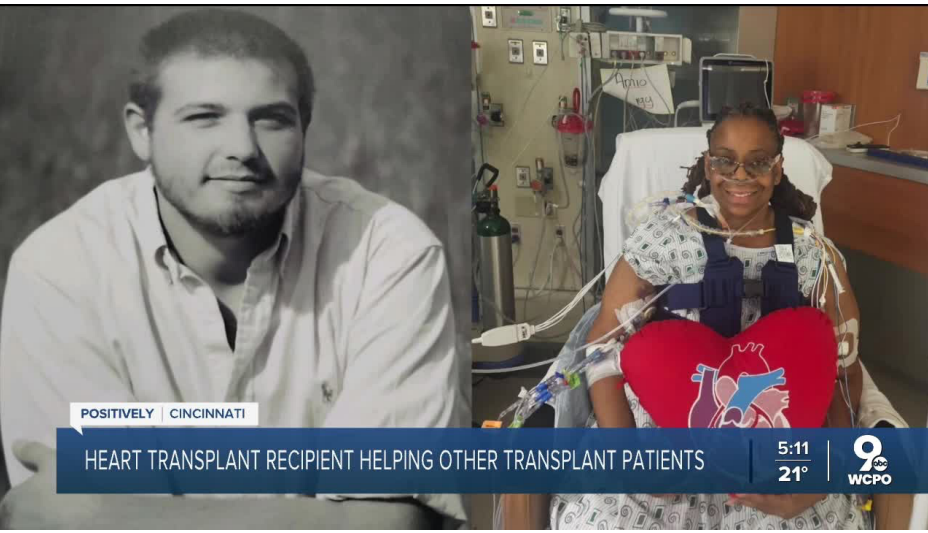




The Beat Goes On: Heart Transplant Recipient Helps Others



POSITIVELY CINCINNATI

HEART TRANSPLANT RECIPIENT HELPING OTHER TRANSPLANT PATIENTS

5:11 21° WCPO 9

CINCINNATI — Venita Turner has a giving heart — a heart for service and loving the Lord. And Turner's heart is brand new.

On Dec. 8, 2023, a Missouri man named Gregory lost his life. That same day, surgeons at The Christ Hospital placed his heart in Venita's chest, and it's been beating strong and true ever since.

"I instantly started praying for this family," Turner said. "They was gonna eventually have to lose somebody for me to live, so I struggled

with that for days."

Turner said she always takes care of what is another's. And even though that heart officially belongs to her now, she looks at it as the precious gift it is, still belonging to Gregory. So, she said, she will treat it like gold.

It is that strong heart in her chest giving her energy and her love of giving back that is fueling her to start The Beat Goes On.

Turner talked to her surgeons at Christ Hospital about what was needed most.

She learned that heart transplant patients who

don't live in Cincinnati need a free, safe and clean space to live in the days and weeks following their transplant. Often, they will have doctor visits or therapy that require they be at the hospital as an outpatient client. Traveling to and from the hospital from 40 miles away or more isn't always convenient.

So Turner's 501c3 will fund a home close to the hospital where transplant patients can stay at no cost.

"We will provide housing to heart transplant patients who travel more often," said Hufford. *Continued on Page 8*

Cincinnati Bengals Ja'Marr Chase Surprises Kids with Annual Giveaway



CINCINNATI — One-hundred area kids got the surprise of a lifetime, walking into a winter wonderland full of cold weather essentials and toys. It was all thanks to the Boys & Girls Club of Greater Cincinnati and Cincinnati Bengals Wide Receiver Ja'Marr Chase.

"I just remember opening up presents around this time and getting a system when I finally started playing games. That was a big Christmas for me. I just want to do the same for these kids," Chase said.

Coats, hats, Bengals gear, toys and, of course, a photo with Chase was what kids at the Dudley S. Taft Boys & Girls Club walked away with at the Spreading Cheer with Chase event on Tuesday afternoon.

Club members like Sakina Wright wasted no time diving into all the goodies.

"This whole event really shows how serious they are about giving back to kids," Wright said.

Supporting local kids is what Boys & Girls Club

officials said is at the heart of what they do, not just during the giving season, but year round.

"We're open to anyone. We do place ourselves very strategically in areas of the community where there is the greatest need, just to eliminate that barrier of transportation and to bring in as many kids from the community as possible," Boys & Girls Club of Greater Cincinnati Vice President of *Continued on Page 7*

Nonprofit Unveils First Temporary Home For Veterans

D&T Independent Housing is a nonprofit that just started in 2023, and it is dedicated to helping veterans get into temporary and permanent housing. On Friday, Dec. 6, it celebrated finishing its first renovated home that will provide transitional housing, after holding an open house where community partners, leaders and veterans who might need housing could walk through.

Tasha Hufford, one of the founders of D&T Independent Housing said this is the first of many.

"We do have other homes that we're working on right now, trying to get them remodeled and get them ready to move veterans into them also, so we have about 15 homes that we're working on," said Hufford.

It is shared housing so six to seven people can live in the house they showed today.

The nonprofit will work with families and individuals. They screen applicants so people can be placed with others they fit well with.

Hufford said the organization is also working to provide new homes that veterans can buy at affordable prices.

There are other services D&T Independent Housing also provides.

"We're helping them find a job if they need a job. We help them with counseling if they need counseling and also companionship and transportation," said Hufford.

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Dorrian Harden, D&T Independent Housing founder & chairman talked about why the pair decided to take on this mission.

"My grandfather, he was a veteran. My uncle's

a veteran and my uncle that passed away, we used to feed the poor so I was like, well, when I get the opportunity, I wanted to give back. This is my way of giving back," said Harden.

Hufford said the nonprofit will work with community partners like St. Vincent De Paul to help place veterans in the homes.

Paley Center Honors Tyler Perry at Annual Fall Gala

The 2024 Paley Center Honors celebrated Tyler Perry on Wednesday (Dec. 4).

Held at The Beverly Wilshire Hotel, Perry received the center's highest honor surrounded by his close friends and colleagues. Meghan Markle, Kerry Washington, Tika Sumpter, Debbie Allen, Debra Lee, Tina Knowles, Nicole Avant, and more all showed up to give the entertainment

mogul his flowers.

"Throughout my career, I have strived to bring people together and to give a voice to those often underrepresented in media," said Perry in a statement when the recognition was first announced. "Media has served as a vital platform for this mission, and I'm honored to receive this award from The Paley Center for Media, an organization that has dedicated itself to spotlighting

the power and importance of media."

Maureen J. Reidy, President & CEO of The Paley Center for Media, added, "Through his acclaimed and prolific body of work, Tyler Perry has solidified his place as one of media's greatest and most impactful figures. With each new project, he continues to move our industry, and our culture, forward, and it is our great privilege to present *Continued on Page 4*



Tyler Perry Honored at Paley Center

Fuel Your Holidays with Coffee and Kindness

Donate Blood at the Dayton Donor Center from December 9-21 and Enjoy a \$10 Coffee Gift Card

This festive season, join us in making a difference! Donate blood at Versiti Blood Center of Ohio's Dayton Center from December 9-21, and receive a \$10 coffee gift card to Starbucks or Dunkin' as a thank-you. Plus, enjoy a cozy bundle of holiday socks to brighten your season!

For 60 years, we've proudly served our community as the Community Blood Center, now as Versiti Blood Center

of Ohio, with an unwavering commitment to helping those in need.

As the need increases, Versiti Blood Center is urgently seeking O-negative and O-positive blood donors. These universal blood types can be transfused to all patients, including trauma victims, cancer patients, and those undergoing surgery.

Walk-ins are welcome at the Dayton Center, or you can make an appointment by calling (937) 461-3220.

To register online, please visit our website at www.versitidayton.org.

Join us this season to give the gift of life and spread some holiday cheer!

About Versiti

Versiti is a world-class, non-profit blood health organization with locations across the Midwest. Headquartered in Milwaukee with more than 2,400 employees, Versiti was formed with a mission of service to improve patient

outcomes, advance the field of personalized medicine and strengthen the health of communities everywhere. We are deeply rooted in the communities we serve, providing innovative, value-added solutions in the fields of transfusion medicine, transplantation,

and blood-related diseases. From research, clinical care, and diagnostic testing to the sharing of lifesaving gifts through blood, organ and tissue donation, the collective efforts across Versiti result in more hope for the communities that trust us. For more information, visit Versiti.org.



Wake up... smell the coffee... and help save a life!

December 9 - December 21

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Around DAYTON

Miami Valley Weather

5 day Forecast

Saturday	Sunday	Monday	Tuesday	Wednesday
Mostly Cloudy High 42 Low 21	Sunny High 50 Low 45	Rain High 55 Low 45	Rain High 47 Low 28	Mostly Cloudy High 31 Low 18

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Community Conversation About Youth Safety Continues at DML

Dayton Metro Library will host another Making Your Dayton Metro Libraries Safe: A Community Listening Session on Tuesday, December 10, from 4:30-6 pm, at the Southeast Branch. Community members – those affiliated with organizations/agencies and families/individuals/youth – are invited to attend and share what ideas and skills they have to contribute to this ongoing effort of making DML a safe place for all.

Community stakeholders have been invited to weigh in, and representatives from DML will be available to answer questions about the safety and engagement of area youth during afterschool hours. Community members – including youth – are welcome to submit questions and suggestions prior to

December 10 at DaytonMetroLibrary.org/news/safe-libraries/.

The Southeast Branch is located at 21 Watervliet Avenue, Dayton, 45420. For more information, visit DaytonMetroLibrary.org or call the Library's Ask Me Line at 937.463.2665.

Polar Fest: Chilling the Miami Valley with Winter Fun

Polar Fest
and Community Tree Lighting

Saturday December 14
5:30-8:30 pm @ Northridge Local Schools

HARRISON TOWNSHIP, OHIO – The Miami Valley is invited to embrace the magic of the season at Polar Fest, a vibrant winter celebration on Thursday, December 14, 2024, from 5:30 to 8:30 PM at Northridge Local Schools.

Hosted by Northridge Local Schools in partnership with Harrison Township, Polar Fest promises to deliver an unforgettable evening filled with:

- A spectacular community tree lighting
- Heartwarming caroling
- Hot chocolate to keep you cozy
- Engaging family-friendly activities

“This event is a reflection of the strength and spirit of our community,” said Dave Jackson, Superintendent of Northridge Local Schools. “We believe Polar Fest has the potential to become the premier winter festival in the Miami Valley, bringing families together for a night of celebration and connection.”

Non-Traditional Storytimes at DML

Each month, Dayton Metro Library offers close to 200 different storytime programs including a variety of unique ones.

Kinderbridge Storytime, Monday, December 9, 10-11 am, Brookville Branch: Ages 3-6 can get ready for kindergarten with stories, songs, and hands-on activity stations with a new theme each week.

December 11 and 18, 10-10:45 am, Main Library, Children's Creativity Space: Themes of art, STEM, and social emotional wellness add to the hands-on activities, stories, and songs preschoolers can use to prepare for school.

wanda, Korean, Mandarin, Spanish, or Tagalog.

Art Start Preschool Storytime at Rosewood Art Center, Thursday, December 12, 11:30 am-12:15 pm: Preschoolers can begin to foster an early love of art with DML sharing books and a Rosewood instructor leading a hands-on craft. The Rosewood Art Center is located at 2655 Olson Drive, Kettering, 45420

Paws to Read, Thursday, December 12, 4:30-6 pm and Thursday, December 26, 5:30-6 pm, Northwest Branch: Kids in grades 1-4 can read to a dog from the Miami Pet Therapy Association.

Stuffie Storytime Sleepover, Thursday, December 19, 6:30-7:30 pm, Southeast Branch: Kids can bring in one of their stuffies for a bedtime story then leave in the care of DML Librarians. Pick them up later in the week and receive a picture of the Library adventures they find.

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

Don't miss this opportunity to experience the joy of the holidays and be part of a new Miami Valley tradition.

Holiday Festival Contests Return With Prizes & Fun Up For Grabs

Vote for your favorite!
More info at DaytonHolidayFestival.org

Find elves, win prizes!

Be sure to take a close look at holiday decorations adorning downtown this December! The Downtown Dayton Partnership has announced the return of two favorite contests, Whimsical Windows and the Elf Hunt, as part of the month-long Dayton Holiday Festival. Both contests are happening

The Dayton Weekly News

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Brenda Cochran
LaTonya Victoria

Puppet Show, Monday, December 9, 11 am-12 pm and Thursday, December 12, 10-11 am, Vandalia Branch: All ages will enjoy a puppet show and craft time.

Preschool Storytime: STEM, Monday, December 9 and 16, 2-2:30 pm, West Carrollton Branch: STEM-focused activities add to the stories and songs that help ages 3-5 prepare for school success.

PJ Pals – Family Storytime, Tuesday, December 10 and 17, 6:30-7 pm, Northmont Branch: Everyone can wear their pajamas and enjoy quality time together with songs, books, and activities that kids and caregivers can enjoy together.

Science Storytime, Wednesday, December 11, 10-11 am and Thursday, December 12, 11:30 am-12:30 pm, Miamisburg Branch: Science-themed activities with stories and songs are offered for ages 3-5.

Bilingual Family Storytime, Wednesday, December 11, 4-4:45 pm, Burkhardt Branch: Books, songs, and activities are presented in both English and Spanish.

Bilingual Storytime, Thursday, December 12 and 19, 10:30-11:15 am, Miami Township Branch: Rhymes, songs, stories, and other activities are presented with a native or bilingual storyteller. Languages rotate every session, but may include Arabic, Hindi, Kinyar-

Continued on Page 4

National

Black Entrepreneur, Founder of Afrocentric Gift Wrapping Paper Brand is Celebrating 7 Years in Business



Lorna Cheatham

Nationwide -- Lorna D. Cheatham, a proud WBENC-certified Women's Business Enterprise owner, embodies the spirit of entrepreneurship. As the founder and CEO of Detroit-based Clera's Creative Gifts, a Black-owned Afrocentric gift wrapping paper brand she established almost 7 years ago, she is driven by a mission to bring jobs back to Detroit, focusing on empowering disadvantaged and abused women of color and providing opportunities for second-chance citizens.

Born in Nashville, Tennessee, as one of twelve siblings, Lorna grew up cherishing the little her family had. "Birthdays were always special for us," she recalls, "even if we didn't receive much, we appre-

ciated every gift." Tragically, at the age of nine, Lorna lost her mother, Clera. Inspired by her mother's love and memory, Lorna named her company after her as a heartfelt tribute, ensuring her legacy lives on through every product they create.

Clera's Creative Gifts, LLC proudly celebrates diversity, inclusion, and the empowerment of people of color. All products are thoughtfully designed in America, reflecting the company's commitment to representation. Inspired by Lorna's vision to see more African-American products on store shelves, particularly in the gift wrapping and packaging industry, the company focuses on creating gift wrap and gift bags that beautifully celebrate special occasions and the traditions of people of color.

Since 1997, Lorna has

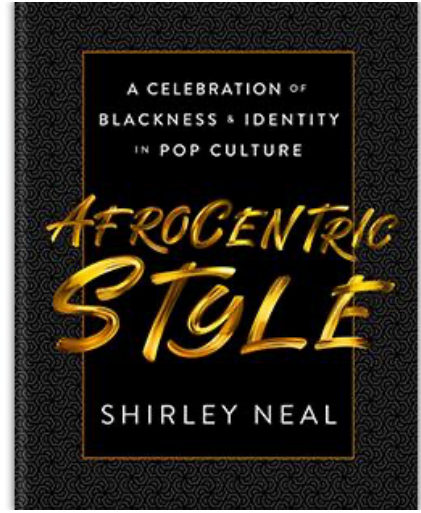
thrived as a successful entrepreneur, managing residential facilities for individuals with developmental disabilities. In 2018, she expanded her ventures into a completely new field: wholesale distribution. Her vision includes establishing a manufacturing facility in Detroit, aiming to provide employment opportunities for disadvantaged and abused women affected by domestic violence, as well as women reentering society after incarceration. Clera's Creative Gifts, LLC offers a vibrant array of unique, Afrocentric-themed designs, perfect for fulfilling all your gift-wrapping needs for any occasion.

For more information or to make a purchase, please visit the official website at ClerasConnect.com

Author Release New Book, "Afrocentric Style: A Celebration of Blackness & Identity in Pop Culture"



Shirley Neal



Nationwide -- Filled with more than 200 color and black-and-white photos, Afrocentric Style: A Celebration of Blackness & Identity in Pop Culture by author, screenwriter, and TV/Film Producer, Shirley Neal, links the vibrancy of Black identity and expression with mainstream popular culture from the past to the present. The book highlights the top memes, movements, and milestone moments permeating today's social media, showcasing the indelible influence of Black artistry and celebrity on global pop culture.

From Beyoncé to the Black Panthers, Serena Williams to Kamala Harris, AfroCentric Style explores how dozens of icons and events have revived Black identity, culture, and history on a profound level. It asserts that the current impact of Blackness in pop culture is unrivaled, with African-themed searches growing exponentially, indicating a surging interest in Black pop culture across all gen-

erations. AfroCentric Style, beautifully designed and thoughtfully written, interweaves commentary and archival photographs, offering a fresh take on contemporary Afrocentric stories and their historical roots. The book is not just a stunning anthology but also an educational tool that celebrates and enhances readers' understanding of Black culture's powerful influence on mainstream pop culture and America's increasingly diverse society.

About the author Shirley Neal is an author, screenwriter, and TV/Film producer, whose works have focused on Pop Culture, Africa, and Black Identity. Her cover story for Forbes Africa highlighting Oprah Winfrey's works in South Africa is among the franchise's most in-demand issues. Shirley has served as a contributing writer and editor for Ebony. The Cleveland, Ohio native is a graduate of Boston University, with a B.A. in Liberal Studies, and earned her professional certification as a literary Ghostwriter from California State University Long Beach. Neal lives in Los Angeles.

Talking Points: Blackness in Mainstream Pop Culture

- How pop culture is used as a conduit to help all cultures and demographics

better understand Black History and Black culture, particularly in the areas of Fashion, Hair, and Beauty.

- How Black pop culture can be used beyond entertainment, to make people think.

Fashion

- The influence of Black culture on global fashion trends—from hip hop to high fashion to dashikis, dandies, hoodies, and all the trends in between.

- Activism fashion—when fashion is used to make statements to create Black awareness or as a form of protest.

Black Identity

- How Black identity through pop culture can improve self-esteem and mental health.

- How pop culture provides Black youth with various role models and narratives, helping them explore and develop their identities.

- The trend of Black Americans tracing lineages to Africa (Neal is an Advisory Board Member of AfricanAncestry.com)

Black History

- The impact of Black history on mainstream pop culture.

- How through pop culture we can learn about unsung Black trailblazers like cowboys, inventors, literary greats, musicians, and even beauty queens.

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 MIAMI VALLEY URBAN LEAGUE

 THE EQUITY CENTER



Arts & Entertainment

DML's Holiday Programs

Dayton Metro Library has a full calendar of seasonal programming for all ages from crafting to movie nights to holiday storytimes:

Monday, December 9
Christmas Crafters, 6-7 pm, Brookville Branch: Listen to a folk tale and make a tree ornament. Registration is required. (Ages 6-12)

Family Movie Night, 6-8 pm, New Lebanon Branch: Movie fun for the entire family with

Elf (Rated PG, 2003).

Tuesday, December 10

All Abilities Adventures, 10:30-11:30 am, Northmont Branch: This adventure program is for adults of all abilities, and this month, patrons can enjoy the winter holidays with music and making a craft. Registration is required. (Adults)

Create a Snowman, 4-5:30 pm, Wilmington-Stroop Branch: Use fake snow and instruments created by the Library's 3D

printer to make a small snowman, then use craft supplies to decorate it. Registration is required. (Ages 6-12)

Teens Get Crafting: Winter Crafts, 4-5 pm, Kettering-Moraine Branch: Create a variety of seasonal crafts to take home. Registration is required.

Wednesday, December 11

Movie Night Winter Holidays Edition, 3:30-5 pm, Northwest Branch:

Watch several short films about different winter holidays, such as Kwanzaa, Hanukkah, Christmas, and the Winter Solstice. (Families)

Holiday Trivia Storytime, 3-3:45 pm, Trotwood Branch: Listen to three holiday stories then see what details can be remembered. (PreK-K)

Teen DIY: Macramé Gnomes, 4-5 pm, Electra C. Doren Branch: Learn how to make a great holiday gift.

Thursday, December 12

Homeschoolers and Handbells, 1-2 pm, Electra C. Doren Branch: Learn to play Jingle Bells with color-coded handbells. (Grades 1-4)

Teen DIY: Wood Ornament, 3-4 pm, Vandalia Branch: Make a tree ornament as a gift.

Rudolph the Red-Nosed Reindeer Crafts and Stories, 4-5 pm, Trotwood Branch: Enjoy stories and make a craft centered around the most famous reindeer of all. (PreK-K)

Tweens DIY: Card and Bookmarks, 4-5 pm, Kettering-Moraine Branch: Show off creative skills by decorating cards and bookmarks that make great gifts. Registration required.

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

Holiday Festival Contests Return With Prizes & Fun Up For Grabs... Continued from Page 2

now until Friday, December 27.

First-floor businesses around downtown Dayton have decorated their storefronts to help transform downtown Dayton into a winter wonderland and bring festive cheer to our community! As part of the annual Whimsical Windows contest, the public is invited to vote for their favorite decorative display to determine which downtown business will score a \$500 cash prize. The public vote is open now on Dayton.com. Voting will be open until noon on Friday, December 27.

There's another way for guests to join in the holiday fun this December, and it could even earn them Downtown Dollars! Simply find the elves hidden among decorations in first-floor storefront windows and text a



photo to 937-304-4041 to enter. Each photo taken of a different elf counts as one entry. That means you could enter up to 28 times to win! A different winner will be drawn each week during the weeks of Dec. 2, 9, 16, and 23 to receive the weekly prize of \$100 in Downtown Dollars. Downtown Dollars are redeemable at nearly 70 downtown businesses, never expire, and make a great one-size-fits-all gift. Learn more about Downtown Dollars and see where to use them at

downtowndayton.org/dollars.

A list of all Elf Hunt and Whimsical Windows locations can be found at daytonholidayfestival.org.

These annual contests are just two of the free, family-friendly activities happening as part of the Dayton Holiday Festival, presented by AES Ohio. Find more info on all of the holiday activities at daytonholidayfestival.org.

Paley Center Honors Tyler Perry at Annual Fall Gala... Continued from Page 1

ent Tyler with our highest honor, The Paley Honors Award."

Perry's acceptance speech was described as "passionate," according to PEOPLE. He began his speech by apologizing to the press for not finishing the red carpet because he was caught off guard emotionally after seeing a photo of him as a child that his late mother had taken.

"It's been 15 years, almost to the day, that she

passed, so this time of year is really, really difficult for me," he explained. "When he showed me that picture, I want to apologize to you guys because I lost it [...] But I'm here." He spoke on his recent experience attending intensive therapy for the first time, admitting that "I was able to really start to deal with something: the effects of trauma in my life."

Perry detailed how him being sexually assaulted

as a child while dealing with physical abuse at home "did not steal my compassion" or "rob me of my heart and my care for others, and they could not grip away my ability to heal." He urged and challenged the audience to "not let anybody steal your ability to heal" and to reclaim one's power and strength.

Perry's next film, Six Triple Eight, premieres on Netflix on Dec. 20.

Editorial & Comments

Something to Consider:

Do You Have Some Intentions for 2025?

By: Brenda Cochran
Contributing Writer

Making intentions is always positive, but doing so for the New Year is especially important. Doing this can help you to keep more in line with your values and to stay motivated.

When we speak of living with intention, we are referring to our living a balanced life that is full of meaning and purpose. We can start by ridding ourselves with mindless activities and knowing that our life is based on our own conscious choice of how we want our life to be.

What about setting your goals. Setting goals can be motivating, however, any typical New Year's Resolution can leave us feeling badly about ourselves and our demotivating especially when we have trouble reaching them. This year maybe it would be positive to try something different - because it can be helpful to think of intentions like a compass that can give you directions to begin. You can figure out the details of your journey over the coming year.

The following are five steps that can help you to set your New Year Intentions:

1) Setting Intentions from a Growth Mindset. A growth mindset involves acknowledging your ability to grow and develop from hard work, strategies, and input from



Brenda Cochran

others. You can begin by thinking of what you are proud of or have accomplished in the last year. You can then think about how you want to grow in the next year.

2) Identifying Your Values- Values can be a great place to start when it comes to setting intentions. It can be helpful to look at a list of values and narrow down what feels most important to you.

3) Identify What Needs to Change-Once you identify your values, you can think about what you are already doing to live in alignment with your values and where you are not doing so. From there, you will be able to discover what needs to change. Think about what would help you to fill in the gaps

4) Set Intentions -You can craft your intentions incorporating how you want to grow and ultimately move closer to your values. You can even use your values in your intentions. For example-

If balance is a value b) to work toward, an intention might look like, "You want to consider balance between taking care of yourself and others when making decisions.

5) Hold Yourself Accountable. -First think about how you can hold yourself accountable through your intentions. a) Where can you write them down? b) Is there someone you can share your intentions with? c) How are you going to check in with yourself? d) Do you want to set an intention check and reminder on your calendar?

During this time of year and being surrounded by messages, self-improvement and how high achievement is hard for you, then approaching your New Year's Outlook with Intentions- setting instead a few meaningful intentions can be more valuable than attempting to do it all.

Take a moment to jot down some core values and think about your intentions for 2025. Remember set them in a gentle, thoughtful way that works for you.

Here is a Great Quote for Making Intentions: "The New Year is not just about change in the calendar; it is about setting fresh goals, embracing new opportunities, and believing in your own potential."

Classified

Juvenile Court Diversion Program Seeks Volunteers

Community Impact Panels (CIP) are an alternative to court for youth ages eleven to seventeen. CIPs are simply conversations between young person their parents/guardians, and community volunteers. They talk about what led to the police interaction, and how we impact our communities.

The goal of CIPs is for the young person to see what was in their control, and what was not. That way, they can make better choices in the future. After that, the case is closed and sealed. And, they will not have a charge on

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 All bids must be submitted in accordance with the requirements set forth in the solicitation package.

Deborah Howard
Director of Procurement

their record.

Community volunteers don't blame, shame, or judge the teen's choices. They talk about similar choices they have made. The teenager may talk about their goals for the future.

The Dayton Mediation Center is looking for volunteers to share their wisdom, life experiences, care, and their time. Vol-

unteers come in one Saturday morning a month. Volunteers who are free weekdays are also welcome. The only requirements are a desire to help and being open to receive instruction. To submit your application please visit the Dayton Mediation Center's website at: <https://www.daytonmediationcenter.org/getinvolved>.

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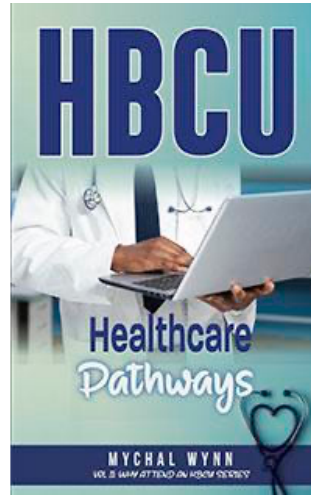
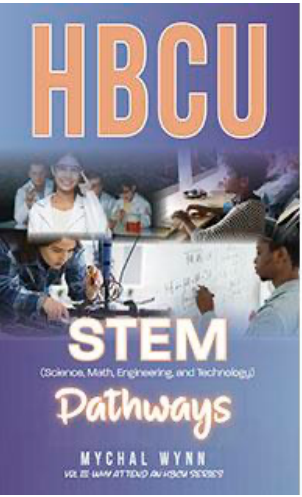
"As a young mother, working as a cashier for over six years, I knew that I wanted a career in tech, but didn't know how to pursue it. I found NPower! Without NPower, I probably would still be working a dead-end job, barely making ends meet, but now I am a System Engineer. I am forever thankful!"

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Education

New HBCU Book Series Provides a Playbook For Scholarship and Career Pathways for High School Students



Mychal Wynn

Nationwide -- Mychal Wynn, author, educator, researcher, and strategist has been guiding HBCU students onto debt-free college-bound pathways since founding the Foundation for Ensuring Access and Equity, a Marietta, Georgia-based non-profit in 2006. Via his organization and his series of books, he has guided students into full scholarships at such HBCUs as Benedict, Claflin, Clark Atlanta, Dillard, North Carolina A&T, North Carolina Central, Tuskegee, and

Xavier (LA), and into such large dollar scholarships as the CodeHouse Scholars, ELC Scholars, Gates, Jack Kent Cooke, and Ron Brown. Wynn, in his HBCU series, provides a playbook for identifying HBCU-specific scholarships and career pathways for high school students, community college transfer students, and students currently attending HBCUs. Mr. Wynn provides step-by-step guidance in not only researching scholarships, but in building a résumé, writing a

cover letter, writing highly qualified essays, identifying recommenders, and developing a scholarship-winning "package." Wynn's HBCU series begins with Why Attend an HBCU, debunking myths regarding the quality of HBCUs and outlining the researched-based support offered by HBCUs that are placing Black students onto trajectories into richly rewarding careers and combatting the underrepresentation of Blacks across virtually all career sectors. Followed by HBCU

Healthcare Pathways and HBCU STEM Pathways providing occupational and salary data of the fastest growing careers and presenting unique opportunities through HBCUs into guaranteed graduate and medical programs, dual degree programs, and partnership agreements with some of America's top graduate and medical schools. The series is anchored by HBCU Scholarships... and More, a 384-page playbook that responds to the United Negro College Fund's report, "Fewer Resources, More Debt," (Saunders, et al., 2016) which notes that over 80 percent of students attending HBCUs are taking out student loans to finance their education. As a strategist, Mr. Wynn believes in developing a game plan that is focused on matching to the 'right' schools and for the 'right' scholarships. Mr. Wynn is committed to ensuring that more students avoid being chained to a lifetime of repaying student loan debt. Through his books and workshops, Wynn helps students to understand how developing strategies for matching to 2 to 3 scholarships is all that is needed to increase on-time graduation and receive a debt-free college education. The books are available on the foundation's website, Amazon.com, or through your local bookseller. He is available to speak to students, parents, counselors, and community-based organizations committed to reducing the number of students being burdened by a lifetime of repaying student loans.

Sinclair Community College Hires New Director of External Relations

Sinclair Community College is proud to announce Scott Marshall as the new Director of External Relations (Chief of Public Information Officer). Mr. Marshall will serve in the Office of the President at Sinclair, beginning December 5, leading the development of communication outreach with news media and governments.



Scott Marshall

Marshall will be the primary point of contact to inform the public of Sinclair's accomplishments across the region, and to work with elected government officials and their staff, as it relates to policy and funding. "I am incredibly honored to join Sinclair, which consistently ranks among the top community colleges nationally," said Scott Marshall. "I look forward to helping connect this great community with the exceptional education opportunities provided at Sinclair."

were featured in Rotary International Magazine, which has a circulation of over 500,000 people worldwide. "I am thrilled to welcome Scott Marshall to Sinclair Community College," said Dr. Steven Johnson, President and CEO of Sinclair. "Scott's experience, knowledge, and commitment to public service makes him ideal for this influential and important role." Prior to joining Springboro Schools, Marshall has worked fifteen (15) years in public relations with Dayton Public Schools and the Springfield City School District, serving as the Supervisor of Communications for the President of the United States visit to Springfield High School ('12) and collaborating on the renovation, branding, and opening of the John Legend Theater ('16). Marshall is a graduate of Wright State University ('02) with a BA in Motion Picture Theory and Criticism.

Black Professor Has Published 8 Award-Winning Educational Children's Books



Dr. Linda J.M. Holloway

Nationwide -- Dr. Linda J.M. Holloway is an Associate Professor at Alabama State University with over 30 years of teaching experience. After researching and writing journal articles on several topics, she was inspired to turn those topics into children's books. She writes about matters that can be challenging for parents, educators, counselors, and mental health professionals to discuss.

Learning Out Loud! In addition to these questions, she has a scavenger hunt embedded in each book. A few books also contain pledges for students to sign along with a song and dance to enhance learning. She also offers speaking engagements pertaining to her books and can be seen in action, not simply reading her books, but providing a fun and engaging way to learn on YouTube.

Smith Arnold Anti-Op-pression Award, Women Who Impact Alabama, Wilbur A. Tincher Award for Humanitarian and Caring People, and Sisters with Superpowers Award. She lives by her own motto "Dream your own Dreams". She also encourages and inspires others to live out their own dreams for their life. Her books are available on Amazon.

However, these subjects continue to plague Black communities and impact the mental health of children. Dr. Holloway addresses themes such as Hair Bullying, Counseling and Mental Health for Children, Sickle Cell Disease, Rape/Sexual Assault, Colorism, Social Activism, Divorce, and Death.

About the Professor Dr. Linda J.M. Holloway is a Counselor Educator at Alabama State University and has been in academia for over 30 years. Dr. Holloway is also a story activist and multi-award-winning children's book author. She enjoys using storytelling to educate, elevate, and empower children to believe in themselves and love who they are.

Montgomery County Educational Service Center will award 67 schools for their work in prevention. On Monday, 67 schools across Montgomery County will be honored for their deep commitment to students at the Montgomery County Educational Service Center's Schools of Excellence in Prevention Awards ceremony. Public officials, district administrators, and staff will gather on Monday, December 9 from 1 p.m. to 3:30 p.m. at the MCEC Learning Center North auditorium, located at 2251 Timber Lane in Dayton. Media are invited to join the celebration and can enter at Door 2, located at the north end of the building (across from the football field).

Even though these are very challenging topics, Dr. Holloway has found a unique way to approach these topics making it easier for students to digest and understand. You will find all her books educational and entertaining. She has questions you can discuss with children. She refers to them as L.O.L. which stands for

ness and prevention of substance abuse, and their understanding of how critical it is to academic growth, is extremely impressive," said Jessica Davies, Director of Social Emotional Learning Services at MCEC. "Our students, staff, and entire community benefit. The partnership between schools and community partners to support school mental health has become a model for the state, and nation, and they should be very proud."

and communities by reducing the likelihood of – or delaying the onset of – behavioral health problems, including substance abuse, mental illness, suicides, problem gambling, and screen disorders. Quality prevention programming supports student mental wellness by decreasing risky behaviors like bullying and substance use, while strengthening those healthy behaviors like refusal skills, stress management, and behavioral self-regulation, according to Cox. "The way Montgomery County schools continue to prioritize mental well-



Making Your Dayton Metro Libraries Safe: a Community Listening Session

free to inform.

DML's second listening session will give teens, patrons, and guests a chance to continue the discussion of our shared concern for safety and accessibility in our Libraries. This dialogue will help us find a solution that meets community needs. Join us to share what ideas you have and what talents you can contribute to this effort.

free to belong.

Southeast Branch
TUE, 12/10 | 4:30-6 PM



Schools of Excellence in Prevention to be Honored


Montgomery County Educational Service Center will award 67 schools for their work in prevention.

A complete list of schools to be recognized at Monday's ceremony is attached with this press release. "Social and emotional wellbeing is foundational to students' success, as it's crucial for fostering a positive learning environment," said Shannon Cox, MCEC Superintendent. "This means that schools are more than where kids learn to read, write, and add. Excellence in Prevention means we are supporting the development of the whole student."

Prevention programming promotes the health and safety of individuals

and communities by reducing the likelihood of – or delaying the onset of – behavioral health problems, including substance abuse, mental illness, suicides, problem gambling, and screen disorders. Quality prevention programming supports student mental wellness by decreasing risky behaviors like bullying and substance use, while strengthening those healthy behaviors like refusal skills, stress management, and behavioral self-regulation, according to Cox.

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

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

Mt. Enon Missionary Baptist Church
"Building a Healthy Church to Serve an Unhealthy Society"



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

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

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

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

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

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

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



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


WEDNESDAY
Prayer Meeting/Bible Study Noon

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

Join us for a new beginning...

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



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

Believers Christian Fellowship Church



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

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

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

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

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



(937) 275-6906
Fax 276-6267

Reverend Rockney Carter, Senior Pastor

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@bmbcd Dayton.org




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

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

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

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



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

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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 Infirmary Rd. - Dayton, OH 45417



Church Phone:
(937) 835-3366
Email:
Dixonumc1691@gmail.com
Website:
Dixonumcd Dayton.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

Dr. Bridget D. Weatherspoon, Pastor

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Religion

Family of 7 Takes in 82-Year-Old Widower Neighbor as Their New 'Grandpa'

"You get many chances to talk to people. If you don't take a chance, you may miss a friend." South West News Service reports that when Sharaine, 32, and Wilson Caraballo, 42, moved their family of seven into a new home in Pawtucket, Rhode Island, last year, they weren't sure how they'd be received. "Our biggest fear moving into a new neighborhood was, 'What if our neighbors don't like us?' What if, because we have a lot of kids, they make a lot of noise and we come from a big family, so what if there's any conflict with the neighbors?"

Sharaine told USA Today. "We're the only Black family in our neighborhood." But all that fear quickly dissipated when their new neighbor, Paul Callahan, 82, showed up with a ladder and offered to help the family spruce up their new home. "He was coming over with tools. He'd bring screwdrivers and teach Wilson how to fix up the garage, and Wilson followed all his advice," Sharaine told South West News Service. The recently-widowed octogenarian soon became a fixture at the Caraballo house. Now, he stops by nearly every day and can always

be found at the family's cookouts. Callahan has become a great friend to the family's children, whom he entertains with stories from his past. "The kids run up to him like that's their grandfather," Sharaine said. "Paul is definitely a family member. He's no longer considered a neighbor." Callahan believes that it's all about taking the time to be friendly. "You get many chances to talk to people. If you don't take a chance, you may miss a friend," Callahan said. "It doesn't hurt to be nice. That's the other thing, it costs you nothing, but a lot of times, you get a better return."



Paul Callahan, 82, with the Caraballo family.

8 Steps to Help You Stay Positive When Everything Feels Out of Control

Life can sometimes feel like a rollercoaster, filled with unpredictable twists and turns. Staying positive during these moments can seem like a Herculean task. But trust me, it's not impossible. In fact, there are simple steps you can take to maintain your positivity, even when everything feels out of control. These steps will not only help you stay upbeat but also navigate through the chaos with grace and resilience.

- 1) Embrace the chaos
Life is unpredictable and chaotic, and that's okay. Trying to control everything can often lead to stress and disappointment. It's like trying to

catch water with a sieve—it's fruitless and frustrating. Instead, try embracing the chaos. Accept that things are out of your control. This doesn't mean you should resign yourself to fate, but rather understand that some things are beyond your grasp.

- 2) Cultivate gratitude
This may sound cliché, but it's a strategy I personally swear by. So, when everything feels out of control, take a moment to count your blessings. You might be surprised at how this simple act can help uplift your spirit and keep you positive.
- 3) Practice mindfulness
Mindfulness is the practice of being fully present and engaged in the cur-

rent moment. It's about observing your thoughts and feelings without judgment. By practicing mindfulness, you can learn to identify negative thought patterns and refocus your mind on positivity. It's not about ignoring difficulties, but rather acknowledging them without letting them consume you.

- 4) Stay active
When things feel out of control, it's easy to let physical activity slip down your list of priorities. But don't underestimate the power of a good workout. Staying active can help you clear your mind, reduce stress, and boost your mood. Plus, it's a great way to take your mind off things that are beyond your control.

So lace up those sneakers and get moving. Take care of your body, and your mind will thank you.

- 5) Reach out to your support system
When things feel out of control, don't hesitate to lean on your support system. These are the people who love you, who root for you, and who want to see you rise above your challenges.
- 6) Limit news consumption
If you find yourself feeling overwhelmed by the constant barrage of news, try limiting your exposure. It's okay to disconnect from the world for a bit to reconnect with yourself.
- 7) Practice self-care
When things feel out of control, it's more important than ever to take care

of yourself. Self-care is not just about bubble baths and spa days (although those are definitely nice!). It's about doing things that nourish your mind, body, and soul. This could be anything from reading a book, cooking a healthy meal, meditating, or even taking a nap. It's about taking time out of your day to do something just for you. Practicing self-care can help you feel grounded and centered amidst the chaos. It provides an opportunity to recharge and rejuvenate, equipping you better to handle life's challenges.

- 8) Embrace the journey
The most important thing to remember when everything feels out of

control is that it's all part of the journey. Life is full of ups and downs, twists and turns. It's unpredictable and often messy. But it's also beautiful and filled with countless opportunities for growth. Every challenge you face is a chance to learn, to grow, to become a stronger version of yourself. It's not about the destination, but the lessons learned along the way. What truly sets us apart as human beings is our incredible capacity for resilience and adaptability. Each one of us has within us an untapped reservoir of strength and positivity.

Sports

AND1 Basketball Shoe and Apparel Company Partners with Wilberforce University



Description automatically generated a group of basketball players posing for a photo

WILBERFORCE, OH —AND1, the legendary basketball brand known for its iconic streetball culture and innovative performance gear, is proud to announce its partnership with Wilberforce University, the oldest historically Black private college and university (HBCU) in the United States owned and operated by African Americans. This collaboration marks AND1's first sponsorship of an HBCU athletic program, making it a historic moment for both the brand and the University.

As part of this exciting partnership, AND1 descended upon the Wilberforce campus and provided the Wilberforce men's and women's basketball teams with a full suite of new gear, including uniforms, travel sweatsuits, practice apparel, travel bags, and even a professional photo shoot!

Each team member received several pairs of AND1's performance basketball shoes—the "Attack 3's" and the "Mad Game" line. Furthermore, AND1 designed a special Wilberforce player edition sneaker line that players will debut this season, highlighting the pride and spirit of the university.

"I am incredibly excited about this sponsorship with AND1," says Wilberforce Women's Basketball Head Coach Rachel Naughton. "The AND1 sponsorship marks a historic moment for our men's and women's basketball program and not only for Wilberforce but for all HBCUs.

This partnership signifies recognition of the talent and dedication of our athletes. With AND1's support, we aim to elevate our program, inspire future generations, and demonstrate that women's basketball deserves a prominent spotlight. We're thrilled for what lies ahead!"

A longtime fan of AND1, Naughton has followed the brand since its streetball inception, collecting mixtapes that are now cherished memorabilia of the streetball movement—a movement that brought amazing energy and creativity to the game. "With AND1 as our sponsor, we are not just receiving equipment; we are wel-



Description automatically generated a group of women in uniforms posing for a photo



A basketball court with trophies and a chair



Description automatically generatedA basketball chair with trophies and a jersey on it

coming a brand that truly understands and celebrates the game of basketball and its cultural significance," adds Naughton.

AND1 Brand Director/Head of Sports Marketing, Dexter Gordon, "We are honored to partner with Wilberforce University, a pioneer in education and a beacon of cultural heritage. When Coach Rachel Naughton proposed the sponsorship, she highlighted the numerous

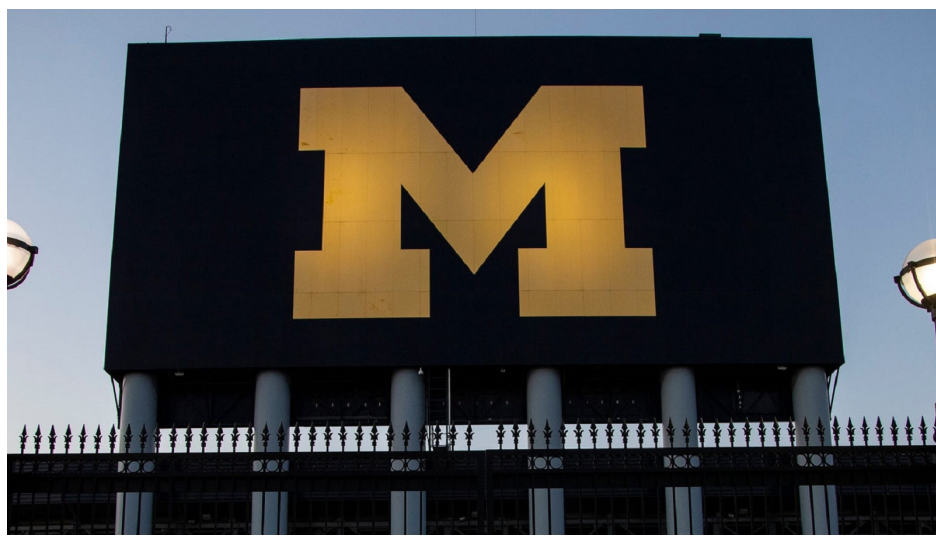
benefits of our partnership, and we were eager to embrace this opportunity. This collaboration allows us to support and uplift the student-athletes who represent the future of basketball. Seeing the excitement on the students' faces as they received their new gear was incredibly rewarding for our team. We look forward to a success-

ful partnership and many great moments on and off the court."

The students at Wilberforce University were thrilled to receive their new gear, expressing their excitement and gratitude for the high-quality equipment and the opportunity to represent their university with pride. "I've never had a basketball shoot like that before for our team media day, and they truly made me feel like a star. Our team is incredibly thankful for the opportunity AND 1 has given us. Thank you so much!" "It was incredible," says Dayania Johnson, a junior at Wilberforce, who was part of the photo shoot with her teammates. "AND 1 made us feel like superstars!"

Wilberforce University President Newkirk stated that the partnership with

Michigan Fires Offensive Coordinator Days After Beating OSU



Someone has been fired days after the Michigan-Ohio State game, and it's not Ryan Day.

The Wolverines announced on Tuesday that offensive coordinator Kirk Campbell has been fired. Head coach Sherone Moore issued a statement about the decision to dump Campbell.

"After a thorough assessment of our offense, I made the decision to relieve Kirk Campbell of his duties and move in a different direction. This was a decision that I felt was

in the best interest of our football program," Moore wrote in a statement. "I want to thank Kirk for his hard work and dedication to the university, Michigan Football and our student-athletes. I wish him well in his future coaching endeavors."

Campbell, 38, had been with Michigan since 2022. He began as an offensive analyst with the program, ascended to quarterbacks coach last season, and was serving as the offensive coordinator this year. The Wolverines will have tight

ends coach Steve Cusula serve as the interim offensive coordinator.

Michigan was in a major transition this season. Jim Harbaugh left for the NFL and turned the program over to Moore. Additionally, the Wolverines lost nearly 20 players to the NFL Draft and transfer portal. They went from winning the national championship to finishing the regular season 7-5, capped off by a big 13-10 win over the Buckeyes.

7 'Harmful' Foods that are Linked to Anxiety, Alzheimer's, and Cognitive

The foods we eat play a significant role in our mental and cognitive health. While certain nutrients can boost brain function and mood, others may have the opposite effect, contributing to anxiety, Alzheimer's disease, and cognitive decline. Research has identified several potential harmful foods that, when consumed regularly, may negatively impact brain health over time. Understanding these risks is essential for making informed dietary choices that support long-term mental well-being.

We checked in with various experts to discover seven foods you should stay away from if you want to reduce the risks of anxiety, Alzheimer's, and cognitive decline. Some of the worst options include alcohol, frozen dinners, instant noodles, and

more. Read on to learn more.

1. Diet Soda
Diet soda has been branded as a healthier alternative to regular soda, but that doesn't make it any healthier. Although it does contain fewer calories, the artificial sweeteners and other harmful ingredients in diet soda can negatively impact brain health.

Dr. Robert Love, a neuroscientist on TikTok who has over 2M followers on the app, says, "Most diet soda is sweetened with something called aspartame. Aspartame is not good for your gut bacteria," he says. He also adds that most aspartame "is associated with a lot of negative side effects, including cancer in animals."

So how does this affect your brain? "The research shows that consuming as-

partame, specifically diet soda, is associated with an increased risk of type 2 diabetes, and type 2 diabetes is very harmful for the brain," he notes.

He explains that anything that can increase the risk of diabetes can also increase the risk of Alzheimer's disease.

2. Sports Drinks
Next one on Love's list is sports drinks or any high-sugar drinks.

Many health and fitness enthusiasts turn to sports drinks as a way to stay hydrated and assume it'll freshen them up after a sweaty workout.

But sports drinks are actually full of sugar and even artificial colors.

Dr. Love highlights the hidden dangers

Continued on Page 8

AND1 not only enhances Wilberforce athletic programs but also aligns with the University's mission to provide students with opportunities that foster growth and excellence.

"We are thrilled to work with a brand that shares our values and commitment to empowering the next generation of leaders," says President Newkirk.

Gordon adds that this partnership is a testament to AND1's commitment to empower athletes at all levels and foster the growth of basketball within HBCUs. "Together, Wilberforce University and AND1 will create a lasting impact on student-athletes and inspire future generations," says Gordon.

To commemorate this historic partnership, AND1 is producing film and photo content that will document the journey and highlight the impact of

this collaboration on the Wilberforce community.

For more information on the AND1/Wilberforce partnership contact Rachel Naughton at rnaughton@wilberforce.edu.

To learn more about Wilberforce University visit Wilberforce.edu

About Wilberforce University

Wilberforce University, established in 1856, is the first historically Black college and university in the United States. The University provides a diverse and inclusive educational experience while fostering academic excellence and personal growth.

About AND1

Founded in 1993, AND1 has been at the forefront of basketball culture, known for its stylish footwear, apparel, and commitment to the streetball community. The brand is dedicated to empowering athletes and celebrating the game of basketball

Cincinnati Bengals Ja'Marr Chase Surprises Kids with Annual Giveaway...

Continued from Page 1

Operations Emily Yellman said.

Wright is an 11th grader and is a volunteer at the Boys & Girls Club. She said Chase and the staff have inspired her to go out into the world and make a difference.

"I want to do the same thing they do, and hopefully, that I can learn from them by staying here and volunteering," Wright said.

Items from the shopping spree were donated by Integrity Express Logistics.

You can join or find ways to support your local chapter of the Boys & Girls Club of America here.

Health

Be Healthy and Well in December @ DML

From yoga to learning life skills, Dayton Metro Library offers programs of movement and wellness for all ages through December.

Benefits of Movement: Yoga, Thursday, December 12, 6:15-7:15 pm, Huber Heights Branch: This class is taught by a registered yoga instructor from Kai Yoga Studio in Fairborn. Learn about the benefits of movement by practicing yoga basics – gaining strength, flexibility,

coordination, and confidence. Registration is required. (Adults)

Walk and Talk, Friday, December 13, 10-11 am, West Carrollton Branch: Walk a mile around the Library grounds and enjoy conversation. (Adults)

Line Dancing, Tuesday, December 17, 6-7 pm, Huber Heights Branch: Move and groove while listening to a variety of music and learning new dances. (All Ages)

Wellness Wednesday, Wednesday, December 18,

3:30-4:30 pm, Trotwood Branch: Learn self-care and mindfulness strategies that aim for the best self. (Grades 6-12)

Adulting 101, Thursday, December 19, 4-5 pm, Main Library, Teen Edge: Gain important life skills and knowledge that will help any teen thrive. (Ages 13-18)

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

Request for Proposals - Mobile Crisis Services

The deadline for proposals for Mobile Crisis Services has been extended to January 3, 2025, at 4:00 pm.

Montgomery County Alcohol, Drug Addiction, and Mental Health Services (ADAMHS) Board requests proposals to deliver Mobile Crisis Services within Montgomery County.

• Mobile Crisis Response - Mobile crisis teams are available to reach any person in the

service area in his or her home, workplace, or any other community-based location of the individual in crisis in a timely manner.

All proposals should include a plan to create a business associate agreement (BAA) that ADAMHS will approve for sharing information across

the continuum of care and a plan to coordinate and build relationships with local law enforcement.

The deadline for proposals for Mobile Crisis Services has been extended to January 3, 2025, at 4:00 pm. Late proposals will not be considered.

'Find A Black Doctor' Online Directory Now Lists Health Professionals In All 50 States

Nationwide -- In a significant step towards reducing health disparities and improving access to quality healthcare for Black communities across the United States, Find a Black Doctor now boasts listings of board-certified health professionals in all 50 states. This expansion ensures that individuals seeking culturally competent care can easily find experienced and qualified Black doctors, dentists, psychologists, and other healthcare providers.

The expansion of the directory comes at a crucial time when health disparities continue to affect Black communi-


ties disproportionately. The platform addresses a critical need by providing a reliable and comprehensive directory of healthcare professionals who understand and are dedicated to addressing the unique healthcare needs of Black patients.

Founded with the mission to bridge the gap in healthcare access, the web site offers a user-friendly interface that allows patients to search for providers based on their location and specific healthcare needs. The site includes detailed profiles of physicians, dentists, psychologists, and other specialists. Listings are free for the doctors. The site also


contains content aimed to increase health and healthcare literacy.

The expansion of the directory is also a response to the growing demand for Black healthcare providers who can address systemic biases and ensure equitable treatment. Studies have shown that patients often experience better health outcomes when treated by providers who share their racial or ethnic background. By connecting patients with Black healthcare professionals, be they in Atlanta or Alaska, the site is working to improve these outcomes and build trust within the Black community.

Founder Dr. Dina Stra-



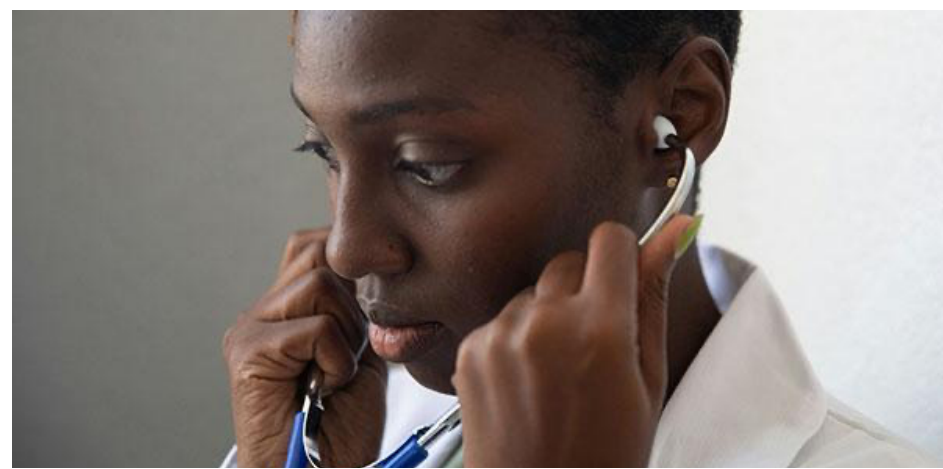
General "Chappie" James Post 776
2024 Annual Needy Family Christmas Baskets and Seniors Gift Cards Program



Distribution Date for Baskets: Saturday 21st December, 1:00 p.m. —3:00 p.m.
Distribution Date for Senior Gift Cards: Friday, 20th December, 5:00 p.m.—7:00 p.m.
Volunteers: Saturday 21st December, 8:00 a.m.—3:00 p.m.
Donations: Can be dropped off at the Post or contact the POCs below

Location: 5350 Burkhardt Rd, Dayton OH 45431
Last day to submit recipients names: Friday, 13th December 2024

POCs:
Holis Saul-Wooten - 937-830-7570; Perdita48@gmail.com; Committee Chair
Terrence Williams—937-205-8411; taw137@yahoo.com; Co-Chair
Kim Hardnick—937-367-1722; Kimhard7@aol.com; Recording
Carol T. Robinson—937-602-9365; abernia@aol.com; Treasurer



chan, a board-certified dermatologist in New York City notes, "Despite our technological advances it can be harder now to find what one wants online. And having been to all 50 states myself, I've become even more aware

of the varied challenges to access across our vast nation."

The team encourages the community to submit suggestions of Black doctors they'd like included in the directory. They also encourage doctors to submit their own practices, or those of colleagues, for a free listing. There is a great interest in supporting doctors in independent practices.

As it continues to grow, the site remains committed to its mission of ensuring that every Black person in America has access to the best possible healthcare.

For more information or to find a Black healthcare

provider in your area, visit FindABlackDoctor.com

About Find a Black Doctor is an online directory dedicated to connecting patients with board-certified Black healthcare professionals across the United States. The platform, relaunched in 2019, aims to address health disparities by providing easy access to culturally competent care for Black communities. With listings in all 50 states, the site includes a wide range of healthcare providers, including physicians, dentists, psychologists, and more.

7 'Harmful' Foods that are Linked to Anxiety, Alzheimer's, and Cognitive... Continued from Page 7

these drinks pose in a separate TikTok: "Sports drinks are either high in sugar or high in artificial sugars, and both of those can be damaging to your brain."

3. Alcohol

Individuals who drink excessive alcohol may experience more anxiety over time, especially when they're experiencing withdrawal symptoms. Many experts also suggest that heavy alcohol consumption is linked to a higher risk of developing Alzheimer's and dementia.

"Excessive alcohol is a big one. Some clients initially used alcohol to calm their anxiety, but over time, it actually made things worse. It can damage parts of the brain linked to memory and emotional regulation, especially with regular use," says Ehab Youssef, a licensed clinical psychologist, mental health researcher, and writer at Mentalyc.

4. Frozen Dinners

Frozen dinners usually lack essential nutrients, which are needed for maintaining brain health. This can lead to increased cognitive impairment over time. Many of these meals are also filled with artificial additives, preservatives, and food dyes, which can further disrupt brain chemistry and lead to mood disorders such as anxiety.

"Highly processed foods, like frozen dinners, don't just lack nutrients; they actively harm brain health. Several of my clients who switched away from these saw improvements not just in their physical health but in their mood and thinking, too," says Youssef.

5. Refined White Bread

Diets high in refined carbs, including white bread, can promote inflammation in the body. Chronic inflammation is a risk factor for both anxiety and neurodegenerative diseases like Alzheimer's.

"Refined carbs like white bread might feel comforting at the moment, but they've been linked to increased anxiety and even cognitive decline. I've had clients who relied on these during stressful times, only to notice it actually made them feel worse," Youssef notes.

6. Packaged Snacks

Similar to other processed, packaged items, these snacks, such as chips, cookies, and crackers, are loaded with preservatives, artificial ingredients, and unhealthy fats. These snacks are highly addictive as well, which leads to poor dietary choices, thus adding to mental and cognitive decline and a potentially unhealthy relationship with food.

"Even though packaged snacks are convenient, the average snack is loaded with artificial fats and sugar, which are known to promote chronic inflammation that can negatively alter the functions of the brain as well. Besides,

daytime snacking is often a great contributor to overeating and a greater risk of developing chronic conditions that can affect brain function," says Dr. Michelle Dees, a board-certified psychiatrist at Luxury Psychiatry Medical Spa.

7. Instant Noodles

Instant noodles are a concoction of unhealthy ingredients in one packaged meal. The noodles are often made with refined flour, and the high sodium content is a cause for concern because it can lead to hypertension. This could potentially damage blood vessels and reduce blood flow to the brain.

Dees states, "High in sodium and additives instant energy, instant noodles have a negative effect on blood pressure and hydration, which can lead to increased stress levels. These meals are devoid of vital elements required to promote brain activity and therefore encourage mental exhaustion."

The Beat Goes On: Heart Transplant Recipient Helps Others... Continued from Page 1

than 40 miles from Christ Hospital," Turner said. "Because we want to lift the burden of them having to worry about getting to their appointments."

Dr. Geetha Bhat said the heart transplant program at Christ Hospital is growing quickly and bringing patients from Columbus and Louisville. A home, much like the Ronald McDonald House, would be extremely helpful.

"It's gonna be a service not just to our community but beyond it — to the region," Bhat said. "So I think it's a very helpful

thing for patients."

When Turner buys that house, she plans to call it Gregory's House in homage to her donor. She said she can already see the sign on the wall with his picture and a caption explaining how he saved her life.

The first fundraiser for The Beat Goes On is Sunday, Dec. 8 — the one-year anniversary of her heart transplant. It will be 2-5 p.m. at 615 Main Street in Cincinnati. Visit her website here for more information or to donate.