimism on Dayton's resilient west side.

Since the 2008 financial crisis, many Dayton families have been struggling to simply earn a living. The closing of many General Motors affiliated businesses furthered the economic issues of the Gem City. The effects can still be seen as a visitor drives through town looking for familiar destinations. Scores of popular restaurants and mom-and-pop shops, once frequented by customers, remain shuttered. Entire neighborhoods, the sign of vibrant life within, are now dotted with vacant and/or recently demolished homes. The sight is one reminiscent of Detroit, Michigan during their looming bankruptcy not so long ago.

Lucky for us, there are always two sides to every coin. If one were to take



a closer look, one would see boards coming off of windows and doors long closed. Contractors are visible, in various capacities, on commercial and residential sites alike.

Thoughtful neighbors can be seen picking up litter along streets and boulevards in parts of town often overlooked. It would appear that a renaissance is occurring here, in Dayton, Ohio.

You are cordially invited to walk the streets and neighborhoods of The Gem City with The Dayton Weekly News as we highlight the hard-working people who live and work here. Our goal is to motivate the citizens of our beautiful, historic town through stories

about its leaders, inventors, and entrepreneurs, both past and present. We are the same great city that produced aviation, cash register machines, automatic vehicle starters, the first internationally known black poet, and scores of musical artists. Hold on Dayton, change is coming...

CONNECTING SOUL II SOUL: KEEP INCHING ALONG

Pastor/Chaplain Pamela June (PJ) Anderson, D.Min.
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



One man had been an invalid there for thirty-eight years. When Jesus saw him stretched out by the pool and knew how long he had been there, he said, "Do you want to get well?" John 5:6 The Message



"DEAR GOD, Jesus takes His disciples into one of the most miserable places they have ever seen. The suffering and impurity are frightening. The writer of John, chapter 6, makes no mention of needing a mask, wearing gloves, or practicing social distancing. It does site Jesus as a person who cares about people, and, in this story, He also expects people to take some responsibility for their healing. There is more to healing than "if the Lord wills." The Lord always wants our best. How about saying "as" the Lord wills, so-and-so?"

I'm working with a soul who is looking for God. I'm showing her how to look within and silence the harmful voices. Many of us who grew up in an environment where asking questions was an act of rebellion. We were to be seen and not heard. Therefore, many of us learn late in life to summon an angel for help, although we see angels helping out in Holy Writ. As little ones, we hear about the tooth fairy angel and taught that everyone has a guardian angel. And, thirty-eight years later, we take on the discourse of the man by the pool who says as most of us have said, "Lord, you just don't know..." Yeah, the Lord does know and is asking a straightforward question. "Do you want a better life? Do you want to be healed? Do you want to be questioned (changed, converted)? Similar to conversion, transformation takes intention, an affirming meditation, and attention to your thoughts. You are what you think. BE mindful of your dreams (thoughts while sleeping).

Galatians 5:22 puts it this way: "Whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable, if anything is excellent or praiseworthy - think on these things." Like a caterpillar, keep inching along to the cocoon.

Please join us for TRIUMPHANT THURSDAYS with Chaplain PJ, 8:30-9:30 pm EST, and follow us at <https://www.facebook.com/sfgwithoutwalls/>.



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COVID-19 relief grants now available for small businesses

- Grants of up to \$10,000
- Businesses with fewer than 30 employees
- Less than \$1 million gross annual revenue
- Must be located within Montgomery County

Sports

Fall Sports Readies for Kickoff Despite Coronavirus (COVID-19) Dayton and Other Public Schools Remain Firm in Suspension... Continued from Page 1

down. Is this a coincidence? Or a plan by the government?

When you look at the COVID-19 and the supposed "Hot Spots" that have been designated by Governor DeWine, it's clear the main cities such as Cleveland, Columbus, Cincinnati, Dayton, Akron and Toledo have more cases. While it is true that there is more of an outbreak in inner cities, they have far more people than rural areas, which leads you to believe that there is a cause for them to be "Hot Spots" of sorts. But, when you see a school such as Chaminade-Julienne, a Catholic School, playing sports, and you look three blocks away, and see Ponitz Technology not participating, it comes off feeling a little hypocritical. Or, when you see that inner city Districts have to file a petition of 5,000 people to sign before they can even think about playing, it makes you wonder if there is an ulterior motive.

Is this a political issue, or is the government trying to do what's best for the people of Ohio?

While parents and kids in DPS wait and hope, the rest of Southwest Ohio readies for a foot-

ball season which will be as difficult to get through as any sports season in Ohio High School Athletic Association (OHSAA) history.

But at least most of Ohio is willing to give the high school seniors a chance, considering they didn't get to play in the spring of last season, had their winter sports season halted, and now must play with the conditions given.

Regardless, the harsh reality is, if you don't fight for the kids, don't expect the district to reciprocate the feeling when issues or voting arise later. Every day that passes brings more angst, more anger, and more reality that DPS will not be playing in fall sports. When asked if things will change and DPS could have a season, Elizabeth Lolli responded: "We will look at the numbers."

If you don't have a sports season in DPS, there won't be any numbers come next year.

The clock is ticking on DPS and the future of its sports program. Students have already been leaving, but you can expect far more to leave the longer DPS keeps its head in the sand during one of its most important times in OHSAA's long history.

Robert Landers, Wayne High School and Ohio State Graduate, Gets Opportunity With The Cleveland Browns

Robert Landers, the eclectic big man who has an affinity for cowboy hats, classic photo shoots, and shutting down offenses at Ohio State for the last four years, has signed a free agent contract with the Cleveland Browns.

While it is not a guaranteed contract, it is a great opportunity for Robert, who felt like he had something to prove after having another good season for Ohio State last year. He didn't get invited to Indianapolis for the combine, which was a surprise, considering he had a good year with the top 3-ranked Buckeyes as a defensive lineman.

Robert, undeterred, kept himself in great shape by working out with Enhance U Academy CEO and former National Football League (NFL) defensive back, Tramain Hall. Despite not being able to do private workouts due to the Coronavirus (COVID-19), it was an agonizing position in March, April and May to just sit and wait, but Robert and his family kept the faith, and when the Browns called, Robert was thrilled and ready for the chance.

While he didn't get drafted, Robert knew he had a real shot in the NFL. He possesses top level mechanics, surprising power,



Tramain Hall (l) with Robert Landers (r) at Enhance U.



Robert Landers headed to Browns Training Camp

and his ace in the hole, his innate ability to get off the ball after the snap.

"I feel like I had one of the best post snap releases in college," Robert stated. "We had great coaches at Ohio State, and they prepared us for the next level.

I'm ready to show what I can do and I've worked so hard to get to this point."

Robert will head to a team that is looking to add some key pieces after coming up short on a playoff berth last season. With a new coach in tow,

look for Baker Mayfield, Odell Beckham, and the talented cast to make some noise and achieve some real success this season. Add the fact that their heart and soul of the defense will be back in defensive end Myles Garrett, and now you're talking. The fact that Myles will be back could pay dividends for Robert. Robert played alongside the likes of the Bosa brothers and current #2 pick of the NFL draft, Chase Young. These are three of the top young defensive ends in the NFL. When Robert played with those players, his game was always at an elite level. Put him on the line with Myles Garrett, and you could see the very best of him.

Expect to see Robert, a Wayne Warrior legend, on the season opening roster. He has the grit, the determination, but also the savvy to be able to show why he will be a valuable asset to the Browns.

He showed it at Wayne, and then he stepped up again in the last two seasons at Ohio State.

Good luck to Robert Landers on his journey.

Health

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Miami Valley Hospital once again ranked as the top hospital in the region by U.S. News and World Report. This distinction includes Miami Valley Hospital in Dayton, Miami Valley Hospital North in Englewood, and Miami Valley Hospital South in Centerville. This includes “high performing” designations in 11 types of care – the most in the region.

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Our Care Lives⁹ Here

Health & Beauty

COVID-19: “Vulnerable Populations”

By Glenn Ellis

“How a society treats its most vulnerable is always the measure of its humanity.”

The Center for Disease Control and Prevention (CDC) stated early on in this pandemic that “vulnerable populations” need to take extra precautions in order to protect themselves, and their families from COVID-19.

By now, we know that COVID-19 causes more serious illness in the elderly, especially those who have pre-existing conditions. I’m still trying to find an elderly person over the age of 80 without a pre-existing condition. The people who live in these facilities are, on average, probably over 80 and tend to be some of the frailest and sickest members of our society. It was established, as far back as 2002, in a study published in the *Annals of Internal Medicine*, which stated that nearly 82% of Medicare beneficiaries have at least one chronic condition, and 64% have multiple conditions. But, that’s another story, for another time.

For now, we need to consider the extent to this whole notion of vulnerable populations. No group has come to represent these “vulnerable populations with

pre-existing conditions; in particular, African Americans. CDC says that 30 percent of the African Americans who have died from COVID-19 also were younger than 65-years old, while just over 13 percent of white American were younger than 65 who died. Dr. William Bommer, at UC Davis Health feels that overall, people with chronic (pre-existing) conditions are at a ten times higher risk from COVID infection than the general population. Think about it; just the fact that a person has high blood pressure, obesity, diabetes, heart disease, or some type of lung disease, not only makes them more likely to get infected with COVID-19, but also increases the odds of them getting admitted to a hospital, then to ICU or death. In fact, chronic conditions can almost double the chance that you will die, if you are infected with COVID-19.

One study from the CDC reports that patients with an underlying health condition were six times more likely to end up in the hospital and 12 times more likely to die if they contracted COVID-19 than otherwise healthy people.

As reported by CBS News, “African Americans are more likely to work in jobs that can expose them to the virus, less likely to be able to



take time off from work and more likely to be the sole breadwinner for their family. Such factors, a legacy of the country’s long history of racism and segregation, compounds the higher incidence of underlying health conditions among blacks that make COVID-19 deadlier for black, Latino and Native people.

Further risks come from the fact that African Americans are less likely than people working in the general workforce to work in the sorts of jobs that allow the option of working from home.

Lost during all the frenzy around this pandemic, is the fact that the social determinants of health at play during this pandemic are an exacerbating factor for African Americans. A 2017 study in *JAMA Internal Medicine* showed that for African Americans, just by moving out of racially segregated neighborhoods, with its associated social determinants of health was linked

to a drop-in blood pressure! Do you understand how critical this situation is?

Like it or not, we will be going back-and-forth with some form of shelter in place vs. re-opening for some time to come.

We see clearly, the testing for our communities are not anywhere close to being a priority in the eyes of officials; there has been no effort to ensure that African Americans are included in the clinical trials, especially considering what we know about the impact of the social determinants of health on drug efficacy in respective populations.

One of the biggest challenges awaiting us in this regard, is the question of “who gets the vaccine first? Will the conscience of this nation lead it to acknowledge that there are upwards of 40 million Americans, who are at increased risk of every danger this virus poses: higher risk of infection; higher hospitalization;

higher death; and should we be fortunate to survive, we are expected to recover in communities with decimated primary care systems that are not capable of providing the care so, badly needed, by a population wrought with “pre-existing” conditions that result in numerous complications, and a tougher road to recovery.

We must be extremely vigilant in how practice the necessary precautions and safety measures to protect ourselves. We’ve been shown that we can’t rely of press briefing, nightly news, or Facebook to make decisions. We have to use our sound judgement and use our collective voices to advocate and demand equitable protection and care, as citizens, as we all go through this pandemic.

I close with the powerful statement from Alan Elbaum in his essay, *Black Lives in a Pandemic: Implications of Systemic Injustice for End-of-Life Care*, “What are the ethi-

cal implications of racial health disparities when it comes to end-of-life care? Is there such a thing as a “good” or “dignified” death when African Americans are dying not merely of COVID-19 but of structural racism?”

Don’t shoot the messenger...I just deliver the facts...as is.

Remember, I’m not a doctor. I just sound like one!

Take good care of yourself and live the best life possible!

The information included in this column is for educational purposes only. I do not dispense medical advice or prescribe the use of any technique as a replacement form of treatment for physical, mental or medical problems by your doctor either directly or indirectly. Glenn Ellis, MPH is a Visiting Scholar at The National Bioethics Center at Tuskegee University and a Harvard Medical School Research Bioethics Fellow. He is author of *Which Doctor?* and *Information is the Best Medicine*. Ellis is an active media contributor on Health Equity and Medical Ethics. For more good health information visit: www.glennellis.com.