

The Dayton Weekly NEWS

An African-American Community Newspaper

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Public Health Dayton and Montgomery County Official Talks Coronavirus Exposure for Daily Activities

Governor Mike DeWine said Monday coronavirus cases are rising in the Miami Valley and across the state. He said increased testing is part of the reason for that spike, but community spread is thought to play a factor as well.

Public Information Officer Dan Suffoletto at Public Health – Dayton and Montgomery County (PHDMC) said it is important to be aware of environments that pose increased exposure risks in order to control the spread. “As businesses reopen, more people have places to go, more people are coming together through work and through other activities and that is what is causing the spread.”

Suffoletto said in Ohio only employees who work with the public are required to wear masks at this time, but using one is a critical prevention method for those who still want to participate in normal interactions, or don't know the exposure risk for certain activities.

2 NEWS asked people out walking in down-



Group in downtown Dayton wears masks to prevent the spread of coronavirus.

town Dayton whether they felt certain activities posed a high, medium, or low risk for exposure to coronavirus. Jogger Anthony Williams' answers mostly agreed with those of PHDMC but he wasn't sure about the risk for going on a date with a new person.

“I would think it would be moderate to high, just because you don't know the individual, but because it's only one person you're going to be around, I would say it's moderate to high.”

Suffoletto said this scenario could pose a high risk due to the close proximity of two unfamiliar

individuals. He explained other high exposure activities could include visiting crowded establishments without a mask and traveling on planes, buses, trains, or other enclosed vehicles with strangers.

A moderate risk activity may include social distancing in a public place with friends outside the household.

Suffoletto says traveling in a car alone or taking a walk present low coronavirus exposure risk. He added, some environments like a backyard barbecue, may pose a varying level of risk. Outdoor parties where familiar friends bring their own food and

utensils, and practice social distancing are typically low risk, while gatherings where attendees share food and don't wear masks are considered high risk.

Suffoletto further stressed the importance of taking preventative measures in every environment, by wearing face coverings and adhering to social distancing practices in most settings until a cure or treatment is released for the virus.

“At this point, there's no vaccine and there's no reliable treatment, so we're in this situation for the foreseeable future.”

DPS to Resume Regular In-Person Classes This Fall

Preventative measures will be implemented as part of the district's Safe School Restart Plan, which will be shared over the next several weeks.

The Dayton Public School District will resume regular, in-person classes for the 2020-2021 school year. School for all grade levels will begin one week later than originally planned. The first day of school will be Monday, August 17, 2020.

This decision has been made after consultations with the Department of Health, other Montgomery County school dis-



tricts, and in consideration of parent survey results, which were overwhelmingly in favor of resuming normal, in-person classes this fall.

The Dayton Public School District will follow all preventative measures set forth by the health department to the highest degree possible to ensure the

safety of all students and staff.

Complete information about preventative measures, building sanitation



Frederick Douglass "Fritz" Pollard (Jan. 1894 – May 1986)



Brown University halfback Fritz Pollard is seen in 1916

Pollard was an American football player and coach. He was the first African American head coach in the National Football League (NFL). Pollard and Bobby Marshall were the first two African American players in the NFL in 1920. Football pioneer Walter Camp ranked Pollard as "one of the greatest runners these eyes have ever seen."

Black Women Armed & Ready Gun Club



Photo by Jewell Jones.

The Gun Club, Black Women Armed & Ready

Gun Club. Carrie D Moore teach CCW for over 7 years .One of the reasons why I start at the gun club is to empower women to protect themselves and not be afraid of fire arms. For those women to teach their children what it stands for and stop so much Gun violence in our race.

Stay Educated – 7 Immune Boosting Supplements

In just a few short weeks, the COVID 19 Pandemic has drastically changed all of our lives. We've had to wear many hats to keep our families safe. Maybe you're like some women and have been fortunate enough to work from home while simultaneously juggling round the clock childcare and supporting kids through the trials and tribulations of online education.

It's safe to say we're all currently adjusting to

social distancing, and this too shall pass.

I want to be clear. Today's blog isn't about spreading more stress or panic. We're all just looking for ways to keep our family members safe, healthy, and happy. I want to start by covering the basics of the immune system and seven key supplements you can easily introduce into your daily diet to boost your immune response.

How Does the Immune System Work?

Think of the immune system as a complex network of cells that essentially work together to protect your body from harmful invaders. It is constantly on the lookout for anything foreign to the body like viruses and bacteria. A normal cycle there is an infection/invasion followed by an immune response followed by resolution.

There are two fundamental components of the immune system, the innate and the adaptive immune

system. How well it works depends on your inflammatory status at baseline. It's important to get rid of inflammation caused by stress, poor nutrition, sleep issues, smoking, and overtraining. These conditions can contribute to a poor immune response or cause a chronic inflammation to exist making your immune system compromised.

Let's say a microscopic intruder enters the body. The innate immune system activates because it's

our first line of defense. Its goal is to neutralize the threat quickly; Natural Killer cells are a part of the innate immune system. The adaptive immune system is the second line of defense and activates if the intruder is recognized. What makes the adaptive immune system so significant is its ability to differentiate between harmful pathogens or microorganisms, launch an appropriate attack, and remember each pathogen if

What's Inside

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Happy 4th of July!



Around DAYTON

Miami Valley Weather

Friday
Mostly Sunny
High 93
Low 71



Saturday
Partly Cloudy
High 93
Low 70



Sunday
Mostly Sunny
High 92
Low 72



5 day Forecast

Monday
Mostly Sunny
High 92
Low 72



Tuesday
Mostly Sunny
High 91
Low 72



The Funk Center and Friends Want Ohio Players Way In Dayton Ohio



Fiends leading the campaign for Ohio Players Way, Dayton Ohio

By Benette Waugh De-Coux
Photos by Ken Wilkin-son

On June 25, 2020 The Funk Center staff, along with funk music enthusiasts and volunteers from around the Miami Valley area, helped canvass Hillcrest Avenue to gather required signatures to change the name of three blocks of Hillcrest.

The volunteers all wanted to see Hillcrest near Salem Ave re-named after The Ohio Players. Folks in cars or on foot took interest in what was going on and were in agreement. Participants included Reverend Dr. Jeffrey Willis, First Baptist Church of Ridgewood Heights, (brother of Clarence Chet Willis of the Ohio Players), David R. Webb, Presi-



dent & CEO of the Funk Music Hall of Fame (The Funk Center), and Keith Jenkins, President of the Oniru Group. Kenneth Marcellus, city of Dayton Community Development Specialist explained the process from beginning to end, including how to canvas for signatures for the petitions. This endeavor will be ongoing, going through proper procedures.

Those present were enthusiastic to be part of securing the legacy through a permanent landmark. It will be a proud moment for the city of Dayton and those who remember the fame brought to the city of Dayton by this award winning group. Mr. Webb thanked the group and said to look forward to periodic updates on this and other news.

Living During the Age of COVID-19



By Benette Waugh De-Coux
This is the year we waited for as logos were prepared, the year of the United States Census, the year for the Presidential Election, the year that will now go down in history for all of the above and for the pandemic that has killed thousands, that has caused havoc on our economy, closed schools worldwide, and demanded that our hospitals and medical professionals do more then ever before.

What is a "pandemic"? Webster's College Dictionary, yes, this writer still owns the thick red bound book, a pandemic is a "disease prevalent in

an entire country, continent, or the whole world; epidemic over a large area." Listed next, in the dictionary, is the word "pandemonium," defined as "wild uproar or disorder; tumult or chaos." Does this sound familiar to the readers? Our daily news includes warnings, updates on the number tested, diagnosed or waiting to be diagnosed, and the number who have died, by zip code, county, state, region, country, worldwide. The statistics are staggering, with graphs, diagrams, and projections for age, race, zip codes, etc.

The bible has long pro-

Continued on Page 3

What's The

WORD

On The Street

"Did You Have The Talk?"



Mike Porter



Dexter Pitts Jr.



Lorenzo Smith and son Christian Smith (front).

By LaTonya Victoria
Staff Writer

This week I spoke with several father's in the Miami Valley and asked them to tell me about "The Talk" they had with their sons. We weren't talking about the birds and the bees or the importance of being responsible in relation to sex, we were talking about "The Talk" with our African-American boys in relation to how they should conduct themselves if and when they encounter the police. One common thread rang true as I spoke with each father. They each told me of an incident involving themselves or their sons in an encounter with the police. In most cases the African-American male who was stopped, was simply going about the normal activities of his day and seemed to have been stopped for no real reason.

I spoke with Mike Porter who lives in Dayton and owns Porter's Catering. Mike is 35 years old and is the father of two teenagers. Mike recently had "The Talk" with his 17-year-old son. Mike said, "I just told him don't take it personal. Don't have an attitude. Just do what they ask you to do."

I spoke with Dexter Pitts Jr who is the House Manager for Utopia Beginnings and lives in Dayton, OH. Dexter said he told his son, "If something should happen and you get stopped you might feel as if you want to rip someone's neck off. But you have to use your brain and talk it out. Let them know that you don't have a problem with them. If the police or anyone not your race approach you in the wrong way, Talk it out. Try to get out of the situation as smooth as possible without any regret. Be calm and look at the situation. Try to look at it more than just one way. See if there's a way to get out of it so it's not blown off the charts...you have to choose their battle wisely."

I spoke with Lorenzo Smith who is 56 years old and lives in Huber Heights. Lorenzo is a Director at Utopia Beginnings, a trainer, volunteer, and a coach. Lorenzo told his son, "Whenever you get pulled over, roll down your window, put your hand up on the steering wheel, wait for the police officer, and follow his request. Turn on the recording on your phone and let the officer know that you are recording everything. If he wants your driver's license and insurance say I'm reaching in the glove box. When they ask you if you have any drugs or guns say no. When they ask if they can search your car say no. Tell them they need to call your mom. This vehicle is not in my name."

Wedding Bells Rang for Mr. and Mrs. Joel Peters



The officiant for the June 27th wedding was Pastor Norman Bradford at the couple's church, College Hill Community Church. The colors of blue and white were worn by the wedding party including the Ring Bearers, cousins of the Groom and the Flower Girls, nieces of the Bride.

By Benette DeCoux
Photos Contributed

After a year of planning, saving and professional counseling, Joel and Danita made final payments for a beautiful wedding. Deposits were made, save the date announcements were sent, and a reception hall and refreshments for family and friends finalized until the Covid-19 epidemic halted the initial plans for a grand celebration.

AS the bible says: "But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, good-



ness faithfulness..." Galatians 5:22." The couple did not panic. Alternate plans led to a beautiful ceremony including a scaled down invitation list just for family.

The photos tell the rest of the story. Best Wishes for a long and happy life together.

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General

Utopia Beginnings is Making A Difference in the Miami Valley



By LaTonya Victoria
Photo courtesy of George Anderson

Webster defines the words group home as a home where a small number of unrelated people in need of care, support, or supervision can live together. Utopia Beginnings is a twenty-four hour a day group home in Dayton that does so much more. Utopia Beginnings opened in October of 2018 and began making an impact the moment they opened. They even work with issues like credit repair and help their teenagers get counseling from certified therapist if needed. The first teenager placed with Utopia Beginnings is about to graduate from Meadowdale High School in 2021. They have also had several teenagers who have been able to be adopted from their facility.

George Anderson is the Operations Manager for Utopia Beginnings and I had the pleasure of

speaking with him about the groundbreaking approach they use at Utopia Beginnings. George explained how they help at risk youth between the ages of thirteen and eighteen while working with ODJFS (Ohio Department of Jobs, and Family Services) and that most of the kids come from Butler County.

George said, "We take the kids and we try to mentor them, take them to school, to therapy, doctor appointments, and basically try to steer them in the right direction. The home is nice. Like somewhere you'd like to stay. We treat them like are our sons and like they're at home. A lot of people told me not to put in real nice things because they'd tear it up. We put in PlayStation, Nintendo, computers. My whole thing is put the kids first and try to make positive changes in their lives. We treat them like they are our children."

George continued, "It's challenging work.

But once we understood what's going on with the kids, we realized that a lot of them have been abused or molested and it messes them up mentally. It's not their fault. We try to help them navigate to a sense of normalcy. We keep the kids until they get adopted or move out. Then we try then work to teach them independent living skills." I asked George how he got into this line of work? George said, "By having a love for kids and wanting to make a difference."

I spoke with Lorenzo Smith who is a Director for Utopia Beginnings. I asked Lorenzo what his role is with Utopia? Lorenzo said, "I set up programs for the kids, the educational piece, and the employment piece with the kids. Overall, I'm just basically a mentor. I've been here since March. It's been a blessing for me. It's a great place, it's a great home and the staff has been great to work with. The staff, upper management and the peo-

ple who own the home are dynamic! I've been doing group homes for 25 years as director, youth worker, case manager. This has probably been the best I've felt as far as the kids getting something out of it."

George and Lorenzo urged me to talk with Dexter Pitts Jr. who is the House Manager. George said, "Dexter does such a great job of holding things together. He gets in their heads and sets the tone." I spoke with Dexter and asked him what his role at Utopia Beginnings was. Dexter said, "My part is to oversee the process to make sure that they get the help that they need. I make sure that they are reaching their goals and that everyone is staying up to par and on task. It's not just babysitting and being there to cook for them. We teach them other things also. We thrive on three things. That's growth, leadership, and successfulness. We deal with life skills. We are here for the kids and we want to make it better for them. Their lives are totally changed when they come to us."

Utopia Beginnings is planning to open second location later in the year. If you'd like to make a financial donation to Utopia Beginnings to help them with their good work in the Miami Valley call (937) 284-9494, They're at 2519 Lynn in Dayton.

Results From Dayton Performing Arts First Digital 'Day Of Giving'

Area nonprofit performing arts organizations joined forces yesterday, June 25, to raise funds to ensure their future. This unique fundraising event, Day of Giving: Preserving the Heart of Live Performance, was completely digital via the DaytonLive.org website and various social media channels.

Due to the COVID-19 pandemic, hundreds of performances and classes were canceled resulting in millions of lost revenues for some of Dayton's premier arts groups. Dayton Contemporary Dance Company, Dayton Dance Initiative, Dayton Gay Men's Chorus, Dayton Live (formerly Victoria Theatre Association), Dayton Performing Arts Alliance (Dayton Ballet, Dayton Opera, and Dayton Philharmonic), and The Human Race Theatre Company all participated in Day of Giving. Each organization took over the Dayton Live Facebook and Instagram accounts for an hour each throughout the 10-hour fund drive, sharing videos and images about their organization's mission and impact. Leadership support provided by PNC Bank with additional support from The Schiewetz Foundation will cover the expenses associated with this innovative endeavor.

"For our first year with this innovative initiative,

we're thrilled with the results," said Ty Sutton, Dayton Live's President & CEO. "It's remarkable that more than 275 donations came in across all the organizations, including gifts to the combined fund. The combined fund was by far the most popular donation destination - which only shows how much the Miami Valley values the performing arts as a whole." Gifts to the combined fund will be divided equally between the six organizations.

"In addition to making donations at the DaytonLive.org website, patrons made donations by texting CREATE to 243 725. This was new technology for us. 25 gifts were raised via the 'text to give' campaign which all went to the combined fund," Sutton continued. "More than \$40,000 were raised for Dayton's performing arts -- and we're not done yet!"

The Day of Giving initiative will remain active on the DaytonLive.org website and via the Text to Give program through July 3 to build on the success of yesterday's fund drive. "It's not too late to get involved if you missed out yesterday," Sutton urged. "The need amongst Dayton's performing arts groups is still great. Please make your gift today."

Living During the Age of COVID-19... Continued from Page 2

jected a "time such as this." Some religious scholars have interpreted the promise of a "time such as this" due to "our wicked ways." The medical researchers have predicted the indications of diseases gone unchecked through the years, or new ones, most recently Ebola and SARS.

When talking with various age groups in the Miami Valley region, there are variations of woe is me, of course job security and school time, there is nowhere to go, so NOW they are talking and sharing, eating meals together, and playing games, etc. Office workers have been working at home and most, enjoying the ability to get more done. Meanwhile, first responders are under more stress than ever before, working double shifts, spending time isolated from their families, and trying to avoid anyone not wearing mask.

How long will this self-control and restrictive life style continue? This writer is a social worker, not a medical pro, however, from conversations, observations, and worldwide projections, this way of life will continue throughout 2020 to say the least. The hope is for an inoculation to prevent the spread which needs to be perfected, tested on various populations, and released

cautiously. Masks will be required for quite a while, if not to protect you, then to protect others, those you come in contact with. WEAR A MASK. If you can't afford the masks, then learn to make them and put them OR bandanas on your children and yourself whenever you leave home.

This writer is aware that many have lost jobs, are in between jobs, and this is a worrisome period in your life. Seek out help, be per-

sistent, if your meds have run out, your family needs food, seek out help. Counseling is available. One agency, centrally located is Riverscape Counseling, 11 W. Monument Avenue Dayton, 937-319-4448.

On a positive note, there are a few announcements to bring joy and pleasure into our lives. The Dayton Metro Libraries will open on July 7 on a reduced schedule. Some folks are beginning to travel by plane however they might

be under quarantine for TWO weeks when they return to Ohio. The Dayton Art institute opened June 30, and the Natural Museum of the United States Air Force (free admission) is scheduled to open on July 1. Both have free parking. Two other sources of education: The Boonshoft Museum of Discovery for Children can be an all day experience. Fees vary for adults, senior citizens and youth. Call 937 275-7431 for hours, special events,

and the cost. The Montgomery County is home to the Metro Parks which have wide open spaces for families to roam and explore. I's good to be in great outdoors sometimes, see the small animals and listen to the birds.

Finally, families can sit outside at nursing homes to reunite with their loved one after a very long break beginning mid-March.

When can we return to church? It depends on the governing board of the

church unless the Pastor is the sole authority.

In the meantime, continue to enjoy your family. Finally, keep providing supplies for your children to spend time each day to "play school", have spelling bees, and talk about current events. Take a daily walk, ride bikes wearing helmets, and remember exercise is good for every age.

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Editorial & Comments

Opinion: Protesting Doesn't Solve Our Problems



African Americans protesting

By Terrance Amen

If protesting solved the major problems in our community, we wouldn't be protesting the same things we've protested for over 100 years. Yes, protesting draws attention to a situation and there may be some positive changes that come from the protest, but the underlining problems still exist that put us in a position to be harmed by people outside our community.

The real solution to many of the problems in our community lies with us and until we realize this, those problems will continue. We all know about the disgusting video showing the murder of Brother George Floyd, but what about the many others that weren't videoed. If you think about this, in a lot of these cases, not all, the main problem was lack of money, which makes us as a community have to do things we wouldn't have to do if we had our own financial resources.

The major problem as I see it is spending a trillion dollars every year outside our community. This is and will always be the major problem for our community. That trillion dollars we spend every year outside our community could be

used to create or recreate our institutions like banks, insurance companies, clinics and hospitals, major TV and movie production companies, supermarkets, schools, businesses, and anything else we need to rely on our own community for our livelihood. We celebrate our greatest leaders every year, but refuse to do what they all said, which is to do for self. I believe fear is the major cause. We have athletes and entertainers who are scared to come together, in order to create our own leagues and major production companies. But they aren't the only ones. They're just a microcosm of our community.

As a community, we have the same problem. We're afraid of losing our jobs and positions when in a lot of cases, we're the reason these businesses we work for exist. If our so-called leaders, athletes, and entertainers would come together, in order to form companies, this would give us as a community an opportunity to invest and own them. This would create a winning solution for our whole community. Not knowing our value is another reason why we don't have our own. But everyone outside our community knows our value, which is why they're still

making trillions off us.

Unfortunately, we're still on the plantation, we just get paid, rather than working for free. But the owners are still reaping the bulk of the money we produce. The solution is there and will always be there when we overcome our fears, which is not real and know our worth as a community. I have a saying, it doesn't take a lot of money from the individual to solve the major problems in our community, but it does take a lot of unity. Once we realize this, the major problems in our community will be solved.

For real solutions for our community, watch this video:

<https://www.youtube.com/watch?v=-GPxIgwroA&t=6s>

Terrance Amen is the founder and CEO of 3UFIRST fpc., created to end the major problems in the African American community by bringing some of the trillion dollars spent every year outside the community, back to the community, in order to fund for-profits and nonprofits. Based on his book, "Black Unity: The Total Solution to Financial Independence and Happiness". For more information, go to <http://www.3ufirst.com>

Something to Consider:

What Does Feeling Blessed Really Mean for You?

By: Brenda Cochran
Contributing Writer

We can agree that feeling blessed means something different for everyone.

According to Joel Osteen, television evangelist, "When you focus on being a blessing, God makes sure that you are always blessed in abundance."

Saying you are blessed can be a way of boasting while still trying to sound humble. When we think about ourselves as Christians, we use the term often. We pray God will bless our family. We also attribute our gifts to God's blessings and we talk about ministries being blessed. But, what does it really mean?

How should we understand the blessings of God? For believers, is a blessing the same as having a successful life? Is it the Christian version of the good life? Is it the version of a loving marriage, having good children, a wonderful ministry, a healthy body, having a successful career, or financial abundance? If these are the characteristics of a blessed life, then having all of them should translate into an extraordinarily blessed life. But, still – what does it mean?

If someone had all of those things, would they be extraordinarily blessed? Rather than turning to God, they might feel sufficient and they also might feel pride, perhaps a bit smug or a little self-righteous. Moreover, they wouldn't need to cry out to God for deliverance; everything would already be perfect; they wouldn't need to trust God; they would trust themselves.



Brenda Cochran

If we think about earthly blessings, we would find that they are temporary; they could all be taken away. Even having a wonderful job can also disappear in one day. There are so many things that can last a long while, but be taken away very quickly. Examples are: a marriage dissolved, the children are not doing well, you get a health challenge, or all your dreams were shattered. If you experience any of these painful events, I think that many would say that if you receive God's richest blessings, your faith is stronger than ever.

Most would agree that the challenges our country has experienced in the last few months would be examples of our seeking God's blessings.

There is one translation in the New Testament and there are one hundred and twelve references for the word blessing, blessed, or bless, none of which connect or refer to material things.

Pain and loss can often transform us and sometimes they unravel us, but they can also push us into a deeper life with God than we ever thought possible. They further make us rest in God alone.

When we are in pain or we've lost a lot, we want to know that God

is with us and in us. Great families, financial wealth and good health are all wonderful gifts that we can thank God for, but they are not His greatest blessings. They may delight us, not in God, but in His gifts. God's greatest blessings always rest in God himself. When we have this – then we are truly blessed.

Some people use blessings to describe that they are comfortable and have financial success. Having all the things that we desire does not mean that we've been favored by God in a special way. If being blessed is not our circumstances, then what is it about? It is about our attitude and our spiritual state, the example of this is when you lose a love one and people come up to you and they say – "Don't cry, your friend is with God." Some might reply by saying – "I'm not crying for whom I've lost. I'm crying for myself since I will miss my love one so much."

When we say that we are blessed, we should be talking about our inner faith and our convictions that we are loved by God, and whatever our circumstances and situations, we will be confident that He will bring us victory.

Another quote is Anonymous. It reads: *"I've seen better days, but I've also seen worse. I don't have everything that I want, but I do have all that I need. I woke up with some aches and pains, but I woke up. My life might not be perfect, but I'm blessed."*

Editorial

IT'S NOW OR NEVER! Black America Reaches Her Tipping Point

By Deric Muhammad
"I fear that I have integrated my people into a burning house."

These are the timeless words spoken by Dr. Martin Luther King Jr. following the passing of Civil Rights legislation desegregating America. I was reminded of Doc's words as I watched buildings burn in rebellion to the murder of George Floyd by a member of the Minneapolis Police Department.

King was on point. As America's cities were being held hostage by riots, I could not help but think of my ancestors who were beaten, hung and burned at the stake, in the streets of these very cities. As I watch the very economy, that the blood of our fathers was shed to build, become weak-

ened, I am reminded of what Thomas Jefferson meant when he said, "I tremble for my country when I reflect that God is just; and that His justice cannot sleep forever."

Jefferson was on point. The Honorable Elijah Muhammad said, "Do for Self."

Marcus Garvey said, "Up you mighty nation; you can accomplish what you will."

Fannie Lou Hamer said, "Nobody's free until everybody's free."

Booker T. Washington said, "No race can prosper until it learns there is as much dignity in tilling a field as in writing a poem."

Harriet Tubman said, "Never would a snake; kill it." They were all on point.

The question at hand is, "Are we?"

The voice of Black America has spoken loud-

er, clearer and stronger than ever before. Our protests were Earth-shaking. Our cry for justice was soul-stirring. The deep pain we felt for our brother, George Floyd, stopped time as we know it.

We are against police brutality. We are against racism, in all its forms. We are against mass incarceration. We are against racial profiling. We are against economic exploitation. We are clear about what we are against, but how clear are we (really) about what we are for? That is the trillion-dollar question.

Don't get me wrong. This is not an attempt to discourage protests.

Let's be real. Were it not for the protests, the four officers responsible for the death of George Floyd would have never been arrested. While arrests mean nothing if there are no convictions that follow, we have to ac-

knowledge the power of the strength of our unity in the streets of America.

Minister Farrakhan was once asked if protests were useful.

His reply: "Protesting draws attention. That's a start. But organizing behind that protest is what changes reality and brings about positive results."

As the protest stage of Justice for George Floyd, Ahmaud Arbery, Breonna Taylor and others comes to a close, we must now begin to organize like never before. The focus of our efforts must no longer be centered around what we are against. No group of people can obtain their freedom on the defensive. The time is now for the Black man and woman of America to go on the offensive.

If we put more energy into what we are "against" than we put into what we are "for" we will ultimately find ourselves working for what we are against and working against what we are for.

We are not simply against police brutality; we are FOR the organizing, mobilizing and the policing of our own com-

munities, by our own people.

We are not simply against the racist culture in America's police departments; we are FOR replacing them with our own.

We are not simply against racial discrimination in the workplace; we are FOR building and supporting Black-owned corporations that hire our own and treat us fairly.

We are not simply against "food deserts" in the Black community; we are FOR the purchasing of arable land to grow our own food, to be sold in our own supermarkets and restaurants.

We are not simply against the criminal justice system's unjust treatment of Black people; we are FOR the creation of conflict resolution centers where we come together to solve our own problems.

We are not simply against the propaganda machine, known as mainstream media; we are FOR the strengthening of Black-owned media outlets, such as the Forward Times Newspaper.

I think you get the pic-

ture. No sane person goes to the grocery store with a list of things that they don't want. We must have a clear agenda and we must make it known that what we want can't wait!

White America is in apology mode right now. White tears are flowing like the Nile River. Major corporations are writing checks to address "racial equality." They are trying to purchase our silence. They are looking for a discount on reparations.

This will not work, when what is owed to us eclipses trillions of dollars. The writing is on the wall. Any conversation that does not involve the idea of independence from all systems that have been poisoned by the disease of White Supremacy is a waste of time. Knowing what we are against gives us righteous momentum. Knowing what, organizing around what, and going after what we are for can give us eternal freedom. It's time to go on the offensive. It's now or never!

Education

Application Deadline Extended for Teen Ambassador Board

Ohio Attorney General Dave Yost's office has extended the deadline for high school students to apply for his Teen Ambassador Board. Interested teens now have until July 10, 2020, to apply.

The Attorney General's Teen Ambassador Board consists of high school juniors and seniors from public, private, charter and online schools in Ohio. The mission of the program

is to provide Ohio's future leaders with an inside look at Ohio law and government.

"Many of these young men and women are already established leaders in their schools and communities," Yost said. "The Teen Ambassador Board can help them hone their leadership talents as they prepare for possible careers in public service."

Board members advise the office on issues relating to teens and work with

their peers to develop solutions to those issues. They serve a one-year term during which they convene twice in Columbus and participate in activities across the state.

Ohio high school students who will be juniors or seniors during the 2020-21 academic year are eligible to apply. The application can be found on the Ohio Attorney General's website.

DPS to Resume Regular In-Person Classes This Fall... Continued from Page 1

plans and the plan of action if a student or staff member is diagnosed with COVID-19 will be shared over the next several weeks as the district's Safe School Restart Plan is rolled out. The district has evaluated all possibilities and is prepared for a multitude of scenarios.

One important safety measure is appropriate social distancing in classrooms. In accordance with the safety requirements set forth by the County Health Department, social distancing as required by

the county health department will be followed and all students and staff will wear face coverings, such as a mask or face shield as appropriate. These items will be provided by the district. In addition, students and staff will have daily temperature and symptom checks, and movement outside of the classroom will be minimized. A complete list of school safety measures will be shared next week.

An online schooling option will also be available for those parents who are

concerned about sending their student(s) back to school. This online option will be totally digital and will not have a live teacher. However, an evening hotline will be set up to support students who may have questions about their lessons. Students in grades K-12 are eligible for this option.

Please visit DPSRestart.com for all current information about the upcoming school year.

DPS to Implement Preventative Measures For 2020-2021 School Year

Social distancing, face coverings and temperature checks will be required.

The Dayton Public School District is implementing several preventative measures to keep students and staff safe next school year as part of the district's Safe School Restart Plan. These measures adhere to the guidelines set forth by the department of health. All staff will be trained to properly implement these protocols, which include:

- Before students get on a DPS bus, parents are asked to check their student's temperature and check for symptoms of COVID-19.

- Parents who suspect their student may have COVID-19 are asked to keep the student home and inform school personnel if there is a confirmed diagnosis.

- Students will have temperature and symptom checks upon arrival at school.

- If a student has a fever or symptoms of COVID-19, they will be isolated and monitored by the school nurse until a parent arrives to pick them up.

- The district requests that parents arrive as quickly as possible to take their

student to be tested for COVID-19.

- All students and staff must wear face masks or face shields, as appropriate.

- All face coverings will be provided by the district.

- Students will leave these personal face shields at school each day. Older students will use alcohol wipes to sanitize their shields for the following day. The district will sanitize the face shields of younger students.

- All desks will be at least two feet apart, in accordance with the safety requirements set forth by the County Health Department.

- All desks will be arranged in rows that face forward.

- No small group pods or desks facing each other will be allowed.

- All buses will be loaded from the back seats forward, so students do not cross one another's path while entering.

- The district requests that students wear a mask while waiting for the bus as well as while riding the bus.

- The district will provide masks for those students who do not have them. However, students should keep their masks to

use on the buses. A limited supply is available.

- Movement outside of the classroom will be minimized to prevent students from passing others or congregating in the hallways.

- At the elementary and middle school level, teachers will change classrooms rather than students. For music, art and physical education classes, movement in the halls will be limited to one class at a time.

- More information will be shared about how classroom transitions will work for high school students at a later time.

- The lunch and recess process will also change to keep students safe. More details will be shared at a later time.

- No visitors will be permitted in any school.

- Each building will have a thorough cleaning and sanitation schedule.

- Students and staff must practice proper handwashing. Hand sanitizer will be available in each classroom.

For more information about the district's Safe School Restart Plan, please visit DPSRestart.com. Additional information will be shared next week.

Keep Educated - 7 Immune Boosting Supplements... Continued from Page 1

it invades again from the production of antibodies. Sometimes the adaptive immune system gets confused and attacks itself, creating an autoimmune disease.

Immune Building Toolkit

Most invading organisms enter our body via hollow organs like the respiratory, genital-urinary, or gastrointestinal tract. What the three have in common are mucous membranes. The GI tract is a long tube, starting at the mouth and ending at the anus, that breaks down the food we eat into essential nutrients and energy. Over 80% of the immune system is in the GI tract. Which is why the foods we eat can make us or break us.

Everyone deserves the occasional quarantine salty or sweet snack; however, countless studies prove that a nutrient-packed diet is essential to fighting off disease. As Americans, it can be tough to get enough vitamins and minerals to support a strong immune system. The following seven supplements are a great place to start boosting your immune system while you hunker down.

Zinc

Zinc keeps the immune system strong by activating T cells. T cells are a special category of white blood cells that are designed to recognize harmful bacteria and particularly viruses. Zinc works within the cell and acts as an anti-viral. You can find zinc in pumpkin seeds, garlic, spinach, sunflower seeds, brewer's yeast, brown rice, whole grains, and seafood (especially herring). Zinc Picolinate 30 mg is one of my favorite methods for boosting my zinc levels daily so I can stay healthy.

Selenium

Selenium is a significant antioxidant that reduces stress and inflammation in your body, enhances immunity, and helps various other nec-

essary bodily functions at the cellular level. Selenium also reduces mutations of viruses and other dangerous pathogens. It acts as a glutathione "co-factor," meaning it helps your body produce more natural defenders.

If you're looking for a salty snack that fights disease, try Brazil nuts. They have the world's highest concentration of organic selenium, and they taste great too! Other sources of selenium include brewers yeast, fatty fish like salmon or tuna and sardines, mushrooms, and whole grains.

Vitamin C

Vitamin C is clinically proven to stimulate the production of white blood cells, one of the most important soldiers in your body's army. Medical professionals will use high doses of IV vitamin C to boost Natural Killer cells to fight off infection. I advise all of my patients not to take high doses of vitamin C with meals. Vitamin C is known to increase iron absorption if taken with food, which could worsen active infections.

Vitamin C is found in tons of delicious foods, broccoli, cantaloupe, cauliflower, kale, kiwi, orange juice, papaya, red, green or yellow pepper, sweet potato, strawberries, and tomatoes.

You can learn more about the power of vitamin C and other nutrients by reading *Primal Panacea* by Dr. Thomas Evan Levy MD JD. It's an incredible quarantine worthy page-turner.

Vitamin E

Researchers say COVID-19 disease directly attacks the respiratory system, specifically targeting the lungs and making it difficult to breathe. Vitamin E is a fat-soluble substance that increases Natural Killer Cell activity to combat viral infection and promotes healthy lungs, especially for mature women with preexisting lung disease. Vitamin E and C work together to lower the risk of contract-

ing upper respiratory tract infections.

Increase your Vitamin E intake by eating more sunflower seeds, almonds, spinach, avocados, squash, kiwifruit, trout, shrimp, olive oil, wheat germ oil, and broccoli.

Coenzyme Q10 (Co-Q-10)

Co-Q-10 is a nutrient the body naturally produces to energize us by working to fuel the mitochondria, the powerhouse of the cell.

Vitamin D3

I like to refer to Vitamin D3 as the "sunshine vitamin" because it's generated in the skin from natural sun exposure or tanning booths. In its active form, vitamin D3 supports healthy immune function by activating Natural Killer Cells. Researchers have found that a vitamin D3 deficiency can cause various health complications, like respiratory infections, asthma, lack of DNA repair, influenza, and respiratory infections.

If you can't get enough sunlight, you can also increase your vitamin D3 levels by eating beef liver, fatty fish, like tuna, mackerel and salmon, milk, cheese, orange juice, and cereals.

Glutathione

The most powerful anti-inflammatory found in every cell in the body. Glutathione is hard to absorb from the gut, so I recommend IV Glutathione. NAC (n-acetyl cysteine) is less expensive and helps with the natural production of Glutathione.

Takeaways

On your next grocery store run, make a list of some of the nutritious and tasty foods to fortify your immune system. Don't be afraid to experiment with new flavors or recipes! If you're looking for more advice to jump-start your immune system, give us a call to schedule an appointment in the office or a Telemedicine visit.

Remember skin is also a part of the immune system, hand washing is a part of our defense.

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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

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

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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
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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

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

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Fax 276-6267

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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

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Morning Worship 10:45 a.m.
Wednesday Prayer/Bible Study, 12:00 & 7:00 p.m.
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Religion

College Hill Community Church Welcomes Rev. Dr. Worthen

By Benette Waugh De-Coux

It is with great pride that the governing board of College Hill Community Church, on the corner of Cornell and Philadelphia Avenue announces that Rev. Dr. Worthen, Senior Pastor, will be preaching her first sermon and providing Communion to all those present at this historic church.

The history of this church began on Palm Sunday April 10, 1949. The population of the church at that time was at that time predominately white. The decision was made in the 60's that it would remain in the same location and a new vision was born. In 1971 the current, though smaller congregation announced that it would seek a fully integrated ministry model with both a black and white minister. The goal was to become a church that is a "Racial Rainbow." The Rev. Kent Organ was called to College Hill Church in 1972, followed by the Rev. Dr. Robert E. Jones as a half-time pastor in 1977. IN 1986, Dr. Jones became the Senior Pastor. The "Racial Rainbow" grew in 2006 as College Hill embraced the Hispanic population in the city with a bilingual worship service aided by the leadership of Elder Jose' Lamont



Jones. As many of the readers know Pastor Jones retired and the church continued to thrive under Rev Dr. Darryl Young became Senior Pastor and later his wife, The Rev Dr. Karen Young joined him in the pulpit. Sadly, due to medical complications, Rev Young stepped down in January 2020 and the couple has relocated. Recently it was my pleasure to speak to Rev. Dr. Wortham as she shared a few highlights from her life. She attended the Ohio State University and ultimately earned a B. S. degree from Franklin University and later earned a MBA from Wright State University with a concentration in Project Management. She has three lovely daughters, Dominique, Indigo, and Brooklyn. After receiving the call to ministry, Pastor Wortham earned a Master of Divinity Degree from United Theological Seminary. During seminary she served as Associate Pastor at Grace UMC and Trinity Presbyterian Church., both in Dayton. She served faithfully at McKinley UMC for 6 and ½ years. Her new appointment was in Cincinnati and remained there until she took a sabbatical to compete her PhD at Union Institute and University. As the readers can tell, Rev. Dr. Wortham is a high achiever who successfully completed all requirements, and is ready to see classmates, family and friends in her home town. She is eager to be involved in the work of the church and follow in the steps of those who preceded her in that pulpit. Sunday July 5 will be a joyous day. Members and guests will remain in their cars or bring a chair and mask to enjoy the service. The address for newcomers is 1547 Philadelphia Dr., Dayton Ohio 45406, phone 937-278-4203.

CONNECTING SOUL II SOUL - ...PRAYER CHANGES THE PRAY-ER 06292020

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

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

23With the crowd dispersed, he climbed the mountain so he could be by himself and pray. He stayed there alone, late into the night. Matthew 13:23
The Message



colorful letters with the words BLACK LIVES MATTER, and agitators are tearing down statues of slaveholders. In Kabale, fourteen persons arrested for praying. They were not wearing masks or practicing social distancing. It is important to use wisdom when gathering, even to pray. I often used the slogan, "Prayer changes people, and people change things." Throughout Holy Writ and Sacred Writing, Jesus, Buddha, Prophets and Prophetess, Priest and Priestess, and practitioners of faith in millennia steal away to pray. Praying lowers and can eliminate your anxiety, anger, grief, depression, and fear. And, when the situation for which you are praying doesn't seem to change, PRAYER CHANGES THE PRAY-ER.

FOURTEEN ARRESTED IN KABALE FOR PRAYING IN THE FOREST
"DEAR GOD, over the weekend, I prepared the list of participants through July 31, for TRIUMPHANT THURSDAYS with Chaplain Pj. Thank you, Lord, for this ministry and for the ministers and laypersons who are connecting LIVE on Facebook. Our faith-based organization is reaching many more souls than we would if we were gathering in a building. We are having conversations around a variety of subjects to raise our awareness and meet a need among global peoples. For example, "The Value of the Black Dollar," "JUNETEENTH IS OUR NATIONAL HOLIDAY," "The Personal and Cultural History of PRIDE," and "The Value of the Black Dollar Re-visited" in support of the call to participate in #blackoutday2020 on July 7, 2020. On that Tuesday, we are asking you to use your dollars with Black-owned businesses only." On July 9, the subject is "How I survived Domestic Violence." Join us on Facebook at Space for Grace WithOutWalls United Church of Christ, every Thursday night, 8:30-9:30 pm EST. For the first time in recorded history, we bear witness to multicultural, international, peaceful protest, painting a few major streets in bold and

Church Events?

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Contact for information to (937) 223-8060 or email to DaytonWeek@aol.com

Classified

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- 3535 Klepinger Rd.
- Citizen Market
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- Dayton Nutra Foods
- 5294 Salem Ave.
- Donut Palace
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- Grandma's II Restaurant
- 1610 North Main St.
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- 2242 Germantown St.
- Huffie's Bar-B-Que
- 925 McArthur Ave
- JW Wine Cellar
- 724 E. Main St., Trotwood
- Main Stoppe
- 30 N. Main St.
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- Quincy's Fish House
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- 2241 Germantown St.
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- Main and Siebenthaler
- Speedway SuperAmerica
- 3901 North Dixie Dr.
- 4051 Salem Ave.
- 5010 Olive Rd.
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- 3499 West Siebenthaler Ave.
- Studio 816 Hair & Beauty Bar
- 41 N Ludlow St.
- Submarine House, The
- 2051 Salem Ave.
- Sugar's Restaurant & Lounge
- 1919 North Main St.
- Texas Beef and Cattle Company
- 1101 W. Third St.
- Theze Dealz
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REQUESTS FOR PROPOSAL

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

Legal Notice: RFP GD 20-12
Title: Occupational Medical Services
Due Date: 7/31/20 at 2:00 p.m.

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

Deborah Howard
 Director of Procurement

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Sports

Boxing Champion Speaks: "I'm Ready" Chris Pearson Looks To Fight Soon

By: Deon Cash Staff Writer

Chris Pearson, one of the boxing champions in the middleweight division in the USA, seems like he's ready to show that's he's no joke and is ready to put his Belt where his mouth is.

Earlier this week on social media, Pearson said, "I want all the smoke" and would take on anybody in his class. He named a couple of possible opponents as well, and declared that he wants to be a person whose name is thought of when you think of the greats.

Pearson, a Trotwood native, won the belt last summer when he fought at Golden Boy Promotions which is owned by Oscar De La Hoya. The win was a surprise of sorts, as Pearson had lost 2 of his last 4 bouts before then.

But Pearson's confidence and spirit never wavered, and he got back in the lab and fixed his weaknesses, all the while tuning his body and his mind for the grind to get back to prominence.

Pearson is back, and knows he must not only



win fights in the ring, but become a strategist as well.

Pearson seemingly will fight in August or September and is patiently waiting to see who his opponent is. However, he knows that his words will expand much farther than ever before, as he sits at the top of the mountain. Pearson wants a bigger legacy, and history to be in his favor in the next years.

Pearson had recently talked to one of his mentors, Floyd Mayweather Jr, and Money Mayweather had some interesting advice for C.P.

When talking to Pearson it's clear that he has time

Former Baltimore Raven Out at Central State University

By: Deon Cash Staff Writer

Brandon Mckinney, one of the greatest offensive linemen to play for Cham-inade - Julienne, will now keep his options open after it was announced that he won't be coaching at Central State in the upcoming 2020-21 football season.

McKinney, who was the lineman and defensive coach, was disappointed with the Marauder decision but took it in stride.

"I learned a lot of things at Central State, mostly what not to do. I will take those lessons learned on to my next coaching opportunity."

McKinney was a monster during his time at C-J, which earned him a scholarship to Michigan State. He would star on the defensive line over the next four years to earn a chance to play in the NFL with the San Diego Chargers, Indianapolis Colts, and most notably, the Baltimore Ravens.

McKinney would play with Ray Lewis, and Ed Reed led Ravens that was



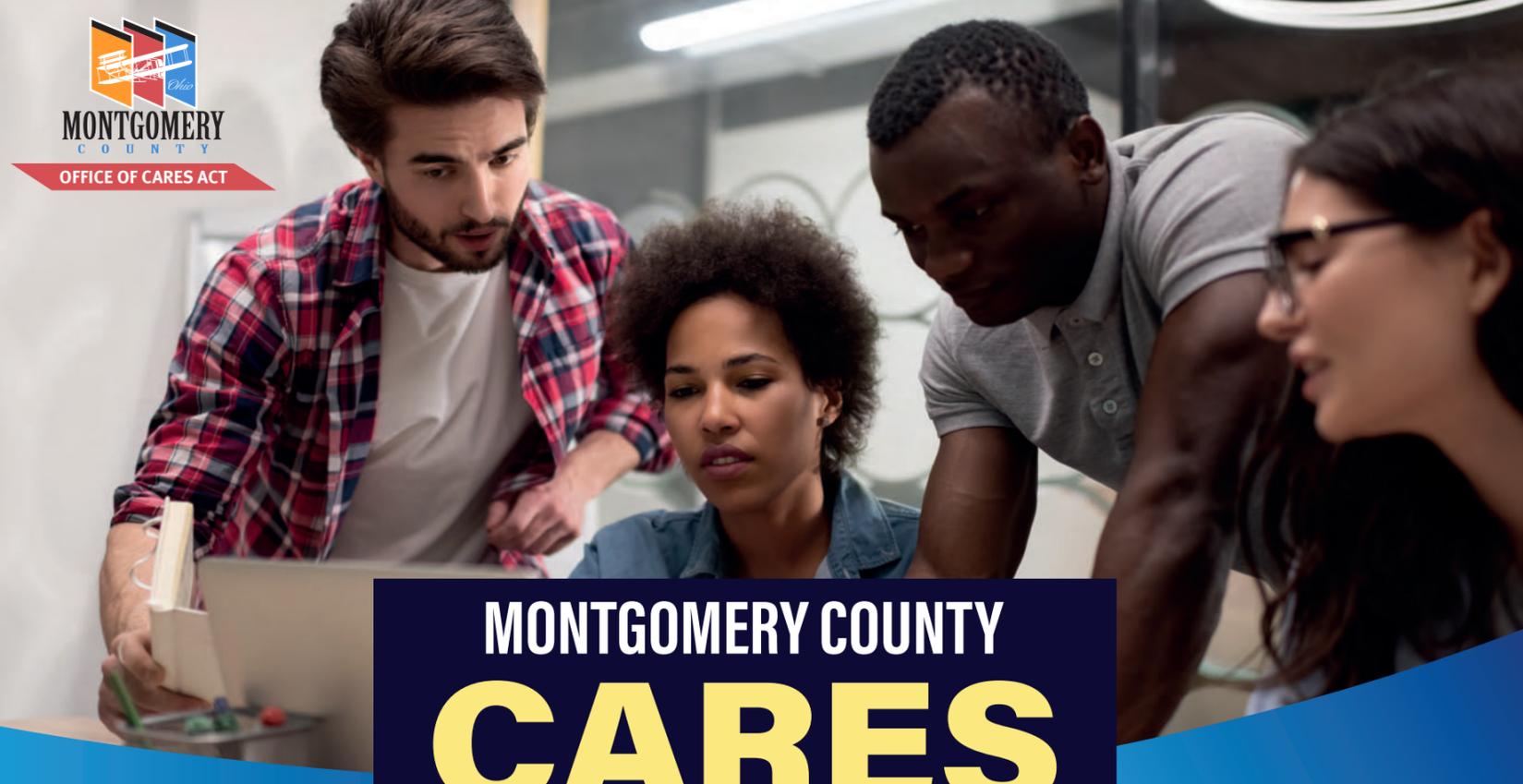
the most feared defense in the NFL during that time. "That defense was unbelievably scary and loved playing with those guys."

Since Mckinney has been out of the NFL, he has coached on the high school ranks, before moving to Central State last year.

When asked about coming back to high school, McKinney said, "Right now I plan to focus on my family and next moves. If it's the right opportunity? Then I will take a look at it."

Don't be surprised to see Mckinney in the college or NFL coaching ranks soon.

As for Central State, it looks like they are cost cutting as we get closer to the COVID-19 infected season that has shut down sports for most of the 2020 year. Will they even have a season in 2020, that remains to be seen. But what is known is that small colleges have taken a hit because of lack of funding due to isolation and schools being shut down.



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COVID-19 relief grants now available for small businesses

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- Must be located within Montgomery County

Health

Schedule a Screening Mammography Near You in July



Premier Health is making it easier for busy women to get their annual mammogram screening with its mobile mammography coach that travels to businesses, public venues and events throughout Southwest Ohio.

Equipped with advanced imaging equipment, the coach offers traditional 2D and Genius™ 3D Mammography™ technology to detect breast cancer.

Schedule a mobile mammogram by calling (855) 887-7364. For more information about the process and locations, visit www.premierhealth.com/mobilemammo or email MobileMammo@premierhealth.com.

The following dates and times are open for appointments in July:

- Monday, July 6, 8 a.m. to 4 p.m. at Atrium Medical Center Imaging – Middletown, 4214 Grand Ave., Middletown, OH 45044;
- Thursday, July 9, 10 a.m. to 6 p.m. at SureCare Medical Center, 360 W. Central Ave., Springboro, OH 45066;
- Saturday, July 11, 8 a.m. to 4 p.m. at East Dayton Health Center, 2132 E. Third St., Dayton, OH 45403;
- Friday, July 17, 8 a.m. to 4 p.m. at Corwin Nixon Health Center, 2351 Stanley Ave., Dayton, OH 45404;
- Wednesday, July 29, 9 a.m. to 5 p.m. at Jamestown Family Medicine, 4940 Cottonville Road, Jamestown, OH 45335

Premier Health welcomes partnerships with area businesses and event organizers to bring the mobile mammography coach to their locations in the community. For more information about how to bring the coach to your event or site, email MobileMammo@premierhealth.com or call (844) 453-4199.

Kettering Health Network Named One Of The Nation's 15 Top Health Systems

Four Kettering Health Network hospitals among the nation's 100 Top Hospitals

IBM Watson Health has named Kettering Health Network as one of the 15 Top Health Systems in the country, and four Kettering Health Network hospitals were named to the 100 Top Hospitals list.

This year's 15 Top Health Systems study evaluated 332-member health systems and nearly 2,500 hospitals to identify the top-performing health systems in the United States, based on clinical outcomes, operational efficiency and patient experience.

This is the fifth time Kettering Health Network has earned this achievement.

"We are honored to be recognized as one of the country's 15 Top Health Systems and have four of our hospitals named a 100 Top Hospital," says Fred Manchur, CEO of Kettering Health Network. "Our employees and medical staff are committed to providing the best possible care to our patients, and I am proud that their dedication to delivering safe, high-quality, compassionate care has earned Kettering Health Network a spot among the best in the United States."

In addition to the net-



work being named a 15 Top Health System, Kettering Medical Center, Sycamore Medical Center, and Grandview Medical Center, which includes Southview Medical Center, were named on the IBM Watson Health 100 Top Hospitals list. The annual list recognizes excellence in clinical outcomes, operational efficiency and financial health.

Hospitals included in the 100 Top Hospitals and 15 Top Health Systems had better results in multiple performance areas, including lower hospital acquired infections, lower 30-day readmission rates, better ratings of patient experience, and faster emergency care.

Kettering Health Network is a not-for-profit network of nine hospitals, 12 emergency departments, and 200 outpatient facilities serving southwest Ohio. The network's hospitals are Kettering, Grandview, Sycamore, Southview, Greene Memorial, Soin, Fort Ham-

ilton, Troy and Kettering Behavioral Medicine. Kettering College, a division of Kettering Medical Center, is a fully accredited college that special-

izes in undergraduate and graduate health science education. In 2020, every eligible Kettering Health Network Hospital received an A-rating from the Leapfrog Group for patient safety. For more information, visit www.ketteringhealth.org.

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