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The Business of Black Outrage

Racial Conflict, Controversy, & Election Cycles

By: Imari Burton
Staff Writer

Every few years America seems to find itself having the same conversation particularly around election seasons.

The Cycle

A Black person dies under suspicious and controversial circumstances, the case is then illuminated into the public eye. News cameras arrive. The name spreads across social media. Protestors take to streets. Politicians release statements. Corporations discover the language of racial justice and virtue signals to the public. Ad-

vertisements get scrutinized for racially charged imagery and stereotypes they release around the same time. Companies apologize. Product is pulled. The case typically gets no justice or leaves the public with more questions than answers. Campaigns lastly begin talking about the “stakes” for Black Americans on the line. Voters then mobilize to the polls...

Then eventually, the outrage fades.

We move on. Go back to shopping with the same stores, wearing the same brands, scrolling past controversy. Until yet another

name enters the national conversation. Then, wash and repeat. The cycle seemingly begins again.

The Name of Outrage

For many Americans, this modern cycle can be traced back to 2012 at least, when the killing of Trayvon Martin became a national flash point and helped ignite a new era of conversations about race, policing and justice within the Black community. Then, in 2014 came Michael Brown, Eric Garner, Tamir Rice, In the year 2016 there was Alton Sterling, up till 2020 where the prominent George Floyd case

triggered massive outrage resulting in one of the largest national mobilization demonstrations we’ve seen in the last several decades. In 2022, Jayland Walker from Akron, Ohio was targeted by 8 police officers and fatally shot resulting in mass protests and making national coverage as well. Then to follow in the year 2024, another major controversial case, regarding Sonya Massey whom was fatally shot by responding sheriff deputy after calling police believing someone was outside her home. And fast forward to present day 2026, Nolan Wells.

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Sean Lightfoot Among Nation's Top 100 Real Estate Professionals



Sean Lightfoot
By Greater Dayton Realist Staff

The Greater Dayton Realist Association (GDRA) proudly celebrates Sean Lightfoot for earning national recognition as one of the 2026 NAREB Top 100 Awardees, an outstanding achievement that reflects his dedication, professionalism, and continued excellence in the real estate industry.

Lightfoot, a real estate professional with Howard Hanna Real Estate Services, was recognized among the nation's top-producing Black real estate professionals during the National Association of Real Estate Brokers' Continued on Page 2

Families Flourish Brings a Three-Year Family Mobility Program to the Miami Valley



Antoinette Hampton
Executive Director
Antoinette Hampton is raising money to give five working families housing support, coaching and three years of help moving from survival toward long-term stability.

By RoShawn Winburn

Antoinette Hampton, along with Board President, Ro Nita Hawes-Saunders, and the remaining trustees wants to help working families to gain more opportunities to Flourish. What they care about most is what happens after they relocate.

Hampton is executive director of Families Flourish of the Miami Valley, a new nonprofit bringing an economic mobility model from Central Ohio to families in Montgomery and Greene counties. The program will start with

five families and stay with each of them for three years.

Over that time, Hampton wants to see families raise their income, build credit, move ahead in their careers, and wants their children in stronger schools. When the assistance ends, she wants families able to keep going on their own.

Participating families will get rental assistance, including a planned \$500 monthly housing subsidy, and will move to what the program calls an "opportunity neighborhood." These are communities with stronger schools and easy access to grocery stores, health services, parks and recreation.

Housing is only one piece. Each family will work with a life coach to set goals and track progress. Participants will also attend workshops on budgeting, money management, insurance, health and wellness, and career development.

Many of the families Hampton hopes to reach already work or are juggling a job and school. A paycheck doesn't always leave room to plan ahead.

"When you're focused on trying to keep food on the table [and] the lights

Continued on Page 11

Central State is Now Part of Xenia. Why Its HBCU and Land-Grant Mission Matters



By RoShawn Winburn

Central State University's main campus is officially inside Xenia city limits after the Greene County Board of Commissioners approved the annexation petition.

The details are municipal (water and sewer rates, fire and EMS coverage, income tax), but Central State is not just another parcel joining a city. It is one of Ohio's two HBCUs, alongside its neighbor Wilberforce University, and the two play different roles. Wilberforce is private. Central State is Ohio's only public HBCU and its only 1890 land-grant university.

The two schools share a history. Central State began in 1887 as a state-supported department of Wilberforce University and became an independent institution in 1947. Its public mission and its land-grant role both reach far past its campus.

The annexation covers about 327 acres of the main campus. The university's Dayton location is not included.

Xenia has supplied Central State's water since the 1950s, through a line that dates to the 1930s, and its sewer service since 1979. Because the campus sat outside the city, the university paid a 50% surcharge on both. President Morakinyo A.O. Kuti told WYSO earlier this year that he expected the new arrangement to save roughly \$250,000 to \$400,000 while putting water, sewer, fire and emergency medical services on steadier footing.

There is a cost on the other side. Employees who work on the Wilberforce campus, but live outside Xenia, will now pay the city's 2.25% income tax.

Money no longer spent on surcharges can go to

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The Body Keeps the Policy Score

How power, place, and persistent stress become biologically embodied

By Dr. Okey K. Enyia

Where Purpose Meets Policy with Dr. Enyia

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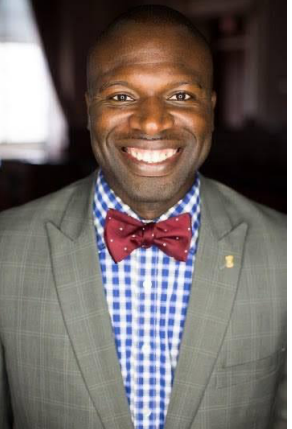
What happens when the systems surrounding people repeatedly require them to remain vigilant, work harder, absorb more stress, and recover with fewer resources?

Eventually, the burden may become more than emotional or social.

It may become biological.

A consequential new article by Dr. Stephanie H. Cook, “The Intersectional Psychoneuroendocrinology Framework: Social and Geographic Pattern-ing of Systemic Inflammation in the All of Us Research Program,” offers an important framework for understanding how intersecting systems of power may become embodied over time. Published in Psychoneuroendocrinology, the article asks a question with profound implications for health equity:

How do intersecting systems of power organize the conditions of everyday life, and how might those conditions become biologically em-



Dr. Okey K. Enyia

bedded?

I want to congratulate Dr. Cook on this timely and intellectually significant contribution to public-health science.

Read the article in Psychoneuroendocrinology.

People Do Not Experience Inequity One Category at a Time

Public-health research frequently examines race, gender, income, and geography as separate variables.

But that is not how people experience life.

A person does not experience race on Monday, gender on Tuesday, income on Wednesday, and neighborhood conditions on Thursday.

These forces operate simultaneously. Together, they influence how people are perceived, the institutions they encounter, the resources available to them, the threats they must navi-

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Local

Miami Valley Weather

Saturday
Sunny
High 69
Low 49

Sunday
Sunny
High 73
Low 46

Monday
Sunny
High 68
Low 42

Tuesday
Sunny
High 69
Low 41

Wednesday
Mostly Cloudy
High 77
Low 45

5 day Forecast



"Unleashing Your Authentic Leadership"

Tuesday, October 13, 2026
6:30pm via Zoom

Join us for this informational session.

Step into a fresh, practical conversation about what it means to lead with authenticity. In this engaging 60-minute virtual session, participants will explore how our values, experiences, and leadership style shape the way we build trust, influence others, and show up in moments that matter, while also finding the balance through each season.

Through reflection, real-world discussion, and simple leadership practice, attendees will leave with greater clarity, confidence, and a personal commitment they can apply right away.

Presented by:

IVY B. GLOVER, CDP®, CCUFC



For Zoom connection info go to

NBMBAadayton.org/events

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NBMBAadayton.org

Sean Lightfoot Among Nation's Top 100 Real Estate Professionals...
Continued from Page 1





Trotwood Schools Take a Stand Against Bullying, Even in the Rain

Rain May Stop The Parade, But It Won't Stop Community Unity
The Detour Program Inc. and Trotwood-Madison City Schools Pivot B-Against Bullying Celebration Due to Weather, Keeping the Focus on Safe Schools, Bullying Prevention and Showing Up for Scholars

TROTWOOD, OHIO — The rain may have changed the plans, but it will not change the purpose. Due to inclement weather, The Detour Program Inc. has made the difficult decision to cancel the outdoor B-Against Bullying Community Unity Parade planned in partnership with Trotwood-Madison City Schools. But Community Unity is NOT canceled. Instead, The Detour Program, Trotwood-Madison City Schools, sponsors, community partners and vol-

unteers will pivot the day into a celebration focused on the reason everyone planned to gather in the first place, the scholars. The historic parade was scheduled to bring together scholars from throughout Trotwood-Madison City Schools alongside educators, city leaders, prevention professionals, community organizations and caring adults in recognition of A Decade of Impact through the B-Against Bullying initiative. For the first time, the parade was scheduled during the school day with district wide participation. While Mother Nature had other plans, the community still intends to Show Up, Serve and Celebrate. “This one hurts,” said Erica -Osinubi, Founder of The Detour Program Inc. “We have spent months preparing for the moment our scholars would walk together and see an entire community standing with them. But the parade was never the purpose the children were. Rain can change our route, but it cannot change our responsibility to show our young people that we see them, we support them and their lives matter.” THE CELEBRATION CONTINUES Many of the experiences planned for scholars will continue as weather and district logistics allow, including music from our DJ, games, activities, student favors and giveaways, community partners, prevention resources, food and

plenty of opportunities for encouragement and connection. The day will remain centered on creating a joyful, supportive environment where scholars can see caring adults, educators, prevention professionals and community leaders united around them. The celebration also provides an opportunity to recognize the ongoing work taking place throughout Trotwood-Madison City Schools to address bullying and create safer school environments. Every school building throughout the district has been equipped with a Bully Box, providing scholars and members of the school community with an additional avenue to report bullying concerns. The message behind those boxes is simple: Speak up. You deserve to be heard. CELEBRATING TROTWOOD-MADISON MIDDLE SCHOOL The community will also celebrate Trotwood-Madison Middle School for its recognition and banner through the National No Place for Hate program. The recognition highlights ongoing efforts to foster belonging, respect and positive school culture; Work that continues regardless of what the weather looks like outside. COMMUNITY PARTNERS STILL SHOWING UP Montgomery County ADAMHS, a major sponsor of the 2026 B-Against

2026 Top 100 Realist Royale. The national celebration was held July 28 during NAREB’s Annual Convention in Las Vegas. narebtop100.com In the individual category, Lightfoot was ranked No. 37 nationally, with a reported 2025 production volume of \$8,721,703. The individual honorees were ranked according to total real estate sales volume. For GDRA, this recognition represents more than an individual professional milestone. It is also an opportunity to celebrate the excellence, leadership, and impact of Realists who are working every day to strengthen communities and expand opportunities for homeownership. Sean Lightfoot has built a long-standing career serving buyers, sellers, investors, and families throughout the Dayton and Miami Valley area. His professional profile reflects more than two decades in real estate, with

Bullying All-Star Weekend, has helped make this milestone experience possible. The Montgomery County Prevention Coalition, Goodwill Easter Seals’ All Kids Club, City of Trotwood leaders, Trotwood-Madison City Schools leadership and Board of Education members, volunteers and other community partners were invited to participate in the original parade and celebration. Their involvement represents the larger message behind Community Unity: preventing bullying and supporting youth mental wellness requires

experience dating back to 2002. The NAREB Top 100 program was created to recognize outstanding professionals within the Black real estate community and highlight their contributions to the industry and the communities they serve. NAREB reported that its 2026 honorees across the individual, team, brokerage, developer, and commercial categories represented more than \$5.7 billion in combined 2025 production. Excellence That Inspires a Community Achievements such as this demonstrate what is possible through consistency, professional excellence, service, and a commitment to helping families build stronger financial futures through real estate. The Greater Dayton Realist Association is proud to recognize Sean not only for reaching a significant national milestone, but also for representing

the Greater Dayton real estate community on a national stage. His accomplishment serves as encouragement to emerging professionals and a reminder of the important role Realists play in educating consumers, creating opportunities, strengthening neighborhoods, and helping families pursue the dream of homeownership. Congratulations, Sean Lightfoot! GDRA is proud of you, and the Greater Dayton community celebrates this well-deserved national recognition with you. Celebrating excellence. Celebrating leadership. Celebrating achievement. Together, we continue advancing the mission of Democracy in Housing and building stronger communities through real estate. greaterdaytonrealist.com

an entire community. The City of Trotwood has also proclaimed October Anti-Bullying and Suicide Prevention Month, further reinforcing the community’s commitment to safe schools, safe spaces and young people knowing where they can turn for support. A DECADE OF IMPACT CANNOT BE RAINED OUT For more than a decade, The Detour Program’s B-Against Bullying initiative has worked to address bullying, suicide prevention, self-love, mental wellness and family support. This milestone year was intended to celebrate that

impact and it still will. “We could focus on everything the rain prevented us from doing,” Gist-Osinubi said. “Or we can show our children one more lesson: sometimes the plan changes, but the mission doesn’t. We are still here. We are still showing up. And we are still going to celebrate them.” The Detour Program hopes the pivot itself becomes part of the lesson for scholars: community is not defined by an event, a route or perfect weather. Community is defined by who still shows up.

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PUBLISHER
RoShawn Winburn
rw@thedwn.com



EDITOR
Imari Burton
imari@thedwn.com



PRODUCTION MANAGER
Brenda Coleman
brenda@thedwn.com



PHOTOGRAPHER
Kenny Wilkinson

Editorial & Comments

The Business of Black Outrage... Continued from Page 1

The list is far from exhaustive. As there are dozens of other names that could be added to this time line — of which, many became national symbols, while some generated significant regional attention, and others that disappeared from media almost as quickly as they appeared. The circumstances, cities, and legal outcomes all vary. But the recurring pattern is too difficult to ignore.

The question here isn’t whether these deaths matter, because THEY DO. The bigger questions to be asked here are:

What happens when Black tragedy becomes a recurring catalyst for political mobilization, corporate messaging/signaling, media consumption and public outrage? Further, why has the cycle continued for over a decade without resolving the underlying conditions that created it?

Ultimately somewhere between the initial tragedy and the eventual return to normalcy, an entirely new ecosystem begins to form. An ecosystem made up of actors whose motivations may be the same, or different from one another but become connected by the same event. In part, none of these actors necessarily has to be coordinating with each other for said ecosystem to exist, as each can simply be responding to the incentive in front of them...For starters, the media has an audience to capture, while social media platforms have engagement to generate, activists have causes to advance, politicians have voters to sway and mobilize, and corporations likewise have consumers to maintain.

So, what happens when those incentives repeatedly converge around the subjects of Black tragedy and racial in justice? And does the increased attention generally create accountability, or just another news cycle? Does the corporate activism produce meaningful change or simply protect the brands reputation? Is social media activism helping create sustained movements, or is it rewarding increasingly emotional and divisive content? And most importantly, does the political messaging and framework during these campaigns that follow shortly after actually lead to lasting and meaningful policy changes? or, is it actually just intensifying urgency for the upcoming elections?

In hindsight, the George Floyd BLM protests created an enormous financial movement surrounding racial justice in 2020. The Black Lives Matter Global Network Foundation (BLMGNF) reported raising \$90 million that year. While supposedly distributing roughly \$21.7 million in grants, and ending the year with approximately \$60 million in assets.

The foundation has said that much of the money was intentionally retained for long-term investment and future grants. But, when millions of Americans donated in response to a national moment of racial outrage, how much of it actually translated into measurable and direct benefits for the Black communities those donors believed they were supporting?

Where Does The Money Go?

This question became even more controversial following Candace Owens documentary The Greatest Lie Ever Sold, which further examines BLM’s finances, real estate purchases, and leadership, questioning where the millions raised after George Floyd’s death actually went. More recently, the BLMGNF has faced federal scrutiny over finances allegedly concerning handling of donor funds and fraud which as of September 2026 is still under current investigation with the

DOJ regarding possible false statements on the organizations 2020-2021 990 IRS forms, wire fraud, and embezzlement.

Separately, this very concern actually became a documented criminal case here in Ohio. Where Sir Maejor Page, a Toledo man who operated a separate and similar organization called Black Lives Matter of Greater Atlanta, in which he was later convicted of wire fraud and money laundering. Prosecutors stated he obtained more than \$450,000 from approximately 18,000 donors through “false representation” and used the money for personal expenses. Page was sentenced to 42 months in federal prison in 2024. His conviction does not establish wrongdoing by BLMGNF, but it does demonstrate just how the public trust and enormous financial activity surrounding the 2020 BLM movement could also create opportunities for financial abuse against the very people some movements claim to protect.

This is also not to say corporations, politicians, media, etc. shouldn’t respond when controversy strikes, or when consumers identify or respond to genuinely offensive ad imagery. They should respond. But moreover have the corporations become more responsive to the public, or have the companies just learned controversy itself can generate larger amounts of attention and revenue for the brand? Over the past several years, major brands have also found themselves intertwined at the center of controversies that seemingly all follow the same pattern.

Corporate Statements and Spending

And the corporate response regarding BLM went beyond public statements. As a 2021 Washington Post analysis found that Americas 50 largest public companies announced an approximate \$49.5 billion in racial justice commitments following George Floyd’s death, though more than 90% came through loans and investments

rather than charitable donations.

McKinsey Institute for Economic Mobility followed these corporate commitments and found by May 2021, Fortune 1000 companies had made \$200 billion in cumulative commitments. Also noting that how the money was actually being spent remained “unclear”. These financial commitments are only part of the broader scope of corporate response to racial tension, as many companies have also found themselves increasingly under scrutiny for the imagery, symbolism, and messaging in their advertising campaigns amid racial controversies.

This isn’t a new phenomenon. As in 2018, company H&M faced widespread backlash after featuring an advertisement with a Black child wearing a sweatshirt reading “coolest monkey in the jungle”. H&M apologized afterwards and removed the imagery. Fast forward to present day 2026, as racial controversy once again entered the national conversation surrounding cases like Nolan Wells. Converse likewise found itself facing similar backlash over their most recent ad in which critics said evoked imagery associated with the KKK and lynching’s. The timing is difficult to ignore. As September 17th, 2026, AP reports on multiple Black people found hanging with nearly 60 members of Congress calling for federal investigations from the Justice Department and to enforce the Emmett Till Antilynching Act. Then just 24 hours later, on September 18th,

The Washington Post then reports on the converse advertisement. And to follow amid the already racially charged climate, on September the 22nd regarding the verdict of the Nolan Wells case, the grand jury announced it would not bring charges forward.

So, when racial controversy is already dominating public and national conversation why do images invoking that same history continue to appear simultaneously? Is the timing coincidence?

The Names Change, The Questions Don’t.

Increasingly many of the most intense national conversations about race have unfolded during periods of heightened political activity. George Floyd’s death in 2020 is one of the clearest examples. As his killing became a central issue in the presidential campaign immediately, both basing their campaigns heavily on racial injustice, policing, and Black voter turn out in response.

Biden once elected signed on the George Floyd Justice in Policing Act, which sought sweeping federal policing reforms, but after Biden was elected, legislation stalled in Senate and never became law. So again, what actually changes for Black Americans particularly once the outrage fades?

That question brings us back to the cycle. Always ending with the attention

Something to Consider: Are You Content with Your Life?

By: Brenda Cochran
Contributing Writer

I found it very interesting that on September 29, 2019, Rev. Charles Stanley, TV Evangelist, continued his series on- “Following the Will of God” which has been not only interesting, but informative. Each week, he adds more to our following God’s will.

On the same day during church service, my minister, Father Benjamin E. K. Speare-Hardy shared a series of thoughts on asking the question of whether you are content with your life? Though two different sermons, when one thinks about it, these two subjects could be interrelated.

Depending on your religious persuasion, some are certain that they are living a life of contentment because they are always following God’s will or plan for his/her life. For others whose religion does not follow the words of God, but believes in a different source or thought, may base their contentment on the physical things in their lives – preferably money and material things.

I believe that there are few people who are consistently content with life. It seems that it is more common for them to be up or down whether mentally, physically or emotionally. It seems that it may depend on the circumstances or situation in which one lives. The Christian faith believers can describe life as feeling content because they consider that God is blessing them. In other words, they



Brenda Cochran

are appreciative of all the blessings they have that God provides for them. Others whether Christian or not feel that their lives are happy and feel content because they have much wealth.

Being content doesn’t mean that you never want change in your life or to have anything else in your life. It means that you can be completely satisfied to wait and be satisfied with whatever God chooses to do in your life. It seems that no matter what religion you practice, you may feel the same way.

There are so many problems in our lives these days and all of us experience times when things just don’t go the way we plan. It is wonderful when we get to the point that we feel we can be happy and content even when we are not able to get our way – or get what we want.

The scripture used for Father’s sermon on September 29, was taken from 1Timothy 6:6-19. The first line reads, “There is great gain in godliness combined with contentment, for we brought nothing

'Is Entrepreneurship Your Path?'

By: Juanita-Michelle Darden

Entrepreneurship can be rewarding, but passion alone will not keep the doors open. Being a true entrepreneur means accepting responsibility for learning, planning, and delivering excellence, even when nobody is watching.

Start with the basics. Understand budgeting, bookkeeping, pricing, marketing, and customer service. Take a business course. Find a mentor. Write a business plan that identifies your customers, costs, competition, and path to profitability. Do your homework before investing your money or asking someone else to invest theirs.

You can pursue entrepreneurship on your own terms. That might mean buying an existing business, investing in a fran-

chise, or building gradually while keeping your full-time job. Each option requires careful research. A partnership can also work, provided everyone understands their role, responsibilities, financial commitments, and how decisions will be made. Put those agreements in writing.

Honor your boundaries. Stay in your own lane, and if you venture beyond it, get the proper training and guidance. Do not move forward knowing you cannot deliver excellent work. Your reputation is part of your business.

Doing it right also means knowing when to pause. If you lack the cash, credit, collateral, or another realistic funding strategy, prepare before committing. If you lack support, build a network. If the market is saturated, determine what makes your business dif-

ferent and whether customers actually want it. Sometimes “not now” is the wisest business decision.

Fortunately, you do not have to figure everything out alone. The Dayton Region has an excellent entrepreneurial ecosystem with extensive resources, many available free of charge. I recommend beginning at the Greater West Dayton Incubator, located at 1169 West Third Street in the Historic Wright Dunbar Business District. Visit www.thegwdi.com.

Entrepreneurship may be your path. Walk it with preparation, purpose, and the discipline to do it well. And in all things, keep it PERKY, JM. Juanita-Michelle Darden, Director, Greater West Dayton Incubator jdarden1@udayton.edu

Dalai Lama

When you are discontent, you always want more, more, more. Your desire can never be satisfied. But when you practice contentment, you can say to yourself, ‘Oh yes – I already have everything that I really need.’

Dalai Lama

dying down after elections. This does not mean however, that every response to tragedy made national news is calculated and that every corporation, politician, activist, or journalist is acting in bad faith. This also isn’t to say some aren’t. It simply means we should be willing to examine the system itself, because if the names keep changing, the outrage keeps returning, and the country repeatedly having the same conversation. We have to realistically ask what’s actually being accomplished behind it all? And perhaps

the biggest question of all is ultimately, who benefits from Black outrage?

Many in the media as well as the public at large tend to position Black outrage itself as the problem rather than asking whether institutions have adequately responded to it. But outrage was never the end goal. Let alone the goal at all. The greater challenge and focus should be turning that reaction into organization, strategy, and action. There’s a fundamental difference between reacting to what happens to us and collectively building what

we want for ourselves.

The Black community has every right to demand accountability when injustice occurs. But the attention cannot end with protests, campaign speeches, corporate statements, online trends, and news cycles.

The names may continue to change. Tragedies will continue to demand our attention. But our response does not have to remain trapped in the same cycle.

Culture

Ladies and Gentlemen

By: Carol Prewitt, President
Prewitt Consulting LLC, Civility an Etiquette Training



The Importance of Telephone Etiquette

Phone etiquette is crucial because it reflects professionalism, builds trust, creates positive first impressions, and strengthens both personal and business relationships. A confident, courteous voice signals competence. A rushed, distracted, or rude one suggests the opposite, regardless of how skilled you are.

8 Helpful Telephone Etiquette Tips

1. Always identify yourself at the beginning of all calls.
2. Be sensitive to the tone of your voice. Do not sound overly anx-

ious, aggressive or pushy.

3. Think through what you plan to say and discuss before you make a call.
4. Do not allow interruptions to occur during conversations such as having side conversations with other people around you.
5. When leaving messages, speak clearly and slowly.
6. Make it a habit of always turning off your cell phone's ringer when entering a meeting, restaurant, theater, training class, or other places where the purpose of your visit would be interrupted. If you are expecting an important call, inform the caller you

will be in a meeting during certain times, will monitor your message indicator and will excuse yourself to leave and return the call.

7. Always speak into the telephone receiver with an even, moderate to low tone of voice when speaking on a cell phone out in public
8. Do not use a handheld cell phone while driving. Get a headset or speaker phone for the car.

By practicing good phone manners, you ensure that every call, whether personal or professional, leaves a positive, lasting impression.

DML Hosts Clothes That Work Programs

Dayton Metro Library, through its Workforce Education Initiative, continues its partnership with Clothes That Work to provide valuable career development opportunities.

The following October sessions will be held in The Center for Community Impact & Innovation at the Main Library from 12-1 pm. Registration required.

Interviewing 101, Friday, October 9: Gain confidence in answering questions, develop a winning elevator

pitch, and master online interviews. Registration required.

Resume Rescue, Friday, October 16: Learn to create a standout resume by crafting strong summaries, highlighting key skills, optimizing it for applicant tracking systems, and marketing yourself effectively. Registration required.

Navigating a Job Search, Friday, October 23: Develop organization and time management skills to make your job searching more effective.

Clothes That Work is a grassroots nonprofit or-

ganization that provides professional workplace clothing, confidence-building resources, and soft skills training for job seekers in the Miami Valley. Its Workforce Education Initiative curriculum was designed by area professionals specializing in workforce development and education. To learn more, visit clothesthatwork.org.

For more information about these programs and to register, visit DaytonMetroLibrary.org or call the Library's Ask Me Line at 937.463.2665.

Building Futures: Michael Manuel Uses Construction Education and Community Advocacy to Create Opportunity

By Greater Dayton Realist Staff

For Michael D. Manuel, construction is more than a trade. It is a pathway to ownership, entrepreneurship and community change.

Manuel serves as President and CEO of D.O.I.T. Community Development Corporation and teaches construction at Ponitz Career Technology Center.

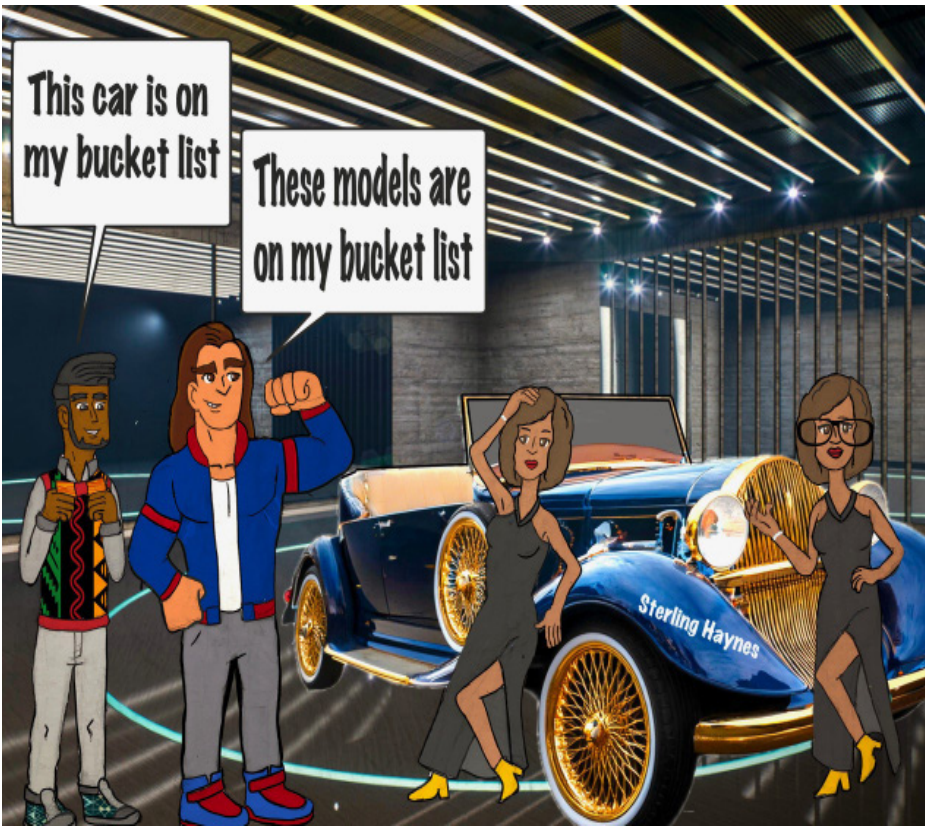
His work focuses on helping students see the construction industry not only as a place to find employment, but also as an opportunity to become contractors, subcontractors and business owners.

Manuel recently shared that his Ponitz construction students competed against schools including Centerville, Kettering, Miami Valley Career Technology Center and

Stebbins. According to Manuel, more than 700 students participated in the broader competition, and both of his teams placed first.

For Manuel, the achievement is important because it demonstrates what Dayton students can accomplish when they are given practical training, strong instruction and an opportunity to compete.

Frederick Douglass Patterson



By Professor Sterling Haynes

An entrepreneurial black man designed, built, and repaired cars for over half a century.

Frederick Douglass Patterson was born September 17th, 1871, in Greenfield, Ohio, the fourth of five children. His father Charles Richard and business partner J.P. Lowe established a carriage manufacturing business in 1873.

He graduated from Greenfield High School in 1888. As an outstanding athlete he was recruited to play football for Ohio State University. He was the first black football player in the University's history.

After college he worked as a teacher in Louisville, Kentucky for two years. However, he

moved back home to support the family business.

Patterson assumed leadership after his father passed in 1910. As a visionary he shifted the company's focus away from carriages into automobiles. In 1915 he started development of the first Patterson-Greenfield as a Horseless carriage.

The custom-made Patterson-Greenfield automobile had a four-cylinder engine and reached top speed of 50 miles per hour. Special features included: full floating rear axle, electric starting and lighting system, demountable rims, and a ventilating windshield.

About 150 cars were produced. The two-door roadster and four-door touring car. Patterson's Auto Service provided repair and maintenance for

the vehicles.

Due to competition from other car manufacturers. The company rebranded to Greenfield Bus Body Company In 1920. Production shifted to building bodies for trucks and buses. However, the financial problems from the Great Depression caused customers to cut back on bus orders.

Patterson died January 18th, 1932, at the age of 60. In 1939 the company closed its doors after providing 74 years of transportation services.

Resources
Blackpast.org, Caranddriver.com, <https://crpatterson.biz/the-patterson-legacy/>

Characters Aljay, Aleki, and twins Drella and Dreama are created by Sterling Haynes. Sterlinghaynes.com



Michael D. Manuel



He also believes the students' success deserves wider recognition. Manuel said the achievement was not publicized by Dayton Public Schools and hopes greater community attention will help connect students to employers, contractors, apprenticeship opportunities and mentors who can help them continue building their skills.

That work extends beyond the classroom through D.O.I.T. Community Development Corporation. Manuel's organization emphasizes construction training, workforce development and economic empowerment. His goal is to help people develop practical skills while also understanding the business side of the construction industry.

That distinction matters in community development. When local residents participate in construction only as labor, they may benefit from a

job. When they also learn how to become contractors, subcontractors, developers and owners, they can participate more fully in the economic value created by neighborhood investment.

Manuel's community advocacy is also personal. He has spoken publicly about discrimination he says he experienced in Wright Dunbar Village. A video produced through DATV and previously shared at the Top 10 African American Luncheon documents that experience. Manuel says the experience ultimately motivated him to build a new home in Jefferson Township.

Rather than ending his involvement in development, Manuel says the experience strengthened his commitment to helping others gain access to opportunity, ownership and the knowledge needed to shape their own communities.

His story connects education, workforce development, housing and community advocacy. A student learning construction skills today may become tomorrow's licensed tradesperson, subcontractor, contractor, developer or employer. Creating those pathways is an important part of building stronger neighborhoods.

The Greater Dayton Realist Association believes stories like Manuel's are important because Democracy in Housing is not only about who can purchase property. It is also about who has the opportunity to build, develop, invest in and help shape the communities in which we live.

For more information about D.O.I.T. Community Development Corporation, visit www.doitcdc.org or contact Michael Manuel at mike@doitcdc.org or 937-223-4475.



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Marc DeWitt

EXECUTIVE DIRECTOR

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Stronger Homes, Stronger Dayton: Greater Dayton Realist Association Connects Housing, Resources and Community

By Greater Dayton Realist Staff

Stronger neighborhoods are built when residents, housing professionals, lenders, community organizations, and local leaders work together. The Greater Dayton Realist Association continues to strengthen those connections by bringing valuable housing resources, education, and community partnerships to the Dayton area.

One recent discussion focused on improving housing conditions throughout the community. Representatives from the Dayton Energy Collaborative shared information about efforts to connect homeowners with home-repair resources, rehabilitation loans, and assistance





programs.

A pilot program through the City of Dayton Sustainability Office was also highlighted. The program is designed to help address critical repair needs in tenant-occupied rental properties owned by small-scale local landlords.

Eligible improvements may include furnace and water-heater repairs or

replacements, insulation, energy-efficiency upgrades, structural repairs, and other health and safety improvements.

These efforts can make a meaningful difference not only for individual households but also for the overall stability of Dayton neighborhoods.

Expanding Paths to Homeownership

Homeownership and access to financing were also important parts of the conversation.

Representatives from the lending community discussed opportunities for first-time buyers, veterans, entrepreneurs, investors, renovation borrowers, and others who may have different financing needs.

The message was clear: there is no single path to homeownership.

Connecting residents with knowledgeable professionals and trusted resources can help families better understand their op-

Stronger Homes, Stronger Dayton:

Greater Dayton Realist Association Connects Housing, Resources and Community



(ACTUAL REALIST MEETING)



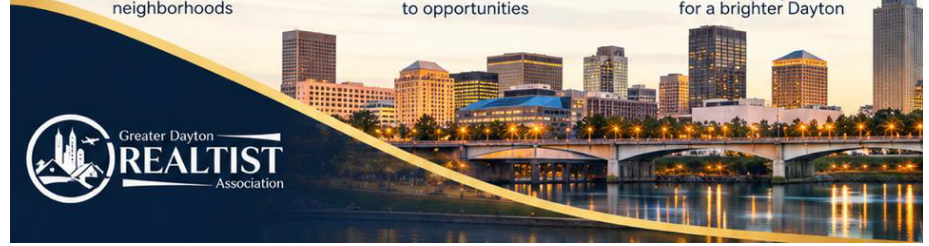
HOUSING
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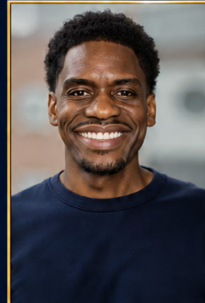
COMMUNITY
Working together for a brighter Dayton





CONGRATULATIONS!

TO GDRA DEVELOPERS ACADEMY GRADUATES!



Tammy Dixon **KE'MO A'AKHUTERA** **Tanisha Burns-Martin**

Your hard work, dedication, and achievement inspire us all.



tions and make informed financial decisions.

Service Beyond Real Estate

The Greater Dayton Realist Association also continues to emphasize that being a Realist is about more than completing real estate transactions.

Member Teresa Sudberry shared how her family's experience with foreclosure influenced her commitment to inner-city housing and inspired her work helping people access homeownership opportunities.

Her story reflects the association's broader commitment to education, advocacy, service, and strengthening communities.

Greater Dayton Realist Association currently has 102 members and is working toward a goal of reaching 200 members in the coming year. Members are encouraged not only to grow professionally but also to become active leaders and community servants.

President Traci Martin emphasized that leadership should be viewed as service rather than simply a title. She encouraged members to use their individual talents to support the organization and help develop the next generation of leaders.

Building a Stronger Dayton Together

From housing repair and financing resources

to business development, education, leadership, and community partnerships, the Greater Dayton Realist Association continues working to connect people with opportunities that can strengthen Dayton neighborhoods.

The work reminds us that housing is about more than buildings.

It is about families, stability, opportunity, and creating communities where people have the resources they need to move forward.

When Dayton works together, stronger homes can become the foundation for a stronger community

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SCAN FOR ALL 12 LISTINGS

Bringing SHIBA Home: What the State of Black Housing Means for Dayton

By Greater Dayton Realist Staff

generations. The National Association of Real Estate Brokers' State of Housing report, an asset that grows over time, and a legacy for the next generation. Yet the path to homeownership continues to come with challenges that have lasted for generations.

For many families, home ownership is just as important here at home. What the Numbers Mean for Dayton

Dayton is a diverse city with a significant Black population, while the overall owner-occupied housing rate in Dayton is about 48 percent, according to the latest U.S. Census Bureau estimates. Census.gov

Looking across Ohio reveals an even clearer picture of the homeownership gap. The Ohio Housing Finance Agency reports that approximately 37 percent of Black Ohio householders own their homes, compared with 73 percent of White householders. At the same time, one in five Black Ohioans lives in a household spending at least half of its income on housing. Ohio Home

Those numbers are more than statistics. They represent families working toward their first home, renters wondering whether ownership is within reach, seniors trying to remain in homes they have owned for decades, and young people hoping to build a stronger financial future.

They also demonstrate why conversations about housing must continue in Dayton.

Homeownership Is About More Than Buying a House

The Greater Dayton Realist Association believes that strengthening homeownership begins long before someone receives the keys to a property. It begins with education. Understanding credit, financing options, down payment assistance, fair housing protections, property ownership, estate planning, and the responsibilities that come with owning a home can make a tremendous difference in a family's ability to build lasting wealth. It also requires access to trusted professionals who are willing to educate consumers rather than simply complete transactions. That is why the work of Dayton Realists throughout the Miami Valley includes educational and networking meetings, fair housing education, homeownership resources, professional development, community service, and conversations about generational wealth. The Greater Dayton Realist Association is the Dayton-area chapter of the National Association of Real Estate Brokers (NAREB) and carries forward NAREB's long-standing mission of "Democracy in Housing." Dayton Weekly News

Turning a National Conversation Into Local Action

Reports like SHIBA help identify the larger challenges facing Black homebuyers. Local organizations help turn information into action. Together, we can:

- Help more renters become prepared homeowners
- Connect families with reliable information
- Protect longtime homeowners and their equity
- Help families pass property to the next generation
- Strengthen neighborhoods so Dayton families grow with them

borhoods grow. It should be to help Dayton families grow with them.

When residents have access to homeownership education, fair housing opportunities and knowledgeable professionals, they are better positioned to make informed decisions about their future. When families can build and preserve equity, that wealth can extend beyond one homeowner and positively affect children, grandchildren and entire neighborhoods.

That is why the State of Housing in Black America matters here in Dayton.

The national numbers tell us where challenges remain.

What Dayton does with that information can help determine what comes next.

The Greater Dayton Realist Association remains committed to educating, connecting and serving the community while advancing the principle of Democracy in Housing, one family, one homeowner and one Dayton neighborhood at a time.

For information about the Greater Dayton Realist Association, educational programs, membership and upcoming community opportunities, visit GreaterDaytonRealist.org.

BRINGING SHIBA HOME

WHAT THE STATE OF BLACK HOUSING MEANS FOR DAYTON

A LOCAL CONVERSATION. A STRONGER TOMORROW.

Dayton

PEOPLE NEIGHBORHOODS OPPORTUNITY HOME

Dayton is a city built on neighborhoods, families, history and the belief that a place to call home can become the foundation for something greater. For many Black families, homeownership represents stability, an asset that grows over time, and a legacy for the next generation. Yet the path to homeownership continues to come with challenges that have lasted for generations.

The State of Housing in Black America (SHIBA)

examines these challenges nationally. But the conversation is just as important right here at home.

THE NUMBERS TELL A STORY

These statistics highlight the homeownership gap and housing challenges facing Black families in Dayton and across Ohio.

38%

Black residents make up approximately 38 percent of Dayton's population.

U.S. Census Bureau

48%

The overall owner-occupied housing rate in Dayton is about 48 percent.

U.S. Census Bureau

37% vs. 73%

In Ohio, 37 percent of Black householders own their homes, compared with 73 percent of White householders.

Ohio Housing Finance Agency

\$1 IN 5

Black Ohioans live in a household spending at least half of its income on housing.

Ohio Housing Finance Agency

HOMESHOWSHIP IS ABOUT MORE THAN BUYING A HOUSE.

It's about education, access, informed decisions and building generational wealth.

TURNING A NATIONAL CONVERSATION INTO LOCAL ACTION

Reports like SHIBA help identify the larger challenges facing Black homebuyers. Local organizations help turn information into action. Together, we can:

• Help more renters become prepared homeowners

• Connect families with reliable information

• Protect longtime homeowners and their equity

• Help families pass property to the next generation

• Strengthen neighborhoods so Dayton families grow with them

EDUCATION TODAY. STRONGER NEIGHBORHOODS TOMORROW.

The Greater Dayton Realist Association believes strengthening homeownership begins long before someone receives the keys. We help families by providing:

Homeownership education

Understanding credit and financing options

Down-payment assistance information

Fair housing education

Property ownership and estate planning

Educational and networking meetings

Professional development

Community service

Conversations about generational wealth

Access to trusted professionals who educate, not just complete transactions

BUILDING WEALTH WHERE WE LIVE

Dayton's homes tell the story of the city — from historic neighborhoods to communities experiencing new investment. The goal is not simply to watch neighborhoods grow. It is to help Dayton families grow with them.

Dayton REALIST Association

The Greater Dayton Realist Association remains committed to educating, connecting and serving the community while advancing the principle of Democracy in Housing — one family, one homeowner and one Dayton neighborhood at a time.

Learn more at GreaterDaytonRealist.org

For information about educational programs, membership and upcoming community opportunities

Support Black Owned Businesses Advertise in the Dayton Weekly News

Faith

By: Rev. Joshua D. Ward,
Omega Baptist Church

There is a difference between being tired and being weary.

Tired is what happens when you've worked a long day and need some sleep. Weariness goes deeper. Weariness is what happens when your soul gets tired.

You know what I mean.

You've been the one everybody depends on. You've been caring for aging parents. Working long hours and still struggling to make ends

meet. Trying to hold a relationship together. Standing beside a hospital bed. Grieving somebody you love. Showing up for everybody else until one day you realize there isn't much left for you.

Who checks on the person everybody else counts on?

Jesus speaks directly to people in that place in Matthew 11:28: "Come to me, all you who are weary and burdened, and I will give you rest."

I love that his inviting begins with one word: all.

The World Is Cold

The world is cold,
But keep your head held high.
Keep your heart of gold
And reach toward the sky.

When life knocks you down,
Rise up and face the day.
Look toward the horizon—
There is still a better way.

When love is forgotten
And hope is bought and sold,
Remember there is still a light
When everything feels cold.

Mama lost her baby,
Dad was wounded by the pain.
But Yahweh knows their sorrow
And hears them call His name.

The world may break your heart,
But God’s love has no end.
You are His greatest treasure;
He will be your faithful friend.

The world is cold,
But God’s love keeps burning bright.
When darkness surrounds you,
He will lead you to the light.

Written by Martel Kelly
Sponsored by Remind4you.com

Weariness doesn't care about your zip code, your job title, your education, or how much money you have in the bank. Eventually, life gets heavy for all of us.

But what Jesus says next has always intrigued me.

“Take my yoke upon you and learn from me.”

A yoke was a wooden beam that joined two animals so they could pull together. Often, a younger animal was yoked alongside an older, stronger one. The younger learned by walking beside the experienced one—step by step, through the field.

So Jesus doesn't tell

weary people, “Try harder.”

He doesn't say, “Get yourself together.”

He says, essentially, “Stop pulling by yourself. Walk with me.”

That matters because Jesus never promises that following him will make life easy.

There are burdens that don't disappear overnight. There are prayers that take time to answer. There are tears that still fall. There are graves we still visit. There are responsibilities waiting for us tomorrow morning.

The yoke doesn't remove the field.

The yoke doesn't elimi-

nate the work.

The yoke changes who's pulling with you.

Maybe that's a word somebody needs this week.

Strength doesn't always mean carrying more. Sometimes strength means finally admitting that you were never supposed to carry everything alone.

Lean on people who love you. Accept help when it is offered. Tell somebody when you're struggling. And when you've reached the limits of what you can control, don't be ashamed to pray, “God, I need some help.”

I've discovered that the blessing of faith isn't that I never get weary.

It's knowing what to do when I do.

I come.
I pray.
I listen.
I lean.

And somehow I find enough grace for today, enough strength for this part of the journey, enough peace to keep going and enough hope to believe in tomorrow.

The burden may still be there.

The field may still need to be plowed.

But I don't have to pull it alone.

DML’s Get Outside Book Club Returns

Dayton Metro Library’s popular Get Outside Book Club continues with outdoor adventures for families and young children. In partnership with Five Rivers MetroParks, each session features a different theme, with many taking place at MetroParks locations throughout the Miami Valley. Registration is required for the following sessions:

Nighttime Exploration
Friday, October 9, 7-8 pm, Hills and Dales MetroPark

Explore forest nightlife through stories about owls and other nocturnal animals, then venture into the woods for a naturalist-led owl prowl.

Spiders
Thursday, October 15, 10-11 am, Island MetroPark

Read fun stories about spiders, learn how to engage them safely, and then look for them in the park.

Lessons from Wildlife,
Wednesday, October 21, 10-11 am, Miamisburg Branch

Learn how to help wildlife thrive while meeting special animals such as a box turtle and gray rat snake. Then, enjoy stories from the MetroParks staff.

Farm Life
Thursday, October 15, 1-2 pm, Possum Creek MetroPark

Learn about farm life through stories, then venture into the gardens and barns to see what is happening at Possum Creek Farm.

Falling Leaves

Tuesday, October 27, 10-11 am, Cox Arboretum MetroPark

Read stories about the seasons, then go on a hike to celebrate autumn by looking at the shapes and colors of leaves.

For more information about the Get Outside series, visit DaytonMetroLibrary.org or call the Library’s Ask Me Line at 937.463.2665. Register for sessions at metroparks.org/get-outside-book-club/.

DML’s Health & Wellness Partner Program

Dayton Metro Library will host the following health and wellness partner programs:

Mini Resource Fair: Child Wellness and Care, Tuesday, October 6, 12-2 pm, Main Library, Atrium: Connect with organizations offering support and services related to physical, mental, and emotional health, and general well-being.

Premier Mobile Health Unit Visit, Wednesday, October 7, 1-4 pm, Wilmington-Stroop Branch: Re-

ceive free diabetes education and health screenings for cholesterol, blood pressure, blood glucose, and A1C via fingerstick testing. No fasting required. Registration required.

Meditation, Thursday, October 8, 5-6 pm, Main Library, Community Room, 2nd Floor: Reset your nervous system by learning the basic principles of meditation. The session includes group practice and handouts to take home. Registration required.

Sustainable Swaps to Hazardous Waste, Thursday, October 8, 6-7 pm, Miami Township Branch: Montgomery County Solid Waste District will provide an in-depth look at common hazardous materials and safe alternatives. Learn how to build a toolkit of solutions to common under-the-sink products. Registration required.

Gentle Yoga by Cross Yoga, Thursday, October 8, 6:30-7:15 pm, Huber Heights Branch: An-

gela Cross will lead this beginner-friendly class, guiding patrons through various poses. Registration required.

PD Care Partners Support Group, Friday, October 9, 1-3:30 pm, Miami Township Branch: Meet with others who care for those with Parkinson’s disease to share information, ideas, and experiences.

Responding Effectively to Conflict, Wednesday, October 14, 2-3:30

Continued on Page 8

The Body Keeps the Policy Score... Continued from Page 1

gate, and the opportunities they have to recover.

Dr. Cook’s framework challenges researchers to move beyond simply adding more demographic variables to statistical models. It invites us to examine how systems of power interact to produce distinct social and biological conditions.

That distinction matters.

Race is not a biological risk factor. Racism can be.

Poverty is not simply a personal characteristic. It represents a material condition that can influence housing, food, safety, employment, transportation, healthcare access, environmental exposure, and the time available for rest and recovery.

Geography is not merely where someone lives. It can reflect decades of decisions about investment, segregation, infrastructure, environmental protection, healthcare capacity, and political power.

The body encounters the consequences of those systems even when our research models fail to capture their complexity.

A Question I Carried Through My Doctoral

Studies

This aspect of the study especially resonated with me because an intersectional analytic approach was one I seriously considered as I pursued my doctoral studies in health policy. I was interested not only in documenting racial differences in health and healthcare access, but also in examining how race, gender, socioeconomic position, geography, and other structural conditions operate together to shape health outcomes.

Ultimately, every doctoral study requires choices about scope, available data, measurement, statistical power, and the questions a particular methodology can responsibly answer. My dissertation focused on differences in health insurance coverage and access to a usual source of care between Black and white men before and after implementation of the Affordable Care Act. Yet the challenge of capturing the heterogeneity within those populations remained important to me.

That is why I especially appreciate both the intersectional orientation of Dr. Cook’s work and the methodology employed to examine multiple struc-

tural positions rather than treating race, gender, and income as isolated influences. The study engages a question that has remained central to my own thinking: How can our methods more accurately reflect the complexity of people’s lived experiences while still producing findings that are rigorous, interpretable, and useful for policy?

For me, this is one of the article’s most valuable contributions. It demonstrates that intersectionality is not simply a statement that identities overlap. It can inform how researchers define populations, structure comparisons, examine variation, and interpret the distribution of biological burden.

Two Pathways From Structural Conditions to Biological Burden

Dr. Cook proposes two pathways through which structural conditions may shape biology.

The first involves **threat appraisal and anticipatory vigilance**.

People who repeatedly encounter discrimination, instability, surveillance, or unsafe conditions may learn to anticipate threats before they fully materialize. That can mean constantly monitoring a room,

evaluating how one will be perceived, deciding whether it is safe to speak, preparing for possible mistreatment, or suppressing a response because confronting the situation may carry additional consequences.

That vigilance requires physiological work.

The second pathway involves **environmental calibration**.

When people live within sustained geographic and residential conditions, their biological systems may adjust to the environments they repeatedly encounter. Those environments can include concentrated disadvantage, exposure to violence, environmental hazards, limited access to healthy food, under-resourced healthcare systems, and few spaces that permit genuine restoration.

In both pathways, repeated exposure and restricted opportunities for recovery may contribute to longer-term inflammatory burden.

This is not simply a story about people being unable to “manage stress.”

It is a story about the environments and systems that repeatedly generate stress while distributing the resources for recovery

unequally.

What the Study Found

Using data from 14,601 adults in the National Institutes of Health’s All of Us Research Program, Dr. Cook examined systemic inflammation across 27 intersectional structural positions defined by race and ethnicity, gender, and income, with additional attention to geographic context.

The analysis found detectable social and geographic patterning in systemic inflammation.

The study is appropriately careful about what that finding establishes. It identifies differences in the distribution of inflammatory burden. It does not, by itself, prove that particular experiences of discrimination, vigilance, neighborhood conditions, or neuroendocrine processes caused those differences.

That caution strengthens the work.

The empirical analysis provides an initial population-level test of one downstream implication of the framework. Future longitudinal research can more directly examine the pathways connecting structural position, place, everyday experiences, neuroendocrine regula-

tion, recovery, inflammation, and long-term health.

The Connection to John Henryism

This framework also has important implications for how we understand John Henryism.

Developed through the pioneering work of Dr. Sherman A. James, John Henryism describes a pattern of persistent, high-effort coping with difficult social and economic conditions. It is rooted in the story of John Henry, the steel-driving man who defeated the machine but died from the extraordinary effort required to do so.

The lesson is not that hard work is inherently harmful.

Effort, perseverance, responsibility, and determination can be sources of meaning, dignity, achievement, and community advancement.

The danger emerges when extraordinary effort becomes a permanent requirement for surviving structurally constrained conditions, especially when that effort is not accompanied by adequate resources, institutional support, protection, rest, or op-

Continued on Page 12

Education

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Central State is Now Part of Xenia. Why Its HBCU and Land-Grant Mission Matters... Continued from Page 1

ward students, research and outreach. At Central State, that outreach carries a statewide responsibility. The land-grant mission took a century. Central State traces its roots to 1887, and its land-grant history is a story of delayed recognition. The Second Morrill Act of 1890 created land-grant support for historically Black institutions at a time when Black students were shut out of many colleges founded under the original act. According to the university's own history, Ohio lawmakers in the 1890s considered sending that funding to Central State's predecessor. The money went elsewhere. Central State did not receive the federal designation until 2014. Today, it is one of 19 historically Black universities in the 1890 system. Land-grant work is much broader than farming. It rests on three duties: teaching, research and extension. Central State researchers study sustainable agriculture, water resources, food and nutrition, and aquaculture, and its programs prepare students for careers in agriculture, science and engineering. Extension is how that knowledge leaves campus. Central State's programs cover agriculture, 4-H and youth development, family and consumer sciences, and community and economic development. In practice, that means helping farmers build sustainable operations, teaching financial literacy, supporting small businesses and offering technical help to communities. The university names underserved Ohioans, urban and rural, among the people it is meant to reach. It is easy to file this as a Xenia story. It is also a Dayton story and a Black economic development story. Central State sits about 20 miles east of Dayton, and its land-grant mandate does not stop at the campus edge. A university with stable infrastructure and finances is better positioned to recruit researchers, compete for federal dollars and bring programs into neighborhoods. The problems land-grant schools were built to address are still here. Food insecurity, limited access to education, small businesses that need support, and communities without easy access to expertise are still among area challenges. The U.S. Department of Agriculture says its 1890 programs are meant partly to reach limited-resource and minority farmers, small producers and underserved communities. Central State is Ohio's school in that network. Days before the annexation vote, Central State named Terry Cosby interim vice president for Research and Economic Development and director of its 1890 Land-Grant Programs. Cosby is a former Ohio state conservationist and former chief of the USDA Natural Resources Conservation Service, which serves farmers and landowners nationwide through thousands of field offices. Hiring someone with that résumé signals the university wants its land-grant work to grow. Annexation settles who provides Central State's water and emergency services, but does not settle what the university becomes next. Black communities across the Miami Valley have a stake in that answer. Possibilities include partnerships with Black farmers and landowners, youth pathways into agriculture and STEM, support for urban growers and food entrepreneurs, and research on problems facing underserved neighborhoods. Joining Xenia moved a boundary line. The real test is whether a steadier Central State can extend its reach beyond it.

Sinclair Receives \$3.2M Federal CCAMPIS Grant to Significantly Expand Child Care Support for Student-Parents

Sinclair Community College has been awarded a four-year, \$3,233,724 federal grant through the Child Care Access Means Parents in School (CCAMPIS) program, administered by the U.S. Department of Health and Human Services on behalf of the U.S. Department of Education Office of Postsecondary Education. Representing a 46% increase over Sinclair's current CCAMPIS funding, the award covers the project period from October 2026 through September 2030. Out of nearly 300 nationwide applicants, only 40 institutions received funding. Sinclair is proud to be the only institution in Ohio to receive an award in this funding cycle, with its \$3,233,724 grant ranking as the third largest in the entire country. Affordable childcare remains a significant barrier to higher education for many student-parents. According to Sinclair's 2024 Student Financial Wellness Survey, 26% of students identify as parents, and 23% of surveyed student-parents reported missing at least one day of class due to childcare challenges. "This reflects a strong proposal, an incredible Grants team, the support of leadership, and our shared commitment to removing barriers for student-parents," said Dr. Steve Johnson, President & CEO at Sinclair Community College. "We are incredibly proud



of what we accomplished together and even more excited about what this investment will allow us to do for Sinclair students and their families over the next four years." This major federal investment is designed around a clear theory of change: when student-parents have access to affordable, reliable, high-quality childcare and coordinated support, they are better positioned to stay enrolled, complete their credentials, and achieve long-term family economic mobility. At the same time, their children benefit from stable, developmentally appropriate early learning environments. Over the next four years, the project will provide approximately \$1.8 million in direct childcare subsidies to low-income, Pell-eligible student-parents enrolled in degree-seeking programs at Sinclair. Overall, the program anticipates serving: • Approximately 200 or more student-parents each year. • Approximately 114 children each year with direct childcare subsidies. Additionally, a dedicated Student Success Coach funded by the grant will support Pell-eligible parenting students beyond those receiving direct childcare subsidies, helping them navigate alternative childcare resources, public funding, and other campus and community services. The funding also allows Sinclair to increase staff hours to effectively manage and expand these vital services. With this increased funding, Sinclair will expand the number of childcare subsidies available for student-parents who have children enrolled in local partner Mini University Daycare Centers: • Early Childhood Education Center: Located on Sinclair's downtown Dayton campus. • Mini University at the Hope Center for Families: Located less than three miles from the downtown campus.

"The CCAMPIS grant is transformational for Sinclair and The Hope Center for Families," said Dr. Jessica Minor, Chair of the Education Department at Sinclair College. "It removes a major barrier for our student-parents by making high-quality, affordable childcare possible, so they can stay in school, complete their programs, and build brighter futures for their families." Together, these two centers provide more than 240 childcare slots and serve children from infancy through age five. Both facilities are accredited by the National Association for the Education of Young Children (NAEYC) and proudly hold Ohio's highest Step Up to Quality rating: Gold. For more information about Sinclair Community College and its support services for student-parents, visit sinclair.edu. About Sinclair Community College Sinclair Community College offers more than 300 degree and certificate programs, including four bachelor's degrees, in specialized and technical areas of study that are in high demand in the Dayton region. Sinclair is recognized as a local and national leader in delivering high-quality and affordable higher education. Sinclair was named a U.S. Top 25 Community College by the Aspen Institute's 2027 Aspen Prize for Community College Excellence. Sinclair Community College was named the top college in the country for sustained and persistent student success when it received the esteemed Leah Meyer Austin Award from Achieving the Dream. One of the oldest and best-known community colleges in the nation, Sinclair was founded in 1887 and is a board member of the prestigious League for Innovation in the Community College. Visit sinclair.edu.

Wilberforce University Secures \$3 Million Federal Grant to Advance Technology and Rural Digital Equity

WILBERFORCE, OHIO — Wilberforce University has secured a \$3 million, five-year federal grant through the Title III Strengthening Institutions Program to implement its Technology and Rural Digital Equity Project. The investment will expand access to advanced technology, enhance teaching and learning, and strengthen the University's ability to support students from enrollment through graduation. The award represents the University's largest single-source federal grant outside its regular Title III funding since receiving \$2.06 million from the National Telecommunications and Information Administration (NTIA) in 2023. The first year of the project, October 2026 through September 2027, includes an initial award of \$824,200, with additional annual funding anticipated over the remaining four years. Founded in 1856, Wilberforce University is the nation's oldest private historically Black university and the first institution of higher education to be owned and operated by African Americans. For 170 years, Wilberforce has expanded educational opportunities and prepared

generations of leaders. This award advances that historic mission by addressing a defining barrier to opportunity today: access to the technology, digital skills and academic support needed to succeed in an increasingly connected world. "Since 1856, Wilberforce University has opened doors to opportunity, and this award allows us to carry that mission forward in powerful new ways," said Dr. Vann R. Newkirk, Sr., President of Wilberforce University. "For our students, it means greater access to the tools and experiences that prepare them for meaningful careers. For our faculty and staff, it means stronger resources to teach, serve, and help students succeed. For the surrounding community, it strengthens Wilberforce's capacity to prepare skilled graduates and support a more digitally connected rural

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DML's Health & Wellness Partner Program... Continued from Page 7

pm, Northmont Branch: Explore strategies for navigating conflict and discover tools to help stay grounded, prepare for difficult conversations, and foster respectful interactions. Presented by Dayton Mediation Center.

Project DAWN Training, Thursday, October 15, 6-7 pm, Northmont Branch: Learn how to recognize the signs of an overdose, perform a sternal rub and rescue breathing, call 911, administer intranasal naloxone, and place someone in a recovery position. The first 30 registrants will receive a Narcan kit and training the night of the program. Registration required. For more information and to register if required, visit DaytonMetroLibrary.org or call the Library's Ask Me Line at 937.463.2665.

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Arts & Entertainment



Wine Barrels



By: Wanda Haynes
Certified Sommelier

An important fact to keep in mind is that all wines aren't produced using barrels.

The use of a high-quality oak barrel is important, and three countries that dominate the wine barrel industry.

French Oak

French white oak is considered prized and the best oak to make into barrels.

The forests in France are the source of five predominating species of oak trees.

Allier Forests is in the center of France and west of Burgundy.

Within Allier is a grouping of French oak trees called Tronçais. They are revered for producing luxury barrels. Northeast of Allier and Tronçais is Nièvre and this oak helps preserve the freshness and aromatics of white wine. West of Alsace the Vosges Forest has been a popular source of oak for 40 years. The wood has a tight structure, and the color is near snow white. In western France the Limousin forests are northeast of Bordeaux and are great for aging chardonnay.

American Oak

Minnesota, Missouri, and Wisconsin are known for producing the finest barrels. One oak tree only produces two barrels which holds around 59 gallons of wine.

American Oak imparts flavors of coconut, caramel, and vanilla into the wine.

These barrels are popular with winemakers

in Spain and Australia.

Hungarian Oak

Hungarian oak comes from forests in Slovakia, Romania, and Hungary. These barrels offer structure and tannins to wine quicker than French oak.

Malbec and cabernet sauvignon are strong enough to hold up to the nutty flavors the wood offers.

After the trees are chopped down its time to make the staves.

Staves are the curved pieces of wood used to make a wine barrel.

Wine barrel staves are stacked outdoors on pallets to dry for two or more years.

Every wine barrel has 32 staves carefully arranged in a specific pattern.

A person that makes wooden barrels for wine are referred to as "coopers".

Cooperage is the art of barrel making and is a highly specialized talent.

The cooper also uses hoops made of steel and aluminum to produce the wine barrels.

These hoops encircle the barrel for stability and longevity.

What is toasting

After a barrel is built then the inside is exposed to fire and referred to as "toasting".

This is achieved by using open flames or by using a hand-held torch.

The degrees of toasting range from light to heavy and each level determines tastes.

Light Toasting has tastes of vanilla, coconut, caramel, clove, and cinnamon.

Medium Toasting boasts vanilla, honey, caramel, toast, coffee, and

cocoa.

Heavy Toasting deliver tastes of vanilla, espresso, smoke, butterscotch, toffee, and molasses.

How long is the life of a wine barrel

New barrels will continue to give flavor for 4 years after which become "neutral" and no longer impart much tannin or flavor into the wine.

Then the barrels are sold to wine producers that chop up the staves and use them in wine production. Some companies use wood pulp to produce wine. These practices give the wine a faded taste and it should be obvious that the wine wasn't in an actual barrel.

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What It Took to Bring 'I Wish I Had a Daddy!' to the Stage



Te'Jal Cartwright, Owner and Storytelling Coach at LORE Storytelling. (Photo Credit: The Ohlmann Group)

By Te'Jal Cartwright,
LORE Storytelling

On September 19, 2026, I went to the Dayton Convention Center to see Tiffany Countryman's latest rendition of I Wish I Had a Daddy! Tiffany is someone I adore and support creatively, so I gifted my sister friend a ticket and we went together. I was excited to see the show. I

Tiffany and her team had put so much into it. I wish I had seen the 2018 version, because I would have loved to witness the growth between the two.

I Wish I Had a Daddy! follows Amber as she deals with the actions of her father, a man struggling with his own addictions and demons who couldn't quite show up for his family the way they needed him to. For

place of frustration and pain. She believed in her vision despite having no theater experience at the time. Her own story gave her somewhere to begin.

In 2023, Tiffany got a job with The Human Race Theatre Company. Over the next three years, she learned more about the theater world and applied those lessons to her play. She cut the characters from 10 to eight, gave the comedic relief character Justine more lines, and expanded other characters' perspectives. Those changes gave the play another emotional layer and more opportunities for the crowd to connect.

I love that Tiffany used her time there to learn her craft. She took what she was seeing and learning every day and brought it back to her own art.

Finally, she called on her people. Sponsors, volunteers, friends, and family helped bring I Wish I Had a Daddy! to life. Her mother, Kyhm R. Wood, was an executive producer. Steven Crane produced and orchestrated all songs but one of the songs, excluding the congregational hymns. When I asked Tiffany how she was able to bring together such an all-star cast, she shared that while some

Continued on Page 10

DML Celebrates Hometown Sheroe Writer

Dayton Metro Library will host Natalie Clifford Barney: Expat Extraordinaire in the Main Library's Eichelberger Forum on Thursday, October 8, 6-7 pm.

Natalie Clifford Barney (1876-1972) was an heiress, poet, playwright, and socialite born in Dayton. She came from the wealthy Barney family, known

for manufacturing luxury railcars, which afforded her unique access to culture. Influenced by countercultural figures such as Oscar Wilde, Barney decided at an early age to live boldly and pursue a career as an artist despite the obstacles she faced as an openly lesbian woman.

Throughout her career, she published 11 volumes of plays, prose, and poetry and hosted intellec-

tual salons for more than six decades. Barney also served as a muse for numerous literary characters inspired by her wit and tenacity, including Valerie in the lesbian literary classic The Well of Loneliness by Radclyffe Hall.

For more information, visit DaytonMetroLibrary.org or call the Library's Ask Me Line at 937.463.2665.



didn't know I would leave thinking about everything it took to make it happen.

I had a feeling it would be a great show when I saw performers like Vanae Pate and Stevin Crane involved. But the opening number pulled me in, and I was blown away until the final curtain. The storyline, the music, the comedic energy, character and crowd interaction! I could tell

three hours, the crowd was drawn into Amber's story and the complexities of the people around her. It was well written and beautifully told.

Tiffany brought the play to life by pulling together every resource she had. The first was her personal lore. The story grew out of her experience with her own father. In 2018, she wrote the first version from a

Direct questions to mcollier@greaterdaytonrta.org.

Sports

Week 6 S.E.Live365 Recap Greater Western Ohio Conference

By: Deon Cash
Staff Writer

Wayne superstar wide reciever Jamier Brown broke three school records en route to a 49-24 win over Northmont. Brown scored on a 16-yard pass from QB Kye Graham. Graham threw for 284 yards and had 5 total TDs. Brown is the teams all-time TD scorer and total yards leader. Senior cornerback Aaden Curtis had 5 tackles and a 51-yard interception for a TD. Wayne is 3-0 in the GWOC.

Springfield came back after being down 20-6 to upend Springboro and stay atop the GWOC at 3-0. Star quarterback Christopher Wallace threw the winning touchdown to Braylon Keyes to complete the comeback. The Wildcats are 3-0 in the GWOC while Springboro falls to 1-2.

Quarterback Finn Freshwater threw a winning TD to Tylus Bettendorf and completed a 2-point conversion as Miamisburg defeated Fairmont 22-21.

Freshwater was 18-23 and threw 2 TDs on the night. Miamisburg moves to 4-2 overall.

Beavercreek beat Centerville for the first time in decades as the running game proved to be too much. Star running back Kellen Reaves ran for 97 yards and a touchdown while quarterback Sylar Young ran for 142 yards, 2 TDs, and threw another as the Beavers shocked the Elks. Beavercreek is 4-2 overall.

MIAMI VALLEY LEAGUE

Tippecanoe star quarterback Larkin Thomas threw for 3 TDs and 321 yards as the Red Devils stay undefeated with a 49-6 romp over Sidney. Wide reciever Bentley Heckman had 4 catches for 137 yards and caught all 3 of the touchdowns from Thomas. Linebacker Raiden Nicholls lead the team with 11 tackles in the win.

Butler quarterback Drew Seuss threw 3 touchdown passes, running back Jace Love ran 10 times for 109 yards and two more touchdowns and Kaiden Lockley forced a fumble and recovered it as Butler pounded Greenville 52-0. Butler moves to 5-1 on the season.

Quarterback Daylen Switzer ran for 125 yards and 3 touchdowns while running back Gabriel Williams ran for 90 more and a touchdown in a 39-12 win for Fairborn.

GREATER CATHOLIC LEAGUE

Star running back Chase Even ran for 129 yards and 3 touchdowns as Badin dominated Chaminade 34-7. Badin is 5-1 on the season and is in first

place in the GCL.

Running back Josiah Davis ran for 172 yards on 19 carries and 3 touchdowns as McNicholas defeated Carroll 40-7. Quarterback Evan Sandfoss threw for 2 more TDs as well.

Trotwood defeated Indiana St Cathedral in OT as Linebacker Tyler Carpenter grabbed a huge interception to secure the game. Running back Daylen Dennis scored to give the Rams the final lead. With the win, the Rams are 5-1 after a brutal early schedule. They will face Dunbar this Friday.

DAYTON PUBLIC SCHOOLS LEAGUE

Dunbar defeats Ponitz in a battle of elite coaches as the Wolverines leaned on their star Quarterback and defense to stop the Panthers running game. Quarterback Nazir White had another stellar outing, throwing for 3 touchdowns in the win, while running back Mark Dalton ran 7 times for 173 yards and 3 TDs in the win.

WR Rajai Hampton caught two passes for 124 yards and 2 TDs, and also forced a fumble on defense, while star linebacker Jay'Mal Whitfield had 17 tackles and a Interception on the night. Dunbar is undefeated in DPS (2-0) and will face Trotwood on Friday night.

SOUTHWESTERN BUCKEYE LEAGUE

Quarterback Gregory Marlow ran for 3 touchdowns and threw for 244 yards and one more as Waynesville throttles Dayton Christian 42-14. Wide reciever Tyce Rutledge ran for a TD and had 9 catches for 183 yards as well. Cornerback Brendon Linder had a 64 yard Interception for a TD to lead the defense. Waynesville is 5-1.

Valley View quarterback Brody Gibbs threw for 5 touchdowns, the Spartans ran for 300 yards (307 yds) and they upended an undefeated Oakwood 34-14. Junior wide reciever Garrett Brewer had a banner day: 7 receptions 153 yards and 5 touchdowns.

Oakwood WR-DB Michael Woeste had 8 catches for 126 yards and 2 touchdowns with 8 tackles, a fumble recovery, and a pass defended in the loss.

Despite 3 sacks by Edgewood defensive lineman Carter Canaan, Bellbrook stayed undefeated as the Eagles ran off 21 straight points after falling down 6-3 to win 27-6 over Edgewood. A Sebastian Pinger safety was then followed by a Jack Kosins touchdown run. The Grant Diorio 2-point conversion put the exclamation point and sealed the deal. Bellbrook is one of the top teams in the State and still undefeated (6-0).

THREE RIVERS CONFERENCE

Quarterback K.J. Gustin threw for 3 touchdowns, wide reciever Jack Hamaker caught 3 passes for 110 yards and 2 touchdowns, linebacker Ashton Demmit and cor-

nerback Lincoln Littlejohn both had 10+ tackles and a Interception and Miami East rolled in a big 38-0 win vs Northridge.

Miami East is 5-1 on the season.

Covington ran for nearly 500 yards of offense (495) as they bludgeoned Troy Christian 49-7. Landin Cassell (242yds, 2 TDs), Xander Feight (109 yds, 2 TDs) were the stars of the night, while senior cornerback James Kueither had a 22-yard Interception for a touchdown in the big win.

Running back Mason McGuffy ran for 160 yards and a touchdown, cornerback Jason Strickland had 2 interceptions and Milton Union grabbed their first win of the season over Lehman Catholic 22-0.

Tri-Village moves to 6-0 after a 61-0 trouncing of Mississinawa Valley. Brecken Gray was 11-12 for 178 yards and 3 touchdowns in the win while Ryker Marshall and Staley Colston ran for 2 TDs on the ground. Wide reciever Griffin Richards caught 2 TD passes on the night.

Defensive back Aaron Burner returned a interception 25 yards for a touchdown.

GMC

Middletown quarterback Gavin Nolan threw for 289 yards and 4 touchdowns as the Middies improved to 5-1 after a 41-0 shutout win vs Sycamore. Nolan also ran for another touchdown in a thrilling performance. Senior wide recievers Will Gibson (8 rec, 91 yds, TD) & Julius Reed (6 rec, 110 yds, TD).

Follow the Dayton Weekly for more coverage on high school sports.

Families Flourish Brings a Three-Year Family Mobility Program to the Miami Valley... Continued fromPage 1

on," Hampton said, other financial priorities can fall down the list. "They're in survival mode."

Families Flourish is built to give families enough stability to start planning past next month's bills.

Built on a Central Ohio Model

Families Flourish grew out of Move to PROSPER, a program developed in Central Ohio with Ohio State University researchers and community partners.

According to program materials, graduates of the original Central Ohio pilot raised their income by an average of 58%, about \$17,000, and improved their credit scores by more than 100 points on average. Follow-up data showed that most of the original pilot adults who responded kept growing their income. Ohio State researchers have also studied the program's effects on housing, children's education, physical and mental health, and family well-being.

Those numbers come from the Central Ohio program. The Miami Valley organization doesn't have results of its own yet, and Hampton's work



Dunbar QB Zahir White directs offense at practice. Dunbar leads City League.



Springfield Sr QB Christopher Wallace calls play during game.



Trotwood Celebrate Lead as they go into halftime.



now is finding out whether the model can succeed here.

Families First

Because moving to an opportunity neighborhood can mean leaving a family's current community, Hampton has heard concerns that the program could be "taking people out of Dayton."

Her answer is that strong families come first.

"If we can take those families who want to strive, striving to do better, but just haven't had the right opportunities to do better, if we can place them somewhere where they can do better [and] their kids can do better," Hampton said, the impact can carry into future generations.

She sees the responsibility as shared. Families Flourish helps families

get on stronger financial footing. Local communities have to become places where those families want to live, buy homes and raise children.

"We want those families to be strong," Hampton said. "This is how we have to get those families strong so they can represent and pass that down from generation to generation, throughout the region."

Raising the Money First Hampton won't enroll a single family until the organization knows it can see the commitment through. Families Flourish plans to have about 70% of the funding for the first cohort's full three years committed before it opens applications.

As of Oct. 1, Hampton said the organization still needs about \$140,000 to

reach that mark. She hopes to close the gap by the end of 2026 and open applications in early 2027.

"We don't want to get somebody hopeful, get them moved in and start paying it and then say, 'Hey, where'd all the money go?'" Hampton said.

Families Flourish is asking individuals and businesses to help. Founders Circle giving starts at \$1,000 for individuals and \$5,000 for businesses and corporations. Other levels run from \$2,500 for a Family Supporter to \$35,000 for a Community Champion.

Hampton is asking the Miami Valley to commit to five families for three years. She believes that is long enough for them to build a future they can keep on their own.

Learn more or support Families Flourish of the Miami Valley: familiesflourishmv.org info@familiesflourishmv.org

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The Body Keeps the Policy Score... Continued from Page 7

opportunities for recovery. Dr. Cook’s framework helps expand this understanding. John Henryism helps us examine sustained high-effort coping. Intersectional psychoneuroendocrinology helps us examine how power, identity, income, and place organize the conditions that require such coping in the first place. Together, these ideas move us away from asking only: **Why is this person stressed?** They encourage us to ask:

- What repeatedly requires this person to mobilize extraordinary effort?
- Which systems create or intensify the threat?
- What resources are available to help the person respond?
- Who is permitted to rest and recover?
- Who must remain vigilant?
- How might these accumulated conditions become biologically embodied?
- What policy or institutional change would reduce the burden at its source?

Why This Matters for Black Men and Boys

These questions are especially important when examining the health of Black men and boys. Black men may simultaneously encounter racial discrimination, gendered expectations,

economic pressures, occupational strain, neighborhood disinvestment, institutional surveillance, caregiving responsibilities, and pressure to remain productive and composed regardless of what they are carrying. Many are expected to provide without appearing burdened, persevere without acknowledging exhaustion, and navigate institutions that may not recognize either their vulnerability or their full humanity. When Black men experience poor health outcomes, public discourse often begins with individual behavior: Why did he not go to the doctor? Why did he not ask for help? Why did he not manage his stress? Why did he wait so long? Those questions may overlook the conditions surrounding the individual. They may ignore inflexible work schedules, transportation barriers, prior experiences of disrespect, lack of a trusted healthcare relationship, economic pressures, inadequate insurance, neighborhood healthcare shortages, and the administrative labor required to secure care. A health-equity framework must therefore examine not only personal decisions but also the systems within which those decisions are made. **The body can carry**

what institutions refuse to address.

From Biological Evidence to Institutional Responsibility

This emerging science should not be used to portray communities experiencing inequity as biologically damaged. Nor should it lead to interventions that merely teach people to tolerate harmful conditions more efficiently. Resilience matters. Coping resources matter. Social connection, spiritual grounding, rest, emotional articulation, and supportive relationships matter. **But resilience cannot become a substitute for justice.** The ultimate objective should be to reduce unnecessary exposure, expand protective resources, create meaningful opportunities for recovery, and redesign the systems that repeatedly impose disproportionate physiological costs. That requires action across sectors:

- **Researchers** must measure intersectionality as more than a collection of demographic variables.
- **Healthcare institutions** must examine how access, trust, navigation, and continuity are structured.
- **Policymakers** must treat housing, employment, transportation, environmental protection, and neighborhood investment as health policies.
- **Employers** must recognize time, autonomy,

stability, and rest as health-relevant resources.

- Funders must invest in community-led research and interventions that address structural conditions.
- **Public-health leaders** must connect biological evidence to institutional accountability without reducing social inequities to biology.

How This Informs My Work

Through Enyia Strategies, LLC, I help organizations translate health-policy evidence into strategy, partnerships, advocacy, and practical solutions. This article reinforces the importance of approaching policy challenges across levels, from individual experiences and organizational practices to public systems and structural conditions. Through the John Henry Institute for Black Men’s Health and Policy Innovation, we are building systems-level policy and practice solutions that advance the health and flourishing of Black men and boys. Our work begins with a straightforward conviction:

Black men should not have to destroy themselves proving that they are strong.

We must honor resilience while also interrogating the conditions that make extraordinary resilience continually necessary. We must connect lived experience with research, research with policy,

and policy with implementation. Dr. Cook’s intersectional psychoneuroendocrinology framework gives researchers, policymakers, and practitioners another important tool for doing that work.

A Call to Action

I encourage public-health researchers, clinicians, policymakers, funders, advocates, and community leaders to read Dr. Cook’s article and consider three questions:

- 1. What burdens are the people and communities we serve being required to carry?**
- 2. How do our institutions either intensify that burden or create opportunities for protection and recovery?**
- 3. What must we change so that survival no longer requires sustained physiological sacrifice?**

I also invite organizations working at the intersection of men’s health, health equity, public policy, community engagement, and institutional

change to connect with Enyia Strategies and the John Henry Institute for Black Men’s Health and Policy Innovation. The next generation of health-equity work must do more than document disparities. It must identify how inequity enters daily life, understand how daily life enters the body, and change the systems that make preventable suffering predictable. Congratulations again to Dr. Stephanie H. Cook on an important contribution to that work.

Elevate, Dr. Okey K. Enyia Republish Attribution

This article was written by Dr. Okey K. Enyia and originally published in Where Purpose Meets Policy with Dr. Enyia on September 25, 2026. It is republished by Dayton Weekly News with the author’s permission.



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