



Former Mayor Rhine McLin and Others Host Meet & Greet

By: Brenda Cochran
Contributing Writer

On October 21, 2024 at Central State University Dayton Campus, 840 Germantown Street, members of the Dayton community, and Candidate's for the 2024 elections, were invited to a Meet & Greet with Ohio Supreme Court Justice, Melody Stewart, by Former Mayor Rhine McLin and Others.

The evening began with Attorney Aaron Durden welcoming all in attendance along with offering a special prayer followed by the introduction of Former Mayor Rhine McLin who in turn provided her welcoming and appreciation for the presence of all in attendance. She also introduced Dayton officials in the audience.

McLin then spoke of the special Re-Election campaign of Melody Stewart, who became Ohio's first African American woman elected to the Supreme Court followed by her introduction.

Justice Melody Stewart also began by adding her appreciation for all in attendance, and provided an overview of her election to the Supreme Court, her educational background,



Former Mayor Rhine McLin

the difference in standards today, the importance of diversity and what is most important to her.

Attendees were given Re-elect Justice cards as well as note cards with a list of Justice Stewart's accomplishments. Light refreshments were also available.

Melody Stewart is the most experienced appellate jurist on the Ohio Supreme Court. She served on the Ohio Court of Appeals for twelve years before being elected to the Supreme Court. She is highly rated by her associations and has been endorsed by national, state, regional, and local organizations including labor, educational, public, safety, and community groups.

During her nearly eighteen years as a jurist, Justice Stewart has shown to be an exceptional member



Ohio Supreme Court Justice, Melody Stewart

of the judiciary as well as a committed public servant. She spoke of her tenure, but also provided the ins and outs of her campaign, the scare tactics widely used today and the standards that are so very different in this day and time.

The other Host included the following; Sheila Black, Bonnie Baker, Attorney Kelvin Boddie, Attorney Julius Carter, Attorney Aaron Durden, Chrisondra Goodwine, Trotwood Council Woman Dr. Denise Moore, Judge Frances McGee-Cromartie, Beverly King, Carol Mason, Mayor Yvette Page, Carol Prewitt, Judge Adele Riley, Desiree Tims, Commissioner Shenise Turner-Sloss, Attorney Cheryl Washington, and Attorney Michael Wright.

Great Miami Riverway Launches 2024 Shop Local Passport Challenge

Support Local Businesses and Win Big This Holiday Season!

The Great Miami Riverway is excited to announce the launch of the 2024 Riverway Shop Local Passport Challenge, running from October 1 through December 31, 2024. This exciting new initiative encourages the community to shop local, support small businesses, and explore the unique offerings of the Riverway's connected towns and cities—all while earning prizes.

"Shopping local is the backbone of our community, and the Great Miami Riverway Passport Challenge gives everyone a fun reason to explore and support our businesses. We're proud to participate and look forward to welcoming shoppers from across the region."

— Ben Trick, Community Development Coordinator, City of Miamisburg

How It Works
Participants can join the challenge by downloading the free Riverway app, available on the Apple App Store and Google Play Store. After logging



in, simply select the "Shop Local Challenge" from the main menu and start checking in at participating businesses across the Riverway. No purchase is required to enter the weekly drawings, but shoppers can enjoy 10% off purchases of \$100 or less by mentioning the challenge at participating stores.

Each check-in earns an entry into weekly prize drawings, and additional entries can be earned by snapping a selfie at a participating store and posting it on social media using the hashtag shoplocalgm. Shoppers can also tag the shop and the Great Miami Riverway's social

accounts to maximize their chances of winning.

Grand Prize Drawing
To qualify for the grand prize drawing, participants must check in at least once at a store in each of the participating Riverway communities. The more you explore, the better your chances!

Weekly Prizes and Grand Prize

Winners will receive a variety of prizes, including items donated by local businesses, Riverway swag, and more. Weekly winners will be notified by email, and

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Cincinnati Mayor Pureval to Speak at Central State University's Convocation

Central State University (CSU) is thrilled to continue its 2024 Convocation Series, a hallmark of intellectual and cultural engagement on campus. This Tuesday, October 29, 2024, at 11 a.m. CSU will welcome Aftab Pureval, the 70th mayor of Cincinnati, as the featured speaker on the topic of developing emotional intelligence. The event will take place in the Paul Robeson Cultural and Performing Arts Center at Central State University.

Pureval, the first Asian American to serve as Cincinnati's mayor, has championed equitable



Aftab Pureval, Mayor of Cincinnati

economic growth, public safety reform, affordable housing and environmental action throughout his administration. His leadership reflects a deep commitment to serving all 52

of Cincinnati's neighborhoods, and his progressive policies have earned him national recognition. Prior to serving as mayor, he made waves as Hamilton County Clerk of Courts, bringing historic reforms that saved taxpayers millions and modernized local government operations.

Pureval's story as the son of first-generation Americans, his leadership experience and his passion for creating inclusive communities promise to offer powerful insights and inspiration.

For more information, visit centralstate.edu.



WILBERFORCE, OH — Central State University has announced its College Preview Day, set for 9 a.m. to 1 p.m. Nov. 9 at Madison W. Beacom/Gaston F. Lewis Gymnasium on the CSU campus, 1400 Brush Row Road, Wilberforce, Ohio 45384.

Check-in begins at 8 a.m. This is a fantastic opportunity for prospective students and their families to explore all that Central State has to offer as a Destination Learning Environment. CSU is Ohio's only public Historically Black College or University (HBCU) and 1890 Land-Grant Institution.

What to expect
This year's College Pre-

view Day promises to be a memorable experience with on-the-spot acceptance for those who qualify, contingent upon maintaining the academic requirements of Central State University. This initiative aims to streamline the admissions process and

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Courage: An Essential Virtue for Authentic Living

Courage is about facing fear & discomfort. Living a fully engaged & authentic life.

Understanding the Virtue of Courage

Courage is often misunderstood as a grand gesture, such as rescuing someone from danger or publicly speaking out against an injustice. While these acts are undoubtedly courageous, the essence of courage lies in our everyday actions and decisions.

Courage is the ability to tolerate and be with

the discomfort of fear, to move forward and live a fully engaged life despite our fear.

At its core, courage is about being true to ourselves. It's about making choices that align with our deepest values and convictions, even when it's uncomfortable or risky to do so.

Courage requires us to stand up for what we believe in, to express our true thoughts and feelings, and to pursue our passions, even when faced with opposition or potential failure.



5 types of courage

There are five types of courage, and each is essential for personal growth

and authentic living. Courage manifests in various forms:

1. Physical courage
Physical courage in-

volves facing physical danger or adversity, often seen in acts of bravery, like rescuing someone from harm, enduring

physical hardship, or putting your life at risk for a cause, as soldiers do.

2. Moral courage

This type of courage is seen when we have the strength to stand up for what is right, even in the face of social pressure, ridicule, or personal risk.

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OCTOBER Breast Cancer Awareness Month



Around DAYTON

Miami Valley Weather

5 day Forecast

Saturday Sunday

Cloudy
High 64
Low 37



Sunny
High 62
Low 35



Monday

Mostly Cloudy
High 69
Low 58



Tuesday

Mostly Cloudy
High 79
Low 61



Wednesday

Mostly Cloudy
High 80
Low 266



VIRTUAL PUBLIC MEETING

to Review the DRAFT List of Transportation Projects being considered for Funding for MVRPC's Sub-allocated Federal Funds.

The Miami Valley Regional Planning Commission (MVRPC) will hold a virtual Public Participation Meeting to present a DRAFT list of transportation projects being considered for Federal Highway Administration funding through the Infrastructure Investment and Jobs Act: Surface Transportation Program, the Congestion Mitigation/Air Quality Program, the Transportation Alternatives Program and the Carbon Reduction Program.

The meeting will take place via Zoom, a video conferencing platform, and will be held as follows:

Thursday, November 7, 2024 – 5:00 p.m. to 6:00 p.m.

Access the meetings via computer, tablet or mobile device using this link: <https://us02web.zoom.us/j/81119445170>

Or call in to join the meeting by phone:

- (646) 558-8656 - (New York)
- (312) 626-6799 - (Chicago)

Enter Meeting ID: 811 1944 5170 #

After a brief presentation featuring a summary of the DRAFT list of transportation project applications and how to comment on the projects, MVRPC staff will accept comments and answer questions. Stakeholders and interested members of the general public are invited to review the DRAFT list and provide comments on the recommended projects.

If you are unable to attend, the information will also be available for public review on the MVRPC website at mvrpc.org/transportation-financing and at MVRPC's office. Written comments will be accepted until November 15, 2024.



For additional information, contact Paul Arnold, Manager, Short Range Programs at 937.223.6323 / TTY/TDD 1.800.750.0750 or parnold@mvrpc.org.



SCAN ME

Great Miami Riverway Launches 2024 Shop Local Passport Challenge... Continued from Page 1

participants must respond within one week to claim their prize.

Participating Stores

From cozy coffee shops and unique boutiques to family-owned markets and retro toy stores, the Riverway Shop Local Passport Challenge features an exciting lineup of small businesses in the following communities:

- Sidney: Austeria Wine Boutique, Greenhaus Coffee, Magnum Music Center, Moonflower Effect
- Piqua: Crazy Martin's Gifts & Novel, Readmore's Hallmark, The Mercantile
- Troy: Provision's Co., 3 Weird Sisters, BA Bricks, Grandpa Joe's Candy Shop, Respire Salt Spa, Cherry Street Bottle Shop
- Tipp City: Fox & Feather Trading Co., Topsy Turvy Toys, Bella Gray

Market, Browse Awhile Books, Rad Candy Co., Serendipity Paper Co., Living Simply Soap, Always Blooming

• Miamisburg: Grandpa Joe's Candy Shop, Blush, Monocle Comics & Coffee, The Village Wick, Ohio Red Barn

• Franklin: Double-Play Records & Retro, Fizzy Sips & Sweets, The SheShac

• Trenton: Barn-N-Bunk Farm Market, Martin's Donut Shop, Wonder Comics & More, State Street Coffee

• Monroe: Garver Family Farm Market, The Healthy Bee

• Hamilton: Seraph by the River, The Main Look
More stores will be added as they confirm their participation, so check back often for updates!

About the Great Miami Riverway
The Great Miami Riv-

erway is more than just a river—it's a vibrant regional destination that includes over 99 miles of paved trails, connected communities, and charming downtowns. Managed by the Miami Conservancy District, the Riverway encourages visitors to live, work, and play safely along the Great Miami River.

For more information on the Riverway Shop Local Passport Challenge, visit our website or follow us on social media:

- Facebook: [Great Miami Riverway] (<https://www.facebook.com/grmiamiriverway>)
- Instagram: [@grmiamiriverway] (<https://www.instagram.com/grmiamiriverway>)
- Hashtag: [shoplocalgmr](https://www.instagram.com/grmiamiriverway)

DML Celebrates Día de Los Muertos

Día de los Muertos (Day of the Dead) is a Hispanic (Mexican) holiday held on November 1 and 2, where people celebrate the souls their loved ones, and Dayton Metro Library is offering several programs for its patrons to participate in.

Westside Halloweenfest & Día de los Muertos, Wednesday, October 30, 4-5 pm, West Branch: This family-friendly event will be filled with fun and exciting Halloween activities, including a trunk or treat. (All Ages)

Day of the Dead: Día de los Muertos Mask Art, Thursday, October 31, 4-5 pm, Trotwood

Branch: Listen to stories, watch movie clips about the holiday, and create a mask. (Twens)

Day of the Dead at the Library, Saturday, November 2, 12-5 pm, Main Library, Eichelberger Forum: The Library will create multiple altars along with a Community Tree of Life so that patrons can remember their loved ones who are no longer with us. Patrons can share names, photos, and stories, and the physical tree will be presented during the Library's celebration.

From 12-2 pm, patrons can receive free Catrina face painting (sign up on

the day of the event). Then at 2 pm, a small parade will visit the altars around the Library, ending at the Eichelberger Forum with a performance by Orgullo Mexicano and Troup Roja. (All Ages)

Día de los Muertos Flowers, Saturday, November 2, 3:30-4:30 pm, Trotwood Branch: Make marigold flowers and learn why they are important to the holiday. (Grades 1-4)

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

November 1 First Friday: Dayton Holiday Festival Edition

The holiday season is just around the corner and all are invited to start this season of gratitude in downtown Dayton during the November 1 First Friday. Join us on Friday, November 1, from 5 to 10 p.m. for an evening of live entertainment, new gallery and exhibit

openings, delicious food and drinks, and so much more! This is also a great time to get a head start on holiday shopping lists by checking out new arrivals and special savings at downtown's unique and independent retailers. First Friday is the easiest way to see everything that downtown has to offer and show your appreciation for your neighbors and your community in one fun-filled evening!

We're getting holly and jolly this First Friday as we prepare for even more holiday fun in downtown Dayton! Mark your calendars for the Grande Illumination and official kick-off of the holiday season on Friday, November 29. From 3 until 7 p.m.! Get ready for an evening of live performances, crafts, carriage rides, a street fair, and so much more all leading up to the Grande Illumination tree lighting at 7 p.m.! Just moments later, the Dayton Children's Parade Spectacular in Lights will begin and set downtown streets aglow with more than 100,000 lights on decorative floats, horses, drill teams, bands, and more special holiday treats! Check out the

schedule of events so far and stay tuned for more holiday fun throughout the holiday season at <https://downtowndayton.org/things-to-do/holiday-festival/>

Check out the individual First Friday listings below, and remember the most up-to-date event listings can be found in the online calendar published on the Downtown Dayton Partnership's website. Subscribing to the weekly e-events email newsletter also keeps one up to speed. For more information about First Friday, or to find business addresses, parking, upcoming activities and more, visit the DDP website at DowntownDayton.org. Invite friends and family to partake in First Friday fun! "Like" and share the First Friday Facebook page.

ART, DANCE, MUSIC, AND FILM

- The Black Box Improv, 518 E. Third St.: Take in comedy from Friday House Team "Midwestern Beef," and an improvised musical! Tickets and other information, visit www.DaytonBlackBoxImprov.com
- Blind Bob's, 430 E. Fifth St.: Hear great live

music from Joshua Powell and She's Deadly! Doors at 8pm, music at 9pm, 21+, \$10

• The Contemporary Dayton, 25 W. Fourth St.: See exhibitions on view until December 21: "Curtis Mann: Precious Blood," "Sean Wilkinson: Flora," and "John Lauer: Demon Heads." Open until 8 p.m. for First Friday. Free and open to all.

• Dayton Art Institute, 456 Belmonte Park North:

Visit the latest special exhibitions, "Captivating Clay: Contemporary Japanese Ceramics from the Horvitz Collection," "Devil's Promenade," "The Max May Memorial Holocaust Art Exhibition," "Merry Grinchmas: Art of Dr. Seuss' Holiday Classic & (B)Art! America's Funniest Animated Family," and "Making Faces: 18 Essential Kabuki Plays." Open until 5 p.m. on Friday.

• Dayton Society of Artists, 48 High St.: The Dayton Society of Artists welcomes you to the opening of "Small but Mighty: Gift and Fine Arts Exhibition" from 5-8 p.m. on First Friday. The exhibition runs through December 14. All small-scale artwork and goods are ready for purchase.

• Dublin Pub, 300 Wayne Ave.: It's Free
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The Dayton Weekly News

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111 E. Fifth St.
Dayton, OH 45401
(937)397-7796
or
(937) 559-5582
DaytonWeek@aol.com

Editor/Publisher
Donerik Black

Production Manager
Brenda Coleman

Photographer
Kenny Wilkinson

Writers
Brenda Cochran
LaTonya Victoria

Re-Elect **DEBBIE LIEBERMAN**
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National

Learn about History and Explore Genealogy @ DML

Dayton Metro Library is offering a variety of history and genealogy-related programs in November. Patrons can learn about Nazi Poland, a Black parachute infantry, how to research their own family history, and more.

Genealogy Behind the Basics, Main Library, Conference Room 3A

Saturday, November 2, 11:30 am-1:30 pm

Saturday, November 16, 11:30 am-12:30 pm

Patrons can learn about researching their family history with a DML genealogist, including the types of records one may find, where to locate them, and what databases to use. Patrons are encouraged to bring their pedigree chart if they have one. Registration is required. (Adults)

“Anschel’s Story” Theater Production, Monday, November 4, 6-8 pm, Main Library, Bassani Theater Off Third, 3rd Floor: The memoir of local author Renate Frydman comes to life. Anschel’s Story tells the story of how her husband escaped Nazi Poland. The production includes time for patrons to give feedback to the playwright. (Adults)

The History of the 555th Black Parachute Infantry, Monday, November 4, 6:30-8 pm, Northwest Branch: The 555th, also known as “Triple Nickles,” is a pioneering unit in American military history. Learn about their valor, challenges, and legacy as they made groundbreaking achievements and influenced military policies. (All Ages)

US Census Records and How to Use Them,

Monday, November 4, 6-7:30 pm, Miamisburg Branch: DML has free access to the US Census records beginning from 1790 to the most recently released 1950 records. Patrons can explore those records, in addition to slave schedules, mortality records, and Indian Census Rolls. (Adults)

Genealogy Interest Group, Friday, November 15, 11 am-12 pm, Wilmington-Stroop Branch: For those looking into their family history/genealogy and/or with interesting family stories, this group is for you. Registration is required – limited space remains. (Adults)

For more information and to register if required, visit DaytonMetroLibrary.org or call the Library’s Ask Me Line at 937.463.2665.

Learn about Native American Heritage with DML Programs

The month of November is Native American Heritage Month and Dayton Metro Library is offering several programs that patrons of all ages can participate in.

Wednesday Matinees:

Barking Water, Wednesday, November 6, 1-3 pm, Miami Township Branch: This month’s movie is Barking Water (NR, 2009), a movie that takes place in rural Oklahoma that tells the story of a proud Native American trying to reconnect with his estranged family. (Adults)

ASL Storytime: Native American Heritage Month, Thursday, November 7, 10:30-11:15 am, Miami Township Branch: Babies, toddlers, and their caregivers can spend quality time together with a guest reader who is a member of the Indigenous and Deaf community, who will read a story in American Sign Language.

First Peoples’ Fashion Show, Friday, November 15, 5-8:30 pm, Main Library, Atrium:

Jillian Waterman will debut collections of contemporary fashion that are infused and inspired by traditional knowledge of Native American heritage. Patrons will learn how Indigenous values shape cultural wear and how expression is translated through clothing. A social hour will take place from 5-6 pm. (All Ages)

Family Storytime: Holidays and Celebrations, Wednesday, November 20, 4-4:45 pm, Burkhardt Branch: Families can enjoy quality time together with stories, song, and activities themed around Native American Heritage Month.

Rose B. Simpson Inspired Art, Thursday, November 21, 3:30-4:30 pm, Trotwood Branch: Patrons in grades 6-12 will learn about this Native American artist and then create their own work inspired by Simpson’s “Maria.”

Game On: BINGO, Saturday, November 23, 4-5 pm, West Branch:

Teens can test their knowledge and learn more about Ohio’s Native American heritage with this fun game of bingo.

Make a Dream Catcher, Wednesday, November 27, 1:30-2:30 pm, Vandalia Branch: Celebrate the month by making this traditional craft. (Grades 1-6)

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

DML’s Halloween Programs

Patrons can get into the Halloween spirit with storytime and arts and crafts programs taking place at Dayton Metro Library.

Toddler Trick or Treat, Wednesday, October 30, 9:30-10:30 am and 11 am-12 pm, Wilmington-Stroop Branch: Little ones can wear costumes, listen to Halloween-themed stories, then trick or treat around the Library. (PreK-K)

Book Boogie: Halloween Edition, Wednesday, October 30, 10-10:30 am, Huber Heights Branch: After a story, participate in a costume dance party. (Families)

Halloween Storytime, Wednesday, October 30, 10:30-11:30 am, Miami Township Branch: Kids can come dressed in their costumes for this special storytime. (PreK-K)

Pumpkin Painting, Wednesday, October 30, 3-5 pm, Main Library, Atrium: Paint and decorate pumpkins to take home for Halloween. (All Ages)

Teen DIY: Pumpkin Decorating, Wednesday, October 30, 4-5 pm, Elec-

tra C. Doren Branch: Decorate a plastic pumpkin for Halloween.

Teen Hangout: Monster Mixer, Thursday, October 31, 3-4:30 pm, West Carrollton Branch: Games, crafts, and music will get teens in the Halloween spirit. Costumes are encouraged (no full masks or hoods please).

Teen DIY: Halloween Slime, Thursday, October 31, 3-4 pm, Vandalia Branch: Spark that Halloween spirit by creating spooky slime.

Teen Spooky Movie, Thursday, October 31, 4-6 pm, Burkhardt Branch: Watch a Halloween movie on the big screen.

Adult Craft: Pumpkin Art, Monday, November 4, 2-3 pm, Kettering-Moraine Branch: Make pumpkins out of various materials. Some materials will be provided, but patrons can bring their own scrape fabrics or old shirts to use for the soft pumpkin designs. Registration is required. (Adults)

For more information and to register if required, visit DaytonMetroLibrary.org or call the Library’s Ask Me Line at 937.463.2665.



Born and raised in Dayton, Julia is now raising her family here. Julia graduated from Chaminade Julianne High School and went on to receive her Bachelor of Arts Degree from the University of Dayton. As a proud Dayton Flyer, Julia completed her Juris Doctorate at UD’s School of Law.

Julia has spent her 15-year legal career fighting tirelessly for the rights of citizens in our community, first as an Equal Justice Works AmeriCorps Legal Fellow at Legal Aid and as a Public Defender. She is passionately committed, now more than ever, to ensuring everyone’s rights remain protected.

Julia has had lifelong commitment to service of her community, beginning as a volunteer at Grandview Medical Center. Since then, she’s coached youth soccer and basketball, been a Girl Scout leader, and served on boards for Dayton Ballet Barre, House of Bread, and the Dayton Bar Association. She now serves on the Boonshoft Associate Board, the Dayton Bar Association Grievance Committee, and is the board secretary for Rainbow Elder Care.

Julia is known for her even temperament, sound judgment, and unshakeable values. She plans to use her vast legal experience and lifelong love of service to better our communities and improve the lives of the people who live here.



MIAMI VALLEY URBAN LEAGUE

URBAN LEAGUE
BUSINESS DEVELOPMENT & ENTREPRENEURSHIP

TAX TIPS FOR BUSINESSES

Join us for an in-person session on Thursday, November 7 at 11 a.m., led by tax expert Emerald Sparks, who will share essential tax tips specifically tailored for business owners. You’ll learn the importance of accurate record-keeping and discover which documents are crucial for a smooth tax season. This session is designed to enhance your understanding of managing tax obligations effectively, rather than teaching you how to file taxes on your own.

Don’t miss this chance to gain valuable insights that will simplify your tax preparation process and help ensure you meet all requirements!

Note: This is an in-person event, so make sure to register early so you can save your seat.

BROUGHT TO YOU BY

EMERALD SPARKS

Emerald Sparks LTD

REGISTER NOW!

NOVEMBER, 07, 2024

11:00 AM - 12:30 PM EST

THE HUB

31 S. MAIN ST. SUITE 211

DAYTON, OHIO 45402

Arts & Entertainment



"Lizzie: The Musical"

TheatreLab Dayton is thrilled to announce that "Lizzie: The Musical" opens tomorrow at Mudlick Tap House, and tickets are selling fast! You don't want to miss this electrifying theatrical experience.

Featuring a rock-infused score and a story that will keep you on the edge of your seat, this bold retelling of the Lizzie Borden saga dives into themes of female empowerment, justice, and breaking

societal norms. It's a gripping, high-energy show that promises to be an unforgettable night out in Dayton.

Performance Dates:
October 26 at 8:00 PM
October 27 at 2:00 PM
November 1 at 8:00 PM
November 2 at 8:00 PM
November 3 at 2:00 PM

All performances will be held on the second floor of Mudlick Tap House (135 E 2nd St, Dayton, OH 45402), offering a cozy, intimate setting for this electrify-

ing performance. While you're there, why not enjoy some of Mudlick's craft beers and delicious food before or after the show?

"Lizzie: The Musical" is packed with drama, intrigue, and incredible rock music. Get ready to be swept away by this dynamic production! Tickets are selling fast—be sure to grab yours today at theatrelabdayton.org.

Come join us for a night of murder, mystery, and rock 'n' roll!

DML and DPAA Partner for Free Ticket Performances

For the third year in a row, Dayton Metro Library and Dayton Performing Arts Alliance (DPAA) are partnering to provide free tickets to a variety of performances.

Tickets become available on Tuesday, October 29, for:

Masterworks
Beethoven, London, and a World Premiere

Show dates and time:
Friday, November 8, and Saturday, November 9, 7:30-8:30 pm at the Schuster Performing Arts Center, 1 West Second Street, Dayton, 45402

Program:
Emile Naoumoff, piano
Neal Gittleman, conductor, Dayton Philharmonic Orchestra

About the program:
Take a trip to London

courtesy of two British composers, Malcolm Singer and Ralph Vaughan Williams. In a world premiere, Singer presents a contemporary look at a bustling city, while Vaughan Williams shares a historical/romantic account.

Tickets become available for these performances at 10 am on Tuesday, October 29.

Explore the Wonders of Fall at DML

As the month of November nears, Dayton Metro Library offers crafts programming for all ages

Explore the Wonders and Fruits of the Fall through Art, Crafts and Science, West Branch, Thursday, October 24 and 31, November 7, 14, and 21, and December 5 and 12, 4-5 pm: Colorful tree art, an apple volcano, a happy or haunted scarecrow – these are just some of the ways kids can experience the beauty of autumn. (Grades 1-4)

Grown up and Me: Wreath Making, Miami Township Branch, Saturday, November 2, 2-3:30 pm: Kids and adults will work together to create beautiful winter wreaths for home decoration. Registration is required – limited space

remains. (Ages 8-12 with an Adult)

Take an Autumn Walk on the West Side: Scavenge and Scrape, Saturday, November 2, 3-4 pm, West Branch: Explore the Library grounds using field guides, nature books, and Google apps to gather and identify Autumn's offerings – then create a scrapbook of all the finds. (Grades 1-4)

Fall Fairy Houses, Monday, November 4, 6-7:30 pm, Brookville Branch: Paint and decorate a soda bottle, turning it into a charming fairy house nightlight. Registration is required. (Grades 1-6)

Crayon Jar Candle Making Time, Thursday, November 7, 4-5 pm, Trotwood Branch: Melt down crayons and combine the colors to

make a unique candle just in time for the fall season. Registration is required. (Grades 1-4)

Imperfect Crafts, Saturday, November 9, 10:30-11:30 am, Huber Heights Branch: Make a bird seed ornament to hang for feathered friends or to use as a decoration. (Adults)

Crochet 101: Star Ornament, Thursday, November 14, 6:30-8 pm, Main Library, Conference Room 3A: Learn a few basic crochet stitches to create an ornament or wrap embellishment. Registration is required. (Adults and Teens)

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



Troy-Hayner Cultural Center to Show Double Indemnity

Everyone needs something to do on a Friday night. Why not go to the movies? Friday Night Movies at the Hayner Center features classic movies with café style seating, popcorn and soda. All films are free and open to the public.

Double Indemnity is a 1944 classic American film noir. The film was based on James M. Cain's novella of the same name. The screen play was written by Raymond Chandler and Billy Wilder, who also

directed the film. Fred MacMurray stars as an insurance salesman who is seduced by a provocative housewife played by Barbara Stanwyck. The film was nominated for seven Academy Awards and continues to set the standard for the best in Hollywood film noir.

The Troy-Hayner Cultural Center is proudly supported by the citizens of the Troy City School District through a local tax levy and generous gifts to the Friends of

Hayner.

Troy-Hayner Cultural Center is located at 301 West Main Street, Troy, OH 45373. Hours of operation are Monday 7:00 pm – 9:00 pm, Tuesday – Thursday 9:00 am – 9:00 pm, Friday and Saturday 9:00 am – 5 pm, and Sunday 1:00 pm – 5 pm. The Hayner Center is closed on holidays. For more information, visit our website at troyhayner.org or call (937) 339-0457.

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Juke Box Friday from 6-7 p.m.! Stick around for Irish First Fridays with a Miami Valley Pipes & Drums performance at 7 p.m. and more music at 9 p.m.

• Edward A. Dixon Gallery, 222 N. St. Clair St.: November 2024 will bring works from Cedric Michael Cox, Cynthia Kukla, Juko, Marilynn Page, and other new artists back to the main gallery. Unwind during the Opening Reception from 6-8 p.m.. Light refreshments will be served. Free on-street parking.

• Front Street, 1001 E. Second St.: Enjoy an evening of live music, food trucks, studio and gallery hopping, shopping, and more! It is always free to attend and park at our art hops. We are a family and pet friendly community. With artwork and handmade goods from more than 250 artists, you're going to want to get here early!

• K12 Gallery & TE-JAS, 341 S. Jefferson St.: Join a Happy Hour Paint-In! Artists 21+ are welcome to bring their own drinks to enjoy while they do a still-live study in an Impressionist style! \$30 per artist. Sessions run 4-6p and 6-8p.

• The Neon movie theater, 130 E. Fifth St.: See the full movie schedule online: www.neonmovies.com.

• Yellow Cab Tavern, 700 E. Fourth St.: Join us for a night of live music with Cellar Dwellar, Abertooth Lincoln, Crossing the Rubicon, Dreadful Rumo! \$10 cover start at 8pm with music starting at 9pm

DINING AND DRINKS

• Corner Kitchen, 613 E. Fifth St.: Now open for lunch every Friday! Enjoy Happy hour specials from 5-7 p.m.. Whiskey Flights are available during every shift!

• Dayton Beer Company, 41 Madison St.: Happy Hour runs 3-5 p.m.! Enjoy \$1 off all DBC core beers.

• Lily's Dayton, 329 E. Fifth St.: Happy Hour food and drink specials run from 4:30-6:30 p.m.! Full dinner menu available until 10pm!

• Local Cantina, 503 E. First St: Happy Hour is from 3 to 6 p.m. with \$5 Mustache Rides, \$6 Local Margaritas, \$2 Cerveza Amarilla, and \$2 off appetizers

Happiness Hours from 4-6 p.m. with \$2 off draft beers and \$2 off shareables, ½ price bottles of wine, \$8 Old Fashioned, and \$9 Manhattans.

• Oregon Express, 336 E. Fifth St., 937-223-9205: Every First Friday join us for Happy Hour deals from 5 to 8 p.m. Stop in for some of the best pizza in Dayton. Dine in, carry-out and curbside pickup available.

• Salar Restaurant and Lounge, 400 E. Fifth St., 937-203-3999: Kick off your First Friday with happy hour at Salar from 4-6 p.m. with cocktail specials, \$5 house wine pours, \$1 off of all beers, and bar bites specials. Enjoy dinner, too, available for dine in or carryout.

• Troll Pub Dayton, 216 Wayne Ave.: Every Friday at the Troll Pub is part of W.T.F Happy Hours: Wednesday, Thursday & Friday from 4-7 p.m. featuring 1/2 Priced Pints & 1/2 priced apps, and \$4 Fireball Shots.

• Trolley Stop, 530 E. Fifth St., 937-461-1101: Enjoy Half-off Happy Hour every day

Continued on Page 7

★ ★ ★ LYNN ★ ★ ★

COOPER

FOR CLERK OF COURTS

★ ETHICAL LEADERSHIP ★
★ FISCAL RESPONSIBILITY ★
★ DEDICATED PUBLIC SERVICE ★



ABOUT LYNN COOPER

Lynn Cooper has earned the trust and support of a wide variety of community leaders, cares deeply about this community, and has an impeccable record of 23 years of public service to Montgomery County. Lynn is proudly endorsed by the Democratic Party.

As a lifelong public servant, Lynn has a track record of consistent success and strong community relationships. She has served the citizens of Montgomery County continuously since 2001.

Lynn first discovered her passion for service and knack for efficiency working as a Deputy Clerk, under then-Clerk of Court, Dan Foley. Lynn has since held positions in the Court's General Division, as Chief Deputy Clerk over the Legal Division, Chief Deputy in the Treasurer's Office, and now as the Court Administrator of the Probate Court.

ABOUT LYNN'S PLAN

Lynn believes every citizen in our county deserves a Clerk with the experience & values required to provide ethical & efficient services. Lynn has proven her ability to lead with integrity and utilize fiscal resources responsibly.

She believes it is imperative to prioritize restoring transparency and the community's trust to the Clerk's Office. This requires holding herself and her team to the highest ethical standards and making decisions based on principle and procedure.

Lynn plans to immediately prioritize true fiscal responsibility by re-implementing responsible hiring practices across the divisions and reinstating standards of fiscal competence and proficiency. Lynn is committed to ending practices of nepotism, cronyism, and financial irresponsibility.



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Education

Local Preschool and Private Kindergarten Hosts Fall Themed Lemonade and Bake Sale



On Saturday, November 2, 2024, beginning at 12:00 p.m. until 6:00 p.m., Sophia Learning Center, a local Christ-centered preschool and private kindergarten, will host its fourth Here We Grow Again: Fresh Lemonade & Homemade Baked Goods Fundraiser at Fairmont Baptist Church (4212 Marshall Rd, Kettering, OH 45429). The bake sale fundraiser is hosted annually to help raise funds, increase awareness about the school among families in the Dayton region, purchase new equipment and technology to assist students in learning and to provide scholarships for students/families who want to attend Sophia Learning Center, but are unable to afford the private tuition.

This year's sale will be held in the fall and feature fall flavored lemonades and ten different types of homemade desserts prepared by local small business, home and hobby bakers from the Dayton and Cincinnati Region. Desserts range from sweet potato pies and cobblers to pumpkin rolls and more.

In addition to picking up sweet fall treats, attendees can come and learn about the mission

of Sophia Learning Center.

Admission to the sale is free. Attendees can choose to stay in their cars or walk up to the booth to purchase from SLC's students and volunteers. Lemonade prices will begin at \$5.00 a cup. Desserts will begin at \$5 a slice/bowl, or attendees may purchase the entire dessert.

For more information about the Fresh Lemonade & Homemade Baked Goods Fundraiser, or a full list of the desserts that will be available the day of the event visit: <https://www.sophialearningcenter.org/lemonad-sale>, or follow Sophia Learning Center on Facebook at <https://www.facebook.com/SophiaLearningCenter>.

About the Sophia Learning Center

Sophia Learning Center was founded in 2019 and is a Christ-centered preschool and private kindergarten located in Kettering that works alongside of parents to train up world changers, by ensuring that students have a firm foundation in Christ as well as a firm foundation in reading and math prior to entering the school system. For more information about Sophia Learning Center, visit www.sophialearningcenter.org or follow the school on Facebook, LinkedIn or YouTube.

Central State University College Preview Day '24 Offers On-The-Spot Acceptance... Continued from Page 1

provide immediate feedback to students. Registration includes a light continental breakfast and a ticket to the Marauders football game against rival Kentucky State University, ensuring a fun-filled day for attendees.

Students are encouraged to bring their official high school or college transcripts. "College Preview Day is a sneak preview for all those students who will make Central State their home," said Dr. Tammi Love, director of the Office of Admissions and Recruitment. "I am confident that when students and families step foot on our campus,

they will feel the sense of family and the intentional effort from our faculty and staff to walk alongside them as they press toward their goal."

Activities throughout the day include academic showcases, where attendees can disperse to colleges of their choice for Q&A sessions and interactive lab experiences; information sessions on admissions, financial aid and campus life; an overview of academic programs (including speakers from departments such as the Honors College); and a meet-and-greet with faculty, staff and current students. Students will see the Marauders football team go against their big

Wilberforce University Homecoming 2024 "WU Network"

Wilberforce University is thrilled to announce the much-anticipated 2024 Homecoming themed "WU Network." From November 4th through November 10th, Wilberforce is rolling out the carpet to welcome back beloved alumni, jam with current students, and celebrate the rich legacy and pride of being a Wilberforce Bulldog.

Event highlights include the coronation of Mister and Miss Wilberforce University, the annual parade in the City of Xenia: emceed by 2News Today Co-Anchor Caleb Michael, and former WDTN News Anchor Marsha Bonhart; an adrenaline-pumping pep rally, and a tailgate party before the WU Basketball Games!

In addition to featuring the award-winning Wilberforce Choir and Band, the 2024 Homecoming will also feature American rapper Queen Key who has released numerous hit singles.

This Homecoming is not just an event – it's a celebration of our unique Wilberforce family.

HOMECOMING 2024 SCHEDULE OF EVENTS

Monday, November 4th
• Don't Drink & Drive

Awareness Event | Allen Commons: Student Union | 4PM | Cost: Free
• SGA Inauguration | Alumni Multiplex: Gymnasium | 6PM | Cost: Free
• Midnight Brunch | Allen Commons: WU Cafe | 8PM-12AM | Cost: Coming Soon!

Tuesday, November 5th
• Celebrating "Our Right to Vote" Election Party | Allen Commons: Student Union | 12PM-3PM | Cost: Free
• TRAP Karaoke | Alumni Multiplex: Gym | 7PM | Cost: Free

Wednesday, November 6th
• Lowkey Block Party | Allen Commons: Outside | 10PM-12AM | Cost: Free
• Women's Basketball Game | Wilberforce Bulldogs vs. Madonna University | Alumni Multiplex: Gymnasium | 1:30PM | Ticket Cost: FREE

• Sex Education: Healthy Relationships | Allen Commons: Student Union | 4PM | Cost: Free
• WU NETWORK Art Show | Allen Commons: Student Union | 5:30PM - 6:30PM | Cost: Free

• Nubiance Award Show | Alumni Multiplex: Gymnasium | 7PM | Cost: \$10

• Monday, November 18 and 25, 4-5:30 pm
Celebrate NaNoWriMo, Burkhardt Branch: This program is specifically for teen writers to take part in a writing exercise about manifesting their own destiny.
• Thursday, November 7, 4:30-6 pm
Magick Structures for Meta Narratives, Brookville Branch: Meet with artist/poet D'Star Sterling to explore the four inter-related schema of a story's fundamental elements, and learn about using tools for deducing why a story isn't "working." Registration is required. (Adults)
• Saturday, November 16, 11 am-1 pm
Not participating in NaNo but love to write? Check out DML's other writing programs taking place:
Open Writers' Group, Wilmington-Stroop Branch: Meet with other writers for comradery. As

the group grows, focus on the interests of those who attend will be given. Registration is required - limited spots remain. (Adults)

• Monday, November 4, 7-8 pm
Human Race Theatre Creative Writing Workshop, Main Library: Receive a crash course in writing therapy while exploring themes for The NEA's Big Read book, Homegoing, by Yaa Gyasi. (Adults and Teens)
• Thursday, November 14, 6-7 pm, Community Room A
Notes & Narratives, West Branch: Singers, songwriters, musicians, and authors gather to celebrate the beauty of storytelling. Kids will write songs/raps that are inspired by literature or poetry and then record their work in the Tech Studio. (Families)
• Saturday, November 16, 2-4 pm
Puppet Task Force: Script Revision Unit,

the group grows, focus on the interests of those who attend will be given. Registration is required - limited spots remain. (Adults)

• Monday, November 4, 7-8 pm

• Thursday, November 14, 6-7 pm, Community Room A

• Saturday, November 16, 2-4 pm

• Saturday, November 16, 2-4 pm

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• Saturday, November 16, 2-4 pm

Thursday, November 7th

• WU Chapel Service: Homecoming Edition | Alumni Multiplex: Main Foyer | 11AM | Cost: Free
• Royal Court Coronation & Afterparty Reception | Theme: "Great Gatsby" | Alumni Multiplex: Gym | 7PM | Cost: Free

Friday, November 8th

• SGA Honors Event | Alumni Multiplex: Main Foyer | 11AM | Cost: Free
• WU Network Activity Hour Event | Allen Commons: Basketball Courts | 12PM-3PM | Cost: Free

• Bulldog Pep Rally | Alumni Multiplex: Gymnasium | 4PM-6PM | Cost: Free

• HBCU Alumni & Friends Mixer | Bleachers Bar & Grill | 5PM-8PM | Cost: \$10 (includes appetizers) | \$20 (includes appetizers and 1 complimentary adult beverage ticket)

• All Black Party (A.B.E.) | Alumni Multiplex: Gymnasium | 8PM-11PM | Cost: \$10

Saturday, November 9th

• Bulldog Day Homecoming Parade | City of Xenia | 11AM | Cost: Free

• Bulldog Tailgate Afternoon Party | Health & Wellness Center: Outside | 12PM-6PM | Cost: Vendor & Outside Org. Fees

• Men's & Women's Basketball Game | Wilberforce Bulldogs vs. Lourdes University | Alumni Multiplex: Gymnasium | Women's 2PM/Men's 4PM | Ticket Cost: Visitors, Alumni, & Friends \$10 each game, WU Students with WU ID & 10 and under FREE
• Greek Step Stroll Off & Concert: Featuring "Queen Key" | Alumni Multiplex: Gymnasium | 8PM | Flash Sale Ticket Cost: \$20 | Presale Ticket Cost: \$25 | At the Door: \$30

Sunday, November 10th

• Wilberforce Gospel Explosion | Alumni Multiplex: Gym | 2PM | Cost: Free

• Wilberforce University Homecoming 2024 also offers fantastic vendor opportunities starting as low as \$25, providing a great platform for businesses to showcase their products and services to a vibrant and engaged community.

For more information, email: wuhomecoming@wilberforce.edu or visit Wilberforce.edu/Homecoming2024.

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rival, Kentucky State University.

"The excitement for College Preview Day continues to build," Love said. "The passion and outreach from our Admissions team and campus community, the commitment of our alumni, and the support from the community at large are pivotal to this day's success."

Connect and engage
Teria Jewett, assistant

director of Orientation, Campus Experience and Transfer Students, emphasizes the importance of this event for prospective students: "College Preview Day is an exciting time for students and their families. It allows them to connect with faculty, staff and students. They can speak to organizations and see some of the activities offered."

This will be Jewett's first

College Preview Day.

"I think I am as excited as the students and families who have reached out to me," she said. "School leaders have expressed their enthusiasm about the variety of experiences their students will receive by attending the College Preview Day."

Registration details


Interested participants must register by 5 p.m. Nov. 1. A group registra-

tion option is available for groups of 10 or more. Click here to access the group registration form.

For additional information, contact Central State's Office of Admissions at 937-376-6249 or admissions@central-state.edu.

For more information about Central State University, visit central-state.edu/admissions.


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Benjamin E. K. Spare-Hardy II, Rector

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

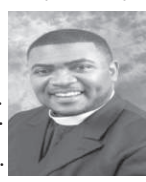
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FAX: (937) 222-7336

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

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

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



Pastor Cory J. Pruitt
1501 W. Dr. Martin Luther King Jr. Way, Dayton, OH, 45412

WAYMAN CHAPEL A.M.E. CHURCH
3317 Hoover Avenue ~ Dayton, Ohio 45407
Rev. Gerald A. Cooper, Pastor

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

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

WEDNESDAY
Prayer Meeting/Bible Study Noon


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



Join us for a new beginning...

Greater Allen AME Church

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



Church Sunday School.....9:15 a.m.
Sunday Worship.....10:45 a.m.
Women's Bible Study - Monday.....6:30 p.m.
Noonday Bible Study - Wednesday.....12:00 p.m.
Prayer Meeting - Wednesday.....7:00 p.m.
Bible Study - Wednesday.....7:30 p.m.

Believers Christian Fellowship Church

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

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



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

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

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



(937) 275-6906
Fax 276-6267

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

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



Bethel Missionary Baptist Church
401 S. Paul Laurence Dunbar St. - Dayton, Ohio 45407

Rev. Xavier L. Johnson, Senior Pastor
937-222-4373 - Office - Email: offices@bmbcdayton.org



Church School.....9:30 a.m.
Morning Worship.....10:45 a.m.

SUNDAYS
9:30 a.m.
10:45 a.m.

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

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

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



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(937) 837-9326 • www.ethanemplesda.org



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

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



Rev. Dr. Marcettes Cunningham,
D.Min., Pastor
Sunday School 9:30 a.m.
Morning Worship 10:45 a.m.
Wednesday
Prayer/Bible Study, 12:00 & 7:00 p.m.
Evening Prayer, 6:30 p.m.

Dixon United Methodist Church
1691 Infirmiry Rd. - Dayton, OH 45417



Church Phone:
(937) 835-3366
Email:
Dixonumcl691@gmail.com
Website:
Dixonumcdayton.org

Sunday School.....10:00 a.m.
Sunday Morning Worship.....11:00 a.m.
Midweek Bible Study - Wednesday.....
6:00-7:30 p.m. Via Zoom
Prayer Meeting - Saturday.....10:00 a.m.
Text In Prayer Request 1-888-646-9678

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Weekly News**

Religion

Courage: An Essential Virtue for Authentic Living...
Continued from Page 1

al risk. Moral courage is about acting in alignment with our values and integrity, even when it is difficult to do so.

3. Social courage
Advocating for others, standing up against injustice, and challenging societal norms all entail taking risks in relationships and social settings and are examples of social courage.

4. Intellectual courage
Intellectual courage is the willingness to challenge your own beliefs, explore new ideas, and engage in critical thinking, even when it's uncomfortable.

5. Emotional courage
Emotional courage involves facing our inner fears and vulnerabilities, such as confronting difficult emotions, expressing feelings honestly, or coping with loss.

Why Courage Can Lead to Happiness
Courage can lead to happiness because it enables us to face our fears, show up in our relationships, embrace personal growth, and live authentically. These qualities are essential to happiness.

In facing and overcoming our fears, we can diminish their control over us, building confidence and resilience in the process. This reduces anxiety, stress, and regret.

Courage also plays a crucial role in relationships, allowing us to be vulnerable and honest, fostering trust and

intimacy. This openness leads to deeper, more meaningful connections, which are essential for long-term happiness.

Finally, courage is necessary for personal growth, pushing us to pursue our goals by taking risks and stepping out of our comfort zones. The resulting sense of accomplishment and pride further contributes to our overall wellbeing.

When we live authentically with courage, we experience greater satisfaction and inner peace, as there is no ongoing conflict between our true selves and the persona we might otherwise present.

By developing and growing their courage, your clients can learn to live full and rich lives aligned with their core values and their true selves.

Character Strengths Related to Courage
Courage is not a stand-alone virtue; it is supported by several character strengths that enable us to act courageously in different situations. Here are some of the key Values in Action (VIA) character strengths that have been found to be related to courage:

1. Bravery
Bravery describes our ability to act despite our fear, rather than in the absence of it. It is about confronting challenges, speaking up when we need to, and defending what is right, even in the face of opposition.

Bravery also includes the willingness to take risks for the greater good

or for our personal growth. It could look like standing up to a bully, pursuing a dream that others doubt, or even admitting when we've made a mistake. This should not be confused with recklessness; it is a calculated willingness to take on challenges that matter.

2. Perseverance
Courage often requires sustained effort over time, especially when the road is long and difficult, so perseverance is another critical strength linked to courage. It is the ability to keep going despite obstacles, setbacks, and failures, maintaining a commitment to our goals, values, and principles, even when progress is slow or the outcome is uncertain.

3. Honesty
Honesty is about living with integrity and being authentic with ourselves and others. It is about living aligned with our values and principles, even when it's inconvenient or difficult. It requires us to be truthful in our words and actions, and to take responsibility for our decisions.

4. Zest
Courage isn't just about facing difficulties; it is also about embracing life's opportunities with enthusiasm. Zest encourages us to try new experiences, pursue our passions, and engage with whatever life throws at us with a sense of adventure.

How to Foster Courage and Live Authentically
Fostering courage is a continuous process that

involves cultivating the character strengths we identified above (Lester et al., 2010). It requires intentionality and commitment. Here are some practical ways to help your clients develop courage and live more authentically:

Identify values
Start by helping your clients identify their core values. What truly matters to them? When we are clear about our values, it becomes easier to make courageous decisions that align with them (Stanislaw & McCreary, 2022). Try using this Core Values Worksheet to help your clients identify their values.

Practice vulnerability
Being vulnerable means

opening yourself up to the possibility of rejection, failure, and criticism (Keay & Kirby, 2018). Learning to be vulnerable is a powerful way to build courage (Jordan, 2008). Encourage your clients to start sharing their thoughts and feelings with trusted individuals and gradually extend this practice to broader areas of their lives.

Set small, courageous goals
Encourage your client to begin setting small, manageable goals that require courage, such as speaking up in a meeting, trying a new hobby, or having an honest conversation with a friend. As they achieve these small goals, your client's confi-

dence will grow, making it easier to tackle bigger challenges.

Reflect on past successes
Reflecting on past courageous acts can boost confidence. Help your clients remember times when they were courageous and the positive outcomes that resulted from their courageous actions. Use these memories to fuel their current efforts.

Finding New Ways to Use Courage as a Strength
The inspiration to speak publically Once you've helped your client develop courage, it's important for them

Continued on Page 8



Save the Date

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- NEW DRESS SOCKS
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Sports

Shreds Sportswriter Hosts Workshop at DML

Dayton Metro Library is excited to welcome author Mandy Shunnarah (Midwest Shreds) to host The Thrill of the Game: Literary Sports Writing Workshop on Monday, November 4, from 5:30-7 pm, in the Main Library's Community Room A.

Patrons will be guided in crafting their own essay that captures the thrill of their favorite sport. Dive deep into memories using the five senses to bring events back to life and engage with writing prompts to help find the story behind the story.

Shunnarah will share readings from other sportswriters and what skills they used to write about skateparks in the Midwest that are showcased in Midwest Shreds. This event is open to adults. Registration is required. A select number of copies of Midwest Shreds is available for check out at DML locations, or patrons may use their Libby app to read a digital version.

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

STEAM, Dinos, and Raptors Collide with DML Programs

At Dayton Metro Library during the month of November, patrons of all ages have a chance to participate in unique programs that explore dinosaurs, stars, raptors, and science.

Dinover: Dive into Local Fossils, Miami Township Branch, Saturday, November 2, 11am-12:30 pm: Explore this prehistoric world with hands-on

learning led by a local geology expert who will bring in fossils from the area. Participants will also make their own miniature fossils to take home. (Families)

Starry Night Viewing, Trotwood Branch, Tuesday, November 5, 6-7 pm: The Miami Valley Astronomy Society visits to teach patrons about stargazing with a telescope. While geared to-

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For more information go to www.iriderta.org/westconnector

ward grades 6-10, all ages are welcome. Registration is required.

4-H Science in the Library, West Branch, Wednesday, November 6,

4-5 pm: Explore new topics with hands-on STEAM activities. (Grades 2-6)

Only Owls, Main Library, Eichelberger Forum, Thursday, November 7, 6-7 pm: The Glen Helen Raptor Center visits with three Ohio native owls. (Families)

Raptors of Ohio, Wilmington-Stroop Branch, Saturday, November 9, 2-3 pm: Learn about raptors that rule the sky in this live animal program presented by the Glen Helen Raptor Center.

(All Ages)

Teen STEAM: Weird Science!, Southeast Branch, Wednesday, November 13, 3-5 pm: Explore the weird side of science with a different project each month.

Where the Wild Kids Are - Dino Dig, Northmont Branch, Saturday, November 16, 11-11 am: Excavate dinosaur eggs like a real archeologist - plus, take home a new dino friend! Registration is required. (Grades 1-4)

STEAM Days: Little

Launchers, Southeast Branch, Wednesday, November 20, 11 am-1 pm: This biweekly playtime with weekly themes is geared toward infants and older. This program will explore gravity, potential, and kinetic energy by creating catapults.

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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November 1 First Friday: Dayton Holiday Festival Edition... Continued from Page 4

3-7pm! \$3 wells and half off select appetizers.

• Two Social, 123 E. Third St.: Check out the new Fall drink menu!

• Warped Wing Brewing Company, 26 Wyandot St.: First Friday Beer Tapping + Smash Burger Special! We'll be releasing the new Pilot Series Taddy Porter, a smooth & approachable medium-bodied brew with a roasted, chocolate aroma, and showcasing the Smokin' Cowboy Smash Burger, featuring two patties topped with house-made chili, bacon, gouda cheese, and caramelized onions on a potato brioche bun.

• Winans Coffee & Chocolates, 221 N. Patterson Blvd.: Happy Hour wine is \$8 a glass from 4-7 p.m.!

SPECIAL SHOPPING DEALS AND OTHER ACTIVITIES

• After5, 111 E. Third St.: Mention First Friday at checkout to take 20% off of your total purchase!

• Choice Juice Boxx, 31 S. St. Clair St.: Spend \$50 at Varsity House to receive 10% off from your Choice Juice Boxx purchase.

• Club Evolution, 130 N. Patterson Blvd.: Audience applause chooses the winner of a karaoke contest and \$75! No cover. Karaoke starts at 8:30 p.m. with the contest starting at 10:30 p.m.

• Dayton Metro Library,

215 E. Third St.: ESL Classes (English Classes) are free programs for learning and practicing English speaking skills! Classes are taught in three different levels. For more information call the Ask Me Line at 937-463-2665.

• Eclectic Essentials, 510 E. Fifth St.: Get 10% off of all regular-priced merchandise! Enjoy free snacks and beverages while you shop.

• Gem City Tattoo Club, 436 E. Fifth St.: Tattoo flash sale! From 12:30-7:30 p.m., GCTC will offer traditional designs from our group of professional artists at a discounted price of \$80-\$100! Stop in and choose from 100s of designs. First come first serve!

• Mintha's Boutique, 520 E. Third St.: Get 20% off your entire purchase when you mention First Friday!

• Omega Music, 318 E. Fifth St.: New release day! Explore the new releases on vinyl, CDs, and more. All day 11 a.m. to 9 p.m. in the Oregon District.

• Pedal Wagon Dayton: The weather outside might be frightful, but good times are still to be had aboard the Pedal Wagon! Adults 21+ can grab a seat on the Polar Bear Express for \$35 or book a private ride starting at \$499 pedalwagon.com/dayton/polarbear-express/

• Picture Perfect Paint

Parties, 123 N. Ludlow St.: Come and enjoy our grape tastings of the month and a mini-paint party canvas. Register at www.pictureperfect-paintparties.com or call 937-265-0691 for more information.

• Rabbit Hole Books, 29 W. First St.: Dia de Los Muertos Last Chance Halloween! Stop by Rabbit Hole Books for free treats and 20% off of all bats, cats, and hats! Open noon until 7 p.m.

• Sole Touchers, 37 S. St. Clair St.: Mention First Friday to receive 25% off all shoes in store!

• Talbott Tower, 131 N. Ludlow St.: Visit the businesses of Talbott Tower! Enjoy live music, food, and beer while you shop special discounts at more than 20 businesses.

• Vidia's Closet, 27 S. St. Clair St.: When you shop this women's clothing boutique in the St. Clair Lofts on First Friday, you can take 20% off your entire purchase! Shop in-store and enjoy a complementary glass of wine.

The Downtown Dayton Partnership's website has a complete list of downtown's arts and cultural amenities, as well as a dining guide, parking map and much more.

Editorial & Comments

Health

Sinclair Community College Celebrates Respiratory Care Excellence



L - R: Students Jasmin Hardaway and Brittany Estle

Sinclair Community College is celebrating and recognizing respiratory care students and faculty for the critical roles they play in patient care. The recognition is part of National Respiratory Care Week from October 20-26, 2024. This year's theme is Journey TOGETHER. Impact FOREVER.

Sinclair's Respiratory Care program was founded in 1971 by Duane Gardner, with the first 18 graduates receiving their Associate of Applied Science Degrees in Respiratory Care in 1973. Over the past five years, 119 students have graduated with associate degrees from Sinclair's Respiratory Care program.

"Sinclair Community College takes immense pride in our Respiratory Care program and the unwavering commitment of our students and faculty to improving patient lives," says Sanja B. Keller, Program Director/Department Chair for Sinclair's Respiratory Care Program.

"Our graduates receive a top-notch education and gain valuable clinical experience, ensuring they are well-equipped for fulfilling careers."

The U.S. Bureau of Labor Statistics projects a 13% growth in respiratory therapist employment through 2033, with an estimated 8,200 new job openings annually. Right now, the median wage for respiratory therapists in Ohio is \$75,150.

Sinclair Community College works closely with hospital partners in the Dayton region to develop strategies for addressing the critical need for respiratory therapists. In Fall 2021, Sinclair expanded its Respiratory Care Program to increase the number of students in the program by 21%.

"We are fortunate to see a 100% employment rate for Sinclair's Respiratory Care graduates," emphasized Keller. "They fill a critical need in our com-

munity and often benefit from sign-on bonuses, employer-paid tuition, and competitive salaries."

Sinclair Community College currently offers a Respiratory Care Associate of Applied Science. Learn more at Sinclair.edu/Respiratory. Sinclair's Respiratory Care Program is also part of the Sinclair Health Sciences Academy that provides the opportunity for our healthcare partners, including Premier Health, Kettering Health, and Dayton Children's, to connect employees with high-quality education and career opportunities.

National Respiratory Care Week was established by President Ronald Reagan in 1982 to celebrate and recognize respiratory therapists and to promote careers in this rewarding, in-demand field.

Something to Consider: Living With Anticipation

By: Brenda Cochran
Contributing Writer

Many studies have shown that the goal setting and positive anticipation can prevent your stress levels from going too high. It can give you a sense of purpose; also looking forward to something can further help to create something like a plan of looking for a better life.

When we think of this present day and age, anticipation cannot be as positive as we would like.

The following working definition of anticipation says "An emotion involving pleasure, anxiety, considering or waiting for an expected event. Anticipatory emotions include, anxiety, hope, and trust. When this same anticipatory fails to come about, a disappointment (for a positive event) or release (a negative one)."

Thinking about anticipation as a positive emotion, depends on the event that one is anticipating. An example is events that can lead to a sense of well-being and mental health. It can also be a component of happiness. When we expect good things to hap-



Brenda Cochran

pen, our brains release dopamine, which can bring about a pleasurable feeling.

Anticipation also can involve or lead to anxiety or fear. When anticipating a negative event that doesn't happen, can result in release, but thinking of the positive, anticipation is a feeling of excitement or eagerness that something good that is going to happen in the future. It can result in a big part of being a fan or waiting for the next episode of a favorite show. It is also often used by companies to bring about excitement around a new product.

There are some strategies that can help with positive future thinking; they include planning, visualization and aspiration.

Anticipatory strategies are plans of action that

can create before a situation actually occurs. These strategies can be used in a variety of contexts that include strategic anticipation which is the ability to foresee and prepare for potential challenges and opportunities. This involves studying the environment and competition and predicting how an individual or group can possibly react differently.

Anticipation marketing is a strategy that focuses on building curiosity, excitement and yes, anticipation in a targeted group of potential customers. It is used to generate a buzz prior to a certain date, drive customer engagement, and if execute successfully, generate immediate success.

Anticipation Quotes-
"Fear is pain with the anticipation of evil"- Aristotle

"There is no terror in the bang, only in the anticipation of it - Alfred Hitchcock

"Wisdom consists of the anticipation of consequences"

"People don't realize that now is all there ever is; there is there is no past or future except as memory or anticipation in your mind."

"Our mere anticipation of life - outruns reality."

Commentary Our Biggest Health Challenges

Thanks to decades of research, Americans are living longer. Yet Chronic diseases still affect large swaths of the population and are unevenly distributed creating health disparities. These chronic illness are common and costly, and many are preventable. NIH Researchers — Basic, Translation, clinical and community based — are tackling these challenges head on.

A doctor listening to his patient's heartbeat with a stethoscope

Heart Disease and StrokeHeart disease and stroke still the leading

causes of death for both U.S. men and women. NIH-funded scientists currently are looking to the power of precision medicine to better understand and manage these disorders.

Pancreatic Cancer Cells CancerCancer is one of our nation's most feared diseases, with more than 1.6 million new cases diagnosed each year. But thanks to NIH research, this number is now falling.

Hydrocodone with Acetaminophen Tablets on a Prescription Form

Opioid AddictionNIH-supported research has led to effective strategies that can be implemented right

now to save lives and to prevent and treat opioid addiction.

HIV infected and uninfected immune cells interact

Infectious DiseasesNIH scientists are working to better understand how microbes develop resistance to antibiotics, finding new diagnostics that can more quickly detect resistance, and finding new antibiotic drugs and vaccines to prevent and treat bacterial infections.

Type 2 Diabetes

DiabetesDiabetes affects 30 million American adults and children. NIH-funded technological advances offer much promise.

Courage: An Essential Virtue for Authentic Living... Continued from Page 6

to continue finding new ways to use this strength

in daily life. By consistently acting courageously, they can begin to build their "courage muscle."

Take some time to discuss ways they may be able to do this. Here are some ideas to get them started:

Speak up

Encourage your client to identify opportunities to speak their truth. This doesn't mean that they should be confrontational; it is about expressing their genuine thoughts and feelings in a respectful manner where appropriate.

Take calculated risks
Courage isn't the same as recklessness; it is about taking calculated risks that align with our values and goals. Help your clients to consider areas of their life where they may have been playing it safe and think about how they

can step out of their comfort zone.

Learn to advocate

Advocating for ourselves and for others can require a significant amount of courage (O'Connor, 2018). Help your clients use their courage to advocate for themselves and others, especially those who may not have a voice. Whether it's setting personal boundaries, standing up against injustice, or supporting a friend in need, their courage can make a difference in the lives of others.

Embrace change

Change is often scary, but it's also a necessary part of growth (Hudson et al., 2018). Encourage your client to embrace change as an opportunity to use their courage and explore new possibilities in their life.

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