



Honorary Designation of Cowart Avenue as “Joe Madison Way”



Joe Madison family at the renaming of the Cowart Ave. in his honor. (Street Sign Inset)

By: Brenda Cochran Eagle” was an avid reader and supporter of the Dayton Weekly News. Although he passed away

in January, his numerous keynote requests, his many friendships, his love for his years at Roosevelt High School – class of 1967 – the Recipient of numerous awards, national political director of the NAACP from 1978 to 1986, elected to the board of directors for the NAACP serving from 1986 to 1999 and appointed chairman of the NAACP Image Awards and leading Black talk radio host of our time in Detroit’s WXYZ. Madison further developed “a crossover appeal handling issues that included race, aimed at the station’s multicultural audience. Madison joined SiriusXM in 2007 as a radio talk show host and civil rights activist.

The roles and noteworthy positions only served as testimony of the con-

Continued on Page 3

The Dayton Foundation Honored with Statewide Awards



The Dayton Foundation recently was honored with two Ohio CDC statewide awards in recognition of its support for the Pathways to Homeownership Program, which was established to address the 2019 Memorial Day tornadoes’ impact on affordable housing in Dayton. The Ohio CDC Association is a statewide membership organization that fosters vibrant neighborhoods and improves the quality of life in all communities through advocacy and capacity building.

The awards were presented on September 27 at the Ohio CDC Association’s 40th Annual Conference in Cleveland, Ohio.

The Dayton Foundation and County Corp shared CDC’s 2024 Project of the Year award for the Pathways Program, with the Foundation also recognized as the Ohio CDC’s 2024 Partner of the Year.

“We are deeply honored for this prestigious award and salute to the great work that the Pathways to Homeownership Program is doing to both stabilize

neighborhoods that were damaged by the tornadoes and bring affordable, owner-occupied housing to individuals and families,” said Michael M. Parks, CFRE, president of The Dayton Foundation.

The Foundation worked alongside County Corp and 30 other public and private partnerships to establish the Pathways Program. To date, 19 storm-resistant, energy-efficient homes have been constructed,

Continued on Page 3

Sinclair Community College to Host Screening of Documentary on Willis “Bing” Davis

DOCUMENTARY AND DISCUSSION

Willis BING DAVIS REACH HIGH & REACH BACK

Few people have impacted the arts in Southwest Ohio quite like Willis “Bing” Davis. An African American artist, educator and community activist from Dayton, Davis’ artwork is known for its incorporation of African and African American themes, as well as its focus on social justice issues. He works in a variety of media, including painting, sculpture, ceramics, clay and found object art. His art often explores the intersection of race, identity, and history, as well as the power of community and collective action.

This film produced by Emmy Award winners Ann Rotolante and Rodney Veal.

OCTOBER 23 @ 6:00 PM
Sinclair Conference Center, Smith Auditorium
FREE and open to the Public!



The Sinclair Community College Diversity Office is hosting a free and open-to-the-public screening of the documentary “Willis “Bing” Davis: Reach High & Reach Back” on Wednesday, October 23, 2024, at 6:00 p.m. in the Smith Auditorium inside Building 12, the Sinclair Conference Center, 444 W. Third Street in Dayton. Following the screening, Sinclair’s Chief Diversity Officer Michael Carter will host a discussion with attendees.

A renowned artist, educator, and com-

munity activist, Willis “Bing” Davis has made a significant impact on the arts in Southwest Ohio. His work explores themes of race, identity, history, and social justice, and his pieces have been featured in prestigious collections worldwide. Davis is a dedicated advocate for his community and has founded the EbonNia Gallery in Dayton.

Willis “Bing” Davis: Reach High & Reach Back” was produced by Emmy Award winners Ann Rotolante and Rodney Veal. This documentary offers a captivating glimpse into Davis’ life

and work, highlighting his contributions to the arts and his unwavering commitment to social justice.

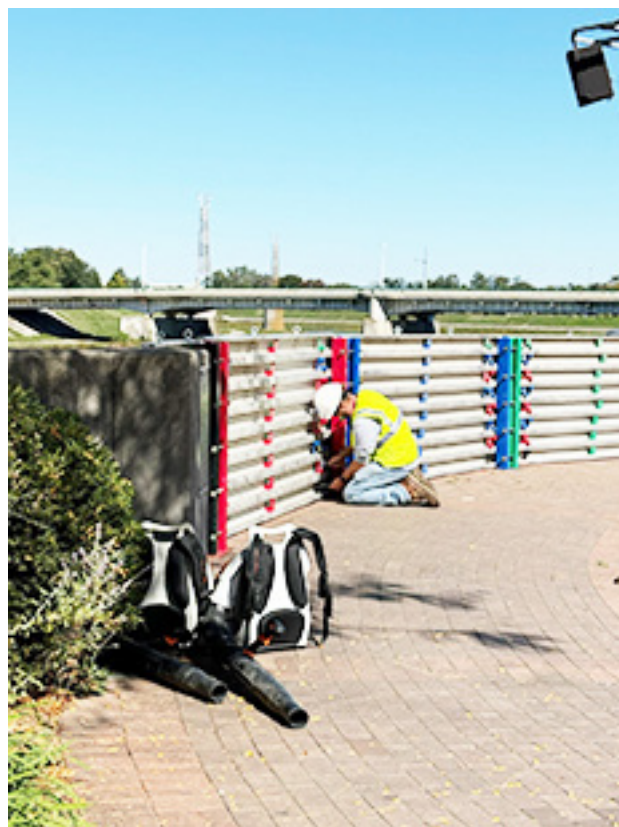
Registration for the “Willis “Bing” Davis: Reach High & Reach Back” documentary and discussion is encouraged. Parking is available in Lot C, beneath Building 12. Please enter from Fourth Street.

Each year, Sinclair’s Diversity Office supports nearly 130 events, activities, and virtual discussions for thousands of individuals. Learn more about the office and upcoming events at Sinclair.edu/Diversity.

Miami Conservancy District Floodwall Exercise at RiverScape MetroPark

In a significant test of the region’s flood preparedness, the Miami Conservancy District in collaboration with Five Rivers MetroParks installed a 200-foot-long temporary floodwall at RiverScape MetroPark on Tuesday morning. The exercise, conducted under clear skies, provided a real-world test of the equipment and expertise needed to safeguard the community in case of a major flood.

“When RiverScape was developed, a portion of the levee was intentionally removed to integrate the park with the river,” explains Ben Casper, Miami Conservancy District field operations manager. “This temporary floodwall is designed to be deployed quickly, should the river rise to levels that threaten downtown Dayton. Today’s exercise is about keeping our teams prepared and ensuring that we can respond effectively if ever needed.”



The process was a carefully coordinated effort involving the removal of caps from the plaza floor to allow for the installation of steel posts, followed by using a crane to position heavy aluminum stoplogs

in place. The resulting floodwall stands about 3 to 4 feet tall, stretching across 160 feet to protect the plaza. Additionally, a second, smaller 30-foot-wide section was erected

Continued on Page 2

The Mobilize Recovery Across America 2024 Bus Tour

The Mobilize Recovery bus came to Dayton Fellowship Club on Saturday, Oct 5th, 2024 to help discuss health equity and justice.

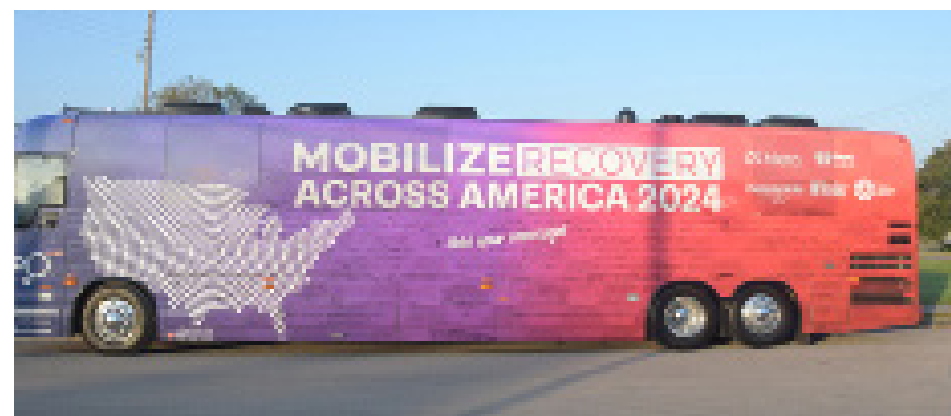
Together we can ensure equal access to mental health and substance use disorder care in Dayton’s communities of color.

Helen Jones-Kelly of ADAMHS BOARD was the guest speaker for event.

Folks from across the region came to engage



Helen Jones-Kelly



and advocate for solutions to our common issues on this local stop.

Event highlights included:

- Speakers highlighting health equity, justice and equal access to care in communities of color.
- Opportunity to en-

gage with local behavioral health and peer support leadership, and talent from the recovery community.

While the Mobilize Re-

cover Bus stop in Dayton the community took a moment to sign the bus with their own message of inspiration or hope, recovery date or honor a loved one in remembrance.

What’s Inside

National	3
Arts & Enter	4
Editorial	4
Education	5
Religion	6
Sports	7
Health	8

OCTOBER Breast Cancer Awareness Month



Around DAYTON

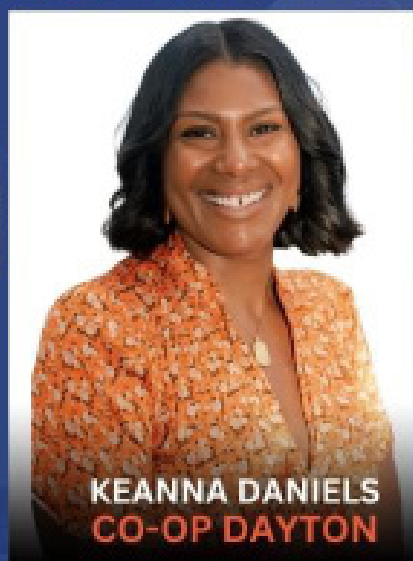
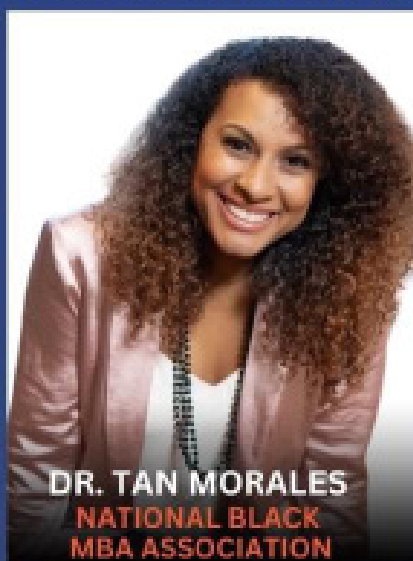
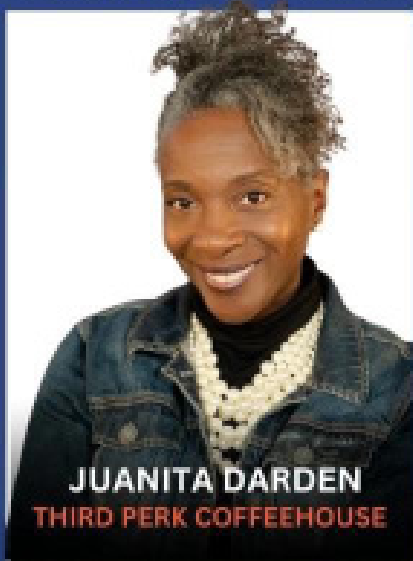
Miami Valley Weather

5 day Forecast

Saturday Cloudy High 76 Low 66	Sunday Mostly Cloudy High 76 Low 47	Monday Cloudy High 57 Low 41	Tuesday Rain High 54 Low 37	Wednesday Cloudy High 56 Low 35
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Learn About Fraud with DML Programs

Dayton Metro Library will host two fraud protection programs that highlight key county services and tips on how patrons can protect themselves against scams.

Property Fraud Alert, Good Deeds & Veteran ID Card Services will be held on Wednesday, October 16, 11 am-12 pm, at the West Carrollton Branch; and then on Wednesday, October 23, from 3-4 pm, at the Burkhardt Branch. Montgomery County Recorder Stacey Benson-Taylor drops by to present information on the Fraud Alerts Notification System, the Good Deeds Program, and the Veteran ID Card Program, including how to sign up for each one.

The Fraud Alert Notification System is used to notify property owners when a document that references a registered property is recorded. The Good Deeds Program helps homeowners with planning the future ownership of their homes after death. The Veteran ID Card Program is a proactive safety net for veterans to securely record their DD-214s and receive a valid form of state-issued identification that can be used for a variety of beneficial and necessary services. Registration is not required for this program.

In Avoid Utility Scams and Unwanted Charges, patrons can learn how to protect themselves against utility scams. Identify legitimate communications from scams and learn how to effectively say "no" to reduce unwanted solicitations. Also, receive a heads up on the latest utility scams, Caller ID spoofing, and slamming and cramming. Registration is required for this program, which will be held on Tuesday, October 22, from 11 am-12 pm, at the Miami Township Branch.

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

Ground-Breaking Book Clubs at DML

Dayton Metro Library leads the pack when it comes to book clubs. With every Branch in the system hosting regular monthly clubs, they also host clubs that go beyond the shelves. Such clubs offer patrons a chance to read thought-provoking, dynamic, and diverse materials. The following clubs are for adults unless otherwise noted.

Yaa Gyasi's Homegoing Book Club, New Lebanon Branch, Tuesday, October 15, 6:30-7:30 pm: Gyasi's book is the NEA's Big Read Selection for the year. DML locations will host book clubs through the Spring 2025 where discussion of the book and its themes. In partnership with The Fitz Center for Leadership in Community at the University of Dayton, addi-

tional programs will be held throughout the community that encompass The Big Read. The NEA Big Read is a program of the national Endowment of the Arts in partnership with Arts Midwest.

Big Ideas for Defending Democracy, Main Library, Conference Room 3A, Thursday, October 17, 6-8:30 pm: In partnership with PREVENTS-OH, this club's mission is to enhance civic engagement. This month's book is Hate in the Homeland by Dr. Cynthia Miler-Idriss.

Read Around the World Book Club, Miami Township Branch, Thursday, October 17, 6:30-8 pm: Each month a book set in a different country or written by

Continued on Page 5

Miami Conservancy District Successfully Completes Critical Flood-wall Exercise at RiverScape MetroPark...

Continued from Page 1

west of the main flood-wall to ensure full coverage of the vulnerable areas.

Though the floodwall is rarely required, its presence underscores the Miami Conservancy District commitment to flood prevention. "While it's unlikely that we'll ever need to deploy the wall," says Casper, "it's crucial that we stay prepared. The last time the region experienced flooding that could potentially warrant such action was during the Great Flood of 1913, which



saw between 9 and 11 inches of rainfall over a 72-hour period across the entire 4,000-square-mile watershed."

This exercise not only demonstrates the technical expertise of the Miami Conservancy District team but also serves as a reminder of the importance of ongoing maintenance and readiness to protect Dayton and surrounding areas from the threat of flooding.

About Miami Conservancy District
The Miami Conservancy District is a leader in

water management, flood prevention, and water resource stewardship. Established in the aftermath of the catastrophic 1913 flood, the Miami Conservancy District system of dams, levees, and storage basins has been protecting the Miami Valley for over a century. Through innovative approaches and collaborative partnerships, Miami Conservancy District continues to safeguard communities and enhance water quality across Southwest Ohio. For more information, visit www.mcdwater.org

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National

Honorary Designation of Cowart Avenue as "Joe Madison Way"...

Continued from Page 1



Crowd Acknowledging/Cheering the Joe Madison Sign

contributions Joe Madison made to many.

On October 11, 2024, Joe Madison was widely acclaimed not only for the endeavors shown above, but others worthy of so much more. At the corner of West Third Street and Cowart Avenue, a host of family members and those who were members of the Class of 1967 of Roosevelt High School and friends, gathered to pay homage to Joe Madison with the renaming of Cowart Avenue, the street where he grew up to "Joe Madison Way."

The initial event program began with John Austin and the opening prayer provided by Rev. James Mitchell. Other speakers included Dr. Derrick Forward, President, of the NAACP Dayton Unit, Jeffery Mims, Mayor of the City of Dayton, Otha Lewis, President of Phi Beta Sigma, Rev. Dr. Fr. Benjamin Speare-Hardy of St. Margaret's Episcopal Church and Madison Family Representatives.

Each speaker shared personal antidotes of Joe Madison and the role he played not only for the service he bestowed to the Dayton community, but to his friends,

A beautiful program was given to those in attendance that contained

"Congratulations" Joe Madison. A picture of Madison was shown on the front and inside the program. Beneath the inside photo were the following words: *An activist who took a stand for the disenfranchised, marginalized and under privileged his entire life.*

Following this program all attendees were asked to look toward the newly named street sign "Joe Madison Way" shouting three cheers announced by John Austin. Rev. Dr. Fr. Benjamin Speare Hardy then provided the Closing Prayer.

At the conclusion of this part of the Honorary Designation, the crowd was invited to a reception held at the Dayton Metro Library located at 300 Abbey Avenue where the celebration of Joe Madison continued.

The continuation of this special event began with lunch with the Occasion and Blessing and food given by Rev. Dr. Fr. Benjamin Speare-Hardy. During this addition of the program several members of the Madison family were invited to speak along with friends and Classmates. Special words were given by Madison's Son and Wife -Sharon Madison and daughters and friend, Sylvester "Rudy" Benjamin - also a

former classmate.

Throughout this celebration Kenny Wilkinson, Photographer, and Soule Oumarou, Videographer provided special pictures along with a Continuous Slide Presentation. A Musical Serenade was given by Reggie Harmon. Also included in the afternoon program, Janis Hayes presented a Special Poem entitled "When Great Trees Fall."

Members of the Supportive team included: Brenda Cochran, Marsha Barnhart, Henry Foater, Yaronda Jackson, Dorothy Weatherspoon, Jessica Ingram, Charlene Dunson, Charles Henry, James Bridges, Christie Norvell and Shirley (Cole) Byrd.

The Event Planning Committee included Barbara Bass, Eileen Bennett, John Austin, Olivia Hester and Rudy Benjamin.

If you have not read **Radio Active** with Dave Canton, another picture of Joe Madison is found on the back cover that speaks much about Joe Madison, "The Black Eagle."

According to Joy Reid, host of MSNBC's "Reid Out"- *"Radio Active is not just his story - it's a sermon on the persistence and power of the unapologetically Black voice in American."*

Speakers Magazine Celebrates 15 Years Honoring Dynamic Black Women Entrepreneurs



Nationwide -- Speakers Magazine is proud to shine a spotlight on powerhouse Black women in business in its special October issue, celebrating National Women's Small Business Month. This month's cover story features none other than Dr. Cameka Smith, the unstoppable founder of The BOSS Network, as she marks 15 years of empowering Black women entrepreneurs to succeed in business and life. This issue also highlights a lineup of trailblazing speakers, authors, and thought leaders who are making waves in their respective industries.

Dr. Cameka Smith is not only a business mogul but a visionary whose passion for helping women grow, thrive, and shine has turned The BOSS Network into one of the most influential platforms for women entrepreneurs. Since launching in 2009, The BOSS Network has been a beacon of inspiration, equipping thousands of Black women with the resources, mentorship, and capital they need to build thriving businesses. Celebrating 15 years, The BOSS Network's legacy of excellence is more powerful than ever, and Dr. Cameka continues to raise the bar for women of color in business.

"The BOSS Network is about more than just business—it's about building legacies, community, and confidence," says Dr. Cameka Smith. "I want

every woman to feel empowered to take up space, make her voice heard, and own her success."

In addition to this in-depth cover story, Speakers Magazine features an incredible roster of Black women entrepreneurs and speakers who are leaving their mark:

Vicki Wright Hamilton: A trailblazer in leadership and technology, Vicki shares insights on creating spaces where women can thrive in the workplace.

Cynthia Boykin: In The Power of BOSS, Cynthia reflects on her journey with Dr. Cameka Smith and how The BOSS Network has impacted her life, business, and community.

Karen Taylor Bass: Author of From Bitter to Better: A Chocolate Momma's Journey to Self-Discovery, speaker, and publicity maven, Karen offers invaluable advice on building a successful brand while being true to their authentic self.

Teri Donelson: The co-founder of Xtreme Hip Hop and new author of Xtreme Vision, Teri inspires women to achieve their fitness and business goals with her authentic story of transformation.

Kelsey Nicole Nelson: TV personality and sports journalist, Kelsey talks about breaking barriers and the importance of being visible in male-dominated industries.

Kellye Bethea, J.D.: As seen on TV with Roland

Martin, Kellye is a legal and communications expert making waves with her sharp commentary and insightful perspectives on current events.

Dr. Rhonda M. Wood: An inspiring speaker and advocate, Dr. Wood shares her journey of overcoming adversity and helping others find their strength and voice.

Karen Simmons: Communications consultant and voice actor is a dedicated media/management professional and public speaker with demonstrated achievements in diverse broadcast, cable, theatre, and nonprofit management environments.

These dynamic Black women are celebrated in this month's issue for their contributions to business, leadership, and community, making this a must-read for entrepreneurs looking for inspiration and insight during National Women's Small Business Month.

"This October issue is a celebration of women who embody the power of persistence, passion, and purpose," says Dr. Pam Perry, Publisher of Speakers Magazine. "We are thrilled to highlight these extraordinary women who have not only built successful businesses but also paved the way for the next generation of women leaders. Dr. Cameka Smith and The BOSS Network have been a catalyst for change, and we honor her work and the work of all the phenomenal women featured this month."

About Speakers Magazine is a premier publication showcasing dynamic speakers, authors, and leaders in business. Founded by Dr. Pam Perry, the magazine serves as a platform for amplifying the voices and stories of those who inspire others to speak, sell, and shine.

For press inquiries, contact staff@pamperyrpr.com or 248-690-6810

The Dayton Foundation Honored with Statewide Awards...

Continued from Page 1

fostering homeownership and breaking cycles of generational poverty.

In July, The Dayton Foundation and County Corp also were recognized nationally for the Pathways Program by the U.S. Department of Housing and Urban Development (HUD) and the Council on Foundations as a recipient of the

2024 Secretary's Award for Public-Philanthropic Partners.

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 more than \$1.37 billion in grants since its founding, with current assets from all funds exceeding \$1.12 billion. For more information about The Dayton Foundation, visit daytonfoundation.org or follow the Foundation on Facebook, X or LinkedIn.

Black Woman Shares an Inspiring Story About Adopting Three White Children

Treka Engleman is a mother of three children. While motherhood is never an easy task, Treka has her own set of challenges she has to overcome. As a 32-year-old single Black woman, Treka has taken on the responsibility of three white children. Her biracial family has come under fire by internet trolls but Treka is a strong believer that love sees no race. From being mistaken as the children's babysitter to being told she was "continuing a slave mentality," she has heard it all. She lost her mother when she was just 6 years old. She now wants other children to at least experience the love of a mother that she could not.

Treka fostered her first child in 2016. Elijah Lee Hill was a 6-day-old baby whose mother was a drug addict. The following year, she fostered Alexis Bowman and her sister Mercedes Bowman, who were

then aged 13 and 16 respectively. The girls were in the foster care system for years. They developed a bond and Treka decided to adopt them. She became their mom officially on November 1, 2019, reported TODAY. The ride has not been an easy one but the Englemans have each other. "People were writing things like, 'All these Black kids in foster care and she goes and adopts White kids,'" the Cincinnati resident said. "They accused me of self-hatred and all this terrible stuff."

Treka hails from a big family and she is the youngest of 11 children. Over the years, no one taught her how to be a mother but she was often tasked with babysitting her nieces and nephews. Treka believes this is something that helped her make the leap to become a foster parent. After some research, she found out that anyone above the age of 21 can become a foster parent and it does not



Treka Engleman officially became a mom to Elijah, Alexis and Mercedes on November 1, 2019, after fostering them for a few years.

matter if they are married or not. With the blessing of her family, she decided to go through the long process of being qualified for fostering children. "Hearing the stories about some children that go through foster care just brought tears to my eyes and broke my heart," she wrote for Cafe Mom. "I mean, I lost my mom when I was young, but I couldn't imagine being without my

family. At that point, I wanted to take every kid in that I could."

When Treka first got Elijah he was addicted to drugs as well and was just a few days old. "He's been attached to my hip ever since," she said of the boy. Then, she was supposed to foster the Bowman siblings. But on the day they were supposed to arrive, only Alexis arrived. Mercedes had got-

ten into trouble and was sent to a group home instead. This separation took a toll on Alexis and Treka decided she would reunite the sisters at any cost. "I immediately talked to the caseworker and talked about Mercedes potentially coming to live with us. The caseworker was all for making that happen," she stated.

"They needed a home and I had more than enough to

give them," Treka said. "They immediately became a part of my family. My family does not see color, just kids that needed someone." When the family went out together, they got their fair share of stares. But they remained unbothered. "I've had people ask me, 'Oh, are you babysitting?' and my response is no, they are my children. No questions asked. I never say 'foster children', but my children. Because that's what they are and always will be," Treka explained. She continues to take in more kids. To help her continue fostering children and help her own to pursue their education, especially Mercedes who has graduated from high school and wants to go to college, a GoFundMe has been set up on behalf of the family. You can support the family here.

Arts & Entertainment

The Troy-Hayner Cultural Center to Host A Gardener's Clarion Call



The Troy-Hayner Cultural Center is pleased to present A Gardener's Clarion Call. The exhibit of paintings and drawings by Troy artist Kalleen Smith will be on display October 11th through November 24th. An artist reception is scheduled for Friday, October 18th from 5:00 to 6:45 pm. Attending the reception is a wonderful way to meet the artist and gain insight into her work and process. The reception and exhibit are free and open to the public.

Artist Kalleen Smith has been interested in the natural world for a long time. She is a gar-

dener, an animal lover and an artist. The subject matter in A Gardener's Clarion Call is primarily inspired by those interests. Her most recent work in oil highlights the plight of our pollinators and what she sees as our place as their stewards or guardians. "To emphasize their importance, I present the bee paintings oversized, some displayed in 'gilded', arched frames that suggest bees as icons of devotion," states Kalleen Smith. Her second avenue of focus in this exhibition are figure drawings done in charcoal or pencil. All were created in The Troy-Hayner Cultural Center's Portrait and Figure Study class, which she has been

a part of for several years.

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

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

Rare Opportunity to Watch Acclaimed Writer's Visit to DML

Pew an exclusive video (for a limited time) of New York Times bestselling author Jason Reynolds from his visit to Dayton Metro Library back on April 24 of this year as part of the Library's Executive Director's Author Series.

Reynolds had stopped by to discuss marginalized communities, children's literacy, how he blended those real-world topics with children's literature, and what role public libraries play in making an impact on the

lives of young readers - to a completely full Eichelberger Forum.

Reynolds, a writer of children's and young adult works, is known for his popular titles like Stamped, Stunt Boy, and Miles Morales, as well as a track-themed series, where the first book, Ghost, was a National Book Award Finalist for Young People's Literature.

Earlier this month, Reynolds was honored with a 2024 MacArthur Fellowship for his creativity, accomplishments, and

the potential for subsequent creative work. In celebration of this prestigious award, DML is excited to release the video of his visit to Dayton earlier this year.

Patrons can visit DaytonMetroLibrary.org/Jason-Reynolds to view the video, which will only be available for 14 days (until October 21). For more information about Reynolds, his work, and the MacArthur Fellowship, please visit macfound.org/programs/awards/fellows.

Dad Shares His 'Complaints' About a Tiny Black-Owned Business Owner, and it's too Adorable



"I been waiting on my order to get done for 45 minutes, and I'm the only customer here."

Being the parent of a toddler is a unique joy that only lasts for a fleeting season, which is why you have to take full advantage of it while you can. And one dad is

clearly doing just that.

Christopher Kyle is father to adorable, 18-month-old Ava, who treated her dad to a meal at her sit-down restaurant. Only according to Kyle, the service left much to be desired.

In a post on Instagram, Kyle shared a photo of Ava in her play kitchen while he sat waiting for his food in a tiny chair at a tiny table. He wrote: "So I tried to support another Black Owned Business for lunch today. It's called Ava's Kitchen, just opened end of April. It's a very clean establishment, but whewww let me tell you about this owner.

First off, I asked why there are balloons on my chair, and it's not my birthday? She talm'bout, mind yah business; those are Mommy's.

I been waiting on my order to get done for 45 minutes, and I'm the only customer here. She was making good progress at first, then she stopped for 20 minutes to go watch Paw Patrol.

Overall the customer service could be better, but the cook is a cutie; so I'll give her another chance. Let's not give up on Black businesses so fast after one mistake."

People absolutely loved this dad's humor and clearly stellar parenting skills. Anyone who has sat through a tea party—or any activity with the wee ones—knows that for all of its cuteness, toddler play is an exercise in patience and endurance.

Upworthy shared Kyle's story well on our Instagram page and our readers did not disappoint.

Some played right

along with the game:

"Starting a restaurant is tough.. give her a chance"

"I mean, she started a restaurant during a global pandemic, give her a break"

"Is she taking reservations?"

Fans of Paw Patrol had some words:

"Paw Patrol is a must watch so"

"I died at Paw Patrol that's my show though. I don't have kids I just watch it just because lmao."

"Paw Patrol break is mandatory. Too cute! "

Others just gushed over the entire scene:

"Love EVERYTHING about this!! The adorable owner, the customer's humor and the incredible love"

"That's the cutest restaurant owner I've ever seen. The dad's face is priceless! "

"LoL the story is funny & beautiful!!! This warms my heart!! This babygirl will grow up to have such a healthy look at men (in any capacity) as long as she & her Daddy keep such a beautiful bond!! Happy Father's Day (early) Keep encouraging her to do her thing and her confidence will continue to soar!! I just love this!! "

Well done, dad. And well done, Ava. Can't wait to see you open your own real business someday, baby girl.

Editorial & Comments

Something to Consider:

Living With Life's Challenges With Strength and Courage

By: Brenda Cochran
Contributing Writer

It seems that building resilience is the best way to deal with all of the life challenges we have today. Resilience is the quality that builds the skills to help us endure the hardships. It means being able to adapt to life's misfortunes and setbacks. It is safe to say that we can test our resilience level and acquire tips to build our resilience.

Building resilience is like strengthening the enormous or emotional muscle that takes time, and practice, but it does help. You find that you become stronger when life throws those challenges your way.

The following are some questions that can help: The first is to check your perspective. Instead of seeing problems as roadblocks, try see-



Brenda Cochran

ing them as opportunity for growth. 2) Decide to focus on things you can control and learn from them rather than getting struck on those setbacks. 3) Lean on your family and friends, you don't have to through tough times alone. Having a solid group of friends or family will mentor to support and make all the difference. Sometimes just talking things out can lighten the load. 4) Decide to be gentle with yourself when things fail and don't beat yourself up. Know

that everyone has bad and difficult days and remember that mistakes are a part of being human. Treat yourself with the same compassion you have offered close friends through their tough times. 5) Tackle your problems one step at a time. Big challenges can feel overwhelming, but breaking them down into smaller tasks can be more manageable. If you can remember to take one step at a time, you will make progress before you know it. 6) Stay open to change and know that life rarely goes according to our plans. The more flexible you are, the better equipped you will be to handle unexpected twists and turns. Being adaptable, allows you to flow with life rather than fighting against it. 7) Learn from the past and think back to those tough situations that you have been through before and how you managed to come out of the other side. Remember that you have already

proven to yourself that you can handle hard things and remember to trust in your own strength.

Life's journeys are often faced with a series of challenges and obstacles, but these trials allow us to shape up to who we are. Navigating these tough times can feel daunting, but there is unique strength that can be found in words of wisdom.

Here are a few inspirational quotes about facing challenges:

- The only way out is through
- Turn your words into wisdom
- The harder the struggle, the more glorious the triumph
- Growth is in the discomfort
- You are braver than you believe, stronger than you seem, and smarter than you think.
- Strength does not come from physical capacity, it comes from an indomitable will.

Education

Central State University Students Attend Propel Ohio 24



Left to right: MacKenzie Reid (Junior), Arianna Davis (Senior), Cameron Baldwin (Junior), Nicodemus OmekeMordi (Senior)

WILBERFORCE, OH (Oct. 7, 2024) – Four Central State University (CSU) students had the chance to attend Propel Ohio 24! Hosted by the University of Dayton on Oct. 4. The conference included speakers and conversations with U.S. Sen. Sherrod Brown, Pulitzer Prize-winning Columnist Connie Shultz, and President of the American Federation of Labor-Congress of Industrial Organizations Secretary-Treasurer Liz Shuler.

Juniors MacKenzie Reid and Cameron Baldwin, and Seniors Arianna Davis and Nicodemus OmekeMordi applied and were selected as representatives from CSU. These students brought their resumes to hand out during the engagement fair and connected with hundreds of other students and administrators from universities throughout Ohio. The students were introduced to over 25 different potential employers and sat in on three discussion sessions about the importance of working in the public sector.

“I handed out a lot of resumes to different organizations I didn’t know existed, so I was grateful for this event and Assistant Profes-

sor of Political Science Professor Brittany Brake taking us,” Arianna Davis said. During the conference, students participated in a rewarding experience with the local Dayton nonprofit, Crayons to Classrooms, by helping to put pencils into bags for local classrooms. The goal of the conference was to connect students with resources, networking opportunities, discuss civic engagement and hear from Ohio and national leaders.

“The conference meant a lot to our students who are really desiring to demonstrate their skills and talents in our state and local communities,” Brake said. “It was a great way to showcase the academic and practical excellence our students bring to the table, so to speak, and how they can make an impact. I was happy to see the students taking advantage of networking with individuals and future employers, many of whom they might have never met if not for this conference.”

Propel Ohio is a non-partisan, non-political event with the mission to inspire and empower college students to grow into leaders in Ohio. Attendees must be respectful of the program for Propel to be beneficial to all attending. “This was a great opportunity for us. I really en-

joyed getting to meet other students from the rest of Ohio and it felt good to say we were civically engaged even if just for one day,” said Cameron Baldwin.

About Central State University: Central State University is a public HBCU and 1890 Land-

Grant Institution with an over 137-year tradition of preparing students from diverse backgrounds and experiences for leadership, research, and service. The University fosters academic excellence within a nurturing environment and provides a solid liberal arts foundation and STEM-

Ag curriculum leading to professional careers and advanced studies globally. EEO Statement: Central State University, an 1890 Land-Grant Institution, offers its programs and activities to people of diverse backgrounds and does not discriminate on the basis of age, ancestry,

race, color, disability, gender identity or expression, genetic information, HIV/AIDS status, marital or family status, military status, national origin, political beliefs, religion, sex, sexual orientation, or veteran status.

DML to Host The Black Midwest Symposium

Dayton Metro Library is excited to announce it will host the Black Midwest Symposium, to be held on Friday, October 18 and Saturday, October 19, at the Main Library.

This biennial symposium is hosted by the Black Midwest Initiative and features artists, activists, academics, and other community-involved people who will discuss issues related to Black life in the Midwest.

“Adaptive Reuse” is this year’s theme, which serves as a call to action for Black communities and allies across the Midwest. Symposium participants will delve

into strategies for reimagining the spaces around them and transform neglected landscapes into hubs of culture, sustainability, and innovation.

Registration is required and can be completed at theblackmidwest.com/symposium. The Main Library is located at 215 East Third Street, Dayton, 45402. Ample parking is located on the street and in the attached garage on the St. Clair side of the Library.

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

Ground-Breaking Book Clubs at DML... Continued from Page 2

an author from a different country is explored. This month: Mexican Gothic by Silvia Moreno-Garcia.

History Buff Book Club, Brookville Branch, Friday, October 25, 10-11 am: Colditz: Prisoners of the Castle by Ben MacIntyre. Registration is required.

The Book Club @ West Social, West Social Tap + Table, Monday, October 28, 6:30-7:30 pm: The perfect blend of books, cuisine, and community. This month’s read is Something So Sweet by Joy Avery.

Perspectives Book Club, Burkhardt Book Club, Saturday, November 2, 10:30-11:30 am: Explore incarceration in literature with Halfway Home by Rueben Jonathan Miller.

Free to belong. Book Club, Electra C. Doren Branch, Thursday, November 7, 6-6:45 pm: Families come together to celebrate the magic of picture books, to explore diverse cultures, and to create lasting memories.

BIPOC Queer Book Club, Kettering-Moraine Branch, Thursday, November 14, 7-8 pm: Adults who identify as BIPOC and queer, those exploring their identity, and allies are invited. Led by Ryann, this club explores diverse books across many genres focusing on stories relevant to the BIPOC and queer experience. This month’s book is: The Unfortunates by J.K. Chukwu.

Reading Railroad: Read in Black Book Club, Main Library, room location TBA, Thursday, November 14, 5-7 pm: This club focuses on Black adult men who seek to expand their horizons through reading, reflection, and relationship building. The featured book for November is The Way of the Superior Man by David Deida.

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

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

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 Sunday School - Sunday 10:30AM

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Saturday
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 Sunday Worship.....10:45 a.m.
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Other Ministry
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Church Phone: (937) 835-3366
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Cissy Houston, Whitney Houston's Mother, Dies at 91



Cissy Houston performs

Cissy Houston, renowned soul and gospel singer and mother to Whitney Houston, died at the age of 91.

Houston, a two-time Grammy winner who sang backup for Aretha Franklin and Elvis Presley, passed away at her home Monday morning in New Jersey, according to her daughter-in-law Pat Houston. Houston, who was surrounded by her family, was under hospice care for Alzheimer's disease.

"Our hearts are filled with pain and sadness. We loss the matriarch of our family," shared Pat Houston in a statement. "Mother Cissy has been a strong and towering figure in our lives. A woman of deep faith and conviction, who cared greatly about family, ministry, and community."

"On behalf of The Houston Family, we are touched by your generous support, and your outpouring of love during our profound time of grief," said the family in a statement. "We respectfully request our privacy during this difficult time."

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Sports

Ohio State Buckeyes Lose to Oregon Ducks 32-31



The biggest matchup in Week 7 was in Eugene, Oregon, where the No. 2 Ohio State Buckeyes faced the No. 3 Oregon Ducks. Both came in undefeated. After a back-and-forth game, it was the Ducks who survived for the one-point win.

Ohio State had won nine of 10 meetings between the schools, but the Ducks have now won the past two, with this being the teams' first matchup as Big Ten members.

Here are the top plays and takeaways from this top-five showdown:

Change can be scary. It's easy to look around at the college football landscape in 2024 -- realignment, playoff expansion, NIL, the portal, lawsuits, Michigan's offense -- and think the whole thing's gone haywire. The sport certainly looks little like it did 25 years ago or, really, 25 months ago.

And yet, Saturday offered us a vivid reminder that change can be a good thing. It can be refreshing and rewarding and exhilarating. It can show us a path forward we never would've imagined but, once it exists, we wonder how we ever lived another way.

It can give us the absolute fireworks of Oregon 32, Ohio State 31.

It can give us the dizzying back-and-forth of

Penn State 33, USC 30.

It can give us playoff previews, star-making performances and Big Ten football that looks more like Pac-12 After Dark.

Let's face it, the Big Ten has a track record of easing into most seasons like an old man into a warm bath. The traditional powers of Ohio State, Penn State and Michigan tend to backload the slate in favor of MAC showdowns, Rutgers beatdowns and the occasional slugfest against Notre Dame. So many of the league's recent seasons have played out like the "Surf Dracula" meme about prestige TV. The whole season is spent explaining how Dracula bought his surfboard before we ever see him catch a wave. So it is with the Big Ten -- a long slog of pointless diversions before The Game.

Not in 2024, though. Not with Oregon, Washington, USC and UCLA joining the conference.

Now, we have real stakes before the ground freezes in Ann Arbor.

Now, we have epic battles that look less like the traditional heavyweight slugfests between two aging boxers plodding their way toward a 12-round decision and more like a toddler's birthday party -- controlled chaos, where every moment requires someone set the curtains

on fire and a parent eventually has to step in when a

game of pin the tail on the donkey goes awry.

How different is the Big Ten this year? Iowa put up 40 points, Wisconsin seems to have figured out the Air Raid and Purdue showed signs of life in Week 7. Heck, Michigan had the week off but still threw for 50 yards more than its season average. But the main events came in Los Angeles and Eugene, Oregon, and boy did they deliver.

But then there was the headlining act at Autzen Stadium, where both Oregon and Ohio State absolutely looked the part of top-five teams, there were seven lead changes in the final 40 minutes of action, and in a running theme that must've completely baffled any Florida State fans watching, a player named Uigalelei made one critical play after another down the stretch.

The game had its share of ridiculousness: a missed PAT, an onside kick that resembled an NBA out-of-bounds play, a player ejected for spitting, and, again, some brutal late clock management.

More than anything, though, it had two of the best teams in the sport playing at their peak.

That's the thing about change. It's never all good or all bad. It's just different -- sometimes fun, sometimes frustrating, and always just another step on an ever-evolving ride. The point is to enjoy it all while it lasts because, if the past year has taught us anything, it's that nothing lasts forever, but there are still so many memories to be made in those amazing moments, like Week 7, when the world slows down just long enough for us to realize how good we have it.

Luis Tiant, Cuban Legend wWho Pitched the Red Sox to the World Series Brink, Dies at 83



Tiant died one week after baseball great Pete Rose, whose Reds faced Tiant's Red Sox in the 1975 World Series -- still considered one of the greatest in baseball history.

BOSTON — Luis Tiant, the charismatic Cuban with a horse-shoe mustache and mesmerizing windup who pitched the Red Sox to the brink of a World Series championship and

himself to the doorstep of the Hall of Fame, has died. He was 83.

The son of a Negro Leagues star, the younger Tiant was 229-172 in all with a 3.30 ERA and 2,416 strikeouts. He had 187 complete games and 47 shutouts in a 19-year career spent mostly with Cleveland and Boston.

His death comes one week after that of all-time baseball hits leader Pete Rose, whose Cincinnati

Reds faced Tiant's Red Sox in the 1975 World Series -- still considered one of the greatest in baseball history.

After his retirement, Tiant was inducted into the Boston Red Sox Hall of Fame but never made the national shrine in Cooperstown, New York, receiving a high of 30.9% of the votes in 1988, his first year on the ballot.

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Heart Conditions Propel the Rise of Dementia

A concerning number of Americans, approximately 130 million, suffer from various heart conditions.

These conditions, beyond their immediate threats, may be secretly escalating a surge of dementia cases in the country, posing a severe health threat.

According to the American Heart Association, diseases such as coronary artery disease, heart failure, and atrial fibrillation could be a root cause of dementia.

These illnesses inhibit proper blood flow, inevitably leading to the demise of brain cells and tissues.

Heart conditions and dementia

Over 130 million Americans battle some form of heart disease, making immediate prevention even more pertinent, especially considering the millions of dementia cases that emerge each year.

"Dementia is commonly seen as an incurable and relentless disease that cannot be prevented," said Dr. Fernando Testai, an expert affiliated with the University of Illinois.

Evidence shows, however, that adopting a healthy lifestyle and identifying and treating

vascular risk factors early may help preserve normal brain function and reduce the burden of Alzheimer's disease and other related dementias."

Common heart condition contributes to dementia

In a paper published in the journal Stroke, the experts noted that coronary artery disease - the most common of American heart conditions and a leading cause of death - is a significant factor contributing to dementia.

Essentially, the buildup of plaque inhibits blood flow to major organs, including the brain, ultimately leading to cognitive function deterioration.

Studies show that coronary artery diseases escalate dementia risk by 27 percent. This emphasizes the critical connection between a healthy heart and brain.

Heart failure also adds to the growing list of culprits, potentially leading to cognitive decline affecting memory, language, and planning abilities.

Brain markers of heart disease

In an interview with CNN, Dr. Testai noted that the conditions that lead

to heart failure, such as diabetes and coronary artery disease, can increase the levels of beta-amyloid in the brain. This protein is recognized as a key marker of Alzheimer's disease.

Atrial fibrillation (A-fib), a disease affecting millions of Americans with numbers on the rise, has also been linked to dementia.

This condition may cause cerebral microhemorrhages - tiny brain bleeds that could potentially lead to a stroke. The risk of memory or thinking problems increases by 39 percent for those with A-fib.

Adopting a heart-healthy lifestyle

"This call to action is especially critical right now because so many Americans have some form of heart disease and people are getting sicker and sicker earlier in life," said Dr. Andrew Freeman, an expert at National Jewish Health who was not involved in the study.

To combat this, Dr. Freeman advises adopting a heart-healthy lifestyle before it's too late. This involves consum-

Health

Radiation Therapy Side Effects are Under-Diagnosed in Black Patients



A radiology room at the Kaiser Permanente San Diego Medical Center in San Diego, California,

By Nancy Lapid
Cancer patients with dark skin are at higher risk for severe cases of a painful side effect of radiotherapy, at least partly because the tool for detecting the condition only works well in light-skinned patients, new research shows.

The video player is currently playing an ad. You can skip the ad in 5 sec with a mouse or keyboard
Of the four million U.S. patients who receive radiation therapy each year, more than 90% will develop burns known as radiation dermatitis. The primary screening tool approved by the National Cancer Institute for detecting and grading the severity of the condition looks for reddening of the skin.
For this study researchers screened for radiation dermatitis over the course of a year after the start of radiothera-

py in 60 racially diverse breast cancer patients, using a device known as a spectrophotometer often used for color analysis in the paint and cosmetics industries.
Unlike light-colored skin, darker skin does not exhibit reddening as radiation dermatitis develops. Instead, it darkens, the new study found.

The same research team had previously reported, opens new tab that doctors often do not diagnose radiation dermatitis in patients with darker skin until the skin has begun to peel and scar.
That leaves patients treating their pain on their own, with over-the-counter creams and painkillers, said study leader Dr. Juhi Purswani of NYU Langone, who shared the new findings at the American Society for Radiation Oncology meeting in Washington.

The standard screening tool "likely under-captures radiation dermatitis in

skin of color" and must be changed, the researchers concluded in a summary for the presentation, opens new tab.
For longer life, dieting 'success' may need rethinking
Traditional measures of dieting success, such as weight loss and improvements in metabolic issues, may not be the keys to longer life, laboratory experiments suggest.

Among nearly 1,000 mice subjected to periods of calorie restriction or intermittent fasting, those who lost the least amount of weight lived longer than those who lost the most, researchers reported in Nature, opens new tab.

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The finding from "one of the biggest studies of dietary restrictions ever conducted in laboratory animals challenges the conventional wisdom about how dietary restriction boosts longevity," according to a commentary,

Gut Health: How Regular is Regular

October 21, 2024
6:30 pm
via Zoom

For Zoom connection info go to NBMBAADayton.org/events

Presented by:
DR. SHAY PRICE
Anesthesiologist
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opens new tab published with the report.
Overall, consuming fewer calories had a greater positive impact on lifespan than periodic fasting. But animals who lost the most weight on these diets tended to have low energy, compromised immune and reproductive systems, and shorter lives, the study found.
Moderate levels of calorie restriction might therefore be the way to balance long-term health and lifespan, the researchers said.
The factors most strong-

ly associated with a longer lifespan included retention of body weight through periods of stress, strong immune cell health, traits related to red blood cells, and high body fat levels in late life.
Metabolic responses to dietary restriction, such as lower fasting blood sugar levels, were not associated with longer lifespan.
"The most robust animals keep their weight on even in the face of stress and caloric restriction, and they are the ones that live the longest," study leader

Gary Churchill of The Jackson Laboratory in Bar Harbor, Maine said in a statement.
The results show that genetics had a larger influence on lifespan than dietary restriction, the researchers found.
"If you want to live a long time, there are things you can control within your lifetime such as diet, but really what you want is a very old grandmother," Churchill said.

Heart Conditions Propel the Rise of Dementia... Continued from Page 7

ing anti-inflammatory nutrients as part of the Mediterranean diet, maintaining an adequate exercise regime, and ensuring rest and connection with others.
Walking briskly for 30 minutes daily, for instance, can reduce dementia risk by a staggering 62 percent.
"Physical activity is just absolutely magnificent. And when if you blend that with eating a more plant-based diet, de-stressing, sleeping enough and connecting with others - that's your magic recipe. It's the fountain of youth, if you will," said Dr. Freeman.

Regular screening for early risk detection
Preventing heart disease and dementia begins with the early identification and

management of risk factors.
Regular screenings for key health indicators such as blood pressure, cholesterol levels, and blood sugar are crucial as they can uncover underlying health issues that might otherwise remain hidden.
These assessments play a pivotal role in diagnosing conditions like hypertension and diabetes, which have profound impacts on both cardiac and cerebral health.
Prevention and awareness
For individuals already dealing with heart-related conditions, consistent monitoring and adherence to prescribed treatment regimens are vital.
Medications aimed at controlling blood pres-

sure, cholesterol, or heart rhythm can serve to maintain optimal blood flow and alleviate cardiac stress.
This forward-thinking approach not only mitigates the risk of cardiovascular events but also protects the brain from the chronic effects of reduced blood supply.
Additionally, engaging in discussions about lifestyle practices with healthcare providers allows individuals to establish attainable goals for heart health improvement.
By prioritizing routine health evaluations, individuals can significantly diminish the likelihood of developing dementia associated with heart disease.



Brain Health Collective
Putting the Pieces Together

FALL RESOURCE FAIR

- Have you or a loved one ever experienced a traumatic brain injury (TBI) or concussion?
- Are you supporting a loved one with a brain injury?
- Are you interested in learning more about brain health?

The Brain Health Collective is hosting a resource fair for you! Refreshments will be provided.

Tuesday, October 22, 3-7p.m.

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Contact brainhealth@udayton.edu with any questions.



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