



Dedicated to the Spirit
and Service of God

RALEIGH, N.C.

THURSDAY MAY 22, 2025 - MAY 28, 2025

VOL. 85, NO. 30

S.E. Raleigh Homeowners Challenge City Over Construction - Part One

By Jordan Meadows

Staff Writer

In June 2023, the Raleigh City Council voted unanimously to approve a resolution acknowledging the enduring consequences of slavery and Jim Crow laws on Black families. The resolution affirms that African American residents have been unjustly “enslaved, lynched, segregated and incarcerated.” Among the

injustices explicitly named in the document: housing discrimination by banks, governments, and the real estate market.

But just a year later, new tensions emerged in Raleigh’s historically Black neighborhoods—particularly those near downtown now facing intense development pressure. As property values surged, residents found themselves facing higher taxes, prompting growing concerns

about what they describe as a systematically flawed method of property valuation.

While the city has acknowledged these discriminatory legacies, many in the Black community say a deeper disconnect remains between City Hall and its residents.

Three years ago, the City of Raleigh began construction preparations in Southeast Raleigh’s Old Towne subdivision, including plac-

ing property flags and blasting dynamite to build a new street—Primrose Bank Road—linking Holiday Drive with Bowmont Grove Street.

The impact of the construction has rippled through the neighborhood. At least four households have filed complaints with the city, citing property damage, a lack of notification about the project, and a complete absence of community input.

A letter obtained by *The Carolinian* from GeoSonics-Vibra-Tech, dated May 2022, informed residents about “the blasting phase of its development operation.” According to the letter, East Coast Drilling and Blasting Inc. contracted the company to conduct the work and planned to “perform conditional inspections of the structures nearest to the areas where blasting could occur.”

Reverend Isaiah Green believes the true story begins even earlier. He claims the Halle Building Group—an outside developer—initiated the neighborhood’s development and that a “secret vote by the City Council” years ago allowed the project to proceed without notifying residents.

Some residents now fear the new road will bring more harm than good. The Stanford family, whose home sits just 60 feet from the proposed street, says the project will bring “excessive traffic congestion”

(See CONSTRUCTION P. 2)



When The Ashes Speak

What the Burning of Nottoway Plantation Tells Us About Whose History We Preserve

By Metris Batts

President, Miami Woman’s Club

An Analysis—Last week, Nottoway Plantation in White Castle, Louisiana—the largest remaining antebellum mansion in the American South—was destroyed by fire. Built in 1859 by sugar magnate John Hampden Randolph, the estate was constructed through the forced labor of more than 150 enslaved individuals. The fire not only consumed a historic structure but also reignited discussions about how we remember and honor the complex legacies of such sites.

To some, it was simply a beautiful old home, a tourist stop, a Southern relic. To others, it was a standing reminder of a brutal history wrapped in decorative trim. What we lost in the fire was more than wood and marble—we lost a contested space of memory, labor, and legacy. And the tragedy is not just the loss of the building, but the deeper loss of opportunity: the opportunity to tell the truth, to educate, and to repair.

(See WHEN THE ASHES SPEAK P. 9)

Wake Co. Is Threatening Black History

By Karl Cameron

Special To The Carolinian

The J.W. Ligon Media Center was the scene of a lively community meeting on May 15th at 6:00 p.m. that seemingly the local African-American Community wasn’t told about. The topic of the meeting was the fate of the J.W. Ligon Building, which now houses a Middle School. J.W. Ligon Senior High School

Alumni attendees were particularly concerned, because no public notice of the meeting was issued to their knowledge, and they found out through Social Media from a text titled: “It’s True!! Possibilities for John W. Ligon School.”

The text stated, “Wake County School building planners and architects want to... (1) Tear down all of the existing buildings, (2) Build a 3-story building on the current

football field, (3) Replace current building with an athletic field and a parking lot, (4) Reduce auditorium from current 900 seat auditorium (original to the school), (5) Replace with a tiny 350 seat auditorium with a smaller stage, (6) Reduce the arts and classroom spaces.

The Wake County Public School System website further stated that the project is scheduled to begin with design in Sept. 2024, with design

completion in Dec. 2026. Construction is anticipated to start in Sept. 2027, with completion in the 2029-30 school year.

A crowd of mostly J.W. Ligon Senior High Alumni and community concerned citizens filled the J.W. Ligon Middle School Media Center, and voiced their concerns, regarding what they had learned through

(See WAKE CO P. 7)

NAACP Legislative Advocacy Day 2025

By Ms Jheri Worldwide

Staff Writer

The NAACP North Carolina 2025 Legislative Advocacy Day unfolded on Wednesday, May 14, 2025, as a powerful testament to collective advocacy. This event, drawing over 150 organizers, educators, faith leaders, and community members, was focused on raising voices for justice, equity, and legislative accountability at the North Carolina General Assembly.

The day began at First Baptist Church in Raleigh. The panel discussion provided crucial context and insight. Topics discussed were: Criminal Justice Reform, Education, Environment, and Budget. Panel participants included: Senator Kandie D. Smith, Representative Robert T. Reives II, Representative Amber M. Baker, Justice Anita S. Earls, Tamika Walker Kelly, President, North Carolina Association of Educators. Hearing directly from community leaders on important issues like criminal justice reform, education, the environment, and budget matters was



LEGISLATIVE ADVOCACY DAY WITH SEN. KANDI SMITH, ASSOCIATE JUSTICE ANITA EARLS, REP. ROBERT REIVES, NAACP NC VP MATT HUGHES AND EXECUTIVE DIRECTOR DA'QUAN LOVE

incredibly beneficial. The opportunity to meet with district legislators to share concerns and advocacy priorities was a key moment of the day.

Harnett County Branch NAACP President Tony Spears shared, “My NAACP legislative day left me with mixed emotions and thoughts. We’re

trying to right a wrong with the ancestors of those who caused the pain. Our vote is almost the last line of defense because they’re trying to silence my voice.” This quote reflects the deep significance of the day, highlighting the historical context and ongoing struggle for justice. These

events go beyond politics; they’re about building community and solidarity. By standing together, learning from each other, and taking action, we are empowered to make a meaningful impact. For those who care about the future of our state and our communities, participating in such events is not just recommended, but crucial.

Joining the NAACP and participating in events like Legislative Advocacy Day are essential. It’s about being part of a movement for change, staying informed about critical issues, engaging with elected officials, and advocating for policies that represent our values. In a society where it can feel difficult to make a difference alone, collective action within organizations like the NAACP amplifies our voices. It’s an opportunity to actively participate in democracy, hold our leaders accountable, and work towards a more just and equitable community. For those who care about the future of our state and our communities, participating in such events is not just recommended, but crucial.

The City Of Raleigh Is Moving Ahead With Tolling Plan For Capital Boulevard

By Jordan Meadows

Staff Writer

In a pivotal move toward addressing long-standing transportation challenges, the Raleigh City Council has endorsed a proposal that could reshape one of the city’s busiest corridors.

In a 7-1 vote during the May 6 council meeting, members supported a plan to implement tolls on Capital Boulevard (U.S. 1) — a key arterial road connecting I-540 in North Raleigh to Wake Forest — as part of a broader infrastructure improvement strategy.

The North Carolina Department of Transportation (NCDOT), in partnership with the North Carolina Turnpike Authority and the Capital Area Metropolitan Planning Organization (CAMPO), has long eyed converting Capital Boulevard into a full freeway.

Originally proposed decades ago, the project has been repeatedly delayed due to escalating costs and shifting priorities. Now, with traffic expected to grow from the current 32,000–65,000 vehicles per day to

44,000–75,000 by 2040, regional leaders are prioritizing the upgrade to meet the area’s explosive growth.

To finance the estimated multi-billion-dollar project, the council approved Scenario 2, which integrates the toll system into the existing Triangle Expressway network. This scenario allows construction to begin in 2027, with an anticipated completion date of 2033.

However, since North Carolina law currently prohibits the conversion of free highways into toll roads, state legislative action will be required to exempt the Capital Boulevard project, a legal precedent already set by the Triangle Expressway.

The Turnpike Authority presented four tolling scenarios, including one that would toll all lanes and another with just a single tolled express lane in each direction. The cost to drivers would fluctuate depending on the time of day and traffic volume — a concept known as dynamic pricing.

While council members largely supported the tolling strategy as a means of expediting construction and limiting the financial burden on taxpayers, concerns about afford-

ability and equity surfaced during the discussion. Councilwoman Megan Patton, the lone dissenting vote, represents a district north of I-540 and voiced strong opposition from her constituents.

She suggested that tolls should be reduced during nighttime or off-peak hours. She emphasized the importance of designing the road to accommodate future bus rapid transit. Councilman Jonathan Lambert-Melton added that he believed the project would proceed with tolls regardless, and what truly mattered was which option the council decided to support.

Community feedback has also been divided. While several local drivers who commute daily along the 10-mile stretch acknowledge the need for upgrades, they preferred the idea of a single toll lane rather than tolling the entire road.

CAMPO and the Turnpike Authority argue that tolling is the most viable way to cover the upfront costs. Under the chosen scenario, the project will be financed through toll-backed bonds, with the toll revenue repaying the debt over time. NCDOT reported

a 67% increase in average project costs over three years, reinforcing the urgency to move forward before inflation worsens the funding gap.

Councilman Mitchell Silver said, “I think this is an important part of our regional transportation system.”

During the same council meeting, members also debated adjustments to the Cottages of Idlewild, an affordable housing project facing funding issues. As Raleigh expands, the intersection of transportation access and housing affordability will remain a pressing issue. Council members emphasized the importance of preserving local access roads as toll-free, to avoid disproportionate impacts on lower-income residents who may rely on the corridor for daily commutes.

With the council’s recommendation now formalized, the next hurdle is state legislative approval. Lawmakers will need to authorize tolling exceptions before NCDOT can proceed with construction planning. Meanwhile, community input will continue to shape the project’s final design, particularly around toll pricing and accessibility.



NC HOUSE BUDGET HAS BIG PAY INCREASE FOR NEW TEACHERS, MODEST STATE EMPLOYEE RAISES

NC NEWSLINE - North Carolina House Republicans’ budget proposal includes 2.5% raises for state employees and an increase to beginning teachers’ base pay.

The state House will vote on its spending plan this week, with Appropriations and Finance committee meetings Tuesday and possible floor votes to follow Wednesday and Thursday.

After the House passes its budget, House and Senate negotiators will meet to reconcile their differences, including differences over how to compensate state employees.

The House budget proposal approved last month included 1.25% raises and \$3,000 in bonuses spread over two years for most state employees. Law enforcement officers would receive bigger raises under the Senate plan.

Both the House and Senate budget proposals would eliminate vacant jobs. The House budget says it is using money from eliminating positions to fund employee raises.

The House budget includes “one time” supplements for retirees of 1% in the first budget year and 2% in the second year.

The House budget increases starting teacher base pay from \$41,000 to \$48,000 in 2025-26, and to \$50,000 the following year. The House budget would also restore salary supplements for teachers with advanced degrees.

“The NC House budget delivers some of the largest teacher pay raises in state history — because we’re serious about investing in our classrooms not just talking about it,” Rep. Brenden Jones (R-Columbus) wrote on social media.

While beginning teacher salaries would rise dramatically, teachers with 25 years’ experience and more would see only 2.1% raises.

Tamika Walker Kelly, president of the NC Association of Educators, said that while her organization appreciates the attention to beginning teacher pay, experienced teachers deserve more.

“We appreciate lawmakers’ recognition of the urgent need to raise starting teacher pay and restore master’s pay to help address the teacher shortage faced by our public schools,” Kelly said in a statement. “Attracting new and highly qualified educators into the profession is essential, but if we want our schools to be the best in the Southeast, we need to do more for veteran teachers, who are the backbone of our public schools.”

“A minor 2.1% raise for our most experienced teachers doesn’t send the signal that we value long-time education professionals, despite the scientific evidence that veteran teachers help students learn and grow more, and the reality that new teachers depend on the experience of their colleagues.”

On taxes, the House budget increases the standard deduction by \$500 for tax filers who are single and by \$1,000 for married people filing jointly.

A tax deduction on tips of up to \$5,000 would begin in the 2026 tax year.



First Black Republican On Alabama Supreme Court

MONTGOMERY, Ala. (AP) — Alabama Gov. Kay Ivey on Tuesday appointed state appellate Judge Bill Lewis to the Alabama Supreme Court. He will be the first Black Republican to serve on the court.

Lewis replaces Justice Jay Mitchell, who resigned Monday. Lewis most recently served on the Alabama Court of Civil Appeals. Ivey appointed him to the position last year. He was previously the presiding circuit judge in the 19th Judicial Circuit in Elmore County.

“Judge Bill Lewis continues demonstrating justice and fairness under the law, as well as a willingness to serve the people of Alabama,” Ivey said in a statement. “His decades of experience will serve the Supreme Court of Alabama well, and I am confident he is the best choice.”

Lewis is the fourth Black justice to serve on the state’s highest court and the first Black Republican.

The three previous Black justices — Oscar Adams, Ralph Cook and John England — were all Democrats.

Alabama’s appellate judges run in statewide partisan elections, just like the governor, attorney general and other top officials. The court, like other statewide offices, has become dominated by Republicans. The state Supreme Court has been all-Republican for over a decade and has been comprised entirely of white justices since 2001.

A group of Black voters in 2016 filed a federal lawsuit that unsuccessfully challenged the state’s method of selecting judges, saying the statewide elections have resulted in all-white courts in a state where one in four residents is Black.

Ivey will appoint Lewis’ replacement to the Alabama Court of Civil Appeals.

CONSTRUCTION

Continued from page 1

and threaten their personal safety and property rights. “There does not appear to be plans to create substantial barriers between the street and our home to guard against people loitering, breaking and entering, trashing, potentially vandalizing our property for the benefit of the residents of the Old Towne Subdivision project,” they wrote.

Other residents, like Mack Evans, have taken formal steps to protest. Evans filed a Constituent Request for Service with U.S. Representative Deborah Ross, outlining what he describes as a “civil rights violation... dynamiting near residence without giving written consent... same being permitted by the city of Raleigh.” He also alleges he was “denied voting privilege by the City government.” According to Rev. Green, none of these complaints have received substantive responses—if any.

Green himself sent a certified letter to the Halle Building Group, blaming the blasting for structural damage to his property. “Be advised... as early as March 18th 2025, that my garage had damage done to the rear of it in the foundation wall in several places as a result of dynamite where my property line connects with the old town regency building construction site,” he wrote.

And the effects of the blasting extend beyond Holiday Drive. One resident, Gail Durham from nearby Barwell Road, submitted a letter to the city describing widespread issues caused by earlier blasting: “A lot of homeowners in this area have private wells and septic systems. A few years ago blasting was done in the area. As a result, our well water systems became muddy and unusable for a few days. A plumber has to pull and replace the water pump due to damage... These are not inexpensive fixes.”

Despite repeated calls for transparency and accountability, many residents say they’ve been left in the dark—again.

Green told *The Carolinian* he had only once been in contact with the City, but wasn’t offered any meaningful solution or explanation. The City of Raleigh, according to Green, has not responded to a single residential inquiry since March 31 2025.

Not only are issues of transparency and communication central to the concerns surrounding the new development, but there is also the matter of damage to multiple homeowners’ properties in Southeast Raleigh. Fears of gentrification are heightened by events like this, where government officials discuss, plan, approve, appoint, and implement large-scale projects that affect the health and safety of community members—often with little to no meaningful input from the area’s residents.

Stress Is Killing Our Young People

By Dr. Joynicole Martinez

Special To The Carolinian

Yesterday’s headlines rocked the international hip hop community, “Chart-topping French rapper Werenoi dies aged 31.”

We keep hearing these surprising announcements: Artist and Radio Personality Fatman Scoop at 50. Wide Receiver Jacoby Jones at 40. Singer Jessie Powell at 51. Musician Coolio at 59.

My sister at 44.

Reading the news and following a growing body of research and clinical observation reveals a disturbing shift in public health: major health problems once associated with older adults—like heart attacks, strokes, hypertension, and metabolic disease—are now appearing with increasing frequency in people under 40.

Although heart attacks in people 18 to 44 are rare, they have increased more than 66 percent since 2019. Even more troubling, the burden is falling disproportionately on Black and brown communities.

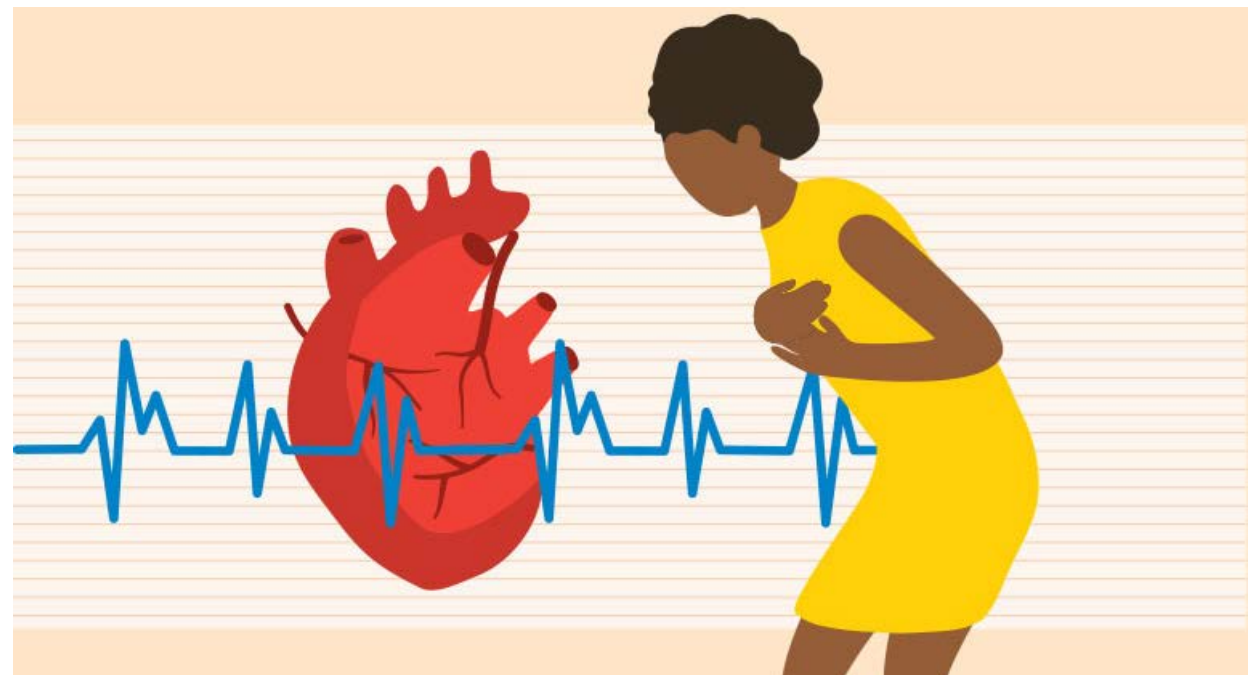
“This is not just an anecdotal observation,” says Dr. Clyde Yancy, Chief of Cardiology at Northwestern University Feinberg School of Medicine and one of the nation’s leading voices on health equity. “There is real data that shows young people—particularly young people of color—are getting sicker, earlier, and more severely.”

The trend is raising alarm bells among medical professionals. “There’s definitely a shift,” says Dr. Ron Blankstein, a preventive cardiologist at Brigham and Women’s Hospital and associate professor at Harvard Medical School. “We’re seeing more young people with coronary artery disease than ever before.” A 2022 *Journal of Virology* study examined the link between COVID-19 and heart attacks. Researchers found that people ages 25 to 44 had about a 30% increase in heart attack deaths in the first two years of the pandemic. In fact, heart attack deaths rose most sharply in that age group compared to all others.

According to a 2019 study in the *Journal of the American College of Cardiology*, the incidence of heart attacks in adults under 40 rose by 2% each year between 2000 and 2016. But when considering race and ethnicity, the trend is even more pronounced. Black Americans, for instance, are nearly twice as likely as white Americans to experience a first heart attack before age 50. Latino populations are also experiencing increases in both heart disease and Type 2 diabetes, often without timely diagnosis or treatment.

In 2022, the CDC reported that 1 in 5 heart attack patients under the age of 55 was Black. Nearly 50 percent of Black adults already have some form of cardiovascular disease, much of it developing silently in early adulthood.

Beyond heart disease, rates of autoimmune diseases, obesity, hypertension, and mental health disorders are all rising rapidly among young adults of color. For example, Black and Hispanic Americans are 60 percent more likely to be diagnosed with



diabetes by age 40 than their white peers, according to the U.S. Department of Health and Human Services Office of Minority Health.

Not shockingly, researchers increasingly point to chronic stress induced by systemic racism as a key, if underappreciated, driver of early health deterioration in Black and brown bodies. A groundbreaking 2023 study in *Health Affairs* confirmed what public health advocates have long asserted: the cumulative toll of racism—what Dr. Arline Geronimus coined as “weathering”—accelerates biological aging and contributes to early onset of chronic disease.

The study found that Black Americans exhibit biomarkers of aging (like shortened telomeres and elevated cortisol) that make their bodies biologically 7.5 years older, on average, than their white counterparts. This “accelerated aging” begins in adolescence and is linked to the constant vigilance and stress that come with navigating racism, discrimination, and social marginalization.

As Dr. Camara Phyllis Jones, former president of the American Public Health Association, explains: “Racism is not just interpersonal; it’s structural and it gets into the body, increasing stress hormones and inflammation, degrading organ function over time.”

The environments in which Black and brown young adults live are also directly implicated in their health outcomes. Many low-income urban and rural communities suffer from a lack of access to nutritious food (so-called “food deserts or apartheid”), high rates of environmental pollution, and underinvestment in healthcare infrastructure.

In predominantly Black and Latino neighborhoods, residents are more likely to live near highways, industrial sites, or waste facilities, where exposure to particulates that impact respiration and toxins is significantly higher. According to a 2022 study in *Environmental Research*, long-term exposure to air pollution correlates with higher rates of hypertension, heart failure, and cognitive decline—even among young adults.

Moreover, decades of redlining and housing discrimination have created neighborhoods where high-quality healthcare is far away, expensive, or unwelcoming. This often delays preventive care, a critical factor in early detection of hypertension and heart disease. Many young adults only seek care in emergency rooms—if at all.

Mental health also plays a critical role. Depression, anxiety, and PTSD are rising across all demographics, but disproportionately affect young people of color. These conditions increase cardiovascular risk by driving up stress hormones, contributing to substance abuse, and weakening immune function.

And yet, Black and Latino youth are far less likely to receive mental health services than their white peers. According to the Substance Abuse and Mental Health Services Administration (SAMHSA), only one-third of Black youth with major depression receive treatment, compared to over half of white youth.

Part of this disparity is rooted in systemic medical mistrust—a legacy of exploitation, neglect, and discrimination that continues to this day. Whether it’s the Tuskegee syphilis study or the maternal mortality crisis that still disproportionately kills Black women, generations of institutional betrayal have eroded confidence in the healthcare system.

Social media has also emerged as a silent accelerant of this youth health crisis. While it offers unprecedented access to information and connection, its algorithm-driven nature often amplifies anxiety, body dysmorphia, and toxic comparison—especially among Black and brown youth who already face underrepresentation and misrepresentation in mainstream media. A 2023 study published in *JAMA Pediatrics* found that adolescents who spent more than three hours per day on social media were twice as likely to experience symptoms of depression and anxiety. These platforms also promote unattainable beauty standards and “hustle culture” narratives that glorify overwork, both of which can contribute to burnout, poor sleep, and chronic stress.

The news cycles are not helping us. Black and Latino people are more frequently exposed to racialized trauma through viral videos of police violence and hate crimes—content that, while important to document, can be psychologically scarring when consumed without context or support. The *Journal of Adolescent Health* reported in 2022 that exposure to race-related traumatic content on social media was significantly correlated with higher levels of PTSD symptoms among Black youth. Moreover, misinformation about health and wellness—including fad diets, unregulated supplements, and harmful “detox” routines—spreads rapidly in online spaces, often filling the void left by inadequate healthcare access. As Dr. Riana Elyse Anderson, a clinical psychologist and racial trauma researcher, puts it: “Social media is both a megaphone and a mirror—what it amplifies can sometimes do harm, especially when it reinforces internalized oppression or promotes false health narratives.”

We need solutions that go beyond treatment of individuals and embrace the systemic shifts that save lives.

America requires healthcare programs in all states to ensure access to screenings and early treatment, particularly for young adults of color. Public health needs to be trauma informed. Health professionals must implement community-based mental health services that acknowledge the intergenerational trauma experienced in marginalized communities. Healthcare providers need training to help them to recognize and reduce implicit bias, communicate more effectively across cultures, and build trust with historically underserved populations. Environmental Justice requires enforcement of stricter environmental regulations and investment in clean air and water in predominantly Black and brown communities.

Ultimately, young people should not have to fight for survival in the prime of their lives. Addressing this health crisis requires more than concern—it demands investment, equity, and accountability from us all for us all.

Fake Fitness Influencers: The Secrets And Lies Behind Envied Physiques

Joel Snape

The Guardian

Looking back to 2022, it seems impossible that anyone ever believed that Brian “Liver King” Johnson achieved his physique without pharmaceutical assistance. He looks like a hot water bottle stuffed with bowling balls, an 80s action figure with more veins – an improbably muscular man who put his bodybuilder-shaming physique down to a diet of “raw liver, raw bone marrow and raw testicles”. And that last part, really, was the trick: by crediting his results to a regime that nobody else would dare try, he gave them a faint veneer of plausibility. Maybe, if you followed a less extreme version of his protocol, you could get comparable (though less extreme) results. And if you couldn’t stomach an all-organ diet, well, you could always get the same nutrients from his line of supplements.

The Liver King, of course, was dethroned – leaked emails revealed that he was spending more than \$11,000 a month on muscle-building anabolic steroids, as detailed in a new Netflix documentary. But the story of a charismatic person promising ridiculous results is just the most outrageous example of a phenomenon that’s been around ever since performance enhancers were invented. In the 1980s, Hulk Hogan urged a generation to say their prayers and eat their vitamins in his VHS workout set; then in 1994 he was forced to admit to more than a decade of steroid use during a court case against his former boss, Vince McMahon. In 2025, influencers post their morning ice baths and deep breathing exercises, but don’t mention what they’re injecting at the same time, whether that’s steroids intended to encourage muscle growth in the same way that testos-



BRIAN “LIVER KING” JOHNSON

terone does, or testosterone itself, or human growth hormone (HGH). As a result, a generation of young men and women – and, to be fair, plenty of middle-aged ones – are developing a completely skewed version of what’s possible with hard work and a chicken-heavy diet. And things might be getting worse, not better.

It’s never been easier to start a business based on your body. With a couple of hundred thousand followers and a decent angle, it only takes a couple of days to whip up an ebook, online course or meal plan. Apps make it easy to start group coaching or habit-tracking services, and even supplement companies are easy to start, if you’re happy to just stick your own label on tubs of protein powder.

“In the current economic climate, the fitness industry is a very appealing place,” says James Smith, a personal trainer, fitness influencer and bestselling author who has been open about using steroids in his early 20s (he’s now 35). “If you’ve got decent genetics, you’re a decent coach and have a grasp of marketing, you can unlock a very good income

selling workouts and training plans. So maybe you take a little bit of testosterone to get a little leg up, and suddenly you’re getting compliments at the gym and posting record lifts on Instagram. Surely a bit of human growth hormone couldn’t hurt? OK, business is now at an all-time high; followers are coming up to you and asking about reps and sets. You’ve dug yourself a hole that is hard to get out of. What do you do now? Tell your audience you’re on steroids?”

If you did, you’d be in a very small minority. There are – at a conservative estimate – tens of thousands of fitness influencers globally, and only a small handful have openly admitted to using steroids, even among those posting the most outlandish results. Larry Wheels, an influencer and powerlifter, talked about the muscle cramps, depression, lethargy, loss of appetite and low libido he suffered from steroid abuse in a 2018 video. He then announced he was no longer taking them in 2022, followed by a relapse in 2024. Sam Sulek, one of the current kings of fitness on YouTube thanks to his combination of chatty, informal videos and unbelievable physical dimensions, hasn’t elaborated, but in a video last year he did tell fans he’d be unable to reach his goal weight of 300lb “natural”. Rich Piana, famed for inventing an arms workout taking eight hours, was open about his steroid use for much of his career, discussing his own “cycle” and giving out advice for other users on social media. He died in 2017, aged 46, and with a heart weighing twice the normal amount for an adult male.

But while a high-profile handful of people decide to open up, most other influencers continue to maintain that they’re “natural” or just avoid the subject entirely. A few even take tests to “prove” they’re clean, ignoring the fact that tests are easy

to cheat: most steroids are undetectable after a weightlifter cycles off them for a month or so, while their effects can linger in the body for ever. And, make no mistake, the effects of enhancement can be huge: in one study, a group of men who took 600mg of testosterone enanthate for 10 weeks and did no exercise saw greater gains in strength than a placebo group who took nothing and worked out normally.

“In my first cycle of testosterone in my early 20s, I climbed the status hierarchy in 12 weeks,” says Smith. “I didn’t use steroids to benefit my business, but I completely understand why people do it. It sounds bad to say, but if you want to ever make a living from fitness, you’re almost stupid for even trying to do it naturally.”

Meanwhile, it’s not just influencers getting bigger who might be misrepresenting how they achieve their unbelievable results. In April this year, Janelle Rohner agreed to refund followers who bought her course on food macros, after admitting to using GLP-1 weight loss drugs. “I could have kept this a secret,” she said in a TikTok video posted after the subsequent backlash. “I could have gone on and on for years and not told, but I don’t want to do that. I don’t want to be that person.” The implication, of course, is that plenty of people are prepared to be that person, and it’s hard to argue. In the years since Wegovy and similar drugs have been approved for weight loss, plenty of influencers have undergone near-miraculous transformations, most of them citing clean eating when it’s possible they’re doing the exact opposite. At the same time, some influencers are taking a far more dangerous route than pills or chemicals

(See **FAKE FITNESS** P. 5)

The Carolinian

(ISSN 00455873)

1504 New Bern Ave, Raleigh, North Carolina 27610
 Mailing Address: P.O. Box 25308
 Raleigh, North Carolina 27611

Periodical Postage Paid at Raleigh North Carolina 27611
 Warrenton Address: P.O. Box 536
 Warrenton, NC 27589

Rocky Mount Address: 120 N Franklin St
 Rocky Mount, NC 27804

Postmaster
 Send all address changes to:
 The Carolinian
 1504 New Bern Avenue
 Raleigh, NC 27610

PUBLISHED SIX TIMES MONTHLY
SUBSCRIPTION RATES

One Year \$45.00
 Payable in advance. Address all communications and make all checks and money orders payable to *The Carolinian*.

Founded by P.R. Jervay, Sr. in 1940
The Carolinian Newspaper, Inc. of Raleigh

Publisher **Adria Jervay**
 Sales Consultant **Paul R. Jervay, Jr.**
 Circulation Manager **Andrew Alston**

Jervay Agency, National Advertising Representative
 www.TheJervayAgency.com

Member:
 North Carolina Black Publishers Association
 National Newspaper Publishers Association
 HUB Certified MWBE

The Publisher is not responsible for the return of unsolicited news, pictures or advertising copy unless necessary postage accompanies the copy. Opinions expressed by columnists in this newspaper do not necessarily represent the policy of the newspaper.

Phone: 919-834-5558
 e-mail: info@caro.news
 www.caro.news
 Facebook: TheCaroNews
 Twitter: @TheCaroNews

To SUBSCRIBE To The Carolinian
 call us at
 919-834-5558
 or visit us online at
 www.CARO.news

VISA MasterCard AMERICAN EXPRESS DISCOVER NETWORK

Business & Finance

Trump's SBA Is Making It Harder To Ditch The Corporate Grind

By Brandon Kochkodin

Forbes

The Trump Administration's Small Business Administration is hitting rewind, bringing back old (pre-Biden) standards in an effort, it says, to make SBA-backed loans safer for the government.

But some of the new rules, which kick in on June 1, are stricter than they were during Trump's first term. One, for example, requires any business getting an SBA-backed loan to be 100% (up from 51%) owned by U.S. citizens and those who have been permanent residents for at least six months. Another makes it nearly impossible for a business sell-

er to stay on as a partial owner. The result is that deals are falling apart just as some aging Baby Boomer owners are looking to sell.

The new rules affect the SBA's popular 7(a) and 504 loan programs, which offer government-backed financing for small businesses. The 7(a) program is the most widely used, allowing loans of up to \$5 million for general needs like working capital, equipment, or buying a company. The 504 program also goes up to \$5 million, but is typically used for fixed assets such as real estate or large machinery. Business owners turn to SBA loans because the federal guarantee makes banks more willing to lend and often results in better

terms than conventional financing. In fiscal 2024, ended last September 30, the SBA guaranteed 76,235 loans with a total value of \$37.8 billion through these two programs.

Most of the new rules are a reset, bringing standards back in line with what was in place at the end of President Trump's first term in office. The latest update reverses many recent changes and reinstates stricter guidelines for approving such loans. Borrowers can expect tighter credit checks, tougher requirements on down payments, and less wiggle room when it comes to debt service coverage ratios. According to an SBA announcement titled "SBA Eliminates Disastrous Biden-Era Under-

writing Standards," the changes aim to close an "era of irresponsible lending." As proof for that claim, the SBA says that the 7(a) program suffered "negative cash flow of about \$397 million" in 2024, its first loss in 13 years.

For the most part, the changes aren't draconian. For example, one new provision raises the minimum credit score for borrowers from 155 to 165, as measured by the Small Business Scoring Service score, which goes up to 300. Another restores the requirement that business buyers put up at least 10% equity themselves. (Under Biden, half of that 10% often came from a loan from the seller.)

But other changes have left many in the industry questioning whether the SBA move is really just about safer lending or is more of a political reset aimed at scrubbing away Biden-era decisions and putting a MAGA stamp on the SBA. Some of the new hurdles, they say, could actually add more risk for the SBA.

"It's one-part signaling a return to tighter underwriting, but also reads as a somewhat political reset rather than a coherent policy shift," says Eric Pacifici, the founder of SMB Law Group, which has advised on more than \$1 billion in small business deals since opening up shop in 2022.

That tension, between tighter

lending standards and rules that could unnecessarily squelch good deals, shows up clearly in the new treatment of equity rollovers.

Equity rollovers are when sellers keep some stake in a business after selling it. Previously, if sellers kept less than a 20% stake, they didn't have to personally guarantee the SBA loan used by the buyer. But under the new guidelines, known as SOP (Standard Operating Procedures) 50108, any seller who retains equity, no matter how small, is treated as an ongoing owner and must personally guarantee the entire loan for at least two years. Additionally, these transactions must now be structured as stock purchases.

Private Equity Snaps Up Disability Services, Challenging Regulators

NEWSLINE - Private equity companies have gobbled up group homes and other services for people with disabilities, attracting the attention of state and federal regulators across the nation and alarming advocates.

People with intellectual or developmental disabilities have suffered abuse, neglect and even death while under the care of private equity-owned providers, according to a recent report from watchdog group Private Equity Stakeholder Project.

"Private equity firms are, more than many other types of investors, laser-focused on maximizing their cash flow, often trying to double or triple their investment over a relatively short period of time, usually just a handful of years," said Eileen O'Grady, the report's author. "The way that private equity firms will often do that is to cut costs."

For companies that provide essential services for people with disabilities, she said, "those cuts can have really harmful impacts on people's lives."

In late 2023, Florida moved to revoke the license of NeuroRestorative, one branch of the private equity-owned health services company Sevita, which provides services for people with disabilities. State regulators cited repeat violations by NeuroRestorative and a failure to "protect the rights of its clients to

be free from physical abuse." Ultimately the state opted not to revoke the license and fined the company \$13,000 in a settlement.

But in recent years regulators have documented instances of patient harm at Sevita's affiliates in multiple other states, including Colorado, Indiana, Iowa, Massachusetts and Utah. In 2019, a U.S. Senate committee conducted a probe into the company's operations in Iowa and Oregon following multiple reports of patient abuse and neglect.

"Any entity that receives taxpayer dollars, but especially those charged with caring for our fellow Americans who may have an intellectual disability, ought to be doing everything under the sun to ensure quality care and continually improve," U.S. Sen. Chuck Grassley, an Iowa Republican, said in a statement in 2020 following his investigation.

In a statement to Stateline, Sevita did not address the sanctions directly, but avowed its commitment to providing services and supports to give people greater independence, regardless of their intellectual or physical challenges.

"Since 2019, when new ownership acquired the company, there has been significant capital investment to improve and expand our services, enhance facilities, implement robust training and new technologies, and strengthen our workforce — all

with the goal of better serving our individuals and communities," the statement said.

The disability care industry has proven increasingly attractive to private equity.

In recent years, a handful of large private equity-owned companies such as Sevita have snapped up hundreds of smaller providers of disability services — often community nonprofits, mom-and-pop businesses and religious organizations — and rolled them into larger corporations.

From 2013 to 2023, private equity firms acquired more than 1,000 disability and elder care providers, according to the report by the Private Equity Stakeholder Project. That's likely an undercount because they're generally not required to disclose acquisitions, the report said.

Cash Cow

Private equity firms use pooled investments from pension funds, sovereign wealth funds, endowments and wealthy individuals to buy a controlling stake in a company. They seek to maximize its value — often by cutting costs — and then sell it at a profit.

Most of Sevita's revenue comes from providing disability services. It operates companies in 40 states under various brands, including Mentor Network, NeuroRestorative

and REM.

Sevita is currently owned by private equity firms Centerbridge Partners and Vistria Group, which also own Help at Home, a home health company with more than 200 locations across about a dozen states.

Nearly all of Sevita's revenue comes from Medicaid, according to a February 2025 report from S&P Global.

Through Medicaid and Medicare, the government pays for most services for people with intellectual or developmental disabilities. The two programs cover services such as group homes, adult day programs, in-home care, and physical and oc-

cupational therapy.

"Sevita has been owned by private equity firms for over a decade now, and has been under investigation and scrutiny at the federal and state level for basically that entire time," O'Grady said.

In 2022, Iowa fined a NeuroRestorative group home \$10,500 after a resident was left unattended in a liquor store and drank three-quarters of a bottle of vodka. The same year, Massachusetts temporarily removed Sevita's license to operate group homes after regulators reported inadequate staff training and supervision, and a "myriad of issues that were uncovered onsite,"

according to a Massachusetts Department of Developmental Services report.

The federal Centers for Medicare & Medicaid Services has fined a NeuroRestorative facility in Utah four times since 2022. A February 2024 inspection report by the agency found the facility "failed to prevent abuse, neglect ... and exploitation" of residents.

Last year, Florida fined another Sevita brand, Florida Mentor, for improper use of restraints. More issues have been documented in Sevita-owned locations in Arkansas, California, Colorado, Illinois, Indiana, New Hampshire and Nevada.

2 Of The World's Largest Credit Card Companies Just Merged

Richard D. Fairbank, Capital One's founder and CEO, said in a press release on Sunday that the deal "brings together two innovative, mission-driven companies."

"Through the efforts of thousands of associates across Capital One and Discover, we are well-positioned to continue our quest to change banking for good for millions of customers," he said.

The companies first announced the acquisition, an all-stock transaction valued at \$35.3 billion, in February 2024.

At that time, Fairbank said the acquisition was a "singular opportunity to bring together two very successful companies with complementary capabilities and franchises, and to build a payments network that can compete with the largest payments

networks and payments companies."

Capital One reported a \$1.4 billion net income during its first-quarter earnings in April. Discover reported a net income of \$1.1 billion that same month.

Representatives for Discover Financial Services didn't respond to a request for comment. For now, the companies have said nothing will change for Discover customers.



Up to \$5,000 towards the purchase of your home!

The SouthState Opportunity Advantage Loan Fund¹ highlights:

- Use toward your down payment, closing costs, or other fees associated with the purchase of a primary home
- Loan is forgivable with no repayment and 0% interest rate if you own the home for at least five years²
- Must qualify for and be combined with a Community Advantage, HomeReady[®] or Home Possible[®] mortgage program³

Contact us today to learn more about Opportunity Advantage!



SouthState

866.229.5628 Mortgage@SouthStateBank.com
SouthStateBank.com/TheCarolinian

All loans are subject to credit approval and program guidelines. SouthState Bank N.A. NMLS ID #403455. Member FDIC. Equal Housing Lender.

1. Each year a portion of the loan is forgiven, a 1099-C will be issued by SouthState for 1/5 of the forgivable loan amount. The loan funds may be considered taxable income. Consult your tax advisor. Funds are subject to availability and income limitations apply. The applicant income must be 80% or less of the county area median income (AMI) adjusted for family size. 2. If prior to the fifth anniversary of the Note, all or any part of the Property or an interest therein is sold or transferred by Borrower to any person or entity without Lender's prior written consent, it shall be an event of default ("Event of Default"). Lender may upon an Event of Default, at Lender's option, declare all the unforgiven, outstanding sums due under the Note and secured by the Security Instrument to be immediately due and payable. 3. HomeReady[®] is a registered trademark of Fannie Mae. Home Possible[®] is a registered trademark of Freddie Mac.

This Pause In The Trade War Will Be Brief. Plan Accordingly

The Guardian - Donald Trump's massive Chinese tariffs are on pause. The media debated. Wall Street rejoiced. Many of my clients breathed a sigh of relief. Big retailers jumped for joy. But for how long?

For starters, the tariffs that weren't paused - a 10% levy on all Chinese goods, plus a bonus 20% tax that somehow relates to fentanyl, are still in place. When you take into consideration existing tariffs on steel from previous Trump and Biden administrations, the effective tariff rate on Chinese goods is actually closer to 40%, according to an analysis done by the Wall Street Journal.

That's a big number. Maybe that won't deter people from buying underwear at Target. But for companies that rely on steel and aluminum, semiconductors, synthetic fabrics, plastics, minerals, coatings and solvents as well as certain bearings, motors, pumps and parts, a 30-40% hike is a major impact on their mar-

gins, which will affect their spending and investments. Ultimately, the costs of the end products that use these materials will also rise as companies simply pass them down.

Just as important, Trump's animosity towards China - unfounded or not - isn't going to just magically disappear. He's called the Chinese cheaters, polluters and thieves. And his past actions - particularly in his first administration - do not bode well for a quick resolution to this issue.

In 2018, the Trump administration not only imposed onerous tariffs on China but also issued some very harsh requirements to address trading issues with its closest economic rival.

There were specific quotas set to limit our trade deficit. There were demands made to reduce the Chinese requirement forcing American companies to share or transfer technology with their Chinese counterparts. There were rules aimed at



stopping the alleged (ha, ha) stealing of data and intellectual property by the Chinese.

The problem is that none of this happened. What happened - shortly after the negotiations started - was Covid. And then 2020 and a new administration. But don't think that Trump won't raise these issues again. He will, and when this happens we'll be back to the same place

we started: excessive tariffs and a trade war with China.

That doesn't mean that businesses are completely stuck. Many - those that have the funds - are using the tariff suspension to buy up products from China like it's a fire sale at Costco on Black Friday. Others are contracting with bonded warehouses and storage facilities in free-trade zones to accept products that are

temporarily tariff-free, hoping that when they pull materials from these storage units those rates will have come down.

I have clients who are aggressively searching for alternative suppliers. I have others who are bringing their assembly and manufacturing back to the US. Those that aren't able to make these kinds of investments are trying to work out

how and how much they can change pricing and what the market will take. A few have already created special line items on their invoices to separate out the tariff charge in an effort to say: "Hey, don't blame me for this stuff!"

My smartest clients started doing this stuff the day after Trump was elected. They listened to what he'd said during the previous couple of years. They read the writing on the wall. Now they're ahead of the game. Good for them.

Companies that didn't do this - especially small businesses that have fewer resources and are more reliant on just a supplier or two - are in trouble, particularly if they buy from China. For any business still reliant on Chinese suppliers and markets, this pause isn't going to last as long as you think. There will be a lot more coming in this trade war - and let's hope it doesn't turn into an actual war. The outlook is precarious and risky. Trump is volatile and emotional and has a history of knocking China. Plan accordingly.



Support Small & Local Businesses

Replace your job and earn money at home!

Login at www.jointonyallen.com or call (919) 252-3147 for details to get started.

Lea Funeral Home
 2500 Poole Road
 Raleigh, NC 27610
 (919) 231-1000
"Professional Service With Personal Care"

Call or Visit Us. We also offer Cremation Services & Pre-need Arrangements. You can reserve Our State-of-the-Art Banquet Facilities for your next event

Residential and Commercial Lawn Care

YONSCAPES
Meticulous Lawn Care, Exceptional Results.

Patrick Yon, Owner
 Mobile 984-268-0457
 919-346-3337
yonscapes@gmail.com
www.yonscapes.com

BOX ELECTRIC

Wiring North Carolina One Box At A Time

Website: [HTTPS://Box-Electric.com](https://Box-Electric.com)

Accident & Injury Law

BECTION
 THE BECTON LAW GROUP, PLLC

Automobile Accidents • Truck & Motorcycle Accidents
 Wrongful Death • Slip and Falls
 Real Estate Loan Closings

Elwood Becton Marcus Becton Dekhusta Becton Rozier Taurus Becton

919.856.0414 www.bectonlaw.com

We Only Build Garages and Out-Buildings

Stu Daugherty
 Owner

Visit us at the:
HOME IMPROVEMENT CENTER

4905 Departure Dr.
 Raleigh, N.C. 27616
 (919) 790-1234
 FAX (919) 790-1010
www.carolinacustombuilders.com
carolinacustom@hotmail.com

SERVICES OFFER

Residential and Commercial

Product / Service Description

Burglar alarm
 Camera system

: homes
 : business
 : farms
 : school and daycare

ask us about temporarily camera system for construction site.

Thank you for your time.

Rouge3 Communication llc
 PO BOX 132
 Rougemont, NC 27572
 Enquiry for service

ABE JONES
 Attorney at Law

3401 Wendell Boulevard
 Wendell, N.C. 27591

919-817-2714 (office) 919-817-2711 (cell)
legallaffairs@abejoneslaw.com
 Fax: 919-366-6770

LAW OFFICES OF ABE JONES



Jack's Seafood & Soul Food
 LOCALLY OWNED SINCE 1976
 Two Locations

1516 New Bern Ave
 Raleigh, NC 27610
 919-755-1551

5416 Rock Quarry Rd
 Raleigh, NC 27610
 919-329-8125

C.F. Smith Memorial Cares

Your Loved One Deserves The Very Best

NO INSURANCE, NO PROBLEM

Services We Offer:
 Affordable Direct Burial
 Special on Direct Cremation
 Affordable Graveside Service
 Special on Funeral Service
 Special on Memorial Service
 Ship-In, Ship-Out & More

WE OFFER SPECIAL PRICING ON CREMATIONS AND FUNERALS

DIRECT CREMATION STARTING AT \$875.00

ASK FOR CRAIG SMITH (FUNERAL DIRECTOR)

Mailing Address:
 P.O. Box # 26572
 Raleigh, NC 27611
 Serving: Wake, Johnston, Harnett, & Durham Counties

CRAIG & DALE SMITH
 919- 698-7739

RBR | Physical Therapy, LLC

revive. boost. rebuild.

"Call us today, start your journey to recovery!"

RBR PT Specializes in:

- *Functional assessments
- *Strength training
- *Modalities for pain
- *Balance/Stability training
- *Flexibility/Mobility training
- *Home exercise programs

(No physician's referral to get started)
 1300 Corporation Pkwy, ste. B
 Raleigh, NC 27610
 919-917-7729 (office)
 919-400-4178
www.rbrpt.com

\$1.00 OFF

any take-out or dine-in combo order. Must present coupon at time of purchase.

offer exp 5/31/2025

Steven L. Lyons Funeral Home
"Trust ~ Service ~ Compassion"
 1515 New Bern Avenue
 Raleigh, NC 27610
stevenlyonsfuneralhome.com
 (919)831-2596 Phone

Health and Wellness

Young People Can Have Strokes Too. Know What To Look For

By Lynne A Barker

Sheffield Hallam University

Rapper Kid Cudi shared that he suffered a stroke in 2016 at age 32, while in rehab for his mental health.

His stroke resulted in problems with speech and movement. Even after several months of rehabilitation, he still struggled with some aspects of memory – losing out on an acting role because of it.

Model Hailey Bieber also spoke out about the “mini-stroke” she experienced. She was only 25. The stroke was caused by a blood clot on the brain. Her first symptoms were numbness and tingling on one side of the body, drooping of one side of the face and difficulty forming words.

Most of us think of stroke as a condition that only affects older people. But while it’s more common in old age, around 10% of all strokes happen in people under the age of 45 – and the figure is rising.

Here’s what you need to know about why strokes happen, who’s most at risk, and what kind of symptoms you need to look out for.

Types of stroke

Stroke happens when there’s an interruption of blood supply and oxygen to the brain, which is caused by an obstruction, injury or haemorrhage. A number of factors may increase your risk of experiencing one.

For example, certain congenital factors may increase your risk. In Hailey Bieber’s case, her stroke was caused by a congenital hole in her heart which allowed a blood clot to escape into her bloodstream and travel to the brain. Other factors that may increase stroke risk include heavy drug and alcohol use and head trauma – which is why wearing head

protection during certain sports is so important.

Although we don’t currently have data showing exactly how common strokes are in people aged between 20 and 40, we do know what types of stroke this age group is most likely to have.

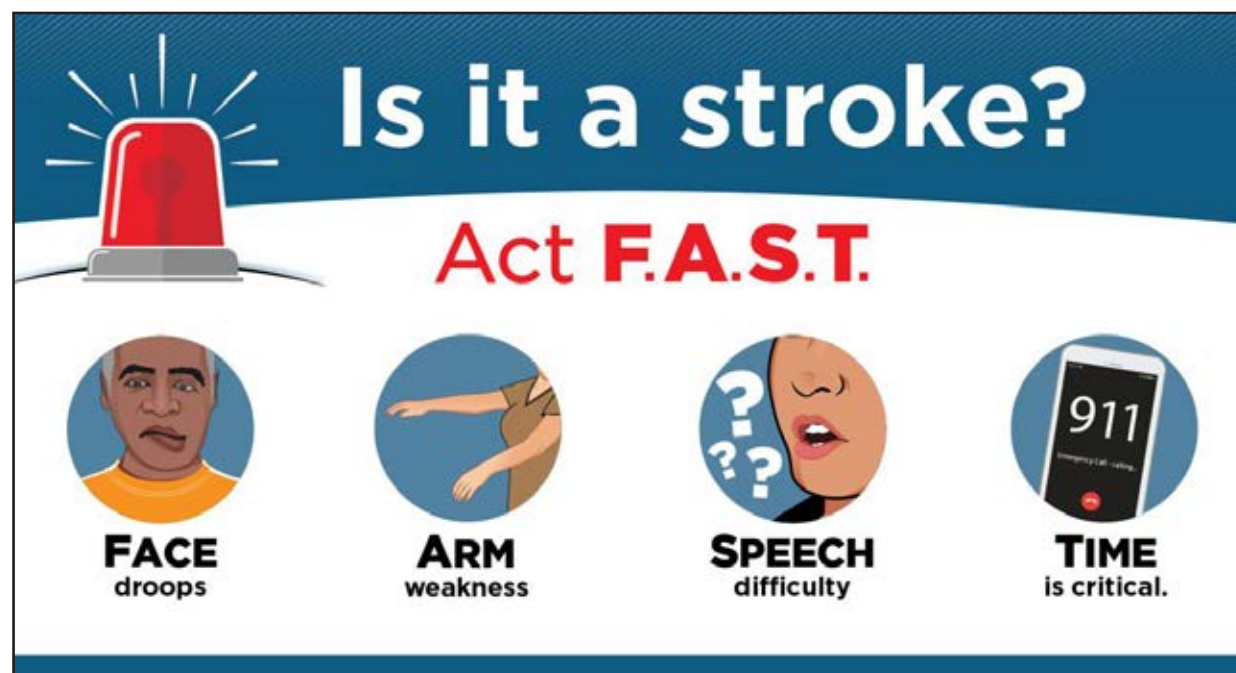
For example, one report claims that half of all strokes in people between the ages of 15-44 are ischemic strokes. This occurs when a blood clot or other substance (such as cholesterol) causes a blockage to the brain’s blood supply. These can occur as a transient ischemic stroke, which is similar to what Hailey Bieber had. This is essentially the same as a stroke, except the symptoms last for a much shorter time because the blockage is temporary.

Bleeding in the brain (also known as an intracerebral haemorrhage) is the second most common cause of strokes in young people. This happens when the brain’s arteries and veins rupture, usually due to a head injury, high blood pressure or a blockage (such as an aneurysm or embolism). This type of stroke is serious and can be fatal in some cases.

The third type of stroke, called a subarachnoid hemorrhage, is caused by bleeding on the surface of the brain. Blood becomes trapped beneath the brain’s protective subarachnoid layer, causing swelling which compresses the brain against the skull – leading to additional brain damage. Again, it’s very serious and may be fatal. However, this type of stroke is less common than the other two types in young people.

What to look out for

Importantly, stroke symptoms aren’t any different for young people compared to older people. But since most people don’t expect to have a stroke in their 20s or 30s, they don’t recognise the symptoms or may downplay them



if they do occur. Similarly, medical staff don’t expect young people to have a stroke, which may lead to misdiagnosis or not being treated quickly enough.

This could have a detrimental effect on recovery, especially since it’s vital that stroke is treated quickly to halt bleeding or treat the blood clot. Rapid

response and treatment can also make the difference in whether or not a person recovers, which is why knowing the symptoms of a stroke can be so important.

Stroke symptoms typically affect one side of the body, and may cause odd sensations, such as tingling or numbness of the face, arm or leg.

Confusion, dizziness, loss of balance, drooping of one side of the face and trouble speaking are also common.

The symptoms and effects of the stroke depend entirely on which brain regions have been deprived of oxygen. Again, this is the same in young people as it is in older people.

So if the stroke affects a part of

the brain necessary for speech, then speech may be impaired or lost. If the stroke affects motor areas of the brain then body weakness or paralysis may be more likely (depending on the stroke’s severity). If it affects the brainstem, total paralysis, coma, or death are possible.

The outcome of a stroke in young people can be complicated. While young brains are better able to repair themselves after trauma, the brain isn’t fully developed until 28. So in some ways it may actually be more vulnerable than an older brain to damage.

Stroke at a young age could also seriously delay or hamper development as well as many other aspects of life, such as independence, employment, or relationships. This is why it’s so important to know the signs of a stroke and get treatment immediately.

If you suspect you or someone else is having a stroke, do not hesitate to contact emergency services. Time is critical for stroke treatment and the longer the stroke goes untreated the worse the prognosis.

The good news is that medical treatment of stroke has advanced and immediate treatment can result in a positive outcome and good recovery. Importantly, never ignore symptoms of stroke.

Nebraska Will Ban Soda, Energy Drinks From SNAP



Nebraska is the first state to receive a federal waiver to ban the purchase of soda and energy drinks under the benefit program for low-income Americans long known as food stamps.

The move, announced Monday by U.S. Agriculture Secretary Brooke Rollins, would affect about 152,000 people in Nebraska enrolled in the Supplemental Nutrition Assistance Program, or SNAP, which helps families pay for groceries.

“There’s absolutely zero reason for taxpayers to be subsidizing purchases of soda and energy drinks,” Nebraska Gov. Jim Pillen said in a statement. “SNAP is about helping families in need get healthy food into their diets, but there’s nothing nutritious about the junk we’re removing with today’s waiver.”

Six other states – Arkansas, Colorado, Kansas, Indiana, Iowa and West Virginia – have also submitted requests for waivers banning certain foods and drinks or, in some cases, expanding access to hot foods for participants, according to the USDA.

The push to ban sugary drinks, candy and more from the SNAP program has been key focus of Rollins and Health Secretary Robert F. Kennedy Jr.

Rollins called Monday’s move “a historic step to Make America Healthy again.”

Details of Nebraska’s waiver, which takes effect Jan. 1, weren’t immediately available. Anti-hunger advocates criticized it, saying it adds costs, boosts administrative burdens and increases stigma for people already facing food insecurity.

The waiver “ignores decades of evidence showing that incentive-based approaches – not punitive restrictions – are the most effective, dignified path to improving nutrition and reducing hunger,” said Gina Plata-Nino, a deputy director at the Food Research & Action Center, a nonprofit advocacy group.

SNAP is a roughly \$100 billion program that serves about 42 million Americans and is run by the U.S. Agriculture Department and administered through states.

The program is authorized by the federal Food and Nutrition Act of 2008, which says SNAP benefits can be used “for any food or food product intended for human consumption,” except alcohol, tobacco and hot foods, including those prepared for immediate consumption.

Over the past 20 years, lawmakers in several states have proposed stopping SNAP from paying for everything from bottled water and soda to chips, ice cream and “luxury meats” like steak.

Until now, USDA rejected the waivers, saying there were no clear standards to define certain foods as good or bad. In addition, the agency had said restrictions would be difficult to implement, complicated and costly, and would not necessarily change recipients’ food purchases or reduce health problems such as obesity.

FAKE FITNESS

Continued from page 2

– injecting synthol, an oil used to bulk up their muscles, or having high-risk “Brazilian butt lifts” to compensate for bodies that won’t change naturally.

How much of any of this is a problem for you, personally, are blissfully unaffected by every Love Island contestant, #NoExcuses Insta-reel and celebrity success story? The answer, on a societal level, might be: quite a lot. In a 2022 survey from social enterprise Better, 23% of men and 42% of women reported that they “rarely” or “never” feel body confident. In a small-scale study from 2024, participants who were active social media users, frequently liking and commenting on content, were less satisfied with their bodies and had an increased level of negative feelings about their appearance. For anyone who takes online influencers at their word, training can feel dispiriting and hopeless: even working out multiple times a day and eating perfectly, it can be impossible to reach the same levels of fat-free muscle as your Instagram feed will show you after 20 seconds of scrolling. And, of course, film stars male and female are hardly helping the situation by showing up more lean and muscular than they’ve ever been in their 40s or 50s, preaching the virtues of twice-a-day training and drinking lots of water.

So what’s the solution? A good start would be for the most high-profile influencers and celebrities to be honest about what they’re using and the risks they’re accepting to do it.

FOOD  LION

Wholesome
ingredients without
the price tag



a FOOD  LION private brand

Arts & Culture

The Expansive Legacy Of The Gullah-Geechee People

By: Jordan Meadows

Staff Writer

For many years, the Gullah-Geechee people were thought to exist primarily along the sea islands of South Carolina and Georgia, distinct communities of African American descendants of enslaved West Africans who retained much of their cultural, linguistic, and culinary heritage.

But history, when revisited more carefully, reveals that their story stretches farther north than many realize, including into southeastern North Carolina, where towns like Navassa, Belleville, and Wilmington have begun to recognize and reclaim their Gullah-Geechee roots.

In 2006, the United States Congress established the Gullah-Geechee Cultural Heritage Corridor, a National Heritage Area that spans the coastal regions from Pender County, North Carolina, to St. Johns County, Florida, and extends 30 miles inland. The designation was a historic recognition of the contributions of a people long overlooked by mainstream narratives.

It also challenged the idea that Gullah-Geechee heritage was geographically limited. Evidence of

Gullah-Geechee communities exists throughout the Southeast, wherever rice plantations once dominated the landscape.

The Gullah-Geechee are the descendants of enslaved Africans who were brought to the southeastern coast because of their expertise in

rice cultivation. Many came from West and Central African regions where rice was a staple crop. Their knowledge was crucial to the success of rice plantations, particularly those along rivers like the Cape Fear and Brunswick in North Carolina.

Because many of these plantations were located in rural, often isolated areas—especially along the coastal lowlands and sea islands—enslaved Africans in these regions developed a unique creole culture that combined African traditions with new influences from the Americas. This cultural insulation helped the Gullah-Geechee people preserve their language, customs, and spiritual beliefs across generations.

Their language, originally referred to as “Gullah” in South Carolina and “Geechee” in Georgia, is an English-based creole with grammatical structures and vocabulary rooted in at least three African languages. Once dismissed as “broken English,” this language is now recognized by linguists and historians as a distinct linguistic tradition that helped Gullah-Geechee communities maintain social cohesion and cultural continuity.

The Gullah-Geechee culture is

rich in oral storytelling, spiritual music, folk beliefs, crafts, and cuisine, all of which reflect African roots. Rice, unsurprisingly, remains central to Gullah-Geechee cooking. Dishes are often paired with okra, peas, collard greens, and local seafood, drawing direct culinary lines to West African traditions.

Music also plays a crucial role in Gullah-Geechee life. The call-and-response pattern heard in many African American churches today echoes the rhythmic worship styles that originated in African spiritual practices. Clothing traditions, such as brightly colored garments and headwraps, further reflect this African heritage.

Art forms such as sweetgrass basket weaving—originating in West Africa and refined in the coastal Carolinas—continue to be passed down through generations.

For many North Carolinians, learning about their Gullah-Geechee heritage has been a process of rediscovery. Terms like “Geechee,” once used casually without much understanding, are now embraced as meaningful links to a deeper, shared past. Families are tracing their ancestry to local plantations, reconnecting with cultural practices, and

reviving traditions that had been misunderstood or forgotten.

In recent years, local scholars, educators, and community leaders have launched initiatives to preserve Gullah-Geechee history before it disappears. At Cape Fear Community College, educators are researching the lives of Gullah-Geechee longshoremen who worked the coastal ports and collecting oral histories from descendants of enslaved people.

Meanwhile, historic sites like Reaves Chapel in Navassa—a church built by formerly enslaved people after the Civil War—are being restored as community centers and cultural landmarks.

In January, staff from the Gullah-Geechee Cultural Heritage Corridor visited North Carolina to host community “listening sessions” in Wilmington and Navassa. These gatherings identified both ongoing efforts and urgent needs: protecting African American cemeteries from encroaching development, addressing climate change impacts on Black coastal communities, and preserving traditional livelihoods like fishing and seafood harvesting—all of which are deeply connected to Gullah-Geechee life.



THE GULLAH-GEECHEE CULTURAL HERITAGE CORRIDOR IS A 12,000 SQUARE MILE NATIONAL HERITAGE AREA THAT SPANS THE COASTAL REGIONS OF NORTH CAROLINA, SOUTH CAROLINA, GEORGIA, AND FLORIDA

Firebirds Soar On And Off The Court

By Ms Jheri Worldwide

Staff Writer

Get ready, Raleigh, our very own professional basketball team, the Raleigh Firebirds, are delivering electrifying performances and making a real impact in our community for the seventh year! With an impressive 17-3 record, the Firebirds are a force to be reckoned with as they head towards the playoffs, starting May 29th, in Saint Augustine's gym.

More than just thrilling basketball, the Firebirds are deeply invested in the future of our youth. They have a mentorship partnership with Dillard Drive Middle School and Wake County Public Schools, where they guide and support 48 mostly minority young men from single-family homes. The results are truly inspiring, with significant improve-



ments seen in school attendance and classroom performance. These young men recently celebrated the end of the year by attending a Firebirds home game, an experience

that highlights the team's commitment to these students.

Beyond the court, the Firebirds champion STEM education, health education, and financial literacy

through community initiatives. The WCPSS partnership focuses on career development, offering students interested in various career paths the chance to attend themed games relevant to their aspirations. Their recent “First Responders Game” showcased this commitment, connecting students with potential future careers. This is more than just a game; it's an opportunity for our community to come together, witness top-tier professional basketball, and support an organization that actively uplifts our young people. Imagine the excitement of your children or grandchildren watching incredible athleticism, teamwork, and dedication firsthand. A Firebirds game offers a fun, safe, and enjoyable experience for the whole family. Don't miss your chance to be part of the action! The Firebirds' electrifying games, filled with spectacular dunks, three-pointers, and thrilling defense, are an unforgettable experience. Their recent dominant victory over the Savannah Buccaneers with a final score of 162-110 is just a glimpse of the excitement you can expect.

While the regular season concludes on the road against the Frederick Flying Cows, the playoffs are just around the corner. Come support your Raleigh Firebirds as they compete for TBL championship trophy! Let's pack the stands and show our support for this incredible team that's making a difference both on and off the court. For more information, contact Wade Harris at info@raleighfirebirds.net or 919-830-0305.



France's Biggest-Selling Artist, Dies Of Heart Attack At Age 31

PARIS (AP) — Rapper Werenoi, France's biggest-selling music artist in recent years, has died at the age of 31, his producer and record company said.

The artist, whose real name was Jérémy Bana Owona, was the number 1 album seller in France in 2023 and 2024 according to the ranking of the National Union of Phonographic Industry, which includes in-store and e-commerce sales as well as plays on streaming services.

“It's with immense sadness that we've learned of Werenoi's passing,” his record company Believe said on Instagram. “All our thoughts are with his family, loved ones, his team and everyone who knew him.”

“Rest in peace my brother, I love you,” his producer Babs posted on X. French media report Werenoi died early Saturday in a Paris hospital. The award-winning artist suffered heart attack and died.

Werenoi first became known to the French public in 2021 when he posted his song “Guadalajara” on YouTube and it was viewed hundreds of thousand times.

Several French rappers posted tributes on social media. French-Malian pop star Aya Nakamura, who featured on his second album, wrote: “Rest in peace my dude. A news that saddens me and courage to the loved ones especially.”

“He made a difference for the quality of his songs, his melodies and his punchlines,” singer Pascal Obispo, who had accompanied Werenoi on the piano at a 2023 Paris concert, told French newspaper Le Parisien.

Denzel Washington Receives Surprise Award At Cannes

CANNES, France (AP) — Denzel Washington sandwiched a whirlwind trip to the Cannes Film Festival, in between Broadway performances, for the premiere of Spike Lee's “Highest 2 Lowest” on Monday — and was rewarded with a surprise: an honorary Palme d'Or.

Cannes had flipped around some of its scheduling to accommodate Washington's speedy France trip, which came on his lone off-day while performing “Othello” in New York. Cannes Film Festival chief Thierry Frémaux surprised Washington with the award before the Monday night premiere.

“This is my brother, right here,” said the film's director, Spike Lee, who passed the award to Washington.

“This is a total surprise for me,” said Washington.

The festival usually gives out one or two honorary Palmes each edition — last year, the awardees were Studio Ghibli and George Lucas. Last week, Robert De Niro received one on the festival's opening night. De Niro's award was announced in advance, but surprise prizes aren't unheard of: In 2022, Tom Cruise was presented with a surprise honorary Palme d'Or just before the screening of “Top Gun: Maverick.”

The premiere also had another surprise: Rihanna attended and walked the carpet afterward with partner A\$AP Rocky. Earlier this month, she revealed at the Met Gala that she was pregnant with their third child.

While the festival's photo calls usually happen the day after a film's premiere, Cannes hosted one for “Highest 2 Lowest” earlier Monday so Washington could attend. The actor, playfully posing with Lee and costar A\$AP Rocky, showed no signs of jet lag and left once the screening began.

“He told me to tell you: Thank you for the love,” Lee told the crowd after the screening. “He's on Broadway doing ‘Othello,’ so it really took a lot for him to fly here. Let's give it up for Denzel Washington, please.”

Lee also came to Cannes with obligations back in New York on his mind. He arrived at the film's premiere decked out in Knicks colors and wearing a blue and orange striped suit. Lee ended his brief speech in the Palais by hollering: “New York Knicks!”

That Washington would be able to make the trip had been a sticking point for Cannes. When the festival first announced its lineup last month, “Highest 2 Lowest” wasn't included. Within hours, however, Lee himself announced the film was heading to Cannes. Representatives for the festival said they had been waiting for confirmation that Washington would attend to walk the red carpet.

“Highest 2 Lowest,” a remake of Akira Kurosawa's 1963 film “High and Low,” will be released in theaters by A24 on Aug. 22 before streaming on Apple TV+ on Sept. 5.



'Sesame Street' Moves In With Netflix, Will Stay On PBS

NEW YORK (AP) — Netflix has thrown “Sesame Street” a safety net with a new streaming deal that offers the popular children's staple a broad reach while keeping it on its long-standing home, PBS, at the same time, the companies announced Monday.

Starting later this year, new episodes will run on Netflix, PBS and the PBS Kids app on the same day. No

specific premiere date was immediately announced. Select past episodes will be available on Netflix worldwide.

The change for the more than 50-year-old show comes after Warner Bros. Discovery — which had aired the show since 2016 — last year decided not to renew its deal for new episodes that air on HBO and Max, though episodes will remain there until 2027.

“This unique public-private partnership will enable us to bring our research-based curriculum to young children around the world with Netflix's global reach, while ensuring children in communities across the U.S. continue to have free access on public television to the ‘Sesame Street’ they love,” Sesame Workshop said in its press release.



North Carolina Museum of Art



THE TIME IS ALWAYS NOW

THROUGH JUNE 29
ncartmuseum.org

Exhibition organized by the National Portrait Gallery, London, and presented by the North Carolina Museum of Art. Support for this exhibition is made possible, in part, by the North Carolina Department of Natural and Cultural Resources; the North Carolina Museum of Art Foundation, Inc.; and the William R. Kenan Jr. Endowment for Educational Exhibitions. Research for this exhibition was made possible by Ann and Jim Goodnight/the Andrew W. Mellon Foundation Fund for Curatorial and Conservation Research and Travel.

Amy Sherard, *She was learning to love moments, to love moments for themselves* (large detail), 2017, oil on canvas, 54 1/8 x 43 in., Courtesy of the artist and Hauser & Wirth

NATIONAL PORTRAIT GALLERY
LONDON

NATIONAL SPONSOR
BANK OF AMERICA

Community

Wake Co Is Threatening Black History —CONTINUED FROM PAGE 1

Social Media, as well as word of mouth in the community. Ms. Elizabeth Sharpe, opened the meeting, assuring the audience that she had no knowledge of the text that has circulated in the community, as well as assuring attendees that the meeting was part of an information gathering process, before anything definite was put in place moving forward.

Further concern among those in the audience began to circulate one to another when attendees realized

that representatives of the architecture firm LS3P were seated in front of everyone. Ms. Sharpe turned the meeting over to one of their representatives, who proceeded to pose the following questions to the crowd: "What is your tie to Ligon Middle School? What do you love about Ligon Middle School? What are some of the challenges you see with the current school building?"

The presenter got no further than the third question, as attendees be-

gan to express their concerns about the pending project from the floor. Frances Lonette Williams brought up the fact of the school's history, which includes the existence of a Senior High School with grades 9-12, which produced students that excelled in the arts, athletics, as well as academics. Her comments were followed by a chorus of responses including: "Now our history will be erased, this is devastating!" "This project should be approached with

the same state of mind, if Broughton High School was the subject."

A middle school parent echoed, "We love this fact that this was a High School Building. The study of integration is important to us as native citizens of Raleigh. We love our Magnet School, that's why we bring our children here. We should celebrate what Ligon has been."

J.W. Ligon Alumni President, Tony Bethea went further stating, "I don't know what needs to be done.

What makes sense is to renovate versus creating a new structure. It's better to make small improvements from time-to-time. A new building would destroy the memory of the school (J.W. Ligon Senior High School)."

A J.W. Ligon Middle School graduate commented, "If we want to preserve the school, we will. 30-people in a classroom was fine in the past, when my aunt, and uncle couldn't go to any other school, but this renova-

tion without the community in mind is gentrification. We need to preserve the essence of Ligon."

The meeting closed with Ms. Sharpe assuring the crowd that notice of future meetings concerning the fate of the J.W. Ligon Building would be made more accessible to the community. Efforts to contact the Wake County Public School System regarding notice of future meetings received no response by press time.

Breaking Barriers, Building Brotherhood Through 'Bro Flow' Yoga

By Ms Jheri Worldwide

Staff Writer

Meet Mike, a passionate advocate for men's health and wellness, and the inspiring force behind the Southeast Raleigh YMCA's innovative "Bro Flow" yoga class. Mike's journey to the mat was unconventional, sparked by a desire for a different kind of workout during the pandemic and fueled by a vision to create a more inclusive space for men in the world of yoga.

"After attending an all-men's hot yoga class, for the first time I saw yoga as something that could be a real workout," Mike shares. However, it wasn't until the restrictions of lockdown that he fully embraced the practice. "When gyms were closed, I was frustrated at not being able to exercise the way I was accustomed to, and noticed a Black male yogi I met from that class was practicing outdoors. I asked to join for a flow and there was something so invigorating about doing yoga under the sun, absorbing all that energy. I started joining him and a few other folks to practice, looked up flows on YouTube, and the rest is history."

For Mike, yoga transcends the physical. "Our body releases endorphins, the feel-good chemicals that reduce stress and improve mood,



when we exercise; yoga is no different. Physical health is mental health. More holistically, men navigate a lot of pressure and expectations in society which they are often reluctant to discuss. Like many of us, this can manifest as neglecting emotional

self in the name of productivity and grind. The time on the mat lets them take time they may not otherwise get, to connect with self."

He recognized a significant barrier preventing many men from even trying yoga: the misconception that

it's solely for women. "The misconception for me was that yoga was for women, which is interesting considering the historical context, with yoga being practiced by and brought over to the West by men. My initial exposure to yoga was through an ex-girlfriend, who had this video of thin, flexible white women speaking in hushed tones and saying 'namaste'. It didn't speak to me at all. I never saw men practicing yoga, so I inferred it was something only women did. That perception is fairly ingrained and even now, when I attend yoga classes, I am usually the only male, certainly the only black one." He also points out the societal pressures men face: "Men typically do not want to be perceived as weak or embarrass themselves in front of women and since yoga is foreign, that self-consciousness can limit their openness to trying."

This understanding fueled Mike's desire to create "Bro Flow," a class designed to cater to the "unique needs of men." He elaborates, "On a physical level, the class will focus on areas men often neglect or carry the most tension; for most, this will be hips and shoulders. Men are anatomically less fluid in our hips as non-birthing humans and these are also where humans store trauma. Stress will also accumulate in your shoulders from carrying tension... As I mentioned prior, due to societal norms around how men share and communicate their emotional needs, there's so much weight that men carry unspoken... So much of men's sense of self-worth by societal norms is connected to their 'doing', and

rarely affirms their 'being'. This is especially true for Black men. In these classes you get to just 'Be', for a little while."

The fact that "Bro Flow" is offered for free at the Southeast Raleigh YMCA is deeply meaningful to Mike. "I am so grateful to the Southeast Raleigh YMCA, which is one of only four (I believe) purpose-driven Ys in the country. Their mission is ending intergenerational poverty in Southeast Raleigh through education, health and wellness, affordable housing, and improving economic opportunities. There was natural alignment between their mission, my passion for men's health equity, and a desire to bring more people of color to yoga. Representation matters. When I have seen men in yoga classes I've attended, they were always White. To be a Black man in this space, when I can count on one hand the Black men I know teaching yoga in the Triangle, it means a lot to be able to step into that gap in my community. Men generally would rather spend their money on different disciplines when it comes to fitness, so being able to offer the class for free has been huge as far as reducing the barriers to entry and bringing more black men to the table."

Looking to the future, Mike hopes "to continue to cultivate spaces specifically for men, where they are able to invest in their mental and physical health more consistently. Men are often neglectful of themselves: pushing past exhaustion and burnout, navigating mental health challenges in secret, and avoiding going to the doctor, often giving things atten-

tion when it is far too late. Yoga builds that mind-body connection, brings to your awareness the things you push down or push past, and empowers you to face yourself and locate what you need." He sees the potential for men to build stronger support systems, much like the connections he observes among Black women.

For any men hesitant to try yoga, Mike offers an encouraging perspective. "For folks hesitant to try yoga, I will point out the numerous benefits of a Bro Flow class: Improving mobility means functional strength through a full range of motion; this means muscles are less tight and thus less prone to injuries. This also means joints and ligaments respond better to load/weight, meaning less soreness from lifting and fewer aches and pains as we age. Bro Flow is also going to be a real workout, folks leave class challenged without being overwhelmed, as there are modifications for just about everything. It's excellent for active recovery for folks who strength train regularly. I was skeptical of yoga until I attended an all-men's yoga class myself, so my hope is that for anyone who has ever been curious and wanting to try yoga, can experience some of those benefits for themselves."

Mike's dedication to fostering a healthier and more connected community through "Bro Flow" is a testament to the power of inclusive spaces and the transformative potential of yoga. The Southeast Raleigh YMCA is fortunate to have such a dedicated individual championing men's health and breaking down barriers on the mat.

Book Review: Charles H. Knight's "What Happened To Miss Emma"

By Ms Jheri Worldwide

Staff Writer

Prepare to be whisked away to the 1930s in the poignant and descriptive pages of "What Happened to Miss Emma" by Charles H. Knight. Told through the innocent eyes of a young boy navigating life with his single father and brothers, this quick yet eventful read offers a vibrant and descriptive snapshot of post-Depression America. From the nuances of education and employment to the intimacies of home life, Knight paints a vivid picture that truly immerses the reader directly inside a bygone era.

As our narrator grapples with the changes in his young world, including the mysterious arrival of Miss Emma, readers are treated to a rich round of emotions. Knight's storytelling is both descriptive and humorous, allowing us to not only understand the thoughts and feelings of his protagonist but also have a few chuckles alongside his reflections on the everyday occurrences within his home. You'll feel like an observant companion, stepping back in time to experience what, in essence, are often common experiences yet uniquely descriptive of the Black child's perspective. The author's keen eye for detail illuminates the subtleties of North Carolina life and personal relationships during this period. It's a truly enlightening journey that offers fresh perspectives on seemingly ordinary situations and the underlying power dynamics between individuals. As the story unfolds, we witness the quiet strength of a father growing into his role and sons developing their understanding of the world around them.

"Somehow I felt the devil was on the move and I was his friend thinking the way I do," the narrator's youthful perspective is disarmingly honest, as captured in these early lines. This quote hints at the internal conflicts and moral compass developing within our young protagonist, drawing you deeper into his experience. Later, with Miss Emma in their lives, the boy's candid observations continue: "She was good-looking but very sharp with her tongue. Maybe Papa never noticed, but I did. It could be that I imagined she was sharp with her tongue because of how I felt about her." This perfectly encapsulates the subjective and often humorous lens through which the story is told.

"What Happened to Miss Emma" isn't just a historical piece; it's a story about family, growth, and the enduring strength found in navigating life's evolution as people come and go. As you turn the final page, you might find yourself pondering, as I did, did this really happen? The story feels so vivid and real. Whether

you are a lover of historical fiction or someone seeking solace and strength in the stories of others overcoming family hurdles, I wholeheartedly recommend "What Happened to Miss Emma." Pre-

pare to be entertained, enlightened, and thoroughly drawn into a world both familiar and wonderfully distant. This book will linger in your thoughts long after you've finished reading.



THE GOLDEN YEARS
By Judykay Jefferson

THE MENTAL SIDE OF DENTAL

I have whined and vented repeatedly over the past two years about the ridiculously high cost of dental implants. As I continue to experience the same instability I have from the start after four attempts by my dentist to give me a product that actually works while insisting that the only way I will be able to chew anything is by spends tens of thousands of dollars on implants, I have almost given up. Instead of trying to swallow unchewed food in an effort to eat balanced, nutritious meals, I have resorted to liquid protein, yogurt and banana sundaes, soft cookies and cinnamon rolls. My poor metabolism and the rest of my body is struggling to find enough fuel to keep me upright. Enters intermittent fasting.

It started when I clicked on an ad during my online Spades game. It was a survey for "women over 50" who wanted to boost their metabolism, lose weight, become stronger, feel younger...

Yes. Yes. Yes.

After the fifth or sixth ad, I decided to give it a try. The goal was to reset my metabolism and lose the five pounds I recently gained and perhaps five more (don't tell Dr. Sharp. He wants me to gain weight. Is he going to buy me new clothes. I don't think so.).

Last Monday, I began a daily 10-hour water fast. I only drink water from 9am until 7pm. From 7pm until 8:59am I can eat. I made this decision because I'm researching liquid diets for a character who is preparing for bariatric surgery. I had to do it, but it's been a decade ago, so I don't remember how I felt during it. It has been going well however, my now 72-year-old body doesn't react like my 62-year-old -body. I don't eat much anyway so I'm not feeling the deprivation. I am drinking more water which my kidneys love. When I did it before the purpose was to shrink my liver to get it out of the way for the surgery. I was anxious about the surgery. Not being able to comfort myself with my drug of choice, FOOD, added to the anxiety. I now remember the last weekend being the hardest. My surgery was on Monday, December 14, 2014. I cheated on Sunday. That took me down a rabbit hole. Would I be able to eat properly post-op to lose weight? Would I be perpetually miserable? Would I die on the operating table?

This time, the fast was self-imposed. I have lost over 220 pounds. I have maintained it for a decade and my doctor now says I'm not eating enough. My only anxiety is this joy-crushing inability to chew. This past Sunday, I met new challenges. I was weak, dizzy, wobbly. I took my blood pressure. It was higher than usual as was my pulse. Something was not normal in my chest. Not exactly pain or even pressure but something. I had committed to volunteering at church, so I stumbled around while getting dressed and left after taking the handful of prescription drugs and supplements that start my day. What I did not do was have my daily 42 grams of protein shake. I texted my support group, near and far and turned on my location tracker. I was afraid I was having a heart attack, and I figured I had an increased chance of survival at church where there were people rather than in my house alone. Also, I was going to pass a hospital on my way and numerous urgent care offices. I had a plan.

As it turned out, I wasn't having a heart attack. I was dehydrated and malnourished. I drank electrolyte water and decided it was not the day to fast. I ate two cinnamon rolls and a yogurt and banana sundae. I also took multiple naps. Monday morning, I was Wonder Woman again.

As we age, we must think twice and think again about following trends, being lured by quick fixes, and accepting as fact information that includes "for seniors." Rest even if you have trouble sleeping. Eat nutritious AND satisfying food. Say "no" often without explanation. You earned it.



CHARLIE PERRY
MEAT MKT. MGR.

LARRY'S SUPER MARKET

2041 Milburnie Road • Raleigh, N.C. 27610
Phone 834-0152

LARRY's has served Our Customers for 52 years with Fresh Cut Meats, Farm Fresh Produce & A Wide Variety of National Grocery Brands. Shop LARRY's This Week & Save \$\$\$.



MIKE HARRIS
STORE MGR.

WHITE POTATOES

\$2.99 5 LB. BAG

FRESH PICNICS

ONLY **\$1.59** LB.

LARRY'S SELLS FAMILY PAKS AND SMALL SIZES OF FRESH CHICKEN WINGS

FRESH T-BONE STEAK

FAMILY PACK **\$7.49**

LARRY'S HAS FAMILY PAKS & SMALL SIZES OF PORK SPARE RIBS

Larry's Sells Fresh Chicken By The Case, Whole Or Cut Up.

Please Call 834-0152 For Pricing And To Place Your Order In Advance. Visit Our Website at

www.larryssupermarketraleigh.com





LARRY'S SUPER MARKET

2041 Milburnie Road
Raleigh, N.C. 27610

We've Got All Your Favorite Snacks!

Church

Obituaries

Obituary Of William "Billy" Handy, Sr.

WILLIAM "BILLY" MAINER HANDY, SR., age 77, passed into eternal peace on Monday, March 31, 2025, at his nursing residence in Sykesville, Maryland.

He was born on May 24, 1947, at Fort Dix, New Jersey, to the late John W. Handy and Mildred Harris Handy. Due to his father's military assignments, William relocated several times during childhood. When he and his family moved to Raleigh, North Carolina, in 1951, he spoke only Japanese.

William cherished his early years in Raleigh, where he attended Davie Street Presbyterian Church and actively participated in numerous activities at his beloved Ligon High School—especially as a drummer in the band. His friendships with members of the Ligon High School Class of 1965 were deeply treasured and endured throughout his life. He especially enjoyed returning to Raleigh for class reunions and celebrations.

William attended Howard University and later earned his B.A. in Business Administration from Alameda University. He settled in Annapolis, Maryland, to raise his family and began a career as a Philatelic Specialist with the U.S. Postal Service. After relocating to Owings Mills, Maryland, he transitioned



into the insurance industry, building a long and successful career with licensure in multiple states.

A passionate genealogist, William compiled an extensive unpublished family history titled Fruits of Our Roots. The only things he loved more than genealogy research and Motown music were his children. His pride in them was surpassed only by the joy he found in spending time with his grandchildren.

William is survived by his son, William "Bill" Handy, Jr. (Melissa Sien-Handy); his daughter, Dr. Markelle

Handy; and his beloved grandchildren—Cameron, Emily, Zachary, and Miranda—all of Annapolis, Maryland. He is also survived by his brother, Dr. John W. Handy of Atlanta; his sister, Chie Handy, Esq. (Michael Dae) of Raleigh; along with cousins and a host of dear friends.

A Memorial Service celebrating the life of William Handy, Sr. will be held at Davie Street Presbyterian Church, 300 E. Davie Street, Raleigh, on Saturday, May 24, 2025. Family Hour will begin at 11:30 a.m., followed by the Service at Noon.

SERMON of the WEEK



CAN YOU STAND THE RAIN By Elder Demetrius Hunter

Mark 4: 35-41 NIV

That day when evening came, he said to his disciples, "Let us go over to the other side." Leaving the crowd behind, they took him along, just as he was, in the boat. There were also other boats with him. A furious squall came up, and the waves broke over the boat, so that it was nearly swamped. Jesus was in the stern, sleeping on a cushion. The disciples woke him and said to him, "Teacher, don't you care if we drown?" He got up, rebuked the wind and said to the waves, "Quiet! Be still!" Then the wind died down and it was completely calm. He said to his disciples, "Why are you so afraid? Do you still have no faith?" They were terrified and asked each other, "Who is this? Even the wind and the waves obey him!"

In 1988, producers Jimmy Jam and Terry Lewis wrote a hit song for the ever-popular group New Edition. The song talks about a man asking his female partner if she can go through the tough times of a relationship. This was also a question for the group's millions of fans as a founding member and popular frontman, Bobby Brown, left the



group and was replaced by Johnny Gill. The song became a great hit, signifying the group going from adorable teens to grown men.

This scripture shows that the disciples are confronted with a situation that would test their maturity. The truth is, it is easy to trust when the refrigerator is full. It is easy to trust when you have a pocket full of money. But what happens when we don't get what we want? I want to examine this scripture to see how we should respond to adversity.

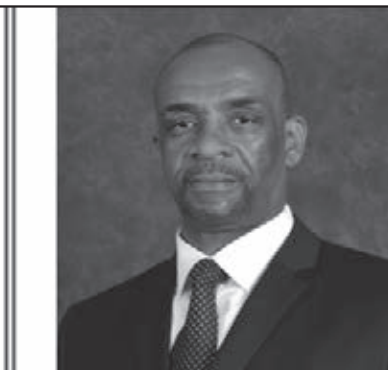
1. Go with God: I call my wife a professional packer. She excels in packing a bag for a trip. She is thorough and detailed. She checks all the bags to ensure she has all the items needed for the journey. But while going through this trip called life, we will pack everything but God. Jesus told his disciples, "Let us go to the other side." I imagined that they packed all the necessary equipment to set sail, but one thing is for sure: they made certain that Jesus was on the ship. Yes, we like to take Jesus with us to some places. But I challenge you to take him everywhere. Take him to your job. Take him to the beach. Wherever you go, make sure you go with God.

2. Don't be afraid of the water:

We all like the sunshine. When it is sunny outside, it typically results in positive feelings. We put on nice clothes and go outside. I remember when I had to work in an office with limited windows. I would love to take my break and walk to the store across the street for a snack. The sunshine would feel so good.

But while I love the sunshine, as a homeowner, I found myself looking for rain as too many sunny days would have an adverse effect on my lawn. Every now and then, I needed the rain to help my grass grow thick and pretty. It is the same spiritually. We need some rain periodically to strengthen our faith. The disciples thought they had faith, but they saw a new side of Jesus when the storm came. They woke Jesus up. See the rain will cause you to wake up Jesus in your life. By the end, they knew Jesus more. They said, "Who is this?" They saw healing and other miracles, but did not know he was the creator. So, when you can stand the rain, the result is growth!

Please visit Lincoln Park's website at <https://www.lincolnparkchurch.com/> for sermons and other information regarding our ministry and community service.



"Our family serving your family for 110 years"

www.haywoodfh.com

2415 S Wilmington Street Raleigh, NC 27603

919-832-2835

Practical Biblical Principles

LOVE IS THE BLOOD OF JESUS Read: John 15:5-12

By John L. Caldwell, Pastor

New Jerusalem Baptist Cathedral
How do you define "love"? When Jesus told us that no "greater love" a man can have for his brother is to lay down his life for him (John 15:13).

What did Jesus mean when He used the term "Greater Love." Then there is that most quoted verse about God's love for us- "God so love the world that He gave His only begotten Son that whosoever believeth in Him shall have everlasting life." What does it mean that "God so loved us He gave His only Son to us?" (John 3:16).

To sum it all up in the four Gospels- Christ is loving us, not Christ loved us, but Jesus is actively loving us right now! He never stopped loving us. What kind of love is this you might ask? This is the love which still exists in heaven today- "Agape." This is a love which says I will do all I can to make you the best person you can be without expecting anything in return. This is the kind of love Jesus has for us right now.

When we speak of Jesus' "passion" when the story is told about His dying for us, what does "passion" mean? Doesn't it make rational sense to acknowledge the fact when someone loves us enough to die for us that such a person is closely attached to us? What is it about such love which drives a person to make a sacrifice for another? What makes a mother, who cannot swim, jump in a pond to save her small child who has just fallen in the water?

I Corinthians 13 tells us about a love that is not selfish, a love which never keeps a record of wrong doings, a love that suffers long and does

not envy, a love that does not parade itself, and is not puffed up, a love which does not seek its own, a love which thinks no evil, a love which says if I don't have love I have nothing! What makes this kind of love work? What does such love have to do with the blood of Jesus?

All that was previously mentioned about love can only be understood when someone proves their love for you by dying in your stead saving you from death, hell, and destruction. And to do this, such a person sheds his blood and gives his body instead of you having shed your blood and give your body. To make a long story short, a bounty of death was placed upon our heads because of our sin. The soul that sins shall die! This was the judgement which was handed down to each of us from our fore parents, Adam and Eve.

Jesus's love redeemed us from the curse of death because He love us with a passion. (John 15:9,13).

Many, if not all of us, learned about love or what it might be like before we actually knew what love truly was. We became aware of love as a positive, emotional experience which gives one a rich sense of belonging, a feeling of being secure, a feeling of being cared for and protected. Such exposure may first come from listening to songs of love and romance, such as Rhythm and Blues, ballads, poems only to be enhanced when you first meet someone you like. Then you might fall in love, so to speak. Or this may happen in reverse. Then the learning curve of knowing what love is begins.

The Book of the "Songs of Solomon" is given to us in scriptures so that we can understand the quality of love that exist between lovers. This

Book talks about a longing for passion, sensual images, and intimacy between lovers. For some Christians to read this Book leaves a confused taste in their minds, so to speak. This Book is given to us so that we can understand just how much and in what ways Jesus loves us. Jesus loves us with a passion.

Passion can mean a fit of intense anger or rage, or it can mean a strong or intense feeling leading to intimacy and love. Which one of these passions do you think Jesus has for us?

If you do not have intense love and passion for another person, you will be less likely to make any personal sacrifices for that person. You only hurt when someone you love intensely leaves or deceives you. Otherwise, you are able to easily let that person go on his/her way without feeling all beat up and hurt. However, when you have invested much passion, time, and intimacy in a person it is not so easy to let that person go when they wish to break off the relationship.

Jesus's love was so deep, intimate, and passionate for us, he willingly died in our stead to save us for Himself and for eternity.

In a unique spiritual sense, it was Jesus singing those R and B love songs to us. "Without Love" (I have Nothing at all), "It's A Lovers Question," "Since You Been Gone," "The Treasure of Love"- Stronger than a diamond, worth more than gold, this a story that's never been told.

Jesus wrote His love letter to each of us personally and He wrote in His own Blood. Christ's shed Blood is His love for us. And His Blood will never lose its power, meaning His intimate and passionate love for us will never die.

Reflecting Raleigh

THE NEXT COMPREHENSIVE PLAN



Let's grow Raleigh—fairly, sustainably, and smart.

How do we plan today for the services and safety we'll need tomorrow?

Thursday, May 29 | 6-8 p.m.

Life Enrichment Center at Wake Chapel Church

Thursday, June 5 | 6-8 p.m.

McKimmon Center at NC State University

raleighnc.gov
search: Reflecting

Register
here



The Carolinian

N.C.'s Twice-Weekly African American Newspaper

SUBSCRIBE TODAY

Yes, I Want A 1 Year Subscription For \$45.00

Yes, I Want A 2 Year Subscription For \$75.00

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____

EMAIL _____



Make checks payable to The Carolinian Newspaper

Mail your subscription form and payment to PO Box 25308 Raleigh, NC 27611

Editorial Policy

Unsigned editorials in this space are the opinion of the newspaper. All other opinion pieces, including those from regular columnists, are the opinion of the writers themselves. The Carolinian strives to provide provocative commentary that is likely to spur thoughtful debate, regardless of whether we agree with it.

Editorials

WHEN THE ASHES SPEAK

Continued from page 1

As someone relatively new to the field of historic preservation, I've spent the past few years learning how memory, design, and community intersect. My experience comes not from academia, but from place-based leadership and real community engagement. I am the President of the Miami Woman's Club, a historic private organization founded in 1900 and listed on the National Register of Historic Places since 1974. I also serve as Executive Director of the Overtown Business Association, where we are working to preserve and uplift one of Miami's most historically rich Black neighborhoods, now a designated Florida Main Street community.

In Rocky Mount, North Carolina, I am a co-owner of Avent on Falls, a boutique bed-and-breakfast located in the Falls Road Historic District, housed in a restored 1901 Colonial mansion. Through this venture, I've learned how hospitality and history can work hand-in-hand to spark cultural pride and economic opportunity. These experiences—across Miami and Rocky Mount—have deepened my understanding of why preservation matters, and how easily the legacy of Black contributions can vanish if not deliberately protected.

Nottoway Plantation, like many antebellum estates, has long been romanticized for its grandeur. But grandeur built on forced labor cannot be admired in isolation. When people describe "historic architecture," "Southern charm," or "plantation elegance," they often do so without acknowledging who made it possible. Behind every pillar and parquet floor were enslaved artisans—men and women with unmatched craftsmanship—who received no recognition and whose descendants were written out of the narrative.

The fire at Nottoway didn't just destroy wood and brick. It erased a chance for reflection, for accountability, and for growth. And here lies the danger: if we do not preserve and interpret these spaces responsibly, we risk rewriting history to suit our comfort. Too often, when a historic building burns, it is quietly replaced by commercial development—condos, malls, parking lots. And the opportunity to educate the public and honor those whose hands built it is gone forever.

This is what I call erasure by design.

When we preserve buildings without preserving their truth, we're not honoring history—we're decorating it. And when those buildings are lost and their stories are not documented, the impact is irreversible. But the real danger isn't fire—it's indifference.

Across the country, historically Black communities are being gentrified or demolished altogether. Neighborhoods like Overtown, once vibrant centers of culture and activism, have had to fight to retain not only their physical spaces but their identity. What is preserved and what is bulldozed reveals who is seen as valuable and whose stories are considered worth saving.

As someone now immersed in the Main Street America network, I see daily how preservation, when done equitably, can be a tool for justice. In Overtown, we're laying the groundwork to ensure preservation includes small Black-owned businesses, cultural landmarks, and oral histories. In Rocky Mount, our work at Avent on Falls is about more than a bed to sleep in—it's about bringing guests into the conversation with the past, through curated experiences, design, and intentional storytelling.

Preservation is not about nostalgia—it's about responsibility. It asks us not only to protect places, but to elevate the people and histories that shaped them. It demands a willingness to tell the whole story, even when that story is painful.

The burning of Nottoway is a call to action: to preserve more responsibly, to interpret more fully, and to listen more intently to the voices that have long been ignored. Let's not wait for another building to burn before we reckon with whose history we're really preserving—and why.

One Big Ugly Debt

By Terence P. Jeffrey

On Jan. 2, 2024, House Speaker Mike Johnson posted a warning on X.

"The national debt is the greatest threat to America's national security, and the current addiction to reckless spending cannot be sustained," he said. "Lawmakers on both sides of the aisle have a responsibility to reduce spending and finally put America on a path towards fiscal sanity."

That day, the federal debt was \$33,990,127,522,066.83.

A year later, on Jan. 2, 2025, it was \$36,169,957,618,760.21 — marking a one-year increase of more than \$2 trillion. Since then, the debt has been artificially restrained because Congress has not lifted the statutory limit on it. Thus, to fund the ongoing federal deficit spending, the Treasury is taking what it calls "extraordinary measures." These "measures are actions the Treasury Secretary uses to delay a binding debt limit," explains the Congressional Research Service. "These measures have been regularly invoked in recent years."

"Recently, these measures have included suspension of debt issuances to certain federal retirement accounts and for state and local government securities," says CRS. "Once lawmakers raise or suspend the debt limit and extraordinary measures end, Treasury must compensate any impacted federal accounts for their lost savings."

In other words, even though the legal limit on the federal debt has been reached, the federal government is still in reality borrowing money.

Speaking at a conference in Washington, D.C., on April 30, Speaker Johnson reiterated his argument that the debt is the greatest threat to America.

"Under President Biden, we crossed the dangerous threshold of \$35 trillion in national debt," Johnson said. "This is a dire situation. I know the people in this room understand it. A lot of people back home don't have a full scope of the threat that this is. When we bring in leaders from the Pentagon or the Joint Chiefs of Staff of the last several years — I served on the House Armed Services Committee, among other assignments — we would ask them: 'What is the greatest national threat to our country? What is our top national security concern?' And you would expect them to say China, Russia, Iran, North Korea. They don't. They say the debt. And it's true that our interest payments alone are on track to outpace our entire defense spending. It's not a sustainable situation, and everybody knows that. Our adversaries know it as well."

In fact, according to the Monthly Treasury Statement, the federal government spent \$874 billion on national defense in fiscal 2024 (which ended last September) and \$882 billion on net interest. While doing this, it collected approximately \$4.919 trillion in taxes, while spending approximately \$6.752 trillion and running a deficit of approximately \$1.833 trillion.

In March, the Congressional Budget Office published its annual report on the federal government's long-term budget outlook based on federal laws as they stood in January. The forecast was bleak.

"In CBO's projections, federal debt held by the public, measured as a percentage of gross domestic product (GDP), increases in every year of the 2025-2055 period," said the report. "By 2029, that debt climbs to 107 percent of GDP, exceeding the historical peak it reached immediately after World War II."

This is despite the fact that, under current law, Americans would be taxed more.

"Total revenues grow by 2.2 percent of GDP from 2025 to 2055," said the report. "Receipts from individual income taxes account for nearly all of that growth because increases in real income (income that is adjusted to remove the effects of changes in prices) mean



that a larger share of income becomes subject to higher tax rates."

What would be the consequences of the ever-growing federal debt?

"That large and growing debt has significant economic and financial consequences," says the CBO. "Over time, it slows economic growth, drives up interest payments to foreign holders of U.S. debt, makes the nation's fiscal position more vulnerable to an increase in interest rates, heightens the risk of a fiscal crisis, and increases the likelihood of other adverse outcomes."

As of this March, according to the Treasury Department, foreign entities owned more than \$9 trillion in U.S. government debt.

Entities in Japan owned \$1.1308 trillion in U.S. government debt. They were followed by entities in the United Kingdom (\$779.3 billion); and mainland China (\$765.4 billion). Entities in Hong Kong owned an additional \$262.9 billion in U.S. government debt.

According to the 2020 Census, there were 73,106,000 individuals in the United States that year under 18 years of age.

The \$36,169,957,618,760.21 in debt our federal government had accumulated as of the beginning of this year equals \$494,760.45 for each one of those young people.

According to the Federal Reserve Bank of St. Louis, the median sales price of a house sold in the United States in the first quarter of this year was \$416,900.

That means the federal debt per each American who was under 18 in 2020 is already greater than the median sales price of a home.

That is not the American dream. It is a nightmare we are handing down to our children and grandchildren.



HAIL DEAR LIGON

This past Thursday night, I made the grateful decision to return to my high school, JW Ligon, with my mother for a community meeting. I want to begin by thanking Carol Gautrell for informing me about the event. From what I understand, Paul Darvey was one of the first to receive the information. He shared it with Francis Williams, who then sent out an email and posted about it on the JW Ligon Legend Facebook page, posing the provocative question: "Do you love Ligon?"

Forgive me if I fail to mention others who helped spread the word. It's not intentional—just a lack of knowledge of everyone's names. But let's pat ourselves on the back. You did your job as a community. You showed up.

I wish I could tell you exactly what the meeting was intended for, but honestly, I'm still not sure what the organizers hoped to accomplish. What I can share is my own insight.

It seemed the purpose of the meeting was to inform parents of Ligon Middle School students that the school system has changes in store—and that they want parental support for their proposed project. If I understood correctly, the presenters were from the architectural firm that has been awarded the contract. I got this impression from how they introduced themselves and from the first question they asked:

"What do you like about Ligon Middle School?"

For half a second, there was silence—until Francis courageously laid our cards on the table. I won't quote her exactly, but in essence, she said what many of us were thinking:

"We're here to talk about JW Ligon—not just a middle school, but a legacy."

If the presenters had read the room, they might've realized that the majority of attendees—someone estimated 75%—were not current parents. We were mostly older African Americans, alumni and community members who came because we care deeply about this school's history.

Carol Gartrell followed with a list of things she had heard were being planned for Ligon. This list wasn't met with applause—it was met with concern. These plans suggested not a remodel, but a demolition. A wiping away of our history, our memories, and our hopes.

The presenters denied those were the plans, insisting this was just the beginning of a process where they were seeking input, ideas, and suggestions.

But Carmen Wimberley countered by going to the school system's own website and reading aloud plans that had already been posted: blueprints, goals, competition details, and execution timelines. It didn't build trust—especially for those of us who remembered hearing two years ago that the plan was to demolish Ligon and rebuild...something. A county commissioner representative reassured us that those were just "rumors." But so much for that—many of us no longer put confidence in dismissals of our concerns as just rumors.

Here's one thing I will say: Ligon alumni know how to speak. As they often say about us—we are eloquent, articulate, and direct. We don't veer off point.

That night, we spoke with a collective voice, even those who had never attended Ligon. We had our reasons for opposing the demolition of our former school. Based on what was presented, we do not support their plans—whether stated or unstated.

We gave history lessons—about what Ligon meant to us and what it should mean to even the gentrified community that now surrounds it. One younger man, Dennis, spoke about not even being able to afford a house in the area anymore. We reminded them of why Ligon was built: to serve the Black community during segregation, when the school system had no intention of honoring the Brown v. Board of Education decision.

As Governor George Wallace once infamously declared:

"Segregation now, segregation tomorrow, segregation forever."

We spoke of how Ligon became a junior high/magnet school to make it palatable for white parents who didn't want their children to graduate from a school with a historically Black name on their diplo-

mas. They feared it would strip their children of the unspoken "affirmative action" of whiteness—regardless of GPA or SAT scores.

The magnet school concept was a clever way to sell integration. By designating schools like Ligon as "gifted" or "advanced," they hoped to attract white parents—making them feel like their children weren't being sent to just any Black school, but to a prestigious academic institution.

And I'll give Ligon this: there is no denying what Ligon was.

JW Ligon—the man, the patriot, the proud Black namesake—is clearly displayed when you enter the building. There's a wall of fame honoring our athletes, entertainers, and politicians. But you know what's missing?

Pictures of the everyday people—stand-up and stand-out citizens who walked those halls, the teachers who inspired us, the spirit that drove so many of us to come to that meeting.

We're not perfect people, but we are contributors. We were told that nothing was impossible—and we believed it.

Attorney Regina Watkins shared the story of Eddie Smith, who had polio as a child. Because there were no ramps at Ligon, anytime there were steps, he couldn't go further. But Eddie would become a leader in North Carolina—heading programs that made the state a pioneer in accessibility, long before ADA policies were even standardized. Students lifted him. Girls carried his books. That was the community we had.

We had a National Honor Society. We had clubs—home economics, trade, mechanics. We had talent shows and plays. We were seen across the USA. That story matters. And if we really want to "make America great again," we won't bulldoze our legacy. We'll preserve the buildings where it all happened.

Honestly, if we hadn't shown up that night, the meeting would've gone quietly. The number of Black attendees was small. I was saddened to hear at least two African Americans admit that because their families lived in white neighborhoods, they never got to experience what we cherish so much.

I thought about my own children. They didn't grow up in the same community I did. And I wonder—why would anyone try to fight segregation by leaving behind the nurturing we received?

Racism is insidious. It can rob us of experiences we didn't even know we needed. It can make us choose what's unworthy of the lives we deserve as children of God.

I've observed that more and more white people are moving into our communities. But there's no resentment or "cross-burnings" on our part. What they must learn, however, is that the love we built here can't just be absorbed. They have to bring it with them.

Home Wi-Fi Snoops and Solar Kill Switches

By Austin Bay

On May 14, Secretary of Commerce Howard Lutnick received a letter written by Sen. Tom Cotton (R-Ark.) and James Risch (R-Idaho) — and co-signed by 11 other senators and four members of the House.

The letter is a big political punch with strategic information purpose.

Cotton chairs the Senate Intelligence Committee and Risch the Senate Foreign Relations Committee.

Their letter's first sentences: "We write in support of the Commerce Department's investigation of TP-Link, a (mainland Chinese — Beijing) state-sponsored networking equipment company, and urge you to take swift action to prohibit further sales of TP-Link networking products in the United States. TP-Link's deep ties to the Chinese Communist Party (CCP), use of predatory pricing to eliminate trusted U.S. alternatives, and role in embedding foreign surveillance and destructive capabilities into our networks render it a clear and present danger."

To clarify: TP-Link's products threaten you and your family's freedom and existence. Why? TP-Link devices enable intimate surveillance and pinpoint attacks on you by name and address, using home, family and personal communications devices and digital equipment.

Concept: Target the micro-digital and energy worlds of individual American households, by the millions.

Now the math: Multiply micro by millions. Beijing seeds digital confusion and psychological fear without explosions. Sun Tzu smiles.

The historical record is definitive. Beijing's "Trojan stuff" can spy on you. Then — at a Pearl Harbor moment — the Trojan Horse stuff shut-downs or co-opts the computers and communications of a hundred million Americans.

Fantasy? No. Cotton's letter describes what his Intelligence Committee knows to be dangerous fact: "Chinese state actors have exploited TP-Link small and home office (SOHO) networking devices — including Wi-Fi routers, cellular gateways, and mobile hotspots — to wage cyber-attacks in the United States. CCP agents commonly exploit SOHO routers because those systems have ideal bandwidth and computing power for sustained cyber activities but lack additional layers of security common in enterprise networks."

Warning: Your digital equipment could conceivably become a CCP cyberwarfare platform — all because you bought TP-Link's less expensive CCP-subsidized equipment.

Trump Administration 2's Commerce Department is already wise to TP-Link. Trump Administration 1's Commerce, State, Treasury and Defense Departments were wise to the CCP's Huawei gambit. From 2017 to 2023, I wrote several columns about the threat Huawei's malgear presented to everything from electrical grids to even digital controllers in hydro-electric dams.

The acronym is SCADA: supervisory control and data acquisition. Beijing messages the dam's SCADA: Open gate and release the flood.

Fears of surprise attacks using hidden control mechanisms drove opposition to Huawei's 5G "next generation" wireless communication systems, which Huawei claimed could connect cellphones, computers and the "internet of things" ("things" could include your doorbell and the traffic lights in Chicago).

In August 2020, Trump 1 Secretary of State Mike Pompeo described Huawei as "an arm of the CCP's surveillance state."

We were already preparing defenses. In April 2020, Trump 1 formulated the "Clean Network Initiative." It was a comprehensive attempt to protect the privacy and information of American citizens and corporations "from aggressive intrusions by malign actors."

Classifieds

DURHAM COUNTY

STATE OF NORTH CAROLINA DURHAM COUNTY

NOTICE TO CREDITORS In the General Court of Justice, Superior Court Division Before the Clerk

File Number 25E000606-310
THE UNDERSIGNED, having qualified on the 20th day of May 2025, as EXECUTOR of the Estate of SCOTT R. DOUGLASS, Deceased, of Durham, 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 25th day of August, 2025 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 22nd day of May, 2025.
Elizabeth A. Bingham Douglass, Executor
c/o David A. Burns, Esq.
4101 Lake Boone Trail, Ste. 300
Raleigh, NC 27607

5/22, 5/29, 6/5, and 6/12/2025
STATE OF NORTH CAROLINA
DURHAM COUNTY

NOTICE TO CREDITORS File Number 24E002580-310

Executor's Notice to Creditors of Margaret Puddister Stockwood, Deceased. The undersigned, Barbara S. Edson, having duly qualified as Executrix of the Estate of Margaret Puddister Stockwood, late of Durham County, North Carolina, notify all persons, firms, and corporations having claims against the decedent to exhibit them to the undersigned at: NicholsonPham, 113 Broadway Street, Durham, North Carolina 27701 on or before three months from 24th day of May, 2025, or this notice will be pleaded in bar of their recovery. All Persons, firms, and corporations indebted to said estate will please make immediate payment.

This is the 22nd day of May, 2025.

Barbara S. Edson, Executrix of the Estate of Margaret Puddister Stockwood

5/22, 5/29, 6/5, and 6/12/2025
STATE OF NORTH CAROLINA
DURHAM COUNTY

NOTICE TO CREDITORS File No. 25E000298-310

THE UNDERSIGNED, having qualified on the 18th day of March 2025, as Administrator CTA of the Estate of DAVID AARON ROSIN, 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 23rd day of August, 2025 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 22nd day of May 2025.

Nanette Catherine Ford
Administrator CTA
Estate of David Aaron Rosin
c/o Jennifer Dalman, Attorney
Walker Lambe, PLLC

240 Leigh Farm Rd, Ste 100
Durham, North Carolina 27707
5/22, 5/29, 6/5, and 6/12/2025
STATE OF NORTH CAROLINA
DURHAM COUNTY

NOTICE TO CREDITORS File No. 25E000047-310

THE UNDERSIGNED, having qualified on the 18th day of March 2025, as Executor of the Estate of BARBARA F.W. ROSIN, 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 23rd day of August, 2025 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 22nd day of May 2025.

Nanette Catherine Ford, Executor
Estate of Barbara F.W. Rosin
c/o Jennifer Dalman, Attorney
Walker Lambe, PLLC

240 Leigh Farm Rd, Ste 100
Durham, North Carolina 27707
5/22, 5/29, 6/5, and 6/12/2025
STATE OF NORTH CAROLINA
DURHAM COUNTY

NOTICE TO CREDITORS File No. 25E000522-310

THE UNDERSIGNED, having qualified on the 7th day of May 2025, as Executor of the Estate of BARBARA CLARK RIGGS, 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 23th day of August, 2025 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 22nd day of May 2025.

Gregory D. Riggs, Executor
Estate of Barbara Clark Riggs
c/o E.J. Walker Jr., Attorney
Walker Lambe, PLLC
240 Leigh Farm Rd, Ste 100
Durham, North Carolina 27707
5/22, 5/29, 6/5, and 6/12/2025
STATE OF NORTH CAROLINA
DURHAM COUNTY

NOTICE OF SERVICE OF PROCESS BY PUBLICATION In the General Court of Justice, District Court Division File No. 25CV001580-310 [CHILD CUSTODY PROCEEDING]

Maria Jesus Tojil Mendez De Lopez, Plaintiff v. Juan Arnoldo Lopez Ixtecoc, Defendant. To Juan Arnoldo Lopez Ixtecoc, father of: Franklin Alexander Lopez Tojil, born October 9, 2008; Dylan Steven Lopez Tojil, born December 21, 2009; Jeffry Arnoldo Lopez Tojil, born May 28, 2014; and Kimberly Esther Lopez Tojil, born December 28, 2019. Take notice that a pleading seeking relief against you has been filed in the above-entitled action. The nature of the relief being sought is as follows: that permanent sole legal custody of the aforementioned children be granted to Maria Jesus Tojil Mendez De Lopez. You are required to make defense to such pleading not later than July 1, 2025, said date being forty (40) days from the first publication of this notice, and upon your failure to do so the party seeking service against you will apply to the court for the relief sought. This, the 22nd day of May, 2025. Mary Elizabeth Reed, Hatch Rockers Immigration, Attorney for the Plaintiff P.O. Box 1847, Durham, NC (919) 6881788
5/22, 5/29, and 6/5/2025
STATE OF NORTH CAROLINA
DURHAM COUNTY

NOTICE TO CREDITORS In the General Court of Justice, Superior Court Division Before the Clerk

File Number 24E001865-310
THE UNDERSIGNED, having qualified on the 28th day of March 2025, as EXECUTOR of the Estate of SIDNEY GRAYDON ARMSWORTHY, Deceased, of Durham County, North Carolina, does hereby notify all persons, firms and corporations having claims against said Estate to exhibit them to the undersigned on or before the 16th day of August, 2025 or this Notice will be pleaded in bar of their recovery. All persons indebted to said Estate will please make immediate payment to the undersigned.

This, the 15th day of May 2025.

Frank Graydon Armsworthy
Executor
216 Utley Bluffs Drive
Holly Springs, NC 27540
5/15, 5/22, 5/29, and 6/5/2025
STATE OF NORTH CAROLINA
DURHAM COUNTY

NOTICE TO CREDITORS

THE UNDERSIGNED, having qualified on the 8th day of May, 2025, as Executor of the Estate of KENNETH MCCOY LORD, 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 18th of August, 2025 or this Notice will be pleaded in bar of their recovery. All persons indebted to said Estate will please make immediate payment to the undersigned.

This, the 15th of May, 2025.

Satrina R. Lord, EXECUTOR
ESTATE OF KENNETH MCCOY LORD
c/o Richard G. Long III, Attorney
Walker Lambe, PLLC
Post Office Box 51549
Durham, North Carolina 27717
5/15, 5/22, 5/29, and 6/5/2025
STATE OF NORTH CAROLINA
DURHAM COUNTY

NOTICE TO CREDITORS File Number 25E000406-310

Having qualified as Executor of the Estate of LEONARD J. COHEN, late of Durham, Durham County, North Carolina, the undersigned hereby notifies all persons, firms and corporations having claims against the estate of said decedent to exhibit them to the undersigned or her attorney on or before the 18th day of August, 2025, or this notice will be pleaded in bar of their recovery. All persons, firms and corporations indebted

to the said estate will please make immediate payment to the undersigned.

This the 15th day of May, 2025.

Felicia Cohen, Executor
Estate of Leonard J. Cohen,
Case No. 25E000406-310
4411 Manor Village Way, Apt # 104
Raleigh, NC 27612
c/o Eugene T. Linkous, Jr.
Attorney At Law
210 Duncan Hill Road
Post Office Box 2807
Hendersonville, NC 28793-2807
5/15, 5/22, 5/29, and 6/5/2025
STATE OF NORTH CAROLINA
DURHAM COUNTY

NOTICE TO CREDITORS In the General Court of Justice, Superior Court Division Before the Clerk

File Number 25E00384-310
THE UNDERSIGNED, having qualified on the 29th day of April 2025, as EXECUTOR of the Estate of FRANCES ATKINS, Deceased, of Durham, 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 18th day of August, 2025 or this Notice will be pleaded in bar of their recovery.

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

This the 15th day of May, 2025.

Angela Yilling, Executor
c/o Christopher Hill, Attorney
Marcus Hill Attorney at Law
311 E. Main Street.
Durham, NC, 27701

5/15, 5/22, 5/29, and 6/5/2025
STATE OF NORTH CAROLINA
DURHAM COUNTY

NOTICE TO CREDITORS In the General Court of Justice, Superior Court Division Before the Clerk

File Number 25E000398-310
THE UNDERSIGNED, having qualified on the 28th day of April 2025, as ADMINISTRATOR of the Estate of MARTHA ANN COOK, Deceased, of Durham, 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 18th day of August, 2025 or this Notice will be pleaded in bar of their recovery.

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

This the 15th day of May, 2025.
Christie Windsor, Administrator
c/o Christopher Hill, Attorney
Marcus Hill Attorney at Law
311 E. Main Street.
Durham, NC, 27701

5/15, 5/22, 5/29, and 6/5/2025
STATE OF NORTH CAROLINA
DURHAM COUNTY

NOTICE TO CREDITORS In the General Court of Justice, Superior Court Division Before the Clerk

File Number 24E002351-310
THE UNDERSIGNED, having qualified on the 28th day of March 2025, as Administrator CTA of the Estate of BILLIE DEAN GARRARD, Deceased, of Durham County, North Carolina, does hereby notify all persons, firms and corporations having claims against said Estate to exhibit them to the undersigned on or before the 16th day of August, 2025 or this Notice will be pleaded in bar of their recovery. All persons indebted to said Estate will please make immediate payment to the undersigned.

This, the 15th day of May 2025.

Lorraine Ragsdale
Administrator CTA
Estate of Billie Dean Garrard
c/o Shirley M. Diefenbach, Attorney
Walker Lambe, PLLC
240 Leigh Farm Rd, Ste 100
Durham, North Carolina 27707
5/15, 5/22, 5/29, and 6/5/2025
STATE OF NORTH CAROLINA
DURHAM COUNTY

NOTICE TO CREDITORS In the General Court of Justice, Superior Court Division Before the Clerk

File Number 24E002418-310
THE UNDERSIGNED, having qualified on the 22th day of April 2025, as Executor of the Estate of NORMA PARKER THOMAS, Deceased, of Durham County, North Carolina, does hereby notify all persons, firms and corporations having claims against said Estate to exhibit them to the undersigned on or before the 16th day of August, 2025 or this Notice will be pleaded in bar of their recovery. All persons indebted to said Estate will please make immediate payment to the undersigned.

This, the 15th day of May 2025.
Sandra Thomas Davis, Executor
Estate of Norma Parker Thomas
c/o Shirley M. Diefenbach Attorney

Walker Lambe, PLLC
240 Leigh Farm Rd, Ste 100
Durham, North Carolina 27707
File No. 24E002418-310
5/15, 5/22, 5/29, and 6/5/2025
STATE OF NORTH CAROLINA
DURHAM COUNTY

NOTICE TO CREDITORS In the General Court of Justice, Superior Court Division Before the Clerk

File Number 25E000512-310
THE UNDERSIGNED, having qualified on the 6th day of May 2025, as EXECUTOR of the Estate of F. LUCILLE CASEY A/K/A FAYE LUCILLE CASEY, Deceased, of Durham, 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 18th day of August, 2025 or this Notice will be pleaded in bar of their recovery.

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

This the 15th day of May, 2025.
Karen Ann Casey, Executor
c/o Marion Law Office, PLLC
2741 University Drive
Durham, NC 27707

5/15, 5/22, 5/29, and 6/5/2025
STATE OF NORTH CAROLINA
DURHAM COUNTY

NOTICE TO CREDITORS In the General Court of Justice, Superior Court Division Before the Clerk

File Number 25E000437-310
THE UNDERSIGNED, having qualified on the 29th day of April 2025, as EXECUTOR of the Estate of RONALD GENE LATTA, SR., Deceased, of Durham, 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 18th day of August, 2025 or this Notice will be pleaded in bar of their recovery.

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

This the 15th day of May, 2025.
Matyre Latta Knight, Executor
c/o Attorney George Ligon, Jr.
Post Office Box 1106
Raleigh, North Carolina 27602
Phone: 919-833-7992
Fax: 919-833-9381

5/15, 5/22, 5/29, and 6/5/2025
STATE OF NORTH CAROLINA
DURHAM COUNTY

NOTICE TO CREDITORS In the General Court of Justice, Superior Court Division Before the Clerk

File Number 25E000595-310
THE UNDERSIGNED, having qualified on the 5th day of May 2025, as ADMINISTRATOR CTA of the Estate of JOHN EDGAR WALLACE SR., Deceased, of Durham, 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 11th day of August, 2025 or this Notice will be pleaded in bar of their recovery.

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

This the 8th day of May, 2025.
Edward Nathaniel Wallace
Administrator CTA

420 Berrys Creek Rd.
Beaufort, NC 28516
5/8, 5/15, 5/22, and 5/29/2025
STATE OF NORTH CAROLINA
DURHAM COUNTY

NOTICE TO CREDITORS

Having qualified as Executor of the Estate of HERMAN DOUGLAS EVANS, SR., deceased, late of Durham County, North Carolina, this is to notify all persons, firms, and corporations having claims against the decedent to exhibit them to the undersigned at the address below on or before August 6, 2025, or this notice will be pleaded in bar of their recovery. All persons indebted to the estate are requested to make immediate payment.

This is the 8th day of May, 2025.

Herman Douglas Evans, Jr.,
Executor
Estate of Herman Douglas Evans,
Sr., Durham County Case No.
25E000497-310
c/o Tovah M. Mitchell, Attorney
Mitchell Law Group, PLLC
2530 Meridian Parkway, Suite 100
Durham, NC 27713
(919) 466-9120
5/8, 5/15, 5/22, and 5/29/2025
STATE OF NORTH CAROLINA
DURHAM COUNTY

NOTICE TO CREDITORS

The undersigned having qualified as Executor of the Estate of MARILYN RUTH KEARNS, a/k/a MARILYN R. KEARNS, Deceased, late of Durham County, North

Carolina, this is to notify all persons, firms and corporations having claims against the Estate to Exhibit them to the undersigned at the office of IDOL LAW, PLLC, PO Box 51759, Durham, North Carolina 27717, on or before the 12th day of August, 2025, or this Notice will be in bar of their recovery.

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

This is the 8th day of May, 2025.
Daniel Joseph Kearns, Executor
Estate of Marilyn Ruth Kearns a/k/a Marilyn R. Kearns, Deceased
Robert A. Idol, Esquire
IDOL LAW, PLLC
Attorney at Law
PO Box 51759
Durham, NC 27717
(919)401.5151
5/8, 5/15, 5/22, and 5/29/2025
STATE OF NORTH CAROLINA
DURHAM COUNTY

NOTICE TO CREDITORS

Having qualified before the Clerk of Superior Court of Durham County as Successor Public Administrator of the Estate of JOHN L. RUCKER, 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 8th of August, 2025, (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 8th day of May, 2025.
Robert E. Levin, Successor Public Administrator of the Estate of John L. Rucker, Deceased
P.O. Box 51429
Durham, NC 27717

5/8, 5/15, 5/22, and 5/29/2025
STATE OF NORTH CAROLINA
DURHAM COUNTY

NOTICE TO CREDITORS

All persons, firms and corporations having claims against STEVEN ANDREW MACALUSO; deceased of Durham County, North Carolina, are hereby notified to present them to Rosegelle Aldojisa Macaluso, as Personal Representative of the Estate of Steven Andrew Macaluso, Durham County File Number 25E000374-310 on or before August 8, 2025 in care of the undersigned attorneys at their address, or this notice will be pleaded in bar of their recovery. All persons, firms, and corporations indebted to Steven Andrew Macaluso, please make immediate payment to the Estate of Steven Andrew Macaluso.

This the 8th day of May, 2025.
Matthew A. Freeze, Esq.
NC Bar #54185

Monk Law Firm, PLLC
1365 Broadcloth Street, Suite 201
Fort Mill SC 29715
TEL: 704-369-9977
FAX: 866-281-4930
5/8, 5/15, 5/22, and 5/29/2025
STATE OF NORTH CAROLINA
DURHAM COUNTY

NOTICE TO CREDITORS In the General Court of Justice, Superior Court Division Before the Clerk

File Number 25E000328-310
THE UNDERSIGNED, having qualified on the 13th day of March 2025, as ADMINISTRATOR of the Estate of THOMAS ALTON PARKER, II, Deceased, of Durham, 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 11th day of August, 2025 or this Notice will be pleaded in bar of their recovery.

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

This the 8th day of May, 2025.
Sean Thomas Parker, Administrator
4903 Governor Sanford St.
Efland, NC 27243
5/8, 5/15, 5/22, and 5/29/2025
STATE OF NORTH CAROLINA
DURHAM COUNTY

NOTICE TO CREDITORS In the General Court of Justice, Superior Court Division Before the Clerk

File Number 25E000565-310
THE UNDERSIGNED, having qualified on the 28th day of April 2025, as EXECUTOR of the Estate of DOROTHY JONES FERRELL, Deceased, of Durham, 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 4th day of August, 2025 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 1st day of May, 2025.
Wanda F. Hutson, Executor
2725 Umstead Rd.
Durham, NC 27712
5/1, 5/8, 5/15, and 5/22/2025
STATE OF NORTH CAROLINA
DURHAM COUNTY

NOTICE TO CREDITORS In the General Court of Justice, Superior Court Division Before the Clerk

File Number 25E000370-310
THE UNDERSIGNED, having qualified on the 4th day of April 2025, as ADMINISTRATOR of the Estate of CHRISTINE GENTRY, Deceased, of Durham, 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 4th day of August, 2025 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 1st day of May, 2025.
Melvin T. Drew, Administrator
3620 Portico Lane
Durham, NC 27703
5/1, 5/8, 5/15, and 5/22/2025
STATE OF NORTH CAROLINA
DURHAM COUNTY

NOTICE TO CREDITORS File Number 24E001704-310

The undersigned, Alan William Chappell, having qualified as Executor of the Estate of HILDA VINSON CHAPPELL, deceased, late of Durham County, notifies all persons having claims against said estate to present them to the undersigned on or before 4th day of August, 2025, or this notice will be plead in bar of their recovery. All persons indebted to said estate will please make immediate payment to the undersigned.

This the 1st day of May, 2025.
Alan William Chappell c/o Vail Gardner, Attorney for the Estate
Vail Gardner Law
739 9th St. #621
Durham, NC 27705

5/1, 5/8, 5/15, and 5/22/2025
STATE OF NORTH CAROLINA
DURHAM COUNTY

NOTICE TO CREDITORS In the General Court of Justice, Superior Court Division Before the Clerk

File Number 25E000413-310
THE UNDERSIGNED, having qualified on the 23rd day of April 2025, as EXECUTOR of the Estate of GURBAXSH SINGH VIRK, Deceased, of Durham, 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 4th day of August, 2025 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 1st day of May, 2025.
Paramjit Buttar, Executor
Trusts and Estates Law Group
4141 Parklake Avenue, Suite 310
Raleigh, NC 27612

5/1, 5/8, 5/15, and 5/22/2025
STATE OF NORTH CAROLINA
DURHAM COUNTY

NOTICE TO CREDITORS File Number 25E000493-310

The undersigned, Paula Perry Murphy, having duly qualified as Executor of the Estate of James Anthony Germolec, deceased, late of Durham County, North Carolina, hereby notifies all persons, firms and corporations having claims against the Estate to present them to the undersigned in care of Ronald G. Coulter, Attorney for the Estate, 3400 Croasdaile Dr., Ste 205, Durham, NC 27705, on or before August 1, 2025 or it will be pleaded in bar of their recovery. All persons and legal entities indebted to the Estate will please make immediate payment. This the 1st day of May, 2025.

Paula Perry Murphy, Executor
C/O Ronald G. Coulter, Attorney
3400 Croasdaile Drive Ste 205
Durham, NC 27705
1-919-246-5775

5/1, 5/8, 5/15, and 5/22/2025
STATE OF NORTH CAROLINA
DURHAM COUNTY

NOTICE TO CREDITORS In the General Court of Justice, Superior Court Division Before the Clerk

File Number 25E000508-310
THE UNDERSIGNED, having qualified on the 17th day of April 2025, as ADMINISTRATOR of the Estate of LORRAINE VIOLA STITH, Deceased, of Durham, 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 4th day of August,

2025 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 1st day of May, 2025.
Thomas A. Stith III, Administrator
604 Balsam Fir Drive
Cary, NC 27519

5/1, 5/8, 5/15, and 5/22/2025
STATE OF NORTH CAROLINA
DURHAM COUNTY

NOTICE TO CREDITORS
File Number 25E000489-310

The undersigned having qualified as Executor of the Estate of PATRICK AUGUSTINE O'KEEFFE, a/k/a PATRICK A. O'KEEFFE, a/k/a PATRICK AUSTINE O'KEEFFE, Deceased, late of Durham County, North Carolina, this is to notify all persons, firms and corporations having claims against the Estate to Exhibit them to the undersigned at the office of IDOL LAW, PLLC, PO Box 51759, Durham, North Carolina 27717, on or before the 4th day of August, 2025, or this Notice will be in bar of their recovery.

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

This is the 1st day of May, 2025.
Jeremiah J. O'Keefe, Co-Executor
Martin W. O'Keefe, Co-Executor
Estate of Patrick Augustine O'Keefe, a/k/a Patrick A. O'Keefe, a/k/a Patrick Austine O'Keefe, Deceased

Robert A. Idol, Esquire
IDOL LAW, PLLC
Attorney at Law
PO Box 51759
Durham, NC 27717
(919)401.5151

5/1, 5/8, 5/15, and 5/22/2025
STATE OF NORTH CAROLINA
DURHAM COUNTY

NOTICE TO CREDITORS
In the General Court of Justice,
Superior Court Division
Before the Clerk

File Number 25E000485-310
THE UNDERSIGNED, having qualified on the 10th day of April 2025, as ANCILLARY ADMINISTRATOR of the Estate of SHIRLEY M. CHAMBLEE, Deceased, of Durham, 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 4th day of August, 2025 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 1st day of May, 2025.
Donald E. Shamblee
Ancillary Administrator
140 Underwood Road
Murfreesboro, NC 27855
5/1, 5/8, 5/15, and 5/22/2025
STATE OF NORTH CAROLINA
DURHAM COUNTY

NOTICE TO CREDITORS
File Number 25E000433-310

The undersigned having qualified as Executor of the Estate of MARTHA G. RILEY, a/k/a MARTHA KERR RILEY, Deceased, late of Durham County, North Carolina, this is to notify all persons, firms and corporations having claims against the Estate to Exhibit them to the undersigned at the office of IDOL LAW, PLLC, PO Box 51759, Durham, North Carolina 27717, on or before the 4th day of August, 2025, or this Notice will be in bar of their recovery.

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

This is the 1st day of May, 2025.
Martha Riley McCracken, Co-Executor
Homer L. Riley, Jr., Co-Executor
Estate of Martha G. Riley, a/k/a Martha Kerr Riley, Deceased
Robert A. Idol, Esquire
IDOL LAW, PLLC
Attorney at Law
PO Box 51759
Durham, NC 27717
(919)401.5151
5/1, 5/8, 5/15, and 5/22/2025

WAKE COUNTY

STATE OF NORTH CAROLINA
WAKE COUNTY

NOTICE TO CREDITORS
File Number 25E000138-910

In the Matter of the Estate of Elizabeth Woods Hunter, Deceased
To all creditors of ELIZABETH WOODS HUNTER, late of Wake County, North Carolina, who passed away on October 1, 2024:

Please take notice that all persons, firms, and corporations having claims against the estate of Elizabeth Woods Hunter are required to present them to the undersigned on or before August 25, 2025, or this notice will be pleaded in bar of their recovery. All persons indebted to the estate are requested to make immediate payment to the undersigned.

This notice is given pursuant to the provisions of N.C.G.S. Sec 28A-

14-1.
Personal Representative:
Mr. Eddie Hunter
1133 Nottingham Way
Creedmoor, NC 27522
Email: ELhunter44@yahoo.com
Phone: 919-868-1499
Attorney for the Estate:
Antoine G. Marshall
Law Office of Antoine G. Marshall
6409 Hatchies Drive
Raleigh, NC 27610
Email: antoine@lawfirmagm.com
Phone: 919-436-5997
This the 22nd day of May, 2025.
5/22, 5/29, 6/5, and 6/12/2025
STATE OF NORTH CAROLINA
WAKE COUNTY

NOTICE TO CREDITORS
In the General Court of Justice,
Superior Court Division
Before the Clerk

File Number 25E000089-910
THE UNDERSIGNED, having qualified on the 21st day of February 2025, as ADMINISTRATOR of the Estate of NTINGINYA SEIFF MUSISA, Deceased, of Wake, 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 18th day of August, 2025 or this Notice will be pleaded in bar of their recovery.

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

This the 15th day of May, 2025.
Mary James Hando, Administrator
3321 Joann Dr.
Raleigh, NC 27603
5/15, 5/22, 5/29, and 6/5/2025

MICHIGAN AUTO LAW, PC,
JOSHUA R. TEREBELO P72050
30101 Northwestern Highway,
Farmington Hills, MI 48334. CASE NO. and JUDGE 24-057505-N1 HON. MICHAEL J. NOLAN.

ORDER REGARDING ALTERNATE SERVICE STATE OF MICHIGAN 40TH JUDICIAL CIRCUIT 255 CLAY STREET, LAPEER, MI 48446 JOLETTE MICHELLE COUSINEAU c/o Plaintiff's Attorney. Michigan Auto Law, PC, 30101 Northwestern Highway, Farmington Hills, MI, (248) 353-7575, jterebelo@michiganautolaw.com, Plaintiff v. GEORGE KAMAU MUNYOTTAH, Defendant THE COURT FINDS: Service of process upon the defendant, GEORGE KAMAU MUNYOTTAH cannot reasonably be made as provided in MCR 2.105 and service of process may be made in a manner that is reasonably calculated to give the defendant actual notice of the proceedings and an opportunity to be heard. IT IS ORDERED: Service of the summons and complaint and a copy of this order shall be made by the following method(s). First class mail to 2725 Alpha Drive, Raleigh, NC 27603. Tacking or firmly affixing to the door at 2725 Alpha Drive, Raleigh, NC 27603. Certified Mail/Return Receipt: 2725 Alpha Drive, Raleigh, NC 27603. Other: Publication in the Carolinian Newspaper for 3 consecutive weeks in accordance with MCR 2.106(D)(1) For each method used, proof of service must be filed promptly with the court. /s/ Michael J. Nolan, March 4, 2025 Judge signature and date THIRD JUDICIAL CIRCUIT OF MICHIGAN 5/15, 5/22, and 5/29/2025

STATE OF NORTH CAROLINA WAKE COUNTY COMPLAINT TO ENFORCE POSSESSORY LIEN ON MOTOR VEHICLE

In The General Court Of Justice
District Court Division
Small Claims

File No. 25CV014875-910
B&C AUTOMOTIVE INC, Plaintiff
vs.UNKNOWN OWNER,
VIN: 5WKBE2420N1072930,
Defendant

TO UNKNOWN OWNER:
TAKE NOTICE the petitioner has filed with the clerk a petition in proper form indicating that the petitioner has a valid lien against a 2021 Freedom/Trailer, ID No. 5WKBE2420N1072930 and that the petitioner shall have the right to sell to the highest bidder the motor vehicle listed on June 17, 2025 at WCCH, 316 Fayetteville St., 3rd Floor, Raleigh, NC 27601, at 1:30 p.m. You are required to make a defense to such pleading before such date and time.

This the 15th day of April, 2025.
B&C AUTOMOTIVE INC, Plaintiff
105 Hester Street
Knightdale, NC 27545
c/o PO BOX 46882
Raleigh, NC 27510
5/15, 5/22, and 5/29/2025
STATE OF NORTH CAROLINA
WAKE COUNTY

NOTICE OF SERVICE OF PROCESS BY PUBLICATION
File No. 25CV010852-910
LEANDRA CHANTEL ARGUE,
Plaintiff v.
KELLEN GERARD ARGUE,
Defendant

TO DEFENDANT: TAKE NOTICE that a pleading seeking relief against you has been filed in the above-entitled action, by the

Plaintiff herein, the nature which is as follows: COMPLAINT FOR ABSOLUTE DIVORCE. You are required by law to appear and make defense to such pleading no later than 30 days after the first publication of this notice. If you fail to do so, Plaintiff will seek the relief sought herein, and a Judgment for Absolute Divorce may be entered.

This, the 8th day of May, 2025.
Leandra Chantel Argue, Plaintiff
301 Little Lawson Lane, Apt 216
Cary, NC 27519
5/8, 5/15, and 5/22/2025
STATE OF NORTH CAROLINA
WAKE COUNTY

NOTICE TO CREDITORS
In the General Court of Justice,
Superior Court Division
Before the Clerk

File Number 25E001202-910
THE UNDERSIGNED, having qualified on the 25th day of March 2025, as EXECUTOR of the Estate of RHODERICK THOMAS WILLIAMS, JR., Deceased, of Wake, 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 4th day of August, 2025 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 1st day of May, 2025.
Thomas Miles Williams, Executor
615 Peace St. Unit 408
Raleigh, NC 27605
5/1, 5/8, 5/15, and 5/22/2025
STATE OF NORTH CAROLINA
WAKE COUNTY

NOTICE TO CREDITORS
In the General Court of Justice,
Superior Court Division
Before the Clerk

File Number 24E004227-910
THE UNDERSIGNED, having qualified on the 27th day of March 2025, as CO-EXECUTORS of the Estate of BETTY RALSTON MOORE A/K/A ELISABETH RALSTON MOORE, Deceased, of Wake, 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 4th day of August, 2025 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 1st day of May, 2025.
Elisabeth Moore Whitener, Co-Executor
1766 Candle Ridge Ln
Bolivia, NC 28422
Peter A. Moore Jr., Co-Executor
2226 Whitman Rd
Raleigh, NC 27607
5/1, 5/8, 5/15, and 5/22/2025

NOTICE TO CREDITORS
In the General Court of Justice,
Superior Court Division
Before the Clerk

File Number 25E000304-607
THE UNDERSIGNED, having qualified as Executor of the Estate of STEPHEN CRAIG NEIGHER a/k/a STEPHEN C. NEIGHER, Deceased, late of Orange County, North Carolina, this is to notify all persons, firms and corporations having claims against the Estate to Exhibit them to the undersigned at the office of IDOL LAW, PLLC, PO Box 51759, Durham, North Carolina 27717, on or before the 25th day of August, 2025, or this Notice will be in bar of their recovery.

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

This is the 22nd day of May, 2025.
Rebecca M. Neigher, Executor,
Estate of Stephen Craig Neigher a/k/a Stephen C. Neigher, Deceased
Robert A. Idol, Esquire
IDOL LAW, PLLC
Attorney at Law
PO Box 51759
Durham, NC 27717
(919) 401. 5151
5/22, 5/29, 6/5, and 6/12/2025
STATE OF NORTH CAROLINA
ORANGE COUNTY

NOTICE TO CREDITORS
In the General Court of Justice,
Superior Court Division
Before the Clerk

File Number 25E000304-607
THE UNDERSIGNED, having qualified as Executor of the Estate of STEPHEN CRAIG NEIGHER a/k/a STEPHEN C. NEIGHER, Deceased, late of Orange County, North Carolina, this is to notify all persons, firms and corporations having claims against the Estate to Exhibit them to the undersigned at the office of IDOL LAW, PLLC, PO Box 51759, Durham, North Carolina 27717, on or before the 25th day of August, 2025, or this Notice will be in bar of their recovery.

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

This is the 22nd day of May, 2025.
Rebecca M. Neigher, Executor,
Estate of Stephen Craig Neigher a/k/a Stephen C. Neigher, Deceased
Robert A. Idol, Esquire
IDOL LAW, PLLC
Attorney at Law
PO Box 51759
Durham, NC 27717
(919) 401. 5151
5/22, 5/29, 6/5, and 6/12/2025
STATE OF NORTH CAROLINA
ORANGE COUNTY

NOTICE TO CREDITORS
In the General Court of Justice,
Superior Court Division
Before the Clerk

File Number 25E000304-607
THE UNDERSIGNED, having qualified as Executor of the Estate of STEPHEN CRAIG NEIGHER a/k/a STEPHEN C. NEIGHER, Deceased, late of Orange County, North Carolina, this is to notify all persons, firms and corporations having claims against the Estate to Exhibit them to the undersigned at the office of IDOL LAW, PLLC, PO Box 51759, Durham, North Carolina 27717, on or before the 25th day of August, 2025, or this Notice will be in bar of their recovery.

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

This is the 22nd day of May, 2025.
Rebecca M. Neigher, Executor,
Estate of Stephen Craig Neigher a/k/a Stephen C. Neigher, Deceased
Robert A. Idol, Esquire
IDOL LAW, PLLC
Attorney at Law
PO Box 51759
Durham, NC 27717
(919) 401. 5151
5/22, 5/29, 6/5, and 6/12/2025
STATE OF NORTH CAROLINA
ORANGE COUNTY

NOTICE TO CREDITORS
In the General Court of Justice,
Superior Court Division
Before the Clerk

File Number 25E000304-607
THE UNDERSIGNED, having qualified as Executor of the Estate of STEPHEN CRAIG NEIGHER a/k/a STEPHEN C. NEIGHER, Deceased, late of Orange County, North Carolina, this is to notify all persons, firms and corporations having claims against the Estate to Exhibit them to the undersigned at the office of IDOL LAW, PLLC, PO Box 51759, Durham, North Carolina 27717, on or before the 25th day of August, 2025, or this Notice will be in bar of their recovery.

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

This is the 22nd day of May, 2025.
Rebecca M. Neigher, Executor,
Estate of Stephen Craig Neigher a/k/a Stephen C. Neigher, Deceased
Robert A. Idol, Esquire
IDOL LAW, PLLC
Attorney at Law
PO Box 51759
Durham, NC 27717
(919) 401. 5151
5/22, 5/29, 6/5, and 6/12/2025
STATE OF NORTH CAROLINA
ORANGE COUNTY

NOTICE TO CREDITORS
In the General Court of Justice,
Superior Court Division
Before the Clerk

File Number 25E000304-607
THE UNDERSIGNED, having qualified as Executor of the Estate of STEPHEN CRAIG NEIGHER a/k/a STEPHEN C. NEIGHER, Deceased, late of Orange County, North Carolina, this is to notify all persons, firms and corporations having claims against the Estate to Exhibit them to the undersigned at the office of IDOL LAW, PLLC, PO Box 51759, Durham, North Carolina 27717, on or before the 25th day of August, 2025, or this Notice will be in bar of their recovery.

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

This is the 22nd day of May, 2025.
Rebecca M. Neigher, Executor,
Estate of Stephen Craig Neigher a/k/a Stephen C. Neigher, Deceased
Robert A. Idol, Esquire
IDOL LAW, PLLC
Attorney at Law
PO Box 51759
Durham, NC 27717
(919) 401. 5151
5/22, 5/29, 6/5, and 6/12/2025
STATE OF NORTH CAROLINA
ORANGE COUNTY

NOTICE TO CREDITORS
In the General Court of Justice,
Superior Court Division
Before the Clerk

File Number 25E000304-607
THE UNDERSIGNED, having qualified as Executor of the Estate of STEPHEN CRAIG NEIGHER a/k/a STEPHEN C. NEIGHER, Deceased, late of Orange County, North Carolina, this is to notify all persons, firms and corporations having claims against the Estate to Exhibit them to the undersigned at the office of IDOL LAW, PLLC, PO Box 51759, Durham, North Carolina 27717, on or before the 25th day of August, 2025, or this Notice will be in bar of their recovery.

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

This is the 22nd day of May, 2025.
Rebecca M. Neigher, Executor,
Estate of Stephen Craig Neigher a/k/a Stephen C. Neigher, Deceased
Robert A. Idol, Esquire
IDOL LAW, PLLC
Attorney at Law
PO Box 51759
Durham, NC 27717
(919) 401. 5151
5/22, 5/29, 6/5, and 6/12/2025
STATE OF NORTH CAROLINA
ORANGE COUNTY

NOTICE TO CREDITORS
In the General Court of Justice,
Superior Court Division
Before the Clerk

File Number 25E000304-607
THE UNDERSIGNED, having qualified as Executor of the Estate of STEPHEN CRAIG NEIGHER a/k/a STEPHEN C. NEIGHER, Deceased, late of Orange County, North Carolina, this is to notify all persons, firms and corporations having claims against the Estate to Exhibit them to the undersigned at the office of IDOL LAW, PLLC, PO Box 51759, Durham, North Carolina 27717, on or before the 25th day of August, 2025, or this Notice will be in bar of their recovery.

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

This is the 22nd day of May, 2025.
Rebecca M. Neigher, Executor,
Estate of Stephen Craig Neigher a/k/a Stephen C. Neigher, Deceased
Robert A. Idol, Esquire
IDOL LAW, PLLC
Attorney at Law
PO Box 51759
Durham, NC 27717
(919) 401. 5151
5/22, 5/29, 6/5, and 6/12/2025
STATE OF NORTH CAROLINA
ORANGE COUNTY

ORANGE COUNTY

STATE OF NORTH CAROLINA
ORANGE COUNTY

NOTICE TO CREDITORS
File Number 25E000304-607

The undersigned having qualified as Executor of the Estate of STEPHEN CRAIG NEIGHER a/k/a STEPHEN C. NEIGHER, Deceased, late of Orange County, North Carolina, this is to notify all persons, firms and corporations having claims against the Estate to Exhibit them to the undersigned at the office of IDOL LAW, PLLC, PO Box 51759, Durham, North Carolina 27717, on or before the 25th day of August, 2025, or this Notice will be in bar of their recovery.

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

This is the 22nd day of May, 2025.
Rebecca M. Neigher, Executor,
Estate of Stephen Craig Neigher a/k/a Stephen C. Neigher, Deceased
Robert A. Idol, Esquire
IDOL LAW, PLLC
Attorney at Law
PO Box 51759
Durham, NC 27717
(919) 401. 5151
5/22, 5/29, 6/5, and 6/12/2025
STATE OF NORTH CAROLINA
ORANGE COUNTY

NOTICE TO CREDITORS
File Number 25E000304-607

The undersigned having qualified as Executor of the Estate of STEPHEN CRAIG NEIGHER a/k/a STEPHEN C. NEIGHER, Deceased, late of Orange County, North Carolina, this is to notify all persons, firms and corporations having claims against the Estate to Exhibit them to the undersigned at the office of IDOL LAW, PLLC, PO Box 51759, Durham, North Carolina 27717, on or before the 25th day of August, 2025, or this Notice will be in bar of their recovery.

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

This is the 22nd day of May, 2025.
Rebecca M. Neigher, Executor,
Estate of Stephen Craig Neigher a/k/a Stephen C. Neigher, Deceased
Robert A. Idol, Esquire
IDOL LAW, PLLC
Attorney at Law
PO Box 51759
Durham, NC 27717
(919) 401. 5151
5/22, 5/29, 6/5, and 6/12/2025
STATE OF NORTH CAROLINA
ORANGE COUNTY

NOTICE TO CREDITORS
File Number 25E000304-607

The undersigned having qualified as Executor of the Estate of STEPHEN CRAIG NEIGHER a/k/a STEPHEN C. NEIGHER, Deceased, late of Orange County, North Carolina, this is to notify all persons, firms and corporations having claims against the Estate to Exhibit them to the undersigned at the office of IDOL LAW, PLLC, PO Box 51759, Durham, North Carolina 27717, on or before the 25th day of August, 2025, or this Notice will be in bar of their recovery.

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

This is the 22nd day of May, 2025.
Rebecca M. Neigher, Executor,
Estate of Stephen Craig Neigher a/k/a Stephen C. Neigher, Deceased
Robert A. Idol, Esquire
IDOL LAW, PLLC
Attorney at Law
PO Box 51759
Durham, NC 27717
(919) 401. 5151
5/22, 5/29, 6/5, and 6/12/2025
STATE OF NORTH CAROLINA
ORANGE COUNTY

NOTICE TO CREDITORS
File Number 25E000304-607

The undersigned having qualified as Executor of the Estate of STEPHEN CRAIG NEIGHER a/k/a STEPHEN C. NEIGHER, Deceased, late of Orange County, North Carolina, this is to notify all persons, firms and corporations having claims against the Estate to Exhibit them to the undersigned at the office of IDOL LAW, PLLC, PO Box 51759, Durham, North Carolina 27717, on or before the 25th day of August, 2025, or this Notice will be in bar of their recovery.

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

This is the 22nd day of May, 2025.
Rebecca M. Neigher, Executor,
Estate of Stephen Craig Neigher a/k/a Stephen C. Neigher, Deceased
Robert A. Idol, Esquire
IDOL LAW, PLLC
Attorney at Law
PO Box 51759
Durham, NC 27717
(919) 401. 5151
5/22, 5/29, 6/5, and 6/12/2025
STATE OF NORTH CAROLINA
ORANGE COUNTY

NOTICE TO CREDITORS
File Number 25E000304-607

The undersigned having qualified as Executor of the Estate of STEPHEN CRAIG NEIGHER a/k/a STEPHEN C. NEIGHER, Deceased, late of Orange County, North Carolina, this is to notify all persons, firms and corporations having claims against the Estate to Exhibit them to the undersigned at the office of IDOL LAW, PLLC, PO Box 51759, Durham, North Carolina 27717, on or before the 25th day of August, 2025, or this Notice will be in bar of their recovery.

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

This is the 22nd day of May, 2025.
Rebecca M. Neigher, Executor,
Estate of Stephen Craig Neigher a/k/a Stephen C. Neigher, Deceased
Robert A. Idol, Esquire
IDOL LAW, PLLC
Attorney at Law
PO Box 51759
Durham, NC 27717
(919) 401. 5151
5/22, 5/29, 6/5, and 6/12/2025
STATE OF NORTH CAROLINA
ORANGE COUNTY

NOTICE TO CREDITORS
File Number 25E000304-607

The undersigned having qualified as Executor of the Estate of STEPHEN CRAIG NEIGHER a/k/a STEPHEN C. NEIGHER, Deceased, late of Orange County, North Carolina, this is to notify all persons, firms and corporations having claims against the Estate to Exhibit them to the undersigned at the office of IDOL LAW, PLLC, PO Box 51759, Durham, North Carolina 27717, on or before the 25th day of August, 2025, or this Notice will be in bar of their recovery.

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

This is the 22nd day of May, 2025.
Rebecca M. Neigher, Executor,
Estate of Stephen Craig Neigher a/k/a Stephen C. Neigher, Deceased
Robert A. Idol, Esquire
IDOL LAW, PLLC
Attorney at Law
PO Box 51759
Durham, NC 27717
(919) 401. 5151
5/22, 5/29, 6/5, and 6/12/2025
STATE OF NORTH CAROLINA
ORANGE COUNTY

In the General Court of Justice,
Superior Court Division
Before the Clerk

File Number 24E001435-670
THE UNDERSIGNED, having qualified on the 9th day of December 2024, as ADMINISTRATOR of the Estate of BARBARA GAIL KEYWORTH, Deceased, of Orange, 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 25th day of August, 2025 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 22nd day of May, 2025.
John Rees, Administrator
103 Newell St.
Chapel Hill, NC 27516
5/22, 5/29, 6/5, and 6/12/2025
STATE OF NORTH CAROLINA
ORANGE COUNTY

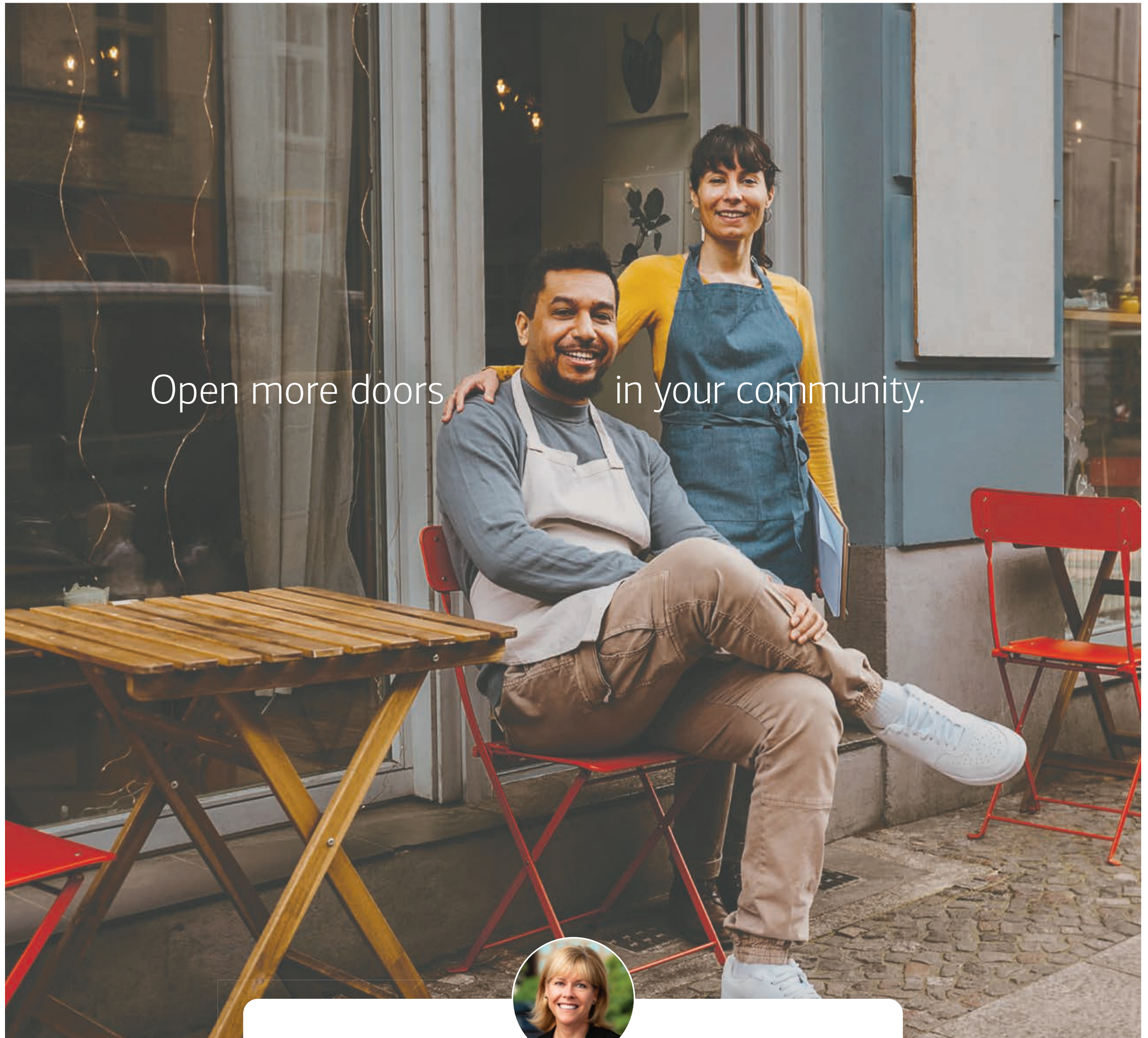
NOTICE TO CREDITORS
In the General Court of Justice,
Superior Court Division
Before the Clerk

File Number 25E000050-670
THE UNDERSIGNED, having qualified on the 27th day of January 2025, as EXECUTOR of the Estate of BERNICE I. KIRSTEN, Deceased, of Orange, 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 11th day of August, 2025 or this Notice will be pleaded in bar of their recovery.

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

This the 8th day of May, 2025.
Jane Benson, Executor
12 Norfolk Rd.
Litchfield, CT 06759
5/8, 5/15, 5/22, and 5/29/2025

D/M/WBE
SUBCONTRACTORS/SUPPLIERS WANTED
Pipeline Utilities, Inc. (NC General Contractor License No. 325) is seeking certified DBE, MBE, and WBE subcontractors and suppliers for the **Optimist Farm Road Water Main Extension** project for the **Town of Cary** which bids on **June 10, 2025, 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 * Town of Cary Utilities Department; 316 North Academy Street; Cary



Open more doors in your community.



Triangle businesses are the backbone of our community and our economy. Bank of America is on your corner and in your corner, with solutions and industry-leading insights to help our local businesses thrive.

Kari

Kari Stoltz
President, Bank of America Triangle

#1 Business Lender in America

\$1.1B in loans to Triangle businesses

25+ Business specialists in the Triangle

Learn more about our business solutions and contact one of our business specialists in the Triangle at [bankofamerica.com/localbusiness](https://www.bankofamerica.com/localbusiness)

What would you like the power to do?[®]



"Bank of America" is the marketing name used by certain Global Banking and Global Markets businesses of Bank of America Corporation. Lending, other commercial banking activities, and trading in certain financial instruments are performed globally by banking affiliates of Bank of America Corporation, including Bank of America, N.A., Member FDIC. ©2025 Bank of America Corporation. All rights reserved.