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The African American Voice - "Setting the Record Straight"

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The Greensboro Times

Greensboro Attorney Steve Bowden recepient of Distinguished NC Bar Association Award



Prominent local Attorney, Steve Bowden is the recepient of the Noerth Carolina Bar Association's John B. McMillan Distinguished Service Award. The John B. McMillan Distinguished Service Award program honors current and retired members of the North Carolina State Bar throughout the state who have demonstrated exemplary service to the legal profession. The award presentation will occur at the Greensboro Bar Association luncheon on November 20 at 12:30pm at the Greensboro Country Club. The Luncheon speaker is NC Chief Justice Paul Newby.

page, 4 - Attorney Steve Bowden>

PRSRT STD JS POSTAGE PAI Greensboro, NC Permit No.393

Thanksgiving and the African American Community: The Evolution of an American Holiday







This is the season of giving thanks, and Thanksgiving, a popular American holiday, has a rich history that transcends its origins

as a colonial harvest festival.

For the Black community, the holiday represents far more than turkey and

cranberry sauce; it is a time to reflect on resilience, unity, and cultural identity. The popularity of this holiday among African

Thanksgiving- page 4 >

Thousands join peaceful "No Kings" protests across Greensboro_{Story by Lauren Tear}





David Ford/WFDD

Beth McKee Huger is on the diocesan staff of the Episcopal

Diocese of North Carolina. She laments what she sees as rising hatred for immigrants in the U.S.

Thousands join peaceful "No Kings" protests across Greensboro From the steps of the Guilford County Courthouse to the sidewalks of Wendover Avenue, thousands of peo-

ple spent their Saturday afternoon taking part in "No Kings" protests across Greensboro.

The demonstrations were part of a nationwide movement calling for fair-

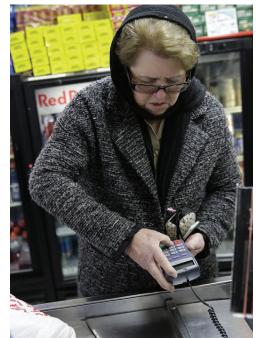
ness, accountability and the protection of democracy. Protesters waved signs, chanted and cheered as passing cars honked in support.

"This is the only

"No Kings Protests - page 4>

Who Gets Food Stamps? White People are the largest racial group receiving SNAP benefits

Data dispel racial stereotype more Blacks on welfare by Gboro Times







The status of the continuation of food stamp benefits to those Americans in need is questionable. The Supplemental Nutrition Program (SNAP) has helped low-income Americans buy groceries for decades with few exceptions. Now the federal government has halted the flow of funds to states to distribute SNAP benefits because of the Trump administration's government shutdown. More than 41 million Ameri-

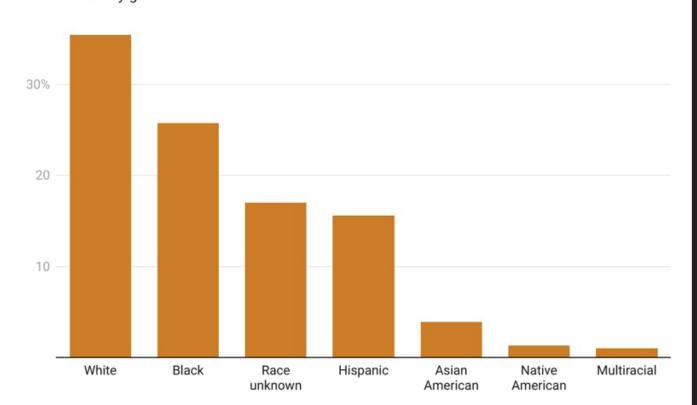
cans get SNAP benefits. The program cost was \$100 million in 2024.Biden signed two pieces of legislation in 2021 that temporally increase the maximum SNAP benefits by 15% through 2021 – the height of the pandemic effects on the economy.

According to data from the US Department of Agriculture (USDA), most households getting SNAP benefits include children and older adults. Nearly 60% of Americans

enrolled in Snap are either children under 18 adults over 60 or older. About 1 in 5 non-elderly adults with SNAP benefits have a disability. The largest share of Americans receiving food stamps are White families with children. Around 55% of all families that receive food stamp benefits include at least one employed adult, not earning enough wages to move out of poverty and to be able to feed their family.

Largest share of Americans with SNAP benefits are white

About 35% of the Americans who get benefits through the Supplemental Nutrition Assistance Program are white, around 26% are Black and 16% are Hispanic. SNAP helps low-income Americans buy groceries.



This data is from 2023. The white, Black, Native American and multiracial categories exclude people who identify as Hispanic. The Hispanic category includes people who identify as being of any race.

Chart: The Conversation U.S. • Source: USDA Economic Research Service • Created with Datawrapper

The Bridge Market Place held its ribbon cutting ceremony this past weekend. Pop-up Shoppes Every Week-end Year round on Friday Saturday and Sundays. Food Trucks, Live Entertainment, vendors and much more. Ribbon Cutting Participants included Kim B. Mark, CEO, her husband, Keith Mark, their Daughter Cacaria Harris, Apostle Reginal Holliday and his wife Linda. The Bridge Market Place, 404 East Market Street, Greensboro. Contact: Kim B. Mark - (336) 707-1318.

















Bidding Opportunities

with the City of Greensboro

There has never been a better time to live, work, and play in Greensboro. To make that even better, doing business in Greensboro has also never been easier.

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Stay up-to-date on all the latest bid opportunities being offered by the City of Greensboro.





Thanksgiving from page -1

Americans is rooted in a blend of historical, cultural, and communal traditions that have evolved over the years (Blight, 2001).

In the early days of Thanks-giving, the holiday was not directly celebrated by enslaved Africans. However, food and gathering—central elements of the holiday—played a vital role in enslaved communities. Despite harsh conditions, our ancestors used communal meals as an opportunity to celebrate survival, preserve their heritage, and find moments of joy (Raboteau, 2004). These gatherings often mirrored the collective spirit that Thanksgiving embodies today.

As enslaved Africans adopted Christianity, they connected Thanksgiving to biblical themes of deliverance and gratitude, incorporating these values into their own celebrations (Williams, 2005). Though they were excluded from formal holiday observances, they found ways to honor the spirit of Thanksgiving through prayer, storytelling, and sharing food. The creativity further shows the resilience of the Black community, no matter the limitations that were put on them.

The Role of Freedmen and Post-Civil War Traditions

After the Civil War and emancipation, Thanksgiving became a symbol of freedom for many newly freed African Americans. In the post-Reconstruction South, Black churches began to incorporate Thanksgiving

into their worship services, emphasizing gratitude for freedom, family, and faith (Blight, 2001). These gatherings often included "potluck" meals, where community members brought their best dishes to share—a tradition that remains a cornerstone of Black Thanksgiving celebrations.

During this period, Thanksgiving also became a time for African Americans to assert their cultural identity. Food, a powerful symbol of heritage, played a critical role. Dishes like sweet potatoes, greens, and cornbread—adapted from African and Southern cuisines—became staples at Thanksgiving tables, blending African culinary traditions with American customs (Opie, 2008).

The Great Migration and Cultural Expansion

The Great Migration (1916–1970) brought millions of African Americans from the rural South to urban centers in the North and West. As they settled into new communities, Thanksgiving became a way to maintain ties to Southern roots while adapting to new environments (Wilkerson, 2010). In cities like Chicago, Detroit, and New York, Black families gathered around Thanksgiving tables to celebrate not just the holiday but their collective survival and progress.

It was during this time that Thanksgiving evolved into a communal celebration. Churches, civic organizations, and even jazz clubs hosted Thanksgiving events, turning the holiday into a platform for both reflection and social connection (Lemann, 1992).

Modern Day Significance

Today, Thanksgiving in the Black community is deeply tied to family and culture. The holiday is marked by expressions of gratitude, but it also serves as a celebration of Black excellence, history, and survival. Soul food, rooted in African American traditions, takes center stage, with dishes like mac and cheese, collard greens, and candied yams showcasing the community's creativity and culinary brilliance (Miller, 2013).

In addition, Thanksgiving has become a time for storytelling, where elders pass down family histories, and traditions are reaffirmed. It's a holiday where spirituality and culture intersect, with prayers of thanks and acknowledgment of collective struggles and triumphs (Hargrove, 2021).

Thanksgiving's popularity in the Black community is a testament to our ability to redefine and reclaim traditions. From its painful roots in enslavement to its current role as a day of family, faith, and cultural pride, Thanksgiving reflects the resilience and adaptability of African Americans. It is more than a meal; it is a celebration of identity, community, and the enduring spirit of graitude.

"No Kings Protests" from page - 1

country that I've got to defend," said 81-year-old Jim Pitts, who also protested during the civil rights movement in the 1960s. "There's a continuity here. There's the spirit of Americans who appreciate the chance to make a better society for everyone."

A Constitution and America doesn't recognize kings.

Younger generations joined in too, saying they wanted to use their voices to call for change. "I'm kind of hoping that it sends a message to Trump that we're not scared, we're not gonna back down," said DJ Peoples. "The people have the power, and we're not gonna give up without a fight."

Many participants described the day as peaceful and welcoming.

"I've never felt unsafe. This is a very safe way to participate in democracy," one protester said. Another added, "Everyone's been very chill. Someone gave me this sign today - everyone's been very nice."

Some parents brought their children along, saying they wanted them to see the importance of free speech and civic action firsthand.

"We're showing them what democracy means," one mother said. "We're showing them that they have the right to protest, and they don't have to feel afraid to say what they believe."

Police reported no acts of violence or incidents at either site.

Attorney Steve Bowden from page 1 >

Members of the Bar are encouraged to nominate colleagues who have demonstrated outstanding service to the profession. The Distinguished Service committee evaluates nominees based on, but not limited to, the following criteria:

Cultivating knowledge of the law beyond its use for clients, employing that knowledge in reform of the law, and working to strengthen legal education.

Furthering the public's understanding of and confidence in the rule of law and the justice system.

Devoting professional time and resources and providing civic leadership to ensure equal access to our system of justice for all those who, because of economic or social barriers, cannot afford or secure adequate

legal counsel.

Providing professional services at no fee or a reduced fee to persons of limited means or to public service or charitable groups or organizations,

Attorney Bowden is also Chairman of the George C. Simkins Memorial PAC. The PAC is the most powerful Political Action Committee in Guilford County.

What's the Best Time to Get a Flu Shot? Doctors Explain What to Expect for the 2025-2026 Season

As flu season nears, experts encourage people to get their annual flu vaccine. Here's the best time to get the flu shot, how long it lasts, side effects and more. by Caroline Kee





ed since the 2009 swine flu pandemic, says Berman.

It's officially fall, which means respiratory virus season is right around the corner, and it's now the best time to get your flu shot, the most effective way to protect yourself against influenza this winter.

The flu is a common and highly contagious respiratory illness that spikes every year in the colder months, sickening millions and killing thousands. Anyone can get sick with influenza, but some people are at higher risk for severe disease and complications.

The seasonal flu vaccine is safe and effective. In addition to preventing illness, it prevents hospitalizations and deaths. Getting vaccinated is easy — in case you missed it, TODAY co-hosts rolled up their sleeves and got their shots live on the show to prove it.

The U.S. Centers for Disease Control and Prevention has approved multiple flu shots for the 2025-2026 season, including standard-dose shots, high-dose shots and nasal mists.

Despite shifting COVID vaccine recommendations, the guidance around influenza vaccines is the same: The CDC recommends flu shots for everyone 6 months and older (with rare exceptions).

When is the best time to get a flu shot this year, and what can we expect for the 2025-2026 flu season? Here's what to know.

What Is the Best Time to Get a Flu Shot?

"The advice has been similar for many years, and really the best time to get the flu shot is before the end of October," Dr. Megan Berman, professor of medicine at the University of Texas Medical Branch, tells TODAY.com.

Another easy way to remember? Get vaccinated by Halloween. "It's corny, but I tell my patients, 'flu before boo,'" says Berman.

The flu shot does not work right away. It takes about two weeks after getting vaccinated for the body to develop enough antibodies to protect against influenza, per the CDC.

Getting the flu shot at this time allows immune protection to build up before flu activity ramps up and peaks, usually between December and February.

What to Expect for the 2025-2026 Flu Season

According to the CDC's "Flu-View" surveillance report for the week ending Sept. 20, flu activity is low nationally, but cases are expected to increase in the coming weeks and months.

It's too soon to tell how the 2025-2026 flu season will unfold. "Flu is predictably unpredictable," says Berman.

The timing, duration and severity of flu season varies from year to year. In the U.S., flu season can begin as early as October and last until as late as May, per the CDC.

Scientists often look to the Southern hemisphere for clues, where flu activity peaks between April and September.

Australia, often a harbinger for flu trends in the U.S., had a moderately severe 2025 flu season that got off to a late start, per CDC data.

Last year's flu season in the U.S. peaked in early February, Dr. Syra Madad, an infectious disease epidemiologist at Harvard University's Belfer Center, tells TODAY. com.

The 2024-2025 flu season in the U.S. was "a high severity" season, with 43 million illnesses, 560,000 hospitalizations and 38,000 deaths, the CDC said in a report published last week.

These include 280 pediatric flu deaths, the highest number recordWho Should Get the Flu Shot?

"Everyone 6 months and older, with rare exceptions, should get a flu vaccine every season," the CDC says.

Vaccination is one of the best ways to prevent yourself from getting sick or hospitalized and dying from seasonal flu, says Madad.

The flu shot is especially important for individuals at higher risk of severe influenza or complications — such as adults over 65, children under 2, pregnant women and people with chronic conditions, per the CDC.

It's safe for pregnant people to get the inactivated flu shot, which also provides protection to the baby, per the CDC.

"Influenza is a nasty virus. ... The more we all get vaccinated, the better we protect ourselves and others," Dr. William Schaffner, professor of infectious diseases at Vanderbilt University Medical Center, previously told TODAY.com.

Unfortunately, flu vaccine rates are declining, especially among children, says Madad. Last season, nearly 90% of the children who died from flu were unvaccinated, per the CDC.

How Long Does the Flu Shot Last?

The duration of protection from the flu shot varies depending on the person and their immune system, but it generally lasts about six months, the experts say. If you get the vaccine in October, you should be protected through the winter into March.

Although you'll get the most protection by getting vaccinated by the end of October, it's never "too late" to get the flu shot, the experts emphasize.

The Greensboro Times Newspaper

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GRAPHIC DESIGN
BY
TIMES MEDIA

The Shout-Out Line

(336) 660-8166

Hello, you know, the other day I was driving by City Hall and I noticed the picture signs on the grounds of the City of murder victims of gun violence here in the City. I've noticed it before but for some reason something struck me that something wasn't right. There's something morbid and sad about it. Not that they shound not be remembered and not forgotten, but nothing is being done to reslolve the social ills that cause their deaths in the first place. Is a grave-yard display an excuse not to do anything? Hold a prayer vigil and a candlelight service periodically. But not challenge the City and the system that place them in jeopardy in the first place. You know what would be tough on crime? Living wages, fully funded schools, affordable housing. universal healthcare, and reparative justice and maybe a liitle empathy for those in need. Honor them by taking action and promoting policies for real social change.

Shout-Out

Great day, I've been in a great relationship for the last six months, with the man of my dreams. Whenever an authentic Gentleman is truly interested and appreciates a woman, oh yes she will definitely know it. He accommodates her a lot in so many ways and he makes sure he responds to her at least the majority of her texts and other messages. No need to play games with each other. Stop questioning if you are good enoughfor someone and start wondering if they are good enough for you. Love is a beautiful thing.

Shout-Out

Hello, you know, being Black in America, I have a problem with "white supremacy" and White supremicist. Unfortunately, many on the right of the political spectrum want to mislead by saying those who have a problem with "white supremacy" are "anti-white," and so they quickly rush to dismantle DEI policies and initiatives. Those who oppose white supremacy are not anti-white. They are against white racism against Black people. Anti-white racism refers to discriminatory, policies, sentiments or hostility against people of color. Blacks opposing racist actions and racially motivated mandates and policies perpetrated agaisnt them is a response to racism. One is the victim of racism, and the other is the perpetrated, plain and simple. The munipulation of language is a trick and those who promote race based dicriminatory policies know it.

Shout-Out

Good Afternoon, hey I consider myself "Woke" and proud of it. You may want to call it political correctness: I call it being respectful and displaying common human decency for people who are different than you. So, when people say we need to get rid of being politically correct or "Woke," all I hear is that you will no longer display respect and human decency toward others.

Shout-Out

Hello, Veterans Day is next month, and I want to take the time to shout out to your readers to remember and honor Black veterans on Veterans Day. Although Black soldiers have valiantly served in the military since the Revolutionary War, their sacrifice, contributions, and valor are often tragically overlooked by the "land of the free and home of the brave." Many laid down their lives for a country that dehumanized them as second-class citizens with the pervasive force of racial injustice. As they served their nation by fighting for freedom in foreign lands, they were denied basic human rights in their own country. On this years Veterans Day, I hope all in our city will will remember the rich legacy of Black soldiers and treat them special, and thank them for their service.



Want to send a shout out to all your readers. If you can make someone smile, do it—you never know the battles they're facing, and your kindness might be exactly what they need.

Publisher's View



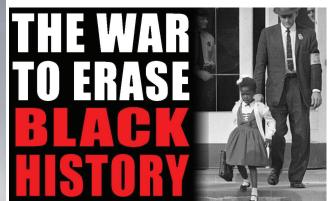
Earl Jones, Publisher The Greensboro Times

As a young kid at 7,8 and 9 years old in the 1950s, if you were exposed to the new technology at the time, television, you would think African Americans didn't exist in America. Gunsmoke, Leave It To Beaver, Father Knows Best, Lassie, Andy Griffin and the Rifleman featured all-White towns and an all White wild, wild west. Of course, African Americans lived in every town in America from the east coast to the west coast and the "JimCrow" South, the Mid-West and every region of America. We were pioneers and heroes of the wild wild west. As a Matter of fact, since this is NFL football season, the word "Cowboys" originated from the ability of Blacks to break certian untamed and unbreakable wild horses that White men couldn't break, hence, the word "Cowboys." White America was self-delusional at the time, as reflected in early television series that presented a make believe fantasy world that was absent of reality. America couldn't erase us then and can't erase us now.

Since Trump took the Oath of Office in January, earlier this year, his administration has issued executive orders and taken deliberate steps to roll back diversity, equity, and inclusion (DEI) initiatives, suppress the teaching of Black history, and undermine reparative justice programs. These actions fit into a long American pattern of backlash against progress. But history tells us something reassuring: such efforts never last. They may slow the march of justice, but they cannot stop it.

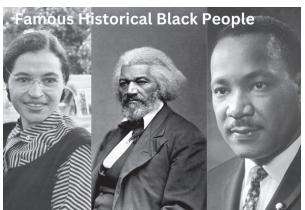
For centuries, there have been

Efforts to Erase Black History and End DEI Will Fail









attempts to erase or distort the story of Black America—from banning the teaching of slavery during Jim Crow to restricting discussions of systemic racism today. Yet the truth endures. The facts of history are too well-documented, too widely shared, and too deeply felt to be erased. The archives, oral traditions, and cultural expressions of Black life are woven into the nation's fabric. Suppressing them only ensures they will return stronger and more visible than before.

The next generation of Americans is the most diverse in history. They have grown up in classrooms, workplaces, and communities that reflect many cultures and identities. They see inclusion not as a political slogan but as a social reality. While older politicians may cling to old hierarchies, younger citizens—voters, teachers, and entrepreneurs—are shaping a future that values representation and fairness. The demographics of America make any long-term reversal of DEI not just unlikely but impossible.

Major universities, corporations, and nonprofits have invested deeply in DEI because they understand it drives excellence, innovation, and credibility. Inclusion isn't charity—it's strategy. Even when federal policies shift, most institutions will maintain and strengthen their diversity commitments because the alternative is regression, irrelevance, and reputational damage. America's most successful organizations already know the truth: equity is not a political trend; it's a competitive advantage.

The United States cannot isolate itself from the global values of diversity and human rights. From business to diplomacy, global partners expect accountability and inclusiveness. Retreating from DEI would weaken America's moral standing and economic leadership. In a connected world, you cannot close the door on progress without closing the door on opportunity.

Rev. Dr. Martin Luther King, Jr. once said, " the arc of the moral universe is long but it bends toward justice." Every effort to silence or stop social justice movements has, paradoxically, made them stronger. The same energy that tried to impede the Civil Rights Movement in the 1960s fueled the very movement that changed the nation. The backlash against DEI and Black history is doing the same today—mobilizing educators, students, artists, civil rights activists and communities to defend truth and demand justice. The more loudly some try to suppress these voices, the more determined and united they become.

The Trump administration's campaign to erase Black history and dismantle equity initiatives may succeed in making noise, but not in making history. America's story—at its best—is one of progress through struggle, of renewal after repression. The truth of who we are and who we can be will outlast any executive order.

The march toward justice may be slowed, but it will not stop.



\$200 date or a unique experience? Black women prefer effort over high incomes when dating according to new survey

Hinge's love and connection expert Moe Ari Brown discusses what "effort" means in the 2025 dating scene for Black women.

> Kay Wicker Oct 29, 2025

According to new data from Hinge, 67% of Black women prefer effort over income in a partner, 50% enjoy trying new activities together, and 84% value well-planned dates over expensive ones. Only 8% find sharing an expensive dinner import-

"What we learned from Black women daters on Hinge is that they're looking for effort more than they're looking for a partner to provide a life for them or to have a

higher income than them," Moe Ari Brown, a licensed marriage and family therapist and Hinge's Love and Connection expert, told the Grio. "[Black women] are like 'Hey, can you plan a date that's meaningful, that shows me that you listen to me and you learned my favorite things?' Can you create an experience that cultivates shared joy and ease so I don't have to perform?" the love and nancial stability, what Black women connection expert said.

Black women of all creeds haven't completely abandoned financial standards in the wind. According to Hinge's data, 80% still value financial stability.

"Financial stability is important," Brown noted. "They do care about financial stability. That's still important for 80% of Black women. But it's important that anybody dating a Black woman in this day and age really understands that on top of fiare asking for is emotional availability and an effort in a real, tangible, and meaningful way."

BIDDER PREQUALIFICATION REQUEST **Guilford County Schools**

Lindley Elementary School Rebuild

NOTICE TO CONTRACTORS: D.A. Everett/Christman, A Joint Venture is the Construction Manager @ Risk for Guilford County Schools ("Owner") on the Lindley Elementary School Rebuild project located at 2700 Camden Road in Greensboro, North Carolina. We are seeking to pre-qualify first-tier construction trade and specialty contractors who wish to submit bids for furnishing labor, materials, equipment, and tools to perform the work as described in specific Bid Packages, which together make up the work to be performed in its entirety.

PROJECT DESCRIPTION: Lindley Elementary Rebuild is part of the 2022 bond project. This project includes a new three-story, approximately 109,000 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 and has already been awarded. This new school will be built in the same location as the old school.

At this time, we are prequalifying for Bid Package #3 which includes all project work scopes not previously bid and awarded (BP #1) or previously prequalified for in the early site package work (BP #2). Interested contractors should contact kim.neese@christmanco.com to obtain access to the prequalification documents and for link to the Virtual Contractor Info Session.

Virtual Interest Meeting: Thursday, November 6, 2025, at 10:00 AM PREQUAL DUE DATE: Friday, December 5, 2025 (submit to kim.neese@christmanco.com)

HUB - Minority, Women-Owned Business Enterprise (MWBE) Program

GCS has adopted Board Policy 9125 stating a verifiable goal of 12.46% MWBE participation in all construc tion projects. Respondents are highly encouraged to consider any and all possibilities for MWBE participation, including joint ventures in accordance with the Guilford Board of Education Administrative Procedure-Participation by Minority and Women-Owned Businesses (MWBE), revised November 28, 2011.

D.A. Everett/Christman along with Guilford County Schools encourage and promote the use Minority & Women Owned Businesses (MWBE) to submit a prequalification application.

Workforce Development Initiative

The Guilford County School 2022 Bond Program seeks to provide a significant impact to the local economy through the construction workforce. The development and implementation of this Workforce Development Initiative Program in tandem with the bond project implementation additionally addresses the desire to provide employers with a workforce that has had the opportunity to acquire the skills and knowledge necessary to succeed in this demanding industry while allowing participants the opportunity to become contributing partners in the Piedmont Triad's expanding infrastructure and economic progress going forward.

The Guilford County Schools Workforce Development Initiative targets five employment types.

- Summer internships for high school students
- 2. Internships for post-secondary students
- 3. Apprenticeship programs
- Direct hires





Dr. Elma Hairston FOUNDER AND MANAGING DIRECTOR, DYNAMIC IMAGES INTERNATIONAL



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Advertisement for Bids

Sealed proposals for single prime bids will be received until 2:00 p.m. on November 13, 2025 at North Carolina A&T State University, Facilities Department, DeHuguley Building, 1501 N. Benbow Rd, Greensboro, NC 27411; Attn: James Shell, (336) 285-4582, and immediately thereafter publicly opened and read for the construction of Corbett RetroComissioning at North Carolina A&T State University.

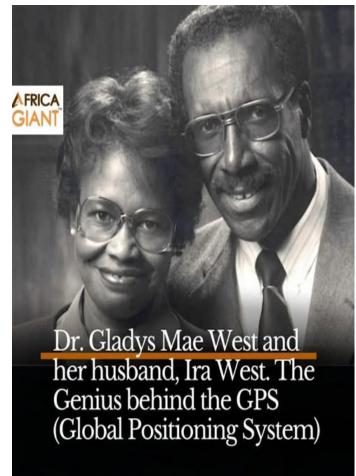
A Pre-bid meeting will be held at 1:00PM on October 23, 2025 at Corbett Sports Center located at 405 N Benbow Rd, Greensboro, NC 27411.

The Corbett RetroCommissioning will be constructed on NCA&T's main campus in Greensboro, NC. The project will include the installation of Duct Mounted Reheat Coils for Existing Air Handling Units, RetroCommissioning of Existing Systems including Existing Control Sequences and Re-Engage Existing Combination Temperature/Humidity Sensors and Executing associated control sequence.

Bid Documents will be made available for downloading via email request to RMF Engineering – Andrea Thompson (Andrea.Thompson@rmf.com).

The State reserves the unqualified right to reject any and all proposals.

James Shell, Project Manager NC A&T State University Facilities Department



African-American Gladys West is the Genius behind the GPS (Global Positioning System) we all rely on to navigate our way to our destination. One of the most ubiquitous applications of GPS technology is in navigation systems for vehicles, smartphones, and personal devices.

It is also used by emergency services, who rely on GPS to get to the scene quickly and accurately. It is also used for wildlife tracking, sports and fitness, agriculture, flight tracking, and surveying land. Gladys West genius GPS invention was so amazing that she was inducted into the US Air Force Hall of Fame in 2018 for her incredible contribution to science.



Reducing racial inequality would boost U.S. economy by \$1 Trillion a Year, Study Says.

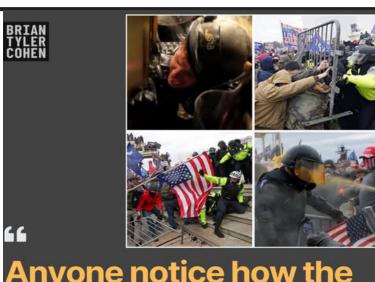
Closing racial gaps in four key areas would add \$5 trillion of gross domestic product to the U.S economy over the next five years, a 2020 study by Citigroup shows. Racial inequality has worsen under Trump.

The analysis shows that if "four key racial gaps for Blacks—wages, education, housing, and investment—had been closed 20 years ago, \$16 trillion could have been added to the US economy."

The study, compiled as a part of Citi's thought-leadership series Global Perspectives & Solutions, concluded that if those four gaps were closed today, \$1 trillion per year could be added to U.S. GDP over the next five years. Do you want to reduce the US government deficit? Enact policies to reduce racial racial inequality gaps.







Anyone notice how the NoKings rallies didn't have any of this?

@MeachamDr



With the Dodgers' World Series win, Magic Johnson now has 16 championships across three sports as a player and owner:

MLB: 3 as Dodgers owner NBA: 10 as Lakers player and owner NCAA: 1 at Michigan State WNBA: 1 as Sparks owner MLS Cup: 1 as LAFC owne





1980s Legend



SHOWING SOME LOVE TO OUR VICE PRESIDENT & FIRST LADY KAMALA HARRIS & MICHELLE OBAMA



Rosa Parks Statue Becomes First Monument Of Black Woman At Alabama State Capitol

The statue will also become the first monument of a woman on the Alabama State Capitol lawn.

by Nahlah Abdur Rahman

The legacy of Rosa Parks will be forever remembered with a statue in the Alabama State Capitol in Montgomery.

NBC News reported that the monument holds another historic feat beyond its remembrance of the civil rights icon. It will also become the first monument of a black woman on the State Capitol lawn.

The statue's unveiling pays homage to the Black woman known for refusing to give up her seat on a segregated bus in 1955. Her bravery sparked the Montgomery Bus Boycotts that spearheaded desegregation efforts across the U.S.

State Rep. Laura Hall initially sponsored the 2019 legislation that

paved the way for the monument's creation. State lawmakers approved the project, with the Alabama Women's Tribute Statue Commission overseeing the monument's development.

Born in Tuskegee, Alabama, Parks moved to Montgomery and joined its city chapter of the NAACP in 1943. Prior to her arrest, she advocated for voting rights and protested sexual and racial violence, in her position.

Parks' historic refusal led to her appointment as the symbol for the boycott protesting segregation. Her subsequent guilty conviction for violating state law led to the boycott's official continuation past its initial

one-day warning.

The sustained effort to resist racist transportation laws lasted 381 days, officially ending following the 1956 Browder v. Gayle case. Its plaintiffs included Colvin and Aurelia Browder, Mary Louise Smith, and Susie McDonald, all whom were arrested prior to Parks for the same action. The landmark federal case ruled segregation on public transportation as unconstitutional.

Now, Parks' influence in changing the course of history will become part of the State Capitol Oct.

31. It will face the same street where she first boarded the bus that solidified her legacy.

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Sealed proposals will be received until 3:00 p.m. on December 12, 2025, in DeHuguley Building Conference Room, 1601 East Market Street, Greensboro, NC 27411, for the Partial Roof Replacement Project of Dowdy Building, North Carolina A & T State University, Greensboro, North Carolina, State ID #25-30214-01A, at which time and place bids will be opened and read. Bids are to be delivered to James Shell at the above address and time.

Complete plans and specifications for this project can be obtained from Terracon Consultants, Inc., Greensboro, North Carolina, Please contact Vicky Neal at Vicky.Neal@Terracon.com, for a link to the Specifications and Drawing. They will also be available for viewing at the following locations:

- National Institute of Minority Economic Development @ https://theinstitutenc.org/calendar/category/bid-opportunities/
- Electronic Plan Rooms of: McGraw Hill Dodge, Construct-Connect

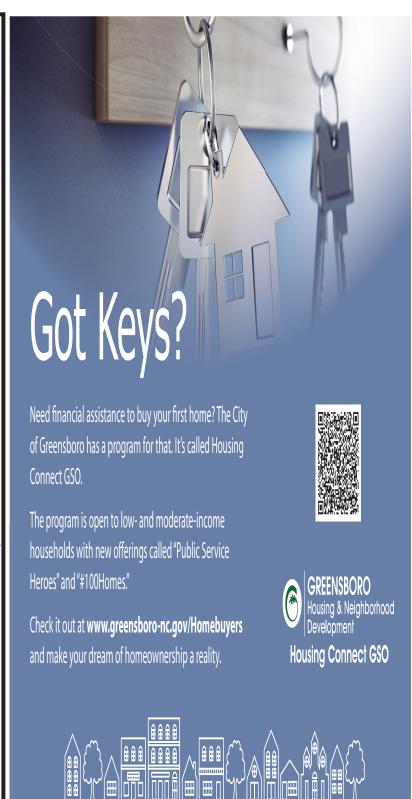
A Prebid Meeting will be held in DeHuguley Building Conference Room, 1601 East Market Street, Greensboro, NC 27411, 10:00 a.m. on November 18, 2025.

Qualified Minority-Owned Contractors are encouraged to bid.

Plan Deposit of \$100.00 is required for hard copies. There is no charge for electronic copies.

The state reserves the unqualified right to reject any and all proposals.

Signed By: James Shell
Project Manager
NC A&T State University
DeHugley Building
1601 East Market Street
Greensboro, NC 27411
Phone: 336-285-4505



Black Love, Black joy and Black Sacrifice

by Diane Shiffer





In 1979, she adopted eight Black baby girls no one wanted — decades later, the world can't believe who they became.

In 1979, the life of Clara Johnson, a 32-year-old widow, changed forever. Two years earlier, she had lost her husband, and since then the house they had dreamed of filling with children had grown painfully quiet.

One rainy afternoon, Clara stopped by St. Mary's Orphanage in New York, to drop off a small donation. As she walked through the hallway, she heard a faint cry coming from a dimly lit room.

Inside were nine Black baby girls, lined up in identical cribs — big eyes, tiny hands reaching out for someone to hold them.

A social worker whispered to her: "They were left on the church steps. No one wants them. They'll be separated soon."

That single word — separated — pierced her heart. Clara remembered her mother's words:

"When no one else will care, be the one who does."

With a trembling voice, she asked the question that stunned everyone: "What if I take... all of them?"

The nurse froze "All nine? Ma'am, that's crazy. You'll ruin your life."

But Clara had made up her mind. Against the advice of family, neighbors, and even social workers, this Black widow with a modest job signed the papers. Within days, she became the mother of nine baby girls no one else wanted.

The years that followed were anything but easy: endless nights of crying, bottles, and diapers. Clara sold what little she owned, worked double shifts sewing and cleaning houses, endured judgment, mockery, and cruel remarks.

But she never once regretted it. She found joy in the little things the first time they all laughed together, stormy nights with nine little bodies cuddled against her chest, lopsided homemade birthday cakes, Christmas gifts wrapped in newspaper, lullabies she invented just for them.

People called them "The Johnson eight" Some said it with respect, others with disdain:

"How can one woman raise so many girls?"

"She's just doing it for attention."
Clara never defended herself.
She simply showed up every morning with neatly braided hair, clean uniforms, and prepared lunches — even if it meant she didn't eat.

Money was always tight, but love was never in short supply.

Over the years, those eight girls grew into strong, educated women, mothers and professionals who always came back home to surround the woman who gave them everything.

Decades later, Clara Johnson's story remains a powerful reminder: True love isn't measured by blood — it's measured by sacrifice.









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A Confederate statue is restored as part of Trump's efforts to reshape how history is told

The statue of Albert Pike, a Confederate general and diplomat who later served on the Arkansas Supreme Court, is the only outdoor statue of a Confederate leader in the nation's capital.

Associated Press Oct 29, 2025

WASHINGTON (AP) — The Trump administration has restored a memorial to a Confederate general in Washington, D.C. that demonstrators took down during racial justice protests in the summer of 2020, part of a broader effort by the president to reshape the way the country's history is told.

The statue of Albert Pike, a Confederate general and diplomat who later served on the Arkansas Supreme Court, is the only outdoor statue of a Confederate leader in the nation's capital. It has been contentious since it was first placed in 1901.

Racial justice protestors in 2020 removed the statue from its pedestal and set it on fire on Juneteenth, a holiday among Black Americans that commemorates the end of slavery. The day was recognized as a federal holiday the following year.

The National Park Service in August announced plans to restore the statue in response to a pair of spring executive orders by President Donald Trump about the administration of the nation's capital and how history is presented.

The administration has already ordered a review of the Smithsonian museums and exhibitions to align the institution's content with President Donald Trump's interpretation of American history. The park service is under orders to review interpretive materials at all its historical properties and remove or alter descriptions that "inappropriately disparage Americans past or living" or otherwise sully the American story.

The statue becomes a political flashpoint

The statue has returned to Judiciary Square, a downtown complex that includes an array of federal and municipal courthouses and the D.C. police headquarters.

Conservatives had seized on the

monument's removal as an example of destructive excess and vandalism by protestors during the summer of 2020. Some rightwing activists praised the statue's restoration following Trump's order.

But critics of the monument argue that the public placement of Pike's statue endorses his views and actions rather than simply commemorates them.

Eleanor Holmes Norton, the city's lone non-voting elected official in Congress, called the statue's restoration a "morally objectionable move" in a statement this week. She has proposed legislation in Congress that would permanently remove the memorial.

"Confederate statues should be placed in museums as historical artifacts, not remain in parks or other locations that imply honor. Pike represents the worst of the Confederacy and has no claim to be memorialized in the nation's capital," Norton said.

Trump criticized the statue's removal in 2020 following its removal by protestors, calling it a "beautiful piece of art."

The removal of memorials to Confederate figures was a key goal of the wave of activism that followed the 2015 killing of nine Black church parishioners by a white supremacist gunman who idolized Confederate symbols. More than 480 symbols and statues were removed nationwide since then, according to the Alabama-based Southern Poverty Law Center's "Whose Heritage?" campaign.

After the 2020 murder of George Floyd by a Minneapolis police officer sparked a nationwide reckoning on racial injustice, the SPLC recorded more than 160 removals of Confederate symbols in that year alone.

Pike statue does not mention his service to the Confederacy Pike was a slave owner, white supremacist and poet who served as an Army general and diplomat for the Confederate states despite being born and raised in Massachusetts.

During the Civil War, he led Confederate troops in Arkansas and negotiated with slave-owning Native American tribes. Pike received amnesty from President Andrew Johnson in 1865, after which he was accused by former opponents of being involved in the Ku Klux Klan. He moved to Washington in 1870.

Pike's statue was part of a wave of Confederate statues that were erected across the country, largely in former Confederate states, in the late nineteenth and early twentieth centuries. The statues, often funded and established by Confederate heritage groups, were part of the Southern "Lost Cause" movement that sought to romanticize the Confederacy and downplay the role of slavery as a reason for why states seceded from the Union.

The statue was authorized by Congress in 1898 and then erected in 1901. It was proposed by the Freemasons, who wanted to honor him for his leadership in the society. Union veterans strongly opposed the statue but relented after being assured that Pike would be displayed in civilian clothing. The plaque recognizes Pike as an author, poet and philanthropist but does not mention his military service to the Confederacy.

Northern state lawmakers and Union veterans were outraged by the trend at the time of Pike's statue being erected and countered the movement by erecting statues of Union generals and lawmakers in cities across the country's northeast and Midwest.

For instance, the Washington, D.C. neighborhoods of Dupont Circle, Logan Circle and Thomas Circle near the square where Pike's statue now stands are all named after Union generals.

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