

# Life!

THURSDAY, OCTOBER 30, 2025 SECTION B

## Is prescription for COVID shot at NC pharmacy needed?

By Ann Blythe  
NORTH CAROLINA HEALTH NEWS

People in North Carolina trying to get a COVID-19 vaccine at a local pharmacy might be a bit confused these days over whether they need a prescription.

Earlier this month, state health director Larry Greenblatt rescinded a standing order that had been in place since Sept. 12 that acted as a statewide prescription for anyone 65 and older to roll up their sleeve for a pharmacist and get a jab. The order also covered anyone 18 and older with certain medical conditions and risk factors.

Now, though, federal guidelines have changed, generating questions about who is eligible for the vaccine and what those who qualify need so they can get one.

Jay Campbell, executive director of the North Carolina Board of Pharmacy, has waded through the new Centers for Disease Control and Prevention guidelines and matched them with requirements under state law.

Here's how he breaks down who can get a COVID vaccine at a North Carolina pharmacy.

For any adult 18 and older:

- They can get a vaccine with a prescription.
- Anyone without a prescription can get a shot after having a conversation about the pros and cons of vaccination with a pharmacist. "The CDC says that's shared clinical decision making," Campbell said.

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C.W. WILLIAMS COMMUNITY HEALTH CENTER

C.W. Williams Community Health Center board chair Edward Timberlake, Women's Health & Doctor Recognition luncheon master of ceremony Colin Mayfield of WCNC-TV, center CEO Debra Weeks, and keynote speaker Pam Diggs pose during CWWCHC's seventh annual Women's Health & Doctor Recognition luncheon, Oct. 2 at the Revelry North End.

## Annual health center recognition of local service

By Herbert L. White  
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Nine community and civic leaders were recognized for their service at C.W. Williams Community Health Center's annual Women's Health & Doctor luncheon.

The Oct. 2 ceremony was held in conjunction with the center's 45th anniversary and recognized:

- Carlenia Ivory-Caney, long-time educator and education advocate
- Nicholas Wharton, president and CEO of Charlotte Area Fund
- Charlotte Medical, Dental, and Pharmaceutical Association
- Johnson C. Smith University President Valerie Kinloch
- St. Joseph AME Church pastor Rev. Abdue Knox
- Chris Shank, president and CEO, North Carolina Community Health Center Association and Carolina Medical Home Network
- Atrium Health Southeast Region senior vice president and chief medical officer Dr. Gary Little
- Former CWWCHC chief medical officer Dr. Jerry Jones
- LeJaun McCain (posthumous), a CWWCHC board member and community volunteer.

"In our communities, true progress is measured by

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## «RIDES

### Don't call it a hatchback, but Volvo's new EX30 puts great EV value on the road

By Winfred Cross

FOR THE CHARLOTTE POST

Volvo's EX30 is a wonderful little electric vehicle that I call a hatchback, but they call an SUV.

I get it. No one goes looking for a hatchback anymore so it's all in marketing. Whatever you call this, you'll like it.

This is Volvo's entry level electric vehicle. It's not what I'd call cheap, but you get a lot for the price for an EV. My test vehicle was dual motor Ultra, which is the top of the line which made it not so entry level in price.

The EX30 is small. It can hold five people but four would be more comfortable. It has limited storage

pace if you need to carry people and a lot of stuff. You can do a 60/40 split on the rear seat or fold the hold thing for more space.

Front passengers will enjoy themselves. The front buckets are comfortable, offering great support if you need to hit the road.

The EX30 Ultra comes with two motors which means its all-wheel drive. That also means this car has plenty of power - 422 horses and 400 pounds-feet of torque. Acceleration is brisk. You get pressed into the seats if you get overly aggressive with the go-pedal.

Driving the EX30 was a challenge at first but I quickly got the hang of it.

The one-pedal driving thing is abrupt at first, especially at lower speeds. Ease up on the brake pedal and the car decelerates immediately. The more I drove the car the more intuitive the one-pedal driving felt.

The EX30 is great as an urban cruiser. Take it on the freeway and you will immediately appreciate the power. The EX30 has gobs of it. The small size makes it easy to zip through traffic. Passing is a breeze and getting to this entry and exit ramps is easy.

I was surprised at the ride quality. I found the vehicle comfortable on most road surfaces. The ride can get choppy if roads turn really

ugly, but even that isn't bad. There isn't a lot of noise getting in, either.

The dual motor set up helps give this car good handling chops. This thing corners like a champ with little body roll. It will not disappoint if you find some twisty roads as well. There are all kinds of safety equipment to help get you out of trouble if you get two aggressive. Yes, this is still one of the safest cars on the planet.

It's also still very in design. That means it's stark but modern. Some were taken aback by the neon lime green paint, but I was all for it. The styling can also be polarizing. The grille has some Volvo ele-

ments but it's electric so modern. Everything looks recycled but not in a cheap way. Fabric covers the

I'm a fan. The interior is simple but



Volvo's new-to-market EX30 SUV is a great drive with plenty of horsepower.

ments but it's electric so modern. Everything looks recycled but not in a cheap way. Fabric covers the

Please see VOLVO'S | 2B



CAMERON WILLIAMS | THE CHARLOTTE POST

High school and college students play the financial literacy game Venture Valley Oct. 21 at Johnson C. Smith University. Venture Valley is a collaboration between TD Bank and Venture Valley.

## Money smarts through financial literacy esports

### Digital collaboration teaches critical skills to Charlotte students

By Cameron Williams

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Financial literacy doesn't have to be boring.

That is what a collaboration between TD Bank and Venture Valley wanted to demonstrate at their gaming competition at Johnson C. Smith University on Oct. 21. Venture Valley is a video game where players compete to build the best companies from the ground up. In the process, players make decisions that affect company revenue and how they go about it determines their success.

TD Bank representative Amber Toffilon said the goal is to enlighten high school and college students about financial confidence as well as the importance of financial literacy when they graduate.

"We know that entrepreneurs and small businesses are a driving force of the U.S. economy," she said. "They fuel innovation, job creation, economic growth, and we understand the importance of financial confidence for those small business owners. Financial preparedness is critical to the long-term success of those businesses."

"We are committed to helping small business owners get the financial education they need to make confident financial decisions, and we think that starts with our students and our future leaders, so we're committed to making that kind of financial learning as accessible and engaging as we can."

Venture Valley executive producer Nick Knight said the goal

was not just to teach financial literacy but do so in an engaging way that keeps gamers playing and learning.

"[The game] was created with the express purpose of helping young people with their finances," he said. "They tend to leave school, and they're saddled with debt. They didn't learn in school about how to balance their bank account or anything. You just don't teach it. They wanted to create a foundation that helped young people with that mission, and they knew the only way to do that was through entertainment, because otherwise it's boring and they're not going to study it."

Rather than come up with a run of the mill movie or TV show, the mission was to create something

Please see GAME | 2B

## Doctors report increased job stress and burnout

By Ellie Kollme

UNC MEDIA HUB

Dr. Amir Barzin, a family medicine physician and the chief operating officer at UNC Health, starts each morning with a solitary run to clear his mind before the day begins.

The routine, he said, helps him manage the daily pressures of working in health care, pressures that many physicians across the country continue to face.

His approach reflects a growing awareness among medical professionals of the mental and emotional toll their work can take. Physicians like Barzin often operate in high-stress environments, responsible for patients during their most critical moments. These demands can contribute to widespread issues such as burnout and depression.

A 2025 Wellbeing Survey by the Physicians Foundation found that out of more than 1,000 U.S. physicians, 55% reported debilitating stress and 46% said they withdrew from family and friends. The foundation said that burnout is associated with poor mental and physical health, and that 54% of physicians reported experiencing it.

The effects of burnout reach beyond physicians themselves. These harms are tied to patient safety and satisfaction, with direct consequences for patient care and health care outcomes.

"You can make errors in finance and what happens is people lose their money," said Dr. Theodore Stamatatos, a urologist based in Charlotte who has been practicing for 31 years. "But when you make errors, and I'm talking about major errors in medicine, people lose their lives or people suffer."

Burnout and moral injury

According to the National Library of Medicine, burnout is a work-related stress syndrome resulting from chronic exposure to job stress. The National Institute for Health Care Management identifies three components of burnout: emotional exhaustion, which can lead to irritability; cynicism, which replaces empathy with negativity and emotional

numbness; and a low level of professional effectiveness.

Dr. James Romanowski, an orthopaedic surgeon specializing in sports medicine in Charlotte, said he has seen these symptoms appear through gradual changes in physicians' attitudes.

"They get grumpier, they get snappy, they're less connected, they're less engaged," Romanowski said. "The signs aren't obvious, but they're there."

Similarly, Dr. Robert Seymour, an anesthesiologist in Raleigh, said physicians can become callous, have less empathy for patients and avoid participating in community events at the hospital.

"They just kind of tune out and say, 'I'm going to show out and do my job and that's going to be it,'" Seymour said. "It is unfortunate because a lot of times, these people are the ones that have a whole lot to give and are very talented and skilled physicians."

Many physicians experience moral injury, the top cause of physician burn-

out, according to NIHC. It occurs when physicians know the right course of action for a patient but are unable to carry it out, or when they witness events that contradict their moral beliefs or expectations.

The experience can lead to guilt, shame, a sense of betrayal, sadness and a loss of confidence, and is associated with symptoms of depression and post-traumatic stress disorder. Other contributing factors include too many bureaucratic tasks, long hours and lack of respect from other staff.

The emotional cost of care

For many physicians, moral injury stems from the emotional burden of their work. Stamatatos said it can occur when doctors expect to help a patient but cannot achieve the desired outcome.

Sindhuja Damodaran, a UNC-Chapel Hill senior from Charlotte, shadowed various doctors around the Triangle this summer to gain insight into the different roles doctors play in health care and how different

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## Game on for financial literacy through esports

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engaging. In a world where younger people are into gaming, Knight thought it would work.

"Venture Valley is a business battler, multiplayer, esport style game," he said. "Players go into the game. It's like a Sims-type environment. You go in, you build your businesses. Other players are building their businesses at the same time, and then you compete for goals in the game. It might be to sell the most coffee, it might be to have the highest evaluation of your pizza shop, whatever those goals are, and you have to make all the decisions to have a better coffee shop than the guy across the street."

"You have to decide: how much should I pay my employees so they'll work hard, how much should I sell my product for? Should I have a high-quality product, which costs more because of the cost of goods? Or should I have a lesser, discount brand. You have to decide when you want to pay off a loan, for example, you take out a

loan to start your business, all the things like you do in real life."

DeShawn Davis, a student at Gardner High School and member of the Wildcats esports team, said he learned from playing the game and trying to beat his friends.

"I just hope to have a good understanding of how to be financially responsible," Davis said. "With this game, it requires the understanding of how to make purchases without overspending. I just want to be able to learn how to do the proper stuff and spend appropriately so I can make more money."

Davis added Venture Valley makes those lessons fun, because they get to play games while ingraining key financial concepts.

"Us kids love to play games and stuff like that," he said. "I feel like that's a way to grab students' attention, but also while making them learn from the game also. So, that's a good way to teach us about these things because it isn't boring."

## Volvo's new EX30 puts great electric vehicle value on road

Continued from page 1B

seats and door inserts. The door pulls are shiny metal. The panoramic sunroof makes the cabin feel enormous. Alas, it does not open. I love the vertical touch screen which also house the gauge cluster. Not having gauges in front of you is disconcerting at first, but you adjust quickly.

There are some quirks. Getting in the car is cool, but if no one tells you how....

This car starts when you sit in the seat (as long as you have the key fob). I'm still adjusting. The range is only 253 miles. Not bad, but 300 miles per charge should now be the minimum.

Overall, I could live with this Volvo. I'd have to plan diligently if going on the road but that comes with the territory with EVs. Yeah, I could do this. Expect to pay about \$48,395.

Pros:

- All-new Volvo
- Great power with dual motor
- AWD
- Minimal, modern interior
- Comfortable ride
- Quiet ride
- Funky styling
- Cons:
- Not enough range
- Limited storage

## Health center recognizes the contributions of local advocates

Continued from page 1B

the determined footsteps of those who carve out new paths for all to follow," CWWCHC chief executive Debra Weeks said. "We extend our deepest gratitude to these nine community trailblazers who embody the very best of us."

The health center, founded by Charlotte doc-

tor C.W. Williams providing medical, dental, behavioral health, pharmacy, and support services to low-income, underinsured and uninsured patients. Proceeds from the luncheon fundraiser go to healthcare programs.

"Our crucial work transforms the health of individuals," CWWCHC board

chair Edward Timberlake said. "In today's evolving healthcare landscape, our services are needed now more than ever before. This annual event strengthens our mission to provide high-quality, comprehensive healthcare for everyone, especially those with limited means."

## Choose right door hardware for home



GETTY IMAGES

Wall mount sliding door hardware can define your style and make living more convenient.

FAMILY FEATURES

The interior doors in your home do more than just separate rooms; they help define your style, save space and make daily living more convenient.

Whether you're tackling a remodel, building a new home or looking for a simple room upgrade, the right door hardware can enhance both the beauty and functionality of your space.

Here are some popular options to consider, along with areas where they work best:

### Pocket door hardware

Pocket doors are a perfect solution for tight areas like bathrooms, laundry rooms, mudrooms and kitchen pantries.

Because they slide into the wall, they free up to 14 square feet of floor space - room you can use for extra storage, furniture or a walking pathway. For an easy-to-install, dependable solution, choose the reliable 1500SC Pocket Door Frame from Johnson Hardware, which includes a soft-close/open feature that prevents door slamming, making it safer and quieter in use.

### Wall-mount sliding door hardware

Doors that glide smoothly on a top-hung track along the outside of the wall are known as wall-mount sliding door hardware, which is an easy-to-install option.

Changing a swinging door to a sliding wall-mounted door is a quick room upgrade that adds an instant style boost while keeping walkways clear. They're

great for a bedroom, closet or home office where soft-closing doors help maintain a calm atmosphere.

### Bypass, multi-pass door hardware

If you're looking for a stylish way to separate larger spaces, bypass and multi-pass door hardware enable doors to slide past each other on a track, making them ideal for room dividing, basements and closets.

Multi-pass doors can even stack together to open up wide areas, perfect for home gyms or entertainment rooms where flexibility matters most.

### Bi-fold door hardware

For spaces like foyer closets, workshops or even a tucked-away kitchen beverage station, bi-fold doors are a practical favorite.

Designed with door panels that fold together like an accordion, they fold neatly to the side, giving you access to everything inside. With options like Johnson Hardware's 1601 Full-Access Bi-Fold Hardware, panels can fold flat against the wall, helping you maximize space while keeping your home organized and functional.

By choosing the right door and hardware solution for each room, you can create a home that feels more open, stylish and easy to navigate, no matter its size.

For more ideas on how to use pocket, sliding and folding door hardware throughout the home, visit [johnsonhardware.com](http://johnsonhardware.com) or call (574) 293-5664.

## Is a prescription for COVID shot at NC pharmacies needed?

Continued from page 1B

said. "All that really means is the pharmacist and the patient should have a discussion about the COVID vaccine, and then the patient makes the decision."

For pediatric patients:

• Anyone ages 7 to 18 can also come into a pharmacy and obtain a vaccine without a prescription—with parental or guardian consent and the shared decision-making with a pharmacist.

• Parents or caregivers of children younger than 7 should contact their health care provider, a local clinic or health department to find out if they are offering COVID vaccines, according to the state Department of Health and Human Services.

The CDC updated its immunization schedules on Oct. 6 for children and adults to include recent recommendations by the CDC's Advisory Committee on Immunization Practices—a group at the root of much controversy since U.S. Secretary of Health and Human Services Robert F. Kennedy Jr. fired all of the previous members and seated his own, some who share his long-held vaccine skepticism.

The new guidelines incorporate the committee's recommendations for "shared clinical decision-making, which references "providers including physicians, nurses and pharmacists."

### 'Informed consent'

For several years after the development of the COVID vaccines during the first administration of President Donald Trump under Operation Warp Speed, the federal effort that created an accelerated time frame during the pandemic from the clinical trial phase to the manufacturing and distribution, many became accustomed to easy access to the shots for anyone six months and older.

Now that Kennedy is leading the public health agency things have changed.

"Informed consent is back," Jim O'Neill, deputy secretary of Health and Human Services and acting CDC director, said in a statement announcing the new guidelines. "CDC's 2022 blanket recommendation for perpetual COVID-19 boosters deterred health care providers from talking about the risks and benefits of vaccination for the individual patient or parent. That changes today."

The system has become a bit more complex, requiring the extra step of a discussion with a clinician. Still, to the relief of many in public health, the new guidelines stop short of requiring a prescription for the vaccines. That proposal was narrowly defeated by the new ad-

visory committee meeting in September.

Much of the uncertainty that has reigned in recent months about who can get a COVID vaccine comes after the U.S. Food and Drug Administration rescinded the Emergency Use Authorization of the shots put in place during the pandemic. At the same time, the FDA approved a new round of COVID boosters that target the newer strains of the virus but caused unease when the agency limited them to people who are 65 or older or have other health risks.

Public health advocates raised concerns about excluding healthy children from access as some places, North Carolina included, were seeing late summer COVID surges.

The rescinding of the Emergency Use Authorization before Kennedy's new immunization advisory committee developed new guidelines for the shots created the dilemma in North Carolina that prompted Greenblatt, state health director since May 25, to issue his standing order that was in place from Sept. 12 to Oct. 13.

### Bridging the gap

By law, pharmacists in North Carolina follow the advisory committee guidelines. So, without the emergency authorization, people who didn't meet the FDA criteria had to prove their "need" for a shot by providing a prescription. Lack of authorization could lead some insurers to not cover the cost of the shot.

Pharmacists and other health care providers were uncertain how to proceed and let the state health department and pharmacy board know.

"It's been a lot more complicated this fall than it ever has been," Campbell told NC Health News.

Campbell laid out the timeline, noting that before the CDC incorporated the advisory committee's recommendations into its vaccine guidelines, pharmacists were able to administer the COVID vaccines to anybody with a prescription.

"That created this whole thing where everybody was like, 'Well good grief, do I have to have an office visit to get a prescription?'" Campbell said.

That put stress on health care providers who had to either arrange in-office visits or take the time to phone in prescriptions for vaccines that had been readily available. Greenblatt's standing order addressed that gap.

"I very much appreciate Dr. Greenblatt and his team over at DHHS working with us to help bridge the availability challenge," Campbell said.



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# Doctors report increased job stress and burnout

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client conditions receive different types of treatment. An environmental health science major at the Gillings School of Global Public Health, Damodaran hopes to go to medical school after graduation.

One of her biggest takeaways from shadowing health care providers, Damodaran said, was that despite doctors' best efforts, they cannot always achieve their goals.

"All these people work really hard and try very hard," she said. "This is basically their entire life, and sometimes it just doesn't work, and I think that can be very disheartening."

Romanowski said that as an orthopaedic surgeon, it can be difficult when there's nothing more he can do for a patient, as his role as a subspecialist often means he's the final stop in their care journey.

"They're coming to me hoping that something can be done," Romanowski said. "And I'm not a miracle worker, but I feel like I can help a lot of people. But the ones that I can't help, they weigh on you. Despite all my training and all my years, that sometimes I have to tell people, 'This is what it is.'"

He added that it's the people he couldn't help who have had a lasting impact.

"You don't remember all the people you helped; you remember the ones that you couldn't help," Romanowski said. "And that's just human nature. We just remember the bad stuff and don't focus on the good. That can be stressful too."

#### The administrative burden

In addition to emotional strain, many physicians point to administrative challenges as a major driver of burnout.

A 2024 study by Google Cloud and The Harris Poll showed that administrative work decreases job satisfaction and im-

pacts patient care, as clinicians reported spending about 28 hours per week on administrative tasks like documentation and communication. The study found that administrative work contributes to feelings of burnout for 82% of clinicians and 81% of medical staff.

Romanowski said medical school did not teach him much about the administrative or financial aspects of medicine, which he encountered only after entering the workforce.

Barzin agreed, adding that few doctors pursue the profession for those parts of the job.

"If you're thinking about what allures you to medicine, no one ever says, 'I'm really excited about going to work and arguing with insurance companies about a prior authorization,'" Barzin said. "What excites them and gets them really happy about going to work is providing care for the patients."

He said many physicians experience burnout due in part to administrative responsibilities, such as obtaining insurance approvals or coordinating with hospital systems to ensure patients receive necessary procedures or medications.

Romanowski said the financial side of health care can be difficult to overlook, as administrators are focused on bringing in revenue.

"The more efficient you are, the more revenue you bring in," Romanowski said. "But the price to pay is your ability to deliver high-quality care."

#### Influence on patients, coworkers

As burnout intensifies, its effects extend beyond individual doctors. In roles that require frequent patient evaluations and multiple diagnoses, burnout can affect both staff well-being and patient safety.

"They're coming to see you for two or three hours of their life, and you're probably never going to see them again," Seymour

said. "You want that to be as good for them as it can be, but if you're preoccupied, if you're stressed, if you're tired, if you're worried about something, that will carry over into those interactions with your patients in a very negative way."

Barzin said doctors must be on their game all the time because they are making decisions about human lives.

"It boils down to the fact that there is a lot of personal ownership of doing the right thing, making the right decisions, making sure that everyone is tended to," he said. "We have to be very, very good about making sure that the decisions we're making are sound."

He said that when physicians are not performing at their best, patients notice and can lose trust in the physicians and in the overarching health care system.

"The impact of you not being on your game is really important for society as a whole," he said. "The second we lose trust in medicine and the way that we provide care for patients, that's the second our society sees worse outcomes from health care."

Connection and camaraderie

Aside from burnout influencing decision-making, it also interferes with physicians' efforts to connect with others. Romanowski said the physician-patient relationship is special and is essential to care quality and outcomes.

"They'll feel like you care, they'll feel like you're connected and more importantly, they'll believe in your treatment plan," Romanowski said.

Seymour said that a physician's attitude can heavily influence the limited interactions they have with patients.

"They're coming to see you for two or three hours of their life, and you're probably never going to see them again," Seymour

said. "You want that to be as good for them as it can be, but if you're preoccupied, if you're stressed, if you're tired, if you're worried about something, that will carry over into those interactions with your patients in a very negative way."

Barzin said teamwork in hospitals is equally important, as collaboration fosters trust and a shared purpose.

"You have to show humility and let everyone speak and have their voice heard so you can do what you're there to do, which is provide the best care possible for patients," he said. "That's very important, so because of that, there's this tight, connected weave in how we interact at work."

Stamatakos said mistakes in medicine are inevitable, but that weakness is looked down upon. He said the culture needs to change and that health care workers need to be more supportive of each other.

"When somebody makes a mistake, they don't go out of their way to help him and tap on the shoulder and say, 'Hey, tomorrow's gonna be a better day,'" Stamatakos said. "There's not as much camaraderie as there should be."

#### Emerging resources

To address these issues, hospitals are beginning to address burnout more systematically across institutions. At the UNC School of Medicine, Barzin said physicians have access to a peer mentoring program and the Taking Care of Our Own program, which promotes well-being.

At Novant Health, where Romanowski practices, the American Medical Association recognized the organization in 2023 as a Joy in Medicine health system for its commitment to physician wellness. Novant also launched the Leadership Development Program in 2013 to help remove barriers to professional ful-

fillment.

Nationally, the American College of Physicians offers online resources focused on wellness and burnout prevention.

As burnout continues to affect physicians and the systems that rely on them, the issue remains a pressing concern within the medical community. While new programs and increased awareness represent progress, many physicians acknowledge that there is still a long way to go.

Future improvements in medicine, they say, depend not only on the quality of care patients receive, but the extent to which the system supports the well-being of those who provide it.

#### Coping and resilience

Even though systematic resources are being implemented to avoid harmful interactions with patients, coworkers and prevent burnout itself, physicians have developed further personal coping strategies, specifically by focusing on what is important to them.

"If you can focus on those key things, then the rest is just noise," Romanowski said. "Not everything's gonna go your way. I think you have to have some resilience on the inside for this."

Seymour said compartmentalization is essential to maintaining balance between work and home.

"If you let it consume you, you will always find something to take your time, take your attention, away from the things that are really important in life, like your spouse or your family," Seymour said.

While balance is important, Stamatakos said when you're called to take care of a sick patient, "you gotta go." He said he missed some of his daughter's dance competitions because of his responsibilities as a physician.

"That's your priority," Stamatakos said. "You kind

of accept it."

Seymour said he practices "detached concern," but that there are still events at work that stop him "in his tracks." He said the most mentally taxing cases have been from child organ donors, because the children have no visible damage and look "completely normal."

"It is so difficult looking down at these kids, perfectly sleeping, angelic," he said. "The only way to cope is to keep remembering that there are other kids waiting for these organs who would die without a transplant, but it is very hard to do."

The coping mechanism of compartmentalization is not only important for difficult situations but also for difficult conversations. Damodaran said that when she shadowed an oncologist, breaking difficult news seemed like a major burden.

"I didn't want to go to the last case that I was there for because they were going to tell the person that he was dying," she said. "He was super young and his girlfriend was there, his mom was there, his entire family was there and they were obviously hoping for a semblance of good news. He was getting told he wasn't probably going to have much longer."

She said that the doctor seemed angry when delivering the news.

"I think it's something that's going to dwell," she said. "He just kept shaking his head, upset."

The rewarding aspects of medicine

Despite the challenges, each physician said they do not regret going into medicine.

"I don't think that a single doctor or a nurse walks into the job saying that they want to receive praise," Barzin said. "We genuinely love the aspects of providing care."

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## BIDS

**MCC & DCC – Security Transaction Windows Upgrade Project**

Sealed proposals will be received from NC Licensed General Contractors until 2:00 PM, on **December 4, 2025**, in the office of Mecklenburg County Asset & Facility Management Department, 3205 Freedom Drive, Suite 6000, Charlotte, NC 28208, for the construction of the Mecklenburg County Courthouse & Detention Center Central – Security Transaction Windows Upgrade Project. Single-prime, lump sum bids will be taken (on standard forms furnished by the County) for construction as indicated in the bidding documents.

Bid Documents are available upon request digitally at no cost from the Authorized Design Consultant: Moseley (Contact Jason Hopkins via email at General Contractors wishing to submit a bid 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 General Contractors that have not provided a Letter-of-Interest may be considered non-responsive.** A **mandatory** pre-bid meeting for interested **General Contractors** shall be held at **10:00 am, on November 6, 2025. The pre-bid will start in the ground floor lobby of the Mecklenburg County Courthouse (MCC) located at 832 E 4<sup>th</sup> St. Charlotte, NC 28202, followed by a walk-through at Detention Center Central (DCC).** Bidders must visit both locations during the meeting to meet the mandatory pre-bid requirement for bidding. Bidders will go through security screening at the main entrances prior to entering both facilities, so please account for this additional time (and do not bring any tools, knives/razor blades or weapons) to not be late for the meeting.

Bid, Performance, and Payment & Material bonds will be required. 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. The laws of North Carolina and applicable regulations of various Licensing Boards and Mecklenburg County BDI provisions will be observed in receiving bids and awarding contracts. Upon request, this information will be made available in an alternative format for persons with disabilities. Please call 980-314-2505 for assistance.

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The City of Hendersonville has the following out for bid: RFQ # 250031014001 for Architectural/Engineering Services. Visit the following link for full details: <https://www.hendersonvillenc.gov/rfp-q-bid/request-qualifications-250031014001>

## EMPLOYMENT

Associate Project Manager sought by NV5 Consultants, Inc. in Charlotte, NC. Assist w/ energy proj mgmt. Dvlp energy baselines & savings strategies for energy efficiency & sustainability proj. Prfrm energy engg & econ anlls for energy proj. Monitor Msmt & Verification (M&V) of baseline energy consumption of building/equipment/system. Dsgn bldg energy mdls & energy data visualization. Evaluate buildings on-site to dtrmne energy savings. Job may be performed anywhere in U.S. Employee may reside anywhere in U.S. Reqs Bachelor's deg (or frgn equiv) in Mech or Electrical Engg, Energy Engg, Applied Energy, Electromechanical Sys, or closely rltd field, plus 5 yrs of prog, post-baccalaureate exp in job offered or similar energy engg role. Reqs 5 yrs of exp working w/ energy modeling s/w eQuest & Trace700. Reqs Certified Msmt & Verification Pro (CMVP). Exp may have been gained concurrently. May require up to 20% domestic trvl. Apply online at <https://www.nv5.com/careers/> or send resume to Andrea Martinez, Associate HR Manager at [andrea.martinez@nv5.com](mailto:andrea.martinez@nv5.com)

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**Assistant Pastor:** Lead Prayer Meeting Teach Bible and Counselling, Train Church Members for Church Programs; Participate and Contribute to staff and church meetings. Develop and maintain effective relationships with leaders, Support Senior Pastor in Ministry. Req: Master in Divinity or foreign equivalent degree, 1yr exp as ordained pastor or missionary. Job In Charlotte, NC. Send resume to: Korean Presbyterian Church of Charlotte, 701 Scalybark Road, Charlotte, NC 28209

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## LEGAL NOTICES

NOTICE OF SERVICE OF  
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STATE OF NORTH CAROLINA  
DURHAM COUNTY DISTRICT COURT  
**FILE NO.: 25-CV-010033-310**  
**Child Custody Complaint**  
**Jessica Merary Martinez Soto v- Jose Efrain Escalante Martinez**  
**To: Jose Efrain Escalante Martinez**

TAKE NOTICE that a pleading seeking relief against you has been filed in the above entitled action. The nature of relief being sought is: the custody of your children, **Delsy Nathalia Escalante Martinez, Marcel Emilan Escalante Martinez, and Nayely Siloe Escalante Martinez**

You are required to make defense to this pleading no later than forty (40) days from the date of first publication and upon your failure to do so the party seeking service against you will apply to the court for the relief sought.

This the 1<sup>st</sup> day of October, 2025.

**H. Esteban, Attorney at Law**

211 E. Six Forks Road, Suite 122  
Raleigh, NC 27609

(919) 703-0470

This public notice has been issued to state that Mrs.M.K.Sakunthala wife of Muthusamy residing at 75/94, Decaster Road, Pulianthope, Perambur, Barracks Road, Chennai - 600 012 filed a maintenance case against her son namely Mr. M. Senthilkumar son of Muthusamy who is mentioned as Senthilkumar Muthusamy in his passport residing at No. 10625 Bere Island Dr, Charlotte, North Carolina, Post Box 28278, USA, Passport No. A5676451, email - [craigisenthil@gmail.com](mailto:craigisenthil@gmail.com) before I Additional Family Court at Chennai, Tamil Nadu, India in M.C.No.117 of 2025. On 04.10.2025 the above court ordered to publish public notice in The Charlotte Post news paper in USA. Mr. M. Senthilkumar above named is ordered by the above court for his personal appearance before the above court on 05.11.2025 without fail, failing which order will be passed by the above court in the absence of Mr. M. Senthilkumar above named.

Mrs.M.K.Sakunthala

**NCDOT TO HOLD PUBLIC MEETING  
REGARDING UPGRADES TO I-77 IN  
MECKLENBURG COUNTY****STIP NO: I-5718**

CHARLOTTE – The N.C. Department of Transportation will hold two informal, open house-style meetings regarding the proposal to upgrade eleven miles of I-77 from the South Carolina state line to I-277/N.C. 16 (Brookshire Freeway). The public is invited to view and discuss maps and project information with NCDOT representatives. Both meetings will include the same project information.

The proposed improvements include the addition of express lanes, reconstruction of interchanges and non-interchange bridges, and addition of access points and direct connectors to the express lanes. The purpose of the project is to manage congestion by providing an option for reliable travel time along I-77.

The two open houses are scheduled at the following times and locations:

**Wednesday, Nov. 12, 2025**  
4:00 p.m. – 7:00 p.m.  
Johnson C. Smith University  
Smith Tech-Innovation Center –  
Rm 322  
100 Beatties Ford Rd, Charlotte

**Thursday, Nov. 13, 2025**  
4:00 p.m. – 7:00 p.m.  
Silver Mount Baptist Church  
501 W Arrowood Rd, Charlotte

Project details can be found on the NCDOT project webpage <https://www.ncdot.gov/projects/i-77-south-express-lanes/Pages/default.aspx> or by going to [www.ncdot.gov](http://www.ncdot.gov) and searching "I-77 South Express Lanes."

Interested parties may submit comments and complete a short survey on the project webpage. Comments may also be submitted by phone at 1-800-254-0498, email [i-77south@ncdot.gov](mailto:i-77south@ncdot.gov), or mail to Emily Richards, NCDOT Public Involvement, 1598 Mail Service Center, Raleigh, N.C. 27699-1598 by **Dec. 05, 2025**.

NCDOT will provide auxiliary aids and services under the Americans with Disabilities Act for people who wish to participate in this workshop. Anyone requiring special services should contact Emily Richards, Environmental Analysis Unit, at 1598 Mail Service Center in Raleigh; 919-707-6014; or [edrichards1@ncdot.gov](mailto:edrichards1@ncdot.gov) as early as possible so that arrangements can be made.

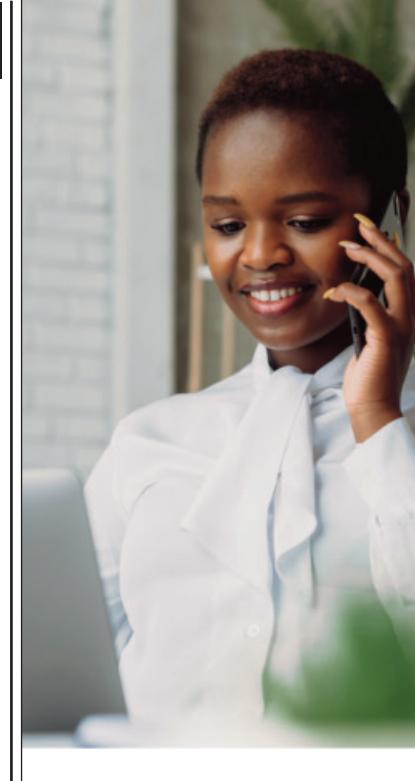
Persons who do not speak English, or have a limited ability to read, speak or understand English, may receive interpretive services upon request prior to the meeting by calling 1-800-481-6494.

Aquellas personas que no hablan inglés, o tienen limitaciones para leer, hablar o entender inglés, podrán recibir servicios de interpretación si los solicitan antes de la reunión llamando al 1-800-481-6494.

## MISCELLANEOUS

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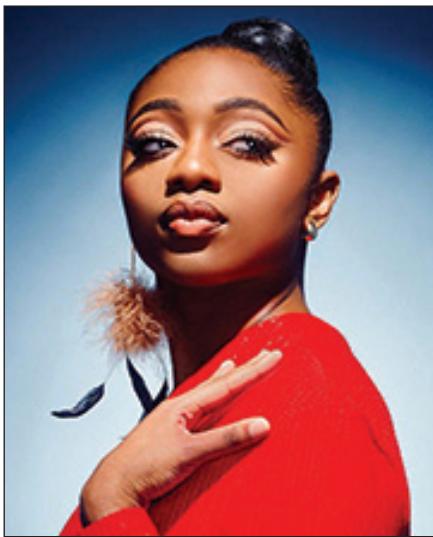
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## a&amp;e

THURSDAY, OCTOBER 30, 2025 PAGE 5B



GRAMMY

Samara Joy is a five-time Grammy winner as a recording artist who has introduced a new generation to jazz.

## Samara Joy reflects on her Grammy wins and 'Portrait'

By Leslie Ambriz

THE ASSOCIATED PRESS

LOS ANGELES — Samara Joy's voice has the ability to transform listeners to the early jazz clubs, filling them with warm nostalgia for legends like Ella Fitzgerald and Sarah Vaughan.

At 25, Joy is a five-time Grammy winning recording artist, whose album, "Linger Awhile" won her best new artist and best jazz vocal album in 2023. She's been praised by artists like Chaka Khan, Regina King and Quincy Jones and has amassed a large following of her Gen-Z peers on TikTok, introducing a new generation to jazz.

Last year, Joy released "Portrait," her third and most personal studio album allowing listeners into the tension between excitement and feeling overwhelmed that often follows a whirlwind of accolades and success. Her first original song "Peace of Mind" fully captures this moment.

"I wrote it in a time where I was really questioning whether I could continue or not because I was so exhausted," said Joy. "I reminded myself through that Sun Ra composition that I have experienced something wonderful, and it doesn't have to be the end all be all. This is just the beginning ... this is just a springboard for all of the other creative ideas that I have and what I feel like I have to offer."

For Joy, releasing "Portrait" was a creative challenge and a turning point toward trusting her creative instincts.

"It's taught me a lot about what I can do and to stand firm in the creative vision and the direction that I see for myself," she said.

Joy sat down with The Associated Press to talk about life post-Grammy wins, how diving into "Portrait" helped her grow as an artist and what it means to make her mark on the classic genre.

This interview has been edited for brevity and clarity.

AP: How does it feel to look back on "Portrait" and how have you grown from that moment into the new projects that you're working on?

JOY: This album was a turning point. Because I feel like it was the first time I really had to make a decision about what my path was going to be. With the first two albums, it was just songs that I loved and felt like I could interpret as my own. And this album, "Portrait," was the first time I felt like I took the reins of creative direction and band mates and songs. And honestly kind of opened up even more to my band mates and said, arrange. I want you guys to orchestrate this next era.

So, it was definitely a big leap, I think, from maybe what people thought I should do after the second album after the best new artist. And I think this album taught me the importance of patience and not rushing to stay relevant or spark up a moment or just stay in that moment. It taught me to just take my time and really wait until you have something you feel like you have to say.

AP: I want to go back to that moment of winning best new artist. Talk to me about that moment and kind of having this surreal moment of "Oh wow, I'm being celebrated by my idols and by people that I've looked up to for years."

JOY: I never expected to be nominated. I never thought that that was a possibility, at least so early on in my career.

Even thinking about it now, I can see everybody still and still feel the way that I felt that night. It's a night that I will never forget. And I'm thankful. I'm really thankful to everybody who believed in me enough to allow me to have that moment, who voted, who listened to my music, who support me then and still support me now. Which is why I never want to lose sight of what I

Please see SAMARA | 6B



NBA SPORTS

Michael Jordan, the basketball hall of fame inductee and former governor of the Charlotte Hornets, joined NBC Sports' NBA coverage as a way to give back to the game that made him a cultural icon.

## Michael Jordan gives back to hoops as TV contributor

*As NBC Sports contributor, the hall of famer takes to a different court*

By Tim Reynolds

THE ASSOCIATED PRESS

Michael Jordan made his debut as a special contributor to NBC Sports' return to NBA broadcasting last week, saying he's doing so as a way to give back to basketball.

Jordan, speaking to NBC play-by-play voice Mike Tirico in the first installment of a series the network is calling "MJ: Insights to Excellence," said he makes a conscious decision to prioritize time with family over being seen more in the public basketball eye.

That said, he also acknowledged a desire to "pay it forward."

"I have an obligation to the game of basketball ... as a basketball player is to be able to pass on messages of success and dedication to the game of basketball," Jordan said during a segment at halftime of the season-opening game between the Oklahoma City Thunder and Houston Rockets.

Jordan's presence was part of a night where NBC — back in the NBA broadcasting game for the first time in more than 20 years — delicately blended both the present with the

past. The opening intro included some players from this era asked their memories of when the game was on NBC, and of course, many of them didn't have any memories since they either weren't born yet or were very young.

John Tesh's famed "Roundball Rock" — the soundtrack that was NBC's NBA theme music through 2002 — was back, and with some help from artificial intelligence, so was the voice of the late Jim Fagan, a longtime NBC Sports narrator who was part of those NBA broadcasts a generation ago.

Jordan starred on plenty of those games. Now, he'll talk during some.

At 62, Jordan — a six-time NBA champion, a Hall of Famer, arguably the greatest player ever — said the competitive fire that he was famous for still burns, but he rarely touches a basketball anymore. He rented a home when he was watching the Ryder Cup and the owner, whose grandchildren were there, got Jordan to agree to some photos and asked him to shoot one free throw on the court that was on the property.

Jordan got nervous — more nerv-

ous, he said, than he had been "in years."

"The reason being is those kids heard the stories from the parents about what I did 30 years ago," Jordan said. "So, their expectation is 30 years prior, and I haven't touched a basketball."

"I hope you swished it," Tirico said.

"Absolutely," Jordan replied. "That made my whole week."

NBC said the next installment of Jordan's conversation with Tirico would air on Oct. 28, and that one of the next topics covered would be load management.

"I wish I could take a magic pill, put on shorts and go out and play the game of basketball today because that's who I am."

**I wish I could take a magic pill, put on shorts and go out and play the game of basketball today because that's who I am.**

Six-time NBA champion and former Charlotte Hornets governor MICHAEL JORDAN

### MOVIE REVIEW

## 'Bugonia' is a darkly comic gut punch

By Jake Coyle

THE ASSOCIATED PRESS

The twisted filmography of Yorgos Lanthimos has by now trained us to expect darkly comic visions of contemporary life, both savage and mundane.

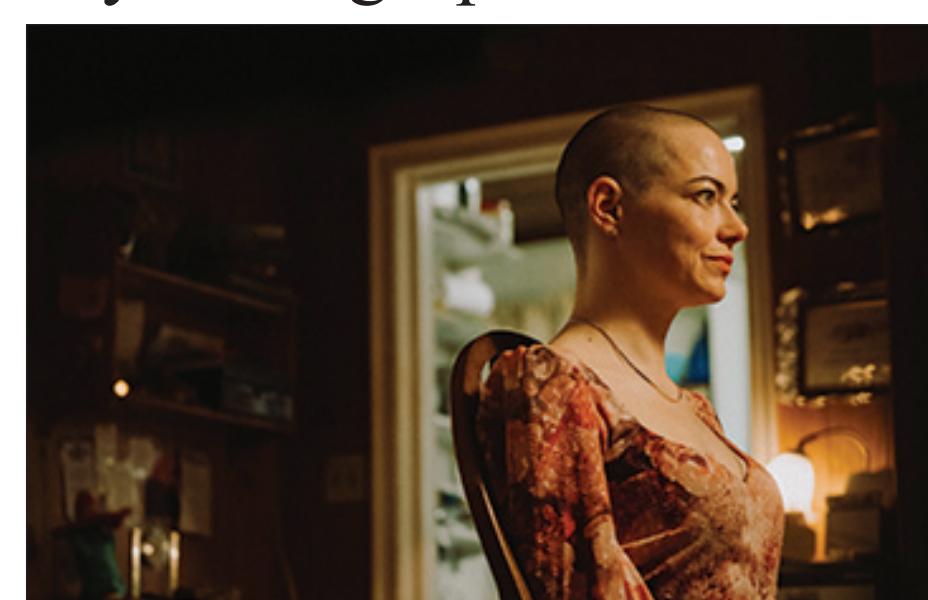
His movies have perhaps inspired the most "What?!" reactions of the last decade, partly because they've tried so hard to do so.

His movies — farces, fables, experiments — reside in surreal worlds of their own. But his latest, "Bugonia," is thrillingly, if tragically, tied to our reality. It might even be his best film. Though I've been apprehensive about the flamboyant severity of Lanthimos' movies, I found "Bugonia," a chamberpiece gut punch, hard to shake. For starters, it's difficult to resist any movie with a line in it like: "There's an Andromedan code all over your Instagram."

That's one of the things that Teddy (Jesse Plemons), an incel eco-terrorist, says to Michelle (Emma Stone) after kidnapping her with his neurodivergent cousin Donny (newcomer Aidan Delbis) and tying her up in their basement. Teddy and Donny live together in fairly remote, rundown old house. There, Teddy tends to both his bees and to unhinged conspiracy theories.

But as Plemons so deftly plays him, Teddy doesn't seem like a lunatic. He might reach wildly insane conclusions, such as that Michelle, a pharmaceutical company chief executive, is an alien. But he's thoughtful in nature and sweetly cares for his cousin. It's a feat of Plemons' innate good nature that we kind of like Teddy, even as he shaves Michelle's head, to prevent "it," as he calls her, from contacting the mothership.

The opening moments of the script by Will Tracy ("The Menu," episodes of "Succession") cast these demented shenanigans in an apocalyptic light. The fate of bees is much on Teddy's mind; colony collapse disorder, often caused by pesticides, is one of his talking



FOCUS FEATURES

Emma Stone plays Michelle from a scene in "Bugonia."

points. It's a phenomenon that, in "Bugonia" — a movie reckoning with, or maybe just lamenting, humanity's fate — isn't just for the bees.

While Stone's abilities alone might legitimize extraterrestrial suspicions, there's more to why Teddy has pinned Michelle. She's a lauded corporate leader; her office includes a framed Time magazine with her on the cover and a photograph with Michelle Obama.

Her company, Auxolith, operates out of a sleek office building where Michelle presides over her workforce like a queen bee.

She has the corporate lingo of "transparency" and "diversity" down pat, but whether she actually adheres to any of those ideals is dubious, at best. Before Teddy and Donny jump her, she announces a "new era" at Auxolith where employees leave at 5:30 p.m. But not if they haven't met their quota, she adds. And not if they're, you know, busy.

In that way, Michelle is a camera-ready cover for whatever Auxolith is up to, which, as the movie goes along, teases out a poisonous history, including opioid manufacturing that affected Teddy's mother (Alicia Silverstone).

The bulk of "Bugonia" is the ideological dialogue between her and Teddy back in the basement. It's a conversation, laced with contemporary divides, that is comical for its impossibility. One is addled by paranoia and extremism, the other knows only heartless corporate speak. Understanding each other is futile.

Watching Stone, as Michelle, attempt to reason with Teddy is part of the movie's dark fun, just as is seeing Plemons' Teddy resolutely stick to his certainty that Michelle is part of an alien infiltration of Earth that he wants gone by the next lunar eclipse.

The source of such a wild narrative can only come, of course, from South

Please see BUGONIA | 6B

## Samara Joy reflects on Grammy wins, 'Portrait'

Continued from page 5B  
do this for.

AP: You've been praised by Chaka Khan, by Regina King. Was there any one specific person that once you connected with them, they shared something about your music that influenced the way that you looked at yourself and your own approach?

JOY: A couple years ago I did the Hollywood Bowl and it was a birthday celebration for Quincy Jones — Patti Austin, I got the chance to sing alongside of her. And backstage, you know, she was funny and sharp and quick, but she was just very supportive and very honest. And that meant a lot to me from somebody who has been in the industry for as long as she has and collaborated with Quincy Jones and George Benson and James Ingram and all these people to be so encouraging on this new journey as I kind of embark on it."

AP: Does it feel like an act of reclamation and resistance being a Black woman

in jazz who is at the top who is making it in the mainstream and bringing the genre back to a new generation?

JOY: I guess I never thought about it that way. There are so many wonderful artists that I draw inspiration from — Billy Strayhorn, Duke Ellington through the course of their lives contributed to the changing to the evolution of the music that we call jazz. I know that there's always gonna be a certain sense of nostalgia and a certain artist or song that people can connect to or relate to easily because jazz is not mainstream, at least to me, I don't think unless it is really, really, really, really watered down, I don't think it will be.

But it's an opportunity for me to once again be authentic and show people like, "Have you ever heard of this Abby Lincoln song?" Or maybe this Thelonious Monk song doesn't have lyrics, but I can put lyrics to them and share a differ-

ent, you know, a different compositional style. And a different voice in jazz. And so I guess that's my way of reclaiming it and educating in a way and just introducing people to the sound that they may not recognize at first, but good music is good music.

AP: You get compared to Ella Fitzgerald and Sarah Vaughan. What does that mean to you?

JOY: I feel very honored and sometimes undeserving because of how new my relationship to their music was initially. I hadn't really listened to their music or their voices at all growing up and getting introduced to them in college, it just felt like another world had opened up and I felt like I wanna sing, I wanna be able to move people the way that they move me with their voices.

## 'Bugonia' is a darkly comic gut punch movie

Continued from page 5B

Korea. "Bugonia" is loosely based on the 2003 Korean film "Save the Green Planet" All of Lanthimos' most notable films before have been written with either Eftimis Filippou ("Dogtooth," "The Lobster") or Tony McNamara ("Poor Things," "The Favourite").

But, otherwise, "Bugonia" has the feel of a quick follow-up to last year's "Kinds of Kindness," a black-comedy triptych also led by Stone and Plemons.

Yet what could easily be mistaken for a tossed-off, in-between movie — there are only a handful of characters and a few scene locations — ends up feeling like a culmination-slash-nadir for Lanthimos. Having made a dozen films darkly satirizing the sad, primal folly of humankind, it's comeuppance

time in "Bugonia."

The movie drags in the middle, when it's locked in a prisoner drama that grows a little tiresome and predictable. But the payoff is immense. Teddy calls his torture chamber "the headquarters of the human resistance."

By the time "Bugonia" reaches its unforgettable finale, it's made chillingly clear just how feeble any such movement might be, and the movie's apocalyptic air of resignation, of fait accompli, sounds a chastening death knell.

"Bugonia," a Focus Features release, is rated R by the Motion Picture Association for bloody violent content including a suicide, grisly images and language. Running time: 118 minutes. Three and a half stars out of four.

The Charlotte Post

## UNC student juggles an acting and academics

By Rachel Moody

UNC MEDIA HUB

Inside their hotel room in Florence, Italy, Sarah Grace Elliott and her mom attempt to cover one of the bright orange walls with a wrinkled white sheet.

In front of the sheet is a wooden chair where Elliott sits across from her phone. It's propped up against a large glass bowl, on top of a pizza box, on top of a luggage rack, on top of the bed.

Behind the camera is her mom, prepared to read lines, a ritual the two have performed many times over her acting career.

This DIY set up will have to do. Self-tapes need to be filmed and turned in quickly, regardless of if she's on vacation, and she really wants this part on "The Summer I Turned Pretty."

Three years later, the UNC-Chapel Hill senior has appeared in several notable TV shows like "Outer Banks," "English Teacher," "THEM: The Scare" and "The Summer I Turned Pretty."

"I have since been fired a few years ago from being her reader because it's better when you actually have an actual actor reading with you," says her mom, Kim Elliott. "But when she was little, it was me."

Elliott's career didn't take off until 2022, but she's been acting professionally since she was about 10 years old after her mom's friend suggested she get talent representation. At that point, she'd been doing ballet for about a year, but she's been performing and creating art her entire life.

Kim Elliott says her daughter was always dancing, singing and performing skits with two younger siblings whenever guests came over to their house in Cary.

"And so she was always willing to be the star of the show," Elliott says.

When Elliott and her husband grew up, dreams of a creative profession were squashed early on. They agreed to do things differently with their children. While she was unfamiliar with the arts, she tried to find outlets for her daughter's creativity and thought acting was one way to do that.

Sarah Grace Elliott joined KU Talent, a talent agency based out of Raleigh and quickly booked her first role in a commercial for Biltmore Estate. They headed to Asheville where she got paid to play in the leaves and drink hot chocolate.

"So, a lot of times we would be filming really late at night and so we were both delirious, so we were either really butting heads or just laughing the whole time," Elliott says about road trips with her mom.

Elliott continued to audition and act in commercials, but for years she saw it as something fun that took the backseat to school and ballet.

It wasn't until COVID-19 shut everything down that Elliott took a step back from dancing and delved deeper into acting while pursuing other creative passions like painting, drawing and writing poetry. She began working with an acting coach remotely.

Although her acting skills were improving, her mom says the agency told them there wouldn't be many opportunities because it's easier to hire an 18-year-old instead of a 16-year-old like Elliott. But they waited out the dry period and eventually it paid off.

"After she turned 18 it was like, boom, boom, boom, we're getting all these auditions," Kim Elliott says.

Sarah Grace Elliott auditioned for "Outer Banks" then anxiously waited to hear if she got a callback audition. At first a few days, then a week, and then two with no word. In the film industry, there is no apologetic rejection letter to provide closure. Just silence.

"Tape it, edit it, send it in. If you don't book it or they don't like you, you're not hearing anything. No notes, no anything," Elliott says.

She had already started to lose hope when finally, she heard back: She had a callback audition. A week later, she found out she got the part — her first ever part on a TV show, with several more to come.

The only issue? Elliott would have to miss her senior prom. She'd never been to a school dance, and this would be her last chance, but for Elliott there was never any question about it. She was going to be on "Outer Banks."

In May, Elliott and her mom drove from Cary to Folly Beach, South Carolina. Even though Elliott was technically an adult and didn't need parental supervision, her mom wanted to be there.

"And she was 18, so she's legal and she can be by herself and all that stuff," Kim Elliott says. "But I'm like, but she's still my child, so I'm coming to the set."

In a large-brim sun hat, Elliott sat on the sand dunes off-camera and watched them film for the entire six-hour shoot, keeping an eye on her daughter.

"She was on screen for a minute, I swear, I have looked at it," Elliott says. "It's a great minute. But it is one minute, and we were out there all day on that beach."

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