

Have A Safe, Happy & Very Merry Christmas



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THE BENEFITS OF YEAR-END GIVING



<https://southernusa.salvationarmy.org/wake/>



<https://www.coandme.com/>

By Meghan Marsden Parsche

United Way

According to Charity Navigator, charities receive an average of 41% of their contributions in the last few weeks of the year. So why do so many people give during this time period, and why should you consider making a gift to United Way before the end of the year? We asked Terry Riestter, Vice President for Global Finance Operations at Rockwell Automation and a member of the United Way's Finance Committee, to explain the three big

benefits of year-end giving.

#1 Holiday Spirit

When the holiday season ramps up, charitable giving increases. "The season and its traditions are filled with messages of gratitude, generosity and a spirit of helping others less fortunate," explains Terry. Inspired by the giving spirit, many people not only shop for gifts for friends and family, but direct their money to favorite charities as well. Holiday giving offers a wonderful opportunity to demonstrate to children gratitude and compassion for others. Choosing a charity together can be a bonding experi-

ence for families.

#2 Tax Benefits "Year-end giving can also have a practical purpose as well," says Terry. "As the end of a tax year approaches, individuals may be focused on their personal income tax planning." For individuals who itemize deductions, a gift to a qualified charitable organization may allow them to claim a charitable contribution deduction against their taxable income. If a gift is deductible, it will reduce an individual's taxes paid based on the income tax bracket they are in.

"For example, says Terry, "An individual in the 33% tax

bracket would enjoy a \$33 tax savings on a \$100 charitable contribution." It is important to note that donations can be subject to certain limitations and restrictions - Terry suggests consulting a tax advisor for specific questions.

#3 Sharing the Wealth

According to Terry, year-end bonuses may also play a role in the decision to make contributions in the last few weeks of the year. "Many individuals may receive annual incentive compensation bonuses at the end of the year and make decisions on charitable giving based on their award," he

points out.

Appreciated stock can also present an individual with an opportunity to share income while receiving tax benefits. "Donating appreciated property, for example shares of stock, to a qualified charitable organization may allow an individual to take a deduction on their income taxes for the full

fair market value of the donated assets," explains Terry.

The individual is not taxed on the appreciation, so in effect they receive a deduction for an amount that was never reported or taxed as income. This is a great way to maximize the value of a donation to the receiving organization, in a tax efficient way to the individual.

New York's Central Park Gate Honors Wrongly Imprisoned 'Exonerated 5'

NEW YORK (AP) — At a small patch of Central Park flanking New York's Harlem neighborhood, scores came Monday to remember the injustice that imprisoned five Black and Latino teenagers after they were wrongly accused and convicted of the 1989 rape of a white jogger.

They arrived in the chill of a late fall morning, some singing hymns, to dedicate a park entry to the men once known as the Central Park Five, but now remembered as the Exonerated Five.

The entryway, located on the northern perimeter of the park between Fifth Avenue and Malcolm X Boulevard, will be known as the "Gate of the Exonerated." It commemorates the miscarriage of justice that not only befell the five men, organizers say, but the unknown others who might have been wrongly imprisoned.

"This is a moment. This is legacy time," said one of the men, Yusef Salaam.

"We are here because we persevere," he said to a cheering crowd.

Monday was the first time Raymond Santana, another of the men, now in his 40s, has returned to Central Park since that fateful day 33 years ago.

Santana was 14 and Salaam was 16 when they and three others — Kevin Richardson, 14; Korey Wise, 16; and Antron McCray, 15 — were wrongly tried for the rape of a 28-year-old

woman, whose brutal attack left her with permanent injuries and no memory of the assault. The high-profile incident prompted police to round up Black and Brown men and boys in connec-

tion with the rape.

"We were babies, who had no dealing with the law. Never knew what Miranda was," said Santana, as he recounted a time of confusion when police rustled him up and began interrogating him.

Matias Reyes, a murderer and serial rapist already in prison, would later confess to the crime.

Soon after, the convictions of the Central Park Five were thrown out in 2002 after the men served six to 13 years in prison.

"It needs to be known what we went through. We went to hell and back," said Richardson. "We have these scars that nobody sees."

The three men — Wise and McCray could not attend — spoke about how the criminal justice system is stacked against people of color.

The gate, they said, would stand as reminder of the injustice of the past but also of those still being committed today.

"This is an important time right here — the Gate of the Exonerated, this is for everybody," Richardson said. "Everybody that's been wronged by cops."

The modest remembrance — words etched in stone on a waist-high wall — was years in the



Yusef Salaam, with hands together, Raymond Santana Jr., center, and Kevin Richardson, right, wearing hat, three of five men exonerated after being wrongfully convicted as teenagers for the 1989 rape of a jogger in Central Park, listen during a ceremony to name the northeast gateway of Central Park as "The Gate of the Exonerated," Monday Dec. 19, 2022, in New York. The entrance was named to honor Salaam, Santana, Richardson, Antron McCray and Korey Wise, who were the five men exonerated in the case. (AP Photo/Bebeto Matthews)



RALEIGH MASS SHOOTER'S GUNSHOT WOUND SELF-INFLICTED

(AP)—The teenage suspect of a shooting rampage in northeast Raleigh that killed five people and injured two others suffered from a nonfatal, self-inflicted gunshot wound when he was captured by a tactical robot hours after a shootout with police, according to the Wake County district attorney.

In reviewing law enforcement videos, police reports and crime scene evidence, District Attorney Lorrin Freeman has determined officers' use of force in apprehending the armed suspect was "lawful" and does not warrant further investigation. She directed the State Bureau of Investigation to end its procedural criminal investigation into the officers on Monday.

"During efforts to take the juvenile into custody, law enforcement utilized deadly force only in response to deadly force being used," Freeman said. "State law provides for the use of deadly force by law enforcement under these circumstances. No further investigation into the use of force is required at this time."

Officers spent several hours searching for the suspect, later identified by his parents as 15-year-old Austin Thompson, after police say he fatally shot his 16-year-old brother and multiple neighbors, opened fire along the Neuse River Greenway trail and barricaded himself in a shed about a mile from the Heddingham neighborhood.

Freeman has said she will seek to charge the suspect as an adult.

Recently released body camera footage of a police shootout with the teen shows multiple shots ring out from the shed, striking one officer in the knee, and police return fire. Evidence collected at the scene suggests he was suffering from a self-inflicted gunshot wound when captured, Freeman revealed in a statement this week.

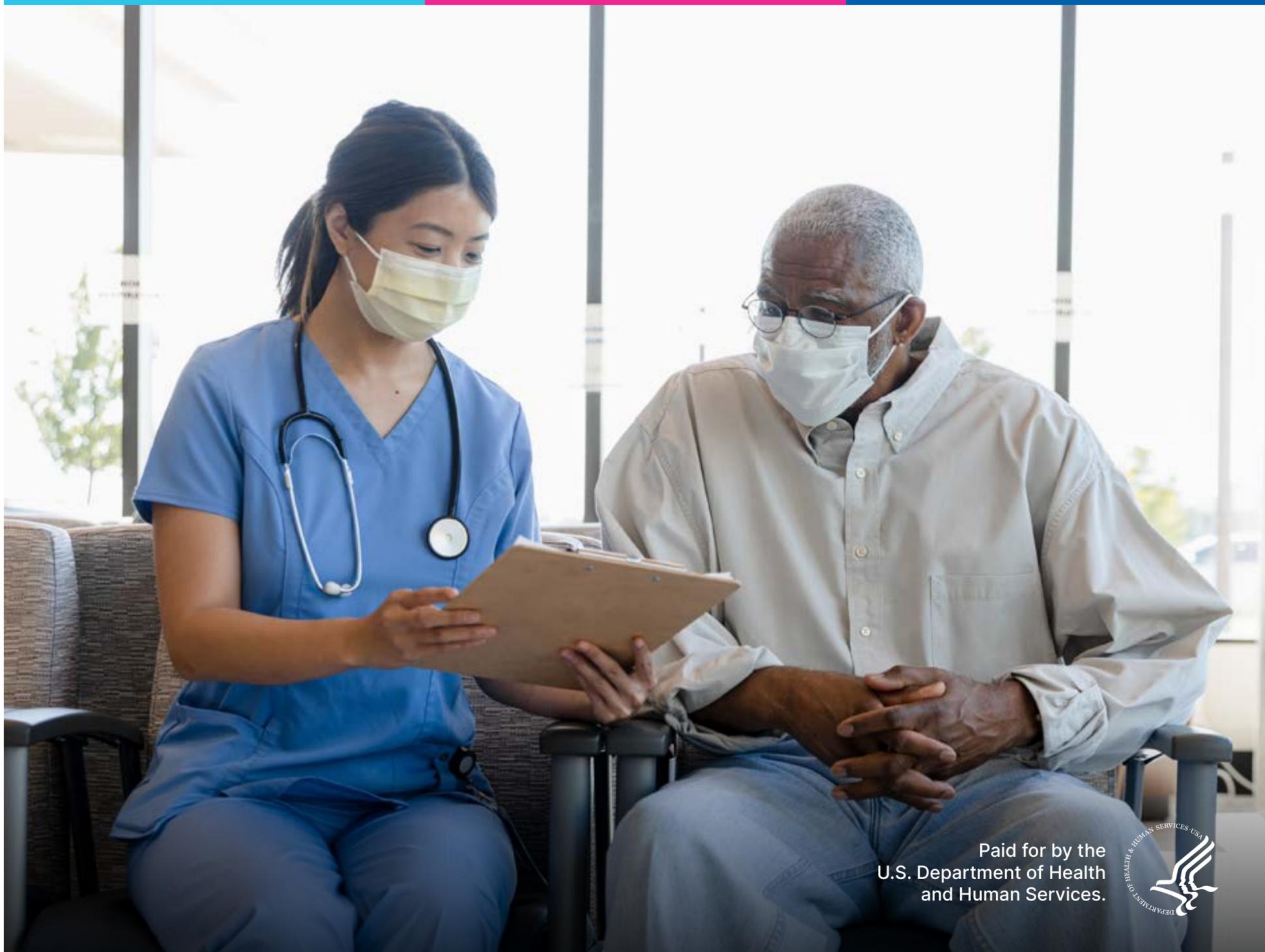
Crime scene evidence found that the rounds fired by law enforcement did not strike the teen, who has since been released from WakeMed and moved to a juvenile detention facility.

At the time of the shootout, she said, law enforcement was aware that multiple individuals had been killed and that the juvenile assailant was still at large. He was found with a handgun in his waistband, and a shotgun, shells and a hunting knife lying nearby, according to the police report.

A court order was obtained to access the suspect's medical records, Freeman said. Her office will share additional information if that review reveals a different conclusion.

A lawyer for the teen's family did not immediately respond to an email seeking comment.

(See EXONERATED 5, P. 4)



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Business & Finance

Tillis Pushes R&D Funds For HBCUs

By Micaela Burrow

Daily Caller



A provision in Congress' defense bill for fiscal year 2023 supersedes investments for expanding research capacity at colleges and universities with higher numbers of minority students.

Congress set aside \$131.7 million in the 2023 National Defense Authorization Act (NDAA) for the Pentagon to conduct a pilot program aimed at deepening research and development partnerships between the Department of Defense (DOD) and Historically Black Colleges and Universities (HBCUs) and Minority Serving Institutions (MSIs). The legislation follows a report from earlier in 2022 advocating for "social justice" norms across the DOD enterprise.

Although Republican lawmakers have criticized the DOD's emphasis on race and ethnicity both in the ranks and in other arms of the sprawling defense establishment, arguing such a focus cripples the agency's ability to respond to the global security threats facing the U.S. today, the bill has bipartisan origins in the Senate.

"The FY23 NDAA makes major investments in the research, innovation, and diversity that make our country safer and stronger," House Armed Services Committee Chair Adam Smith of Washington said in a statement.

The funding is an increase from the same line item from the fiscal year 2022 defense bill, which allocated \$73.2 million for expanding research capacity at minority institutions. In 2021, Congress authorized \$38 million for the same purpose.

It's also an increase of more than \$98.4 million from the Biden administration's initial DOD bud-

get request for 2023.

An April 2022 National Academies report found that HBCUs and MSIs receive disproportionately small amounts of research and development funding from the DOD than higher education institutions that do not fall into either of those categories. Roughly 1.1% of DOD's research and development expenditures went to HBCUs and MSIs, compared to the Department of Energy at 1.9% or the National Aeronautics and Space Administration at 2%.

The provision in Congress' defense bill aims to counteract that disparity, directing the DOD to expand outreach to allegedly underfunded institutions and increase research and development investment in line with the findings of the report.

"As a general rule, when Congress specifies what research and development projects that the Department of Defense should undertake and who should perform them, the more inefficient the use of research and development funding becomes," Maiya Clark, senior research associate at the Heritage Foundation's Center for National De-

fense, told the Daily Caller News Foundation. "Designated funding specifically directed to HBCU and MSI for specific purposes falls into that category too."

The DOD told the DCFNF it does not comment on potential legislation. However, Secretary of Defense Lloyd Austin vowed to invest in civilian talent and lean on a principle of inclusivity to drive the agency at his confirmation hearing.

Although Republican lawmakers have criticized the DOD's emphasis on race and ethnicity both in the ranks and in other arms of the sprawling defense establishment, arguing such a focus cripples the agency's ability to respond to the global security threats facing the U.S. today, the bill has bipartisan origins in the Senate.

Democratic Maryland Sen. Chris Van Hollen and North Carolina Republican Sen. Thom Tillis introduced legislation back in April, the HBCU Research, Innovation, Security, and Excellence (RISE) Act, to bring HBCUs to "very high research activity" or "R1" status and "strengthen our national defense research network," according to Tillis.

MSIs are colleges or universities where a designated minority group, such as Hispanics, comprise at least 25% of the undergraduate student body, according to a Department of Education report. HBCU, a category of MSI, refers to an institution established for black Americans prior to 1964.

Congress instructed the DOD to implement recommendations from the National Academies report, including increased research funding for MSI/HBCUs to expand research capacity, deepen the relationships between military departments and the more than 400 HBCU/MSIs, expanding data collection, generating metrics to track progress and success and developing "true" partnerships with the institutions.

The National Academies committee "found no examples in which partnerships were incentivized or directed by DoD," the report said.

"Social justice norms would also argue that DoD — the nation's largest agency in terms of funding and employees — should demographically look more like the nation as a whole, which is projected to be 'majority minority' within 25 years," the report said.

The plan would boost targeted universities from "high research status" to "very high research status," calculated based on annual research expenditures and number of degrees awarded among other criteria, according to the provision. Elements of the 10-year program could include stipends for students or postdoctoral scholars, constructing or renovating research facilities, providing new equipment and "such other activities as the Secretary [of Defense] determines appropriate."

FUNDraising Good Times

By Mel & Pearl Shaw
Saad & Shaw



TEACHABLE MOMENT FOR OUR YOUTH

It's a joyous time to give and receive—and to teach! With our holiday giving we have a moment to teach our children the power and value of our local and national nonprofits.

As we prepare gifts for our friends and family members we reflect on our relationships and how we value the people in our lives. We may not see a family member on a regular basis, but that doesn't mean we don't care about them. A gift, card, text, email or phone call is a way to reach across the miles to let them know we care. We can plan visits together for the end of the year, or the year that's coming. The same can be true for how we reach out to the nonprofits we believe in.

We recently wrote about this being the time to reach out and let the nonprofits we believe in know that we care. It is also the time to think about introducing the younger people in our lives to these nonprofits. It doesn't matter how old you are—there are always people younger than you! And that means there are people we can share our beliefs with. Think about it this way: you can craft a personal invitation to a younger person in your life, inviting them to join you for a few hours (or a day) volunteering with a nonprofit you support. It could also be a nonprofit you would like to get to know better; one that is aligned with your values. This happens all the time during the last months of the year when families volunteer together to serve meals to those who are hungry, or distribute socks, gloves, and sanitary items to those who are living without a place to call home. You can extend this giving by inviting the younger people in your life to join you in volunteering at a nonprofit during the first few months of the year.

As a society we invest in exposing young people to careers in science, technology, arts, engineering, and mathematics. We want them to experience different forms of music; visit neighboring cities; and attend city council meetings. We want them to participate in a team sport. But sometimes we forget to expose the next generation to the power of local and national nonprofits, the role they play in our individual and collective lives, and the job opportunities available in the nonprofit and philanthropic sectors. The gift of an introduction to a nonprofit can propel a young person into a life of service and/or giving.

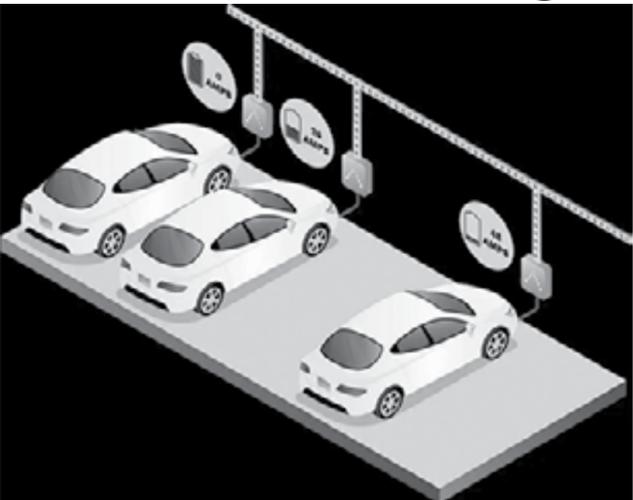
For nonprofits, now is the time to plan for how to welcome young people as volunteers within your organization. Consider a weekend breakfast or luncheon for girls, boys, teens, and young adults that shares the work of your nonprofit, its impact, and ways that they can become involved. Follow that with workshops, and orientation or training sessions throughout the year. Roll out the carpet for the next generation. They are worth it.

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Siemens: New US EV Charger Factories

By Steve Hanley

CleanTechnica



America is going to need a lot of EV chargers if the EV revolution is to move forward on schedule. Fortunately, more and more companies are committing to manufacturing them in the US, thanks to economic incentives provided in the Inflation Reduction Act signed into law in August. This week, Siemens and EverCharge announced they are building new EV charger factories in America to manufacture chargers that qualify for the "Made In America" incentives.

Siemens announced this week it is retrofitting an 80,000 square foot factory space in Carrollton, Texas, to begin manufacturing its VersiCharge Blue, a Buy American-compliant Level 2 AC EV charger specifically designed for the US market and compatible for all use cases, including workspaces, hospitals, airports, campuses, parking garages, and parking lots. The VersiCharge Blue is designed to help enable faster deployment of adaptable, open, and accessible EV charging for all.

"In the next decade, the United States will need millions of chargers to support the rise in EV adoption. With this investment, Siemens is continuing to grow our U.S. EV charging manufacturing footprint to help answer

this call and continue preparing the nation's infrastructure as we steadily head to an all-electric future," said John DeBoer, head of Siemens eMobility North America. "We're committed to bringing production closer to where it's needed so we can meet the growing demand for EV chargers quickly while also creating high skilled, quality manufacturing jobs and supporting regional supply chains." The new factory will support Siemens' goal of manufacturing more than 1 million EV chargers for the United States

over the next three years.

The company is continuing its investment for manufacturing in America, which will allow the company to ramp up quickly to meet significant EV market and customer demand. With this new site, Siemens will create 100 new jobs at the facility and across the regional supply chain. It expects the plant to be fully operational by mid-2023.

The Carrollton plant is strategically located near several Siemens facilities that will help speed EV charger equipment to

market, including its Grand Prairie, Texas, manufacturing hub where Siemens develops equipment that supports essential power infrastructure and the its EV charging distribution center in Southaven, Mississippi.

This location is the latest facility in Siemens' expanding US eMobility manufacturing and R&D footprint. In Wendell, North Carolina, the growing eMobility team manufactures the company's DC charger for eBus and eTruck depot charging and has developed an apprenticeship and training program to prepare the EV workforce. The Siemens R&D hub in Peachtree Corners, Georgia, employs more than 600 engineers and researchers who are working towards the future of electrified transportation through continuous testing and exploration of EV technology.

The latest commitment builds on Siemens' recently announced \$54 million investment in its Grand Prairie and Pomona, California, facilities that produce power technologies for critical infrastructure and EV projects across the country, along with the company's recent expansion of its Spartanburg, South Carolina, manufacturing facility. Siemens also is the first external investor in Electrify America, the largest open ultra-fast electric charging network in North America.

U.S.-Hosted Africa Summit Opens With Focus On Youth

WASHINGTON (AP) — Vice President Kamala Harris opened the U.S.-Africa Leaders Summit in Washington by spotlighting Africa's youthful population — making the case that the continent's demographics will inevitably lead it to become a key global player in the decades to come.

Harris offered the optimistic thread at the start of the Biden administration's three-day gathering that's bringing in leaders from 49 African nations and the African Union for high-level talks. The vice president also announced that the administration would invest an additional \$100 million to expand the Young African Leaders Initiative and that the U.S. Export-Import Bank was entering new memorandums of understanding that will clear the way for \$1 billion in new commercial financing in Africa.

The vice president's appearance at the forum was one in a series of events designed to showcase U.S. interest in and commitment to Africa after years of what some officials have lamented was a lack of involvement in the continent that has increasingly become a battleground for global influence between the U.S. and China.

President Joe Biden signed an executive order establishing the President's Advisory Council on African Diaspora Engagement. The African diaspora includes nearly 2 million African immigrants as well as many African American descendants of enslaved people who have close connections to the continent.

About 60% of Africa's population is under 25, and the young population is to grow to 80% by 2050, which Harris said makes increased focus on the continent necessary.

"This represents an enormous potential for the world in terms of economic growth, and for social and political progress," Harris told a young leaders forum. "I strongly believe that the creativity and ingenuity of Africa's young leaders will help shape the future. And that their ideas, your ideas, innovation and initiatives will benefit the entire world."

Senate Passes Defense Bill Rescinding COVID Vaccine Mandate

WASHINGTON (AP) — A bill to rescind the COVID-19 vaccine mandate for members of the U.S. military and provide nearly \$858 billion for national defense passed the Senate on Thursday and now goes to President Joe Biden to be signed into law.

The bill provides for about \$45 billion more for defense programs than Biden requested and roughly 10% more than last year's bill as lawmakers look to account for inflation and boost the nation's military competitiveness with China and Russia. It includes a 4.6% pay raise for servicemembers and the Defense Department's civilian workforce.

The Senate passed the defense policy bill by a vote of 83-11. The measure also received broad bipartisan support in the House last week.

To win GOP support for the 4,408-page bill, Democrats agreed to Republican demands to scrap the requirement for service members to get a COVID-19 vaccination. The bill directs Defense Secretary Lloyd Austin to rescind his August 2021 memorandum imposing the mandate.

sure, the Senate voted down a couple of efforts to amend it, including a proposal from Sen. Joe Manchin, D-W.Va., to speed the permitting process for energy projects. The effort had drawn fierce opposition from some environmental advocacy groups who worried it would accelerate fossil fuel projects such as gas pipelines and limit the public's input on such projects.

Manchin, who chairs the Senate Energy Committee, secured a commitment from Biden and Democratic leaders last summer to support the permitting package in return for his support of a landmark law to curb climate change.

Manchin's legislation sets deadlines for completion of National Environmental Policy Act reviews for major energy and natural resource projects. It would require courts to consider litigation involving energy project permits on an expedited basis. It also directs federal agencies to permit the completion of a natural gas pipeline in his home state and Virginia "without further administrative or judicial delay or impediment."

"We're on the verge of doing



something unbelievable, but let me tell you, most of it will be for naught. Because without permitting reform, the United States of America is more litigious than any nation on earth," Manchin told colleagues.

Biden voiced his support for Manchin's legislation a few hours before Thursday's vote. He said far too many projects face delays and described Manchin's amendment "as a way to cut Americans' energy bills, promote U.S. energy security, and boost our ability to get energy

for the reinstatement of those service members discharged for failing to obey an order to receive the COVID-19 vaccine and compensate them for any pay and benefits lost as a result of the separation.

"People serving our military are the finest among us. Over 8,000 were terminated because they refused to get this experimental vaccine, and so I'm urging all of my colleagues to support Senator Cruz's and my amendment," Johnson said.

But opponents worried about the precedent of rewarding members of the military who disobeyed an order. Rhode Island Sen. Jack Reed, the Democratic chairman of the Senate Armed Services Committee, said orders are not suggestions, they are commands.

"What message do we send if we pass this bill? It is a very dangerous one," Reed said. "What we're telling soldiers is, 'if you disagree, don't follow the order, and then just lobby Congress, and they'll come along and they'll restore your rank, or restore your benefits, or restore everything.'"

The amendment failed, with 40 projects built and connected to the grid.

Not only did some environmental advocacy groups bash Manchin's proposal, but so did many Republicans. Minority Leader Mitch McConnell, R-Ky., said it "didn't go far enough, calling it 'reform in name only.'"

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senators supporting it and 54 opposing it.

The defense bill sets policy and provides a roadmap for future investments. Lawmakers will have to follow up with spending bills to bring many provisions to reality. It's one of the final bills Congress is expected to approve before adjourning, so lawmakers were eager to attach their top priorities to it.

The directive to rescind the vaccine mandate for service members proved to be among the most controversial provisions, but Democrats agreed to it to allow the bill to advance.

As of early this month, about 99% of the active-duty troops in the Navy, Air Force and Marine Corps had been vaccinated, and 98% of the Army. Service members who are not vaccinated are not allowed to deploy, particularly sailors or Marines on ships. There may be a few exceptions to that, based on religious or other exemptions and the duties of the service member.

The vaccination numbers for the Guard and Reserve are lower, but generally all are more than 90%.

MERRY
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EXONERATED 5

Continued from page 1

making.

Other entrances to the park have been labeled to reflect groups of people who live and work in the city, with names like Artisans' Gate, Scholars' Gate and Strangers' Gate.

Mayor Eric Adams, who was just starting his career as a New York City police officer during the 1989 episode, arrived to the ceremony to pay tribute to the men.

"To these soldiers here, you personify the Black male experience," the mayor, who is also Black, said to the men.

Alvin Bragg, who now leads the Manhattan District Attorney's Office, apologized for their ordeal.

"The truth is we shouldn't be here today," he said, alluding to past mistakes.

Athlete Money Throws Wrinkle Into Recruiting Landscape

(AP)—Ohio State has produced the most first-round draft picks of any school and is about to make its fifth College Football Playoff appearance.

Those facts would seem to provide quite the recruiting pitch to any college prospect. Yet athletic director Gene Smith still felt the need to issue a public call this month for fans to support one of three collectives assisting Ohio State athletes in name, image and likeness compensation opportunities.

Smith's statement underscored just how much the NIL era, still just 18 months old, has impacted the recruiting landscape.

"I think it was never part of

the conversation, then it became part of the conversation," Ohio State coach Ryan Day said. "It's trending toward being the conversation for a lot of folks. As time has gone on, it's become more and more of a priority for folks."

One year ago, there was still some uncertainty over how the new rule changes allowing athletes to profit off their celebrity would impact the recruiting landscape.

Now there's no question what kind of difference it has made.

Prospects aren't shy about discovering what kind of financial benefits they could earn at each school they consider. Pro-



Roberts Park Toy Event

Family and friends from across the Wake County area gathered at Roberts Park recreational center in Raleigh recently for the Toys from Teens event put on by the Raleigh Youth Council (RYC).

This event provided an opportunity for the community to come together during the holiday season and build memories.

Families with children from birth to 12 years of age created festive crafts, took a picture with Santa, and received a gift. Donations were received from long-term partners such as Alpha Phi Alpha Fraternity inc-Phi Lambda Chapter and Wake up and Read.

The annual Toys from Teens event has been able to serve hundreds of families throughout the community.

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LAW OFFICES OF ABE JONES

Health & Fitness

Foundation Launches New Initiative To Help Hairdressers Provide Life-Saving Info About Lung Cancer To The Black Community

(GLOBE NEWSWIRE) -- Lung cancer is a leading cause of death for Black men and women, and research shows that hairdressers are some of the most trusted people in the African American community. The Lung Cancer Foundation of America is producing an easy-to-follow training video for hairdressers, so they help relay critical information about lung cancer to the black community.

are the kids?" or, How's your hair?" But through a targeted training program with the LCFA, if a client is diagnosed with lung cancer, hairdressers could soon be asking: "What's your biomarker?"

Asking: "What is my Biomarker?" is an essential question because each cancer tumor is unique, and some have specific traits called biomarkers. If you can identify what type of cancer you have, there may be treat-

ments that target that specific biomarker. This is called targeted therapy. In many cases, these treatments mean taking pills instead of chemotherapy and radiation. Asking for biomarker testing is extremely important in treating your cancer and improving your quality of life.

To help hairstylists understand more about biomarkers, clinical trials, and lung screenings, the Lung Cancer Foundation of America will share easy-to-

low but critical information with the salon industry. As part of a fully integrated public relations plan, the LCFA has produced a short but effective training video for hairstylists nationwide. Together, salon employees and the Lung Cancer Foundation of America can help educate the public, and the black community specifically, about living with lung cancer and important questions to ask your health professional.



Three Steps to Building a Healthy Habit

1. Make a plan. Make a clear plan of action before you begin your new habit. Start by defining your "why." Why do you want to make this change? What will be different about your life when you succeed? Write down your "why" and remember it or post it somewhere in your home. When challenges present themselves, it'll help you stay on track.

Next, figure out what long-term goal you want to reach, and which new habit will get you there. For example, you may want to change your eating habits by eating more fruits and vegetables. It will help to decide how many per day, and how you can add them into your meals and snacks. Choose your action and make it SMART. This means: S- specific M- measurable A- achievable R- relevant T- time-bound

Instead of saying "I'll eat more vegetables," try a SMART goal like "I'll eat a side salad with

dinner on Mondays, Wednesdays and Fridays."

2. Be accountable.

Did you know that tracking a new habit makes you more likely to succeed? Tracking your progress can help you figure out what's working and what isn't, so you can learn as you go. It also encourages you to keep going and hold yourself accountable.

Some people prefer to track on their own with an online app, food diary, notebook, or spreadsheet. Other people benefit from social support to stay on track, like a walking partner, a gym buddy, members of their household, or friends who'll keep them honest. If you have diabetes or prediabetes, don't forget about some of the programs that can provide additional support. Diabetes self-management education and support (DSMES) is available for people with diabetes, and the National Diabetes Prevention Program (National DPP) can help you prevent or delay type 2 diabetes if you have pre-

diabetes.

3. Recognize your success.

Find rewards that celebrate your success while also supporting your health goals. This could include taking time for your favorite hobbies, relaxing, or treating yourself to something on your wish list.

You may feel discouraged if you've started a new habit and don't see results right away. But that doesn't mean your habit isn't working. It's also OK if things don't always go according to plan. Sometimes the biggest success to celebrate is picking yourself up and not giving up.



Vegan Meat Substitute Study Shows It Could Leave You Deficient In Zinc & Iron

Many people are moving toward plant-based diets for health and environmental reasons. Some of these diets include meat substitutes that mimic the textures and tastes of traditional meat products.

A recent study published in Nutrients looked at multiple aspects of the nutritional value of popular meat substitutes.

The researchers found that meat substitutes are likely a poor source of iron and that many offer inadequate amounts of zinc.

ProteinTrusted Source is a nutrient that is essential to the human diet, but there are many options when it comes to protein sources.

Animal protein sources such as chicken, fish, or beef are available. People who do not eat meat may get protein from sources like beans, seeds, and lentils to meet their protein needs.

These plant-based diets may have multiple benefitsTrusted Source, including health improvements and being more environmentally friendly.

To appeal to this market, producers have worked on developing meat substitutes. These options taste similar to meat, but they come from plant-based sources. Examples of meat substitutes include tofu, tempeh, and seitan.

As certain meat substitutes become more popular, researchers continue to study their benefits and overall nutritional value.

This particular study looked at the nutritional value of 44 meat substitutes, looking at components like fiber, fat, protein, and salt content.

They also looked at the bioavailability of the substitutes zinc and iron. Animal products like meat and seafood are good sources of zincTrusted Source and iron, making it essential to study how meat substitutes compare.

While meat substitutes may contain iron and zinc, the body cannot always use them because of a compound called phytateTrusted Source. Phytate interferes with the body's ability to absorb iron and zinc and is in many meat substitutes.

Study author Inger-Cecilia Mayer Labba, who is pursuing her doctoral research at Chalmers University of Technology in Sweden explained to Medical News Today that "phytate accumulates during extraction of plant proteins commonly used to produce meat substitutes" and it "has been known for decades to have an inhibiting effect on iron uptake, already at a very low concentration."

Researchers found wide variations in nutritional value between products. Regarding the nutrient zinc, most meat substitutes did not contain enough of it to be considered an adequate source.

The main exceptions were mycoprotein products, which are derived from fungi. The findings of this study suggest that mycoprotein products may be a good source of zinc.

Still, the study authors note that the "[d]egradability of fungal cell walls might, however, pose as a potential aggravating factor."

In terms of iron, all the meat substitutes studied were not sources of adequate iron. The main exception was tempeh, which came close to "the level of a nutrition claim."

Mayer Labba noted that the key findings of the study were that: "Meat substitutes such as sausages, balls, and burgers based on plant protein extracts, which currently is the most common raw material for meat substitutes, have a very low bioavailability of minerals such as iron and zinc. This is due to a very high content of the antinutrient phytate, which is accumulated during protein extraction. Iron is also accumulated during the process, but it is not absorbable due to the high presence of phytate."

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Benefits Of VAPs (Value Added Products) For The Small Farmer

By Jason Lindsay

Staff Writer

Farming in America is undergoing a complete overhaul. The new generation of agricultural practitioners (farmers) are not looking at farmers from a position of exploitation, rather an anchoring of super localized food systems. The United States food system is failing. The quality of food has suffered to such an extent that marketing taglines are like: "made with real cheese," insinuating fake cheese ingredients is of common use.

The priority of food is not nutrient quality, yet more so shelf stability. Preservatives such as BHT (butylated hydroxytoluene) and BHA (butylated hydroxyanisole) are common in snap foods, butter, meats, cereals, chewing gum, bake goods, dehydrated potatoes (chips), and beer. BHT and BHA are known carcinogens, toxic to the liver, kidney, and lungs. This man-made chemical has been banned in many countries including the United Kingdom. Yet in America it is a popular commodity ingredient that fills in the gaps of an impersonalized big ag. food system.

With this being a literally sickening system, the gap in nutrients can be filled by the small farmer in custom ways that no other medium can fulfill. Product recalls could be super concentrated. National produce recall will become a thing of the past and seasonal recipes would become cultural staples just by having small farmers serve in the industry of value added production.

Food waste is a habit that the American food system has normalized. With 10.2 percent of American households (13.5 million people) suffering from food insecurity, while 30-40 percent of the US food supply goes uneaten. The average grocery store's produce section throws out 30 percent of their produce due to spoilage.

America wastes more food than any other country in the



world. In 2021, 219 pounds of food perishes per person. Over 850 million pounds of potatoes, 825 million pounds of tomatoes, 775 million pounds of lettuce, 380 million pounds of onions, and over 50 percent of greens (over 11 million pounds) are loss as perishable items.

As a farm organizer, I have witnessed farmers till in acres of peanuts, sweet potatoes, and/or winter greens back into the ground because contracts have fallen through and there were no back up marketing strategy for the crop. Yet, I see VAPs (Value Added Products) as a way for small ag. to enlarge our food supply footprint in the world.

VAPs are commercially viable products that have been enriched with additional qualities that make the product worth more than it would if left in its raw state. For example: a farmer would grow a field of tomatoes bushes. Under typical circumstances, a farmer would sell the tomatoes in their raw state, fresh vine ripened tomatoes. Yet, most farmers would tell you that not all tomatoes make the grade. You see, no two tomatoes are the same. Some grow small with perfect skin. Some grow big with stretch marks. Some may have blemishes or discoloration and some may have been slightly eaten by insects or by the deer in

the area.

Not every tomato on the vine will make it to the market stand or in the delivery order. Some markets only want medium sizes tomatoes, not to big not to small. Other may want their tomatoes without stain or blemish. This leaves a great deal of edible tomatoes without a targeted market. And in many scenarios like this products without a targeted market go to waste, making no contribution to hunger in America nor aiding the farmer in sustaining the farm.

So, hypothetically speaking: If a small tomato grower had a market for their tomatoes to go directly to consumers (which receives the highest profit margins for the farmer) they're potentially witnessing two things:

One: some fruit (tomatoes) aren't pretty enough to place on the stand and

Two: some fruit want sale and will have to be thrown out before the next market

This is routine for small vegetable farmers in America. Yet, VAPs can fill in the gaps. To sale tomatoes lets say three for \$2.00 or even a dollar a piece would be about the best a farmer could do, but to create a ketchup or tomato sauce or pace would increase profit margins and render a market for the once undesirable tomatoes.

The average jar of organic tomato sauce is around \$10.00. A 24 oz. jar would only hold about three or four tomatoes. So with just a few added items and ingredients: a jar, lid, and seasonings, you now have a VAP that moved you from a \$2.00 - \$3.00 into a \$10.00 range. As a small farmer, having revenue increase on these level could be the difference between getting accepted for a business loan or not. Or having to get a winter job to cover the bills during the off season or not. VAPs will not only serve as a difference maker in the pockets of the farmers, increasing nutritional value to the customer, but it can also serve a vessel to let the public know that the small farmers can best feed the world.

Value added products gives the farm a viable chance to create brands and next level marketing strategies. Branding builds relationship with your customer and in the case of the farmer, the community. Most farmers are known for their presents in the local farmers market or fruit stand, maybe a feature in the local grocery store, but farm branding is something that is in many cases underemphasized.

It comes at an extra cost and people have been desensitized to where their food comes from.

Yet, VAPs gifts the farm profitable reasoning for a branding investment. Packaged products need labels. Labels leave space for branding like logos and/or taglines. And branding is used in marketing to usher more customers.

So the question becomes what's keeping the small farmer from taking the leap into VAPs? And the answer is infrastructure. Most farms don't have the necessary equipment to wash, chop, mix and package a product and the big companies that do have this level of equipment charge tremendous amounts to process your raw materials making the process unprofitable for the farmer.

Yet, this is still what I believe to be the new face of small agricultural base business plans. The small farms that figure the infrastructure piece out will have a remarkable niche market bound to make a statement to the food processing world that says: "we make quality, making America healthy, again."

Distribution is the reasoning

behind our current food system shortages. Processed food in the United States travel over 1,300 miles before they reach your local grocery store and the quality of the products are literally deadly with most product ingredients being known carcinogens and also contributing to chronic disease. Yet, the liberation in the intimately harvested crop of small farmers holds a quality that big ag cannot afford. And because the focus is on local communities the environment would be healthier, too.

We have a responsibility to make our life experience a healthy one and to leave the world better then we found it. Out of all the crisis in the world, food is priority number one. In America, the food selection has been driven into the dirt and the American people are the sickest in the world because of it. The small farm system is the only farm system that has sustainable fed the world and it must feed American, again. Not just in the produce section, either. We (small farmers) must make the middle aisles of grocery stores healthy for the people and the land.

Ground Breaking Of Raleigh's 1st Indoor Vertical Hydroponic Community Garden

The Green Blue Marketplace, a virtual and physical community platform that connects people to resources for optimal healthy longevity and economic mobility, announced on Tuesday, Raleigh's first indoor, year-round vertical hydroponic community garden.

The Green Blue Community Garden will produce more than 32,000 pounds of fresh fruit and vegetables which is great compared to traditional growing which can only produce 500 pounds or less of food annually.

Isaac B. Horton IV, owner of Oak City Fish and Chips, founded The Green Blue Marketplace in Raleigh to address the urgent

need for food security. This includes hyper-locally grown food to address nutrient compromised food due to food traveling thousands of miles. More importantly, the marketplace plans to produce 30,000 lbs. of food where 500 lbs. were previously grown.

"My grandfather, former pastor of First Baptist Church downtown and my family was born on Shaw University campus when hospitals were not open to the African American Community. I went to high school right down the street and played in these streets. It means so much to me today for everyone to be here and support this effort."

He went on to share that ten years ago, he traveled to Nicaragua, and he saw people who were starving to death which ultimately changed his perspective on life. Knowing of all the technology and innovation that we all know, how could people still be in a position where they have not figured out how to provide a single meal to people. Learning of all this, he began to look into hydroponic farming. Hydroponic farming allows us to optimize, maximize, and make food systems and paradigms more efficient. "This allows our community to grow with food being our medicine" said Horton IV.

Sports

Donovan Mitchell Finally Said The Quiet Part Out Loud About Being Black In Utah

By Carron J. Phillips

Deadspin

Timing is everything. And on Dec. 19, 2022, it all came together.

On Monday night, the Cleveland Cavaliers defeated the Utah Jazz 122-99 at Rocket Mortgage Fieldhouse as Donovan Mitchell led his new team in scoring (23 points) in his first game against his old team. On the same day, Marc J. Spears of ESPN's *Andscape* released a Q&A he did with Mitchell in which the current Cavalier, and former member of the Jazz, finally let it be known — Utah is a terrible place to live when you're Black.

"If I'm being honest with you, I never really said this, but it was draining. It was just draining on my energy just because you can't sit in your room and cheer for me and then do all these different things," Mitchell explained about growing tired of dealing with racism in a place like Utah, and the pushback he received when he discussed it. "I'm not saying specifically every fan, but I just feel like it was a lot of things. A [Utah] state senator [Stuart Adams] saying I need to get educated on my own Black history. Seeing Black kids getting bullied because of their skin color. Seeing a little girl [Isabella Tichenor] hang herself because she's being bullied."

In 2021, Utah Republican State Sen. Stuart Adams said, "When you get very popular sports stars like that that are pushing back, we've got work to do to try and educate them. Let's go tell him what we're doing because I don't think he really understands what happened," about Mitchell's disapproval of some resolutions that opposed Critical Race Theory.

"But as far as Utah, it became a lot to have to deal with on a nightly basis," said Mitchell. "I got pulled over once. I got an attitude from a cop until I gave him my ID. And that forever made me wonder what happens to the young Black kid in Utah that doesn't have that power to just be like, 'This is who I am.' And that was one of the things



for me that I took to heart."

Draining is the perfect word to describe what it's like to be Black in Utah, especially if you aren't from there. When you're an outsider like Mitchell and myself were, you see things for what they are. During the summer of 2011, I interned at the Salt Lake Tribune for a few months. My experience at the publication and within the newsroom was great. Everything I experienced outside of it was a nightmare. I understand Mitchell's plight. It's mentally exhausting being the only one that looks like you everywhere you go — surrounded by people that are willingly oblivious to how unnatural your experience is.

And then there's Utah's racist history.

If we just keep it to sports, this is the same place and fan base that Russell Westbrook has a long history with. A fan was banned for calling him "boy" in

2018, and then there was the incident when a fan named Shane Keisel was permanently banned because he and his wife told Westbrook, "to get down on your knees like you're used to" during a game.

"Couldn't believe it. More N-words than probably (they) had Black people in the whole city, so it was a really racial situation and people say anything now because there's no consequences for it," former NBA star Matt Barnes once told Colin Cowherd about what he heard during the Warriors' Western Conference semifinals series against the Jazz back in 2007. Never forget, this is the same state that was just in the news earlier this year about allegations of a fan at a BYU/Duke volleyball game yelling the N-word at Rachel Richardson — a Black member of the Blue Devils team.

For years, it's been an open secret about how things are al-

lowed in places like Utah — and Boston. "I never heard any of that, from any player that I've ever played with in my 26 years in Boston. I never heard that before from Kyrie (Irving) and I talked to him quite a bit," said Danny Ainge in response to when Irving described what he had to hear and deal with when he played against the Celtics. Ainge, a white man from Oregon who played at BYU and is beloved in Boston, felt as though he had "expertise" on race in spaces as white as Massachusetts and Utah. And you wonder how these things are allowed to go unchecked for decades, especially in a league where men like Donald Sterling and Robert Sarver — and many others we aren't aware of yet — have such great power.

In a social media era during a racial uprising and the Black Lives Matter Movement, the state of Utah had a franchise player in Mitchell and they ran him off. This wasn't Carlos Boozer or Deron Williams who played for the Jazz during a time in which players weren't as open as they are about using their platforms. And Mitchell is the antithesis of Karl Malone, a Jazz legend that would rather mingle with the Tea Party than those that drink sweet tea.

There's a reason why the Jazz have never been a destination spot for top players in free agency. And the 2023 NBA All-Star Game is destined to be an epic failure off the court in February when a Black league with Black fans bring their unapologetic Black selves to Salt Lake City. Don't be surprised if it's the last All-Star Game the city hosts.

But before that eventful weekend occurs, a barometer for things to come will take place five weeks earlier. The Cavs will play the Jazz on January 10th in Donovan Mitchell's first game back in Utah. And given that he's now on the opposing team and has spoken honestly about his experience there, I'm sure they'll welcome him in the same way they've historically treated Black people — with hate.



FLYING HIGH—St. Augustine's Jaylen Richard (0) goes for the shot and fouled by Elizabeth City State's Jeremiah Taver (42) during the first half their game in Raleigh, N.C. on December 17, 2022. St. Augustine's went on to win 67-58 for their first CIIA conference victory.



UNSTOPPABLE—St. Augustine's Taniyah Greene (24) and Bre'cha Byrd (21) defend Elizabeth City State's Jessica Adams (21) in the second half of their game in Raleigh on December 17, 2022. Elizabeth City State went on to win 59-46.

Community

Kimberly's Touch Is A Place Of Comfort For Cancer Patients

By Tyria McCray

Staff Writer

A local nonprofit in Raleigh is bridging the resource gap and optimizing patients' access to oncology care. Kimberly's Touch provides emotional and financial support to cancer patients who are actively in treatment. Standing on a strong vision, the nonprofit ensures a future where all cancer patients will have access

ly left hospice and began work at the cancer center where she was once treated for cancer herself. Just four years later, Kimberly's Touch launched with the goal of educating and supporting others suffering from cancer.

During May of 2022, Kimberly had her yearly mammogram where she learned of four tumors in her breast. This time her cancer is triple negative.

Just to clarify, triple negative

vor of a different breast cancer and has worked in a local cancer center, Washington made sure that she built an organization around the conversations, the vision, and the desire to help others like herself.

She went on to collaborate with local cancer centers in the Wake County area to provide services well into the next several months.

"This organization is not just

Being a resource for both men and women dealing with cancer has a significant impact on people in the Wake County area. Thus far, the morale has been a sense of peace and gratitude knowing that there are not only others dealing with cancer but receiving proper treatment. A young lady named Debbie stated that she has enjoyed fellowship with new people. She's learned about so many types of cancers, which has made her more aware of places that support cancer events.

One woman, Jasmine, stated she joined the organization because she wanted to help others with cancers. By being a part of the group, she and others can provide peer-to-peer support for clients by means of shopping for groceries, financial assistance, or just contacting a patient and taking time to walk this journey with them.

"I've learned a lot from Kim about different cancers and the issues behind-the-scenes in reference to medical staff caring for cancer patients," said Jasmine.

A male member, T.J., stated that being with like-minded people is enjoyable because he's able to make a difference in someone's life.

In hopes of making a difference, those at Kimberly's Touch focus on four core values which are: compassion, integrity, encouragement, and support. Part of the support is alleviating stressors that come with the disease, such as expenses and unforeseen social factors.

"Those who are members are able to partake in peer-to-peer emotional and financial support to cancer patients. We are committed to serving cancer patients no matter what their diagnosis," said Washington.

She hopes to maintain grants and gain business partners to help make a difference in the future with more adequate resources.

"As a cancer patient myself I often let the patients know

they aren't alone and that I will take this journey with them. I often pray with patients if they request. I encourage patients to be around positive individuals and be an advocate for themselves, no question is stupid, ask. I will often tell a patient not to be afraid to share how you feel, write it down, scream it out loud, cry, no one knows your pain or frustration that you are going

through it's scary so express yourself.

"As a Black woman currently battling cancer, I would tell my sisters and brothers, surround yourself with positive people, do your research on your cancer and provider, stay on top of your appointments and don't be afraid to ask questions. You must be an advocate for yourself. Know your body!"



Omega Psi Phi Is Giving Back For The Holidays

The Iota Iota Chapter of Omega Psi Phi Fraternity, Inc. did their annual Christmas projects on Saturday, Dec. 17.

This is a special time of the year when the chapter enjoys giving back to the community. Uplift is the fraternity's fourth cardinal principle. This principle truly comes alive during the holiday season.

The first project of the Iota Iota Chapter began with the Omega CHAMPS mentoring program Annual Hats, Socks, and Gloves Donation to the Helping Hand Mission on 623 Rock Quarry Road in Raleigh.

The men of the Iota Iota Chapter and the Omega CHAMPS donated 200 hats, 402 pairs of socks, and 310 pairs of gloves to the Helping Hand Mission. Their efforts contribute to the Helping Hand Mission of supporting people and families in need with these necessities, as we approach the winter season.

After the Helping Hand Mission, the men of the Iota Iota Chapter took 51 children in need to the Wal-Mart located on 4500 Fayetteville Road for their annual Christmas shopping project. The Social Action Committee provided \$50 gift cards to the children to shop for Christmas. The Walmart Raleigh-Fayetteville Road has been a long-time partner with the Iota Iota Chapter on this project.

Article submitted by Iota Iota Chapter Vice Basileus Bro. Quando Gerst.

to adequate resources for all of their necessities no matter race, gender, or diagnosis as well as making sure cancer patients navigate through their illness with emotional and financial support.

Founder Kimberly Waters-Washington told of her journey with cancer and why it was so important to begin this nonprofit.

In May 2011, while employed as a hospice CNA, she was diagnosed with breast cancer. Even though she knew that working with her patients was soon coming to an end, her love, compassion, and dedication persevered so she continued to work in between her treatments.

By November of 2015, Kimber-

breast cancer is an aggressive cancer that grows quickly and the overall perspective is that this type of breast cancer is not as good compared to other types. More importantly, this type of cancer has fewer options for treatment, because the cancer cells do not have the estrogen or progesterone receptors.

"I am doing okay. I won't lie and say great, but I am taking it one day at a time. I was diagnosed in June 2022 with breast cancer again. I was cancer free for 11 years, so it has been a challenge for me, but it hasn't stopped me from helping others like myself," she said.

Since she is an 11-year survi-

based on helping women, our intentions are to bring awareness to other cancers that affect men, women, and children, besides just focusing on breast cancer," said Waters-Washington. "I am currently battling breast cancer, but I have learned from years of working in a local cancer center that there are over 99 different types of cancers, but we tend to focus as a society on breast cancer. Breast cancer is significant and as a breast cancer patient I appreciate the support and funding dedicated to breast cancer; we have more resources allocated to breast cancers when it should be adequate resources for all cancers."



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GET THE SCOOP

Read today's *Kid Scoop* page and see if you can find the answer to each of these questions.

1. What does Habari Gani mean?

2. How many symbols are there for Kwanzaa?

3. When was Kwanzaa created?

4. The Kwanzaa candleholder is called a _____.

5. The tradition in Kwanzaa is to give gifts that encourage what?

6. What does the word Kwanzaa mean?

Habari Gani?

Do you know what that means? **Habari Gani** is how you say **What's the News?** in Swahili. One day you may hear this holiday message as often as you hear Merry Christmas, Happy Hanukkah, or Happy New Year. **Habari Gani?** is the ritual greeting of Kwanzaa.

A Seven Day Celebration

This year, millions of people are expected to celebrate Kwanzaa, a non-religious event honoring African-American culture and community. The holiday is celebrated for seven days, starting on December 26 and ending on January 1.

Kwanzaa centers around seven principles:

- Umoja (unity)
- Kujichagulia (self-determination)
- Ujima (collective work and responsibility)
- Ujamaa (cooperative economics)
- Nia (purpose)
- Kuumba (creativity)
- Imani (faith)

The holiday was created in 1966 by Maulana Ron Karenga, an African-American scholar. Karenga created this special holiday to honor African-American heritage in a celebration of family and community.

The word **Kwanzaa** means **first fruits** in Swahili, an East African language.

Karamu

On the last day of Kwanzaa, friends and relatives gather for a feast. People come to honor ancestors, review the past year and make plans for the new year. There is lots of good food, dancing and music.



How many differences can you find between these two pictures?



Standards Link: Social Studies: Compare the beliefs, customs, ceremonies, traditions, and social practices of varied cultures.

Symbols of Kwanzaa

Christmas symbols are the wreath, tree, holly, and more. Hanukkah symbols include the menorah, latkes and gelt. Follow each of the seven mazes below to find the meaning of the seven Kwanzaa symbols.

The seven candles

The candleholder represents the stalk of corn from which the family grows

1 MISHUMAA

2 KINARA

3 MKEKA

4 VIBUNZI

An ear of corn for each child represents the child's potential

The cup of unity

A straw placemat

5 MAZAO

6 KIKOMBE CHA UMOJA

7 ZAWADI

Modest gifts to encourage creativity

A variety of fruits represent the harvest

Standards Link: Physical Education: Eye-hand coordination.

Extra! Extra!

Kwanzaa Scavenger Hunt

Look through the newspaper for pictures, articles or phrases that show the seven principles of Kwanzaa.

Standards Link: Language Arts/Research: Use the newspaper to locate information.

Kid Scoop-doku™

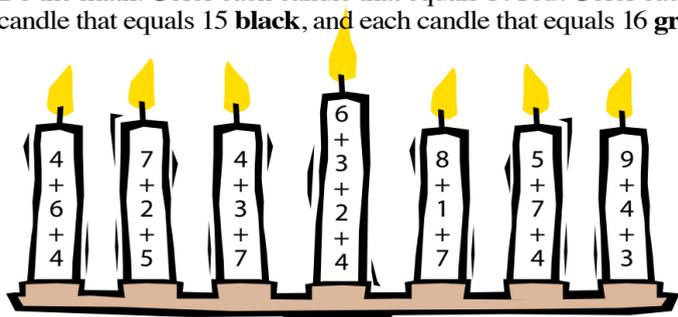
Complete the grid by using all the letters in the word **CARING** in each vertical and horizontal row. Each letter should only be used once in each row. Some spaces have been filled in for you.

C	I		
A	G		
R		A	
I			
N		C	
G			N

Kid Scoop Puzzler

Each night of Kwanzaa, a candle is lit in the kinara. There are seven candles, one for each night. The candles are called the **mishumaa**. It is said that the kinara holds the light of tomorrow.

Do the math. Color each candle that equals 14 **red**. Color each candle that equals 15 **black**, and each candle that equals 16 **green**.



Black is for Africa, the continent African-Americans came from. **Red** is for blood, not shed in vain. **Green** is for hope and knowledge.

Standards Link: Reading Comprehension: Follow simple written directions.

Double Double Word Search

- KWANZAA
- SWAHILI
- AFRICAN
- AMERICAN
- CULTURE
- CANDLE
- KINARA
- ZAWADI
- IMANI
- DANCING
- HABARI
- UJIMAA
- GANI
- MKEKA

Find the words in the puzzle. How many of them can you find on this page?

H	I	E	R	U	T	L	U	C	N
A	M	E	R	I	C	A	N	A	C
B	A	E	I	N	A	G	C	A	G
A	N	L	L	M	E	I	A	R	N
R	I	B	I	R	Z	N	A	I	
I	A	J	H	F	N	T	D	N	C
I	U	O	A	A	N	T	L	I	N
I	Z	A	W	A	D	I	E	K	A
M	E	K	S	A	K	E	K	M	D

Standards Link: Letter sequencing. Recognize identical words. Skim and scan reading. Recall spelling patterns.

Kid Scoop VOCABULARY BUILDERS

This week's word: GREETING

The noun **greeting** is a message of friendliness or respect.

Sheana asked, "Habari Gani?" to her friend during Kwanzaa.

Try to use the word **greeting** in a sentence today when talking with your friends and family.

FROM THE Kid Scoop LESSON LIBRARY

Give the World a Gift

If you could give one gift to the world, what would it be? Write a letter to the editor telling about the gift you would give.

Standards Link: Language Arts/Writing Applications: Write formal letters.



If you were in a dark room with a candle, a wood stove, a lantern and just one match, which would you light first?

ANSWER: The match!

Write On!

Holidays at Your House

Which holidays do you celebrate during December? How do you and your family celebrate?

Church

Who's At The Manger? Nativity Displays Around The World

By Kayla Harris
University of Dayton

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(THE CONVERSATION) For many Christians around the world, celebrating the Nativity, or the birth of Jesus Christ, is the most important part of the Christmas season.

Among the most common Christmas traditions are small sets of figures depicting Joseph, Mary and Jesus that are displayed in individual homes, and live reenactments of the manger scene in communities and churches. While Nativity sets focus on the holy family, they can also include an angel, the three wise men bringing gifts, shepherds or some barnyard animals.

Around the world, it is common to see particular cultural and religious traditions incorporated through the materials used, the types of gifts presented to Jesus, or the people and animals present at the manger.

The Marian Library at the University of Dayton has over 3,600 Nativity sets, also known as "crèches," the French word for cribs. These Nativities are used to promote the study of culture and religion. Since one of us is a curator for this collection and the other is a religious studies scholar, we often notice how Nativities can be used to both depict the birth of Jesus and convey unique cultural beliefs.

In Nordic folklore, "the tomte," or "nisse," is a small creature that looks rather like a garden gnome figurine. These long-bearded, red-capped little lads are associated with Yule, the celebration of the winter solstice in pre-Christian northern Europe.

While these folklore figures were often believed to be quite helpful around a farm, even doing chores in secret at night, they also have a mischievous or sometimes even scary side. For example, in one legend a young farm girl decides to put butter at the bottom of the porridge bowl left out for the nisse, instead of on top. The nisse was so angry he immediately went and killed the farm's best cow. Once he discovered the butter at the bottom, he felt remorse, and to remedy the situation he stole a cow from the neighboring farm.

In Iceland, the mythical crea-

tures are called Yule Lads, and they visit children's homes in the lead-up to Christmas. A 2003 Nativity scene by Icelandic crafter and artisan Kristin Karolina blends the two holiday traditions, depicting the birth of Jesus with a band of troublemakers. Made of knitted wool and sheepskin, the mischief-makers are licking the porridge spoon and stealing the Christmas meal through the chimney with a fishing pole.

Across the Atlantic, a different type of troublemaker can be found in Nativities: Devils are a common feature in Christmas rituals across Latin America.

Devils at the Nativity are a physical representation of evil in the world, even in the presence of the Christ child. They sometimes specifically represent what Catholic teachings consider "the seven deadly sins": lust, greed, pride, envy, gluttony, sloth and wrath.

The devil can be found in other popular religious traditions of the Advent and Christmas seasons. One of these practices is the appearance of the devil as a character in a "pastorela," a popular Mexican dramatic portrayal of the shepherds making their way to visit Jesus. In these Nativity plays, a devil character plays tricks and sets obstacles in the shepherds' path, trying to keep them from Bethlehem.

Some pastorelas are set in modern times, with the devil role highlighting human sinfulness. But these plays end with a hopeful message: the love, peace and joy in the church's teaching that God became human.

Another practice called "la quema del diablo," or "burning of the devil," is held in Guatemala. Individuals and groups set fires in front of their homes and around their communities to symbolize cleansing the world of all evil. It is held on Dec. 7, in anticipation of the Feast of the Immaculate Conception on Dec. 8. This feast celebrates the church's teaching that the Virgin Mary herself was conceived without sin, preparing her to become the mother of God.

Contrasted against the vivid colors and expressions in the Latin American depictions, Nativities representing the Amish culture in the United States often feature faceless figures in plain clothing. Amish teachings highly value humility and simplicity—many churches, for example, forbid individuals to pose for a face-on photograph, as this can be seen as a form of pride. Even Amish dolls for children are often created without individual faces.

While each Nativity set incorporates a different set of values and beliefs surrounding the birth of Christ, they are all examples of taking tenets of faith, which can often be abstract ideas, and representing them physically. And for many Christians, such traditions help represent their beliefs in a particularly powerful way: by picturing Jesus within their own culture.

The Conversation is an independent and nonprofit source of news, analysis and commentary from academic experts. The Conversation is wholly responsible for the content.



HEADED FOR YALE—Bishop William J. Barber II speaks to moral witnesses at an action organized by the Kentucky Poor People's Campaign in Frankfort, Ky., in 2018. [Bryan Woolston/AP]

Barber To Head Yale's New Center For Public Theology

Yale Divinity School today announced the establishment of the Center for Public Theology and Public Policy, which will pursue teaching, practice, research, and collaboration at the intersection of theology and advocacy. Bishop William J. Barber II, a moral movement leader who comes to Yale after 30 years of pastoral ministry and has served in numerous public leadership roles, will serve as its founding director.

Rooted in the philosophy of moral movements that have strategically and successfully used theology as the basis for challenging social and economic injustice in society, the center's scholarly and teaching work will concentrate on expressions of public faith that contribute to movements for justice. It will engage divinity, law, and undergraduate students in critical conversations about religion, faith, moral values, social movements, and social transformation.

"YDS is thrilled to launch the new Center for Public Theology and Public Policy and to welcome William Barber to our commu-

nity," said YDS Dean Greg Sterling. "Dr. Barber's work and service is in the tradition of public witness that produced Frederick Douglass and Sojourner Truth, Walter Rauschenbusch and Howard Thurman, Ida B. Wells and Dorothy Day, Martin Luther King, Jr., Ella Baker, and Abraham Joshua Heschel. Establishment of the Center at YDS is an opportunity to deepen our relationship to a historical movement that revives nearly two centuries of social justice tradition to meet the complex social realities of our time."

During 30 years of pastoral ministry, Barber led the Moral Mondays movement in North Carolina, established Repairers of the Breach to train communities in moral movement building, and co-anchored the revival of the Poor People's Campaign: A National Call for Moral Revival.

He brings teaching experience from Union Theological Seminary, St. John's University, the Pontifical Academy of Social Sciences, and Duke University's Sanford School of Public Policy. He holds a doctor of ministry degree from Drew University

with a concentration in Public Policy and Pastoral Care, a master of divinity degree from Duke University, and a bachelor's degree from North Carolina Central University. He has also led the church as moderator of the Christian Church (Disciples of Christ) in North Carolina and he is bishop with the Fellowship of Affirming Bishops.

Barber's public ministry has been recognized by numerous awards, including the Roosevelt Foundation's Four Freedoms Award and the MacArthur Foundation's "genius" grant.

"I have been a pastor engaged in movement work for three decades," said Barber, whose title at Yale will be professor in the practice of public theology and public policy.

"While I continue the work of movement building, I'm transitioning my pastoral work from the congregation to the classroom. I want to walk with the next generation of moral leaders and share with them what was passed down to me. I've been given too much to just take it all with me when I leave this life. I want to pass it on."

Obituaries

BRIAN ERIC ST. CLAIR
September 7, 1957–November 11, 2022

Mr. Brian Eric St. Clair, 65 of La Brea Siparia, Trinidad, died Friday November 11, 2022. A funeral service will be held Wednesday Dec. 28, in The Goldie Hargett Memorial Chapel of Hargett Funeral Service 905 East Market Street Greensboro; visitation with the family is 10:30 a.m. followed by the service at 11 a.m.

The burial will commence immediately afterward in Guil-

Rand Memorial Cemetery 1550 NC-62 High Point, NC 27263. Livestreaming of the service is available.

CHARLES RUDOLPH PHELPS, SR.

May 12, 1945–December 16, 2022
Charles Rudolph Phelps, Sr., 77, passed away Friday, Dec. 16. A graveside service will be held on Thursday, Dec. 22 in Lakeview Memorial Park, 3600 N. O'Henry Blvd., Greensboro at 1 p.m.

Practical Biblical Principles

GOD GAVE HIS BEST
Read: Luke 1:26-35

The greatest story ever to be told has announced its presence once again. And that is the story of our Lord's birth. In short, Christ is coming. God sent Him to us. He is our Christmas present (John 3:16). Yes, the Christmas season is upon us once again and will you be ready to receive Him when He comes?

The spirit has directed the church to tell this story as often as possible and celebrate the Nativity event with thanks and praise. The church has been given an appointed time to tell the birth of Christ story. There is a good reason for the church to carry out this storytelling responsibility.

Have you ever heard of the Law of Fair Exchange? This is a highly prized moral law. A law which is based upon what is fair and right. This is a law I am afraid the church is much lacking in practice. Yet, the church has been given the lead and responsibility in setting this example by example, teaching, and practice.

If I were to ask of you to give me your beautiful watch and you give it to me without questioning me and I give you nothing in return this will not be practicing the law of Fair Exchange. As a matter of fact, this may cause serious trouble between the two of us. Now if I reach for my wallet and pull out for you three, crisp one hundred-dollar bills and give them to you, this will satisfy the law of Fair Exchange. Even more so if your watch is only valued at half the amount given.

The law of Fair Exchange was satisfied at the point the amount given equals the real value of the watch, which was half the amount given.

This is what God, the Father, has sent His only Son to do and

that is to give us a gift at this Yuletide season—a gift which is more than the Fair Exchange value. God gave His best.

God's gifts to us are always more than Fair Exchange value. The question is, do we realize this? God never gives out "cheap gifts."

The other question we should honestly ask ourselves, "What kind of gifts do we give?" We do good if we give out gifts which equal the "fair exchange." Even this is most difficult to do sometimes. And this is not because we are stingy. It has all to do with how much "you value" the person you give the gift to.

Giving a gift is an important way of saying this is how much I value you. This has a lot to do with love, and how much you wish to show love to another person. How much do you think Jesus values and loves us? That one thief on the cross next to Jesus's cross asked Him, "Lord I am a sinner, how much do you love me? Jesus stretched out His arms as far as possible and said, "This much, come with Me." Then He dropped His head in the locks of His shoulders and died (John 15:13). Jesus gave this unlovable thief a best gift.

Is it little wonder the wise men gave to Jesus those great and valuable gifts. They valued Him as a great and coming king, long expected. The Magi had no gifts for Herod, the king. The Magi traditionally are kingmakers themselves. Their job consisted of educating and teaching future candidates to be potentially a king. Primarily teaching astronomy, math, politics, etc. They did this—grooming men to become kings.

Daniel, while in Babylon, was eventually made overseer of such Magi professionals. Magi were often referred to as "King Makers." The Magi were able

to recognize this "star" which would lead them to the "New-Born King in Israel." The Magi knew of this prophecy from Daniel (Numbers 24:17).

Two years after the birth of Christ, the Magi visited Herod, and he was told a new King was born (not be born) in Bethlehem according to the prophecy of Micah. The shepherds had already been putting out the word of the Messiah's birth for two years. Everybody knew except Herod! The star did not lead the Magi to Bethlehem. The Magi knew what Herod was up to when he feigned wanting to worship the new king when and where He was found. The star led the Magi to a sheep house outside of Bethlehem where young sheep were prepared for sacrifice in the Jerusalem temple. The new king was identified by being wrapped in swaddling clothes. The Magi gave their valuable gifts to the new king, worshipped Him, and returned to Babylon a different way.

Not all new-born babies were wrapped in swaddling clothes when born. They were wrapped but not with swaddling. All lambs being prepared for sacrifice feet were wrapped with white swaddling clothes for two reasons. All lambs had to be without blemish for temple sacrifice. The white cloth would help show up any imperfections in the lamb's coat and the swaddling would keep the lamb still from kicking and injuring itself. Jesus was born and wrapped in swaddling as a lamb—The Lamb of God! God gives the best gifts wrapped in pure love. This is Christmas!

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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.

Will 2023 Be Naughty or Nice?

By Mike Walden
Guest Editorial

The traditional holiday question to children, "Have you been naughty or nice," is a perfect lead-in to the economic outlook in 2023. As 2022 ends and 2023 begins, we face two economic challenges: inflation and recession. The big questions are, will inflation return to normal in 2023, and will it take a recession to do so?

Actually, we've already seen some progress on inflation. Year-over-year inflation was over 9 percent in the summer, but recently it's been under 8 percent. That doesn't seem like much, but at least the rise in prices has been slowing.

But the decline in the price of gas at the pump has certainly brought smiles to our faces. After the national price per gallon jumped to over \$5 in June, we're now seeing gas prices in the low \$3 range.

Interest rates are another matter. If you're borrowing money for a home, vehicle or another big-ticket item, you're now paying more than twice as much as a year ago. For example, despite some slippage in November and December, 30-year fixed mortgage rates are still hovering near 6.5 percent. At the end of 2021, they were under 3 percent.

The bottom line is that most people are still struggling economically as we end one year and move on to another. Even if a person received a pay boost in 2022, it was likely less than the increase in prices they paid. If your income rises less than prices, then your standard of living has dropped.

2022 has been a rough year. Will it get any better in 2023?

Part of the reason for inflation has been problems with businesses getting enough supply of the products we want to purchase. The pandemic gave us a new term for this situation: supply chain problems. When we are trying to buy things, but there are not enough of those things to buy, then the prices of those things jump.

The good news is that supply chain problems have eased. One measure shows the intensity of supply problems improving 75 percent since 2021. As a result, sellers have more inventories, and delivery times have returned to pre-pandemic levels. The improvement in the supply chain should help moderate inflation.

But will it be enough? The Federal Reserve doesn't think so. The Federal Reserve—commonly called "the Fed"—is the nation's central bank. It has the ability to create money, and it uses that power to nudge interest rates up and down. If the Fed wants to stimulate borrowing and spending, it lowers interest rates. It did this at the height of the pandemic, which, among other things, created massive home buying. But if the Fed wants to moderate borrowing and spending, it pushes interest rates higher.

In the Fed's view, we are trying to spend more than the economy can provide. This puts upward pressure on prices,

meaning the inflation rate jumps. Even though the supply chain is improving, the Fed still thinks consumer spending is running too hot.

But part of today's problem is a result of the Fed. When the pandemic was raging, the Fed's key interest rate was zero. This was designed to boost spending. The Fed has now raised its key rate to nearly 4 percent, and most economists think the rate will go higher. The Fed will watch the pace of the economy to guide them on interest rate policy.

Of course, the Fed doesn't want to create a recession where sales fall and unemployment rises. Unfortunately, one of the best predictors of a recession—a measure called the "inverted yield curve"—is giving its strongest forecast of an upcoming recession in forty years.

Thus, I—and many economists—are forecasting a recession for some period in 2023. The good news is that it will likely be relatively mild. The unemployment rate, currently under 4 percent, could rise to 5 percent or 6 percent. An unemployment rate in that range is historically low for a recession. Still, with a jobless rate of 5 percent or 6 percent, between 50,000 and 100,000 workers in North Carolina would be added to the unemployment rolls.

Although North Carolina's economy has been growing faster than most states, North Carolina will feel a recession. Even North Carolina's rapidly expanding cities and metropolitan areas will know a recession has arrived. In fact, if history is any guide, metro regions could suffer more. For example, in the so-called "sub-prime" recession of 2007–2009, the economies in metropolitan North Carolina contracted by a larger percentage than the economies in rural regions.

If a recession does happen in 2023, look for businesses in sectors selling products or services that can be postponed to be hit harder. These are sectors like real estate, construction, manufacturing, retail and leisure/hospitality. Businesses selling necessities like food, health care, education and energy will be less negatively impacted.

When will the economy get better? When will we have inflation under control and the economy growing again? I'm hoping we will see these conditions toward the end of 2023. By then, I think we could see the inflation rate half of what it is today, thereby allowing the Fed to ease up on the brake and slightly push down on the gas pedal for the economy. That is, I think the Fed could be reducing interest rates and stimulating the economy a year from now. A year from now, we could see the 2023 recession end and a new economic expansion beginning.

So, I see challenges but then relief for us and the economy in 2023. I wish I could be more upbeat, but my intent is to be honest and clear. Is my forecast helpful? 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

FAIR ACCESS TO FINANCIAL SERVICES IS VITAL TO CLOSING THE RACIAL WEALTH GAP

"In 2022, in the United States of America, you can be turned away at a bank because of the color of your skin. The wealth and income disparities between white and minority households are a consequence of the unequal access and treatment minorities have faced. From accepting slaves as collateral for loans, to Jim Crow, to redlining, to the subprime mortgage crisis' predatory practices, to the current crypto crisis, Black and brown Americans have never had equal access to or fair treatment in financial services."

—Sen. Sherrod Brown

Recently, I had the opportunity to testify to the Senate Banking Committee at a hearing entitled, "Fairness in Financial Services: Racism and Discrimination in Banking," to shed light on racism in the banking industry and urge passage of the Fair Access to Financial Services Act.

Throughout our work, we have seen the dire consequences of an American financial system that has systematically cut off and shut out individuals, families, businesses, and communities of color from access to capital.

When people of color suffer racist engagement in the financial marketplace, it causes substantial monetary and non-monetary harm. Depending on how the racist behavior occurs, be it systematic, digital, in-person, community members often are unaware they received disparate treatment or a discriminatory outcome. This stems from a centuries-long strain of the Black and minority community with banking institutions. The exclusionary and biased practices have been widely documented, including the banking industry's tendency to disproportionately open and operate branches in white/non-minority communities.

In addition to the reluctance to operate in communities of color, another source of racial discrimination may be bank employees' discretionary practices in charging costs and fees. Bank employees wield discretionary power in racially executing bank policies—they determine how much a customer pays in costs, and customers may face varying fees depending on who they talk to at the bank. The concerns about racial discrimination and bias in the banking workforce are also not new and are illustrated in analyses of data from mortgage lending lawsuits brought to the U.S. Department of Justice Civil Rights Division, which illuminated widespread discriminatory practices, including loan officers who "referred to subprime loans in minority communities as 'ghetto loans' and minority customers as... 'mud people.'"

The consequences of these acts are reflected in the data: in the National Urban League's State of Black America® 2022 Equality Index™, Black Americans are less likely to be approved for mortgages than white Americans, at a disparity rate of 41 percent.

Traditionally, decision-making authority at banks has been the bastion of middle- and upper-class White males. A clear solution to this issue is to invest and strengthen Black-owned banks, of which there is an incredible need. In our 2022 State of Black America Report we found that the number of Black-owned banks has dwindled immensely over the years. Between 1888 and 1934, there were 134 Black-owned banks to help the Black community. Today, there are only 19 Black-owned banks that qualify as Minority Depository Institutions.

Due to historic undercapitalization, Black banks are small, with average assets of \$363 million compared to \$4 billion for all U.S. banks. The small number of Black banks and their small asset size limits their overall impact. A century of data proves that Black banks matter. When there is a Black bank in a community, Black people are more likely to be able to buy a home or secure a small business loan. These institutions help

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



A Different Voice

By Dorothy Shaw Thompson

MERRY CHRISTMAS

Of course this greeting is to those who celebrate this season of lights and gifts and well wishes. Many don't celebrate for various reasons. Of the reasons that have reached my ears, some say: "We are lying to children," "This really isn't Jesus' birthday and I can prove it," others say, "I was never so hurt and disappointed when I didn't get what I wanted and I promised myself that I'd never do to my children what was done to me." Then there are those who insist that there should be a nativity scene in the public square, for after all we are a Christian nation, right? Then there are those who want to dictate the greeting, no "Happy Holidays" for them; if you don't say "Merry Christmas" you are an atheist at the worst and pagan at the least. Some get out the Bible and read the verses in the Old Testament about decorating trees and graven images, etc. My response to that is, "Whatever floats your boat" or "Have at it." I'm not judging you and I don't mind your judging me... I love this season for a variety of reasons and of course I'll

share some of them with you. My intention is not to persuade or enlighten, just to share. I love Christmas and probably all its trappings despite the debates. I really love the Christmas Story. A pregnant woman gives birth to a baby and when the innkeepers couldn't find room for He who was going to change the world despite those who rejected Him, they had their baby in the next best thing, a stable where animals' breath warmed the atmosphere. Shepherds and astrologers (or were they astronomers?), the protectors of animals and the students of the sky both coming together in a stable and neither group arguing about who was the better citizen of the world. Everybody focused on a little, tiny baby. I liked that they all followed a star and brought gifts. For me, the outer light that symbolizes the inner light that everyone has and lives better if we follow it. This year someone posted a symbolic picture of a manger with the caption, "The first king-sized bed." I love the mind that thought of that.

I loved the report that the wise men thwarted the king who heard that there was a baby being born who was going to usurp his authority over people... and He did, for those who get His ministry. I love the fact that Mr. C.C. Lipscomb, wise teacher of English at J.W. Ligon, brought a card to our class and asked us what it meant. The card, a Christmas card, simply said... "When God wants to change the world, He sends in a baby." Then he asked us what that meant and when I raised my hand and explained what it meant, he just looked at me as if to say... "And who are you?" and smiled. That was better than what he did when we gave a "stupid" answer (he'd turn his chair round and look behind him... as if to say... "How did you get in my class?") Needless to say, I loved this man, his class, all the poetry he made us learn and how he invited us to think with our souls. I loved the story, I celebrate the story and all of its parts. I love that the woman Mary was a young, pregnant, unwed mother. I loved that Joseph put away the rules... doubted and then believed. I love that Elizabeth her cousin was too old for the norm but was pregnant with a baby who responded in her womb when the baby in Mary's womb came into his presence. I even love the fact that Zacharias was made unable to speak for doubting the angel but could speak again when the prophecy was realized and he was able to say, "His name is John." I also love that the story continues when John fulfilled his purpose and even later at the Mount of Transfiguration when Jesus came down and the confused disciples asked Jesus about a prophesy from the Old Testament, that before the Messiah would come first Elijah would come again... and Jesus said, "but he did and you knew him not," and the scripture said, "and then they knew he was talking about John."

I love the story, it all informs my life. It tells me that forgiveness is essential, service is necessary, charity is not a

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

Child Watch

By Marian Wright Edelman



A CHRISTMAS EVE LESSON

Fifty-five years ago, on December 24, 1967, Dr. Martin Luther King, Jr. delivered the message at Ebenezer Baptist Church in Atlanta on what would be his last Christmas Eve, titled "A Christmas Sermon on Peace." Once again, I share some of that powerful lesson. In a season when many people sing carols praying for peace on Earth, Dr. King shared a sharp warning for our nation and world: "Now let me suggest first that if we are to have peace on Earth, our loyalties must become ecumenical rather than sectional. Our loyalties must transcend our race, our tribe, our class, and our nation; and this means we must develop a world perspective. No individual can live alone; no nation can live alone, and as long as we try, the more we are going to have war in this world... We must either learn to live together as brothers or we are all going to perish together as fools."

His words remain prescient. Are we any closer to heeding them? At the end of the sermon, Dr. King spoke about the day four years earlier when he had told the nation at the March on Washington that he had a dream for America's future. He said in the turbulent years that had followed it already felt like he was watching that dream turning into a nightmare. But Dr. King said he was not willing to give up:

"Yes, I am personally the victim of deferred dreams, of blasted hopes, but in spite of that, I close today by saying that I still have a dream... I have a dream that one day men will rise up and come to see that they are made to live together as brothers. I still have a dream this morning that one day every Negro in this country, every colored person in the world, will be judged on the basis of the content of his character rather than the color of his skin, and every man will respect the dignity and worth of human personality. I still have a dream that one day the idle industries of Appalachia will be revitalized, and the empty stomachs of Mississippi will be filled, and brotherhood will be more than a few words at the end of a prayer, but rather the first order of business on every legislative agenda."

He went on: "I still have a dream today that one day justice will roll down like water, and righteousness like a mighty stream. I still have a dream today that in all of our state houses and city halls men will be elected to go there who will do justly and love mercy and walk humbly with their God... With this faith we will be able to speed up the day when there will be peace on earth and good will toward men. It will be a glorious day, the morning stars will sing together, and the sons of

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

Other Viewpoints



LIGHT AND STRENGTH FOR CHRISTMAS

By Dr. Glenn Mollette

Guest Commentary

When I was a child at Tomahawk Elementary School in Martin County, Ky. there were many kids who got little to nothing for Christmas. I had classmates who I would never ask if they got anything for Christmas because I already knew the answer. Some of these kids were just glad to be in school. At school they could receive a free lunch and have access to a bathroom which they didn't have at home. This also meant they could wash their faces and their hands which was difficult at home especially in the winter months. While most of us didn't have much, what we did have seemed like a lot to those who had nothing.

This is where you need to stop and think. You stress about all you may not have but what do you have in comparison to those who have nothing? Do you have a place to sleep? Do you have a comfortable bed? Is your house or apartment warm and comfortable? Do you know you will have food to eat on Christmas day? Do you have a television to watch? Do you have a telephone? Do you have a few dollars in your pocket?

I'm very aware there are millions of Americans who are below the financial income poverty level. They have it tough. Our cities are filled with growing numbers of homeless populations. People are sleeping under bridges, overpasses and on riverbanks. Too many of these have met with unfortunate circumstances in life due to bad choices, addictions, unemployment, mental illness, and family issues. The list is never-ending. This doesn't make their lives any easier. Just because there is a reason for the problems doesn't make their burdens lighter or unnoticeable. Their reality is still harsh and painful.

Millions more immigrants are coming to America. Where will they sleep? Where will they work? Many of them will work for \$8 an hour and work hard but many of them will be homeless or stranded in homeless shelters on government dependence for a long time. Would any of us want to trade places with them? I don't think so.

Whatever darkness you are facing this Christmas is your reality. Seeing the hurts of others doesn't make your troubles go away. However, if you can be thankful for the life you have, then maybe Christmas will take on a whole new light.

Look to the most special gift of all this Christmas—the baby in the manger. Shepherds raced to see the baby just as the angels said they would. Wise men came from the east and worshipped him with gifts of gold, frankincense and myrrh. Mary and Joseph did the best they could as peasant parents of a new baby boy.

Keep the scripture of Isaiah 9:6 handy this Christmas. *For to us a child is born, to us a son is given, and the government will be on His shoulders. And he will be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace.*

May His peace comfort your heart and be your light and strength through this season and every day to come.

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



FEMALE ENTREPRENEURS ARE BUILDING LIFECHANGING BUSINESSES. THEY NEED INTELLECTUAL PROPERTY PROTECTIONS TO DO IT.

By Rose Wang

Bayh-Dole Coalition

As a woman who has spent her career as a serial entrepreneur and fighter for women entrepreneurs, I was appalled to read a recent letter from 100 members of Congress calling on Health and Human Services Secretary Xavier Becerra to take action that would gut intellectual property protections at the core of the American innovation ecosystem.

Even as the advances of women have shattered glass ceilings throughout our society and economy, the stubborn legacy of male-dominated entrepreneurial culture has been a tough nut to crack.

It may be hard to believe, but venture capital financing for women-owned startups peaked at 2.8 percent of total venture funding in 2019 and has actually declined to 2.3 percent since then.

It will take historians decades to untangle all the reasons underlying this persistently gross inequity. But as a society, we should agree that moving forward requires extending the opportunities this ecosystem offers in full to women entrepreneurs—not undermining opportunity for everyone.

The letter's signatories, led by Sen. Elizabeth Warren and Rep. Lloyd Doggett, believe brand-name drug prices are too high. They urge Secretary Becerra to use the authority he supposedly has under the Bayh-Dole Act of 1980 to “march in” on patent rights for drugs developed with the support of public funds—or alternatively, to use the supposed general licensing authority the government retains over patents under 28 U.S.C. § 1498 to offer licenses to companies for cheaper generic copies.

In fact, the legality of either move is quite dubious and would

King Crossword

ACROSS

- Feedbag b...
- Chilled
- Theatergoer's souvenir
- Show to a seat, slangily
- Cleopatra's river
- Por basu
- Dance syllable
- Fabric fastener
- Klump of 'Project Runway'
- Hide-ha... word
- Early birds?
- Apple 'truders
- Wind-driven toy
- Tidy
- Atar affirmation
- Fusses
- Luxy chopper
- Region (Abbr.)
- Flag-shaped blazer accessory
- Pago Pago's place
- Sexth Walle
- Sphinx
- Lively dance
- Yankoo uni tom pattern
- Squeak stopper
- Crue
- One named supermodel
- Buddy
- Conks out
- Like lemons
- Supplement with 'out'
- TV chef Paula
- 'Sophie's Choice'
- Sophie's author
- Spygot
- Swiss canton
- 'voyage!' 17 AAA job
- Morning moisture
- Earth sci.
- Auto style
- Harvest
- Extra-long
- British gun
- Plum centers
- Volcan
- Standard
- Easy gait
- Eden tempter
- Perches
- Privy
- Illustrations
- Telly watcher
- Farming sra
- Star Trek captain
- Medicinal plant
- Prof's degree
- Three on a sundial
- Away from SSW
- Little Teapot
- Standard

DOWN

- 'Thal hunt'
- Tennis great Arthur
- Bangkok language
- Perception
- Espionage org.
- Spnte

quickly meet challenges in court. But it would also send a signal that many in government are prepared to undermine the policy fundamentals that make American innovation tick. “March in” would have devastating consequences for venture investment in innovation.

Before Bayh-Dole, the intellectual property rights to inventions that researchers made with the support of public dollars stayed with the government. While that centralized system promoted basic research, it did nothing to incentivize the development of new research into commercial products.

Bayh-Dole deliberately redesigned this structure to decentralize management of intellectual property. It gave universities the patent rights to their labs' research and allowed them to license those rights to private companies for development.

As a nation, we want more such activity, not less. And we want women to share in it fully. Women-founded firms are hard at work on new treatments for drug-resistant cancers and therapies that boost a patient's immune system to fight cancers like melanoma and lymphoma. Privo Technologies is one such woman-founded firm developing novel approaches to fight notoriously difficult-to-treat mucosal cancers of the mouth and throat.

Intellectual property protections are the bedrock of this system. Without secure patents and licenses, women-led start-ups will have no chance of finding funding. At this stage, the value of these firms is all in the security of their intellectual property—along with their human capital to develop and commercialize it.

A new generation of women entrepreneurs is ready to step up. Unfortunately, calls to misuse Bayh-Dole's march-in provision or Section 1498 would worsen the current exclusion of women from the entrepreneur community. Such government hijacking of their intellectual property would prevent them from making a return when their risky ventures succeed.

Secretary Becerra would be well advised to turn down this opportunity to poison the ecosystem just as women are getting ready to enrich it in numbers.

Rose Wang is a serial entrepreneur and serves on the board of the Bayh-Dole Coalition.



BEYOND RAZOR WIRE: A CONNECTED PLANET

By Robert C. Koehler

PeaceVoice

“Ducey insists Arizona holds sole or shared jurisdiction over the 60-foot strip the containers rest on and has a constitutional right to protect residents from ‘imminent danger of criminal and humanitarian crises.’”

OK, he's a politician—Doug Ducey, the exiting governor of Arizona, who recently began erecting “hundreds of double-stacked shipping containers topped by razor wire” along Arizona's eastern border with Mexico, including through the Coronado National Forest. Is this not his right: to blather, lie and give his constituents an enemy? And what keeps us safer from that enemy than a wall, especially one topped with razor wire?

No matter the wall doesn't really keep desperate, fleeing migrants out. It keeps out ocelots and jaguars, bighorn sheep and spotted owls. It keeps out, or rather, imperils the life of the western yellow-billed cuckoo. It endangers the survival of 70+ plant and animal species. The wall is a monument to racism, according to Daniel Lombroso, director of *American Scar*, and what it accomplishes is ecocide.

“The crisis at the border is our government.”

The title of the film is not metaphorical. It refers to the fact that mountaintops were blown off to build the wall. The “scar” is the slash blown and bulldozed through mountain ranges in order to build the preposterous and cruel wall. Someday the wall will come down, but its “mark will last forever,” all for the purpose of turning an abstract concept—national territory—into something allegedly “real.”

Hurray for nationalism! Its essence is to divide “us” from “them.” We could not have nations on Planet Earth unless we believed the planet was full of people who are not us and who can thus be dehumanized, not only when we're waging war but whenever we want. The existence of “them” is at the core of the national psyche—people who do not belong here and whose lives don't matter. Racial and ethnic differences help maintain the illusion, especially the latter part of it: that their lives don't matter.

And the reason it's so crucial to believe this is that the world is

far from perfect. People migrate for many reasons, often with utter desperation: their homeland being ravaged by war, authoritarianism, poverty, starvation, all of which is now intensified by the presence of climate change, especially in the Global South. Indeed, more migrants than ever are attempting to cross the U.S. southern border.

I want to live in a country—in a world—that sees beyond razor wire as the answer, indeed, that embraces understanding and connection as the only way forward. Oh God. We know this. Why is it so politically marginalized?

Consider Humane Borders, a nonprofit organization founded in 2000 for the purpose of helping migrants survive the treacherous trek to the border, primarily by establishing water stations in the Sonoran Desert, motivated by “a universal need for kindness.” Their primary mission “is to save desperate people from a horrible death by dehydration and exposure.”

But in doing so they have also taken on the terrible task of finding—and identifying—the bodies of those who do not survive. Many remain unidentified. And of course many victims are never found; they simply vanish under the desert sun.

As we look beyond our fear of “them,” as we look at the world with clarity and directness, it becomes clear that we must address its difficulties with more than kindness. Climate change is consuming the planet! It endangers every last one of us, and all of us—but especially the richest of us (who are, ironically, the ones least affected by climate change right now)—bear responsibility for it. Attention, ex-Gov. Ducey: Climate change does not recognize national borders.

Are there role models out there—role models for humanity's evolution? Maybe so. Let us cross the ocean and visit the continent of Africa, where climate change is demanding human sanity, both nationally and trans-nationally, to restore diversity in the continent's ecosystems. Welcome to the Great Green Wall, described as “the first wall designed to bring people together rather than keep them apart.”

The Great Green Wall, envisioned and financed by some 20 international organizations, including the African Union, the World Bank and the U.N., is a “wall” of biodiversity that is nine miles wide and 4,831 miles long, running across the Sahel region of Northern Africa, just south of the Sahara Desert. It runs across 11 countries—Djibouti, Eritrea, Ethiopia, Sudan, Chad, Niger, Nigeria, Mali, Burkina Faso, Mauritania and Senegal—who “have joined to combat land degradation and restore native plant life to the landscape,” according to National Geographic.

The Great Green Wall is a wall of native trees and plants—millions of them—planted by hundreds of thousands of local residents. And the leaders of these 11 countries are working together to deal with land degradation.

National Geographic notes: “Beyond the project's strong political foundation, its carefully crafted approach brings environmental benefits both locally and globally. The initiative uses an ‘integrated landscape approach’ that allows each country to address land degradation, climate change adaptation and mitigation, biodiversity, and forestry within its local context.”

And the benefits are both local and global—a concept apparently not yet understood by leaders in the Global North.

Robert Koehler (koehlercw@gmail.com), syndicated by PeaceVoice, is a Chicago award-winning journalist and editor. He is the author of Courage Grows Strong at the Wound.

TO BE EQUAL

Continued from page 10

minorities build wealth by providing mortgages, small business loans, and financial services when others will not. That is why the work of uplifting Black banks is so vital.

There is work being done at the federal level and additional bipartisan solutions that Congress and the Executive Branch can take to address these ills and barriers. The National Urban League has partnered with both to be part of the solution, because just as redlining and disinvestment in communities of color is contagious, so is “Greenlining” and reinvestment in those communities.

In March of this year, the Treasury Department certified the National Urban League's small business lending subsidiary, The Urban Empowerment Fund, as a Community Development Financial Institution (CDFI), bolstering its ability to deliver vital capital to urban communities. The Fund provides direct loans to Black and other minority-owned businesses in tandem with select Urban League Entrepreneurship Centers, which are currently operating in thirteen Urban League affiliate cities.

Perhaps one of our greatest achievements to date, however, will be the opening of the National Urban League's new headquarters, the Urban League Empowerment Center. Our new home is not just a home for us, it is a \$242 million, 414,000-square-foot investment in the community. Our Empowerment Center is one of the most significant economic development projects in Harlem's recent history. And in constructing it, we are leading with our values. In addition to affordable housing, we are using minority and women-owned contractors and businesses throughout the building's conceptualization to construction—from our owners' representative to our construction firms to our professional services firms. Our project—built in one of the toughest real estate markets in the world—is on time, on budget, embraced by the community, and slated to open fully by early 2025.

In 2010, Congress passed, and the President signed into law the Dodd-Frank Wall Street Reform and Consumer Protection Act. Not only did this bill prohibit some of the most outrageous practices witnessed by predatory banking lenders, but it also created the Consumer Financial Protection Bureau (CFPB). We are disappointed by recent actions and court rulings aimed at preventing the CFPB from using its existing authority to protect consumers from racial discrimination when seeking mortgages, auto loans, credit cards, bank accounts or other financial services. Just two years after banking executives named themselves allies in the fight against systemic racism, these lawsuits feel like a betrayal to communities who have been too long discriminated against by these institutions.

The Fair Access to Financial Services Act has an opportunity to build upon the Dodd-Frank Act of 2010 and regulatory protections by ensuring that all Americans have equal access to goods and services offered by financial institutions and that they are held liable if they do not comply with these standards. The legislation would prohibit banking and other financial institutions from conducting discriminatory practices and services on the basis race, color, religion, national origin, or sex—closing the gap and fulfilling the spirit of the Civil Rights Act to ensure that all people in this country have access to economic equity and empowerment. Congress must take action to advance and pass this critical piece of legislation.

A DIFFERENT VOICE

Continued from page 10

present, it's love, giving blesses you, etc. I also feel Christmas. Most people put love into the air; for me it infuses the atmosphere. I love the lights, the trees, the warmth, even when outside it's cold. My prayer is simple, let's keep this going for 365 days a year. Just count how many times I said love. Christmas for me is a downloading of love in my soul to get me ready for the next year that's coming.

Think of it this way... the world needs a “stable” influence. I just got that in a text.

CHILD WATCH

Continued from page 10

God will shout for joy.” Decades later, Dr. King's dream remains deferred, but every generation has a new chance to bend the arc of the moral universe closer towards justice, equality, good will towards all, and peace. Fifty-five years after Dr. King gave that Christmas Eve sermon, it is still up to us to make that dream and that day when the sons and daughters of God shout for joy real for all children and their families in America.

Classifieds

DURHAM COUNTY

STATE OF NORTH CAROLINA
COUNTY OF DURHAM
NOTICE TO CREDITORS
File Number 22 E 1359

Having qualified as Personal Representative of the Estate of Matthew Stephen Simpson, deceased, of 1303 Virginia Avenue, Durham, Durham County, North Carolina 27705, the undersigned does hereby notify all persons, firms and corporations having claims against the estate of said decedent to exhibit them to the undersigned at the office of the attorney for the estate on or before March 2, 2023, or this notice will be pleaded in bar of their recovery.

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

This the 1st day of December, 2022.

Allison Barnett Simpson
Personal Representative
c/o Jeffrey L. Austin,
Attorney for the Estate
Law Office of Jeffrey L. Austin
PLLC
411 W. Chapel Hill Street
Suite C-2

Durham, NC 27701
12/1, 12/8, 12/15 and 12/22/2022
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 001331

The Undersigned, having qualified as Executor of the Estate of Bobby Joe Perry, 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 March 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 1st day of December, 2022.

Ellen Perry
Executor
3750 Swarthmore Rd
Durham, NC 27707
12/1, 12/8, 12/15 and 12/22
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 000377

The Undersigned, having qualified as Administrator of the Estate of Dwight Sims, 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 March 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 1st day of December, 2022.

Dakya Sims
Administrator
2067 Holland Creek Court
Buford, GA 30519
12/1, 12/8, 12/15 and 12/22
STATE OF NORTH CAROLINA
DURHAM COUNTY

**NOTICE OF SERVICE
OF PROCESS BY PUBLICATION
In The General Court Of Justice
Superior Court Division
Before the Clerk**
File Number 21 E 1055

The Undersigned, having qualified as Administratrix of the Estate of Mary Cropper, 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 11th day of March 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 8th day of December, 2022.

Tamara Debreaux
Administratrix
138 Smith Drive
Durham, NC 27712
12/8, 12/15, 12/22 and 12/29/2022
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 1466

THE UNDERSIGNED, having qualified on the 28th day of November, 2022, as Administrator CTA of the ESTATE OF GARRY R.E. BLAKE-ADAMS A/K/A GARRY RODNEY ERIC BLAKE-ADAMS, Deceased, of Durham County, North Carolina, does hereby notify all persons, firms and corporations having claims against said Estate to exhibit them to the undersigned on or before the 9th day of March, 2023 or this Notice will be pleaded in bar of their recovery. All persons indebted to said Estate will please make immediate payment to the undersigned.

This, the 8th day of December, 2022.

E.J. WALKER, JR.
ADMINISTRATOR CTA
ESTATE OF GARRY R.E. BLAKE-ADAMS A/K/A
GARRY RODNEY ERIC BLAKE-ADAMS
Walker Lambe, PLLC
Post Office Box 51549
Durham, North Carolina 27717
12/8, 12/15, 12/22 and 12/29/2022
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 1160

The Undersigned, having qualified as Administrator of the Estate of Alice Y. Walker, 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 11th day of March 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 8th day of December, 2022.

Robert Walker-Lyons
Administrator
526 Winners Choice Drive
Whitsett, NC 27377
12/8, 12/15, 12/22 and 12/29/2022
STATE OF NORTH CAROLINA
DURHAM COUNTY

**NOTICE OF SERVICE
OF PROCESS BY PUBLICATION
In The General Court Of Justice
Superior Court Division
Before the Clerk**
File Number 21 E 1229

The Undersigned, having qualified as Administrator of the Estate of Sam Dufault, 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 11th day of March 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 8th day of December, 2022.

Lauren Hew
Administrator
1533 Ellis Road
Apt K208
Durham, NC 27703
12/8, 12/15, 12/22 and 12/29/2022
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 1427

The Undersigned, having qualified as Administrator of the Estate of Constance Blackmore, 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 11th day of March 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 8th day of December, 2022.

Brenadeen Barnett
Administrator
2806 Creek Court
Matthews, NC 28104
12/8, 12/15, 12/22 and 12/29/2022
**NOTICE OF SERVICE
OF PROCESS BY PUBLICATION
In The General Court Of Justice**

**District Court Division
File No: 22 CVD 1134**

[CHILD CUSTODY PROCEEDING]
Katrina Pettiford,
Plaintiff

v.

Robert Dwayne Quarles,
Defendant.

To Robert Dwayne Quarles, father of Joscelynn Makaila Quarles, born December 20, 2005.

TAKE NOTICE that a pleading seeking relief against you has been filed in the above-entitled action. The nature of the relief being sought is as follows: that permanent legal custody of the aforementioned child be granted to Katrina Pettiford.

You are required to make defense to such pleading not later than January 16, 2023, said date being forty (40) days from the first publication of this notice, and upon your failure to do so the party seeking service against you will apply to the court for the relief sought.

This, the 8th day of December, 2022.

Chelsea Fuller
JusticeMatters, Inc.
Attorney for Plaintiffs
P.O. Box 199
Durham, NC 27702
919/794-7511

12/8, 12/15 and 12/22/2022
**NOTICE OF SERVICE OF
PROCESS BY PUBLICATION
In The General Court Of Justice
District Court Division
File No: 22 CVD 531**

[CHILD CUSTODY PROCEEDING]

Oscar Rolando Rivera Velasquez
and Maria Isabel Cordova,
Plaintiffs

v.

Jose Roberto Mejia,
Defendant.

To Jose Roberto Mejia, father of Rolando De Jesus Rivera Cordova, born May 28, 2008, and Jose Daniel Rivera Cordova, born June 11, 2010 in El Salvador.

TAKE NOTICE that a pleading seeking relief against you has been filed in the above-entitled action. The nature of the relief being sought is as follows: that permanent joint legal custody of the aforementioned children be granted to Oscar Rivera Velasquez and Maria Isabel Cordova.

You are required to make defense to such pleading not later than January 17, 2023, said date being forty (40) days from the first publication of this notice, and upon your failure to do so the party seeking service against you will apply to the court for the relief sought.

This, the 8th day of December, 2022.

Mary Elizabeth Reed
JusticeMatters, Inc.
Attorney for Plaintiffs
P.O. Box 199
Durham, NC 27702
919-794-7511

12/8, 12/15 and 12/22/2022
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 001382

The Undersigned, having qualified as Executor of the Estate of James C Thompson Jr a/k/a James Cleveland Thompson Jr, late of Durham County, North Carolina, hereby wishes to notify all persons having claims against the Estate of said deceased to exhibit them to the undersigned at the below listed address on or before the 16th day of March 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 15th day of December, 2022.

Joni T Pierce
Executor
4612 Jernigan Drive
Apex, NC 27539
12/15, 12/22, 12/29/2022 & 1/5/2023
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 001434

The Undersigned, having qualified as Administrator of the Estate of Belquis Fathima a/k/a Belinda Ruth Sutton, 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 16th day of March 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 15th day of December, 2022.

Rodriguez Sutton
Administrator
521 E Waycliff Rd
Henderson, NC 27537
12/15, 12/22, 12/29/2022 & 1/5/2023
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 1288

The Undersigned, having qualified as Executrix of the Estate of George Kermit Riggs, 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 16th day of March 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 15th day of December, 2022.

Jera Riggs-Debalsi
Executrix
5706 Cheek Rd
Durham, NC 27704
12/15, 12/22, 12/29/2022 & 1/5/2023
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 1495

The Undersigned, having qualified as Executor of the Estate of Virginia M. Beard, 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 16th day of March 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 15th day of December, 2022.

Barbara A. Beard
Co-Executor
216 Galvertson Dr
Durham, NC 27712
John D. Beard
Co-Executor
928 Arrowhead Lane
Mebane, NC 27302
12/15, 12/22, 12/29/2022 & 1/5/2023
STATE OF NORTH CAROLINA
COUNTY OF DURHAM

NOTICE TO CREDITORS

THE UNDERSIGNED, having qualified on the 5th day of December, 2022, as Limited Personal Representative of the ESTATE BILLIE GLENN WOODY, Deceased, of Durham County, North Carolina, does hereby notify all persons, firms and corporations having claims against said Estate to exhibit them to the undersigned on or before the 16th day of March, 2023 or this Notice will be pleaded in bar of their recovery.

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

This, the 15th day of December, 2022.

JACKIE WOODY
LIMITED PERSONAL REPRESENTATIVE
ESTATE OF BILLIE GLENN WOODY
c/o Rupe S. Gill, Attorney
Walker Lambe, PLLC
Post Office Box 51549
Durham, North Carolina 27717
12/15, 12/22, 12/29/2022 & 1/5/2023
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 1427

The Undersigned, having qualified as Administrator of the Estate of Constance Blackmore, 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 16th day of March 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 15th day of December, 2022.

Brenadeen Barnett
Administrator
2806 Creek Court
Matthews, NC 28104
12/15, 12/22, 12/29/2022 & 1/5/2023
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 1532

The Undersigned, having qualified as Executor of the Estate of Ann H. Wynn, 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 16th day of March 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 15th day of December, 2022.

Lolita A Wynn
Executor
7413 Chesley Ln
Durham, NC 27713
12/15, 12/22, 12/29/2022 & 1/5/2023
STATE OF NORTH CAROLINA
COUNTY OF DURHAM

NOTICE TO CREDITORS

THE UNDERSIGNED, having qualified on the 7th day of September, 2022, as Executor of the ESTATE OF LOIS J. BENDER A/K/A NANNIE LOIS BENDER, Deceased, of Durham County, North Carolina, do hereby notify all persons, firms and corporations having claims against said Estate to exhibit them to the undersigned on or before the 16th day of March, 2022 or this Notice will be pleaded in bar of their recovery. All persons indebted to said Estate will please make immediate payment to the undersigned.

This, the 15th day of December, 2022.

TERESSA B. PENNY
EXECUTOR
ESTATE OF LOIS J. BENDER
A/K/A NANNIE LOIS BENDER
c/o E.J. Walker, Jr., Attorney
Walker Lambe, PLLC
Post Office Box 51549
Durham, North Carolina 27717
12/15, 12/22, 12/29/2022 & 1/5/2023
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 812

The Undersigned, having qualified as Executor of the Estate of Barbara Joan Crain, 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 23rd day of March 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 15th day of December, 2022.

Inman Darrell Crain
Executor
2506 Fairlawn Road
Durham, NC 27705
12/22, 12/29/2022 & 1/5, 1/12/2023
STATE OF NORTH CAROLINA
DURHAM COUNTY

NOTICE TO CREDITORS
File Number 2021 E 32

ALL PERSONS, firms and corporations having claims against Charles Cleveland Smith, of Durham County, N.C., are notified to exhibit the same to the undersigned on or before March 23, 2023, or this notice will be pleaded in bar of recovery. Debtors of the decedent are asked to make immediate payment.

This the 22 day of December, 2022.

Emma Smith
Administratrix
12 Otters Run
Durham, NC 27712
12/22, 12/29/2022 & 1/5, 1/12/2023
STATE OF NORTH CAROLINA
DURHAM COUNTY

Notice to Creditors

ALL PERSONS, firms and corporations having claims against Andrew Jackson Giles, deceased, Durham County, NC are notified to exhibit the same to the undersigned on or before March 23,

2023, or this Notice will be pleaded in bar of recovery. Debtors of the decedent are asked to make immediate payment.

This the 22nd day of December, 2022.

Deborah L. Giles
Administrator
P.O. Box 11612
Durham, NC 27703
Dates of Publication:
12/22, 12/29/2022 & 1/5, 1/12/2023
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 1535

The Undersigned, having qualified as Administrator of the Estate of Gertrude Parrish, 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 23rd day of March 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 22nd day of December, 2022.

Edna J. Kennedy
Administrator
10406 Quail Roost Rd
Bahama, NC 27503
12/22, 12/29/2022 & 1/5, 1/12/2023
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 001557

The Undersigned, having qualified as Executor of the Estate of Patricia Jane Hunt a/k/a Patricia Ball Hunt, 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 23rd day of March 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 22nd day of December, 2022.

Elizabeth Hunt Alford
Executor
5 Jarvis Ct
Durham, NC 27703
12/22, 12/29/2022 & 1/5, 1/12/2023
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 1214

The Undersigned, having qualified as Executor of the Estate of Lowell L. Siler, 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 23rd day of March 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 22nd day of December, 2022.

Ms. Dejuana Siler
Executor for the Estate of Lowell L. Siler
c/o Pamela Harrigan-Young
Attorney at Law
4801 Glenwood Ave., Ste 200



**Thank You For An
Amazing 2022!
We Can't Wait To See
What We Can Do
Together In 2023**

Classifieds

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 004647

The Undersigned, having qualified as Administrator of the Estate of Roberta F Mangum, 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 March 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 1st day of December, 2022.

Juanita M Dewberry
Administrator
525 Grantland Dr.
Raleigh, NC 27610
12/1, 12/8, 12/15 and 12/22

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 004300

The Undersigned, having qualified as Executor of the Estate of Edna Mae Stroud, 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 11th day of March 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 8th day of December, 2022.

Chantell Nicole Scriven
Executor
c/o Gregory R. Williams, Esq
2232 Page Road
Suite 203
Durham, NC 27703
12/8, 12/15, 12/22 and 12/29/2022

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 004750

The Undersigned, having

qualified as Administrator of the Estate of Alina Delois Toole, 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 16th day of March 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 15th day of December, 2022.

Mark J. Toole
Administrator
2 Martin Street
Wendell, NC 27594
12/15, 12/22, 12/29/2022 & 1/5/2023

NOTICE OF SERVICE OF PROCESS BY PUBLICATION

STATE OF NORTH CAROLINA
COUNTY OF WAKE

In The General Court of Justice District Court Division
File No: 22 CV 013513

THERESE DCOSTA,
Plaintiff

v.

DANIEL WILKINS, JR,

Defendant.

Please take notice that a pleading seeking relief against you has been filed in the above-referenced action. The nature of the relief be-

ing 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 February 1st, 2023 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 15th day of December, 2022.

Therese Dcosta
4611 Twisted Oak Drive
Apt 1915
Raleigh, NC 27612
12/15, 12/22 and 12/29/2022.

STATE OF NORTH CAROLINA
WAKE COUNTY

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

File Number 2021 E 001783

The Undersigned, having qualified as Administrator of the Estate of Roderick Harris, 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 16th day of March 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 15th day of December, 2022.

Joan Harris Footman
Administrator
5957 Jones Farm Road
Wake Forest, NC 27587
12/15, 12/22, 12/29/2022 & 1/5/2023

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 001119

The Undersigned, having qualified as Administrator of the Estate of Peter Ray Johnson, 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 23rd day of March 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 22nd day of December, 2022.

Clyde O'Neal, Jr.
Plaintiff
119 Purvis Street
Garner, NC 27529
12/22, 12/29/2022 and 1/5/2023

Eric Lawrence Johnson
Administrator
213 North Trail Drive
Raleigh, NC 27615
12/22, 12/29/2022 & 1/5, 1/12/2023

NORTH CAROLINA
WAKE COUNTY

NOTICE OF SERVICE OF PROCESS BY PUBLICATION In The General Court of Justice District Court Division

File Number: 22 CVD 5839

Clyde O'Neal, Jr.,
Plaintiff

v.

Barbara A. O'Neal,

Defendant.

TO: Barbara A. O'Neal,
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 2nd day of February, 2023, 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 22nd day of December, 2022.

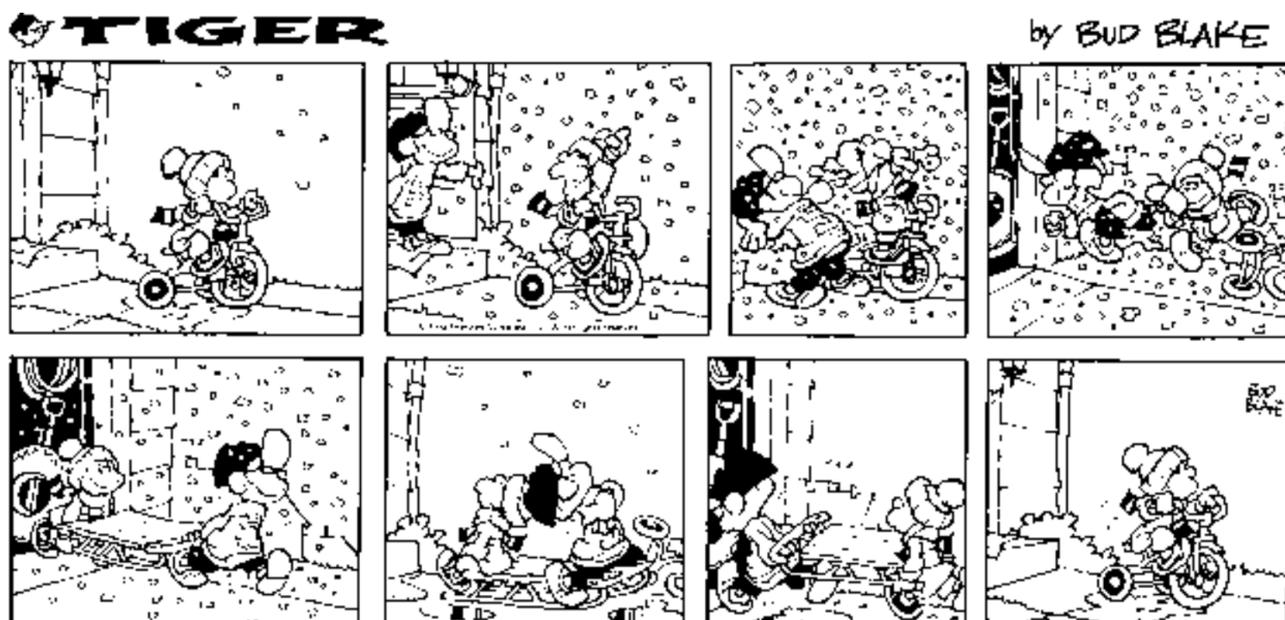
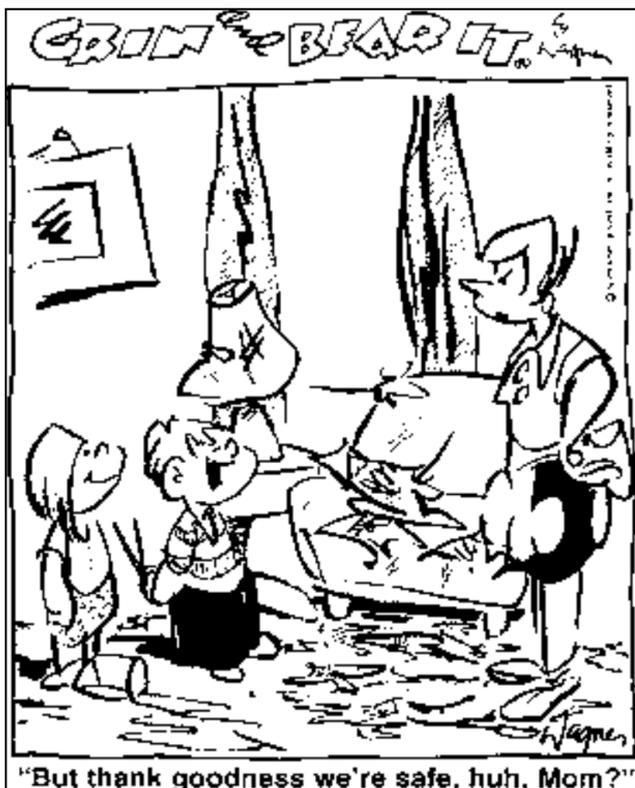
Clyde O'Neal, Jr.
Plaintiff

119 Purvis Street

Garner, NC 27529

12/22, 12/29/2022 and 1/5/2023

COMICS



RN'S WANTED

HOLIDAY SIGNING BONUS

Nurses - \$40.15/hr. for RNs. \$1,000 holiday sign-on bonus through 1/1/23! ASAP start dates in Raleigh for corrections, psych, and medical. Flexible scheduling available on all shifts. Fully employer-paid medical & dental. Immediate vesting in 401(k) with 6% employer contribution. Call Sarah at Worldwide Staffing, 866-633-3700.

STATE OF NORTH CAROLINA

DEPARTMENT OF TRANSPORTATION

RALEIGH, N.C.

The Deadline for submitting Electronic Bids on the following projects as well as the public reading will be January 17, 2023, at 2:00 pm. The public reading will be held in Contract Standards and Development Unit Conference Room (Room 156 A/B), Building B, North Carolina Department of Transportation, Century Center Complex, 1020 Birch Ridge Dr., Raleigh, NC 27610. Please enter door B-2.

JANUARY 17, 2023
(C204827) DURHAM; (C204461) CUMBERLAND; (C204736) GUILFORD; (C204769) CASWELL; (C204770) ROCKINGHAM; (C204826) HOKE, SCOTLAND; (C204719) IREDELL, CATAWBA; (C204768) MADISON

A bid bond or bid deposit in the amount of 5% of the bid will be required.

These contracts are subject to all appropriate Federal Laws, including Title VI of the Civil Rights Act of 1964.

Plans, proposal forms, and specifications may be obtained at the Raleigh Office of the Department of Transportation, Telephone # 919-707-6925

DEPARTMENT OF TRANSPORTATION
MR. CHRIS PEOPLES, PE
CHIEF ENGINEER

D/M/WBE

SUBCONTRACTORS/SUPPLIERS WANTED

T.A. Loving Company (NC General Contractor License No. 325) is seeking certified DBE, MBE, and WBE subcontractors and suppliers for the 2018 Wastewater Treatment Plant Improvements—Contract No. 1 project for the Town of Edenton which bids January 12, 2023, 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 * Town of Edenton; 400 South Broad Street; Edenton, NC 27932 * The Wooten Company; 120 North Boylan Avenue; Raleigh, NC 27603 * Dodge Data and Analytics website * ConstructConnect website * Construction Journal website.

Potential subcontracting opportunities include but are not limited to surveying, clearing and grubbing, hauling, earthwork, erosion control, seeding, sodding, landscaping, electrical, masonry, roll up doors, flatwork, CIPC, concrete form, concrete rebar, painting, and fencing. Please contact Michael Cox (mcox@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.



Another boost in the fight against hunger

Supporting community wellness and doubling employee donations.

Bank of America proudly continues to support our employees' health and safety while addressing food insecurity in our local communities, which typically spikes during the winter months.

Our employees are taking action to support the important work of our local food banks. For those who let us know they've received a coronavirus booster and/or a flu shot, we'll donate \$50 for each to a local hunger relief organization. In addition, employees can double the impact of their personal donations to fight hunger with our matching gifts program. Through these efforts, we'll donate more than \$8 million to address food insecurity in our local communities.

The team here in the Triangle recently presented Food Bank of Central and Eastern North Carolina with a check for \$30,000. This contribution is in addition to our long-standing philanthropic support to help fight hunger and food insecurity across the country. We are proud to be able to help our community as we work together to move forward.



Kari

Kari Stoltz
President, Bank of America Triangle

What would you like the power to do?®

Learn more at bankofamerica.com/thetriangle

BANK OF AMERICA 