

# Life!

THURSDAY, JANUARY 29, 2026 SECTION B

## Measles cases confirmed in Mecklenburg. What it means.

*What to do if contact with the virus occurs*

By Cameron Williams  
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Three measles cases have been confirmed in Mecklenburg County.

Mecklenburg County Public Health is investigating an instance where an adult was in contact with a confirmed case through travel. The individual is in isolation and recovering at home. The second is an unvaccinated Mecklenburg County child who was in contact with another child in South Carolina, where an outbreak of the virus has surpassed 700 cases.

**What is measles?**

Measles is a respiratory disease caused by the Rubeola virus. Symptoms include fever, cough, runny nose, red watery eyes and often rashes in the mouth and on parts of the body. It was once considered a common childhood illness. Rubeola is an airborne virus that spreads easily through the air and settles on surfaces.

Most people recover in approximately 10 days if properly isolated and treated. While there is no direct cure for measles, symptoms can be eased and recovery can be accelerated by managing symptoms through proper hydration and rest. It is recommended to get the MMR (measles, mumps and rubella) vaccine as well.

"With measles cases now confirmed in Mecklenburg County, we encourage everyone to get up to date on their MMR vaccine to protect their health and our community," said Dr. Kimberly Scott, Mecklenburg's interim health director.

"While we have strong vaccine coverage in the county, we continue to see how fast measles can spread with measles cases increasing in the Carolinas. Vaccination is the best tool we have to prevent an outbreak here."

Please see MEASLES | 2B

## Test knowledge about heart health

FAMILY FEATURES

As you age, your doctor's interest in your cholesterol level is likely to increase.

That's no coincidence. High cholesterol and age are two significant risk factors for heart disease, which is the leading cause of death in the United States.

You may not be able to slow the hands of time, but elevated low-density lipoprotein (LDL) cholesterol, also known as "bad" cholesterol, is one of the most significant addressable risk factors for the development of cardiovascular disease. Uncontrolled high LDL-C can lead to death, heart attack, stroke or the need for a coronary revascularization.

While statins are considered first-line treatment for people with high LDL cholesterol, an estimated 29% of patients stop taking their statin within the first year, based on findings published in the American Journal of Cardiology. Up to 30% of people have some degree of statin intolerance, according to research published in the Journal of Clinical Lipidology.

Test your heart health knowledge and learn more about managing your risk factors, including high cholesterol, with this quick quiz:

1. Do cardiovascular diseases, including heart disease and stroke, claim more lives in the U.S. than all forms of cancer and accidental deaths (the Nos. 2 and 3 causes of death, respectively) combined?

Yes. Cardiovascular disease is the No. 1 killer of men and women in America and worldwide, killing

Please see TEST | 2B

«RIDES

## The nimble Chevrolet Trax isn't for speed demons, but wins at fuel economy

By Winfred Cross

FOR THE CHARLOTTE POST

There are those who love cars for their aesthetics and power.

Some of us get downright giddy when something that cost more than the houses we live in rolls past. Some even collect automobiles to put in a garage to simply sit and look good. The majority can be satisfied with something that takes us from point A to B efficiently for as little money as possible. Those cars are getting as rare as supercars once were. That's why Chevrolet builds the Trax.

The Trax can be had for less than \$22,000 if you want the no-frills base model. That price unheard

of for a sedan and especially a compact SUV. Even the base model has enough amenities to satisfy those who want a little more from a vehicle.

I drove a Trax for a week and found it to be a surprisingly spacious, pleasant to drive and highly recommendable.

The Trax was redesigned in 2024 and has essentially remained the same. It is powered by a 1.2-liter turbocharged engine which makes 137 horsepower and 162 pounds-feet of torque. The engine is mated to a six-speed transmission. Unfortunately, all-wheel drive is unavailable.

The engine configuration allows the Trax to hit 60 miles per hour in about 9

seconds. Yes, that's slow but it's not much slower than everything else in class. The vehicle feels peppy on the highway, but the small engine becomes apparent when you try to pass. You can do so, but planning is required. The six speed transmission shifts crisply and if you ask, will down shift quick enough to allow passing.

An engine this size allows for excellent fuel economy, but the Trax gets less than 30 miles per gallon combined.

The ride is comfortable and fairly quiet. Push the engine hard and it protests a bit more but you can maintain conversations at normal levels. The suspension is good enough to

soak up most of the bad stuff before it reaches the cabin.

The Trax small size gives it a nimble feel around corners, and it feels stable

in all driving situations. Braking is solid, but about average for the class.

The Trax has a modern interior that has a lot of plastic, but it doesn't look

Please see CHEVY | 2B



Zeta Phi Beta sorority will host the 21st annual Bowling for Babies fundraiser Feb. 21 at AMF University Lanes.

## Bowling fundraiser rolls strike for healthy babies

*Zeta Phi Beta sorority raises awareness of Black infant mortality*

By Nikya Hightower

FOR THE CHARLOTTE POST

Zeta Phi Beta sorority is bowling for healthy babies and moms.

Zetas of Charlotte will host the 21st annual Bowling for Babies Feb. 21 from 12-3 p.m. at AMF University Lanes, 5900 N. Tryon St. The fundraiser is a partnership with March of Dimes as advocates for mothers and babies affected by premature births.

Premature birth, which occurs before 37 weeks of pregnancy, is a leading cause of infant death in the United States and can lead to long term health challenges.

"It is an initiative of our sorority but choosing this specific event and not just walking for March of Dimes is due to the fact that we have had some of our actual members affected by premature births," said Chanda Wright, president of Delta Zeta chapter.

March of Dimes is a national nonprofit that focuses on improving maternal and infant health

through funding research, neonatal support and advocating for policies that improve health care for families who have been affected. According to March of Dimes, premature birth rates are highest for Black infants in North Carolina. With Bowling for Babies, the Zetas are raising awareness not only of health challenges in the Black community but also the disparities that come with them.

"We are looking for, other than, of course, having fun, just an overall sense of purpose and connection to what we are trying to do. The purpose, so that they have an understanding that prematurity is still something that impacts our community and our families in this area," Wright said.

Over the years, the event has grown, and the Zetas want to expand it.

"When we first began, we were really only reserving about 10 to 15 lanes in one of the AMF bowling lanes in the Charlotte area. We had

a section of the bowling alley reserved, they still had their regular bowling going on while we're having our little event," Wright said. "We progressed, but starting in 2020 is when we started selling out the whole bowling alley. So, all 40 lanes, and we've been at that level ever since."

The chapter has raised more than \$10,000 through Bowling for Babies and wants to launch future events.

"We would like to find ways to improve how much we raise specifically, but overall with our donation efforts we do make an impressionable impact for prematurity and the March of Dimes," Wright said. "We would like to continue to grow the impact that we have with fundraising, get additional sponsors, maybe go into tiered sponsorships."

On The Net  
Zetasofcharlotte.org

with outstanding flavor and beauty, causing Rubybor to become an AAS Gold Medal winner in both the flower and vegetable category. This award is only given once or twice in a decade. Some past winners include Ruby Ball Cabbage, Sugar Snap Pea, Profusion Zinnia, Purple Majesty Millet, and Fresh Look Red Celosia.

Grow the award-winning Treviso basil for use in pesto, pastas, sides and your other favorite recipes. This basil was selected for its disease resistance to powdery and downy mildew, its tight compact growth habit and season long productivity.

The flavorful leaves stay tender longer and maintain quality even late in the season. The AAS judges, volunteers with horticulture expertise, were impressed with its vigor, heat tolerance and its slow-to-flower nature.

Wait for the danger of



Kale Rubybor was an AAS Gold Medal winner for its flavor and beauty.

frost to pass and air and soil to warm before planting any basil in the garden. This is about the same time you plant your tomatoes. You can start seeds indoors six to eight weeks before moving transplants into the garden. Wait for the soil to warm when planting seeds directly in the garden.

Grow basil in a sunny lo-

cation and water thoroughly and often enough to keep the soil consistently moist but not soggy wet.

Boost the disease resistance in your tomato patch with BadaBing! Tomato. This large cherry tomato boasts resistance to septoria leaf spot, early blight, late blight and other dis-

Please see WINNING | 2B



The Chevy Trax isn't powerful but excels at fuel mileage.

soak up most of the bad stuff before it reaches the cabin.

The Trax has a modern interior that has a lot of plastic, but it doesn't look

CHEVROLET



STOCK PHOTO

Rash on the skin is one of the symptoms of measles, where two cases have been confirmed in Mecklenburg County. More than 700 cases have been confirmed in South Carolina.

## Measles are confirmed: What you need to know

Continued from page 1B

While most cases of measles can be treated at home, it can be lethal if it is aggressive and individuals have underlying health conditions.

"Measles can also have several severe complications, like hospitalizations or pneumonia, especially amongst our young children and immunocompromised persons, which basically means a person whose body might not be able to fight infections," Scott said. "Around 90% or about nine out of 10 unvaccinated individuals who are exposed to measles may become infected."

Mecklenburg County's response

Joy Smith, Mecklenburg's communicable disease director, outlined the county's process when infectious diseases are detected in a media briefing.

"Our team is responsible for communicable disease investigation and contact tracing," she said. "Once we receive notice of a suspected or confirmed case, our communicable disease nurses conduct a thorough investigation to determine the individual's infectious period, travel history and potential exposure locations, the individual is then advised to isolate to prevent further transmission."

"The next step is contact tracing and notification. Trained staff are notifying individuals who may have been exposed. Those contacts will receive guidance based on their risk level, including symptom monitoring, testing, vaccination recommendations and quarantine, if indicated."

Smith noted that the processes are complete for the confirmed cases. She emphasized the importance of vaccination and making sure individuals

are up to date on vaccines in order to combat the spread.

### Importance of MMR vaccine

Mecklenburg's Medical Director Bonnie Coyle said measles is so contagious that a person going into a room hours after a person with the virus has left, there is a high risk of infection. That's part of the reason why vaccination is crucial.

"Vaccination is the best tool we have to prevent measles and avoid serious health complications from the disease," she said. "Children should receive two doses of the MMR vaccine. The first dose is at ages 12 through 15 months of age, and the second dose is given between four and six years of age. One dose of the vaccine is 93% effective at preventing measles, and two doses are 97% effective at preventing the disease."

Adults who weren't vaccinated as a child are recommended to get the vaccine as well, unless you were born before 1957.

"For most adults, one vaccine is considered adequate coverage," Coyle said. "Some groups, like health care workers, college students, those who are traveling internationally and contact immunocompromised individuals should receive two doses of MMR. In addition, adults who are born before 1957 are considered immune. If you're unsure of your vaccine status, talk with your primary care provider about whether you should receive additional doses or check a titer to see if you are immune."

Titer is a lab measurement of the concentration or amount of antibodies that determines immunity to a disease.

## Test your knowledge about heart health and stay on top of latest

Continued from page 1B  
more people than both cancer and accidents each year.

2. According to the American Heart Association, which of the following are true?

• Men are more likely to have heart attacks at a younger age than women.

• Women experience different symptoms indicating potential heart disease.

• Women have a higher risk of fatality because their symptoms are frequently misunderstood or misdiagnosed, leading to delayed treatment.

All are true. While many factors are at play, one major underlying issue is historically, women simply haven't been well represented in clinical trials of heart-related conditions. However, Harvard Health reports that culture is slowly changing and some of the gaps are starting to close.

3. Does statin intolerance mean statins are not effective?

No. On the contrary, statins are the standard of care to lower LDL choles-

terol. However, some people cannot take statins at any dose because of statin intolerance symptoms such as muscle pain, while others may have their LDL cholesterol remain uncontrolled because they are not able to take higher doses.

4. Are women more likely to be statin intolerant than men?

Yes. According to the National Institutes of Health, being female is a risk factor for statin intolerance.

5. If a person is statin intolerant, are there other treatments available to help lower their uncontrolled LDL-C?

Yes. Alternative treatments are available for people with statin intolerance. A health care provider can help explain what options are available if you experience potential statin-associated side effects.

6. Are muscle-related symptoms typically the most common side effect of statins?

Yes. Muscle pains or cramps (myalgias) are the most common symptoms

people experience. Your health care provider may run tests or change your medication to address these symptoms.

For more information on statin intolerance, talk with your health care provider or visit statinalternatives.info.

### How to lower bad cholesterol

LDL cholesterol, commonly referred to as "bad" cholesterol, leads to plaque in your arteries, reducing blood flow and potentially damaging your cardiovascular system.

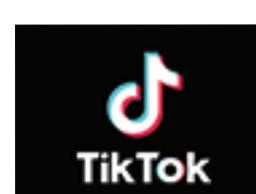
If your bloodwork shows elevated LDL cholesterol levels, you can take steps to reduce it.

1. Eat a healthy diet low in saturated and trans fats and high in fiber, with an emphasis on fruits, vegetables and whole grains.

2. Get at least 30 minutes of exercise daily, and if you carry extra weight, work to lose it.

3. Talk to your health care provider about cholesterol-lowering medications, which can help lower bad cholesterol and reduce the risks associated with heart disease.

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## Chevy Trax isn't for speed but wins at fuel economy

Continued from page 1B

era has a sharp picture and the menus are intuitive. There are also physical buttons below the screen that are easy to access and have a good feel.

The seats have good padding but don't have the best support. They are comfortable but since the Trax isn't sporty to drive there isn't a big need for more support. Folk in the rear have enough room but they don't get air vents or cup holders. Bummer.

The 2RS is co-top model with the Activ, which has a few more comfort features while the 2RS gets more sporty trim. Standard stuff includes keyless entry, heated, power adjustable mirrors, heated front seats, heated steering wheel, 19-inch wheels, digital instrument cluster, 11-inch touchscreen, six speaker audio sys-

tem, Apple CarPlay and Android Auto, push-button start and roof rails.

You can add a wireless charging pad, sunroof and a Driver's Confidence package that includes adaptive cruise and blind-spot warning.

My Trax was less than \$30,000 with all that equipment which makes it a competent vehicle that's affordably priced. That's a good deal.

### Pros:

- Price
- Features
- Interior and storage space
- Ride quality
- Standard equipment
- Infotainment system

### Cons:

- A tad slow
- No AWD

## Winning vegetables for garden

Continued from page 1B

eases. You'll enjoy the 1.5-inch diameter juicy red fruit that resists cracking. This indeterminate tomato will keep flowering and fruiting until frost but only grows 36 to 40 inches tall.

It was selected as a regional winner in the Great Lakes, Heartland, Mountain/Southwest and the Southeast. AAS judges praised BadaBing! for its productivity, flavor and meaty texture.

Check out other AAS winning vegetable and flower varieties. This nonprofit organization has been trialing never-before-sold

varieties and selecting winning plants for home gardeners for more than 90 years. Trial gardens are located at seed companies, universities and botanical gardens. Judges are volunteers who monitor and rate varieties' performance compared to similar varieties already on the market.

Plan a visit to one of the nearly 200 AAS Display Gardens located at public gardens, extension offices and some retailers. You'll have a chance to see the winners in a garden setting to help you plan for future additions. In the meantime, look for the AAS

Winner logo when searching catalogs and your favorite garden center.

*Melinda Myers has written more than 20 gardening books, including the *Midwest Gardener's Handbook, 2nd Edition* and *Small Space Gardening*. She hosts *The Great Courses "How to Grow Anything"* streaming courses and the nationally syndicated *Melinda's Garden Moment* radio program. Myers is a columnist and contributing editor for *Birds & Blooms* magazine and her website is [www.MelindaMyers.com](http://www.MelindaMyers.com).*



STOCK PHOTO

An Australian study of nearly 101,000 students from grades 4-12 suggests an all or nothing approach to smartphone limits is counterproductive.

## Too much screen time or none? Both can hurt youngsters online

Cara Jones

BLACKDOCTOR.ORG

For the modern parent, the glowing screen of a smartphone often feels like a battlefield.

We've seen the headlines about the "anxiety epidemic" and the "loneliness of the digital age," leading many well-meaning caregivers to reach for the nuclear option: a total ban on social media.

However, a new study out of Australia, which tracked nearly 101,000 adolescents from grades 4-12, suggests that the "all-or-nothing" approach might actually be backfiring. Instead, researchers discovered a "Goldilocks" pattern: just as the porridge in the fairy tale needed to be neither too hot nor too cold, social media use seems to be healthiest when it is "just right."

### The data: Risks of both extremes

The study's findings provide a nuanced look at how digital life affects different age groups and genders. While the dangers of excessive use are well-documented, the dangers of zero use are a rising concern for developmental experts.

• Heavy users: The study confirmed that "heavy users" were significantly more likely to struggle.

In middle school and early high school, girls with the highest social media consumption were three times more likely to experience low well-being. Boys in the same category were twice as likely to struggle.

• Digital outcasts: Surprisingly, by grades 10 to 12, teens with no social media at all also reported lower well-being. This was particularly pronounced in boys.

• The sweet spot: Teens who practiced moderation — using social media to connect without letting it consume their day — reported the highest levels of happiness, life satisfaction, and emotional balance.

The takeaway? In 2026, being completely offline isn't just a lifestyle choice; for a teenager, it can be a form of social isolation. Social media is the "digital mall" — it's where plans are made, jokes are shared, and peer groups are solidified.

### Tips for parents

If the goal is moderation rather than a total ban, how do you implement that without constant door-slamming arguments? Here is how to help your teen find their "Goldilocks" zone.

#### 1. Shift the goalpost to digital literacy

Instead of focusing solely on minutes spent scrolling, focus on what they are doing. Are they actively messaging friends (high-value connection) or passively scrolling through idealized influencers (low-value comparison)? Help them identify the difference between "active" and "passive" use.

#### 2. Co-create the rules.

Teenagers are more likely to follow boundaries they helped build. Sit down and discuss the Australian study together. Ask them: "At what point do you feel like social media starts making you feel worse instead of better?" Use their input to set "Grey Zones" — times when the phone stays in a common area, such as during dinner or one hour before bed.

#### 3. Watch for the 'Grade 10 shift.'

The study noted that the risk of social isolation peaks in later high school. If your older teen is completely offline, check in on their social health. Are they finding community elsewhere? If they feel "left out," it might be time to allow a specific platform with agreed-upon boundaries rather than maintaining a strict ban.

### Tips for teens

It can feel like apps are designed to keep you hooked (because they are). Taking back control isn't about doing what your parents say; it's about making sure your phone works for you, not the other way around.

#### 1. Audit your following list

Once a month, scroll through the accounts you follow. If an account makes you feel insecure, "less than," or annoyed, hit the unfollow button. Your feed should be a tool for inspiration and connection, not a source of "FOMO" (Fear Of Missing Out).

#### 2. The 'real life' pulse check

Try this experiment: After 30 minutes Please see **TOO** | 3B

« BLACK BRILLIANCE »



Jackie "Moms" Mabley, born in Brevard, North Carolina, went from the Chitlin' Circuit to the comic mainstream that opened doors for Black performers.

## Moms Mabley paved way to standup stardom

By Herbert L. White  
herb.l.white@thecharlottepost.com

Jackie "Moms" Mabley was a pioneering comic who made the transition from the Chitlin' Circuit to the mainstream success and recognition.

Mabley, born Loretta Mary Aiken in Brevard, North Carolina in 1897, joined the vaudeville circuit at 14 after a difficult childhood when she was raped twice. Mabley became known as "Moms" because of her mentoring and maternal attributes and became a regular performer at the Cotton Club and headliner at the Apollo Theater in New York, where she was the first woman to perform there.

Mabley recorded multiple comedy albums and was often featured on variety shows, including "The Ed Sullivan Show" and "The Smothers Brothers Comedy Hour."

Mabley's stage persona was an older

woman wearing a housedress, oversized shoes, and an equally floppy knit cap, which were meant to be a commentary on racial perceptions and bigotry against Black people. Much of her work was social commentary through social satire and jokes that were often raunchy in nature expressing a preference for younger men. It was all for show, though. In her personal life, Mabley often was a glamorous dresser and openly lesbian. Offstage, she would wear clothes commonly worn by her male peers. Mabley was more than a comic. She added singing to her repertoire with a cover version of "Abraham, Martin and John" in 1969 that became a hit record and appeared in feature films like "The Emperor Jones" (1933), "Boarding House Blues" (1948), and "Amazing Grace" (1974). Shortly after the release of that movie, Mabley died at age 81.



The Rock Hill community celebrated the Martin Luther King Jr. essay contest finalists from left: Mya Moore (Northwestern High School), Imani Johnson (South Point High) and Danielle Middleton (Northwestern).

## Rock Hill observes MLK Day with service and scholarship

By Byron Putman  
FOR THE CHARLOTTE POST

The Rock Hill community gathered on Jan. 19 at First Baptist Church for the 23rd annual MLK Interfaith Prayer Breakfast.

The theme, "From Dream to Duty: Carrying the Torch Forward by Building Bridges, Not Walls," called to move beyond celebration and turn Martin Luther King Jr.'s message into action.

Former South Carolina Sen. Maggie Wallace Glover delivered the keynote address, challenging the audience to get involved in shaping their communities and nation. Glover urged citizens to contact their senators and congressional representatives, speak up on issues affecting their daily lives, and take responsibility for strengthening democracy.

During the program, several honors were awarded, including the MLK Dream Keepers Award, presented to Stacy Anderson for his consistent service, leadership, and commitment to advancing King's vision in the Rock Hill community.

A highlight of the morning included the announcement of the 2026 Martin Luther King Jr. essay contest finalists:

- First place (\$1,000): Mya Moore, Northwestern High School
- Second place (\$500): Imani Johnson, South Pointe High School
- Third Place (\$250): Danielle Middleton, Northwestern High School

The scholarships were sponsored by the Kappa Alpha Chapter of Omega Psi Phi Fraternity, Inc. and Omegas of Rock Hill Inc.

## Too much screen time or none? Either approach can hurt youngsters online

Continued from page 1B

on social media, ask yourself on a scale of 1-10, "How do I feel right now?" If your energy is lower than when you started, that's a sign you've moved out of the Goldilocks zone. Use that feeling as a cue to go do something offline.

3. Social media as bridge, not destination

The healthiest teens use social media to facilitate real-world hangouts. Use the group chat to coordinate a basketball game, a movie night, or a study session. If the conversation stays strictly behind a screen, it's not providing

the full "well-being" boost that human connection requires.

### Power of ongoing conversation

The researchers emphasized that ongoing conversations matter more than strict bans. The digital landscape changes every week; a rule that worked for a 12-year-old won't make sense for a 16-year-old.

Parents, try to be curious rather than judgmental. Ask your teen to show you their favorite creator or explain a new meme. When you understand their digital world, they are more likely to listen when you

express concerns about their screen time.

The bottom line: Social media is a tool. Like a hammer, it can be used to build a house (community), or it can be used to break things (mental health). The goal is to teach the next generation how to swing the hammer safely.

The Australian study proves that we don't need to fear the technology itself—we just need to respect its power and find the balance that allows our teens to stay connected without getting lost in the glow.

## Things regular gymgoers don't bother to tell you

BLACKDOCTOR.ORG

It's no secret that the gym can be a scary place when starting your fitness journey. Without a trainer, you might not know what to do and for some reason, it always feels like all eyes are on you.

It's common for people to feel uncomfortable in the gym and believe it or not, what seems like a cold dark place for you may feel like an iron dojo for someone else. Your perspective is key in making the gym less intimidating.

Here are some things regular gym goers don't tell you that can help you go in the weight room - and anywhere else in the gym - with confidence.

1. It's not as scary as it looks.

There is a ton of metal and a chill in the air, but most people mistake the hard work vibes for something negative. Grind time is hardcore for most people; there's the single-minded focus, determination and will all hammered into one place.

It's intense, but it is NOT intensity directed toward you. In a chess match, there's that moment of anticipation where you know the players are in deep thought and concentration. The gym is similar, as most people's intensity is within themselves.

Take a step back and look at the bigger picture.

Everyone is there to work

to relieve stress, reach a fitness goal, enjoy the camaraderie, prepare for something important, and the like.

Roll up your sleeves, find your "why" and get in there with the rest of them!

They won't mind and

chances are, they're so focused on their routine,

they won't even notice.

2. It's also not as cool as it looks.

Nike commercials and fighting promos make workouts seem like a cool action movie, but there's no intro music playing (outside of your headphones, at least) or special lighting accompanied by convenient angles that make you look like an all-around badass.

As I mentioned before, fitness goals are often very personal and most regulars are not there for a show. In fact, you'll find that more often than not, serious fitness enthusiasts have a "get in and get out" mentality because they have other things to attend to.

A bicep curl is a bicep curl.

It's not as epic as cyber life makes it seem. We're all just regular people with regular jobs doing regular exercises.

3. That guy who's intimidating you doesn't know what he's doing.

Of course, there's the one showboater who is pleased with himself and wants everybody to know it. They are in every gym and are, unfortunately, unavoidable.

If you see someone walking around with a big ego, chest poked out with much pride, and spending more time looking at who's looking (and possibly making a lot of noise); I can guarantee you the joke's on them.

They are likely the ones who have no clue what they are doing; everyone there knows it, and no one is impressed.

They may try to intimidate those who look timid, but it's all a part of the ego trip. If you run into them, fake it 'till you make it. Do what you know with confidence, even if it's only

one or two exercises. Cut all conversations short with, "I'm sorry, but I have to get back to my workout."

Know that these people have nothing to offer you and if you keep very very still, they will disappear.

In the words of Dr. Seuss, "... those who mind don't matter and those who matter don't mind."

4. Sometimes we're unsure of ourselves, too.

There is always some new exercise you have never tried that will make you a bit hesitant at first. Embarking on a fitness lifestyle means that you will always learn something new, expanding on your current knowledge for growth. The first time for everyone is always the most awkward, but with practice, it looks effortless.

If you see someone doing squats or deadlifts like a pro, they, too, at one point didn't know how to properly do that very exercise.

Furthermore, there are some other exercises they still may not know how to do currently, and their first time attempting them will make them look like a rookie. It may be a different exercise, but even gym pros experience new endeavors with the same amount of caution.

We have all, at some point, done something worthy of becoming the next gym fail meme to someone who knows better. Regular gym goers understand that everyone, including themselves, started somewhere and won't do anything to make you seem inadequate in your own efforts.

The gym is about growth after all.

The Charlotte Post

JOIN THE CHARLOTTE POST IN FEBRUARY FOR

## Legends & Legacy

Join The Charlotte Post for a Black History Month celebration of Charlotteans who have impacted the community through their groundbreaking achievements, innovation and perseverance.

Legends & Legacy conversations are

6-7 p.m.

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FEBRUARY 3

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Negro Leagues to Triple County



FEBRUARY 10

Law Enforcement Pioneer

Rodney Monroe



FEBRUARY 17

Health Care Innovator

Yele Aluko M.D.

Register to attend in person or virtually:  
<https://thecharlottepost.com/BHMLandL>



# Classifieds

Classified Deadline: Monday at noon, prior to Thursday's edition

PAGE 4B Thursday, January 29, 2022

To Place An Ad:  
Call 704-376-0496

## BIDS

### NOTICE TO BIDDERS/ADVERTISEMENT FOR BIDS

Cabarrus County Schools is (CCS) is accepting sealed bids for "Roof Replacement at North Kannapolis Elementary School" on Thursday March 12th, 2026, at 1:30 pm. Plans & Specifications are available by calling Beth Bobrek, Project Manager at the Facilities Management Department. The Plans & Specifications will also be available beginning 1.29.2026 at [www.cabarrus.k12.nc.us](http://www.cabarrus.k12.nc.us), go to "Departments", "Facilities Management", "Upcoming Projects, Bids and RFQ's".

#### Pre-Bid Conference Location, Date, and Time:

There will be a pre-bid meeting on site on Thursday February 5th, 2026, at 1:00 pm. Proper Legal ID will be required before being admitted to the school site. It is recommended that you bring only the staff that is required for your visit.

#### Bid Opening Location, Date and Time:

Sealed bids will be opened beginning at 1:30 pm. and read publicly at Cabarrus County Schools Facilities Management Department, 4425 Old Airport Road, Concord, NC on March 12, 2026. No bids will be accepted after 1:30 pm, Cabarrus County Schools, and Kannapolis City Schools have the right to reject any or all bids.

Information related to this request for bids, including any addenda, will be posted to [www.cabarrus.k12.nc.us](http://www.cabarrus.k12.nc.us), go to "Departments", "Facilities Management", "Upcoming Projects, Bids and RFQ's"

## EMPLOYMENT

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An optional pre-bid conference will be held at Concord High School (near the main office parking lot off of Miramar St NE), at 481 Burrage Rd NE, Concord, NC 28025 at 10:30 AM on Wednesday, February 11, 2026.

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#### Optional Pre-Bid Conference Location, Date, and Time:

An optional pre-bid conference will be held at Central Cabarrus High School (near the baseball parking lot off of Central Cabarrus High Rd) at 505 State Hwy 49 S, Concord, NC 28025 at 10:30 AM on Tuesday, February 10, 2026.

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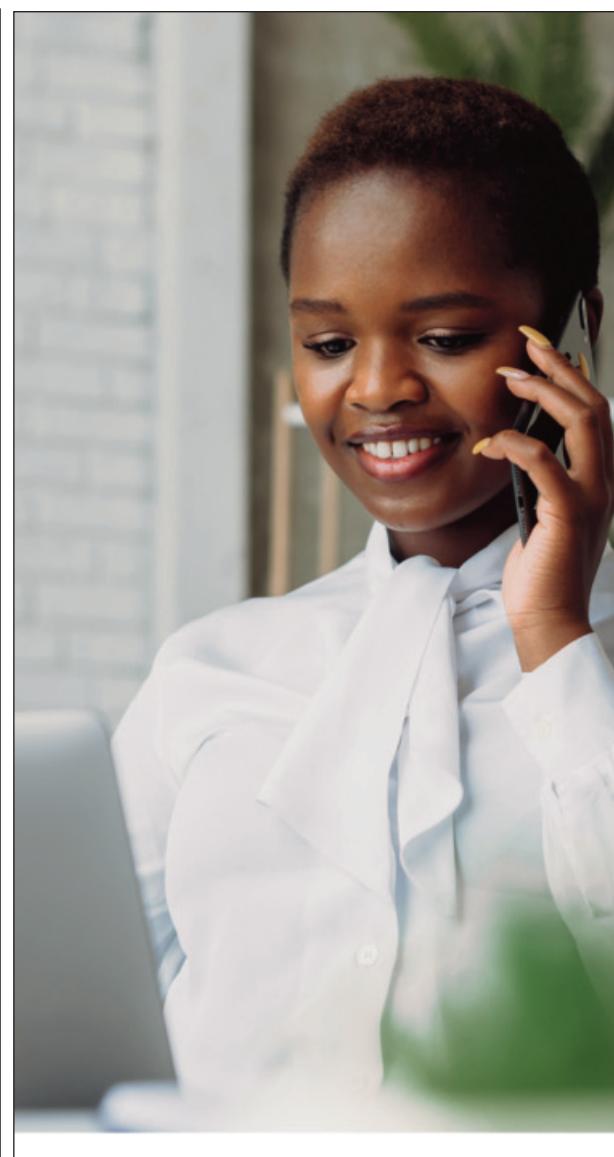
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THURSDAY, JANUARY 29, 2026 PAGE 5B

« ON THE MARQUEE »

## Afro Legacy Fest celebrates Black culture

By Herbert L. White

herb.l.white@thecharlottepost.com

A look at events from stage, screen and dance in Charlotte:

Jan. 30

*Independent Picture House* (4237 Raleigh St.) shows "Do The Right Thing" at 7:30 p.m. as part of its Black History Month series.

The 1989 movie earned Oscar nominations for Best Actor (Danny Aiello) and Best Original Screenplay (Spike Lee).

For tickets: [independentpicturehouse.org](http://independentpicturehouse.org)

Jan. 30-Feb. 1

*Charlotte Symphony* presents Prokofiev & Schumann at Knight Theater, 430 S. Tryon St.

Music director Kwamé Ryan opens the program with Ives's "The Unanswered Question," a meditation on existence. Prokofiev's Piano Concerto No. 3, played by Ran Dank, follows. Schumann's Symphony No. 2 caps the program with a testament to resilience, soaring melodies and spirit.

Tickets available at [tix.blumenthalarts.org](http://tix.blumenthalarts.org).

Feb. 6-8

*Afro Legacy Fest*, a festival celebrating Afro-descendant heritage through music, dance, art, and culture at VAPA Center, Harvey B. Gantt Center, Historic Rosedale, and Viva Collective.

Feb. 6, VAPA Center, 700 N Tryon St., 6-10 p.m. (Free)

Opening celebration with live cultural and musical performances.

Feb. 7, Harvey B. Gantt Center, 12-5 p.m. (free). Interactive workshops, cultural exhibitions, and artistic presentations for the whole family.

Feb. 8, Historic Rosedale 11 a.m.-2 p.m., 3427 N Tryon St. (free). Honor the ancestors, participate in a community conversation, and share a potluck. Bring food or drinks to share.

Viva Collective, 901 N Tryon St., Suite B. 4:30-6 p.m.: Bomba drum workshop (\$30). Several instruments will be available; if you have your own drum, bring it. From 6:15-8 p.m.: Bomba dance master class with Rafa Cepeda (\$45; long skirt recommended).

On the Net:

[lacasadelacultura.net/afro-legacy-fest](http://lacasadelacultura.net/afro-legacy-fest)

Feb. 6-22

"Primary Trust," The Arts Factory, 1545 W Trade St.

Written by Eboni Booth and directed by Tiffany Bryant-Jackson, "Primary Trust" won the 2024 Pulitzer Prize for Drama. The cast includes Miles Thompson (Kenneth), Marvin King (Bart), Tim Huffman (Clay/Sam) and Frandasia Williams (Corrina/Wally's waiter) making her Three Bone Theatre debut.

Thursday-Saturday shows start at 8 p.m.; Sundays at 2 p.m.

Tickets: [threebonetheatre.com](http://threebonetheatre.com)

Feb. 13

*Chaka Khan, Patti LaBelle, Gladys Knight, and Stephanie Mills* are extending their "The Queens! 4 Legends. 1 Stage" tour to Spectrum Center.

The tour brings together four trailblazing R&B/pop giants for a celebration of legacy, sisterhood, and music.

Tickets: [bpctickets.com](http://bpctickets.com).

Feb. 13-14

*Charlotte Symphony* presents Tchaikovsky's Symphony No. 5, Belk Theater, 130 N. Tryon St.

As part of the CSO Spotlight Series, pianist and vocalist Gabriel Kahane joins the orchestra conducted by Kwamé Ryan to perform "Pattern of the Rail," a song cycle inspired by Kahane's cross-country train journey during the 2016 presidential election.

Tchaikovsky's Symphony No. 5 closes the program.

Program starts at 7:30 p.m. both days. Tickets \$40.39-\$145.68 at [tix.blumenthalarts.org](http://tix.blumenthalarts.org).

March 7

The eighth annual *Queen City Blues Festival* is at Ovens Auditorium at 7 p.m. The Southern soul and modern blues scene blend old-school storytelling with contemporary R&B. Performances by King George, Pokey Bear, Lenny Williams, West Love, Tono Armani, Mike Clark Jr., E.J. Jones, Stephanie Luckett & the YP Band, and Henry Welch.

Tickets available at [ticketmaster.com](http://ticketmaster.com).

March 12

*Leela James* plays the Carolina Theatre at 8 p.m. as part of the 2B Honest Tour.

James, who has released seven LP albums, channels the all-time R&B/soul greats with performances that are equal parts church and blues club. James has eight top-20 R&B radio singles, including two No. 1 tracks on the Billboard charts.

Her 2021 single "Complicated" topped the Billboard Adult R&B songs chart for three straight weeks.

Tickets are \$68-\$122 and available online at [Ticketmaster.com](http://Ticketmaster.com).



CYANCA

Charlotte-based R&B artist Cyanca is one of 13 music creatives highlighted on season 2 of "Shaped by Sound" on PBS NC. The episode highlighting Cyanca is April 9. Anthony Hamilton is the subject on Feb. 12.

## Sonic boom: NC music stars in televised spotlight

*Charlotte's Anthony Hamilton, Cyanca on PBS NC's 'Shaped by Sound'*

By Herbert L. White

herb.l.white@thecharlottepost.com

Charlotte creatives are part of a showcase of some of North Carolina's brightest music stars.

Grammy winner Anthony Hamilton and R&B singer Cyanca are featured in season 2 of "Shaped by Sound," which debuts Feb. 5 at 10:30 p.m. The season spotlights 13 North Carolina artists in half-hour programs, starting with southern grunge rock band Wednesday. Hamilton is Feb. 19 and Cyanca is April 9.

Other episodes profile the Connells, Faith & Harmony, Skylar Gudasz, Hiss Golden Messenger, Charly Lowry, River Whyless, Al Strong and Tan and Sober Gentlemen.

"For season one of Shaped by Sound, we pitched a big idea: bring the exceptional breadth and depth of North Carolina's music scene to life through performance, storytelling and set design," series host and producer James Mieczkowski said in a statement. "Season two allows us to further develop this concept and really let the musicians shine, from a gospel choir to an Americana legend to Celtic 'punk-grass' band. Many performances this season feature new or yet-to-be released music, and I can't wait for people to see and hear what we've captured."

"Shaped by Sound" includes a companion video podcast where artists share stories behind their music online, the PBS app and YouTube.

Viewers can also hear a curated playlist of songs on Spotify.

The lineup:

Wednesday (Feb. 5)

The grunge-rock band reflects on the chaos, beauty and emotional openness behind their latest album, "Bleed." Frontwoman Karly Hartzman and pedal steel guitarist Xandy Chelmis crack open the band's literary Southern sounds.

The Connells (Feb. 12)

The Connells - a pair of brothers and a group of friends from Raleigh - formed an enduring band that played local gigs that peaked with an international hit "74-'75."

Anthony Hamilton (Feb. 19)

The Grammy-winning singer charts his Charlotte beginnings to the heights of his career, which include platinum records and the recording industry's top honor.

Charly Lowry (Feb. 26)

The Robeson County native talks about how her Lumbee and Tuscara lineage, hardships and healing from serious personal challenges shaped her roots/folk sound.

Tan and Sober Gentlemen (March 19)

Tan and Sober Gentlemen's fusion of Irish roots music and North Carolina folk rebellion can be traced to Irish immigration, Appalachian culture and working-class history relay the importance of "keeping one foot in the dirt."

Ben Folds (March 26)

Singer-songwriter and composer shares how growing up in North Carolina shaped his music, band

life, orchestras and songwriting.

Faith &amp; Harmony (April 2)

The descendants of the Glorifying Vines Sisters, carry the gospel legacy of eastern North Carolina, rooted in tradition and devotion.

Cyanca (April 9)

The R&B musician, who grew up in Smithfield before moving to Charlotte, shares how her upbringing, personal healing and evolving identity shaped her sound.

Jim Lauderdale (April 16)

The Americana standout discusses what shaped his music, from his small-town roots to writing for country icons.

Skylar Gudasz (April 23)

Singer-songwriter Skylar Gudasz's musical story unfolds like a landscape: ocean horizons, shifting light and songs pulled from the ether. Her music offers a visual and emotional journey through beauty, mystery and self-discovery.

River Whyless (April 30)

The Asheville band, which blends traditional folk, experimentation and storytelling, explores their decade-long journey together.

Hiss Golden Messenger (May 7)

Hiss Golden Messenger's M.C. Taylor talks about the inspiration behind his mix of folk, soul and roots music.

Al Strong (May 14)

The Durham-based jazz musician reflects on the influence of home, community and artistic guidance on his creativity.

« MOVIE REVIEW »

## 'Mercy' is what you'll need for ho-hum outing

By Dwight Brown

BLACK PRESS USA

Mercy

2.5 stars

"Do you honestly think that I killed my wife?"

At the beginning of the ground-breaking horror film "28 Days Later," a bicycle courier (Cillian Murphy) is involved in a near-fatal accident, comatose and wakes up in a hospital bed to discover that London is empty. A shocker opening. This cyber thriller, which delves into AI becoming a judge, jury and executioner, uses a similar gimmick: Detective Chris Raven (Chris Pratt, "Guardians of the Galaxy") awakens and finds he's in a world of trouble.

He's facing Judge Maddox (Rebecca Ferguson, "A House of Dynamite"), an artificial intelligence entity that's charged him with murder. Wow. The murderer of his wife (Annabelle Wallis). Wow, wow. And if he can't acquit himself in 90 minutes, he'll be executed. Wow, wow, wow!

Screenwriter Marco van Belle, who's written short films but not feature ones, concocted that fairly compelling premise. But his lack of feature film experience might explain why his storyline starts with a bang, builds somewhat and then has ups and downs. Chris is on a time crunch to discover who killed his wife and unravelling that mystery has a natural momentum and could engage an audience's curiosity. That's a positive.

Boringly, the detective stays marooned in a chair. That's a negative. Maddox gives him access to the city's municipal cloud, databases and digital files. That's a plus. Most of the char-



JUSTIN LUBIN

Kali Reis and Chris Pratt in a scene from "Mercy."

acters are unlikable. That's a negative. The bad points don't outweigh the good ones but could still depress box office success and good word-of-mouth commentary.

It's up to director Timur Bekmambetov, most known for vampire movies ("Night Watch" and "Day Watch"), to make what's on the screen more fascinating than what's on the page. Conveying the narrative on monitors, police cams, doorbell cameras and smartphone faces makes what's on view as immersive as it can be. But not enough to warrant the film's 3-D format.

The year is 2029. Humans have championed an artificial intelligence system named Mercy. Maddox reigns over Mercy Capital Court. Those who've committed crimes, or been ac-

cused of such, tremble as the tech being readies its verdict. Themes of human instinct and feelings versus the cold logic of computer programs aren't exactly original. The sci-fi-classic "2001: A Space Odyssey" was one of the OGs. "Mercy" is not in that league. But fortunately, the subject of AI dominance, the kind that eats humans' jobs, couldn't be more topical. Below the surface of this thin thriller plot are some hard, scary truths about AI threatening the future of humanity.

After "Mercy" has run its 100-minute course, it is likely theater audiences might say: "I didn't feel anything except a small adrenaline rush." Or "Wish I'd waited to see this on Prime." They may lack sustained emotions and vigorous enthusiasm. Ironically, just like AI. That's what dooms "Mercy."

# Snoop Dogg's analysis role underscores appeal

By Jonathan Landrum Jr.

THE ASSOCIATED PRESS

LOS ANGELES — Snoop Dogg arrived at Intuit Dome hours before tipoff, long before most fans filled the arena and even before some players.

Dressed in a gray suit and black turtleneck, a diamond-encrusted Peacock pendant resting on his chest and purple Chuck Taylor sneakers with gold laces nodding to his lifelong Los Angeles Lakers allegiance, Snoop didn't rush. He didn't posture. He waited for his moment to shine as an NBA analyst alongside Reggie Miller and Terry Gannon for Peacock's recent Golden State Warriors at Los Angeles Clippers broadcast during the second half.

With an AP reporter trailing him through the arena for an all-access, behind-the-scenes look at his preparation — including time in the green room ahead of the broadcast — Snoop made it clear that this wasn't a cameo.

"I don't believe NBC would have gave me this opportunity if they thought I was coming in there playing games," said Snoop, who won over global audiences during the Paris Olympics in 2024. "It's not so much about me. It's so much about what the game is needing right now."

In recent months, Snoop underscored his ease in live, unscripted settings across major TV stages. He continued his work on NBC's "The Voice," performed during Netflix's Christmas Day NFL broadcast, went viral at the Snoop Dogg Arizona Bowl and presented and did interviews at Sunday's Golden Globes — where Amy Poehler and Stephen Graham praised his presence. That visibility has coincided with a deepening relationship with NBCUniversal, which continues to expand his role across sports and entertainment with next month's Milano-Cortina Winter Olympics, including NBA coverage.

Before opening tip of the Jan. 5 game, Snoop sat in production meetings and joined the coaches' meetings with Steve Kerr and Tyronn Lue. He lingered near the Golden State Warriors' locker room, occasionally dancing as his own music blared from inside, patiently waiting to interview Warriors star guard Stephen Curry a couple hours before the game.

Snoop's approach resonated with the players he covered.

"He can find his way anywhere in any environment," Curry said. "It was cool to see all the different versions of Snoop."

#### Presence felt on biggest stages

Curry has seen Snoop's ability to move comfortably between worlds long before this night. The sharp-shooting guard recalled seeing Snoop around Team USA during the Paris Olympics, where he blended seamlessly into the basketball environment while connecting easily with players away from the court.

"He caught me off guard at the beginning because he gave me three really straightforward basketball questions," Curry said of Snoop's Warriors-Clippers pregame interview. "Then I heard he got to it on the broadcast. ... He was a great addition."

Whether Snoop is on a global broadcast, major streamer or a sideline, he reads the room in real time. That feel showed up again at the Arizona Bowl, when he snagged a deep kickoff mid-interview, losing a shoe but securing the ball. It was a spontaneous moment that quickly went viral and showed why he continues to resonate in live

settings.

Moments like that help explain why Snoop's presence keeps widening. He's set to be part of NBC's coverage of the upcoming Winter Olympics, further extending a presence that now spans sports, entertainment and generations of viewers.

Miller, who played 18 years with the NBA's Indiana Pacers, said Snoop's versatility and seriousness stood out even behind the camera.

"He's authentic," Miller said. "Questions that he asked in the coaches meetings, stepping up and asking informed questions of Steve Kerr and Ty Lue. He could have just sat back and listened. No, he's getting his hands dirty."

Gannon echoed those sentiments.

"It's not like he's just showing up and saying 'I'm here,'" he said. "He put in the work and effort. The broadcast was seamless because of that."

How Snoop built a bridge between the game and a broader audience

Snoop said he studied legendary broadcasters, particularly the late Chick Hearn, who was the play-by-play announcer for more than 40 years with the Lakers. The rapper viewed his role as someone who understands basketball deeply but speaks from outside the traditional broadcast lineage.

"I represent the average Joe, despite being me being a well-known celebrity," he said. "The NBA has moved forward to where it deserves to have people like me who understands the game, know the game and can speak to the game and also bring new viewers."

Snoop's perspective showed up immediately once he went on air.

He called out the Warriors' Draymond Green for taking — and missing — too many 3-pointers, while praising his ability to function as a point-forward. He noted Curry's ability to play through an ankle injury in the third quarter. He labeled on-court chemistry "cookies and cream like they about to open up a cookie shop," dubbed Curry "Stephisticated" and punctuated a scoring burst with "two-piece chicken nuggets."

When Warriors coach Steve Kerr was ejected after disagreeing with referees on a goaltending call, Snoop's bold personality cut through the moment, shouting "Inglewood" as the crowd roared inside the Intuit Dome, which is located in Inglewood, California.

"When the lights are on, that's when I shine the brightest," Snoop said.

#### What's next for Snoop?

Snoop said he'd welcome more opportunities to call NBA games, viewing the analyst role as a natural extension of a career built on curiosity and evolution. He's eager to immerse himself in the Winter Olympics, where he'll once again be an NBC correspondent and join Team USA as an honorary coach.

He'll serve as an ambassador and supporter for American athletes in the lead-up and throughout the Games. He's also hosting an event with Clippers forward Kawhi Leonard during NBA All-Star week next month.

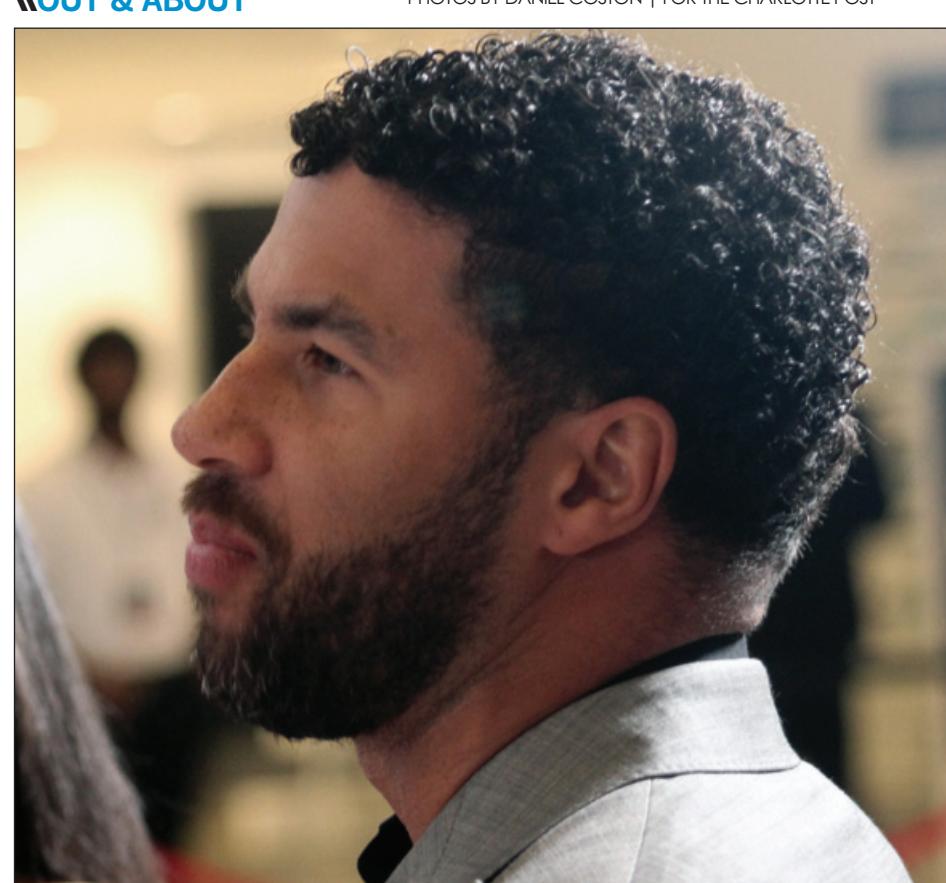
"I feel like I'm progressing myself as a full-on entertainer," Snoop said. "This is a part of entertainment, being able to pull people into things they may or may not be interested in. I would love to do more of this."

Snoop is certainly living a dream with a simple through line: Show up, do the work and stay open to what comes next.

"When you master who you are," he said, "you understand that you're not one dimensional. You evolve."

## OUT & ABOUT

PHOTOS BY DANIEL COSTON | FOR THE CHARLOTTE POST



NASCAR racer Bubba Wallace was at the NASCAR Hall of Fame for the induction of the Class of 2026.



WARNER BROS.

Michael B. Jordan earned an Oscar nomination for best actor for dual roles in "Sinners," which set an Academy Awards record for most nominations with 16. The previous record of 14 was held by "All About Eve," "Titanic" and "La La Land."

## 'Sinners' makes history with Oscars noms record

By Jake Coyle

THE ASSOCIATED PRESS

Ethan Hawke for "Blue Moon," Wagner Moura for "The Secret Agent" and DiCaprio for "One Battle After Another."

Reached by phone Thursday, DiCaprio said the nominations for "One Battle After Another" and "Sinners" signaled a sea change in an industry where studios have largely shied away from big-budget original stories.

"To me, what matters is great ideas and original filmmaking," said DiCaprio. "I think there's this tide of change that is going to happen no matter how we feel about it."

Nominated for best actress was the category favorite, Jessie Buckley ("Hamnet"), along with Rose Byrne ("If I Had Legs I'd Kick You"), Kate Hudson ("Song Sung Blue"), Renate Reinsve ("Sentimental Value") and two-time winner Emma Stone, who landed her seventh nomination, for "Bugonia."

#### KPop leads a field light on big hits

The year's most-watched movie, with more than half a billion views on Netflix, "KPop Demon Hunters," scored nominations for both best song ("Golden") and best animated feature. Sony Pictures developed and produced the film, but, after selling it to Netflix, watched it become a worldwide sensation.

Blockbusters otherwise had a difficult morning. Universal Pictures' "Wicked: For Good" was shut out entirely. While "Avatar: Fire and Ash" notched nominations for costume design and visual effects, it became the first "Avatar" film not nominated for best picture.

The biggest box-office hit nominated for Hollywood's top award instead was "F1," an Apple production that landed four nominations. The streamer partnered with Warner Bros. to distribute the racing drama, which collected \$631.7 million worldwide.

This year, the Oscars are introducing a new category for casting. The added award helped "Sinners" and "One Battle After Another" pad their already impressive stats. Along with those two films, the nominees are "Hamnet," "Marty Supreme" and "The Secret Agent."

#### An international shift continues

The academy, which has expanded its overseas membership in recent years, also continued its tilt toward international films. Every category included one international nominee. For the eighth year in the row, a non-English-language film was nominated for best picture. More non-English performances were nominated than ever before.

The top nominee of them all was Trier's Norwegian drama "Sentimental Value." It cleaned up in the supporting actor categories, with nods for Stellan Skarsgård, Inga Ibsdotter Lilleas and Elle Fanning. Also nominated for best supporting actress, in addition to Taylor: Amy Madigan for "Weapons" and Wunmi Mosaku for "Sinners." In supporting actor, the nominees included Jacob Elordi for "Frankenstein" and, in a surprise that likely dislodged Paul Mescal of "Hamnet," Dafny Lindo for "Sinners."

A competitive best international feature category mirrored the turbulent state of the world. That included the Iranian revenge drama and Palme d'Or winner "It Was Just an Accident," by the often-imprisoned filmmaker Jafar Panahi. He's spoken passionately against the ongoing crackdown of demonstrators in his home country. France nominated the film.

Also nominated: the Tunisian entry "The Voice of Hind Rajab," about volunteers at the Palestine Red Crescent Society; the timely Brazilian political thriller "The Secret Agent;" the apocalyptic Spanish road movie "Sirat" and "Sentimental Value."

Four of those nominees came from one independent distributor: Neon. The company, which has had an enviable streak of Palme d'Or wins, was second only to Warner Bros. with a collective 18 nominations.

The 98th Academy Awards will take place on March 15 at the Dolby Theatre in Los Angeles and will be televised live on ABC and Hulu. YouTube's new deal to exclusively air won't take effect until 2029. This year, Conan O'Brien will return as host.

**The Charlotte Post**

The Voice of the Black Community