



The Women Who Stood With MLK, Jr.

By Vicki Crawford
Morehouse College

Coretta Scott King is often remembered as a devoted wife and mother, yet she was also a committed activist in her own right. She was deeply involved with social justice causes before she met and married Martin Luther King Jr., and long after his death.

Scott King served with civil rights groups throughout her time as a student at Antioch College and the New England Conservatory of Music. Shortly after she and King married in 1953, the couple returned to the South, where they lent their support to local and regional organizations such as the NAACP and the Montgomery Improvement Association.

They also supported the Women's Political Council, an organization founded by female African American professors at Alabama State University that facilitated voter education and registration, and also protested discrimination on city buses. These local leadership efforts paved the way for widespread support of Rosa Parks' resistance to segregation on public busing.

Following her husband's assassination in 1968, Scott King devoted her life to institutionalizing his philosophy and practice of nonviolence. She established the King Center for Nonviolent Social Change, led a march of sanitation workers in Memphis and joined efforts to organize the Poor People's Campaign. A longtime advocate of workers rights, she also supported a 1969 hospital workers' strike in South Carolina, delivering stirring speeches against the treatment of African American staff.

Scott King's commitment to nonviolence went beyond civil rights at home. During the 1960s, she became involved in peace and anti-war efforts such as the Women's Strike for Peace and opposed the escalating war in Vietnam. By the 1980s, she had joined protests against South African apartheid, and before her death in 2006, she spoke out in favor of LGBT rights – capping a lifetime of activism against injustice and inequalities.

While Scott King's support and ideas were particularly influential, many other women played es-

sential roles in the success of the civil rights movement.

Take the most iconic moment of the civil rights struggle, in many Americans' minds: the Aug. 28, 1963, March on Washington for Jobs and Freedom, at which King delivered his landmark "I Have a Dream" speech on the steps of the Lincoln Memorial.

As the 60th anniversary of the march approaches, it is critical to recognize the activism of women from all walks of life who helped to strategize and organize one of the country's most massive political demonstrations of the 20th century. Yet historical accounts overwhelmingly highlight the march's male leadership. With the exception of Daisy Bates, an activist who read a short tribute, no women were invited to deliver formal speeches.

Women were among the key organizers of the march, however, and helped recruit thousands of participants. Dorothy Height, president of the National Council of Negro Women, was often the lone woman at the table of leaders representing national organizations. Anna Arnold Hedgeman, who also served on the planning committee, was another strong advocate for labor issues, anti-poverty efforts and women's rights.

Photographs of the march show women attended in large numbers, yet few historical accounts adequately credit women for their leadership and support. Civil rights activist, lawyer and Episcopalian priest Pauli Murray, among others, called for a gathering of women to address this and other instances of discrimination a few days later.

African American women led and served in all the major campaigns, working as field secretaries, attorneys, plaintiffs, organizers and educators, to name just a few roles. So

why did early historical accounts of the movement neglect their stories?

There were women propelling national civil rights organizations and among King's closest advisers. Septima Clark, for example, was a seasoned educator whose strong organizing skills played a consequential role in voter registration, literacy training and citizenship education. Dorothy Cotton was a member of the inner circle of the Southern Christian Leadership Conference, of which King was president, and was involved in literacy training and teaching nonviolent resistance.

Yet women's organizing during the 1950s and 1960s is most evident at local and regional levels, particularly in some of the most perilous communities across the deep South. Since the 1930s, Amelia Boynton Robinson of Dallas County, Alabama, and her family had been fighting for voting rights, laying the groundwork for the struggle to end voter suppression that continues to the present. She was also key in planning the 50-mile Selma-to-Montgomery march in 1965. Images of the violence that marchers endured – particularly on the day that came to be known as Bloody Sunday – shocked the nation and eventually contributed to the passage of the landmark Voting Rights Act of 1965.

Or take Mississippi, where there would not have been a sustained movement without women's activism. Some names have become well known, like Fannie Lou Hamer, but others deserve to be.

Two rural activists, Victoria Gray and Annie Devine, joined Hamer as representatives to the

Mississippi Freedom Democratic Party, a parallel political party that challenged the state's all-white representatives at the 1964 Democratic Convention. A year later, the three women represented the party in a challenge to block the state's congressmen from taking their seats, given ongoing disenfranchisement of Black voters. Though the congressional challenge failed, the activism was a symbolic victory, serving note to the nation that Black Mississippians were no longer willing to accept centuries-old oppression.

Many African American women were out-front organizers for civil rights. But it is no less important to remember those who assumed less visible, but indispensable, roles behind the scenes, sustaining the movement over time.



Why You Should Start Saving Money

According to Bankrate, more than half of Americans are behind in saving for retirement, and 21 percent of Americans aren't saving at all.

The importance of saving money is rarely disputed. Saving is one of the most basic (and most repeated) bits of financial advice out there. Despite the importance of saving money, many of us aren't following through on that tip. When it comes to doing the right thing financially, just knowing you should save isn't enough.

And that makes sense. It's tough to do something consistently without understanding why you should save money and put in all that effort in the first place. After all, saving money takes discipline and a certain amount of sacrifice.

Knowing the reasons to save money can be critical if you want to stick with a savings plan for the long term. If you need help understanding the importance of saving money, consider these key reasons why you should save money now:

1. Saving can give you freedom

It can be tough to allocate some of your cash to a savings account if you don't have a set

goal for that money. Why save for later when you can spend on what you want today, right? But among the many reasons to save money is that even if you don't know exactly what you're saving for right now, you'll likely find something you want to save for in the future. A new car, a new home, a child's education... the possibilities are endless. Plus, it's critical to have some cash set aside for emergencies and unexpected expenses as they come up.

"It has nothing to do with the money and everything to do with giving yourself flexibility and

choice in your life," says Eric Roberge, CFP® and founder of a financial planning firm that specializes in giving financial advice to people in their 30s.

"When you have money available in the bank you can do what you want without stress," he says. If you're wondering why you should save money, imagine giving yourself freedom to choose what you want to do, rather than feeling stuck in a particular situation or position because you rely on the paycheck.

How much you should save

(See **SAVE MONEY**, P. 2)



Banning Together And Buying A Bank

By Gabrielle Saulsbery
BankingDive

Since the turn of the century, America's Black-owned banks have taken a tumble. Black-owned banks insured by the Federal Deposit Insurance Corp. numbered 47 in 2002, but by last year, that figure fell to 16, accounting for less than 0.03% of assets at all FDIC-insured financial institutions.

A group of Black investors, led by a former White House adviser and the daughter of Dr. Martin Luther King Jr., is creating a new one — through acquisition.

Redemption Holding Co. announced Tuesday its plan to purchase Holladay Bank and Trust, a one-branch community bank that has served the Salt Lake City area for 48 years.

Pending federal regulatory approval, RHC would become the only Black-owned bank serving the Mountain West, and it would mark the first time an existing U.S. commercial bank would become a Black-owned minority depository institution through acquisition.

"Black banks make the Ameri-

can dream possible for all Americans by deploying resources that uniquely address the financial realities of communities that have been systematically excluded, overcharged and undercapitalized for hundreds of years," said Ashley D. Bell, a former White House policy adviser for entrepreneurship and Small Business Administration regional administrator who will serve as RHC's CEO.

"Redemption will serve as a lifeline to the next wave of Black and Brown first-time home buyers and small business entrepreneurs across the country," Bell said.

Dr. Bernice A. King will be RHC's senior vice president of corporate strategy and alliances, and serve on the bank's board alongside Dhani Jones, a former NFL linebacker and the bank's director and co-founder.

Bell and King founded the National Black Bank Foundation three years ago, and it has since driven \$600 million of deal flow into Black-owned banks. Historically, Black-owned banks have served small businesses, nonprofits and homebuyers, with

a focus on predominantly Black communities, the Urban Institute said in a report.

Between 2007 and 2013, for example, the number of mortgages originated by Black-owned banks for Black borrowers increased 57%, bucking a national trend that found a 69% drop in mortgage lending to Black borrowers.

Michael Neal, senior research associate at the Urban Institute, told CNBC last year that the dwindling of Black-owned banks in part aligns with a broader trend in the banking sector.

"We're seeing the number of banks overall declining and assets being concentrated, particularly in your larger global and more complex financial institutions," Neal said.

Mehrsa Baradaran, a banking law professor at the University of California at Irvine, provided further color on the challenges of Black-owned banks, "Whatever the struggles are of the community, the banks have the same struggle because they're enmeshed in that community," Baradaran told CNBC. "They cannot change it unless the community itself has more

wealth and has more access, and we have less discrimination as a society."

Holladay Bank and Trust counted \$68 million in assets and \$56 million in deposits as of Dec. 31. RHC plans to increase the products offered at Holladay with a planned launch of a full-service digital banking platform, SBA loans, and mortgage origination offered in partnership with other national banks.

Current management and staff will remain once the deal is closed, according to RHC.

In his final public address on April 3, 1968, Bernice King's father implored Black Americans to move their money to Black-owned banks in advocacy of what he called "a bank-in movement."

"More than half a century of struggle and incremental progress later, we're making good on daddy's call to bank-in by creating new centers of opportunity for people of color, starting with this Black-led bank acquisition," she said. "Redemption is just that: delivering families from the cycle of unjust financial exclusion and intergenerational poverty."



FINALLY GETTING HIS FLOWERS— In a March 3 ceremony at Bethel Baptist Missionary Church in Tallahassee, FL, the surviving family members of Leslie James Jones were presented with the Congressional Gold Medal and a proclamation in honor of Jones' service in the Marine Corps. In attendance were Jones' widow, Margaret Brock Jones Colson, and 6 of his children.

Pictured above are Jones' widow, along with Richard 'Spike' Jones who is one of Jones' sons, and Jones' grandson who is also a Marine.

The Montford Point Marines were the first 20,000 African Americans who were allowed to enlist in the U.S. Marine Corps starting in 1942. *Read more on page 7*

Toni Morrison Honored With New Stamp, Unveiled At Princeton

PRINCETON, N.J. (AP) — Nobel laureate Toni Morrison is now forever immortalized on a stamp honoring the prolific writer, editor, scholar and mentor that was unveiled Tuesday morning in a tribute at Princeton University, where she

taught for almost two decades. Guest speakers, some who had close personal relationships with Morrison and spoke over Zoom, included former President Barack Obama, Michelle Obama and Oprah Winfrey, as well as the Librarian of Con-

gress, Carla Hayden.

The monthslong series of events are paying tribute to Morrison, who died in 2019 at age 88. The tribute opened with a recording of Morrison's voice playing in the auditorium, reciting a passage on Harlem from her 1992 novel "Jazz": "Nobody says it's pretty here; nobody says it's easy either. What it is is decisive, and if you pay attention to the street plans, all laid out, the City can't hurt you."

Later, an all-Black acapella group sang the popular hymn "Lift Every Voice and Sing," which is known as the Black national anthem.

The dedication was made by Michael Cadden, a longtime Princeton lecturer who co-taught courses with Morrison, and formerly served as chair of the Lewis Center of the Arts.

Cadden introduced Pritha Mehra, the chief information officer and executive vice president of the United States Postal Service, who said that the postal service is proud to commemorate Morrison.

"Our new stamp will be seen by millions, and forever remind us of the power of her words and the ideas she brought to the world," Mehra said.

Photographer Deborah Feingold, whose portrait of Morri-



son taken for Time magazine's Jan. 19, 1998 cover appears on the stamp, also spoke at the event.

Morrison's son, Ford Harrison, and his family were also in attendance Tuesday.

"Anyone who was lucky enough to meet (Morrison),

knows that she was just as captivating in person as she was on the page," said Ruha Benjamin, a professor of African American studies who read a letter written by the Obamas. "We hope that this postage stamp would make her smile, that she would love the idea of help-

ing us connect through writing once again," she said.

"Toni may no longer be with us, but we know that her words will endure — challenging our conscience and calling us to greater empathy," Benjamin said.

In 1993, Morrison became the first Black woman to win the Nobel Prize for Literature.

Winfrey talked about starting her book club in 1996 with Morrison's novel from the same year "Song of Solomon" in mind. "Over the years, I selected four of Toni Morrison's books to read as a community more than any other author," she said Tuesday in a pre-recorded video.

Winfrey has recalled that when Morrison made her first appearance on "The Oprah Show," she talked about raising her boys as a single mother and left many in the audience moved. "I shared with her that, 'Ms. Morrison, sometimes your books are challenging and difficult for some people to read.' And she said, 'Well think about how difficult they are to write,'" Winfrey said.

"But difficult or not, what she was able to do through her words (is) bring people from all over the country and the world together in an entirely new experience," Winfrey continued.

American Idol' Contestant Who Learned To Sing Again After Near-death Car Wreck

TODAY—The inspiring story and breathtaking voice of a new "American Idol" contestant has even sent Lionel Richie into tears.

In an audition clip shared on the "American Idol" YouTube channel March 2, Elijah McCormick from Raeford, North Carolina, told judges Richie, Katy Perry and Luke Bryan that he had been singing since age 6 but "really fell in love" with singing in high school, just before a severe car accident uprooted his life.

"June 8, 2019 is when (the car accident) happened," he explained in a prerecorded video. "I walked the stage and it happened two or three hours after

graduation. The last thing I remember is dropping my friend off at her house and I was only a mile away from home."

The singer flatlined a total of nine times after the crash happened, both while being airlifted to the hospital and again while undergoing surgery on the operating table.

His mother, Tessauna, made an appearance in the video as well, saying, "(I) really don't know where I would be if he hadn't made it."

McCormick was in the hospital recovering for 79 days, having about 10 surgeries, including open heart procedures and dialysis.

"I'm just thankful to be here honestly, so thankful for the guardian angels that were around me that day," he said.

Even through the scariest of times, McCormick expressed that getting back to singing was top of mind.

"I remember the first time he was able to talk," Tessauna recalled. "His first question to me was, 'Momma, can I still sing?' And so he tried to sing a song."

Given another chance at life, the 21-year-old said he "was not supposed to be here," adding that he plans to now fulfill his purpose and give his "American Idol" audition all he's got.

As he began his rendition of "Bless the Broken Road" by Ras-



cal Flatts, the judges started to look around as if already preparing for an emotional journey.

McCormick's smooth voice quickly filled the room, as he showed off an impressive range and tone with several vocal runs. Continuing to listen attentively, Richie wiped tears from his eyes

and leaned back in his chair to take a deep breath.

At the end of the performance, Richie gave the singer a standing ovation and walked over to personally give McCormick a hug, as did Perry and Bryan.

The judges then compared his singing to the late Willie Spence, a former "American Idol" star on Season 19 who died in a car crash in October 2022.

"That's what got me," Richie said when Bryan brought up the comparison.

"I mean you hit one of those notes and I thought of Willie, and from then on I couldn't recover," Richie said, wiping his eyes. "I was trying to look very dignified, and then you beat me up some more. But let me tell you this, God brought you back nine times for you to do something amazing. I'm so glad you're here with us and that was just one of those moments in my life I will never forget."

"Oh man," McCormick reacted, appearing to also start getting emotional.

"Elijah, do you understand that this is the beginning of your story?" Perry asked.

Perry wondered why he chose "American Idol" as the next step in his journey, and McCormick revealed that his mom actually signed him up to try out before the accident.

"Before my accident, I had my ID number and everything," he added.

The judges then asked McCormick to bring in his mom, who came with him to the audition.

Standing beside her son, Richie addressed her: "Momma, let me just say to you, your son, when he opens his mouth, is divine. God brought him back for a reason. There is a purpose in his life and it starts right on that oval."

Richie referred to McCormick as the "golden child," which McCormick then revealed was his nickname at the hospital because his hair was "gold at the time," to which Richie and Perry got out of their seats in shock.

The event that followed was almost a given: McCormick got a "yes" from all three judges, sending him straight to Hollywood to continue his journey on "American Idol."

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Business & Finance

Pactiv Evergreen To Close Canton, NC, Pulp & Paper Mill

Pactiv Evergreen on March 6 announced plans to take significant restructuring actions related to its Beverage Merchandising operations. The Company expects to close its Canton, North Carolina mill and its converting facility in Olmsted Falls, Ohio with operations at both facilities expected to end during the second quarter of 2023.

Pactiv Evergreen did not disclose the production capacity of the Canton mill, however Beth Kelly, Director, Communications, told PaperAge the mill has four paper machines.

Production from the Olmsted Falls facility will be reallocated to other sites, Pactiv Evergreen said.

The company also continues to explore strategic alternatives for its Pine Bluff, Arkansas, mill and Waynesville, North Carolina, facility. The Company has not set a timetable in relation to this process.

In addition, Pactiv Evergreen plans to reorganize its management structure by combining the Beverage Merchandising and Food Merchandising businesses effective April 1, 2023.

“As we continue to confront a challenging market environment for our Beverage Merchandising business, we are faced with these difficult decisions that directly impact our employees,” said Michael King, President and Chief Executive Officer of Pactiv Evergreen. “We assess all changes to the business with considerable thought for our employees, customers, shareholders and communities, and do not take these decisions lightly. We remain committed to doing what’s right, treating everyone with respect, and delivering on all of our commitments to our people, customers, shareholders and the communities where we operate.”

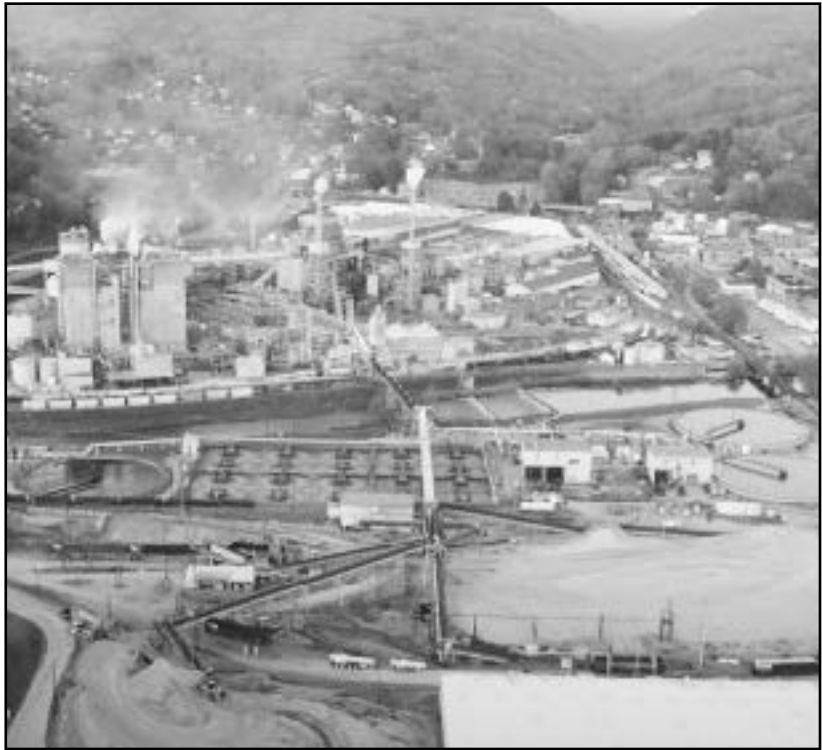
Approximately 1,300 positions will be eliminated as a result of these actions. Pactiv Evergreen said it will provide outplacement assistance and severance to impacted employees, consistent with its policy and labor union agreements.

As a result of the closures and change in management structure, Pactiv Evergreen expects to incur non-cash charges in the range of \$310 million to \$330 million primarily during 2023 related to the acceleration of depreciation of plant and equipment and other asset impairments. The company also expects to incur and pay cash charges in the range of \$130 million to \$185 million primarily during 2023 and 2024 related to severance and associated benefits and exit and disposal and other transition costs.

Pactiv Evergreen noted, “All the above estimates are provisional and include significant

management judgments and assumptions that could change materially as we execute our plans. Actual results may differ from these estimates, and the execution of our plan could result in additional restructuring charges or impairments not reflected above.”

Mr. King, concluded, “The strategic actions we are announcing today will reduce our capital expenditures and overhead costs. We expect these proactive steps to position us to remain competitive in the liquid packaging market and gain additional synergies from the further integration of our businesses. We are targeting an annualized reduction in our costs of approximately \$30 million and a reduction of approximately \$50 million in capital expenditures, with full annualized run rate of these benefits expected to be realized beginning in 2024.”



What To Do If You Are Concerned You Might Be Laid Off

NEW YORK (AP) — The job market in the U.S. remains strong overall, but recent high-profile layoffs at technology and media companies and predictions of a recession later this year may have you thinking about job security.

If you're worried you could be laid off — or if you've lost your job — here are recommendations from experts:

IF YOU ARE CONCERNED YOU MAY BE LAID OFF, START SAVING

It's crucial to start building an emergency fund even when you feel secure at your job but especially if you think you might lose it.

You might not be able to save enough to cover the whole time you'll be out of work, but even a small amount can reduce your stress.

When you start thinking about saving, Jesse Mecham, founder of the money management app YNAB, recommends that you ask yourself this question: What do I

want my money to do?

Maybe a year ago, you wanted to save for a large trip abroad, while now you want to have money in case you are out of work for six months.

People “would have a very different answer now than they might have had a year ago when they thought that their job was extremely secure,” Mecham said.

If you are aggressively paying off debt and it's affecting your ability to save, Mecham recommends slowing down payments. You should still make at least the minimum payment, but you might want to consider temporarily using any money you're been paying over that to build an extra cash cushion so you have money available should you need it. It's also crucial to avoid getting into further debt, Mecham said.

UPDATE YOUR RESUME

It's always a good idea to keep your resume up to date but, most importantly, keep it customizable

for several jobs, said Scott Dobrosky, career trends expert for Indeed. You can do this by leaving space in your resume to include keywords that are specific to the job you are applying for.

Jobs might require slightly different skills if you are planning to stay in the same industry or completely different skills if you move to another field. If you keep your resume updated and customizable, it could make things easier when you need to move on.

Anna Gallo, 33, a tech worker from Middletown, Connecticut, who was recently laid off, found updating her resume was more emotional than she expected.

“Updating my resume after not looking at it since I got my job was surprisingly sad. I had to take time and respect that sadness and wait until I was feeling better so I could do it,” Gallo said.

Gallo now recommends keeping your resume updated even if you don't expect to be looking for

work soon.

ACTIVATE YOUR NETWORK

Tapping into connections in your industry now is a good idea, said career coach Marlo Lyons. Talking with your friends about possible job openings elsewhere could give you a head start.

UPSKILL

Gaining new skills and adding certifications or courses to your resume can be a good way to move up in your current job. If you think you might have to go somewhere else, look for the skills that will make you a stronger candidate, Lyons said. Whether it's taking a free online course or signing up to get a specific license, upskilling your resume will have positive impacts whether you stay in your current job or have to look for another one.

Popular course websites include Coursera and edX, which offer courses and certifications from universities around the country. They offer some of the courses for free.

IF YOU HAVE BEEN LAID OFF PRIORITIZE YOUR MENTAL HEALTH

Your mental health can be heavily affected after a job loss. Take a breath and let yourself feel the emotions. Prioritizing your mental health will allow you to approach your job search in a better way, Dobrosky said.

For Gallo, putting her mental health first meant that she gave herself a couple of days to feel sad.

“I think everybody needs that time after losing a job. I'm feeling better, even though I'm still extremely disappointed that this is how things turned out,” Gallo said.

MAINTAIN A ROUTINE

Keeping some structure in your day will help you with your mental health and with the right cadence of applying to jobs, Mecham said.

Planning your days so they include eating at your usual time, working out or going for a walk and applying for jobs for a cer-

tain amount of hours will keep you grounded, he said. Lyons recommends designating a time during the day to start and end applying for jobs.

“Do not over-exhaust yourself with applying to jobs,” Lyons said. “Take time to do activities that make you feel good.”

For Gallo, this has meant getting up, making breakfast, taking a long shower and using her fancy soap, and after her usual work hours, going for walks and still hanging out with her friends.

“I'm trying to not let the fact that I'm not working from nine to five, change what I'm doing with the rest of my day too much,” she said.

CHECK YOUR BENEFITS

It's crucial that you understand your compensation package and save any documentation that you need to understand your benefits after you've been laid off. Some especially important things to know are your health insurance and dental benefits, Dobrosky said.

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Mississippi Senate OKs Bill Affecting Majority-Black City

JACKSON, Miss. (AP) — The majority-white and Republican-led Mississippi Senate voted Tuesday to pass its version of a bill that would allow an expanded role for state police and appointed judges inside the majority-Black capital city of Jackson, which is led by Democrats.

“It is vastly improved from where it started, but it is still a snake,” Democratic Sen. John Horhn of Jackson said of the bill during Tuesday’s debate.

Critics say that in a state where older African Americans still remember the struggle to gain access to the ballot decades ago, the bill is a pater-

nalistic attempt to intrude on local decision-making and voting rights in the capital, which has the highest percentage of Black residents of any major U.S. city.

The Mississippi House — which is also majority-white and Republican-led — passed the first version of the bill last month. The House version would have created two permanent new courts inside Jackson with judges appointed by the Mississippi Supreme Court chief justice. The current justice is a conservative white man.

Jackson Mayor Chokwe Antar Lumumba, who is Black,

said the proposal reminds him of apartheid.

The Senate voted 34-15 to pass its revised version of the bill Tuesday, with Republicans in favor and Democrats opposed.

Supporters of the bill say they are trying to improve public safety in Jackson, which has had more than 100 homicides during each of the past three years.

“We all know the nation is watching. They have been,” Republican Sen. Brice Wiggins of Pascagoula said before Tuesday’s Senate vote. “And with this bill, we are standing up for the citizens of Jackson and for our state capital.”

The bill returns to the House, which could accept the Senate changes or seek final negotiations in the next few weeks.

Republican Gov. Tate Reeves has decried crime in Jackson but has not said whether he would sign the bill if it lands on his desk.

The Senate version removed the permanent new courts. Instead, it would allow the chief justice to appoint one judge to work within the existing court system through December 2026.

Hinds County, which is home to Jackson, currently has four elected circuit court judges

who handle criminal and civil cases. Mississippi is already spending some of its federal COVID-19 relief money to pay for four appointed judges to temporarily help the elected judges in Hinds County with a backlog of cases that developed when courts were closed because of the pandemic. The Senate version of the bill would add a fifth appointed temporary judge.

The Senate version also would authorize the state-run Capitol Police to patrol the entire city of Jackson. Currently, Capitol Police officers patrol in downtown and some nearby neighborhoods where state government buildings are located. Officers from the city-run Jackson Police Department patrol the entire city.

The House version of the bill would have expanded Capitol Police territory into affluent parts of Jackson, including shopping areas and predominantly white neighborhoods — but not into the entire city.

Arkela Lewis, whose 25-year-old son Jaylen Lewis was shot to death by Capitol Police last year, told lawmakers Monday that the proposal to expand the territory of the state-run police department terrifies and angers her.

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Health & Wellness

Springing Forward Into Daylight Saving Time Is A Step Back

By Beth Ann Malow

Vanderbilt University

As people in the U.S. prepare to set their clocks ahead one hour on Sunday, March 12, 2023, I find myself bracing for the annual ritual of media stories about the disruptions to daily routines caused by switching from standard time to daylight saving time.

About one-third of Americans say they don't look forward to these twice-yearly time changes. And nearly two-thirds would like to eliminate them completely, compared to 21% who aren't sure and 16% who would like to keep moving their clocks back and forth.

But the effects go beyond simple inconvenience. Researchers are discovering that "springing ahead" each March is connected with serious negative health effects, including an uptick in heart attacks and teen sleep deprivation. In contrast, the fall transition back to standard time is not associated with these health effects, as my co-authors and I noted in a 2020 commentary.

I've studied the pros and cons of these twice-annual rituals for more than five years as a professor of neurology and pediatrics and

the director of Vanderbilt University Medical Center's sleep division. It's become clear to me and many of my colleagues that the transition to daylight saving time each spring affects health immediately after the clock change and also for the nearly eight months that Americans remain on daylight saving time.

Americans are split on whether they prefer permanent daylight saving time or permanent standard time.

However, the two time shifts – jolting as they may be – are not equal. Standard time most closely approximates natural light, with the sun directly overhead at or near noon. In contrast, during daylight saving time from March until November, the clock change resulting from daylight saving time causes natural light to be present one hour later in the morning and one hour later in the evening according to clock time.

Morning light is essential for helping to set the body's natural rhythms: It wakes us up and improves alertness. Morning light also boosts mood – light boxes simulating natural light are prescribed for morning use to treat seasonal affective disorder.



Although the exact reasons why light activates us and benefits our mood are not yet known, this may be due to light's effects on increasing levels of cortisol, a hormone that modulates the stress response or the effect of light on the amygdala, a part of the brain involved in emotions.

Adolescents also may be chronically sleep deprived due to school, sports and social activities. For instance, many children start school around 8 a.m. or earlier. This means that during daylight saving time, many young people get up and travel to school in pitch darkness.

The body of evidence makes a good case for adopting permanent standard time nationwide, as I testified at a March 2022 Congressional hearing and argued in a recent position statement for the

Sleep Research Society. The American Medical Association recently called for permanent standard time. And in late 2022, Mexico adopted permanent standard time, citing benefits to health, productivity and energy savings.

The biggest advantage of daylight saving time is that it provides an extra hour of light in the late afternoon or evening, depending on time of year, for sports, shopping or eating outside. However, exposure to light later into the evening for almost eight months during daylight saving time comes at a price. This extended evening light delays the brain's release of melatonin, the hormone that promotes drowsiness, which in turn interferes with sleep and causes us to sleep less overall.

Because puberty also causes melatonin to be released later at night, meaning that teenagers have a delay in the natural signal that helps them fall asleep, adolescents are particularly susceptible to sleep problems from the extended evening light. This shift in melatonin during puberty lasts

into our 20s.

Geography can also make a difference in how daylight saving time affects people. One study showed that people living on the western edge of a time zone, who get light later in the morning and later in the evening, got less sleep than their counterparts on the eastern edge of a time zone.

This study found that western-edge residents had higher rates of obesity, diabetes, heart disease and breast cancer, as well as lower per capita income and higher health care costs. Other research has found that rates of certain other cancers are higher on the western edge of a time zone.

Scientists believe that these health problems may result from a combination of chronic sleep deprivation and "circadian misalignment." Circadian misalignment refers to a mismatch in timing between our biological rhythms and the outside world. In other words, the timing of daily work, school or sleep routines is based on the clock, rather than on the sun's rise and set.

Medical Tourism Is A Real, And Popular

By Tom Murphy

AP News

The recent kidnapping of four Americans in Mexico highlights a common practice for many people in the U.S.: traveling to other countries for medical care that either is not available at home or costs a lot less.

The four were abducted — leading to the deaths of two — during a trip to Mexico that one relative said was for cosmetic surgery.

People leave the U.S. for dental procedures, plastic surgery, cancer treatments and prescription drugs, experts say. Besides Mexico, other common destinations include Canada, India and Thailand.

Here's a closer look at the practice.

Medical tourism has been growing in popularity for years, according to Lydia Gan, an economist at the University of North Carolina at Pembroke who studies the practice.

This travel is popular with people who have no health insurance or plans that make them pay thousands of dollars before coverage begins.

Big employers also sometimes send people covered by their insurance to other countries for hip or knee replacements or bariatric surgery. Some also send people to Mexico for expensive prescription drugs.

Cost is a huge factor. Care in countries like Mexico can be more than 50% cheaper than it is in the United States, according to Jonathan Edelheit, CEO of the non-profit Medical Tourism Association, an industry trade group.

And cosmetic surgeries, like tummy tucks that cost thousands of dollars, are largely uncovered by U.S. health insurers.

Patients also sometimes travel because they can get quicker access to some care outside the U.S. They also may want to seek treatment from a doctor who speaks their language or comes from the same culture.

The U.S. Centers for Disease Control and Prevention says millions of U.S. residents travel abroad for care annually.

Researcher Arturo Bustamante estimates that roughly 400,000 people traveled from the U.S. to Mexico each year for care before COVID-19 hit. The University of California, Los Angeles health policy professor said the number dropped under pandemic stay-at-home orders but then quickly rebounded.

Most of the people visiting Mexico for care are Mexican or Latino immigrants living in the United States, he said.

Non-Latino patients mainly cross the border for dental work, to buy prescription drugs or receive care like plastic surgery or some cancer treatments not covered in the U.S.

Patients can take steps to lessen risks of receiving care in another country.

They should heed U.S. government travel alerts about their intended destinations, Edelheit said.

Trip safety also can be enhanced if a medical tourism agent works with the patient, Gan noted. Hospitals or care providers often will have someone pick patients up at the airport and take them to their doctor appointment or hotel.

Patients also should do research on care quality before looking at prices, Edelheit said. They should learn where their potential doctor received training and look for any accreditations or certifications.

"They really need to make sure they are going with the best of the best," he said.

The risk for patients may not end after the procedure. If someone has complications after returning home, it may be hard for their U.S. doctor to learn the details about the care received during a trip.

Patients also may find it difficult to sue their doctor or hospital in Mexico, Bustamante said.

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Time To Plant: It All Starts With The Soil

By Jason Lindsay

Staff Writer

The flowering pear trees are white and green, and pollen is accumulating on every outdoor surface. The dogwoods are flowering, and the last frost is approaching. For growers and farmers alike, the season has begun. Many people want to start a garden in the backyard, on the patio, or front porch and don't know where to begin. Well, this, for us all, starts with the soil.

We live in a society in which synthetics are the big dogs. The agriculture sector, landscaping, and lawn and gardening in America have invested in GMO seeds, pesticides, fungicides, and every other "icide" (the act of killing) known to man. For us who are genuinely looking the best health choice without breaking the bank, we must grow for ourselves on one scale or another, and even then, there are some things to look out for.

We are organic beings, and our best food is organic food. In saying "organic," I don't mean USDA certified. Yet, more to the fact, the minerals/energy that exist in the air we breathe and in the ground we walk on is what our body needs to rejuvenate itself as mother nature constantly does.

With much of our environment polluted, we must be intentional with our health and educate and cater to our responsibility to feed our families the best possible. To grow in the cleanest environment possible, we must not patronize synthetic agrochemical companies.

The human body averages a carbon-to-nitrogen (C: N) ratio of 30:1, and leafy greens hold a C: N correlation of 30:1, hint the phrase, "eat your greens." An underlying truth is that your greens must be grown in healthy soil with unmodified seeds.

The number one problem on American farmland is soil depletion. The attempt to remedy

these depletion issues is how agrochemical companies have found their roost. Indeed, growing huge acreages of crops with agrochemicals, but these solutions bring no remedy to the problem in the soil. And when the soil suffers, the plants that hold relationships with the soil suffer, and in return, we suffer.

More chemicals in the food now mean more expensive food. Farmers across the country are being hit with pest issues and erosion issues brought on by storms. Chemical farming fought back by adding more fertilizer, pesticides, and insecticides, costing the farmer more, and in most cases, 30 – 40 percent of the yield is still lost. In all, the food was more expensive to grow, and less made it to harvest.

When pests are eating your plant, it is a sign that your plant is not getting what it needs from the soil to manage its protection from pests.

Plants take in only two things outside the soil: CO₂ (Carbon dioxide) and sunlight. Everything else a plant needs to grow to size, flower, and fruit is obtained through the roots from nutrients found in the soil. And the soil is alive and must be fed.

So, what does soil eat? Answer: organic matter (dead plant debris). Every autumn, we witness trees shed their leaves, blanketing the ground. We watch many plants die; some first spread their seeds, and others kill back their top foliage and reserve their energy within the roots. The leftover organic matter is the food for the microbial life within the soil.

This understanding makes adding compost, vermicompost, or other grass waste manure a must. Over the last century, adding organic matter to the soil has been replaced by NPK(10-10-10) synthetic fertilizers, applied when tilling the bed or field and periodically throughout the growing season with cultivation. This heavy tillage and lack of



Christa Barfield, soil in hand. Photo courtesy FarmerJawn.

adding organic matter has contributed heavily to the nation's depleted conditions, leading to the need for more synthetic additives.

Healthy soil must have soluble nutrients (in a form that the plant can reach and use). Controversy to popular belief, all soils contain more than enough nutrients/ energy to grow a crop. Yet, the more damaged the soil, the less soluble nutrients are available for the plant.

Within these insoluble conditions, the American farmer has been told to add synthetic nutri-

ents because not enough nutrients were there for the crop, but this is placing a paper-cut bandage on a gunshot wound.

Let's make a connection. Everyone associates good food with flavor. Flavor within vegetables (all eatable plants) is a direct correlation to nutrient balance. The more flavorful the crop, the more nutrient content it contains. When you take store-bought tomatoes home, wash and slice them, and you can't smell fresh tomatoes in your immediate vicinity, the nutrients within those tomatoes are lacking. When you eat that tomato and the flavor is faint or absent, so is the nutritional substance.

Now it has become a custom within American cuisine to add obsessive amounts of salt or sugar to give the food more flavor, not knowing it is due to the food not hosting the proper amounts of nutrients. Our crops are not presenting the proper nutritional content because our soils are not being cared for properly. As a direct revolt, the American population is facing comprehensive national health complications. With the way a massive amount of our food is grown, we are starving on full bellies.

There are solutions-based steps to enrich our lives with "nutrient-dense-foods." Adding "biochar" to your bed or field is an ancient way to increase soil fertility. Biochar is a carbon-based amendment that is made from wood coals. Some folk take the ashes from their fireplaces and pits and apply them to their growing space, which is excellent. Commonly known as potash, from which the word potassium derives.

Biochar is a little different, not allowing the fire to consume to ash, yet cooling it as coals which are ground down to a powder (exceptionally bark brown/black in hue). The powder is then incorporated into the bed, row, or field.

Within the soil, biochar retains higher moisture levels by converting chemical properties, increasing the structure of the soil. Biochar increases the pH of the soil while consuming pollutants. It is known for increasing yield and boosting the plant's immune system from the fields of antiquity to the modern day. Biochar can be purchased online or over the counter, or you can make it from your yard waste while roasting marshmallows. And don't forget that a little goes a long way.

When contemplating adding manure to your growing space, consider "vermicompost." This earthworm manure is the "crème de la crème" of manures when it comes to crop fertilization. As a child, my grandmother would give me buckets after it rained

and ask me to pick up the tiny piles of seeming dirt built up by worms that came to the surface with the fresh water. If it were a lot (close to a pint or so), she would pinch off small amounts and apply them at the base of her plants. She would add the remaining to her watering container, stir it well, and irrigate her plants with it. Grandmama swore by this, and the results were evident.

Vermicompost builds the mineral concentration in the plant's leaves, stems, and roots. And remember, high nutrient uptake within the plant means high levels of available nutrients for the consumer. Vermicompost is also readily available through retail and can be produced at home while consuming your food waste.

Now knowing you can make your own soil amenders by cleaning your yard and feeding raw food waste to worms, you can also grow your fertilizer. "Comfrey" is known as a miner. With its deep tap root system, comfrey reaches minerals held deep in the earth that may not be readily available for your crop. Comfrey holds these minerals in its leaves, making the comfrey leaf a concentration of Vitamin A, B1-3, B9, B5, B12, C, and E, boron, iron, sodium, magnesium, manganese, phosphorus, potassium, zinc, copper, calcium, iodine, chromium, and cobalt.

From the leaves, you can make comfrey tea by putting them in a container (trash can, bucket, or bin), preferably with a lid because comfrey tea does not produce a pleasant odor; fill the container with water to the level of the leaves and allow to sit for six weeks. If the lid of the container is air-tight, be sure to open the container periodically, releasing the built-up gases. After week six, remove leftover debris. Comfrey tea must be diluted with water at a 10:1 ratio.

We are responsible for having available healthy sources of chemical-free food, and the resources we need to do it are all around us.

City Of Rocky Mount To Host Into To Community Gardens

Rocky Mount residents are invited to attend an Introduction to Community Gardens from 9 a.m. to 11 a.m. Saturday, March 11, at the historic Booker T. Theater, 170 E. Thomas St.

The session will highlight how community gardens can contribute to the city's overall well-being by bringing people together and promoting sustainability.

"These are an opportunity to give access to fresh, affordable food and to build social economics in our community together," City Councilman Richard Joyner said.

Another benefit is that community gardens can foster a sense of ownership. Sharing knowledge and resources with fellow gardeners also may lead to lifelong friendships and a stronger community.

Saturday's program will focus on the benefits of community gardening, how to get started and current community garden locations. Guest speakers will include Spence Thomas of Edgecombe County Cooperative Extension, Glover Ford of Ford Landscaping and city horticulturalist Matt Sledge.

Solar Powered Tractors Arrive

PRNewswire—Solectrac Electric Tractors, a subsidiary of Ideanomics, will join "Farmers for Climate Action: Rally for Resilience," a grassroots alliance of farmers, farmworkers and farmer allies that will be heading to Washington D.C. during the week of March 6, 2023, with a singular ask for policymakers: make climate change policy a priority in the 2023 Farm Bill.

"Electric tractors are an essential part of addressing the climate crisis and forging a sustainable future for farmers. These tractors can be charged from renewable energy and not only eliminate on-site emissions, but also provide a healthier work environment," said Mani Iyer, CEO of Solectrac, a subsidiary of Ideanomics.

Led by the National Sustainable Agriculture Coalition (NSAC), Farm Aid, and supported by an alliance of organizations, the event aims to bring a mass mobilization of producers to the Capitol, reminiscent of the 1979 Tractorcade. This time, a Solectrac electric tractor will be on display to show that the future of agriculture is here.

The focus of the 3-day event is on the next Farm Bill on the docket for the 118th Congress. Farmers, ranchers, and advocates want legislators to address the severe challenges facing the farming community due to the climate crisis. They are asking that the next Farm Bill explicitly empower farmers to tackle climate change by providing resources, assistance, and incentives that will allow them to lead the way in implementing proven climate solutions. "We want to urge Congress that electrification of agriculture is part of the myriad of solutions that we will need to pursue in order to attain a sustainable food system," said Iyer.

"For countless farmers and



communities across the country, a status quo Farm Bill would miss the mark. Nothing short of bold structural changes – including significant investments in sustainable agriculture and enacting fair pricing policies – will do," said Mike Lavender, NCAS Interim Policy Director. In addition to drawing attention to the economic, social, and environmental dimensions of our climate crisis, farmers will be calling on our nation's politicians to enact policies that promote racial equity and address the history of discrimination against Black, Indigenous, and other communities of color.

The Rally for Resilience will take place from March 6-8, 2023 in Washington D.C., with satellite events scheduled around the country.

Current lead organizational partners include: National Sustainable Agriculture Coalition, Rural Coalition, Federation of Southern Cooperatives, Land Assistance Fund, HEAL Food Alliance, Farm Aid, National Young Farmers Coalition, Food Animal Concerns Trust, Rural Advancement Foundation International USA, Ohio Ecological Food and Farming Association, Land

Stewardship Project, Pasa Sustainable Agriculture, Kiss the Ground, Family Farm Defenders, the Union of Concerned Scientists, American Agricultural Movement, American Sustainable Business Network, Certified Naturally Grown, Organic Seed Alliance, EarthJustice, and Women, Food and Agriculture Network. Additional information, including the most up-to-date list of organizational partners, is available at <https://sustainableagriculture.net/farmers-for-climate-action-rally-for-resilience/>.

Solectrac is a subsidiary of Ideanomics (Nasdaq: IDEX), has been a Certified B Corp since 2019, and continues to maintain the highest standards of verified social and environmental performance, public transparency and legal accountability. Since becoming a subsidiary of Ideanomics in 2021, Solectrac has been growing fast and adding new dealerships every month to its expanding network to provide sales and service to customers. In 2022, the company opened a new 36,000 square foot production facility in Northern California and soon added a second assembly center in North Carolina to serve east coast customers.

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Community

Montford Point Marine Awarded Congressional Honor

GARNER, NC - A North Carolina family is celebrating the awarding of the Congressional Gold Medal to their late patriarch, who was a member of the first African-American Marines allowed to fight in World War II.

In a March 3 ceremony at Bethel Baptist Missionary Church in Tallahassee, FL, the surviving family members of Leslie James

Jones were presented with the Congressional Gold Medal and a proclamation in honor of Jones' service in the Marine Corps. In attendance were Jones' widow, Margaret Brock Jones Colson, and 6 of his children.

In 1942, Jones - who died in Kinston, NC, in 1960 - was among the first recruits to the historic Marine unit that went

through segregated basic training at North Carolina's Montford Point Camp. Commonly called the Montford Pointers by historians, the men weren't allowed to train with white recruits in San Diego, CA, or at the Marine Barracks in New River, NC, which eventually became known as Camp Lejeune.

According to several books and media reports about the Montford Pointers, Jones and his fellow Marines had to endure acts of racism and inhumane treatment at the camp along with extremely arduous training. Their bravery on the battlefield helped open doors for other African Americans to serve in the Marines, which was the last branch of the military to integrate. About 20,000 black Marines passed through the camp until it closed in 1949.

QUOTE HERE FROM SPIKE ABOUT HIS DAD AND WHAT THE MEDAL MEANS TO THE FAMILY

"This recognition and Congressional Medal seals within our family, a very deep sense of pride for my dad. And, it strengthens our fortitude to forever tell the story of the Montford Point Marines. We are very, very proud of my dad for his service to our country during World War II. Though he and other Montford



Pictures of the Congressional Medal presented to the family of Leslie James Jones

Pointers have been unheralded for decades, we know that his dedicated contributions of perseverance, courage, and outstanding service, helped to inspire social change in the USMC and America. He served gallantly and heroically."

Leslie James Jones completed his first enlistment in the Marine Corps in May 1944 and was hon-

orably discharged on May 6, 1946. He reenlisted the next day and served for two more years.

Jones achieved the rank of corporal in the Marines and held a military occupational specialty as a warehouseman. During his tours of enlistment, he served in the Asiatic Pacific Area, Hawaiian Islands and Japan. He received the Good-Conduct Medal Bar, the

World War II Victory Medal and the Honorable Service Lapel button. He also received the Asiatic-Pacific Area ribbon.

In 2011, the U.S. House and Senate unanimously voted to give the Congressional Gold Medal to the Montford Point Marines for their service and their sacrifice. President Barack Obama later approved the measure.

Rowe To Implement Weapon Detection

By Tyria McCray

Staff Writer

For the past couple weeks, Wake County schools have been on multiple code-red lockdowns, which have left many students and parents in disarray. During February, there have been several instances where a gun was found on campus. In hopes to put an end to this, Wake County Sheriff Willie Rowe plans to implement a weapon detection system to keep schools safe. This plan entails bringing high-tech alternatives to detect weapons before they get into classrooms.

Sheriff Rowe believes that weapon detection can assist school resource officers, provide better training to identify threats, and have real consequences for offenders. He wants people to be held accountable and to understand that the disruption they are causing is affecting not only their lives, but others as well.

"It is alarming. It is something we cannot allow to continue. I advocate for every tool that can be utilized to keep Wake County safe. I think that is a great tool, and everything has to be considered. There is no price we can place on safety," said Sheriff Rowe.

To elaborate more on this problem in surrounding counties, let's begin with Rolesville High School. Two weeks ago, a student with a loaded gun caused a code red lockdown. According to the school, a staff member stopped the student outside the school around 10:45 a.m. The gun was confiscated, but the school went on lockdown as a precaution within 30 minutes.

"It's getting to the point where it has become numbing to hear over the intercom that there is a weapon on school grounds either by a teacher or student. There needs to be a line drawn that no one should have weapons on campus grounds unless they're law enforcement," said Rolesville High senior Cydnee Laurelle.

In that same week, Raleigh officers confirmed a student had a gun on Millbrook High school campus during a basketball game. RPD said they were dispatched to school on a call involving a gun around 8:40 p.m. Police said a male juvenile was found with an AR-15 in his possession. He was taken into custody with the help of the Wake County Sheriff's Office and Wake County Public Schools' (WCPSS) Security.

After the incident, a Facebook poll garnered over 100 comments on school safety. A Millbrook High parent commented, "There's a problem that a kid got into a basketball event with

an AR-15. How do you do that? It's not a handgun that he hid. It's an AR-15. It's the school's responsibility to ensure the students are safe, whatever it takes. Whether they need to have security checking people before they come in."

Additionally, the Johnston County School Board plans to install weapons scanners in every school. Unlike metal detectors, the committee believes AI scanners will identify weapons in a free-flowing fashion while letting items such as phones and keys pass through, reducing queues. Principal Heather Anders shared that she sees weapons testing in schools as a proactive approach.

"Fortunately, I think it's better to do it on this end instead of being reactionary. If it stops one incident, it's a great approach to take."

Greensboro, one of the state's largest school districts, has also installed weapons detectors. The installed scanners flagged a gun at Dudley High School back in December, and also detected a weapon as recently as last week.

"I would love to see armed security and metal detectors at every school. As parents, we pay for so many different things at our school. I don't see why we can't afford to protect our kids by having those measures of security in place. As a parent, you shouldn't have to worry about your child getting harmed at school by another student because they're choosing to bring a weapon," said Monique Berry, a parent at Dudley High School.

Additionally, Russ Smith, Wake County Schools Director of Security emphasized one major focus area that all schools should consider, being a new visitor management system that would record child custody information to alert the school when someone who doesn't have permission signs out a student. "What you're going to see is the same hardware and software at every location," Smith said, "So it's important to have that consistency for parents to have familiarity with the system and the ease of use."

Law officers have responded to threats at Wake Forest Middle, Zebulon Magnet, Rolesville High, East Millbrook Magnet, C.E. Jordan High School, East Garner Middle, and Southeast Raleigh Magnet Middle schools. Wake County School Board Chair, Lindsay Mahaffey said they have ongoing safety and security meetings and are discussing safety and security at their next work session on Tuesday. According to Mahaffey, the school board just did an assessment on all of their buildings to see where they are strong and where they need to improve.

Lawmakers File Bill To Eliminate Cash Bail

By Kelan Lyons

NC Policy Watch

Democratic legislators from some of the state's biggest counties — and busiest courthouses — have filed a bill that would prohibit judges from imposing cash bail on a person charged with one or more Class 3 misdemeanors.

Class 3 misdemeanors are the least serious types of misdemeanors in North Carolina, punishable by up to 20 days in jail and a \$200 fine. Examples include

shoplifting, possession of less than .02 ounces of marijuana and driving with a revoked license. Those without any prior convictions probably won't even see the inside of a jail cell after conviction.

But they could stay locked up without having been convicted of anything if they don't have the money to bond out, or if a judge refuses to let them walk out without having to post any money. The money bail system, in North Carolina and across the country,

can keep people jailed pretrial because they don't have the money to post bail themselves or enlist the services of a bondsman.

Policy Watch has written about this paradox presented by the money bail system: people are unable to work because they are in jail, but they can't get out of jail because they don't have the money to go home.

"I'm gonna get fired if I don't get out soon," one man told a judge in Wake County on a video feed from jail last October. The

judge kept his bond at \$2,000 and told the man that if he didn't have the money to post bail, he'd stay locked up at least until his next court date on Nov. 2.

The bill before the legislature would make a modest reform to the system, but only for those charged with the least serious crimes — and likely held on the lowest bond amounts. It would amend state law to restrict judges from imposing cash bail as a condition of a person's release from jail.

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Sports

Morgan Price’s Momentous Fisk Gymnastics Journey

By Jessica Taylor Price

BleacherReport

For Morgan Price, a first-year member on Fisk University’s brand-new gymnastics team, there are plenty of reasons to feel uncertain. But talking to the baby-faced 17-year-old, you wouldn’t know it.

Speaking from a lobby of her dormitory in Nashville, Price is in a busy state—she just got back from class and has 15 minutes until a three-hour practice, after which she’ll go back to her room to pack for a meet against Michigan and Denver in Ann Arbor. As Fisk’s top all-arounder, she’ll be expected to anchor the team with high scores on all four events.

If this stresses her out, you wouldn’t know that. Instead, Price is at ease, with a bubbly and warm demeanor that belies an intensity that has placed the college freshman solidly in the annals of gymnastics history.

This year, Fisk became the first historically Black college and university (HBCU) to compete in gymnastics. Widely covered in the media and soon to be the subject of a docuseries, Price and the rest of the team have received praise for blazing a trail for Black gymnasts, and for other HBCUs.

“It’s been eye-opening,” Price said of the media exposure. “I didn’t know it was going to blow up that much.”

To get there, though, it took a huge sacrifice: Price was a 5-star recruit on the path to NCAA stardom, with a full-ride scholarship to Arkansas, when she decided to instead compete for Fisk, a program without even its own gymnastics gym.

Arkansas is a top-25 NCAA program that has, as Morgan’s mother, Marsha Price, puts it, “all the bells and whistles.” That includes a giant inflatable pig the Razor-

backs run through during the pre-meet light show at their 10,000-seat home arena.

Directed by Olympic medalist Jordyn Wieber, Arkansas gymnasts enjoy all the trappings of an SEC school with a \$2.6 billion endowment. As if that wouldn’t be enough to attract a top recruit like Morgan, there’s one thing Arkansas has that no school can match: her sister Frankie, a red-shirt first-year.

In a gymnastics community that’s largely about striving for just such an opportunity, how could she turn it down? Price’s certainty as she begins her time at Fisk is telling: Maybe the risk she’s taking is no risk at all.

When Price started at Fisk this past fall, it was the surprise ending to a typical journey for an American gymnast.

Originally from the Nashville suburb of Lebanon, Tennessee, the Price girls’ promise in sports started even before they were born: Marsha was a cheerleader, and their father, Chris Price, was a Lebanon hometown hero who played minor league baseball.

The second of three sisters,

Morgan took up gymnastics after seeing Frankie excel in the sport. Morgan remembers watching Frankie in the gym and being inspired.

“I always just watched her,” she said. “I watched her work ethic in the gym.”

They have similar strengths, she says, on the power events: vault and floor. And according to Marsha, they’re both natural dancers.

The stable life the family enjoyed was rocked in 2009, when Chris died in a motorcycle accident. Morgan was four years old. It was what Marsha calls a “tragic” time for the family. It was also when she realized that her girls needed more from their gymnastics training. They were progressing in the sport, but their gym wasn’t likely to get them to the level they needed to be in order to be recruited by the top colleges.

“What do I need to do to make sure I fulfill the duties and responsibilities of two parents, and not just one? What would [Chris] want for us?” Marsha asked herself. “I knew that he would want me to do whatever it took to make



Flying High, Morgan Price competing on the uneven bars.

sure they had the exposure that they needed.”

They took the plunge. Four-and-a-half years after Chris’ death, Marsha and her three girls moved to Coppell, Texas, so the girls could train at Texas Dreams Gymnastics.

Known for training U.S. national team members and some of the top NCAA prospects in the country, the gym was an easy choice. Still, the move was, as Marsha puts it, “a leap of faith.” She sold her house and quit her job and left her extended family to move to a place where she knew no one.

Over time, it became clear that the risk would pay off. Frankie thrived at Texas Dreams, committing to Arkansas at just 14, and Morgan, as usual, followed suit. In 2021, she qualified for the Nastia Liukin Cup, placing third on bars; in 2022, she placed seventh on beam and third in the all-around at the Women’s Development Program National Championships.

Morgan became a hot commodity for college programs, in part because her level of difficulty puts her on par with some of the best NCAA gymnasts in the country. She boasts a full-twisting Yurchenko on vault and has a one-and-a-half twist up her sleeve. On floor, her favorite event, she does a two-and-a-half twist and has trained a double layout, triple twist and full-in. At 16, Morgan visited five schools, with the hope of competing for an SEC program.

“I knew that [the SEC] had the most publicity, basically,” she said.

“I really liked the coaches at the SEC schools that I was looking at.”

The playbook was laid out for Morgan to follow. Had she gone to Arkansas, she would have competed alongside her sister for team titles. She would also have a shot at individual NCAA Championships glory. She would have plenty of visibility to compete for NIL deals. The “Price girls” would stay together. It was practically written in the stars. All she had to do was sign on the dotted line.

As it turned out, Morgan has received plenty of attention outside of the SEC as a member of the first HBCU to take on gymnastics. The team was covered by CBS Sports, and a video of its first practice went viral on TikTok, amassing over 1 million views. After Price stuck her vault and earned a 9.90 at the team’s first-ever meet, it was covered on CBS Mornings.

“Personally, I think we’re getting more attention than other schools,” she said. “It encourages me for the next meet, just to do even better.”

The reality outside the spotlight was not as shiny as the team took shape. The thing that makes Fisk gymnastics stand out is, in fact, something that leaves the program in a tenuous position. It is a team formed from scratch, with fewer resources than other schools—and, critically, no blueprint to follow.

“When I was recruiting, I had no answers,” said Fisk head coach Corrinne Tarver of her conversations with inquiring families.



Fisk gymnasts celebrating in Las Vegas. Stew Milne Photos

Woods’ Girlfriend Seeks To Nullify NDA

STUART, Fla. (AP) — Tiger Woods’ girlfriend wants to nullify a nondisclosure agreement following a six-year relationship with the professional golfer.

Attorneys for Erica Herman filed a complaint seeking declaratory judgment on Monday in Martin County, Florida, circuit court, according to online court records. The couple had been living together in the area, according to the complaint. Martin County is located directly north of Palm Beach County.

Woods and Herman have not publicly announced the end of their relationship, which began in 2017. She had been seen regularly with him at major championships, such as the 2019 Masters he won for his 15th major

and during his Presidents Cup captaincy in Australia later that year.

But she was not at his Hero World Challenge in the Bahamas the first week in December, or at the Genesis Invitational he hosted at Riviera three weeks ago.

According to the complaint, a trust controlled by Woods is attempting to silence Herman with a nondisclosure agreement that she signed while involved in a personal and professional relationship with Woods. The complaint argues that the NDA should be nullified under a federal law that prohibits an NDA from being enforced when sexual assault or sexual harassment is involved.

Herman previously worked at his Woods Jupiter restaurant.

The complaint doesn’t provide details about what information Herman might want to disclose or make specific allegations against Woods.

The complain says because of “aggressive use” of the NDA, Herman is unsure whether she can disclose “facts giving rise to various legal claims she believes she has.” It also says she is unsure what other information about her own life she can discuss and with whom.

Woods’ manager at Excel Sports Management, Mark Steinberg, didn’t immediately respond to a phone call and text from The Associated Press seeking comment.



All-Black Collegiate Swimming, Diving Team Made History With First Championship In 34 years.

It’s been a memorable Black History Month for Howard University as the HBCU won the 2023 title of Northeast Conference Men’s Swimming and Diving Champions on Saturday in Geneva, Ohio. The squad came in second the previous year, according to ABC News.

Despite things seemingly not going in the team’s favor at the start of the meet, Nicholas Askew, the head coach of Howard’s swim squad, expressed the amazing feeling of beating the odds and pushing through.

The 47-member, all-Black men’s swim team at Howard University has made history in more ways than one, with the squad recently taking home its first championship in 34 years.

“It just feels phenomenal,” he said, according to ABC News, “to know that there’s this group of young men and young women who believed that it was possible.”

Olympic Trials qualifier Miles Simon broke the meet record in the 200-meter individual medley and was named the NEC Outstanding Swimmer, while Jordan Walker was named Outstanding Diver for the 47-member squad.

The swimming staff was recognized as the NEC Swimming Staff of the Year for the second consecutive season. Courtenay Miller, a diving coach, also received the conference’s Outstanding Dive Staff honor.

Earning its first championship in over three decades isn’t the only accomplishment Howard’s swim and dive team is celebrating. The squad recently achieved a significant milestone by becoming the first all-Black swim team featured on the cover of Sports Illustrated.

The historically Black institution is home to the only swimming program still in existence at an HBCU. It also has the only all-Black swim team in the nation, including coaches and support staff.

But being the only HBCU and all-black swim team “comes with a warning tag,” said Askew, according to ABC News. “We don’t want to be a program that’s cut because, even as a competitive program, NCAA swimming is the number one to cut sports and in all of athletics.”

Approximately 1.5% of the

A former gymnast herself, Tarver is no stranger to being a first: She was the first Black gymnast to compete at the University of Georgia and the first Black gymnast to win an NCAA all-around individual championship. But when it came time to seek out recruits for Fisk, she was light on the specifics for her program. “I was selling them on a dream,” she said.

Fisk is a small school, with around a thousand students. Many of the “bells and whistles” that teams like the Razorbacks enjoy are not found here. The team doesn’t have its own gym, though it is working to raise money for one; instead, it uses two club gyms in the area, one of which is nearly an hour away. Its “home” for meets is a convention center. It doesn’t have athlete dormitories or an athlete dining hall.

Then, of course, there are the challenges that come with building a new team in a limited time frame. When asked about the process, Tarver said, “It happened so fast.” It was serendipitous too.

The lack of resources and established team leadership at Fisk were known unknowns going into the development of the team. Still, just as Tarver didn’t hesitate to take the job, when Price heard that the program was starting up, she didn’t just consider it, she pounced.

A school that was off her radar suddenly became all she could see: “All I knew was that they had an HBCU gymnastics team, and that’s what I wanted to do.” Price emailed her plan to Tarver, who, the coach said, was “shocked.”

She wasn’t the only one. Why would a gymnast like Price give up a school like Arkansas?

The wider sports world didn’t know about the conflict that had been brewing in Price for years, one that many Black gymnasts have faced over the course of the sport’s history: She wanted to go to an HBCU—“That was always the dream,” she said—but none of the 107 schools had a team.

Finding a safe space, then, may be enough for a competitor like Morgan Price. She’s certainly not alone: Five-star basketball recruit Makur Maker chose to go to Howard in 2020, turning down an offer from UCLA. Volleyball players Bria and Simone Woodard soon followed. Top football recruit Travis Hunter chose Jackson State the following year.



NCDOT TO HOLD PUBLIC MEETING MARCH 14 REGARDING TWO PROJECTS THAT WOULD ADD LANES ON I-40 BETWEEN THE I-40/I-440/U.S. 1/U.S. 64 INTERCHANGE AND LAKE WHEELER ROAD AND RECONSTRUCT THE EXISTING I-40/I-440/U.S. 1/U.S. 64 INTERCHANGE

STIP Project Nos: I-5701 and I-5703



The N.C. Department of Transportation is proposing two projects in Wake County.

Project No I-5701 will add lanes on I-40 from the I-440/U.S. 1/U.S. 64 interchange to Lake Wheeler Road (S.R. 1370).

Project No. I-5703 will reconstruct the existing I-40/I-440/U.S. 1/U.S. 64 interchange.

An open-house public meeting to present information on these projects will be held at **Hope Community Church** located at **821 Buck Jones Road** in **Raleigh** from **4:00 -7:00 p.m.** on **Tuesday, March 14, 2023.** The purpose of this meeting is to provide citizens the opportunity to review maps of the project, ask questions and provide feedback.

Interested citizens are encouraged to attend at any time between 4 and 7 p.m. Please note that there will be no formal presentation. Maps of the proposed improvements will be displayed at the meeting and staff of NCDOT will be on hand to provide information and answer questions.

Maps of the proposals are available online at <https://publicinput.com/40-440-US1-Interchange>.

For additional information please contact NCDOT Project Manager, Rachelle Beauregard, NCDOT Project Management Unit (919-707-6607 or rbeauregard@ncdot.gov) Comments will be accepted at the meeting, on the project webpage, by mail or email, and should be submitted by **March 28, 2023.**

NCDOT will provide auxiliary aids and services under the Americans with Disabilities Act for disabled persons who wish to participate in this workshop. Anyone requiring special services should contact NCDOT Senior Public Involvement Officer Diane Wilson at 919-707-6073 or pdwilson1@ncdot.gov as early as possible so that arrangements can be made.

Those who do not speak English, or have a limited ability to read, speak or understand English, may receive interpretive services upon request prior by calling 1-800-481-6494.

Aquellas personas no hablan inglés, o tienen limitaciones para leer, hablar o entender inglés, podrían recibir servicios de interpretación si los solicitan llamando al 1-800-481-6494.

SERMON of the WEEK



GOD HAS A PLAN IN SPITE OF

Sermon by Pastor William "Billy" Eli Ratcliff

When I was about nine years old, my favorite summer vacation was when my family would leave Raleigh in the middle of the night and head out to Huntington, Long Island, NY, to visit my uncle.

I would always sit in the rear left seat behind my Dad, the driver, to get a CLEAR VIEW of the traffic on the other side. My vision was to see and count every tractor-trailer from the moment we left the house until I fell asleep. Usually, I would count well over one hundred before giving up.

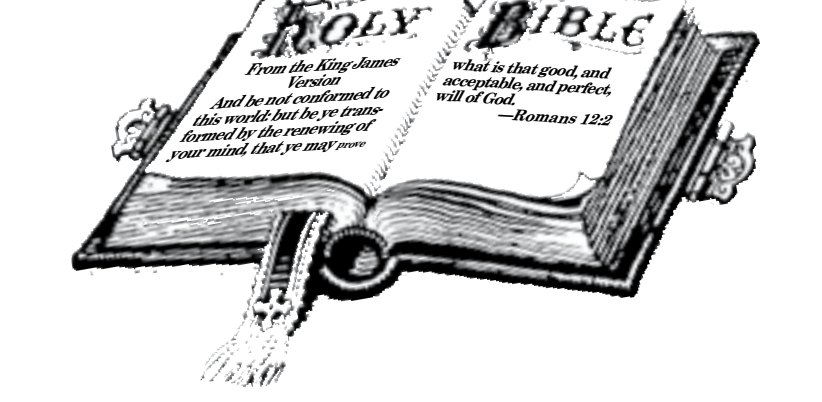
Once we made our first rest stop for gas, I would eat some of Mom's snacks. Then, when I got back into the car, I would switch to the opposite back seat to look out the right rear window and read the billboard signs as we zoomed by.

Before most billboards were outlawed, the roadsides were full of them. The signs all had specific, distinct, and clear messages, either for advertising or promotional information that someone felt was important for the readers to know and share with others.

Well, now let's look at an old testament prophet whom God told to write down a revelation and make it plain so those that read it would do the same and share it with others.

Habakkuk 2:1-2 (CEV), While standing guard on the watchtower, I waited for the LORD's answer before explaining the reason for my complaint. Then the LORD told me: "I will give you my message in the form of a vision. Write it clearly enough to be read at a glance. 2:3-4 (KJV) For the vision is yet for an appointed time; But at the end it will speak, and it will not lie. Though it tarries, wait for it; Because it will surely come, It will not tarry. Behold, his soul which is lifted up is not upright in him; But the just shall live by his Faith. (KJV)

God had a plan, and He wants His people to know it. This was



a time of FEAR, OPPRESSION, PERSECUTION, LAWLESSNESS, and IMMORALITY. And this caused the prophet to question God why and for how long?

But God had a plan in spite of what things seemed like, looked like, or felt like to Habakkuk. So when we realize that God is always in charge, we should follow His instructions and have Faith and Hope in His promises!

Habakkuk didn't have the same means as we have with social media at our fingertips; with electronic tablets, emails, text messages, Facebook, Twitter, etc. Even Indians had smoke signals, Africans had drums, and before the U.S.P.S., Americans had the Pony Express.

But this Divine Message gave Divine Instructions on how God's message would be disseminated abroad. Yes, we can send group messages, but God told Habakkuk to make the message plain so that it could be read even when his people were on the run as invaders approached and destroyed everything in sight. Habakkuk had to hear, write, share, and, most importantly, understand it. [Remember actions speak louder than words].

To Habakkuk, the clay tablet was like a flat screen tv or perhaps poster board that would be displayed for God's people to read. Let's glance at what God told His leaders in times past. God told Moses, in Deuteronomy 27:8, "And you shall write distinctly upon these stones all the words of this law." Isaiah 8:1 states, "Take a large scroll and write on it," and Jeremiah 36:2, "Take a scroll and write on it all the words I have spoken to you concerning Israel, Judah, and all the nations..." While John was on the Isle of Patmos, God said to him, "Write down the things you have seen, and the things that are, and the things that will happen after this." Revelation 1:19.

Moreover, as God's people, we should be happy about what He told Paul when He said, "For everything that was written in the past was written for our in-

struction, so that through endurance and the encouragement of the Scriptures, we might have hope." Romans 15:4

When Habakkuk started this book, he was down in the valley. Then he climbed higher and stood in the watchtower, waiting for God's reply. After hearing God's Word and seeing His Glory, he became like a deer leaping to higher heights. So, let's start saying more, "I won't complain." Thank God you're not living in Ukraine, where Chapters one and two are reminiscent of what believers are experiencing from mean and merciless invaders in their country. [Please pray for them].

Let Habakkuk's message sink deep into your heart that the just shall live by Faith and that God has not forgotten about us or our enemies. Habakkuk's circumstances didn't change, but his attitude and Faith in God did once he started living by God's promises and not his own opinions and explanations.

Habakkuk went from WONDERING and WORRYING to WATCHING and WAITING to WORSHIPPING and WITNESSING! So let's keep praising God for the good, the bad, and the ugly. Why? Because we know that God has a plan in spite of what we may be dealing with right now. Luke 24: 46 - 49 NKJV Jesus told His disciples, "Thus it is written...tarry in the city of Jerusalem until you are endued with power from on high."

Matthew 28:18 -20 NKJV, Jesus said, "All authority has been given to Me in heaven and on earth. Go therefore and make disciples of all the nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all things that I have commanded you; and lo, I am with you always, even to the end of the age." God has a plan. Make sure you are in it now and forever!

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

Members Of Muslim Community Frustrated With Shaw University

By Tyria McCray

Staff Writer

Since the peak of the COVID-19 outbreak, The King Khalid mosque on Shaw University's campus closed its doors and hasn't reopened for three years, leaving the Muslim community demanding answers. Mosque leaders shared with *The Carolinian* that their multiple requests to resume prayers have been denied due to COVID-19 safety concerns. However, the nearby campus chapel is open to the public and routinely hosts religious services.

Raleigh resident and mosque member, Imam Juma Mussa said this is not Shaw's first time trying to shut down the mosque, which shares space with the school's International Studies Center.

From its opening in the 1980's, many of the people protesting today have been there for over 40 years. The mosque was the first place they attended for prayer, so they feel like this is their home. Mussa said Shaw always speaks out against racial discrimination, but now they're discriminating against Muslims. "It's like a slap in the face. They have Muslim students that attend here so discriminating against us is also discriminating against their own students. That's not right," he said.

A member of the Friends of Shaw U organization also gave a comment on the ongoing closure. "What Dr. Dillard and the Board of Trustees are doing with Shaw University is not only dismemberment with the sale of WSHA, (the nation's first HBCU-owned radio station) emptying an entire dormitory (over 400 beds), and

the closing of the King Khalid Mosque, but also Constructive Eviction; Shaw's campus is being dilapidated to the point the students as well as faculty & staff no longer want to be there. In my opinion it's all being done by design in order to turn the campus over to the developers," said Eugene Myrick, Shaw University graduate of 1994.

The mosque was established in 1982 due to a generous donation of \$1,000,000 to Shaw University for an Islamic and international studies center to be built. The late Dr. Urabi Mustafa of Shaw University, also a king in Saudi Arabia, Director of the International Studies Program wanted to build the mosque to expand the university's scope of Middle Eastern studies. They also provided a place of worship inside.

Since 1982 this Masjid and facilities have been used by Muslim students from abroad studying at Shaw, and the local Muslim community. Members that worship at the mosque are primarily African American, with many members having migrated from Palestine, Gambia, Algeria, Morocco, and other Arabic countries. Some of those members have served as caretakers of the Masjid (Mosque) under the direction of Dr. Mustafa who retired in 1996. Since then, Dr. Ihsan Bagby resides as Division Chair of the International/Islamic studies Program for Shaw University.

Dozens of protesters gathered this past Saturday on the campus to accuse Shaw officials of being biased against the mosque and using the pandemic as an excuse to kick them out. During the protest, a man sang verses of the Quran in Arabic through a micro-

phone as cars passed by. Protester Abdul Ndao, mosque administrator, said Shaw has used the pandemic as an excuse to kick us out. "If COVID-19 was really a concern then the rules should apply to everyone. When Governor Cooper said, 'we need to open every place of worship in the Triangle,' why not ours?" He went on to share that the University changed the mosque's locks without telling the imams or the community.

After reaching out to leadership at the university, we received this statement in writing, *"In response to recent protests, Shaw University respects the First Amendment rights of individuals to peaceably assemble and voice their concerns. As previously announced, the International Studies Center on the campus of Shaw University is open and available for use to enrolled students; access to the mosque by Shaw students is coordinated through the University's Chaplain office. In the wake of the pandemic, the campus mosque will only be available to currently enrolled Shaw University students, and the revised hours of operation for the center will be communicated directly to students. Currently, no additional information is available to share."*

In the meantime, the Muslim community shared their plans to protest every Friday and some Saturday until a resolution is made. Also, according to the Council on American-Islamic Relations, the largest Muslim advocacy group in the nation, the Muslim community is hoping to negotiate the mosque's reopening and caretaking of the facility with the University's leadership.

Obituaries

JAMES WILLIAM HAWKINS
James William Hawkins, son of the late Walter Thomas Hawkins and Ella Ida Leak of Raleigh, NC, was born December 27, 1921, and entered eternal life on February 24, 2023.

Mr. Hawkins began a career at Carolina Storage Distributing Co. at a very young age. In Feb. 1942, he was drafted into the United States Army. James served in the 4516th Quartermaster Service Company in World War II. He received an honorable discharge on Jan. 22, 1946. After leaving the Army, he returned to Carolina Storage Distributing Co. where he worked as a long-haul truck driver and warehouse foreman for over 40 years.

After he married Frances Clark Hawkins, he became a member of Martin Street Baptist Church. In 1990, he transitioned to Christian Faith Baptist Church where he served as a loyal, devoted, and active disciple until his health no longer permitted. He also served on the Board of Trustees. He joined the Capital City Masonic Lodge #103 where he became the Worshipful Master of the 33. He was also the most Grand Illustrious Potentate of Baraka Temple #2004.

In the late 90's, he began volunteering with the Wake Co. Foster grandparents' program. While with the program, he received many accolades and awards, including "Unsung Hero Award"

and the North Carolina Award for Outstanding Volunteer Service.

Mr. Hawkins was preceded in death by his loving wife of 54 years, Mary Frances Clark Hawkins, son William Douglas Hawkins, Jr., and brother Chester Hawkins. He leaves to cherish his memory daughters, Ida Hawkins Hunter Perry of Raleigh, Joyce A. Hawkins Mayo (Melvin Sr.) of Fuquay-Varina, Marietha Hawkins Wilson of Raleigh, and daughter-in-law Gloria Walker of Philadelphia, PA. Also left to cherish his memory are ten grandchildren, 26 great grandchildren, 4 great-great grandchildren, and a host of nieces, nephews, other family members, and friends.

Practical Biblical Principles

GOD'S POWER AND OUR WEAKNESS

God loves to use weak people to carry out His eternal plan. It appears that if God used only perfect people, nothing would ever get done.

Rick Warren in His book, The Purpose Driven Life, states a truth, everyone has weaknesses. We have a bundle of flaws and imperfections: physical, emotional, intellectual, and spiritual. The more important thing is what are we to do with these imperfections? Usually we deny our weaknesses, defend them, excuse them, hide them, and resent them. What this does is prevent God from using our weaknesses in the way He desires. Each Believer should be encouraged knowing that God uses imperfect people in His daily eternal plans. Can anyone recall God ever calling on a one-hundred percent perfect, moral person to do his bidding with the exception of Mary and her Son, Jesus the Christ.

God has a different perspective on our weaknesses. He says, "My thoughts and My ways are higher than yours," (Isaiah 55:9). Often God acts in opposite ways of what we may expect when He uses our weaknesses. Would God be the Almighty God we think He is if He can only use our strengths and not our weaknesses for His glory. God uses our living for His glory as well as our dying for His glory; for example, Jesus dying on the cross.

The Bible says, "God purposefully chose what the world considers foolish/weak in order to confound or shame the wise or powerful" (1 Corinthians 1:27). One's weakness is not an accident. God deliberately allowed them in our lives for the purpose of demonstrating His power through us.

Paul said on one occasion when he was dealing with his weakness (a thorn in the flesh) and God did not heal him, "In my weakness I am made strong." It was then Paul began to understand more in depth about God's Grace, which was more than sufficient to help him through his weakness. Paul lived with that thorn in the flesh for the rest of his life. A weakness is any limitation that you inherited or have no power to change. One's weakness may be physical, emotional, or intellectual. And yet God can and will use us if we submit our weaknesses to Him.

A major source of our weakness is found in our flesh which carries a DNA nature of sin that we inherited from Adam/Eve. Knowing this God still works through our morale and spiritual weaknesses to perfect us. When God completed creating man and the universe, He said, "All that I have made is good."

When you think of the limitations and weaknesses in your life, you may be tempted to think, God could or would never use me. Nothing can be farther from the truth. God is never limited by our human limitations. Our Father gets great joy out of putting His power into ordinary vessels like ours to accomplish His work. "We are like clay jars in which this treasure is stored. The real power comes from God and not from us (2 Corinthians 4:7).

Our weakness can be a blessing to us. It may well keep us from being arrogant and big-headed. Paul tells us to keep him from having a bighead, so to speak, he was given "a thorn in the flesh." Paul declared this helped him to stay within his spiritual limitations (2 Corinthians 12:7).

As stated before, once we discover our weaknesses, whatever they might be, admit them to Jesus. We must stop pretending to have it all together and be honest about ourselves. Instead of living in denial or making excuses take the time to identify your personal weaknesses and be fortifying to others in their weakness. Share your weakness. The more weakness you take off the more of God's power He will give to you to overcome. Our weaknesses give us the capacity to be sympathetic for others who are weak. This can bring emotional healing.

Know Who Christ is and know who you are in Christ. "We have not because we ask not" (James 4:2). Don't be content with whatever your weakness may be, however, be humble with it. The objective is to be free from any weakness. God loves you enough to know what is best for you. Submit your weaknesses to Jesus and he will give wisdom for the situation. To hang onto your weaknesses is to give way to the devil and he will use your weaknesses to produce irrational and evil decisions. All of which may well tarnish one's reputation.

Moses's weakness was his temper. Gideon's weakness was low self-esteem. Abraham's weakness was fear. Peter's weakness was being impulsive. David's weakness was flesh. John's, one of the Sons of Thunder, weakness was arrogance. All of these giant servants of God had weaknesses. Yet God used them all to carry out His on-going eternal plan. God specializes in making the weak strong.

J. L. Caldwell, Pastor
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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.

By Rodney Ross

Special To The Carolinian

Have we lost the ability to be objective. Is to much of a mental strain to use sound cognitive deduction based on seeking context versus accepting a sound bit that limits the audience to the full scope.

Some people hate the police until they own property or become a victim to a crime. People love the idea of socialism, until their car forces them to do an unnecessary costly maintenance by not starting. We love the idea of being able to freely express ourselves and represent our truest identity, until a group of people with seemingly great influence decide your liberty to express is now revoked.

There is a lesson that should not be missed when a Christian group decides to create their own cellular network. A considerable amount of consumers switched and effectively stripped their financial backing away from mainstream cellular providers on a surface level. That is because the cellular company may still be leasing bandwidth from mainstream providers, but regardless, it is a start. As the numbers swell, it is possible that in a few years, this provider may have the capital to purchase their own towers. This is what happens when outrage is not selective and highly concentrated.

The lesson is this. The idea of tolerance and acceptance is noble. Yet the very institutions who vocalize diversity grossly lack the diversity they call for in public. I challenge the readers of this publication to find 3 black publications and look at who's not advertising in them. Then go pick up any 3 white publications and see who is advertising in them. So much for diversity; and this is just an introduction of what highly concentrated selective outrage looks like.

While the popular search engine will spew an abundance of links surrounding a satire cartoonist, these same conduits supported France when their satirical racist cartoonist mocked religious figures ranging from the Pope to muslim's prophet Muhammad. Note, that France has been hostile towards the followers of the Abrahamic based faith by banning the head scarves women must wear as part of observing their faith. Where is the outrage? Do women have the choice or do they not, in regards to how they wish to represent themselves in public? No one is canceling anything related to France or to the satire magazine, or the sponsors who provide them revenue to pay for their staff and the cost to print.

Some may point out that this is an international affair, and that country has the right to do whatever they deem to be right for their society. They are correct, however these same individuals will lament over Russia for attempting to regain control of a country that succeeded from it. Somehow, it's different when we refuse to be objective, and mainstream media shows only one narrative. After all, it is war. Anyone who has actually served during any war will speak of crimes against humanity from all sides. That is another indirect example of selective outrage.

Let's make it personal this time. Why are resources never pooled into African American communities? Countless volunteers for the census bureau knocked on doors, came to our religious processions, and made phone calls to our communities so our numbers would be counted. Were they though? Level one of disenfranchisement of finding an excuse to why our communities remain underfunded. If the money somehow does reach our communities and districts, it is somehow funneled away from the purpose it is intended for. The 45th president even provided a tax loophole making many of these communities tax havens if they simply invested in opportunity zones. Basically encouraging them to set up and do business in African American communities. Instead, you find many of the established businesses closing shop. No jobs, means no economics and at best, you have a welfare community unable to advance and are left trying to figure out how to pull themselves up by the bootstrap while they are bootless. There is one industry, however, that seems to be a staple and that's the government run liquor locations. Our government can get us drunk and settle for getting rich by running numbers with the lottery, but cannot secure companies willing to diversify on the streets instead of in press releases. Where is the outrage for that.

Some schools have baseball fields with knee high grass and weeds. Books and curriculum are outdated as well as the tools needed for labs. Classrooms are overfilled and the schools remain understaffed. The quality of the education suffers, and kids get passed along who are barely literate but these kids can play a serious trombone, saxophone, high hat and snare in the band. They can read music because it is taught. They cannot read another language, because it is not taught. They cannot read code, because it is not taught. What is taught is selective outrage.

Where is the outrage for people who spend \$150 at the grocery store, revoking the name brand product and opting for the generic store brand, and still walkout with enough food to last two days at best. At this point, it is less expensive to eat meals at a chain fast food restaurant instead of buying groceries for the house. Where is the global warming army? This was a very short and warm winter, but you would not be able to tell by the second mortgages people had to take out in order to pay their heating cost. Perhaps we are too cool to be outraged by overpriced energy.

When Flint, Michigan exposed their water crisis, many people thought how could this happen in America, the wealthiest, most powerful nation in the world. Was it an issue of race, low economics, or should it be trumped up to incompetence of leadership, or perhaps it's all of that or none of it. Regardless, you would think because people are aware, the problem will be fixed and it will not happen again. Flint's water is still not fixed, and if it were not for Deon Sanders coaching Mississippi's HBCU football team without palatable water, we would not know this problem is far reaching in many communities in America. Where is the outrage.

And speaking about HBCUs, it is shameful, and more like embarrassing, that boosters are unable to secure donations from graduating alumni. If our schools are indeed shaping the best from amongst our communities and arming them with the skill sets needed to carve out their space in the corporate world, then why is it so difficult for them to give back. The elephant in the room is because some are not employed. Some failed at their attempt of entrepreneurship and haven't rebounded - yet. Some have not been able to tap into networks that have a sufficient net worth that will financially seed their ideas. And for some, they do not give back because they are aware of generations of administrations mishandling the money. Afterall, they went there, and complained all the way through graduation about what the school was lacking and could never understand why given the cost of tuition. Especially when it is compared to the cost of a PWI. In short, they withhold giving back because of warranted lack of trust.

Selective outrage is most contagious when we decide to stop having honest conversations and be brave enough to query perspectives that challenge our status quo. Much of our outrage today is not inherent but more of a deepened sickness relative to group think mobs. It is bystanders witnessing a fight that has nothing to do with them and the numbers coalesce around pugilists. For no reason other than a thirst to see someone get destroyed, one of the bystanders takes a cheap shot at the one who appears to be the weakest. Another bystander is then encouraged to take the same opportunity when it presents itself and the coward executes their own cheap shot. The next thing you know, the weaker of the two fighters has to go into full guard to shield themselves from every fist and foot of cowards who are willing to do anything to be a part of the outrage that really has nothing to do with them.

Selective outrage is easy. it allows us to shirk blame and responsibility to someone other than ourselves. The cliché "when I point one finger at you, three are pointing back at me", exemplifies the idea that we select our outrage at others because the person we are really upset with is ourself. Because we doubt whether or not it is in us to make our own cell tower and cater to our own unique needs, and not worry about those who may have a problem with us doing us.

Remember this, America will drink whatever you pour into her cup, and she is a thirsty girl.



DILBERT A CARTOON

Some "great" philosopher said the more you tell a lie, the more true it becomes. Please join me in recognizing that this insane statement in itself is a lie. Need I say more? Scott Adams, the creator of the comic strip Dilbert, is not laughing at the result of his tirade. Whether it was a Freudian slip or perhaps there is some deep seeded racism, the call to inform white people to separate from the black people who think it is not okay to be white seems like an attempt to ruffle the feathers of cancel culture one more time. To cap it off calling those black people a hate group is intolerable.

His statement may cost 20 million dollars in potential revenue because of the number of publishers of magazines and newspapers that have dropped his cartoons. But before looking at the lost earnings, let's ask these questions. What America has he been living in? Perhaps he should educate himself on the living conditions and the shanties slaves lived in. Or query his interest towards those of us who are old enough to have lived through segregation and Jim Crow law. And how can we forget about the white flight from neighborhoods when one black family moved in. Then there was this situation where busing was a way to integrate schools. This is why there is so much irony in the question, is it okay to be white? While a good portion of African Americans polled exclaimed yes, to focus on the minority who said no is a manipulation of reality.

So let's speak on reality shall we. What was the purpose, nature and intent of that poll? What truths were they trying to unearth? Is it okay to be white? What kind of person asks this, and just as important, who answers this? The answer should be of course it is okay to be white, and guess what, it is also okay to be black! That is the real issue here, and the answer to the 20 million dollar question that Adams proposed. Those with faith know there is a God who is the Creator. He is the only one who decides and chooses our race. Not us, not anyone. Thus, in a sane world it should not make a bit of difference who you are born to, the color of our skin, and what you look like. In case you haven't noticed, lately it feels more and more like we are not living in that sane world. No matter what Adams' intent was on his social media platform, more thought and consideration should be given before attempting to use bigotry to stop hate. But if that is his truth that he's going to walk in, the weight of 20 million dollars is no longer there to weigh him down and another one has felt the sting of defeat from the looming cancel culture.



DEFINE THE ROLES OR SOMEONE ELSE WILL! (PART ONE)

Fundraising is 90% preparation. Roles and responsibilities are a part of that preparation. In fact, defined roles and responsibilities for staff, consultants, board members, and volunteers help ensure that your fundraising activities run smoothly. When team members know their roles and responsibilities, they are more inclined to take action. No one person is being asked to do it all; each has a specific role to play. Roles and responsibilities should be documented and presented to prospective volunteers when they are invited to join your fundraising.

This takes time. Ideally, roles and responsibilities should be documented in your fundraising plan. If you haven't already done so, take a moment for this work. It is important and greatly increases volunteer (and staff!) retention and productivity. It is much easier for people to meet the mark when they know what it is.

Here are some things to think about as you create fundraising-related roles and responsibilities.

What are the skills, experiences, connections, and personal attributes that a volunteer, committee member, or staff person needs to possess?

What is this person or committee expected to accomplish or produce?

If there is a fundraising goal that you expect an individual to meet, what is the amount of that financial goal?

If it is a marketing or communications goal that supports fundraising, have you made it clear that marketing and communications activities need to positively impact fundraising? For example, does your communication team understand the importance of placing op-ed pieces, purchasing ad space, or sending out an e-newsletter shortly before you begin to solicit year-end donations? Are members willing to work closely with the fund development team to create awareness and excitement for upcoming fundraising events? Are they prepared to communicate the impact your institution is able to make this year as a result of meeting a specific fundraising goal?

If you are asking an individual or committee to take responsibility for a project such as "fundraising from local faith organizations," be sure to break the project into multiple tasks that can be tracked over time. These tasks are at the heart of roles and respon-

sibilities. Do not be afraid to be specific.

What are the time frames associated with each expectation?

Is this person or committee expected to attend meetings? If so, which meetings and how often?

Which staff members, volunteers, or committees are expected to collaborate, and for what purpose?

Who does this person or committee report to? (Who do they turn to for guidance, suggestions, and resources?)

Are there reporting requirements? If so, are these verbal, written, or electronic? What is the frequency? Who is the report given to?

Use your answers to these questions to create a one-paragraph description of the purpose of the position or committee, its financial (and non-financial) goals, and a list of specific tasks. Documenting the roles and responsibilities of people involved in your organization's fundraising is the first step in their success. People really can't say "yes" unless they know what you want them to do.



WOMEN'S HISTORY MONTH

There is an African proverb that says "women hold up half the sky." Women constitute half the world's population, but still have not realized half of the world's potential, received half of the world's resources, or exercised half of the world's power. But women have always been the invisible backbone—unseen but strong—of transforming social movements and of anchor institutions in society: our families, congregations, schools, and communities. March is Women's History Month in our nation, and a chance to reflect on women's transformational impact on American history and turn it into inspiration and action for the future.

The National Women's History Alliance, which champions women's history across the U.S. all year long, puts it this way: "History helps us learn who we are, but when we don't know our own history, our power and dreams are immediately diminished. Multicultural American women are overlooked in most mainstream approaches to U.S. history, so the National Women's History Project champions their accomplishments and leads the drive to write women back into history . . . The impact of women's history might seem abstract to some, and less pressing than the immediate struggles of working women today. But to ignore the vital role that women's dreams and accomplishments play in our own lives would be a great mistake. We draw strength and inspiration from those who came before us—and those remarkable women working among us today."

This annual observance is marking an anniversary this year. Its origins in the United States began 45 years ago in 1978, when the Education Task Force of Sonoma County, California's Commission on the Status of Women first celebrated "Women's History Week" in Santa Rosa. They chose the week that included March 8, International Women's Day, since that had already been celebrated in many countries for much of the 20th century and officially recognized by the United Nations one year earlier as a day to acknowledge women's contributions and call for women's economic, political, and civil rights. Women historians and community leaders quickly spread the demand for a national commemoration, and in 1980 President Jimmy Carter responded by issuing the first presidential proclamation designating March 2-8 as National Women's History Week.

President Carter's proclamation read: "From the first settlers who came to our shores, from the first American Indian families who befriended them, men and women have worked together to build this nation. Too often the women were unsung and sometimes their contributions went unnoticed. But the achievements, leadership, courage, strength and love of the women who built America was as vital as that of the men whose names we know so well. As Dr. Gerda Lerner has noted, 'Women's history is women's right – an essential and indispensable heritage from which we can draw pride, comfort, courage, and long-range vision' . . . I urge libraries, schools, and community organizations to focus their observances on the leaders who struggled for equality—Susan B. Anthony, Sojourner Truth, Lucy Stone, Lucretia Mott, Elizabeth Cady Stanton, Harriet Tubman, and Alice Paul. Understanding the true history of our country will help us to comprehend the need for full equality under the law for all our people. This goal can be achieved by ratifying the 27th Amendment to the United States Constitution, which states that 'Equality of Rights under the Law shall not be denied or abridged by the United States or by any state on account of sex.'"

Of course, the measure that President Carter then hoped would become the 27th Amendment, the Equal Rights Amendment, still has not been enshrined into the Constitution. March formally became a full Women's History Month in the U.S. following a 1987 Congressional resolution, but 45 years after that fledgling Women's History Week, women's rights are under renewed attack in our nation, and American women have not yet received equality on a range of key measures, including equal pay. One of those measures of disparate outcomes hangs in the balance right now: as the Supreme Court hears arguments this week on whether to strike down President Biden's plan to cancel \$10,000 of student loan debt for low- to middle-income borrowers, women are facing a disproportionate threat. Women hold two-thirds of student loan debt in our nation. Black women, who often have fewer family wealth resources to pay for higher education, have the highest average totals. For many of these women and their families, the Biden administration's plan would bring critical relief. Now, as the Supreme Court considers the challenges to the student loan forgiveness plan from six Republican-led states and two plaintiffs, once again women have the most to gain—or lose.

Classifieds

DURHAM COUNTY

Notice to Creditors

Having qualified as Administrator of the Estate of Eugene Richardson, late of 405 E. Pilot St., Apt. E3, Durham, Durham County, North Carolina, the undersigned does hereby notify all persons, firms and corporations having claims against the estate of said decedent to exhibit them to the undersigned at Law Office of Ken Hirsh, 1821 Hillandale RD, STE 1B-344, Durham, North Carolina 27705, on or before the 19th day of May, 2023, or this notice will be pleaded in bar of their recovery. All persons, firms and corporations indebted to the said estate will please make immediate payment to the undersigned.

This the 16th day of February, 2023.

/s/ Ewanda L. Richardson
Administrator of the Estate of Eugene Richardson
Kenneth J. Hirsh
Law Office of Ken Hirsh
1821 Hillandale RD STE 1B-344
Durham, NC 27705
2/16, 2/23, 3/2, 3/9/2023
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 164

The Undersigned, having qualified as Administrator of the Estate of Shela Ann Hill, 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 18th day of May 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 16th day of February, 2023.

Quintelia H. Mitchell
Administrator
1413 Ridgeway Avenue
Durham, NC 27701
2/16, 2/23, 3/2 and 3/9/2023
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 163

The Undersigned, having qualified as Executor of the Estate of Vyrtee B. Hight, 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 18th day of May 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 16th day of February, 2023.

Robert E. Hight
Executor
c/o Marion Law Office, PLLC
2741 University Drive
Durham, NC 27707
2/16, 2/23, 3/2 and 3/9/2023
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 134

The Undersigned, having qualified as Executor of the Estate of Carol S. Scott a/k/a Carolyn Ada Scott, 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 18th day of May 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 16th day of February, 2023.

Michael Harley Scott
Executor
250 Wind Shadow Court
Roswell, GA 30075-2830
2/16, 2/23, 3/2 and 3/9/2023
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 178

The Undersigned, having qualified as Administrator of the Estate of Virgie Garrett Bassinov, 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 18th day of May 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 16th day of February, 2023.

Harvey Garrett
Administrator CTA
1238 Surl Mr. Tirzah Road
Timberlake, NC 27583
2/16, 2/23, 3/2 and 3/9/2023

NOTICE TO CREDITORS
The undersigned, Norma L. Daye, having duly qualified as Executrix of the Estate of Charles Edward Daye, deceased, late of Durham County, North Carolina, hereby notifies all persons, firms and corporations having claims against the Estate to present them to the undersigned in care of Ronald G. Coulter, Attorney for the Estate, 3400 Croasdaile Drive, Suite 205, Durham, North Carolina 27705, on or before May 19, 2023 or it will be pleaded in bar of their recovery. All persons, firms and corporations indebted to the Estate will please make immediate payment.

This the 16th day of February, 2023.

Norma L. Daye
Executrix
C/O Ronald G. Coulter
Attorney at Law
3400 Croasdaile Drive
Suite 205
Durham, NC 27705
1-919-246-5775
2/16, 2/23, 3/2 and 3/9/2023
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 154

The Undersigned, having qualified as Executor of the Estate of Frances Duke Riley, a/k/a Frances Riley, 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 18th day of May 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 16th day of February, 2023.

Sandra Cole
Executor
25 Walkabout Way
Chapel Hill, 27516
2/16, 2/23, 3/2 and 3/9/2023

NOTICE TO CREDITORS AND DEBTORS OF TARA THOMPSON a/k/a TARA ELIZABETH THOMPSON

All persons, firms, and corporations having claims against Tara Thompson a/k/a Tara Elizabeth Thompson, now deceased, are notified to exhibit them to Richard Lewis Thompson, Executor of the decedent's estate, on or before the 16th day of May, 2023, at Post Office Box 2290, Burlington, North Carolina 27216, or be barred from their recovery.

Debtors of the decedent are asked to make immediate payment to the above-named Executor.

Richard Lewis Thompson
Executor of the Estate of Tara Thompson
a/k/a Tara Elizabeth Thompson
(23 E 65)

C. Thomas Steele, Jr.
Pittman & Steele, PLLC
Post Office Box 2290
Burlington, NC 27216
336-270-4440
February 16 and 23 and March 2 and 9, 2023

NOTICE OF SERVICE OF PROCESS BY PUBLICATION In The General Court Of Justice Superior Court Division Before the Clerk File Number 23 E 183

The Undersigned, having qualified as Executor of the Estate of Howard Monroe Fitts, Jr., late of Durham County, North Carolina, hereby wishes to notify all persons having claims against the Estate of said deceased to exhibit them to the undersigned at the below listed address on or before the 26th day of May 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 23rd day of February, 2023.

Howard Arnold Fitts
Executor
7312 Arbron Dr
Durham, NC 27713
2/23, 3/2, 3/9 and 3/16/2023
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 23 E 120

The Undersigned, having qualified as Administrator of the Estate of Elaine H. Yarborough, 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 25th day of May 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 23rd day of February, 2023.

Felicia M. Yarborough
Administrator
611 Nash Street
Durham, NC 27707
2/23, 3/2, 3/9 and 3/16/2023
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 23 E 93

The Undersigned, having qualified as Administrator of the Estate of Sandra Faye Saunders, 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 26th day of May 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 23rd day of February, 2023.

Bartow Saunders III
Administrator
25 Burgess Lane
Durham, NC 27707
2/23, 3/2, 3/9 and 3/16/2023

NOTICE TO CREDITORS

The undersigned having qualified as Executor of the Estate of EARL O. FARLOW a/k/a EARL ODOM FARLOW Deceased, late of Durham County, North Carolina, this is to notify all persons, firms and corporations having claims against the Estate to Exhibit them to the undersigned at the office of IDOL LAW, PLLC, PO Box 51759, Durham, North Carolina 27712, on or before the 26th day of May, 2023, or this Notice will be in bar of their recovery. All persons indebted to the Estate will please make immediate payment.

This is the 23rd day of February, 2023.

Gary F. Farlow
Executor
Estate of Earl O. Farlow a/k/a Earl Odom Farlow, Deceased.
Robert A. Idol, Esquire
IDOL LAW, PLLC
Attorney at Law
PO Box 51759
Durham, NC 27717
(919) 401-5151
2/23, 3/2, 3/9 and 3/16/2023

NOTICE TO CREDITORS

The undersigned having qualified as Executor of the Estate of BETSY M. FARLOW a/k/a BETSY MERLE FARLOW Deceased, late of Durham County, North Carolina, this is to notify all persons, firms and corporations having claims against the Estate to Exhibit them to the undersigned at the office of IDOL LAW, PLLC, PO Box 51759, Durham, North Carolina 27712, on or before the 26th day of May, 2023, or this Notice will be in bar of their recovery. All persons indebted to the Estate will please make immediate payment.

This is the 23rd day of February, 2023.

Gary F. Farlow
Executor
Estate of Betsy M. Farlow a/k/a Betsy Merle Farlow, Deceased.
Robert A. Idol, Esquire
IDOL LAW, PLLC
Attorney at Law
PO Box 51759
Durham, NC 27717

(919) 401-5151
2/23, 3/2, 3/9 and 3/16/2023
STATE OF NORTH CAROLINA
DURHAM COUNTY

NOTICE TO CREDITORS

The undersigned, having qualified as Executors of the Estate of MEREDITH SLANE PERSON AKA MEREDITH SLANE FINCH MICHENER of Durham County, North Carolina, do hereby notify all persons, firms and corporations having claims against said estate to present them to the undersigned on or before May 24, 2023, or this notice will be pleaded in bar of their recovery.

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

This the 23rd day of February, 2023.

CIBC National Trust Company
Co-Executor of the Estate of Meredith Slane Person aka Meredith Slane Finch Michener
3290 Northside Parkway NW
7th Floor
Atlanta, GA 30327
Sumner Slane Finch
Co-Executor of the Estate of Meredith Slane Person aka Meredith Slane Finch Michener
1204 Westwood Avenue
High Point, NC 27262
Edgar S. Levy III
Gallimore Levy Chrisawn Gallimore
PLLC 1838 Eastchester Drive
Ste 100
High Point, NC 27265
Telephone: (336) 754-8489
2/23, 3/2, 3/9 and 3/16/2023
STATE OF NORTH CAROLINA
DURHAM COUNTY

NOTICE TO CREDITORS

THE UNDERSIGNED, having qualified on the 10th day of February, 2023, as Executor of the ESTATE OF PATRICIA HARDING NESTLER A/K/A PATRICIA NESTLER, 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 24th day of May, 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 23rd day of February, 2023.

KATHRYN NESTLER
EXECUTOR
ESTATE OF PATRICIA HARDING NESTLER
A/K/A PATRICIA NESTLER
c/o Shirley M. Diefenbach, Attorney
Walker Lambe, PLLC
Post Office Box 51549
Durham, North Carolina 27717
2/23, 3/2, 3/9 and 3/16/2023

NOTICE TO CREDITORS 2023 E 204

ALL PERSONS, firms and corporations having claims against Omelia L. Walker, of Durham County, N.C., are notified to exhibit the same to the undersigned on or before the 25th day of May 2023, or this notice will be pleaded in bar of recovery. Debtors of the decedent are asked to make immediate payment.

This the 23rd day of February, 2023.

Tanya Wiley
7718 Abbotsinch Court
Charlotte, NC 28269
2/23, 3/2, 3/9 and 3/16/2023
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 23 E 81

The Undersigned, having qualified as Executor of the Estate of Mary Anne Weaver, 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 26th day of May 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 23rd day of February, 2023.

Mary Caroline Weaver
Executor
2222 West Club Blvd
Durham, NC 27705
2/23, 3/2, 3/9 and 3/16/23
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 1350

The Undersigned, having

qualified as Administratrix of the Estate of Gloria Ann McAllister, 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 26th day of May 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 23rd day of February, 2023.

Sherri Morrison
Administratrix
2290 Merck Drive
Unit 203
Winston Salem, NC 27106
2/23, 3/2, 3/9 and 3/16/23
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 26th day of May 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 23rd day of February, 2023.

Deborah H. Walker
Administratrix
357 Barrett Street
Danville, VA 24541
2/23, 3/2, 3/9 and 3/16/23
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 233

The Undersigned, having qualified as Executor of the Estate of Henry Jack Wilkerson, 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 26th day of May 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 23rd day of February, 2023.

Jill Wilkerson Smith
Executor
1109 Lynch Cir.
Warminster, PA 18974
2/23, 3/2, 3/9 and 3/16/23

NOTICE TO CREDITORS File Number 23 E 179

Having qualified as the personal representative of the estate of James W. Faucette, late of Durham County, NC, Jill F. Hofler, the undersigned, does hereby notify all persons, firms, and corporations having claims against the estate of decedent to exhibit them to the undersigned at 1007 Vickers Ave., Durham, NC 27707, on or before June 15, 2023, or this notice will be pleaded in bar of recovery. All persons, firms and corporations indebted to the estate will please make prompt payment to the undersigned.

This the 23rd day of February, 2023.

Jill Faucette Hofler
Executrix
Wilfred F. Drake, P.C.
Attorney for the Estate
1007 Vickers Ave.
Durham, NC 27707
919-683-8441
2/23, 3/2, 3/9 and 3/16/23

NOTICE TO CREDITORS ESTATE OF ROSALIE RANKIN FONDA File No. 23 E 88

Having qualified as Executor of the Estate of Rosalie Rankin Fonda, the undersigned does hereby notify all persons, firms, and corporations having claims against the estate to exhibit them to the undersigned on or before June 5, 2023, or this notice will be plead in bar of their recovery. All persons, firms and corporations indebted to said estate will please make immediate payment to the undersigned.

This the 23rd day of February, 2023

John Rankin Fonda
Executor of the Estate of Rosalie

Rankin Fonda
1019 McCarley Blvd.
Wilmington, N.C. 28412
3/2, 3/9, 3/16 and 3/23/23

NOTICE TO CREDITORS

Having qualified as Executor of the Estate of Linda Gilliam AKA Linda Harris Gilliam FKA Linda Darrielle Harris, late of Durham County, North Carolina, the undersigned does hereby notify all persons, firms and corporations having claims against the estate of said decedent to exhibit them to the undersigned on or before the 5th day of June, 2023, or this notice will be pleaded in bar of their recovery. All persons, firms and corporations indebted to the said estate will please make immediate payment to the undersigned.

This 2nd day of March, 2023.

David Harris
Executor of the Estate of Linda Gilliam AKA Linda Harris Gilliam FKA Linda Darrielle Harris
c/o Lori M. Bernstein
Attorney at Law
2726 Croasdaile Dr. Suite 202
Durham, North Carolina 27705
3/2, 3/9, 3/16 and 3/23/23
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 235

The Undersigned, having qualified as Administrator of the Estate of Harriet Holtzman, late of Durham County, North Carolina, hereby wishes to notify all persons having claims against the Estate of said deceased to exhibit them to the undersigned at the below listed address on or before the 5th day of June 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 2nd day of March, 2023.

Jack Holtzman
Administrator
2736 Dogwood Road
Durham, NC 27705
3/2, 3/9, 3/16 and 3/23/23

NOTICE TO CREDITORS

The undersigned having qualified as Executor of the Estate of MARVIN LIONEL HEDGEPEETH, Deceased, late of Durham County, North Carolina, this is to notify all persons, firms and corporations having claims against the Estate to Exhibit them to the undersigned at the office of IDOL LAW, PLLC, PO Box 51759, Durham, North Carolina 27717, on or before the 5th day of June, 2023, or this Notice will be in bar of their recovery.

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

This is the 2nd day of March, 2023.

Lisa A. Hedgepeth, Executor
Estate of Marvin Lionel Hedgepeth, Deceased
Robert A. Idol, Esquire
IDOL LAW, PLLC
Attorney at Law
PO Box 51759
Durham, NC 27717
(919)401.5151
3/2, 3/9, 3/16 and 3/23/23
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 99

The Undersigned, having qualified as Administrator of the Estate of Martha Ann Banfield a/k/a Martha A. Banfield, late of Durham County, North Carolina, hereby wishes to notify all persons having claims against the Estate of said deceased to exhibit them to the undersigned at the below listed address on or before the 5th day of June 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 2nd day of March, 2023.

Steven W. Arrington
Administrator
PO Box 4753
Greensboro, NC 27404
3/2, 3/9, 3/16 and 3/23/23

Notice to Creditors

Having qualified as Administrator of the Estate of Eldridge Lucky Avent Olive, late of 2201 S. Alston St., Durham, Durham County, North Carolina, the undersigned does hereby notify all persons, firms and corporations having claims against the estate of said decedent to exhibit them to the undersigned at Law Office of Ken Hirsh, 1821 Hillandale RD, STE 1B-344, Dur-

Classifieds

DURHAM COUNTY

ham, North Carolina 27705, on or before the 5th day of June, 2023, or this notice will be pleaded in bar of their recovery.

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

This, the 23rd day of February, 2023.

/s/ David Olive
Administrator of the Estate of Eldridge Lucky Avent Olive
Kenneth J. Hirsh
Law Office of Ken Hirsh
1821 Hillandale RD STE 1B-344
Durham, NC 27705

3/2, 3/9, 3/16 and 3/23/23
NOTICE TO CREDITORS
ESTATE OF DAVID FREDERICK WILLIAM GRANT
DURHAM COUNTY
FILE NO. 2023 E 195

All persons, firms, and corporations having claims against David Frederick William Grant deceased, of Durham County, North Carolina are notified to exhibit them to the undersigned on or before June 5, 2023, or be barred from their recovery. Debtors of the decedent are asked to make immediate payment.

This 2nd day of March, 2023.
Sharon Grant, Executor
1107 Grangerford Ct.
Durham, NC 27703
Attorney, Walter Brodie Burwell, Jr.
Envisage Law
2601 Oberlin Road, Suite 100
Raleigh, NC 27608

3/2, 3/9, 3/16 and 3/23/23
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 149

The Undersigned, having qualified as Administrator of the Estate of Cary H. Glass a/k/a Cary Howard Glass, late of Durham County, North Carolina, hereby wishes to notify all persons having claims against the Estate of said deceased to exhibit them to the undersigned at the below listed address on or before the 5th day of June 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 2nd day of March, 2023.
Littleton David Glass
Administrator
617 Preston Andrews Rd.
Bahama, NC 27503

3/2, 3/9, 3/16 and 3/23/23
NOTICE TO CREDITORS
COUNTY OF DURHAM
23 E 216

All persons, firms and corporations having claims against WILLIE BENNIE HAYES deceased, are notified to exhibit them to Travis Whitt Williams, Executor of the decedent's estate on or before June 2, 2023, c/o James C. Stanford Attorney for the Estate, at P. O. Drawer 1529, Hillsborough, North Carolina 27278, or be forever barred from their recovery. Debtors of the decedent are asked to make immediate payment to the above named Executor.

This the 2nd day of March, 2023.
Travis Whitt Williams
Executor of the Estate of Willie Bennie Hayes
Coleman, Gledhill, Hargrave, Merritt & Rainsford, P.C.
James C. Stanford
Attorney for Estate
P.O. Drawer 1529
Hillsborough, NC 27278
(919) 732-2196

March 2nd, 9th, 16th and 23rd
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 1502

The Undersigned, having qualified as Administrator of the Estate of Michael G. Beamon, late of Durham County, North Carolina, hereby wishes to notify all persons having claims against the Estate of said deceased to exhibit them to the undersigned at the below listed address on or before the 5th day of June 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 2nd day of March, 2023.
Earlene Beamon
Administrator CTA
720 Ferris Road
Durham, NC 27704

3/2, 3/9, 3/16 and 3/23/23
STATE OF NORTH CAROLINA
DURHAM COUNTY

NOTICE TO CREDITORS
File No. 22 E 1291

All persons, firms and corporations having claims against the Estate of WILLIE ENNIS SMITH, JR., Deceased, of Durham County, N.C., are notified to present the same to the Personal Representative listed below on or before the 5th day of June, 2023, or this Notice will be pleaded in bar of recovery.

All debtors of the said Estate are asked to make immediate payment.

This 2nd day of March, 2023.
Anya Smith Walker
Ltd Personal Representative
4 Andi Ct
Durham, NC 27713-2778
3/2, 3/9, 3/16 and 3/23/23
STATE OF NORTH CAROLINA
COUNTY OF DURHAM
EXECUTOR'S NOTICE TO CREDITORS OF HARRY FRANCIS DAWLEY, JR., DECEASED

The undersigned, GARY LUKE, having duly qualified as Executor of the Estate of HARRY FRANCIS DAWLEY, JR. deceased, late of Durham County, North Carolina, notify all persons, firms, and corporations having claims against the estate of said deceased to exhibit them to the undersigned at the law office of Sharon A. Thompson, Attorney, at 401 W. Knox Street, Durham, NC 27701, on or before 5th day of June, 2023, or this notice will be pleaded in bar of their recovery.

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

This 2nd day of March, 2023.
GARY LUKE

Executor of the Estate of HARRY FRANCIS DAWLEY, JR.
3/2, 3/9, 3/16 and 3/23/23
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 300

The Undersigned, having qualified as Executrix of the Estate of Sue Parrish Hicks a/k/a Rachel Sue Hicks, late of Durham County, North Carolina, hereby wishes to notify all persons having claims against the Estate of said deceased to exhibit them to the undersigned at the below listed address on or before the 12th day of June 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 9th day of March, 2023.
Robin Wood Malphrus
Executrix
2210 Anderson Dr
Raleigh, NC 27608
3/9, 3/16, 3/23 and 3/30/2023
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 278

The Undersigned, having qualified as Administrator of the Estate of Carlton Aaron Wilkes, 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 12th day of June 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 9th day of March, 2023.
Ronnie Leo Wilkes
Administrator
1117 Dilworth Crescent Row
Charlotte, NC 28023
3/9, 3/16, 3/23 and 3/30/2023
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 231

The Undersigned, having qualified as Executor of the Estate of Corteland Elliot Graham, 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 12th day of June 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 9th day of March, 2023.
Angela Graham Allen
Executrix

95 Crooked Creek Lane
Durham, NC 27713
3/9, 3/16, 3/23 and 3/30/2023
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 297

The Undersigned, having qualified as Administrator of the Estate of Jose Mendez Carranza, 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 12th day of June 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 9th day of March, 2023.
Antonia Valencia Tepoz
Administrator
1405 Riddle Rd
Durham, NC 27713
3/9, 3/16, 3/23 and 3/30/2023
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 127

The Undersigned, having qualified as Administrator of the Estate of Dean Townsend, 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 12th day of June 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 9th day of March, 2023.
Xatanna Townsend
Administrator
4578 Ashley View Lane
Oxford, NC 27565
3/9, 3/16, 3/23 and 3/30/2023
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 213

The Undersigned, having qualified as Administrator of the Estate of Mary T. Lynch, 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 12th day of June 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 9th day of March, 2023.
James P. Lynch
Administrator
1325 Kendall Dr
Durham, NC 27703
3/9, 3/16, 3/23 and 3/30/2023
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 286

The Undersigned, having qualified as Executor of the Estate of Mary Vanhook, 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 12th day of June 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 9th day of March, 2023.
Clinton Cozart
Executor
c/o Walter Tenney
Attorney at Law
160 Wind Chime Court
Raleigh, NC 27615
919-841-4696
3/9, 3/16, 3/23 and 3/30/2023

NOTICE TO CREDITORS
Having qualified as Personal Representative of the Estate

of Danielle Vivian Erika Ross, deceased, of 5028 Hadrian Drive, Durham, Durham County, North Carolina 27703, the undersigned does hereby notify all persons, firms and corporations having claims against the estate of said decedent to exhibit them to the undersigned at the office of the attorney for the estate on or before June 10, 2023, or this notice will be pleaded in bar of their recovery.

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

This the 9th day of March, 2023.
Erika L. Krueger
Administrator
c/o Jeffrey L. Austin,
Attorney for the Estate
Law Office of Jeffrey L. Austin
PLLC
411 W. Chapel Hill Street
Suite C-2
Durham, NC 27701
3/9, 3/16, 3/23 and 3/30/2023

JOHNSTON COUNTY

NORTH CAROLINA
JOHNSTON COUNTY
In the General Court of Justice
Civil District Division
File Number: 22 CV 003948
NOTICE OF SERVICE OF
PROCESS BY PUBLICATION
Daniel Evans,

vs.
Jena Marie Lewis,

PLAINTIFF
vs.
DEFENDANT.

TO: Jena Marie Lewis, DEFENDANT.

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

You are required to make defense to such pleading no later than the 6th day of April, 2023, which is 40 days from the first publication of this notice. Upon your failure to file a pleading by the above date, the party seeking service against you will apply to the court for the relief sought.

This the 23rd day of February, 2023.
Daniel Evans
196 Lee Trace Dr
Smithfield, NC 27577-2757
2/23, 3/2 and 3/9/23

WAKE COUNTY

STATE OF NORTH CAROLINA
WAKE COUNTY
NOTICE OF SERVICE OF
PROCESS BY PUBLICATION
In The General Court Of Justice
Superior Court Division
Before the Clerk
File Number 2023E000331

The Undersigned, having qualified as Administrator of the Estate of Betty H. Zimmerman, late of Wake County, North Carolina, hereby wishes to notify all persons having claims against the Estate of said deceased to exhibit them to the undersigned at the below listed address on or before the 16th day of May 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 16th day of February, 2023
Carol Bunch
Administrator
3316 Neptune Drive
Raleigh, NC 27604
2/16, 2/23, 3/2 and 3/9/23
NORTH CAROLINA
WAKE COUNTY

NOTICE OF SERVICE OF
PROCESS BY PUBLICATION
Small Claims Division
File No. 23 CV 000541

Cross Solutions Towing & Recovery, Inc
Plaintiff,
vs.
Unknown Owner

Defendant,

TAKE NOTICE the petitioner has filed with the clerk a petition in proper form indicating that the petitioner has a valid lien against a 1969 Dodge, ID No. WP23F9A194105, and that the petitioner shall have the right to sell to the highest bidder the motor vehicle listed. Court date set for March 14 at 9:30 AM at 316 Fayetteville Street 3rd floor Raleigh NC 27601.

This the 23rd day of February, 2023.
Cross Solutions Towing & Recovery Inc
5414 Cowan Ln
Raleigh, NC 27610
919-909-4040

2/23, 3/2 and 3/9/23
NORTH CAROLINA
WAKE COUNTY

NOTICE OF SERVICE OF
PROCESS BY PUBLICATION
Small Claims Division
File No. 23 CV 000542

Cross Solutions Towing & Recovery, Inc
Plaintiff,
vs.
Unknown Owner

Defendant,

TAKE NOTICE the petitioner has filed with the clerk a petition in proper form indicating that the petitioner has a valid lien against a 1970 Dodge, ID No. JS23NOB338011, and that the petitioner shall have the right to sell to the highest bidder the motor vehicle listed. Court date set for March 14 at 9:30 AM at 316 Fayetteville Street 3rd floor Raleigh NC 27601.

This the 23rd day of February, 2023.
Cross Solutions Towing & Recovery Inc
5414 Cowan Ln
Raleigh, NC 27610
919-909-4040

2/23, 3/2 and 3/9/23
NORTH CAROLINA
WAKE COUNTY

NOTICE OF SERVICE OF
PROCESS BY PUBLICATION
Small Claims Division
File No. 23 CV 000543

Cross Solutions Towing & Recovery, Inc
Plaintiff,
vs.
Unknown Owner

Defendant,

TAKE NOTICE the petitioner has filed with the clerk a petition in proper form indicating that the petitioner has a valid lien against a 1973 Dodge, ID No. WP29M3A249489, and that the petitioner shall have the right to sell to the highest bidder the motor vehicle listed. Court date set for March 14 at 9:30 AM at 316 Fayetteville Street 3rd floor Raleigh NC 27601.

This the 23rd day of February, 2023.

Cross Solutions Towing & Recovery Inc
5414 Cowan Ln
Raleigh, NC 27610
919-909-4040
2/23, 3/2 and 3/9/23
NORTH CAROLINA
WAKE COUNTY

NOTICE OF SERVICE OF
PROCESS BY PUBLICATION
Small Claims Division
File No. 23 CV 000544

Cross Solutions Towing & Recovery, Inc
Plaintiff,
vs.
Unknown Owner

Defendant,

TAKE NOTICE the petitioner has filed with the clerk a petition in proper form indicating that the petitioner has a valid lien against a 1955 Chrysler, ID No. W5591111, and that the petitioner shall have the right to sell to the highest bidder the motor vehicle listed. Court date set for March 14 at 9:30 AM at 316 Fayetteville Street 3rd floor Raleigh NC 27601.

This the 23rd day of February, 2023.

Cross Solutions Towing & Recovery Inc
5414 Cowan Ln
Raleigh, NC 27610
919-909-4040
2/23, 3/2 and 3/9/23
NORTH CAROLINA
WAKE COUNTY

NOTICE OF SERVICE OF
PROCESS BY PUBLICATION
Small Claims Division
File No. 23 CV 000545

Cross Solutions Towing & Recovery, Inc
Plaintiff,
vs.
Unknown Owner

Defendant,

TAKE NOTICE the petitioner has filed with the clerk a petition in proper form indicating that the petitioner has a valid lien against a 1964 Dodge, ID No. 1160147717, and that the petitioner shall have the right to sell to the highest bidder the motor vehicle listed. Court date set for March 14 at 9:30 AM at 316 Fayetteville Street 3rd floor Raleigh NC 27601.

This the 23rd day of February, 2023.

Cross Solutions Towing & Recovery Inc
5414 Cowan Ln
Raleigh, NC 27610
919-909-4040
2/23, 3/2 and 3/9/23
NORTH CAROLINA
WAKE COUNTY
In The General Court Of Justice
District Court Division
Small Claims

File No. 23 CV 00986
COMPLAINT TO ENFORCE
POSSESSORY LIEN ON MOTOR
VEHICLE

Carolina Auto Body
6400 Poole Road
Raleigh, NC 27610
c/o PO Box 46882
Raleigh, NC 27620
vs.

Unknown Owner,
TO: Unknown Owner

TAKE NOTICE the petitioner has filed with the clerk a petition in proper form indicating that the petitioner has a valid lien against a 2019 Kaufman Trailer, ID No. 5VGF3426KL006029 and that the petitioner shall have the right to sell to the highest bidder the motor vehicle listed on March 15, 2023 at WCCH, 316 Fayetteville Street, Third Floor, at 9:30 a.m. You are required to make a defense to such pleading before such date and time.

This the 23rd day of February, 2023.

c/o PO Box 46882
Raleigh, NC 27620
6400 Poole Road
Raleigh, NC 27610
2/23, 3/2 and 3/9/23

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

In the General Court of Justice
District Court Division
File No: 22 CV 013998

Carla A. Washington,
Plaintiff

vs.

Jasmine Breona Atkinson and Unknown Father,

Defendant.

Notice of Service of Process by Publication to: Unknown Father:

Take notice that a pleading seeking relief against you has been filed in the above-entitled action. The nature of the relief being sought is as follows: Complaint for Temporary and Permanent Custody for Non-Parents.

You are required to make defense to such pleading within forty (40) days from the date of the first publication of the Notice. If you fail to do so, the plaintiff will seek the relief sought herein.

This, the 2nd day of March, 2023.
Yasmin K. Morton
The Morton Law Offices, PLLC
5510 Six Forks Road, Suite 107
Raleigh, NC 27609
(919) 863-4329.
3/2, 3/9 and 3/16/23
STATE OF NORTH CAROLINA
WAKE COUNTY

NOTICE OF SERVICE
OF PROCESS BY PUBLICATION
In The General Court Of Justice
Superior Court Division
Before the Clerk
File Number 21 E 1847

The Undersigned, having qualified as Administrator of the Estate of Delores M. Lucas, late of Wake County, North Carolina, hereby wishes to notify all persons having claims against the Estate of said deceased to exhibit them to the undersigned at the below listed address on or before the 12th day of June 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 9th day of March, 2023.
Michael J. Lucas
Administrator
1715 Aragon Drive Apt. 208
Knightdale, NC 27545
3/9, 3/16, 3/23 and 3/30/2023
STATE OF NORTH CAROLINA
WAKE COUNTY

NOTICE OF SERVICE
OF PROCESS BY PUBLICATION
In The General Court Of Justice
Superior Court Division
Before the Clerk
File Number 23 E 1943-910

The Undersigned, having qualified as Executor of the Estate of Mae Veola Banks, late of Wake County, North Carolina, hereby wishes to notify all persons having claims against the Estate of said deceased to exhibit them to the undersigned at the below listed address on or before the 12th day of June 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 9th day of March, 2023.
Rosa P Burt
Executor
3920 Vesta Drive
Raleigh, NC 27603
3/9, 3/16, 3/23 and 3/30/23

Classifieds

WAKE COUNTY
THE STATE OF NEW HAMPSHIRE
JUDICIAL BRANCH
NH CIRCUIT COURT
**CITATION BY PUBLICATION-
TERMINATION OF PARENTAL
RIGHTS**
Courtroom 1-1st Circuit-Family
Division-Lancaster
Case Number:
651-2022-TR-00010
TO: MARCO A. DOMINGUEZ

TORRES
LKA: 2020 YONKERS ROAD
RALEIGH, NC 27699-4226
Formerly of and now parts un-
known
Preliminary Hearing Petition for
Termination of Parental Rights
A petition to terminate parental
rights over your minor child(ren) has
been filed in this Court. You are
hereby cited to appear at a court to
respond to this petition as follows:
CAUTION TO RESPONDENT

It is very important that you personally appear in this Court on the date, time and place provided in this notice. If you fail to personally appear, you may be defaulted and your parental rights may be terminated even if you are represented by an attorney who has filed a written appearance and/or personally appears at this hearing. **IMPORTANT RIGHTS OF PARENTS** THIS PETITION IS TO DETERMINE WHETHER OR NOT YOUR PARENTAL RIGHTS OVER YOUR CHILD(REN) SHALL BE TERMINATED. TERMINATION OF THE PARENT/CHILD RELATIONSHIP MEANS THE TERMINATION SHALL DIVEST YOU OF ALL LEGAL RIGHTS, PRIVILEGES, DUTIES

AND OBLIGATIONS, INCLUDING BUT NOT LIMITED TO THE LOSS OF ALL RIGHTS TO CUSTODY, VISITATION AND COMMUNICATION WITH YOUR CHILD(REN). IF TERMINATION IS GRANTED, YOU WILL RECEIVE NO NOTICE OF FUTURE LEGAL PROCEEDINGS CONCERNING YOUR CHILD(REN).

You are hereby notified that you have a right to be represented by an attorney. You also have the right to oppose the proceedings, to attend the hearing and to present evidence. If you desire an attorney, you may notify this Court within ten (10) days of receiving this notice and upon a finding of indigency, the Court will appoint an attorney without cost to you. If you enter an

appearance, notice of any future hearings regarding this child(ren) will be by first class mail to you, your attorney and all other interested parties not less than ten (10) days prior to any scheduled hearing. Additional information may be obtained from the Family Division Court identified in the heading of this Order of Notice.

If you will need an interpreter or other accommodations for this hearing, please contact the court immediately.

Please be advised (and/or advise clients, witnesses, and others) that it is a Class B felony to carry a firearm or other deadly weapon as defined in RSA 625:11, V in a courtroom or area used by a court.

BY ORDER OF THE COURT
Terri L. Peterson
Clerk of Court
1st Circuit- Family Division -
Lancaster
55 School St., Suite 202
Lancaster NH 03584
Telephone: 1-855-212-1234
TTY/TDD Relay: (800)735-2964
<https://www.courts.nh.gov>
3/9 and 3/16/23

Weekly SUDOKU
by Linda Thistle

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	9			1		4		
		6			8			1
8			7				9	

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine

DIFFICULTY THIS WEEK: ♦♦
♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!
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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 **Grantsboro-Kershaw Water Treatment Plant Improvements** project for **Pamlico County** which bids **March 28, 2023, at 2:00 PM**. Plans and specifications for this project are available at the following locations: TA Loving Company, 400 Patetown Road, Goldsboro, NC 27530 * Pamlico County; 302 Main Street; Bayboro, NC 28515 * The East Group; 324 South Evans Street; Greenville, NC 27835.

Potential subcontracting opportunities include but are not limited to surveying, clearing and grubbing, hauling, asphalt paving, earthwork, erosion control, seeding, sodding, electrical, masonry, roofing, HVAC, roll up doors, insulation, flatwork, CIPC, concrete forms, concrete rebar, painting, plumbing, and fencing. Please contact **Michael Cox** (mcox@taloving.com) if you are interested in submitting a proposal on any portion(s) of this project. Contact via phone 919-734-8400; fax 919-736-2148; or email. All quotations will be accepted up to bid closing time of the bid date. TA Loving Company is an Equal Opportunity/Affirmative Action Employer.

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

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 **FY23-03 Stormwater Drainage Remediation** project for the **City of Jacksonville** which bids **March 10, 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 * City of Jacksonville, Engineering Division; 815 New Bridge Street; Jacksonville, NC 28540.

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

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

Just Like Cats & Dogs by Dave T. Phipps

**HEY, THIS IS A GREAT MOVIE!
IT'S ABOUT TIME THEY
MADE A BOOK FROM IT!**

D/M/WBE
SUBCONTRACTORS/SUPPLIERS WANTED

T. A. Loving Company (NC General Contractor License No. 325) is seeking certified DBE subcontractors and suppliers for the following projects that bid for NCDOT:

Bid Date: 03/16/2023 at 2:00 PM

Project: Replace Bridge #40 Over Mill Creek Road in Brunswick County (Division 3)

Plans and specifications are available for inspection at the following locations: TA Loving Company, NC DOT Division office.

Potential subcontracting opportunities include but are not limited to surveying, demolition, clearing and grubbing, hauling, asphalt paving, striping, traffic control, earthwork, erosion control, seeding, and sodding.

Please contact Justin E. Hill at our office as soon as possible if you are interested in submitting a proposal on any portion(s) of this project. Quotes may be emailed to Justin E. Hill - jehill@taloving.com. All quotations will be accepted up to bid closing time of the bid date. Our address, phone number, and fax number is as follows.

T. A. Loving Company PO Box 919 Goldsboro, NC 27533 919-734-8400 (phone) 919-736-2148 (fax).

TA Loving Company is an Equal Opportunity Employer

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 **Business Park Water and Sewer Improvement - Contract A Water Plant Generator** project for **Pender County** which bids **March 14, 2023, at 2:00 PM**. Plans and specifications for this project are available at the following locations: TA Loving Company, 400 Patetown Road, Goldsboro, NC 27530 * Pender County; 605 East Fremont Street; Burgaw, NC 28425 * McKim & Creed, Inc.; 243 North Front Street; Wilmington, NC 28401 * Carolinas AGC Website * Dodge Data and Analytics website * Carolinas Plan Room; 2527 South 17th Street; Wilmington, NC 28401.

Potential subcontracting opportunities include but are not limited to earthwork, erosion control, seeding, sodding, electrical, SCADA, HVAC, CIPC, concrete forms, concrete rebar, flatwork, painting, and fencing. Please contact **Michael Cox** (mcox@taloving.com) if you are interested in submitting a proposal on any portion(s) of this project. Contact via phone 919-734-8400; fax 919-736-2148; or email. All quotations will be accepted up to bid closing time of the bid date. TA Loving Company is an Equal Opportunity/Affirmative Action Employer.

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

GRIN & BEAR IT

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 **Mitchell Water Treatment Plant Improvements** project for the **City of Greensboro** which bids **March 30, 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 * City of Greensboro, Engineering Division, contact: Ted Barker; 300 West Washington Street, Suite 322; Greensboro, NC 27401.

Potential subcontracting opportunities include but are not limited to surveying, demolition, clearing and grubbing, hauling, asphalt paving, striping, earthwork, erosion control, seeding, sodding, electrical, SCADA, tunneling, dewatering, roofing, HVAC, roll up doors, insulation, CIPC, concrete forms, concrete rebar, flatwork, manhole rehab, painting, plumbing, and fencing. Please contact **Michael Cox** (mcox@taloving.com) if you are interested in submitting a proposal on any portion(s) of this project. Contact via phone 919-734-8400; fax 919-736-2148; or email. All quotations will be accepted up to bid closing time of the bid date. TA Loving Company is an Equal Opportunity/Affirmative Action Employer.

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

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 **FY16 Water System Improvements - Contract C and D** project for **Brunswick County** which bids **March 16, 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 * Brunswick County Engineering Services; 75 Courthouse Drive; Bolivia, NC 28422 * East Coast Engineering, PC; 4918 Main Street; Shallotte, NC 28459 * CDC News Office website * Construction Market Data website * Carolinas AGC Website * Dodge Data and Analytics website * Hispanic Contractors Association of the Carolinas website.

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, dewatering, 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.

Real Estate

Airbnb vs. Renting: Which Strategy Is Best For Your Budget?

By Kris Lamey

MoneyTips

When you're new to the renting game, all options are on the table when it comes to getting your empty investment property occupied and profitable. If you purchased a second home so you can rent it out, you might be wondering if listing it with Airbnb would earn you more than renting it to a long-term renter.

Whether you should rent your investment property to long term tenants or explore short term vacation rental options will depend on where you live and the type of property you own. Read our guide to help you decide whether you should try your luck with Airbnb or start looking for long term tenants.

How Is Airbnb Different From a Traditional Rental?

It wouldn't be surprising if you assumed that renting out a property on Airbnb and signing a year-long lease with a tenant is practically the same thing. But there are a lot of differences, including the length of stay, income potential, associated expenses, taxes and zoning laws.

Airbnb is different from renting primarily because of the length of stays (usually short) and the hosts furnish the rentals.

Airbnb vs. Renting: Rental agreement length

Airbnb allows hosts to use their homes as short-term or vacation rentals. The Airbnb business model relies on short stays and quick turnarounds. You can rent an Airbnb for longer than a month, but that's rare. If your Airbnb property is popular, because of the shorter rental terms, you'll have lots of guests coming and going.

Traditional rental leases last for a year. Tenants move in and agree to stay for a year or pay an early termination fee if they move out early. Some apartments offer shorter leases. But in exchange for renting for several months or paying month to month, tenants often pay higher rents.

Airbnb vs. Renting: Income and pricing

Airbnb pricing is a little more versatile than traditional rentals because:

You can offer daily, weekly or monthly rates.

You can offer discounts for longer stays or charge more money per night if a guest stays for a weekend.

You can make price adjustments whenever you choose. So there should be no reason to regret renting to a guest at a lower rate on a hot property because you can always hike the price. If no one is renting your property during low seasons, you can reduce the price to attract more visitors then raise it during high seasons.

Some Airbnb property owners make most of their money during holidays, over the summer or during periods when their location is a popular travel destination.

If you can keep an Airbnb property booked, there is huge income potential because the daily cost of an Airbnb is usually cheaper than the daily cost of a hotel room.

You'll also need to perform regular upkeep on the property. You're responsible for providing furniture and amenities, like sheets and towels, and utilities, including Wi-Fi and cable. After all your expenses, it makes sense that you'll want to recoup your investment because an empty Airbnb is an Airbnb that isn't earning money.

Traditional renting provides a more stable income with less profit. You'll have to consider whether it's more profitable to rent your house at a lower rate or to list it on Airbnb for short stays.

Airbnb vs. Renting: Rules and regulations

Some cities, such as New York City and Washington, D.C., have cracked down on Airbnb properties and enacted strict rules. Check to see if it's legal to rent a property through Airbnb in your city or state because it's a nonstarter if the local laws don't allow it.

If you can rent your property through Airbnb, there may be rules and regulations to follow, such as noise curfews and building

ing maintenance laws.

With a traditional rental, your tenant pays rent according to the terms of the lease. You can't raise the rent until the lease is renewed. Some areas may even set limits on how much you can increase the rent when a lease is renewed.

Depending on where you live, you might need to get a permit and perform maintenance to keep the home up to code. Tenants, however, are responsible for taking care of the property, and they're liable for any damage that happens during their stay.

Airbnb vs. Renting: Property insurance and other potential expenses

Your property insurance can be impacted by converting your home into an Airbnb. Insurance companies associate short-term rentals with higher risk. Some insurers might not offer you a policy.

To supplement your home or landlord insurance, you could look into AirCover, which is offered by Airbnb.

When you rent through Airbnb, you must furnish the rental and provide other amenities. Guests want to arrive to fresh linens, fluffy pillows and comfy towels. You may be able to entice renters by letting them know you keep the fridge stocked and offer cable TV and internet access.

Traditional landlords are only on the hook for routine maintenance calls and manage whatever utilities and services are agreed to in the lease or rental agreement. Your tenant brings or buys their furniture, connects their TV and internet and keeps the place clean.

Airbnb vs. Renting: Tax considerations

Whether you take the traditional route or list your property with Airbnb, you need to pay Uncle Sam on whatever you make – and short-term rentals offer fewer ways to deduct income.

In addition to state and federal income taxes, you may pay an occupancy tax on your Airbnb property because it sees so many visitors.

Traditional landlords, on the other hand, have a long list of tax write-offs they're eligible for when they lease their properties.

Before you decide which direction to take, sit down with a real estate lawyer or tax accountant to hash out the tax consequences associated with each choice.

What Are the Advantages of an Airbnb Rental Property?

Airbnb has gone to great lengths to convince property owners to list their homes on its platform. The platform is designed to make the process of converting your home into a vacation home rental or short-term rental as easy as possible.

It's also easier for Airbnb guests to find rentals they like. They don't need to make large deposits, negotiate with a landlord or get their credit checked for a summer rental. Finding a comfortable place to stay can be as simple as a few clicks and a credit card.

What Are the Advantages of a Traditional, Long-Term Rental Property?

The primary advantage of a traditional rental property is the fixed, predictable income. You may not earn as much, but you're likely guaranteed a steady income once your tenant signs the lease.

If you're in the middle of financial planning and you need to know what your income is going to be every month, the traditional rental route might be a good option for you.

A traditional rental property also frees you from a lot of the stress that can come with maintaining an Airbnb. You don't need to furnish the unit or clean it regularly. You may need to answer a service call from time to time, but you can mostly sit back and enjoy the predictable cash flow.

What's the Better Strategy? Airbnb vs. Renting Factors To Consider

There's no cookie-cutter answer to this question. It primarily depends on the area and the type of property you own.

You should do some market research and speak with profession-

als before you make a decision. Real estate agents and attorneys can help you figure out if you can legally convert your home into an Airbnb.

And here are some other items to consider:

Location

If your area gets lots of tourists during the year, you're probably well-positioned to list your house on Airbnb. If your property is located somewhere that doesn't get much tourist traffic, a long-term rental may make more sense if it's harder to attract visitors.

Property condition

Airbnb properties need to be attractive and have unique features and amenities that make them stand out to potential guests. If your property doesn't have these features and you don't want to invest in upgrades, a traditional rental might be the better option.

Renters are usually more willing to add flair to a place they're staying in longer-term but only want the best-looking homes to stay in when they're on vacation.

Local market rates

Find out what properties in the area are renting for and then compare the rates with what you find for similar homes on Airbnb. This will give you a better picture of whether or not it's best to consider short-term renting.

A tax on your time and resources

Are you ready to commit the extra time it takes to attract people to your property and keep it looking good all year? For some homeowners, the extra income isn't worth the nonstop work. Remember, you'd need to make time for Airbnb and the other priorities in your life, too.

Bottom line: Income potential

Calculate how much it would cost to turn your property into an Airbnb property and perform an analysis of occupancy rates in nearby Airbnb properties. This can help you decide if the income potential of an Airbnb is worth the upfront investment.

Rent: Not the Musical, but It Can Still Be Music to Your Ears

When deciding what strategy works for you, remember that

some properties are more suitable for short-term renting than others. While Airbnb is an excellent way to make money, it's not always the most profitable way after you account for your expenses and your time.

Talk to the experts, do your homework and decide what works best for your situation.

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