

Life!

THURSDAY, AUGUST 13, 2020 SECTION B

Panthers launch initiative for voter outreach

By Ashley Mahoney
ashley.mahoney@thecharlottepost.com

The Carolina Panthers are the latest voting advocates in Charlotte.

The NFL franchise and the Carolina Panthers Player Impact Committee launched "Your Vote Counts." It is a nonpartisan initiative designed to educate North and South Carolina residents about the voting and registration process, as well as encouraging them to get to the polls this fall. The team also created a specific space on their website with further voting information, such as dates to know, links to places you can register online, as well as information about eligibility requirements.

The team released a 30-second public service announcement, featuring current and former Panthers to unveil the initiative. Players included safety Tre Boston, quarterback Teddy Bridgewater, running back Christian McCaffrey, linebacker Shaq Thompson, and retired defensive end Julius Peppers, a future Hall of Famer.

"Voting is something that it gets taken for granted, but it's a way for every citizen to have a voice," McCaffrey said. "It's very important that we all vote, that we all do our part as citizens of wherever we're from, and research what's going on, learn about what is going on, and then use your knowledge and your opinion and you vote."

I love this organization, because we don't take that stuff lightly, and we don't brush it to the side. That's something that I know coach [Matt] Rhule takes a lot of pride in, and I think from the top down it's something that this whole entire organization, even going to the locker room takes a lot of pride in as well.

Bank of America Stadium will also serve as early voting site for voters registered in Mecklenburg County, regardless of his or her designated polling place. The stadium will serve as an early voting site Oct. 15-31. Use of the facility as a voting site for the Nov. 3 election was approved by the North Carolina State Board of Elections. Voting will take place in the Luxe Lobby as well as the adjacent area on the stadium's north side. Team employees will also have the option of training as poll workers.

On The Net
panthers.com/
yourvote-counts

Annual Jehovah's Witnesses meeting on virtual platform

By Stacy M. Brown
NATIONAL NEWSPAPER PUBLISHERS ASSOCIATION

For more than 100 years, the annual convention of Jehovah's Witnesses packed venues like the old Memorial Stadium in Baltimore, Yankee Stadium in New York, and Qualcomm Stadium in San Diego.

Because of the COVID-19 pandemic, the religious organization's governing body canceled the annual gatherings and, for the first time, moved the event to a virtual platform.

Congregations, families, and guests can now view the convention titled "Always Rejoice!" during July and August on the organization's website, www.jw.org.

"The convention will continue to teach us that joy is a quality of the heart. It is something that we have inside even when things around us maybe crumbling," said Robert Hendriks, U.S. spokesman for Jehovah's Witnesses. "This message for our community is absolutely vital."

Hendriks added that the two Christian principles that guided the Witnesses' historic decision to cancel their annual convention are respect for the sanctity of life and love of neighbor.

"As much as we long to meet together, life is far too precious to put at risk," Hendriks stated. "Life trumps a place, and a building. Life transcends our desire to meet together. Life is paramount and we recognize that even if one life was taken because of a public meeting, that would be one life too many. We love our brothers, and we love our communities so when you think of carrying the virus, that is contrary to love of neighbor. The principles that move us to knock on doors and talk to our neighbors about the gospel and to invite people to our public gatherings, are the very principles we used to stop the convention and hold it virtually."

Please see **JEHOVAH'S WITNESSES** | 2B

«RIDES

Smaller Cadillac XT4 a capable competitor in crossover country

By Winfred Cross
SPECIAL TO THE POST

Cadillac offers a number of SUVs and crossovers that should satisfy the public's needs and wants.

They come in a variety of sizes from the behemoth Escalade to the small but surprisingly roomy XT4.

The XT4 competes with Acura's RDX, the Lexus NX300 and Volvo XC40 to name a few. The small Caddy may have them all beat in the looks category because it's the least polarizing in the group. It

mimics the looks of the bigger XT5 and XT6, which are very handsome. The XT4's grille isn't oversized as is the current trend, and the wide stance is attractive as well as functional.

That function is the amazing amount of passenger and cargo space. Five people can fit comfortably. The three in rear will appreciate the head and leg room and the doors that open wide enough for easy exit and entry. While three fit, two will be the most comfortable.

The interior is good look-

ing at first glance. The XT4 is ergonomically appealing but if you take a closer look Cadillac waxed over some area's that look the part but aren't as luxury as we would like. A number of controls are duplicated on the steering wheel, but you may want to take a bit of time figuring out where each is and what each does before hitting the road. The layout can be a bit confusing.

The interior does have its pluses. The infotainment system has an optional 8-inch touch screen with

navigation and a Bose stereo system with 13 speakers. In the XT4 it sounds great. There is also Android Auto and Apple CarPlay as part of the option package.

Despite this being the luxury version, some options - navigation, Bose stereo system, rear camera mirror, rear pedestrian alert and heated outside mirrors - could have been standard.

The XT4 is powered by a turbo-charged, four-cylinder engine that makes 237 horsepower with 258



GETTY IMAGES

Summer vacation is still possible during a pandemic, but take precautions to stay safe.

Travel plans? Make sure you play it safe

Put in some research to understand risks during the pandemic

By Ashley Mahoney
ashley.mahoney@thecharlottepost.com

Summer vacation looks different under the COVID-19 microscope.

Usually this time of year means a trip to the beach before, or even during Labor Day weekend, visiting relatives who live out of town, or any number of typically summer getaways. Traveling during the first summer of the new decade is complicated.

"Any time you get people together in large numbers, if they are not following the appropriate guidelines, they are running the risk of spreading the virus," said Atrium Health trauma surgeon Dr. Kyle Cunningham.

Getting together as a family this summer is going to be difficult,

particularly for families that are particularly large, or who live in different parts of the country. Cunningham recommends maintaining social distancing as appropriate during these gatherings.

"Traveling poses risk," Cunningham said.

Summer gatherings do allow for people to be outdoors, rather than clustered together in a confined space.

"Clearly the summertime favors get-togethers, because you can be outdoors, but again, it's going to impose risk if you have large groups of people getting together," Cunningham said.

Despite the constraints associated with a pandemic, the entire season is not lost.

"There are still things that are

safe to enjoy," Cunningham said. "That's one of the great things about North Carolina. There are many activities that you can do that are outside that don't require you to be in a large group."

However, caution is still necessary.

"Anytime the activity you want to engage in would prevent you from masking or social distancing, maybe you should reconsider and find another great alternative that the local area has to offer," Cunningham said.

Key for those looking to travel is calling ahead and researching what is available right now.

"Chances are what you have in your mind of what your typical family get-together would look

Please see **TRAVEL** | 2B

How to take charge of your health

BRANDPOINT

Women have the power to proactively take control of their feminine health during all stages of life from the first period through post-partum, during perimenopause and beyond.

Maria Sophocles MD, OB/GYN, medical director of women's healthcare of Princeton, offers these tips to help change your health for the better.

Tips to keep healthy include:

- Eat right: Drink one less soda a day and lose 15 pounds in a year, and replace the "white" foods with "brown" like brown rice and whole wheat bread. Take fast food out of your diet completely - it's full of sugar and trans fats that clog your cell walls and contains toxins that are bad for the heart and arteries. Most fast food also contains chemicals like MSG that should be avoided.

- Freshen up by balancing pH: Vaginal pH can be offset by menstruation, sex and hormone fluctuations during menopause and pregnancy. An imbalance in pH can often lead to a UTI or other infection like bacterial vaginosis, causing uncomfortable itching, burning and smell. A pH-balancing gel like RepHresh normalizes pH and eliminates odor. Many women mistake BV for yeast infections and are

prescribed antibiotics, which can throw off the normal pH.

- Optimize vitamin D levels: Safe sun exposure is a powerful and inexpensive intervention that can have profound benefits on your health.

- Enjoy 10-15 minutes of exposure to natural sunlight daily for good nutrition, mental health and bone density. Supplement a balanced diet with essential nutrients to promote healthy teeth and bones, support the immune system and benefit cardiovascular health.

- Consider a vaginal probiotic: Millions of women suffer from recurrent vaginal infections. Sex and antibiotics can be the reason why. RepHresh Pro-B provides two strains of vaginal lactobacilli to maintain vaginal health by keeping yeast and bacteria balanced every day.

- Fast fix to eliminate painful sex: Stress and decreased estrogen levels during menopause can cause uncomfortable dryness and irritation.

- Replens Vaginal Moisturizer provides relief from internal dryness for three days and Replens Silky Smooth is a preservative-free silicone lube that should be used just before sex to avoid abrasion and increase comfort.

- Exercise: Regular exercise decreases chances of developing cardiovascular



STOCK PHOTO

Women have the power to take control of their health during every stage of life.

- Track your menstrual cycle: Stress and other factors can affect the menstrual cycle, so it's important to stay on top of your cycle whether or not you're planning on getting pregnant.

- Make sure to have a pregnancy test like First Response on hand to find out six days sooner than your missed period. If you are trying to conceive, make sure to use a personal lubricant that won't harm sperm, like Pre-Seed.

- Decrease stress: Don't feel guilty taking time to clear your mind. Plan quiet times and activities like reading a book, starting a

- garden or even meditating. Listening to relaxing music or taking a bath helps to slow heart rate and breathing. The better you feel mentally can improve how you feel physically.

- Prioritize sleep: Sleep is like a reset button for the body and mind. Prioritize getting at least seven to eight hours of uninterrupted sleep and try to stay off technology at least an hour before bed to avoid blue light keeping you awake. If you have trouble sleeping, try a vitafusion Max Strength Melatonin gummy before bed.

- There's no better time than now to change your health for the better. Eat right, prioritize health, fitness, etc. and remember, you are your biggest health advocate.



PHOTO | CADILLAC

The 2020 Cadillac XT4.

pounds-feet of torque. The engine is mated to a nine-speed transmission that seems to be overkill but that's also the trend. The engine provides great passing power, but is a tad slow

on takeoff, taking about 7.6 seconds to reach 60 miles per hour. It doesn't help the nine-speed transmission does little to help things along. There's no

Please see **SMALLER** | 2B

Travel plan prep

Continued from page 1B

like in the past or certain traditions may not be available to you this year," Cunningham said. "Calling ahead and seeing what the situation on the ground is where you plan on going is certainly very important."

As a trauma surgeon, Cunningham does not want people to forget typical summer travel safety, from not drinking and driving to remembering to wear your seatbelt.

"Things that are just typical common sense in the summer, people tend to forget about with everything going on with coronavirus," he said.

Traveling by plane does not come without risk. Staying 6 feet apart is not always possible in an airport or on a plane.

"Certainly the airports are doing the best they can, but there are certain times you are going to be around large numbers of people in the airport, whether it be waiting in line for public restrooms or waiting at security checkpoints that are unavailable that also pose risk," Cunningham said.

Remember to physically distance when possible, wear your mask in public and to frequently wash your hands.

Smaller Cadillac XT4 a capable competitor in crossover country

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kick down if you press hard. The transmission does its work leisurely and without fuss. There is a sport setting that gives the car a little oomph, but not much.

The ride quality is OK, but not as smooth as a luxury vehicle should be. The independent suspension seemed to bounce a little. All-wheel drive is optional but wasn't part of my test vehicle. Wind and road noise invade the cabin at levels that shouldn't be heard on this class of vehicles.

If it sounds like I don't like this vehicle, that's not so. The Cadillac XT4 does lack some of the refinement of its bigger siblings, but offers a lot of room, is attractive and can be optioned to compete with more expensive vehicles.

The XT4 in luxury trim starts at \$39,795. This includes keyless entry, leather seats, 18-inch wheels, Stabilitrak, remote start, hands-free lift gate, HD rear camera and nine-speed transmission.

Two major options packages give you Bose stereo, Cadillac experience with

embedded navigation, real-time traffic updates, HD Surround Vision, rear camera mirror, power flowing outside mirrors. Twenty-inch wheels and auto high beams were also options.

The total as-tested price was \$45,360. The competition in the category is stiff and the list of players is growing daily. Cadillac has the bones of a really good offering. It just needs to find a way to make the XT4 the vehicle of choice in the category.

Email Winfred Cross at cross@alldaytech.com.

Yogic breathing techniques support respiratory health

BRANDPOINT

Because it happens automatically, you probably don't put much thought into your breathing. However, the COVID-19 pandemic has brought focused attention to respiratory health.

Conscious breathing - the yoga practice of pranayama - can help support respiratory health, mental wellness and the body's physical ability to protect itself.

Pranayama basics and benefits

Pranayama is breath control, and it is a fundamental part of Kundalini Yoga.

According to the 3HO Foundation, the average rate of breathing for most people is 16 times per minute. When the rate of breathing increases, or if it becomes rapid and irregular, the mind also becomes disturbed and erratic.

Yoga practitioners believe that your rate of breathing and your state of mind are inseparable. When you learn how to focus your breath, you have more control over your mind, which in-

fluences mental well-being by reducing stress and calming negative responses.

Beyond mental wellness, researchers have found that mindful breathing also supports physical wellness. In controlling your breath, you can help strengthen the immune system and support the body's response to disease. This is particularly important when it comes to respiratory health.

"Yoga - A Remedy to Respiratory Illness" by Dr.

Please see **BREATHING** | 3B

Jehovah's Witnesses

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In 2019, more than 14 million people in 240 lands attended conventions of Jehovah's Witnesses, including roughly 2 million in the United States.

"Our worship is centered on our mutual love for our God and for each other, irrespective of where we are physically," Hendriks said. "This year's convention program underscores the unity of our international family and the joy that people can have against a backdrop of stress and despair."

The conventions of Jehovah's Witnesses are usually held over three days - Friday through Sunday, with a morning and afternoon session each day.

Witness officials said they would release the program on their website in six installments, each corresponding to a morning or afternoon session. Many congregations and families have already viewed the first convention session, which debuted July 11.

The final weekend of the virtual event takes place August 29-30.

Hendriks noted that this year's program explores questions that include,

what contributes to finding and sustaining joy? How can you cultivate joy in the family? How can you remain joyful in difficult times?

A key feature of the program is a Bible-based drama that considers Nehemiah's life and how he helped the ancient nation of Israel find joy in their worship of God.

Those interested in viewing the convention can contact their local congregation or access the program on www.jw.org, available under the "Library" tab.

There is no charge for viewing the convention, sign-ups, or email addresses also aren't required.

Each year many who are not Jehovah's Witnesses attend the annual conventions, Hendriks said, adding that there are more than 8.6 million active Jehovah's Witnesses worldwide. Yet, the 2019 conferences had a peak attendance of more than 14 million.

"With the program available online in hundreds of languages, this may be the most attended convention of Jehovah's Witnesses to date," Hendriks stated.

Great grilling ideas for easy home-cooked meals

BRANDPOINT

Any summer day is the perfect day to fire up the grill. Simple or elaborate, gas or charcoal - any type of grill can impart flavors and textures that make home-cooked meals extra special.

No need to cook indoors and heat up the kitchen when the outdoor grill is ready to go.

Enjoy outdoor recreation time when Steak with Grapes and Stilton is on the menu. Ready in under 15 minutes, this easy entree pairs grilled flank steak with greens, Stilton cheese, grapes and a light vinaigrette dressing. The quintessential summer salad, this will please diners of all ages.

Keep the grill hot for making Grilled Grape,

Strawberry and Mango Skewers with Honey-Orange Glaze for dessert. Grilling caramelizes the natural sugars in fruit to concentrate the natural sweetness and intensify fruit flavors. Serve warm right off the grill or prepare ahead of time for a delicious, guilt-free treat.

Cool, refreshing grapes are an easy anytime snack, so be sure to include California grapes on every summertime grocery list to have handy for snacking and light summer recipes. Store unwashed in the refrigerator for up to two weeks, rinse immediately before eating or cooking, and enjoy!

For more great grilling ideas download the e-cookbook "Get Grilling with Grapes!" from grapesfrom-california.com.

Grilled Flank Steak with Grapes and Stilton

Serves 6

Ingredients

1 flank steak (2 pounds)
Kosher salt and freshly ground black pepper
1 1/2 tablespoons red wine vinegar
1 tablespoon chopped shallot

1/4 teaspoon Dijon mustard
1/4 cup extra-virgin olive oil

2 bunches watercress, trimmed (8 cups)
1/2 cup crumbled Stilton or other blue cheese
2 cups red California grapes, halved

Directions

Preheat a grill to high and oil the grates. Sprinkle the steak with salt and pepper.

In a small blender or food processor, combine the

Please see **GREAT** | 3B



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STOCK PHOTO

Conscious breathing can help support respiratory health and mental wellness.

Breathing techniques that support respiration

Continued from page 2B

Sripriya Krishnan states: "Research studies report that many people with serious respiratory ailments have found a solution in yoga.

As the mind is calmed the hyper-reactivity that causes diseases such as bronchial asthma and nasal allergy is reduced. Yoga also strengthens the immune system, so chronic infections are less likely.

Finally, if the lungs are permanently damaged, as in chronic bronchitis, yoga teaches how to improve the mechanical efficiency of our breathing and make the most of our lung capacity."

Start a pranayama practice at home

With heightened awareness of respiratory wellness, many people are exploring the breathing exercises of pranayama at home. Here are two simple Kundalini Yoga breathing techniques you can practice anywhere to improve your respiratory health:

Technique 1: Long deep breathing

Long deep breathing uses the full capacity of the lungs by utilizing the three parts of the lungs: abdominal or lower, chest or middle, clavicular or upper.

Begin the inhale with an abdominal breath. Then add the chest breath and finish with a clavicular breath. All three are done in a smooth motion.

Start the exhale by relaxing the clavicle, then slowly emptying the chest. Finally, pull in the abdomen to force out any remaining air.

Breathe through the nose, and focus on gradually slowing your breath.

Continue for 26 breaths, or 3-31 minutes.

Technique 2: Alternate nostril breathing

Sit in a comfortable position either on the floor or in a chair and maintain a straight spine. Using the thumb and index fingers of the right hand, make a "U" and use the thumb to close off the right nostril and the index finger to close off the left nostril.

Close the left nostril, inhale deeply through the right nostril. At the end of the inhale, close the right nostril and exhale through the left nostril.

Now inhale through the left nostril fully and deeply, then close the left nostril and exhale through the right one.

Again, inhale through the right nostril and continue alternate nostril breathing. The breath must be complete and full on both the inhalation and exhalation cycles, keeping the shoulders without tension and the body relaxed.

Continue for 3-5 minutes.

To end, inhale deeply, hold the breath a few seconds, lower the hand and exhale.

Controlled breathing through pranayama can help improve respiratory health, which is even more important during the coronavirus pandemic. To learn more visit kundaliniresearchinstitute.org and 3ho.org.

Your rate of breathing and your state of mind are inseparable.

The slower your rate of breathing, the more control you have over your mind.

The mind follows the breath, and the body follows the mind.



GETTY IMAGES

Grilled Flank Steak with Grapes and Stilton.

Great grilling ideas for easy home-cooked meals

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vinegar, shallot, mustard and olive oil. Season with salt and pepper and puree until smooth. Grill the steak until it reaches 130 F for medium-rare, about 6-7 minutes per side. Transfer to a cutting board and let rest 5 minutes.

In a large bowl, combine the watercress, salt and pepper and enough dressing to coat. Thinly slice the steak across the grain and transfer to a platter. Top with the watercress, Stilton and grapes and serve with additional dressing.

Nutritional information per serving: Calories 376; Protein 29 g; Carbohydrate 10 g; Fat 24 g (57% Calories from Fat); Sat Fat 8.5 g (20%

Calories from Saturated Fat); Cholesterol 73 mg; Sodium 299 mg; Fiber .8 g.

Grilled Grape, Strawberry and Mango Skewers with Honey-Orange Glaze

Serves 4

Ingredients

8 bamboo skewers, soaked in water
1 cup green California grapes
1 cup red or black California grapes
1 mango, cut into chunks
12 strawberries, cut in half
1/2 cup honey
1 tablespoon orange zest
1/4 cup orange juice
1/4 teaspoon salt
1 tablespoon fresh chopped mint

Directions

Prepare grill or broiler. Skewer fruit, alternating grapes with mango and strawberries. Prepare glaze by mixing honey, orange zest, orange juice and salt. Both fruit skewers and glaze should be at room temperature before grilling. Grill skewers over hot coals until lightly browned on each side, about 2-4 minutes per side. Brush fruit with glaze and sprinkle with mint. Serve warm.

Nutritional information per serving: Calories 275; Protein 2 g; Carbohydrate 72 g; Fat 1 g (3% calories from fat); Sat Fat 0 g; Cholesterol 0 mg; Sodium 151 mg; Fiber 4 g.



GETTY IMAGES

Frozen seafood is an affordable, nutritious and sustainable protein that is increasing in popularity according to IRI Worldwide.

Take the fear out of fish

How to buy, store and cook frozen seafood

FAMILY FEATURES

With more time spent in the kitchen, people are increasingly looking to different ingredients for inspiration.

That includes seafood - sales of canned and frozen seafood are 37% higher than last year, according to IRI Worldwide.

If you're not familiar with buying and cooking seafood, there's nothing to fear. Frozen seafood is an affordable, nutritious and sustainable protein that can earn a spot in your kitchen. Good food pioneers chef Nora Pouillon, a James Beard Lifetime Achievement Award winner, and her daughter, Blue Circle Foods product director Nina Damato, offer these recommendations for sustainable frozen seafood, from defrosting techniques to cooking tips and seasonal pairings.

Why buy frozen?

Frozen seafood is just as high quality as fresh since modern techniques like flash-freezing preserve fish moments after it is caught. Stores generally carry a larger selection of frozen fish and it's typically less expensive than fresh seafood. Because frozen fish keeps longer, you can find greater variety and more sustainable options. Plus, it's convenient - use exactly the portion you need and save the rest for later - making it perfect for meal planning.

What about taste?

When done right, freezing locks in flavor and nutrients, so you can enjoy frozen fish that's every bit as delicious as when it was caught.

How long will it last?

Frozen fish is safe indefinitely, but for best quality, the USDA recommends using frozen fish within 3-8 months after purchase.

How can you thaw frozen fish safely?

If you know you'll be serving fish, pop frozen fillets in the fridge the night before or the morning you plan to cook them.

How can you cook directly from frozen?

1. Preheat your oven to 375 F.

2. Remove frozen fillets from packaging and rinse under cold water. Pat dry with a paper towel.

3. Arrange fillets on a baking sheet. Brush lightly with oil on all sides and season with salt and pepper, to taste. Bake 25-30 minutes, or until fish is tender and flakes easily.

How should you season frozen fish?

Salt and pepper can enhance seafood's flavor. If you're feeling bold, a simple glaze or a crust of seasonings can elevate your fish to the next level.

What pairs well with frozen fish?

Frozen fish is a versatile protein that plays well with many recipes. Fatty fish like salmon brings out the flavors in seasonal veggies including zucchini and summer squash, while leaner fillets like cod can be breaded or used in tacos.

Fish also pairs excellently with a variety of wines. The trick is to serve delicate fish with light wines and heartier fish with richer, more substantial wines. If you're in the mood for salmon, try Pouillon's Pump-

kin Seed Crusted Salmon. This recipe also works well with cod and can be served with a rosé for a tasty seasonal pairing.

To learn more about frozen seafood and purchase sustainable fish, visit bluecirclefoods.com.

Pumpkin Seed Crusted Salmon

Courtesy of chef Nora Pouillon

2 cups frozen sweet corn
1 can (4 ounces) black beans, rinsed and drained
1 red bell pepper, diced
1/4 cup cilantro, chopped
1 1/2 teaspoons ground cumin
1/2 teaspoon smoked chili (optional)
salt, to taste
pepper, to taste
1 cup pumpkin seeds

4 teaspoons pumpkin seed oil or olive oil
2 tablespoons sliced scallions
2 Blue Circle Frozen Atlantic Salmon Fillets
Preheat oven to 375 degrees F.

Mix corn, black beans, bell pepper, cilantro, ground cumin and smoked chili, if desired. Season with salt and pepper, to taste. Spread onto baking dish.

In blender, pulse pumpkin seeds, oil, sliced scallions and salt and pepper, to taste, until paste forms.

Coat frozen salmon fillets with pumpkin seed paste.

Place fillets in baking dish on top of black bean and corn salad. Bake 25-30 minutes.



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NOTICE OF PUBLIC HEARING

ACTION: Notice of public comment period and public hearing.

SUMMARY: formerly the Charlotte Housing Authority (CHA), an amendment to its **Fiscal Year 2020 Moving to Work (MTW) Annual Plan**, entitled: 2020-2 Development Protection Fund. Through this activity, INLIVIAN will use broader use of funding fungibility to better ensure the long-term stability and viability of existing INLIVIAN- and affiliate-owned rental housing properties.

PUBLIC COMMENT: The public comment period begins August 14, 2020 and ends September 16, 2020. Written comments will be accepted via email at MTW@INLIVIAN.COM.

PUBLIC HEARING: The public hearing will be held virtually and via the phone on September 15, 2020 at 5:30 p.m. To join the public hearing, or to sign-up to speak on this matter, please call 704-432-5557 or send an email to MTW@INLIVIAN.COM

To access the draft documents on-line, visit the INLIVIAN web-site at www.INLIVIAN.com under public notices: <http://inlivan.com/public-notices/>.

REASONABLE ACCOMODATION REQUESTS: INLIVIAN is committed to providing equal access to this event for all participants and residents with disabilities. If you need a reasonable accommodation or sign language interpreter service, please contact our ADA/504/Language Department at 704-336-8413 to initiate a request. Please allow at least 3 business days to make the necessary arrangements. If you need a foreign language translator, please contact our ADA/504/Language Department at 704-336-8413. Please allow at least 5 business days to make the necessary arrangements.

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COURTESY JASON WOODBERRY

Charlotte artist Jason Woodberry.

Camouflage and Black culture mix

By Ashley Mahoney

ashley.mahoney@thecharlottepost.com

Jason Woodberry created work examining the duality of Black culture as a parallel with camouflage.

The edition is titled "Eye of God," which the Charlotte-based artist released on Aug. 1. It confronts the intersection of Black culture and the Black experience through the metaphor of camouflage. Woodberry raises the question of how to exist in spaces where you are the only Black person in the room but still keep your identity.

"Whether you are being pulled over by police officers, or you are the only Black person in a space, it's learning how to adapt and how to be in these different spaces, and despite the circumstance, still keep your identity," he said.

Prints are available for purchase through Phreight Arthouse and TFA Advisory, a fine art firm. A master printer, Pop Ink Editions, produced 50 prints in the numbered edition, which features strictly camouflage. Once those are sold out, the design and the colors will be retired. Woodberry also received 10 artists proofs, which are not included in the numbered edition. He created seven hand-embellished pieces from the proofs.

"I went through a master publisher, and this is the first time I've ever done that, because I wanted well known professionals to handle this print, and to create it," Woodberry said.

"Eye of God" simultaneously serves as a debut for his company Phreight Arthouse. In addition to showcasing work, he intends to use Phreight to showcase art as affordable investment.

"Art is affordable," Woodberry said. "There is art that is accessible. It's not necessarily reserved just for rich people, and there are investment opportunities in art that make it a very unique form of investment."

Woodberry is known for his work with fellow artist Marcus Kiser and poet Quentin Talley on the Afrofuturistic series "Intergalactic Soul," which has appeared across Charlotte. Woodberry and Kiser created an interactive Afrofuturistic text as an added layer in "Intergalactic Soul," which was featured in "Project LHAXX" at the Ackland Art Museum at UNC Chapel Hill last summer. They showcased a prototype of the text at Portal in Uptown earlier last summer. They created the text as a response to history erased by the transatlantic slave trade. Woodberry has experimented with the text for the last four years. LHAXX pays homage to Henrietta Lacks (1920-1951). She visited Johns Hopkins Hospital in 1951 seeking treatment for cervical cancer. The study of her cells helped produce the polio vaccine but was done without her knowledge and her family wasn't compensated. Woodberry incorporated the text into some of his hand-embellished artist proofs from "Eye of God," all of which have sold out. The text reads Eve as a Jane Doe reference.

"I used Eve to pay homage to the women who have been in my life," Woodberry said. "It's because of that feminine presence that I learned how to have balance. I've learned from them how to speak from a place of love, and to be a nurturer not just to other people, but to myself, because of the women in my life."

The colors represent heavenly bodies in the known universe. The edition was inspired by the Helix Nebula, also known as the Eye of God.

"I chose the Eye of God intentionally, because with everything going on from the COVID-19 pandemic to the Black Lives Matter movement, whether you believe in God or not, it's the concept of something or someone watching us, and us having to hold ourselves to a level of accountability," Woodberry said.

On The Net
www.phreight-arthouse.com/editions



COURTESY PHOTO

Grammy-winning producer and hip-hop artist Jermaine Dupri is one of six inductees to the North Carolina Music Hall of Fame, along with his father, Michael Mauldin, a live event producer and entertainment executive.

Dupri, Lawrence lead NC Music Hall class

Hip hop and gospel giants headline six inductees enshrined in 2020

By Herbert L. White

herb.white@thecharlottepost.com

A pair of Grammy-winning artists lead the North Carolina Music Hall of Fame's Class of 2020.

Donald Lawrence of Gastonia and Jermaine Dupri of Asheville are among six inductees. R&B legend Roberta Flack of Black Mountain is one of two past inductees who will receive lifetime achievement recognition. The induction will be a commemoration of each inductee and a showcase of their important contributions made to American Music.

The inductees are:

- Donald Lawrence, a gospel music artist, songwriter, record producer and vocal coach. Lawrence has won multiple Stellar Awards and was musical director of the Tri-City Singers.
- Jermaine Dupri, a Grammy-winning producer, hip-hop artist, songwriter and record executive is a member of the Songwriters Hall of Fame and founder of So So Def record label.
- Michael Mauldin of Murphy is and Dupri's father, is an entertainment executive and live event producer and CEO of Scream Nation, a concert tour joint venture with Live Nation Entertainment. Mauldin is former

president of the Black Music division at Columbia Records, former senior vice president of the Columbia Record Group and a talent manager.

• Charles Whitfield of Charlotte is a producer, executive, and A&R executive/investor in Hidden Beach Recordings. He is currently director of live events at Beasley Media Group.

• The Briarhoppers, formed in Charlotte in 1934, are the oldest continuing bluegrass group in the world. The band was WBT radio's first house band to play live on radio.

• The Squirrel Nut Zippers, a jazz band formed in 1993 in Chapel Hill, rose to commercial success during the swing revival during the late in that decade. The band's music is a fusion of Delta blues, gypsy jazz and swing.

The Lifetime Achievement Awards honorees are:

- Tony Brown, a Grammy-winning record producer and pianist from Greensboro best known for his work in country music. Brown co-founded Universal South Records and is former president of MCA Records Nashville. He produced gold and platinum hit recordings by artists like George Strait, Reba McEntire, and Vince Gill as well as earning seven Academy of Country Music awards, including Producer of the Year, as

well as several Country Music Association awards.

• Roberta Flack, the only solo artist to win a Grammy for Record of the Year in two consecutive years. In addition to her commercial success, Flack is founder of the Roberta Flack School of Music at Hyde Leadership Charter School in the Bronx, a free music education program for underprivileged students. She also earned a Grammy Lifetime Achievement Award earlier this year.

The induction ceremony, which was originally slated for October at the Gem Theatre in Kannapolis, has been postponed to 2021 because of the COVID-19 outbreak.



Black Mountain native Roberta Flack will receive a lifetime achievement award.

Relief for Charlotte music community

By Ashley Mahoney

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The Charlotte Music Community Relief Fund is expanding.

Music Everywhere CLT, FAIR PLAY Music Equity Initiative and Tosco Music created the grant program to help Charlotte music industry members, particularly independent performing or recording artists financially impacted by COVID-19. The \$40,000 COVID-19 response fund contribution from United Way of the Central Carolinas and Foundation for the Carolinas allows the initiative to provide more grant funding to local artists. The Charlotte Music Community Relief Fund was launched on April 29. Music Everywhere CLT provided the initial funding through AvidXchange. Public fundraising brought in over \$29,000.

The program has provided 79 grants totaling \$39,500 as of July 20.

"We're glad these funds will help support members of the Charlotte music

community through COVID-19 as they creatively innovate our way out into an even stronger music city," David "Dae Lee" Arrington of FAIR PLAY Music Equity Initiative said in a statement.

Each grant is \$500, and can be used to meet whatever needs the artist is facing. Those whose full-time employment has not been impacted by the virus or are not facing financial hardship are asked to leave the grants open to those who are. Applicants must be at least 18 years of age, a Mecklenburg County resident and not a fulltime student. Most of the applicant's income should typically come from music-related work.

Grants are open to all members of the music industry, including roles such as technicians, producers, songwriters, studio engineers, music teachers, composers as well as musicians. Eligible people may apply for up to two grants, but a minimum of 60 days must be between grants, and a second application must be submitted. Grants are sent to

the address provided on the application. Anyone who receives two grants in a calendar year will be sent a 1099 form by Charlotte Center City Partners, as the grants are considered income. The IRS threshold for taxable income from one group is \$600, making two grants totaling \$1,000 taxable.

"When we launched this fund with our partners, we were responding to an immediate and urgent need," Rick Thurmond of Music Everywhere CLT and Charlotte Center City Partners said. "Now, three months later, it's clear that the music economy will be challenged for some time. We hope that everyone in the music community is aware of this fund, and if you're in need of a boost, consider applying."

Music Everywhere CLT produced a study in 2018 that revealed most of Charlotte's music community earns less than \$10,000 from music and COVID-19 has placed greater financial constraints on an already difficult in-

Please see RELIEF | 6B

By Kimberly Harrington

SPECIAL TO THE POST

DURHAM - Author and syndicated radio host Michael Baisden revealed that men do cry in the dark.

In his debut book, "After the Snap," author Kian Furnace discloses what he did when the lights came on: He wrote his pain.

Approaching midlife without children, Furnace learns through a phone call that his wife of five years was leaving him. By his own admission, he should have sought therapy, but instead the Durham resident took to the pen and wrote about his pain to distract his pain and share it.

The result is an emotional rollercoaster ride of verses and poetry that is an amal-

gamation of fear, self-doubt, regret, hurt and eventually hope and healing.

"After the Snap" is the first of a three-part anthology of poems written after, during and before "the snap" that chronicles his progress and eventual romance with his current wife. It is a montage of optimism, hope and longing, raw and unfiltered, but by the end, offers a profound effect on those who read it.

"I attempted to write my pain," Furnace said. "It was how I was going to give myself therapy and track my recovery."

Furnace has been comfortable writing poetry since he was a child. When the nation went into quarantine mode due to the coronavirus pandemic, he decided it was the

perfect opportunity to pen his first book.

"After the Snap" was released during the height of a social justice movement taking place throughout the country, affirming the lives of African Americans. Juxtaposed against a backdrop of civil unrest, Furnace is unapologetically vulnerable about his own emotional setback, low self-esteem and grief following the breakup of his marriage.

His revelation is the essence of vulnerability in terms of stepping out of his comfort zone and exposing himself emotionally to the world as a black man rejected by the very love he vowed to honor and protect.

"It is the sometimes bitter, sometimes sweet, poetic

pouring of his own reality on the written page so that you may find healing or just know that you're not alone," writes Ronda TruFiyah Lloyd Peck in the foreword of "After the Snap."

"His writing is sentimental, mellow, powerful, yet smooth; picture Common telling poetic lullabies in between sips of the finest cognac and you will sense the velocity of this work."

While book one is an ebb and flow of choppy waters of the heart, Furnace promises there is calm after the storm as healing leads to love again, setting up the stage for book two as indicated in the title of the last poem listed, "She Moves on First."

Relief for Charlotte's music community

Continued from page 5B members of our music community know that Charlotte cares and values their contributions to our city. We hope it encourages them to stick around, stick with us, and stick with it." To apply, go to : https://docs.google.com/forms/d/e/1FAIpQLSdbJR7fWL3HOfNggDbpSENU0dOoQZM5CM9uQE81oSuZyfoB_g/viewform?pli=1 For more information: <http://music everywhereclt.com/relieffund>

OUT & ABOUT

PHOTOS BY DANIEL COSTON | FOR THE CHARLOTTE POST



Teddy and Ryasia Cain enjoyed the Seat At The Table dinner, held at the Mint Museum Randolph on July 31. The event benefited My Sister's House, a local organization.



Omari Wilkerson brought his smooth sounds to The Trail House in Indian Trail on Aug. 1.



DARNELL VINNIE | CENTRAL PIEDMONT COMMUNITY COLLEGE

hosted 2020 drive-thru graduation ceremonies July 29-30 on its Cato Campus. More than 440 graduates participated in the two-day event, which included the traditional undergraduate programs as well as its College and Career Readiness programs.



HBO PHOTO

In this image released by HBO, Mayor Michael Tubbs speaks to high school students in Stockton, Calif., in a scene from the documentary "Stockton On My Mind." The film dives into the dreams of an unlikely mayor, who became the community's youngest and first Black mayor in 2016, and who defied odds to lead his impoverished, Central California city.

'Stockton on My Mind' shows mayor's hope for city

By Russell Contreras

THE ASSOCIATED PRESS

Walk into the Stockton, California, city offices and you might hear Drake's "God's Plan" coming from the mayor's office. There, Mayor Michael Tubbs could be bobbing his head to the lyrics, "I can't do this one my own, ayy, no, ayy." Outside those walls sits one of the poorest, least literate communities in the nation.

And yet there's nowhere else this 30-year-old Stanford University graduate would rather find himself, even amid the hate and ridicule critics throw at him.

"Stockton on My Mind," a new HBO documentary available to stream for free beginning Friday, dives into the dreams of this unlikely mayor who defied odds in 2016 to lead his impoverished city. The son of a single mother and a father serving time in prison, Tubbs defeated Republican incumbent Anthony Silva to become the community's youngest and first Black mayor. That same night Donald Trump shocked the nation and won the presidency.

Tubbs immediately shot to national stardom among depressed liberals who sought new, bold ideas to fight poverty, violence and educational inequality. And it was those bold ideas that garnered praise and scorn.

Soon after taking office, the film illustrates how Tubbs attracted private funds to experiment with a basic income plan that critics dismissively called "free money" for the poor. He organized former prison inmates to keep peace among gangs and got more private donations to provide scholarships to the city's poor high school students. It's all about empow-

ering others to "upset the setup," he explained.

"It's interesting. It feels like we've been moving forward while the country is moving backward," Tubbs told The Associated Press on a recent weekday after taking a COVID-19 test. (It was negative.) "We're definitely not perfect. We have a lot of work to do."

In the film, Tubbs must also focus on his marriage to Albuquerque, New Mexico-born scholar Anna Malaika Nti-Asare-Tubb and their new baby. And he has unresolved matters with his father, Michael Tubbs Sr., a former gang member, some called a "monster," who is trying to connect with his son.

Initially, the mayor turned down director Marc Levin's offer to follow him around to document his life during his time in the city council. But then Tubbs agreed after Levin vowed he wanted to make a film not just about a young mayor but about a city seeking a comeback.

Besides Tubbs, "Stockton on My Mind" looks into the life of Raymond Aguilar, a man who served more than two decades in prison and now works with at-risk communities to deter violent crime. It also shows the work of Jasmine Dellafosse, a community organizer and activist who helps youth avoid the court system.

The documentary is the latest in new line of films that look into the works of insurgent candidates of color in the age of Trump. The 2019 Netflix film "Knock Down the House" by Rachel Lears, for example, examines the campaigns of U.S. Rep. Alexandria Ocasio-Cortez and other progressive candidates who challenge incumbents.

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