

Teens in Crisis: Mental Health Disorders Now Biggest Concern

By Stacy M. Brown

NNPA

Mental health disorders stand as a chief concern among American teenagers, according to researchers who said the pervasiveness of such illnesses weren't a top worry decades ago. Indeed, 30 years ago, most health experts reported that primary concerns about the teens included pregnancy, smoking, drunken driving, and binge drinking.

However, new statistics have revealed that in 2019, 13 percent of adolescents reported having a major depressive episode, which the Pew Research noted equated to a 60 percent increase from 2007.

The report revealed that emergency room visits by children and adolescents in that period also rose sharply for anxiety, mood disorders and self-harm.

And for individuals age 10 to 24, suicide rates, stable from 2000 to 2007, leaped nearly 60 percent by 2018, according to the Centers for Disease Control and Prevention.

Further, the mental health of Black American youth "was in crisis long before COVID-19 devastated the world, but no national public health crisis was called," Dr. Amanda Calhoun, an adult/child psychiatry resident at Yale Child Study Center at the Yale School of Medicine, wrote for Med Page Today.

"In 2019, the Congressional Black Caucus (CBC) Emergency Taskforce on Black Youth Suicide and Mental Health released a report documenting the alarming increases in Black youth suicide rates," Dr. Calhoun noted.

"The suicide death rates among Black youth have been increasing faster than those of any other racial/ethnic group in

America, and Black youth under 13 years old are twice as likely to die by suicide compared to their white peers."

Dr. Calhoun also cited preliminary federal data which noted the suicide rate for Black girls and women ages 10 to 24 increased more than 30 percent in 2020, and by 23 percent among Black boys and men in the same age group.

"Yet, many suicide predictor models continue to list 'white race' as a factor that increases risk of suicide, and the myth that Black youth do not commit suicide persists," Dr. Calhoun reported.

During the pandemic, children, adolescents, and young adults have faced unprecedented challenges - the COVID-19 pandemic has dramatically changed their world, including how they attend school, interact with friends, and receive health care.

According to a 52-page advisory from U.S. Surgeon General Vivek H. Murthy, children missed first days of school, months or even years of in-person schooling, graduation ceremonies, sports competitions, playdates, and time with relatives.

As of June 2021, more than 140,000 children in the U.S. had lost a parent or grandparent to COVID-19.

Matt Richtel, a best-selling author and Pulitzer Prize winning journalist at the New York Times, spent more than a year interviewing adolescents and their families for a series on the mental health crisis.

"In mid-April, I was speaking to the mother of a suicidal teenager whose struggles I've been closely following. I asked how her daughter was doing," Richtel reported.

"Not well," the mother said. "If we can't find something drastic to help this kid, this kid will not be here long-term." Richtel said the mother started to cry. "It's out of our hands, it's out of our control," she said. "We're trying everything."

She added: "It's like waiting for the end." Over nearly 18 months of reporting, Richtel said he got to know many adolescents and their families and interviewed dozens of doctors, therapists, and experts in the science of adolescence.

"I heard wrenching stories of pain and uncertainty. From the outset, my editors and I discussed how best to handle the identities of people in crisis," he penned.

Richtel's finding only amplified what medical experts have broadcast.

Since the pandemic began, there have been increases in the rates of psychological distress among young people, including symptoms of anxiety, depression, and other mental health disorders.

"Recent research covering 80,000 youth globally found that depressive and anxiety symptoms doubled during the pandemic, with 25 percent of youth experiencing depressive symptoms and 20 percent experiencing anxiety symptoms," Dr. Murthy wrote in his advisory.

Negative emotions or behaviors such as impulsivity and irritability - associated with con-



ditions such as ADHD - appear to have moderately increased, according to the CDC.

Further, early clinical data also proved problematic.

In early 2021, emergency department visits in the United States for suspected suicide attempts were 51 percent higher for adolescent girls and 4 percent higher for adolescent boys compared to the same period in early 2019.

"Moreover, pandemic-related measures reduced in-person interactions among children, friends, social supports, and professionals such as teachers, school counselors, pediatricians, and child welfare workers," Dr. Murthy wrote.

"This made it harder to recognize signs of child abuse, mental health concerns, and other challenges."

The CDC further noted that young people also experienced other challenges that may have affected their mental and emotional well-being during the pandemic.

Those include the national reckoning over the deaths of Black Americans at the hands of police officers, including the murder of George Floyd.

It includes COVID-related violence against Asian Americans, gun violence, an increasingly polarized political dialogue, growing concerns about climate change, and emotionally charged misinformation.

"The pandemic has been challenging for most people, yet the teenage population, particularly females, have suffered tremendously," Dr. Carla Marie Manly, a clinical psychologist, explained in a recent email.

"Given the importance of social connections during ado-

lescence, many teens have felt extremely isolated, lonely, and depressed as a result of the constricting nature of the pandemic," Dr. Manly asserted.

"Many teens have turned to social media use for connection, yet social media has its own host of stressors and often increases anxiety and can foster low self-esteem."

Dr. Manly said parents and caregivers who have adolescents struggling with anxiety or depression are often confused and don't know what course to take.

Many parents fear that talking about the issue will "only make matters worse."

"Yet, in truth, teens - even the most independent ones - need their parents' steady presence and gentle guidance," Dr. Manly recounted.

Cathy Mills, Director of Strategy for Net Influencer, insisted that it's crucial to balance work life and mental health.

"I consider it very important that especially employers and family members support young people in the process of depression and anxiety," Mills advised.

"Something that has worked with my family members is to propose a me-treatment to young people. People today are very focused on meeting the needs of others and forget that being well with oneself is the most important thing to be successful in all areas of life," she continued.

"In these me-treatments, it is important to write in journals, do meditations, practice sports, dance, and even travel alone. These actions will make young people feel more confident and have better mental health, which will allow them to face any situation or challenge at work and in daily life."



MAXIMUM EFFORT—North Carolina FC's Raheem Somersall (44) kicks the ball against the Hailstorm's Shane McFaul (6) in the first half. North Carolina FC and the North Colorado Hailstorm met in a regular season USL game in Cary, N.C. on April 30th. The Hailstorm went on to win 2-1. Steve Worthy Photo

Princeville, NC: A Historic Black Town Striving To Endure

By Tom Foreman Jr.

Associated Press

PRINCEVILLE (AP)—As she exits her hometown's only restaurant clutching an order of cabbage and hush puppies, Carolyn Suggs Bandy pauses to boast about a place that stakes its claim as the oldest town chartered by Black Americans nearly 140 years ago.

"It is sacred to me," says Bandy, 65. "We got roots in this town."

Yet Princeville, on the banks of the Tar River in eastern North Carolina, is one hurricane away

from disaster.

The land has flooded many times. Two hurricanes 17 years apart created catastrophic flooding in the town, which was built on swampy, low-lying land in a bend in the river. And weather is hardly the only thing buffeting Princeville through the decades. It has endured racism, bigotry and attempts by White neighbors to erase it from the map, and from existence.

Now, with a changing climate, the future is more uncertain than ever. Hurricanes are likely to be more intense. Melting glaciers

are causing sea levels to rise, making more flooding inevitable.

With each calamity comes a suggestion: Maybe the town should pick up and relocate to safer ground. Many residents, though, say Princeville should—must—stay put. On this land, they see connections—to both a shared history and a continuing fight for survival.

"These are sacred African-American grounds," says Bobbie Jones, Princeville's two-term mayor, using words that echo Bandy's. "How dare we be asked to move our town?"

When freed slaves settled the land that is now Princeville, they didn't choose the site because it was the best land. It was all the former slaves could afford.

"It was absolutely worthless," says Jones, who grew up just outside the town limits. "Nobody wanted it. Nobody could see anything positive for the future of the swampland."

Despite the poor location, the town thrived, growing from a population of 379 in 1880 to 552 at the turn of the 20th century. It had a school, churches and numerous businesses. The 2020 U.S. Census put the town's population at 1,254, a steep decline from a decade earlier.

The town, incorporated in 1885, calls itself the oldest town chartered by Black Americans. Other towns also make that claim. Princeville—named in honor of Turner Prince, an African-American carpenter who was born a slave and became one of the town's first residents—survived multiple attempts by White neighbors to have its charter revoked.

But most dangerous to Princeville's survival today is its unfortunate location. The town sits in a bend in the Tar River, 124 miles from the Atlantic Ocean at the edge of North Carolina's coastal plain. When slow-moving storms come ashore and move inland, drenching rains drain into the rivers and flood towns along the banks.

An earthen dike surrounds the town on three sides, and it held nature at bay for more than 30 years. Then, in September 1999, Hurricane Floyd hit. Swollen by rain, pushed by winds, the Tar surged over, around and even under the dike, washing homes from their foundations and the dead from their graves.

"When Floyd came, it seemed like the end of the world," says Navy veteran Alex Noble, 84,

whose house took on several feet of water despite being about a mile from the river. "It seemed like you just were turned outdoors. You know, everything was wide open."

Firefighter Kermit Perkins, whose mother was mayor at the time, remembers floating past utility poles, the power lines within easy reach of the wooden stick he was carrying.

"In that moment, in that boat, you didn't know what the future was going to hold," he says. "You didn't know whether there was going to be a Princeville or not."

The U.S. Army Corps of Engineers made plans to expand the levee to better protect the town. But then, in 2016, Hurricane Matthew struck, bringing more devastating flooding that left an estimated 80 percent of the town underwater, according to the Coastal Dynamics Design Lab.

Flooding is likely to get worse. Hurricanes will be "wetter and are likely to be more intense," according to a summary of the state's climate written by N.C. State University, and melting glaciers are likely to increase sea levels.

Now, with a nearly \$40 million plan to improve the levee, people hope for respite from the flooding. But as another hurricane season approaches, work has yet to begin. Updated computer modeling revealed that the original plan would have caused flooding in other areas. The corps is trying to come up with a better design.

The delay has frustrated Jones, as he said during the recent virtual celebration of Founders Day. "If they can do it in the 1800s, certainly we can do it in 2022," Jones said that day. "Our forefathers didn't quit. Therefore, we can never quit."

If there is to be a tomorrow for Princeville, it will rely on two accomplishments: restoring its history and bringing in new blood.

The town is full of single-family homes and an apartment complex interspersed with empty buildings that have been boarded up and abandoned as a result of the two latest floods. A church sits with its windows covered in plywood.

Commerce focuses on a small strip with a barber shop and a liquor store flanking a convenience store where residents can get snack foods, buy lottery tickets and fill up with gas. A separate building holds the small sit-down restaurant where Bandy got her food.

There's no boat access to the

river, and an old baptism site is blocked off by a chain-link fence. The town park consists of a few outbuildings and a football field with old-style goalposts. It currently serves as a COVID-19 vaccination site.

As for basic services, you can't bank, and the last grocery—called "New Beginnings"—closed in 2017, two years after it opened. There's also a Dollar General store. Though the firehouse was rebuilt, the town no longer has its own police force and instead relies on deputies from the Edgecombe County Sheriff's Office.

Jones thinks the town's compelling past could be a lure for tourism. Theming a community around its history, after all, has proved lucrative and restorative for many places. But after so much flooding, very little of historic Princeville is left.

The clapboard, double-chimneyed town hall stands next to the rebuilt fire station with bits of tattered insulation flapping in the breeze. It's hoped the building

can be converted into a museum.

The Mt. Zion Primitive Baptist Church, with its two front doors and original stained-glass windows, was restored after Floyd but inundated again during Matthew. It remains shuttered, its walls still ripped out several feet high, its congregation worshipping at a nearby sanctuary.

In front of the church stands a marble monument to co-founder Abraham Wooten, whose house on Mutual Boulevard is believed to be the oldest structure in town—with parts of it thought to date to the 1870s. But it remains exposed to the elements, vines creeping along the eaves and choking the old stove pipe on the roof.

Historical consultant Kelsi Dew says the town is seeking funds to preserve the house and would like to see it placed on the National Register of Historic Places.

But in another irony for Princeville, Dew says raising the house above flood levels would make it ineligible for a listing, "as it would compromise the historical context."

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Business & Finance

Headcounts, Budgets Down At Schools

MISSION, Kan. (AP) — A school system in suburban Kansas City is eliminating over 100 jobs, including kindergarten aides and library clerks. Oakland, California, is closing seven schools. Other districts around the country are merging classrooms, selling buildings and leaving teaching positions unfilled in order to close budget gaps.

Public school systems are beginning to feel the pinch from enrollment losses tied to the coronavirus pandemic.

Money for schools is driven partly by student headcounts, and emergency provisions in many states allowed schools to maintain funding at pre-pandemic levels. But like the billions of dollars of federal relief money that have helped schools weather the crisis, those measures were not meant to last forever.

In Olathe, Kansas, where the school system is cutting 140 jobs, Deputy Superintendent John Hutchison said the extra federal money merely put off the inevitable.

Now it is trimming millions of dollars from its budgets because enrollment, having peaked at more than 30,000 students in fall 2019, fell by around 900 in the first full school year of the pandemic. Less than 100 of those students have returned.

"Where did those kids go?" Hutchison asked during a recent public meeting. "Where are they? They didn't come back this year. That's what's laying on that additional reduction in our funding."

Families opting for home-schooling, private schools and other options sent enrollment down sharply in the first full school year of the pandemic, and generally it has been slow to recover.

In Houston, the largest district in Texas, enrollment tumbled by more than 22,000 to around 183,000 in fall 2021 and only about half of those students have returned. The district was shielded from making cuts in the first two years of the pandemic by what are known as "hold harmless" provisions, but those protections are expected to end.



Superintendent Millard House has asked departments to cut \$60 million from next year's budget.

Among other states that took steps to protect school budgets, Delaware provided \$9.3 million in one-time funding in the fiscal year that ended in summer 2021 to school districts and charter schools to prevent layoffs over enrollment declines, and North Carolina lawmakers decided to allow schools to use pre-pandemic attendance levels.

More districts will be making cuts in coming years, said Alex Spurrier, an associate partner at Bellwether Education Partners, a think tank. The last of the federal aid must be spent by 2024.

"Once the federal funding dries up, it will put a lot more districts in a lot more difficult position if they're kind of kicking the can down the road of making the adjustments that they'll need if they are going to be serving smaller student populations in the years to come," he said.

Some districts have struggled to explain the need for cuts. Albuquerque Public Schools announced this spring that it anticipates a budget shortfall of about \$25 million.

"That might sound crazy,"

the district wrote in a blog post, acknowledging the influx of federal aid. But it explained that enrollment declines have accelerated amid the pandemic, with the student population falling to 73,000 from 85,000 in just six years. The district hasn't released a cost-cutting plan but legislative analysts say it will require layoffs and school closures.

Amid the upheaval, some states have gained students. Florida was among the leaders, according to the data-tracking site Burbio. And some districts' headcounts benefited from new families, including some who moved to less costly areas as work went virtual.

In California, which announced this month that enrollment had fallen by an additional 110,283 students, Oakland's planned school closures are leading to protests. The ACLU filed a complaint this month alleging that they disproportionately affect Black students and families. Further complicating the situation is a tight labor market and demands for teacher and staff raises.

In Minneapolis Public Schools, where a nearly three-week long teacher strike ended with a new contract, the district said

it needed to make \$27.1 million in budget cuts in the upcoming school year to pay for it. Federal relief money helped cover the \$53.5 million price tag for the more lucrative contract for teachers and support staff for the current school year. Since the pandemic began, the district also has lost more than 4,000 students, along with the state funding they generate.

School officials in the city of Lawrence — home to the main University of Kansas campus — are creating multi-grade level elementary classrooms, which will allow the district to get by with fewer teachers. It is part of an effort to close a budget shortfall brought on by declining enrollment and to free up money for raises.

"You can't cut close to \$7 million and not change how you do business," Lawrence Superintendent Anthony Lewis acknowledged at a meeting this month.

In Iowa, the Des Moines district canceled a conference, sold a building and isn't replacing some retiring teachers as it cuts \$9.4 million in spending for the upcoming school year. The cuts were needed partially because the district's enrollment has fallen by 1,600 students since the pandemic began.

FUNDraising Good Times

By Mel & Pearl Shaw
Saad & Shaw



DO YOU HAVE THE RESOURCES TO START A NONPROFIT?

"See a need and fill it." That's what many people use as their rationale when forming a new nonprofit. For instance, they may be frustrated about a lack of services, outraged about a specific public policy and its impact, or wanting to strengthen and expand the arts and the very definition of "who is an artist." In almost all cases there is a driving passion to make a difference locally, regionally, or nationally. That's all well and good, but is creating a new nonprofit the best way to fill the need?

We suggest that people take time to think through the many implications of starting a new nonprofit before acting. According to the *Independent Sector*, there are an estimated 1.8 million nonprofits in the United States. That's a lot. And each requires bylaws, a board of directors, vision, volunteers, and structure and organization. Many also require staff, accounting and human resources services, technology, a building, communications, agreement on how to measure impact, and—very importantly—money. In sum, starting a nonprofit is akin to starting a new for-profit business. It is a lot of work: work that brings feelings of joy when you see your vision come to life. We like joy, but are there better ways to serve your community than starting a nonprofit?

Nonprofits—just like private businesses—start and close all the time. Take time to understand the environment you are working in and become aware of your competitors. In fact, we recommend rethinking the very phrase "competitors" when you consider starting a nonprofit. Think about it this way: could you support the work of an existing nonprofit instead of starting a new one? What about taking your business plan to an existing nonprofit and asking if they would be willing to incubate it or integrate it into their work? Oh, did we say business plan? Yes, we did. If you are planning on a starting a nonprofit, you need to invest the time in thinking through how you will begin and sustain your operations. If you can't dedicate the time to that, you need to ask yourself what you are willing to invest time and money in. Oh yes, we did say money. If you are starting a nonprofit, you need to be willing to invest your money in the venture: why should you ask others to invest if you won't?

If you think our questions are harsh, read Jay Love's article in Bloomberg, "Should Hundreds Of New Nonprofits Be Created Each Year?" It raises critical questions worthy of consideration if for no other reason than to anticipate objections to your new nonprofit. One of Love's important issues is, "The majority of new nonprofits never even reach \$100,000 in annual revenue and may (be) unable to truly perform the mission intended." We want you to be successful, and we want you to keep your eyes open. Take a look at the five steps to creating a nonprofit published by the National Council of Nonprofits, it's a great place to start.

Related articles from "FUNDraising Good Times:"
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States To Be 'Main Battleground' For Abortion Rights If Roe Is Overturned

By Trivis Waldron

HuffPost

Two years ago, Virginia Gov. Ralph Northam (D) signed a series of bills to expand abortion access and eliminate decades-old restrictions on the practice that had made the commonwealth a difficult place to obtain such a procedure.

The new laws were possible because Democrats had successfully flipped both chambers of the Virginia state legislature in 2019 and regained majority control of the bodies for the first time in more than two decades.

Two years later, Virginia may be on the brink of a dramatic reversal. Last fall, Republicans won back the governor's mansion, retook control of the state House of Delegates, and trimmed Democrats' majority in the state Senate to a single seat.

Now, with the Supreme Court is apparently on the brink of a decision that would fully overturn Roe v. Wade, according to a leaked draft obtained by Politico on Monday night, the newly empowered Virginia GOP may be ready to join the bevy of states ready to severely limit or perhaps totally ban the practice.

While midterm elections usually turn on who controls Congress, the looming Supreme Court decision might mean that the most meaningful races will be often-overlooked campaigns for state legislative districts.

For all the attention on Washington, it is unlikely that Senate Democrats will manage to pass



Protesters in Raleigh join thousands across the country in protest to the threat of reversing Roe v. Wade. Delmas Cooper Photo

the Women's Health Protection Act, a bill that would codify Roe and legal abortion into federal law, any time soon. It will be in state capitals like Richmond, Lansing and Phoenix that the future of abortion rights in America is most immediately and directly decided.

Already, California is moving to codify abortion rights, as New Jersey did earlier this year. Republican-controlled legislatures, meanwhile, are racing in the opposite direction.

"With the Supreme Court on

the precipice of overturning Roe v. Wade, state legislatures will become the main battleground for protecting abortion rights in America," Vicky Hausman, the co-founder of Forward Majority, which has sought to flip GOP-controlled legislatures in recent cycles, said in a statement Tuesday. "We can no longer count on the federal government or the courts. If you care about reproductive rights, you need to care about state legislative power."

Outside the courts, state legislatures have served as the focal point of the anti-abortion movement, as Republicans have used their majorities to push ever more aggressive restrictions in the states they control. Heavily gerrymandered state legislative districts that reduce two-party competitiveness have helped fuel a spiral in which the easiest way for a Republican candidate or lawmaker to curry favor with the party's base is to put forth increasingly radical ideas on abortion, democracy or any other right-wing pet cause.

Republican legislatures have already made 2022 one of the worst years on record for abortion rights, passing a litany of restrictive laws that have followed

the blueprint of Texas' S.B. 8, which effectively outlawed abortion last year. Some of those new laws don't include exceptions for rape or incest.

Twenty-two states currently have laws or constitutional provisions that would likely make abortion illegal immediately if the Supreme Court overturns Roe, and four more with GOP-controlled legislatures — in Florida, Indiana, Montana and Nebraska — seem likely to join them after the ruling.

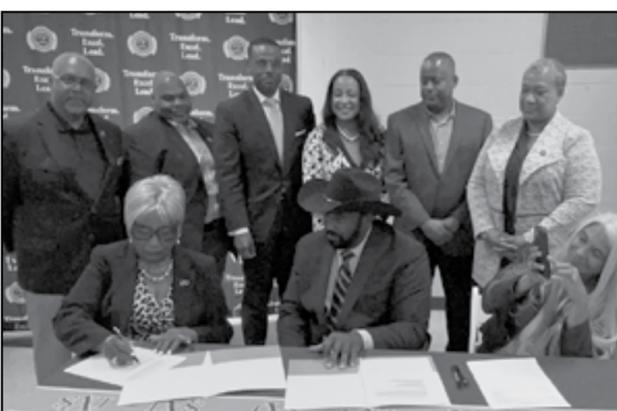
Democrats, on the other hand, have raced to expand abortion rights ahead of the Supreme Court ruling. Colorado Democrats approved a law to explicitly protect abortion rights in March, and Vermont Democrats are pushing a measure that would make Vermont the first state to enshrine the right to an abortion in its constitution if California doesn't do so first.

Overall, Democratic legislatures have protected the right to abortion in 16 states and Washington D.C., according to the Democratic Legislative Campaign Committee, the party's state legislative arm, all while Democrats have never managed to codify Roe into federal law.

"This should be a tough lesson for Democrats — our policymaking power in Washington is limited and the fight to protect abortion rights will now lie in state legislatures," DLCC President Jessica Post said in a statement Monday night. "State legislatures are Democrats' best chance to protect abortion rights across the country when the court strikes down Roe."

Whether Virginia might pursue an all-out ban or other restrictions remains an open question, one GOP Gov. Glenn Youngkin largely dodged in an interview with Virginia Political Newsletter's Brandon Jarvis on Tuesday. Instead, he reiterated that he is pro-life, expressed dismay about the leak, and said he would wait until an official ruling in the case to see what he and the legislature might want to do on abortion issues.

"We have to wait until the Supreme Court ruling is final before we in fact can really define where we're going to go," Youngkin said.



St. Augustine's University Partners With The NBFA

By Tyria McCray

Staff Writer

Saint Augustine's University in Raleigh, founded in 1867, is partnering with the National Black Farmers Association (NBFA) fight for equity on May 27.

President of the university, Dr. Christine McPhail, welcomed John Boyd, President of the Black Farmers Association, to form a strategic alliance to promote equity and civil rights in agriculture.

The NBFA was founded in 1995 by John Wesley Boyd, Jr., NBFA is a response to significant patterns of discrimination and oppressive practices against Black, minority, and women farmers.

As a result of this alliance, SAU became an official John Boyd Institute site. In addition, the John Boyd Institute will administer advocacy efforts that advance the National Black Farmers Association.

"Black farmers have always served as pillars of our society. They have used their hands to pound our earth throughout history to produce sustenance and stability," said President McPhail.

"Our alliance with the National Black Farmers Association is a tribute to this history and a declaration that Saint Augustine's University stands with our Black farmers in their ongoing efforts to ensure equity and opportunity."

Together, SAU and NBFA will collaborate on opportunities to advance the organization's pillars, which include; food sovereignty and hunger-related issues, civil rights, land retention, access to public and private loans, agricultural, educational, and technological training. This collaboration plans to start a new chapter all while building on history.

President Boyd shared that his plans to ensure equitable practices in farming requires the support of many.

"By looking at the history of Saint Augustine, I see all the years of pain, suffering, and struggle just to educate Black Americans," said Boyd. "We are honored to count Saint Augustine's University among the coalition of supporters of our continued pursuit for equity."

Also gathered to witness the partnership were SAU Senior Vice President of Student Experience and Operations, Dr. Leslie Rodriguez McClellan; Dr. Mark A. Melton, Interim Director of Academic Affairs and Dr. Terry T. Kidd, Vice President of Strategic Planning, Research Technology, And Innovation.

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There Are A Handful Of Black Candidates Aiming To Make History

By April Ryan

The Grio

The 2022 midterm elections are officially underway as early voting kicked off in Texas on Monday. This year's statewide contests are sure to be closely watched, but we're particularly paying attention to elections that stand to make Black history if successful.

In the Lone Star State, civil rights attorney Lee Merritt is banking on a win for Texas attorney general when all the votes are counted this November.

The Morehouse College graduate, who was propelled into the national spotlight after his legal work representing the family Ahmaud Arbery and other similar legal battles, is working hard to be the first Black person elected as Texas's chief legal officer.

...Midterms are expected to be a game changer for both political parties in the upcoming months if the recent data from pollsters holds true with anticipation of a number of Republican wins. The irony is former Republican

President Donald Trump, who lost his reelection bid to Biden in the 2020 election, is out front working toward the political upset.

Democratic pollster Cornell Belcher of Brilliant Corners told the Grio that the Biden administration still has time to change the minds of Americans. The optics from the White House, he said, has to present a picture of constant wins for the kind of election victories Democrats need to prevent a Trump-led Republican tidal wave at the end of the year.

"The base of the [Democratic] Party is not enthusiastic and energized. Their lack of enthusiasm and energy makes it harder to mobilize them," said Belcher.

The Black Democratic pollster looks to 2010 as the example of the current problem faced by Democrats and expects things to "ebb" saying, "historically you have an older, whiter electorate" that is "less diverse," "older" and "more conservative." If the current dynamics don't change, Belcher said, we will have 2010 again like what happened with former President Barack Obama,

when Democrats lost the House and several seats in the Senate during his first term as America's first Black president.

We are taking a look at some of the Black candidates running for office in this midterm election cycle.

Currently the United States Senate has no Black women seated. The word representation is echoing loudly in the halls of the Senate as the last Black woman to hold a seat in that chamber was then United States Senator Kamala Harris who now serves as Vice President of the United States.

Cheri Beasley of North Carolina is stumping for votes hopeful to become that Black woman in the United States Senate from the now purple state of North Carolina. If successful, it would not only bring Black women representation back to the Senate, but would be the first Black woman elected to the chamber in the state's history.

Beasley has already proven she is a winner in prior elections, being a statewide elected official for over a decade as the former chief

justice on the North Carolina Supreme Court and before that a judge for the North Carolina Court of Appeals.

"I am the only candidate in this race who has had two successful statewide [North Carolina] elections, and I knew it was going to be really important to poll well and it was going to be important to perform well at all the indicators that we use to determine likelihood of success," Beasley told the Grio.

Beasley understands what a win in her election would do not only for Black people and women but for the entire country. "I hope that people—not just in North Carolina, but across this country—really appreciate the magnitude of this election and really understand that my candidacy really offers the best opportunity to expand the majority in the Senate. We can do this," she said.

"But we still have to make sure that this Senate represents the people of this country and all of our interests, and we can do what we have to do to make sure that we're getting people out to vote

and to help them understand that even if they are experiencing challenges around this pandemic, it's so much more... there really must be a nexus between those challenges and who offers them something to serve and the fact that the Senate really must be responsive."

The retired judge is seizing the moment and is laser focused on Black women representation, particularly as a Black woman nominee.

"I did serve as a judge for 22 years, and I know it's really important to make sure that people are treated fairly, and I also know that when there's an African-American woman on the Senate floor and lifting up issues that people care deeply about—around access to health care and climate change and clean air and clean water, and how that disproportionately impacts Black and Brown communities," said Beasley.

"It matters to have the perspective of someone who understands and appreciates and cares about and who will fight for and who

will stand for what's right."

Another election candidate vying to make history this election cycle is U.S. Congressman Anthony Brown who is hoping to leave his Maryland Congressional seat to "make a much bigger impact in the lives of Marylanders" as the state's attorney general. There has never been an African-American elected to that office.

"Attorney generals' representation matters, impacting how cases are adjudicated in our criminal justice system, our civil courts. And I think it's important, particularly in Maryland, which is one of the most diverse states in the country. It's time that we have an attorney general who reflects that diversity," Brown told the Grio.

Brown said his top priorities if elected as Maryland's next attorney general would be, "Certainly public safety, civil rights and workers' rights," adding that "there are more priorities than that in the office of the attorney general. But those are areas where I think we need to make greater progress."

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Health & Fitness

The Dietary Supplement You're Taking Could Be Dangerous

By C. Michael White

Univ. of Connecticut

Many over-the-counter dietary supplement products – particularly those used for sexual enhancement and weight loss – are tainted with undisclosed pharmaceutical ingredients. That is the key finding of my recently published review in the Journal of Clinical Pharmacology.

My assessment of the Food and Drug Administration's Health Fraud Product Database turned up 1,068 unique dietary supplement products marketed between 2007 to 2021 that contained active ingredients found in prescription drugs or deemed too dangerous to be used in people. Among the tainted dietary supplements that my study identified, 54% were for sexual dysfunction and 35% were for weight loss. While many such products are removed from the market once detected by the FDA, other tainted dietary supplements can make their way onto the market in their place.

Dietary supplements are used by 58% of U.S. adults. And according to recent surveys from the Council for Responsible



Nutrition, U.S. consumers have a moderate level of confidence in the quality and safety of dietary supplements. However, my study suggests this confidence is misplaced, since numerous dietary supplement products contain unlabeled synthetic active ingredients.

So what are these hidden substances, and why do they matter?

Lurking in many of the tainted weight loss dietary supplements is the active ingredient sibutramine, which the FDA

recommended removing from the U.S. market in 2010 after research showed that it increased the risk of heart attacks and strokes. And phenolphthalein, also commonly found in weight loss dietary supplement products in the FDA database, was removed from over-the-counter laxative

products in 1999 when the FDA reclassified it as "not generally recognized as safe and effective." The FDA's warning came after studies showed that the ingredient can damage people's DNA and increased the risk of cancer.

My study also identified the presence of ingredients approved only for use in prescription drugs. These include sildenafil and tadalafil, which are used in FDA-approved erectile dysfunction drugs like Viagra and Cialis. Such inadvertent usages can be dangerous, since the active ingredients in these drugs come with risks like loss of vision or priapism, or prolonged penile erection. The study also documented frequent cases in which more than one active ingredient found in erectile dysfunction drugs was combined in ways that were never studied for safety.

Another reason why hidden active ingredients are problematic is they pose the risk of serious drug interactions. When

the active ingredients found in erectile dysfunction drugs are used with high blood pressure or prostate medications like nitrates and alpha-1 blockers, life threatening drops in blood pressure can occur.

Similarly, two of the dietary supplements identified in the study contained flibanserin, the active ingredient in the prescription drug Addyi, which is used to treat female sexual dysfunction. Flibanserin is generally safe but can severely reduce blood pressure if used with alcohol.

Pharmacists check for these sorts of drug interactions before dispensing prescription medication. However, if undisclosed ingredients are hidden in dietary supplements, it is impossible to prevent unwanted drug interactions.

Dietary supplement manufacturers do not provide the FDA with proof of good manufacturing practices before they sell them in the U.S., and these manufacturers can alter their

products with no advance notice. The FDA must prove that a dietary supplement product is unsafe before it can take action, but this is difficult to enforce when there are over 29,000 dietary supplement products being sold in the U.S.

FDA assessments are laborious and expensive because these evaluations also aim to detect other dietary supplement problems such as the presence of heavy metal or bacterial or mold contamination. The agency's assessment process of these supplements is also deeply underfunded. The FDA alerts consumers about newly detected tainted dietary supplements through its Health Fraud Product Database while attempting to remove these products from the market.

If the product that you are thinking about using is on that list, steer clear of it. However, if your product is not included in the database, it may simply mean that it hasn't yet been assessed.



FACT & FITNESS

By Jeneea Jervay-Bush, M.S.

SITTING SUBTRACTS

Research was publicized in a 2014 Mayo Clinic publication and reported by CBS News that "two hours of sitting cancels out 20 minutes of exercise" www.cbsnews.com/news/two-hours-of-sitting-cancels-out-20-minutes-of-exercise-study-finds. How did I miss this terrifying revelation? Then I remembered that I got married that year and started a full-time recreation job.

The lead author was Dr. Jarett Berry. "Researchers examined the cardiorespiratory fitness levels, average daily exercise and sedentary behavior in 2,233 people ages 12 to 49 without a history of heart disease, asthma or stroke" www.sciencedirect.com/science/article/abs/pii/S0025619614003826. This study was extensive in both number of participants and breadth of participants' age range in my opinion. It was also peer reviewed.

You've likely heard of the 150 minutes minimum physical activity guideline. The number doubles to 300 minutes minimum if you're trying to lose weight or maintain weight www.mayoclinic.org/healthy-lifestyle/fitness/basics/aerobic-exercise/hlv-20049447v. Imagine putting in 60-minute workouts 5 days per week with minimal results because you spent the rest of the day sitting. Sitting is more than the new smoking. It's the workout eraser!

Whether you're planning to get more physically active or in the 300 minutes per week neighborhood, now is the time to attack sitting throughout your day. Alarms on your phone or your calendar can help jump start the habit of getting up from a desk. Walking in place 5-10 minutes during a 60-minute meeting is another way to break up hours of sitting and has the bonus of getting increased blood flow throughout the body. A buddy system among co-workers, even virtually, can be a fun and accountable way to break the hours long sitting habit.

I realize that this assault on sitting adds another layer of effort to achieving a consistently healthy lifestyle. Even so, it can't be overlooked if you're pursuing real progress and substantial results. Figuring out a way to stand and move more during your workday must happen to avoid working against yourself. Too much sitting may be a factor or the factor in the plateau you've reached or why your progress has stalled.

The alarms and reminders and buddy groups need only last 3-4 months until you've built the healthy habit. Afterwards, getting up to move will feel automatic, your body will crave it, and you'll have your own internal alarm. Get started standing!

Why We Can't 'Boost' Our Way Out Of COVID

THE CONVERSATION—With yet another COVID-19 booster available for vulnerable populations in the U.S., many people find themselves wondering what the end game will be.

The mRNA vaccines currently used in the U.S. against COVID-19 have been highly successful at preventing hospitalization and death. The Commonwealth Fund recently reported that in the U.S. alone, the vaccines have prevented over 2 million people from dying and over 17 million from hospitalization.

However, the vaccines have failed to provide long-term protective immunity to prevent breakthrough infections – cases of COVID-19 infection that occur in people who are fully vaccinated.

Because of this, the Centers for Disease Control and Prevention recently endorsed a second booster shot for individuals 50 years of age and older and people who are immunocompromised. Other countries including Israel, the U.K. and South Korea have also approved a second booster.

It's a bit of a medical mystery: Why are mRNA vaccines so successful in preventing the serious form of COVID-19 but not so great at protecting against breakthrough infections? Understanding this concept is critical for stopping new infections and controlling the pandemic.

COVID-19 infection is unique in that the majority of people who get it recover with mild to moderate symptoms, while a small percentage get the severe disease that can lead to hospitalization and death.

Understanding how our immune system works during the mild versus severe forms of COVID-19 is also important to the process of developing more targeted vaccines.

In addition to the inability of the current COVID-19 vaccines to provide long-term immunity, some researchers believe that frequent or constant exposure to foreign molecules found in an infectious agent may cause immune "exhaustion."

Such a phenomenon has been widely reported with HIV infection and cancer. In those cases, because the T cells "see" the foreign molecules all the time, they can get worn down and fail to rid the body of the cancer or HIV.

Evidence also suggests that in severe cases of COVID-19, the killer T cells may be exhibiting immune exhaustion and therefore be unable to mount a strong immune response. Whether repeated COVID-19 vaccine boosters can cause similar T cell exhaustion is a possibility that needs further study.



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The Carolinian's Mother's Day Tributes

HONORING OUR MOM

Our mom is more than just a mom or mother. She has gone without sleep, over-board and way beyond to take care of anyone she considers a daughter. She even while she is or was sick will make sure we all have what we need and that our kids and the neighborhood kids have what they need, and then she will totally collapse at the end of the day to her own pain and lack of oxygen as she is on an oxygen machine plus medication everyday and night. We will say mom don't worry about it, but to her that is the green light to get it done. She has been our mother for 40 years and we could not have had anyone to encourage us, lead us and show us how to deal with life and make it through all we have been through had it not been for her words of encouragement and love to help us get this far in life. Our kids look up to her more than they do us as parents and in my case (says ReRe) even my dog.

Our mother is a mother for the whole community because they all refer to her as ma Pope or Mrs. P.

Thanks Tonya, Cil, ReRe

IMPOSSIBLE!

Impossible! It is just not possible that my Mom could have possessed any other purpose other than being my Mom - right?

As a child, my two older brothers and I viewed our mother as, "Mom." A short word with powerful meaning. Yes, she was also Daddy's wife, Grandma's and Granddaddy's daughter, Uncle's and Auntie's sister, but ultimately and most importantly, Mom was the one who gave us life - which in my eyes was her greatest achievement. As I do today in her 67th year of life, I grew up loving my Mom and honoring her for the constant, selfless love that she gave us with no limits. Now that I am a married mom with a daughter and a son, I thank God that He opened my eyes, extended my gaze, and allowed me to recognize that not only is it possible that my Mom's life was full and overflowing before she became my Mom, but her very name speaks of the greatness God put within her when she was born. Her name is Antoinette.

What does Antoinette mean? Please pay close attention: Antoinette means "too great to calculate." Antoinette also means:

- Priceless one
- Worthy of the highest praise
- Extremely great
- Too great to be described or expressed exactly

Antoinette Johnson Hines did not become an amazing person when she became my Mom. Antoinette was destined to be great! She was a powerhouse of a little girl growing up in Raleigh's public schools, often speaking her mind and not letting others' negative opinions shape her perception of herself. Antoinette begins with A - she was both athletic and artistic. She could run fast and create beauty. She was strong in her protective nature as she defended those she loved. Above all, Antoinette was determined to succeed in life, even as a young mother who soon became a young wife and mother of three stair-step-aged children - at the age of nineteen. Correction: she became a young military wife since Dad enlisted in the United States Air Force before he married Mom. I could list the many tasks Mom was responsible for as we traveled as a family of five, living on military bases on the East Coast and in Europe before settling back in North Carolina. I am my Mom's only daughter and youngest child and I can give countless examples of her faithful, loving presence in my life for these 48 years.

But I won't. I could share stories of how we now have graduated from daughter and Mom to Best Friend status, laughing and loud-talking when we're together.

But I won't. On this Mother's Day, the spotlight is not on my Mrs. Hines or on my Mom. This time, the Mother's Day marquee simply says, "Antoinette, a child of God beyond compare."

Joyfully submitted by,
Selina Murrell
Durham, NC

THE MOST INFLUENTIAL WOMAN IN MY LIFE

As I reflect on a woman who influenced my life; that would be my Mother: The late Ms. Regent Louise Carr Everett! She was born June 18th in Pitt County, NC and transitioned on July 29, 2019. She lived nine decades. God blessed me with a Strong, Loving, and Caring Mother from childhood to adulthood and I am thankful! She loved to clown around and joke with us! She spoke up for us always. She always told us to be kind to others, but "Don't take any wooden nickels from anyone." Now what are wooden nickels? They have no value and can't be spent-they are Junk! It was her way of saying to us, "Don't take any junk from people, Be Brave." She spoke the truth no matter who it was and wasn't afraid of the consequences.

During my childhood, I observed how strong she was as a Mother and amongst family. Of course, she went through pain and cried sometimes, but she kept going. She worked every day and ensured that we had food, clothing, and other necessities as well as a nice, clean home to live in, and money for us to buy things. She taught us to respect ourselves and others. As children, me and my siblings tried to fool her sometimes as children do, or talk back (asking why?), but we didn't get very far with it, because she would give us the LOOK and we knew what that was about!

She made sure that we went to school and did our homework. During segregation when the farmers were harvesting their tobacco and other crops, some children had to stay out of school to help farmers. My mother spoke up for us and we went to school. She sent us to school because she wanted us to get an education that she didn't get because she had to work. She desired to be a Nurse. She was a machine operator, sewing and repairing clothing. Because of her belief in getting an education, I received a Perfect Attendance Certificate in Elementary School, graduated from college, and graduate school. God blessed her with a husband, my Father, Mr. Riley Elijah Everett, who was not afraid of work and provided for her and the family. He provided us with a home that he owned!

She knew Jesus Christ as her Savior, read the Bible, loved to listen to ministries, and gospel singing! She continued to give us advice during our adulthood about life and people. I remember a time when she told me, "Don't Be afraid, Be brave." God's love, Momma's love, and her legacies of showing love, be strong, be brave, give to others, don't accept junk, and praying to God, continues to influence my character and my journey today. "All that I am and all that I hope to be, I owe it to God and my Mother, Ms. Regent Louise Carr Everett!

The Woman of my life, always.
Rest In Peace Momma, we will meet again
Patricia Everett Bryant

MOTHER'S DAY ESSAY

The two most important women in my life, who I call my maternal architects because they built the foundation for my character, deep emotional empathy, and inner fortitude, is and was my mother Sherona 'Roni' Crews and my grandmother Mrs. Ernestine McCray-Oglesby, (R.I.P. Grandma).

My grandmother set the ultimate example for all four of her daughters by showing them greatness can be achieved at any age. My grandmother went back to college in her early 50s. She attended WSSU with her youngest daughter Robin, who earned a track scholarship. My grandmother graduated with a degree in education, and became a teacher for many years at the middle school and high school levels.

My grandmother was a verbal teacher by nature. She taught all of her grandchildren important life lessons like, "never look down on a person unless you're helping them up," and, "holding a grudge and not forgiving someone is like drinking a cup of poison and expecting the other person to die." And my favorite one, "people need love the most at times when they deserve it the least!"

My grandmother also had a knack for mind boggling paradoxes that would leave us stupefied for days, weeks, months, even years on end contemplating their meaning. She'd say things like "in yielding there is strength" and, "the best way to keep what you have is to give it away." Another one was, "the more you know, the more you don't know." All the while grandma was like the wise old owl, although no one better ever call her old to her face. She was sewing seeds in our fertile minds that would grow slowly and bloom over years of analysis for those of us who were listening, and I was always listening even when they thought I wasn't.

My grandmother, in short summary, was also the ultimate hustler. She baked and sold cakes, pies, hosted fish fries, made and sold her own ceramics and taught us hard work in the summer with never ending chores. Grandma was a maven and a force to be reckoned with. I will miss her physical presents forever, but her spirit is always in close proximity. I hear and feel her at times when I need it the most.

Now, my mother was a "hell raiser." She was raising three boys to become strong, independent, grown men and one little pesty sister (LOL Love you sis) into a strong, independent, grown woman so her parenting style was similar to the Lady of Rage's rapping style, "I rock ruff 'n stuff wit' my Afro puffs...hey!...rock on wit' yo' bad self!" As well as biblical dictation, "spare the rod spoil the child." Obviously, none of my siblings, nor I was going to grow up spoiled. My mother's idea of raising us was making sure we were properly closed, fed, protected and always had a roof over our head. She didn't focus too much on us unless we were sick or had done something wrong. There wasn't many conversations because love was understood rather than expressed, and values were transmitted by example, not always word-of-mouth.

My mother was a bona fide hustler and go-getter just like my grandmother. She worked two and at times three jobs, especially around the holidays, attended night school and parent/teacher conferences (mostly for me since I was always acting a fool in school). She earned her degree in early childhood education. She started her daycare in the front part of our home then graduated to having an entire two-story house with a huge fenced in yard, and all the playground equipment and toys a kid could imagine in

(See **MOTHER'S DAY ESSAY**, P. 7)



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Community

Durham Hosts Power March

Amazon, Starbucks, fast food, domestic, local municipal, health-care, education and hundreds of other workers from across the South came into Durham to celebrate May Day, International Workers Day, with a massive worker-led action to take back our community and demand: Stop the Exploitation! Stop the Union Busting! Stop the Gentrification!

"The cost of gas, food and housing have dramatically increased, resulting in real wage cuts for workers. Workers find it increasingly impossible to afford rent in Durham with skyrocketing housing costs, driven to maximize developers profits. We have always been essential workers, but the global pandemic highlighted our critical

role in society, yet we still don't get the respect we deserve with dignified wages and safety. We demand collective bargaining rights for all workers," writes a representative from the Southern Workers Assembly.

"At Amazon workers are fed up with the increasing work speeds and stress. They are always on us about these rates, rates, rates. It's never enough! I was about to quit myself, but I decided I would rather stay and organize," stated Mary Hill, an associate at Amazon Fulfillment Center in Garner, and co-founder of the newly-formed Carolina Amazonians United for Solidarity and Empowerment (CAUSE). Hill continued, "We have the power when we stay organized,

stay together, and stay focused. We deserve a seat at the bargaining table. Jeff Bezos would not have any of those zeros behind his name if it wasn't for our labor. And then he can't pay us a living wage, it's very unfair."

The conditions the workers face today, made a hundredfold worse by the COVID-19 pandemic, have created a situation where workers across industries are fed up and looking to organize. Workers across the country have tapped into this energy and are fighting for a union. We celebrated the recent union victories at Duke Press and Piedmont Health here in the triangle.

"I am marching because for too long we have accepted mistreatment and exploitation of our work, as well as high rent costs," stated Bryce Carter, Street Maintenance worker in the City of Greensboro, Vice President of UE Local 150 and Coordinating Committee of the Southern Workers Assembly. Carter continued, "from Starbucks, to Amazon, to local government workers and beyond, there has been an incredible explosion of workers organizing for union rights, safety and protections on their jobs. We've given these employers so much of our lives, yet they don't respect us on our checks. We're building a mass movement to continue to build our workers' power."



Mathias Bishop Photo



Raleigh Top Teens of America Chapter Inducts 20

On Sunday, April 24, 2022, the Top Ladies of Distinction, Inc. (TLOD) Raleigh Chapter presented the induction ceremony of their 2022 Top Teens of America (TTA) virtually. Top Teens of America (TTA) provides all teens, regardless of their ethnic or socio-economic status, the opportunity to receive extracurricular support, career and character development training, along with key community volunteer opportunities. There are currently 108 TTA Chapters with over 5,000 top Teens located throughout the US. Numerous family and friends supported the new teens including the National TTA Advisor, Lady Kendra Gillespie.

The following teens were inducted: Carl Ahiawodzi; Shikaya Bass; Ronni Brockenbrough; James Jones; Bryan Kasongo, David Kasongo; Jeremiah Kasongo; Shani Mbali; Canye' Murphy; Chenia Murphy; Kayln Myers; Kariyah Robinson; Christopher Russell; Kennedy Seabron; Geanna Smith; MarcusThompson, Jr.; Keyshawn Washington; Camyrn Williams; Rachel Zacarias; Samia Zacarias

Hampton Wipes Out Fees For Students

By Tyria McCray

Staff Writer

Students at Hampton University have one less stressor to worry about as they work toward walking across the stage. Hampton University recently announced that there will be no increase in tuition, fees, room, and board for the 2022-2023 academic year. In addition, all outstanding student account balances for the Spring

2022 semester will be erased. Officials said they recognize most students and their families are experiencing financial hardships and have suffered due to the COVID-19 pandemic.

Dr. William R. Harvey, Hampton University President, said, "In keeping with the University's efforts to help our students, there will be no increase in tuition, fees, room and board for the 2022-2023 academic year. In addition, on

behalf of the University, I am pleased to announce that all outstanding balances for the Spring 2022 semester will be erased.

"We hope that this action will continue to assist our students and their families at our Home by the Sea."

This comes on the heels of another empathetic move from Hampton University officials in assisting its student body to cope with the challenges posed to them

by the COVID-19 pandemic. Qualified students received funds from the Higher Education Emergency Relief Fund and those who had an outstanding balance at the completion of the Spring 2021 semester had their balances paid off.

The university also issued a \$200 book scholarship to all enrolled students for the Spring 2022 semester. Additionally, in April of 2020, Dr. and Mrs. Harvey made a \$100,000 matching donation of their own money to a \$100,000 gift from the Andrew W. Mellon Foundation to provide each on-campus student with \$100 to assist with travel costs to retrieve their belongings from campus or to return to school in the fall.

under two years.

My mother, to this very day, bakes cakes, pies and can cook anything like a world renowned chef for all kinds of special occasions. Two generations of women. Two different parenting styles, yet both embody the same basic fundamentals. What I call the 'staff and the rod' parenting style. The staff is a symbol of guidance and comfort in knowing you're being guided down the road of righteousness by the mighty hand of the shepherdess. The rod is a symbol of authority and discipline, and from day one we all knew grandma and mama was queen, and the supreme rulers even when there was a man in the house or not.

So on this 2022 Mother's Day I'd like to echo two sentiments all sons realize in adulthood; "Mama really does no best," and "A nation can only rise as high as it's women!"

Happy Mother's Day Mama!... Grandma!.. I love you both always.

Happy Mother's Day to all the mothers across the world. Without women, especially Black women - the mothers of civilization, there would be no us! No world! No civilization!

With love, respect and peace,
Truly yours,
Jaamall D Oglesby

MOTHER'S DAY ESSAY

Continued from page 6

Professor Gives Props To Shops

By Dominique Dulin

NCCU

It may surprise some that barbershops and beauty salons somehow statistically reduce crime rates along the streets they serve. That's the question that intrigued Boehme, so he gathered a team to explore the relationship between the presence of barbershops and beauty saloons and the reduction of crime.

Hunter Boehme, N.C Central Criminal Justice assistant professor, wrote his dissertation on the geospatial distribution of crime. Continuing the research Boehme and his team did a study in Durham, and Columbia, South Carolina on the impact barbershop and beauty salons have on the criminal rate in Black communities.

"I controlled for a bunch of variables and I looked at different parts of the city. I looked at predominantly white, predominantly black parts of the city and I found that the relationship remained," Boehme said.

During his study, Boehme interviewed 13 owners and workers of various shops and salons to come up with his findings. Four main factors were established

that barbershops and beauty salons brought to their communities.

Owners of barbershops and beauty salons are direct crime interrupters, community anchors, and life coaches. They even help build resiliency during the Covid epidemic, according to Boehme.

Boehme tells the story about how one specific owner stopped an altercation between two men before it escalated into a gun accident. The barbershop owner, said Boehme, calmed down one individual headed for this gun by telling him that his son was in the barbershop.

"The man drove away and left. The next day he came back in another state of mind and got his haircut," Boehme said. "Sometimes they might come for a haircut, but in reality, they just want to vent; they just want to get things off their chest," he added.

These owners play advocacy for the community to give them a place to come and express their issues. Sometimes this leads to community events hosted by the barbershops and beauty salons to assist.

"Another participant I interviewed from Durham. She helped

move women from domestic violence situations out of their house," Boehme said.

It's no surprise to African Americans that barbershops and beauty salons are valuable cultural institutions to the black communities they serve. Films, such as Beauty Shop (2005), directed by Bille Woodruff, and Barbershop (2002) directed by Tim Story, are testaments to the significance of these businesses to their communities.

"If you haven't seen Barber-shop, then you need to," Boehme said. "The whole vibe and the culture, and what it means to the community is real," he added.

His primary goal is to continue the expansion of knowledge about the advocacy that these shops and salons have.

"Getting this information in the right people's hands is the priority and I think us people here in academia don't do a good job of promoting their work or getting it to the right people," Boehme said.

"The best thing to do is perhaps give it back to some of my colleagues, who can then disseminate it throughout the community," he added.

Meet Jamaican Native, Dr. Erna Brodber

By Linden Beckford, Jr.

Special To The Carolinian

If there is ever someone who is a Godsend, it is Dr. Erna Brodber. She is a woman who has been on a serious mission to show us the nexus between Blacks in America and Blacks in Jamaica.

Dr. Erna Brodber was born and raised in Woodside, St. Mary, Jamaica. As a child, she was exposed to music from Black America. She told me that a song by Jack McVea called "Open The Door, Richard" moved her. This was in 1947.

Dr. Brodber also explained that in 1955, she and other young Jamaicans loved the music of Frankie Lymon & The Teenagers. They were fascinated to know that they were Black. This was the music of Doo Wop.

While a college student at University College of the West Indies, she was following the civil rights movement in the United States. She cried when Medgar Evers was assassinated in Jackson, Miss. Dr. Brodber also cried when the four young girls were killed in the bombing of 16th Street Baptist Church in Birmingham, Ala. Both tragedies took place in 1963.

Dr. Brodber applied for a fel-



lowship at the University of Washington. While there, she volunteered to do some work in the central area in Seattle. This was in 1967. This was during the Black Power era. While the rebellions were taking place, a young African-American said to her, "Sister. They don't ask you to speak before they shoot."

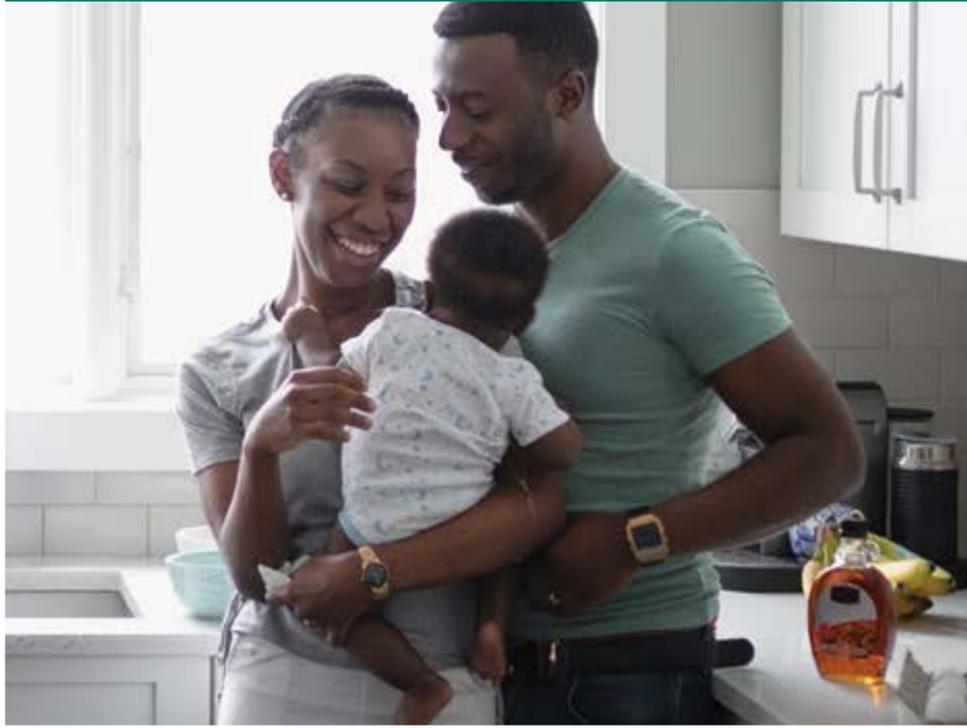
According to Dr. Brodber, "Already he had in his mind her as a Caribbean person who was going to pretend to not be Black. He wanted to make the point that you are one of us." This is where Dr. Brodber put her blackness above her Caribbean identity.

Dr. Erna Brodber has written several books. Her book, *Lou-*

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Ag-Grow-Culture

The Linsays: Agri-Educators And Stewards Of The Land

By Rodney Ross

Special To The Carolinian

Black farmers are evaporating faster than water on a hot day. Traditionally, Black farms were passed down generationally. Our great grandfathers, who may or may not have been born into bondage, farmed and passed that down to our grandfathers. Our grandfathers would have passed the knowledge and the land down to our fathers, uncles or cousins, and

then there is our generation. But some time during the civil rights movement of the 1960's a mass exodus from an agrarian life ensued and those who should have, or could have inherited the land, moved away in pursuit of city lights and what was advertised as a more progressive lifestyle.

In the 1920's, African descendants of Slaves possessed millions of acres of land across the United States, and even certain parts of Canada. Today, those farms have

been sold, repossessed or stolen, and less than 2 percent of farmland is owned by African Americans in either country.

I had an opportunity to have a candid and open conversation with local farmer Jason Sovodki Lindsay, 34 of Rocky Mount and his wife Joy. We discussed levels of the African concepts of Sankofa, which means "going back and get it," and Ubuntu, which means "I am because you are."

For too many of us, farming has the connotation of slavery, sweating heat, and perhaps poverty. Fortunately, that could not be further from the truth. Let's take Bill Gates for example. He would not be the largest owner of farmland in the country, followed by Warren Buffet's company Berkshire Hathaway, if it were not a profitable industry. Both men are renowned for having the title "billionaire" associated with their names. Another word you can tack on is "farmer."

As Jason Lindsay points out, "We have to put ourselves in the right relationship with agriculture. This is our roots and who we are." The roots he was referring to were not slavery, but the reason why our ancestors were enslaved. They had vast knowledge of farming. Africa was renowned for its fertile land and the advanced civilizations that cultivated it. In essence, these communities were the MIT's, Yales and Harvards of land cultivation, herbs and medicine.

These men and women were able to farm everything from hard compacted clay in Virginia, to the swamps of the Mississippi Delta, and all that was in between and beyond. These were not unintelligent people, yet the irony is that through colonization, propaganda and conditioning, the children of these noble people were taught to think of themselves as less than.

"Turning us away from that was the beginning of making it permanent that we never have a strong hold on this planet again," Mr. Lindsay continued. He emphasized, "Every single revolution was founded on the grounds of farming and agriculture. Every rebellion, if not initiated by farm-

ers, the meetings were held on farms."

The connection of land ownership and farms are intertwined into the DNA of the civil rights movement as well. Many Black farmers put up their land as a means to bail out the social agitators and activists who pressed the country to correct its civil injustices towards Black people. This was only possible because generational farmers did their part to push the narrative by giving our activists literal grounds to stand on.

Systems that were put in place have snapped that connection to our past. "Without land, how can we fight?" The question was asked rhetorically. To be able to fight you must be able to feed yourself goes beyond cliché. If the source of food is taken away, and time is allowed for weakness to set in, the game is over. Once that happens, people will "beg for any condition that allows (them) to eat." Technically that *is* the condition we are in as a people," Mr. Lindsay explains.

Cutting on the lights to the grocery store mimics how farmers were lured away to the north in pursuit of factory work; it seems easier, but you can only get whatever they want to give you. Once Black people no longer owned their land, the loss of community and leverage spread from state to state, across the country.

Many people used college as a means to escape the farm, instead of learning skills to better improve the quality of the communities that raised them. By the time our fathers and grandfathers were too old to continue running the farm, the children had moved away, and were not coming back. An eager developer offered pennies for what the land was truly worth to greedy family members who were more than willing to take it.

Mr. Lindsay believes that this is a major reason why true progress began to stall after the civil rights movement. Things are changing however. The glitter of the city has dulled and the servitude of being an employee to a company that has proven to be disloyal to

its workforce have inspired people like Mr. and Mrs. Lindsay to return back to their roots.

They both are graduates of Elizabeth City State University and had careers in education. Mr. Lindsay taught at a public school and Mrs. Lindsay taught at a Montessori private school. The transition to farming started out as a simple experiment to grow their own food. When Mrs. Lindsay was pregnant with their first child, they attempted to purchase fresh produce from stores like Whole Foods and the Fresh Market, but were disappointed at the quality of their fruits and vegetables, in spite of the premium cost attached to them. "We're starving on a full stomach," Mr. Lindsay said, referring to lack of taste and perhaps vitamins that may have been missing.

If the plant is stressed due to being pumped with chemicals designed to accelerate the speed of growth, or situations where microgreens never see a real sun, the quality and taste of the vegetation can be severely compromised. This was the catalyst for making their first garden box, and their yield was enough to influence the young family to eventually go full time into farming.

From that first garden box, the Linsays created Pitt County's first urban garden. Through the success of their urban garden, they met a couple who invited them to live and work on their farm in Oxford. The next year and half, seasoned their minds and their knowledge to go full time into farming.

They now own just under 10 acres on a modest plot, minutes away from downtown Rocky Mount.

"When we got the land, the (vegetation) was 11 feet high". The land had been neglected for 2 years prior to the Linsays purchasing it. After spending a few days cutting down the brush, and using an A-frame to grade which way the water would flow, flowers were seeded and sown. Mrs. Lindsay explained, "This is part of amending the soil". Growing plants such as sunflowers, amaranth, and zinnias will "pull the

toxins out of the soil," and "restore the nutrients that it needs to be healthy."

Mr. Lindsay admonishes, "Farming isn't just farming. You have to be business savvy." He then detailed other aspects related to running your own operation. You have "to know about plumbing, electricity, about small engines, and diesels with limited to no infrastructure and equipment" when you're first starting out.

Without any modern amenities, such as a well or mechanical irrigation, they spent a considerable amount of time learning what species of plants grew on their plot of land and why.

For example, "The clovers you see, they're responsible for pulling nitrogen from the air, this tells me that the soil needs nitrogen," Mr. Lindsay said.

Using his teaching background, he eloquently explained to me that, "in a square meter you have over 1 million seeds." The seeds were perhaps not a literal measurement, but for the sake of understanding, he expressed that the intelligence of the soil would select the correct seed that was needed to take root. It would get exactly what it needs from the elements. It is by no means random.

When edible vegetation is growing, it can naturally send off pheromones to insects like aphids as a correction for what it needs. Once a satisfactory level of homeostasis is established, the vegetation will then send a different kind of pheromone that will attract the lady bugs, dragonflies and lightning bugs that will then eat the aphids and will allow the plant to bloom and flourish. All of this I learned in only one visit.

Mr. Lindsay pointed to the tree line and remarked, "the trees give us the blueprint. They do not have a well, or a fancy irrigation system, yet they're green and thriving."

By studying what works for them and mimicking it with their farm, the goal is to be eco friendly, organic, and not fight what nature is telling them to do. "Soil health is human health. Whatever the condition of the soil is a direct reflection of the condition of the people".



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Thomas Adcock Dead At 83

THOMAS ADCOCK
(August 12, 1938-February 18, 2022)

Thomas Adcock (nee Joseph Louis Cobb), son of Lily Cobb and Thomas Adcock, Sr., was born Friday, Aug. 12, 1938 in the St. Agnes Hospital, Raleigh. He transitioned on Friday, Feb. 18, 2022, at the Durham VA Medical Facility-Community Life Center after several months of declining health.

He graduated from the former J.W. Ligon Sr. High School, Raleigh, in 1956, having been a star athlete (football) during this time there.

He was often heard reciting the first verse of Psalms 23.

His life's motto was, "Everything has its beauty, but not everyone can see."

He served 2 tours of duty with the Army: March 1959 to February 1961 and October 1961 to August 1962, receiving honorable discharges both times.

He had an innate flair for color and design and displayed it as often as possible.

One of his proudest moments was the full-page spread done on him by the *News & Observer* on June 27, 1972, about the purple house on East Edenton Street in Raleigh.

His professional career included several years serving as Sales and Services Manager for Brandt, Inc., the maker of money handling equipment. His territory was North and South Carolina, which he handled solely. In addition, he

also worked professionally with American Airlines for several years.

He accepted Christ at an early age at Manly Street Christian Church. He later moved his membership to First Baptist, Raleigh. Upon relocating to Johnston County, he joined New Trinity Missionary Baptist Church and maintained close relationships with several members, especially the late Deacon Primus Sloan.

He leaves to cherish his memories his long-time partner, Shirley Bell, Clayton; cousins: Alicia Adcock, Garner; Gilda Adcock,

Durham; Willie Hawkins, Durham; Jackie and June Cobb, New Brunswick, Conn.; Eric Hawkins, New York, and Mona L. Adcock-Aultman, Lithonia, Ga.; goddaughter, Shelia Goodson, Raleigh and an abundance of friends.

Excerpt from "Crossing the bar" by Alfred Lord Tennyson:
*Sunset and evening star,
And one clear call for me;
And may there be no moaning of
the bar*

When I put out to sea.
He has crossed the bar, and set sail.

—The Family



THOMAS ADCOCK



Black Nuns: Overlooked History

By David Crary
AP National Writer

Even as a young adult, Shannen Dee Williams—who grew up Black and Catholic in Memphis, Tennessee—knew of only one Black nun, and a fake one at that: Sister Mary Clarence, as played by Whoopi Goldberg in the comic film *Sister Act*.

After 14 years of tenacious research, Williams—a history professor at the University of Dayton—arguably now knows more about America's Black nuns than anyone in the world. Her comprehensive and compelling history of them, *Subversive Habits*, will be published May 17.

Williams found that many Black nuns were modest about their achievements and reticent about sharing details of bad experiences, such as encountering racism and discrimination. Some acknowledged wrenching events only after Williams confronted them with details gleaned from other sources.

"For me, it was about recognizing the ways in which trauma silences people in ways they may not even be aware of," she said.

The story is told chronologically, yet always in the context of a theme Williams forcefully outlines in her preface: that the nearly 200-year history of these nuns in the U.S. has been overlooked or suppressed by those who resented or disrespected them.

"For far too long, scholars of the American, Catholic, and Black pasts have unconsciously or consciously declared—by virtue of misrepresentation, marginalization, and outright erasure—that the history of Black Catholic nuns does not matter," Williams writes, depicting her book as proof that their history "has always mattered."

The book arrives as numerous American institutions, including religious groups, grapple with their racist pasts and shine a spotlight on their communities' overlooked Black pioneers.

Williams begins her narrative in the pre-Civil War era when some Black women—even in slave-holding states—found their way into

Catholic sisterhood. Some entered previously Whites-only orders, often in subservient roles, while a few trailblazing women succeeded in forming orders for Black nuns in Baltimore and New Orleans.

Even as the number of American nuns—of all races—shrinks relentlessly, that Baltimore order founded in 1829 remains intact, continuing its mission to educate Black youths. Some current members of the Oblate Sisters of Providence help run Saint Frances Academy, a high school serving low-income Black neighborhoods.

Some of the most detailed passages in *Subversive Habits* recount the Jim Crow era, extending from the 1870s through the 1950s, when Black nuns were not spared from the segregation and discrimination endured by many other African-Americans.

In the 1960s, Williams writes, Black nuns were often discouraged or blocked by their White superiors from engaging in the civil rights struggle.

Yet one of them, Sister Mary Antona Ebo, was on the front lines of marchers who gathered in Selma, Ala., in 1965 in support of Black voting rights and in protest of the violence of Bloody Sunday when White state troopers brutally dispersed peaceful Black demonstrators. An Associated Press photo of Ebo and other nuns in the march on March 10—three days after Bloody Sunday—ran on the front pages of many newspapers.

During two decades before Selma, Ebo faced repeated struggles to break down racial barriers. At one point she was denied admittance to Catholic nursing schools because of her race, and later endured segregation policies at the White-led order of sisters she joined in St. Louis in 1946, according to Williams.

The idea for *Subversive Habits* took shape in 2007, when Williams—then a graduate student at Rutgers University—was desperately seeking a compelling topic for a paper due in a seminar on African-American history.

At the library, she searched through microfilm editions of Black-owned newspapers and came across a 1968 article in the

Pittsburgh Courier about a group of Catholic nuns forming the National Black Sisters' Conference.

The accompanying photo, of four smiling Black nuns, "literally stopped me in my tracks," she said. "I was raised Catholic ... How did I not know that Black nuns existed?"

Mesmerized by her discovery, she began devouring "everything I could that had been published about Black Catholic history," while setting out to interview the founding members of the National Black Sisters' Conference.

Among the women Williams interviewed extensively was Patricia Grey, who was a nun in the Sisters of Mercy and a founder of the NBSC before leaving religious life in 1974.

Grey shared with The Associated Press some painful memories from 1960, when—as an aspiring nurse—she was rejected for membership in a Catholic order because she was Black.

"I was so hurt and disappointed, I couldn't believe it," she said about reading that rejection letter. "I remember crumbling it up and I didn't even want to look at it again or think about it again."

Grey initially was reluctant to assist with *Subversive Habits*, but eventually shared her own story and her personal archives after urging Williams to write about "the mostly unsung and under-researched history" of America's Black nuns.

"If you can, try to tell all of our stories," Grey told her.

Williams set out to do just that—scouring overlooked archives, previously sealed church records and out-of-print books, while conducting more than 100 interviews.

"I bore witness to a profoundly unfamiliar history that disrupts and revises much of what has been said and written about the U.S. Catholic Church and the place of Black people within it," Williams writes. "Because it is impossible to narrate Black sisters' journey in the United States—accurately and honestly—without confronting the Church's largely unacknowledged and unreconciled histories of colonialism, slavery, and segregation."

SERMON of the WEEK



THE ARGUMENT ABOUT GREATNESS

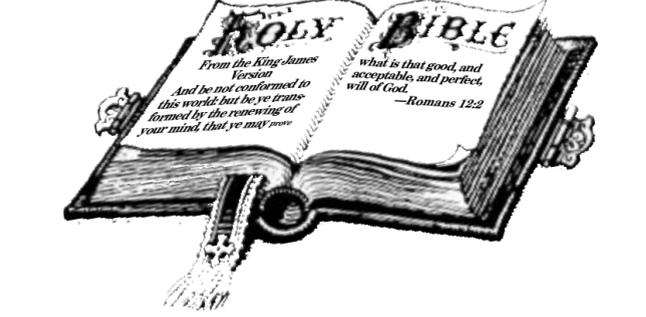
"An argument broke out among the disciples as to which one of them should be thought of as the greatest. Jesus said to them, 'The kings of the pagans have power over their people, and the rulers claim the title 'Friends of the People.' But this is not the way it is with you; rather, the greatest one among you must be like the youngest, and the leader must be like the servant. Who is greater, the one who sits down to eat or the one who serves? The one who sits down, of course, but I am among you as one who serves.'"

"You have stayed with me all through my trials; and just as my Father has given me the right to rule, so I will give you the same right. You will eat and drink at my table in my Kingdom, and you will sit on thrones to rule over the twelve tribes of Israel." Luke 22:24-30 GNT.

Many men and women in this world and the Bible have had the word GREAT embedded within or added to their name. Also, in the sports world many fans debate about who is the GOAT, (Greatest of All Time).

Ali said, "I'm the Greatest," then there is Wayne "The Great One" Gretzky and Catherine "The Great" of Russia and now Vladimir Putin who has even been called not only great, but a genius too by a few of his admirers. [All I can say about that is what the old folks would say, "Ah Lord!"]

How about Alexander the Great, who was an ancient Macedonian ruler who established the largest empire the ancient world had ever seen? By charismatic rhetoric, ruthless and brilliant strategies, he became a blood-



thirsty, power hungry diplomat that inspired such loyalty in his men they'd follow him anywhere and they would die for him.

A valuable lesson that my dad taught me is that you don't have to try to be great, just live to have a good name. But he also said even if you live and do good the best that you can, everybody still may not like you because some will have a spirit of envy or jealousy, etc. He quoted Proverbs 22:1, "A good name is to be chosen rather than great riches, and favor is better than silver or gold."

Remember Herod the Great and the members of the Herodian family? They were a family of liars, crooks, cheaters and killers, and yet they considered themselves GREAT! King Solomon said that there is nothing new under the sun. So by that we can conclude that the devil doesn't have any new tricks, just new faces!

If we want to be exalted, we should humble ourselves like Jesus did. Read Philippians 2:3-9. Don't be selfish; don't try to impress others, moreover, be humble, thinking of others as better than yourselves. Christ humbled himself in obedience to God and died a criminal's death on a cross. Therefore, God elevated him to the place of highest honor and gave him the name above all other names. Now that's true greatness!

It is imperative that we learn not to reject God and His Word but to receive what He has for us and not try to make a name for ourselves! Acts 4:12 NIV states, "Salvation is found in no one else, for there is no other name under heaven given to mankind by which we must be saved."

We have to put our trust in HIM. One of my favorite authors, William Arthur Ward, said, "Believe while others are doubting. Plan while others are playing. Study while others are sleeping. Decide while others are delaying. Prepare while others are daydreaming. Begin while others are procrastinating. Work while others are wishing. Save while others are wasting. Listen while others are talking. Smile while others are frowning. Commend while others are criticizing. Persist while others are quitting."

A winner never quits and a quitter never wins. Furthermore, many great people that have accomplished amazing things to make this world a better place found greatness because they simply never gave up. Right now I see the greatness in the leader, Volodymyr Zelenskyy and the people of Ukraine. Let's pray that they will hold out. If they get the victory, only God can make that happen. Let's pray that His will be done and not man's.

People may think they are Great, but they are not God. Some may look great, talk great and some are earthly-great, but still, they are not God. Jesus is not the Greatest of All Time. Jesus is TIME, The Alpha and Omega, The First and the Last, The Beginning and the End! The One that WAS, The One that IS and ONE TO COME! For believers, there should be no argument about that. Let's live to serve Him until we die and be ready when HE comes!

To view complete sermons by Pastor William Eli Ratcliff and other guest ministers, please visit our website at lincolnparkchurch.com or on our YouTube Channel.

Practical Biblical Principles

THE RIGHTEOUSNESS OF CHRIST

Read: John 16:7-11

Hours before his arrest, Jesus spoke to His disciples as to the reason He must return to the Father in heaven. Jesus spoke of the coming of the Holy Spirit Who He will send to be a permanent guide for them while He is away. Our Lord stated two important things the Holy Spirit will do. He will substitute Himself for Jesus and they will never be alone and He, The Spirit, will be their guide throughout their lives.

More importantly He will convict the world of sin and righteousness. Meaning men will know when they have been right and when they have been wrong. For all men will be judged by the standards of Christ's righteousness, which have been given to Him by the Father. God the Father is the only source of all things right and wrong.

This Jesus spoke to the His disciples to impress upon them that after all he had done in carrying out His Father's commandments, "because they didn't believe in Me; of righteousness, because I go back to My Father, and you see Me no more" (John 16:9). Here our Lord is implying, if He had not done the righteous work imposed upon Him by the Father, He would not be able to go back to the Father.

Jesus was impressing upon His disciples how important "righteousness" is in the life of His followers. And those who disbelieve the Messiah shall die in their sins; and whoever believes not in Him shall be damned; and that faith in Christ is necessary to salvation, and that without it there is none.

The "Righteousness" spoken of here implies and confers in its truest sense, the personal

righteousness of Christ. "This Righteousness" makes Christ who He is. The world's salvation is totally dependent upon Christ's righteousness.

The need to amplify Christ's righteousness begins with noting the sins of the Jews who primarily disbelieved in the Messiah, they rejected and crucified Him, The Son of the Living God. The Jews accused Christ as being a wicked man and was a sinner Himself. A friend of publicans and sinners, that He was guilty of blasphemy and sedition, and maintained a familiarity with Satan, himself, and had a devil.

Jesus's words became true about the Holy Spirit coming and convicting unbelieving hearts on the Day of Pentecost when Peter preached the first, New Testament gospel sermon (Acts 2:22-24). Three thousand souls were convicted and confessed their sins, received the Lord Jesus, and were saved that day (Acts 2:36-37).

The Day of Pentecost proved the conviction of the Jews that all they had believed was slander; that Christ was innocent, holy, and a righteous person, and a man approved of God among them. The fact that Jesus had gone back to the Father was full proof and demonstration that He was a righteous man filled with God's righteousness.

It was the work of the disciples being filled with the Holy Spirit, to convince believers that God was so pleased with Jesus's righteousness that the Father sat Jesus down on His right-hand side of the throne. This made it clear that Jesus was no imposter and that He came from Him just as He had said. Also, that He was free from all the charges the Jews had laid against Him.

Because of this Righteousness, Christ was able to send back to

us the Holy Spirit and to permanently spread Him abroad. The Spirit, like Jesus, is willing to walk with us daily, providing we are willing to take on His righteousness.

It was this righteousness which Jesus took to the cross to redeem the world of sin. It was this righteousness which cleansed us of our sin and offered us salvation, giving us the opportunity to have eternal life. Salvation will do us no good unless we are willing to receive and accept Jesus as our Righteous Savior.

God the Father looks at us through the righteousness of Jesus the Christ in order to even deal with us on any level or for any reason.

The Spirit of God proceeds to convince men of the glory, excellency, fullness, and suitability of the righteousness of Christ. This the Father does by revealing it to them in the Gospel, setting it before them, and working faith in them to lay hold upon it, when they desire to be found in Christ and His righteousness and not that of our own. Men are naturally fond of their own righteousness and are set against the righteousness of Christ.

When our Lord told His disciples that they would see Him no more, He was implying that they would see Him no more in this despicable condition on Earth, in a state of humiliation and in the form of a servant. The disciples did see Christ again in Galilee. Christ having faithfully performed the work of His Father, will be seen again by His disciples and Believers in all of His Righteousness as King of Kings.

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Editorials

Editorial Policy

Unsigned editorials in this space are the opinion of the newspaper. All other opinion pieces, including those from regular columnists, are the opinion of the writers themselves. The Carolinian strives to provide provocative commentary that is likely to spur thoughtful debate, regardless of whether we agree with it.

A New Dream Team of Federal Judges

By Ben Jealous
President of People For the American Way

Something amazing just happened in the U.S. Capitol.

On one day, the Senate Judiciary Committee held a confirmation hearing for five extraordinary women of color who have been nominated to federal judgeships by President Joe Biden.

This judicial Dream Team will make our courts more representative of the American people. As judges, they will make our system more just. And they are building on an already exceptional record by the Biden White House and the Senate's Democratic leadership to nominate and confirm what is by far the most diverse set of federal judges ever.

What a difference an election makes. Two-thirds of Trump's judges were White men. In contrast, two-thirds of Biden's judicial nominees, and more than three-quarters of his nominees to the important circuit courts of appeal—the level just below the Supreme Court—have been people of color. And that's in addition to Judge Ketanji Brown Jackson, who will soon be sworn in as the first Black woman ever to serve as a U.S. Supreme Court justice.

The Far Right did everything they could to try to smear Judge Jackson and derail her confirmation. Her qualifications and character were unquestionable, so they resorted to utterly shameful distortions about her record.

They failed to block Judge Jackson's confirmation, but that hasn't stopped them from running the same unprincipled playbook against civil rights lawyer Nancy Abudu, who has been nominated to serve on the 11th Circuit Court. The same groups that attacked Judge Jackson tried to smear Abudu. But I am convinced they will fail for the same reasons.

Here, very briefly, are the latest members of the judicial Dream Team made possible by voters who elected President Joe Biden and took control of the Senate away from obstructionist-in-chief Mitch McConnell:

Nancy Abudu is a civil rights advocate who spent years defending voting rights, freedom of speech, religious liberty, equality under law, and other core constitutional principles. She helped defend a six-year-old Black student turned away from school on the first day of first grade because of his hairstyle. She will be the first Black woman to serve on the 11th Circuit Court of Appeals.

Judge Michelle Childs is a federal district judge nominated by President Barack Obama

in 2010; President Biden has nominated her to the D.C. Circuit Court of Appeals; he strongly considered her for the Supreme Court this year. In her years on the bench, Judge Childs has earned bipartisan respect for fairness while protecting voting rights and equal treatment in the courtroom.

Natasha Merle has been nominated as a federal judge in the Eastern District of New York. In her public-interest legal career she has served as a public defender in death penalty cases and as a civil rights attorney at the NAACP Legal Defense and Educational Fund, where she is deputy director of litigation, working to make real the promises of justice and equality.

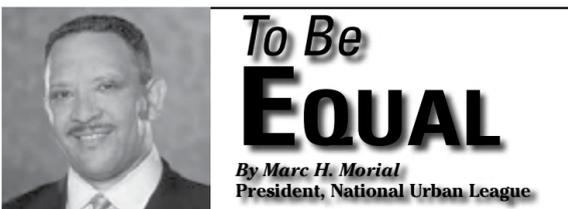
Nusrat Jahan Choudhury has also been nominated as a federal judge in the Eastern District of New York. Her legal work at the American Civil Liberties Union has addressed racial disparities in law enforcement and unfair treatment of low-income people in the legal system. She will be the first Muslim woman to serve as a lifetime federal judge.

Ana Isabel de Alba has been nominated as a federal judge in the Eastern District of California, where she will be the first Latina judge. As a lawyer, she fought against barriers to justice facing mistreated farmworkers like her mother and advocated for immigrants' rights. Since 2018 she has been a California Superior Court Judge in Fresno County.

If you ever notice yourself feeling too cynical to vote, or so fed up with slow progress or broken promises that you're tempted to stay away from the ballot box, think about these women and remember this: President Donald Trump and Senate Republicans filled our federal courts with young and often unqualified judges committed to the same ideology as the Supreme Court justices who are stomping on voting rights, civil rights, workers' rights, and more.

We need more judges who will be a voice for justice. Having five such women appear before the Senate Judiciary Committee on the same day was a remarkable sign of the progress that can be made when we elect leaders who are committed to making progress and serving justice.

Ben Jealous serves as president of People For the American Way and Professor of the Practice at the University of Pennsylvania. A New York Times best-selling author, his next book Never Forget Our People Were Always Free will be published by Harper Collins in December 2022.



BLACK-OWNED RESTAURANTS ARE THE HEART OF OUR COMMUNITIES. THE BLACK RESTAURANT ACCELERATOR IS HELPING THEM GROW AND THRIVE

“Restaurants are places where people from different walks of life gather for nourishment, social interaction, and an opportunity to belong to a community. These things go to the heart of what it means to be American. Segregationists were heavily invested in preventing interracial dining from becoming a widespread reality because it spoke to something even deeper: When people sit down together for a meal, they can't help but recognize the humanity of those eating with them. In addition, when people prepare food for you, they are letting you know that they care for your survival. In essence, cooking is an act of love.”

—Soul Food Scholar Adrian Miller

In my beloved hometown of New Orleans, a restaurant is so much more than just a place to get a bite to eat. It is the beating heart of a neighborhood, a refuge, both an archive for history and culture and a laboratory for innovation.

This is true in many communities across the nation, of course. But New Orleans' unique blend of ethnicities and heritage that is known as Creole is best expressed through our cuisine and our restaurants. That's why I'm so proud that the Black Restaurant Accelerator, a joint initiative of the National Urban League and the PepsiCo Foundation, this week marks the milestone of its first 100 grant recipients with the soft opening of a new restaurant in New Orleans, made possible by the program, that breathes new life into a century and a quarter of New Orleans' Creole tradition.

The Black Restaurant Accelerator is a five-year, \$10 million commitment from the PepsiCo Foundation in partnership with the National Urban League to preserve and support Black-owned restaurants, and has been a lifeline for many across the nation who continue to experience the impact of the pandemic. The historic Vaucresson Sausage Company, which has operated under three generations in the historic 7th Ward since 1899, is launching Vaucresson Creole Café & Deli with

(See **TO BE EQUAL**, P. 11)



THE DESIRE TO REWRITE HISTORY “I'm Not That Man”

Channel surfing the other day, I stopped at Book TV on C-SPAN where Brian Kilmeade was discussing his book *The President and the Freedom Fighter*, subtitled “Abraham Lincoln and Frederick Douglass and Their Battle To Save America's Soul.” It's interesting to me how strongly conservative Republicans feel about banning books that show America's truth when it comes to race and yet they keep writing books about history. This book is a case in point. Let me admit I haven't read it and until it comes to Goodwill or someone lends me their copy, I will not. I work not to contribute financially to false thought; however I did listen to him discuss the book about the two men, and have read quotes and synopses of the book, enough to have a good idea of its thesis.

Someone said, “History is not there for you to like or dislike. It is there for you to learn from. If it offends you, even better because then you are less likely to repeat it. It's not yours to erase, it belongs to all of us.” I have heard that in Germany, teaching the truth to students about the Holocaust is mandatory. I think that Germany today has made peace with its ugly past and doesn't want to ever repeat it.

That's called confession, repentance and necessary characteristics of salvation.

Brian Kilmeade wants to feel good about history. There are some things about Lincoln's relationship with Frederick Douglass that do suggest that they were able to attempt progress in the area of better race relations; however, though there was success in the area of abolishing slavery, racism has not been abolished because we live in the 21st century and we are still dealing with it. When a policeman attempting to subdue an African immigrant with a Taser shoots him in the head, we are still dealing with racism. When there are those who believe that killing a man over license plates when he didn't acquiesce to the other man's “authority,” we continue to be in trouble. When so-called “lawmakers” draw maps that create a way for them to win and shut down the possibility of representation of a person of color by a predominantly black community we are still dealing with racism. Even when it is restructuring the maps to keep Democrats from winning, it's still about racism if you have discernment.

It is amazing to me that there are politicians who are running on the idea that keeping “certain” people from voting is their aim and tactic for winning. In other words, what they are saying is that being inclusive in the voting process is subversive to democracy. In other words, they don't agree with the

Constitution and democracy is only present when they win. These are the same people who like books about the “founding fathers” but don't agree with what their pursuit of a more perfect union looks like.

Republicans are not the only label of people who have trouble with facing history and correcting it. Chris Matthews was very disturbed that a documentary about the Civil Rights Act showed a reluctant Lyndon Baines Johnson when Martin Luther King, Jr. urged him to do the right thing. Bill Maher is still having a problem with others teaching the truth about history to students. These men probably would describe themselves as progressives or even liberals, but they also seem to think that telling the truth would be better done by “sugar

(See **A DIFFERENT VOICE**, P. 11)



COMMUNITIES STILL SUFFERING FROM COVID-19

The National COVID Week of Remembrance and Action came to a close with new hope that the pandemic may finally be transitioning out of the “full-blown” phase to a more controlled one in the United States, and that vaccines might soon be on the way for the youngest American children. But there were also new reminders of how devastating the pandemic has already been for millions of American families.

Researchers from the Black Coalition Against COVID (BCAC), the Equity Research and Innovation Center at Yale School of Medicine, and the Satcher Health Leadership Institute at Morehouse School of Medicine recently issued the report *The State of Black America and COVID-19: A Two-Year Assessment*, warning that the pandemic and its effects are far from over for many Americans, especially Black Americans and other communities of color. This latest report was commissioned in part to acknowledge that in January 2022—nearly two years into the pandemic—COVID-19 hospitalization rates for Black Americans were the highest they had been since the pandemic's start. As Yale scholar and Presidential COVID-19 Health Equity Task Force chair Dr. Marcella Nunez-Smith wrote, “We hope to bring attention to the continued burden of COVID-19 in the Black community, even as we as a nation have made incredible progress overall... Given generations of systemic disinvestment in the health of Black communities in the United States, the starkly disproportionate rates of COVID-19 illness and death are not surprising.” Dr. Nunez-Smith also said: “I have a visceral reaction every time someone says we have to get back to normal because normal is what got us here. We need to get back to a new normal.”

The researchers emphasized that the disparities they see

(See **CHILD WATCH**, P. 11)



Caveat Emptor

To The Editor:

During my 34 years teaching vocational education (shop), I taught my students a new word every week. To expand our knowledge, our parents and students need to learn at least one new word each week during the 52 weeks in 2022. I will place a new word every Sunday on my Facebook page (James Hankins.) The word or phrase for today is CAVEAT EMPTOR. It is a Latin phrase which means “let the buyer beware” or as mama says “watch out because they will cheat you.”

EXAMPLE #1—There was a roach control product that was guaranteed to work 100 percent. They mailed you two wooden blocks marked A and B. When the roach crawled up on block A, you would smash it with block B. That is a 100 percent kill for that one and only roach you have to deal with (smile). Example #2—There is an invitation-only raffle where you put down \$600 for a chance to win the keys to a brand-new Cadillac. The lucky Lady won and she was given the keys to the car, not a car but the keys (smile). The buyer could not file criminal charges or file a lawsuit because gambling was illegal in that state. The seller knew but the buyers didn't. One last tip is do your research before buying Car Shield, no matter what your Boy, rapper/actor, Ice-T says in his commercials. When you are dealing with the 39 percent of the world-class lying Republicans running for the 1st time or for reelection that TRUMP control; I must say this loud: CAVEAT EMPTOR “let the VOTER beware.” Are you and all over 17 in your home registered? Amos 8:5 (Paraphrased) “When will the new moon be over, so that we may sell grain, and the sabbath, that we may open the wheat (market). To make the bushel smaller and the shekel bigger, and to cheat with dishonest scales.”

James Jerome Hankins

Retired teacher

Former president of the New Hanover County NAACP

Real Estate Broker

Raconteur, writer and author

Talk To Us

Stimulating a lively discussion of issues that concern the community is one of our main tasks at The Carolinian. We want to know what you think. This issue's topic:

After decades of voting, have your issues been addressed by the representatives that you put into office? If you don't like the way the game is being played, should you change the players?

Other Viewpoints



MOTHER'S DAY

By Glenn Mollette

Author

Celebrate Mother's Day any way you can but don't miss the opportunity to honor mom. The opportunities pass us by. While mom is alive is the time to do something for her. Too often someone dies and we want to make sure we attend their funeral and buy flowers. We talk about missed opportunities. While your special person is alive is the time to cherish and make a big deal about that person.

Do what you can do. Moms simply want to know you care. You could clean out the garage or clean the house. Spend a day working in the yard or trimming shrubbery. People buy flowers and take mom out to dinner typically on Mother's Day. It is no secret that flowers have become even more expensive and many restaurants are having employee issues. If you had to wait to be served in the past this Mother's Day may be challenging. Consider taking mom a card and writing her a letter. Tell her how you feel about her and thank her for being a great mom. The main thing is don't forget the day. If you are a long way from home by all means make a phone call.

I know some great mothers. My wife is a phenomenal mother. I have sisters, daughters and a daughter in law who are great mothers. So, there are plenty of people around for me to honor this weekend. I suspect you may know one or two. Even if they aren't family, wish them a happy Mother's Day.

My mother has been in heaven for a long time and so has the mother of my two sons. Mother's Day is a tough day for them as they lost their mother when they were 20 and 17 year's old. My wife's mother passed just a few years ago. It happens. The chair at the table suddenly is empty and all you are left with are pictures and memories.

I miss the long telephone conversations with my mother. We talked on the telephone for 30 minutes sometimes twice a week. When I was a child, she was my advocate. She was my school tutor. We didn't eat out growing up so she kept food on the table three times a day. When I was a small child, we still had a ringer washing machine and the water was not great. We caught rain water in large tubs and then carried it in to wash clothes. I remember a couple of summers of carrying water from the creek to wash clothes. She ironed clothes for an entire day every week. It was a great day when we were finally able to have an automatic washer and dryer.

Mom worked hard and about twice a week dressed up really nice and she and dad went to church. Like most of our mothers I could write a lot about her but Eula Hinkle Mollette was a wonderful mother. She loved me, corrected me and supported me. I know there were times I disappointed her but she never disconnected from me. She was always there as best as she could be.

The point is don't miss celebrating Mother's Day. You only have one mom. Cherish every minute.

Hear Glenn Mollette every weekday morning EST at 8:56 and 11:31 on XM radio channel 131
Contact him at GMollette@aol.com. Learn more at www.glenmollette.com/

Dr. Mollette is a graduate of numerous schools including Georgetown College, Southern and Lexington Seminaries in Kentucky. He is the author of 13 books including Uncommon Sense, Grandpa's Store, Minister's Guidebook insights from a fellow minister. His column is published weekly in over 600 publications in all 50 states.



PRIMARIES TEST THE VIOLENT DISHONESTY OF THE RIGHT
By Wim Laven

PeaceVoice

On April 21st I went to the Top Notch Diner in Cortland, Ohio. Senate candidate Josh Mandel appeared with retired General Michael Flynn, former National Security Advisor in the Trump administration. I listened to Flynn tell the crowd "The election was stolen," and Mandel brag about being the only candidate in his race to call out the theft.

The crowd was whipped into a frenzy, the Big Lie about the election was red meat—it was their main course.

Mandel described the work of the deep state, they weren't coming after Trump and Flynn. Trump and Flynn were just caught in the middle, "the deep state is coming after all of us!"

As an educator and trained researcher, I am at a complete loss. What do you tell the people who do not believe the countless verdicts; there were not irregularities and interference—Trump lost, and Biden won—what can reconnect people with reality?

All the Trump and Republican led initiatives found the same results, in some cases indicating Biden's victory was an even larger margin than initially reported.

It is a problem of scale. The problem is that it is not a matter of a few lies a few people have told and that a few people believe. The problem is cultural violence; winning and acquiring power are more important than telling the truth. Theorists have debated the so-called clash of civilizations, but in the U.S., it is a devolution to clashing with the uncivilized.

We see the devolution exploding across the right. The GOP embraces QAnon conspiracy and the GOP is now more mainstream in conservative politics than the so-called "law and order" politics of decades past.

Uncivilized, not as a pejorative, but as individuals who have been conned by leaders who put personal gain over community and country. When the foundation is dishonesty, everything becomes party to the lie.

In Bakersfield, Calif., home of House Minority leader Kevin McCarthy, the Republican Accountability Project has placed six large billboards with the message: "WE'VE HEARD THE TAPES, KEVIN."

King Crossword

ACROSS

1 Knock
4 'The Thin Man' dog
8 Tabloid writing
12 Post-op area
13 Pace
14 A ke IFR
15 Sushi fish
17 'Hi, sailor!'
18 'Burnt' cray on color
19 Melody
21 Ordinal suffix
22 Game fish
26 Looks interly
29 Cactus
30 Man-mouse 'k

DOWN

1 Eyeglass frames
2 Antioxidant berry
3 Brownish purple
4 Reptile
5 Jazzy
6 Dead heat
7 Country stores?
8 June birth stone
9 'This tastes awful!'
10 Aquanaut's guage
11 Layer
16 Log joints
20 Author Fleming
23 Earth orbiter
24 Killer whale
25 'One-lama' poet
26 Attend
27 Wrong
28 Jupiter counterpart
29 Spring month
32 Sunshade
33 Copier blade
35 Skirt edge
36 Singer Timberlake
38 North African capital
39 Steamway
42 Privation
43 Handwork
44 Coup d'—
45 HBO rival
46 Possessed
47 Hot temper
48 Comic Photos

Stop lying about January 6th."

The cumulative impact of the categorical and ubiquitous dishonesty is hard to measure. The individual moments of malice are more easily discerned. For example, the connection between McCarthy, Trump, and their teams' racist lies about invasions at the southern border are directly tied to many hate crimes, violent attacks, and even mass shooting events; you can read it directly in perpetrators' manifestos.

Cumulative effects assessment—looking at everything together—presents much greater harm; it is violent dishonesty. The lies are degrading the quality of life and strength and effectiveness across the country and around the globe. But it starts at home, and it is happening in primaries across the country.

The fiction that the election was stolen is central in these tribal politics. The strength of loyalty to Trump over commitment to the Constitution is being tested and with the results the danger will come into focus.

When (and if) the faction supporting Trump's attempted coup grows two things will be clear. The lie will be embedded into culture and politics as a source for ongoing controversy and extreme divisions—a marker of division and existential identity. But the lie is already imprinted into the law and Republicans have limited access to the right to vote and presented increased capacity for overturning a democratic election.

The nightmare scenario is on the horizon and should be feared. A candidate who could lose by all measures (direct vote and electoral college) could still be installed by a corrupt Republican Party that has already made their antidemocratic tendencies clear.

Be worried of the malice this fascist autocrat will wield. Silencing marginalized voices is a starting point, but the much more vengeful and exploitative vision has already been made clear. Trump captured the extremist crowd with declarations of the threat black and brown bodies presented; "stop the steal" did not replace "build the wall," it accompanies it.

Elected officials have admitted Trump's crimes in private and delivered his lies in public. They will continue to abuse the power of their offices while they undergird the xenophobia, sexism, and bigotry that Trump championed. Start by imagining the horror show when he realizes he can do anything he wants, then prevent it before it is too late.

Wim Laven, Ph.D., syndicated by PeaceVoice, teaches courses in political science and conflict resolution.



MAY DAY!

By Tom H. Hastings

Portland State University

It's May Day, a day loved and hated by many. It's ancient, a pagan celebration of what was regarded as the first day of summer, focusing on flowers, Aphrodite, and Dionysus. In other words, a balling good time for all. Who wouldn't love such a day, even if the Puritans hated it?

But in 1889 it was also appropriated by communists and socialists as an international day commemorating the Haymarket Riot of 1886.

This is one of the reasons so many people associate labor unions with violence, though the likes of Jimmy Hoffa and other union crime bosses who controlled some of the emerging unions of the 1930s fed that corrupt and violent image of unions too.

I do not judge; my family was heavily involved in the 1934 truck driver strike in my hometown, Minneapolis, that involved violence on all sides. One of my truckdriving great uncles was beaten half to death, hospitalized by thugs hired by the companies trying to break the Teamsters. A famous photo shows a striker with a club in mid-swing with a cop about to get one in the head. Cops shot 67 strikers, two died, and literally half the population turned out for the funeral.

But labor history is by no means all violence, or even mostly violence. There are many inspiring cases of labor actions that have operated with a strict code of nonviolence and have prevailed, even precipitating the fall of communism and the end of the Warsaw Pact by the brave nonviolence of the Polish Solidarity labor union mass actions. Those of us who work for a living are fortunate to have labor unions getting us higher wages, benefits, better conditions, and shorter hours. Labor unions can shake the bad old connotations and we see that they can recover and help working families a great deal.

In my town now, currently known as the Problem Child town of America—Portland, Oregon—every May Day is a riot. Literally. Anarchists and others seem to celebrate the Haymarket Riot by emulating it (in tiny, malfunctioning ways) every May Day. They inflict as much baby violence as possible and make sure to alienate the public by hurling soda cans at cops, maybe getting into a bit of a street brawl with a few Patriot Prayer (our local Proud Boys), perhaps

break a potted plant or smash a statue of some noteworthy Pacific Northwest signature animal. They go home, proud as any four-year-old, to their bedroom in their mother's basement to watch themselves on the nightly news.

I hope we can skip the breakage riot May Day this year and instead return to the ancient roots of May Day and focus on the fecundity of Mother Earth with may poles, dancing, and renewed vows to protect nature, so that we can reverse the other Mayday, the distress call that climate scientists and water protectors are making. Environmental justice is saving nature for everyone and, obversely, inclusively saving everyone from the abuses of our Earth.

Let this be the year we get so deeply into reducing our carbon footprint as individuals and as a society that we truly honor the original happy spirit and grateful playfulness of the original May Days.

Dr. Tom H. Hastings is Coördinator of Conflict Resolution BA/BS degree programs and certificates at Portland State University, PeaceVoice Senior Editor, and on occasion an expert witness for the defense of civil resisters in court.

TO BE EQUAL

Continued from page 10

the BRA's support of the program, illustrating highlighting the progress of grant recipients in 11 other cities. Fellow Louisiana establishments include Addis Nola, Beaucoup Eats, Ray's on The Avenue, and Taste & See Personal Chef Services. It's especially significant that we're making this announcement at Vaucresson's on Monday, during the annual New Orleans Jazz & Heritage Festival, as Vaucresson's is the last remaining food vendor to have served the original New Orleans Jazz & Heritage Festival three decades ago. National Urban League and Pepsico Foundation launched the Black Restaurant Accelerator a year ago as the COVID-19 pandemic was wreaking devastation on communities of color. The pandemic hit Black-owned businesses the hardest, with 58 percent already facing financial distress. The effects of the pandemic also saw Black business ownership declined by more than 40 percent in the U.S.—the most significant drop across any ethnic group. In New Orleans, many had to make difficult decisions about the future of businesses that have been in their families for generations. Black-owned restaurants hold a special place in the history of the Civil Rights Movement. Along with Black churches, they were among the few places where it was safe for organizers and activists to meet and plan strategy, and they often fed civil rights workers for free. My own parents, civil rights leaders in Jim Crow-era New Orleans, spent many hours at Dooky Chase's Restaurant.

"The strategizing that went on there, over bowls of Leah Chase's hot gumbo and red beans and rice, helped to undercut the legal foundations of Jim Crow," my mother, Sybil Haydel Morial, wrote in her memoir, *Witness to Change: From Jim Crow to Political Empowerment*.

Dookie Chase's is now a landmark of the Civil Rights Movement, along with establishments like Paschal's in Atlanta, Brenda's Bar-B-Que Pit in Montgomery, Ala., and The Four Way in Memphis. Who knows what history could be made in one of our Black Restaurant Accelerator establishments?

A DIFFERENT VOICE

Continued from page 10

coating the facts" or giving the truth time to be told. I think it's because for most Americans that are Caucasians, seeing themselves as superior to people of color is a necessary self-identity. For this reason, being not stymied at passing this lie on to their children is a necessary legacy. To me that's really sad because it's counter to intelligent and ultimately to spiritual thinking. As long as this lie is held onto, people who are conscious have to question who God is to them.

Here's the deal and it's simple to me: friendship cannot exist among unequals. If I consider you to be a friend we have got to be on an equal footing. There has got to be mutual respect. Abraham Lincoln once stated something to the effect that "colored" people would never be equal to White people in intelligence and ability. How could he possibly consider Frederick Douglass a friend if he believed that? In addition, Frederick Douglass stated in his Fourth of July speech, "Your high independence only reveals the distance between us." He also said, "Slavery is not abolished until the Black has the ballot." What do you think he would think today of your attempts to keep Black people from voting so you can win? You can pull statements from our leaders that make them appear passive to the truth, but when you accept the body of writings and speeches of Martin and Douglass you will discover them to be as Douglass said in his Fourth of July speech, "I'm not that man." Kilmearie concluded in his book that Lincoln and Douglass made America free for all people. I know better than that because I'm still here in 2022.

CHILD WATCH

Continued from page 10

are not due to any differences in genetic predisposition, but were "the predictable result of structural and societal realities"—including that Black Americans were more likely to be considered essential workers; to live in multi-generational households, crowded homes, and densely populated urban areas; and to suffer from health conditions rooted in pre-existing health disparities, including exposure to environmental toxins, obesity, hypertension, diabetes, and chronic kidney disease, that contributed to greater risk for infection and serious illness. One of the starkest results has been that Black Americans ages 65-74 were five times more likely to die from COVID-19 than their White counterparts. But troubling disparities also run deep for Black Americans who recovered or who are still struggling to recover from COVID and for Black adults and children who may not even have gotten sick themselves but whose families experienced setbacks and devastating losses.

For example, Black Americans were twice as likely to experience food insecurity and more likely to experience pandemic-related anxiety, depression, and substance use disorders than White Americans. The BCAC team is now concerned about looming disparities in access to services and treatment for long COVID. Studies have found Black students and other students of color lost about one year of learning time during the pandemic, while White students lost to four to eight months. And there are also deep disparities in the number of children who suffered the most painful loss of all: one or both parents, a grandparent, or another caregiver dying from COVID-19.

More than 200,000 U.S. children have now lost a primary or secondary caregiver due to the pandemic, and research shows 65 percent of children who lost a primary caregiver were children of racial and ethnic minorities. For all of these children, any talk about relief at getting back to "normal" is impossibly cruel. Children grieving the loss of a parent are at higher risk of traumatic prolonged grief and depression, poor academic performance, and economic insecurity. Their lives will have a before and an after but will never have the same normal again—and they deserve a new, better normal most of all.

We know the root causes of these disparities, we have seen the devastating results, and now it is up to our nation to move forward with solutions. *The State of Black America and COVID-19* ends with a series of 12 concrete action steps. As BCAC co-founder Dr. Reed Tuckson writes, "As of this report's release, we understand that there remains unfinished work yet to do to save and protect our communities from the COVID-19 pandemic. We commissioned this two-year report because we believe it is important to examine the consequences of the pandemic for Black America. However, because we have a profound respect for Black life and survival, and indeed for all life, we understand that even after the pandemic resolves, the disparities in health status experienced by the Black community prior to the pandemic must be urgently addressed... All of the organizations that have come together under this coalition are committed to working tirelessly until this pandemic ends as well as vigorously addressing the preexisting health challenges that have plagued our community for far too long."

We must all share the same mission.

Classifieds

LEGALS

DURHAM COUNTY

NOTICE TO CREDITORS

File No. 22 E 362

The undersigned, having duly qualified as Executor of the Estate of Rebecca W. Glenn, deceased, late of Durham County, North Carolina, hereby notifies all persons, firms and corporations having claims against the Estate of said deceased to present them to the undersigned at the below listed address on or before July 21, 2022 or this notice will be pleaded in bar of their recovery. All persons, firms and corporations indebted to the Estate will please make immediate payment to the undersigned.

This the 21st day of April, 2022.
Gregory Stuart Glenn
Executor

c/o Ronald G. Coulter
Attorney at Law
3400 Croasdaile Drive Suite 205
Durham, NC 27705
4/21,28,5/5,12/2022

STATE OF NORTH CAROLINA
COUNTY OF DURHAM

NOTICE TO CREDITORS

File No. 22-E-502

THE UNDERSIGNED, having qualified on the 12th day of April, 2022, as Executor of the **ESTATE OF CHRISTINE DUKE DAVIS A/K/A BLANCHE CHRISTINE DAVIS**, Deceased, of Durham County, North Carolina, does hereby notify all persons, firms and corporations having claims against said Estate to exhibit them to the undersigned on or before the 20th day of July, 2022 or this Notice will be pleaded in bar of their recovery. All persons indebted to said Estate will please make immediate payment to the undersigned.

This, the 21st day of April, 2022.
**RANDALL DUKE TEASLEY
CECILIA JOHNSON TEASLEY
CO-EXECUTORS**
**ESTATE OF
CHRISTINE DUKE DAVIS
A/K/A
BLANCHE CHRISTINE DAVIS**
c/o Jennifer Dalman, Attorney
Walker Lambe, PLLC
Post Office Box 51549
Durham, NC 27717-1549
4/21,28,5/5,12/2022

STATE OF NORTH CAROLINA
DURHAM COUNTY

**NOTICE OF SERVICE
OF PROCESS BY PUBLICATION
In The General Court Of Justice
Superior Court Division
Before the Clerk**

File Number 22-E-527

The Undersigned, having qualified as Executrix of the Estate of Ellwood Eugene Hicks, late of Durham County, North Carolina, hereby wishes to notify all persons having claims against the Estate of said deceased to exhibit them to the undersigned at the below listed address on or before the 21st day of July 2021, or this notice will be pleaded in bar of their recovery.

All persons indebted to the Estate will please make immediate payment to the undersigned at the below listed address.

This the 21st day of April 2022.

Lou F. Hicks aka
Lou Farrell Hicks
Executrix

132 Continental Drive
Durham, NC 27713
4/21,28,5/5,12/2022
STATE OF NORTH CAROLINA
COUNTY OF DURHAM

NOTICE TO CREDITORS

File No. 22-E-501

THE UNDERSIGNED, having qualified on the 12th day of April, 2022, as Executor of the **ESTATE OF WILLIAM CHARLES WITZLEBEN**, Deceased, of Durham County, North Carolina, does hereby notify all persons, firms and corporations having claims against said Estate to exhibit them to the undersigned on or before the 20th day of July, 2022 or this Notice will be pleaded in bar of their recovery. All persons indebted to said Estate will please make immediate payment to the undersigned.

This, the 21st day of April, 2022.

**CLARK HUGHES WITZLEBEN
EXECUTOR**
**ESTATE OF WILLIAM CHARLES
WITZLEBEN**
c/o Stephen C. Rhudy, Attorney
Walker Lambe, PLLC
Post Office Box 51549
Durham, North Carolina 27717
4/21,28,5/5,12/2022

STATE OF NORTH CAROLINA
DURHAM COUNTY

In The General Court Of Justice

District Court Division

File Number 22-CVD-237

NOTICE OF SERVICE

To: KEVIN AVILA LICONA,

Defendant.

Take notice that a pleading seeking relief against you has been filed in the above-entitled action. The nature of the relief being sought is for child custody. You are required to make defense to such pleading no later than the June 1, 2022, said date being at least forty (40) days from the first publication of this Notice, and upon your failure to do so, the Plaintiff, DANY JULISSA CHAVEZ SANCHEZ, will apply to the court for the relief sought.

This, the 21st day of April, 2022.

Aneta Paval, Esq.
Paval Law Offices, PLLC
7404 Chapel Hill Rd
Suite M

Raleigh NC 27607
Telephone: (919) 410-6690
4/21,28,5/5/2022

STATE OF NORTH CAROLINA
DURHAM COUNTY

**NOTICE OF SERVICE
OF PROCESS BY PUBLICATION
In The General Court Of Justice
Superior Court Division
Before the Clerk**

File Number 21-E-655

The Undersigned, having qualified as Executor of the Estate of Rosa D. Covington, late of Durham County, North Carolina, hereby wishes to notify all persons having claims against the Estate of said deceased to exhibit them to the undersigned at the below listed address on or before the 21st day of July 2022, or this notice will be pleaded in bar of their recovery.

All persons indebted to the Estate will please make immediate payment to the undersigned at the below listed address.

This the 28st day of April 2022.

Percy Covington, Jr.
Executor

822 Exum Street
Durham, NC 27701
4/28,5/5,5/12 and 5/19/2022
STATE OF NORTH CAROLINA
DURHAM COUNTY

**NOTICE OF SERVICE
OF PROCESS BY PUBLICATION
In The General Court Of Justice
Superior Court Division
Before the Clerk**

File Number 22-E-401

The Undersigned, having qualified as Administrator of the Estate of Brenda Joyce Loftin aka B. Joyce Loftin, late of Durham County, North Carolina, hereby wishes to notify all persons having claims against the Estate of said deceased to exhibit them to the undersigned at the below listed address on or before the 21st day of July 2022, or this notice will be pleaded in bar of their recovery.

All persons indebted to the Estate will please make immediate payment to the undersigned at the below listed address.

This the 21st day of April 2022.

Brenda A. Loftin aka
Brenda Angeline Loftin aka
Brenda Lee Loftin
Administrator

2808 Owen Street
Durham, NC 27703
4/21,28, 5/5,12/2022
STATE OF NORTH CAROLINA
DURHAM COUNTY

**NOTICE OF SERVICE
OF PROCESS BY PUBLICATION
In The General Court Of Justice
Superior Court Division
Before the Clerk**

File Number 2022-E-000485

The Undersigned, having qualified as Executor of the Estate of Pearl Mack Holman, late of Durham County, North Carolina, hereby wishes to notify all persons having claims against the Estate of said deceased to exhibit them to the undersigned at the below listed address on or before the 21st day of July 2022, or this notice will be pleaded in bar of their recovery.

All persons indebted to the Estate will please make immediate payment to the undersigned at the below listed address.

This the 21st day of April 2022.

Juanita Shaw
Executor
3013 St. Marys Road
Hillsborough, NC 27278
4/21,28, 5/5,12/2022

STATE OF NORTH CAROLINA
DURHAM COUNTY

**NOTICE OF SERVICE
OF PROCESS BY PUBLICATION
In The General Court Of Justice
Superior Court Division
Before the Clerk**

File Number 22-E-180

The Undersigned, having qualified as Executor of the Estate of Oliver L. Hodge, Sr., late of Durham County, North Carolina, hereby wishes to notify all persons having claims against the Estate of

said deceased to exhibit them to the undersigned at the below listed address on or before the 21st day of July 2022, or this notice will be pleaded in bar of their recovery.

All persons indebted to the Estate will please make immediate payment to the undersigned at the below listed address.

This the 21st day of July 2022.

Roderick V. Hodge
Executor

5425 Loyal Place
Durham, NC 27713
4/21,28, 5/5,12/2022

NOTICE TO CREDITORS

Having qualified as Executor of the Estate of Sara H. McCoy a/k/a Sara Hart McCoy, late of Durham County, North Carolina, the undersigned does hereby notify all persons, firms and corporations having claims against the estate of said decedent to exhibit them to the undersigned at the law offices of Culp Elliott & Carpenter, PLLC, 6801 Carnegie Boulevard, Suite 400, Charlotte, NC 28211, before the 21st day of July, 2022, or this notice will be pleaded in bar of their recovery. All persons, firms and corporations indebted to the said estate will please make immediate payment to the undersigned.

This the 21st day of April, 2022.
William O. McCoy, Executor of the Estate of Sara H. McCoy a/k/a Sara Hart McCoy.

Attorney:
William L. Mills, IV
Culp Elliott & Carpenter, PLLC
6801 Carnegie Boulevard, Suite 400
Charlotte, NC 28211
4/21,28, 5/5,12/2022

STATE OF NORTH CAROLINA
DURHAM COUNTY

**NOTICE OF SERVICE
OF PROCESS BY PUBLICATION
In The General Court Of Justice
Superior Court Division
Before the Clerk**

File Number 22-E-376

The Undersigned, having qualified as Executrix of the Estate of Regina A. Johnson Hayes AKA Regina Johnson Hayes, late of Durham County, North Carolina, hereby wishes to notify all persons having claims against the Estate of said deceased to exhibit them to the undersigned at the below listed address on or before the 28th day of July 2022, or this notice will be pleaded in bar of their recovery.

All persons indebted to the Estate will please make immediate payment to the undersigned at the below listed address.

This the 28th day of April 2022.

Gianina H. Fink AKA
Gianina S. Hayes
Executrix

3923 Penny Lane
Jeffersonville IN 47130
4/28, 5/5,12,19/2022
NORTH CAROLINA
DURHAM COUNTY

**In The General Court of Justice
District Court Division
File No. 22-CVD-405**

**NOTICE OF SERVICE OF
PROCESS BY PUBLICATION**
To: EDWIN DAIR NATARENO
ECHEVERRIA, Defendant.

Take notice that a pleading seeking relief against you has been filed in the above-entitled action. The nature of the relief being sought is for child custody. You are required to make defense to such pleading no later than the 7th day of June 2022, said date being at least forty (40) days from the first publication of this Notice, and upon your failure to do so, the Plaintiff, MEREIRA CARINA BRAVO ARREAGA, will apply to the court for the relief sought.

This, the 28th day of April 2022.

Aneta Paval, Esq.
Paval Law Offices, PLLC
7404 Chapel Hill Rd
Suite M

Raleigh NC 27607
Telephone: (919) 410-6690
4/28, 5/5,12/2022

STATE OF NORTH CAROLINA
DURHAM COUNTY

**NOTICE OF SERVICE
OF PROCESS BY PUBLICATION
In The General Court Of Justice
Superior Court Division
Before the Clerk**

File Number 22-E-553

The Undersigned, having qualified as Executor of the Estate of Anand P. Jaggi AKA Anand Prakash Jaggi, late of Durham County, North Carolina, hereby wishes to notify all persons having claims against the Estate of said deceased to exhibit them to the undersigned at the below listed address on or before the 28th day of July 2022, or this notice will be pleaded in bar of their recovery.

All persons indebted to the Estate will please make immediate payment to the undersigned at the

below listed address.

This the 28th day of April 2022.

Anuj Jaggi
Executor

1114 Areca Way
Durham, NC 27703
4/28, 5/5,12,19/2022
STATE OF NORTH CAROLINA
DURHAM COUNTY

**NOTICE OF SERVICE
OF PROCESS BY PUBLICATION
In The General Court Of Justice
Superior Court Division
Before the Clerk**

File Number 22-E-296

The Undersigned, having qualified as Administrator of the Estate of Edward Keith Nesbit, late of Durham County, North Carolina, hereby wishes to notify all persons having claims against the Estate of said deceased to exhibit them to the undersigned at the below listed address on or before the 28th day of July 2022, or this notice will be pleaded in bar of their recovery.

All persons indebted to the Estate will please make immediate payment to the undersigned at the below listed address.

This the 28th day of April 2022.

Sherri Swan-Nesbit
Administrator

2710 Cooksbury Drive
Durham, NC 27704
4/28, 5/5,12,19/2022

NORTH CAROLINA
DURHAM COUNTY

Superior Court Division

21 CVS 2813

**NOTICE OF SERVICE OF
PROCESS BY PUBLICATION**

THOMAS McCULLOUGH,

Plaintiff,

vs.

ALFREDA THREAT

JUANZO VERBAL

JACQUAIL NANCE,

Defendants.

TO: ALFREDA THREAT, one of the above-named Defendants:

TAKE NOTICE, that a pleading seeking relief against you has been filed in the above-entitled action. The nature of the relief being sought is as follows:

Demand for Arbitration and Claim for Damages against Unnamed Defendant Insurer for Underinsured Damages.

You are required to make defense to such pleading not later than June 21, 2022, said date being forty (40) days from the first publication of this notice, or from the date complaint is required to be filed, whichever is later, and upon your failure to do so the party seeking service against you will apply to the Court for the relief sought.

This the 28th day of April, 2022.

Gregory Reynald Williams
Attorney for Plaintiff

2232 Page Road, Suite 203
Durham, NC 27703

Telephone: (919) 282-4696

Facsimile: (877) 520-5706

4/28, 5/5,12/2022.

STATE OF NORTH CAROLINA
DURHAM COUNTY

**NOTICE OF SERVICE
OF PROCESS BY PUBLICATION
In The General Court Of Justice
Superior Court Division
Before the Clerk**

File Number 2022-E-00395

The Undersigned, having qualified as Executor of the Estate of Loretta Kay Ragan, late of Durham County, North Carolina, hereby wishes to notify all persons having claims against the Estate of said deceased to exhibit them to the undersigned at the below listed address on or before the 28th day of July 2022, or this notice will be pleaded in bar of their recovery.

All persons indebted to the Estate will please make immediate payment to the undersigned at the below listed address.

This the 28th day of April 2022.

Jane Ray Carden
Executrix

8134 Lowell Valley Drive
Bahama, NC 27503

4/28,5/5,12,19/2022

STATE OF NORTH CAROLINA
DURHAM COUNTY

**NOTICE OF SERVICE
OF PROCESS BY PUBLICATION
In The General Court Of Justice
Superior Court Division
Before the Clerk**

File Number 22-E-577

The Undersigned, having qualified as Executrix of the Estate of Norman Howard Barlow AKA Norman Howard Barlow, Jr., late of Durham County, North Carolina, hereby wishes to notify all persons having claims against the Estate of said deceased to exhibit them to the undersigned at the below listed address on or before the 28th day of July 2022, or this notice will be pleaded in bar of their recovery.

All persons indebted to the Estate will please make immediate

payment to the undersigned at the below listed address.

This the 28th day of April 2022.

Katherine Olivia Barlow AKA
Katherine B. Cadwallader
Executrix
4001 St. Marks Rd.
Durham, NC 27707
4/28,5/5,12,19/2022

STATE OF NORTH CAROLINA
DURHAM COUNTY

**NOTICE OF SERVICE
OF PROCESS BY PUBLICATION
In The General Court Of Justice
Superior Court Division
Before the Clerk**

File Number 22 E 300

The Undersigned, having qualified as Administrator of the Estate of Donnie Calvin Hobbs, late of Durham County, North Carolina, hereby wishes to notify all persons having claims against the Estate of said deceased to exhibit them to the undersigned at the below listed address on or before the 5th day of August 2022, or this notice will be pleaded in bar of their recovery.

All persons indebted to the Estate will please make immediate payment to the undersigned at the below listed address.

This the 5th day of May 2022.

Cynthia Kaye Hobbs
Administratrix

537 Clayton Rd
Durham, NC 27703
5/5,5/12,5/19 and 5/26/2022

NORTH CAROLINA
DURHAM COUNTY

**In The General Court Of Justice
District Court Division**

File No. 22 CVD 236

**NOTICE OF SERVICE
OF PROCESS BY PUBLICATION**

To: HARALD REINDL,

Defendant

Take notice that a pleading seeking relief against you has been filed in the above-entitled action. The nature of the relief being sought is for child custody. You are required to make defense to such pleading no later than June 15, 2022, said date being at least forty (40) days from the first publication of this Notice, and upon your failure to do so, the Plaintiff, JAMILETH ZEL-EDON LEIVA, will apply to the court for the relief sought.

This, the 5th day of May, 2022.

Aneta Paval, Esq.
Paval Law Offices, PLLC

7404 Chapel Hill Rd
Suite M
Raleigh NC 27607

Telephone: (919) 410-6690

5/5,5/12 and 5/19/2022

STATE OF NORTH CAROLINA
DURHAM COUNTY

**NOTICE OF SERVICE
OF PROCESS BY PUBLICATION
In The General Court Of Justice
Superior Court Division
Before the Clerk**

File Number 22 E 585

The Undersigned, having qualified as Administrator of the Estate of Lane A Combs a/k/a Lane Allen Combs, late of Durham County, North Carolina, hereby wishes to notify all persons having claims against the Estate of said deceased to exhibit them to the undersigned at the below listed address on or before the 5th day of August 2022, or this notice will be pleaded in bar of their recovery.

All persons indebted to the Estate will please make immediate payment to the undersigned at the below listed address.

This the 5th day of May 2022.

Karen O Combs a/k/a Karen Oakley
Combs
Administrator

614 Wanda Ridge Dr
Durham, NC 27712

5/5,5/12,5/19 and 5/26/2022

STATE OF NORTH CAROLINA
DURHAM COUNTY

**NOTICE OF SERVICE
OF PROCESS BY PUBLICATION
In The General Court Of Justice
Superior Court Division
Before the Clerk**

File Number 22 E 583

The Undersigned, having qualified as Executrix of the Estate of Elva Catalina Lay, late of Durham County, North Carolina, hereby wishes to notify all persons having claims against the Estate of said deceased to exhibit them to the undersigned at the below listed

address on or before the 5th day of August 2022, or this notice will be pleaded in bar of their recovery.

All persons indebted to the Estate will please make immediate payment to the undersigned at the below listed address.

This the 5th day of May 2022.

April Dawn Austin
Executrix

708 Carroll St
Durham, NC 27701

5/5,5/12,5/19 and 5/26/2022

NOTICE TO CREDITORS

File No. 22 E 574

Having qualified as Administrator of the Estate of Catherine Cecilia Syhre, deceased of Durham County, North Carolina, Estate File No. 22-E-574, this is to notify all persons, firms, corporations, and other entities having claims against the said decedent to present them to the undersigned on or before the 5th day of August 2022, or this notice will be pleaded in bar of recovery of any such claims. All debtors of the decedent are asked to make immediate payment.

This the 5th day of May, 2022.

ATTN: Laura C. Kelley

2113 Pershing Street
Durham, NC, 27705

5/5,5/12,5/19 and 5/26/2022

STATE OF NORTH CAROLINA
DURHAM COUNTY

NOTICE TO CREDITORS

File Number 22 E 584

SO

Why Do We Ask For 'The Real McCoy' When It Has To Be Perfect?

By Neenah Payne

Activist Post

People often demand "the real McCoy" when they want something authentic. On May 2, Google had a graphic celebrating Elijah J. McCoy (May 2, 1844–October 10, 1929), a Canadian-American engineer of African-American descent who invented lubrication systems for steam engines that revolutionized transportation worldwide—making train travel faster, safer, and more profitable and affordable.

Wikipedia says:
Born free on the Ontario shore of Lake Erie to parents who fled enslavement in Kentucky, he traveled to the United States as a young child when his family returned in 1847, becoming a U.S. resident and citizen. His inventions and accomplishments were honored in 2012 when the United States Patent and Trademark Office named its first regional office, in Detroit, Mich., the "Elijah J. McCoy Midwest Regional Patent Office."

Born in Colchester, Ontario to George and Mildred Goins McCoy, McCoy attended the Upper Canadian schools. At age 15, in 1859, McCoy was sent to Scot-

land where he was apprenticed and, after studying at the University of Edinburgh, certified as a mechanical engineer. By the time he returned, the George McCoy family had established themselves on the farm of John and Maryann Starkweather in Ypsilanti, Mich. George used his skills as a tobacconist to establish a tobacco and cigar business.

McCoy could find work only as a fireman and oiler at the Michigan Central Railroad. In a home-based machine shop, McCoy also did more highly-skilled work such as developing improvements and inventions. He invented an automatic lubricator for oiling the steam engines of locomotives and ships, patenting it in 1872 as "Improvement in Lubricators for Steam-Engines" (U.S. Patent 129,843).

He had patented similar automatic oilers previously. One is the displacement lubricator which had attained widespread use and whose technological descendants continued to be widely used into the 20th century. Lubricators were a boon for railroads as they enabled trains to run faster and more profitably with less need to stop for lubrication and maintenance. McCoy continued to refine his devices

and design new ones; most of his patents dealt with lubricating systems, including a further patent in 1898 which added a glass 'sight-feed' tube to monitor the rate of lubricant delivery (U.S. Patent 614,307).

After the turn of the century, he attracted notice among his Black contemporaries. Booker T. Washington, in Story of the Negro (1909), recognized him as having produced more patents than any other Black inventor up to that time. This creativity gave McCoy an honored status in the Black community that has persisted to this day.

He continued to invent until late in life, obtaining as many as 57 patents; most related to lubrication, but others also included a folding ironing board and a lawn sprinkler. Lacking the capital with which to manufacture his lubricators in large numbers, he usually assigned his patent rights to his employers or sold them to investors. Lubricators with the McCoy name were not manufactured until 1920, near the end of his career, when he formed the Elijah McCoy Manufacturing Company to produce them.

Historians have not agreed on the importance of McCoy's contribution to the field of lubrication.

Early-20th century lubrication literature barely mentions him. For example, his name is absent from E.L. Ahrons' Lubrication of Locomotives (1922), which does identify several other early pioneers and companies of the field.

Regarding the phrase "The real McCoy"

This popular expression, typically meaning the real thing, has been attributed to Elijah McCoy's oil-drip cup invention. One theory is that railroad engineers looking to avoid inferior copies would request it by name, and inquire if a locomotive was fitted with "the real McCoy system". This theory is mentioned in Elijah McCoy's biography at the National Inventors Hall of Fame. It can be traced to the December 1966 issue of Ebony in an advertisement for Old Taylor bourbon whiskey: "But the most famous legacy McCoy left his country was his name." A 1985 pamphlet printed by the Empak Publishing Company also notes the phrase's origin but does not elaborate...The expression "The real McCoy" was first published in Yorkville (now part of Toronto), Ontario, in 1881.

McCoy married for the second time in 1873 to Mary Eleanor Delaney. The couple moved to Detroit when McCoy found work

there. Mary McCoy (died 1923) helped found the Phillis Wheatley Home for Aged Colored Men in 1898. Elijah McCoy died in the Eloise Infirmary in Nankin Township, now Westland, Mich., on October 10, 1929, at the age of 85, after suffering injuries from a car accident seven years earlier in which his wife Mary died. He is buried in Detroit Memorial Park East in Warren, Mich.

How Elijah McCoy Invented "The Real McCoy"

During America's Industrial Revolution, there was perhaps no invention more impactful than the steam engine. By boiling water and using hot steam to drive a piston back and forth, the movement of the piston would then power a machine or rotate a wheel. This allowed factories to transition away from relying on wind and waterpower sources, allowing these facilities to be built anywhere.

It soon became clear that steam had the potential to revolutionize both manufacturing and transportation. In 1829, the first steam locomotives were imported from England and began to be used for the transportation of materials, and eventually people, across the country at an unprecedented pace. To function

properly, steam engines needed constant fuel and lubrication. The former could be completed while the train was moving by shoveling coal into the firebox, but for the latter to occur, the train needed to come to a complete stop so that it wouldn't overheat.

However, thanks to the automatic engine lubricator invented by National Inventors' Hall of Fame Inductee® (NIHF) Elijah McCoy, steam-powered trains no longer had to stop during travel in order to lubricate. McCoy overcame great odds to invent a device that was foundational to steam-powered train travel.

Throughout his life, McCoy continued to improve the effectiveness and design of his automatic lubricator. The Michigan Central Railroad promoted him to the position of an instructor, where he taught others how to use his inventions, and he later became a consultant to the railroad industry at large regarding patents. At the time of his passing in 1929, he held 57 U.S. patents, primarily related to the railroad industry.

To read more stories behind some of the world's most impactful inventions, we invite you to visit our blog.

Classifieds

LEGALS

WAKE COUNTY

STATE OF NORTH CAROLINA
WAKE COUNTY
NOTICE OF SERVICE OF PROCESS BY PUBLICATION
In The General Court Of Justice
Superior Court Division
Before the Clerk
File Number 2021 E 000145

The Undersigned, having qualified as Executor of the Estate of Willie Kennedy Jr., late of Wake County, North Carolina, hereby wishes to notify all persons having claims against the Estate of said deceased to exhibit them to the undersigned at the below listed address on or before the 14th day of July 2022, or this notice will be pleaded in bar of their recovery.

All persons indebted to the Estate will please make immediate payment to the undersigned at the below listed address.

This the 14th day of April 2022.
Johnny Perry
Executor
747 St. George Road
Raleigh, NC 27610
4/14,21,28, 5/5/2022
STATE OF NORTH CAROLINA
WAKE COUNTY

NOTICE OF SERVICE OF PROCESS BY PUBLICATION
In The General Court Of Justice
Superior Court Division
Before the Clerk
File Number 2022 E 000748

The Undersigned, having qualified as Executor of the Estate of Lorraine Williams Whitley, late of Wake County, North Carolina, hereby wishes to notify all persons having claims against the Estate of said deceased to exhibit them to the undersigned at the below listed address on or before the 14th day of July 2022, or this notice will be pleaded in bar of their recovery.

All persons indebted to the Estate will please make immediate payment to the undersigned at the below listed address.

This the 14th day of April 2022.
Cynthia McNeill
Executor
5129 Emerald Springs Drive
Knightdale, NC 27545
4/14,21,28, 5/5/2022
STATE OF NORTH CAROLINA
WAKE COUNTY

NOTICE OF SERVICE OF PROCESS BY PUBLICATION
In The General Court Of Justice
Superior Court Division
Before the Clerk
File Number 2021 E 001223

The Undersigned, having qualified as Administrator of the Estate of Alfred L. Grigsby, late of Wake County, North Carolina, hereby wishes to notify all persons having claims against the Estate of said deceased to exhibit them to the undersigned at the below listed address on or before the 21st day of July 2022, or this notice will be pleaded in bar of their recovery.

All persons indebted to the Estate will please make immediate payment to the undersigned at the below listed address.

This the 21st day of April 2022.
Michelle Moore
Administrator
10444 Neland Street
Raleigh, NC 27614
4/21,28,5/5,12/2022
NORTH CAROLINA
WAKE COUNTY

In The General Court Of Justice District Court Division
File No.: 22-CVD-3354
NOTICE OF SERVICE OF PROCESS BY PUBLICATION
JEWEL HUGHES,

PLAINTIFF
VS.
UNKNOWN FATHER
Of Kamden Hughes
DEFENDANT

TO: UNKNOWN FATHER OF KAMDEN HUGHES
TAKE NOTICE that a pleading seeking relief against you has been filed in the above-entitled action. The nature of the relief being sought is for Custody of the minor child Kamden Hughes, born July 1, 2008 to the Plaintiff's daughter MeTasha S. Hughes in Wake County, North Carolina.

You are required to make defense to such pleadings no later than the 1st day of June 2022, said date being at least forty days from the first publication of this notice; and upon your failure to do so the party seeking relief against you will apply to the Court for the relief sought.

This the 21st day of April 2022.
LAW OFFICES OF STEPHANIE J. BROWN
BY:
Stephanie J. Brown
Attorney for Plaintiff
P.O. Box 2596
Raleigh, NC 27602
(919) 836-9444
State Bar No. 18944
sjbrown_law@hotmail.com
4/21,28,5/5/2022

NOTICE TO CREDITORS
David Edward Young died 10/25/21 in Wake County, NC Court file 22E1567. All persons, firms or corporations indebted to David Edward Young will please make immediate payment. Those having claims against David Edward Young are to present them before 8/5/22 or this Notice may be pleaded to bar the claim.

Claims may be sent to Deborah H. Shartle, Attorney for the estate at Arges Law Firm, 3200 Croasdale Drive, Suite 706, Durham, NC 27705.

Kathie W. Young, Executor.
4/28/22, 5/5/22, 5/12/22, 5/19/22.
WAKE COUNTY
NORTH CAROLINA

NOTICE TO CREDITORS
File No. 2022-E-000905

All Persons or Creditors having claims against the estate of Natasha Patrice Clayton, deceased 12/23/2021, of Wake Co. NC are notified to exhibit claims to the undersigned on or before 07/28/2022. This notice will be pleaded in bar of recovery. This 28th day of April 2022.

Christopher Clayton and Melvin Clayton
Executors
237 Lord Ashley Rd
Raleigh NC, 27616
919-302-2036
4/28, 5/5,12,19/2022

eMail Your Classified Advertisements 24 Hours A Day to ADS@CARO.NEWS

FOR SALE

AKC GERMAN SHEPHERD PUP—7 weeks. Upto date on shots and wormer. Parents on site. \$500.00. 336-233-7039, 336-233-7512.
4/28,5/5/22

SOLD AS-IS
'76 Chevy Nova
Lt. Blue
No Key
4 Door
\$6,000
The Freedom Sales Team
919.627.7177
myfreedomtowing@gmail.com
4/28 and 5/5/22

SOLD AS-IS
'16 MBenz Metris
White
No Key
RWD
4-Cyl, turbo, 2.0 L
\$38,590
The Freedom Sales Team
919.627.7177
myfreedomtowing@gmail.com
4/28 and 5/5/22

SOLD AS IS
'19 Dodge Grand Caravan
Blue
Has Key
Wrecked in front end
\$10,000
The Freedom Sales Team
919.627.7177
myfreedomtowing@gmail.com
4/28 and 5/5/22

WANTED WBE, MBE & DBE BIDS

for the following job:
CITY OF WILSON
Miracle Field at Gillette Athletic Complex
Wilson Co.
Bid Date: May 12th

These projects may involve some or all of the following aspects of construction: construction survey, clear and grub, trucking, drainage, milling, paving, incidental concrete, fence and guardrail, signs, structures, traffic control, utilities, signals, pavement marking, erosion control and seeding. Bids can be emailed to stw.quotes@stwcorp.com

Please contact S. T. Wooten at 252-291-5165, Fax 252-243-0900 no later than 5:00 p.m. the day before the bid date.

D/M/WBE SUBCONTRACTORS/SUPPLIERS WANTED

T.A. Loving Company (NC General Contractor License No. 325) is seeking certified DBE, MBE, and WBE subcontractors and suppliers for the **South 4th Street Culvert Repair** project for the **Town of Murfreesboro** which bids **May 12, 2022, at 11:00 AM**. Plans and specifications for this project are available at the following locations: TA Loving Company, 400 Patetown Road, Goldsboro, NC 27530 * Murfreesboro Town Hall; 105 East Broad Street; Murfreesboro, NC 27855 * Municipal Engineering, Inc.; 68 Shipwash Drive; Garner, NC 27529 * Dodge Data and Analytics website * ConstructConnect website * Construction Journal website.

Potential subcontracting opportunities include but are not limited to surveying, clearing and grubbing, hauling, asphalt paving, striping, traffic control, erosion control, seeding, sodding, linework, bypass pumping, flatwork, CIPC, concrete forms, and concrete rebar. Please contact Jeff Price (jprice@taloving.com) if you are interested in submitting a proposal on any portion(s) of this project. Contact via phone 919-734-8400; fax 919-736-2148; or email. All quotations will be accepted up to bid closing time on bid date. TA Loving Company is an Equal Opportunity/Affirmative Action Employer.

Please advise if assistance is needed with obtaining necessary equipment, supplies, materials, or insurance/bonding to satisfy the work requirements. We are willing to accept quotations on all or partial quantities and items of work. We can offer 2-party check payments and quick payment agreements, but the agreements need to be negotiated prior to bid date.

D/M/WBE SUBCONTRACTORS/SUPPLIERS WANTED

T.A. Loving Company (NC General Contractor License No. 325) is seeking certified DBE, MBE, and WBE subcontractors and suppliers for the **Arrowhead Park Water Main Interconnection** project for **Cape Fear Public Utilities Authority** which bids **May 10, 2022, at 11:00 AM**. Plans and specifications for this project are available at the following locations: TA Loving Company, 400 Patetown Road, Goldsboro, NC 27530 * Cape Fear Public Utility Authority website * Dodge Data and Analytics website * Construction Journal website * iSqFt website * Bidclerk Planroom website * North American Procurement Council, Inc. website * Blue Book Building & Construction Network website.

Potential subcontracting opportunities include but are not limited to surveying, clearing and grubbing, hauling, asphalt paving, striping, traffic control, erosion control, seeding, landscaping, linework, and flatwork. Please contact Jeff Price (jprice@taloving.com) if you are interested in submitting a proposal on any portion(s) of this project. Contact via phone 919-734-8400; fax 919-736-2148; or email. All quotations will be accepted up to bid closing time on bid date. TA Loving Company is an Equal Opportunity/Affirmative Action Employer.

Please advise if assistance is needed with obtaining necessary equipment, supplies, materials, or insurance/bonding to satisfy the work requirements. We are willing to accept quotations on all or partial quantities and items of work. We can offer 2-party check payments and quick payment agreements, but the agreements need to be negotiated prior to bid date.

King Crossword

Answers

Solution time: 26 mins.

R	A	P		A	S	T	A		P	U	L	P	
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Making a difference one card at a time

Bank of America will become the first U.S.-based bank to transition all of our credit and debit plastic cards to at least 80% recycled plastic beginning in 2023 — an innovation that we expect will reduce single-use plastic by more than 235 tons per year. Not bad for a card that weighs only 0.18 ounces.

So, with recycled plastic in your wallet and a digital wallet on your phone, you're joining a movement to protect our planet.



"We're working alongside our clients and partners here in the Triangle to help shape the low-carbon, clean energy future we all want. As our clients reduce greenhouse gas emissions, we offer innovative ideas, our talented team and financing to help them meet their net-zero goals."

Kari

Kari Stoltz
President, Bank of America Triangle

What would you like the power to do?®

Learn more at bankofamerica.com/thetriangle

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