



Dayton Mayor Reflects on Time in Office

Family photos and memorabilia adorn the office of Dayton Mayor Jeffrey Mims Jr.

WYSO's City Mayor Series continues in the new year with a conversation with Dayton Mayor Jeffrey Mims Jr.

In this interview, Mims talks about his time in office and the issues some residents have spoken out about following our social media outreach efforts to determine what challenges they're facing and what cities are doing right.

This interview transcript has been edited slightly for clarity and length.

Mayor Jeffrey Mims Jr.: I feel proud to be a part of the last three years as mayor, to see some of the things that I worked on with colleagues for eight years as a city commissioner. And I would say clearly passing the first tax increase in Dayton in 2016 was very beneficial, as far as the city is



Dayton Mayor Jeffrey Mims Jr.

concerned. Because this city had been on a downward spiral for 50 years. The job losses issue in terms of predatory lending issue in terms of the foreclosure crisis.

And for those who may not know that — Montgomery County, Ohio, right here, Dayton was number one in the nation with job losses during the recession, 2006

timeframe, 2009 this period of time. We also are one of the victims, as an urban community, urban school system, to have 25 years of unfunded education as far as the Dayton, Columbus, Cleveland's, etc... And that's something that's missed by a lot of individuals and they're not understanding that we have for a decade, a generation, let's just say, plus

of young people who are undereducated because they're undereducated now they're either unemployed or unemployed at the level that we would see as some of our more affluent communities. And that's one of the things that makes our progress probably more significant than what it would be under normal circumstances.

Continued on Page 3

The Dayton Foundation Opens Scholarship-CONNECTSM for 2025-2026 Applications

The Dayton Foundation has launched its 2025-2026 scholarship application process and is pleased to once again offer students access to ScholarshipCONNECTSM, an online scholarship search and college readiness resource. Students can access ScholarshipCONNECT by visiting www.daytonfoundation.org/scholarships.

ScholarshipCONNECT offers more than 300 scholarship opportunities through The Dayton Foundation and educational foundations that are part of the Foundation. The system uses a detailed questionnaire to match students, based upon their educational interests and background, to possible scholarship opportunities. Students and parents also can help plan and pay for college by



accessing links to online FAFSA, financial aid, scholarship and loan resources.

In fiscal year 2023-2024, The Dayton Foundation and the Dayton-Montgomery County Scholarship Program, a component fund of The Dayton Foundation since 2006, awarded \$3.3 million in scholarships to help 1,418 students advance their educational goals.

The deadline to submit a completed Scholarship-

CONNECT online application for the 2025-2026 school year is 4:00 p.m. on Friday, March 7, 2024.

For more information or to learn more about the Foundation's scholarship funds, visit ScholarshipCONNECT, or connect with The Dayton Foundation on Instagram, Facebook or X.

About The Dayton Foundation

The Dayton Foundation has been the trusted charitable giving resource for

thousands of individuals, families and organizations since 1921. Ranked among the oldest and largest community foundations in the nation, the Foundation has awarded \$1.4 billion in grants since its founding, with current assets from all funds exceeding \$1.17 billion. For more information about The Dayton Foundation, visit daytonfoundation.org or follow the Foundation on Facebook, X or LinkedIn.

Warming Shelters Open in Dayton

It is that time of year when staying warm is essential. The Miami Valley is seeing some of its coldest temperatures so far this winter.

As temperatures drop to dangerous levels and more snow rolls in, people need to think about safety and where they can go to stay warm.

St. Vincent de Paul is one of the emergency warming shelters for Montgomery County and the City of Dayton.

John King, the director of mission advancement at St. Vincent de Paul said people will receive more than just a warm place to go.

"Guests are not only having a warm bed and a safe place to sleep at night but also, three



meals a day," said King. "We're seeing about 500 guests per day on average."

The shelter also has winter clothes to give out when people come in.

During the day, there are activity spaces to keep people busy. The outdoor spaces are not used like

they are in warmer months but the indoor spaces stay full when it's cold out, which can present some challenges.

"The difficulty is people staying inside, people staying warm and so understandably, we all get a little stir crazy and so being able to work through

that with our guests, being able to treat people with dignity, with respect so that we can together get through this cold storm," said King.

King said the number of people needing the shelter's services has not increased from last winter,

Continued on Page 2

Legendary Soul Man Sam Moore Passed at Age 89



Samuel David Moore

CORAL GABLES, Fla. - The Legendary Soul Man Sam Moore passed away this morning in Coral Gables, Florida. He was 89. The cause of death was complications recovering from surgery.

Moore — with his trademark tenor that distinctively rose through every song he performed — was half of the Grammy winning duo Sam & Dave of the 1960s. Their sensational run of hits included "Soul Man," "Hold On I'm Coming," "I Thank You," and many more. Sam & Dave were inducted into the Rock and Roll of Fame in 1992.

Sam was born in 1935 and grew up in Miami's Overtown and Liberty City neighborhoods. Sam Alamo was attending medical school at the Sam Cooke heard him and

thought Moore would be a perfect replacement for him as the lead in the gospel group The Soul Stirrers. The night before he was due to leave for Chicago and be fitted for his stage clothes and join the group, he went to the Nightbeat and saw Jackie Wilson perform. Sam realized he wanted to sing pop, not gospel professionally like Jackie and struck out on his own. He became the singing MC and talent show host at the King O' Hearts Club. There he met Dave Prater, a local baker who tried out for the club's talent show. Stage magic led the formation of the duo. The legendary Steve Alamo was attending medical school at the

Continued on Page 4

Ohio State Sen. Ben Espy, Passed at Age 81



Former State Sen. Ben Espy

COLUMBUS, Ohio (AP) — Respected Ohio attorney and former state Sen. Ben Espy will be remembered at a celebration of life Monday for his decades of service to the state and its capital city.

Espy died on Jan. 4 at age 81 after a brief illness.

Espy, a Democrat, broke racial barriers as the first Black person to serve as president pro tem of the city council in the capital, Columbus, for most of the 1980s and as minority leader of the Ohio Senate, where he served from 1991 to 2000.

Though his hopes of attaining higher office were ultimately dashed, Espy continued to earn honors from members of both parties throughout his career.

Then-Democratic Ohio Attorney General Marc Dann tapped Espy as his top lieutenant in 2007 and chose Espy in 2009 to lead a high-profile internal investigation into allegations of sexual harassment at the office. The final report was dammi...

What's Inside

General	2-3
Arts & Enter	4
Editorial	4
Education	5
Religion	6
Sports	7
Health	8



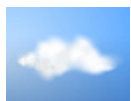
Around DAYTON

Miami Valley Weather

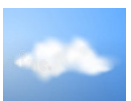
5 day Forecast

Saturday Sunday

Cloudy
High 32
Low 19

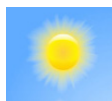


Cloudy
High 34
Low 31



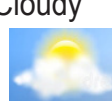
Monday

Sunny
High 29
Low 12



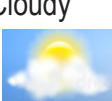
Tuesday

Mostly Cloudy
High 17
Low 4



Wednesday

Mostly Cloudy
High 19
Low 11



The Nuts and Bolts of Business:

Bookkeeping and Tax Preparation for Small Businesses

Monday, January 13, 2025
6:30pm via Zoom


Join us for this informational session on how bookkeeping is vital to small businesses and entrepreneurs. Learn the importance of accurate bookkeeping, tax implications and more.

For Zoom connection info go to NBMBAAdayton.org/events


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NATIONAL BLACK mba ASSOCIATION, INC.
Dayton Chapter

Gettysburg Grocery Set to Open



A new storefront had a soft open on Thursday in West Dayton, here's what to expect ahead.

The Gettysburg Grocery, also known as GG's, has opened its doors. The store, located on 811 South Gettysburg Avenue, opens after years of effort by Homefull and the Dayton community.

Given its a soft open, the store will feature a limited selection of lunch and dinner items. There will be a variety of products lining the shelves.

The store accepts cash, debit and credit for the time being. The store is awaiting USDA approval before they accept SNAP/EBT benefit payments.

Gettysburg Grocery will then transition to a full launch on Jan. 13, with store hours ballooning as well. By then operating hours will be from 8 a.m. to 8 p.m.

The grand opening of the grocery will be on Feb. 6, and will feature a ribbon-cutting ceremony, tours of the store, tastings

and special deals. Community leaders are hopeful that the new opening will address vital needs in the community.

"It's a food desert, health care desert, child care desert," John Patterson said in regards to the area's lack of necessities. "And so we're looking to hopefully fill some of those needs."

Celebrate Dr. Martin Luther King Jr. @ DML

In honor of Martin Luther King Jr. Day, patrons of all ages are invited to celebrate with one of Dayton Metro Library's programs.

Celebrating Martin Luther King Jr., Wednesday, January 15, 4-5 pm, West Branch: Enjoy stories and crafts about peace, diversity, inclusion, and equality. (Grades 1-4)

Family Storytime - Dr. Martin Luther King Jr., Wednesday, January 15, 4-4:45 pm, Burkhardt Branch: Learn about this great leader with a fun and educational program. (Families)

Unleash Your Pas-

sion: Discover Your Inner Dancer Through Movement, Tuesday, January 21, 6:30-7:30 pm, Main Library, Opportunity @ St. Clair: Countess Winfrey will lead participants through movement inspired by the essays and speeches of Dr. Martin Luther King Jr. Tap into a passion for movement, embrace the joy of dance, and discover the power of creative expression. Registration is required. (Adults)

Martin Luther King Jr. Dream Event, Wednesday, January 22, 3-4 pm, Electra C. Doren Branch: Listen to King's "I Have

a Dream" speech and discuss themes and how they resonate today in society and personal lives. (Teens)

Let's Honor the Name: Martin Luther King Jr., Thursday, January 23, 4-5 pm, Trotwood Branch: Listen to stories, watch short movie clips, and create posters. (Families)

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

DML Offers Unique "Community" Events



Patrons of all ages can participate in a variety of community-focused programs taking place at Dayton Metro Library.

Miami Valley Community ID Drive, Saturday, January 11, 9:30 am-12 pm, Main Library, Eichelberger Forum: Community residents who have limited access to government-issued forms of identification can obtain a verifiable form of identification by attending this ID Drive. While not government-issued, this ID can be used by law enforcement, city agencies, health centers, schools, and businesses to help identify, serve,

and protect residents. Registration is required at daytonohio.gov/1104/Miami-Valley-Community-ID-Card. Participants must also participate in a mandatory orientation at 10 am. Please bring the following items to the ID Drive: a photo ID, proof of residency (utility bill, etc.), and \$5 cash. (All Ages)

Can-Do For Your Community, Monday, January 13-Saturday, January 18, during Branch hours, Huber Heights Branch: This week-long program offers a chance for community members to help fill the Branch's food pantry by dropping off non-perish-

able items. (Adults) Special Needs Family Information Roundtable: Understanding the Special Education Evaluation Process, Thursday, January 23, 6-8 pm, West Branch: Presenters will present information followed by a question/answer session. (Families)

EITC/VITA Tax Assistance Program, Wednesday, January 22-Friday, January 24, 10 am-3 pm, Northwest Branch: IRS-trained volunteers will be available to help Earned Income Tax Credit-eligible workers fill out their tax forms for free - walk-ins only. (Adults)

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

Warming Shelters Open in Dayton,,, Continued from Page 1

but the U.S. Department of Housing and Urban Development's 2024 homelessness count showed an 18% increase from 2023. King said St. Vincent de Paul is preparing for that trend.

"We are seeing that in the future, as we need to go deeper into relationships with our guests, that that increase is calling for that need to work with our guests and to hopefully break the cycle of homelessness for future generations," said King.

Unfortunately, the future is uncertain for men who need St. Vincent de Paul's services.

King says the Gettysburg men's shelter will be closing on July 1st due to a lack of government funding. They are working to find a solu-

tion. "We are trying to work with community partners to find what that looks like so that we can continue to support men afterwards and during this kind of cold weather, you can't help but kind of think what the cold weather is going to be next year," said King.

There are three other warming centers in Dayton. They are open Monday through Friday 6:00 am-9:00 pm, and Saturday 9:00 am-4:00 pm. The locations are listed below:

- Greater Dayton Recreation Center - 2021 W. Third Street
- Lohrey Recreation Center - 2366 Glenarm Ave.
- Northwest Recreation Center - 1600 Princeton

Dr. Dayton Fire Department Assistant Chief Brad French sent this statement about how and when the city decides to extend warming center hours:

In the event of extremely cold temperatures (<<10 degrees) for an extended period of time, widespread loss of power in the community, or a significant number of people needing shelter, the three City of Dayton Recreation Centers may extend operations to 24 hours per day and add staff to meet the medical and safety needs of residents. Decisions to elevate to this tier of weather response are made by the city's Emergency Preparedness Officer in coordination with the City Manager's Office.

Redevelopment Planned for Dayton's Oldest Skyscraper

Dayton City Council is kicking off the new year with a major focus on downtown development.

"As we begin a new year, renew our spirits and commitments to create a city where all are valued," said Darryl Fairchild, Dayton city commissioner.

With a light agenda, council members turned their attention to two significant service agreements with the Montgomery County Land Bank.

"Today is a big day for Dayton," said Tony Kroeger, Dayton planning division manager. "We're highlighting a transformative public-private partnership aimed at revitalizing the historic Centre City Building. A key piece

of Dayton's architectural heritage is set to undergo a major redevelopment."

Once completed, the project will bring 217 residential units to downtown, with 60 percent of the units designated as affordable housing, along with vibrant first-floor retail.

"This will also facilitate the need to bring that affordability and that housing back to downtown," said Veronica Morris, division manager of development. "It furthers the goals of the Dayton Recovery Plan."

The council unanimously approved the agreements, signaling what they say will be a bright future for the heart of Dayton.

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**Dayton Mayor Reflects on Time in Office...
Continued from Page 1**

So when you look at the jobs that we've been able to create, having the fastest job growth in the region, having that population stabilize in terms of more and more people moving in, having almost \$2 billion invested in downtown alone and having almost another \$1.5 billion invested in the neighborhoods around us, that shows that clearly that there are more and more people who are on board with the right things that are happening as opposed to those of the wrong things.

And so it's changing the tide in terms of negative factors. Now, it doesn't mean that all the negative things just go away because we snapped our fingers or we have some good things in some parts of the city that everything is just automatically overnight, all the problems going on to themselves. We still have plenty and plenty of work to do as far as a serious concern. So I just say to people, let's help us celebrate the successes, but we keep our shoulder to the wheel. Understand that we still got a lot of work to do and we're going to need everyone to make those things happen.

Jerry Kenney: As you know, we reached out to residents on social media and, particular to Dayton, residents came back with a number of issues. One had to do with trash and the esthetics of their neighborhoods, whether that trash was coming from trash pickers the night before, trash pickup or how other residents treat their own properties. What can you tell me in the way of the esthetics

of the city, what is controllable by your office?

Mims: Yeah, I'm happy to address that because again, you have to look at these situations as neighborhood by neighborhood. We have the overwhelming majority of our neighborhoods that don't have a trash problem. That's because the neighbors in the residence don't throw trash down. We also have had a large increase in members of the community who are taking more and more pride in their community because of some of these conversations that we're having. We have so many more organized community pickups in terms of trash. We have some of the younger people involved now. I mean, a kid that comes to my mind is now possibly maybe 20, maybe 21, Chaz Amos with "I love West Dayton," who has started about three years ago, a neighborhood trash cleanup. So they go to different neighborhoods that do that. And they have a lot of young people involved in that program as well. So I will say to you ride around, take some friends with you, ride around the entire city of Dayton — 65 neighborhoods — and you'll see many of our neighborhoods ... Like I said, the overwhelming majority of them are not those who are covered with blight and trash ... And try to find ways in maybe even some neighborhood meetings, some neighborhood groups like we do support with Community Block Grant dollars, if you have a program engaging some of the young people in your neighborhood that wants to figure out how you can pay them, how you do some other things with them to get them engaged and picking up

trash. Get them engaged and not wanting to see people throw trash down, we'll figure out how we can support that.

Kenney: I think you have a monthly clean-up program, maybe from a volunteer organization or whether that city led or not, that did receive a lot of credit through our social media outreach as well. The other item that people mentioned, and this went across borders from city to city was crime, particularly car thefts, auto thefts and the overnight car door checkers looking for an available car to take. What can you tell me about that front?

Mims: We're constantly working on that and we're doing several things in that front. One, we're constantly trying to recruit more and more police officers. Two, we're working with technology because we have a shortage of about 35 police officers in course of being short of that. And so constantly trying to work with technology and our citizens, while I think initially were a little leery, if you will, for lack of another word, license plate readers or some other type of technology that we had in buildings downtown, or how we make connections with those who have like a ring or chime type of security camera on their homes, being able to, with the permission of the owner, only with the permission of the owner.

And then also certain things we do that only with the permission of the neighborhoods and they vote on whether or not they want to have that system connected to our police. And more and more, we're seeing that they do want to have those type of connections because we're picking up people

sometimes as far away as Cleveland who have been involved in some shootings - shooting a lady and who's pregnant and some other individuals as well. And being able to track them through those license plate readers, again, as far away as Cleveland, and the fact that our police as well as policemen from the bigger cities, we, myself and some of the other large city mayors, requested a meeting with the governor. And he also had a meeting at his home, and he had all the technical personnel in terms of staff, explain to us the types of things that are happening right now, and so the kinds of things that they're planning to to make happen. And also share with us the aspect of how some of these things work that we may not be engaged in.

We do have a challenge that probably we don't have any place else in the state and that we have more of our young people who are living in group homes, because we have more homes than any other county in the state of Ohio, and so many of those young people, because they live in other counties, are sometimes engaged and stealing cars just to go back and visit friends or sometimes family in terms of those spaces. So we're asking more and more people to make sure they're locking up the cars. Even dealerships with the stolen cars, we want to make sure that's what dealerships who have felt comfortable that they give themselves a security system and be able to check that and show that data to the police and make sure we can do everything we can to minimize these challenges.

DRMA Top Issues List 2025

DRMA conducts an annual survey to better understand the "hot button" issues affecting its manufacturer corporate members. The following are their top issues for 2025:

1. Skilled workforce. Finding and maintaining a skilled workforce continues to be the top concern for DRMA members. Replacing the retiring talent, from a limited pool, is a priority in order to meet the demand for their goods and services. Therefore, members support initiatives that attract, retain, and develop their workforce.

2. Increasing cost of doing business. DRMA members cite rising costs are negatively impacting their ability to remain profitable in the near term. Some of these costs include labor and healthcare costs and tax obligations, along with a growing concern about inflation. As their customers continue to resist price increases, manufacturers are finding it hard to pass on these increased business expenses.

3. Business succession planning, sustainability, and growth. While business sustainability is a concern in the near term, DRMA members are also concerned about their long-term future, as succession planning and growth remain top of mind. Attracting, retaining, and developing a skilled workforce directly impacts the future of their business. Additionally, burdensome employee-related regulations, such as workers' compensation, employee leave, and unemployment benefits, as well as the threat of recession, present areas of concern. Disruptions from global competition and new technologies also contribute. Amidst these concerns, members are focused on sustaining profitable operational levels in order to meet long-term growth plans. Therefore, DRMA members support workforce development plans, reduction in burdensome regulations, and help with leveling the playing field for international trade.

4. Burden of regulation on business. Members support the need for reasonable levels of regulation to protect both citizens and businesses. Burdensome regulations specified by members include expand-

ed employee leave and unemployment benefits, select OSHA requirements, workers' compensation mandates, hiring and safety concerns related to the legalization of marijuana, environmental compliances, and a clear definition of "small business." Therefore, members support regulations that are simple to administer and to comply with, that minimize onerous and complex reporting requirements and have a clear and critical need.

5. International trade and global competition. International trade and global competition concerns contribute to the future viability of member companies. Specific concerns include the effect of trade agreements, tariffs, fair/free trade policy, and international currency manipulations. Members want a level playing field in international trade with as little volatility as possible.

6. Corporate tax rate and complicated tax code. Members support the concept that lower corporate tax rates encourage growth of industry and growth of employment. Therefore, members support reforms to the tax code to make it simpler and less burdensome.

Rising issues: Cyber security threats, FMLA abuse

Decreasing issues: Supply chain, impacts of legalized of marijuana, unionization

About DRMA
The Dayton Region Manufacturers Association (DRMA) is the voice and advocate for the manufacturing industry in the Dayton Region, providing programming, education, and peer-to-peer connectivity opportunities for members serving the aerospace, automotive, food/agriculture, defense, electronics, medical, and other markets. DRMA has 330 member companies, including 200 manufacturers located across the region. The manufacturing industry in the Dayton Region employs over 130,000 workers earning \$11.6 billion in annual payroll. For more information about DRMA, visit www.DaytonRMA.org.

Woman Adopted as a Kid Brings Dreams to Life

Netizens were moved by Brianna Cry's considerate act of love when she surprised her grandparents by giving them a trip to Paris, which had been a lifelong goal of theirs.

The emotional interaction was caught on TikTok, with Cry's grandparents getting emotional before she revealed her intentions. Since then, her video has gone viral, receiving over 100,000 likes and numerous comments applauding her actions.

She told People, "My grandparents actually adopted me when I was



younger and since then they have made so many sacrifices and have done everything they possibly could to set me up for success. For that, I am forever grateful."

She added, "I've actually been planning this for a while now. After high school, I went through four years of undergrad and immediately following, three years of professional school. So I've never had a real income until now. My grandparents have done so much for me over the years and I knew when I began working that my first big purchase would be for them."

Cry disclosed that her grandma had often talked about Paris and her desire to go there someday.

She recounted, "Just the night before I surprised them, she was telling me how she was going to start planning a trip to Paris for 2026. But little did she know!"

Cry is accompanying her to guarantee that her itinerary, which includes visits to artistic locations that she and her grandma dream of, is realized.

She remarked, "Of course, we have to visit the Louvre and Palace of Versailles. My grandmother and I also have a thing

for the arts so we'll be attending a ballet at Palais Garnier opera house as well."

"I am so excited for this trip and I know it'll be the best one yet because I get to spend it with them," she stated.

Cry believes her grandparents represent so much more than her lovely gift to them.

"I am beyond blessed and grateful to them for providing me with the love, support, education and experiences that can even allow for me to give back in this way."

Arts & Entertainment

Observe Martin Luther King Jr. Day with the Dayton Metro Library

The Dayton Metro Library is holding events in honor of Martin Luther King Jr. Day.

At the West Branch, they will be doing stories and crafts about "peace, diversity, inclusion and equality," the library says. This will take place from 4-5 p.m. on Jan. 15 and is available for first through fourth grade.

There will be a family story time at the Burkhardt Branch on Jan. 15 from 4-4:45 p.m. where visitors will learn about King as a leader.

The main library will be holding a dance class, led by Countess Winfrey, where participants will learn movements inspired by the



essays and speeches of King. This event will be on Jan. 21 from 6:30-7:30 p.m., and requires registration.

The Electra C Doren Branch is holding an event for teens where they will listen to King's "I Have A Dream" speech and discuss themes. This will be on Jan. 22 from

3-4 p.m.

On Jan. 23 from 4-5 p.m., the Trotwood Branch will be having a family-friendly activity where participants will be listening to stories, watching clips, and creating posters to honor King.

Lee Daniels Mourns Death of His Sister Cookie Lyon



Lee Daniels has announced his younger sister Lydia Ruth Daniels-Rooks, who inspired the Empire character Cookie Lyon, has died.

Deadline reports that Daniels posted about his sister's death on his Instagram, writing, "As the fires are burning, so is my heart."

"My younger sister Lydia has passed. She was also my best friend," he continued. "In Empire, the char-

acter of Cookie was based partly on her life. She's left four beautiful children and five grandchildren behind. RIP Girly... I LOVE YOU FOREVER[.]"

Several celebrities, including RuPaul's Drag Race alum Shea Couleé, celebrity hair stylist Ted Gibson, singer/actress Estelle, and actors Billy Porter, Kym Whitley, Star actress Ryan Destiny, Halle Berry and Empire actress Ta'Rhonda Jones sent their condolences in the

comments, among others.

Cookie Lyon was the loud and audacious matriarch of the musical Lyon family on Empire. Taraji P. Henson played the character, which quickly became one of the biggest draws for fans watching the series. She was nominated for two Emmys and won a Golden Globe for the portrayal. Debuting in 2015, the series became a hit for Fox and lasted for six seasons, ending in 2020. It also spawned a spinoff series, Star.

Legendary Soul Man Sam Moore Passed at Age 89... Continued from Page 1

University of Miami and playing gigs with his cover band as the opening act for Sam & Dave. He took them into the studio and recorded their first half a dozen songs which wound up in the hands of Henry Stone and TK Records. Sam & Dave's manager, Johnny LoMelo, did not approve of Henry Stone's involvement and insisted Henry hand over all master recordings to Morris Levy and his company Roulette Records.

Ahmet Ertegun, Tom Dowd and Jerry Wexler from Atlantic Records, saw Sam & Dave in late 1964 at the King O' Hearts where they had become locally famous. In 1965 they were signed to Atlantic Records and the rest is music history. Jerry Wexler loaned the duo to Atlantic's southern production arm, Stax Records. They were introduced to Isaac Hayes and David Porter. What followed was a string of hits and international stardom. Sam & Dave were so revered that they were among the few stars who were asked to perform at Martin Luther King, Jr.'s memorial concert at Madison Square Garden in 1968. Sam was a long time supporter of Dr. King.

The duo broke up in 1970. Shortly after, Sam was re-signed to Atlantic and recorded his solo album, produced by King Curtis with Donnie Hathaway and even Aretha Franklin on piano as guest artists. King Curtis was murdered on August 13, 1971, the album was completed but Wexler chose to shelve the album, depriving Sam of his solo career launch. Sam reunited with Dave for a few years in the late 1970's breaking up for good New Years Eve 1982 at Bill Graham's Old Waldorf in San Francisco. Sam struggled with heroin addiction after being introduced to the drug by Little Willie John in the early 1960's. Sam and his wife, Joyce, recounted his drug use later in an oral history written by Dave Marsh and in my documentary with DA Pennebaker and Chris Hegedus called "Only the Strong Survive."

The 70's, however, were not all bad news. Thanks

to Dan Aykroyd and John Belushi's cover of "Soul Man," performed as The Blues Brothers on "Saturday Night Live" there was renewed interest in the duo's music, look, and athletic dancing.

Sam married Joyce McRae in 1982, who became his manager and advocate. While the FDA and NIDA were conducting clinical trials of the anti-opiate Naltrexane which blocks the opiate receptors in the brain, Joyce was able to get Sam into the program and saved him from a death due to heroin addiction. Joyce gives full credit to what she calls a God-wink, and Sam began a celebrated solo career.

Over the years, Sam became a mainstay performer at the Kennedy Center. He performed for six presidents — Jimmy Carter, George H. W. Bush, Bill Clinton, George W. Bush, Barack Obama, and Donald Trump. At Dan Aykroyd's 50th birthday, Sam performed with Clinton, who played the saxophone to accompany him. He also performed for Barack Obama at the White House.

More than once, Bruce Springsteen loudly and proudly introduced Sam as "The greatest living soul singer on the planet!" Springsteen invited him to sing on his "Human Touch" album, and again in 2023 on his collection of R&B covers (also called "Only the Strong Survive"). When the Rock & Roll Hall of Fame celebrated its 25th birthday at Madison Square Garden, Springsteen featured Sam to much fanfare.

Moore was also a vocal advocate for the rights of performers. With his wife, he testified often in Washington for a performer's royalty on records played on AM & FM radio. This has still not been resolved by Congress. Sam has said it would be life-changing money for himself, his peers and every American phono recording artist whose music is played on AM/FM radio and worldwide. All other countries who collect on behalf of artists including Americans, do not pay any collected broadcast performance royalties due

to lack of reciprocity. (Only songwriters and publishers get paid from airplay on the radio.) Sam was passionate about the subject.

Sam's legacy as a solo artist was cemented when he was finally able to recover and release the King Curtis album, "Plenty Good Loving," in 2002. It was met with four star reviews. Both Ertegun and Wexler publicly regretted not having initially released it. In 2006, Sam made a triumphant return with his first album in thirty years, "Overnight Sensational," which featured Springsteen, Sting, Bon Jovi and a galaxy of other stars produced by American Idol's Randy Jackson. He was nominated for a Grammy Award with Billy Preston on their duet of "You Are So Beautiful." He was welcomed, as always, to the David Letterman show, the Tonight Show, and all the morning shows.

In recent years, Sam received a Special Merit Lifetime Achievement Award from the Grammys. He also continued to perform on a steady basis until the pandemic. His voice was heard recently on a Starbucks commercial featuring the Sam & Dave version of "Hold On I'm Coming." He was often asked to perform at high-profile prestigious occasions. For example: Aretha Franklin asked him to sing at the funeral for her sister, singer Erma Franklin. Eddie Murphy requested Sam to perform at his Kennedy Center Mark Twain award.

Condolences to Joyce, their daughter Michelle, and grandchildren Tash, and Misha. To say Sam will be much missed is an understatement. Sam never stopped recording. He was working on a gospel album with Rudy Perez dedicated to his mother. Sam's voice remained intact. It was an extraordinary instrument he knew was a gift from God and gifted to the finest human being.

Editorial & Comments

Something to Consider:

Following Your "Charge" In 2025

By: Brenda Cochran
Contributing Writer

When you read the title of this commentary, you might think of using a charge in order to purchase something or even what one thinks of in terms of watching a bull fight, but this Charge is referring to walking in God's Way by keeping His commandments.

In the case of this title, the idea of a Spiritual Charge is discussed.

A Spiritual Charge can refer to things like studying scripture, having personal prayer, attending a seminary, writing in your journal, or serving others.

These actions may seem small, but they can make a big difference in one's life. In religion, the word could have multiple meanings including:

- A task or responsibility. 2) In Christianity, a charge is a duty or responsibility that is entrusted to someone. An example is in 2 Timothy, where Timothy is charged to do the work of an evangelist, as full proof of his ministry, 3) A charge could also be a burden of expense.

Basically, a charge means fulfilling your obligation to God by: Keeping God's Statues. Commandments, Precepts, and testimonies, Walking in God's Ways, Loving God,

and being ready and brave to tell the Good News of Jesus Christ, and also defending your faith against false teachings.

Following your charge in your lives today means taking active responsibility for your actions, visions and the direction of your life, essentially steering your own path and choices; this implies being proactive, setting goals, actively pursuing what you want to achieve, rather than passively letting life happen to you.

When we are taking control of our lives means having more power to make decisions and more influence over on how our destiny proceeds. This



Brenda Cochran

leads to more happiness, satisfaction and fulfillment.

By not taking charge of your life, you risk: other people and exterior events And controlling your emotions and actions.

Now, the following are five tips of controlling your life: 1) Being your best self regardless of the situation, 2) Always seeing the positive in certain situations,

- Learning to love yourself, 3) Being grateful for every moment in your day,

- Not being afraid of failure.

If you are wondering why taking charge of your own life is important? By taking the reins of your life inevitably means it makes you feel more self-confident. You will be feeling that you know yourself well, that you decide for yourself and you do what matters to

you. This then increases your self-love, self-esteem, self-acceptance and self-confidence.

Taking charge of your life is more than just a phrase- it's a commitment to yourself.

When you decide to take charge of your life, you're choosing to tell your story — ensuring it's not just something happening to you.

While we cannot always control of what happens to us in our lives, we can always control our reactions to it.

Education



Alpha Kappa Alpha Sorority, Incorporated®

Beta Eta Omega Chapter

Join us in the ongoing celebration of the 90th Anniversary of Alpha Kappa Alpha Sorority, Inc.® Beta Eta Omega Chapter.

90th Anniversary Archival Exhibit

January 13, 2025 - February 28, 2025

Dayton Metro Library Main Branch

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Second floor, Outside the Dayton Room

This exhibit highlights a few of the many achievements by Beta Eta Omega Chapter, Alpha Kappa Alpha Sorority, Inc.® throughout the last nine decades. It is a curated collection of unique artifacts, photographs, and documents dating back to the founding of the Chapter in June 1934 to the present day.

Alpha Kappa Alpha Sorority, Inc. Beta Eta Omega Chapter 90th Anniversary Archival Exhibit

Join us in celebrating the 90th anniversary of Alpha Kappa Alpha Sorority, Inc., Beta Eta Omega Chapter!

The exhibit will officially open on Monday, January 13, 2025, on the second floor outside the Dayton Room at the Dayton Metro Library, Main Branch, 215 E. Third

Street, and run through February 28, 2025. This special showcase honors the chapter's nine decades of achievements with a curated collection of artifacts, photographs, and documents dating from its founding in 1934 to the present day.

This is a unique opportunity for the Dayton com-

munity to explore and appreciate the rich history and enduring legacy of Beta Eta Omega Chapter.

For additional information or questions contact Paula Cosby at 937-572-7071 or Tyra Wright at 1-714-642-9744.

University of Dayton Homeschooling Movement Grows Among Black Families

On University of Dayton Week: There are many reasons why parents would decide to homeschool their kids.

Aaliyah Baker, faculty member in the department of educational administration, details a community that has found benefits in the practice.

Dr. Aaliyah Baker is a community-engaged scholar and faculty member in the Department of Educational Administra-



Aaliyah Baker

tion at the University of Dayton, School of Education and Health Sciences. Her research engages critical and postmodern social theories and methodologies that focus on the experiences of Black homeschooling families and the role of race in educational achievement and experiences in schools and social settings.

More Black families are choosing to homeschool. Frustrated by traditional schools, racism and limited resources, they report they seek a more meaningful education for their children. Many feel traditional classrooms don't reflect their cultural backgrounds or values. By taking control of their children's education, these families believe they can provide a better path to success.

Sandra's story is a perfect example. She first enrolled her children in a high-achieving neighborhood school. But her son, despite his potential, struggled with low grades. Her daughter faced constant social issues. Sandra quickly realized, given the demographics of her community, her family was considered an ethnic and cultural minority. This created significant challenges.

Her decision to homeschool wasn't just about escaping the negatives.

Sandra and other Black parents I interviewed are creating curriculums that prioritize academic rigor and cultural connections. They also emphasize core values like human dignity and kindness. Their goal is to infuse their children's education with cultural and religious values. Many Black parents find this approach boosts their children's confidence and academic success. It empowers them, rather than diminishing their history.

Homeschooling, for them, is more than just education. It's a form of resistance against the biases they feel their children face in traditional schools. It's about creating a space where they feel their children can thrive academically, emotionally and culturally.

Sandra's commitment reflects a growing movement among Black families. They want their children to be well-prepared for college and careers. They believe homeschooling gives them the power to raise confident, college-ready kids. They are working to create brighter futures for their children, one lesson plan at a time.

Learn All About College with DML Program

Dayton Metro Library's Kettering-Moraine Branch will host Questions about College? on Thursday, January 16, and February 6, 5:30-6:30 pm.

Dr. Raymond Witte, a professor and administrator in higher education for over 30 years, will lead this program by sharing his experience and providing clarity into more core college issues and challenges.

Parents and teens can ask questions about admission procedures, scholarships, credit transfers, survival techniques, and more.

Registration is required for either session.

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

Provide Quality Education

By: Bill Gates

As students and teachers move into the second half of the school year, I'm thinking about what education means in 2025. The past five years have brought unprecedented challenges—from pandemic disruptions to mental health struggles to rapid technological change. They've also reminded me why this issue matters so deeply to me: Without a quality education, I wouldn't be where I am today.

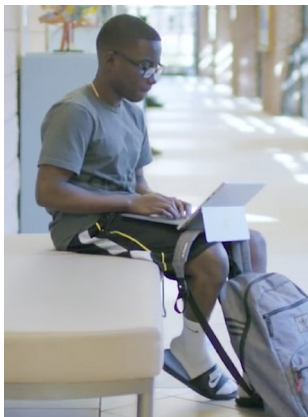
But millions of children around the world are missing out on that

opportunity. In the U.S., low-income and minority students face significant achievement gaps as a result, especially in key areas like math and reading. That's why improving education has been a top priority for the Gates Foundation.

At the K-12 level, we're focused on boosting math instruction and ensuring teachers have the training and support they need. Given the importance of a post-secondary degree or credential for success nowadays, we're funding initiatives to increase graduation rates, too. That includes better academic

and career advising, personalized learning pathways tailored to each student, and more affordable college options. I'm also a big supporter of the Big History Project, my favorite online course that uses science, literature, and history to tell a coherent story of the universe—an approach that helps students see the big picture and develop critical thinking skills.

The education space is rapidly evolving, with new developments in teaching and technology emerging all the time. The schools I visit, books I read, and discussions I



have with students and teachers alike all help me understand the challenges and opportunities ahead. It's a pivotal moment, but I'm committed to making sure every student gets a great education that unlocks their potential—just like I did.

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

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Bible Study.....11:00 a.m. and 6:00 p.m.

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

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Noonday Bible Study - Wednesday.....12:00 p.m.
Prayer Meeting - Wednesday.....7:00 p.m.
Bible Study - Wednesday.....7:30 p.m.

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Tues. Bible Study.....6:00 p.m.
Wed. Prayer Meeting.....6:00 p.m.

Other Ministry
email: rockney.carter@gmail.com
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Bethel Missionary Baptist Church
401 S. Paul Laurence Dunbar St. - Dayton, Ohio 45407
Rev. Xavier L. Johnson, Senior Pastor
937-222-4373 - Office - Email: offices@bmbcd Dayton.org




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Word & Worship 6:30 p.m.

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

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Wednesday
Prayer/Bible Study, 12:00 & 7:00 p.m.
Evening Prayer, 6:30 p.m.

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Church Phone: (937) 835-3366
Email: Dixonumc1691@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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Religion

Floyd Mayweather Offers Help to Displaced California Fire Victims



Floyd Mayweather has reached out to those affected by the ongoing fires in California as the blazes continue to burn. The five-weight world champion and Hall of Famer offered assistance to disaster victims, which has misplaced families and left homes at risk. Mayweather will review any requests for housing and supplies before his team steps in to give aid. The boxing legend said, "My thoughts and prayers are with everyone in California during this difficult time. "If you have been displaced by the fires and are in need of assistance, please don't hesitate to contact us at info@vadaproperties.com. My team will review your request and do our very best to help. Stay strong."

It's not the first time Mayweather has offered help during uncertain times, and it undoubtedly won't be the last. President Biden as-

sured everyone in the region that emergency services are doing their best to assist with the raging infernos that have shocked the world over the past few days. Biden stated, "I'm announcing that the federal government will cover one hundred percent of the cost of measures to protect lives and property in Southern California for six months. "I've told the Governor and officials to spare no expense and do whatever they need to contain the fires and protect families." California Governor Gavin Newsom offered an update on the situation as people in the area try to help as much as possible. The selfless acts we're seeing as we fight the fires in LA are extraordinary. Good Samaritans are jumping to aid neighbors. Humanitarians like Chef Jose Andres provide meals to responders. Bipartisan support from leaders across the US. California thanks you for your generosity."

7 Articles to Grow Your Faith in 2025

1: Tips for New Christians to Start Reading the Bible



Bible opened to book of Proverbs and surrounded by greenery

This article is great for those who are starting to read the Bible for the first time. You'll get tips on how to pick a Bible translation, finding time to read the Bible, and where to start your journey in the Bible.

2: I'm Saved! What to Do After Getting Saved



Sunrise and rainbow over a cross

Many people start their journey of faith as part of their New Year's Resolutions. If that's you, read this article! It will provide your next steps in the faith such as getting started with prayer, discipleship, and more.

3: How to Find a Great Church



Church on a hillside next to a body of water on a cloudy day

Looking for a church? Finding a good church is essential to growing in your faith. This article will provide tips for you to assess if a church is right for you.

4: Learn to Use the Bible in Everyday Life



Woman in chambray shirt reading Bible

If you have trouble applying the Bible's principles to your daily life, read this article! It will provide helpful tips to help you begin to properly discern God's word and use it to make life decisions.

5: Tips to Jumpstart Your Prayer Life



Woman praying to jumpstart faith in front of mountain

Is your prayer life feeling a bit ho-hum? This article will help you reignite your prayer time. In this article you'll learn about incorporating worship, using prayer tools, and consulting the Bible to jumpstart your prayer time with God.

6: Hearing God's Voice: A Guide for Beginners



It can be intimidating and confusing to pursue hearing God's voice as a new believer. Yet, we are all called to hear the voice of God. In John 10:27, Jesus clearly stated that His sheep hear His voice. If you're new to hearing the voice of God, check out this article. You'll learn about the different ways God speaks and how you can better hear His voice.

7: Tips You May Never Have Heard About How to Find Your Calling



Woman smiling and forming heart with hands represents loving self because designed for God's calling

Did you know that God has a purpose for all of us? If you're having trouble discerning your calling, take a look at this article. There's also a follow-up article with even more tips to you help your in faith and find God's plan for your life in 2025.

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Sports

Ohio State to Face Notre Dame in College Football Playoff National Championship Game

Notre Dame and Ohio State will face off in the 2025 College Football Playoff National Championship Game on Jan. 20 at Mercedes-Benz Stadium in Atlanta.

The Buckeyes punched their ticket to the showdown on Friday, 28-14, in the second of this season's two semifinals, one day after Notre Dame topped Penn State, 27-24, in the other semifinal.

The national title game pits two of college football's stingiest defenses against one another. Of the two programs, Ohio State certainly leads the way in raw talent -- and NFL prospects -- with the impressive roster coach Ryan Day has assembled. But Marcus Freeman's Fighting Irish team has played with



great synergy this season and will have an excellent chance to win it all.

Here are three things you need to know about the championship game matchup, with an eye on the 2025 NFL Draft (April 24-26 in Green Bay, Wisconsin):

1) Big stage for Senior Bowl-bound QBs. Both quarterbacks,

Notre Dame's Riley Leonard and Ohio State's Will Howard, were with different programs when these teams met in 2023 (a 17-14 Buckeyes win). Each has helped shape their teams' success this season, and both Leonard and Howard are also committed to play in next month's Reese's Senior Bowl.

Leonard is a dual-threat

QB who relies on his running quite a bit, especially in short-yardage situations. He's run for 16 touchdowns in 15 games this season, including one in Thursday's win over Penn State, keying the second-half comeback. Leonard's passing has been hot and cold this season, and his interceptions have been on the rise in the sec-

ond half of the season, but he has made several big throws during the Irish's playoff run.

Howard took heat for his play in the loss to Michigan, but he's put that behind him in the playoff, although his interception early in the second half against Texas stopped Ohio State's momentum, at least for a while. He's a big, sturdy passer with enough athleticism to be a run threat, too. All the tools are there for him to be an NFL quarterback, but pressure can lead to flawed mechanics and off-target throws.

2) Major edge for Ohio State in offensive playmakers.

It helps that Howard has two of the best receivers in the country on his team. Emeka Egbuka returned to school and improved his play from an uneven

2023 season, but freshman Jeremiah Smith is the Buckeyes' most explosive playmaker and standout sophomore Carnell Tate led the team in receiving on Friday. They will test Notre Dame's excellent secondary.

The Buckeyes are balanced offensively, able to fire the ball downfield to their array of pass catchers or lean on their pair of gifted running backs.

OSU RBs Quinshon Judkins and TreVeyon Henderson can run with power, contact balance and speed, as Henderson showed on a 75-yard TD catch on a screen pass against Texas. The Buckeyes' offensive line has taken some health hits and is missing Josh Simmons and Seth McLaughlin, but the unit has held together well so far in the playoffs. Donovan Jackson is playing out of position at left tackle, but he's handled himself well.

3) Stingy defenses feature plenty of NFL talent.

Most of Notre Dame's NFL prospects are on defense. Defensive tackle Howard Cross III (son of the former Giants tight end) sets the tone up front. Fellow senior, linebacker Jack Kiser, is another NFL prospect; his instincts and run defense should give him a shot to make it in the league.

Notre Dame safety Xavier Watts (Senior Bowl commit) and slot cornerback Jordan Clark (East-West Shrine Bowl commit) are some of the leaders in the secondary. Watts is a do-it-all defender who has had a highlight-reel season, picking off six passes.

This defense, and specifically the secondary, will have its hands full all game with the talented Buckeyes offense. But if Notre Dame can win battles up front, it could disrupt OSU.

As for the Buckeyes defense, the unit's secondary is led by Alabama transfer Caleb Downs, a sophomore who sealed the win over Texas with an interception. But there are veteran pieces across the group, including safety Lathan Ransom, CBs Denzel Burke and Davison Igbinosun and nickelback Jordan Hancock. Ohio State's strength defensively is up front. Edge rushers Jack Sawyer and JT Tuimoloau are a terrific duo, just as relentless as pass rushers as they are taking on the run. Sawyer made the play of the game on Friday with his fumble return for a touchdown after his strip-sack late in the fourth quarter. OSU is also anchored inside by the strong DT duo of Tyleik Williams and Ty Hamilton.

Marcus Freeman Reacts to Becoming First Black Coach to Make National Championship: 'It is an Honor'

When Notre Dame takes the field at Mercedes-Benz Stadium in the College Football Playoff national championship, it will look for its 12th national championship. But for Fighting Irish coach Marcus Freeman, there's a bit more history in play.

Freeman is the first Black head coach to play for a national title in college football history. He and the Fighting Irish will now await their opponent -- either Texas or Ohio State -- in the championship game on Jan. 20. But no matter what happens that day, Freeman will make history.

Freeman previously acknowledged the honor, but deferred to his team's success for getting him there. He struck a similar tone Thursday night, but also offered a message about what it

means to be a coach at all.

"I've said this before. I don't ever want to take attention away from the team," Freeman told ESPN's Molly McGrath during the Orange Bowl trophy ceremony. "It is an honor. And I hope all coaches -- minorities, Black, Asian, white, it doesn't matter -- great people continue to get opportunities to lead young men like this. But this ain't about me. This is about us. We're gonna celebrate what we've done, because it's something special."

Notre Dame struggled mightily in the first half of Thursday's game, scoring just three points on a field goal just before halftime. But the Fighting Irish offense broke out in the second half, starting with a Riley Leonard touchdown to begin the third quarter. From there, they scored 24 points between the third and fourth quarters,



Marcus Freeman, Notre Dame

capped by Mitch Jeter's go-ahead field goal with seven seconds left that held as the game-winner.

After those first-half struggles, Freeman had to get Notre Dame on the right track. It's safe to say his message resonated, and Leonard shared what was said in the locker room.

"History is written by conquerors and we're holding the pen," Leonard

said. "We decide how we want to write our history. And I'm a firm believer in whether you think you can or you can't do something, you're right. We believe that we can do it, and we went out there and did it."

Notre Dame's national championship appearance is the program's first since 2013 -- a blowout loss to Alabama in the same stadium where the Fighting Irish defeated Penn State

Thursday night. It continues a late-season surge in Marcus Freeman's third season at the helm, getting Notre Dame in striking distance of its 12th national championship.

The post Marcus Freeman reacts to becoming first Black coach to make national championship: 'It is an honor' appeared first on On3.

Five Activities To Do With Children On Snow Days

Snow days can be difficult for parents, but for kids, it's a magical day off of school, where they can build snowmen, have snowball fights, or for those in Chillicothe, sled down University Hill.

But after a while, it gets too cold and too wet for children to be frolicking out in the snow.

Here's a list of snow-related activities that you can do from the comfort of your home, instead of your children staring at a screen all day.

1. Make snow ice cream

Have an ice cream social, but with a twist! According to a recipe by Allrecipes.com, taking 8 cups of fresh snow, 1 can of condensed milk and a tablespoon of vanilla, you have yourself a nice bowl of ice cream.

2. Make a blanket fort

Stay warm and have fun by taking cushions,



chairs and blankets and turning any room into a magical place for games, reading and make-believe.

3. Arts and crafts

Whether it be creating a snowman out of paper plates and glue, creating original snowflakes with paper and scissors,

or drawing and coloring something of their wildest imagination, this is a sure way to keep kids happy and busy at the same time.

4. Hot chocolate bar

During those cold snowy days, setting up a hot chocolate bar can be a fun activity to keep ev-

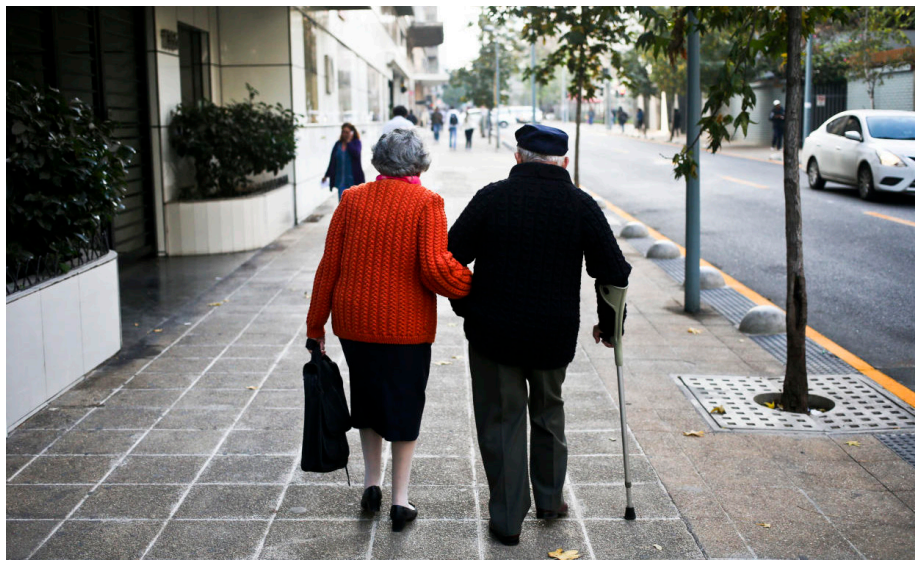
eryone warm. This activity is fairly simple, all you need is a nice mug, hot chocolate, marshmallows, whipped cream and candy canes. Put the ingredients all together and you have a perfect cup of hot chocolate that your kids will surely want more of.

5. Indoor snowball fight

If it's too cold outside for a "real" snowball fight, parents can bring it inside. Whether it be with plush stuffed animals or with rolled-up socks, children can still have the experience of a snowball fight without having to bundle up.

Health

Maintaining Good Balance Is Crucial As You Age



A couple walk on a sidewalk.

Taking a shower. Grocery shopping. Moving around the kitchen. Getting dressed. The underappreciated link between these mundane activities is good balance, which geriatricians say is key to maintaining an independent lifestyle as we age.

Lacking balance can be dangerous. In the U.S., 3 million older people seek medical care for fall-related injuries each year, according to the Centers for Disease Control. But falls are not inevitable, said Roopa Anmolsingh, a geriatrician who created the Cleveland Clinic's balance classes.

"Some people have a misconception that part of getting old is, you're going to fall. That's not true," Anmolsingh said. "You can control how you fall, or if you fall."

To prevent falls, geriatricians say people should start asking themselves questions about their balance as early as 50 years old.

Do I ever feel unsteady?

Besides muscles and bones, other systems in the body can affect balance, so it's important to have a doctor check you if you ever feel unsteady, even if only occasionally. The cause could be related to blood pressure, a medication, inner-ear function, a nervous system issue or countless other potential problems.

Even if unsteadiness is not an issue, you can

determine whether you still might need an intervention with an easy at-home assessment.

Standing next to a wall or something that can lend support if needed, raise one leg. If you can balance on each leg for 10 seconds, you should be fine, said Greg W. Hartley, a University of Miami professor of physical therapy specializing in geriatrics.

"If you can't do that, then you should probably go see a physical therapist," he said.

Another assessment, which Hartley recommended doing supervised, is called TUG, for "timed up and go." Sit in a chair and start a timer when you stand. Walk 10 feet (3 meters), come back and stop the timer upon sitting back down. If it takes longer than 15 seconds, the risk for a fall is very high. Twelve seconds or less, the likelihood of a fall is almost zero.

The National Council on Aging offers an online resource to assess the risk of a fall with questions about medications, whether you worry about falling and if you have trouble stepping over a curb, among others.

What can I do to improve balance?

Because muscle mass begins to decline in most people during their 30s, geriatricians say the best way to preserve good balance is to stay physically active throughout life. But it's never too late to start prioritizing it, Anmolsingh said.

Tai chi and yoga are particularly good for older adults because they involve controlled move-

ments while shifting body weight. There also are individual exercises people can work into their everyday lives.

Anmolsingh recommended standing on one foot while waiting in line at the grocery store. At home, try sitting up and down from a chair several times without using arm rests. While holding onto a chair or the wall, do three-way leg lifts on each side, lifting a leg to the front, side and then back. At the kitchen counter, take a few steps to the side in each direction.

How often should I do the exercises?

For general physical activity, which will improve balance as well as mood and overall health, the National Institute of Aging recommends at least 150 minutes per week. That should include a mixture of stretching to improve flexibility, an aerobic activity increasing the heart rate and strength training with weights or resistance bands.

For balance-specific exercises, it's particularly important to do them regularly because it takes at least 50 hours of training to have a measurable impact, Hartley said. Besides strengthening the associated muscles, doing exercises repetitively for extended periods trains the brain to react properly when you slip or trip.

"Just like an athlete needs to do repetition to train for a sport, you're doing repetition to train for everyday balance activities," he said.

Blood Donation Critical Following Holiday Slump

January marks Blood Donor Awareness Month nationally and in Ohio, a reminder that the need for blood never takes a break.

As the winter holidays wrap and Ohioans turn their focus to catching up at school and work, local officials are worried about possible life-threatening blood shortages in the coming weeks. Winter storms are posing an even greater threat to the blood supply.

"Typically, our goal is to have 300 to 350 donors a day, and we've been lucky to get 200 daily over the past two weeks," said Tracy Morgan, Vice President for Donor Services at Versiti Blood Center of Ohio. "That deficit is catching up."

The winter months often see a drop in donors due to travel, seasonal illnesses and severe weather. Monday's winter storm, for example, led to the rare closure of Versiti Blood Center of Ohio's Dayton Community Blood Center and the cancelation of mobile blood drives.

But as Morgan notes, the need for blood donation remains persistent — and a healthy blood supply

is particularly critical at a time when people may be more likely to experience health crises or weather-related emergencies.

In part to encourage more donations after the holidays, January has been declared Blood Donor Awareness Month both nationally and in Ohio. "Even if you're focused on getting back to a routine, we're still in need of blood in the new year," Morgan said. "It only takes a lunch break — less than an hour — to save as many as three lives."

All blood types are needed, though A-negative and O-negative, the universal blood type, are in lowest supply.

Proactive blood donation ensures that life-saving resources are readily available for unforeseen emergencies; blood donation commonly supports victims of traumatic accidents, cancer patients and those undergoing an organ transplant. Blood transfusions are also needed in one out of every 83 baby

deliveries in the U.S.

"Blood shortages aren't just statistics — they mean real lives hanging in the balance," Morgan said. "When hospitals run out of blood, critical treatments are delayed, surgeries are postponed, and lives are at risk."

Donors can give blood six times a year through a safe, simple process. Walk-ins are welcome at the Versiti Blood Center of Ohio's Dayton Community Blood Center, or donors can make an appointment by calling (937) 461-3220. To register online or find a blood drive near you, visit versitidayton.org/blood-donation.

Versiti Blood Center of Ohio's Dayton Community Blood Center, formerly Solvita Blood Center, has served the local community for 60 years, and its commitment to helping neighbors in need remains unwavering.

DML Welcomes Public Health and Other Wellness Programs

Dayton Metro Library Branches will host a series led by Public Health — Dayton & Montgomery County's Chronic Disease Prevention program, in addition to several other health and wellness programs throughout January.

Hypertension with Public Health — Dayton & Montgomery County will give adult patrons a chance to discuss what high blood pressure is, what the numbers mean, how it affects the body, when to be concerned, and what measures to take to prevent or control it.

Registration is required for all sessions, which will be held at the following Branches:

Kettering-Moraine Branch, Monday, January 13, 6-7 pm

Burkhardt Branch, Wednesday, January 22, 11 am-12 pm

West Branch, Monday, February 3, 6-7 pm

Miami Township Branch, Monday, February 10, 6-7 pm

West Carrollton Branch, Thursday, February 13, 11 am-12 pm

Trotwood Branch, Tuesday, February 18, 6-7 pm

Electra C. Doren Branch, Wednesday, February 19, 11 am-12 pm

Wilmington-Stroop Branch, Monday, February 24, 6-7 pm

Additional health and wellness programs taking place at Dayton Metro Library include:

Mindfulness Meetup, Huber Heights Branch, Monday, January 13 and 27, and February 3, 10, and 24, 5:15-5:45 pm: Practice a new mindfulness technique every week, including breathing exercises, journaling, meditation, and more. (Adults)

Heart Healthy Eating, Miami Township Branch, Tuesday, January 14, 3-4 pm: Patrons will learn how to take care of their heart with experts from Kettering Health, including best practices, what to shop for, and how to read labels. Registration is required. (Adults)

Wellness Wednesday, Trotwood Branch, Wednesday, January 15, 3:30-4:30 pm: Learn self-care and mindfulness techniques. (Teens)

Line Dancing: Learn

new moves and have fun listening to a variety of music. (All Ages)

Trotwood Branch, Tuesday, January 21, 6-7 pm

Northwest Branch, Thursday, January 23, 6-7 pm

West Branch, Tuesday, January 28, 6-7 pm

Miamisburg Branch, Thursday, January 30, 6-7 pm

Kids n' Docs, Kettering-Moraine Branch, Wednesday, January 22, 4-5 pm: Learn about medical techniques, instruments, and personnel from Boonshoft School of Medicine students — never fear the doctor again! (PreK-K)

Adulting 101, Main Library, 1st Floor Conference Room, Teen Edge, Thursday, January 23, 4-5 pm: Gain important life skills, such as doing taxes, mending clothes, managing a schedule, and more! (Teens)

No Equipment, No Problem, New Lebanon Branch, Thursday, January 23, 6-7 pm: Get fit without a gym membership with Kettering Health Community Outreach. (Adults)

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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