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The Carolinian



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Dedicated to the Spirit
 and Service of God

RALEIGH, N.C.

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REMOVE THE BARRIER



In 2023, Get Your ID!

Our elections are too important for anyone to be denied their right to vote due to lack of identification. In some cases there is no fee to get your ID. If you are housebound, or have a disability, the NC DMV has made provisions for access to services. There is NO reason to not have an ID in 2023. Get an ID so that you can vote.
 Make voter ID a non-issue so that our legislators can focus on more important tasks such as fighting inflation, affordable housing and healthcare.

Lawmakers Seek New Court Hearings On Voter Identification

RALEIGH, N.C. (AP) — North Carolina Republican legislative leaders announced Friday that they're asking the state's highest court to reconsider decisions on redistricting and voter identification.

release that GOP lawyers are asking justices to revisit decisions made under a previous Democratic majority. Republican jurists regained a majority of seats on the state Supreme Court in the 2022 elections.

ers argued the court's decision in a redistricting case known as Harper v. Hall wrongfully infringed on state lawmakers' ability to determine boundaries of legislative and congressional districts.

publicans argues the proper legal standard was not applied in a decision upheld by the state Supreme Court regarding voter ID.

The state Supreme Court ruled in December that a 2018 law requiring photo identification to vote in North Carolina remains invalidated, upholding the lower court decision that found that the law violated voters' constitutional rights and was designed to help the GOP.

publicans argues the proper legal standard was not applied in a decision upheld by the state Supreme Court regarding voter ID.

Florida's Rejection Of A Particular Advanced Placement Black History Course Stirs Debate

FORT LAUDERDALE, Fla. (AP) — Florida Gov. Ron DeSantis reiterated Monday the state's rejection of a proposed nationwide advanced African American studies course, saying it pushes a political agenda — something three authors cited in the state's criticism accused him of doing in return.

In a new legal filing, lawyers for the Republican lawmakers argued the court's decision in a redistricting case known as Harper v. Hall wrongfully infringed on state lawmakers' ability to determine boundaries of legislative and congressional districts.

The College Board, after a decade of development, is testing the African American Studies course at 60 high schools nationwide. No school or state would be required to offer it after its scheduled rollout.

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what's one of the lessons about? Queer theory. Now who would say that an important part of Black history is queer theory? That is somebody pushing an agenda," said DeSantis, a possible Republican presidential candidate in 2024.

The organization offers AP courses across the academic spectrum, including math, science, social studies, foreign languages and fine arts. Taught at a college level, students who score high enough on the course's final exam usually earn course credit at their university.

These are real histories. The arguments about them are based on scholarly investigation and research — as are the arguments from the other scholars on this list," Ferguson said. "Unfortunately, we are in a moment in which right-wing forces are mobilizing to suppress the free discussion of those realities. If we need an example of that mobilization, we could probably just turn to the forces that came together to reject this course."

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RALEIGH POLICE FIVE DAY REPORT ON THE DEATH OF DARRYL TYREE SPARKS OUTRAGE

On Tuesday, representatives for the family of a man who died in Raleigh police custody spoke at a news conference near the site of the incident in Raleigh.

The report stated that Williams resisted arrest, and officers used a stun gun on Williams three times. He was suspected of possession of a controlled substance and tried to run from police officers. Williams was not the reason officers were in the area, but he was caught up in their increased patrolling efforts.

STATE AUDITOR: I MADE 'SERIOUS MISTAKE' LEAVING ACCIDENT

(AP)—North Carolina's elected state auditor apologized Monday for leaving the scene of an accident last month after she drove her state-issued vehicle into a parked car, calling it a "serious mistake" and adding she would continue at her job.

In a statement released days after the two charges against her became public, Auditor Beth Wood said the collision happened when she left a holiday gathering where she had been for about two hours the evening of Dec. 8. She was cited by Raleigh police four days later for a misdemeanor hit-and-run and another traffic-related charge. A Wake County court date is scheduled for Thursday.

Historic Black Churches Receive \$4M In Grants

NEW YORK (AP) — Administrators of a trust fund established to preserve historic Black churches in the United States on Friday revealed a list of houses of worship receiving \$4 million in financial grants.

the Ku Klux Klan in 1963. Black churches in nearly every region of the U.S. are among the fund's first round of recipients receiving grants ranging from \$50,000 to \$200,000.

artifacts and bear monumental legacies. Some church renovations were imperiled or severely postponed three years ago after the onset of the coronavirus pandemic, which reduced the capacity of many houses of worship to serve the public at an unprecedented time of need.

rector, who is also senior vice president of the National Trust for Historic Preservation. The Rev. Monica Marshall couldn't agree with that sentiment more. She was a teenager in the 1970s when she became a member of Varick Memorial African Methodist Episcopal Zion Church in the Bedford-Stuyvesant neighborhood of Brooklyn, New York. It is the oldest continuous Black congregation in the borough and has been ministering in the community for more than 200 years.

Great Things Can Happen When We All Work Together

By Tyria McCray

Staff Writer

In order to help connect students from historically black colleges with small minority owned businesses, North Carolina State University partnered with Lenovo to bring a new project into fruition. This past Friday, the companies kicked off the collaborative that aims to give business owners tools to

expand their brands.

Once news started spreading, many local businesses expressed their happiness on this matter. Six-year-old Eden Byrd is the face and founder behind Eden Mo's Garden, an online business that sells natural beauty products from soap to lip balm to sugar scrub.

The business is less than a year old and Eden along with parents Ebany and Michael

Byrd are running into challenges expanding the brand. His parents expressed that the biggest challenge is marketing and knowing where to promote their business.

She explained that a lack of in-person networking has slowed them down. Recently, they have not had many social functions, therefore, being that they're just starting out and people are still learning products, it's been quite a struggle. In an effort to solve this, the Byrds were one of four businesses selected to partner with students across the state.

"We are excited about the opportunity to learn something new. We don't know anything about marketing, again this is less than a year old for us so we are like brand spanking new," Ebany Byrd said.

Over the next few months,

and going into the fall semester, the Byrds will work with senior Winston Salem, Shanice Dansby. Dansby explained she will help them analyze the data analytics from their online store to help strategize how they can get more clicks and returning customers.

The partnership is intended to help grow the Byrds' business but also give Dansby real-world experience before she graduates.

"I just want to learn the software more so that in the future when I do go into consulting after I graduate, I'll be able to help larger clients with their business and learning here is, you know, the jumping point for that," she explained.

Shanice also expressed her elatedness at the simple fact of using her skills to assist a small minority-owned business.

"A lot of minority businesses don't get the attention they need," she said. "Being able to help a minority business and a young child, being a mom myself, it's really motivating to make sure they succeed."

Chief Marketing Officer Gerald Youngblood, for Lenovo North America, said he is excited about this partnership. "We provide a platform for them to be able to come together to solve real business problems and for students to learn about entrepreneurship while supporting local small businesses," he said.

Youngblood also emphasized that the collaboration will increase access to resources specifically for small and minority-owned businesses so that they can create more innovative products and ideas.

We learned that without the

support from N.C. State University, assisting minority-owned businesses would be much harder. Henceforth, Lenovo's plan is to bridge that struggle gap so that business owners can focus on their companies, their products and their businesses, technology, and analytics so their business can grow even faster.



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South Carolina Committee Advances Limits To Classroom Teaching On Race

COLUMBIA, S.C. (AP) — A bill that would limit certain teachings on race in public schools and allow parents to challenge educational materials is moving through the Republican-controlled South Carolina House of Representatives.

The proposal is the latest iteration of a GOP-led nationwide effort to crack down on what some conservative politicians have dubbed "critical race theory." The South Carolina measure — cosponsored by several members of the Legislature's newly formed Freedom Caucus — would bar curricula from including or promoting certain concepts around race and other demographics.

Prohibited ideas include the notions that "an individual, by virtue of the race, sex, ethnicity, religion, color, or national origin of the individual, inherently is privileged, racist, sexist, or oppressive, whether consciously or subconsciously" and that a person "bears responsibility for actions committed in the past by other members" sharing their identity.

Similar measures have been proposed in other Republican-

dominated statehouses. The language in the South Carolina bill mirrors sections of a law signed last year by Florida Gov. Ron DeSantis, a likely 2024 presidential hopeful who has made "critical race theory" a frequent target. A federal judge in Florida has issued a temporary injunction preventing the law from taking effect in colleges after previously blocking its implementation in businesses. This week, DeSantis' administration rejected the College Board's Advanced Placement African American Studies course.

Critical race theory is a way of thinking about America's history through the lens of racism, which subscribing legal scholars say is systemic in the nation's institutions. But it also has become a catchall phrase to describe concepts some conservatives find objectionable, such as white privilege, systemic inequality and inherent bias.

The South Carolina bill — which would take effect for the 2024-2025 school year — requires that school district websites include a list of approved textbooks. It would also require that schools create a process for parents to challenge materials po-

tentially violating the guidelines.

A House subcommittee focused on K-12 education in South Carolina gave the bill a favorable report on Tuesday by a 4-2 vote. Lawmakers heard testimony at a public hearing where individuals were each given one minute to speak.

Republican Rep. Raye Felder emphasized that the bill does not prevent classroom lessons on "controversial aspects of history" or "the history of ethnic groups." Rather, Felder said the bill seeks to ensure that teachings on both the "inspirational" and "shameful" history of the United States are non-biased.

"Public education should be a fair and open system where teachers, educators, and the community are valued and included," Felder said.

Palmetto State Teachers Association Director of Government Affairs Patrick Kelly encouraged lawmakers to adopt an amendment he said would "foster critical dialogue" by encouraging parents to bring their concerns to the teacher in question before filing a formal complaint.

Other lawmakers sought clarification on the bill's requirement

that library materials be age and grade appropriate.

"Anyone could file a complaint against a teacher because they have a different definition about what is age appropriate," Democratic Rep. Deon Tedder said. "For example, it's fact-based that African Americans were enslaved and beaten and chained. For some parents, that may not be age appropriate."

Advocacy groups rallied opponents to testify against the measure. The American Civil Liberties Union of South Carolina criticized what the group called vague language in the bill that would chill teachers' speech and misrepresent American history. Critics feared the measure would create a hostile environment in a state struggling to retain educators amid a teacher shortage.

Democratic Rep. Kambrell Garvin said the bill would have driven him out of the classroom if it had been law when he was teaching.

"I would have felt intimidated," Garvin said. "I would have felt worried or concerned had I had to worry about somebody going to report me for teaching a historically significant fact."

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NC DEPARTMENT OF HEALTH AND HUMAN SERVICES

Business & Finance

First UK-North Carolina Trade MoU Meeting Takes Place In Raleigh

On Tuesday, January 24, 2023, the UK and State of North Carolina held the first government-to-government working group meeting under the UK-North Carolina Memorandum of Understanding (MoU) on economic cooperation and trade relations, in Raleigh.

Colin Gray, Deputy Consul General for the United Kingdom in Atlanta, and Machel Baker Sanders, Secretary of Commerce for the State of North Carolina, co-chaired the meeting, attended by officials from the respective governments.

The group acknowledged the early progress made across a range of economic and cultural areas since the MoU's signature in July 2022. Activity to date has included:

Cooperation in sectors related to green trade, a key theme of the MOU, such as sharing expertise and methods for the development of offshore wind infrastructure;

The promotion of trade and investment opportunities to SMEs between North Carolina and the

UK; and

The advancement of opportunities for women through new commercial partnerships, including within the sports economy.

The working group discussed and identified further opportunities to advance cooperation in the coming months. Key areas of joint working will include:

Continuing the emphasis on offshore wind through a focus on supply chain development;

Exchanging information on procurement processes, including opportunities related to electric vehicles charging, and associated infrastructure;

Exploring how innovation in motorsports can lead to developments in energy efficiency, and examining how these developments can apply to the wider automotive sector;

Exploring how UK companies can best support North Carolina's EV ambitions of being at the front of the global market transition to zero-emission vans, buses and trucks; and

Furthering the collaboration between world leading academic institutions in the UK and North Carolina.

Both sides agreed to expand the next working group session to involve representatives from industry and academia to be held later this year in the UK.



FUNDraising Good Times

By Mel & Pearl Shaw
Saad & Shaw



SKIN IN THE GAME

As more foundations and granting agencies look holistically at how they work with their grantees they are giving more than money. Support from a funder can now include technical assistance such as training sessions, technology, time to work with a specific consultant, invitations to conferences or meetings, opportunities to collaborate with other grantees, and more. Sometimes this support is in addition to funding, and sometimes it is instead of funding. Sometimes nonfinancial support is well received by nonprofits. Other times, there is a less than enthusiastic response.

The difference in how nonfinancial support is received can tie back to the past relationship between a funder and grantees and/or it can be related to the larger environment nonprofits are operating in. Here's how we see it. In some communities government and philanthropic funders are seen as gatekeepers and kingmakers who decide which organizations—and causes—are worthy of investment. While unspoken, there may be a feeling amongst nonprofits that these funders ask for a lot and offer little. An offer of nonfinancial technical assistance can be perceived as "another hoop to jump through" instead of an opportunity to partner and/or provide access to resources. In other communities—or for organizations within the same community—nonfinancial technical assistance is quickly embraced. It is seen as an opportunity to gain needed resources or information and to strengthen relationships. It is seen as an "added bonus" or a first step in a future potential funding relationship. Responses are nuanced and often influenced by a funder's history, reputation, and the extent to which actual funding—and not "just resources" are available.

We believe that the more that nonprofits and government and philanthropic funders can work together the stronger a community can become. We support the expansion of nonfinancial support by agencies and foundations. We don't see this as a substitute for financial support, but as a complement. It takes money, resources, expertise, and relationships to create change. Money alone is not enough.

Here are our recommendations for how nonprofits can demonstrate they have "skin in the game" and are committed to growth via nonfinancial technical support. First, evaluate the nonfinancial offer before accepting to ensure you have the bandwidth to follow through with the offered support. Make sure it aligns with your organization's vision and that you bring your heart to the project. Consider the longer-term impact of the offered assistance and the value of building relationships. If you accept, engage the right people from your team and be sure to engage (or at least inform) board members and key administrators. Keep your word. Follow up and follow through and put to use the guidance, technology, or recommendations offered. Of course you don't want to blindly accept what is offered, but you must continuously evaluate and then implement in a timely manner. Don't make excuses. Report the results of trainings or the implementation of new processes. Remember: everything free is not free, and it takes more than money to succeed. Here's to your success!

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Study On Millions Of New-to-Credit Consumers

GLOBE NEWSWIRE—New-to-credit consumers – those early in their credit journeys – generally perform as well or better than borrowers with established credit and similar risk scores. This finding from a newly released TransUnion (NYSE: TRU) global study, "Empowering Credit Inclusion: A Deeper Perspective on New-to-Credit Consumers," may give some assurance to lenders in both developed and developing credit markets that they can extend additional credit products to such consumers without incurring materially higher delinquencies.

The study included data and insights about millions of consumers in varied global markets, including the United States, Brazil, Canada, Colombia, Dominican Republic, Hong Kong, India, Philippines and South Africa. TransUnion defined a new-to-credit consumer as one with no prior credit history on their credit bureau file who opened their first-ever, traditional credit product such as an auto loan, credit card or another loan unique to individual regions. The study then examined the behaviors and performance of those new-to-credit consumers over the subsequent two years after opening their first credit product.

"A particular focus around the topic of financial inclusion is credit inclusion – the ability of consumers to access traditional lending products, such as credit cards, mortgages and personal loans. These products serve as a means to financial mobility for consumers and can be a gateway to a better quality of life, enabling homeownership, business formation and wealth creation," said Charlie Wise, co-author of the study and head of global research at TransUnion.



"The more consumers who can participate in credit markets in a region, the greater the opportunities for broad economic inclusion. The data from our study demonstrate that new-to-credit consumers are often good risks who are hungry for credit and will show loyalty to those financial institutions that offer them their first credit accounts."

In the United States, 5.8 million consumers opened their first credit product and became new-to-credit (NTC) during 2021. And another 3.0 million became NTC through the first half of 2022. In 2021, Gen Z made up the largest part of this group with 59%, followed by Millennials (21%), Gen X (12%) and Baby Boomers (7%). One of the main takeaways from the study: NTC consumers around the globe are generally good risks when compared to other established borrowers with similar credit risk profiles. As well, credit cards are generally the first credit product opened by most NTC borrowers in the U.S. as well as many

of the other regions studied.

To better understand credit performance, the study looked at NTC consumers who opened credit cards as a subsequent product over their initial two year journey and the delinquency performance after six months on those cards. It then compared them to the delinquency rate of credit-served consumers who also opened cards in the same time period. The study found in the near prime and prime score bands – the score ranges where many NTC consumers fall early in their credit journeys – the delinquency rate for NTC consumers was comparable to, or even better than, more established credit-served consumers. This trend was seen in both pre-pandemic and pandemic periods.

In nearly every region, depending on risk tier or time period of origination, instances occurred in which NTC borrowers had lower delinquency rates on newly-opened credit cards than established borrowers. In the U.S., on subsequent credit card origina-

tions after opening their first account, NTC consumers had slightly higher delinquency rates than credit-served consumers in the same near prime and prime score ranges, though the differences are small enough to make the NTC segment a potentially attractive segment for lenders looking for profitable growth.

In the U.S., when observing performance on the initial credit cards that consumers opened as their first product, NTC consumers with credit scores in the near prime tier had lower delinquency rates than credit-served consumers with the same age and risk profiles. This finding was observed in many of the other regions as well. This is an indication that many NTC consumers are careful to make timely payments on their first-ever credit cards in order to preserve ongoing access to this new source of credit.

Better understanding NTC borrower tendencies

TransUnion also undertook a survey-based market research study to understand the voice of NTC consumers, which included responses from 8,465 NTC consumers from a range of markets, including Brazil, Canada, Colombia, Dominican Republic, India, Philippines, South Africa and the U.S. The study found that new expenses were the primary driver for opening a first lending product in nearly all markets, excluding the U.S. and Canada, where having access to a convenient means of spending was the top motivator. This is supported by the choice of first product types, where in the U.S. and Canada the most common first product opened is a credit card.

Downtown Revitalization Conference To Meet In-Person

The 2023 North Carolina Main Street Conference is bringing community and economic development leaders back together in-person March 14-16 in downtown Statesville. The three-day annual conference, which is organized by the North Carolina Department of Commerce and its N.C. Main Street and Rural Planning Center, explores downtown revitalization and economic development strategies.

This year's conference theme, "Trek on Down to Main Street", will focus on creating strong and healthy downtown destinations that provide the daily needs and indulgences for its residents, businesses, and tourists. Each Main Street program, along with its stakeholders and partners, are creating activities and physical enhancements to develop and grow its central business districts.

The N.C. Main Street Conference will also join the statewide celebration of the Year of the Trail, a travel and tourism initiative that promotes North Carolina's outdoor recreation industry and its stunning natural assets. Main Street communities from across the state are creating pedestrian and bicycle-friendly downtown districts that connect businesses, neighborhoods, and city, county, and state trail systems to encourage residents and visitors to trek on down to Main Street.

The state of North Carolina has been working in partnership with local communities to revitalize



downtowns through the implementation of the National Main Street Center's Main Street America™ program since 1980. As one of the first states to join the Main Street program, North Carolina now has one of the largest and most active programs in the entire country and convenes the largest statewide downtown revitalization conference in the nation. In its 42-year history, the N.C. Main Street communities have experienced more than \$4.5 billion in public and private investment in their downtown districts, created more than 30,000 net new jobs, and rehabilitated 7,200 buildings.

Established in 1982, the Statesville Main Street program and its partners have created a vibrant downtown district that has garnered more than \$123 million in public and private investment. This investment supports a hub of diverse cultural amenities, entertainment,

governmental, and educational experiences from public art, restaurants, retail, and breweries, as well as historic architecture and beautiful streetscapes. Built over two centuries ago on the business of whiskey and medicinal roots and herbs, this downtown is the center of community life for Statesville and Iredell County and exemplifies the characteristics of a livable and walkable neighborhood. The community is dedicated to creating a strong culture of fun and charm; guaranteed to be experienced outdoors on its sidewalks and in its welcoming seating areas, inside its restaurants and breweries, and within its unique shops and boutiques.

Keynote speakers and session presenters for the conference will inspire economic development professionals, elected officials and local government leaders, community champions and volunteers, business and proper-

ty owners, and other conference attendees with trends, initiatives, and success stories for their own downtown and community revitalization.

This year's conference will feature the following keynote speakers:

- Brent Leggs, Executive Director of the African American Cultural Heritage Action Fund and Senior Vice President of the National Trust for Historic Preservation;
- Brandi Horton, Vice President of Communications for the Rails-to-Trails Conservancy; and
- Phil Eich, Founder of Storville.

Leggs will discuss the power of community preservation, while Horton will present on leveraging outdoor infrastructure for thriving downtowns on Tuesday, March 14. On Wednesday, March 15, Eich will begin the conference with a keynote on the art of community storytelling.

In addition to the keynotes, a plenary session is will be led by Dr. Matthew Wagner, Main Street America's Chief Program Officer, who will lead a presentation on activating third places for customer engagement. The conference will include eight toolkit sessions and 15 breakout sessions on March 14-15, that cover a wide range of downtown revitalization topics, and six tours of downtown Statesville on March 15-16, for first-hand look at the Main Street community's vibrancy.

Fidelity Investments Launches Invest In My Education (ME)

BUSINESS WIRE—As part of its long-standing commitment to financial education and inclusion, Fidelity Investments today announced a \$250 million commitment that will provide access to education and support for up to 50,000 Black, Latinx, and historically underserved students through the launch of its Invest in My Education (ME) program. The social impact initiative is the latest step in Fidelity's ongoing commitment to historically underserved communities. In tandem, the firm is continuing to take deliberate steps to strengthen its commitment to diversity and inclusion at every level within its own organization and maintaining its focus on delivering relevant products and services to its increasingly diverse customers.

Invest in My Education (ME) will build upon Fidelity's culture of associate volunteerism and focus on financial wellbeing, bringing together scholarships, mentoring, student success and education expertise, as well as experienced nonprofit partners to improve the long-term outcomes of thousands of Black, Latinx, and underserved students. The success of the initiative will be measured through students' college completion rates, their capacity to graduate without student debt, and their ability to secure good-paying jobs that facilitate greater economic mobility and financially firm futures.

Informed by data and research, Invest in My Education (ME) focuses on a critical period in a student's journey that is susceptible to disruption: post-secondary education and training. Only 21% of Black and 32% of Latinx students who start college graduate within four years, compared to 45% of white students. This disruption has long-term financial implications: the median earnings of people with a bachelor's degree were 63% larger than the earnings of those whose highest educational level was the completion of high school. Associate degrees are also linked to greater earnings, providing a 20% boost over the median earnings of those with a high school education.

Invest in My Education (ME) is designed as a long-term, personalized approach to improve post-graduation outcomes for Black, Latinx, and other historically underserved students, supporting the opportunity for economic mobility and a foundation to build a path toward generational wealth. The program, built alongside its nonprofit partners, will consist of three key components including:

Fidelity Scholars Program: Individual scholarships designed to help students overcome barriers to success and graduate debt-free from a two-year college, four-year college, or a certificate program. The Fidelity Scholars Program includes scholarships for students in underserved communities and a suite of ongoing support, including mentorship by Fidelity associates, internship/apprenticeship guidance, and financial education programming. Fidelity will engage nonprofit organizations, including UNCF and MENTOR, to provide expert support and resources.

Retention and Completion Grants: These grants are designed to help institutions assist students who are close to completion and in danger of dropping out due to unpaid tuition and academic fee balances.

Ecosystem-Building Grants: These grants will be directed toward leading nonprofit organizations focused on improving graduation rates for thousands of Black, Latinx, and other underserved high school and college students. Funding will help strengthen coordination among organizations related to advising, transition and support to ensure quality pathways to post-secondary education.

"Invest in My Education upholds Fidelity's most fundamental value – to empower individuals to strengthen and secure their financial futures," said Pamela Everhart, Head of Regional Public Affairs and Community Relations, Fidelity Investments. "By taking a unique, long-term and holistic approach, Invest in My Education has the potential to support economic mobility for up to 50,000 students over the next five years—and that is really just the beginning."

Police Departments Turn To HBCUs To Replenish Their Ranks

By Marquise Francis

National Reporter

As police departments across the country continue to face significant challenges recruiting and retaining officers, some are turning to historically Black colleges and universities, or HBCUs. And while many advocates see this move as an ideal way to increase officer numbers and help diversify a profession that has overwhelmingly employed white men, critics say more Black officers will only serve as a Band-Aid for a broken system.

"I think this is an excellent thing," Kirk Burkhalter, a New York Law School professor and former 20-year NYPD officer, told Yahoo News, acknowledging the cynicism that he says comes with the job. "Police departments have to get used to people being skeptical. ... If you want to have leaders from the community — Black folks — then they have to start somewhere. I think police departments should be reflective of the communities they serve, which can only be a positive thing."

HBCUs produce 1 in 5 Black college graduates in the U.S., despite making up just 3% of colleges and universities in the



country, according to the United Negro College Fund. The institutions are often rooted in community and service — values that police departments believe align with their own.

In Winston-Salem, N.C., potential police recruits at local HBCUs are being wooed with college scholarship funds. Baltimore's police department recently unveiled a 10-week internship program to attract both students and recent graduates of Morgan State University and Coppin State University. And

in Philadelphia, elected leaders have sought to introduce legislation to partner Pennsylvania's two HBCUs with police departments, to increase diversity in law enforcement.

"I believe HBCUs can serve as a gateway," Ericke Cage, president of West Virginia State University, told the Marshall Project. "We can help get to that model of 21st century policing. It is one that is inclusive, and one that inspires trust and confidence on all sides of the equation."

But not everyone is sold on the idea.

"The strategy of recruiting police officers from HBCUs gives the illusion that hiring Black police officers will improve the relationship between the Black community and law enforcement, [but] that couldn't be further from the truth," LaTonya Goldsby, president and co-founder of the Cleveland chapter of Black Lives Matter, told Yahoo News.

Goldsby noted that while her city has a heavily Black popula-

tion, a Black mayor and a Black chief of police, its police department is still majority white. It's also the department that was accused last year of "disturbing" and "alarming" hiring practices in a review by the federal monitor overseeing the city's police reforms.

"The truth is Black police officers kill Black people, too, and once they become a part of the blue line, they are no longer Black. They're blue. Which means they must conform to the ways of the blue line," Goldsby said.

Historical inequities in law enforcement policing have played a critical role in the tense relationship between Black Americans and the police. Slave patrols in the 1700s were responsible for heading off slave rebellions and preventing enslaved people from escaping. Officers turned their police dogs and water hoses on Black protesters during civil rights demonstrations in the 1960s. Today, Black men make up 35% of those incarcerated nationally but only 13% of the male population. Conversely, police departments are 66% white and just 13% Black, according to census data.

The high-profile police kill-

ings of Black people, including the murder of George Floyd in Minneapolis in 2020 and Jayland Walker's killing in Akron, Ohio, last year, have exacerbated contentious relations between Black communities and police. Critics like Goldsby see the move to hire more Black officers as more of a PR gimmick than an earnest effort.

Regardless of police departments' motivations, the evidence is clear that they have been facing staffing shortages since the start of the coronavirus pandemic and the racial unrest of 2020. Fewer people want to become officers today, and the number of applicants has nosedived.

While there is no comprehensive federal data on police employment, a survey last year of nearly 200 departments by the Police Executive Research Forum found that resignations were 43% higher in 2021 than in 2019, and that retirements had increased by 24% in that period. As a result, police departments from Los Angeles to Kansas City to Seattle have had to rely on fewer officers working longer hours, and they have to accept that wait times for calls are steadily increasing as violent crime has risen in recent years.

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Health & Fitness

Fake Drugs 101: Facts On Illegal And Counterfeit Drugs

PFIZER—People all over the world rely on medication for things like managing chronic illness, preventing pregnancy, and treating life-threatening diseases.

Yet people unknowingly consume counterfeit drugs every day, even in developed countries with well-regulated healthcare systems. They put their lives at risk for something they should be able to trust. The pharmaceutical industry and global drug regulators are constantly working to keep any below-standard and fraudulent drugs out of circulation. But questions remain: What exactly are counterfeit drugs? How big is the counterfeit drug problem? And who's at risk?

What Are Fake Drugs?

Fake drugs are manufactured and packaged to look like legitimate brand-name medications but often contain little to none of the active ingredients listed on the label. Fakes drugs in the illicit supply chain pose a serious potential risk to unsuspecting patients.

In some cases, these fake drugs simply don't provide the needed therapeutic value as they may lack the active ingredients. In the worst case, some contain dangerous products. According to Interpol, "some fake medicines have been found to contain mercury, arsenic, rat poison, or cement."

Consuming counterfeit drugs can have serious consequences for individuals, communities, and overall global public health. According to the World Health Organization (WHO), one of every 10 medicines fails in low- and middle-income countries because they are substandard or falsified. Not only does this erode public trust in healthcare, but it also leads to preventable deaths. For example, between 72,430 and 169,271 children have died of pneumonia each year after taking counterfeit antibiotics.

Some counterfeit drugs contain real antibiotics or antivirals but at a much lower dosage than listed on the product label. It's not enough to fully treat the disease, and it can give pathogens a chance to mutate and spread, which contributes to the growing public health threat of antimicrobial-resistant infections. Fake drugs might also contain medicines that appear where they aren't supposed to be, which can lead to overdoses and deaths.

In September 2021, the U.S. Drug Enforcement Administration, (DEA) released a safety alert regarding the increased use of fentanyl, a potent synthetic opioid, in counterfeit drugs. They determined that there had been a "dramatic rise" in doses "containing at least two milligrams of fentanyl, which is considered a lethal dose." For context, they added, "a deadly dose of fentanyl is small enough to fit on the tip of a pencil."

The DEA and other law enforcement officials seized 9.5 million counterfeit prescription opioids in the first nine months of 2021, more than the previous two years combined.³ Between 2019 and 2021, the number of DEA-seized pills containing fentanyl grew by 430%. From May 2020 to April 2021, 2020, there were more than 100,000 fatal drug overdoses in the U.S., a record high for a single year, and 64% of these deaths involved synthetic opioids, according to the CDC.⁴

Substandard vs. Falsified vs. Unregistered Drugs

There are several categories of illicit medicines. In 2017, WHO introduced the terms "substandard" and "falsified medical products" to replace the general term "counterfeit drugs" and broadened the focus of global efforts to prevent such products from reaching consumers.



Substandard drugs, for example, are authorized medical products that fail to meet the manufacturer's quality standards or specifications, including drugs that have expired or were not stored properly. On the other hand, falsified drugs are medical products that "deliberately/fraudulently misrepresent their identity, composition, or source," including authorized drugs that

have been stolen and resold, unauthorized drugs that have been repackaged to look like brand-name products, or fake drugs that don't include the active ingredient listed on the product label.

A third group is unregistered/unlicensed drugs, which are medical products that are sold in markets where they have not been evaluated or approved by health authorities in that country or re-

gion.

Some of these substandard, falsified, or unregistered drugs might be effective in treating disease, but the lack of regulation makes them unreliable, unsafe, and a serious problem that requires vigilant attention.

Lev Kubiak, Vice President and Chief Security Officer at Pfizer, puts it this way: "Working with law enforcement and customs agencies around the world over the last 18 years, Pfizer's Product Integrity for Patient Safety program has helped take over 302 million doses of counterfeit Pfizer medicines out of the international supply chain before they reached and endangered patients. Counterfeit Pfizer medicines have now been seized in 116 countries around the world, so they are a pervasive and growing global threat to patients everywhere."

Counterfeit Drugs: A Global Problem

For decades, fake drugs and their effects were mostly a problem in developing and low-income countries, where most people

don't have access to prescription drugs, vaccines, and medical devices that are readily available in developed countries. This vacuum, along with loose regulations in some places, has created markets for counterfeiters.

Now, thanks to the emergence of online pharmacies, countries around the world are struggling with fake drugs and their effects. In the U.S., for example, fake drugs occasionally breach legitimate supply chains, and an estimated 1% of prescriptions filled at traditional pharmacies may be counterfeit.⁵ Yet, most substandard and falsified medicines in the U.S. and other developed countries are purchased online.

"All too many people believe these dangerous fakes are only a threat in low- and middle-income countries, but that is simply not the case," Kubiak says. "Counterfeit medicines have long been present in developed countries, as well, and are even more available now as the COVID-19 pandemic has increased online purchases."

Justice Dept. Investigating Abbott Baby Formula Plant



NEW YORK (AP) — The U.S. Justice Department is investigating the Abbott Laboratories infant formula plant in Michigan that was shut down for months last year due to contamination, the company confirmed.

The factory's closure in February 2022 was a key cause of a nationwide baby formula shortage that forced parents to seek formula from food banks, friends and doctor's offices. Production restarted in June.

The Justice Department has informed Abbott of its investigation and the company is "cooperating fully," Abbott spokesperson Scott Stoffel said via email. He declined to provide further details.

The investigation was first reported by The Wall Street Journal, which said the Justice Department's consumer protection branch is looking into conduct at the Sturgis, Michigan, plant that led to its shutdown.

Abbott closed the factory after the Food and Drug Administration began investigating four bacterial infections among infants who consumed powdered formula from the plant. Inspectors uncovered several violations at the plant, including bacterial contamination, a leaky roof and lax safety protocols. But Abbott has stated that its products have not been directly linked to the infections, which involved different bacterial strains.

Abbott is one of just four companies that produce 90% of U.S. formula, and its February recall of several leading brands, including Similac, squeezed supplies that had already been strained by supply chain disruptions and stockpiling during COVID-19 shutdowns.

The shortage was especially acute for children with allergies, digestive problems and metabolic disorders who rely on specialty formulas. The Abbott factory is the only source of many of those products.

The FDA has faced intense criticism for taking months to close the plant and then negotiate its reopening.



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Ag-Grow-Culture

The Roots of Sustainable Agriculture: The Presents of a Legacy

By Jason Lindsay

Staff Writer

Sustainable Agriculture is a phrase that has been tossed around in publications and ag-circles since the 1980s. During this time it was also referred to as “alternative agriculture.”

In 1977, the United States house wrote into law U.S. Code Title 7, Section 3103 stating sustainable agriculture as: “an integrated system of plants and animal production practices having a site-specific application that will over the long term: satisfy human food and fiber needs, enhance environmental quality..., make the most efficient use of nonrenewable resources (oil, natural gas, coal, and nuclear energy)..., sustain the economic viability of farm operations, and enhance the quality of life for farmers and society as a whole.

The 2002 World Summit on Sustainable Development broke down sustainability to three pillars: environmental, social, and economic. Yet America's investment in agriculture seems to stand alone with an overwhelming emphasis on “economics.”

USDA-NIFA (United States Department of Agriculture – National Institute of Food and Agriculture) says that sustainable agriculture is “intended to protect the environment, expand the Earth's natural resource base, and maintain and improve soil fertility.” Yet, the United States grants 70 percent of its farm subsidies to commodity crop growers. In almost every way, commodity crops (cotton, corn, soybean, wheat) are what make sustainable farming “alternative.”



While sustainable agricultural practices including (but not limited to) organics, permaculture, biodynamics, and agroecology were taking a global stance, an adjacent movement was bubbling, but it was lined with the dollar of big cooperation, GMO's (Genetically Modified Organism). In 1973, Herbert Boyer and Stanley Cohen found a way to insert DNA from one bacteria into another thus developing what would be called genetic engineering. These findings would be groundbreaking seeing that western societies had only acknowledged the existence of DNA two decades (1952) before Boyer's and Cohen's findings. And by 1982 FDA (Food and Drug Administration) approved the first GMO products for public consumption.

By 1983 scientist figured ways to insert any gene into the nucleus of a plant. This research was led by universities and financed the agrochemical company, Monsanto who would go on to patent seeds using this technology which in fact robs the farmer of

the right to save seeds. This was a turning point in American Agriculture that was initiated by a science in its infancy.

In the beginning, GMO companies promised to reduce the need for herbicides. Since then there has been little segway for these variety of seeds. Yet, what we have gotten is HT-GMOs (Herbicide-Tolerant). Instead of reducing the need for herbicides, GMO companies have created seeds that can tolerate herbicides (synthetic toxins used to kill unwanted vegetation). In other words, when herbicides which have been proven to be toxic to the land, the farmer, and consumers are sprayed, the crop will survive while killing the “unwanted” weeds. The germination of these HT-GMO crops has led to more usage of agrochemicals such as herbicides, not less.

In the early 20th Century, America was calling organic or sustainable farming “Humus Farming.” Humus farming was advocated by USDA and extension offices around the country in order to address a national issue



of erosion and soil depletion.

Depletion and erosion were of national concern in early 1900's and organic/sustainable farming was seen as a point of resolve. Today, over a century later, depletion and erosion is even more of a concern after sustainable agriculture has been defunded by the government and in many ways forces small farmers out of business.

Instead the funding (subsidies), equipment/technology advancements, and research has all gone to GMO production. In result, by 2008, 80 percent of the corn grown in the America were GM crops and today 90 percent of corn, soybean, cotton, and wheat grown in American are GMO.

This does not change the fact that sustainable farming systems is still a point of resolve for many issues within the American food system. The United States of America corporation has abandoned the vision of the people to have the right to healthy foods. The right to healthy food is inately connected to the necessity

of healthy soil.

GMOs are leaning on the use of more agrochemicals including mineral based fertilizers (synthetic). The increased use of these mineral based fertilizers is poisoning our land and natural water ways. GM crops are directly related to the emission of nitrous oxide which is 300 times more harmful to the environment than carbon dioxide.

Sustainable farming is intended to protect the environment while providing for the people. Sustainable agriculture has always been the people's choice. Over the last half a century or so it has not been the choice of the government. Even organics, which is now a \$61.9 billion market, is a consumer driven industry.

Studies show that between the years 2010 – 2020, over half (54 percent) of American consumers actually cared about the nutritional value of their food and beverages. GMO activist claim that there is no nutritional difference in conventional grown produce (GMO) and organic/

sustainably grown produce. Yet, studies show GMO products to be known carcinogens (any substance capable of cause cancer in living tissue). Alongside this, the agrochemicals used to produce these GM crops have been linked to Parkinson's, infertility, obesity, cancer, and even the symptoms of Aalsmeer's disease. On the contrary, organic production on average contains 20 – 25 percent higher levels of antioxidants which within itself is half the amount a person needs in a healthy daily diet.

Essentially, what the United States government has created is a food system void of health and way to invested in wealth. Sustainable agriculture cannot be patented as that of convention GM crops. Sustainable ag. places the power in the health of the people and the land we steward. We must not wait for government policy to reflect the importance of protecting our soil and natural water ways. We must not wait for government to acknowledge the fact that commodity crops produce commodity products and commodity products are killing us and weakening our children.

What is sustainable agriculture? Sustainable agriculture is leading us forward into our past and backward into our futures. It is, and has been our point of connection to the land and to each other. It is the undergirding principle of community and collective responsibly and the embodiment of balance and harmony between people and health, sovereignty and liberation, communal wealth and longevity. Sustainable Ag. is our link to healing the people by healing the land.

Community

The Community Questions Police Patrolling Policies After Another Death

RALEIGH, N.C. (AP) — Raleigh police used stun guns three times during a struggle with a man who died in custody this month, according to a preliminary report released Monday.

Darryl Tyree Williams, 32, died at a hospital after being confronted and handcuffed by officers in the Southeast Raleigh neighborhood early Jan. 17, according to the report by Police Chief Estella Patterson.

Police had previously said officers used a stun gun, but the report provides further details. The report said officers approached Williams as he sat in the driver's seat of a parked car. An officer observed an open container of alcohol and marijuana in the car. Police attempted to arrest him for possession of a controlled substance after they found a folded dollar bill with white powder in his pocket, the report said.

Williams refused to put his hands behind his back to be handcuffed, resisted officers and ignored warnings that they would use stun guns, it said. After he was stunned the first of three times, Williams ran a short distance across a parking lot before losing balance and falling to the ground.

When a Taser was first held against his body, the report said Williams could be heard in an officer's body camera video saying, “I have heart problems.” He was then stunned once more.

Williams became unresponsive and stopped breathing after he was handcuffed. Officers rendered aid until emergency medical personnel arrived, and he was pronounced dead at a hospital. The cause of Williams' death is under investigation.

A search of Williams' car found two firearms, one of which had been reported stolen, the report states.

Six officers involved in the arrest are on administrative

leave, and the State Bureau of Investigation is conducting a probe. The police department said it will seek a judge's permission to release body camera and dash camera video from patrol cars.

Family and friends held a



On Tuesday Attorney Dawn Blagrove with EmancipateNC, along with other community activists, and the family of Darryl Williams gathered for a press conference at the MLK statue, not far from the site where Williams was Tased.

press conference Tuesday after the release of the five day report.

Kerwin Pittman, the social justice activist of Emancipate North Carolina, expressed that Darryl Williams' family deserves answers. In a statement addressing a group that gath-

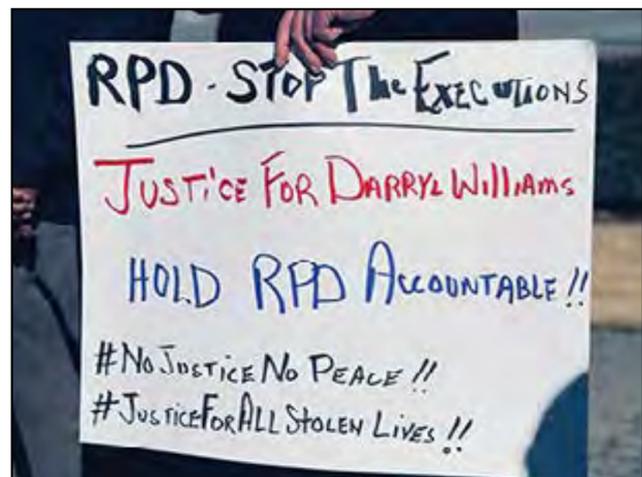
ered in front of the MLK statue near the intersection of Rock Quarry Rd and Martin Luther King Jr Blvd, Mr. Pittman emphasised “Here we are again at another press conference, another incident at the hands of the Raleigh police department.”

Mr. Pittman continued by suggesting that Proactive Profiling was an excuse for racial profiling. “I just want to say that Darryl Williams should not be dead. On the morning that he was murdered at the hands of RPD, their initial encounter with Mr. Williams was unwarranted and unjustifiable. What I mean by that is, nobody called RPD to the scene, RPD decided to show up on their own and do

what they call, “Proactive Patrolling”.

“Proactive Patrolling is nothing more than racial profiling of marginalized communities, it is finding an excuse when there is no excuse to stop minorities in minority communities. But most importantly, this is the Raleigh police department's version of stop and frisk. It makes no sense that our citizens cannot go into any communities, establishments and areas in Raleigh without being harassed unjustifiably under the pretense of proactive patrolling.”

Mr Pittman explains. Proactive policing is the practice of deterring criminal activity by showing police presence.



A New Program Seeks To Spur Major Investments In Downtown Rocky Mount

Rocky Mount, N.C. – Continuing the pace of downtown revitalization, the City Council this week approved an incentive program that will award grants of up to \$500,000 for large-scale building renovations.

The Downtown Major Investment Incentive Program will encourage development of downtown properties for a growing number of new and expanding businesses, including restaurants, retail stores and residential space.

To be eligible, development restoration must be \$1 million or more and include at least 5,000 square feet or create a minimum of 10 units for occupancy. The maximum grant amount under this program is \$500,000 and cannot exceed 20% of the development cost. Other existing downtown incentives may be coupled with the Downtown Major Investment Incentive Program.

Downtown Major Investment Incentive Program grant requests will be subject to public hearings. The City Council will be responsible for final approval.

“This new incentive program is another key step in transforming downtown Rocky Mount into a thriving center of dining, entertainment, retail business and residential activity,” said Interim City Manager Peter Varney.

The City Council already has created five smaller grant programs to encourage investment in rehabilitating buildings downtown and attracting new business. Those programs include:

- Accelerated Façade Improvement Grant
- Roof replacement/repair
- Downtown Building Assistance Program
- Downtown Rocky Mount Development Incentive Grant
- Downtown Residential Production Grant

The approval of the Downtown Major Investment Incentive Program comes as momentum surges in the city's ongoing effort to revitalize downtown Rocky Mount. Last month, city officials learned that they will receive \$3.8 million in federal and state funding for a pedestrian bridge spanning the downtown railroad tracks and streetscape improvements.

For more information on the Downtown Major Investment Incentive Program, contact the Downtown Development Office by calling 252-972-1101.

Livingstone's MBA Cohort Receives Free Laptops

SALISBURY – Livingstone College gave away free laptops again – but this time, to a unique set of students.

The college's inaugural Master of Business Administration program began this semester and each student in the alpha cohort received a free and new laptop computer this week.

“We wanted to provide this history-making class with some tools that will help them as they navigate their way through our inaugural MBA program,” said Livingstone President Dr. Anthony J. Davis. “We are advancing on this campus and this alpha cohort is evidence of more great things to come.”

Livingstone College received approval last year from the Southern Association of Colleges and Schools Commission on Colleges to offer its first graduate degree program. The graduate business degree is specifically designed for stu-



dents and professionals who desire to advance their careers in business, excel as business executives or become successful entrepreneurs. Upon completion of the MBA program, students will have increased their business knowledge; grown their professional network; and boosted their career and salary prospects. Though the spring semester has

started, interested students for the summer cohort can apply and get more information by calling the Office of Admissions at (704) 216-6001.

The MBA program will be offered on the main campus of Livingstone College at 701 W. Monroe Street Salisbury, NC. Instruction will be a 100 percent traditional face-to-face for-

mat. To accommodate family responsibilities and employment, graduate students will have the flexibility to take classes during the evenings (Monday through Thursday) with some classes also being offered on Saturday. The MBA is a 36-credit hour degree program. Students must maintain a minimum 3.0 GPA to meet graduation requirements.

Community

Shaw University Welcomes Sharrelle Barber For MLK Event

By Tyria McCray

Staff Writer

To honor Dr. Martin Luther King, Jr.'s dream and legacy, Shaw University welcomed Dr. Sharrelle Barber as the keynote speaker for a King Celebration last week.

As a social epidemiologist and scholar-activist whose research focuses on the intersection of "place, race and health," Barber examines the role of structural racism, and follows in the footsteps of Dr. King by continuing to shape his legacy.

Serving currently as the Director of the Ubuntu Center on Racism, Global Movements, and Population Health Equity, which launched Nov. 11, 2021, she helps to uphold The Ubuntu Center's mission which is to unite diverse partners to generate and translate evidence, accelerate antiracism solutions, and transform the health of communities locally, nationally and globally.

Shaw students, alumni, family, and friends gathered at the Thomas J. Boyd Chapel to hear the speaker. Dr. Valerie Johnson, Dean of Arts, Sciences and Humanities at Shaw University, shared kind sentiments on her.

"Dr. Barber embodies the spirit and ethos of Dr. Martin Luther King Jr. and civil rights activist

and Shaw alumna Ms. Ella Baker. She is one of our young leaders of substance."

Dr. Barber received a Doctor of Science (ScD) degree in Social Epidemiology from the Harvard T.H. Chan School of Public Health and a Master of Public Health (MPH) in Health Behavior and Health Education from the University of North Carolina Chapel Hill, Gillings School of Global Public Health.

Shaw President Dr. Paulette Dillard opened the celebration with kind sentiments.

"The Shaw University community is delighted to welcome Dr. Sharrelle Barber as our keynote speaker to celebrate the service, life and legacy of Dr. Martin Luther King Jr. Her research and work at the Ubuntu Center embody his universal principles of justice and equity, and she is an inspiring leader for our community and student body."

Deeply rooted in the rich legacy of "Black Women Radicals" from the South, Barber thanks the legacy of activism of her beloved alma mater, Bennett College, and the many experiences that have taken her to cities across the United States and Brazil. She has also lectured and taught nationally and internationally about the impact of racism on health inequities and

serves on the Group for Racial Equality (GRacE) International Advisory Board for The Lancet.

During the COVID-19 pandemic, Dr. Barber provided expert commentary on the disproportionate impact of COVID-19 in Black communities for local, national, and international media outlets including the *NY Times*, *Smithsonian Magazine*, the *Philadelphia Inquirer*, NPR and Al Jazeera.

In March 2020, she convened a group of public health experts from Harvard (FXB Center for Health and Human Rights), UCLA (Center for the Study of Racism, Social Justice, and Health). She also served as an advisory committee to the Poor People's Campaign, providing justice-centered public health expertise for the movement as it engaged in collective action.

Dr. Barber received a Doctor of Science degree in Social Epidemiology from the Harvard T.H. Chan School of Public Health and a Nester of Public Health (MPH) in Health Behavior and Health Education from the University of North Carolina, Chapel Hill Gillings School of Global Public Health.

Once the program was underway, Barber became overwhelmed with emotions as she shared how grateful she is to speak not only

to her community but at a historically black university.

"Thank you all for allowing me to come here and speak on such a monumental occasion. There is no black freedom movement in the south without the Ella Bakers, Rosa Parks, Fannies, Septimas, the Bennet Women, and other countless unsung sheroes that gave life, sustenance, energy, and power to the civil rights movement. Their contributions cannot be ignored, even as we celebrate today. Who helped plan and fight within the 1960's civil rights movement and even before then."

She shared that especially as a social epidemiologist, that not only herself but the African-American community cannot forget the ground in which they were standing. Shaw University's campus housed the first four-year medical school in the country, Black or White. As the audience sat, many learned that they were just steps away from the medical school that was estab-

lished in 1880, a medical school that trained more than 400 Black American doctors. Those doctors went on to found North Carolina's Mutual Insurance Company (the oldest black-owned insurance company in the country) and doctors who later founded the Old North State Medical Society (the oldest medical association for black physicians).

Given all of that insight, Barber emphasized her reflections on the radical legacy of MLK Jr. Reiterating the context of one of his quotes that he uttered in the 1966 Medical Committee for Human Rights press conference.

King stated, "We are concerned about the constant use of federal funds to support the most notorious expression of segregation. Of all the forms of inequality, injustice and health is the most shocking and inhuman."

King concluded the statement by saying, "because of this injustice, it results in physical death." Once Barber shared King's quotes, she then con-

ected a real-life example which was her trip to Jackson, Miss. during the water crisis. Since 2012, over a decade, Barber has been doing ongoing research on the impact of structural racism on black health inequities in the deep south. During the first week of January of this year, she convened a group of community residents from Jackson who have knowledge about health and race matters within the city. Kicking off the meeting, she asked how everyone was doing, and all of the members in that meeting spoke about death, as well learning that Mississippi is one of the few states that still refuse to expand Medicaid. Barber then learned that the average expectancy of Black men in this country is only 68 years.

"Sometimes we do not even realize how unnatural it is to bear witness to so much untimely and avoidable death both individually and collectively. We don't even realize how much of this we are carrying."

1st Black Woman Legislator Dies

WINSTON-SALEM, N.C. (AP) — Annie Brown Kennedy, an attorney who was the first Black woman to serve in the North Carolina General Assembly, has died at age 98, a family member said.

Kennedy, a Democrat who first joined the House in 1979 to fill a vacancy, died Tuesday from natural causes at her home in Winston-Salem, according to Harvey Kennedy, one of her sons. A plaque inside the Legislative Building in Raleigh recognizes her pioneering achievement.

"She was a wonderful mother," Kennedy told the Winston-Salem Journal. "She was a trailblazer."

Kennedy ran unsuccessfully to keep her House seat in 1980, but was elected to return to Raleigh two years later, the newspaper reported. She served in the chamber for another decade. Her son said she worked for passage of paid family leave and successfully prevented the Winston-Salem State University nursing



program from being shuttered by other lawmakers.

An Atlanta native, Annie Kennedy graduated from Spelman College and the Howard University law school, according to a written biography.

Her son said she was also among the first African American female attorneys in North Carolina and first women to prac-

tice law in Forsyth County. She and her husband, Harold Kennedy Jr., created a law partnership that included two of their three sons and focused on family law and civil litigation, the newspaper reported.

Former Gov. Jim Hunt, who formally appointed Kennedy to the legislative seat in 1979, said she "was a real scrapper when it came to getting opportunities for people ... she made no bones about that. I was real proud to have an opportunity to appoint her."

U.S. Rep. Alma Adams, D-N.C., said Kennedy was a mentor to her when she joined the state House in the 1990s.

"She helped guide me, and I admired her because she was a brilliant woman, a brilliant attorney and the consummate stateswoman," Adams said. "She was always genuine, kind and supportive. She wasn't loud in her speaking, but always spoke with strength."



DR. SHARRELLE BARBER

Wake Young Men's Leadership Academy Student Highlights

On Tuesday, November 29, 2022, Wake County Public School students were recognized as the recipients of the Spotlight on Students award for the 2022-2023 school year.

This year, Wake Young Men's Leadership Academy nominated Henoc Dossou for this honor. Nominated because he is a team player and a person who wants to make sure that the task at hand is completed to the best of his ability. Henoc has been instrumental in speaking with others about the opportunities that his experience at WYMLA has granted him.

He has assisted his peers with the college application process, helped with assignments, and overall, he has been a leader and shown true brotherhood to his peers. His talent for drawing has allowed him to contribute back to his school community. He has completed drawings that



enhance beautification projects around the school. This year Henoc chose to participate in a fifth year or what we affectionately call a Super Senior year. During this time, Henoc is enrolled

in additional college courses and being a leader in his school community. At the close of this semester, he would have earned a total of 68 transferable college credits.

NC Governor's Page Program

Braxton Beckwith (third from left) was invited to attend the NC Governor's Page Program from December 5th - 8th, 2022. According to the website, "the Governor's Page Program gives high school students from all over North Carolina the opportunity to come to Raleigh for a week of hands-on participation in their state government." Braxton was excited to attend the program and he learned so much during his four days there.



Scholarship

Jake Docherty is a senior at Wake Young Men's Leadership Academy, and he has been awarded \$106,000 (\$26,500 yearly for four years) to attend Johnson Wales University in Providence, RI. He is interested in studying criminal justice to pursue a career in law. In his spare time, he loves soccer and being with family. The reason he applied for this scholarship is because JWU has a reputation for its criminal justice program.

22nd African AMERICAN Cultural CELEBRATION

PATHWAYS TO FREEDOM
To Learn, To Vote, To Build

FREE EVENT

Saturday, January 28, 2023
10:30 a.m. - 4:30 p.m.

NORTH CAROLINA MUSEUM OF HISTORY
ncmuseumofhistory.org

Kid Scoop

THE AWARD-WINNING PRINT & ONLINE FAMILY FEATURE



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Kid Scoop Together: Numbers Game

In baseball, the batting average is defined as the ratio of hits to at bats.

A batting average is a measure of a player's ability to hit. A batting average over .300 is considered to be good, and an average over .400 a nearly unachievable goal. (The last player to hit that mark, with enough at bats to qualify for the batting championship, was Ted Williams of the Boston Red Sox, who hit .406 in 1941.)

Jackie Robinson's career batting average of .311 is still one of the top 100 of all time.

The baseball statistics in the newspaper provide a fun way to practice math skills. Use the following to get yourself started.

- How do you say a batting average?**
- Always say as a three-digit whole number.
 - Say the first digit as a single whole number.
 - Combine the second and third digits to form a two-digit number. For example: .274 = two seventy-four .309 = three oh-nine .075 = oh seventy-five

- How do you express the following as a batting average?**
- Batting averages are always three digits.
 - If you have a two digit number place a zero on the end: .25 becomes .250
 - If you have only one digit, place two zeros on the end: .3 becomes .300
 - If you have more than three digits look at the fourth digit to determine if you should round the third digit up or keep it the same: .30119 becomes .301 .2348 becomes .235

- How do you calculate a batting average?**
- Batting Average (BA) = Hits (H) divided by At Bats (AB) or BA = H/AB.
 - If you have a fraction: 1/5 that's the same as saying 1 for 5 or 1 hit for 5 at bats.
 - To determine the batting average 1/5 divide the numerator by the denominator to create a decimal. Then say the answer as .200.
 - 3 for 8 or 3/8 = .375
 - 1 for 4 or 1/4 = .250

- How do you calculate a player's batting average over two games?**
- Add the hits from both games together and then add at bats from both games together, next divide the sum of the hits by the sum of the at bats.
 - 1 for 4; 3 for 5, first add up the hits 1 + 3 = 4, next add up the at bats 4 + 5 = 9, then divide the sum of the hits 4 by the sum of the at bats 9 or four for nine or 4/9 = .444.
 - 0 for 2; 3 for 7 = 3 for 9 or 3/9 = .333
 - 2 for 3; 1 for 4 = 3 for 7 or 3/7 = .429

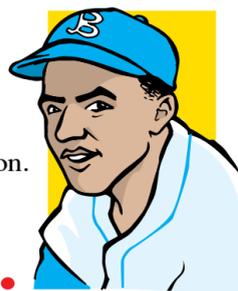
Standards Link: Number Sense: Understand the relationship between fractions and percent; calculate problems using division; read decimals and percents; round numbers to the nearest 1,000.

Jackie Robinson

BREAKING THE COLOR BARRIER

Baseball Hall of Famer, **Jackie Robinson** probably changed baseball more than any other player—not by skill alone, but by who he was as a person.

Biographical information on today's page verified by the National Baseball Hall of Fame and Museum: baseballhall.org



A Rough Beginning

Jack "Jackie" Roosevelt Robinson was born in rural Georgia in 1919. He was the grandson of slaves. His _____ were sharecroppers, whose lives were not much better than those of his grandparents.

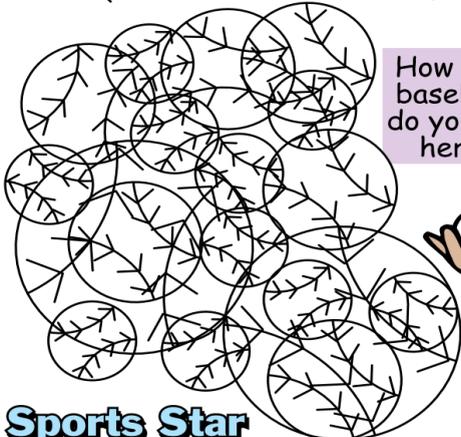
When Jackie was one year old, his father left the family, leaving his mother to _____ five children alone. His mother took the family and her _____ for a better life to Pasadena, Calif., where her brother lived. But things weren't always good there either.

Jackie could only go to the _____ pool one day a week. He had to sit in a special _____ at the movie theater. Their white neighbors cursed the Robinsons and even threw rocks at them. Why? Because of the _____ of their skin.

In Jackie Robinson's life, he _____ many people who were _____ against blacks. They felt that black people should not have the same _____ as white people.

Sports: A Path to Change

When Jackie started school he found something he was very good at—sports. He liked to play hard. He liked to win. He found out that by winning in sports he got respect from the white children. He liked this feeling and vowed he would always work hard to gain respect.



Sports Star

By the time he was in high school, Jackie led the football, basketball, baseball and track teams. In 1938, when he was a student at Pasadena Junior College, Jackie led his college teammates to victory in a track meet and a baseball game held 40 miles apart on the same day!

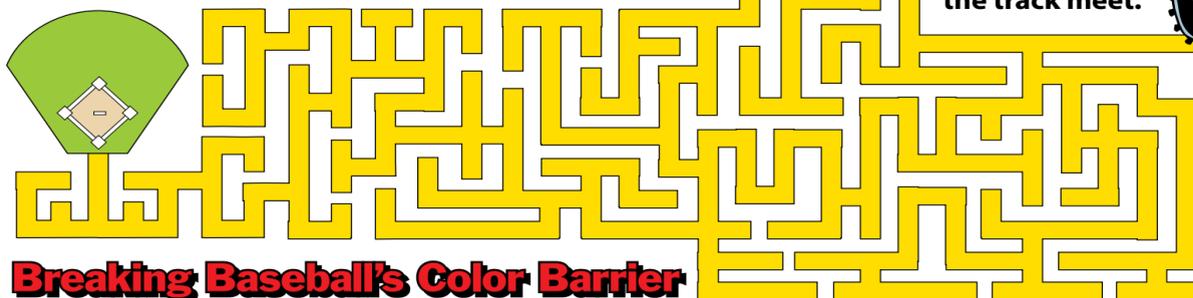
Help Jackie get to the baseball game from the track meet.



The baseball knocked some words out of this story. Find where each word belongs.

ENCOUNTERED SECTION PUBLIC HOPES
RAISE COLOR PARENTS FREEDOMS

Standards Link: Civics: Know instances in which political conflict in the U.S. has been divisive and reasons for this division [e.g., civil rights struggles].



Breaking Baseball's Color Barrier

After college, Jackie went into the Army. When he got out he signed on with a baseball team in the Negro Leagues. At that time, black players were not allowed in the all-white Major Leagues.

Then, on October 23, 1945 Branch Rickey, the general manager of the Brooklyn Dodgers, asked Jackie Robinson to play for the Dodgers beginning in 1947. He said it would be difficult to be the first man to end segregation in Major League Baseball.

Standards Link: Civics: Know that civil rights efforts strived to reduce discrepancies between ideals and the reality of American public life.

Rickey said to Jackie ...

I'm looking for a ballplayer with guts enough not to fight back.



What do you think he meant by that?

Standards Link: Writing Applications: Write responses to text.

Extra! Extra! Helping Others

What made Jackie Robinson great is not only what he accomplished for himself, but what he made possible for other people. Search the newspaper to identify individuals who are working to make life better for other people. Name the individuals and then summarize their actions and the possible benefits to others.

Standards Link: Writing Applications: Write summaries of text.

Kid Scoop Puzzler

A Timeline of Ending Segregation

In 1947, Jackie Robinson was ahead of his time when it came to ending segregation in Major League Baseball. Use the code to find out the order in which the following were integrated.

CODE

0 = ▼ 5 = ★
1 = ◆ 6 = ✕
2 = ÷ 7 = ↵
3 = * 8 = ■
4 = ♥ 9 = ▲

◆ — ▲ — ♥ — ■
U.S. Armed Forces are integrated

◆ — ▲ — ★ — ♥
Segregated schools declared illegal

◆ — ▲ — ★ — ▲
The last Major League Baseball team is integrated

Standards Link: History: Students know that a timeline records significant events in chronological order.

Double Double Word Search

- ILLEGAL
- PASADENA
- BROTHER
- RESPECT
- MAJOR
- BRANCH
- FIRST
- DODGERS
- MOVIE
- SKIN
- JACKIE
- MILES
- ROOSEVELT
- POSE
- ROBINSON

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

J	A	B	R	R	O	J	A	M	T
L	B	R	O	T	H	E	R	L	A
A	T	A	B	P	O	S	E	F	N
G	C	N	I	C	S	V	I	I	E
E	E	C	N	K	E	I	K	R	D
L	P	H	S	S	L	S	C	S	A
L	S	M	O	V	I	E	A	T	S
I	E	O	N	R	M	O	J	B	A
N	R	S	R	E	G	D	O	D	P

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

Kid Scoop VOCABULARY BUILDERS

This week's word: **SEGREGATION**
The noun **segregation** means separating people into racial groups.

Making people sit in different parts of a theater or bus because if their skin color is racial **segregation**.

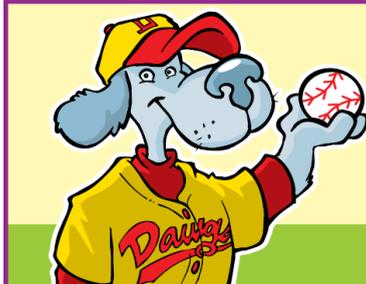
Try to use the word **segregation** in a sentence today when talking with your friends and family members.

FROM THE Kid Scoop LESSON LIBRARY

Action News

Select a photograph in today's sports pages and try to imitate and hold the pose of a person in the photograph. Then, have a friend or family member give it a try.

Standards Link: Physical Education: Use a variety of basic non-locomotor skills.



What is a baseball dog?

ANSWER: A dog that catches flies, chases fowls, and runs for home when he sees the catcher.

Write On!

Leadership

What are the qualities of a good leader? Who do you know that is a good leader? Why do you think of that person?

Church

Dr. George C. Debnam Dies

DR. GEORGE C. DEBNAM
George Clyde Debnam, M.D. was born on November 5, 1927 in Youngsville in Franklin County to a family of sharecroppers. His father, George Clyde Debnam, died when Dr. Debnam was 6 months of age so he had to leave his widowed mother, Cherry Smith Debnam and move in with relatives. He completed elementary and secondary school in Youngsville and moved to Raleigh in 1943 to attend Shaw University as a 15-year-old.



With only short interruptions to attend Meharry Medical College and serving our country in the Korean War, Dr. Debnam was a resident of Raleigh, NC. He worked tirelessly in terms of supporting the healthcare, education and social advancement of the Raleigh Community.

Dr. Debnam practiced medicine for 50 years and 6 months here in Raleigh. He practiced in his private practice and also maintained a large hospital practice; he also saw his patients when they entered nursing homes. He provided quality care for thousands of people in the Raleigh area, especially those in Southeast Raleigh and also in the Fuquay and Holly Springs part of Wake County.

Dr. Debnam was trained in family practice and in that capacity provided general medical care, obstetrics and some surgery for many years. Dr. George C. Debnam was cited by the Governor of this state for being the physician to deliver the most babies ever in the state of North Carolina—10,000+. He also performed over 5,000 operations.

He retired from practice in 2001 but his legacy still lives on through his twin daughters, Marie Georgette Debnam, M.D. and Marjorie Lynnette Debnam, M.D. who joined him in his practice after completing their Internal Medicine residency at the Harvard Medical School-affiliated Cambridge Hospital in 1995. The practice continued to grow and relocated to a new office building in 2013.

Dr. Debnam was also historic in the integration of Raleigh's health care as his practice started at Saint Agnes Hospital—the segregated facility for African-American citizens of Raleigh and he was the first physician to admit patients to the new, integrated Wake Medical Center (then Wake Memorial Hospital) when it opened.

He was the last of the original Medical staff of Wake Medical center to retire and he was the last survivor of both staffs at Saint Agnes and Wake Medical Center.

Dr. Debnam wed the former Marjorie Boyd of Morristown, Tenn., the daughter of the late Dr. Miller Boyd and Mrs. Georgia Whitten Boyd on 12/31/1951.

Mrs. Debnam was from a family of educators and met Dr. Debnam in Nashville when she attended Fisk University and he was at Meharry Medical College.

Dr. and Mrs. Debnam relocated to Raleigh, where Dr. Debnam was already a member of the St. Agnes Hospital staff.

They settled in the historic Roberts Park neighborhood in the early '50s and were the parents of three daughters: Gwendolyn Yolande Debnam Morgan, a college professor of English who recently died in Atlanta, Ga. and twin daughters, Marie Georgette Debnam, M.D. and Marjorie Lynnette Debnam, M.D. of Raleigh.

Dr. Debnam was married to Mrs. Marjorie Debnam until her death in 2004. Dr. Debnam was a devoted husband and father as well as uncle for his numerous nieces and nephews.

Dr. Debnam was the recipient of many awards and was nationally recognized for his contributions to healthcare in 1977 when he was named Physician of the Year by the National Medical Association.

Of all his many awards, this is one of the ones he is most proud of. Dr. Debnam is also a Michael Weeks Award winner at Wakemed and in 2014, Dr. Debnam was inducted into the Raleigh Hall of Fame.

Dr. Debnam worked on a local, state and national level in physician organizations promoting healthcare and fighting health care disparities including LA Scruggs Medical Society, the Old North State Medical Society and the National Medical Association.

My father's most recent project with the Old North State Medical Society was a smoking cessation project for teens.

Dr. Debnam worked tirelessly to promote higher education for Raleigh and the state of North Carolina.

He was a Trustee at Shaw University since 1964 and until his 90s when he was made a Trustee emeritus. He helped raise \$5 million for the renovation of historic Estey Hall. At one point, my father mortgaged the family home to help keep Shaw open.

He was a living legend in terms of his work fundraising and supporting the school—his nickname was "Mr. Shaw" at one point.

My father's efforts at Shaw have been rewarded with a rare honor: the Shaw University financial aid building was named George C. Debnam Hall in his honor.

Dr. Debnam was also a trustee and trustee emeritus at North Carolina Central University for many years.

My father has also been a member of social groups like the local chapter of Phi Beta Sigma and Sigma Phi Pi (also known

as the Boule) and he also helped his wife, Raleigh Hall of Fame member Marjorie Boyd Debnam, with her program for high school African-American young men, Friends of Distinction for many years.

The Friends of Distinction had 800 of its members enter college with the vast majority graduating and leading productive lives. Dr. Debnam was also noted for his church work and was a deacon at both Martin Street Baptist Church and Christian Faith Baptist Church for decades and he spoke at many funerals, Men's Day observances and Black History month.

Dr. Debnam was an amateur historian with special interests in Black History, World War II, musicology/hymnology and was also a published author—with books with complied sayings and facts including *Good Clean Humor*—a story/joke collection suitable for church.

George C. Debnam, MD was a self-made man who worked his way through college, medical school and then gave 50 years of his life to taking care of God's children and gave back to the community tirelessly.

He is survived by his daughters Marie Georgette Debnam, M.D. and Marjorie Lynnette Debnam, M.D. of Raleigh and numerous nieces and nephews, other family, neighbors, friend, church members and the Shaw University alumni family.

SERMON of the WEEK



IT WAS JUST A SET UP.
Sermon by: Elder Demetrius Hunter
Genesis 50:20-21

20 But as for you, ye thought evil against me; but God meant it unto good, to bring to pass, as it is this day, to save much people alive.

21 Now therefore fear ye not: I will nourish you, and your little ones. And he comforted them, and spake kindly unto them.

We see the theme of the Eli Ratcliff Singers is surviving the change. The truth is change is something that we all have to learn to deal with. The hardest change to deal with is the change that is caused from things outside of your control. Change gets difficult when you start going through changes because of what somebody did to you.

The change that comes as a result of things outside of your control is just as hard. Every living person on this Earth had to deal with change on 2020. We had to change how we lived. This change was a difficult one. The things and people we lost during this change could have easily crushed some of us. But we made it.

Here we see Joseph, a victim of things that had his life in continual turmoil and faced many changes from things outside of his control. He makes a remarkable statement concerning the events in his life that has become a mantra that has permeated



through the culture of the Christian movement. Joseph's understanding of the favor in his life is something that I feel we all should learn from. I would like to bring out three good points from this statement.

God has a way: the Bible says that his ways are not our ways, and his thoughts are not our thoughts. Joseph was shown a sign of the end of his story but was unaware of the journey he would take to get there. We often quote things like I am more than a conquer. But few times do we really understand what we have to conquer.

God is the ultimate chess player. He sees the whole board. He has a way to pull out the victory even if some pieces have to fall. Faith is knowing that God has a plan even though it makes no sense to us. Joseph believed the vision of him ruling over his brothers. But if you were to tell him he had to be sold in slavery, Then tossed in jail because of a lie. I don't know if he would have been so excited about the vision. So, along this life's journey we have to remember when things happen, God has a way.

Don't let the fire go out: through all that Joseph went through he maintained his relationship with God. The greatest way we can do this is through praise. The Bible declares that he inhabits the praises of his people. While things around us change and things happen, we

must do our best to stay consistent with our praise. See praise invites God in the situation. My praise is a connection to God that I can control. I might cannot control people hating on me. I can't control the results of the pandemic. I can't control cancer in my body. But I can control my praise. So don't let the fire go out. I know you been through heart-break, pain, and confusion. But praise him anyway.

It was just a set up: Joseph believing in the vision that God showed him enabled him to have a clear understanding of the things that he went through. His brothers feared what Joseph was going to do to then now that their father was gone. But Joseph looking at every trial and every tribulation he recognized it was all a set up.

While going through we might not see the hand of God but when I look where I'm at I see the set up. That's why people don't understand how you are making it right now. After you lost the loved one. After you lost the job. After they turned their back on you. You were supposed to be crazy. You were supposed to throw the towel in. But because you are here it was just a set up. So, if you think I was anointed before. If you think I had a praise before.

You ain't seen nothing yet. The way God set me up, I can now sing the song my worship is for real.



Cultural Awareness

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Job Opportunities

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Practical Biblical Principles

GOD'S LIGHT IN OUR DARKNESS

Read: Matthew 4:16, 18-25

Epiphany, the coming of the Magi to worship Him is January 6th. This is the twelfth Day of Christmas—Old Christmas. This is also the Last of the Christmas holidays to be celebrated by the Church until Easter.

Twentieth century America has lost the meaning of this date. In Europe Epiphany is celebrated and the dried-out Christmas greens are burned in great bonfires and gifts are exchanged. In addition, the Magi's visit to the Christ Child is remembered in that it represented the Light of God coming to a Dark world. The gentile Magi came from a world which did not know God and found cause to worship Him as King. In a sense, Light (Jesus) drew darkness (the world) into its presence. The Magi, symbolically, represent the dark world. Epiphany is an important date in the Christian year.

God put forth a three-fold plan to ease the sin of disobedience which Adam and Eve did in the Garden. God stated His first phase plan of salvation to the couple there in the Garden (Genesis 3:15) so they may have hope of being forgiven and saved.

The second phase of God's plan was to make a former enslaved nation of Hebrews a nation of priest (Exodus 19:5-6). The He-

brew nation promised God they would do this, but they failed to do as a nation. They were to make animal sacrifices, pointing to the coming of Christ, and do the work of priests who would represent God before men. The priestly work is not finished because of the darkness still being experienced by man, yet through Christ, man is ordained to be a priest to God at the Great Wedding (Revelation 1:6, 20:6).

God's second phase of sending a Messiah, His only Son, to save the world from the exploding sin which started in the Garden was to come next. God then sent His Son to die for us. Jesus came to us in the form of a child born in a manger. Jesus came but He was not fully received as he should have been. Jesus' death on the cross eliminated all of man's sins. However, He was not fully accepted by all men, as required by God.

The third and final phase of God's plan to save man now falls upon the New Testament Church created by Jesus before He left the Earth. The Church is now saddled with the responsibility of getting the Good News of the Gospel out to the world so that all men may accept Christ in their lives and be saved. Jesus died for all and not just a few chosen ones. The church's work is where and when Light meets Darkness. The church's main ob-

jective is to call men unto Christ and give them reasons to give their lives to Him. Theologically speaking, Darkness is when one does not have the Light (knowledge of Christ) in their hearts (Luke 1:79). Darkness is also not following Christ's teachings. Darkness is not having the truth of God guiding you. David says, "God Your Word is a light unto my pathway."

"Let your 'Light' so shine so that man may see your good works and glorify your Father in heaven" (Matthew 5:16). Light is when one has accepted Christ as Lord and Savior in his/her life. Light is when you accept Christ's words and follow them. Light is when one depends upon the Holy Spirit to lead them. Light is when one seeks Jesus to take away his/her sins. Light is when one follows Jesus and want to become more and more like Him. Jesus is the Light of the World.

The message of Epiphany which consists of giving gifts and worship, is that we, as stumbling souls, no longer have to be afraid of walking in the dark for "Light" is come. We can now see our way and know our way. God is Light in our darkness.

J.L. Caldwell, Pastor
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Durham, NC
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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.

Milestones Show Us Where We've Come From, Where We Need to Go

By Ben Jealous
Sierra Club

Two things happened last week—one public, the other personal—that made me reflect on how far we've come as a nation, how we got here, and what it will take to keep that journey moving forward.

Maryland, my home state, inaugurated its first Black governor, Wes Moore. It's a description I thought might go to me four years ago when I became only the third person and the first African-American to win 1 million votes in statewide race. Unfortunately my incumbent opponent was one of the other two.

Attending the inauguration made me think about how we've gotten here—more slowly than anyone who truly believes in our American ideals would consider right, but making steady progress all along the way. My vote total helped Wes, just as President Obama's victory in 2012 eased my way. I think back to being a youth leader in my California county for Rev. Jesse Jackson's 1988 presidential bid.

While we can bemoan the pace for good reason, we shouldn't overlook that change has come. That long arc of the moral universe remains. Even when we fall short of something like an electoral victory, we make progress.

The question remains the eternal one when we see injustice, inequity and threats like climate change that are unquestionably existential. How do we pick up the pace?

On the same day, I celebrated my 50th birthday. That means I've been organizing and advocating for change for more than half my life. I'm lucky in many respects. Thirty years ago, celebrating someone else's 21st birthday, I remember standing with other young Black men somberly pouring out our drinks in memory of our friends who had been killed or imprisoned before we got to college.

I'm luckier still that I've had people throughout my life—starting with my parents—who have helped me find my commitment and learn ways to put it into effective practice.

People like Alvin Chambliss, the North Mississippi Rural Legal Services lawyer, who asked me to lead protests against closing two

historically Black universities to turn them into prisons. People like Norman Hill, a protege of A. Philip Randolph and Bayard Rustin, and union leaders Richard Womack and Bill Lucy who trained me (along with Stacey Abrams and Derrick Johnson) at an AFL-CIO summer institute for Black student organizers. People like Bishop Desmond Tutu and Colin Powell.

I remain deeply committed to passing forward all that knowledge and insight, so hard won by folks who preceded me in ways that paved my road. For me that starts with listening to young leaders and organizers both to understand their perspectives as well as to give them space to air what they are compelled to get out. For me, change starts with listening.

What I hope to impart are the big ideas that were passed along to me, like Gen. Powell's lesson that finding the one common cause we can share can be much more powerful than a hundred things that we may disagree about. Finally, I want to charge them to use their own gifts, talents, and knowledge to make the progress we still need. They will know how best to reach their peers and those who come after them. A quinquagenarian like me will never be able to use the tools of their generation to their fullest effect. What I hope to do is inspire and applaud.

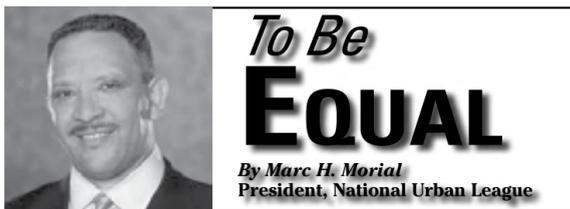
That's an optimistic view, I know. One that I get genetically perhaps. Just before my grandmother died, she took a call from Sen. Barbara Mikulski, who had been a graduate student in social work decades before when my grandmother was creating Child Protective Services in Baltimore. It was that long arc in view. It was my grandmother who gave me the perspective that still guides me. "Baby, it's true. Pessimists are right more often, but optimists win more often," she told me once. "In this life, you have to decide what's more important to you. As for me, I'll take winning."

Ben Jealous is incoming executive director of the Sierra Club, America's largest and most influential grassroots environmental organization; former national president of the NAACP; and professor of practice at the University of Pennsylvania. His new book Never Forget Our People Were Always Free was just published.

Talk To Us

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

Are these milestones cause for celebration among the Black community? Or will they be doomed to go the way of other such milestones of the past: lots of press, accolades and respect... but in the end, just more business as usual in the body politic?



ON THE 50TH ANNIVERSARY OF LANDMARK ABORTION DECISION, LEGALITY ALONE IS NOT ENOUGH

Overturing Roe and outlawing abortions will never make them go away. It only makes them more dangerous, especially for the poor and marginalized. People will die because of this decision. And we will never stop until abortion rights are restored in the United States of America.

—Congresswoman Alexandria Ocasio-Cortez

Fifty years ago, women across the country celebrated the infamous Roe v. Wade decision that recognized the constitutional right for people to have an abortion. Now, after decades of scheming, right-wing politicians finally have forced their unpopular agenda on the rest of America. They have decided that the government—not pregnant people and their doctors—should make a private health care decision and deny women the right to control their own bodies and futures.

Since the Supreme Court made its decision in Dobbs v. Jackson Women's Health Organization last June, nearly half the states in the country have either outlawed abortion services or placed heavy restrictions around abortion access. This decision put important health care decisions out of the reach of millions of women and violated their right to decide what happens to their own bodies. Access to safe abortion services have proven over time to discourage women from exploring unsafe methods to end their pregnancies, a reality that has mostly impacted Black women and women in underserved communities.

Black women are four times more likely to die as a result of childbirth than White women, according to American Medical Association. Meanwhile, due to racialized income and wealth disparities, inequitable access to medical care, and the other insidious ways manifestations of structural racism, people of color are more likely to require abortion care and but are less likely to be able to afford out-of-state travel to obtain care if it is outlawed in their state.

Forcing women to carry pregnancies against their will can have devastating and lasting consequences for them and their family and push women and families deeper into poverty. Our health care system already fails Black, Indigenous, and other people of color, and barriers to abortion care make that worse. As we continue to navigate this crisis, we must not settle for legality. Legality alone will not ensure everyone can get the

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



SCARY

The news recently reported that a child took a gun to school and according to reports shot his teacher twice. Fortunately, the teacher is still alive to tell the story. As a former teacher and one who spent the last working years of my life as one who assisted the intellectual, emotional, social and behavioral growth of children birth to five years old, this story stops me cold. There obviously is so much that I don't know about the facts of this case but what has been reported gives me much to ponder. Let me share some surprises: (1) This child is six years old. (2) This school shooter is African-American. (3) The child made violent, actionable threats to adults. (4) The child had received an unnamed acute diagnosis (5) The child lived in a home with other children and one where there was a gun.

The age of the child is important and his race reports something that is unheard-of in previous reports of school shootings. Typically, school shootings have been by teenage White boys who have experienced isolation and bullying by classmates and others. I would venture to say that there is a diagnosis that could be attributed to the behavior of this young boy but since the disorder has not been described, I should not suggest it and I will not. Troubling to me is the fact that he was being attempted to be educated in a traditional classroom. I am not in any way suggesting that a "special education" classroom would or should have been a better placement. I believe that "academic" education should not have been a priority for this child. I believe that the school performed a disservice to the teacher, his classmates, the parents and most importantly, the child by having him in school. His needs for assistance and healing were greater than any regular school or classroom should have attempted. If it is true, as reported that this child wrote a note to another teacher and said that he wanted to "set an adult on fire and watch them burn" shows that he had writing skills and academic ability. What is unusual is that he wrote such a note in the first place, as a six-year-old. Let's not fail to not that this situation happened not on the first day of school but well into the school year and that there are other incidents reported that should have motivated an individual education plan that did not involve other children or non-specialized adults.

The teacher has been shot and other small children witnessed it and were prevented from leaving the room. It is

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



INEITHA WAS A DIAMOND WE SHOULD TREASURE

When you read or hear, "Diamond and Silk," you immediately know that is in reference to the dynamic sister duo from North Carolina, who were outspoken Black Republican political commentators and proud supporters of President Trump. That is why it was international news when Diamond passed away, unexpectedly at 51 years old, of heart disease due to chronic high blood pressure on January 8, 2023. She was famous and she had a public persona, but that was not even half of who she was as a person.

Diamond of Diamond and Silk became a successful brand, but Ineitha Lynette Hardaway was a single mother, a daughter, a sister, an auntie, and a friend.

The Crown Theater in her hometown of Fayetteville was filled with people not just from North Carolina, but from all over the country who came to celebrate her life. It was personal, soulful, emotional, funny, and yes, very political because Diamond was very political!

Her celebration was all things that embodied Diamond herself, wrapped up in a four of service to truly give her the sendoff she deserved. Why? Because Diamond was a history maker, she was Black girl magic, she was a trendsetter and

(See **CONSERVATIVELY SPEAKING**, P. 11)



MONTEREY PARK, EVANSVILLE SHOOTINGS, HERO BRANDON TSAY, WE NEED THE NEWS, GOOD AND BAD

We like good news but typically the news is not good. Too often no news is good news. In reality, no news is bad news for us all.

There is lots of recent bad news. A crazed gunman entered a dance hall in Monterey Park, Calif., killing 10 people and wounding many innocent people. A former employee walked into an Evansville, Indiana Walmart and shot an employee in the face in the store breakroom. The shooter was killed by local police. A planned protest in downtown Atlanta turned violent when protestors damaged stores and burned a police car over the weekend.

We did hear astonishing good news from Monterey Park. Brandon Tsay confronted the gunman at a second location where he was about to enter and kill more people. He heroically wrestled the gun away from the killer and pointed it at him causing the gunman to leave the scene. Only God knows how many lives Tsay saved. He is a true hero.

News is always happening nationally, locally and individually to us all. We need the information whether it's good or bad. We need the national and regional news but the local news is

(See **GLENN MOLLETTE SPEAKS**, P. 11)



INSPIRING NEWS ON A NEW LEADER

Harvard University recently announced exciting news: Dr. Claudine Gay, who is currently the dean of Harvard's Faculty of Arts and Sciences, was introduced as the University's 30th president-elect. Dr. Gay earned an undergraduate degree in economics from Stanford University, where she was awarded the prize for best undergraduate thesis, and a Ph.D. in Government from Harvard, where she won the prize for the best dissertation in political science. She then served as a tenured faculty member at Stanford before returning to Harvard and becoming dean of Social Sciences and then of the full Faculty of Arts and Sciences. Now Dr. Gay, the daughter of Haitian immigrants, will be the first African-American and first person of color to be Harvard University's president.

Dr. Gay joins an ever-growing list of illustrious Black women at the top of American colleges and universities. Some of the early trailblazers include the incomparable Dr. Mary McLeod Bethune, who founded and led Daytona Normal and Industrial Institute for Negro Girls and later merged her school into what is now Bethune-Cookman University, and pioneering scholar, writer, and activist Dr. Anna Julia Cooper, who served as president of Frelighuysen University. Decades later historian and legal scholar Dr. Mary Frances Berry became the first Black woman to head a major research university as chancellor of the University of Colorado at Boulder. Dr. Gay's current peers include Dr. Ruth Simmons,

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

Other Viewpoints

WHAT'S AN ERUV?

did you know that there's an invisible wire hanging above Manhattan?!



WHAT'S AN ERUV—AND WHAT CAN IT TEACH US?

By Svante Myrick

People for the American Way

If you've been watching news or social media recently, it's hard to miss a disturbing trend in American culture. It seems like antisemitism is back in a very public way—and not just in the White supremacist circles where it's been all along. It's heartbreaking. And it got me thinking about an experience I had 15 years ago in my hometown of Ithaca, New York.

I was on the city council, and a local rabbi came to me with a concern. He explained that in traditional Jewish communities, many activities that are considered work are not allowed on the Sabbath. These include carrying objects from place to place outside the home. So tradition accommodates this restriction by creating a larger area called an eruv: a space that defines home as several houses and streets within a community. The boundaries of the eruv are designated by markers around the neighborhood, often attached to utility poles and wires.

The eruv symbolically enlarges the home—so the necessities of faith and of daily life can coexist.

For years, the rabbi said, the Jewish community had been asking to put up eruv markers in parts of Ithaca, but the city council hadn't responded: could I help? I'm happy to say that we got it done. But not without some resistance—including pushback from people who called themselves progressives, who opposed what they called "catering" to a religious community.

That disappointed me then, and it bothers me even more today. Here's why.

The alarm bells that are ringing about the rise of antisemitism are on both the Right and the Left. On the Right, we know that White supremacists, militant Christian nationalists and other bigots pose a deadly threat. And the way to combat this is with a strong, progressive, multiracial coalition. This is what happened in the civil rights era, when a Black-Jewish alliance played a major role in the fight for desegregation and voting rights.

But alarm bells are also ringing on the Left, because today there are fractures in that old alliance. A mix of cultural and political influences has left some in the Black community feeling like we're not all on the same team. And what happens when good people are not aligned is that evil gets the upper hand.

There are plenty of examples of this throughout history. And I don't use the word "evil" lightly. Think of Nick Fuentes, the far-right activist who grabbed headlines for his dinner with Donald Trump and Ye. Fuentes has openly praised Adolf Hitler. It doesn't get much worse than that.

This is the kind of viciousness that we are facing today, with a Far Right that became louder, bolder and more aggressive under Donald Trump—and hasn't gone away. This is a time when the Black community and Jewish community need to come together, and not be driven apart by forces with a divide-and-conquer agenda. We can acknowledge that there are differences between us, things we can talk about, while still having each other's backs.

In other words, we can symbolically enlarge our home.

Martin Luther King, Jr., whose birthday just passed, famously reminded us that injustice anywhere is a threat to justice everywhere. Those of us who want equity and justice need to want it for all people. Our real and symbolic home should be with each other, where we are united by our shared humanity and where hate by any name is excluded. Let's make that space, and welcome each other in.

Svante Myrick is President of People For the American Way. Previously, he served as executive director of People For and led campaigns focused on transforming public safety, racial equity, voting rights, and empowering young elected officials. Myrick garnered national attention as the youngest-ever mayor in New York State history.

TO BE EQUAL

Continued from page 10

abortion care they need. We must aim for abortion justice and fight for that justice in our communities, city halls, state legislatures, in Congress, and the White House. We need bold solutions like the Women's Health Protection Act to codify the right to an abortion into federal law and ensure all pregnant persons can make personal health decisions without government interference.

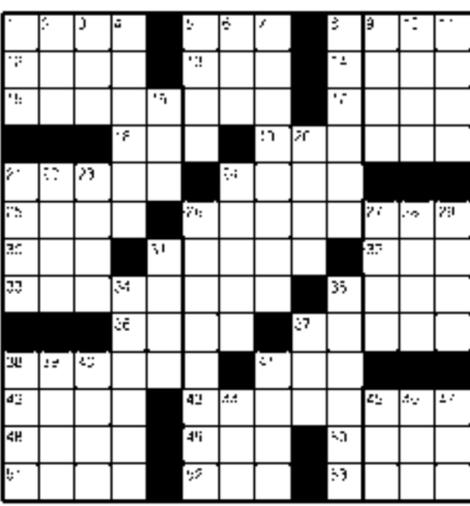
So, this weekend, the 50th anniversary of the landmark decision, we stand with all women in solidarity in the fight to protect women's rights. The devastating decision to overturn Roe will reverberate for future generations of women and girls who would need access to such an essential service. Abortion access is an economic and racial justice issue, and I am proud to say that the National Urban League will continue to fight for the reproductive rights of women and the civil rights of all of us.

King Crossword

ACROSS

- 1 Choir voice
- 5 Right angle
- 6 Dallas team, 10 fans
- 12 Check
- 13 Sheep call
- 14 Out of the storm
- 15 Hub with an emery board, perhaps
- 17 Speck
- 18 Author Fleming
- 19 T-shirt fabric
- 21 Primitive
- 24 Spartan queen
- 25 Hamilton-Burr showdown
- 26 Criticize again and again

- 30 Nabokov novel
- 31 Two-tone cookies
- 32 Ms. Thurman
- 33 Road marker
- 35 Help a crook
- 36 Temporary camera
- 37 Sienway product
- 38 "With any luck"
- 41 Fragrant tree
- 42 2004 on a cornerstone
- 43 Color akin to turquoise



- 48 French river
- 49 Wildebeest
- 50 Cold War music
- 51 Getz of jazz
- 52 Kenny G's instrument
- 53 Lil gates
- 7 Guinevere's lover
- 8 Hum cocktail
- 9 Oodles
- 10 Presidential power
- 11 Penn or Astin
- 16 Calendar box
- 20 Praiseful pieces
- 21 Dutch cheese
- 22 German car name
- 23 Authentic
- 24 "The Sound of Music" playwright
- 25 Black III verse
- 26 Drags out
- 27 Hefty horn
- 28 Poment
- 29 Peacekeeping org
- 31 Piece of work
- 31 Football team
- 35 Boeing rival
- 37 Chart format
- 38 Med. plan options
- 39 Skip
- 40 Tower city
- 41 Change
- 44 — pickle
- 45 Baton Rouge son
- 46 Exploit
- 47 Hosp. parts

DOWN

- 1 "Bow-wow"
- 2 Island garland
- 3 Lip to
- 4 "Anna Christie"
- 5 Black III verse
- 6 Murphy's —

A DIFFERENT VOICE

Continued from page 10

reported that the child locked the door from the inside, which requires planning. His behavior appears premeditated, something we would not think of in the typical six-year-old. Being human, I believe that the teacher and other children will need assistance for the trauma that I believe has been unnecessarily imposed on them. I am also surprised that one of the strategies that was being utilized was the daily attendance of the parents to accompany the child throughout his school day. To me, this is unconscionable. I will admit that there really isn't a family environment where a child can practice being in a classroom with a large number of other students but most children learn how to do it. Despite what some think, parents are not responsible for the classroom environment, teachers are; however, there are troubled children who the teacher can't be responsible for and protect the entire classroom but bringing the parents in to safeguard and effect a child's behavior indicates to me that this strategy is not an appropriate one. I am saying that this child should not be in the typical school environment and though I don't have all the facts and maybe not any of them, I can say with clarity that this strategy was doomed to fail and not just because the parents failed to be in the classroom that day.

I am believing that the school had counselors and the system had psychologists. Were they consulted? Did they sign off on this plan? I can't believe they did. This is a unique situation and it called for unique solutions. The goal should be multi-faceted: (1) to assist the child's disability in a manner that would help him if possible to grow forward with mental health, (2) to assist the parents in strategies that would help them help their child and (3) to have a safe environment for the children attending the school and that safety needs to be emotionally safe as well as physically safe.

Earlier I expressed dismay that this child, in my opinion, should not have been in a home with a gun. I don't know why those parents kept a gun in their home. Could this provide an explanation for this child's belief that he had to take care of himself by "getting rid of adults?" I don't know. Not all kids who are molested or traumatized seek violence and self-protection as a solution, however violence is a reaction to grief and fear. There are people who study human beings (especially children) who are violent. Some think they know the answers and others are still studying. I don't know the answers but sometimes the best way to get them is to start with questions. Let's ask the questions. Let's become a community that cares enough to prevent this from happening again.

CONSERVATIVELY SPEAKING

Continued from page 10

she was an influencer of millions, whether the mainstream media liked it or not.

Black liberals were quick to discredit and demean Diamond because she was a threat, she was powerful because she was influential. Her "celebration of life" service reminded all of us that outside all those things, this woman had a family that loved and supported her deeply. This proud Black family stood together to honor her life and set the record straight.

The Hardaway family also reminded us about the humanity behind political personalities. To see her only son, Paris, stand there talking about the woman he loved was heartbreaking because he should have had at least 30 more years of memories. No parent should ever have to eulogize their own child, but that is exactly what her father, Elder Freeman Hardaway did after burying his wife and her mother, Evangelist Betty Hardaway in 2021.

There is a stigma and false narrative about Black Republicans that because one's party registration is not Democrat, we are no longer invited to the BBQ or the cookout, or the family reunion. What does that mean in laymen's terms? They incorrectly assume Black Republicans do not have a connection to their families, nor community because of their politics.

However, what was amazing to learn was that Diamond helped her family become registered Republicans by encouraging them to do their own research on the political parties, their platforms, and namely her choice for President back in 2016, Donald J. Trump. Not only did she encourage them to their own independent research, but she was open and willing to have these much needed conversations and debates with her own family about politics, just like she did with her sister on their show.

Her story is the American Dream personified and we should give credit where credit is due. Diamond never changed after reaching success with her sister. What was so endearing and infuriating to the left was that she was authentic, it wasn't an act, she believed it. Diamond and Silk were going to be themselves no matter where they were or who they were with.

A few years ago, I was having lunch with Diamond and Silk and she confirmed that President Trump had encouraged them to monetize what they were doing, to make it a business, to create a bigger platform, not just for entertainment, but to create legacy wealth. They did just that. The show expanded, Diamond wrote a book with her sister, and they went on tour—always being their authentic selves.

Her celebration of life service humanized her and gave us a chance to get to know Ineitha Lynette "Diamond" Hardaway.

Her life had meaning, and I was honored to be present at the service along with North Carolina notables, Mr. and Mrs. Clarence Henderson, Lt. Governor and Mrs. Mark Robinson, the Chairman of the North Carolina Republican Party, Lara Trump, and the Everette Family Gospel Ensemble who sang "Stand," "Old Ship of Zion," and "I won't Complain."

Lt. Governor Robinson said, "I was proud to call her my friend, why because she was North Carolina in all its best forms. She was wise, she was strong, and she was beautiful. Just like North Carolina is wise and strong and beautiful, and when we remember her name, let us remember her name because of her wisdom and her strength and her beauty."

You do not know the plan God has for you. Diamond could not have known that in 2015, Melania Trump would see her video with her sister, love it, and show it to her husband. President Trump said that much of his success in 2016 is due to Diamond and Silk. He never forgot the sacrifices they made to support him as much as they did together.

We can't minimize the fact that a former President of the United States attended and spoke at her service and stayed the entire time. President Trump also told the family that he would take care of all the expenses and arrangements for Diamond because she was a loyal friend to him and his family.

As we celebrate Black History Month in a few days, I hope North Carolina will continue to celebrate Ineitha Lynette "Diamond" Hardaway. She was an innovator, doing her shows with her sister in the comfort of their home in front of a single camera—long before the pandemic.

When the history books are written about the 2016 election, the rise of political influencers, notable Black Republicans, and prominent political brands and commentators, they will have to mention these two Black sisters from North Carolina named Diamond and Silk. Diamond achieved the American Dream, and we should celebrate that no matter what side of the political aisle, what she accomplished was impressive and historic.

Her celebration of life service was held at the Crown Theater. James 1:12 says, "Blessed is the man who remains steadfast under trial, for when he has stood the test he will receive the crown of life, which God has promised to those who love him." Diamond Hardaway was steadfast, she stood the test, she loved the Lord, and this country, and now has her crown of life, in heaven.

You might not have agreed with everything she said, supported, or for which she stood up against, but there is no doubt that Diamond was worthy of our respect and admiration, and we should, likewise, stand up against the attempts to diminish her bright light and legacy because she was a Black conservative woman.

Paris Demard is a prominent communications and political strategist and consultant who has worked at all levels of government and Republican politics.

GLEN MOLLETTE SPEAKS

Continued from page 10

up front and close to us.

For example, all around us we are targets of scams, thieves and prowling bad people. Americans were scammed to the tune \$5.8 billion in 2021. (Digital Guardian). We are never beyond being duped. Today, daily text messages, emails, phone calls and mail come to Americans phishing for a sucker who will buy the false story they are telling. They are good at what they do.

My son was away in a foreign country when I was duped out of \$350 years ago. The caller was very professional sounding and convincing. I believed that if I did not pay the money owed by my son it would negatively impact his career. This was at the beginning of the telephone scam industry and I paid him the money. Later I realized that I had been scammed.

Years ago, a dear friend received a telephone call from someone posing as an IRS agent. The scammer told the senior adult man that he owed \$45,000 in back taxes for various reasons. The friend was about 90 years old and living on a meager retirement income. He didn't realize he was being scammed, was overwhelmed with anxiety and killed himself.

"At every level of life there is a new devil," an old friend once said. At every stage of life there are new twists, turns and curves. We are never beyond being informed, learning and developing. Young people make mistakes but so do old people. We often think we've lived long enough and know most everything, but we don't. Most of us have become more aware of this problem but crooks work at catching people off guard and are constantly developing new schemes.

Today, we have search engines and are inundated with news and information. However, we don't hear all the news nor do we know everything we need to know when we need to know. Often, we learn the hard way. This is why education is expensive. Life experience education is often the most expensive and difficult of all learning processes. Even in life education we learn but we don't always utilize the life experience very much. Too often we repeat the same mistakes hoping for a different outcome.

We can't go wrong with good information. This is why you need the publication you are reading. Your local paper and online news sources are crucial to a community's health and overall well-being. Local newspapers, blogs and online sources tell what is happening in your local town and county. Support this news source with your subscription and advertising needs. County newspapers that have been around for years continue to close. Every week I receive notification of a newspaper printing its final edition and that's not good news.

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 UncommSense, 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.

CHILD WATCH

Continued from page 10

outgoing president of Prairie View A&M University, who also served as president of Smith College before becoming the first Black president of an Ivy League institution at Brown University. My own alma mater, Spelman College, has had five Black women leaders in a row since 1987, beginning with Dr. Johnnetta B. Cole and extending through Dr. Helene D. Gayle, a pediatrician and public health physician who became president of Spelman last year after serving as president and CEO of the Chicago Community Trust and the international humanitarian organization CARE and spending 20 years with the Centers for Disease Control and leading the Gates Foundation's programs on HIV/AIDS and other global health issues.

Dr. Gay will also have new peers in Dr. Nemat "Minouche" Shafik, who has just been named as the first woman president-elect of Columbia University, and Dr. Sian Leah Bellock, the first woman president-elect of Dartmouth College, when all three begin their administrations later this year, joining women presidents already serving at Brown University, Cornell University, and the University of Pennsylvania within the Ivy League. Each of these leaders sets an important example for the students at her own school and beyond.

When Dr. Gay spoke after being introduced as Harvard's next president, she paid tribute to the example set for her by her parents: "They came to the U.S. with very little and put themselves through college while raising our family. My mom became a registered nurse and my dad a civil engineer, and it was the City College of New York that made those careers possible... My parents believed that education opens every door." Now she is committed to opening those doors for others. Dr. Gay will take over at a time when Harvard and other peer universities are grappling with their responsibilities for their institutions' histories, including the ways in which they profited from the slave trade and enslaved people's labor, and with the path forward for continuing to welcome diverse student bodies and scholarship as academia moves into the increasingly diverse future with affirmative action and certain modes of critical thinking under attack. It is a pivotal moment in higher education, and I join many others who will be cheering her on. You can't be what you can't see—and I know many young people will now see themselves in President Gay and be inspired to set new goals of their own.

Classifieds

DURHAM COUNTY

STATE OF NORTH CAROLINA
COUNTY OF DURHAM

NOTICE TO CREDITORS

File No 22 E 1567

THE UNDERSIGNED, having qualified on the 21st day of December, 2022, as Executor of the ESTATE OF BARBARA CLAIRE PIZZANELLO, 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 6th day of April, 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 5th day of January, 2023.

BRENDA JEAN PIZZANELLO

EXECUTOR

ESTATE OF BARBARA CLAIRE PIZZANELLO

c/o Rupe S. Gill, Attorney

Walker Lambe, PLLC

Post Office Box 51549

Durham, North Carolina 27717

1/5, 1/12, 1/19 and 1/26/2023

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 1239

The Undersigned, having qualified as Executor of the Estate of Thelma W. Rigsbee, 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 13th day of April 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 12th day of January, 2023.

David Rigsbee

Executor

3007 Tavistock Dr.

Durham, NC 27712

1/12, 1/19/1/26 and 2/2/2023

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 1522

The Undersigned, having qualified as Administrator of the Estate of Christopher Michael Whitworth, 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 13th day of April 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 12th day of January, 2023.

Payton Michael Whitworth

Administrator

1598 Doves View Cir

Auburndale, FL 33823

1/12, 1/19/1/26 and 2/2/2023

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 1516

The Undersigned, having qualified as Administrator of the Estate of Junior Lafayette Gibson, 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 13th day of April 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 12th day of January, 2023.

Grace M. Gibson

Administratrix

3508 Four Seasons Drive

Durham, NC 27707

1/12, 1/19/1/26 and 2/2/2023

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 1577

The Undersigned, having qualified as Administratrix of the Estate of Johnathan Brian Horton, 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 13th day of April 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 12th day of January, 2023.

Gwen Manley Ghent

Administratrix

c/o Kangur & Porter, LLP

2150 Country Club Road

Suite 160

Winston Salem, NC 27104

1/12, 1/19/1/26 and 2/2/2023

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 23 E 17

The Undersigned, having qualified as Executor of the Estate of John Neter, 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 13th day of April 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 12th day of January, 2023.

Ronald Julian Neter

Executor

812 South Orange Grove Blvd.

Pasadena, CA 91105-1715

1/12, 1/19/1/26 and 2/2/2023

STATE OF NORTH CAROLINA

DURHAM COUNTY

NOTICE TO CREDITORS

The undersigned, Jennifer Clegg McFarland, having duly qualified as Executrix of the Estate of Virginia Stephenson Clegg, deceased, late of Durham County, North Carolina, hereby notifies all persons, firms and corporations having claims against the Estate to present them to the undersigned in care of Ronald G. Coulter, Attorney for the Estate, 3400 Croasdaile Drive, Suite 205, Durham, North Carolina 27705, within ninety days of first publication of this notice or it will be pleaded in bar of their recovery. All persons, firms and corporations indebted to the Estate will please make immediate payment.

This the 12th day of January, 2022.

Jennifer C. McFarland

Executrix

C/O Ronald G. Coulter, Attorney

3400 Croasdaile Drive

Suite 205

Durham, NC 27705

1-919-246-5775

1/12, 1/19/1/26 and 2/2/2023

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 1431

The Undersigned, having qualified as Administratrix of the Estate of Andrew Weldon Beck, 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 13th day of April 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 12th day of January, 2023.

Elizabeth S. Beck

Administratrix

506 Waters Edge Drive

Durham, NC 27703

1/19, 1/26, 2/2 and 2/9/2023

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 000819

The Undersigned, having qualified as Administrator of the Estate of Jean Haskins Mebane,

late of Durham County, North Carolina, hereby wishes to notify all persons having claims against the Estate of said deceased to exhibit them to the undersigned at the below listed address on or before the 20th day of April 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 19th day of January, 2023.

Larissa M Woods

Administrator

1111 Rossford Road

Richmond, VA 23227

1/19,1/26, 2/2 and 2/9/2023

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 23 E 52

The Undersigned, having qualified as Executor of the Estate of Joyce W. Avery a/k/a Joyce Weathers Avery, late of Durham County, North Carolina, hereby wishes to notify all persons having claims against the Estate of said deceased to exhibit them to the undersigned at the below listed address on or before the 20th day of April 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 19th day of January, 2023.

Michael J. Avery

Executor

2210 Strebor Street

Durham, NC 27705

1/19,1/26, 2/2 and 2/9/2023

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 23 E 51

The Undersigned, having qualified as Executor of the Estate of Larry Dean Swain, late of Durham County, North Carolina, hereby wishes to notify all persons having claims against the Estate of said deceased to exhibit them to the undersigned at the below listed address on or before the 20th day of April 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 19th day of January, 2023.

Ricky Eugene Swain

a/k/a Rickie Eugene Swain

Executor

505 County Line Rd

Timberlake, NC 27583

1/19,1/26, 2/2 and 2/9/2023

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 23 E 25

The Undersigned, having qualified as Executor of the Estate of Anderson Fox, late of Durham County, North Carolina, hereby wishes to notify all persons having claims against the Estate of said deceased to exhibit them to the undersigned at the below listed address on or before the 20th day of April 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 19th day of January, 2023.

Vickie Fox Goff

Executor

112 Hocutt Rod

Durham, NC 27703

1/19,1/26, 2/2 and 2/9/2023

NOTICE TO CREDITORS

Having qualified before the Clerk of Superior Court of Durham County as Executor of the Estate of Sarah Rebecca Kittner, this is to notify all persons, firms, and corporations having claims against the Estate to send them, duly itemized and verified, to P.O. Box 51429, Durham, NC 27717, on or before the 19th day of April, 2023 (90 days after the date of this Notice) or this Notice will be pleaded in bar of their recovery.

All persons, firms and corporations indebted to the Estate are requested to make prompt settlement with the undersigned.

This the 19th day of January, 2023.

Berta Kittner

c/o Robert Levin

P.O. Box 51429

Durham, NC 27717

Robert E. Levin

Attorney for the Executor

P.O. Box 51429

Durham, NC 27717

1/19,1/26, 2/2 and 2/9/2023

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 001425

The Undersigned, having qualified as Administrator of the Estate of Stephanie Denise Fullard, late of Durham County, North Carolina, hereby wishes to notify all persons having claims against the Estate of said deceased to exhibit them to the undersigned at the below listed address on or before the 20th day of April 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 19th day of January, 2023.

Latonia Howard

Administrator

548 Beaver Trail

Stone Mountain, GA 30087

1/19,1/26, 2/2 and 2/9/2023

STATE OF NORTH CAROLINA

DURHAM COUNTY

NOTICE TO CREDITORS

ALL PERSONS, firms and corporations having claims against Sarah Huin Lamar, deceased, of Durham County, NC, are notified to exhibit the same to the undersigned on or before April 28, 2023, or this notice will be pleaded in bar of recovery. Debtors of the decedent are asked to make immediate payment.

This the 26th day of January, 2023.

Alexandre Huin

Administrator

c/o Bagwell Holt Smith P.A.

111 Cloister Court

STE 200

Chapel Hill, NC 27514

1/26,2/2,2/9 and 2/16/2023

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 1206

The Undersigned, having qualified as Administratrix of the Estate of Tabbatha Renee Harris Deshazo, 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 27th day of April 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 26th day of January, 2022.

Deborah H. Walker

Administratrix

Classifieds

JOHNSTON COUNTY

STATE OF NORTH CAROLINA
JOHNSTON COUNTY

In The General Court Of Justice
District Court Division
File Number 22CV2317

NOTICE OF SERVICE OF PROCESS BY PUBLICATION

To: HILARIO BENITEZ MEDRANO
Take notice that a pleading seeking relief against you has been filed in the above-entitled action. The nature of the relief being sought is for absolute divorce. You

are required to make a defense to such pleading no later than March 7, 2023 said date being at least forty (40) days from the first publication of this Notice, and upon your failure to do so, the Plaintiff, MARIA SERRANO ARENAS, will apply to the court for the relief sought. This, the 26th day of January, 2023.

Yvonne Armendariz, Esq.
Armendariz Law Office, PLLC
6110 Lake Wheeler Road
Raleigh, NC 27603
Telephone: (919) 656-1524
Yvonne@armendarizlaw.com
1/26, 2/2 and 2/9/2023

King Crossword

Answers

Solution time: 23 mins.

A	L	T	O		E	L	L		M	A	V	S
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Just Like Cats & Dogs by Dave T. Phipps



GRIN & BEAR IT



"Our friend? We thought he was your friend!"

DPS

ADVERTISEMENT FOR BIDS

The North Carolina Department of Public Safety has the following contract in Franklin County out for bid: C-C11520 ACM Abatement and Demolition. The bid opening is scheduled for: Wednesday, 3/01/2023. To obtain the Notice to Bidders, any Pre-Bid Requirements, and any Addenda visit: <https://www.ips.state.nc.us/ips/AGENCY/PDF/15185200.pdf>

DPS

ADVERTISEMENT FOR BIDS

The North Carolina Department of Public Safety has the following contract in Davidson County out for bid: C-C11521 ACM Abatement and Demolition. The bid opening is scheduled for: Thursday, 3/02/2023. To obtain the Notice to Bidders, any Pre-Bid Requirements, and any Addenda visit: <https://www.ips.state.nc.us/ips/AGENCY/PDF/15185000.pdf>

DPS

ADVERTISEMENT FOR BIDS

The North Carolina Department of Public Safety has the following contract in Lenoir County out for bid: C-C11489 Lenoir YDC Retrocommissioning. The bid opening is scheduled for: Monday, 2/14/2023. To obtain the Notice to Bidders, any Pre-Bid Requirements, and any Addenda visit: <https://www.ips.state.nc.us/ips/AGENCY/PDF/15180200.pdf>

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 **Wastewater Lines and Pump Station** project for the Town of Lillington which bids January 31, 2022, at 2:00 PM. Plans and specifications for this project are available at the following locations: TA Loving Company, 400 Patetown Road, Goldsboro, NC 27530 * Town of Lillington; 102 East Front Street; Lillington, NC 27546 * Hiram J. Marziano, P. E.; 130 South Church Street, Suite C; Asheboro, NC 27204.

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

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

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 **Wastewater Treatment Plant Improvements** project for the City of Oxford which bids February 10, 2023, at 10:00 AM. Plans and specifications for this project are available at the following locations: TA Loving Company, 400 Patetown Road, Goldsboro, NC 27530 * City of Oxford, Engineering Department; 300 Williamsboro Street; Oxford, NC 27565 * CDM Smith, Inc.; 5400 Glenwood Avenue, Suite 400; Raleigh, NC 27612.

Potential subcontracting opportunities include but are not limited to surveying, demolition, clearing and grubbing, hauling, earthwork, erosion control, seeding, sodding, landscaping, electrical, dewatering, roofing, roll up doors, insulation, flatwork, CIPC, concrete forms, concrete rebar, and painting. 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.

OFFICE MANAGER POSITION OAK CITY BAPTIST CHURCH

The Position is Part-Time
Tuesday through Friday
Tuesday through Thursday 8 hrs. and Friday 4.50 hrs.

The applicant must be proficient in church or another non-profit fund-based accounting systems and software, specifically Power Church Plus (training is available).

As the Administrative Assistant to the Pastor, the Office Manager must answer the phone and handle calls, greet the public during church business hours, process incoming and outgoing mail, schedule church events on the master calendar, and other duties requested by the Pastor.

The position is a four-day work week with flexible hours, two weeks' vacation, and seven paid holidays. The salary is negotiable.

Interested applicants should submit a resume to the Pastor of Oak City Baptist Church.

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 **Cary-Apex WTF Filter Media Replacement** project for the Town of Cary which bids January 31, 2023, at 3:00 PM. Plans and specifications for this project are available at the following locations: TA Loving Company, 400 Patetown Road, Goldsboro, NC 27530.

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.

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 **Wendell Falls Force Main Nos. 1 and 2** project for Nash Wendell Falls, LLC which bids January 31, 2022, at 2:00 PM. Plans and specifications for this project are available at the following locations: TA Loving Company, 400 Patetown Road, Goldsboro, NC 27530 * Nash Wendell Falls, LLC; 4020 Westchase Boulevard, Suite 150; Raleigh, NC 27607 * McKim and Creed, Inc.; 1730 Varsity Drive; Venture IV Building, Suite 500; Raleigh, NC 27606.

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

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 **February 21, 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.

February 21, 2023
(C204782) NORTHAMPTON, HERTFORD; (C204462) DURHAM, WAKE; (C204772) ROBESON; (C204846) MONTGOMERY; (C204849) RANDOLPH; (C204858) RANDOLPH; (C204848) CATAWBA; (C204847) IREDELL; (C204488) CHEROKEE; (C204774) SWAIN

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

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Sports

Pressuring Young Athletes To Perform Well Does Them Harm

By Eva V Monsma

Univ of South Carolina

When Buffalo Bills player Damar Hamlin collapsed during a Jan. 3, 2023, NFL football game, much of the public attention was on the pressures athletes face to perform despite the perils they face on the field.

However, as a scholar who specializes in youth sports, I have found that this pressure often begins well before a player enters the pros – often very early in a young athlete's life. And sometimes the biggest forces behind this pressure are coaches, peers and parents.

Here are five ways young athletes experience unhealthy pressure, and what those influences do to their minds and bodies.

1. Harsh criticism

Coaches who belittle athletes, yell and emphasize winning over personal improvement use what is known as a “controlling style” of coaching. Rather than provide information and feedback about technique, tactics and attitude, controlling-style coaches tend to communicate objections to obvious mistakes and personal insults during crucial moments.

This style of coaching shifts athletes' attention away from their abilities and toward mistakes, a win-at-all-costs attitude, unethical behavior, injury and burnout. Many athletes value their coaches' perceptions more than their own self-perceptions.



When coaches focus on the negative, they influence their athletes to do the same. But it's much more effective to tell athletes what they should do with concrete specifics, like “push the ground away” or “aim for the rim.”

Often, these sorts of old-school controlling-style coaches use methods that were used on them

as young people, despite years of research showing such methods are dangerous. For instance, it is now known that punishing athletes with physical activity – running so-called “suicide” sprints, staying late to run laps, and dropping for 20 pushups – does more harm than good. Expending energy randomly at the end of practice increases

the likelihood of fatigue and injury.

2. Peer pressure and influence
Peers also follow the behavior they see from coaches.

Athletes who perform well in matches and within-team scrimmages find acceptance and opportunities for meaningful connections with their teammates. For many athletes, making friendships outside of sport is challenging, especially in collegiate athletics.

But teammates who observe and repeat ridicule, bullying and exclusion can create conflicts with other team members. As a result, their fellow athletes may approach practice not seeking to master skills, test abilities and make friends but rather to avoid conflict and targeting. Those mental and emotional distractions break their performance focus and consistency.

Coaches and players who focus on athletes' looks and weight – often in aesthetic or weight-restricted sports like gymnastics and wrestling – contribute to a culture of body shaming that values athletes' physical attributes rather than what their bodies can accomplish. Athletes who think that

others want them to be smaller or bigger than they are can experience anxiety, depression and eating disorders. Expectations like participating in public weigh-ins, avoiding sweets and wearing revealing competitive uniforms are common in upper echelons of sports like cheerleading.

3. Parental expectations
The effects of competition begin long before the start of a season, game or match. How kids feel about themselves in sports, especially after a loss, is often linked to how parents view, value and teach competition.

When parents pay their kids for scoring points or winning the game, they turn their kids into selfish teammates and decrease their long-term motivation. Of course, most parents can't continue opening their wallets forever, and even students who earn scholarships to college tend to lose their motivation when they're paid for performance.

Parents can behave badly when they are looking for external signals of their children's achievements, like championship trophies, selection for elite teams, scholarships, endorsements and, now, name-image-likeness deals, in which student-athletes can earn money from product endorsements and advertising appearances. But those goals can conflict with children's natural motives in sports – including to demonstrate competence, make decisions and be with friends.

When kids sense their parents' shift over expectations, they stress their ideals and become more prone to perfectionism, burnout, anxiety and depression and eating disorders.

4. Early specialization
Parents push their kids into year-round intensive training in a single sport as early as age 7. Overuse injuries, psychological stress and burnout are well-documented consequences of specializing before 12. But is this necessary? Super-early training isn't really helpful for sports whose athletes tend to peak later in life, like marathon runners, for example.

Transitioning to higher levels of play during adolescence strengthens athletic identity as training expectations expand to diet and exercise. To conform, athletes

may begin using anabolic steroids, overtraining, playing through injury and restricting their diets. Encouraging a healthy diet for training purposes can translate to compulsive ingredient checking, food planning, restricted eating and other symptoms of a relatively new eating disorder: orthorexia nervosa.

Trying out various sports while young helps athletes discover what they enjoy most, and which activities work well for their body types.

5. Overtraining
Overuse injuries like “Little League elbow” and Osgood-Schlatter disease, a cause of knee pain, are becoming more common. American high school athletes who specialize in just one sport are 50% more likely to experience an injury from overuse than people who play multiple sports – and athletes who focus on two sports are 85% more likely. High-pressure environments that expect athletes to endure injuries can lead to long-term conditions like arthritis and tendonitis.

In such sports as football, boxing and mixed martial arts, the culture even rewards injuries and risk-taking. But when an injury forces an athlete into an early and unexpected retirement, coping with the transition is tough. Identity loss and purpose can exacerbate mental illness and even increase the risk of domestic violence, particularly when the injury involves mild traumatic brain injuries.

Witnessing sports-related injuries – just as the millions of NFL fans who watched Hamlin did – has consequences for observers, too, such as psychological trauma. Symptoms, which can include intrusive thoughts linked to the injury, nightmares and anxiety, can last from a single day to more than a month. The situation can even escalate to post-traumatic stress disorder. In the coming weeks, teammates who witnessed Hamlin's collapse may be up to 25% more likely to develop symptoms of psychological trauma than the rest of us.

That's something to keep in mind as people watch and cheer young athletes to run faster, jump higher or score more points. The question becomes: At what expense?

A&T Welcomes A New Coach

By Tyria McCray

Staff Writer

A native of Atlanta, Ga., who became a 1988 second-round draft pick of the New England Patriots and a three-time All-Pro linebacker, is now the new head coach of the North Carolina Agricultural and Technical State University football team.

Vincent Brown has spent the past four seasons as William & Mary's associate head coach, defensive coordinator and linebackers coach. In 2022, the Tribe went 11–2 overall and 7–1 in the Colonial Athletic Association (CAA). The Tribe won a share of the regular-season title and reached the NCAA Division I-FCS playoff quarterfinals.

North Carolina A&T Director of Athletics Earl M. Hilton III spoke with *The Carolinian* on Brown's appointment.

“When going down the list of

things we were looking for in a head coach as North Carolina A&T football enters the Colonial Athletic Association and Brown checked all the boxes. He will be an excellent fit for our university, our athletics department and the young men he leads,” Hilton said.

“Coach Brown has an understanding of what it takes to win in the Colonial. He has an extensive and proud history with HBCUs and played and coached on the NFL level.

“North Carolina A&T football has always been about greatness and competing for championships. We expect that winning tradition will continue with Coach Brown's experience. Brown becomes the 22nd head coach in program history.”

During a press conference recently, Brown shared, “I am humbled and honored to be in this position to lead this program. Thank you to Chancellor (Harold L. Mar-

tin) and athletics director Hilton and all those involved in the search process for entrusting the future of these young men into our hands. Thank you to my lovely wife, Chandra and our children; this would not be possible without you. I love you. Thank you to the wonderful coaches that have impacted my life over the years, especially Al Groh, Bill Parcels and Mike London. Thank you for your guidance.

A&T football program's main goal is to be excellent and operate within the core values of the university. They will continue to excel in the classroom, community and on the field, while consistently competing for championships.

“The program will be run with passion, purpose and integrity so the faculty, staff, students and alumni can shout Aggie Pride and know that we will represent them well,” said Brown.

Brown has also made Division I collegiate coaching stops at Howard University (2017–18), UConn (2014–16), the University of Virginia (2010–13) and the University of Richmond (2008–09).

In addition, he served as a graduate assistant at UVa., in 2007 after serving as the Dallas Cowboys inside linebackers coach in 2006.

His previous coaching experience includes a four-year stint as an assistant coach at Meadowcreek High School near Atlanta. At the same time, he was also the school's assistant athletics director for one year.



NCCU Posts Eight Top-Five At Liberty

LYNCHBURG, Va. – North Carolina Central University indoor track & field posted eight top-five performances with two meet record victories at the Brant Tolsma Invitational, hosted by Liberty University on Friday and Saturday in Lynchburg, Virginia.

NCCU senior Micah Fulton tied the meet record with a personal-best distance of 12.15 meters (39-10.5) to win the women's triple jump.

Freshman Lamont Victoria, who won the men's high jump with a leap of 2.13m a week ago in his first college meet, earned another victory by clearing 2.15m (7-0.5) to break the meet record. The height ties last year's MEAC champion Marvin

Jones for the second-best high jump during NCCU's Division I era, trailing only another MEAC champion Willie Calvin's 2.16m in 2012.

Runner-up performances were achieved by freshman Laila Jackson in the women's 800m run (2:15.49) and senior Donnell Carter in the men's 400m dash (48.26).

Among NCCU's other top efforts, junior Joidon Boddie placed third in the women's triple jump (12.02m), sophomore Victoria Swepson finished fourth in the women's 1000m run (2:57.49), and freshmen Tia Lucas and Amaya Millner tied for fifth in the women's high jump (1.57m).

The Eagles return to action

on Feb. 5 at the Richard Drake Invitational, hosted by Virginia Wesleyan University in Virginia Beach.

NCCU Top-5 Results
 • Women's 800-meter run
 Laila Jackson (2nd) 2:15.49
 • Women's 1000-meter run
 Victoria Swepson (4th) 2:57.49
 • Women's High Jump
 Tia Lucas (5th) 1.57m
 Amaya Millner (5th) 1.57m
 • Women's Triple Jump
 Micah Fulton (1st) 12.15m (ties meet record)
 Joidon Boddie (3rd) 12.02m
 • Men's 400-meter dash
 Donnell Carter (2nd) 48.26
 • Men's High Jump
 Lamont Victoria (1st) 2.15m (meet record)



WON'T BE DENIED—St. Augustine's Bre'cha Byrd (21) drives to the basket against Clafin's Nya Morris (1) during the first half. St. Augustine's and Clafin met in a regular season CIAA contest in Raleigh on January 21. St. Augustine's held on for a 68-65 victory.



A HARD FOUGHT BATTLE—St. Augustine's Jaylen Richard (0) drives to the basket against Clafin's Bryson Dennis (0) during the first half. St. Augustine's and Clafin met in a regular season CIAA contest in Raleigh on January 21. Clafin held on for the 56-51 victory.

