



SHUTTERSTOCK

Oral and heart health are connected, especially through gum inflammation

Protect your teeth, gums and heart

FEATURE IMPACT

People often think of dentists and doctors as totally separate healthcare professionals: one cares for your teeth and mouth while the other handles the rest of the body.

In reality, the different systems in the human body are closely interconnected and oral health is no exception, making dentists a vital part of your healthcare team.

Oral health and heart health have a particularly close connection, with inflammation at the core of it. When your gums are inflamed, the resulting bacteria can make their way from your mouth through your bloodstream, potentially contributing to your blood vessels constricting or becoming blocked. This, in turn, may force your heart to work harder and raise your blood pressure, putting you at risk of heart disease and stroke. More than 46% of adults in the U.S. have high blood pressure, and more than 40% of adults age 30 and older are affected by periodontal (gum) disease.

To help address these issues, the American Heart Association's Healthy Smiles, Healthy Hearts initiative, in collaboration with Delta Dental of California,

Please see **PROTECT** | 2B

Medicaid tailored meal deliveries threatened by cuts, policy uncertainty

By Priyanka Dayal McCluskey

WBUR

On a weekday morning in a quiet Boston neighborhood, a kitchen bustled with activity.

Volunteers sliced chicken breasts, stuffed bell peppers, filled trays, and carefully labeled each item. It was part of an experiment to offer nutritious and medically tailored meals to Medicaid patients who are unable to shop for groceries and cook for themselves.

"Once I started to eat these meals that were geared toward my illness, I built up my muscle mass again, built up my strength, built up my confidence in myself," said Vanessa Georges, who is in remission from throat cancer and said she would struggle to consume enough calories without the deliveries. "These meals have given me a second chance."

Georges said she noticed another benefit from the meals: She spends less time at the doctor's office.

Researchers have found evidence backing her observation. About 1,900 Massachusetts residents who, like Georges, received medically tailored meals for at least three months needed less medical care, according to a study published in the journal Nature Medicine. They had 20% fewer emergency department visits and 31% fewer hospitalizations than similar patients who did not receive meals.

"It actually saves the healthcare system money," said Dariush Mozaffarian, a cardiologist and professor at Tufts University who led the study. "That's a

Please see **TAILORED** | 3B



CHARLOTTE DOUGLAS INTERNATIONAL AIRPORT

People with high travel IQ tend to pay attention to details and customs and roll with the punches when the situation dictates.

How high is your travel IQ? Take a quick quiz

The best stay cool, adapt and read the fine print before departure

By Christopher Elliott

FOR THE CHARLOTTE POST

The guy Lachlan Brown met in a Tokyo departure lounge thought he had a high travel IQ, but he didn't.

True, he clutched a color-coded itinerary and screenshots of every boarding pass. He wore a pair of noise-canceling headphones and rolled the newest luggage into the waiting area. But when the airport Wi-Fi froze and a gate change flashed on the monitor, Mr. Know-It-All Traveler came apart.

"It was like someone's operating system crashed," Brown remembers. "He started arguing with staff in English, louder each time, as if the volume could translate into Japanese. He spiraled into blame and panic over a five-minute problem."

Brown knows a thing or two about meltdowns: He's a behavioral psychologist. And he's spent

some time thinking about what separates smart travelers from everyone else.

Turns out, it's a fine line.

Brown says another passenger handled the problem differently. She simply glanced at the screen, walked to a counter, and asked for directions to the next gate. She was halfway to the new gate before the prepared traveler had finished his first rant.

She had a high travel IQ, says Brown.

What is travel IQ? It's the gap between what you think you know and how the world works. You might be smart, but if you can't navigate a simple gate change without a meltdown, your travel IQ is low.

This is the time of year—the waning days of summer—when everyone's travel IQ is on display, including yours. So how do you know if your travel IQ needs some

work? Here are a few signs.

You're not flexible

People with a high travel IQ can roll with the punches. The world doesn't end when Wi-Fi goes down or their gate changes. Travel is chaos held together by duct tape (believe me, I know). If a five-minute delay feels like a personal attack, trying to control an environment that doesn't care about your schedule is not that smart.

You fail to read the fine print

The worst travelers are the ones who are uninformed. They don't have a clue about what's in their rental agreement, their airline contract of carriage or their cruise ticket contract. They assume their travel insurance will cover anything that goes wrong on their trip. They can't be bothered with the details. They end up paying more and getting less because of

Please see **HOW HIGH** | 2B

Nudge poinsettias, holiday cacti into bloom

By Melinda Myers

FOR THE CHARLOTTE POST

Colorful poinsettias and flowering Thanksgiving or Christmas cactus fill garden centers and homes during the holiday season.

If you saved your plants from last year, it is time to get started forcing them into bloom for the upcoming holidays.

Starting between late September and Oct. 1, cover or move your plants into a dark location for 14 hours each night. This treatment is needed to initiate the flowering in these plants. Shield them from any outdoor, street or reading lights that can delay or prevent flowering.

Uncover or move your plants back to a brightly lit location each morning. Growing the plants in a cooler location, especially at night, and keeping the soil slightly drier will help stimulate bloom. Some experts believe this is all that is needed to rebloom Christmas cactus. A combination of the two treatments seems to give the best results.

The colorful parts of the poinsettia, often called the flowers, are modified leaves called bracts. These are the leaves that turn color after the dark treatment. The true poinsettia flower is the knobby yellow growth that appears in the center of the colorful bracts at the tip of the stem.

Continue the dark treatment until the poinsettia bracts are fully colored or your Christmas cactus is covered with well-developed buds. Move the flowering plants to a cool location free of hot and cold drafts with bright indirect light. Continue to water thoroughly and often enough to keep the soil slightly moist while the plants are flowering. This is especially important to prevent bud and flower drop on Christmas cactus.

Consistently providing the required dark period is key to having flowers for the holidays. Each missed or interrupted 14-hour night delays blooming by one day. There is no need

Please see **NUDGE** | 3B



MELINDA MYERS

Princettia Sparkling Rouge poinsettia has red bracts with a pink splash pattern.

Common mistakes homeowners make in refinishing floors

BRANDPOINT

Hardwood floors have an enduring appeal few other flooring materials can match.

Beautiful, durable and unique, each floor brings the warmth and character of natural wood into a home, creating a surface that evolves and lasts for generations. In fact, a 2026 Bona survey found that 87% of homeowners rank flooring among the home features they're most willing to invest in.

Over time, even well-maintained hardwood floors can begin to show signs of everyday wear. Scratches, fading, worn areas or a dull finish that regular cleaning can't address may signal that it's

time to consider refinishing. More than a cosmetic refresh, refinishing restores the floor's appearance and protective finish, while bringing new life to the natural beauty of the wood and helping it stand up to years of use.

"By refinishing floors, you're preserving their durability and restoring their beauty, which is an investment in the long-term value of this vital part of your home," said Bona's "Floor Doctor," Zack Clavin. "You can even use Bona waterborne finishes to adjust the color and sheen of the floor while helping them wear better."

Where to start when thinking of refinishing your hardwood floors

Ready to bring your worn hardwood floors back to life, but not sure where to start? You're not alone. Bona found that nearly two-thirds (62%) of homeowners experience at least moderate anxiety about floor refinishing projects.

With autumn being an ideal time to refresh hardwood floors, Clavin shares five common refinishing mistakes homeowners make – and how to avoid them.

Refinishing helps preserve the durability of your hardwood floors while restoring their natural beauty, protecting an investment that can add value to your home for years to come.

1. Refinishing is a DIY job

You can find countless TikTok and YouTube videos on how to refinish your floors, but this is one home improvement project where going the DIY route can quickly become a costly mistake. Improper sanding, uneven stain application or rushing drying times can lead to disappointing results that take even more time and money to correct.

For your floor refinishing project, work with a trained flooring professional who understands the precision and craftsmanship it requires, as well as how the right products and techniques work together to get the job done right the first time, saving homeowners added stress, time and expense.



SHUTTERSTOCK

Refinishing preserves the durability of hardwood flooring.

pense.

2. Hiring a contractor at random

Deciding to hire a professional is just the first step. Finding the right one

matters just as much. Not every contractor brings the same level of skill and expertise to a refinishing project, so Clavin rec-

Please see **COMMON** | 2B

Tailored meal deliveries threatened by US cuts

Continued from page 1B
really big deal, because most things in healthcare don't."

The research from Massachusetts adds to evidence that medically tailored meals could save states money — in addition to improving health. Yet such programs could land on the chopping block as states look to tighten spending under Trump administration budget cuts, even as federal officials argue that food is a critical component of health.

Medicaid budget cuts loom
The 2025 law known as the One Big Beautiful Bill Act slashed projected Medicaid funding by more than \$900 billion. Many Republicans who backed the bill believe federal health spending is too high and riddled with fraud. Sen. John Kennedy, a Louisiana Republican, for example, has accused California of "outrageous fraud" for using Medicaid dollars to fund housing and nutrition programs.

Amaya Diana, a policy analyst at KFF, said states will have to make tough choices in the next few years as they figure out how to fill funding gaps. "If states are not able to offset the loss of federal funds with new taxes or reductions in other state spending, they may have to make program cuts," she said. (KFF is a health information nonprofit that includes KFF Health News.)

Thirteen states have received federal waivers to use Medicaid dollars to pay for meals — part of an approach known as "food is medicine." Three other programs are awaiting federal approval.

President Donald Trump's support for social services has wavered. While the first Trump administration allowed states to pursue medically tailored meals and other social supports, the second Trump administration rescinded Biden-era guidance for Medicaid initiatives that address social needs.

It hasn't detailed a new policy. Administration officials have warned that they will be more focused on the budget impacts of such initiatives.

"They signaled they're going to be a lot more skeptical," said Kurt Hager, an assistant professor at the University of Massachusetts Chan Medical School who studies nutrition programs and helped lead the Massachusetts study. "Instead of using a broad-based approach nationwide, they're going to make decisions on a state-by-state basis."

At the same time, health leaders in Trump's administration have made nutrition a major focus, including by promoting less-processed foods. Robert F. Kennedy Jr., who leads the Department of Health and Human Services, and Mehmet Oz, administrator of the Centers for Medicare & Medicaid Services, have pushed hospitals to serve healthier foods to boost patient outcomes.

The healthcare system is often willing to pay for surgeries, Oz said in a social media video in June, "but not always willing to pay for the nutrition that might help prevent those outcomes in the first place. That's bothered me my whole career."

Katie Garfield, who studies social determinants of health at Harvard Law School's Center for Health Law and Policy Innovation, said the lack of federal guidance is stirring uncertainty for states that want to pursue nutrition programs in Medicaid. "We're still waiting to see that big step

forward around 'food is medicine' interventions," she said. "We need to see that step forward to resolve some of the uncertainty."

Lawmakers have had a hard time engaging administration officials on medically tailored meals, said U.S. Rep. Jim McGovern, a Massachusetts Democrat who sponsored a bill that would pilot meal deliveries for some chronically ill seniors on Medicare. The legislation has yet to come up for a vote.

"I had thought, based on some of his rhetoric before he entered the Trump administration, that RFK Jr. would be a natural ally on this," McGovern said. "But we can't seem to get his attention."

Costs of poor nutrition
Some companies have been accused of billing Medicaid for meals that were neither healthy nor nutritious, raising concerns about lax regulation of these programs.

But at Community Servings in Boston, the food is prepared with specific attention to sugar, salt, fat, vitamins, and minerals and is based on a person's health needs, said David Waters, chief executive of the nonprofit. Many recipients require food that is mild or low in fiber, for example.

"What we're able to do is to work with your healthcare provider to understand your health realities — what your diagnoses are, what your medications are, side effects, food allergies, cultural norms — and then prescribe a diet for you that is scratch-made," Waters said.

The Massachusetts researchers found that the meals — at a cost of \$125 per person per week — essentially paid for themselves. Patients with heart disease used about \$10,000 less in healthcare services over six months, and patients with kidney disease used \$12,000 less in healthcare. There were also savings for people with diabetes, depression, and anxiety.

"Those are pretty big numbers when you think of how expensive those diseases can be and the prevalence in the population," Waters said.

Nationally, researchers estimate, 10 million Americans would benefit from medically tailored meals, though only a small fraction are enrolled.

"Poor nutrition is the top cause of poor health in this country. It's the top cause of preventable healthcare spending," said Mozaffarian, director of the Food is Medicine Institute at Tufts. He has estimated that medically tailored meals could help patients avoid 1.6 million hospitalizations and save the U.S. \$13.6 billion in healthcare costs each year.

Weekly delivery that makes a difference

Steve Honyotski receives 10 meals at his Boston home each week, cooked fresh and delivered cold or flash-frozen. They're ready to eat after just a couple of minutes in the microwave.

"The carrot ginger soup is my favorite," Honyotski said.

Honyotski, 71, lives with several chronic conditions, including diabetes, obesity, and high blood pressure. He said he's noticed improvements in his health since he started eating medically tailored meals. He needs less insulin to control his diabetes, and he's lost enough weight to delay a knee replacement surgery.

For now, those meals will keep coming.

« BLACK BRILLIANCE »



WIKIPEDIA

Bessie Coleman was the first Black woman to earn an international pilot's license and an inspiration to generations of aviators.

Bessie Coleman took to air despite racism and sexism

FLORIDA MEMORIAL UNIVERSITY

Bessie Coleman (1892-1926) was the first female pilot of African American descent, and also the first woman of Native American descent, to hold a pilot's license.

She also was the first Black person to earn an international pilot's license. On April 30, 1926, Coleman was tragically killed at only 34 years old when an accident during a rehearsal for an aerial show sent her plummeting to her death.

Born Jan. 26, 1892, in Atlanta, Texas, Coleman was one of 13 children born to sharecroppers George and Susan Coleman. Her mother was an African American maid, and her father a sharecropper of Native American and African American descent.

In 1910, Coleman took all her savings and enrolled in the Colored Agricultural and Normal University (now Langston University) in Oklahoma but did not finish. At age 23, Coleman went to live with her brothers in Chicago. She went to the Burnham School of Beauty Culture in 1915 and became a manicurist in a local barbershop.

Meanwhile, her brothers who served in the military during World War I came home with stories of their time in France and how French women were allowed to learn how to fly airplanes. She applied to

many flight schools across the country, but no school would take her because she was both Black and a woman.

Robert Abbot, publisher of the Chicago Defender, advised Coleman to move to France where she could learn how to fly. Since her application to flight schools needed to be written in French, she began taking French classes at night.

In 1915 she was awarded her Fédération Aéronautique Internationale (international pilot's license) after training at Caudron Brothers School of Aviation in Le Crotoy, France, in just seven months.

William J. Powell established the Bessie Coleman Aero Club in Los Angeles in 1929. In 1931, the Challenger Pilots' Association of Chicago began an annual flyover at Chicago's Lincoln Cemetery to honor Coleman.

Flyers like the Five Blackbirds, the Flying Hobos, the Tuskegee Airmen, and others proceeded to make Coleman's dream a reality as a result of being affiliated, educated, or inspired directly or indirectly by the aeroclub.

In 1977, women pilots in Chicago established the Bessie Coleman Aviators Club.

In 1995, the U.S. Postal Service issued a stamp commemorating "her singular accomplishment in becoming the world's first African American pilot, and by definition, an American legend."

Nudge poinsettias, holiday cacti into bloom and enjoy the results

Continued from page 1B

to give up after a couple of interrupted nights. Continue the dark treatment and enjoy the flowers whenever your plant blooms. Their colorful bracts and flowers are sure to brighten any winter day.

If your poinsettia fails to flower, you can still enjoy your plant this winter. Just add some faux poinsettia blooms, berry sprays or other floral décor. No one needs to know this wasn't the plan all along.

Don't be surprised if flowers appear on your Christmas cactus at Thanksgiving. Although sold as a Christmas cactus, it may truly be a Thanksgiving cactus or a hybrid of the two. The true Christmas cactus has small segments with smooth edges and blooms later than the Thanksgiving cactus with toothed or jagged seg-

ments.

Fortunately, the Christmas and Thanksgiving cactus' growing requirements and care are basically the same. The plants will do fine; they just bloom during different holidays. Both are native to the tropical rain forests, not the desert, as their common name implies. Place them in bright indirect light and water thoroughly when the top few inches of soil begin to dry when they are actively growing.

Enjoy the experience as well as the results. No matter the outcome, you'll have fun trying something new.

Melinda Myers has written more than 20 gardening books, including "The Midwest Gardener's Handbook, 2nd Edition" and "Small Space Gardening."

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

BIDS

NOTICE TO BIDDERS/ADVERTISEMENT FOR BIDS

Cabarrus County Schools (CCS) is accepting sealed bids for **"McKnight CDC Kitchen Plumbing Renovation"** on **Wednesday October 7th 2026, at 10:00 a.m.** Site is located at 1300 Glenn Ave, Kannapolis, NC 28081. Plans & Specifications are available by calling/texting James Stewart, Project Manager with S-B Design Group at 704.232.0334 or by e-mailing jastewart001@gmail.com. The specifications will also be available beginning **Thursday, September 24th, 2026** at www.cabarrus.k12.nc.us, go to **"Departments", "Facilities Management", "Upcoming Projects, Bids and RFQ's"**.

Pre-Bid Conference Location, Date, and Time:

A non-mandatory Pre-Bid Conference will be scheduled on **Tuesday, September 29th, 2026 at 10:00am.** If desired, GC's may schedule a site visit with James Stewart no later than Thursday October 1st, 2026.

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 10:00 a.m. and read publicly at Cabarrus County Schools Facilities Management Department, 4425 Old Airport Road, Concord, NC on Wednesday October 7th 2026. No bids will be accepted after 10:00 a.m. Cabarrus County Schools has the right to reject any or all bids.

NOTICE TO BIDDERS

Sealed proposals will be received from NC Licensed Mechanical Contractors until **2 pm, on Tuesday, October 20, 2026, in the office of Mecklenburg County Asset & Facility Management Department, 3205 Freedom Drive, Suite 6000, Charlotte, NC 28208**, for the construction of the ALLEGRA WESTBROOKS REGIONAL LIBRARY PARTIAL HVAC REPLACEMENTS at which time and place Bids will be opened and read aloud. Single-prime, lump sum bids from NC Licensed Mechanical Contractors will be taken for construction as indicated in the bidding documents. Proposals must be made on standard forms furnished by the County. The project is located at **2412 Beatties Ford Rd, Charlotte, NC 28216**.

The Contractor can obtain the Bid Documents digitally at no cost from the County's Authorized Design Consultants: TLC Engineering Solutions Contact Wally Ray via email at wally.ray@tlc-eng.com.

Prime NC Licensed Mechanical Contractors wishing to submit a bid for this project must provide a **MANDATORY written, Letter-of-Interest** to the County's **authorized Design Consultant** at least 48 hours in advance of the bid opening in order to be placed on the official Bidders List for automatic distribution of potential addenda and offered consideration by the County as a responsive bidder. **Bids submitted by Prime NC Licensed Mechanical Contractors that have not provided a Letter-of-Interest may be considered non-responsive.**

A mandatory pre-bid meeting shall be held at **9 am on Thursday, October 1, 2026**, at the **ALLEGRA WESTBROOKS REGIONAL LIBRARY** located at **2412 Beatties Ford Rd, Charlotte, NC 28216**.

Bid, Performance, and Payment & Material bonds are required for this project. The laws of North Carolina and applicable regulations of various Licensing Boards will be observed in receiving bids and awarding contracts. Mecklenburg County reserves the right to reject any or all proposals and to waive informalities or technicalities, as it may deem to be in its best interest. Upon request, this information will be made available in an alternative format for persons with disabilities. Please call 980-314-2432 for assistance.

REQUEST FOR QUALIFICATIONS Architectural I Engineering Services for

Albermarle Road Recreation Center & Park and Recreation Admin/Maintenance Facilities Master Plan
Mecklenburg County, North Carolina

Mecklenburg County requests a Statement-of-Qualifications from interested architectural firms for services on a new recreation center project and Park and Recreation facility master plan. Firms shall assemble a design team to provide master planning, design, bidding, construction contract administration, and closeout/warranty services as required for one or both projects.

A copy of the complete RFQ may be obtained by sending an official **Notification-of-Interest** via mail, email or facsimile to: Steven Sweat – Senior Project Manager, Mecklenburg County Asset & Facility Management, 3205 Freedom Drive, Suite 6000, Charlotte, NC 28075, Email: steven.sweat@mecklenburgcountync.gov, FAX: (704)-432-0633

Submittals must be received by Asset & Facility Management by **Thursday, 10/15/26 at 2:00pm.**

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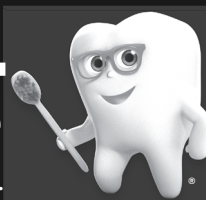
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Tech Lead (Charlotte, NC) - Provide technical leadership & technical design decisions for a group in the dvlpmnt. of techniques & analytics applications. 2 days in-office, 3 days WFH; also reqs. travel 3x/yr. for company All Hands events in either Winston-Salem, or Charlotte, NC for team building & collaboration. Reqs. incl. MS deg. & 2 yrs. exp. Send resume to Wellnecity, LLC, 500 W 5th St, Ste 502, Winston-Salem, NC 27101. Attn: M. Quinn.

MISCELLANEOUS

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THURSDAY, SEPTEMBER 24, 2026 PAGE 58

« ON THE MARQUEE »



DAVECHAPPELLE.COM

Dave Chappelle, the award-winning American comedian, actor, screenwriter, and producer, has announced a national tour of arena shows this fall, including a stop at Spectrum Center on Oct. 21.

Symphony pays tribute to Bugs Bunny

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

The latest events, productions and exhibits in Charlotte and beyond:

Sep 25-26
“*Bugs Bunny at the Symphony*” brings Looney Tunes favorites to the big screen with original scores performed live by Charlotte Symphony. Showtimes are 7:30 p.m. on Sept. 25 and 3 p.m. Sept. 26.

Conducted by George Daugherty, the program features animated classics including “What’s Opera, Doc?” and “The Rabbit of Seville,” with the orchestra performing in sync with the action on screen.

Sept. 25-27
Festival in the Park Fine Arts & Crafts Festival and Traditional Arts & Crafts Festival, Freedom Park.

Since 1964, the juried arts festival has brought popular music, arts and crafts and family entertainment to visitors from around the South. Artist applications are online at festivalinthepark.org.

Sept. 26
Potters Market at the Mint returns to the lawn of Mint Museum Randolph for its 20th anniversary. Discover one-of-a-kind work from more than 55 exceptional ceramic artists from across North Carolina, with everything from functional pottery to sculpture and decorative pieces. Free parking on the overflow lawn at Mint Museum Randolph

The showcase includes VIP Potters Preview Party on Sept. 25 from 5:30-8:30 p.m. and Potters Symposium & Artist Talk with North Carolina potter and author Mark Hewitt on Sept. 27 from 2-5 p.m.

Tickets are available on Eventbrite.
Oct. 1
Mariachi El Bronx, 8 p.m., Carolina Theatre.

After a 10-year break, the eight-piece band is headlining a tour. Special guests Bedouin Soundclash and Max Diaz.

Tickets \$37-\$65 at ticketmaster.com and thecarolina.com.

Oct. 2-3
Tosco Music hosts its seventh annual FabFest-Charlotte’s Beatles Festival, Knight Center (Oct. 2, 7:30 p.m.) and Parr Center, Central Piedmont Community College (Oct. 3, 10 a.m.-5 p.m.).

The festival brings together community to share creativity inspired by the spirit of the 1960s and Beatles music. FabFest includes a ticketed concert at Knight Center (tix.blumentharts.org), and free program on Oct. 3 with live music on two stages, a Beatles Art Contest and Cover Song Contest, both with cash prizes.

• “Back to the Future in Concert,” Charlotte Symphony, Belk Theater.

The 1985 classic Back to the Future comes to the big screen with the Charlotte Symphony performing Alan Silvestri’s original score live alongside the film.

Audiences can follow Marty McFly and Doc Brown’s time-traveling adventure while hearing the score performed live by the orchestra.

Oct. 2 program at 7:30 p.m.; Oct. 3 program at 3 p.m.

Oct. 8

Martin Lawrence, Ovens Auditorium. The comic adds Charlotte to the Y’all Still Know What It Is! Tour. Select dates will feature special guest appearances from comics Nate Jackson, Karlous Miller and Desi Banks. Loni Love and Benji Brown are set to appear at every stop. Tickets available via Ticketmaster.

Oct. 10
Daley, Neighborhood Theatre at 8 p.m.



Lawrence



Daley

Please see MARTIN | 68



THE POWER OF THE ARTS

The cast of Hope, Healing and Triumph includes some of Charlotte’s best-known and prolific creative talent from spoken word artists to visual artists and dancers.

Hope and healing with best of creative Charlotte

Night of Artistic Renewal at Booth Playhouse returns for the fifth season

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

Some of Charlotte’s best-known artists will celebrate hope and healing in November.

The fifth annual Night of Artistic Renewal will host the multidisciplinary Hope, Healing and Triumph Nov. 1 at Booth Playhouse at Blumenthal Arts. The performance will start at 3:30 p.m.

For ticket prices, go to: blumentharts.org/events/detail/a-night-of-artistic-renewal-hope-healing-triumph

Produced and hosted by performance poet, author, and arts advocate Dionne Hunter, the multidisciplinary production returns to Booth Playhouse for the third time. The program includes music, dance, performance poetry, visual art, song, and storytelling that explores how people move through life with hope and healing.

The poets include Emmy Award winner Boris “Bluz” Rogers; four-time World Poetry Slam winner Ed Mabrey and Charlotte Poet Laureate Jay Ward, an individual World Poetry Slam champion. They will be joined by DS Will, Jaycee Cowan, Keith Allison, Linda Orji, Lisa Ann Markuson and Hunter.

Musical artists include Adayla Turner, Enacense, Mason “Quill” Parker, saxophonist Bryan Patterson Jr., and violinist Marcus R. Pyle. Ballroom dancers Robert Fitzgerald and Takeila Fox will perform alongside ballet artists Raven Barkley and Maurice Mouzon Jr. Visual artists Julianna O’Malley and Tajmah Allison will also perform.

The initiative creates opportunities for young people and adults to experience poetry, visual art, movement, and other forms of creative expression, including a partnership with Big Brothers Big Sisters of Cen-



Dionne Hunter is producer and host of the multidisciplinary Hope Healing and Triumph.

tral Carolinas.

Familiar and spooky, it’s Haunted Ghost Tour

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

The Haunted Ghost Tour is returning to Dallas’ Court Square.

The Gaston County Museum and Dallas Branch Library are hosting lantern-lit strolls through the Gaston County town and the 1852 Hoffman Hotel with stories

behind hauntings like the Red Eyed Devil or the Gentleman Caller. Tours are 7 and 8 p.m. every Friday in October, which will start at the front of the Gaston County Museum of Art & History, 131 W. Main St.

Tickets are \$15 for people 13 and older and \$5 for museum members. Tickets

are available at Zeffy.com or by calling the museum at (704) 922-7681.

“Who doesn’t like a good October scare?” said Alexandra Pizza, director of the Art & History Museum. “Inside the museum, we stick strictly to the historic facts, but during the month of October,

Please see LANTERN | 68

Can ‘A Different World’ sequel change lives ?

By Jonathan Landrum

THE ASSOCIATED PRESS

LOS ANGELES — Netflix’s new “A Different World” arrives with a burden few television comedies have to carry: The original entertained millions while helping some viewers decide where they went to college, what careers to pursue and even how they saw themselves.

Kadeem Hardison still hears about that impact nearly four decades later.

“I’m learning that every day still,” said Hardison, who played the mathematically gifted, flip-shade-wearing Dwayne Wayne. He said people would approach him, saying they went to college because of the show, became engineers because of him or even gained the confidence to pursue relationships after watching Dwayne and Whitley Gilbert’s famously winding romance.

Now a new generation is discovering Hillman College, including some of the original actors bringing it back to life. The 10-episode sequel series premieres Sept. 24 on Netflix.

Cornell Young IV, one of six young stars leading the series, played college football in Missouri and said his own college decision was largely driven by which schools recruited him. But after filming the series at historically Black colleges and universities — Clark Atlanta, Spelman College and Morehouse — in Atlanta, Young found himself reconsidering the path he took.

“I wish I would have been more like, ‘Yo, here go my tape. Like, I’m trying to come here,’” said Young, who plays Shaquille Johnson, the son of original character Ron Johnson.

The sequel follows Deborah Wayne (Maleah Joi Moon), the youngest daughter of Dwayne and Whitley, as she begins her freshman year at Hillman. The new class also includes Rashida Duvall (Alijah Kai), Amir Rodale (Jordan Aaron Hall), Hazel Henry (Kennedi Reece) and Kojo Achebe (Chibuikem Uche).

Young said being immersed in an HBCU environment offered something he hadn’t fully understood before: a



NETFLIX

In this image provided by Netflix the cast of “A Different World,” which debuts on the streamer Sept. 24.

place where students could feel “protected,” “covered” and “seen” while figuring out who they wanted to become.

The Hillman effect

The original “A Different World,” a spinoff of “The Cosby Show,” premiered in 1987 and ran for six seasons. Set at the fictional Hillman College, the series introduced many viewers to HBCU life while tackling subjects ranging from apartheid and HIV/AIDS to racism and sexual assault.

The sequel’s creator and showrunner, Felicia Pride, grew up among the viewers the original series reached. She remembers watching it with her family on Thursday nights and becoming captivated by a step-show episode. As a young dancer who had never seen stepping, she recorded it on a VCR and repeatedly played it back until she learned the routine.

“That changed something in me, being able to see myself on screen,” Pride said.

Nearly 40 years later, she wants to create the possibility of that kind of recognition for someone else. She wants the new Hillman to speak just as directly to the generation entering college now.

The sequel takes on social media and the pressures of living digitally, along with isolation, immigration, campus safety, sexual orientation and sexual health. Pride said conversations with young people repeatedly revealed how technology can leave them feeling connected and disconnected at the same time.

Some of Hillman’s concerns remain unchanged. The series also explores grief, heartbreak, friendship and the uncertainty of figuring out who you are away from home.

“The timing was so perfect now for the show to come back to be a connecting force for us,” Pride said.

Creating their own ‘Different World’

The new cast is less interested in recreating the old Hillman than making this one recognizable to their generation.

For Moon, that starts with Deborah. She studied what she called the “beautiful flaws” of Dwayne and Whitley but resisted simply blending their personalities together.

“These are big shoes to fill,” Moon said.

She wanted Deborah to stand on her

Please see NETFLIX’S | 68

Martin Lawrence at Ovens Auditorium

Continued from page 5B

The British singer, songwriter and creative artist has worked with Stevie Wonder, Damon Albarn, Marsha Ambrosius, Robert Glasper, Jill Scott, Pharrell Williams and Jessie J. He's worked his way to Billboard chart success in the U.S. and critical acclaim from the Grammys, BET and Soul Train Awards.

Tickets: neighborhoodtheater.com. Oct. 16-17

The Music of Tina Turner by Charlotte Symphony, Knight Theater.

The Charlotte Symphony celebrates music of Tina Turner featuring songs that defined her career, including "Proud Mary," "What's Love Got to Do with It," "Disco Inferno," and "Son of a Preacher Man." Oct. 16 concert at 7:30 p.m., Oct. 17 at 7:30 p.m.

Oct. 21

Dave Chappelle, the award-winning comedian, actor and screenwriter, will bring his national tour of arena shows to Spectrum Center. Tickets at livenation.com.

Nov. 12

Best-selling author *Walter Mosley* is among the literary heavyweights highlighting Verse & Vino, Charlotte Mecklenburg Library Foundation's top fundraiser.



Mosley

The showcase at Charlotte Convention Center's Crown Ballroom includes authors Lucy Foley, R.F. Kuang and Isaac Fitzgerald. Library advocates and book lovers will gather to raise a glass to the joy of reading, the library system's impact and the larger community. Proceeds fund library foundation initiatives.

Tickets are available at foundation.cmlibrary.org/verse-vino.



James

blumenthalarts.org. Dec. 19

Jodeci closes its 35-city U.S. tour celebrating the 35th anniversary of the R&B group's No. 1 debut album, *Forever My Lady* at Ovens Auditorium. The group, which got its start in Charlotte in the late 1980s, has sold over 20 million albums sold, five No. 1 singles, three No. 1 albums, and including Soul Train Awards and Billboard Music awards.

Tickets: \$74.90-\$431.30 at ticketmaster.com.

Nov. 14
Boney James, Knight Theater, 7:30 p.m.

The contemporary jazz artist is live in Charlotte for one night only. The concert includes an intimate show of with classic favorites and live music magic. Tickets:



GASTON COUNTY MUSEUM

The Haunted Ghost Tour returns to Dallas, North Carolina, every Friday in October.

Lantern-lit Haunted Ghost Tour October Fridays in Dallas, NC

Continued from page 5B

we like to give a wink and a nod to old-fashioned ghost lore."

Added museum community engagement manager Alex Brooks: "Every year people bring us new stories or add to our existing ones. Dallas is definitely a contender for the most haunted town in Gaston County. And this year, we're adding a peek inside the Hoffman Hotel, rumored to be the most haunted building on the Square."

The hour-long tours are family friendly, but ages 13 and up are encouraged. Children under 13 are admitted free. The walk includes non-paved terrain and stairs, so people with accessibility concerns should let staff know beforehand.



Every year people bring us new stories or add to our existing one. Dallas is definitely a contender for the most haunted town in Gaston County.



Gaston Museum community engagement manager ALEX BROOKS

Netflix's 'A Different World' aims to create its own legacy

Continued from page 5B

own — an original character whose flaws, impulses and experiences reflect what it means to be a young Black woman coming of age now.

For Reece, that includes the constant comparison fostered by social media. She said young women are growing up with greater pressure around appearance because images of other people, and opportunities to measure themselves against them, are

always within reach.

Kai sees another side of this generation's experience: more freedom for Black women to define how they present themselves. She said there is greater room to experiment with hair, fashion, color and texture rather than conform to ideas of what others consider palatable.

She brought some of that sensibility to Rashida herself, contributing ideas for the character's nails and changing hairstyles.

Together, their characters are not intended to offer a single definition of young Black womanhood.

The experience is "both universal, but not a monolith," Moon said.

Can Hillman create own legacy? Hardison knows the new cast will be measured against the one that came before. He thinks that misses the point.

"Let the kids cook," he said.

Hardison stressed that the new "A Different

World" is a sequel, not a reboot. He likened comparing the two casts to comparing Michael Jordan and LeBron James — different generations playing under different circumstances.

For all the reverence surrounding the original today, Hardison remembers that it took time to become the show people now celebrate. The series underwent a major creative shift after its first season, when Debbie Allen became

executive producer.

"Our first season was trash, yo," Hardison said with a laugh. "Let the kids have some time and give them some grace."

That may be harder to come by in today's television business.

The original had more than 20 episodes in most seasons and years to develop its characters. The new series has 10 episodes to establish itself in an entertainment landscape where streaming services,

social media, YouTube and other platforms are constantly competing for attention.

"We have to do well out the gate," Pride said. "The times that we're in are much more unforgiving."

For Pride, that leaves little room for a slow start.

"We don't have the benefit of, you know, growing with the show and the show figuring itself out," she said. "So I hope people show up. I hope they watch it together."



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