

# THE GREENSBORO TIMES

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## NC House bill prohibits cell phone use in public schools

by Kylie Marsh



A bill introduced in the North Carolina House of Representatives would prohibit students from using cell phones during instructional time.

Educators agree that cell phones can be a distraction in the classroom, but others say phones can be used for education purposes, too. North Carolina has a law that allows school districts to determine their own cell phone policies; Charlotte-Mecklenburg Schools already bans them.

Jerry Wilson, policy director at the Center for Racial Equity in Education, is concerned about the implications

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## Greensboro Business League continues legacy of Booker T. Washington's Black economic empowerment

by Ken Harris, National President and Chief Executive Officer, National Business League



Booker T. Washington with members of the Negro Business League in Greensboro, North Carolina, 1910

Booker T. Washington, a towering figure in African American education and economic empowerment, played a

significant role in shaping the business landscape for Black entrepreneurs across the country, including in Greensboro, North Caro-

lina. As the founder of the National Negro Business League (NNBL) in 1900, Washington sought to promote the commercial and

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## Apple Shareholders Reject Effort to Dismantle DEI Initiatives, Approve \$500 Billion U.S. Investment Plan



Apple has vowed to stick to its diversity, equity and inclusion (DEI)



initiatives despite pressure from a Trump-associated group and an

atmosphere that derides a diverse and inclusive workforce.

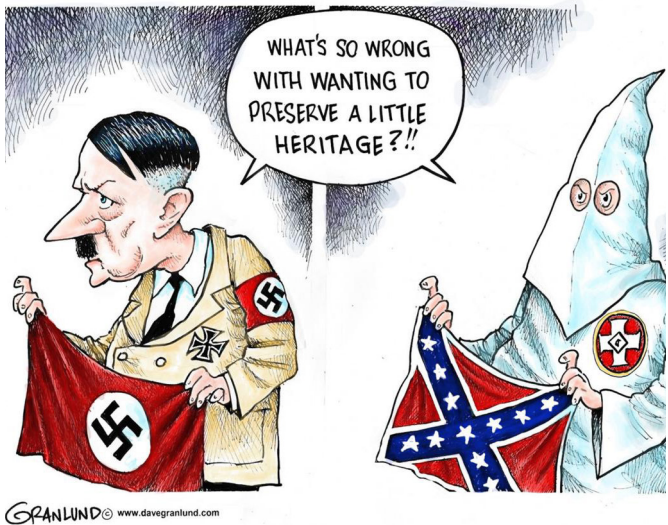
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NEWS  
NOTES

## White Supremacists and the Far Right are the Real Threat to America's Security

by Peter Schurmann



Donald Trump has ridden the xenophobic political tiger into the White House once again, convincing Americans that immigrants in this country are an existential threat to our safety and the wellbeing of the nation.

It's a politically effective trope that in practice diverts attention and, critically, resources from the very real threat posed by white supremacists and far right violence.

"This is a problem that infects all our society," says Mike German, a former FBI agent who spent years undercover working to expose far right and white supremacist groups operating within law enforcement. "It is not a matter that pops up once in a while. It is a constant problem."

German spoke during a Jan. 28 virtual briefing highlighting the publication of his new book, *Policing White Supremacy*, hosted by the Brennan Center for Justice in New York where German is a researcher.

Despite Trump's continued lambasting of migrants as criminals, rapists and thieves—descriptions used to justify his campaign of mass deportations—data show that as a group, immigrants, legal or otherwise, commit far fewer crimes than American born citizens, and in fact may have an overall mitigating effect on crime.

Violence and terrorism committed by adherents of white supremacist and far right ideologies, on the other hand, have been rising steadily over the past decade, surpassing threats posed by Islamist extremists and other ideologically motivated groups, jeopardizing public safety and even the foundations of our democracy.

And, says German, the pervasiveness of white supremacist and far right ideologies within local, state and federal law enforcement agencies, including the agency he once worked for, makes this threat all the more pernicious.

The starkest example of that

threat is the January 6, 2020, attack on the US Capitol.

"Many people were shocked when so many police were involved," notes German. "But there were military officials, and elected representatives also involved," he said, a sign of just how widespread these ideas have become within agencies and offices ostensibly in charge of protecting the public.

One of Trump's first actions in office was to pardon participants in the January 6 assault, a move German says is an "an acknowledgement that he is not on law enforcement's side." Some 174 police officers were injured and one later died following the attack.

By not confronting the reality that officers within their ranks belong to groups that openly espouse racial or religious hatred and anti-state views, law enforcement is "putting their own officers at risk," German says. "It is more dangerous for a cop to report racist conduct than for a cop to do racism."

An investigation by Reuters in 2022 painted an alarming portrait of "white supremacist infiltration within law enforcement," as well as ties between officers and instructors, with extremist groups including the Proud Boys and the Oath Keepers, both of which are linked to the events of Jan. 6.

German traces a through line from the creation of the Department of Justice in 1870 specifically intended to target racist violence perpetrated by the Ku Klux Klan to the emergence of Jim Crow laws designed to uphold white supremacy.

"People tend to forget that US law enforcement systems built at this time were meant to enforce white supremacy," he says. "This is why it is so persistent in policing today."

It also explains why important signals warning of possible violence on Jan. 6 were missed or ignored by law enforcement. "For a long time, the FBI had not prioritized investi-

gations of far-right violence. They focused on anarchists, anti-fascists, and even environmentalists. Groups that were far less violent," says German.

Neither the FBI nor the Department of Homeland Security collect data on acts of domestic terrorism committed by white supremacists and the far right, he adds, often ascribing them to "lone wolves" rather than acknowledging "what is a more networked movement."

Meanwhile, the Trump administration is continuing with its sweeping campaign of mass deportations, apprehending more than 3,500 individuals over the past week—more than half of whom have no criminal record, according to reports—and promising to send detainees to the US military prison at Guantanamo.

In a virtual briefing with reporters, Karen Tumlin, director of the non-profit Justice Action Center, which advocates on behalf of immigrant rights, accused Trump of "promoting white supremacy," adding that solidarity within and between communities was key to pushing back on his agenda.

German agrees. "Part of the strategy of these groups is to divide communities. We need to build social cohesion," he says, adding that the risks they pose are not limited to liberal circles.

"You can't predict who this violence will target," he says. "It didn't surprise me at all that the young man who tried to assassinate Trump was communicating in these chat rooms expressing the same antisemitic and anti-immigrant rhetoric that the administration promotes," notes German, pointing to the attempt made on Trump's life during a campaign stop in Pennsylvania.

"Just as people on January 6 wearing blue lives matter patches attacked police, it's a very dangerous thing to give a green light to political violence because it will be very difficult to identify who it will hurt."

# Democrats Must Obstruct Trump's Manifest Destiny 2.0 With A Plan And Purpose

by Douglass Wilson



Mitch McConnell



Hakeem Jeffries

Millions of Americans will look to their leaders for guidance and assurance once President Donald Trump's pro-billionaire policies begin choking the last gasps of economic mobility from our communities.

So while Trump busies himself rolling out Manifest Destiny 2.0 instead of lowering the cost of living like he campaigned on, Democrats must obstruct these efforts with a plan and a purpose.

Every. Single. Day.

We start by taking a page from U.S. Sen. Mitch McConnell's late 2008/early 2009 playbook who, alongside then-House GOP Whip Eric Cantor, hatched an obstructionist strategy in secret to deploy unified Republican resistance to any action proposed or supported by then newly-elected President Barack Obama. McConnell touted the coordinated obstruction as the sure-fire path to resurrect the GOP, and why not? If you obstruct every effort by the party in power to implement its policies, you can then campaign successfully on the promise of overcoming the gridlock you have personally created.

McConnell's strategy led to massive 2010 GOP midterm gains in the House and Senate and locked in state chamber majorities for decades. It also laid the foundation for Trump's meteoric political rise, enabling the creation of the MAGA movement to energize a loyal Republican base.

The strategy worked because Republicans kept the message to voters simple: Where are the jobs?

U.S. Rep. John Boehner held a press conference on the first Friday of every month – coinciding with the release of monthly jobs data – to ask this question. Meanwhile, House Republicans passed numerous so-called "jobs" bills knowing full well that their obstruction-first strategy deemed them dead on arrival in the Democrat-controlled Senate, effectively creating a paper trail that established their commitment to job creation without ever requiring any proof of sincerity.

Democrats, it's our turn.

Not only are grocery prices not coming down, but Trump's style of government by executive order means tariffs – especially the 25% levied on foreign steel and aluminum – will boost costs to U.S. consumers through pass-along pricing on everything from vehicles and household appliances to bicycles and beer.

This engineered financial squeezing of the American people should headline every press conference, podcast appearance and press gaggle until the masses understand that the administration they elected to ease their economic suffering never had any intentions of making anything in this country great again except its war chest and the bottom lines of its billionaire donors.

In 2009, Republican obstruction succeeded because it focused on the manufactured notion that Obama's elitist policies cost Americans jobs and wealth. The approach appealed to hard-working, cash-strapped voters then, and it will resonate with them again, but only if we flood every channel available.

Trump has no economic plan.

Prices on everyday items continue increasing.

Tariffs on foreign goods will drive up the costs of everything from fruit and liquor to housing starts and commercial developments.

Most importantly, though, Trump floods the zone 24/7 with lies, and we cannot leave anything to chance. If we start picking and choosing which lies to challenge, we risk another 50 creeping onto podcasts and into Instagram posts – like kudzu invading your garden – making them more difficult to debunk.

Democrats need to marshal all the conviction, toughness and fight they can muster to remind voters that absolute power corrupts absolutely, and whether you call it obstruction or resistance, our bold actions in the coming weeks and months are the strongest line of defense remaining between the American people and a tyrannical state hellbent on defrauding them of their inalienable rights.



Trump turns the White House lawn into a Tesla Showroom

## < Greensboro Business League from page 1 >

financial development of African Americans, emphasizing self-reliance, vocational training, and entrepreneurship as the foundation for economic progress.

Greensboro, NC, was an important city in this movement, with a thriving African American business community that aligned with Washington's vision. During his Southern tours in the early 20th century, Washington visited Greensboro as part of his broader effort to inspire and mobilize Black business leaders. His presence in the city highlighted the area's active participation in the NNBL's mission and reinforced the significance of Black economic empowerment in North Carolina. During one such visit, Washington was introduced by Edwin Judson Justice, a North Carolina political leader, further demonstrating the collaboration between Black and white allies in advancing educational and business initiatives. The NNBL Greensboro Chapter was founded in 1903.

The National Negro Business League had a strong presence in North Carolina, with 24 local chapters by 1915, and included prominent businessmen such as Richard Fitzgerald, a successful brick manufacturer; Berry O'Kelly, one of the state's wealthiest Black entrepreneurs; and Charles C. Spaulding, a key leader in the North Carolina Mutual Life Insurance Company.

Spaulding, who served as the 4th National President of the NNBL from 1930 to 1938, was a significant American business leader who built the North Carolina Mutual Life Insurance Company into the nation's largest Black-owned business. While specific historical records of an early NNBL chapter in Greensboro are limited, the city's robust Black business and educational communities suggest that it was actively engaged in Washington's economic philosophy.

Among Greensboro's most notable African American leaders was Jacob Robert Nocho, an educator and federal postal clerk who played a vital role in the city's Black business community. Nocho hosted Washington during his visit, and his home became a center for Black intellectual and business leaders, further strengthening Greensboro's connection to Washington's movement.

In the modern era, Greensboro continues this legacy through the Greensboro Business League, founded by Earl Jones and Gerry McCants in 2018. While not directly affiliated with the NNBL, the organization aligns with Washington's original vision by working to eliminate race-based discrimination in contracting, financing, and procurement. The Greensboro Business League assists minority businesses with certification, provides economic workshops, and advocates for Black entrepre-

neurship, mirroring the goals set forth by Washington over a century ago.

The historical connection between Booker T. Washington, the National Negro Business League, and Greensboro, NC, underscores the city's longstanding role in Black economic advancement. From Washington's visits and the early influence of local leaders to the continuation of these efforts through contemporary organizations, Greensboro has remained a critical hub for African American business development.

The NNBL changed its name in 1966 under the 10th National President Dr. Berkeley Burrell to the National Business League. Dr. Berkeley G. Burrell, who served from 1962 to 1979, was a prominent Washington, D.C. businessman and civic leader, nationally recognized as an advocate for Black business and vice president on President Nixon's Advisory Council for Minority Enterprise. The organization currently operates in Tuskegee, AL, where it was founded by Booker T. Washington, under the leadership of the 16th National President/CEO Dr. Kenneth L. Harris. The Greensboro Business League was honored as the National Business League of the Year at the 124th National Business League Conference in Atlanta, GA. The award was accepted by Gerry McCants, Co-Founder.

## < - Apple Shareholders from page 1 >

Shareholders voted this week to keep the company's DEI initiatives, rejecting a proposal from a conservative think tank that sought to eliminate them. The vote occurred during Apple's annual meeting, during which the company also announced a \$500 billion commitment to investments in the United States over the next four years — the largest domestic spending plan in its history.

The National Center for Public Policy Research submitted the proposal, citing recent U.S. Supreme Court decisions and a rise in DEI-related lawsuits. The group claimed Apple's DEI efforts could expose the company to legal risks. In response, Apple said the proposal was unnecessary, pointing to its strong compliance measures and calling the effort an attempt to interfere with how it manages its operations and workforce. Officials did not disclose the final vote count.

"We are bullish on the future of American innovation, and we're proud to build on our long-standing U.S. investments with this \$500 billion commitment to our country's future," said Apple CEO Tim Cook. "From doubling our Advanced Manufacturing Fund to building

advanced technology in Texas, we're expanding our support for American manufacturing."

The new spending plan includes a new 250,000-square-foot advanced manufacturing facility in Houston, where servers supporting Apple Intelligence will be produced. The facility, set to open in 2026, is expected to create thousands of jobs. Production will begin later this year, marking a shift from previous overseas manufacturing.

Apple will also double its U.S. Advanced Manufacturing Fund and open an academy in Michigan to train future manufacturers and increase silicon engineering and artificial intelligence research. The plan includes collaboration with thousands of suppliers across all 50 states, the development of data centers, and Apple TV+ productions in 20 states.

Cook acknowledged that adjustments to DEI initiatives may be necessary as legal challenges evolve but affirmed the company's commitment to maintaining an inclusive workplace.

"We will continue to create a culture of belonging," he told shareholders.

Apple's decision comes after

several major corporations pulled back on DEI programs. Companies such as Walmart, Target, Exxon, and Goldman Sachs have scaled down diversity efforts, with some citing legal concerns or shareholder pressure. Meta and Google have also reduced their DEI initiatives.

Institutional Shareholder Services, a leading proxy advisory firm, recommended that shareholders vote to maintain Apple's DEI programs. Costco shareholders took a similar position in January, rejecting a proposal to evaluate risks associated with its diversity policies.

"We owe our success to the more than 300,000 employees who serve our members every day," said Costco Chairman Hamilton Tony James. "It is important that they all feel included and appreciated."

Apple's \$500 billion investment package aims to boost American manufacturing, support job creation. Cook closed the meeting with a message of long-term commitment.

"We'll keep working with people and companies across this country to help write an extraordinary new chapter in the history of American innovation," he declared.

## Publisher's View



**Tony R. Wafford, Contributing Opinion Writer, LA Sentinel**

I don't know how many of you saw that clown show masquerading as a presidential address coming from America's felon and chief last month, but please let me bring you up to speed. This fool stood flat footed, in front of the American people and the world for one hour and forty minutes; when he wasn't straight up telling lies, he was misleading the deplorables and reassuring the racists that everything was under control (stand up Elon) in what was the longest BS session coming from that podium in modern history.

I'm going to give you just a small sample of the feces he was feeding the fools. He claimed that the Department of Government Efficiency (DOGE) which is really just an acronym for "Damn Old Greedy Europeans" found hundreds of billions of dollars in fraud, an amount not even his personal puppeteer, Elon Musk could confirm. He lied about the amount of fraud uncovered in the area of energy and environmental policy and he tried to justify sweeping tariffs with false claims about world trade, among other lies. You do know that after all that tough talk about tariffs, and what he was going to do to Canada and Mexico, the carnival barker walked all that tough talk back. When the stock market took a dive, looks like the real people running this country put a pacifier in his mouth, that's what you do with someone like him when your zipper is stuck.

You know what was disappointing that night? Only one Democrat (you know Congresswoman Maxine Waters was not in that chamber or I would be talking about two) during

## Why I'm Black First



that farce had the courage to stand up and call that fool out for what he and who he really is—and that was Congressman Al Green. For speaking the truth, Congressman Green was escorted out of the chamber, he's been censured, and he will probably be removed from all his committee assignments.

Speaker of the House Mike Johnson called for a vote to censure Congressman Green. I expected all 218 republican members of the house, including the five negro republican lawn jockeys, to vote to censure him. What threw me off was the ten democrats that jumped the fence, siding with the party of hypocrites, racists and straight up devils. Now I haven't heard from them but I'm willing to bet you anything, that all ten are going to argue that they were voting according to the rules of decorum, and we must do what's right regardless of what the other side does. They're going to claim that it would be hypocritical of them if they didn't support censuring brother Green, and we must be consistent in our argument against right and wrong. Is it just me—why is it when a Black person is being killed, beaten, treated unjustly, we, Black people, are always asked to govern ourselves according to the rules of decorum and to trust in the process. Well guess what, I play by the same rules as my enemy! You can miss me with that when they go low, we go high foolishness. I believe like brother Malcolm, "The same thing you're willing to do for your people, is the same thing I'm willing to do for mine, I'm just gonna do more of it." I'm Black first!

Let's take a look at these ten Democrats that operate under a

different moral compass than me. These ten democrats that sided with evil, just what is it they all may have in common and who are they? Ami Bera of California, Ed Case of Hawaii, Jim Costa of California, Laura Gillen of New York, James A. Himes of Connecticut, Chrissy Houlahan of Pennsylvania, Marcy Kaptur of Ohio, Jared Moskowitz of Florida, Marie Gluesenkamp Perez of Washington and Thomas R. Suozzi of New York. Now that we know who they are, let's investigate what these ten just might have in common; you scared negros may want to stop reading now. All ten of these good democrats were from different areas around the country, so it's not a geographical kind of thing. It was five men and five women, so it ain't a gender thing. They are all different ages, so it wasn't a generational thing, so what could it be? Oh, I get it, it's a cultural thing, all ten are of European descent.

I know this type of talk is frightening to my die-hard integrationist friends. As a matter of fact, many of you are more uncomfortable with me celebrating being Black than questioning why ten white folks crossed the aisle to side with the enemy. Yes, I said enemy because that's exactly what they are acting like, enemies of this nation and they sure as hell are acting like enemies of Black and poor people. I know this is hard to hear, but like it or not, when it came to voting white or right, they went white. Most people will always lean towards their culture, think I'm wrong, why would poor rednecks in Appalachian support America's felon and chief over what we all knew to be a more qualified Black woman, and knowing

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# *The Shout-Out Line*

**(336) 660-8166**

Good morning, or should I say bad morning. Its been two weeks now and I still haven't ajusted to daylight saving time. Its a real trip. In the fall when the change occured, I gained a hour, You know, fall back get ahead an hour. But this spring forward is a problem for me every year. Its terrible. The day just seem to fly by. Especially, in the afternoon, I'm thinking its 1:00pm and bam, I look at my cell phone and its almost 2:30. During every national election there is a promise by politicians to get rid of it but it never change. I know this may be a petty peeve I have , but I tell you, its a problem for a lot of people. I'd rather stick to one permenent time situation so there is no need for me to adjust and change twice a year. Studies have shown that the time change has caused an increase in people having heart attacks, strokes, car accidents and because of disruption in sleep, there are more accidents on the job and poor work performance on the job be-cause of sleep deprivation. For just those reasons alone, if nothing else, there's justification to end daylight saving time. We should have a year round standard time, this daylight saving time system just makes no sense....."

## **Shout-Out**

Hello, well its March Madnees again, college basketball tournament playoffs. This year the madness is not really about the games but the madness of the tournament directors and decision makers who qualify what teams play in the tournament, who is in and who is out. The SEC conference had 13 teams approved to play in the tournament. This doesn't make sense. There should be a cap on how many teams from one conference can get the nod to compete in the tournament. Hell, practically the entire SEC conference of teams were given a bid to participate. The SEC has a total of 16 teams in their conference. So, all but three recieved bids to the tournament. Whatever the NCAA formula is, they need to change it. But, you know, when Duke, an ACC conference team win the whole thing, it will be a little bit of pay back to the NCAA Bid Committee's wrong headed decision to select 13 out of 16 of the SEC Conference teams to play in the tournament. GO DUKE, GO ACC.

## **Shout-Out**

Hello, what-up, G-times. Hey, you know, If you want to get back on your feet, miss 2 car payments.

## **Shout-Out**

Good afternoon, I'm worried about this country and the sacrifice to maintain freedom and democracy when me and so many others as veterans fought for in Iraq and other wars and conflicts in the past. I believe in law and order, law and justice and democracy. In today's America law and order is whatever Donald Trump says it is. He's a Dictator -In-Chief. If you're loyal to him and his warped principles, you are legal and if not, you're in trouble and may lose your govern-ment job for no reason, get picked up in the middle of the night and hauled off to a foriegn country, even though a legal resident of the country or get prosecuted or locked up on "Trumped" up charges because you want kiss the King's ring. You no longer should pledge allegiance to the flag or the US constitution, but rather, now, all three branches of government pledge allegiance to King Trump. So much for democracy. I know the so-called founding fathers of the nation, Thomas Jef-ferson, George Washington and the other slave owner founders are turning over in their graves. They probably are realizing that Trump, is the curse on American democracy for them maintaning the institution of slavery after the Revolution-ary War. King Trump is a product of their legacy. Trump is a stone cold racist and ironically, a Great Britian King George dictator wanna- be...."

## **Shout-Out**

Hello,I remember when I used to care about what people thought of me until I tried to pay my bills with their opinions.

# Remembering Black Athletes Who Took A Stand (And A Knee) Against Racism

by Ahsan Washington

Black athletes have used their platforms to challenge racism



## Muhammad Ali

Honoring those who have paved the way for future generations is essential in recognizing the progress made in the fight for equality. Throughout history, Black athletes have used their platforms to challenge racism and advocate for civil rights, often making great personal sacrifices. BLACK ENTERPRISE remembers five trailblazing athletes who broke barriers and set the stage

for future generations in both sports and activism. From historic protests to groundbreaking achievements, these pioneers have shaped not only athletic activism but stood on their principles for the greater good. Muhammad Ali was born Cassius Clay in 1942, in segregated Louisville, Kentucky. The colorful boxer won Olympic gold in 1960 and became the heavyweight champion in 1964. In 1967, he refused to

be drafted during the Vietnam War, believing it was morally wrong. As a result, Ali was sentenced to five years in prison while being banned from boxing for three years. His conviction was later overturned, and he reclaimed the heavyweight title in 1974. Ali's stance made him a symbol of resistance and civil rights, solidifying his legacy beyond boxing.



## Colin Kaepernick

Colin Kaepernick began his NFL career in 2011 after being drafted by the San Francisco 49ers, and he quickly gained recognition for his athleticism and leadership as a quarterback. On Sept. 1, 2016, during the national anthem, Kaepernick showed respect to the military, but also took a knee to protest against systemic racism and police violence, following the deaths of Eric Garner, Alton Sterling, and Philando Castile. His protest sparked nationwide debate, leading to both support and criticism. Ultimately, 2016 became

## < Black Athletes/Took A Stand, from page - 7

his final season in the NFL. Kaepernick's teammate Eric Reid also knelt in solidarity, becoming one of the first players to join Kap's movement.



### Jesse Owens

Jesse Owens made history at the 1936 Olympic Games in Berlin by winning four gold medals in track and field, directly challenging Adolf Hitler's Nazi propaganda on Aryan superiority. His victories not only

shattered racial myths but also paved the way for future African American athletes in professional sports. Beyond his athletic achievements, Owens remained influential in the sports world, later serving as a mem-

ber of the board of directors for the United States Olympic Committee. His legacy continues to inspire athletes and civil rights advocates worldwide.



### Bill Russell

Bill Russell was drafted by the Boston Celtics in 1956 and quickly made an impact, winning his first NBA championship in 1957. In 1961, Russell took a bold stand for civil rights and boycotted an NBA game after Black players were refused service at a Kentucky restaurant. This resistance emphasized Russell's commitment to fighting racial discrimination. Over his career, Russell

became one of the most decorated players in NBA history, winning a total of 11 championships. Beyond basketball, he remained a lifelong advocate for civil and human rights.

At the 1968 Olympic Games in Mexico City, Tommie Smith won the gold medal in the 200-meter race, setting a new world record. During the medal ceremony, Smith and his teammate John Carlos raised their



### Tommie Smith & John Carlos

fists in solidarity. Both athletes were wearing a black glove, as a nod to the Black Panther Party and a silent protest against racial injustice and in support of human rights. Their powerful stance during the U.S. national anthem became a defining moment in both sports and civil rights history. Smith remains an outspoken advocate for social justice.

On March 18, 2025, a Policy and Prosperity Breakfast event was presented by Greensboro Business League, in partnership with the North Carolina Free Enterprise Foundation (NCFREE), at the Proximity Hotel in Greensboro, N.C. The welcome was brought by Co founders Earl Jones and Gerry McCants. the Panelists for the 1st event were NC Senator Paul Lowe, Senator Dave Craven and NC State Rep. Robert Reives (Democrat NC Minority House Leader). Panelist Moderator, Alex Baltzegar, Executive Derector, NCFREE. The fireside chat discussion presentation guest featured NC State Senator, Gladys Robinson(District 28, Guilford). The Moderator was Lloyd Whittington, Editor In Chief, Triad Business Journal. There were 156 people present that included business owners, elected officials and public administrators.



BIDDER PREQUALIFICATION REQUEST

D.A. Everett/Christman, A Joint Venture has been selected as the Construction Manager at Risk by Guilford County Schools for the Lindley Elementary School Rebuild in Greensboro, NC. This project includes a new three-story, approximately 110,000 SF PK- 5 elementary school with associated site improvements, site access, parking, and complete system upgrades for new school. Abatement and demolition of the existing school is part of this project, as the new school will be built in the same location as the old school.

We are seeking to pre-qualify Contractors for the Abatement and Demolition Work Packages at this time.

- Bid Package #1: Demolition & Abatement  
March 25, 2025 at 3:00 PM Contractor Information Session (Virtual)  
April 4, 2025 Prequalification Due

D.A. Everett/Christman along with Guilford County Schools encourage and promote the use Minority & Women Owned Businesses as first and second tier bidders. For link to Contractor Info Session and Prequalification Forms contact Kim Neese at [kim.neese@christmanco.com](mailto:kim.neese@christmanco.com).



Spring Festival Celebration

**FREE!!** FOOD, GAMES, BOUNCE HOUSE & MORE

**Where:** 408 Martin Luther King Blvd  
Greensboro, NC 27405

**When:** Saturday, April 5th, 2025

**Time:** 11:00am – 3:00pm

**Rev. William F. Wright Jr., Pastor**





# 10 Tips for Eating a Heart-Healthy Diet

by Active/Aging

Maintaining and improving cardiovascular health and well-being starts with what you have on your plate. And that means building a heart-healthy meal is essential. Incorporating elements of the Mediterranean and DASH diets, recognized as leading heart-healthy diets, can be extremely beneficial. By focusing on nutrient-rich, low-sodium, low-fat foods, you can enjoy delicious meals while simultaneously improving your health.

Here are tips to help you and your loved ones create tasty, wholesome, heart-healthy meals.

## Fill Your Plate with Fruits and Vegetables

Fruits and vegetables are full of vitamins, minerals, electrolytes, and antioxidants that reduce inflammation, making them a great addition to any diet. According to USDA MyPlate, about half of your plate should be fruits and vegetables.

Tip: Keeping frozen or pre-cut fruits and vegetables available makes it easier to incorporate them into your meals.

## Choose Whole Grains

When shopping for groceries, try to look for products labeled as 100% whole grain. Unlike refined grains, whole grains can help provide longer-lasting energy levels and promote better digestion. Additionally, whole grains like oatmeal and brown rice are high in fiber, which is vital for healthy blood pressure and cholesterol levels.

Tip: Start small, making simple swaps to move towards a diet filled with whole grains. For example, if you're used to making all your sandwiches with white bread, swap it

with whole wheat bread instead.

## Eat Lean Proteins

Lean proteins like fish, poultry, and beans are lower in calories and can be higher in nutrients than fatty proteins. They encourage muscle maintenance and heart health. Fatty fish like salmon, sardines, and herring are packed with omega-3 fatty acids, which help reduce inflammation and improve cardiovascular functions.

Tip: If you prefer not to eat meat, consider adding plant-based proteins like tofu and chickpeas to your diet.

## Incorporate Healthy Fats

A small amount of fat is an integral part of a healthy diet. Not only does it provide you with energy, but it also helps your body absorb vitamins. Healthy fats like olive oil, avocados, and nuts can help lower cholesterol levels and improve heart health.

Tip: When cooking, consider replacing saturated fats like butter with avocado to make your meals more heart-friendly.

## Reduce Sodium Intake

If you consume too much sodium, it can put you at risk for high blood pressure, stroke, and heart failure, among other health issues. Instead of using salt in your meals, experiment with using different herbs and spices to give your dishes flavor.

## Limit Sugar

According to the American Heart Association, men should eat no more than 36 grams of added sugar a day,

and women should only eat 25 grams of added sugar. Eating too much sugar can cause you to gain weight, putting more pressure on your heart and increasing your risk of heart disease. Instead, try eating foods with natural sugars like fruit, and avoid eating overly sugary food and drinks. Check the nutrition labels on your food to make sure you're only consuming the recommended amount of sugar every day.

Tip: Remove high-processed, sugary foods from your home to reduce temptation.

## Monitor Portion Sizes

Maintaining proper portion sizes can help prevent overeating and support weight management, which reduces stress on your heart. If it's hard to manage portion control, consider using smaller plates or dividing a larger meal into smaller servings. This way, you can still enjoy your meals without worrying about eating too many calories.

Tip: Use a smaller plate to help reduce portion sizes naturally.

## Stay Hydrated

Staying well hydrated means your heart will have an easier time pumping blood through the body, helping your muscles to work more efficiently. Drinking water to stay hydrated is always the best choice, but some fruits and vegetables can be a good source of hydration.

Tip: If you find drinking plain water to be boring, consider herbal tea or water infused with fruit, like lemon. You can also get a reusable water bottle and keep it filled and on hand throughout the day to remind yourself to stay hydrated.

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## < from page 1, school cell phone ban >

of a student potentially breaking the law by having a phone during class time.

“Students who are multilingual might use cell phones for instructional purposes, like language translation apps and things of that nature,” he said. “And the research shows that Black students are often punished more frequently and more harshly for the same infractions than their counterparts, and so if we’re creating another infraction that would be disproportionately enforced, that is certain concerning.”

Wilson is a former social studies teacher from Charlotte.

CMS spokesman Charles Jeter told The Post the school district has no position on the bill. Students would have access to their phones

outside of instructional times under the bill, which could curb concerns about student safety and communication with family members outside of school.

“It’s more of a Band-Aid on increasing student engagement in and performance in schools without tackling some of the core issues that need to be addressed,” said Diontre Davis, a CREED policy intern who is pursuing a master’s degree in public policy at Duke University.

Wilson and Davis say that other issues, like a statewide teacher shortage, would be better strategies at increasing student engagement and performance in North Carolina’s public schools, than banning cell phones.

“There’s a huge teacher short-

age because educators are not being compensated fairly,” Wilson said. “Rather than put more funding into our public schools, lawmakers are expanding private school voucherWilson is also concern about lawmakers drafting legislation that would “restrict the breadth of resources that students have available to them in the classroom,” like “anti-Critical Race Theory” laws.

“If lawmakers are saying on the one hand, we don’t want students to connect to the material that they’re learning in school; we don’t even want to allow certain representative material into the classroom, how can they come back on the other hand and say, ‘well, the problem is cell phones?’” he said.

## <Why I’m Black First, from page 5 >

that they were voting against their own best interest—because they saw themselves as white first.

Brother Malcom was right when he said that all Black people in this country face a common problem regardless of their political or religious beliefs. He said that our people are persecuted because they are Black, not because of their religious or political affiliation. Ask

yourselves why didn’t Congressman Joe Wilson get censured and escorted out of the chamber when he yelled out during President Barack Obama’s State of the Union, and I quote, “You lie!” Nancy Pelosi was Speaker of the House, so why didn’t she have that racist escorted out of the chamber, and why was he not censured and removed from all of his committee assignments? Why

wasn’t the bleach blonde bad built butch body (Congresswoman Jasmine Crockett’s description) MAGA moron Marjorie Taylor Green not censured, escorted out of the chamber or removed from her committees after interrupting President Biden more than once while delivering his State of the Union address? I’ll give you three guesses, and the first two don’t count.

## Legal Beat

# National Urban League's Lawsuit Challenges the Big Lie of the Extremist Anti-Equity Movement

by Marc H. Morial



**Marc H. Morial**

PRESIDENT & CEO, NATIONAL URBAN LEAGUE

"An elective despotism was not the government we fought for; but one in which the powers of government should be so divided and balanced among the several bodies of magistracy as that no one could transcend their legal limits without being effectually checked and restrained by the others." — Thomas Jefferson

The foundational principle of the United States Constitution is the separation of powers, commonly described as "checks and balances." The authority of each of the three branches of government is limited by the other two.

While previous administrations have pushed the boundaries of those limits, no administration in modern American history has tried to disregard them as thoroughly and wantonly as the current one. The New York Times is keeping a running list of examples.

If allowed to stand, the administration's anti-equity executive orders would hamstring the National Urban League's ability to advance fair housing, equal employment, financial opportunity, health care access and the rest of our empowerment agenda.

But even more critically, the orders represent a violation of

the First Amendment right to free speech, by censoring and chilling views on diversity, equity, inclusion and accessibility. Because the orders are vague as to what is and is not prohibited, they represent a violation of the Fifth Amendment right to due process. And, because the orders discriminate against people of color, women and LGBTQ+ people, they represent a violation of the Fifth Amendment's guarantee of equal protection.

And so we are asking the judicial branch to exercise its constitutional duty to check the power of the executive branch. This week, the National Urban League filed a federal lawsuit challenging three of those orders. Represented by the Legal Defense Fund and Lambda Legal, we are joined in the lawsuit by co-plaintiffs, the National Fair Housing Alliance and the AIDS Foundation of Chicago.

Key to our complaint is the administration's wildly false assertion "that DEIA programs and activities are illegal and inconsistent with merit, hard work, and standards of excellence."

This misconception is the big lie behind the extremist anti-equity movement, which is nothing more

than a desperate scramble to protect and preserve white, male advantage.

The day after Inauguration Day, the National Urban League launched the Demand Diversity Roundtable to combat the disinformation campaign aimed at undermining the principles of DEI.

Make no mistake — disinformation is the only hope the anti-equity movement has of succeeding, because the vast majority of Americans support diversity initiatives and understand their positive impact. Multiple studies show that companies with diverse leadership teams tend to have higher profitability, better innovation and improved decision-making.

Only by amplifying what LDF President and Director-Counsel Janai Nelson called "inaccurate, dehumanizing and divisive rhetoric" can the Trump administration advance its anti-equity, anti-diversity agenda. We are hopeful that the court will act quickly, as Nelson added, "so the arduous work of advancing and sustaining our multiracial democracy can continue without unlawful interference from the Trump administration."

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# Texas Southern University Debate Team wins international competition... again



Dr. Gloria Batiste-Roberts, head coach of the internationally renowned Texas Southern University (TSU) Debate Team, just couldn't keep it to herself.

Though her 17 students had just culminated a grueling competition—the 35th Annual International Forensics Association's (IFA) Speech and Debate Tournament held halfway around the world in Incheon, South Korea—Batiste-Roberts jumped on the phone and shared the news with the Defender.

"We just won first place, in the International Championship, with the International Forensic Association Tournament, and we are so excited to be a winner again," said Batiste-Roberts. "This is our fifth win internationally."

The team's last international victory came in 2018 in Montreal. In addition to winning the cov-

eted first-place sweepstakes award as the overall champions, the team earned 21 awards, including first place in Poetry, Dramatic Interpretation and Duo Dramatic Interpretation. They also earned fourth and fifth place in the Parliamentary Debate Speakers Awards.

The TSU Debate Team showed out at a competition that featured 27 teams from across the U.S. and around the world.

And that's not all. "One of our assistant coaches, Ms. Trendi Nguyen, was nominated and elected for an office. She is the international liaison to the IFA executive committee, and that is a position we're very proud that she will hold," said Batiste-Roberts, of Nguyen, who also works in TSU's Student Services Office.

TSU Debate Team members had their sights set on the South Korea

competition for an entire year. "When we competed in this competition in Ireland last year, the result wasn't what we prepared for and it motivated us to work harder throughout the year to be ready for this moment," said Debate Team member Jaila Hampton. "It was gratifying to compete at the level to which we knew we were capable. We are excited to bring another international championship back to Texas Southern." "All of our assistant coaches are former members of the Debate Team, so they understand the history of the Debate Team. We turned 76 years old this month, and under the spirit of Dr. Thomas F. Freeman, who founded the team in 1949, we are so excited about the tradition of the team and the continued outstanding performances of our students," added Batiste-Roberts.

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