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Looking **IN**

**OUR VOICE**



**DR. BENJAMIN CHAVIS**

GUEST EDITORIAL  
BY

**DR. BEN CHAVIS**  
"STRATEGIC POWER  
OF THE BLACK PRESS  
IN 2016"  
PAGE 4

**BRUNSWICK  
COUNTY  
UPDATE**



**BERNEST HEWETT**

**IS IT RACISM?**

BY **BERNEST HEWETT**  
CONTRIBUTING WRITER

In the last five or six years, in Brunswick County, there has been a clear case of racism that some people acknowledge, while others want to describe it as a difference of opinion. It is racism at its worst. We are divided in belief and principles, and we have allowed popular opinion and social standing to make us. We have moved from being people (Black, White, Hispanic, etc.) who want to move forward in Brunswick County to people who are divided by race or socio-economic status, whether we stay in gated communities or are otherwise

Please see  
**BRUNSWICK**/Page 2

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DECEMBER 10-DECEMBER 16, 2015

FIFTY CENTS

**Supreme Court hears argument that race should continue to be considered in college admissions**

**Civil rights organizations, students, former military leaders, LGBT groups, corporations support continuing efforts to achieve diversity on campuses**

SPECIAL TO  
THE WILMINGTON JOURNAL

Supreme Court Wednesday heard compelling arguments in Fisher v. University of Texas at Austin that universities should retain the ability to build diverse student bodies made up of applicants from different back-

grounds who meet their high standards. The University considers race as a modest factor, among many aspects of a student's background.

Seated in the Court was Cissy Marshall, the widow of Thurgood Marshall, the founder of NAACP Legal Defense and Educational Fund who argued Brown vs. Board of Education before the Supreme Court and later became the first Black Supreme Court justice. Also in attendance were members of the U.S.

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**SUPREME COURT**/Page 2



**NINE MEMBER U.S. SUPREME COURT**



L-R, E'MONI MINGO, CHARLES DIXON, LEENORA ARNOLD AND PRESIDENT SAM SPICER

**Wilmington Buffalo Soldiers hold annual scholarship banquet**

**W**BSMC Scholarship Program was established to provide financial assistance to deserving students in North Carolina Counties of New Hanover, Pender, Brunswick, Robeson, Onslow, Duplin, Columbus and Bladen. The program was created to support students who have demonstrated achievements in academic leadership, extracurricular and community activities.

Eligibility is to be accepted to attend a regional or national accredited college in the fall of 2015 semester or term as an entering first year full time or part time student. Be a legal resident of one of the aforementioned counties and have a 2.5 GPA or greater.

On October 10, 2015 the Wilmington Buffalo Soldiers Motorcycle Club held their annual scholarship banquet at the Hilton Riverside.

This year's recipients were Leenora Elaine Arnold, E'Moni Mingo and Keyera Reaves.

Arnold is a 2015 graduate from John T. Hoggard High School and now attends the University of North Carolina at Charlotte as a nursing major. Mingo is a 2015 New Hanover High School graduate and now attends North Carolina Central University and Reaves also a 2015 graduate of New Hanover High School and is now attending Cape Fear Community College and is enrolled in their Culinary Arts program.

**Black Americans facing new Double V campaign against terrorism at home and abroad**

BY **HAZEL TRICE EDNEY**  
EDITOR-IN-CHIEF  
OF TRICEEDNEYWIRE.COM

(TriceEdneyWire.com) - With pervasive protests against police killings of African-Americans; plus a heightened alert of possible terrorism from abroad, Black America currently faces a situation reminiscent of the historic Double V campaign, led by Black newspapers in the 1940s, some justice advocates believe.

"We see, not only historical parallels, but we see a historical imperative that we become even more outspoken," said Dr. Ben Chavis, president/CEO of the National Newspaper Publishers Association, the Black Press of America. "And similar to the Double V movement of the past, we not only have to claim victory abroad, but victory at home. Victory at home means we must end the terrorism on Black America. In order to have an affective foreign policy, it must emanate out of our domestic policy. And so, as we end domestic terrorism, we will be stronger to end global terrorism."

In a nutshell, the Double V campaign, primarily led by the Pittsburgh Courier during World War II in



**DR. BENJAMIN CHAVIS**

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**DOUBLE V**/Page 3



UNCW PHOTO

**DELORIS HANSLEY**

**Deloris Hansley's knack for multitasking aids her in completing a master's degree**

BY **KAMERIN ROTH**  
INTERN, OFFICE OF UNIVERSITY RELATIONS, UNIVERSITY OF NORTH CAROLINA WILMINGTON

Nothing makes Deloris Hansley happier than a campus happening that goes off without a hitch. As event manager of conference services through the Department of Campus Life, it's her job to make sure that things run as smoothly as possible.

From sourcing tables and chairs to DJs, shuttle services and ample meeting space, Hansley does whatever it takes to make sure clients are satisfied. Her enthusiastic approach and multitasking expertise ensures every detail is handled.

"Organizing is one of my greatest skills," admits Hansley.

From May through July, she coordinates events in collaboration with the professional organizations and youth camp programs that occupy residential halls while students are away on break. Hansley, who works nights and weekends when needed, helps with the logistics of youth camps such as Varsity Cheer, Fellowship of Christian Athletics and 4-H Electric Congress. Her goal is to give each child the best possible UNCW experience, hoping one day to see them return to campus as full-time students.

"My greatest pleasure is seeing everyone happy," says Hansley. "The kids are so excited to be on a college campus experiencing college life for the first time. They live in dorms and use classrooms and eat in Wagoner Dining Hall. They get the full college experience."

Hansley, who received her Bachelor of Science in Business Administration from UNCW in May 2012, takes advantage of her ability to multitask after hours, as well. In July, she completed a master's degree in education.

While working 40-hour weeks, Hansley enrolled in two classes each semester in order to earn her Master of Education degree. She will participate in the December 2015 graduation ceremony and see all of her hard work pay off.

"My supervisor and colleagues always kept me motivated when I wanted to give up and pushed me farther than I ever thought I could go. I am forever grateful."





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## SUPREME COURT

Continued from Page 1

Congress, including Bobby Scott and high-ranking members of the Obama administration including Valerie Jarrett.

LDF hopes that the justices will once again recognize the importance of universities securing a critical mass of minority students to combat racial stereotypes and the very real isolation of African-American students on campuses. African-American students have recounted numerous unsettling experiences at the University of Texas at Austin, and, by the University's own admission, Black students numbered between zero and one in most commonly-sized classes during the most recent period that the University did not consider race. LDF was pleased that at today's oral argument the University of Texas expressly referenced the "glaring racial isolation" of our clients, the Black Student Alliance, as conveyed in our amicus brief.

"We are making progress, but we have a long way to go. The Top Ten Percent Plan is not enough. I have white, Asian, Latino and Black friends at school who understand that it's important to have diversity on campus," said UT senior David McDonald from outside the Supreme Court. McDonald grew up in a single-parent household and is a first-generation college student. He's the past president and current advisor to UT Austin's Black Student Alliance, for whom NAACP Legal Defense and Educational Fund submitted an amicus brief.

Sherrilyn Ifill, President and Director-Counsel of the NAACP Legal Defense and Educational Fund, the nation's leading civil rights legal organization and a separate entity from the NAACP stated, "Conservative activist Ed Blum, who is behind this suit and similar ones, never questions the right of colleges to consider anything other than race - like hobbies, gender, age or hometown. To say to a student that everything about you is relevant except for your race, strips away a part of that student's identity. It is racial closeting. We need to embrace what makes us different and work to understand each other better. Bringing people together with different backgrounds helps break down racial stereotypes and benefits all people."

Mary Bonauto from GLAD, who argued the 2015 marriage

equality case before the Supreme Court and also submitted an amicus brief in Fisher remarked, "It would be very, very odd and indeed wrong if a student can write an application talking about all of his or her life experiences and attributes and culture including their gender, including their sexual orientation, including their gender identity and not their race. Must a black gay person have to be in the closet about their race? That would be a harshly regressive step for people of all races."

Justice Breyer powerfully pointed out that just three years ago seven justices of the Court upheld long-standing constitutional precedents about the value and parameters of the use of the permissible use of race as a limited factor in admissions.

Justice Ginsburg specifically questioned the petitioner's standing based on Fisher's limited demand for refund of her original application fee as damages in the case. In addition, Fisher was disqualified from admission due to her academic credentials (based on SAT and class ranking) and would not have been admitted to the University of Texas even in the absence of its affirmative action plan. Nothing in the several areas of her personal background and essays would have changed the outcome, according to the University.

Rachel Kleinman, a senior attorney with the NAACP Legal Defense and Educational Fund added, "The University of Texas at Austin convincingly explained to the justices today how it carefully followed the Court's guidelines when developing an admissions approach that considered race as a limited factor. Diverse learning environments enrich the college experience and better prepare students for success in the workplace and in the military. College opens doors to a lifetime of opportunity that should be in the reach of all children."

Andy Escobar is a Latino UT student in Washington, D.C. today for the Supreme Court hearing. Because he believes in UT's race-conscious holistic admissions policy, he co-founded a student campaign at the University called "We Support UT." He biked from Texas to Alaska to raise funds for cancer research. He interned at the U.S. House of Representatives and the Sylvia Rivera Law Project. Andy has lived in poverty, is a first-generation college student and was admitted under the school's

holistic admissions process. His high school rank was very good, but just shy of being admitted automatically to UT under the plan that admits the top ranking students from Texas high schools. Andy stated, "I hope the Court realizes how important getting into a good college is for a person's ability to succeed in life. I have worked really hard and am thankful I got a fair chance to get into the University of Texas."

The Supreme Court received an avalanche of briefs supporting the University's efforts to create a diverse student body from 45 leading corporations, 36 high-ranking retired military and defense officials (including three former chairmen of the Joint Chiefs of Staff: General Colin L. Powell, Admiral Michael G. Mullen and General Henry H. Shelton), over 160 Asian American and Pacific Islander organizations, social scientists, major religious denominations, 19 states, student organizations, over 100 institutions of higher education, among others.

The 36 retired military leaders and defense officials wrote in their brief, "ROTC cannot recruit minority candidates who are not first admitted as students...Invalidating individualized admissions at ROTC-participating colleges and universities such as UT and reducing the critical mass of highly qualified minority candidates they seek to assem-

ble would capsize an effort by the Armed Forces that has been ongoing since the Truman Administration. As explained above, the post-September 11, 2001 world has reinforced our military's recognition that the ability to lead diverse groups of people and to collaborate well with people of different cultures constitute invaluable military leader attributes."

Forty-five leading American businesses - such as American Express, Microsoft, Sprint, Starbucks and Xerox - wrote to the Court that "American corporations must address the needs of an increasingly diverse U.S. population and a growing global market, and they need a workforce trained in a diverse environment in order to succeed in these arenas... When amici make decisions about hiring and promotion, it is critical that they be able to draw from a superior pool of candidates - both minority and non-minority - who have realized the many benefits of diversity in higher education."

A Brief from Asian Americans Advancing Justice and 140 other Asian American or Pacific Islander organizations explained, "AAPIs [Asian Americans and Pacific Islanders] historically benefited from inclusion in race-conscious admission programs, that certain AAPI [Asian Americans and Pacific Islanders] subgroups continue to need and benefit from such programs today, and that all

AAPI [Asian Americans and Pacific Islanders] students benefit from more racially diverse (and less racially hostile) college campuses."

About NAACP Legal  
Defense and Educational  
Fund

Founded in 1940, the NAACP Legal Defense Fund (LDF) is the nation's leading legal organization fighting for racial justice in America. LDF has been a separate entity from the NAACP since 1957. For seven decades, LDF has worked to dismantle racial segregation and ensure educational opportunities at every level of education. In its first two decades, LDF undertook a coordinated legal assault against officially enforced public school segregation. This campaign culminated in *Brown v. Board of Education*. LDF has been involved in *Fisher v. University of Texas from the outset*. On behalf of the UT Black Student Alliance and UT African-American alumni, LDF presented oral argument in *Fisher v. UT* before the U.S. Court of Appeals for the Fifth Circuit in support of the University's admissions policy and filed an amicus brief with the U.S. Supreme Court. LDF's efforts in *Fisher* carry forward the legacy of our past leaders, beginning with Thurgood Marshall, LDF's first Director-Counsel and the first black Supreme Court Justice, whose advocacy in *Sweatt v. Painter* led to the desegregation of UT Austin Law School in 1950.

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## BRUNSWICK

Continued from Page 1

financially well off. All of this is discrimination, and, whether we care or not, we are destroying the idea of freedom, if I don't like you for no reason I still have a reason to come together with you in a common sense gathering because we both want to live in a free nation without fear of unnecessary violence or people who would harass you.

Brunswick County, in the last five or six years, has taken a step backward in race relations, as far as jobs, pay, jail time for people of color and other disadvantaged people are concerned. We stand to be the people who get less benefits, but we still have to pay taxes. People need to really need to be careful about how we express our thoughts about those who are different from us. Words of bigotry can be very hurtful to others.

I have been asked what the "Black Lives Matter" movement is and what the Black Leadership Caucus is. I have even been asked why the NAACP is still complaining

or why we even need these organizations anymore. We have a good justice system here in Brunswick County. I think these people need to, before they condemn these organizations, look into the work they do. There is a great need for them to do more work here in Brunswick County. They work for and with all people, regardless of color. Their aim is justice for all!

We need more people who want freedom and justice for all people. Wake up, Brunswick County! When people start talking about taking away your rights and changing laws that will oppress others in a free world, there is something wrong and some of them try to make it sound good. They are not your friends. Freedom is not for one person or group of people. It is for all people who desire it.

Election time is coming, and we have elected officials who have only made these things worse and some who know of this but will not do anything about it. This is because it is not a popular thing to talk about diversity,

racism, and discrimination, or do anything by way of making any positive changes. It is real, however, and we have such problems here in Brunswick County. If we are to move forward, such problems must be discussed openly, and the people who seek to block progress must be exposed and not elected to positions of power. Freedom was won with the blood of people who want a better society.

My people fought as hard and as much as anyone. Brunswick County, we will not go backward and place our mercy of unjust people whose aim it is to move us in a backward, rather than forward, direction. Don't forget! Donald Trump also has his supporters here in Brunswick County! Bernest L. Hewett is President of the Brunswick County Branch of NAACP.



Tell them you saw it in  
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**GUILFORD SCHOOLS Supt. Resigns To Head Z. Smith Reynolds Foundation**



[WINSTON-SALEM] The superintendent of Guilford County schools has announced that he is resigning

soon to become executive director of the Z. Smith Reynolds Foundation next spring. Supt. Maurice "Mo" Green has led GCPS since 2008, when he came there after serving as asst. supt. of Charlotte-Mecklenburg Public Schools. The Reynolds Foundation in Winston-Salem supports educational and other public service causes through grants

**TRUMP LEADS ALL PRESIDENTIAL CANDIDATES IN NC POLL** [GREENSBORO] According to a new survey by Public Policy Polling, controversial billionaire Donald J. Trump is leading Republican candidates for president with his highest numbers yet, and his strident position against Islam seems to be fueling his popularity. In the most recent

PPP poll, Trump has risen to 33 percent from an October high of 31 percent. He is followed by Sen. Ted Cruz at 16 percent, 14 percent for both Dr. Ben Carson and Sen. Marco Rubio, and five percent for former Florida Gov. Jeb Bush. The survey also found 67 percent support Trump's call for a national database of Muslims, 62 percent believe Trump's disputed claim of seeing "thou-

sands" of Muslims cheering in New Jersey on 9/11, and 51 percent agree with Trump that Islam mosques should be shutdown in the United States.

**FEDERAL LAWSUIT FILED AGAINST MAGISTRATES LAW**

[CHARLOTTE] Six plaintiffs filed a federal lawsuit Wednesday against the NC General Assembly challenging

Senate Bill 2, which allowed court magistrates and employees of county register of deed offices to refuse to perform marriages for same-sex couples, based on religious reasons. The Legislature overrode Gov. Pat McCrory's veto of the law last June. Conservatives supported the law, saying that magistrates should have the right to follow their beliefs without penalty. **COMPILED BY CASH MICHAELS**

**DOUBLE V**

Continued from Page 1

early 1942, referred to Black American participation in fighting for Victory against totalitarianism abroad while also fighting for Victory against racism at home. The campaign is widely credited by historians as being the catalyst for the Civil Rights Movement.

Wade Henderson, president/CEO of the Leadership Conference on Civil Rights, agrees that African-Americans are fighting a dual battle akin to the historic campaign. "Black Americans are deeply concerned about ISIL and the possibilities of terrorism both at home and abroad," he said. "But, at the same time we're also concerned about the increase in police killings of Black men and the apparent increase in efforts by White supremacist groups to challenge African-American protesters...I think the comparison has some legitimacy. Obviously, like all Americans, we are concerned about terrorism both abroad and at home and we support the president's efforts to address it."

President Obama gave a televised pre-Thanksgiving statement Nov. 25, telling Americans to remain vigilant in the wake of threats by ISIS and other terrorist groups.

"Right now, we know of no specific and credible intelligence indicating a plot on the homeland," Obama said, promising that he is "taking every possible step to keep our

homeland safe." The statement, intended to comfort Americans, came two weeks after ISIS claimed responsibility for the deaths of 130 people in a series of terrorist attacks in Paris and released videotaped threats on New York and Washington, DC.

Also on the day before Thanksgiving, Obama encouraged Chicago protesters to remain peaceful following the video release of the police killing of 17-year-old Laquan McDonald. McDonald was shot 16 times by Officer Jason Van Dyke as the teenager walked away from police officers, holding what appeared to be only a pocket knife Oct. 20, 2014. Dyke, who had 18 previous complaints against him, has been charged with first-degree murder, but only after a court ordered the release of

the video, which President Obama described as "deeply disturbing".

The Rev. Jesse Jackson Sr. whose Rainbow/PUSH Coalition is based in Chicago, has called for the resignations of Chicago Police Superintendent Garry McCarthy and State's Attorney Anita Alvarez in the handling of the McDonald shooting. In an interview with the Trice Edney News Wire, Jackson said another prong to the fight for justice by African-Americans is the fight for urban reconstruction; especially in high crime areas - those areas largely plagued by police shootings and street violence.

"In all of these cities, there are disparities in jobs, access to capital, health care, education and housing," Jackson

said. "Urban Blacks must be a part of a plan for reconstruction. In Baltimore, Chicago, nor St. Louis, there is no plan for reconstruction."

Chavis applauded the thousands of youth who have taken to the streets in leadership against injustices by police over the past several years. He said as the 2016 elections come closer, that level of activism must be escalated.

"It appears that the issues that impact the quality of life of African-Americans are not on the front priority agendas of those seeking to be the next president of the United States," he said. "And I think that we cannot afford to be bystanders of the upcoming national election. We are probably going to need the largest voter turnout in our history to

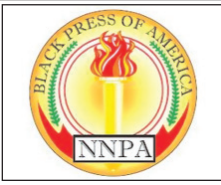
ensure that the country does not go backwards, but go forwards; not only on race relations, but on the issues of inclusion, on the issues of equal justice - not just equal political justice - but equal economic justice."

Reflecting on the Double V campaign, Chavis concluded, "I find great reassurance as we study our past. We've had these difficulties before in

our communities. And our fore parents rose to the occasion at every moment. And I am thankful that the Black Lives Matter Movement appears also to be regenerating some of the forceful audacity that's necessary to challenge the contemporary forms of racial inequity and racial injustice that African-Americans have to endure today."

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**THE WILMINGTON JOURNAL**  
 The *Wilmington Journal* was founded on the principle of the Black Press Credo. The Black Press believes that America can best lead the world away from racial and national antagonism when it accords to every person, regardless of race, color or creed, full human and legal rights. Hating no person in the firm belief that all are hurt as long as anyone is held back.

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## Our Voice GUEST EDITORIAL Strategic Power of the Black Press in 2016

Over 45 million African Americans there are multiple priorities that need to be addressed in order to ensure that the socioeconomic and political interests of our families and communities are accurately articulated and fulfilled. We live in a multimedia world. Too often, however, we are left with divergent, and sometimes inaccurate, information from so-called "mainstream" media sources when it comes to receiving the true facts about the issues and challenges that impact our overall quality of life.



Dr. Benjamin Chavis Jr.

During the last 188 years, it has been and continues to be the Black-owned press that has been the reliable and trusted vehicle for the transmission of news in a manner that not only represents the truth, but also shares the unique matrix of perspectives and vantage points about our continuous struggle for freedom, justice, equality and empowerment. I believe the Black press is needed today more than ever before.

Since the first publication of *Freedom's Journal* in March 1827 in New York City by Samuel Cornish and John Russwurm, Black-owned newspapers and media companies have been on the front-line of being the unrestrained trusted voice of Black America. Both Cornish and Russwurm were abolitionist publishers who knew the power of printing the truth to challenge and abolish slavery.

Publishers Cornish and Russwurm were very clear in the first edition of *Freedom's Journal*. They stated, "We wish to plead our own cause. Too long have others spoken for us, too long has the public been deceived by misrepresentations... We deem it expedient to establish a paper, and bring into operation all the means with which our benevolent creator has endowed us, for the moral, religious, civil and literary improvement of our race."

As we approach 2016, the admonition of the publishers of *Freedom's Journal* still rings true today. We must plead our own cause for equal justice. We must plead our own cause for economic empowerment. We must plead our own cause for cultural solidarity and spiritual unity. And we must plead our own cause in the upcoming national political elections.

Strategically, the Black Press in America is once again at an important pivotal position. We should not permit our communities to be unaware of all that is at stake in the 2016 elections. There are still millions of unregistered eligible voters in the African American community. The Black Press has the proven track record of helping nationally and regionally to get out the vote.

While many of the Democratic and Republican candidates who are running to be the next President of the United States know the importance of the African American vote in 2016, there has yet to be any serious national effort by the various political campaigns to put as a priority the mobilization of millions of African American voters through the Black Press. The effective power of Black-owned newspapers and their digital properties should not be underestimated.

The ultimate responsibility to improve the quality of life in our communities is in our own hands, but we also should reassert our interests, values and priorities as part of the national and international debates about the present and the future. In my opinion there is too much cynicism and negative focus only on the deficits and injustices that are pervasive in our communities. There should be more balance to include more about the assets and triumphs of African Americans even in the face of racial inequity and injustice.

This is where the Black Press comes in forcefully and strategically. The National Newspaper Publishers Association (NNPA) is the national trade association for the Black Press and the NNPA is the custodian for insuring the effective legacy of Black-owned newspapers and media companies.

In 2016, the Black vote nor the Black Press can be taken for granted. African Americans spend in excess of \$1.2 trillion primarily as consumers in the U.S. economy. Most of the major Fortune 500 companies enjoy a significant profit margin from African American consumer spending. But power is just not in spending money. Real economic power is measured in real estate holdings, investments, and the ownership of businesses and institutions that serve the interests of one's community.

Every African American family should have an annual subscription to a Black-owned newspaper. In fact, if you are contemplating a gift for someone during this year's Kwanzaa celebrations, you should give a Black-owned newspaper subscription as a meaningful and useful gift. The Black Press of America not only has a definite future, it has a powerful strategic place in the world as long as millions of African Americans continue to push forward for equality and empowerment.

Dr. Benjamin F. Chavis, Jr. is the President and CEO of the National Newspaper Publishers Association (NNPA) and can be reached for national advertisement sales and partnership proposals at: [dr.bchavis@nnpa.org](mailto:dr.bchavis@nnpa.org); and for lectures and other professional consultations at: <http://drbenjaminfchavisjr.wix.com/dr/bfc>.

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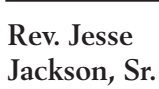
## Matters of Opinion

### RAINBOW COALITION

## It's time for answers in Laquan McDonald case

(George Curry Media)

There will be no justice for Laquan McDonald. He is dead, shot 16 times point blank by a Chicago police officer. Now, after more than a year, after a dashboard camera video was released by judicial order, the police officer who shot him has been charged with murder. But this is only a first step.



Rev. Jesse Jackson, Sr.

For Chicago to heal, many unanswered questions and many unmet problems must be addressed. Disciplined, nonviolent protests have demanded answers. Now it is time for action. This is not simply a case of one bad cop. Nine police officers were on the scene, yet not one reported the police violence. Instead, a police union spokesman alleged that McDonald lunged at the police with a knife. That false

statement went unchallenged.

Why? Witnesses were on the scene. But according to various accounts, the police shooed them away without collecting names and questioning them.

Why? The audio from the dashboard camera was indecipherable - as was that of four other dashboard cameras at the scene. According to a district manager, the relevant portion of a video from the security camera of a nearby Burger King went missing after the police were given access to it.

Why? The city fought to conceal the video, contesting Freedom of Information Act lawsuits by independent journalists, by the Wall Street Journal and by the Chicago Tribune. Yet the mayor pushed the City Council to vote a \$5 million settlement for the McDonald family before they had even filed a lawsuit. The settlement apparently included an agreement to keep the video secret.

Why? The contrast with last summer's Cincinnati case could not be starker. When Samuel DuBose was fatally shot on camera by a University of Cincinnati police officer during a routine traffic stop, the video contradicted the officer's claim that he had been dragged along the street by DuBose's car. The video was released, and the officer was charged with murder and fired in less than two weeks. Cook County State's Attorney Anita Alvarez brought charges only after a court ordered the release of the video, after an investigation taking more than 13 months.

Why? The mayor says this was the act of one bad police officer who will now face a jury of his peers. The tape shows us who did the shooting. But the question is who contributed to what looks inescapably like a concerted cover-up.

This can't be business as usual. If Chicago is to heal, the truth must come out. The protests have made three basic and sensible demands.

First, appoint an independent special prosecutor to insure a fair prosecution. Second, the federal investigation should probe not only the shooting of Laquan McDonald but also what appears to be the effort to cover it up. Those implicated from top to bottom should be held accountable.

Third, we need a new police chief and a new police culture. New leadership and comprehensive reform are vital if trust is to be rebuilt.

These are essential and inescapable. Real healing requires even more. We must move from reform to reconstruction. We need a national commission on urban reconstruction. We cannot expect police to provide security in oceans of despair. We need action on housing, schools and jobs. If Chicago is to heal, the police must regain our trust, and the people must regain some hope.

Jesse L. Jackson, Sr. is founder and president of the Chicago-based Rainbow PUSH Coalition. You can keep up with his work at [www.rainbowpush.org](http://www.rainbowpush.org).

### BLACKONOMICS

## Members must fix broken NAACP -Part II

(George Curry Media)

Having served the NAACP for 10 years in several capacities, including branch president, and having donated money to its causes, I take no pleasure in writing this exposé. But it is our responsibility to clean up our own organizations. For example, President Cornell Brooks sends missives on a regular basis, asking for money, of course, but also complaining about "voter suppression" by various states. Yet, Brooks and Board Chair Roslyn Brock accept voter suppression in their own ranks in various branches across the country. My grandmother would call that hypocrisy.

Accepting dysfunction within our organizations only diminishes our capacity to achieve meaningful economic progress. If all they do are 1,000-mile marches, pledge allegiance to the Democrat Party, and beg for money, the perception of our organizations will continue to be that of dependence, irrelevance, and impotence. We will be relegated to an afterthought - a non-threatening group of Black folks who can be bought-off for a pittance.

The national NAACP has become a sham and a national disgrace to Black people. President Brooks' latest request states, "...we need to

raise at least \$300,000 in December to continue our fight for voting rights, justice, and educational and economic opportunity for all."

In addition to that request, there are the ongoing solicitations for \$30 memberships. Of those \$30 local membership fees, \$18 goes to the national office, as well as 25 percent of funds raised by local branches from their annual Freedom Fund banquets. Here's the rub: The Columbus Dispatch pointed out two years ago, "The NAACP's most recent filings with the IRS showed the organization ended 2013 with a \$5.7 million operating deficit with \$36.7 million in expenditures and \$30 million in revenue."

Yet, according to then-outgoing President Benjamin Todd Jealous, the NAACP doubled its funds from \$23 million in 2007 to \$46 million in 2012. "In the last five years, we've had double-digit revenue growth, we've spent five years in the black," Jealous told USA Today in September 2013.

What happened to all that money?

Former President of the Columbus, Ohio branch, Noel Williams, who was also a victim of national NAACP corruption, says, "Today's NAACP represents only the 'entitled' few, comprising representatives of the national board, special contributors, and connected State Conference presidents. Local members suffer victimization by the national NAACP personnel who rake in millions of dollars from corporate America but very little, if any, goes to the local units. Our branches are left to

scrimp, beg, borrow or use any means necessary to accomplish our work, many operating on \$2,000 or less per month."

Williams continued, "The national NAACP is abusive toward its units. The Circuit Court judge in the West Memphis, Arkansas said it best, 'The intervenor (national NAACP) seems to regard itself as a feudal liege, the member branches, in general its fiefdom.' The national NAACP considers itself master and the local members their servants. The animus displayed by the national NAACP towards its units, and even a court of law, is evident in the Arkansas case in which the judge wrote, before issuing a judgment against the national NAACP of \$120,000, 'If the court had the least doubt about the utter disdain that its orders are held by the intervenor (national NAACP), the testimony of its principals (national NAACP Staff) has put that doubt to rest.'

"The national NAACP has an internal cancer that was benign, but now the malignancy has spread to once healthy parts of the organization. Units in Ohio, Connecticut, Wisconsin, Minnesota, and Florida, to name a few, have all been metastasized and now find themselves in the stream of suspended memberships, manipulated elections, character defamation, and a host of other non-judicious offenses."

Money and perks are at the root of this cancerous corruption. Roslyn Brock has a milquetoast malleable president in Cornell Brooks, who is just what the doctor

ordered for an egotistical self-centered chairman only interested in individual acclaim.

In September 2005, Black Enterprise interviewed new NAACP President Bruce Gordon. Speaking about New Orleans, Gordon said, "Most recently there are a lot of concerns about the way African Americans are treated in the French Quarter. I would say in addition to [marching], we should take our dollars elsewhere... That, to me, is a more significant message than a protest because it has an economic impact on the offenders."

In March of 2007 the Washington Post, in response to Gordon quitting the NAACP, wrote, "In choosing Gordon, the NAACP veered from its tradition of selecting ministers, politicians, and civil rights figures. Gordon's strong management skills as a former Verizon executive factored into why he was selected to run the 500,000-member NAACP."

Gordon would not be micromanaged. Maybe that's why he is no longer president of the NAACP. Members, the NAACP is broken. Hold on to your money, and fix it.

Jim Clingman, founder of the Greater Cincinnati African American Chamber of Commerce, is the nation's most prolific writer on economic empowerment for Black people. He can be reached through his website, [blackonomics.com](http://blackonomics.com). He is the author of *Black Dollars Matter: Teach Your Dollars How to Make More Sense*, which is available through his website, [professionalpublishinghouse.com](http://professionalpublishinghouse.com) and Amazon Kindle eBooks.

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# The underbelly of America's 'Exceptionalism'

(George Curry Media)

The horrific killing spree at the Planned Parenthood office in Colorado Springs, Colo. and at a health department holiday party in San Bernardino, Calif. underscore the fact that there's a poisonous spirit gouging deep trenches in the surface of American society now. It has many causes and shows itself in numerous ways. But its most shocking manifestation - these mass shootings - has a double edge to it.

The first is how "routine" the incidence of mass shootings has become. Experts debate whether the number of mass shootings per year - defined by congressional researchers and other experts as incidents in which at least four people were shot - have increased in recent years. But we do know that since January, there have been at least 354 such incidents, or, as the first sentence of a New York Times article exploring the statistics starkly put it: "More than one a day."

The second "edge" of these killings is even more poisonous. That is how politicized the reaction to them has become - as exemplified by the response of Democratic and Republican politicians to the two latest shocking incidents.

Immediately after both attacks, Democratic politicians, led by President Obama, along with expressing sadness

and sympathy for the victims and their families, called on Congress to enact gun-control legislation that balances the rights of individuals to own guns with the need to reduce the near-complete indiscriminate access to such weapons that now exists.

"We have a pattern now of mass shootings in this country that has no parallel anywhere else in the world and there's some steps we could take, not to eliminate every one of these mass shootings, but to improve the odds that they don't happen as frequently, common-sense gun safety laws, stronger background checks," Obama said.

The Republican response, however, was starkly different. When Robert L. Dear, Jr., a White Christian conservative, attacked the Planned Parenthood office on Nov. 27, killing three people, including a police officer, and wounding nine others, Republicans in general and the GOP presidential candidates in particular limited their remarks to muted, generalized expressions of sympathy for the victims.

They said nothing about Dear's religious background or the phrase police officials said he muttered when captured - "no more baby parts" - which unmistakably indicated hostility to Planned Parenthood's support of women's right to abortion. And they declared the violent language they use to describe those who help women seeking abortions isn't responsible for the murderous attacks on Planned Parenthood offices, abortion clinics and doctors who provide abortions.

Nor did Republicans comment on the fact that in carry-

ing out his rampage, Dear killed a police officer acting in the line of duty.

In sharp contrast, the Dec. 2 San Bernardino mass shooting provoked the GOP presidential candidates to full-throated war cries against the president and homegrown "radical Islamic terrorism," in Donald Trump's words. Texas Senator Ted Cruz thundered that the San Bernardino attack proved the U.S. needs "a war-time president." Not worrying about a "rush to judgment" of the incident, Carly Fiorina immediately declared its perpetrators' Arabic backgrounds proved it was "a homegrown terrorist attack."

In other words, the two mass shootings underscored what has long been apparent: That gun-rights absolutists, from the National Rifle Association to the GOP candidates and elected officials, are willing to tolerate mass shootings of Americans - as long as they're perpetrated by mentally-unstable Whites or Whites whose views on gun ownership and other political and social issues seem to match their own. For all their talk of sending their "hearts" and "prayers" to the victims' families, they're unmoved by the murder of innocents unless they can make political hay from the profile of the killers.

That horrible reality has now become the leading evidence that there still exists a deeply-perverse underside to the society's cherished notion of "American exceptionalism" - the boast that America is the most freedom-loving, peace-loving, generous and welcoming nation, etc., etc. country in human history.

There was always a lot of

fluff and outright hypocrisy to that notion, especially when one contrasted it to the "exceptionalism" with which the White majority treated Americans of color and the way it acted when it felt under stress. Indeed, the full history of America shows how continually American society has always struggled to live up to its ideals.

That that struggle is the American experience today was briefly and poignantly put by Vicki Cowart, president and chief executive of Planned Parenthood of the Rocky Mountains in the aftermath of the Colorado Springs attack. "We've experienced so much hateful language, hateful speech," she told a New York Times reporter.

There's no way out of the awful predicament presented by a political party whose true campaign strategy is rooted in the underbelly of American exceptionalism - in empty boasts, outright lies, and "so much hateful language, hateful speech" - except to defeat them at the ballot box.

That's the only way the exceptionalism Americans like to think is the stuff this country is made of can have a chance to show itself.

Lee A. Daniels is a longtime journalist based in New York City. His essay, "Martin Luther King, Jr.: The Great Provocateur," appears in *Africa's Peacemakers: Nobel Peace Laureates of African Descent (2014)*, published by Zed Books. His new collection of columns, *Race Forward: Facing America's Racial Divide in 2014*, is available at [www.amazon.com](http://www.amazon.com).

## CURRY'S COMMENTS

### Murder cover-up in Chicago

(George Curry Media)

As more information emerges in connection with Chicago Police Officer Jason Van Dyke's fatal shooting of 17-year-old Laquan McDonald on October 20, 2014, the more it appears that not only was an unjustified murder committed by a person who had sworn to uphold the law, there was a cover-up at every level.

Even worse, the cover-up seems to be still in effect today as Mayor Rahm Emanuel and other officials scramble to cover their tracks. Let's start with the videotaped incident itself.

Perhaps the most illuminating public account of the shooting thus far was provided by Stephen Patton, head of the city's law department, when he appeared at the City Council's Finance Committee hearing on April 13, 2015. In urging the city to settle the case out of court for \$5 million, he noted that Van Dyke, referred to in his testimony as Officer A, was culpable because:

- McDonald did not pose an immediate threat to Van Dyke;
- McDonald was walking away from Van Dyke at the time he was fatally shot;
- None of the other five officers on the scene saw fit to fire their weapons at McDonald, including Van Dyke's partner;
- No other people were ever placed in danger and
- The use of deadly force in this case was unwarranted.

For the past year, Illinois and federal authorities have supervised a joint grand jury. As proceedings dragged on, Mayor Rahm Emanuel doggedly resisted all calls to release dash-camera video of the shooting.

After privately viewing the video, however, city officials acted quickly when attorneys representing the estate of the dead teen approached the mayor's office about reaching a financial settlement. The city was in deep negotiations with attorneys for McDonald's estate while the mayor was facing a tough re-election fight and eventual run-off with Jesus Garcia.

A final deal was struck April 8, a day after Emanuel's re-election. Five days later, the proposed settlement was presented to the Chicago City Council Finance Committee. Relying on the testimony of corporation counsel Patton, the City Council agreed to a \$5 million settlement without a lawsuit being filed or members of City Council looking at the incriminating tape.

There is little doubt that if the videotape had surfaced during the height of Emanuel's re-election campaign, he would not have won a second term. So, he directed his corporate counsel to fight all efforts to have the tape released.

Cook County State's Attorney Anita Alvarez, who is up for re-election next year, said City Hall made the decision to withhold the videotape from the public.

"They asked us our position in telephone calls - we said it was not our preference to release it, but it was ultimately their decision because of the FOIA," Alvarez spokeswoman Sally Daly told POLITICO. "We're not party to the litigation on the FOIA."

But nothing prevented Alvarez from releasing the incriminating tape.

More than a dozen Freedom of Information Act (FOIA) requests had been filed seeking release of the tape, but it took a lawsuit by Brandon Smith, a freelance journalist, to compel its disclosure under public records laws.

Cook County Judge Franklin Valderrama ruled that the police department could not use an ongoing investigation as a reason to lawfully withhold the video because other law enforcement agencies, not the department itself, were conducting the investigation.

The dramatic footage shows McDonald walking away from Van Dyke when the policeman opened fire, striking the teen at least 16 times, including after his motionless body was already sprawled on the ground.

Just before release of the videotape, Alvarez hurriedly did what she could have done all along - she charged Van Dyke independent of the grand jury with first-degree murder.

A separate Cook County grand jury has been convened and is expected to formally charge Van Dyke with first-degree murder, which carries a punishment of 20 years to life.

Meanwhile, the mayor forced and accepted accepted the resignation of Police Superintendent Garry McCarthy, citing a loss of public confidence. The mayor has appointed a new police accountability task force to examine the McDonald case and other department issues.

One of those issues involves surveillance footage from a nearby Burger King. The manager told Chicago NBC/5 that officers entered the fast food eatery the night of the shooting and when they left, 86 minutes of video appeared to be missing.

Illinois Attorney General Lisa Madigan has asked the Justice Department's Civil Rights Division to review Chicago's police department's practices, a move Emanuel has labeled as misguided.

The mayor said in a statement, "First and foremost, we need answers as to what happened in the Laquan McDonald case, which is why the United States attorney should swiftly conclude his year-long investigation and shed light on what happened that night, and the actions of everyone involved."

We already know what happened that fatal night. And we also know that Rahm Emanuel fought every step of the way to keep the video of what happened that night out of public view. Now that he has forced his top cop to resign, citizens should force Emanuel to leave office as well.

George E. Curry is President and CEO of George Curry Media, LLC. He is the former editor-in-chief of *Emerge magazine* and the *National Newspaper Publishers Association News Service (NNPA)*. He is a keynote speaker, moderator, and media coach. Curry can be reached through his Web site, [georgecurry.com](http://www.georgecurry.com). You can also follow him at [twitter.com/georgecurry](https://twitter.com/georgecurry), [Facebook](https://www.facebook.com/georgecurry), and [Periscope](https://www.periscope.com/georgecurry). See previous columns at <http://www.georgecurry.com/columns>.

# Christian terrorists and the Mark of Cain

(George Curry Media)

Not all Christians are bigots and not all Christians, but the nonsense that is spewing from the mouths of many Christians in recent months has more than a few thoughtful people scratching their heads.

A White man walked into a Colorado Planned Parenthood health facility on Nov. 27 and began firing an automatic rifle. He killed three people and wounded nine. He did not know any of his victims personally. After being apprehended, the shooter, Robert Dear, said to the police, "No more baby parts."

The next day, a debate began to rage over whether the killer should be called a "domestic terrorist." Those who argued against labeling the shooter a "terrorist" said that because his motives were "unknown" at this time, the terrorist label should not be applied.

Let us step back and reflect for a moment. Would this argument be taking place if the shooter had been a Muslim? Why do Christians get a pass when one of their number commits an atrocity? There are those who would argue that Robert Dear does not represent the many millions of Christians in the world. This would be a satisfactory answer if it were not for the fact that many of the Christians who make that argument do not hesitate to tie all Muslims to the acts of a few violent extremists who claim affiliation with that religion.

Many White Christians see Christians generally as the

"good guys," while they see Muslims generally as the "bad guys." And this is true, to a lesser extent, in the Black community. It is to a lesser extent among Blacks because many Black Christians are painfully aware that members of the KKK proclaim adherence to Christianity, and that Christianity was used to justify slavery in America. One would be hard pressed to find a Black Christian who would argue that all Christians are without lapse in their regard for humankind. The Black Christian community, however, often will try to insulate its religion from terrorism and hate-inspired violence by claiming that the perpetrators were not "true Christians."

The problem with separating "true Christians" from any other type of Christian is that no one can see into the heart or the mind of a believer. The acts of a terrorist may be contrary to the majority's interpretation of the tenants of a belief system, but that does not mean that a terrorist has not acted in accordance with his own interpretation of that belief system. And it does not work to say that there is only one correct interpretation of the "Word of God."

Catholics profess in the Nicene Creed - a pronouncement of their faith - to believe in the "resurrection of the dead." And this is not just a metaphor: Article 11 of the Catechism of the Catholic Church states that upon the resurrection, the "mortal body" will come to life again." Many Christians who are not Catholic, and quite a few who are - all of whom profess the Nicene Creed - do not believe that the flesh of the faithful dead will arise from their tombs and be made whole again.

With the belief in the resurrection of the flesh, which is one of the essential doctrines

of Christianity, being accepted or rejected on an individual basis, how can there be any strict uniformity in who is or who is not a Christian? And belief in the resurrection is only one doctrine in the very intricate Christian belief system that is rejected or accepted by self-identified adherents.

So, we have a myriad of self-described believers who perceive their religion to reflect their own personal beliefs, and anyone who strays too far afield risks losing the identification of a true believer. This allows self-described (and usually self-righteous) Christians to disassociate themselves from people such as Robert Dear; Dylann Roof, who murdered nine Black churchgoers in Charleston, S.C.; or even Officer Michael Slager of the North Charleston police who is charged with murder after shooting a Black man in the back eight times because "good" Christians do not do things like this.

Thinking like this makes it impossible to include the term "Christian terrorist" in the dialogue on American violence. In fact, it makes it impossible to apply the term on a global scale.

The Conquistadors who came to the Western Hemisphere in the 15th century and terrorized and eradicated whole civilizations of indigenous people carried the Christian cross with them and were led in prayer by their Christian priests.

Fifty years after its founding, the Ku Klux Klan began to conduct cross burnings not only to intimidate their targets, but also to show their reverence for Jesus Christ while they sang hymns and said prayers.

In 1934, Adolph Hitler stated in a speech: "The National Socialist State professes its allegiance to positive Christianity."

And in case you have forgotten, German National Socialism was more commonly known as Nazism.

Christians all. Or, at least self-professed Christians - and every one a terrorist.

The absence of language with which to identify Christian terrorists is not merely the ignorance of those political leaders and media personalities whose voices we hear and read every day. There is a conscious effort to omit Christian terrorists from the dialogue about criminal violence in America and around the world. And it will take an effort by those people who believe in justice and fairness to bring about an honest discussion about who is responsible for violent terrorism and why.

We must be a counterbalance to people like State Rep. Gordon Klingenschmitt of Colorado Springs, who, when speaking of Robert Dear, said, "You cannot call him a pro-life activist, or a Colorado Springs conservative, because he is not one of us. That is not how we act."

When pressed to explain the difference between conservative Christians not wanting to be associated with violent extremists who share their faith and moderate Muslims who likewise do not want to be associated with violent extremists who share their religion, Klingenschmitt complained that the question was not fair: "We as Christians are almost universally willing to renounce violence," he said.

Tell that to the victims of the Conquistadors, the Klan and the Nazis. Or, tell it to the victims of Robert Dear, Dylann Roof and Officer Michael Slager.

Oscar H. Blayton is a former Marine Corps combat pilot and human rights activists who practices law in Virginia.

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The **New Hanover County Lupus Foundation Support Group** meets on the third Tuesday of each month from 6:30 p.m. to 8:00pm in Classroom D, Service Level. There is no charge to attend the meeting, and drop-ins are welcome. Contact the LFANC at info@lupusnc.org or at 877-849-8271, ext. 1. For more information, visit www.lupusnc.org.

The **Wilmington Prostate Cancer Support Group** meets at 6:00 p.m. the first Thursday monthly in the SEAHEC Auditorium at New Hanover Regional Medical Center, 17th Street, Wilmington, NC. Invited are men-and their partners-who are newly diagnosed and researching treatments, those previously treated, those who are experiencing a recurrence, and those who are undergoing advanced treatment for prostate cancer. Support is available from those previously treated and formal programs and literature supply information about all stages of prostate cancer and recovery.

Policies for briefs, news, & photos on page 2.

Compiled By *Wilmington Journal Staff*



# Act 1

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## HOMETOWN NEWS FROM BRUNSWICK COUNTY

## “Senior Citizens' Luncheon”

The 39th Senior Citizens' Luncheon was given at the St. John Missionary Baptist Church on Old Ocean Highway 17 in Bolivia, N. C. The gathering at the church included a large number of senior citizens from Leland, Holden Beach, Southport, Oak Island, Supply, Shalotte, Longwood, and Cedar Grove. Every year, the attendance increases, and there is always a strong feeling of belonging and togetherness.

The theme was taken from Psalm 92:1. “It is a good thing to give thanks unto the Lord and to sing praises unto thy name, O most High.” The guest speaker for this occasion was The Reverend William Vereen. The worship leader was The Reverend Helen S. Boynton. The pastor of St. John

Missionary Baptist Church is Reverend Quan Stewart.

Mrs. Helen Hall brought the Senior Citizens' Luncheon to St. John Missionary Baptist Church in 1976 in an effort to bring seniors together in a social gathering. Each year, the group gets larger, and each year, we have a different speaker. It was suggested that this affair become an annual event. The time each year for the occasion is the second Saturday in November: The St. John Missionary Department is very proud of the success of this event. It gives us a chance to express our love and kindness to all our senior citizens from far or near.

I am a senior citizen and am getting older each day of my life. Another gathering was held on November 28, 2015 in Southport, N. C. at what was known as Brunswick County Training School until the name was changed to Brunswick County High School. Again, we had the privilege of meeting old classmates

and having brief conversations about the good old high school days.

One teacher from 1948 was the music and English teacher, Mr. James Frink. We would always sing with uplifted voices, “Hail to Brunswick County.”

Flow into the Sea  
Stands a school above all others,  
Very dear to me.  
Raise the chorus!  
Sing it loudly!  
Wave the banner high!  
Hail! O hail  
For Brunswick County!  
Hail to thee we cry!  
Golden sands, abundant flowers  
Everywhere we go!  
Sunny skies, refreshing showers  
On us ever more.  
Comrades true in joy,  
in sorrow  
Let us always be!  
Loyal kind, forgiving others,  
Teach us Lord to be.

Help me to endure the boredom with patience and to keep my lips sealed. My own aches and pains are increasing in numbers and intensity. The pleasure of discussing them is becoming sweeter as the years go by. Teach me the glorious lesson that, occasionally, I might be mistaken.

*Verniece E. Stanley is a native of Brunswick County. She grew up on a farm but wanted more excitement in life. She graduated from high school in Brunswick County in 1948 and graduated from Fayetteville State Teachers' College in 1952. She taught school in Brunswick County for nine years. She moved to Baltimore, Maryland, married, and taught school for twenty-five more years. She received her master's degree from Morgan State College in Baltimore City. She retired and moved back to Bolivia, N. C. where she enjoys writing articles for The Wilmington Journal and is an active member of the NAACP Board.*

## PEOPLE'S CLINIC

## Keeping our bodies healthy

As many of our end of the year holidays approach, we think about how often these celebrations in our lives are associated with food, food and more food. Also, since most folks are less active during the cold winter months, it can be difficult to maintain a healthy weight. However, you can still enjoy your favorite celebrations and foods and maintain your healthy lifestyle! Read on to learn some tips to use during this Holiday season!

Although a recent study showed that Americans gain on average about 1 pound between Thanksgiving and the end of the year, the study also showed that once that pound gets added, it typically doesn't come off. It's even worse for people who are already overweight or obese, who gain on average five pounds during the holidays. These extra pounds can increase your risk for many chronic illnesses, such as diabetes, cancer, high blood pressure, stroke and heart disease. This makes it especially important to develop and keep healthy habits during the holidays.

One very important part of eating healthy during the holidays is portion control, which means being careful about the amounts of foods that you eat. While it is true that what foods that you eat are important to being healthy, it's also important to watch the amounts of food you eat. Here are some helpful tips to try to help with portion control during the holidays:

•Use your hand as a guide for

measuring how much of a food you should eat. According to the American Heart Association, you can use the following guides just by using your hands:

•your fist = the size of one cup of fruit, salad, or casseroles;  
•your cupped hand = ½ cup of pasta, rice, beans, potatoes, cooked vegetables, pudding, or ice cream;  
•the palm of your hand = 3 ounces of beef, pork, poultry or fish;  
•your thumb = one tablespoon of salad dressing, peanut butter, sour cream or cream cheese; and  
•the tip of your thumb = one teaspoon of butter, margarine, mayonnaise or oil.

•Use your plate to determine what foods to eat and how much. Try not to use the largest plate available when you are eating a meal, and reserve half of your plate for fruits and vegetables.  
•Eating “family style” can get our portions out of whack. When eating meals, have the food dished out on to your plate from whatever the food was cooked in, and try to avoid going back for second helpings.

•If you focus on socializing or other fun activities during holiday gatherings, you might be less inclined to overeat. You will also be more likely to eat slowly, which can bring on the feeling of being full earlier.  
•If you go to a restaurant for a holiday gathering, ask for a half-portion of your entrée, or share an entrée with someone.

•Lower your temptation level by eating a meal before you go to a party where you know there will be plenty of unhealthy foods around.

## What about exercising?

In the colder (and often bad weather) of the winter months, it is difficult to get outside as you might normally do to exercise. However, there are things you and your family can do to keep up this healthy habit:

•Go to a YMCA/YWCA or a community center to walk/run, walk around your home (make a path so you can walk easily) or run in place at home.

•Find out if there are any gyms or community centers with gyms near your home, many offer low membership rates during the holidays and at some community centers or other locations you may be able to use them free. Many neighborhoods also have their own exercise rooms.

•Do anaerobic exercises in your home like yoga, Pilates, resistance exercise, free weights:

•You don't need special equipment to do these - try using a soup can as a weight, using your wall or chair for resistance, or watching DVDs to show you how to do other types of workouts.  
•If you have it available to you, many video game systems now have exercise and dance games that your entire family can play together.

## Emotional and Mental Health

As much as the holidays are seen as joyous occasions to come together with friends and family, for many people, it is challenging to share in that sense of happiness and peace. Instead of feeling joy, many people experience the “holiday blues” and do not feel like celebrating. This could be because of the loss of a loved one, difficult economic times, health issues that prevent someone from doing activities they enjoy, among many other things. However, there are ways that you can reduce stress and unpleasant feelings. It is important to take care of and support all those in our lives that may be experiencing difficult times.

Below are some tips from which everyone can benefit during this holiday season:

1. Set realistic goals for the holidays. Keep expectations simple for yourself and others.  
2. Make a budget and stick to it. Financial worries add more stress. Spend what you can afford.

3. Do not overeat or drink alcohol excessively to escape stressful feelings. Eat healthy foods and get plenty of exercise. Excessive use of alcohol only increases your feelings of sadness and can put you at high risk of harming yourself and others.

4. Allow extra time when traveling. Delays will occur because of possible increased security coupled with a high number of people traveling during the holidays. Practice patience.

5. Remember that the holidays are more than one day. The holidays are part of a whole season. Pace yourself. Do not focus entirely on one day.

6. Try a new way of celebrating. Attend a celebration of another faith; give the gift of your time.

7. Helping others can help you

feel better. Volunteer at a homeless shelter; buy a present for a child in need or visit people in nursing homes.

8. Reach out - get involved in the community. Contact local clubs, religious groups or community centers to see if they are holding activities that may interest you.

9. Allow yourself some time to feel sad, angry or lonely. These are real, legitimate feelings. Nurture yourself. Take some time out each day to care for and celebrate yourself.

10. Stay in the present; look forward to the future. Prioritize what is currently important in your life. Come to terms that life brings changes; embrace the future.

## Signs to Seek Help

Having the “holiday blues” will pass with the season. However, you or someone you love may have profound feelings of sadness or depression that do not go away. Symptoms of clinical depression are:

- Persistent sad, anxious, or empty mood
- Sleeping too much or too little with middle-of-the night or early morning waking
- Reduced appetite and weight loss or increased appetite and weight gain
- Loss of interest or pleasure in activities once enjoyed, including sex
- Irritability or restlessness
- Difficulty thinking, concentrating, remembering or making decisions
- Fatigue or loss of energy
- Thoughts of death or suicide
- Feelings of inappropriate guilt, hopelessness or worthlessness

If you or a loved one are experiencing a cluster of these symptoms over a period of several weeks, and if they interfere with your normal routine, it is possible you or your loved one may be depressed. Talking with a licensed mental health professional or taking a depression-screening test can help you understand how well you are coping. Seek help!

The holidays should be a time of joy and celebration, and with these tips you can also make your holidays healthier and happier!

*Do you need further information or have questions or comments about this article? Please contact us at the Maya Angelou Center for Health Equity, either via phone (toll-free) at 1-877-530-1824 or our website: <http://www.wakehealth.edu/MACHE>.*

# 2016 HBCU EXPERIENCE

## HISTORICALLY BLACK COLLEGE AND UNIVERSITY COLLEGE FAIR AND BATTLE OF THE BANDS

### SUNDAY JANUARY 17TH, 2016

FEATURING: WINSTON SALEM STATE UNIVERSITY “RED SEA OF SOUND” VS. ELIZABETH CITY STATE UNIVERSITY “SOUND OF CLASS”

HEAD TO HEAD DRUMLINE BATTLE: NORTH CAROLINA CENTRAL UNIVERSITY VS NORTH CAROLINA A&T STATE UNIVERSITY DRUMLINES

COLLEGE FAIR AND VENDORS: 1:00-3:00  
BATTLE OF THE BANDS BEGINS AT 4:00 PM






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December is National HIV & AIDS Awareness Month  
THERE IS LIFE AFTER HIV

Saturday, December 12, 2015  
12:00 pm ~ 2:30 pm  
Union Missionary Baptist Church  
2711 Princess Place Drive  
Wilmington, North Carolina



Please join Team Reuben for this informative event on HIV and AIDS Awareness!

2 Guest Speakers that have been affected by the disease will give the facts on how to prevent the spread of infection and how to care for those affected. Our children must be educated on the topic as well

Let's stop the spread of HIV

Join us & get the facts

Dr. Leshonda Wallace, HIV Clinician, will be available for discussion, questions and answers.

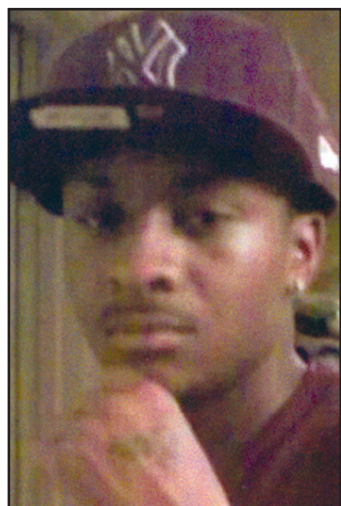
Free HIV testing will be available

Sponsored by TEAM REUBEN  
For Tickets Contact:  
Wanda Jones @ 910-599-4131  
Ty Parker @ 910-508-6312

\$10.00 Adults  
\$5.00 Kids

Light Lunch Served





**Al'Quon Flowers**

Memorial services for Al'Quon Flowers will be held on Friday, December 11th at 1:00 p.m. at Macedonia Missionary Baptist Church, 3701 Princess Place Drive.

**Dorothy Louise Tann-Hansley**

Dorothy Louise Tann-Hansley of Wilmington, NC was born to the late James Arthur Tann, Sr. of Faison, NC and Mollie Mae Fennell Tan of Rose Hill, NC. She departed this earthly life at the home of her granddaughter on November 30, 2015, for a "Better Place". She was educated in the New Hanover County public School System, graduating in 1964. Dorothy also attended Cape Fear Community College to further her education. She was employed in numerous professions to support her family; the last being the Wilmington Housing Authority. Dorothy joined New Hope Baptist Church at an early age and then later attended Ebenezer Missionary Baptist Church. She met and married Charles Earl Hansley, Sr. of the Seabreeze Community who preceded her in death.

In addition to her parents, and husband, Dorothy was also preceded in death by two sons, Charles Hansley, Jr. and Antwan Hanslye. She leaves to cherish her memories: three daughters, Shynetta Hansley, Judith Hansley and Talma Hansley and one son, Andre' Hansley (Stephanie), all of Wilmington, NC; three sisters, Annie Mae Tann, Trudy Tann and Peggy Chadwick (Calvin) all of Wilmington, NC; one brother, Douglas Tann of Wilmington, NC; 19 grandchildren 36 great-grandchildren; three special sons that she accepted as her sons-in-law, Ricky Tolson, Eddie Hollis and Harold Lewis; two adoptive siblings, Diane Graham of Leland, NC, Ida Mae White-Faulk of Wilmington, NC; a host of nieces, nephews, cousins and friends. A Service of John H. Shaw's Son Funeral Home.

**Thomas Webb**

Thomas Webb died November 18th at Silver Stream Health and Rehab. Memorial services will be 2:00 p.m. Saturday, December 12th at Willie L. Shaw Jr. Memorial Chapel. John H.

Shaw's Son Funeral Home. A Service of John H. Shaw's Son Funeral Home.

**In Memory Of**



**Catherine Spicer Starke 1934-2005**

Cat,  
We love you and miss you.  
Hannah, Cille and family

**In Loving Memory Of**



**Mrs. Gertrude Moore Sunrise: May 25, 1922 Sunset: December 9, 2014**

**Miss Me-But Let Me Go**

When I come to the end of the road and the sun has set for me.

I want no rites in a gloom-filled room, why cry for a soul set free? Miss me a little-but not too long and not with your head bowed low.

Remember the love that we once shared, miss me-but let me go.

For this a journey that we all must take and each must go alone.

It's all a part of the Master's plan, a step on the road to home.

When you are lonely and sick of heart, go to the friends we know, and bury your sorrows in doing good deeds,

Miss Me-But Let Me Go!

Loving submitted Family

**Honor Your Loved One With A Memoriam in THE WILMINGTON JOURNAL CALL US AT 910-762-5502**

**NEWS ANALYSIS**

**Affirmative action back before Supreme Court**

BY GEORGE E. CURRY EDITOR-IN-CHIEF OF GEORGE CURRY MEDIA

WASHINGTON

Affirmative action is back on the front-burner at the U.S. Supreme Court, with the justices hearing oral arguments Wednesday in Fisher v. University of Texas-Austin for the second time in two years.

At issue is whether Texas' affirmative action admission program - which uses a variety of factors including leadership, extracurricular activities, work experience, socioeconomic status and race - is unconstitutional because it unlawfully denied a White woman admission to the state's flagship university.

Lawyers for Abigail Fisher argue that she was denied admission to the University of Texas because of her race. However, the university has argued at both the appellate and Supreme Court level that Fischer wouldn't have been accepted even if there were no affirmative action programs.

The case is being closely watched because it could have an impact on public and private employment and higher education in particular. Affirmative action supporters are hoping, at worst, the court will limit its ruling to the "strict scrutiny" issue and not overturn precedents upholding affirmative action.

When Fisher applied for 2008 fall admission to the University of Texas, it filled nearly 90 percent of its openings with automatic admissions for Texas residents who were in the top 10 percent of their high school graduating class. The remaining 10 percent of the seats were filled with individualized consideration of applicants based on demonstrated leadership qualities, awards and honors, work experience, extracurricular activities, socioeconomic status, family status and responsibilities, standardized test scores and race.

Because she did not finish in the top 10 percent of her high school class in Sugarland, Texas, Fisher's only opportunity to gain admission was through the individualized assessment.

Though no quantifiable score was assigned to any category, including race, Fisher decided to challenge the consideration of race.

In its "Brief of Opposition," the university stated: "The undisputed evidence demonstrated that Fisher would not have been offered fall admission in 2008 even if she had scored a perfect '6' on her PAI - the portion of the admissions process where race is considered" along other factors.

Fisher enrolled in Louisiana State University in Baton Rouge and returned to Austin, Texas after graduation to work as a financial analyst. Even after graduating from LSU, she pursued her claim against the University of Texas.

Two years ago, the Supreme

Court sidestepped ruling on the merits of Fisher's case, opting to rule more narrowly by a vote of 7-1 to send the case back to the Fifth Circuit with instructions to consider the case in light of the court's strict scrutiny requirement.

Writing for the court's 7-1 majority, Justice Anthony Kennedy said, "...Strict scrutiny imposes on the university the ultimate burden of demonstrating before turning to racial classifications, that available, workable race-neutral alternatives do not suffice."

That means that universities are free to consider race only after seeking solutions that do not involve race.

Justice Ruth Bader Ginsburg wrote in her lone dissent, "I have said before and reiterate here that only an ostrich could regard the supposedly neutral alternatives as race unconscious."

She said, "The University of Texas at Austin (University) ... has steered clear of a quota system like the one struck down in Bakke, which excluded all nonminority candidates from competition for a fixed number of seats....Justice Powell's majority opinion in Bakke 'rules out a racial quota or set-aside, in which race is the sole fact of eligibility for certain places in a class.' And, like so many educational institutions across the Nation, the University has taken care to follow the model approved by the Court in Grutter v. Bollinger."

Clarence Thomas was the only justice who voiced support for overturning the court's 2003 decision in Grutter, permitting the narrowly tailored use of race in college admissions. He said in his concurring opinion, "I write separately to explain that I would overrule Grutter v. Bollinger and hold that a State's use of race in higher education admissions deci-



**FISHER V. UNIVERSITY OF TEXAS-AUSTIN IS BEING HEARD**

sions is categorically prohibited by the Equal Protection Clause."

Justice Elena Kagan, a strong supporter of affirmative action, recused herself because she had worked on the case as solicitor general.

That leaves open the possibility that the court could deadlock 4-to-4, meaning the rulings of the two lower courts that upheld the University of Texas admissions program would be affirmed.

Educators thought the issue of affirmative action had been settled in a pair of University of Michigan affirmative action rulings in 2003 - one upholding the law school admissions program (Grutter v. Bollinger) and one striking down the undergraduate admissions process (Gratz v. Bollinger). In each case, the court declared that state universities have a compelling interest that could justify the consideration of race in college admissions because of the benefits that flow to all students from having a diverse student body.

It was only after the court's ruling in Grutter that the University of Texas expanded its affirmative action plan beyond the 10 Percent Plan.

If there is any upside to Fisher's challenge, it is she is not asking the court to over-

turn the Michigan decision affirming the constitutionality of affirmative action. Rather, she seems to focus on whether the appeals court properly applied "strict scrutiny" per the Supreme Court's guidance.

Texas created its Top 10 percent program as a conservative way of increasing diversity in higher education. However, as many predicted at the time, it was not sufficient to increase Black enrollment. As Justice Stephen Breyer noted, "Before Hopwood [another affirmative action court case] and the 10 percent plan, it looked on the African American side that it averaged about 5 percent per year, really, pretty steadily. Then after Hopwood and 10 percent it went down a little bit, not a lot, but it went down to about 3 and a half percent, 4 percent, maybe. And then they introduced Grutter, and it's back up to 5 percent."

The U.S. Court of Appeals for the Fifth Circuit in New Orleans has twice upheld the Texas affirmative action program. Each time, the Fifth Circuit ruled that the program makes only limited use of race, and serves the university's interest in a racially and culturally diverse student body in a way that complies with Supreme Court mandates.

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## New Hanover County

**Central Missionary Baptist Church**, 702 Red Cross St., will present on December 19th at 3:00 p.m. a Christmas musical. The program will include on soloist Deloris Brown, Al Harrison, Joe Robinson, Hooper Chapel Men Chorus and many more from the surrounding area.

Religious  
Briefs

**Shiloh Missionary Baptist Church at Masonboro**, 7022 Masonboro Sound Rd., will hold their 16th pastoral anniversary for Pastor Ben E. Pittman on Sunday, December 13, 2015 at 11:00 a.m. Guests will be Pastor Carl McIntyre of New Hope Missionary Baptist Church and his church family. Dinner will be served immediately after morning service. For details please contact Brenda General at 910-200-0787 or call the church office at 910-799-9534.

**The Spirit of Truth** will hold Appreciation Services for Major Prophetess Benaye Burgess on Friday, December 11, 2015 - 7:00 p.m. and Saturday, December 12, 2015 - 5:00 p.m. The speakers will be Dr. Pat Melvin, Pastor of International Embassy of Holiness, Wilmington, NC on Friday and on Saturday, Apostle Carlos Shipman, D.D. Pastor of Kings Domain Praise and Worship Center Whiteville, NC. All services will be held at: The Spirit of Truth 216 Marsteller Street, Wilmington, NC. For more information call 910-617-4542.

**Uplifting Faith Ministries, Inc.**, 1020 Princess St., under the leadership of Apostle Ricky and Sandra Randolph will present "Reviving Your Dreams/No Longer Shattered" Conference beginning on Friday, December 18th with speaker Apostle Sandra Randolph at 7:30 p.m. A continental breakfast will be served on Saturday, December 19th beginning at 8:00 a.m. UFM Praise and Worship Team will be in charge of Morning Glory at 9:00 a.m. Pastor JoAnn Pressley of Judah the House of Praise will be the guest speaker. All services are free to the public. For more information please contact Dr. Carolyn J. Blue at 910-233-5830 or Dr. Sandra Randolph at 910-395-4160.

**Walk Into Your Inheritance Outreach Ministries** will hold a free Christmas giveaway on Saturday, December 12th from 8:00 a.m. until at Everybody's Supermarket, 1022 Greenfield St. Please contact Elder Utrillia Bryant at hesdoingit@yahoo.com or 910-508-6861.

## Bladen County

**The twenty-eighth (28th) annual parade honoring the birthday of Rev. Dr. Martin Luther King, Jr.** will be held in Elizabethtown, North Carolina on Monday, January 18, 2016 at 11:00 a.m. Martin Luther King Day celebrates the life and accomplishment of Dr. Martin Luther King, Jr. MLK promoted Civil Rights through nonviolent civil disobedience. He is perhaps best known for his "I have a dream..." speech in 1963. He was assassinated in 1968. Martin Luther King, Jr. day became a federally recognized holiday in 1983. The first year this holiday was observed was 1986, and not by all states. In 2000 it became a nationally observed holiday in all states. Martin Luther King Jr. Day takes place on the third Monday of January each year. Everyone but not limited to civic and religious organizations, bands, step-teams, antique vehicles and farm equipment, queens etc. are invited to participate. The public can send requests to participate in the parade to abullock001@ec.rr.com. There is no fee involved. Individuals, groups or organizations that want a float should call (910) 645-4995 for float information. The line-up starts 9:00 a.m. at 805 West Broad Street; Elizabethtown, North Carolina.

## Brunswick County

**Brown's Chapel A.M.E.Zion Church**, 745 Jabbertown Rd., Southport, NC. will hold their Annual Christmas Tea on Saturday, December 12th at 6:00 p.m. Music will be provided Evangelist Wendy Jones and the guest speaker will be Minister Deidre Parker. For more information contact Pastor Avery L. McAllister at 910-297-7465.

Policies for briefs, news, & photos on page 2.

Compiled By Wilmington Journal Staff

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## SENIOR MOMENTS

## Enjoying the beautiful holiday season

My Fellow Seniors:

I hope you are enjoying this beautiful holiday season. For Thanksgiving, we had a quiet meal at home. My daughter, Angie, and her son, Rodney, were there to help with the turkey, the ham, and the usual sides. It was a good meal but somewhat tempered by the news of the latest mass killing in this country, which happened on the day before Thanksgiving in San Bernardino, California. It makes one wonder what they have against us. Why

would they do such a thing? That's a very hard question, but we have to think about it. If we want to make this world a better place, we have to start at home, in the neighborhood and, most of all, in the church. This is where we put our best foot forward. It's where we greet our neighbors as sisters and brothers and where we observe the basic

rules of Christianity.

In Sunday School, your child might be asked to give an example of the Golden Rule on the play ground. The other children will pick it up and take it with them. If they spread that rule throughout the neighborhood, they will be helping to make this world a better place, one step at a time.

It's an awesome task but if we stay in church, we can reach out to one another as we reach up to God. If we widen the doors of the church, we can learn more about the

world around us, and, when we learn more, we can strive for peace on earth and good will towards all mankind.

If we express our goodwill at the conference table, if we extend the right hand of fellowship across the ocean and around the world, whatever we do will seem like a drop in the bucket. However, we have to start somewhere, and we need to do it now. If we plant good seeds, our children will enjoy the fruit.

Ruth Johnson is a First Baptist Church Ministry Worker.



Ruth Johnson

## SENIOR CITIZENS' FELLOWSHIP

## "The Lord is our Shepherd"

BY FANNIE ALLEN  
AND SHELIA ROSS  
CONTRIBUTING WRITERS

The temperature was in the 50's outside, but the smiles and hellos were warm on the inside. We were, as usual, glad to meet and greet each other. Our meeting was called to order by President Eloise Purdie. She said the it was great to be there today and then asked Mr. George Hill to come. He said it was a great day and asked the choir to come. The opening song was, "Joy to the World." A warm prayer to the Lord was given by Mrs. Shirley Drye. Our next song was, "O Come All Ye Faithful." Minister Doris McQuillian then came and said we will celebrate Jesus this month. She said it is great to be able to say Hallelujah. She asked our

speaker, Mrs. Lila Brown, to come.

Mrs. Brown said that the Lord is a great shepherd and that, when we are in His fold, we will be taken care of. John10:11 says, "The good shepherd sacrifices His life for His sheep." The fact that Jesus refers to Himself as the Good Shepherd means that he has a burning passion to lead and faithfully guide our lives. He will keep the attacks of Satan from harming us. We will have divine protection with great force. When we surrender our hearts to him, we have the assurance of help during difficult times. The key to our safety is to always stay close to the Shepherd and remain within the flock. As a believer, do you want to know why you have remained safe all these years? The answer is that he

prayed that the evil one would be kept away.

Minister McQuillian said, "What a great message!" She said that we are blessed. She said it is good to have someone to whom to talk and answer prayers. She said that was great. We appreciate the words, "the Lord is our Shepherd." She then asked for expressions.

The expressions are always encouraging. Sister Perrymon thanked everyone for their acts of kindness during the passing of her son. Minister McQuillian reported that Dr. Benjamin is able to get out now. She is back at her church. Mrs. Frances Greene said it is great to be back, "To God be the glory."

Minister McQuillian turned the meeting over to Mrs. Purdie. She said that

she enjoyed the message. Then Mrs. Gladys Taylor was called, and she said that she hoped that everyone had had a great Thanksgiving and that it was good to be here.

The minutes were then read by Mrs. Mildred Ellerby and then approved. Mrs. Cynthia Tyson then led the group in a song. The Callers Report was given, and the winner was Mrs. Gladys Taylor, with 10. All of the callers were given a hand. The Sick and Shut-in report was given by Mrs. Anie Haskins. Announcements were made, and "Smiles" were brought by Mrs. Mary Martin.

Our circle was formed, and we sang "Bind Us Together." Minister Doris McQuillian gave the closing prayer.

There were 45 present.

## Prayer vigil to honor victims of gun violence

Wilmington, NC - More than fifteen Wilmington-area faith communities and grassroots organizations are coming together Monday evening, December 14, 2015, for a candlelight prayer vigil to remember local victims of gun violence. The vigil will feature prayers for victims, families, those working to curb gun violence in our community and for the courage to stand together against violence.

The vigil will be held 6:00 p.m. to 6:30 p.m. at Bailey Theater Park at 12 N. Front Street in downtown Wilmington, a half bloc North of the Front and Market Street intersection. Various prayers will be offered by local clergy, lay people, and children.

December 14th is the anniversary of the 2012 shooting at Sandy Hook Elementary School in which 6 adults and 20 young children were killed in the deadliest mass shooting at a high school or grade school in U.S. history. This year similar vigils will be held in 36 states to remember all victims of gun violence.

"Some 30,000 Americans die every year of gun shot wounds", said Don Arabian, a member of Wilmington Faiths Against Gun Violence, the group organizing the event. Roughly 3,000 are children and sixty percent are suicides, he said. Arabian invited all area residents to "come together and pray together against gun violence".

The vigil is an outgrowth of discussions about gun violence begun earlier this year among a number of Episcopal churches in the area, according to Arabian. The discussions have expanded into an interfaith effort of individuals concerned about gun violence, regardless of the "politics of the gun debate", Arabian stressed.

"We are working hard to bring together all points of views, all sides of the issue," he said. "We are trying to get past the polarizing nature of the debate." "We need to begin a dialog about gun violence. As people of faith we can't stand by silently. If we do that, we condone it," he added.

The vigil will include the lighting of candles in memo-

ry of victims and will conclude with a bag piper solo of Amazing Grace.

Sponsoring faith communities and organizations currently include: Church of the Servant Episcopal, St. James Episcopal, St. Mark's Episcopal, Winter Park Presbyterian, Temple of Israel, Church of the Good Shepherd, Warner Temple A.M.E. Zion Church, B'nai Israel Synagogue, St. Paul's Episcopal, Tauheed Islamic Center, Holy Cross Church, New Covenant Holiness Church, Moms-N-Mourning, St. Philip's Southport, God's Comprehensive Outreach Coalition, Grace Church Whiteville, St. Luke A.M.E. Zion Church, St. Stephen A.M.E. Church, Price Cathedral A.M.E. Zion.

## TELL SOMEBODY

## "The Unseen Guest"

"And grieve not the holy Spirit of God, whereby ye are sealed unto the Day of Redemption." Ephesians 4: 29-31

Unseen- Invisible; Not directly evident

Guest- The recipient of hospitality at the home or table of another

Conversation - Spoken exchange of opinions, thoughts, or feelings

As we prepare our homes for the holidays, let us remember to prepare our heart for the guests who will be arriving and

dwelling among us. We are so busy washing, cooking and cleaning that sometimes we forget to mind our manners, monitor our tempers, and bridle our tongues. We want our guests to feel welcome, and because they were invited, we want them to return again next year. We shop until we drop, dust and clean, wash and fold, to insure our guests will feel "welcome". We spruce up our homes inside and out because we enjoy having the company! We want the words

of our mouths and the meditations of our heart to be acceptable in the sight of the Lord. We want family members, friends, neighbors, and co-workers to feel welcome.

Therefore, be aware when entertaining guests in your home, some are seen, and then there is the "Unseen Guest."

I Peter 1:15 says, "But as he which hath called you is holy, so be ye holy in all manner of conversations." You don't want your invited guests to cut their visit short because they were vexed by filthy conversation. (I Peter 2:7) Hebrews 13:5 says, "Let your conversation be without covetousness; and be content with such things that you have." You want each of your "guests" to feel received and respected at all times during their visit to your home. You don't want to be so tired, that your temper has a short fuse and no one comes to the dinner table because of your bad disposition. Tempers may flare during the holidays, but let's keep love alive! Family love and Godly love will cover a multitude of faults. Apostle Paul even exhorted young

Timothy to, "be an example of the Believers in word and in conversation."

As we look at the signs of the times, bible students and scholars realize the coming of the Lord is drawing nigh, and now is not the time, to forget that .....especially during the holiday season!

Ephesians 4:29-32, makes a profound statement to assist us in the process of monitoring our mouths and weighing our words. It says, "Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers."

And grieve not the holy Spirit of God, whereby ye are sealed unto the day of redemption. Let all bitterness (strong animosity), and wrath (resentful anger), and anger (feeling of great displeasure and hostility), and clamour (noise insistently), and evil speaking (indicating future misfortune) be put away from you, with all malice (desire to harm others or see others suffer):

And be ye kind (friendly, generous, warmhearted) one

to another, tenderhearted (compassionate), (forgiving one another (excuse for an offense or fault), even as God for Christ's sake hath forgiven you." The Unseen Guest is the Holy Spirit. We need him to come for more than a visit. We need for HIM to stay!

Tell Somebody!

Mrs. Sylvia B. Hooper is a native Wilmingtonian, married to Pastor Johnson A. Hooper, First Lady of Faith Outreach COGIC, Jacksonville, N.C. She is a mother of three wonderful children and a proud grandmother! She is a Licensed Evangelist with COGIC, International. She is the President of P.W.E. Pastors Wives Empowerment Conference, an annual event held in honor of Pastors and ministers Wives. This support group's focus is to Encourage, Embrace and Empower Elect Ladies to be all they can be in Christ Jesus, while providing support to their husbands, who are Gospel preachers and pastors. Her heart's desire is to please the Lord, rescue the perishing, comfort the dying, and live a life that gives God glory!

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of your choice, this week!



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**LEGAL NOTICES**

**NOTICE TO CREDITORS  
STATE OF NORTH CAROLINA  
COUNTY OF NEW HANOVER**

Having qualified as Administratrix-Ancillary of the Estate of **Judith Carolyn Pomeroy** late of Wilmington, NC, the undersigned does hereby notify all persons, firms, and corporations having claims against the estate of said decedent to exhibit them to the undersigned on or before the **19th day of February, 2016**, or this notice will be pleaded in bar of their recovery. All persons, firms and corporations indebted to the said estate will please make immediate payment to undersigned.

This the 19th day of November, 2015

Jean Pomeroy Monroe, Administratrix-Ancillary  
4100 Fern Street  
Fairfax, VA 22030

November 19, 26, December 3, 10, 2015

**NOTICE TO CREDITORS  
STATE OF NORTH CAROLINA  
COUNTY OF NEW HANOVER**

Having qualified as Administrator of the Estate of **Henry Timothy Woodberry** late of Wilmington, NC, the undersigned does hereby notify all persons, firms, and corporations having claims against the estate of said decedent to exhibit them to the undersigned on or before the **26th day of February, 2016**, or this notice will be pleaded in bar of their recovery. All persons, firms and corporations indebted to the said estate will please make immediate payment to undersigned.

This the 26th day of November, 2015

Timothy VaShaun Woodberry, Administrator  
750 Oneida Dr.  
Forestdale, AL 35214

November 26, December 3, 10, 17, 2015

**NOTICE TO CREDITORS  
STATE OF NORTH CAROLINA  
COUNTY OF NEW HANOVER**

Having qualified as Executor of the Estate of **James Allen Bryant, Jr.** late of Wilmington, NC, the undersigned does hereby notify all persons, firms, and corporations having claims against the estate of said decedent to exhibit them to the undersigned on or before the **26th day of February, 2016**, or this notice will be pleaded in bar of their recovery. All persons, firms and corporations indebted to the said estate will please make immediate payment to undersigned.

This the 26th day of November, 2015

Lester Bryant, Executor  
201 Barrow St.  
Castle Hayne, NC 28429

November 26, December 3, 10, 17, 2015

**NOTICE TO CREDITORS  
STATE OF NORTH CAROLINA  
COUNTY OF NEW HANOVER**

Having qualified as Executrix of the Estate of **Dianna B. Gasquez** late of Wilmington, NC, the undersigned does hereby notify all persons, firms, and corporations having claims against the estate of said decedent to exhibit them to the undersigned on or before the **17th day of March, 2016**, or this notice will be pleaded in bar of their recovery. All persons, firms and corporations indebted to the said estate will please make immediate payment to undersigned.

This the 3rd day of December, 2015

Kimber L. Hoelen, Executrix  
4606 Riplee Dr.  
Wilmington, NC 28405

December 10, 17, 24, 31, 2015

**NOTICE TO CREDITORS  
STATE OF NORTH CAROLINA  
COUNTY OF NEW HANOVER**

The undersigned **BROOKE THOMPSON**, having qualified on the 5th day of November, 2015, as Administrator of the estate of **ROBERT W. TAYLOR, SR.**, deceased, this is to notify all persons, firms and corporations having claims against said Estate that they must present them to the undersigned at **GRAVES MAY PLLC**, c/o Attorney David Anderson, 5700 Oleander Dr., Wilmington, North Carolina, 28403, on or before the **15th day of March, 2016**, or the claims will be forever barred thereafter, and this notice will be pleaded in bar of your recovery. All persons, firms and corporations indebted to the Estate will please make prompt payments to the undersigned at the above address.

This 7th of December, 2015.

**BROOKE THOMPSON**, Administrator  
ESTATE OF ROBERT W. TAYLOR, SR.  
David Anderson  
GRAVES MAY, PLLC  
5700 Oleander Dr.  
Wilmington, NC 28403

December 10, 17, 24, 31, 2015

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**LEGAL NOTICES**

**NOTICE TO CREDITORS  
STATE OF NORTH CAROLINA  
COUNTY OF NEW HANOVER**

Having qualified as Executor of the Estate of **Judith Elizabeth Williams** late of Wilmington, NC, the undersigned does hereby notify all persons, firms, and corporations having claims against the estate of said decedent to exhibit them to the undersigned on or before the **26th day of February, 2016**, or this notice will be pleaded in bar of their recovery. All persons, firms and corporations indebted to the said estate will please make immediate payment to undersigned.

This the 26th day of November, 2015

Alfonso Williams, Executor  
5012 Crosswinds Dr.  
Wilmington, NC 28412

November 26, December 3, 10, 17, 2015

**NOTICE TO CREDITORS  
STATE OF NORTH CAROLINA  
COUNTY OF NEW HANOVER  
In the Matter of the Estate of  
Evelyn G. Bullard, Deceased**

The undersigned, having qualified as Executor of the Estate of **Evelyn G. Bullard**, deceased, late of New Hanover County, North Carolina, this is to notify all persons, firms and corporations having claims against said estate to present them to the undersigned on or before **March 13, 2016**, or this Notice will be pleaded in bar of recovery. All persons indebted to the said decedent or estate shall please make immediate payment to the undersigned.

This the 3rd day of December, 2015.

Frances R. Bullard  
Executor of the Estate of  
Evelyn G. Bullard  
c/o Anthony L. Register  
Alley, Register & McEachern  
701 North 4th Street  
Wilmington, NC 28401

December 3, 10, 17, 24, 2015

**NOTICE TO CREDITORS  
STATE OF NORTH CAROLINA  
COUNTY OF NEW HANOVER**

The undersigned, having qualified as Executor of the estate of **Lydia Bailey Hines**, deceased, of the New Hanover County, North Carolina, does hereby notify all persons, firms and corporations having claims against the estate to exhibit them to the undersigned on or before the **19th day of February, 2016**, or this notice will be pleaded in bar of their recovery. All persons, firms and corporations indebted to said estate please make immediate payment to the undersigned.

This the 19th day of November, 2015

Stephen C. Harper, Executor of the Estate of Lydia Bailey Hines  
1408 Old Lamplighter Way  
Wilmington, NC 28403  
Murchison, Taylor & Gibson, PLLC  
16 North Fifth Avenue  
Wilmington, NC 28401

November 19, 26, December 3, 10, 2015

**NOTICE TO CREDITORS  
STATE OF NORTH CAROLINA  
COUNTY OF NEW HANOVER**

The undersigned, having qualified as Executrix of the estate of **Teresa Koska Gausman**, deceased, of the New Hanover County, North Carolina, does hereby notify all persons, firms and corporations having claims against the estate to exhibit them to the undersigned on or before the **19th day of February, 2016**, or this notice will be pleaded in bar of their recovery. All persons, firms and corporations indebted to said estate please make immediate payment to the undersigned.

This the 19th day of November, 2015

Atlanta Marie Carrera, Executrix of the Estate of Teresa Koska Gausman  
6750 Gordon Road  
Wilmington, NC 28411  
Murchison, Taylor & Gibson, PLLC  
16 North Fifth Avenue  
Wilmington, NC 28401

November 19, 26, December 3, 10, 2015

**LEGAL NOTICES**

**NOTICE TO CREDITORS  
STATE OF NORTH CAROLINA  
COUNTY OF NEW HANOVER**

The undersigned **DONALD DOUGLAS GILSTRAP, JR.**, having qualified on the 4th day of December, 2015, as Administrator of the estate of **DONALD DOUGLAS GILSTRAP, SR.**, deceased, this is to notify all persons, firms and corporations having claims against said Estate that they must present them to the undersigned at **GRAVES MAY PLLC**, c/o Attorney David Anderson, 5700 Oleander Dr., Wilmington, North Carolina, 28403, on or before the **17th day of March, 2016**, or the claims will be forever barred thereafter, and this notice will be pleaded in bar of your recovery. All persons, firms and corporations indebted to the Estate will please make prompt payments to the undersigned at the above address.

This the 7th day of December, 2015.

Donald Douglas Gilstrap, Jr., Administrator  
ESTATE OF DONALD DOUGLAS GILSTRAP, SR.  
David Anderson  
GRAVES MAY, PLLC  
5700 Oleander Dr.  
Wilmington, NC 28403

December 10, 17, 24, 31, 2015

Intercoastal Marine, LLC is accepting subcontractor and supplier bids for the City of Wilmington Walkway Under Heide Trask Drawbridge project #BR-KHA-1215, no later than 4:00 PM Dec. 16, 2015. Potential subcontract opportunities which may exist on this project include, but may not be limited to Concrete, Curb, and Gutter, Hauling, Grading, Asphalt Paving, Landscaping, Traffic Control, Pavement Marking, and Markers, Erosion Control, Electrical, Carpentry, Suppliers and other items not specifically referenced herein. Minority/Women Business Enterprises are encouraged to submit a bid. Reply to 910-675-9791(p), 910-675-9796(f) or 6101 Diamond Shamrock Rd., Castle Hayne, NC 28429.

December 10, 2015

**NOTICE OF SERVICE OF  
PROCESS BY PUBLICATION  
STATE OF NORTH CAROLINA  
DUPLIN COUNTY  
In the District Court  
File No. 15CV02224**

**Wade Hankins, Jr., Plaintiff  
vs.  
Patrinia Hankins, Defendant**

**To: Patrinia Hankins**  
Take notice that a pleading seeking relief against you has been filed in the above-entitled action. The nature of the relief being sought is as follows: Absolute Divorce

You are required to make defense to such pleading not later than 40 days after the date of the first publication of this notice, and upon your failure to do so the party seeking service against you will apply to the court for the relief sought.

This, the 26th day of November, 2015

Wade Hankins, Jr.  
PO Box 728  
Norlina, NC 27563

November 26, December 3, 10, 2015

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Marquesa  
LaDawn**



**This is what  
I loved about the  
Real Housewives  
this week...**

1. The Real Housewives of Atlanta (RHOA) - There is a friendly wager on the table between Sheree Whitfield and Kenya Moore to see who will complete their house first. I'm thinking Sheree will win this one; she's almost there. In the same breathe, Kenya is pretty ambitious although she's starting from scratch. It's anybody's game!
2. Cynthia may be giving up on her marriage; she sat down with Kandi to share her frustration. It was a bit surprising to hear Kandi share an alternative: growing old and lonely. Shocking, in part, because Kandi is such an ambitious woman. Also not shocking since the RHOA old ladies gang is composed of her aunts and mom, all who seem lonely and alone. But, I do think there's an in between space when choosing between a bad marriage and growing old alone.
3. A relaxing mini-yacht ride can never be just a relaxing ride for The Real Housewives of Atlanta (RHOA). From the moment the ladies arrived on the yacht, tension was in the air. Kenya noticed her event critic was an uninvited guest joining her and the ladies on this ride. She immediately asked why was she there and was told another housewife invited her. She accepted that response for at least an hour and then attempted to throw her off. Kenya, come on now?
4. Her attempt to throw a guest of one of the guest housewives led to the other housewives trying to figure out who should try to calm Kenya. No one wanted that role. Cynthia was elected by default, since Kenya called her a best friend. But before Cynthia could go and calm Kenya down, she got riled up over nothing. My take, extreme internal pressure over her marriage woes and she exploded. Well, the explosion led to her yelling at Porsha and causing a fight. We'll have to watch next week to see what happens.
5. Kim Fields, quickly learned that a leisure yacht ride with the housewives, is never a book and food from your carry on. It's lots of drinks, drama and unpredictable behavior.
6. Earlier in the episode, we saw Porsha plan a romantic Skype with her man only to be forgotten. She also admitted she wants a husband and daddy now, not understanding that is not a good goal.
7. The Real Housewives of Beverly Hills (RHOBH) returned and was a shocker premier episode. The sweetest housewife ever, Yolanda Foster, is being divorced. Yes, the same lady who is sick with Lyme disease. The sad part is she was super wife until she got sick and now that she can no longer fulfill that role, she's been kicked to the curb. I truly believe what goes around comes around.
8. Also, another shocker in RHOBH land... although you are critically ill, you cannot go anywhere without makeup in Beverly Hills, or you've committed a crime. Talk about understanding what's important. With friends like these, who needs enemies.
9. I look forward to seeing how this new season folds out, welcome back ladies.
10. The Real Housewives of Orange County (RHOC) refuses to go away. Vicki's ex told his side so she had to tell her side and overall, she was a victim again. It's interesting to see her cast mates refusing to film with her and RHOC fans refusing to watch her.

*Marquesa LaDawn is a professional businesswoman who escapes the pressures of living in New York City by retreating into the real world of reality TV. Follow her on twitter @realityshowgirl, Periscope and subscribe to her podcast at www.RealityTVGirl.com.*

**ENTERTAINMENT**

*Cash in the Apple*  
By  
Cash  
Michaels



**OUTRAGE** - No, of course I don't like writing about Republican presidential frontrunner Donald Trump two weeks in a row, but let's face it, the way it looks now, he could very much be the next GOP presidential nominee the way he's going in the polls.

Last week there was big consternation when the controversial billionaire met with a group of black preachers for the purpose of gaining their endorsement. It didn't turn out to be all that Trump wanted, but he did get the nod from a few conservative preachers. No telling how much he has put in their collection plates.

Then Trump came to Raleigh and held a jam-packed rally at Dorton Area last Friday night. But among the 8,000 in attendance were also plenty of demonstrators who interrupted Trump a record ten times, finally making him leave the state after 45 minutes.

Kind of brought a smile to your face, didn't it?

But let's face it, absolutely nothing compares to Trump telling the press that he wanted to "shutdown" all Muslim immigration to the United States in an effort to curb terrorism. Now that brought the proverbial house down around The Donald, and folks wonder whether he can survive this huge brouhaha.

Well, given the way Trump has played the news media like a trumpet of late (pardon the pun), the answer is probably yes. There indeed seems to be a large conservative constituency who so hate President Obama, and so yearn for a "powerful" white guy to take back the reigns of control again, that they literally cheer every time Donald Trump promises that "America will win again" under his ego-driven lead.

I guess what I telling you folks is this is a very dangerous time we're going through, so dangerous that it looks more and more like the future of this nation is going to fall further into the hands of extremists who have every intention of changing the US Constitution that's supposed to protect us all, to their own liking.

That means folks can't play games about voting come November 2016. You may have a problem with government as it is, but you sure as shootin' don't want what government might become if the wrong folks take the wheel.

So pay attention to the issues, especially as we in the Black Press lay them out for you in this black newspaper. Remember, as a people, we're very used to suffering, but that doesn't mean that our children and grandchildren deserve any of it, or should ever get used to it.

THE WIZ LIVE - Well, hand it to NBC Television. Their three-hour telecast of "The Wiz Live" was just what the doctor ordered during an otherwise miserable week that saw a nation reeling from shock from a terrorist attack in California.

Based on the original 1975 Broadway musical which starred the legendary Stephanie Mills as "Dorothy," the little black

girl from Kansas who is swept away to the magical land of Oz, the live telecast was indeed magical and uplifting, featuring the high talents of Queen Latifah, David Alan Grier, Mary J. Blige, and newcomer Shanice Williams as "Dorothy."

Let's face it, the African-American family hasn't had good reason to all gather around the television set and cheer something positive in such a long, long time. This extraordinary production offered that opportunity, not only to come together and enjoy wholesome entertainment, but it also gave us elders a chance to share some black history with our young'uns, allowing us to share who Stephanie Mills is, telling them about the original Broadway play and the 1978 movie starring Michael Jackson and Diana Ross, and giving them some idea of what real talent is.

So thanks, NBC. The ratings were great with over 11 million people watching on a Thursday night. The show will be rerun around Christmas, so watch for it again.

"BLACK PANTHER" FINDS A BLACK DIRECTOR - A couple of months ago it was reported that Ava Duvernay, the acclaimed director of the film, "Selma," met with the folks at Marvel Studios about possibly directing a feature film about an African prince with super abilities called "Black Panther." The character is actually making his debut in next May's "Captain America: Civil War," but having his own feature film will be the follow-up.

Duvernay, to no one's surprise, had her own ideas about how to present the story, but Marvel already had its playbook set, so they all decided to part company amicably (we're told). So now Marvel was up a tree. They have a major film about a black superhero, but no top named black director they can get a buy-in from.

Enter Ryan Coogler, known for his fine work directing Fruitvale Station, and the recent hit, Creed starring Michael B. Jordan and Sylvester Stallone. Young Coogler has gotten raves for his work, and so it was announced this week that he will be directing Black Panther, starring Chadwick Boseman, who has starred as James Brown in Get On Up, and as baseball legend Jackie Robinson in 42.

Black Panther is due out in 2018.

*Make sure you tune in every Thursday afternoon at 4 p.m. for my talk radio show, "Make It Happen" on Power 750 WAUG-AM, or online at [www.waug-network.com](http://www.waug-network.com). And read more about my thoughts and opinions exclusively at my blog, "The Cash Ro c" (<http://thecashroc.blogspot.com/2011/01/cash-ro-c-begins.html>).*

*Cash in the Apple - honored as the Best Column Writing of 2006 by the National Newspaper Publishers Association. Columnist Cash Michaels was also honored by the NNPA for Best Feature Story Journalist of 2009, and was the recipient of the Raleigh-Apex NAACP's President's Award for Media Excellence in Sept. 2011.*

*Until next week, keep a smile on your face, GOD in your heart, and The Wilmington Journal in your life. Bye, bye.*



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