



Dedicated to the Spirit
and Service of God

The Often Overlooked Contributions Of Many Black Revolutionary War Patriots

By Jordan Meadows

Staff Writer

Before the American Revolution, numerous freed African Americans supported the anti-British cause. One of the most notable figures was Crispus Attucks, a multiracial sailor who had escaped slavery and is believed to be the first person killed in the Boston Massacre in 1770. Both free and enslaved Black Americans also served in local militias, particularly in the North, defending their communities against Native American attacks.

As the Revolution unfolded, some Black men had already joined the rebels as minutemen — members of organized militia companies in New England trained in weaponry, tactics, and military strategies during the war. These minutemen were renowned for their readiness to mobilize at a moment's notice. They were prepared to be called into action if British troops in Boston initiated hostilities.

In 1775, General Washington initially prohibited African Americans from serving in the Continental Army, but later reversed his decision due to pressing manpower needs. Some slave owners permitted enslaved individuals to enlist in exchange for promises of freedom, although many were returned to slavery after the war's end.

In 1775, during the battles of Lexington and Concord, Black men answered the call and fought alongside Patriot forces. Among them, Prince Estabrook was wounded, standing out as one of the few Black soldiers engaged in the Battle of Lexington. At the Battle of Bunker Hill, Black soldiers fought bravely alongside their white compatriots, including notable figures like Peter Salem, Salem Poor, Barzillai Lew, Titus Curn, Alexander Ames, Cato Howe, and Seymour Burr.

Many of them, whether enslaved or free, were eager to join the Patriot cause, hopeful that it would lead to their freedom or the expansion of their civil rights. Beyond their roles as soldiers, Black men also served as guides, messengers, and spies

during the conflict. Throughout the war, approximately one-fifth of the soldiers in the northern army were Black. At the pivotal Siege of Yorktown in 1781, which marked a decisive victory for the American forces in the war, about one-quarter of the entire American army consisted of Black men.

Among the celebrated Black patriots was Jack Peterson from New York, whose quick thinking played a crucial role in repelling British forces. Peterson's actions disrupted Benedict Arnold's treacherous plans and directly contributed to the capture of Major Andre.

Due to shortages in manpower at sea, both the U.S. Navy and the British Navy enlisted Blacks into their ranks. In contrast to concerns in southern colonies about arming enslaved individuals for the army, there were fewer hesitations about employing Black men as pilots and ammunition handlers on ships. In state navies, several Blacks even rose to the rank of captain; South Carolina counted a substantial number of Black captains among its maritime forces.

However, not everyone supported the cause of the aspiring United States. In 1779, a British Army officer issued the Philipsburg Proclamation, which declared that all enslaved people owned by Patriots, regardless of age or gender, would be accepted at British lines. This led to a significant increase in the number of enslaved Blacks fleeing to join the British forces, resulting in the formation of many regiments during this period. One of the largest regiments composed of escaped African Americans was the Black Company of Pioneers, a unit specializing in pioneer work.

Among those who joined the British was Harry Washington, a 40-year-old stablehand and one of seventeen enslaved people from Mount Vernon who escaped a British warship. In 1782, during the Siege of Charleston, Harry contributed by constructing defensive earthworks. While most "Black Loyalists" were assigned to non-combat support roles, by the war's end in

1783, Harry was among 3,000 African Americans evacuated by the British to settle in Nova Scotia in Canada.

On the other side of the war stood James Lafayette, a pivotal figure as a spy for the Patriots during the American Revolution. Born into slavery in Virginia, Lafayette defied the odds by learning to read and write both English and French. He played a crucial role as a spy, operating undercover as an escaped enslaved man to gather British intelligence, initially under Benedict Arnold and later under General Cornwallis. His intelligence gathering was instrumental in providing critical details of British troop movements before the Battle of Yorktown.

Despite his contributions, James was not freed at the war's end like some enslaved men who fought for the American cause. This was because he was considered a spy rather than a soldier, and therefore not covered by the Virginia Assembly's act that freed certain enslaved individuals who had fought in the war.

The desire for freedom among Black women did not begin with the American Revolution but was significantly amplified by it, motivating thousands to seek liberation from slavery during this period. The presence of British troops presented opportunities with less oversight, enabling enslaved women to align themselves with the ideals of liberty espoused by white revolutionaries in their struggle against oppression.

For those who remained enslaved and did not flee, many were hired out and played vital roles in supporting the Patriot war effort. Their labor was essential and underscored their substantial contributions to the fight for American independence. These women's efforts, whether through seeking freedom or supporting the war effort, left a lasting impact on the Revolutionary War era and the quest for equality and liberty in American history.

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Franklin County Honors Civil Rights Activist Rosanell Eaton For Bravery

By Jordan Meadows

Staff Writer

On Saturday, residents of Franklin County gathered in downtown Louisburg to pay tribute to Rosanell Eaton, a revered civil rights figure, during a building dedication ceremony. The event was hosted by Mr. and Mrs. Michael Liter and Armenta Eaton, daughter of the honoree.

Eaton, who was born on a farm in Franklin County, made an eight-mile trip daily to attend Albion Academy in Franklinton, where she graduated at the top of her class in 1939. She furthered her education with two years at Vance Granville Community College in Henderson and one year at North Carolina State University in Raleigh. Ms. Eaton served as a teacher's assistant in Youngsville until her retirement in 1991.

Throughout her life, Eaton was a staunch advocate for voting rights, having experienced firsthand the hardships of the Jim Crow era. She attended segregated schools, used segregated facilities including bathrooms and public accommodations, and even drank from a designated "colored" water



fountain in her hometown of Louisburg.

At the age of 21, she journeyed eight miles by mule and wagon to the Franklin County Courthouse in Louisburg, where she was confronted by three white men demanding to know her purpose.

"I'm here to register to vote," she said.

They informed her that she could register only if she could recite from memory the Preamble

to the Constitution of the United States. This requirement, masquerading as a literacy test, was a common tactic used to disenfranchise black voters. Despite the challenge, as the valedictorian of her high school class, she promptly complied.

In 1942, she registered and cast her ballot, becoming one of the first black voters in North Carolina since Reconstruction. She continued to vote in nearly every

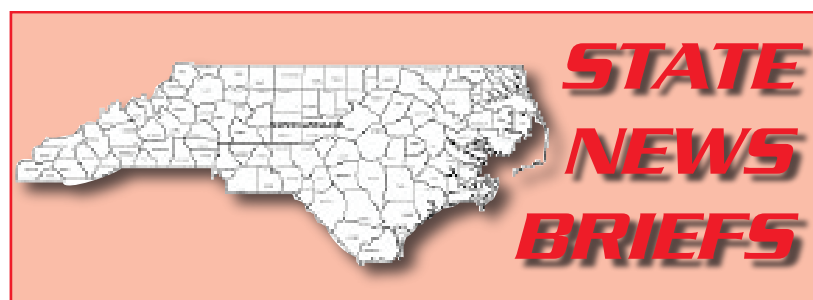
election thereafter. Over four decades, she served as a county poll worker and special registrar commissioner, assisting approximately 4,000 people in registering to vote.

Joining the NAACP in 1950, she remained an active participant in protests against racial discrimination for more than 60 years, including the historic 1963 March on Washington for Jobs and Freedom.

Amid the civil rights upheaval of the 1960s, she and her family faced repeated threats from night riders. She woke multiple times to the sight of burning crosses outside her home. One night, farm equipment was damaged, and bullets were fired into both a shed and their farmhouse, narrowly missing her bedroom window.

"Mother Rosanell Eaton was a warrior for justice who gave the most for her people in an utterly selfless way," Dr. Spearman who succeeded Dr. Barber last year as president of the North Carolina NAACP. "She was wise to a fault, and extremely sensitive to the vitriolic climate of our times. She

(See ROSANELL EATON, P. 7)



JUDGE UPHOLDS NORTH CAROLINA'S ANTI-RIOTING LAW, DISMISSES CIVIL LIBERTIES SUIT

RALEIGH, N.C. (AP) — A federal judge has dismissed a lawsuit filed by a civil rights group challenging North Carolina's anti-rioting law, whose criminal penalties were raised last year by state legislators.

The American Civil Liberties Union of North Carolina sued over the law, after the legislature increased punishments in response to protests against racial injustice and police brutality in 2020 that at times became violent.

In a dismissal order sought by attorneys for the state and three district attorneys who also were sued, U.S. District Judge Loretta Biggs in Winston-Salem ruled Tuesday that the law withstands challenges by the ACLU alleging that the language was unconstitutional through being both overbroad and vague.

Biggs cited in large part previous state appellate court rulings examining previous versions of the anti-rioting law that she declared protects free speech and peaceful protestors whom the ACLU feared could be wrongly arrested.

"This Court concludes that the Anti-Riot Act does not criminalize a substantial amount of protected expressive activity relative to the Act's plainly legitimate sweep," wrote Biggs in her order released Wednesday. The decision, barring an appeal, would uphold the law's enforcement, paving the way for the higher penalties to become enforced permanently.

While demonstrations in North Carolina following George Floyd's death were largely peaceful, Republican House Speaker Tim Moore and others championing the changes said the laws didn't deter rioting and looting in downtown Raleigh in June 2020.

Democratic Gov. Roy Cooper, who had successfully vetoed a similar bill in 2021, allowed the 2023 bill with the more severe penalties to become law without his signature. Several Democrats along with the GOP legislators in the General Assembly majority had supported the legislation last year, raising the likelihood that any Cooper veto would have been overridden.

The lawsuit considered by Biggs, who was nominated to the bench by then-President Barack Obama, focused on the law's definition of a riot, which was unchanged by the new legislation.

But the ACLU argued the definition was so vague and overbroad that its employees or members advocating in protests otherwise protected by the U.S. and state constitutions could be arrested and subject to criminal and civil penalties simply by being near violent activity.

The law says a riot involves an assembly of three or more people that engages in or threatens disorderly and violent conduct to the point it causes injury or damage, or creates a "clear and present danger" of injury or damage. Lawyers for state Attorney General Josh Stein, a Democrat and lawsuit defendant along with the District Attorneys, wrote in legal briefs that the state ACLU was wrong to argue that its members could be prosecuted for participating peacefully in a protest.

A 1975 state Supreme Court opinion rejected that possibility, Stein's lawyers said, and a provision added to the 2023 version of the law states that the "mere presence alone" at an event where rioting takes place falls short of the evidence needed for a conviction. A spokesperson for Stein said the Attorney General's Office was reviewing the ruling.

The ACLU of North Carolina had sued in April 2023, but it refiled its lawsuit in July after state legislators passed another law making additional mi-

(See STATE BRIEFS P. 2)

What Caused The Revolutionary War?

For more than a decade before the outbreak of the American Revolution in 1775, tensions had been building between colonists and the British authorities.

The French and Indian War, or Seven Years' War (1756-1763), brought new territories under the power of the crown, but the expensive conflict led to new and unpopular taxes. Attempts by the British government to raise revenue by taxing the colonies (notably the Stamp Act of 1765, the Townshend Acts of 1767 and the Tea Act of 1773) met with heated protest among many colonists, who resented their lack of representation in Parliament and

demanding the same rights as other British subjects.

Colonial resistance led to violence in 1770, when British soldiers opened fire on a mob of colonists, killing five men in what was known as the Boston Massacre. After December 1773, when a band of Bostonians altered their appearance to hide their identity boarded British ships and dumped 342 chests of tea into Boston Harbor during the Boston Tea Party, an outraged Parliament passed a series of measures (known as the Intolerable, or Coercive Acts) designed to reassert imperial authority in Massachusetts.

In response, a group of colonial

delegates (including George Washington of Virginia, John and Samuel Adams of Massachusetts, Patrick Henry of Virginia and John Jay of New York) met in Philadelphia in September 1774 to give voice to their grievances against the British crown. This First Continental Congress did not go so far as to demand independence from Britain, but it denounced taxation without representation, as well as the maintenance of the British army in the colonies without their consent. It issued a declaration of the rights due every citizen, including life, liberty, property, assembly and trial by jury. The Continental Congress

voted to meet again in May 1775 to consider further action, but by that time violence had already broken out.

On the night of April 18, 1775, hundreds of British troops marched from Boston to nearby Concord, Massachusetts in order to seize an arms cache. Paul Revere and other riders sounded the alarm, and colonial militiamen began mobilizing to intercept the Redcoats. On April 19, local militiamen clashed with British soldiers in the Battles of Lexington and Concord in Massachusetts, marking the "shot heard round the world" that signified the start of the Revolutionary War.

Black Revolutionary War Patriots—CONTINUED FROM PAGE 1

Elizabeth Freeman made history as the first African American woman to successfully file a lawsuit for her freedom in Massachusetts in 1781. Lawyers in the area strategically chose her case as a “test case” to challenge the constitutionality of slavery under the new Massachusetts Constitution. This landmark case marked the beginning of a series of “freedom suits” that ultimately led the Massachusetts Supreme Judicial Court to abolish slavery in the state.

Evidence suggests that Freeman became aware of these legal arguments when her master hosted political gatherings at his home and when constitutional documents were read aloud in public. Amidst the turmoil of the war, the jury ruled in Freeman’s favor, granting her freedom and awarding her 30 shillings along with trial costs.

Another one of these staples is Phillis Wheatley, an enslaved African American living in Boston, who had a knack for literary talents. She

took up the pen and became one of the earliest published female authors in America, as well as the first African American woman to achieve this distinction. Her collection of poems, “Poems on Various Subjects, Religious and Moral,” published in 1773, gained popularity on both sides of the Atlantic.

Wheatley’s poetry often centered on themes of patriotism and human virtues. In 1775, she penned a notable poem dedicated to George Washington titled “To His Excellency, George Washington,” which she personally read to him in 1776 at his headquarters in Cambridge, Massachusetts, where he was leading the Continental Army in besieging the British.

Wheatley’s visit was at Washington’s invitation, highlighting her significance and recognition even during the revolutionary era. In 1778, upon the death of her master, Wheatley obtained her freedom. Her literary accomplishments not only paved the way for future Afri-

can American writers but also contributed to the broader cultural and intellectual landscape of America during the Revolutionary War period.

The American Revolution was not merely shaped by African Americans; they actively influenced its course, altering outcomes and motivations for those striving for freedom. From early dissent against British rule to pivotal moments on the battlefield, Black individuals played pivotal roles with lasting impact.

Both free and enslaved people made significant contributions as soldiers, laborers, and intellectuals, highlighting their desire for freedom and civil rights while challenging societal norms and advocating for abolition. The “Founding Era” showcased African American influence that catalyzed broader aspirations for equality and justice in American society, and eventually, around the world.



SCOTUS Allows Bans On Outdoor Sleeping For Homeless

WASHINGTON (AP) — The Supreme Court cleared the way for cities to enforce bans on homeless people sleeping outside in public places on Friday, overturning a California appeals court ruling that found such laws amount to cruel and unusual punishment when shelter space is lacking.

The case is the high court’s most significant on the issue in decades and comes as a rising number of people in the U.S. are without a permanent place to live.

In a 6-3 decision along ideological lines, the high court found that outdoor sleeping bans don’t violate the Eighth Amendment.

Western cities had argued that the ruling made it harder to manage outdoor encampments in public spaces, but homeless advocates said punishing people who need a place to sleep would criminalize homelessness.

In California, which is home to one-third of the country’s homeless population, Democratic Gov. Gavin Newsom said the decision gives state and local officials authority to clear “unsafe encampments” from the streets while acting with compassion. “This decision removes the

legal ambiguities that have tied the hands of local officials for years,” he said.

Justice Neil Gorsuch acknowledged those concerns in the opinion he wrote for the majority.

“Homelessness is complex. Its causes are many. So may be the public policy responses required to address it,” he wrote. “A handful of federal judges cannot begin to ‘match’ the collective wisdom the American people possess in deciding ‘how best to handle’ a pressing social question like homelessness.”

He suggested that people who have no choice but to sleep outdoors could raise that as a “necessity defense,” if they are ticketed or otherwise punished for violating a camping ban.

Homeless advocates, on the other hand, have said that allowing cities to punish people who have no other place to sleep would ultimately make the crisis worse. Cities had been allowed to regulate encampments under a U.S. 9th Circuit Court of Appeals ruling but couldn’t completely bar people from sleeping outdoors.

“Sleep is a biological necessity, not

a crime,” said Justice Sonia Sotomayor, reading from the bench a dissent joined by her liberal colleagues. “Homelessness is a reality for so many Americans.”

Punishing people for something they can’t control, like homelessness, is cruel and unusual, she said. She warned that striking down Eighth Amendment arguments against camping bans likely won’t end the fights over the ordinances in court.

Los Angeles Mayor Karen Bass, a Democrat, criticized the majority ruling, saying cities shouldn’t “attempt to arrest their way out of this problem or hide the homelessness crisis in neighboring cities or in jail.” The only way to truly address it, she said, is to connect people with housing and services.

The case came from the rural Oregon town of Grants Pass, which appealed a ruling striking down local ordinances that fined people \$295 for sleeping outside after tents began crowding public parks. The 9th Circuit Court of Appeals, which has jurisdiction over the nine Western states, has held since 2018 that such bans violate the Eighth Amendment in areas where there aren’t enough shelter beds.

Grants Pass Mayor Sara Bristol told The Associated Press that the city will not immediately start enforcing those local ordinances fining people for sleeping outside and that the city council will need to review the decision and determine the next steps.

“This lawsuit was about whether cities have a right to enforce camping restrictions in public spaces, and I’m relieved that Grants Pass will be able to reclaim our city parks for recreation,” said Bristol, who serves in a nonpartisan position. “Homelessness is a complex issue, and our community has been trying to find solutions.”

Attorney Theane Evangelis, who represented Grants Pass before the high court, applauded the ruling,



saying the 9th Circuit decision had “tied the hands of local governments.”

“Years from now, I hope that we will look back on today’s watershed ruling as the turning point in America’s homelessness crisis,” she said.

In Portland, meanwhile, a spokesperson for the mayor’s office said the effect of the ruling would likely be muted since the state has separate legal limits on how cities can manage encampments. Seattle officials also expected a limited impact.

An attorney for homeless people who live in Grants Pass bemoaned the decision.

“We are disappointed that a majority of the court has decided that our Constitution allows a city to punish its homeless residents simply for sleeping outside with a blanket

to survive the cold when there is nowhere else for them to go,” said Ed Johnson, director of litigation at the Oregon Law Center.

Friday’s ruling comes after homelessness in the United States grew a dramatic 12% last year to its highest reported level, as soaring rents and a decline in coronavirus pandemic assistance combined to put housing out of reach for more people.

More than 650,000 people are estimated to be homeless, the most since the country began using a yearly point-in-time survey in 2007. A lack of access to mental health and addiction resources can contribute to the crisis. Older adults, LGBTQ+ people and people of color are disproportionately affected by homelessness, advocates said.

Nearly half of people without

housing sleep outside, federal data shows.

Derrick Belgarde, executive director of the nonprofit Chief Seattle Club, said some people may simply choose to sleep outside. Before his organization was started, members of the local Native American community weren’t using shelters because they didn’t feel safe in them or feel as though they belonged.

“I think it’s going to cause a lot of pain, a lot of misery to deny people the right to safety, to feel safe, to feel a sense of belonging. It’s going to be devastating for a lot of people,” said Belgarde, a member of the Confederated Tribes of Siletz Indians.

The 9th Circuit decision had governed nine states: Alaska, Arizona, California, Hawaii, Idaho, Montana, Nevada, Oregon and Washington.

STATE BRIEFS

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nor changes.

Kristi Graunke, the state ACLU’s legal director, said Wednesday her group disagrees with the judge’s ultimate analysis. But Graunke said Biggs’ ruling should admonish district attorneys that “protestors who act peacefully — even if others around them are acting violently — should not be subject to prosecution for rioting.”

The 2023 criminal changes raise criminal punishments or create new crimes related to willingly participating in or inciting a riot.

Fines and prison time will increase, typically by a couple years or more, for protesters who brandish a weapon, injure somebody or cause significant property damage. The law also creates new crimes for protesters who cause a death or incite a riot that contributes to a death.

Business owners also will be able to seek compensation from protesters who damage property, equal to three times the monetary damage. And those accused of rioting or looting will also have to wait 24 hours before their bond is set.

DC Council Approves Reparations Study

The Washington Examiner—The D.C. Council gave final approval to the city’s fiscal 2025 budget on Tuesday, and among the provisions was funding for a study of reparations for black residents.

Included in the lengthy budget, which now must be signed by Washington, D.C., Mayor Muriel Bowser and pass the Congressional review period, is a provision instructing the district’s Chief Financial Officer to “reallocate funds budgeted in the Non-Departmental Account as necessary to implement the Reparations Foundation Fund and Task Force Establishment Act of 2023.”

The bill, introduced by Council-

man Kenyan McDuffie last year, has yet to be passed, but the inclusion of preliminary funding upon its effective date is a vote of confidence toward its passage. Nine of the 12 other council members co-sponsored the Reparations Foundation Fund and Task Force Establishment Act of 2023, which had a public hearing in June 2023.

McDuffie told the Washington Post that the fight to get the bill into law is not over, but that the inclusion of funds in the budget is a critical step.

“It is definitely gratifying to get to this point. But it’s not over yet,” McDuffie told the outlet. “There’s still some steps that we have to get

through at the council, but having the funding included in the budget to establish the creation of the commission, to do all the research that’s going to be required to develop potential proposals, is absolutely critical to moving it forward.”

He also told the outlet that he expects a markup of the bill in the fall.

The legislation would create a commission that would explore ways to remedy alleged generations of racism and discrimination against black residents of Washington, D.C., including slavery.

Slavery was outlawed in the country in 1865 with the adoption of the 13th Amendment, and polls

have shown a majority of adults are against reparations for slave descendants. Despite the general unpopularity, some states and cities have moved forward in recent years with studies and plans for forms of reparations.

In California, a state commission recommended reparations for alleged harms against black residents from slavery to other policies, while in Evanston, Illinois, reparations have been sent out to black residents for alleged prior harms by the government. Reparations have been proposed at the federal level by some Democrats but have not taken hold among most in the party.

Biden Campaigns In Raleigh Amid Age Concerns

By Jordan Meadows

Staff Writer

President Biden’s visit to Raleigh’s NC State Fairgrounds in the Jim Graham Building on Friday came after a disappointing debate performance that prompted some Democrats to discuss his potential removal from the ticket openly.

Despite his age being under the spotlight more than ever, Biden delivered a spirited campaign speech to approximately 2,000 supporters, aimed at easing concerns within his party. During the event, Biden addressed false claims made by Trump during the debate and acknowledged his subpar performance which had caused anxiety among some Democrats.

“I know I’m not a young man,” Biden said to cheers. “I don’t walk as easily as I used to. I don’t speak as smoothly as I used to. I don’t debate as well as I used to, but I know what I do know: I know how to tell the truth!”

He continued, “I know right from

wrong. And I know how to do this job. I know how to get things done. And I know like millions of Americans know, when you get knocked down you get back up!”

Following Thursday’s 90-minute debate, Biden’s raspy and confused demeanor raised questions about his age and fitness to serve another four years as commander-in-chief. While his campaign attributed his condition to a cold, the event underscored broader concerns within his party.

Criticism of his abilities from cable news panels, opinion columnists, and other left-leaning media outlets, like the New York Times, have also speculated about potential replacements for him as the nominee. Like Vice President Kamala Harris, Secretary of Transportation Pete Buttigieg, California Governor Gavin Newsom, or Michigan Governor Gretchen Whitmer.

However, elected Democratic leaders have not publicly opposed Biden’s candidacy and have said that they support whatever deci-

sion he ultimately makes, including former Speaker of the House Nancy Pelosi and South Carolina Representative Jim Clyburn.

President Biden attended several events and fundraisers after the debate, likely aiming to recover from his performance. After this miniature tour, he spent the rest of the weekend at Camp David with his family discussing potential next steps. Both President Biden and First Lady Jill Biden have publicly stated his intention to remain in the race.

“I would not be running again if I did not believe with all my heart and soul that I can do this job,” Biden said.

The campaign announced Friday morning that it experienced its most successful grassroots fundraising hours of this election cycle just before and after the debate — raising nearly \$30 million.

During his address, Biden reaffirmed his stance on issues such as abortion and the economy, emphasizing his belief that former Presi-

dent Donald Trump’s policies are detrimental to the country.

“When I’ve thought about his 34 felony convictions, his sexual assault on a woman in a public place, his being fined \$400 million for business fraud, I thought to myself, ‘Donald Trump isn’t just a convicted felon. Donald Trump is a one-man crime wave,’” which was followed by “Lock him up!” chants from the crowd.

Accompanying the president in Raleigh were NC Governor Roy Cooper, NC Attorney General Josh Stein, and First Lady Jill Biden. Among the attendees were Durham Mayor Leonardo Williams and various state and local party representatives. Rappers Fat Joe and E-40 also performed before the president spoke.

Post-debate polls have not yet indicated a significant shift in either direction, a factor closely monitored by the Biden campaign as the President weighs his decision on whether to run again before the party’s convention in Chicago in August.

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Business & Finance

The Controversy Surrounding Vetoes NC House Bill 237

By: Jordan Meadows
Staff Writer

Governor Roy Cooper's veto on House Bill 237, primarily due to alterations in campaign finance regulations, was overridden by the General Assembly on Friday. These changes were introduced without prior inclusion in other proposed legislation; the standard legislative committee process was circumvented by adding the changes to an unrelated bill.

How these modifications were introduced—and their potential implications—has sparked widespread speculation and criticism. The bill

initially drew controversy for its sweeping provision prohibiting masks.

Republicans argue that the bill aims to create parity between political parties, whereas Democrats contend that it constitutes a last-minute rule change during an election year. These disputes are not new; they have been ongoing for over two decades: in July 2004, the legislature amended election laws to prohibit federal campaign and national political party committees (527 committees) from using corporate funds within 60 days before a general election.

Significant emphasis has been

placed by Republicans on the fact that this new bill does not change contribution limits: individual candidates are restricted to accepting \$6,400 from any single source, excluding political parties or affiliated organizations. The new regulation specifically impacts Federal Political Party Committees—527 committees and Super PACs.

Under the new provisions, both 527 committees and Super PACs will still be allowed to contribute to political parties, provided that corporate, union and other prohibited funding sources, which are restricted from direct contributions except for Independent Expendi-

tures (IEs), are kept in a separate account. Utilizing any of these prohibited sources would constitute a class 2 misdemeanor, consistent with existing regulations.

These organizations will continue to be subject to donor disclosure through the Federal Election Commission (FEC) or Internal Revenue Service (IRS), but they will no longer be required to create and submit separate reports to the North Carolina State Board of Elections (NC-SBE). Instead, they will send copies of their federal expenditure reports from the FEC or IRS to the NC-SBE. Federal committees are only obligated to report expenditures made

within the state or funds provided to state-level committees. The frequency of FEC committees' reports to the SBE will increase as they are now required to report monthly, rather than quarterly.

Contributions to federal-level committees cannot be designated for North Carolina political parties or affiliated committees by donors. Therefore, state lobbying organizations cannot bypass state contribution limits by contributing to federal-level committees and subsequently transferring funds to state political parties.

While this bill maintains restrictions on state lobbying organiza-

tions and lobbyist donations, federal PACs are exempt from these limitations. Since federal political committees are no longer classified as "political committees" under state law, they are not restricted in their contributions. This allows Federal PACs to donate to candidate committees during legislative sessions, subject to applicable contribution limits. However, federal political committees are still prohibited from earmarking donations to candidates through party committees.

While the bill introduces a new avenue for significant contributors to inject funds into North Carolina elections, large donors already can contribute substantial sums through the state's political parties and their affiliated committees. Nevertheless, the law prohibits earmarking funds, and all organizations affected by the bill must disclose their donations through the SBE, FEC, or IRS.

Despite existing transparency requirements, large-dollar donors can conceal their contributions through state parties or by transferring them to candidate committees or affiliated entities, but such actions would be deemed earmarking and thus illegal.

The bill's changes regarding the flow of federal funds in elections would notably alter this landscape. The primary targets of these changes appear to be the Governors Associations and Attorney General Associations of each party, but they also impact other federal "Independent Expenditure only" organizations.

Regarding the bill's stated goal of "leveling the playing field," it would ostensibly do so by addressing funding disparities. Structurally, both political parties already operate on an even playing field.

Home Depot To Pay Washington State \$1.6 M

OLYMPIA — The Washington Department of Ecology issued a \$1.6 million penalty to The Home Depot for selling prohibited hydrofluorocarbon (HFC) products, after roughly two years of attempts to bring the company into compliance, according to officials.

According to the Washington Department of Ecology, HFCs are considered powerful greenhouse gases used mainly for refrigeration and air conditioning, and they can leak into the atmosphere if equipment is faulty or damaged. When that happens, HFCs have hundreds to thousands of times the global warming impact of carbon dioxide.

The Washington Legislature passed laws in 2019 and 2021 gradually phasing out the use of HFCs. One of the restrictions banned the sale of R-134a canisters at retail stores beginning in July 2021. R-

134a is an HFC refrigerant used in automotive air conditioning systems.

Vehicle manufacturers have largely switched to refrigerants with lower climate impacts, so the use of R-134a is already in decline. Washington's law doesn't require drivers to change the refrigerant already in their vehicle. However, it limits the retail sale of R-134a so repair and maintenance of these systems happens at shops that can collect and recycle the old refrigerant, preventing it from escaping into the atmosphere.

"Restricting HFC products and equipment is key to achieving the state's statutory greenhouse gas emission limits and ultimately getting to net zero by 2050," said Joel Creswell, who manages Ecology's Climate Pollution Reduction Program. "HFCs safely sealed inside air-conditioning systems can be recovered, recycled and re-used, but when



they leak out, they become a major contributor to climate change."

After Washington's HFC regulations took effect, Ecology began notifying and educating businesses about how to comply in November

2021. In response, most businesses voluntarily updated their websites and sales practices. The Home Depot continued to both offer and sell R-134a canisters to Washington customers on its website. State officials

say numerous attempts were made between 2021 and 2023 to help the company into compliance.

According to the Department of Ecology, technical assistance meetings were held with The Home Depot's website software and compliance teams in 2022. At that time, officials were assured that the identified products would not be available for purchase in Washington and that no new prohibited products would be added to the company's website.

After officials again discovered R-134a products being offered for sale on The Home Depot's website during a routine compliance check in July 2023, the state requested information from the company about potential sales. The Home Depot informed Ecology that they sold 1,058 units of the prohibited products in Washington between April 12, 2022, and Sept. 5, 2023.

Supreme Court Dismisses Social Media Censorship Suit

(AP) The U.S. Supreme Court on Wednesday rejected arguments by Missouri and Louisiana that the federal government violated the First Amendment in its efforts to combat false, misleading and dangerous information online.

In a 6-3 decision written by Justice Amy Coney Barrett, the court held that neither the states nor seven individuals who were co-plaintiffs in the case were able to demonstrate any harm or substantial risk that they will suffer an injury in the future.

Therefore, they do not have legal standing to bring a case against the federal government.

Plaintiffs failed to prove that social media platforms acted due to government coercion, Barrett wrote, rather than their own judgment and policies.

In fact, she wrote, social media platforms "began to suppress the plaintiffs' COVID-19 content before the defendants' challenged communications started."

Plaintiffs cannot "manufacture standing," Barrett wrote, "merely by inflicting harm on themselves based on their fears of hypothetical future harm that is not certainly impending."

The ruling overturns a lower court decision that concluded of-

ficials under Presidents Joe Biden and Donald Trump unlawfully coerced social media companies to remove deceptive or inaccurate content out of fears it would fuel vaccine hesitancy or upend elections.

Missouri Attorney General Andrew Bailey, who inherited the lawsuit from his predecessor, has called the federal government's actions "the biggest violation of the First Amendment in our nation's history."

But those arguments were greeted with skepticism by the court in March, with justices from across the ideological spectrum punching holes in the lawsuit and raising concerns about the consequences for public safety and national security.

In his dissent, Justice Samuel Alito wrote that the government's actions in this case were not "ham-handed censorship" that the court has routinely rejected, but they were coercive and illegal all the same.

"It was blatantly unconstitutional," he wrote, "and the country may come to regret the court's failure to say so... If a coercive campaign is carried out with enough sophistication, it may get by. That is not a message this



court should send."

Louisiana Attorney General Liz Murrill released a statement on social media calling Wednesday's ruling "unfortunate and disappointing."

"A majority of the Supreme Court gives a free pass to the federal government to threaten tech platforms into censorship and suppression of speech that is indisputably protected by the First Amendment," Murrill said. "The majority waves off the worst government coercion scheme in history."

In an emailed statement, Bailey

made no mention of the court's decision to dismiss the case, instead declaring that his office will continue to pursue evidence of social media censorship by the federal government.

"Missouri is not done," Bailey said. "We are going back to the district court to obtain more discovery in order to root out Joe Biden's vast censorship enterprise once and for all."

The lawsuit was filed in 2022 by Missouri and Louisiana, along with seven people who either were banned from a platform or whose posts were not prominently fea-

tured on social media sites such as Facebook, YouTube and X, then known as Twitter.

Among the co-plaintiffs is Jim Hoft, founder of the St. Louis-based right-wing conspiracy website Gateway Pundit. Hoft has built a career on promulgating false conspiracies on a wide range of topics, from the 2018 Parkland school shooting to former President Barack Obama's birth certificate.

His company recently filed for bankruptcy as it faces defamation lawsuits in Missouri and Colorado filed by people who say they faced threats after being vilified by Gateway Pundit in false stories.

During appeals court arguments last year, the attorneys general specifically cited Hoft, claiming that he is "currently subjected to an ongoing campaign by federal officials to target the content on his website."

Hoft claims that Twitter, in December 2020, censored content about the Hunter Biden laptop story at the urging of the federal government. But Barrett wrote that Twitter acted according to its own rules against posting or sharing "privately produced/distributed intimate media of someone without their express consent."

There is no evidence, Barrett wrote, that Twitter adopted its policy in response to pressure from the federal government.

Benjamin Aguiñaga, the solicitor general for the Louisiana attorney general, argued before the court in March that the government has no right to try to persuade social media platforms to violate Americans' constitutional rights, "and pressuring platforms in back rooms shielded from public view is not using the bully pulpit at all. That is just being a bully."

Emails obtained as part of the lawsuit, Aguiñaga argued, show the government badgered platforms behind closed doors, abused them with profanity and "ominously says that the White House is considering its options... all to get the platforms to censor more speech."

"Under this onslaught," he said, "the platforms routinely cave."

The federal government, represented by Brian Fletcher, principal deputy solicitor general, argued Aguiñaga's accusations simply don't hold water.

There is no evidence that decisions by social media companies to remove or deprioritize content can be attributed to the government. Instead, Fletcher argued, the companies made their own decisions relying on their own content moderation policies.

There was no coercion or attempted intimidation, Fletcher said, and the best proof is that social media companies "routinely said 'no' to the government."

7 Steps Toward A New Paradigm For Retirement

By Ben Harris & Martin Neil Baily

The Brookings Institute

Conventional wisdom on retirement is misguided. The approaching exhaustion of the Social Security and Medicare trust funds has stoked anxiety over the disappearance of these programs' support, while dire statistics about Americans' lack of retirement assets have propelled a belief of chronic under-saving. In the aggregate, neither view is quite right—and this mischaracterization has unearthed calls by some to dismantle the entire system. While the current system has serious flaws, however, it is still worth saving. To do so, policymakers need both an accurate assessment of the system's shortfalls and a menu of plausible options to improve them.

We set out to do just that in our recently published book, "The Retirement Challenge: What's Wrong with America's System and a Sensible Way to Fix It" (Oxford University Press, 2023). Here, we propose a series of policy reforms that maintain the best aspects of our current system while improving its most egregious shortcomings. Collectively, our proposals form a "new paradigm" for retirement: a system that will ensure a comfortable retirement for all Americans, built by enhancing the most popular and successful aspects of today's retirement framework rather than pushing for politically infeasible alternatives.

These seven guideposts define this new paradigm.



1. Acknowledge the current system's successes. From an economic perspective, an adequate retirement can be defined as one where a retiree can enjoy a similar standard of living as experienced during their working years. By this measure, retirement is working well for tens of millions of households who receive a steady stream of income from Social Security, typically backfilling about 40% of wages surrendered in retirement (more for lower-wage workers), plus Medicare benefits that cover a sizable portion of healthcare costs. Still, the system is imperfect: Poorly designed and unequal retirement savings incentives often mean that large shares of retirement-age workers have no or limited liquid assets, and about 10% of older Americans live in poverty. But overall, America's retirement system works well for the bulk of workers. This modest success, coupled with the popularity of entitlements and workplace saving accounts, means that rebuilding the entire system is neither realistic nor advisable. Instead, we need incre-

mental reforms.

2. Acknowledge the current system's two key shortfalls: unequal saving incentives and poorly designed markets for reducing risk in retirement. Let's take these in turn. On saving incentives, the current system for accumulating retirement savings—largely through individual employer accounts—confers a complex set of tax benefits based on an initial exclusion of the contribution from taxation, a build-up period where investment returns are tax-exempt, and a distribution period where withdrawals are added to taxable income. This system is both expensive—costing roughly \$250 billion in foregone revenue annually—and regressive, with about two-thirds of the tax benefits going to the top one-fifth of taxpayers.

On markets for reducing risks, there are few options for workers to translate their wealth into security. While the bulk of retirement-age households have appreciable wealth, typically in the form of financial assets or housing equity, the system offers few opportunities for converting that wealth into a dependable stream of income or benefits. Situations where retirees need long-term care or live well past their life expectancy can mean sharp downturns in living standards, causing many retirees to hoard wealth as a precaution. This not only means spending less in retirement on enjoyable pursuits, but can also lead to excess saving during working years. A better design of the markets for private insurance-like products—namely income

annuities, long-term care insurance, and reverse mortgages—can reduce these risks.

3. Make tax incentives for retirement saving equitable without dismantling the entire system. A first step to helping more workers accumulate wealth is to expand access to retirement saving accounts. Fortunately, policymakers at both the federal and state levels have increasingly embraced an "automatic" approach to retirement, which makes saving decisions like enrollment, annual contributions, and investment allocation the default outcome—requiring an active decision to opt out. Yet, automatic accounts are not wholly sufficient: Low- and middle-income savers should also be offered relatively more generous tax benefits for each dollar they contribute to each account. While the recent Secure 2.0 legislation makes progress on both measures, the work is far from over.

4. Help retirees benefit from an improved annuities market, specifically longevity annuities. Unknown longevity is perhaps the greatest risk in retirement, with retirement-age individuals facing extreme uncertainty over their remaining lifespans. Longevity annuities—products that offer guaranteed streams of income roughly 15 to 20 years after initial purchase—are ideally suited to helping retirees sustain their finances in the face of unknown lifespans. Yet, despite the appeal of these products, few retirees purchase longevity annuities. Reforms to encourage more employer-based offerings would both increase ac-



Biz School Dean At Shaw Univ Lauded For Excellence

RALEIGH — The National Association of Black Accountants singled out Lynette I. Wood, Ph.D., with the Earl S. Biggett National Achievement in Education Award during its annual convention in Las Vegas in June. The award acknowledges her excellence, dedication and leadership within the field of accounting education. Wood is the dean of the Shaw University School of Business and Professional Studies, where she also is a professor of accounting.

Students are emerging from Shaw University's business school as certified tax preparers and securing high-level internships at top firms including Deloitte, EY and KPMG. It's a byproduct of the structure Wood has established.

SBA Grants \$30 Million To Women's Business Centers

WASHINGTON – Administrator Isabel Casillas Guzman, head of the U.S. Small Business Administration (SBA) and the voice in President Biden's Cabinet for America's more than 33 million small businesses, announced four funding opportunities for Women's Business Centers (WBCs) totaling \$30 million. This includes funding to support further expansion of the WBC network, the opening of a WBC in the U.S. Virgin Islands, and first-time specialized funding for WBCs that specialize in federal contracting and child care businesses.

The SBA is also announcing that WBC funding will now be available to organizations that provide mostly or entirely virtual counseling and training services to women-owned small businesses across the country – recognizing the increasing importance of digital services and expanding the SBA's reach to entrepreneurs who may not have convenient access to the current WBC network, including women in rural communities, tribal

lands, and military families.

"Under the Biden-Harris Administration, the SBA's expanded network of WBCs is meeting new and established women business owners where they are and working to level the playing field for women entrepreneurs, who still face unique obstacles in funding and growing their businesses," said Administrator Guzman. "With this funding expansion for WBCs, the SBA will better meet the increased demand stemming from the high rates of entrepreneurship among women under the Biden-Harris Administration's Small Business Boom. Additionally, key policy changes will allow the SBA to leverage virtual tools to provide resources to more small businesses, prioritize industry gaps in child care, and further advance women in federal contracting."

These specialized WBCs will join an unprecedented network of 152 in-person WBCs in all 50 states and Puerto Rico. Eligible applicants must be non-profit organizations with 501(c)



Women's Business Center
Funding Opportunity

(3) tax-exempt status that provide entrepreneurial development services to women, specifically women in areas that have been socially and economically disadvantaged within the U.S. and its territories.

Eligible organizations that are selected will be awarded up to \$150,000 to open and operate a WBC.

The four funding opportunities include:

- Funding to support women business owners in government contracting, specifically to assist them with application readiness for certification in the Women-Owned Small Business (WOSB) and Economically Disadvantaged Women-Owned Small Business (EDWOSB) Programs, procurement assistance, and entrepreneurial development.



preneurial development services to women, with an emphasis on socially and economically disadvantaged entrepreneurs in locations outside of the geographical areas of existing WBCs within the United States and its territories and the option to provide mostly or entirely virtual services.

- Funding to support the opening of a WBC in the U.S. Virgin Islands. "Every new WBC helps open doors for women entrepreneurs who need access to training and practical assistance to stand up and grow their small businesses," said Christina Hale, Assistant Administrator for the SBA's Office of Women's Business Ownership. "By investing in women's economic potential, the SBA is fostering innovation, creating jobs, and strengthening our communities."

- Funding to provide entrepreneurial development services to women-owned small businesses focused on providing child care services.
- Funding to provide general entrepreneurial development.

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Health & Wellness

Study finds Multivitamins Might Not Enhance Lifespan

Medical News Today—New research analyzing data from over two decades and nearly 400,000 participants in the United States suggests that long-term daily multivitamin use may not improve longevity in healthy adults.

About 33% of adults in the U.S. take a daily multivitamin to support their overall well-being, assuming that it may help prevent disease and contribute to a longer, healthier life.

Despite widespread use, previous studies have not found sufficient evidence to determine whether multivitamins actually benefit longevity.

Aiming to address this research gap, researchers at the National Institutes of Health's (NIH) National Cancer Institute Trusted Source analyzed long-term daily multivitamin use and mortality risk in three cohorts of healthy U.S. adults.

They accounted for influential factors such as healthy diet and lifestyle and reverse causation, where individuals in poor health started using multivitamins.

The new NIH study, published in JAMA Network Open Trusted Source, found no association between regular multivitamin use and a lower risk of death in healthy U.S. adults.

However, multivitamins may still benefit specific individuals, and this observational study has some limitations, so don't throw away your multivitamins just yet.

Exploring the impact of daily multivitamins on mortality

risk
The new NIH study aimed to assess the association between multivitamin use and death related to chronic diseases, specifically cardiovascular disease and cancer. It also sought to explore potential factors and biases that could affect the understanding of this association.

The researchers conducted an analysis using data from three large cohort studies in the US:

- National Institutes of Health—AARP Diet and Health Study (NIH-AARP) Trusted Source
- PLCO Cancer Screening Trial (PLCO) Trusted Source
- Agricultural Health Study (AHS)

Their pooled analysis included a combined total of 390,124 generally healthy adult participants aged 18 to 74 at baseline with no history of major chronic diseases.

Participants self-reported their frequency of multivitamin use, from never to daily, and their use of other vitamins, minerals, and supplements.

Based on this data, the researchers categorized participants into three groups:

- no multivitamin use
- non-daily multivitamin use
- daily multivitamin use

The researchers also considered participants' self-reported diet history, Healthy Eating Index 2015 diet score Trusted Source, smoking status, alcohol and coffee intake, race and ethnicity, education level, body mass index (BMI), physical activity level, and family history of cancer.

Participants were followed for over two decades, with some followed for up to 27 years.

Daily multivitamins may not promote longevity

During the study period, there were 164,762 recorded participant deaths, with approximately 30% due to cancer, 21% due to heart diseases, and 6% due to cerebrovascular diseases.

Among daily multivitamin users, nearly half were female, compared to about 40% of nonusers.

Compared to nonusers, daily multivitamin users were also more likely to use other individual supplements and tended to have a lower BMI and better diet quality.

These findings align with previous research suggesting that multivitamins are somewhat more popular among women and that individuals who regularly take them might be a generally more health-conscious crowd.

Multivitamin use did not significantly differ by race, ethnicity, or family history of cancer.

Overall, the researchers found



no evidence that regular multivitamin use improved longevity among healthy adults.

In fact, in the pooled analysis, people who used multivitamin supplements daily had a 4% higher risk of death compared to those who didn't use them.

However, the hazard ratio values suggested no difference in survival between the two groups. This was observed for overall mortality and specific causes like heart dis-

ease, cancer, and cerebrovascular disease.

Despite the lack of evidence for longevity, the study authors suggest that daily multivitamin use may still be associated with other important outcomes related to healthy aging, such as supporting cognitive function in older adults.

The research also has some notable limitations. These include the fact that it is an observational study, so it cannot establish cause-

and-effect, and there may be factors, like health care utilization, that could affect the results and were not taken into account.

The study authors also noted that they could not define a timeline for the connection between using multivitamins and mortality risk, how the risk changes over time, or the total impact over a person's lifetime.

Additionally, the study had exclusions based on health status and lacked diversity, so the findings cannot be generalized to the broader population.

Who might benefit from daily multivitamins?

Healthy adults with adequate dietary nutrient intake might not benefit from multivitamin use, but daily multivitamins might still be beneficial for individuals of specific populations and age groups.

Medical News Today spoke with Alexandra Filingeri, a registered dietitian and doctor of clinical nutrition who was not involved with

(See **MULTIVITAMINS**, P. 12)



THE GOLDEN YEARS
By Judykay Jefferson

ARE WE THERE YET?

As we look toward the 4th of July, I have mixed feelings. Perhaps I'm at a more reflective point in life but it is a reminder that the independence from British rule for this new, albeit stolen land had very little to do with us. Here is my take on the founding of America:

The gypsies, tramps, and thieves of England, those who would never be a part of the ruling class, through a series of miscalculations, ended up here where they encountered the indigenous people and did what they always did, attempted to conquer and enslave them. These people, while not in possession of advanced weaponry, did understand living on the land. Like the Africans, they knew that everything they needed for survival was provided in nature. Their value of culture and tradition was a part of their identity. They had systems of trade and enterprise. They had attached value to those things they understood as assets. And like people world-wide, they valued freedom. Then, here come the British, with their firearms and deadly diseases.

When you think about it, rarely does the arrival of the British bode well for indigenous people.

Who were America's first settlers?

- **Indentured Servants:** A significant portion came as indentured servants. These individuals agreed to work for a set number of years (usually 4-7) in exchange for passage to America and room and board. Their status offered a chance for a new life but meant limited freedom until their contract ended.
- **Wealthy Landowners:** Some colonies, like Virginia, attracted wealthier individuals who aimed to establish large plantations. They brought capital and servants, placing them at the top of the socioeconomic ladder.
- **Religious Seekers:** Groups like the Pilgrims in Plymouth sought religious freedom. Their economic circumstances ranged from comfortable to modest.

Regardless of background, the early years were harsh for most settlers. Historians write, "High mortality rates, harsh environments, and the need to establish basic infrastructure meant survival was the primary focus initially." By 'the need to establish basic infrastructure' I read the need to recreate a hierarchy with them on top. Eliminating many and indoctrinating others through intimidation and coercion, allowed wide-spread slavery in the name of commerce and development.

With a focus on large-scale agriculture using slave labor, the South developed a wealthier elite class alongside a larger population with less economic mobility. Economies in the North were more diverse, with trade, shipbuilding, and skilled crafts playing a role. This led to a broader middle class compared to the South. The presence of slavery created a permanent underclass with no socioeconomic mobility.

Debatable, the first slaves transported by the British landed in 1619 although European powers like Spain and Portugal had already established systems of forced labor involving Africans in other parts of the Americas before 1619. The arrival in 1619 marked a turning point. While some Africans may have arrived earlier in situations that weren't chattel slavery, 1619 signified a shift towards a system of race-based permanent servitude that defined African American history in the United States.

African American seniors, having lived through a significant period of American racial history, have a nuanced view of progress in race relations. Many recognize significant strides made since our youth. Despite progress, we acknowledge ongoing racial disparities in areas like wealth, education, and criminal justice. These disparities can create a sense that true equality hasn't been achieved.

We may perceive a difference in how younger generations view race relations. While younger generations might be more vocal about racial issues, seniors might see a lack of historical context or a different approach to achieving change. Many of us might emphasize the need to dismantle systemic racism embedded in policies and institutions. This could include issues like housing discrimination, voter suppression, and unequal access to quality education. While hopeful for further progress, many of us are rightfully concerned about its pace. Years of struggle lead to a sense of guarded optimism, recognizing the need for continued vigilance.

Having lived through the 1950s and 1960s, many of us have had personal experiences with segregation, discrimination, and limited opportunities significantly influencing our perception of progress and resulting in a more personal connection to the fight for equality. We have a strong sense of cultural identity and pride in the resilience of the Black community.

For African Americans, the celebration of America's independence rightfully centers around family with massive fireworks displays following mass consumption cook-outs. It is a time to come together, sheltered by our numbers; fortified by our cultural traditions. From 1492 until 1868, the Africans in America were not constitutionally citizens. Certainly, in 2024, we have come a long way however, as we watch American history being sanitized to downplay the atrocity of slavery, we must ask ourselves, who are we to America now?

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Blacks Need Black Media For Our Mental Well-Being

By Aswad Walker

The Defender

When Black media was founded in 1827, its mission stated clearly what such institutions rejected and what they strove to do: "Too long have others spoken for us... We wish to plead our own cause."

The problem in 2024, according to a national survey, is that only one in three Blacks get their news from Black media, and less than a quarter of Blacks do so regularly. That means between 66% and 76% of Blacks rely almost exclusively on news sources they say paint Blacks in a negative light and fail to share stories about Blacks with the full and nuanced treatment Black stories, Black people and Black communities deserve.

According to Black people's own testimonies and a 2024 Pew Research study, Blacks need the Black press now more than ever, if for no other reason than the negative impact being belittled or ignored has on the collective and individual Black psyche.

Research has shown Black children ingest, on average, 200 negative messages a day, many of those from media. The numbers for Black adults are not much different. And because scientists say human beings must receive five positive messages for every negative one, news media anti-Blackness is doing us serious harm.

That study revealed what has been no secret in Black circles. Go to any Black barbershop, family reunion or church picnic, and "where two or more of us are gathered," there too will be the opinion that mainstream (white) media is soaked in anti-Blackness.

In 1967, the Kerner Commission – a panel established by President Lyndon Johnson to investigate the causes of the nation's 150-plus "urban riots" – called out this media bias. But that anti-Blackness existed long before Kerner and persists today. Just a cursory reading of the way historical and current white domestic terrorist events are reported reveals a consistent blaming of the victims for the violence and/or media justification for the violent actions of individuals, lynch mobs and governmental agencies against Blacks.

Negative Portrayal of Blacks

The Pew Research Center 2023 survey reported:

- 63% News about Blacks more negative than news about other races.
- 80% Exposed to anti-Black news.
- 40% See demeaning coverage of Blacks fairly to extremely often.
- 86% Believe mainstream media's negative Black coverage won't change in their lifetime.

Band-aid 'solutions'
Blacks have no shortage of sug-



gestions for improving the way mainstream media covers the Black community. These include imploring journalists in predominantly white mainstream media spaces to:

- Cover all sides of the issues
- Understand the issues' histories
- Personally engage with the people they cover
- Advocate for Black people
- Hire more Black reporters and decision-makers (news directors)

Beyond appealing to white media for salvation, it appears the only route Blacks can take to receive humane treatment from the media is the Black press. The same Black press few currently utilize.

So, what do Black media members say about this issue?

Why aren't more Blacks utilizing Black media?

"I think many Blacks are unaware of Black media, while some lump all Black media as the same (we are not all the same), and others don't seek us out," said local media legend, Sonceria Messiah Jiles, publisher/owner of the Defender Network. "But we as Black media need to promote ourselves and use other media to expand awareness to show the value we bring and add to our community. The real existence of Black people is not captured by general media. Its true reflection is captured in Black Media."

Terrance Harris, the Defender Network's digital content manager, believes Black media should do more

to be visible to its desired audience, saying, "That's done with smart marketing to raise visibility and via long, strong and insightful storytelling."

Laura Onyeneho, the Defender's education reporter, surveyed readers and the general public and found that many simply place more value on mainstream media, reflecting Malcolm X's assertion that Blacks often view "the white man's ice as colder and his milk sweeter."

"Many believe mainstream media has a higher production value or a wider range of content that appeals to a diverse audience," said Onyeneho, who also notes many Blacks aren't looking for "hard news" and prefer newer, non-traditional Black "media" offerings.

"Some Blackfolk might not care for politics and anything negative. They might want to go to the 'Shade Room' to keep up with the latest news (even though they aren't a reputable news outlet and happen to have a fun and shady way of pushing news updates). Not everyone will find what they are looking for exclusively within Black media outlets."

Why we need the Black Press

Liz Courquet-Lesaulnier, managing editor of Word In Black, a first-of-its-kind national newsroom powered by a collaboration of 10 of the nation's leading Black publishers, is an ardent advocate of Black media.

Courquet-Lesaulnier, has seen first-hand the power of the Black press, having written about racial justice, gender equality, education,

health, and culture for several national websites and print publications, including Ebony, BuzzFeed, The Huffington Post and Good Housekeeping.

"Black media is critical to our well-being because we need news that is produced without centering – or having to answer to – the white gaze," said Courquet-Lesaulnier, who also held the position of communications director at 826 National and served as the founding managing editor of Shondaland.com, a platform dedicated to women's empowerment and lifestyle, spearheaded by television icon Shonda Rhimes.

"We need to see Black America framed through an asset lens and reported on in a way that reminds us that our existence and experience is not the problem, and in fact, we are most often found creating solutions for our community – and the nation as a whole."

Defender Network Managing Editor ReShonda Tate is no stranger to life on both sides of the media lens. As a decade's-long journalist and award-winning author and movie screenwriter, she too recognizes Black media's essentialness.

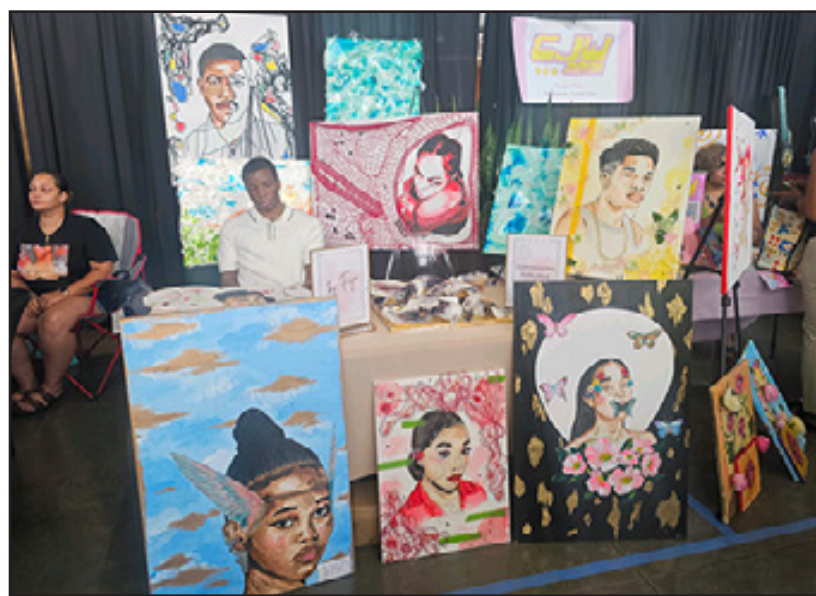
"So often we underestimate and undervalue ourselves," said Tate, an NAACP Image Award-winner. "The Black media isn't efficiently utilized because people don't understand the value of what we bring to the table, the legacy we leave, and the importance of the stories we tell."

The Black Girl Art Show Pulls Into Raleigh Union Station

By Dominique Heath

The Black Girl Art Show held in Raleigh, North Carolina, on June 30th, celebrated the art and achievements of Black women artists, drawing attention to their creativity and passion through a diverse exhibition ranging from paintings to digital art. This event served as more than an art showcase; it was a movement promoting empowerment, heritage, and unity among artists and attendees alike. Including live performances and workshops, the show underscored the importance of community and art as tools for social change, leaving a lasting impact on all participants. Its success in Raleigh points to a promising future for the traveling show, furthering its mission to uplift Black women artists nationwide and demonstrating art's power to inspire and unite.

See our instagram and Facebook, @thecaronews, for footage of the event.



Citizen Spotlight: Dara Baldwin Is Living In Her Purpose

By Ms Jheri Worldwide

Staff Writer

Our next citizen spotlight highlights a Durham native with a unique eye for beauty and art! Early on, Dara Baldwin was able to explore painting, drawing, and sculpture in various art classes while attending Durham School of the Arts. Dara explained, "I received a very close to college level of exposure to the arts with full facilities, my parents were also supportive and let me draw or paint instead of being social." A graduate of Savannah College of Art

and Design studying art history and museum studies, Dara then transferred to UNC-Chapel Hill to complete her BA in Art History in 2018.

Dara is deeply rooted in the North Carolina culture and art, "During my time at SCAD, I had a year of online classes, so I interned at Historic Stagville. My final project was to curate an exhibition about arts in the enslaved communities, the focus ended up going toward quilting and textiles because that was where the majority of information led me. So I did research and was able to borrow quilts from the African American

Quilting Society in Durham and display my research of markets along the coast, as well as some inventories from Stagville and other nearby locations. I have worked at a couple of local art stores, ARTPost (on Iredell Street in Durham), and the Scrap Exchange where I helped with outreach events."

Currently, Dara is the Curator and Gallery Manger for Durham Art Guild, we discussed how this role came about, "I volunteered at the Durham Art Guild helping the previous Executive Director, Katie Seiz with installations and office work. In

2019, after volunteering for 3 years, Katie gave me a job offer as Gallery Assistant. So I was responsible for the solo exhibitions in our Golden Belt Gallery."

What are the ups and downs of curating collections? "One thing that challenges me as a curator is repetition of actions, though the art is different every time, the process of going about curating them is similar and can be monotonous. One thing that is rewarding is when a sense of cohesion is created from a wide variety of work that visitors and artists can recognize."



DARA BALDWIN

tomatically featured in our yearly member showcase."

As an art curator I had to know an artist that influences Dara, "I am a big fan of dead artists for the most part in terms of style/technique. It is difficult for me to model myself after a person that I don't know personally. But of the dead ones I am a fan of, I find Rembrandt to be very interesting, he was somewhere between business savvy and ruthless, especially in terms of commissioned work that he didn't want to do. If someone wanted a portrait he would say no, then if they insisted he would give them a terrible sketch, if they didn't like it they would have to pay him to do it over. I thought that was funny and such a hard flex"

Where can we find you, "Our galleries are free and open to the public at 800 S. Taylor St. (follow signage for DAG) and 120 Morris Street (glass enclosed gallery inside of the Durham Arts Council building) both in Durham."

Any advice to folks interested in the art industry? "My advice is to be strong and stay flexible. There are many artists whose work just needs to be in front of their specific niche of audience. There are more and more themed shows and markets that target certain groups and those scenes may fit better than a traditional gallery setting, or vice versa. Try everything before whittling down your options. And always consider your time and energy, most hustles are fruitful partially because they are exhausting."

A quote that I hope to learn to live by is: "Many things will catch your eye, but pursue only those that capture your heart" - Indian Proverb

Bertie HS Sr. Wins Congressional Art Competition

WASHINGTON, D.C. — U.S. Congressman Don Davis (NC-01) announced Kayla Lassiter, a Bertie High School senior, won first place in the North Carolina First Congressional District Artistic Discovery

Contest. Lassiter won first place with her piece "Rainbow-Hued."

"Kayla is a shining example of the remarkable artistic talent in eastern North Carolina. I commend all of our participants and was pleased to host

this year's congressional art competition," said Congressman Don Davis. "It was an opportunity for our artists to display their artwork and network with others from across the First Congressional District."

The judges chose "Rainbow-Hued" for its digital graphic design and subject matter. The piece reflects the black experience and how it is represented today.

"Art is a reflection of life, reality, perceptions, emotions, and ideas. Art has the power to inspire and provoke thoughts from perspectives of any kind," said Kayla Lassiter.

The Artistic Discovery Contest recognizes and encourages artistic talent nationwide. Thirty-one students from 19 counties in North Carolina's First Congressional District entered the high school art competition.

A committee of art professionals volunteered their time to judge the competition. The judges included Jacinda Aytch, a professional artist from Farmville, Robin Haller, a professor of textile design at East Carolina University, and Clarence Goss, a professor of graphic design at Elizabeth City State University.



Community

NCCU Welcomes Dr. Karrie Dixon as New Chancellor

By Jordan Meadows

Staff Writer

NC Central University officially introduced Dr. Karrie Dixon as its new chancellor at a ceremony on Monday at Brant Street and Administration Circle on NC Central's campus in Durham. Chancellor Dixon was warmly welcomed by the community, including a performance by the Sound Machine Drumline, cheerleaders, and others, alongside approximately 200 supporters including administrators, students, alumni, and community leaders. "Student success is really important for us, and also enrollment -- we want students to come to NCCU, where they can get a great education, and go off and do great things. Just like many of our alumni have... It's an exciting time for us," Dixon said.

Dixon had anticipated this role, stating it was a dream come true when she was announced as NCCU's 13th chancellor in June. She emerged as the chosen candidate from a national search that included four finalists, having previously served as chancellor of Elizabeth City State University for the past six years. "This university is a jewel in the UNC system," Dixon said. "NCCU may not be the largest HBCU in North Carolina, but it will certainly be the best HBCU." Former Chancellor Johnson Akinleye announced his retirement in January. He served as NCCU's 12th chancellor for eight years. NCCU has an enrollment of around 7,500 students, with 80% identifying as Black or African American. The university is accredited by the Southern Association of Colleges and Schools (SACS).



Government To Incentivize Hospitals To Relieve Medical Debt

RALEIGH, N.C. (AP) — North Carolina state government is seeking to rid potentially billions in medical debt from low- and middle-income residents by offering a financial carrot for hospitals to take unpaid bills off the books and to implement policies supporting future patients. Democratic Gov. Roy Cooper and his health chief unveiled a plan Monday that they want federal Medicaid regulators to approve soon. It would allow roughly 100 hospitals that recently began receiving enhanced federal Medicaid reimbursement funds to get even more money. But to qualify an acute-care, rural or university-connected hospital would have to voluntarily do away with patients' medical debt going back to early 2014 on current Medicaid enrollees — and on non-enrollees who make below certain incomes or whose debt exceeds 5% of their annual income. Going forward, these hospitals

also would have to help low- and middle-income patients — for example, those in a family of four making no more than \$93,600 — by providing deep discounts on medical bills incurred. The hospitals would have to enroll people automatically in charity care programs, agree not to sell their debt to collectors or tell credit reporting agencies about unpaid bills. Interest rates on medical debt also would be capped. The plan has the potential to help 2 million people in the state get rid of \$4 billion in debt, Cooper said, much of which hospitals are never going to recoup anyway. "It's clear that by providing relief for medical debt, we give North Carolinians not just peace of mind, but truly a fresh start," state Health and Human Services Secretary Kody Kinsley said at a governor's mansion news conference. Other state and local governments have tapped into federal American Rescue Plan funds to help purchase and cancel residents'



debt for pennies on the dollar. Kinsley said North Carolina's proposed initiative would be different by creating a long-term solution to debt. North Carolina legislators last year created enhanced Medicaid reimbursement payments for hospitals — called the Healthcare Access and Stabilization Program — alongside provisions that expanded Medicaid coverage in the state to working adults who couldn't otherwise qualify for conventional Medicaid. Almost 500,000 people already have enrolled for the expanded Medicaid offered since last December. But that hasn't done away with past debt, Cooper said. "Large judgments remain on the books that prevent people from buy-

ing a house or getting a credit card," Cooper said. "The weight of medical debt still casts a long shadow. So first we expanded Medicaid, and now we must reduce medical debt to help North Carolinians and our economy thrive." The proposal, which Kinsley said was a first of its kind, doesn't require a new state law and won't cost the state any additional funds. But the U.S. Centers for Medicare and Medicaid Services must approve the Healthcare Access and Stabilization Program changes sought last week. Kinsley said in an earlier interview that he believes regulators will be "aggressive in their approval." Cooper's administration wraps up at year's end, since he's barred by term limits from reelection. To sweeten the deal, the financial possibilities for hospitals in the debt program that agree to debt alterations appear rich. The state Department of Health and Human Services said hospitals that choose

to participate would be eligible to share funds from a pot of up to \$6.5 billion for next year. Those who don't can share from \$3.2 billion. The debt relief wouldn't begin right away, with consumers benefiting in 2025 and 2026, according to state DHHS. The effort also depends on the willingness of the state's hospitals to participate. The North Carolina Healthcare Association — which lobbies for nonprofit and for-profit hospitals — said later Monday that the group and its members need more time to review the proposal and look forward to hearing how federal regulators respond. "North Carolina hospitals and health systems are committed to the care and well-being of all North Carolinians, and we recognize that medical debt is a concern for many," the association said in a news release, citing hospital efforts for "providing safe, high-quality care to all, regardless of their ability to pay."

NC DHHS Has Been Unable To Arrange Hill's Exit Conference

NC Newsline—The North Carolina Department of Health and Human Services (DHHS) has made multiple unsuccessful attempts to schedule a routine exit conference with Balanced Nutrition Inc., a nonprofit run by Yolanda Hill, wife of Lt. Gov. Mark Robinson, according to a June 14 letter obtained by NC Newsline. According to the letter, Balanced Nutrition did not respond to several emails and phone calls from DHHS. The letter included the following statement: "Within ten (10) calendar days of receipt of this letter, the institution must submit three (3) or more dates and times, before June 30, 2024, that an institution representative could be available to participate in the exit conference." The letter went on to say that failure to respond would result in a "Notice of Serious Deficiency." As of June 27, the situation remained unchanged, according to DHHS. DHHS has not yet responded to a Newsline inquiry as to how common such notices are. Hill did not respond to multiple requests for comment from News-

line. Hill, who founded Balanced Nutrition Inc. in 2015, ended her partnership with DHHS in April. The organization helped childcare providers apply for and receive federal funding for kids' meals under the federal Child and Adult Care Food Program, which is overseen by DHHS. Robinson, the Republican nominee for governor in the upcoming November election, also worked for the business prior to running for lieutenant governor. According to DHHS, sponsoring organizations must participate in an exit conference even after their partnership with DHHS ends. The exit conference focuses on the organization's activities during the previous fiscal year and, in Balanced Nutrition's case, would be used to complete the FY'24 Compliance Review and verify reimbursement requests. During the conference, DHHS would also discuss preliminary review findings, program strengths, corrective actions that might be required, and recommendations. As reported by Newsline in April, a 2023 DHHS audit of Balanced Nutrition found that the organization



failed to properly track the number of subsidized meals provided to its participating childcare centers. The DHHS review also found that some centers working with Balanced Nutrition reported serving more meals than were actually provided to participants. It's unclear how many additional meals the centers claimed. However, DHHS cited Balanced Nutrition for discrepancies in its reported figures.

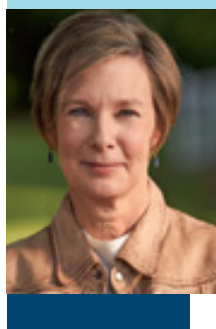
The nonprofit was charged with helping providers meet program requirements for reimbursement, ensuring compliance, and filing monthly claims on their behalf, according to its website. The DHHS review, which examined five randomly selected centers that Balanced Nutrition worked with, found that Hill's nonprofit failed to identify violations from some of the childcare centers it was responsible for monitoring, Newsline reported. Earlier this year, Hill informed clients that she was shutting down her nonprofit because of her husband's campaign for governor, as first reported by The Assembly, saying the demands of the campaign made it impossible for her to continue operating the nonprofit. But WUNC and CBS17 later reported that Hill made the abrupt de-

cision as the state was set to conduct a compliance review of her organization. She later claimed to WRAL that the DHHS was targeting Balanced Nutrition because of her husband. Hill told WRAL in an interview earlier this year that her organization has been subjected to unwarranted scrutiny by DHHS due to its connection to her husband. She said that a DHHS employee had circulated Facebook photos of Hill with her husband to other DHHS employees to make them aware of the connection. Hill alleged the employee told colleagues that Hill had misled her about her husband's identity. WRAL reported that a DHHS spokesperson said the employee who purportedly shared the images was at one time in charge of reviewing Balanced Nutrition, but that the case was assigned to a different specialist in March 2023.

ROSANELL EATON

Continued from page 1

rose up to champion voting rights and her people." In response to North Carolina's push for restrictive voting laws, Ms. Eaton participated in a peaceful protest outside the Legislature in Raleigh in 2013. Moving slowly with a walker, her friend Rev. Dr. William J. Barber II, then president of the North Carolina NAACP, expressed gratitude for her dedication but suggested it was unnecessary for her, in her advanced age, to take part. Eaton was celebrated by President Barack Obama as a symbol of civil rights for her leadership as a lead plaintiff in a lawsuit challenging a restrictive North Carolina voting law, a case that reached the Supreme Court in 2016. "I was inspired to read about unsung American heroes like Rosanell Eaton in Jim Rutenberg's 'A Dream Undone: Inside the 50-year campaign to roll back the Voting Rights Act,'" President Barack Obama wrote in a letter to the New York Times in 2015. "I am where I am today only because men and women like Rosanell Eaton refused to accept anything less than a full measure of equality." Democratic Rep. Don Davis, representing much of northeastern North Carolina in the U.S. Congress, attended the ceremony. Rosanell Eaton passed away in Louisburg in 2018 at the age of 97.



What does a "Hunt" mean for North Carolina?

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Church

60th Anniversary Of Civil Rights Act: Reflecting On Progress

By Stacy M. Brown

NNPA

As the United States commemorates the 60th anniversary of the Civil Rights Act of 1964, the nation reflects on a transformative law that reshaped American society by prohibiting discrimination based on race, color, religion, sex, or national origin. The landmark legislation emerged from a period of intense struggle and demand for the fulfillment of the 14th Amendment's promise of "equal protection of the laws."

Due to widespread opposition to desegregation and the assassination of civil rights activist Medgar Evers, President John F. Kennedy urged Congress to pass a comprehensive civil rights bill in June 1963. After Kennedy's death, President Lyndon B. Johnson, with crucial support from civil rights leaders Roy Wilkins and Clarence Mitchell, championed the bill's passage.

On July 2, 1964, Congress enacted the Civil Rights Act of 1964. The law prohibited discrimination in hiring, promoting, and firing, extending these protections to public accommodations and federally funded programs. It also strengthened the enforcement of voting rights and mandated the desegregation of schools.

"The Civil Rights Act of 1964 is the nation's benchmark civil rights legislation, and it continues to resonate in America," said Melanie Campbell, president of the National Coalition on Black Civic Participation. The Act dismantled "Jim Crow" laws upheld by the 1896 Supreme Court decision in Plessy v. Ferguson, which had deemed racial segregation constitutional under the "separate but equal" doctrine.

The Act's impact has been profound and far-reaching. "It propelled a movement that was able to make major civil rights gains," stated Marc Morial, president of the National Urban League. "It has not only changed the arc for Black people. It has changed the arc for women and for other people of color in a profound way."



Maya Wiley, president and CEO of The Leadership Conference on Civil and Human Rights, highlighted the tangible benefits of the Act, particularly in healthcare and education. "The Civil Rights Act of 1964 added years, literally about three to four years, onto the life expectancy of Black people when healthcare had to open its once-segregated doors," Wiley explained. The Act also significantly reduced segregation in Southern schools, benefiting both Black and white students.

Despite these advancements, the 60th anniversary comes amid concerns over recent U.S. Supreme Court rulings perceived as eroding civil rights protections, including affirmative action, legalized abortion, and diversity initiatives. Critics argue that the Court's favorable ruling in former President Donald Trump's immunity case further threatens American democra-

cy. The ruling, which rejected Trump's sweeping immunity claim but maintained protections for actions tied to presidential duties, has sparked intense debate about the boundaries of presidential power and accountability.

"Securing our civil rights remains the unfinished fight of our time," President Joe Biden said in a proclamation commemorating the anniversary. "Our country is still facing attacks on some of our most fundamental civil liberties and rights, including the right to vote and have that vote counted and the right to live free from the threat of violence, hate, and discrimination. That is why my administration is remaining vigilant—fighting actively to protect the rights of every American."

Biden emphasized his commitment to reversing the legacy of segregation and creating new opportunities for all Americans. "My

administration is investing more money than ever in Black families and Black communities," Biden asserted. "We are reconnecting his-

toric business districts and neighborhoods cut off by old highways, redlining, and decades of discrimination and disinvestment. We

have invested over \$16 billion in historically Black colleges and universities, which will help raise the next generation of Black leaders. At the same time, we are creating good-paying jobs on which people can raise a family; making capital and loans for starting small businesses and buying homes more accessible; and making health insurance and prescription drugs more affordable."

In popular memory, the Civil Rights Act of 1964 was seen as a legislative response to the demands of the March on Washington. "Sixty years later, we must be honest: the federal minimum wage, indexed for inflation, is lower than it was in 1964," said Rev. William Barber, president of Repairers of the Breach and co-chair of the Poor People's Campaign. "What's more, because the Supreme Court gutted the Voting Rights Act in its 2013 Shelby decision and Congress has failed to remedy it, we have less voting rights protections today than we did on August 6, 1965."

Barber continued, "The celebration of historic wins alongside this egregious decay is a source of discontent among everyday Americans. But we have no time for despair. We are determined to channel discontent for a resurrection rather than an insurrection."

Obituaries

Bill Cobbs, A Prolific And Sage Character

NEW YORK (AP) — Bill Cobbs, the veteran character actor who became a ubiquitous and sage screen presence as an older man, has died. He was 90.

Cobbs died Tuesday at his home in the Inland Empire, California, surrounded by family and friends, his publicist Chuck I. Jones said. Natural causes is the likely cause of death, Jones said.

A Cleveland native, Cobbs acted in such films as "The Hudsucker Proxy," "The Bodyguard" and "Night at the Museum." He made his first big-screen appearance in a fleeting role in 1974's "The Taking of Pelham One Two Three." He became a lifelong actor with some 200 film and TV credits. The lion share of those came in his 50s,



60s, and 70s, as filmmakers and TV producers turned to him again and again to imbue small but pivotal parts with a wizened and worn soulfulness.

Cobbs appeared on television shows including "The Sopranos," "The West Wing," "Sesame Street" and "Good Times." He was Whitney Houston's manager in "The Bodyguard" (1992), the mystical clock man of the Coen brothers' "The Hudsucker Proxy" (1994) and the doctor of John Sayles' "Sunshine State" (2002). He played the coach in "Air Bud" (1997), the security guard in "Night at the Museum" (2006) and the father on "The Gregory Hines Show."

Practical Biblical Principles

HEARERS OF THE WORD

Read: Luke 8:4-15

By John L. Caldwell, Pastor
New Jerusalem Baptist Cathedral

Our Lord had been teaching about the Kingdom of Heaven during the first part of His three-year ministry. The people who heard this message got tired of hearing it and refused to hear it anymore. Just like today, if the Good News of the gospel doesn't suit us, yet convicts us, we reject it. Jesus understood this rejection of His message realizing the people saw no comparison to the teachings of Moses. They had trouble understanding the spiritual aspect of Jesus' Kingdom of Heaven teachings. Our Lord didn't abandon His Kingdom teachings but decided He needed to present His message of the gospel in another way. He simply started preaching the Kingdom of Heaven message in parables. Initially this was somewhat confusing to the disciples, as well as those who heard this different format of teaching.

It appears that the parable of the Sower of seed might have been Jesus' first parable. There was a multitude of people following Jesus as He sat by the seashore. Jesus got in a boat and moved out from the shore so that the multitude could hear Him. Jesus began to teach the parable of the Sower of seed. This initially confused His disciples. Then His disciples asked Him, "What does this parable mean?" Jesus had decided it was time to separate the

sheep from the goat. And teaching in parables would do just that. And to answer His disciple's question, He explained. "Because it has been given to you to know the mystery of the Kingdom of Heaven, but to them it has not been given...Therefore I speak to them in parables, because seeing they do not see, and hearing they do not hear, nor do they understand." In short, those who resisted hearing Jesus' teachings will never know the gospel.

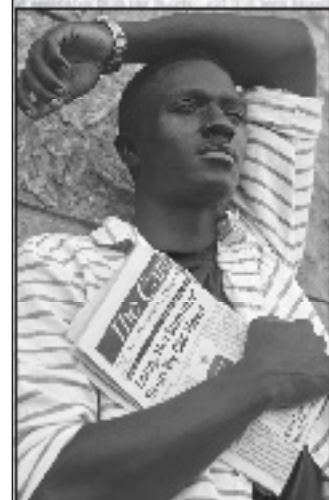
There are four different types of hearers in the parable of the Sower of seed. Jesus began to explain. When anyone hears the word of the Kingdom, and does not understand it, then the wicked one comes and snatches away what was sown in his heart. This he who received the seed by the wayside. But he who received the seed on stony places, this is he who hears the word and immediately receives it with joy, yet he has no roots in himself, but endures only for a while. For when tribulation or persecution arises because of the word, immediately he stumbles. Now he who receives seed among the thorns is he who hears the word, and the cares of this world and the deceitfulness of riches choke the word, and he becomes unfruitful. But he who received the seed on the good ground is he who hears the word and understands it, who indeed bears fruit and produces: some a hundred-fold, some sixty, some thirty.

The question of today is, which hearer are you? The enemy knows

exactly how to steal God's word from you. When you read the scriptures and still have to guess what the scripture says, then the enemy has stolen the word from you. Guessing what the scriptures says is an indication that the devil has stolen the word from you. Studying the scriptures helps one to know and not guess. Those who come to church to hear the word preached and expect to remember what the preacher has said and finally realizing six hours later you can't remember, then enemy has stolen the word from you. When in midst of a trial and can't recall scriptures which will help you make a faith break through, the enemy has stolen the word from you. One cannot recall what one chooses not to know. When one does not study the word, then one chooses not to know.

We are told by our Lord to study the scripture and be able to divide the truth from the untruth (2 Timothy 2:15). One of the major reasons one fails to remember the words of God, is that we do not reinforce what we read. We reinforce God's word in our minds and hearts by repeatedly reading the scriptures. Some remember and sing songs learned thirty years ago and yet can't remember God's word read last month. We must stop the steal and train our minds to let God's words live in our hearts. We are to never let the enemy steal God's words from our hearts.

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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.

Editorials

This Independence Day, Remember We Fought A War Over Taxes

Taxation has always been an integral part of a nation's economic system, enabling governments to fund public services and fulfill their obligations. The Revolutionary War marked a turning point in American history, as colonists fought for independence from British rule. One significant grievance that fueled the revolution was the issue of excessive taxation. My aim is to remind readers just how low taxes were then, compared to our modern-day tax burden, and ask why we do not apply the same criticism.

Percentage of Taxes: Revolutionary War vs. Current Day

During the Revolutionary War, colonists faced high taxation on goods such as tea, sugar, molasses, and paper products. While specific percentages are hard to determine due to varying factors such as smuggling and regional differences, it is estimated that taxes during that period ranged from 1% to 5% of the total value of goods. These taxes were considered onerous and were a significant catalyst for the American Revolution.

In modern times, the tax landscape is far more complex. Income tax, sales tax, property tax, and corporate tax are just a few examples of the taxes levied by U.S. governments. In the United States, federal income tax rates range from 10% to 37%, with additional state and local taxes further affecting individuals and businesses. In Texas, we have the sixth-highest property taxes in the nation. The very notion of perpetual taxation of private property would be anathema to our Founders.

Our Current State Of Taxation

Why, then, do we put up with it? Why has there been no revolution? The main reason, as I see it, is that we have lost our concept of limited government. The emphasis on individual liberty and personal responsibility has eroded in the slow march toward big government over the decades. Ultimately, the people have chosen security over liberty, something Benjamin Franklin warned against in his famous quote. We have a massive welfare state, spend trillions of dollars starting wars in other countries, and we find ourselves \$32 trillion in debt because of it.

The state level is not much better. Although in Texas we have a balanced budget, we have spent and taxed at insane levels for years. This past legislative session, we passed the largest spending increase in Texas history, growing state spending by 42% in one biennium. We have handed out taxpayer dollars to large corporations and have still yet to pass any property tax relief for Texans. All this is on the precipice of another recession, a time when we should be cutting spending and being good stewards of tax dollars.

The culture war has been a significant factor in distracting taxpayers by allowing politicians to give favors to their buddies, and for them to give solutions to problems with tax dollars. More conservatives have been concerned about the rapid degradation of the morality of our country, which is a major problem that needs to be handled. However, taxpayers need to understand it is a powerful smokescreen that has allowed both corrupt and complacent politicians the ability to tax us out of our homes.

Conclusion

How, then, do we restore the concept of limited government? We have to talk about it. We also need to understand that even social issues ultimately need to come back to the size and scope of government.

The size of government can only be objectively measured one way: spending. An increase in spending is a decision to grow the government. Government can only do what we fund it to do; in other words, by being complacent when our lawmakers grow government, we are giving them the "ok" to take more control over our lives. If those in government support leftist agendas, then rest assured that a well-funded government will use that power to push that agenda on its citizens.

However, a limited government, one that is so small we can barely feel it, has almost no control over our lives and is completely incapable of pulling us into leftist ideology. So, whether you are a social conservative, a fiscal conservative, or both, the one thing that guarantees a conservative victory on both fronts is a limited government.

This 4th of July, when you are watching the fireworks and remembering the birth of our nation, remember our Founders fought a war over a 2% tax on tea. What are you going to do in the next year to bring us back to the idea of limited government and individual responsibility?

Provided by Texas for Fiscal Responsibility

Letters To The Editor

'A King Above the Law': Supreme Court Makes Immunity Ruling

By Matthew Mangino

Chief Justice John Roberts wrote in Trump v. United States, the much-anticipated decision on presidential immunity, "The President enjoys no immunity for his unofficial acts, and not everything the President does is official. The President is not above the law."

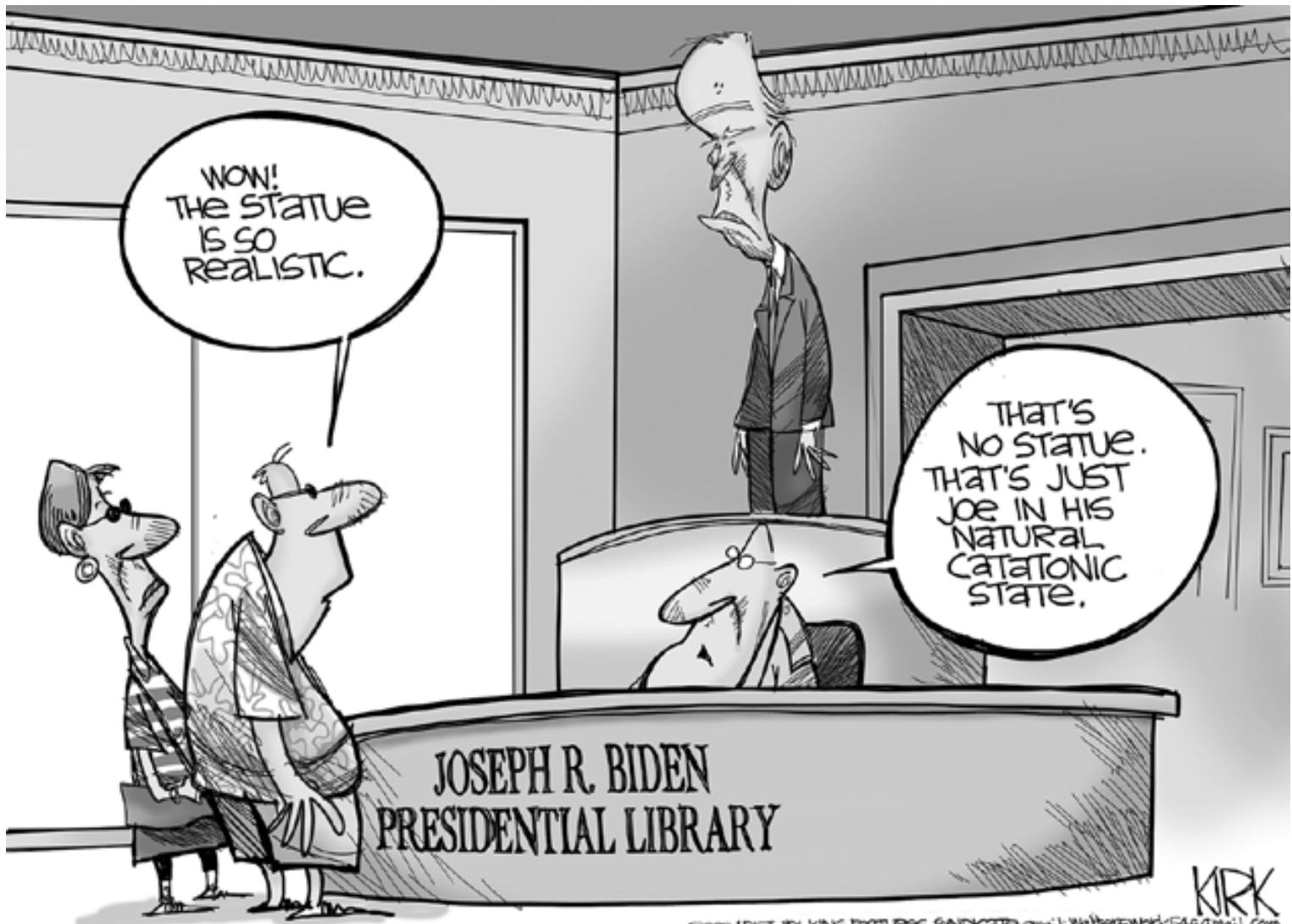
The idea that the president is not above the law sounds great. A separate but co-equal branch of government standing up to the office of president and finding that the president is like the rest of us, constrained by the rule of law. Don't be fooled. That's not what this decision represents.

The U.S. Supreme Court has said, if the president is in office there are no limitations on what he or she can do. The president is above all checks and balances if he is acting within his constitutional authority.

Why a co-equal branch of government would want to bestow unlimited authority on another branch of government is inconceivable, but that is what this opinion appears to do. The High Court found "at least a presumptive immunity from criminal prosecution for a President's acts within the outer perimeter of his official responsibility."

The court makes a clear distinction between official and unofficial acts of a president. When former President Donald Trump's legal team initially brought up the claim of immunity seeking to dismiss the federal indictment accusing him of conspiring to undermine the 2020 election, there was a significant concession. According to The New York Times, the key Supreme Court precedent the motion relied on for claiming "absolute immunity" from criminal prosecution did not address criminal prosecutions.

The Trump motion cited the 1982 precedent, Nixon v. Fitzgerald, at least 40



times over 52 pages. But that decision merely held that a former president is immune from lawsuits in civil cases — ones from private litigants seeking money — and then only if the suits concerned conduct "within the 'outer perimeter' of his official responsibility."

John F. Lauro, a lawyer for Trump, conceded that "no court has addressed whether such presidential immunity includes immunity from criminal prosecution for the president's official act."

That argument made its way to the Supreme Court, and citing Nixon v. Fitzgerald, the Supreme Court bought Trump's argument hook, line and sinker. The court ruled that Trump has absolute immunity with regard to his discussions with the Department of Justice about leveraging power to have states replace their legitimate electors and investigating sham allegations of election fraud.

The court found that the president is presumptively immune for allegedly "attempt[ing] to pressure the Vice President to take particular acts in connection with his role at the certification proceeding."

What's more, the court found that Trump's communication by tweet and public address on Jan. 6 are protected: "The president possesses 'extraordinary power to speak to his fellow citizens and on their behalf ... [the President's] communications are likely to fall comfortably with the outer perimeter of his official responsibilities."

The court has remanded the case to the federal district court to determine whether some conduct by Trump was official or unofficial; and whether the conduct by Trump toward the vice president would "pose any dangers of intrusion on the authority and functions of the Executive Branch."

The three dissenting justices — Ketanji Brown Jackson, Sonia Sotomayor and Elena Kagan — did not mince words when attacking the majority's ruling. Sotomayor, writing for the minority, contends the majority just made the president into "a king above the law."

According to The New York Times, Justice Sotomayor added that beyond its consequences for the bid to prosecute Trump for his attempt to subvert the outcome of the 2020 election, it would have "stark" long-term consequences for the future of American democracy.

The Supreme Court has ruled that a lame-duck president can spend his time between Election Day and Inauguration Day trying to subvert the election. He can do so with absolute immunity — no one can hold him accountable for lying, threatening, intimidating, cajoling or committing crimes to thwart the will of the people.

Sotomayor wrote, "The Court effectively creates a law-free zone around the President, upsetting the status quo that has existed since the Founding."



BYRON GLORE: BEHIND THE SCENES BLACK PHILANTHROPY GAMECHANGER

Byron Glore and Mel Shaw worked together for years to bring the Lou Rawls Parade of Stars Telethon for UNCF to an international television audience. Mel had tested the concept in Texas, and UNCF had begun producing the show nationally, but — believe it or not — it was not initially produced by Black people and did not feature Black performers. In fact, most of the artists were white country and western stars. Both Byron and Mel knew this wasn't right. It was Byron who was able to bring about a change because of his deep commitment to Black people, relationships across corporate America, and his business and financial acumen.

Here are Mel's words, "Byron was the executive producer of the show — the man handling the money. I was the co-producer. We were partners and collaborators. With a project of that magnitude and the challenges involved, you need a person you can trust and respect for who they are and what they bring to the table."

Byron was uniquely able to make the case for the telethon and UNCF to the corporate and business community. His sensitivity was born out of his experience as a Morehouse man, an outstanding athlete, a brilliant student, and as a corporate employee with access to some of the best business minds of his time. He was a super-marketeer and salesperson. A skilled collaborator and team builder, he was superbly talented at bringing together corporate representatives and UNCF team members. Byron was a man of vision, the ultimate achiever, who demanded high quality and the best from all he worked with. He knew how the corporate game was played and used that knowledge to the mutual benefit of UNCF and our corporate partners. He knew what each party needed and was shrewd enough to use that understanding to create a win for each party. He shunned the limelight and was a behind-the-scenes game-changer. He battled in the business sphere of his life and simultaneously demonstrated the deepest kindness and love for his daughter, Gabrielle Glore.

Byron was a consistent champion of UNCF and the HBCUs that comprised its membership. Without Byron playing the role that he did we would not have enjoyed the success and longevity of the telethon. This is especially true of the relationship between Anheuser-Busch, the telethon's lead corporate sponsor, and UNCF. Today, when we talk with nonprofits about engaging a corporate partner and creating win-win scenarios we are sharing what we learned from Byron. Rest in peace.



WE CAN FULFILL AMERICA'S PROMISE BY THROWING EVERYTHING WE'VE GOT AT THE CLIMATE CRISIS

Independence Day at its best is a call to action to leave our children an America as good as its promise.

This time of year makes me think about my family's journey in this country. My father's family is white. He descends from the youngest combatant at the Battle of Lexington and Concord. My mother's family is Black. She descends from two Black Virginia statesmen who helped to rebuild the Commonwealth after the Civil War. One of them descended from Thomas Jefferson's grandmother.

Today, both families, like many Americans, live at or near some version of the same address. It is that place where there used to be factories and when they shut down, what shot up was poverty, despair, suicide, and opiate addiction. And as if all that were not enough to deal with, it keeps getting hotter. The floods come more often. The super storms do as well.

If there is a silver lining in all this struggle, it is this: There is one solution that can tackle all these problems, and that is throwing everything we've got at stopping the climate crisis. If we do that, we will turn around the economy, our neighbors' lives, and the fate of the planet itself.

The next five years will define who leads the world economy, us or China. Our leadership in innovation and design allowed us to take an early lead in the areas of electric vehicles (EVs) and other green technologies. But China leads in manufacturing. Today they dominate solar panel production and have overtaken the US on EVs as well. Still, we have not given up the fight, despite calls from Fox News and others for us to do just that.

Georgia is home to the largest solar panel production facility in the Western Hemisphere. The same company that owns that plant, Qcells, is about to open another one in Georgia that will be the only plant outside of China producing every component of the panel, from ingot to finished product.

Tennessee, North Carolina, and other southern states have a battery belt. EVs are rolling off the assembly lines in Detroit and elsewhere. Illinois has very recently become home to a boom in production of both EVs and EV components. In short, because of the green economy America has helped the world give birth to, and the investments in manufacturing and infrastructure made under President Biden, we are opening new factories with increasing frequency and beginning to see the signs of an economy that will lift all boats again. This means thousands upon thousands of good jobs coast to coast. It has been revolutionary in places like Dalton, GA, the location of Qcells' existing Georgia plant. There, a wall is decorated with the artwork of employees' children showing their parents as heroes saving the planet.

The other part of the equation to save the planet requires us to protect and rebuild our forests. Expanding wild areas and protecting nature brings more jobs to rural America and helps preserve ancient ways of hunting, fishing, and connecting with the natural world.

The benefits of protecting and planting more trees are not just for rural areas. Restoring our urban tree canopies is one of the most effective things we can do to combat the urban heat crisis in cities across the country. Recently I have been out visiting cities around the country, from Phoenix, Arizona to Lansing, Michigan, with US Department of Agriculture Undersecretary Homer Wilkes promoting the administration's \$1.5 billion tree planting initiative.

Every new tree casts shade and its shade makes the temperature feel 10-15 degrees cooler than it does in the sun. That encourages people to get outdoors. More people outside and on the street means communities are better protected, safer, and more connected. And better connected communities are more content and, due to reduced social isolation among its members, experience less suicide.

The pursuit of America's promise is an ongoing journey. Although we may feel separate from each other at times, we walk this road together. And we will all rise or fall together. On America's birthday, let us choose to rise by meeting the challenge of the climate crisis and making the world a better place for everyone along the way.

Ben Jealous is the Executive Director of the Sierra Club and a Professor of Practice at the University of Pennsylvania.

Just Like Cats & Dogs by Dave T. Phipps



Classifieds

DURHAM COUNTY

STATE OF NORTH CAROLINA DURHAM COUNTY NOTICE TO CREDITORS File Number 24-E-455

Having qualified as Administrator of the Estate of ZOE JANE CHAMBERS deceased, this is to notify all persons, firms and corporations having claims against said Estate to present them, duly verified, to the undersigned at 5512 Strathmore Drive, Raleigh, NC 27613 on or before the 16th day of September, 2024, or this notice will be pleaded in bar of their recovery. All persons indebted to said Estate will please make immediate settlement with the undersigned.

This the 13th day of June, 2024. Shawn Chambers, Administrator 6/13, 6/20, 6/27, and 7/4/2024 STATE OF NORTH CAROLINA DURHAM COUNTY

NOTICE TO CREDITORS In The General Court Of Justice Superior Court Division Before the Clerk File Number 23-E-473

The Undersigned, having qualified as ADMINISTRATOR of the Estate of LOC PHAM A/K/A LOC VAN PHAM late of Durham County, North Carolina, hereby wishes to notify all persons having claims against the Estate of said deceased to exhibit them to the undersigned at the below listed address on or before the 16th day of September 2024, 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 13th day of June, 2024. Khoa Pham, Administrator 236 Morningside Drive Durham, NC 27713 6/13, 6/20, 6/27, and 7/4/2024 STATE OF NORTH CAROLINA DURHAM COUNTY

NOTICE TO CREDITORS File Number 24E001651-310

All persons, firms and corporations having claims against CLYDE WILLIAM HUNT, JR., deceased, are notified to exhibit them to Teresa Lynn Hunt, Executor of the decedent's estate on or before September 13, 2024, c/o Katherine T. Merritt, 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 13th day of June, 2024. Teresa Lynn Hunt, Executor of the Estate of Clyde William Hunt, Jr. Coleman, Merritt, Murphy & Rainsford Katherine T. Merritt, Attorney for Estate P.O. Drawer 1529, Hillsborough, NC 27278 6/13, 6/20, 6/27, and 7/4/2024 STATE OF NORTH CAROLINA DURHAM COUNTY

NOTICE OF SERVICE OF PROCESS BY PUBLICATION In The General Court Of Justice Superior Court Division File Number 23CV0003980-310

VALERIE WULFF, PLAINTIFF VS. PENNY S. BYRD, DEFENDANT TO: PENNY S. BYRD

Take notice that a pleading seeking relief against you has been filed in the above entitled action. The nature of the relief sought is as follows:

Complaint for Personal Injuries as a result of a Motor Vehicle Accident on May 6, 2023 on Leesville Road in Raleigh, NC.

You are required to make defense to such pleading not later than August 6, 2024 and upon your failure to do so the party seeking service against you will apply to the Court for the relief sought.

This the 27th day of June, 2024. Robert T. Perry N.C. State Bar #11051 PERRY, PERRY & PERRY, P.A. Attorneys for Plaintiff 601 Fayetteville Street, Suite 300 Post Office Drawer 2051 Durham, North Carolina 27702 Telephone: (919) 683-8685 6/27, 7/4, and 7/11/2024 STATE OF NORTH CAROLINA DURHAM COUNTY

NOTICE TO CREDITORS In The General Court Of Justice Superior Court Division Before the Clerk File Number 24E001710-310

The Undersigned, having qualified as ADMINISTRATOR of the Estate of JAMES G. VAMPLE late of Durham County, North Carolina, hereby wishes to notify all persons having claims against the Estate of said deceased to exhibit them to the undersigned at the below listed address on or before the 27th day of September 2024, or this notice will be pleaded in bar of their recovery.

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

This the 27th day of June, 2024. Kara Turner, Administrator 1809 Faison Road Durham, NC 27705 6/27, 7/4, 7/11, and 7/18/2024 STATE OF NORTH CAROLINA DURHAM COUNTY

NOTICE TO CREDITORS File Number 24E001763-310

THE UNDERSIGNED, having qualified on the 19th day of June, 2024, as Executor of the ESTATE OF YVONNE R. SPURNEY aka YVONNE CECILE SPURNEY, Deceased, of Durham County, North Carolina, does hereby notify all persons, firms and corporations having claims against said Estate to exhibit them to the undersigned on or before the 27th day of September 2024, 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 27th day of June, 2024. ROBERT FRANK SPURNEY EXECUTOR

ESTATE OF YVONNE R. SPURNEY AKA YVONNE CECILE SPURNEY c/o Jennifer Dalman, Attorney Walker Lambe, PLLC Post Office Box 51549 Durham, North Carolina 27717 6/27, 7/4, 7/11, and 7/18/2024 STATE OF NORTH CAROLINA DURHAM COUNTY

NOTICE TO CREDITORS

The Undersigned, having qualified on the 20th day of June, 2024, as the Executor for the Estate of CLAUDE SPRINGS, SR. aka CLAUDE SPRINGS, deceased, formerly of Durham County, North Carolina, File No. 24-E-000496-310, does hereby notify all persons, firms and corporations having claims against said Estate to exhibit them to the undersigned on or before the 27th day of September, 2024, or this Notice will be pleaded in bar of recovery of such claims. All persons indebted to said Estate are requested to make immediate payment to the undersigned.

This 27th day of June, 2024. Jacqueline Melvin, Co-Executor Anthony L. Springs, Co-Executor ESTATE OF Claude Springs, Sr., aka Claude Springs, deceased c/o Ethan C. Timmins, Attorney NC Bar No. 53086 Patrick Law, PLLC 3805 University Drive, Suite A Durham, North Carolina 27707 6/27, 7/4, 7/11, and 7/18/2024 STATE OF NORTH CAROLINA DURHAM COUNTY

NOTICE TO CREDITORS FILE NO. 24E001565-310

THE UNDERSIGNED, having qualified on the 5th day of June 2024, as Executor of the ESTATE OF TOMMIE LOU CALHOUN, Deceased, of Durham County, North Carolina, does hereby notify all persons, firms and corporations having claims against said Estate to exhibit them to the undersigned on or before the 27th day of September, 2024 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 27th day of June, 2024. Julie Stoops, Executor ESTATE OF Tommie Lou Calhoun c/o Richard G. Long III, Attorney Walker Lambe, PLLC Post Office Box 51549 Durham, North Carolina 27717 6/27, 7/4, 7/11, and 7/18/2024 STATE OF NORTH CAROLINA DURHAM COUNTY

NOTICE TO CREDITORS ESTATE OF DAVID BRIAN SCHMIDT File Number 24E001753-310

All persons, firms, and corporations having claims against David Brian Schmidt, deceased, of Durham County, North Carolina are notified to exhibit them to the undersigned on or before the 27th of September, 2024 or be barred from their recovery. Debtors of the decedent are asked to make immediate payment.

This 27th day of June, 2024. Richard H. Schmidt, Administrator c/o Attorney, Walter Brodie Burwell, Jr. Envisage Law 2601 Oberlin Road, Suite 100 Raleigh, NC 27608 6/27, 7/4, 7/11, and 7/18/2024 STATE OF NORTH CAROLINA

DURHAM COUNTY NOTICE TO CREDITORS In The General Court Of Justice Superior Court Division Before the Clerk File Number 23-E-22

The Undersigned, having qualified as ADMINISTRATOR of the Estate of SANDRO MATUTEMERAZ late of Durham County, North Carolina, hereby wishes to notify all persons having claims against the Estate of said deceased to exhibit them to the undersigned at the below listed address on or before the 27th day of September 2024, or this notice will be pleaded in bar of their recovery.

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

This the 27th day of June, 2024. Dunia Blasina Meraz Carcamo Administrator 1002 W. Murray Ave. Durham, NC 27704 6/27, 7/4, 7/11, and 7/18/2024 STATE OF NORTH CAROLINA DURHAM COUNTY

NOTICE TO CREDITORS In The General Court Of Justice Superior Court Division Before the Clerk File Number 23-E-22

The Undersigned, having qualified as ADMINISTRATOR of the Estate of SANDRO MATUTEMERAZ late of Durham County, North Carolina, hereby wishes to notify all persons having claims against the Estate of said deceased to exhibit them to the undersigned at the below listed address on or before the 27th day of September 2024, or this notice will be pleaded in bar of their recovery.

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

This the 27th day of June, 2024. Dunia Blasina Meraz Carcamo Administrator 1002 W. Murray Ave. Durham, NC 27704 6/27, 7/4, 7/11, and 7/18/2024 STATE OF NORTH CAROLINA DURHAM COUNTY

NOTICE TO CREDITORS File Number 24E001599-310

THE UNDERSIGNED, having qualified on the 10th day of June, 2024, as Co-Executors of the ESTATE OF SHIRLEY HUMPHRIES BULLOCK, Deceased, of Durham County, North Carolina, does hereby notify all persons, firms and corporations having claims against said Estate to exhibit them to the undersigned on or before the day of 27th of September, 2024 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 27th day of June, 2024. SHEILAH A. LOWANS, CO-EXECUTOR, AND MICHAEL H. BULLOCK, CO-EXECUTOR ESTATE OF Shirley Humphries Bullock c/o Shirley M. Diefenbach, Attorney Walker Lambe, PLLC Post Office Box 51549 Durham, North Carolina 27717 6/27, 7/4, 7/11, and 7/18/2024 STATE OF NORTH CAROLINA DURHAM COUNTY

NOTICE TO CREDITORS File Number 24E001599-310

Having qualified before the Clerk of Superior Court of Durham County as Executor of the Estate of Robert G. Salmon Jr., this is to notify all persons, firms, and corporations having claims against the Estate to send them, duly itemized and verified, to P.O. Box 51429, Durham, NC 27717, on or before the 27th of September, 2024 (three months after the date of this Notice) or this Notice will be pleaded in bar of their recovery. All persons, firms and corporations indebted to the Estate are requested to make prompt settlement with the undersigned.

This the 27th day of June, 2024. William Salmon Executor of the Estate of Robert G. Salmon Jr., Deceased P.O. Box 51429 Durham, NC 27717 6/27, 7/4, 7/11, and 7/18/2024 STATE OF NORTH CAROLINA DURHAM COUNTY

NOTICE TO CREDITORS In The General Court Of Justice Superior Court Division Before the Clerk File Number 24E001770-310

The undersigned, having qualified as Administrator of the Estate of FREDERICK SACCO HANN, late of Dutham County, NC does hereby notify all persons, firms and corporations having claims against said estate to present them to the undersigned at the address below on or before the 27th day of September 2024, 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 27th day of June 2024. Douglas A. Hann, Administrator of the Estate of Frederick Sacco Hann, c/o The Law Office of Anne Page Watson, PLLC, 3400 Croasdaile Drive, Suite 205, Durham, NC 27705. 6/27, 7/4, 7/11, and 7/18/2024 STATE OF NORTH CAROLINA DURHAM COUNTY

NOTICE TO CREDITORS File Number 24E001598-310

THE UNDERSIGNED, having qualified on the 13th day of May, 2024, as Co-Executors of the ESTATE OF John Lewis Bullock, Deceased, of Durham County, North Carolina, does hereby notify all persons, firms and corporations having claims against said Estate to exhibit them to the undersigned on or before the day of 27th of September, 2024 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 27th day of June, 2024. SHEILAH A. LOWANS, CO-EXECUTOR, AND MICHAEL H. BULLOCK, CO-EXECUTOR ESTATE OF John Lewis Bullock c/o Shirley M. Diefenbach, Attorney Walker Lambe, PLLC Post Office Box 51549 Durham, North Carolina 27717 6/27, 7/4, 7/11, and 7/18/2024 STATE OF NORTH CAROLINA DURHAM COUNTY

NOTICE TO CREDITORS File Number 24E001598-310

THE UNDERSIGNED, having qualified on the 13th day of May, 2024, as Co-Executors of the ESTATE OF John Lewis Bullock, Deceased, of Durham County, North Carolina, does hereby notify all persons, firms and corporations having claims against said Estate to exhibit them to the undersigned on or before the day of 27th of September, 2024 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 27th day of June, 2024. SHEILAH A. LOWANS, CO-EXECUTOR, AND MICHAEL H. BULLOCK, CO-EXECUTOR ESTATE OF John Lewis Bullock c/o Shirley M. Diefenbach, Attorney Walker Lambe, PLLC Post Office Box 51549 Durham, North Carolina 27717 6/27, 7/4, 7/11, and 7/18/2024 STATE OF NORTH CAROLINA DURHAM COUNTY

NOTICE TO CREDITORS File Number 24E001598-310

THE UNDERSIGNED, having qualified on the 13th day of May, 2024, as Co-Executors of the ESTATE OF John Lewis Bullock, Deceased, of Durham County, North Carolina, does hereby notify all persons, firms and corporations having claims against said Estate to exhibit them to the undersigned on or before the day of 4th of October, 2024 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 4th day of June, 2024. SHEILAH A. LOWANS, CO-EXECUTOR, AND MICHAEL H. BULLOCK, CO-EXECUTOR ESTATE OF John Lewis Bullock c/o Shirley M. Diefenbach, Attorney Walker Lambe, PLLC Post Office Box 51549 Durham, North Carolina 27717 7/4, 7/11, 7/18, and 7/25/2024 STATE OF NORTH CAROLINA DURHAM COUNTY

NOTICE TO CREDITORS File Number 24E001810-310

All persons, firms and corporations having claims against LARRY WAYNE SLOAN a/k/a LARRY WAYNE SLOAN, SR., deceased, are notified to exhibit them to Larry Wayne Sloan, Jr. and Sheila Sloan Duncan, Co-Executors of the decedent's estate on or before October 4, 2024, c/o Katherine T. Merritt, 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 Co-Executors.

This the 4th day of July, 2024. Larry Wayne Sloan, Jr. and Sheila Sloan Duncan, Co-Executors of the Estate of Larry Wayne Sloan a/k/a Larry Wayne Sloan, Sr. Coleman, Merritt, Murphy & Rainsford Katherine T. Merritt, Attorney for Estate PO Drawer 1529, Hillsborough, NC 27278 (919) 732-2196 6/27, 7/4, 7/11, and 7/18/2024 7/4, 7/11, 7/18, and 7/25/2024

NOTICE TO CREDITORS File Number 24E001810-310

All persons, firms and corporations having claims against LARRY WAYNE SLOAN a/k/a LARRY WAYNE SLOAN, SR., deceased, are notified to exhibit them to Larry Wayne Sloan, Jr. and Sheila Sloan Duncan, Co-Executors of the decedent's estate on or before October 4, 2024, c/o Katherine T. Merritt, 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 Co-Executors.

This the 4th day of July, 2024. Larry Wayne Sloan, Jr. and Sheila Sloan Duncan, Co-Executors of the Estate of Larry Wayne Sloan a/k/a Larry Wayne Sloan, Sr. Coleman, Merritt, Murphy & Rainsford Katherine T. Merritt, Attorney for Estate PO Drawer 1529, Hillsborough, NC 27278 (919) 732-2196 6/27, 7/4, 7/11, and 7/18/2024 7/4, 7/11, 7/18, and 7/25/2024

BRUNSWICK COUNTY

STATE OF NORTH CAROLINA BRUNSWICK COUNTY

NOTICE OF SERVICE OF PROCESS BY PUBLICATION In The General Court Of Justice Superior Court Division File Number: 23 CVS 201

KENNETH OLKOWSKI and CORA OLKOWSKI, Plaintiffs, v. DOMONICK B. GIBBS and TREVOR GIBBS-ULRICH, Defendants.

TO: DOMONICK B. GIBBS and TREVOR GIBBS-ULRICH, Defendants.

Take notice that pleadings seeking relief against you have been filed in the above-entitled civil action. The nature of the relief being sought is Breach of Contract, Fraud, Unfair and Deceptive Trade Practices, Civil Conspiracy and Punitive Damages

You are hereby required to make defense to such pleadings not later than (40) days from the first publication of this Notice and upon your failure to do so the party seeking service against you will apply to the court for the relief sought.

This 27th day of June 2024. Brandon C. Pettijohn, Attorney 1022 Grandiflora Drive, Suite 160 Leland, NC 28451 Phone: (910) 910-9010 6/27, 7/4, and 7/11/2024

WAKE COUNTY

STATE OF NORTH CAROLINA WAKE COUNTY NOTICE TO CREDITORS In The General Court Of Justice Superior Court Division Before the Clerk File Number 24E000213-910

The Undersigned, having qualified as ADMINISTRATOR of the Estate of STEPHEN KENDALL SCHULTZ 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 September 2024, 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 13th day of June, 2024. Teresa Phillips, Administrator 6296 Stanleyville Drive Rural Hall, NC 27045 6/13, 6/20, 6/27, and 7/4/2024 STATE OF NORTH CAROLINA WAKE COUNTY

NOTICE TO CREDITORS In The General Court Of Justice Superior Court Division Before the Clerk File Number 24E002329-910

The Undersigned, having qualified as ANCILLARY EXECUTOR of the Estate of SHIRLEY MAE KEYES 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 September 2024, 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 13th day of June, 2024. Evon Keyes Weston,

Ancillary Executor 1823 Crystal Downs Lane Raleigh-Durham, NC 27604 6/13, 6/20, 6/27, and 7/4/2024 STATE OF NORTH CAROLINA WAKE COUNTY

NOTICE OF SERVICE OF PROCESS BY PUBLICATION In The General Court Of Justice District Court Division FILE NO. 24CV011704-910

COMPLAINT FOR ABSOLUTE DIVORCE (COMP)(DIVR) To Beatrice Rose Egerton A/K/A Beatrice Walker A/K/A Beatrice Washington, Defendant:

Take notice that a pleading seeking relief against you has been filed in the above-entitled action. The nature of the relief being sought is for ABSOLUTE DIVORCE. You are required to make defense to such pleading no later than July 23, 2024 said date being at least thirty (30) days from the first publication of this notice, and upon your failure to do so, the Plaintiff, James Egerton, will apply to the court for the relief sought.

This, the 13th day of June, 2024. James Egerton, Plaintiff 2703 Conifer Drive, Apt. A Raleigh, NC 27606 6/13, 6/20, and 6/27/2024 STATE OF NORTH CAROLINA WAKE COUNTY

NOTICE TO CREDITORS File Number 24E001945-910

ALL PERSONS, firms and corporations having claims against REBECCA WALL aka Rebecca Bridges Wall, deceased, of Wake County, N.C. on 4/13/2024 are notified to exhibit the same to the undersigned on or before (3 months from the date of the first date of publication), or this notice will be pleaded in bar of recovery. Debtors of the decedent are asked to make immediate payment.

This June 27, 2024. June Bazemore, Executor 5521 Beaufort Inlet Ct. Raleigh, NC 27610 6/27, 7/4, 7/11, and 7/18/2024 STATE OF NORTH CAROLINA WAKE COUNTY

NOTICE TO CREDITORS In The General Court Of Justice Superior Court Division Before the Clerk File Number 24E002402-910

The Undersigned, having qualified as EXECUTOR of the Estate of MARGARET ANN CARRARA A/K/A MARGARET FAIRCLOTH CARRARA late of Wake County, North Carolina, hereby wishes to notify all persons having claims against the Estate of said deceased to exhibit them to the undersigned at the below listed address on or before the 27th day of September 2024, or this notice will be pleaded in bar of their recovery.

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

This the 27th day of June, 2024. Debra Carrara Floyd, Executor 101 South Hampton Dr. Knightdale, NC 27545 6/27, 7/4, 7/11, and 7/18/2024

Classifieds

WANTED WBE, MBE & DBE BIDS

for the following job:

Town of Fuquay-Varina

NC55 and James Slaughter Road Intersection Improvements

Wake Co.

Bid Date: July 25th

These projects may involve some or all of the following aspects of construction: construction survey, clear and grub, trucking, drainage, milling, paving, incidental concrete, fence and guardrail, signs, structures, traffic control, utilities, signals, pavement marking, erosion control and seeding.

Bids can be emailed to stw.quotes@stwcorp.com

Please contact S. T. Wooten at 252-291-5165,

Fax 252-243-0900 no later than 5:00 p.m. the day before the bid date.

The North Carolina Department of Transportation, in accordance with the provisions of Title VI of the Civil Rights Act of 1964 (78 Stat. 252, 42, U.S.C. 2000d to 2000d-4) and the Regulations, hereby notifies all bidders that it will affirmatively ensure that any contract entered into pursuant to the advertisement, disadvantaged business enterprises will be afforded full and fair opportunity to submit bids in response to this invitation and will not be discriminated against on the grounds of race, color, or national origin in consideration for an award. In accordance with other related nondiscrimination authorities, bidders and contractors will also not be discriminated against on the grounds of sex, age, disability, low-income level, creed/religion, or limited English proficiency in consideration for an award.

Reactions to Tractor Supply Company Statement On DEI

By Ms Jheri Worldwide

Staff Writer

As a culture, we are becoming increasingly conscious consumers. There is more work to be done and insights to be shared. Everyone has heard the stats, Megan Sayles, cites a Nielsen report in her article 'Keeping the Black Dollar in the Black Community' for The San Diego Voice & Viewpoint, "According to a Nielsen report entitled, 'The State of the African-American Consumer,' African Americans have a buying power of more than \$1 trillion, which is nearly equivalent to the GDP of the 15th largest country in the world. However, dollars circulate just one time in the Black community, compared to six times in the Latinx community and an unlimited amount of times in the White community."

This is not a new conversation, however there is an update regarding a company widely supported and praised by many in the Black community. On June 27th, 2024 Tractor Supply issued a company statement reading in part:

"For more than 85 years, Tractor Supply has been focused on one thing...serving Life Out Here. Every day our 50,000 Team Members take care of our customers like family. We deeply value our relationship with our customers and the communities we call home. We work hard to live up to our Mission and Values every

day and represent the values of the communities and customers we serve. We have heard from customers that we have disappointed them. We have taken this feedback to heart. Going forward, we will ensure our activities and giving tie directly to our business. For instance, this means we will:

- No longer submit data to the Human Rights Campaign
- Refocus our Team Member Engagement Groups on mentoring, networking and supporting the business
- Further focus on rural America priorities including ag education, animal welfare, veteran causes and being a good neighbor and stop sponsoring nonbusiness activities like pride festivals and voting campaigns

•Eliminate DEI roles and retire our current DEI goals while still ensuring a respectful environment

•Withdraw our carbon emission goals and focus on our land and water conservation efforts

As we look forward to celebrating our nation's independence, we also celebrate our more than 50,000 team members across 2,250 stores. Rural communities are the backbone of our nation and what make America great. We are honored to be a part of them."

As I began to unpack this statement, I looked around on social media for insight. North Carolina's own Instagram Entrepreneur Cait-



lin Gooch or @TheBlackCowgirl shared the following feelings, "I have been shopping at Tractor Supply for years! Since I was a kid. I developed a relationship with the actual company as an adult. Today I saw this statement posted to their Twitter page. It caught me off guard. The statement was put out because evidently a certain demographic of people began to boycott after the CEO publicly stated DEI was impor-

tant. People started calling Tractor Supply "woke" and saying they are part of the gay agenda and then this statement was posted... I am heartbroken. When I was going through a tough time from a situation on social media, they were there for me. When someone backed out of helping me on my farm, they were there for me. It doesn't make sense to me that they would post this."

Caitlin when on to express, "To me

it says, 'Okay, we give in. We won't say we support our diverse customers and employees.' Why would a company go out of the way to make such a disrespectful statement, when their customer base doesn't look one way? Why lose those customers who did nothing wrong? I have seen this company make statements making it known they don't tolerate racism or any discrimination. To now being okay with the foul things people are

tweeting. And some ppl are also saying "It's just business" and "go woke, go broke," I think this statement was a turn in the wrong direction. I'm so disappointed."

Twitter user Robbie Starbuck of Nashville, Tennessee shared his thoughts regarding the statement on X, "This monumental change is thanks to all of you who supported my work exposing this, to the whistleblowers in Tractor Supply and my fellow farm owners who respectfully spoke up. I'm working to get more information about these changes but this is a fantastic moment for the fight to banish wokeness, DEI and ESG from the workplace. This is one of many dominoes to fall to bring back an economy where the customer is king once again and woke politics are eliminated from the workplace."

Do you shop at Tractor Supply? In follow-up communications with shoppers, it was made clear that this statement puts people in danger. Many small towns in rural America that only have Tractor Supply have a difficult decision to make. People work hard for their money and now have to assess if their dollars are valued or tolerated.

Classifieds



Buttigieg, Cooper Break Ground On New Raleigh-to-Richmond Rail Line

U.S. Transportation Secretary Pete Buttigieg and Gov. Roy Cooper broke ground Monday on a new high-speed rail line that will link Raleigh to Richmond, marking the project's first phase, which includes constructing a bridge to carry Durant Road over a railroad line.

The \$1.3 billion project funded by the Bipartisan Infrastructure Law is the largest grant ever received by the NC Department of Transportation. It will provide passenger service between downtown Raleigh and Wake Forest by 2030 and is the first leg of a planned high-speed rail connection between Raleigh, Richmond, Virginia, and the Northeast.

"This is the beginning of a new chapter in passenger rail in North Carolina and really one of the biggest projects that we're supporting anywhere in the country," Buttigieg told reporters.

The stop marked the first on Buttigieg's national summer construction tour. He will visit Winston-Salem on Tuesday where he will participate in a groundbreaking ceremony for the Salem Parkway multi-use path. Buttigieg will then return to Durham, which recently received a \$12 million federal grant to improve 33 downtown intersections.

Cooper highlighted the role of passenger rail in improving connectivity and reducing carbon emissions during Monday's ceremony. "It helps reduce carbon emissions and helps us to save our planet as well as providing a great opportunity for people to get from one place to the next in a better way," said Cooper.

"We know cutting down travel times in that arena is going to make it even better for our economy and make it better for the people in North Carolina," Cooper said.

The Raleigh-to-Richmond rail project will use the existing S-Line rail corridor, a freight rail corridor currently owned by CSX. Virginia has already acquired its portion of the line, and North Carolina officials are finalizing a deal to purchase the corridor in our state.

In May, the White House announced that it has allocated nearly \$454 billion from the Bipartisan Infrastructure Law to over 56,000 projects around the country since the passage of the \$1 trillion bill in 2021.

North Carolina is set to receive \$9.4 billion in funding from the law for 512 projects, according to the White House. The funding includes about \$633 million for clean water projects, with \$175 million going toward replacing toxic lead pipes, according to a fact sheet released by the White House in May.

"North Carolina has done very well in investments from the federal government with this bipartisan infrastructure legislation," said Cooper. "I'm so grateful that President Biden got this and other major pieces of legislation through that really are generational investments that will help our children and our children's children."



D/M/WBE SUBCONTRACTORS/SUPPLIERS WANTED

T. A. Loving Company (NC General Contractor License No. 325) is seeking certified DBE, MBE, and WBE subcontractors and suppliers for the Wastewater Treatment Plant Improvements project for the Town of Rich Square which bids July 25, 2024, at 11:00 AM. Plans and specifications for this project are available at the following locations: T. A. Loving Company, 400 Patetown Road, Goldsboro, NC 27530 * Town of Rich Square; 109 North Main Street; Rich Square, NC 27869 * Engineering Services, PA; 1202 Benson Road, Suite 200; Garner, NC 27529.

Potential subcontracting opportunities include but are not limited to surveying, clearing and grubbing, hauling, asphalt paving, earthwork, erosion control, seeding, sodding, electrical, flatwork, CIPC, concrete forms, concrete rebar, painting and fencing. Please contact Michael Cox (mcox@taloving.com) if you are interested in submitting a proposal on any portion(s) of this project. Contact via phone 919-734-8400; fax 919-736-2148; or email. All quotations will be accepted up to bid closing time of the bid date. T. A. 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 TZO Influent Pump Replacement project for the City of Greensboro which bids July 18, 2024, at 2:00 PM. Plans and specifications for this project are available at the following locations: Pipeline Utilities, Inc.; 2204-F Associate Drive; Raleigh, NC 27603 * City of Greensboro, Engineering Division; 303 West Washington Street, Suite 322; Greensboro, NC 27401.

Potential subcontracting opportunities include but are not limited to surveying, demolition, clearing and grubbing, hauling, earthwork, erosion control, seeding, sodding, electrical, SCADA, roofing, flatwork, CIPC, concrete forms, concrete rebar, and painting. Please contact Michael Cox (mcox@taloving.com) if you are interested in submitting a proposal on any portion(s) of this project. Contact via phone 919-734-8400; fax: 919-736-2148; or email. All quotations will be accepted up to bid closing time of the bid date. Pipeline Utilities, Inc. 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.

INVITATION TO BID

M/WBE HUB SUBCONTRACTORS/VENDORS

Colmar Contracting, Inc. invites all qualified MWBE/ HUB SUBCONTRACTORS AND VENDORS to submit proposals for the following project: Dillard Street Apartments Parce A in Durham, NC - The new construction of 48units, 4 buildings, 1 club house & 1 picnic shelter.

Bids due Friday August 2 2024 @ 5:00 PM

For information on this project and for assistance with plans and specifications contact: email estimating@colmarcontracting.com or call 336-315-2129.

M/WBE MUST BE CERTIFIED OR ELIGIBLE FOR CERTIFICATION BY CITY OF DURHAM DUB OFFICE AND THE STATE OF NORTH CAROLINA.

ALL SUBCONTRACTORS/VENDORS WILL RECEIVE CONSIDERATION REGARDLESS OF RACE, CREED, COLOR OR NATIONAL ORIGIN.

Colmar Contracting Inc. offers assistance to MWBE/HUB businesses on a one-on-one basis that need quick pay options, joint pay agreements and reduced retainages.

There will be pre-bid meetings for this project, Thursday July 18th 2024 at the Hampton Inn & Suites, Durham/North I-85. 1542 Gregson Street Durham, NC 27701.

These are not mandatory. We will have a complete set of plans and specifications to review in case there are any questions. Please reference the following times for your specific trade(s).

- 8:30 am - 9:30 am (Site grading, site utilities, site concrete, site segmental walls, Building concrete, building masonry, metal fabrications, site fencing)
- 9:30 am-10:30 am (Framing, trusses, trim carpentry, Doors, windows, hardware, Div 10 accessories (mailboxes, bath accessories, shelving, fire extinguishers, etc)
- 10:30-11:30 am (Roofing, siding, insulation, joint sealants)
- 1:00 pm-2:00 pm (Drywall, painting, flooring, pressure washing, final cleaning)
- 2:00 pm-3:00 pm (Fire sprinklers, HVAC, plumbing, electrical, Fire Alarm)
- ZOOM call in (let Colmar know if you want a link) @ 11:30-12 noon

Estimated start date: 2024 Q4 for sitework/ 2025 Q1 for building trades

ADVERTISEMENT FOR BID NOTICE TO TRADE SUBCONTRACTORS

Sealed proposals will be received by Monteith/Balfour Beatty Construction, a Joint Venture for the new Durham Public Schools Durham School of the Arts in Durham, NC. Bids for the following packages will be opened on August 1st at 2:00PM: BP-05A Structural Steel & Decking, BP-32Z Final Site & Utilities and BP-26AS Switchgear Pre-Purchase. All bids will be received and opened publicly on a platform and location to be determined and noted in the bid manual. Bids will not be accepted from bidders that are not pre-qualified.

Minority and Women Businesses are encouraged to participate; however, the firm must be certified by the Office for Historically Underutilized Businesses (HUB Office) through the Statewide Uniform Certification (SWUC) program. You may begin the certification process at the following website: <http://www.doa.nc.gov/hub/>

The MWBE Outreach and pre-bid Meeting for the project will be on July 9, 2024, at 2:00pm in person at Durham Public Schools Staff Development Center M1, 2107 Hillandale Road Durham, NC 27705.

Bid Documents will be available July 1, 2024 via the project's Building Connected site. Contact Laura Smith at lsmith@balfourbeattyus.com or (919-233-5001) or Kate Patton at kpatton@balfourbeattyus.com or (919-233-5001) to obtain website access for the project. All interested parties are advised that the prequalified bidders list will be finalized and made available via the issuance of a project addendum no less than 10 days prior to bid. All Bidders are strongly encouraged to include opportunities for MWBE Business participation wherever possible in their respective bid submission. MWBE Business participation is a part of this contract and must comply with the State of North Carolina General Statutes. The CM and Owner reserve the right to reject any and all proposals.

Sports

Girmay Becomes First Black To Win A Tour de France Stage

TURIN, Italy, (Reuters) - Eritrea's Biniam Girmay became the first Black African rider to win a stage on the Tour de France when he prevailed in a reduced bunch sprint at the end of the third stage on Monday.

Girmay, who was already the first Black African to win a grand tour stage at the 2022 Giro d'Italia, timed his effort to perfection to beat Colombian Fernando Gaviria and Belgian Arnaud de Lie, second and third respectively.

Richard Carapaz took the overall lead, becoming the first rider from Ecuador to wear the yellow jersey, which he snatched from the shoulders of Tadej Pogacar on added places without time differences.

Pre-stage favourite Jasper Philipsen of Belgium was involved in a huge crash with 2.3km left of the stage.

Pogacar, as well as defending champion Jonas Vingegaard, were unaffected as Carapaz fought his way to the front of the peloton to make sure he would claim the yellow jersey.

In a very nervy sprint, Girmay was close to the safety barriers but kept his cool to give his Inter-marche-Wanty team their first victory on the Tour.

"To be part of the Tour de France is already incredible. I was dreaming of taking part and now I can't control my emotions," a teary-eyed Girmay said.

"With my first Tour last year, I acquired experience and I manage

everything better. Winning today is unbelievable.

"To be honest, when I went to the Giro I knew I had the level to fight for the win but for the Tour I was thinking I would have to wait 2025, 2026. To win a stage where all the best sprint specialists are present is unbelievable."

With no champagne on the podium, Girmay was unlikely to suffer the same fate as on the 2022 Giro when he had to pull out of the race after a Prosecco cork flew into his eye on the podium.

Girmay's win is something of a watershed moment for cycling's most famous race. Only two other African riders, both white - Robbie Hunter and Daryl Impey of South Africa - had previously won stages on the Tour.

On Monday, France's Fabien Grellier was the only rider to break away, with 66 kilometres left, and he collected a 2,000 euro prize for the most aggressive rider of the day.

The peloton kept the TotalEnergie rider on a tight leash through the Barbaresco vineyards, and reined him in 29 kilometres from the line.

Chaos ensued in the lead-up to the final sprint, however, with a massive pile-up meaning several pre-stage favourites were held up behind the group who battled it out for the win.

The race will now head for the high mountains, notably climbing the lung-busting Col du Galibier,



in Tuesday's fourth stage as the peloton enters France with a stage finish in Valloire after a 139.6-km ride from Pinerolo.

While he celebrated claiming

the yellow jersey, Carapaz knew he would not keep it too long as Pogacar and Vingegaard are expected to be on the attack on Tuesday.

"Great day for Ecuador, for me,

for my team. It's a dream, the Tour is the biggest race of the world," said Carapaz.

"The team did a great job, it's historical. We want to keep this jersey

but tomorrow is a tough day and we've seen that Vingegaard and Pogacar are in great shape. Whether I keep the jersey a day or week, it will be fantastic."

Bronny James Taken By Lakers With 55th Pick In NBA Draft

(AP) It was the dream that LeBron James first floated a few years ago, the notion of playing in the NBA alongside one of his sons.

And it's a step closer to reality now. Bronny James — the oldest son of the NBA's all-time scoring leader and four-time champion — was drafted Thursday by the Los Angeles Lakers, the team that his father has played for since 2018. Bronny James was taken with the No. 55 overall pick, deep in the second round and with only three picks remaining in this year's draft.

"Beyond blessed," Bronny James wrote in an Instagram post.

Adding further intrigue to the move: LeBron James can become a free agent next week, which means he could choose to leave the Lakers and sign elsewhere.

"In the history of the NBA, there's never been a father and a son that have shared an NBA basketball court and that feels like something that could be magical," Lakers general manager Rob Pelinka said. "We know, and have to respect of course, that LeBron has a decision on his opt-out ... but if it worked out that he was on our team next season, NBA history could be made. And NBA history should be made in a Lakers uniform."

The draft move doesn't guarantee that father and son will actually play

in a game together, nor does it even guarantee that Bronny James will be on the Lakers' roster next season. But it certainly raises the possibility that it could happen in what would be an NBA first — a father-son on-court duo in the league simultaneously as players. There have been about 100 instances in NBA history of players joining the league after their fathers played, but those always came at least five years after the father's career ended.

But LeBron James' incredible longevity — he'll match Vince Carter for the longest career as an NBA player ever this coming season, which will be his 22nd in the league — makes the father-son duo possible.

"With the 55th pick in the 2024 NBA draft, the Los Angeles Lakers select Bronny James from the University of Southern California," NBA deputy commissioner Mark Tatum said in announcing the pick, making the moment official for the 19-year-old, who was born just before the start of his father's second NBA season.

It's possible that Bronny James' debut in a Lakers uniform could be July 12 in Las Vegas, in the franchise's summer league opener against the Houston Rockets.

Bronny James is a guard, one who was listed at 6-foot-4 on Southern California's roster but measured at

6 feet, 1 1/2 inches at the draft combine. That would make him one of the shortest players in the NBA, but his athleticism and defensive ability helped give him this opportunity.

"Bronny is, first and foremost, a

person of high character," Pelinka said. "And second, he is a young man that works incredibly hard. Those are the qualities we look for in drafting players and adding to our developmental corps at the Lakers."



District And Arena Enhancement Are Coming To PNC Arena

RALEIGH, N.C. — Tom Dundon, Owner and Governor of the National Hockey League's Carolina Hurricanes, and the Centennial Authority today announced that the Centennial Authority has approved a development agreement for construction of a multi-phase, mixed-use district around PNC Arena. Additionally, the Hurricanes' lease extension has been approved and signed by the Centennial Authority, officially keeping the team at PNC Arena through at least the 2043-44 NHL season. The signing of the lease extension jumpstarts the \$300 million arena enhancement project that will begin construction in 2025, upgrading the 25-year-old arena for Hurricanes

and NC State fans.

"We are thrilled to begin the transformation of the 80-acre campus around the arena," said Dundon. "The expansion of our dynamic sports and entertainment offerings beyond the walls of the arena will provide fans with a world-class experience. This long-term initiative will help drive sustained growth in our community and would not be possible without the collaborative efforts of the Centennial Authority, NC State, Wake County and the City of Raleigh."

"For 25 years, fans of all stripes have experienced unbridled joy inside PNC Arena. Their loyalty to their teams and entertainers — and

to this region — turned PNC Arena into an economic juggernaut. Today, we finalized a lease extension and development agreement to repay that loyalty by delivering an entertainment complex befitting our region's national profile and the NC State and Hurricanes' fans who live here," said Philip Isley, Chairman of the Centennial Authority. "Many people spent years working on this vision that we have now achieved, and I'm deeply grateful for their professionalism and determination. Millions of fans will enjoy the product of that dedication for many years to come."

Development of the mixed-use district around the arena will be led

by Gale Force Sports and Entertainment's real estate affiliate Pacific Elm Properties, a Dallas-based company majority owned by Dundon Capital Partners. Phase one of development will include over 200,000 square feet of entertainment and lifestyle retail, a 150-key hotel, more than 500 apartments (10% of which will be affordable housing at not more than 80% of area median income levels) and 150,000 square feet of office space. Phase one, fulfilling \$200 million of

the total \$800-plus million investment outlined in the agreement, anticipates completion in 2030.

A new 4,300-seat ballroom, operated by Live Nation, will bring additional music and entertainment offerings to the mixed-use district. Live Nation is designing a venue that will serve as a community asset and host a wide range of events including concerts, comedy, community events, corporate meetings, special events, and more.

The district will feature a variety of food and beverage offerings, along with multiple parks, plazas and promenades. Visitors to the district will enjoy easy and convenient parking, as well as direct walking access to all games and events at PNC Arena and Carter-Finley Stadium. The district will also feature a dedicated tailgating area that will provide one of the most unique game day experiences in sports for Hurricanes and NC State fans.

Multivitamin—CONTINUED FROM PAGE 5

the study, about who should consider taking a daily multivitamin, even if it might not be linked to longevity.

"While multivitamins may not be used in disease prevention, they can be used in populations that do not meet the daily RDA (recommended daily allowance) for micronutrients," Filingeri said.

"For example, those with gastrointestinal conditions such as celiac disease, irritable bowel disease may benefit from daily multivitamin supplementation," she noted.

MNT also spoke with Kiran Campbell, a registered dietitian who specializes in heart health at Kiran Campbell Nutrition and is a medical nutrition advisor at Dietitian Insights. Campbell was not involved in the study.

"Even if taking a daily multivitamin may not prolong life, they may still have benefits," such as preventing nutrient deficiencies, especially in vulnerable populations, she affirmed.

"A multivitamin can benefit the aging adult population, over 50 years of age," helping to prevent nutrient deficiencies related to changes associated with the nor-

mal aging process, Campbell said. "In addition, multivitamin use may help protect against age-related cognitive decline and memory loss."

Campbell noted, based on the 2020-2025 Dietary Guidelines for Americans Trusted Source:

"We can see that most adults fall short on our intake of fruits, vegetables, beans and legumes, and whole grains. These foods are very nutrient-dense and provide the vitamins and minerals we need to maintain normal bodily functions and promote healthy aging. While a multivitamin may not be the most readily-utilized way to get these nutrients, it may be the most convenient way for some individuals."

Filingeri added that "[populations] with susceptibility to micronutrient deficiency may benefit from daily supplementation."

"Your medical doctor and registered dietitian can help you make an educated decision on proper supplementation," she advised.

Healthy eating patterns promote healthy aging

Campbell highlighted that no multivitamin is a substitute for an

overall healthy diet.

To maintain health and promote longevity, rather than relying on supplements, she recommends focusing on consuming a variety of nutrient-dense foods, including: nuts, seeds, legumes, dark leafy greens, carrots, berries, and other colorful plant-based foods.

For inspiration, she said, look to "dietary patterns like the Mediterranean diet or the Blue Zone diet, which are primarily whole-foods plant-based diets. These dietary patterns focus on whole foods along with cultural, behavioral, and social factors as the answer to lifelong health."

However, Campbell pointed out that in situations where access to fresh produce or high-quality whole foods is limited, multivitamin use may help individuals reach adequate nutrient levels. She said that multivitamins have some valuable applications and "socioeconomic factors also need to be considered when assessing the feasibility of maintaining public health nationwide."

Ultimately, "[supplements] must be individualized to each person's specific needs," Filingeri concluded.



SUPPORTING THE NEXT GENERATION— Legendary Olympic Coach George Williams presents a check to golf prodigy Paul Ross at the Lawrence Coleman Memorial Golf Tournament last week that was held at Lonnie Poole Golf Course in Raleigh.