



Analysis: The Monopoly Of Our Democracy

By Dani Ross
Special To The Carolinian

Now that the midterm elections are over, the real work begins! I am not referring to the work the politicians are supposed to be doing, I am referring to the work the citizens have to do to make sure their elected officials are acting in their best interest.

Over \$100 million was spent on the Senate race in North Carolina. For a job that carries a salary of \$174,000, there was an awful lot of money thrown at this race. Does anyone ever ask why?

Elected officials enter Congress with a promise of hope and change in their pockets. Most leave their Congressional appointment as Millionaires. Metaphorically speaking, new members of Congress are handed a crystal ball on election night. They are guaranteed the keys to the back room of stock/bond investing.

For some reason Congress does not call what they do "insider trading." Perhaps the difference is that instead of finding out what's coming down the pipe, they are the ones flushing it.

During the 2022 midterm elections, hundreds of millions of dollars have been spent on Congressional races in multiple states. Special interest groups... pause... Let's just look at that phrase for a moment. "Special Interest Groups" tells you to your face what is going on. A



"group" that has "special interest" in the election of a particular candidate is putting up millions upon millions of dollars to get said candidate elected. Meaning that once said candidate is elected, they will have to pay back their Special Interest Group with votes and favors.

Ordinary citizens have interest too. However, their \$20 donation to a campaign does not get them the same privileges. Many people go to the polls and vote straight ticket in hopes of getting something positive in their community. If you are a minority voter, you may have a better

chance buying a lottery ticket than voting straight ticket.

At IHOP on Tuesday, my waitress asked if I had voted that day. I replied, and she continued to tell me that she did not. She said that she had gone to the polls and was given a sample ballot. When she looked at it and

realized that she did not know a single name on there, she opted to not vote instead of voting for a yard sign. This is how disconnected many of our politicians are to their communities.

Another customer at the next table joined in on the conversation and said that he also did not vote, but his reasoning was different. He felt intimidated and did not wish to be harassed by his neighbors or political groups because of his voting preferences. He mentioned that on Monday an unfamiliar vehicle drove into his cul-de-sac while he and his children were raking pine needles. The driver got out of the vehicle and addressed him by name, asking him to vote for a particular candidate. After the interaction, the driver got

back into his vehicle and left the street.

Why does this matter you may ask? The man realized at that moment that he was the only Republican on his entire street. Also, the fact that anyone, at anytime, can look up how he voted was incredibly intrusive and a little bit scary.

All of this data is collected on ordinary citizens, but the path that our representatives take to become millionaires is completely cryptic. What you will find is that their spouse, brother or close family friend made some really good investments.

Some of our politicians are like kids that go off to college and never come back. They learn a skill while in school, but never bring that talent back home. The only time you see them is for holidays and then they go back to the new place that they've made their life.

In fairness, not all politicians are the way. There are some that are highly visible in the community. One such person is Rep. Deborah Ross of District 2 in North Carolina. Her office is accessible and responsive, but not many others operate that way.

For instance, The Carolinian works tirelessly to help minority farmers have fair and equal access to programs. Earlier this year our publisher reached out to a representative in eastern North Carolina to get some questions answered for a group of farmers in their district. Our publisher was informed that the representative did not have time for a conversation and that no appointment would even be made. She took it on the chin because this particular representative was exiting Congress.

It is disappointing that candidates can raise astonishing amounts of money to get elected to a position in Washington, but can't seem to raise money for the things needed for the people that put them there.

Tim Scott Heading Back To US Senate

COLUMBIA, S.C. (AP) — U.S. Sen. Tim Scott won reelection Tuesday to what he has said is a final six-year term from South Carolina, but the only Black Republican in the Senate may have bigger future political ambitions.

Scott beat Democratic state Rep. Krystle Matthews for a second full term. He was appointed the U.S. Senate in 2013 by then Gov. Nikki Haley when Jim DeMint resigned and also won a special election.

Scott, 57, has spent about as much time helping other Republicans as he has campaigning in 2022. He released a memoir called "America, A Redemption Story,"

where he tells his story of being raised by a single mother and his rise as a Black Republican in South Carolina.

Scott celebrated his win and didn't say what the future holds, but he winked a little at it by telling the story of how he took his grandfather to the polls in 2012 and he voted for his grandson and Democrat Barack Obama — a proud ballot cast for the first Black president.

"I wish he had lived long enough to see perhaps another man of color elected president of the United States," Scott said, pausing for a moment. "But this time let it be a

Republican."

Scott said Tuesday that his victory shows the American dream is still alive and that a Black man can rise from poverty to the top levels of the Republican party.

"For those of you that wonder if we can ever have a country where we are judged by the content of our character and not simply by the color of our skin, wonder no more," Scott said.

Scott has remained coy about any plans beyond winning reelection. He has been mentioned as a possible presidential candidate in 2024, or later, depending on how the field shapes up. Scott has made

several trips to Iowa and other states that get an early say in the presidential nomination process.

Scott is the U.S. Senate's only Black Republican. He is one of the Republican Party's best fundraisers and got a primetime speech at the 2020 Republican National Convention.

In his speech thanking supporters Scott struck an optimistic tone, promising that Republicans would tame inflation and be the party of strength and economic empowerment. He urged his supporters to ignore people who want to fill them with fear that the country is no longer working.

Revitalization Hopes To Recapture The Spirit Of The Father Of Carolina's Piedmont Blues.

By Kristin Kitchen
Special To The Carolinian

Have you ever wondered how music traveled? What's the difference between Blues music in Chicago, New York City, The Carolinas heading to Georgia and Florida?

How did the music and the musicians get there and where did they sleep? Black Artist travelled along what was known as the Chitlin' Circuit. From the 1900's to 1960's the Chitlin' Circuit was a collection of performance venues where African American performers came to showcase their talents. Many of these venues were located inside of black owned hotels and motels that provided a refuge for blacks during the era of Racial Segregation in America. These venues hosted some of the best entertainers that America had to offer and one such venue was the Wynn Hotel and Lenape Bar, located in the historic community of LaVilla in downtown Jacksonville, Florida.

Blind Blake, a frequent performer at the Lenape Bar who spent months on end in LaVilla, was arguably the most talented blues guitarist of his era and is considered by some to be one of the best acoustic blues guitarists of all time. Born in Virginia, Blind Blake was called the father of Piedmont Blues, which is a style of "Ragtime" music, that was unique to the east coast of America from Virginia, NC, SC, Georgia and Florida. He was an itinerant songwriter, and his repertoire was vast, including blues, ragtime pieces, and novelty songs. His playing is marked by a rapid finger-picking style. Blind Blake cut eighty-one solo sides on Paramount from 1926 through 1932, and he collaborat-



BLIND BLAKE

ed with a number of high-profile blues artists, including Ma Rainey, Gus Cannon, and Papa Charlie Jackson. Blake disappeared after his last Paramount session in 1932, his career ending with Paramount's Bankruptcy. He was only 37-38 years old.

The Wynn Hotel sits at the corner of Jefferson and Ashley Street in LaVilla. Blind Blake along with Leola B. Wilson recorded a blues song called "Ashley Street Blues" in Chicago in 1926, pay homage to the community of LaVilla.

In addition to Blind Blake, the Lenape Bar also was home to several great musicians who also got their start on venues along the Chitlin' Circuit such as Ray Charles, who lived just around the corner on Church St., as was a frequent visitor to the Wynn, as was the soon-to-be "Godfather of Soul" James Brown. Louis Armstrong was also known to have played there.

Like so many other black communities across America, the Urban Renewal program, in operation between 1949 and 1974, one of the most sweeping and systematic instances of the modern destruction of Black property, neighborhoods, culture, community, businesses, and homes led to the destruction of the community of LaVilla. At its peak in the mid-1960s, urban renewal displaced a minimum of 50,000 families annually.

At the very moment when the civil rights movement secured voting rights and the desegregation of public and private spaces, the federal government unleashed a program that enabled local officials to simply clear out entire Black neighborhoods. Federal subsidies went to more than 400 cities, suburbs, and towns, supported more than 1,200 projects, and displaced a minimum of 300,000 families—perhaps some 1.2 million Americans. While

Black Americans were just 13 percent of the total population in 1960, they comprised at least 55 percent of those displaced. Brent Cebul, Boston Review.

"LaVilla's destruction left a vacuum between the past and present and contributed to creating a disconnected core city, making the overall Downtown experience less dynamic and arguably less authentic."

So it's time repair that disconnect. Flip it around, rebuild LaVilla, make a connection with its past as a cornerstone. A rediscovered authenticity would be a key to its success.

Today, LaVilla is going thru a Renaissance and the historic sites that once brought the best talent to the streets are being revitalized and brought back into service.

Sojourn Heritage Accommodations in partnership with local developers is restoring the Wynn Hotel and the Lenape Bar. Renovations will begin in the spring of 2023 and this exciting newly renovated piece of American History, is slated to open in the Summer of 2024. The new Wynn hotel with feature 20 guest rooms, all themed in celebration of the history of LaVilla as the vibrant cultural mecca that it was and will become again. The Lenape Bar will be restored in its original corner location in the front of the hotel and a new restaurant is being brought back to the historic landscape located on Jefferson street.

"Our goal is to restore the hotel and bar to the era of old and inspire a new generation of great black musicians to come and pay homage to our history and in doing so begin to support the efforts to restore this once beautiful and culturally vibrant community."



RAIN HELPS DOUSE SMOKIES WILDFIRE CAUSED BY MOTORCYCLE CRASH

MARYVILLE, Tenn. (AP)—Rain is helping douse a wildfire in the Smoky Mountains caused by a motorcycle crash, officials said.

The blaze along Tennessee State Route 115/U.S. 129 started Sunday and grew to approximately 80 to 100 acres, news outlets reported.

A section of the curvy roadway known as "The Dragon" was closed near the Tennessee-North Carolina state line in Blount County, Tenn., Department of Transportation spokesperson Mark Nagi said.

The fire was 90 percent contained by Monday, though U.S. 129 from the 11 mile marker to the state line remained closed, the Tennessee Highway Patrol said. The agency said it was raining and that was expected to help tremendously.

The fire was entirely in the Great Smoky Mountains National Park, but was not near any hiking trails, the park service said in a statement.

APPLE SAYS IPHONE SUPPLIES HURT BY ANTI-VIRUS CURBS IN CHINA

BEIJING (AP)—Apple Inc. is warning customers they'll have to wait longer to get its latest iPhone models after anti-virus restrictions were imposed on a contractor's factory in central China.

The company announcement Sunday gave no details but said the factory operated by Foxconn in the central city of Zhengzhou is "operating at significantly reduced capacity."

"We now expect lower iPhone 14 Pro and iPhone 14 Pro Max shipments than we previously anticipated," the company said. "Customers will experience longer wait times to receive their new products."

Foxconn Technology Group said earlier it imposed anti-virus measures on the factory in Zhengzhou following virus outbreaks. Apple and Foxconn previously hadn't responded to questions about how iPhone production might be affected.

Last week, access to the industrial zone where the factory is located was suspended for one week following a surge in infections in Zhengzhou and the departure of workers from the factory.

The lockdown is expected to cause further disruptions to the plant, which in recent weeks has seen a spate of coronavirus infections and an exodus of workers, some of whom fled the factory on foot.

Foxconn said in a statement that it is revising its outlook for this quarter downward due to the lockdown.

"Foxconn is now working with the government in a concerted effort to stamp out the pandemic and resume production to its full capacity as quickly as possible," the company said Monday.

It also said that the provincial government has said it will "fully support" Foxconn in managing the plant's pandemic prevention and operation situation.

In a post on the Zhengzhou plant's WeChat social media account Sunday, the company said a "closed loop" system would restrict its employees' travel between their dormitories and the factory area to manage risks of COVID-19 transmission.

The last quarter of the year is typically a busy season for companies like Foxconn as they ramp up production ahead of the end of year holiday rush.

"We are working closely with our supplier to return to normal production levels while ensuring the health and safety of every worker," Apple said.



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The Withintrification Of Chicago's Bronzeville Neighborhood

By Ennis Davis
Special To The Carolinian

Bronzeville is a South Side Chicago neighborhood that became a well-known "Great Migration" destination between the 1920s and 1950s. What became known as the Great Migration began with a poem "Bound for the Promised Land" being published by the Chicago Defender in 1916. The poem was written by Matthew Ward, who resided in Jacksonville's Historic Eastside neighborhood. Largely as a re-

sult of Ward's poem, from 1916 to 1970, it is estimated that more than six million Black Southerners relocated to urban areas in the North and West. The Bronzeville name was suggested by James Gentry, a theater editor for the Chicago Bee, and was popularized by the Chicago Defender. Gentry said that African Americans' skin color was closer to bronze than black. Due to a combination of white flight and Black southerners pouring into the area, the neighborhood was home to a quarter

million African Americans by the 1930s. During the height of segregation, it transformed into the center for African American culture, business and entertainment in the city. Like many segregation-era Black communities across the nation, Bronzeville declined economically after World War II. A number of public policy and infrastructure decisions, including the opening of the Day Ryan Expressway in 1961 and construction of several public housing projects by the Chicago Housing Authority between 1939 and 1970, played a negative role in the neighborhood's quality of life. Home to the largest concentration of public housing projects in the country, many upper and middle class families left the community following desegregation, and poverty overwhelmed the neighborhood. Due to management problems and deteriorated living conditions, the United States Department of Housing and Urban Development took over the Chicago Housing Authority's public housing projects in 1995. With a goal of creating improved public housing, the majority of Bronzeville's crime-riddled public housing complexes were razed over the decade as a part of a plan for transformation. With several large public housing buildings razed, as well as empty lots left over from di-

apidated housing demolitions, the neighborhood became home to more than 3,000 city-owned vacant lots by the early 2000s. Today, Bronzeville is an example of a historic Black community where revitalization is underway, but unlike many neighborhoods facing gentrification and the displacement of longtime residents, the neighborhood continues to maintain its cultural heritage. Some believe it could become a model for other communities seeking to revitalize without gentrification and displacement. According to a recent article by Crain's, what makes Bronzeville's transition different from other places in Chicago where gentrification displaced longtime residents, such as Pilsen and the 606 trail area, is that the neighborhood has thousands of vacant lots caused by years of disinvestment. Developers who once viewed them as eyesores that depressed home values in the area are now rushing to develop them. That's lifting the area's housing stock and income profile without driving residents away. In addition, Bronzeville's growth is largely being fueled by residents, who have ascended the income ladder and others "returning" thirty or forty years after the Black middle-class largely left the community. This phenomenon is known as "with-

intrification", a term coined by University of Pittsburgh professor John Wallace in 2016. In contrast to gentrification, withintrification refers to revitalization that's driven by the people already in the neighborhood. It means identifying assets in the community, bringing them together under common objectives, and raising the value of the place from within at a pace appropriate for revitalizing the

existing community, not displacing it. The current residents of the community take the lead in revitalization, rather than newcomers or outside developers telling residents what they need and ultimately pricing them out. Ultimately, withintrification is a successful cultural heritage preservation and reparative economic development strategy that could be applicable to similar communities across the country.



RHA Selects Developer For Heritage Park

Raleigh Housing Authority (RHA) has announced the selection of Brinshore Development and Raleigh Raised Development (RRD) to partner with RHA on the redevelopment of Heritage Park. Through this redevelopment effort, RHA will preserve all of the current affordable units and expand quality housing opportunities to additional families across a range of incomes. RHA released a Request for Qualifications (RFQ) in August 2021. After a careful selection process, RHA chose the joint venture team of Brinshore Development, LLC and Raleigh Raised Development as co-developers for the project. "We couldn't be happier to bring Brinshore Development and Raleigh Raised on as co-developers

in the Heritage Park redevelopment project," said Arne Morris, RHA Board Chair. "Their combined experience in affordable housing developments and familiarity with Raleigh's communities provides a strong foundation for a successful planning and development process." Founded in 1994, Brinshore Development, LLC is a national developer specializing in the development of affordable and mixed-income housing. Brinshore has completed more than 90 projects nationwide, with many more under development, comprised of more than 9,000 apartments and homes with investment at more than \$1.5 billion. "All of our developments are conceived with input and cooperation from stakeholders, including

community residents, local officials, housing authorities, and community organizations," said Richard Sciortino, Brinshore principal. "We also make our best efforts to create communities with HEART, an acronym for Health, Education, Arts, Recreation, and Technology while also providing employment opportunities for community residents. This combination of public, private, and community involvement has proven to be an effective formula for successful residential developments that we look forward to using during Heritage Park's redevelopment process." Brinshore is partnering with Raleigh Raised Development. RRD has well established roots in the Raleigh community. The

RRD partners include: LeVelle Moton, NC Central University Head Basketball Coach and local resident who grew up in southeast Raleigh; Clarence Mann, Manager of Vistabution, LLC, a local minority-owned, Raleigh-based, general contracting business providing environmental remediation, right-of-way consulting, and demolition and disaster response services to state, municipal, city and government agencies; and Terrell Midgett, co-owner of Management Professionals, Inc., a facilities and maintenance company in Raleigh. "Heritage Park has been a staple in Raleigh since the 1970s, and we're excited to be able to contribute to the process of preserving and updating this important Raleigh community," said RRD partner, LeVelle Moton.

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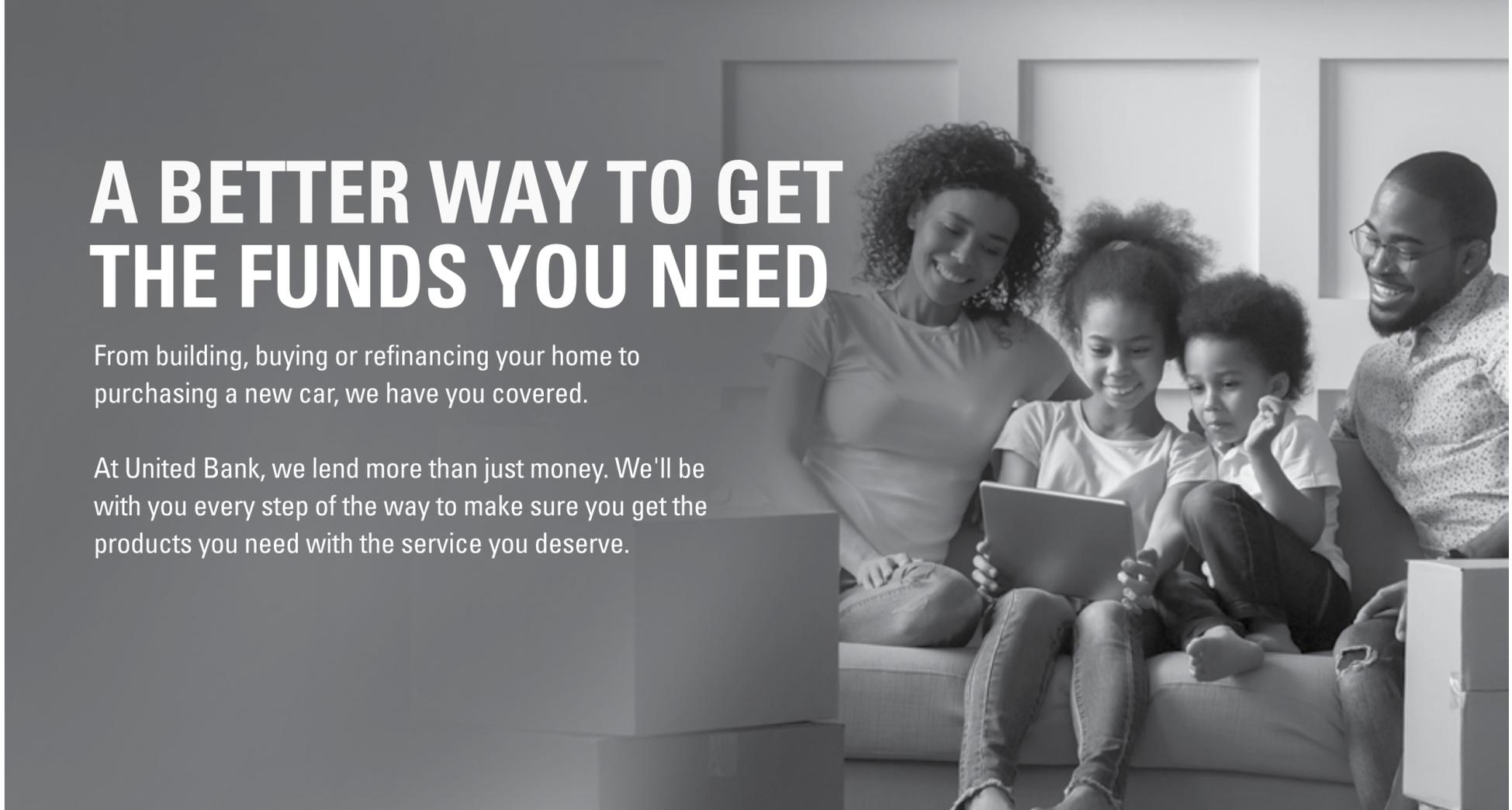
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Business & Finance

Builders Struggle To Find Buyers

By Aarthi Swaminathan

MarketWatch

It's a tough time to be selling a home. That's also true for home builders, who are seeing canceled orders and dwindling interest among would-be buyers.

"Mortgage applications have been running down close to 40 percent year over year. People are clearly in sort of a wait-and-see or pause mode," John Lovallo, a UBS analyst who covers home builders, told MarketWatch on an episode of "Baron's Live."

Confidence among home builders dropped for the 10th month in a row in October to a 10-year low (with the exception of the start of the pandemic), according to the National Association of Home Builders. Traffic among prospective buyers, one of the components that measures confidence, fell significantly, the association said, as buyers look at mortgage rates above 7 percent.

Cancellations by property developers are also up, Lovallo noted. KB Home reported a 35 percent cancellation rate in the third quarter, up from 9 percent a year ago. Lennar said 21 percent of orders are being canceled, while Meritage Homes reported a 30 percent cancellation rate. Ali Wolf, chief economist at Zonda Research, tweeted Thursday afternoon that her data shows a 70 percent cancellation rate among builders in Phoenix.

Being able to move into a home within 30 to 60 days helps the buyer when rates are rising,

especially as building a home to order could take six to nine months.

As a result, builders have had to get more creative with incentives, including rate locks, rate buydowns and upgrades on kitchen appliances, Lovallo said.

Has it worked? "We're starting to see some demand elasticity, which is encouraging," Lovallo said. "There is a tremendous amount of underlying demand for housing that's still out there."

While home builders are struggling, larger builders are "faring better," he said, noting that a builder like D.R. Horton has better economies of scale.

"They're going to be able to buy commodities in bulk [and] have access to capital markets," he said. "So the larger builders are absolutely in a better position."

Additionally, builders who offer spec homes built in advance of orders or homes that first-time buyers can move into quickly can better "compete with the existing stock in the market," he said.

Some builders are offloading inventory to institutions that in turn put the units on the rental market.

"The build-for-rent market is going to become increasingly important," Lovallo said. While it won't overtake the build-for-sale market, he noted, it "does broaden the pool of buyers."

Home builder stocks are trading at a fraction of book value, Lovallo said, at about five times earnings.

It's time home builders ex-

plored some innovation, Lovallo told MarketWatch. "Fewer homes were built over the past 14 years" since the 2008 recession, he said, "and the ones that were built were built at higher price points, because that's where the demand was."

"The home-building industry is still building homes today the same way they did 100 years ago. They're stick framing homes on site, lumber is being tossed around," Lovallo said. "It's probably the only industry that has not seen technology infused over the past 100 years."

Constraints on labor, along with bureaucratic red tape related to land and permits, all bog down the process of building homes, he added.

"There has to be some kind of change that's brought to this industry," Lovallo said. "But I would argue that 10 years from now, we're going to be building homes very differently than we are today."

Even though builders are seeing cancellations rise, buyers shouldn't expect home prices to drop significantly, Lovallo advised.

Unlike the global financial crisis of 2008, when home prices fell 30 percent, Lovallo expects prices to remain relatively stable. Other analysts, though, are predicting big peak-to-trough declines.

Because people will likely continue to work from home "over the foreseeable future," Lovallo wrote in an Oct. 28 note, home-price appreciation may not decline significantly, barring an external economic shock.

FUNDraising Good Times

By Mel & Pearl Shaw
Saad & Shaw



TRUST BASED PHILANTHROPY

Trust is at the heart of all relationships. But being human, we all fail at times at the "trust thing." Sometimes we don't even know it. We may think we are operating from a place of trust, but the people we are involved with don't trust us.

Trust shows up in the nonprofit sector in the relationship between nonprofits and funders, where one group seeks money or resources to bring their vision to life, and the other seeks to "give away money" or make grants in order to bring their visions to life. While it can appear that the deck is stacked against nonprofits, funders actually need nonprofits. When you as a nonprofit leader feel discouraged and wonder "why won't anyone fund me?" Remember that funders can feel discouraged when wondering whether their grantmaking is making a difference. Both funders and nonprofits can benefit from the movement within philanthropy called "trust-based philanthropy." One advocate for this approach is the aptly named the Trust-Based Philanthropy Project. This project is all about peer-to-peer support for changes from across the

philanthropic sector.

Here are the values at the core of trust-based philanthropy:

Work for systemic equity: Recognize the racial, economic, and political inequities in which we operate, and take an anticracist approach to change practices and behaviors that perpetuate harm.

Redistribute power: Be willing to share power with grantee partners and communities who are closer to the issues we seek to address.

Center relationships: Prioritizing healthy, open, honest relationships can help us navigate the complexity of our work and our world with greater confidence and effectiveness.

Partner in a spirit of service: Be a supporter and collaborator, rather than dictating what is needed. Lead with trust, respect, and humility.

Be accountable: Our work will only be successful if we hold ourselves accountable to those who we seek to support.

Embrace learning: We can only advance impact if we remain open to learning as we go, and embrace opportunities for growth and evolution along the way.

Here are three of the six

practices they encourage.

Give multi-year, unrestricted funding: the work of nonprofits is long-term and unpredictable. Multi-year, unrestricted funding gives grantees the flexibility to assess and determine where grant dollars are most needed, and allows for innovation, emergent action, and sustainability.

Simplify and streamline paperwork: nonprofits spend an inordinate amount of time on funder-driven applications and reports, which can distract them from their mission-critical work. Streamlined approaches focused on dialogue and learning can pave the way for deeper relationships and mutual accountability.

Offer support beyond the check: responsive, adaptive, non-monetary support bolsters leadership, capacity, and organizational health. This is especially critical for organizations that have historically gone without the same access to networks or level of support than their more established peers.

There are many resources you can access now. While designed for foundations, trust-based philanthropy can be used by other grantmaking organizations: check it out and see what you can do. If you are a nonprofit, considering asking your funders how they are embracing trust-based philanthropy values and practices.

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Health & Fitness

Do You Have Social Jet Lag? Your Body Might Be Saying Yes!

By Carrie Madormo

Verywell Health

If you have ever experienced an irregular sleep schedule by staying up late and sleeping in, then you have experienced social jet lag. Sleeping at inconsistent hours over the weekend, known as “social jet lag,” can put your health at risk.

Even sleeping late to catch up does not lower your risk of experiencing health problems because of social jet lag.

This article will describe what factors lead to social jet lag, how it affects your health, and steps to take to improve your sleeping habits.

What Is Social Jet Lag?

Social jet lag occurs when you stay up later and then sleep in later on the weekends than you do on the weekdays. Changing the hours that you sleep from day-to-day affects your body’s circadian rhythm or its natural internal clock.

Social jet lag affects the body similarly to travel jet lag. When you shift your sleeping hours, your body feels as though it is in a different time zone. This can make falling and staying asleep difficult.

For example, if you stay up late on Saturday night and then sleep in on Sunday morning, you will likely have a hard time falling asleep on Sunday night. This is because your body has not been awake enough hours to feel tired at your usual Sunday bedtime. This likely makes waking up early on Monday morning difficult.

Social Jet Lag and Health
Frequently changing your body’s internal clock doesn’t just cause daytime sleepiness. It can significantly impact your health as well.

Weight Gain and Chronic Illness

Social jet lag has been linked with several chronic health problems. Changes in circadian rhythm caused by inconsistent sleeping hours cause changes in the circulatory system and raise the risk of cardiovascular disease.

Social jet lag has also been linked to an increased risk for obesity and diabetes. A 2019 study found a link between social jet lag in adolescents and an increased risk of obesity.

Social jet lag has also been found to affect the timing of hormone secretion and the activity



of the immune cells in the body. These changes may be associated with the increased risk of chronic diseases and obesity.

Individuals who regularly experience social jet lag are also more likely to smoke cigarettes and consume excess caffeine. These habits can significantly

disrupt sleep.

Depression, Mood Changes, and Cognition

A 2021 study found that people who experienced misaligned sleep cycles were more likely to experience depression and anxiety than those who went to bed and woke up at the same time ev-

ery day. The study found that the more participants changed their sleep schedules, the higher the risk of experiencing depression.

Social jet lag also affects academic performance. It’s important to note that adolescents and young adults are the most at risk for experiencing social jet lag. This means that their ability to learn new information at school could be impacted by their sleeping habits.

Fortunately, there are simple steps to take that can improve and even eliminate social jet lag.

Sleep Hygiene

Focusing on your sleep hygiene is an important part of addressing social jet lag. Aim to go to bed at the same time every day, even on the weekends. A 2019 study found that when participants kept their sleep and wake times within 15 to 30 minutes of the same time each day, they reported better sleep, less depression, and less stress. Study participants were also able to improve their cognitive reac-

tion time scores.

Lifestyle Changes

Lifestyle changes that may improve social jet lag include:

Stress: If worried thoughts are keeping you up on Sunday nights, look into stress management techniques such as relaxation exercises and mindfulness. Meeting with a therapist may be helpful as well.

Caffeine: If you tend to have trouble falling asleep at night on the weekends, try to limit your caffeine intake to morning hours only.

Alcohol: Alcohol can affect your sleep cycle, so try to limit it as much as possible.

Diet: Try to avoid eating rich, fatty foods right before bed. These foods take more energy to digest and can make falling asleep difficult.

Exercise: Aim to get some physical activity every day to help your body feel tired at night. Try to avoid exercising right before bed because physical activity can be energizing.

5 Tips For Healthy Eating This Season

Here’s your recipe for staying on track no matter what’s cooking. ‘Tis the season for family, festivity, and food—lots of food. Festivities are everywhere, and parties and travel disrupt daily routines. What’s more, it all goes on for weeks.

How do you stick to your diabetes meal plan when everyone around you seems to be splurging? Here are 5 tips that can help:

1. Holiday-Proof Your Plan

You may not be able to control what food you’re served, and you’re going to see other people eating tempting treats. Meet the challenges armed with a plan:

- Eat close to your usual times to keep your blood sugar steady. If your meal is served later than normal, eat a small snack at your usual mealtime and eat a little less when dinner is served.
- Invited to a party? Offer to bring a healthy dish along.
- If you have a sweet treat, cut back on other carbs (like potatoes and bread) during the meal.
- Don’t skip meals to save up for a feast. It will be harder to manage your blood sugar, and you’ll be really hungry and more likely to overeat.
- If you slip up, get right back to healthy eating with your next meal.



2. Outsmart the Buffet

When you face a spread of delicious holiday food, make healthy choices easier:

- Have a small plate of the foods you like best and then move away from the buffet table.
- Start with vegetables to take the edge off your appetite.
- Eat slowly. It takes at least 20 minutes for your brain to realize you’re full.
- Avoid or limit alcohol. If you do have an alcoholic drink, have it with food. Alcohol can lower blood sugar and interact with diabetes medicines.

Also plan to stay on top of your blood sugar. Check it more often during the holidays, and if you take medicine, ask your doctor if the amount needs to be adjusted.

3. Fit in Favorites

No food is on the naughty list. Choose the dishes you really love and can’t get any other time of year, like Aunt Edna’s pumpkin pie. Slow down and savor a small serving, and make sure to count it in your meal plan.



4. Keep Moving

You’ve got a lot on your plate this time of year, and physical activity can get crowded out. But being active is your secret holiday weapon; it can help make up for eating more than usual and reduce stress during this most stressful time of year. Get moving with friends and family, such as taking a walk after a holiday meal.

5. Get Your Zzz’s

Going out more and staying out later often means cutting back on sleep. Sleep loss can make it harder to manage your blood sugar, and when you’re sleep deprived you’ll tend to eat more and prefer high-fat, high-sugar food. Aim for 7 to 8 hours per night to guard against mindless eating.

Most of all, remember what the season is about—celebrating and connecting with the people you care about. When you focus more on the fun, it’s easier to focus less on the food.

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Sports

A Vanderbilt Assistant Coach Sidelined Over Pro-Kanye Post

NASHVILLE, Tenn. (AP) — Vanderbilt athletic director Candice Lee said defensive backs coach Dan Jackson will “step back” from his job while the university continues an internal review of his recent comment on social media defending the rapper formerly known as Kanye West.

Lee released a statement Monday night that Vanderbilt has gotten several questions and concerns over Jackson’s comment on Facebook, which was screenshot and shared by watchdog group StopAntisemitism. Lee said an internal review began immediately with the issue now referred to the Equal Opportunity

and Access office.

“It is important the university follow its standard process and conduct a thorough review of the complexities of this incident,” Lee said in a statement. “Coach Jackson and I have agreed that he will step back from his responsibilities with the team during the Equal Opportunity and Access office’s review.”

Jackson coached in Vanderbilt’s loss to South Carolina last weekend after issuing an apology for a comment saying Ye was “two steps ahead of everyone else.” Lee and head coach Clark Lea issued a joint statement, saying it was being handled internally.

Ye has lost sponsors over anti-semitic comments in interviews and social media, including a Twitter post earlier this month that he would soon go “death con 3 on JEWISH PEOPLE,” an apparent reference to the U.S. defense readiness condition scale known as DEFCON. His posts led to his suspension from both Twitter and Instagram.



NC Central Homecoming 2022

By Tyria McCray

Staff Writer

Thousands of alumni, students, family, community members and leaders, fans, and friends returned to Durham for The Ultimate Homecoming Experience at North Carolina Central University.

This past week and weekend, homecoming festivities took place for those young and old celebrating the largest alumni program of the year, and a week-long campus celebration. The Homecoming Experience provided alumni and students transformational opportunities to reminisce and build.

Sponsorships and promotional opportunities helped make the 2022 Ultimate Homecoming Experience a success and reality.

Homecoming kickoff began on Sunday, Oct. 30 with an ultimate praise and worship gospel concert at the McDougald-McLendon arena featuring award-winning artists, Tasha Cobbs Leonard and Kierra Sheard.

The following Monday, Armani

Graves and Josiah Russell were crowned as Mister and Miss NCCU.

The ultimate talent showcase in late-night breakfast took place Tuesday night with the drag show and ultimate tent party Wednesday.

On Thursday, Class of 1977 alumni were welcomed with an all-class reunion dinner and a presentation of gifts at the Sheraton Imperial Hotel.

On Friday alumni were able to participate in their 50th class convocation breakfast and class photo.

Later that evening, the class of 1977 held their DeVine 9 alumni picnic. Later that Friday night, fans packed out the McDougald-McLendon Arena for the ultimate step show and alumni concert which hyped everyone up for the big game Saturday.

Finally, on Saturday, a happy crowd lined Fayetteville Street. Attendees were able to hear tunes from Hillside High Marching Band and their own NCCU Sound Machine. While the parade was underway, there were re-

mindings to vote on election day.

At 2 p.m., the homecoming game against the Howard Bison kicked off. The Eagles took home a win of 50-21. The home victory extends NCCU’s win streak to six consecutive wins.

During halftime, several fraternities and sororities presented NCCU with Endowed Scholarships toward the NCCU Foundation. The Alpha Phi Alpha Chapter gave \$100,000, Alpha Kappa Alpha Sorority gave \$182,780, and Alpha Lambda Chapter (Delta) gave \$214,879 in funds.

Ending the 2022 homecoming experience, the NCCU Jazz Ensemble held a brunch for the class of 1977 at the Sheraton Hotel.

Mathias Bishop Photos



'22 World Series Is 2nd-least Watched

LAS VEGAS (AP) — The Houston Astros’ six-game victory over the Philadelphia Phillies finished as the second least-watched World Series on television.

The six games averaged 11,784,000 on Fox, down 1.3% from the 11,940,000 for the Atlanta Braves’ six-game win over the Astros last year and ahead of only the 9,946,000 for the Los Angeles Dodgers’ six-game victory over the Tampa Bay Rays in 2020.

Houston’s 3-1 win in Game 6 on Saturday night was seen by 12,549,000 viewers on Fox, down 11% from 14,140,000 Atlanta’s 7-0 victory over the Astros in last year’s finale, played on a Tuesday night. Including Fox Deportes and streaming, this year’s Game 6 was viewed by



12,871,000.

Game 6 was played opposite several college football games, including Alabama-LSU on ESPN, Clemson-Notre Dame on NBC and Florida State-Miami on ABC.

The Series finished with a 6.1 Nielsen rating and 17 share. The rating was the second-lowest

behind the 5.2 for 2020, which had a 12 share. This year’s share marked a 1% increase from last year.

Including Fox Deportes and streaming, this year’s Series averaged 12,023,000 viewers.

Viewers peaked at 51,560,000 for Game 7 of the 1975 World Series between the Boston Red Sox and Cincinnati Reds.

Totals declined with the rise of cable television and then of streaming services, giving viewers more choices.

The Series had a 25.0 rating and a 52 share in Philadelphia and a 24.0/55 in Houston.

The rating is the percentage of television households tuned in to a broadcast. The share is the percentage viewing a telecast among those households with TVs on at the time.

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Community

Durham Native Receives Preservation's Emerging Leader Award

By Tyria McCray

Staff Writer

On Friday, Nov. 4, The National Trust for Historic Preservation presented Durham native Angela Lee with its Emerging Leader Award.

Hosted by Bob Vila, the ceremony recognized Ms. Lee for her impactful work as the Executive and Artistic Director of the Hayti Heritage Center. Ms. Lee's successful efforts in fundraising, programming, planning, outreach, and preservation have strengthened not only the Hayti Heritage Center but also the entire Durham community.

The National Trust for Historic Preservation said they're pleased to have been able to support the Hayti Heritage Center with a grant from the African American Cultural Heritage Action Fund in 2021, and is honored to recognize Ms. Lee's extraordinary leadership with the Emerging Leader Award.

Along with a staff of seven, Ms. Lee furthers the organization's mission to preserve the heritage of historic Hayti and to promote the African-American experience through the arts. She received her bachelor's degree from Harvard University and her law degree from the University of North Carolina at Chapel Hill.

"Each year at the PastForward Conference we come together to recognize those making a real difference in historic preservation," said Paul Edmondson, president and CEO of the National Trust for Historic Preservation.

"This year's recipients embody not just the preservation of American history, but also demonstrate how preserving historic places can play a key role in addressing critical issues of today, including climate change, equality, and housing."

Originally the center was a brick-and-mortar building opened in 1891 as St. Joseph's African Methodist Episcopal Church. It had a foundation laid by Black masons, with materials from a Black-owned brick company. During that time, Durham was a



segregated city, even though the Civil War was over, Jim Crow laws were in place. The church was part of a district, Hayti, that included Durham's Black Wall Street, the economic hub of the city's Black community.

Of all the businesses and homes in the neighborhood that were leveled during urban renewal to make way for a highway, the last remaining structure is the Hayti Heritage Center. When all these buildings were being bulldozed in the 1960s, the center stayed. To this day, the center provides arts programming for the community while preserving the memories of Hayti's rich past. In 2021, it received a \$75,000 grant from the National Trust's African-American Cultural Heritage Action Fund.

The Carolinian spoke with Lee on her achievements.

"I am both grateful and humbled by the Emerging Leader Award," she said. "The Hayti Heritage Center is a venue for cultural arts and arts education, and it is a place for history and preservation as we continue to tell and share our stories. To help

restore this southern cultural treasure to its original glory is a charge that I take very seriously, and it's truly a labor of love."

In addition to her work with Hayti, Lee is Chair of Durham's Cultural Advisory Board and a former Advisory Board member of the Institute for African-American Research at UNC-Chapel Hill. Lee's initial five-year plan brought financial stability, organizational improvements, new programming, and a significant audience increase for the organization.

Lee also focused attention on the restoration and renovation of the Hayti Center's 1891 St. Joseph's AME building, which is the last remaining original structure from Durham's Black Wall Street. She recently joined the board of the NC Presenters Consortium and is a board member of the Mountains to Sea Trail, a State-supported corporation.

She also represents Hayti as a partner in the National Performance Network. Lee says that the arts are a critical vehicle for social justice and change, and her advocacy and activ-

ism extend beyond her work at Hayti and into the community she serves, and the community in which she resides.

"We recently had our beautiful stained glass windows restored and our next project is to restore the pews and millwork featured in our historic Performance Hall. There are additional facility projects that we hope to undertake and, with continued support from donors, foundations, and other sources, we will ensure that the Center remains a cultural hub and learning center for generations to come.

"As the last remaining original structure from Durham's Black Wall Street, it is a source of pride, beauty, healing, and joy. I enjoy my work and am honored to serve as Hayti's Executive & Artistic Director."

Speaking of being a cultural hub, the Hayti Heritage Center will continue offering quality visual and performing arts programs and events throughout the year. In December, Black Santa will celebrate his 10th year at Hayti. Youth programming with arts and technology will go as

planned.

Advocacy for environmental justice in the Hayti community, and for economic reinvestment along the Fayetteville Street Corridor, will also continue to better engage with community part-

ners, artists, business owners, and other stakeholders.

"The walls of Hayti are filled with music, dance, film, poetry, art, literature, and people," Ms. Lee said. "All are welcome to visit, participate, and support."

Grand Marshal Honors

Sylvia Wiggins, Director of Helping Hand Mission will be honored as the 78th Annual Raleigh Christmas Parade Grand Marshal on Nov. 19.

"Sylvia Wiggins has been selected as this year's Grand Marshal for all of her selfless service to our community. Sylvia works tirelessly to find heaters in the winter and fans in the summer for so many in our area. She works to help feed many and she mentors our future young leaders," said Jennifer Martin, Executive Director Shop Local Raleigh.

When Sylvia was asked to serve as this year's Grand Marshal, she burst into loud cheers and gratefulness saying she would make Raleigh proud. She loves this community and is honored to be asked to serve.

The mile long parade will feature 130 entries, including energizing bands, themed floats, super-sized balloons, marchers, twirlers, and guarantees an experience for all ages.

Citizens are invited to come out early to select your viewing spot and don't forget your cameras to capture all of the memories you will be making.

For those that can't make the parade in person, it will be televised live and streamed on ABC11.com, the ABC11 mobile news app and the new connected TV app available on Roku, Fire, Apple, and Android TVs.

The parade will begin at 9:30 a.m. on ABC11. It will be rebroadcast on Christmas Day.

Presented by Shop Local Raleigh, this annual event is the largest parade between Atlanta and Washington, D.C. where an estimated 65,000 people will line the street, in addition to 250,000 more watching at home.



SYLVIA WIGGINS

The parade, in its 77th year, has happened every year minus a brief pause during WWII. In 2020, the parade went virtual and was a joyous celebration for community groups and those watching at home. There were still performances and community camaraderie, while audiences enjoyed one tradition that wasn't cancelled due to the Novel Coronavirus.

Shop Local Raleigh (SLR) is part of a growing national movement of communities rallying to support their independent businesses. Shop Local Raleigh is about connecting, supporting and growing independent businesses to strengthen and enrich our community. SLR currently serves more than 1000 locally owned and independent businesses.

SLR welcomes local, independently owned businesses throughout Wake County. Businesses and consumers can learn more at www.shoplocalraleigh.org.

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RALEIGH CLASSIC

Shaw outside linebacker Tyrese Bobbitt (58) hoists up the Raleigh Classic Trophy and celebrates with teammates and Shaw President Dr. Paulette Dillard after their victory over St. Augustine's.

Shaw and crosstown rival St. Augustine's squared off in the annual Raleigh Classic in Durham, N.C. on November 5th. Shaw won with a close 30-27 victory in double-overtime.
Steve Worthy Photos



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Church

“Spiritual But Not Religious”

By Morgan Shipley

Michigan State University

(THE CONVERSATION) According to a recent Pew Center report, American Christianity remains in a nearly three-decade decline. Responding as “none” or “unaffiliated” on religious surveys, people increasingly identify as humanists, atheists, agnostics, or simply spiritual. If current trends continue, by 2070 Christianity may no longer be the dominant expression of American religion.

As a scholar who studies alternative spirituality and new religious movements in the United States, I believe the reality of America’s diverse religious and spiritual landscape is more complex than often presented.

The nones—or those claiming no particular religious affiliation—range from atheists to individuals searching for spiritual answers outside traditional religious groups. This last group commonly identifies as spiritual but not religious—or SBNR. Dissatisfied with traditional religion, these individuals think about spirituality in a more secular way, as representing their pursuit of meaning, healing, purpose and belonging.

In her study of multiple SBNR identities, theologian Linda Mercadante found that the turn away from organized religion does not necessarily come at the expense of faith, ritual or practice. For “post-Christianity” seekers, Mer-

cadante stresses how spiritual fulfillment moves from “religious and civic institutions to ‘gathering places.’”

Such “gathering places” range widely.

Many turn to practices appropriated from different religious contexts. Mindfulness and yoga, in particular, have emerged as popular alternatives for seeking spiritual, psychological and physical healing.

These practices point to the growing connection between spirituality and health. Twelve-step meetings for addiction recovery and contemporary medicine, for example, stress the need to balance spirit and body for wellness.

Several nonreligious practices create opportunities to explore spirituality beyond religious affiliation. People find a sense of belonging through the internet and social media. Others turn to self-help literature or elements of popular culture.

Sports similarly provide an avenue for spiritual renewal. The rituals of training, competing and camaraderie reflect the spiritual quest for personal growth and locating community. Digital communities and online options likewise afford new modes for spiritual practice and connection.

Accordingly, some scholars, such as religious studies professor Robert Fuller, have stressed the “unchurched” nature of the SBNR. At the same time, the continued desire to find meaning and

connection has led to the development of secular, spiritual and atheist churches. Although almost universally understood as physical spaces for religious practice, the rise of nonreligious churches demonstrate the benefits and shared opportunities many nones and SBNR people associate with the experience of “going to church.”

Emerging over the past decade, and although still small in scale, secular and atheist churches indicate how changes in religious affiliation do not necessarily include a rejection of the communal structures that provide avenues for spiritual rejuvenation.

The Seattle Atheist Church, for example, positions itself as “a place where atheists come together” to address big questions and “celebrate meaningful life events with atheist rituals.” Founded in 2015, the church offers weekly Sunday meetings for a couple dozen participants who share in leading sermons in relation to their commitment to secular humanism, a nonreligious worldview that rejects belief in the supernatural.

Similarly, Sunday Assembly Detroit seeks to “help everyone live life as fully as possible.” One of 70 chapters spread across eight different countries, the Sunday Assembly was founded by comedians Sanderson Jones and Pippa Evans in 2013. Their motto was “Live Better, Help Often, Wonder More.”

SERMON of the WEEK



THE FAITHFUL VERSUS THE FAITHLESS (PART 2)
Sermon by Pastor William Eli Ratcliff

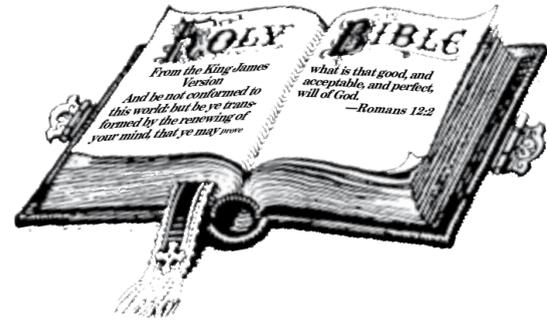
The Psalmist in 1:1-3 (Part 1) enlightened faithful believers of God that they are blessed, delighted and prosperous because they put three things into practice. 1. They reject the advice and counsel of evil people. 2. They do not follow the example of sinners. 3. They do not join scornful mockers that have no use for God. However, instead, find joy in obeying the Lord.

To the Psalmist, the Law of the Lord was most likely the first five books of the Bible (Genesis, Exodus, Leviticus, Numbers and Deuteronomy), sometimes called the Law of Moses, the Pentateuch or Torah.

Astonishingly, faithful believers of today have more books than followers of God had when Psalms was written. We are blessed to have 39 books in the Old Testament and 27 in the New Testament.

The word Bible in Koine Greek *biblia* means, “the books” or, as some say, many books or many little books. Furthermore, it should be counted as a blessing that we now have 66 books that we can study and meditate on day and night if we are disciplined to do so.

God’s Plan of Salvation has been revealed to us more explicitly. Ephesians 1:9-14 says: “And He has made known to us the mystery of His will according to His good pleasure, which He purposed in Christ as a plan for the fullness of time, to bring all things in heaven and on Earth together in Christ. In Him we were also chosen as God’s own, having been predestined according to the plan of Him who works out



everything by the counsel of His will, in order that we, who were the first to hope in Christ, would be for the praise of His glory. And in Him, having heard and believed the word of truth—the gospel of your salvation—you were sealed with the promised Holy Spirit, who is the pledge of our inheritance until the redemption of those who are God’s possession, to the praise of His glory.”

Sadly, faithless unbelievers do not believe this and the Psalmist refers to them as being ungodly and says they are like chaff that the winds drive away. Chaff is the loose outer covering of wheat or other grains that must be separated in order to get the real benefit of wheat, etc. The wheat and chaff must go through a threshing and winnowing process so it can be harvested properly.

Grain was threshed, trampled, crushed, and beaten on outdoor threshing floors to separate the inedible parts of the useless, worthless chaff. Anything that is ungodly is useless to God because He is Light and in Him there is no darkness at all.

How are believers considered being righteous and having no darkness in them? Well, once we

become faithful believers, although we are still in the world, we are not of it because when we ADMIT that we are sinners and BELIEVE that God raised Jesus from the dead and CONFESS our sins to God, HE will lovingly take care of them all and forgives us.

The Psalmist closes saying in verse 6, “For the LORD knoweth the way of the righteous: but the way of the ungodly shall perish.”

And Paul writes how he agreed with David in Romans 4:3-8 KJV saying, “For what saith the scripture? Abraham believed God, and it was counted unto him for righteousness. Now to him that worketh is the reward not reckoned of grace, but of debt. But to him that worketh not, but believeth on him that justifieth the ungodly, his faith is counted for righteousness. Even as David also describeth the blessedness of the man, unto whom God imputeth righteousness without works, saying, Blessed are they whose iniquities are forgiven, and whose sins are covered. Blessed is the man to whom the Lord will not impute sin.”

To view complete sermons by Pastor William Eli Ratcliff and associate ministers, please visit our YouTube Channel. Thank you!

Obituaries

FLORENCE BRAYBOY MARTIN
November 1, 2022

Florence Brayboy Martin, 76, passed away Tuesday, Nov. 1.

A public viewing will be held on Friday, Nov. 11 in Hargett Funeral Service, Inc., 905 E. Market Street, Greensboro from 11 a.m.-5 p.m.

A homegoing celebration will be held on Saturday, Nov. 12 in Higher Ground Ministries, 107 W. Whittington Street, Greensboro; visitation with the family begins at 1:30 p.m. followed by the service at 2 p.m.

SAMUEL SAMBO NYEMA
October 14, 2022

Samuel Sambo Nyema, 75, passed away Friday, Oct. 14.

A memorial service will be held on Saturday, Nov. 12 in the Episcopal Church of the Redeemer, 901 E. Friendly Avenue, Greensboro at 11 a.m.

HOWARD JAMAL ANTONIO
SNIPES

Howard Jamal Antonio Snipes, 35, passed away Wednesday, Oct. 26.

A homegoing celebration was held on Saturday, Nov. 5 in the Goldie Hargett Memorial Chapel; visitation with the family began at 1 p.m. followed by the service at 1:30 p.m. Interment followed in Lakeview Memorial Park.

GEORGIA ALLEN GRAHAM

October 23, 2022
Georgia Allen Graham, 78, passed away Sunday, Oct. 23.

A homegoing celebration was held on Thursday, Nov. 3 in United Institutional Baptist Church, 802 E. Market Street, Greensboro; visitation with the family began at 12:30 p.m. followed by the service at 1 p.m. Interment followed in Lakeview Memorial

Par.

JAMES HOWARD TROXLER
October 26, 2022

James Howard Troxler, 93, passed away Wednesday, Oct. 26.

A public viewing was held on Tuesday, Nov. 1 in Hargett Funeral Service, Inc., 905 E. Market Street, Greensboro.

A homegoing celebration was held on Wednesday, Nov. 2 in Laughlin Memorial United Methodist Church, 1417 Huffine Mill Road, Greensboro. Interment followed in Laughlin Memorial UMC Cemetery.

ALPHONSO ANTHONY WARD
October 25, 2022

Mr. Alphonso Anthony Ward, 61 of Browns Summit died Tuesday, Oct. 25.

Public viewing was Thursday, Nov. 3 in Hargett Funeral Service, Inc., 905 East Market Street, Greensboro, NC.

Practical Biblical Principles

TROUBLES WHICH TRANSFORM

Read: II Corinthians 4:7-17

Troubles can make us or break us. God has a purpose behind every problem that we may face in our daily lives. This may be hard to believe. God, Who is in control of “all” circumstances, uses such to develop our character. Would you believe God uses our circumstances more than Bible reading to make us more and more like Jesus. When you think about it, we face circumstances 24/7. Do we read the Bible 24/7?

Did not our Lord warn us that we would have troubles in this world? As much as we wish it to not be true, no one is immune from mental and physical pain and suffering (1 Peter 4:12). In a sense, Peter says troubles are normal. Every time you solve one problem another one is waiting for you to wear you out or take you out of your peace and rest. Small troubles are just as troublesome as big one. Yet God sees all of them as being necessary to mold and make like Jesus. This is God’s growth process for you.

If Jesus had problems, we must also have problems to be like Him. In a sense, our problems which weigh us down and wears us out at times is our own personal cross. However, our cross cannot be compared to the one Jesus bore for us. All we know is that some of our trouble(s) are oftentimes heavy. It may be at this point that our troubles will make us or break us if we can’t get a solution to them. Those who fail to make a “breakthrough” with their trouble(s) will most likely make a very bad decision from which one cannot recover.

We can remember when we were small kids at home when anything scared us or caused us trouble, we quickly ran to our parents for care and protec-

tion. The same should be true when we are adults. When things trouble us, we should quickly run to Jesus, our Savior. Would you believe that God uses trouble to draw us closer to Him. This He often does when He sees us drifting away from the fold and the world is getting a stronger hold on us than the Bible.

Let’s be clear about one thing, God does not intentionally bring trouble into our lives so as to be seen as a godly rescuer. This would be sadistic of God’s if He used our troubles in this way. God takes the circumstances which comes from our own daily free-will decisions to help bring us close to Him. Even though we might have put ourselves into a bad situation on our own, if we call on Him, He will come.

It is at difficult times as this that some truly learn how to pray. Meaning you genuinely want God into your life, not just temporarily but on a permanent basis. When life is “rosy” we speak about Jesus, we quote Jesus, and we casually mention Him at times. But when troubles come and we ask Him to come to us, we learn things about God in our suffering that we can’t learn in any other way. This is not a time for winky-dink prayers. In times of serious trouble, we learn not to pray amiss.

God could have kept Joseph out of jail, kept Daniel out of the lion’s den, kept Jeremiah from being tossed into a slimy pit, kept Paul from being shipwrecked three times, and kept the three Hebrew boys from being thrown into the blazing furnace—but He didn’t. He let those problems happen, and every one of those persons was drawn closer to God as a result (II Corinthians 1:8-10).

Rick Warren in his book, *Purpose Driven Life* states, “You’ll never know that God is all you need until God is all you got.”

Problems force us to look to God and depend on Him instead of ourselves. Regardless of the cause, one of our problems could happen without God’s permission. Everything that happens to a child of God is filtered by God and He (God) intends to use it for good, even when the devil and others mean it for bad (Romans 8:28-29).

To clarify the above verse Romans 8:28-29, God did not say that He will make everything work out for our good and the way we want it to, nor will everything have a happy ending while we are here upon the Earth. Only in heaven will God work out everything in a perfect way. This is why we are told to pray, “Thy will be done in Earth as it is in heaven.” God will cause everything to work out for His good. All that happen to us will be counted for the good in the end, providing we hold on to Christ and His unchanging hand.

Like clay in the potter’s hand and a diamond in the hands of a jeweler, we are shaped by the squeeze and blows of the hands of the Heavenly Craftsman. The more the Blacksmith pounds the hot iron with a hammer, the stronger the iron gets. God has all the “tricks” needed to control our circumstances, correct us in order to make us more and more like Jesus (Romans 5:3-4).

Remember God’s plan is always good for us, and He knows what is best for us also. God has our best interest at heart. Just as God told Jeremiah, “I know the plans I have for you. Thoughts of peace, and not of evil. I have plans to prosper you and not harm you, plans to give you hope for a future” (Jeremiah 29:11).

J.L. Caldwell, Pastor
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Church Briefs

DAVIE STREET PRESBYTERIAN CHURCH 154TH ANNIVERSARY

Rev. Dr. James Forbes will be the speaker for the 154th Church Anniversary on Nov. 13 at 11 a.m. Please RSVP to the church office at (919) 834-8855 if you plan to attend.

Location: Davie Street Presbyterian Church: 300 East Davie Street Raleigh, NC 27610.

This event is free and open to the community.



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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.

Is Manufacturing Making A Comeback?

By Mike Walden
Guest Editorial

I came to Raleigh and joined the North Carolina State University faculty in 1978. Then, manufacturing dominated the North Carolina economy. Manufacturing production accounted for almost a third of total economic output in the state, and 30 percent of the workforce had jobs in manufacturing. No other sector of the state economy came close to these numbers.

Today, the situation is dramatically different. Manufacturing accounts for about 16 percent of North Carolina's economy, and 10 percent of workers are in manufacturing.

Much of the demise of manufacturing was due to increased international trade. Two international trade agreements—the WTO (World Trade Organization) and NAFTA (North American Free Trade Agreement)—moved a large part of North Carolina's manufacturing of textiles, apparel and furniture to countries with lower labor costs. Many communities in the state had their entire economies almost wiped out.

Fortunately, the North Carolina economy expanded in other industries, such as finance, pharmaceuticals, and technology and information. But many of the jobs in these industries require four-year college degrees or more. Unfortunately, a large share of the workers who lost their jobs in North Carolina's traditional manufacturing don't have this level of education. Hence, there's been a mismatch between the skills of former manufacturing workers and the skills of the expanding jobs with better pay.

Yet, there may be hope. Economic conditions never remain constant. There is some optimism that economic factors are now changing to create a regeneration of manufacturing both in the country and in North Carolina.

The big game-changer to worldwide manufacturing in the 21st century has been China. China has dominated manufacturing in this century due to its competitive—meaning low—costs, particularly for labor. Once China joined the WTO, firms worldwide set up manufacturing operations in the United States. Thousands of products now say “Made in China” rather than “Made in the USA.”

However, the attractiveness of China for international manufacturing is being re-evaluated for several reasons. First and foremost, China's labor costs are no longer the lowest in the world. Second, many international companies have become suspicious of China over concerns about protecting company technology and secrets from being copied by China. Last, China has become very blunt about its plans to challenge the existing geo-political order. Translated, China wants to supplant the U.S. and its allies as the dominant power in Asia. China is now a major military competitor to the United States.

Like many things, the pandemic also impacted manufacturing. So-called “supply-chain” disruptions around the world continue to impair our ability to purchase many manufactured products. Or, if the products are available, their prices are much higher. More importantly, during the pandemic, we saw how our country's reliance on foreign producers' supplies of medical products could be disastrous.

Lastly, I think we have realized we need a robust number of middle-income jobs that don't require a four-year college degree to have a thriving economy, and manufacturing is a core part of those jobs.

The culmination of these factors is that manufacturing appears to be enjoying a rebound. There are now renewed efforts to “re-shore” manufacturing from foreign countries to the U.S.

There are indications that these efforts are having an impact, particularly here in North Carolina. In the last decade, manufacturing jobs have increased. Also, a recent study focusing on re-shoring ranked North Carolina second among all states in 2022 in generating almost 46,000 manufacturing jobs that typically would be located in foreign countries. Recent announcements of computer chip, battery and auto assembly factories are good examples.

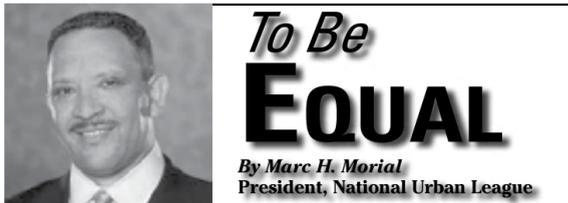
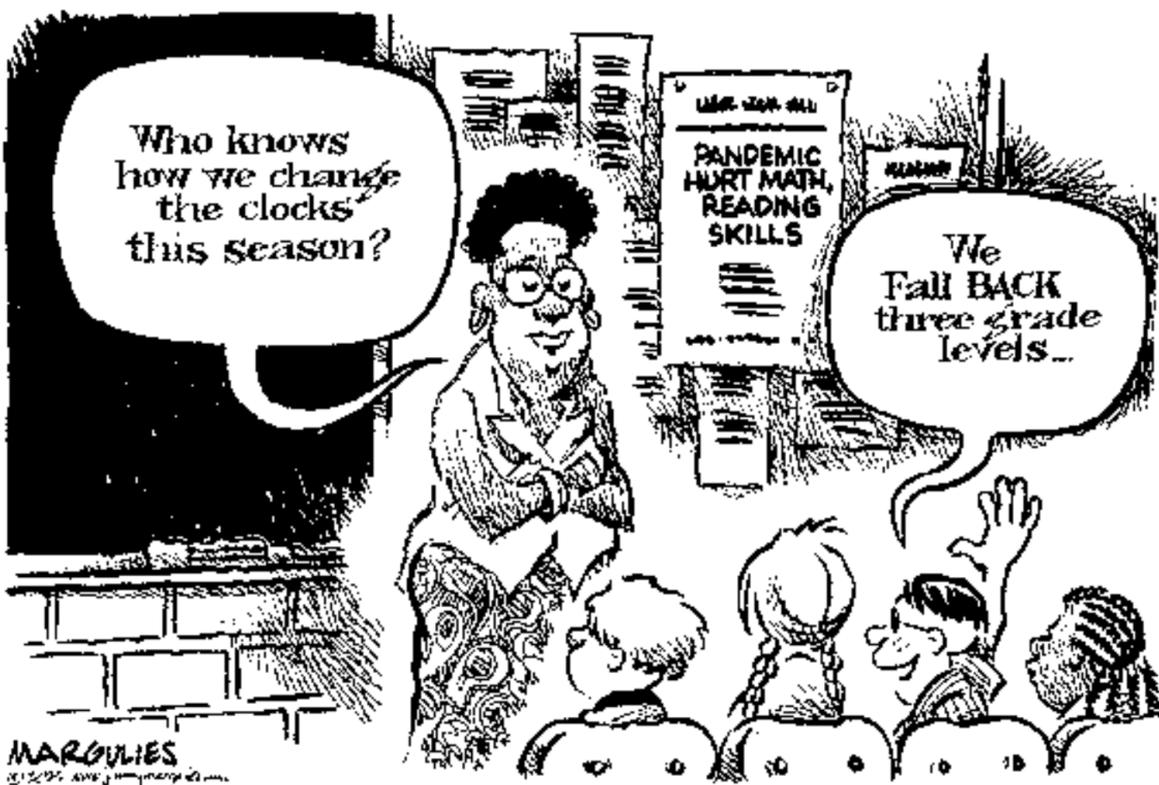
The excitement about revived manufacturing and re-shoring does have challenges. International competition for manufacturing goes beyond China. Vietnam, Thailand, the Philippines and others have significant manufacturing operations. However, they have limited capacity. The big question is whether India—soon to be the most populous country in the world—could take the place of China. Also, even if China is losing favor as an international manufacturing hub, it takes considerable time and money for companies to re-route their supply chains.

Finally, it is imperative to realize today's manufacturing is very different from the manufacturing of even 20 years ago. Like most of the economy, manufacturing is more high-tech and automated. Machines have replaced human muscle. Hence, workers in today's factories need different training than their counterparts of the past.

Fortunately, North Carolina has world-class community colleges that can provide rapid and specialized training needed by modern factories. Short-term apprenticeship programs are another way of securing qualified labor.

Manufacturing's revival and re-shoring could go a long way to rebuilding the state's middle class and giving improved economic opportunities to thousands of North Carolinians, many of them living in rural regions. Will this lead to a new age of manufacturing? You decide.

Walden is a William Neal Reynolds Distinguished Professor Emeritus at North Carolina State University.



To Be EQUAL

By Marc H. Morial
President, National Urban League

ELON MUSK'S TWITTER TAKEOVER HAS UNLEASHED THE WORST OF HUMAN NATURE

It is possible that users assumed that language use that could potentially cause a ban or suspension on the platform in the past was no longer a concern. Additionally, anticipation of an unmoderated platform was potentially a source of excitement for certain Twitter users. By sharing epithets, it suggests that certain users were celebrating a reduction in perceived speech constraints on the platform. Regardless, the data conclusively shows that there is correlation between Musk's arrival and a broader perceived acceptability to posted hostile content on Twitter.

—Montclair State University Center for Strategic Communication study, “From the Tweets to Hate Speech: Increases in Twitter Racist Content After Elon Musk's Acquisition”

In the 12 hours after Elon Musk purchased Twitter, the use of the n-word spiked by 500 percent.

ADL's Center on Extremism identified a coordinated campaign to spread antisemitic content, launched by users of the largely unmoderated 4chan message board, that resulted in more than 1,200 antisemitic tweets and retweets in the 24 hours after Musk's takeover.

Musk himself posted a conspiracy theory about the attempted murder of Paul Pelosi; the tweet was shared and liked tens of thousands of times before he deleted it.

This painful and shocking increase in hate prompted me, along with NAACP President and CEO Derrick Johnson, and National Action Network President and Founder Rev. Al Sharpton, to request a meeting with Musk to address our concerns and to understand his plan to protect our communities from abuse by those who seek not simply to express controversial views, but to harm us and undermine democracy.

In our letter to Musk, we wrote, “In flippantly declaring that, ‘the bird is freed,’ you might have unwittingly freed people to unleash the worst of human nature with communities of color and religious minorities bearing the greatest burden.”

We share Musk's professed belief in the importance of free speech, but the fact remains that online hate speech, misinformation, and disinformation, posted by users intent on sowing social and political chaos, have grave consequences for democracy, civil rights, and public safety.

The White supremacist who murdered 10 people in a Buffalo supermarket in May was inspired by conspiracy theories posted on 4chan. Content on White supremacist websites fueled the massacre of nine Black worshippers at Charleston's Mother Emanuel Church in 2015. The accused attacker of Paul Pelosi, the subject of Musk's own false tweet, had posted “a mix of bloody images and hateful screeds aimed at a variety of targeted groups including Jewish, Black and trans people, as well as Democrats,” according to *The Washington Post*.

“Whether you realize it or not, as the new leader of Twitter, you have new responsibilities, and one of those responsibilities is to ensure your platform is not used to harm people and the nation as a whole,” we wrote to Musk. “Another responsibility is to ensure your own words and behavior do not cause harm, especially to the communities of color and other underserved communities who have been long time users and who have

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

A Different Voice

By Dorothy Shaw Thompson



A PHENOMENAL WOMAN

I don't usually brag on my friends or anything else. To me, bragging suggests that you are special because... I believe that we are all special in our own way, however in this case I want to introduce you to a woman who stands out. If what I'm saying is fact, then how could I be bragging... right? If I had absolutely nothing to do with her success... how dare I brag... correct? So let me tell you the facts and you be the judge.

Many years ago my husband Brad remarked to me about a woman he met who had an idea. Brad meets people all the time with ideas but this one caused me to listen. This woman had an idea to help people find jobs but in particular, good, life-sustaining jobs. She came to Brad to hear her idea, and later and now, he is a consultant with her business. Enough about that, this is not about him or me but about this phenomenal woman.

She named her company Grace Federal Solutions; Grace, for her mother (and Federal Solutions for her vision), another phenomenal woman (now deceased) who I was fortunate to meet. She had been previously employed; however, she had always had a vision of being self-employed and responsible for helping others move forward in life. The scripture says (my paraphrase), “Write the vision, make it plain.” She did just that and her vision is now a reality. I think that to do what she has done you have to be self-assured because you are God assured and God insured. Like that?

How did she do this in just a few years? She had a vision and a dream. She hired a core staff, built a brand, got a few contracts and this was the beginning of her business. One contract caused her to step out on faith. A local national and internationally known college in the area needed personnel to people

a store on campus because they were participating in a final championship. She got the contract, they won the championship and that began the beginning of a business that I am telling you is a multi-million dollar force. One characteristic she has among the many that has made her successful is that she seeks advice but follows her own still, small voice. It doesn't get any better than that. Now because of the chance they took and her faith in her ability to make it happen, she serves other colleges and hospitals, others who need her contacts, resources and skills and people have jobs. She didn't have a wealthy (in money) family but she had a praying mother who taught her and her siblings to let nothing stop them—nothing—and to be honest and trustworthy. That stuff is better than silver or gold.

This phenomenal woman has not had it easy. She had twins,

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



Becoming Sarah

By Sarah Jones

WANTING WHAT SOCIAL MEDIA TELLS US TO

More and better. That is the growing obsession of my generation. The average person spends at least two hours of their day on social media. We scroll aimlessly on apps like tik tok and Instagram until hours have passed and all we've seen are society's greatest fads and trends. I know this because I'm surrounded by it every day—all day, and although I may hate to admit it, on most days I'm a part of it.

I see my college mates walking and scrolling. Walking and scrolling. We sit at lunch by ourselves because we have the comfort of our phones. We go on long walks but plug out the world with our earbuds. In our free time social media has become our greatest companion but, in some ways, I believe it has also become one of our greatest burdens.

There is a huge correlation between social media and our mental health. I was reading an article the other day that discussed how much influence social media has on the way we view our lives. In the grand scope of things, it makes so much sense. My feed is often filled with many of the things I don't have. The big brand clothing items. The luxury cars. The false idea that anything new is so easily accessible. As adults, we have the discernment to realize that these things aren't the norm for our everyday life but that doesn't stop the longing, nor does it stop the comparison.

For many of us social media is our largest connection. It keeps us up to date on the news and world events, but it also introduces us to a world of “I wish.” Depending on who we follow, the news travels faster, the stories become longer and the desire to want more than we have only grows.

As I become older the more and more my relationship with social media has changed. For a while, it felt like if I wasn't posting it, it didn't matter. The more and more I chased more

(See **BECOMING SARAH**, P. 11)

Child Watch

By Marian Wright Edelman



DEMOCRACY IS ON THE BALLOT

In August 1965, as President Lyndon B. Johnson signed the Voting Rights Act with Dr. Martin Luther King, Jr. and other civil rights leaders at his side, President Johnson said he had long believed “this right to vote is the basic right without which all others are meaningless. It gives people, people as individuals, control over their own destinies.” The ability to elect our political leaders and have our voices and votes count is a precious and fundamental right for all of us. Those of us who participated in and lived through the Civil Rights Movement know firsthand that this is a right Black Americans were fighting and dying for not very long ago. In places around the world others are still struggling and sacrificing for a freedom too many Americans now take for granted. But recently, President Biden issued an urgent call to action as he warned Americans that in these midterm elections—during a dangerous rise in political violence and voter intimidation as candidates are still denying the results of the last election and openly threatening not to accept the will of the voters in the future—“democracy is on the ballot for all of us.”

President Biden said: “I appeal to all Americans, regardless of party, to meet this moment of national and generational importance. We must vote knowing what's at stake is not just the policy of the moment, but institutions that have held us together as we've sought a more perfect union are also at stake... Look, my fellow Americans, the old expression, ‘Freedom is not free; it requires constant vigilance.’ From the very beginning, nothing has been guaranteed about democracy in America. Every generation has had to defend it, protect it, preserve it, choose it, for that's what democracy is: It's a choice—a decision of the people, by the people, and for the people. The issue couldn't be clearer, in my view. We, the people, must decide whether we will have fair and free elections and every vote counts. We, the people, must decide whether we're going to sustain a republic where reality's accepted, the law is obeyed, and your vote is truly sacred. We, the people, must decide

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

Letters To The Editor

Thank You And Goodbye

To: The Citizens of Wake County, North Carolina

On December 1st, 2022, I will be officially retired from the Office of Wake County Sheriff. My career with this Office began on May 11th, 1990. From that date until the forthcoming retire date, I have satisfaction in knowing, without reservation, that my commitment, dedication, and professionalism, along with integrity and accountability has always been primary as pertains to serving this county through this Office. Since 1990, I've been blessed and fortunate to have worked in nearly every area of this Office which I truly believe and know proved extremely beneficial and brought value to, upon being elected in 2018, executing the duties of this Office and serving as the 54th Wake County Sheriff over the last four years. All honor and glory belong to our Lord and Savior for the great things HE has, is, and will continue to do!

When I looked at the last four years, this organization weathered change in organizational-based leadership, re-organization & restructuring, a pandemic outbreak, social & race injustices and protests. Through it all, the integrity and accountability, transparency, and commitment to serving & protecting this county stood strong, resilient and never wavered. There is no question that this office is currently operating more efficient, proficient, and fiscally sound than it has in twenty years. There is more to be said about each of the committed and dedicated members of this Office...

May God continue to keep this Office and this profession safe from harm.

Yours in dedicated Protection & Service,
Gerald M. Baker
Sheriff of Wake County

King Crossword

ACROSS

1 Church seat
4 Brit. record label
7 Singer Guthrie
8 Golf clubs
10 Vault intersection
11 Pig sounds
13 Good thing with a downside
16 Utter
17 Wear down
18 Hat of City
19 Vivacity
20 Prescriptions for shop
21 "— were the days!"
23 Expire
25 Channel marker
26 Animal on frames
27 Carle lead-in
28 Blood imp?
30 Mimic
33 Confusing statements
36 Bit of buckshot
37 Makes a sweater
38 Prolonged attack
39 Downtown

DOWN

1 Standard
2 Writer Wiesel
3 is curious (about)
4 Goafed
5 Point-and-click game
6 Hostels
7 Mel solo
8 Dome name
9 Jason Bourne
10 actress Julia
10 Baseball execs
12 Disparaging
14 Party cheese
15 USO audience
19 Lad
20 AWOL nurses
21 Dutch bloom
22 Deceptions
23 Reply to
24 Nome resident
25 "Kapow!"
26 Largest Greek isle
28 Grace of W & Grace
29 Apha's opposite
30 Getting on
31 Ant-fur org.
32 Curvy letter
34 Lamb alias
35 Part of A.D.

Other Viewpoints



MY ISSUE WITH THE DEMOCRAT PARTY

By Rodney Ross
Staff Commentary

On October 25th, with only 6 days left in the month, and while in the line at Food Lion, there was a woman in front of me that had literally a handful of groceries, roughly four items. After the cashier tallied up the total cost, the woman pulled out her card for payment and it was declined. The cashier politely informed the woman that she only had \$10 available and you could see the wheels turning in the customer's head. Her face twisted as if to say "What do I do?" Poised, she asked the cashier to remove one of the items and then observed the new total. Unsatisfied, she requested another item to be put back. After realizing what her new remaining credit would be, the woman apologized to the cashier and politely requested the transaction to be cancelled. The cashier was an African-American woman who looked to be in her early or 60s. The customer looked to be in her mid-20s. The hurt on the cashier's face understanding what the next six days would look like. This is Joe Biden's America.

Some will suggest that this is not fair to the president, but I would have to counter with an appeal to logic and simile. If a company fails to reach its numbers, there are a multitude of hypotheticals that could create this conclusion. Supply disruption. Natural disasters like hurricanes and floods. A health crisis like COVID-19. Labor shortages because people were paid not to come to work and decided not to return. Regardless of the catalyst, in the end, the burden falls on the top. A company's inability to create a profit or simply break even means that the person in charge will be held accountable.

If they have any sense, they will proactively resign and leave before they are asked to turn in their badge before being escorted out. The country is not so lucky to have elected politicians exhibit such a moral compass and integrity. Instead, what America gets are the same politicians begging to be re-elected so they can continue the pattern of below mediocrity performance while further extending the culture of unfulfilled promises.

America slapped the Republican Party for getting in the way of Joe Biden's trillion-dollar spending bill. The reserve printed all this money just to send it to support the war efforts in the Ukraine, as if the Ukrainian population ever lifted a finger towards solidarity related to social issues faced by Americans. Especially African-Americans. Yet, money that was afford to our HBCU's from the prior administration and the verbal contract Biden made with our communities, have dissolved into the ether. Because "we are Black" he cannot see us unless we are either raising the Ukrainian flag, the Chinese flag, or the LGBTQ flag. Probably because "they ain't Black".

I do not understand the logic of a people who continue to vote with their hearts on their sleeves, when the Democrat Party has proved for more than seven decades to be an abusive, lying, unfaithful, part-time lover. When the party comes to embrace us during political season, how is it African-Americans do not flinch for fear of getting slapped instead of hugged? How many times have the liberals obtained all the power needed to create change within our communities, only to be let down from the president, Senate, House Of Representatives, all the way down to our local municipalities.

Rhetorically speaking, is it not insane to repeat the same behavior or pattern over and over again and expect a different result? This is what it is like being Black and over 40 in America. Are we not tired of grand openings, just to be shut down and out of business a month later due to laws written to strip our economics out of our hands? At least the vice president of the United States promised that she would not do a thing to help African-Americans directly. She told us who she was and there was an open understanding of what to expect. But this hits different on the local level.

Many of the politicians in Washington, D.C. have been around for several decades. With respect to The Violent Crime Control and Law Enforcement Act of 1994, better known as the Crime Bill, we should closely examine what rhymes with today's events. Many cities controlled by Democrats are overrun with steep levels of crime and corruption. This was of course after the left heavily promoted the "defund the police" campaign. The result is people are complaining about the crime, as they did in 1993. The left politicians who wore dashikis on the steps of Congress to grandstand like they supported Colin Kapernick's kneeling to protest police brutality, are the same ones now calling to ramp up more policing, as they did in the 1994 Crime Bill. Jobs for African Americans and all Americans are scarce or unavailable due to having some sort of record or lack of education and skill. This was the same back then. Too many are finding themselves on the wrong side of the law to survive, just like in 1994. A profuse and superabundant amount of law enforcement were hired to tackle crime and targeted low-income areas, mostly populated by African-Americans. President Biden submits a \$37 billion budget proposal to expand police. With so many Black neighborhoods

gentrified, and African-Americans becoming more concentrated in fewer areas, it will be interesting to see where all of the new law enforcement will be in circulation. History tells us it is a matter of time before more videos will be caught on camera displaying belligerent and unprofessional law enforcement agents. Then here comes the reverends and token civil rights team popping up singing "We Shall Overcome" while in the next breath reminding the consensus to vote for a particular party that seems to have our best interest.

This local election should be the drum beaten to signal a change in the guard. But again, if history is a sign to predict future behavior, then "no worries." It's easy to dance to songs we know all the words to.



THANKSGIVING AND A LIFESTYLE OF SAYING THANK YOU

By Dr. Glenn Mollette
Author

Thanksgiving is coming and it's never out of season to say thank you. Say thank you to your local politicians. The majority of those who pursue an office, lose. Losing is tough and usually expensive. Thank them for their interest in your community or state and for the time they gave making their case and pursuing votes.

Our world would be better if we all said thank you and please as often as possible. Amazingly many people don't know how to say thank you, or please.

If someone does anything for you, say thank you. Even if they haven't necessarily done it for you but are helping others, then say thank you. Thank your community leaders, teachers, politicians, clergy, this media source, family, friends and anyone who is somehow positively impacting your life.

Teaching our kids to say thank you and to say it often is well worth our time for us and them.

Here are some thank you notes from *Reader's Digest*, RD.com June 2023

About 15 years ago, we purchased a dining set from an older couple after seeing their ad. When we went to pick it up, it was apparent to me that the lady was having a hard time seeing it go, although it hadn't been used for many years. On Thanksgiving, I set the table, took a picture, and sent it to her, saying we were thankful to be enjoying the beautiful set. She sent a note back that read, it looks like it was meant to be. It really has helped me, seeing it happy. Thank you from my heart.

—Diane Ensch, Mansfield, Texas

As a volunteer, I recorded several audiobooks for the blind. I received a Braille card that said thanks for my work. Fortunately, the sender also enclosed a reading chart for the braille words. It took me 90 minutes to figure out what the card said. It reminded me of how blessed I am and how much I can keep giving.

—Yen Chou, Taipei, Taiwan

My coworker sent me this heartwarming e-mail after I was laid off: Thank you for giving me a chance way back when. This position got me off state assistance, paid for my car, and has blessed me and my son in so many ways. You have been an amazing mentor and friend, Mike. The best! I've learned so much and not just about pest control. To speak up for myself. To be less emotional when things go wrong. To have patience with myself and others. Thank you for being so incredibly patient with me and my thousands of questions and mistakes! It has helped my confidence in so many ways. Thank you! Thank you! It was humbling for me to know that I had that kind of impact on someone's life by just being myself, doing my job.

—Michael Shearing, Port Angeles, Washington.

After I had worked as a mail carrier for 30 years, it was time to retire. I put a note in each of my 436 customers' mailboxes, thanking them for allowing me to serve them over the years. I never expected that on my last day so many would hang balloons on the boxes and put out so many beautiful thank-yous. I hope I delivered all the mail properly that day, as there were tears of gratitude filling my eyes.

—Kay Scott, Bucyrus, Ohio

I was gram's favorite, and she was mine. She passed away in September 2016, at 100½—she always said you earned the "half" when you got to be her age. To my surprise, I received a card in the mail that my sweet grandma had tucked away for my aunt to send after she passed. It read, Melis, thank you for all the nice things you did for me. Remember, this is the year you'll meet your man. Be cool and play it safe. Don't screw it up. Be careful. I'll be watching you. All my love, Gram.

—Melissa Wegman, Cincinnati, Ohio

You can find these and other thank you notes on RD.com *Reader's Digest*, June 3, 2022

Thanksgiving season is here. Let's all aim for a lifestyle of saying thank you.

TO BE EQUAL

Continued from page 10

made the company what it is today. You have not shown a willingness to meet these responsibilities thus far, but we have hope and are willing to work with you do so in the future."

Twitter needs strong content moderation standards to foster a safe and healthy online environment. Yet Musk plans to fire fully half of the platform's workforce, according to Bloomberg.

"We strongly urge you to maintain content moderation teams that are tasked with creating and implementing policies that provide a baseline for prohibiting content designed to threaten and harass people of color and religious minorities and suppress votes," we wrote. "Indeed, we encourage you to strengthen these policies as there has been a rise in dangerous rhetoric and violent acts that threaten our communities' ability to vote and otherwise fully participate in our society without fear for our safety."

Lapses in content moderation are especially concerning with the midterm elections just days away. National security officials fear misinformation campaigns could ignite violence at the polls on Election Day. Disinformation campaigns waged on Twitter and Facebook in 2016 and 2020 sought to depress Black voter turnout and sow social and political discord.

We wrote, "We implore you to show immediate leadership by directly addressing the spike in hate speech that occurred over the weekend and to discourage vigorously and clearly those who would be influenced by your voice from using such speech in the future and from engaging in violence against anyone."

A DIFFERENT VOICE

Continued from page 10

a boy and a girl; at some time later, became a single mother. She has raised two phenomenal children, one who has autism and because of him she is making an impact on the autism community (through her vision). Her daughter is more than smart, she is emotionally intelligent, so... I'm expecting to see good stuff from her and her beautiful little daughter.

Recently a tragedy came to this family in the form of a murdered 21-year-old nephew Even with the tragedy of that, sister didn't skip a beat. She arranged and paid for his memorial service and fed all the people who came. Wow!! But her mother had said—let nothing stop you.

I've got a reason for introducing you to her. She recently won two very special recognitions. You may not know, so I'm telling you.

One, she was presented the Andrew Harris Minority Business Award for her company, by the Undersecretary of Commerce for Minority Business Development in recognition of outstanding achievements in business across the state of N.C.

Also, and to me this is another biggy, she became one of the 100 Enterprising Women for 2022 featured in the 10th annual *Enterprising Women* magazine, Fall 2022.

Recently, she spoke to a group of students at Meredith College and of the many favorable responses, these two stand out to me:

"Mrs. Phillips was by far my favorite guest speaker. She didn't talk about herself but gave us pointers to better ourselves... boost our confidence and learn to know our worth in the workplace, etc."

Another student said, "... such an inspiration with her stories about being her authentic self... qualities about being ethical, accountable, being straightforward without being rude, leading with empathy, etc."

Which proves to me that people don't really want to be inspired by who you are... but rather how you can inspire them, as to who they are be.

So now that I let her name slip out, I want to introduce you to my friend, Iris Phillips, who lives and works here in our area. She is a phenomenal businesswoman and person and I see her business continuing to grow and grow and grow some more. I also see her as a Woman's Day speaker at churches here; a powerhouse and innovator in the autism community (especially with the new rulings), a motivational speaker at local colleges and other programs. I see her being featured in newspapers and other magazines such as *Essence* and your job is to go and tell that! This I believe is how God works through us all to bring His vision to the light of all. Amen, I have preached! LOL.

BECOMING SARAH

Continued from page 10

and better the less content I became with myself. My goals in life were no longer based on my own personal aspirations but what society had deemed successful. There was comfort in wanting the things that others wanted even if in the long run those things would mean nothing to me.

I see the truth of this matter in my 13-year-old cousin. Each time I see her there is something new that she must have. Not because she wants it but because society has led her to believe that she needs it. It makes me wonder who we would be if we weren't surrounded by social influence in every aspect of our lives.

We often get the idea that what we have is never enough. That we need something more or better to be fulfilled. Our culture says to strive for more and better but what I see so many people striving for are not the things that make us better. We strive for things that make us look better. We strive for the things that make us seem better. We strive for more money. For more control but we rarely, truly aspire for the things that matter.

The things that we want aren't dangerous because they make us better, they are dangerous because we believe they do. As I sit and ponder the solution to this problem, I realize we must change the things we give value. We must change the things we continue to give more and more of our time. For each of us, this change may look different. It may look like we are missing out or leave us feeling disconnected. But, for some of us, this change may leave us feeling free. As we move forward, I know this change may seem scary, but to me staying the same is scarier.

CHILD WATCH

Continued from page 10

whether the rule of law will prevail or whether we'll allow the dark forces that thirst for power put ahead of the principles that have long guided us."

President Biden added: "In a typical year, we're often not faced with questions of whether the vote we cast will preserve democracy or put us at risk. But this year, we are. This year, I hope you will make the future of our democracy an important part of your decision to vote and how you vote. I hope you'll ask a simple question of each candidate you might vote for: Will that person accept the legitimate will of the American people and the people voting in his district or her district? Will that person accept the outcome of the election, win or lose? The answer to that question is vital. And in my opinion, it should be decisive. On the answer to that question hangs the future of the country we love so much and the fate of the democracy that has made so much possible for us. Too many people have sacrificed too much for too many years for us to walk away from the American project and democracy. Because we've enjoyed our freedoms for so long, it's easy to think they'll always be with us no matter what. But that isn't true today. In our bones, we know democracy is at risk. But we also know this: It's within our power, each and every one of us, to preserve our democracy."

Our democracy is at risk... but it's within our power to preserve it. How can you respond to this urgent call? Ask this fundamental question of the candidates running for office in your own state, and if you have not already voted, vote. As former President Obama also said this week, "Tuning out is not an option." Black Americans have a special responsibility to our forebears who struggled and died fighting for the right to vote to protect this right for our children and grandchildren. Call all of your relatives and friends and remind them to vote. When you go to the polls bring others with you. See if older neighbors and relatives might need a ride—but also be sure to ask young people you know if they need a ride, if they know their polling place, or if they need any other support to make their voices heard. A national poll released last week by the Institute of Politics at the Harvard Kennedy School showed 40 percent of 18-to-29-year-olds said they will "definitely" vote this year, which is on track to match or even exceed the record-breaking 2018 youth turnout in a midterm election. For some college-aged young people these midterm elections will be their first opportunity to vote for the future they want and deserve. It must not be the last. It is critical that we help preserve this right for generations to come.

Democracy is not a spectator sport—and it absolutely cannot be now with so much on the line. Please do your part!

Classifieds

DURHAM COUNTY

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 1285

The Undersigned, having qualified as Executor of the Estate of Margaret Harris Hall, 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 20th day of January 2023, 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 20th day of October, 2022.

Tina Hall Shepherd
Executor
409 Greymist Drive
Durham, NC 27713
10/20,10/27,11/3 and 11/10/2022
STATE OF NORTH CAROLINA
DURHAM COUNTY

NOTICE TO CREDITORS File Number 22 E 1273

Having qualified as Administrator of the Estate of Calvin Clerments 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 on or before the 20th day of January, 2023, or this notice will be pleaded in bar of their recovery. All persons, firms, corporations indebted to the said estate will please make immediate payment to the undersigned.

This is the 20th day of October, 2022.

Richard F. Prentis, Jr.
Administrator
c/o Richard F. Prentis, Jr., Stubbs, Cole, Breedlove, Prentis & Biggs, 4 Consultant Place
Durham, NC 27707
10-20, 10-27, 11-3 & 11-10, 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 1266

The Undersigned, having qualified as Executor of the Estate of Charles L. Andrews, 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 20th day of January 2023, 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 20th day of October, 2022.

William Cole King, Jr.
Executor
4507 Pleasant Green Road
Durham, NC 27705
10/20,10/27,11/3 and 11/10/2022
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 1303

The Undersigned, having qualified as Executor of the Estate of Walter Kendrick Chambliss, 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 20th day of January 2023, 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 20th day of October, 2022.

Emily C. Huntley
Co-Executor
112 W. Orange Street
Hillsborough, NC 27278
William B. Chambliss
Co-Executor
206 Watts Street
Durham, NC 27701
10/20,10/27,11/3 and 11/10/2022
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 001086

The Undersigned, having qualified as Administrator of the Estate of Endris Jermal Ashford, 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 20th day of January 2023, 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 20th day of October, 2022.

Ashley Lynette Parker
3012 Sprucewood Dr
Durham, NC 27707
10/20,10/27,11/3 and 11/10/2022

NOTICE TO CREDITORS File Number 22 E 1148

Having qualified as the personal representative of the estate of Michael J. Mulligan, late of Durham County, NC, Gail Mulligan, the undersigned, does hereby notify all persons, firms, and corporations having claims against the estate of decedent to exhibit them to the undersigned at 1007 Vickers Ave., Durham, NC 27707, on or before February 15, 2023, or this notice will be pleaded in bar of their recovery.

All persons, firms and corporations indebted to the estate will please make prompt payment to the undersigned.

This the 20th day of October, 2022.

Gail Mulligan
Executrix
c/o Wilfred F. Drake, P.C.
Attorney for the Estate
1007 Vickers Ave
Durham, NC 27707
919-683-8441
10/20,10/27,11/3 and 11/10/2022

NOTICE TO CREDITORS File Number 22 E 1251

The undersigned, Christopher Ray Spivey, having duly qualified as Executor of the Estate of Donna Kay Spivey, deceased, late of Durham County, North Carolina, hereby notifies all persons, firms and corporations having claims against the Estate to present them to the undersigned in care of Ronald G. Coulter, Attorney for the Estate, 3400 Croasdaile Drive, Suite 205, Durham, North Carolina 27705, on or before January 26, 2023 or it will be pleaded in bar of their recovery. All persons, firms and corporations indebted to the Estate will please make immediate payment.

This the 27th day of October, 2022.

Christopher Ray Spivey
Executor
C/O Ronald G. Coulter
Attorney at Law
3400 Croasdaile Drive, Suite 205
Durham, NC 27705
1-919-246-5775
10/27,11/3, 11/10 and 11/17/2022

NOTICE OF SERVICE OF PROCESS BY PUBLICATION NORTH CAROLINA COUNTY OF DURHAM

In The General Court Of Justice
Superior Court Division
File No: 22 CVS 3101

BEULAH RUFFIN,
Plaintiff

v.
HILDA E. ALAVAREZ ALVARADO,
RIDGEBUCKS GROUP LLC, ARI-
ANE ROCIO HERNANDEZ TORRES
and ORLANDO ESTEBAN HER-
NANDEZ PEREZ,

Defendants.

To HILDA E ALVAREZ ALVARADO
Take notice that a pleading seek-
ing relief against you has been filed
in the above entitled action. The
nature of the relief sought is as fol-
lows:

Complaint for Personal Injuries
as a result of a Motor Vehicle Ac-
cident on April 3, 2022, on S. Alston
Avenue at Triangle Drive, Durham,
NC.

You are required to make de-
fense to such pleading not later
than December 6, 2022 and upon
your failure to do so the party
seeking service against you will
apply to the Court for the relief
sought.

This, the 27th day of October,
2022.

Robert T. Perry
N.C. State Bar #11051
PERRY, PERRY & PERRY, P.A.
Attorneys for Plaintiff
601 Fayetteville Street, Suite 300
Post Office Drawer 2051
Durham, North Carolina 27702
Telephone: (919) 683-8685/10/27,
11/3 and 11/10/2022.

NOTICE TO CREDITORS

ESTATE OF ROBERT JACKSON THORNTON, SR.

Robert Jackson Thornton, Sr. died on September 9, 2022, in Durham, NC. Norman David Couch, Jr. qualified as his Executor with Durham County, NC Clerk of Superior Court file 22 E 1298.

All persons, firms or corporations indebted to Robert Jackson Thornton, Sr. will please make immediate payment. This is to notify all persons, firms, and corporations having claims against Robert Jackson Thornton to present them before February 3, 2023, or this Notice may be pleaded to bar their claim. Claims and payments may be filed with Deborah H. Shartle, Attorney for the estate at Arges Law Firm, 3200 Croasdaile Drive, Suite 706, Durham, NC 27705.

Norman David Couch, Jr.
Executor
10/27,11/3,11/10 and 11/17/2022
STATE OF NORTH CAROLINA
DURHAM COUNTY

NOTICE TO CREDITORS FILE NO 22 E 1272

All persons having claims against JIMMIE LUNSFORD MCDANIEL, deceased, late of Durham County, North Carolina, are notified to exhibit the same to the undersigned on or before the 27th day of January, 2023, or this notice will be pleaded in bar of recovery. Debtors of the decedent are asked to make immediate payment.

This the 27th day of October, 2022.

William McDaniel
Administrator
c/o Hemphill Gelder, PC
PO Box 97035
Raleigh, NC 27624
10/27,11/3,11/10 and 11/17/2022
STATE OF NORTH CAROLINA
COUNTY OF DURHAM

NOTICE TO CREDITORS File Number 22 E 1309

Having qualified as Executor of the Estate of FOY LAVERNE BARBEE, deceased, this is to notify all persons, firms, and corporations having claims against the Estate of Foy Laverne Barbee to present them to the undersigned on or before the 27th day of January, 2023, or this Notice will be pleaded in bar of their recovery.

All persons indebted to said Estate, please make immediate payment.

This, the 27th day of October, 2022.

H. WOOD VANN
Attorney for the Estate of Foy Laverne Barbee
120 E. Parrish Street, Suite 200
Durham, North Carolina 27701
(919) 682-9273
10/27,11/3,11/10 and 11/17/2022
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 1320

The Undersigned, having qualified as Administrator of the Estate of Bettye C. Johnson, 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 3rd day of February 2023, 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 3rd day of November, 2022.

Mark A. Johnson
Administrator
110 Bagby Lane
Bahama, NC 27503
11/3, 11/10, 11/17 and 11/24/2022
STATE OF NORTH CAROLINA
DURHAM COUNTY

NOTICE TO CREDITORS FILE NO 22 E 1389

Having qualified as Executrix of the Estate of Dwight Carlyle Beavers 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 on or before the 10th day of February, 2023, or this notice will be pleaded in bar of their recovery. All persons, firms, corporations indebted to the said estate will please make immediate payment to the undersigned.

This is the 10th day of November, 2022.

Tammy Renee Beavers
Executrix
c/o Richard F. Prentis, Jr., Stubbs, Cole, Breedlove, Prentis & Biggs
4 Consultant Place

Durham, NC 27707
11-10, 11-17, 11-24 & 12-1, 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 413

The Undersigned, having qualified as Administrator of the Estate of Clifton C. Coles, 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 10th day of February 2023, 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 10th day of November, 2022.

Gloria Washington
Administrator
12004 Swallow Falls Court
Silver Springs, MD 20904
11/10,11/17,11/24 and 12/1/2022
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 1362

The Undersigned, having qualified as Administrator of the Estate of Ernestine Cameron Brown, 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 10th day of February 2023, 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 10th day of November, 2022.

Tonue Denise Sargent
Administrator
425 Sowell Street
Durham, NC 27701
11/10,11/17,11/24 and 12/1/2022
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 1278

The Undersigned, having qualified as Administrator of the Estate of Cynthia Hopkins, 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 10th day of February 2023, 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 10th day of November, 2022.

Richard Brown III
Administrator
1406 Holly Grove Way
Durham, NC 27713
11/10,11/17,11/24 and 12/1/2022
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 2021 E 001235

The Undersigned, having qualified as Administrator of the Estate of John Gerald Henderson II, 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 10th day of February 2023, 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 10th day of November, 2022.

John Gerald Henderson
Administrator
3611 Suffolk St
Durham, NC 27707
11/10,11/17,11/24 and 12/1/2022

NOTICE OF SERVICE OF PROCESS BY PUBLICATION NORTH CAROLINA COUNTY OF DURHAM In The General Court Of Justice District Court Division

File No: 22 CVD 1140
[CHILD CUSTODY PROCEEDING]

To: EDILBERTO ROCAEL FUNES CHAVEZ, 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 (date) said date being at least forty (40) days from the first publication of this Notice, and upon your failure to do so, the Plaintiff, DORA OFELIA GOMEZ CARRILLO, will apply to the court for the relief sought.

This, the 10th day of November, 2022.

Aneta Paval
Paval Law Offices, PLLC
7404 Chapel Hill Rd
Suite M
Raleigh NC 27607
Telephone: (919) 410-6690
11/10,11/17 and 11/24/2022
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 1353

The Undersigned, having qualified as Executor of the Estate of David Lawrence Ross, 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 10th day of February 2023, 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 10th day of November, 2022.

Mary Helen Ross
Executor
7207 Guess Road
Hillsborough, NC 27278
11/10,11/17,11/24 and 12/1/2022
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 001330

The Undersigned, having qualified as Executor of the Estate of Frances Oakley Penland, 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 10th day of February 2023, 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 10th day of November, 2022.

Robert C Penland
Executor
33 Widgeon Pond Road
Plymouth, MA 02360
11/10,11/17,11/24 and 12/1/2022

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 2022 E 003237

The Undersigned, having qualified as Executor of the Estate of John Daniel Snipes, 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 20th day of January 2023, 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 20th day of October, 2022.

John Daniel Snipes III
Executor
1625 Pinto Creek Ln
Wake Forest, NC 27587
10/20,10/27,11/3 and 11/10/2022

NOTICE OF SERVICE OF PROCESS BY PUBLICATION NORTH CAROLINA COUNTY OF WAKE

In The General Court Of Justice
District Court Division
File No: 22 CVD 10638

[CHILD CUSTODY PROCEEDING]
XIOMARA VILLEDA SANCHEZ,
Plaintiff

v.

JUVEN ALEXY PINEDA PAZ,
Defendant.

To Juven Alexy Pineda Paz, father of male child born to Xiomara Villeda Sanchez on 10/26/2011, in Honduras; father of male child born to Xiomara Villeda Sanchez on 6/4/2015, in New Orleans, LA; and father of female child born to Xiomara Villeda Sanchez born on 1/5/2017, in New Orleans, LA.

TAKE NOTICE that a pleading seeking relief against you has been filed in the above-entitled action. The nature of the relief sought against you is an award of permanent custody of the aforementioned children to Xiomara Villeda Sanchez.

You are required to make defense to such pleading with the Wake County Clerk of Court no later than 12/07/22, said date being forty (40) days from the first publication of this notice. Upon your failure to do so, the parties seeking relief against you will apply to the Court for the relief sought on 12/12/2022.

This, the 27th day of October, 2022.

Katherine S. Moye
JusticeMatters, Inc.
Attorney for Plaintiffs
P.O. Box 58058
Raleigh, NC, 27658
919/794-7511, Ext. 9.
10/27, 11/3 and 11/10/2022.
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 2020 E 002974

The Undersigned, having qualified as Administrator of the Estate of George Marshall, 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 27th day of January 2023, 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 27th day of October, 2022.

Joanne Turner
Administrator
1905 River Knoll Drive
Raleigh, NC 27610
10/27,11/3, 11/10 and 11/17/2022
STATE OF NORTH CAROLINA
COUNTY OF WAKE

NOTICE TO CREDITORS

Having qualified as Administrator of the Estate of Helena Gibson Edwards a/k/a Helena McIver Edwards, deceased, this is to notify all persons, firms, and corporations having claims against the Estate of Helena Gibson Edwards a/k/a Helena McIver Edwards to present them to the undersigned on or before the 29th of December 2022 or this notice will be pleaded in bar of their recovery. All persons, firms, and corporations indebted to said Estate, please make immediate payment.

This the 29th day of September, 2022.

Trina Williams, Administrator
c/o John W. Perry, Attorney for the Estate

Post Office Drawer 2051
Durham, North Carolina 27702
Telephone: (919) 683-8685
10/27,11/3,11/10 and 11/17

NOTICE OF SERVICE OF PROCESS BY PUBLICATION NORTH CAROLINA COUNTY OF WAKE

In the General Court of Justice
District Court Division

File No: 22 CVD 13237
[CHILD CUSTODY PROCEEDING]
ROSA ALVARADO MATAMOROS,
Plaintiff

v.

ROSA MENDEZ HERNANDEZ,
Defendants.

To Rosa Mendez Hernandez, mother of male child born on 12/1/2005, in Honduras.

TAKE NOTICE that a pleading seeking relief against you has been filed in the above-entitled action. The nature of the relief sought against you is an award of permanent custody of the aforementioned child to Rosa Mendez Hernandez.

You are required to make defense to such pleading with the Wake County Clerk of Court no later than 12/07/22, said date being forty (40) days from the first publication of this notice. Upon your failure to do so, the party seeking relief against you will apply to the Court for the relief sought on 11/30/2022.

Classifieds

WAKE COUNTY

This, the 27th day of October, 2022.

Katherine S. Moya
JusticeMatters, Inc.
Attorney for Plaintiff
P.O. Box 58058
Raleigh, NC, 27658
919/794-7511, Ext. 9.
10/27, 11/3 and 11/10/2022
NORTH CAROLINA
WAKE COUNTY

In the General Court of Justice
District Court Division
File Number: 22 CV 009212
NOTICE OF SERVICE OF
PROCESS BY PUBLICATION

Andrea Lourdes Magallanes,
PLAINTIFF
vs.
Rod Stephen Jones,
DEFENDANT.

TO: Rod Stephen Jones,
DEFENDANT.

TAKE NOTICE that a pleading seeking relief against you has been filed in the above action. The nature of the relief being sought is as follows: Plaintiff is seeking judgment for absolute divorce.

You are required to make defense to such pleading no later than the 6th day of December, 2022, which is 40 days from the first publication of this notice. Upon your failure to file a pleading by the above date, the party seeking service against you will apply to the court for the relief sought.

This the 27th day of October, 2022.

Andrea Lourdes Magallanes
Plaintiff Pro Se
105 Hill Court
Youngsville, NC 27596
10/27, 11/3 and 11/10/2022
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 003797
The Undersigned, having qualified as Administrator of the Estate of Van Calvin Franklin, 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 3rd day of February 2023, 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 3rd day of November, 2022.

Linda E Shannon
Administrator
33 Corlies Ave
Poughkeepsie, NY 12601
11/3, 11/10, 11/17 and 11/24/2022

**NOTICE OF SERVICE OF
PROCESS BY PUBLICATION**
NORTH CAROLINA
COUNTY OF WAKE

In the General Court of Justice
District Court Division
File No: 22 CV 009265
JESSICA CARNEVALE,
Plaintiff

vs.
JASON CARNEVALE,
Defendant.

Please take notice that a pleading seeking relief against you has been filed in the above-referenced action. The nature of the relief being sought is as follows:

Plaintiff is seeking a judgment of absolute divorce from the bonds of matrimony based upon one (1) year separation pursuant to the provisions of North Carolina General Statutes Section 50-6.

You are required to make defense to such pleading no later than December 20th, 2022 which is at least 45 days from the first

publication of this notice. Upon your failure to file a pleading by the above date, the party seeking service against you will apply to the Court for the relief sought.

This, the 3rd day of November, 2022.

Jessica Carnevale
320 Poplar St.
Wendell, North Carolina 27591
11/3, 11/10 and 11/17/2022.

**NOTICE OF SERVICE OF
PROCESS BY PUBLICATION**
NORTH CAROLINA
COUNTY OF WAKE

In the General Court of Justice
District Court Division
File No: 22 CVD 13243

[CHILD CUSTODY PROCEEDING]
To: NICOLAS SARABIA BERI-STAIN, Defendant.

Take notice that a pleading seek-

ing 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 December 15th, 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, MARIA DEL CARMEN PEREZ VARO, will apply to the court for the relief sought.

This, the 3rd day of November, 2022.

Aneta Paval, Esq.
Paval Law Offices, PLLC
7404 Chapel Hill Rd
Suite M
Raleigh NC 27607
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The North Carolina Department of Public Safety has the following contract in Moore County out for bid: C- C11517 Tufts Grading and Sewer Repair. The bid opening is scheduled for: Wednesday, 11/30/2022. To obtain the Notice to Bidders, any Pre-Bid Requirements, and any Addenda visit: <https://www.ips.state.nc.us/ips/AGENCY/PDF/15086000.pdf>



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The North Carolina Department of Public Safety has the following contract in Granville County out for bid: C-11446 Fire Suppression Storage Tank. The bid opening is scheduled for: Tuesday, 11/29/2022. To obtain the Notice to Bidders, any Pre-Bid Requirements, and any Addenda visit: <https://www.ips.state.nc.us/ips/AGENCY/PDF/15085900.pdf>

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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 2021 Water and Sewer Improvements—Gravity Sewer, Water Line, and Pump Station project for the Town of La Grange which bids November 15, 2022, at 2:00 PM. Plans and specifications for this project are available at the following locations: TA Loving Company, 400 Patetown Road, Goldsboro, NC 27530 * Dodge Construction Network website * ConstructConnect website.

Potential subcontracting opportunities include but are not limited to surveying, clearing and grubbing, hauling, asphalt paving, striping, traffic control, erosion control, seeding, sodding, landscaping, electrical, SCADA, linework, jack & bore, bypass pumping, dewatering, flatwork, painting, and fencing. 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 of the 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 for 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 the bid date.

GI Bill Opened Doors, But Politicians Created A Separate One For Blacks

By Joseph Thompson

Mississippi State Univ.

When President Franklin Roosevelt signed the GI Bill into law on June 22, 1944, it laid the foundation for benefits that would help generations of veterans achieve social mobility.

Formally known as the Servicemen's Readjustment Act of 1944, the bill made unprecedented commitments to the nation's veterans. For instance, it provided federal assistance to veterans in the form of housing and unemployment benefits. But of all the benefits offered through the GI Bill, funding for higher education and job training emerged as the most popular.

More than 2 million veterans flocked to college campuses throughout the country. But even as former service members entered college, not all of them accessed the bill's benefits in the same way. That's because white southern politicians designed the distribution of benefits under the GI Bill to uphold their segregationist beliefs.

So, while white veterans got into college with relative ease, Black service members faced limited options and outright denial in their pursuit for educational advancement. This resulted in uneven outcomes of the GI Bill's impact.

As a scholar of race and culture in the U.S. South, I believe this history raises important questions about whether subsequent iterations of the GI Bill are benefiting all vets equally.

Tuition waived for service

When he signed the bill into law, President Roosevelt assured that it would give "servicemen and women the opportunity of resuming their education or technical training ... not only without tuition charge ... but with the right to receive a monthly living allowance while pursuing their studies." So long as they had served 90 consecutive days in the U.S. Armed Forces and had not received a dishonorable discharge, veterans could have their tuition waived for the institution of their choice and cover their living expenses as they pursued a college degree.

This unparalleled investment in veteran education led to a boom in college enrollment. Around 8 million of the nation's 16 million veterans took advantage of federal funding for higher education or vocational training, 2 million of whom pursued a college degree within the first five years of the bill's

existence. Those ex-service members made up nearly half of the nation's college students by 1947.

Colleges scrambled to accommodate all the new veterans. These veterans were often white men who were slightly older than the typical college age. They sometimes arrived with wives and families in tow and brought a martial discipline to their studies that, as scholars have noted, created a cultural clash with traditional civilian students who sometimes were more interested in the life of the party than the life of the mind.

Limited opportunities for black servicemen

Black service members had a different kind of experience. The GI Bill's race-neutral language had filled the 1 million African American veterans with hope that they, too, could take advantage of federal assistance. Integrated universities and historically Black colleges and universities - commonly known as HBCUs - welcomed black veterans and their federal dollars, which led to the growth of a new black middle class in the immediate postwar years.

Yet, the underfunding of HBCUs limited opportunities for these large numbers of Black veterans. Schools like the Tuskegee Institute and Alcorn State lacked government investment in their infrastructure and simply could not accommodate an influx of so many students, whereas well-funded white institutions were more equipped to take in students. Research has also revealed that a lack of formal secondary education for Black soldiers prior to their service inhibited their paths to colleges and universities.

As historians Kathleen J. Frydl, Ira Katznelson and others have argued, U.S. Representative John Rankin of Mississippi exacerbated these racial disparities.

Rankin, a staunch segregationist, chaired the committee that drafted the bill. From this position, he ensured that local Veterans Administrations controlled the distribution of funds. This meant that when black southerners applied for their assistance, they faced the prejudices of white officials from their communities who often forced them into vocational schools instead of colleges or denied their benefits altogether.

Mississippi's connection to the GI Bill goes beyond



Rankin's racist maneuvering. From 1966 to 1997, G.V. "Sonny" Montgomery represented the state in Congress and dedicated himself to veterans' issues. In 1984, he pushed through his signature piece of federal legislation, the Montgomery GI Bill, which recommitted the nation to providing for veterans' education and extended those funds to reserve units and the National Guard. Congress had discontinued the GI Bill after Vietnam. As historian Jennifer Mittelstadt shows, Montgomery's bill subsidized education as a way to boost enlistment in the all-volunteer force that lagged in recruitment during the final years of the Cold War.

Social programs like these have helped maintain enlistment quotas during recent conflicts in the Middle East, but today's service members have found mixed success in converting the education subsidies from the Post-9/11 GI Bill into gains in civilian life.

This new GI Bill, passed in

2008, has paid around \$100 billion to more than 2 million recipients. Although the Student Veterans for America touts the nearly half a million degrees awarded to veterans since 2009, politicians and watchdogs have fought for reforms to the bill to stop predatory, for-profit colleges from targeting veterans. Recent reports show that 20% of GI Bill disbursements go to for-profit schools. These institutions hold reputations for notoriously high dropout rates and disproportionately targeting students of color, a significant point given the growing racial and ethnic diversity of the military.

In August 2017, President Trump signed the Forever GI Bill, which committed \$3 billion for 10 more years of education funding. As active duty service members and veterans begin to take advantage of these provisions, history provides good reason to be vigilant for the way racism still impacts who receives the most from those benefits.

NC COUNTIES AND NC DEPARTMENT OF MILITARY AND VETERAN AFFAIRS PARTNER ON OPERATION GREEN LIGHT TO SUPPORT VETERANS

Wake County, N.C. - The North Carolina Department of Military and Veterans Affairs and the North Carolina Association of County Commissioners (NCACC) are partnering on a new initiative, Operation Green Light, to honor and show appreciation for our military veterans statewide. This initiative shows support for veterans by lighting county buildings, infrastructure, and homes green the week of Veterans Day from November 7 to November 13.

"The NCACC is excited and honored to work with the NCDMVA to support veterans through Operation Green Light. We encourage everyone to check out the county and state buildings lit up green and to join the effort by lighting county property green the week of Veterans Day," said Kevin Leonard, NCACC Executive Director.

"Our veterans deserve honor and recognition every day. Operation Green Light gives everyone an opportunity to show veterans that they are not forgotten, and we are grateful for their sacrifices," said Lt. General (Ret.) Walter E. Gaskin, Secretary of NCDMVA. "It may seem like a small gesture, but it makes a powerful impression when we all join our lights together."

North Carolina county courthouses and state buildings, such as the North Carolina State Capitol, are being lit green for Operation Green Light as part of the initiative to honor our military veterans throughout the state.

Operation Green Light is a nationwide initiative led by the National Association of Counties and the National Association of County Veteran Service Officers. Counties and residents are encouraged to share their participation on social media using the hashtags #OperationGreenLight #NCCounties #NCgreen4Vets.

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