

Life!

THURSDAY, NOVEMBER 6, 2025 SECTION B

How tobacco retail exposure impacts smoking

PENN NEWS

Studies have found that the density of tobacco retailers in a neighborhood is associated with smoking, the leading cause of preventable disease and death.

But what if smokers and policymakers were able to understand the impact of this exposure not just on a population level but at the individual level? Rather than relying on longer recall periods and assumptions about how people move through their neighborhoods, as many studies do, what if researchers could follow the movements and behaviors of smokers more naturally—hour by hour, day by day?

University of Pennsylvania researchers have found that people who smoke reported significantly higher levels of craving and smoked significantly more cigarettes on days when their exposure to places selling tobacco is higher, as measured by geolocation tracking on their phones. When participants were proximate to more tobacco retail than usual in the past hour, they also reported smoking more cigarettes. These findings are published in *JAMA Network Open*.

"For smokers, it's important to know that being exposed to stores that sell tobacco is risky," says senior author Emily Falk, an Annenberg School for Communication professor and expert in the science of behavior change. "It's important for policymakers to know this as well, because the places that sell tobacco are concentrated in communities that already have fewer resources. For everyone, knowing how much the places we spend time might shape our decision-making is powerful."

The idea for this interdisciplinary study dates to 2014, and over time the team grew to include experts in health communication, tobacco marketing, and geospatial analysis, as well as a team of research staff who led data collection, says the project's research director, Nicole Cooper, who is now managing director of research in Falk's Communication Neuroscience Lab.

Researchers tracked each of the 273 participants—who live in Pennsylvania, New Jersey, and Delaware

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Violence against health workers: How the trend is impacting nurses

By Mackenzie Thomas

UNC MEDIA HUB

For Mel, a North Carolina nurse, getting ready for work was like getting ready for war.

That's what she told co-workers when she worked in the emergency room. Headed into a shift, she wondered, "Who's gonna fight today?"

In North Carolina, more than 48 percent of nurses said they witnessed violence at work, while more than 27% of respondents to a 2022 survey from the North Carolina Nurses Association reported they were victims of it themselves—and "the problem is getting worse," according to a news release from the association.

As part of a bill in 2023, North Carolina passed the Hospital Violence Protection Act to require improved safety measures to protect health care workers in hospital settings and to increase criminal penalties for assaulting medical and emergency personnel.

In January, ER nurse Crystal Thompson says, a patient at FirstHealth put her in a choke hold and broke her leg. The patient, Karla Hardy, was charged with felony assault causing physical injury to emergency personnel and for resisting a public officer, according to court records. Hardy's next hearing is scheduled for Nov. 17.

The hospital had already established its own police department with fully sworn officers who have jurisdiction across the entire system to improve safety for its staff, said Emily Sloan, director of public relations.

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«RIDES

Cadillac's Lyriq-V SUV has futuristic styling, electric power and plenty of space

By Winfred Cross

FOR THE CHARLOTTE POST

Cadillac has gone all-in with the electric vehicle thing.

The company provides fully electric versions of some of its most popular models but it's the electric-only models that pique my interest most.

The Lyriq-V is one of those vehicles. The vehicle has been around since 2023, but the V-rated version is new for 2026. It is dynamic in execution, appearance and performance. I think I'm in love.

Cadillac calls the vehicle an SUV, but I say it's a station wagon, which isn't a dirty word to me. If that's

what the company wants to call this thing, fine.

The styling is futuristic. The grille is intimidating with sharp lines. Most of it illuminates at night and is striking with the vertical headlamps. The vehicle has a sedan-like stance with a ride height which makes it was to enter through the wide doors.

The rear is the SUV give-away with a squared-off lift gate.

The Lyriq's interior is a thing of beauty. If you don't like high tech, stop reading. This interior is modern, comfortable, spacious and a geek's dream. The dash is dominated by a one-piece, more than 30-inch screen which greets

you with a 9k (according to Cadillac) graphics package when you sit down. That's also how you start the car—simply have a seat. There is a button on the dash to shut the vehicle off.

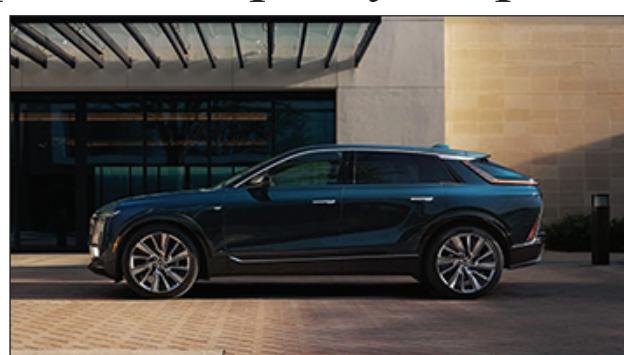
Let's go back to that screen. It doesn't cover the entire expanse of the dash like the Lincoln Nautilus but it's still impressive. It's sharp, easy to read and gives you a plethora of info without being confusing. Finding controls in the menus can be a bit of a challenge but the learning curve is fairly short.

The Lyriq-V's front seats are sports articulated to give the driver support during aggressive driving. The premium package up-

grades to real leather as opposed to the synthetic stuff. The driver's seat does fit snugly, but it's very comfortable. The steering wheel tilts and telescopes, giving the driver the ability to find perfect driving position. The wheel is also heated.

There is plenty of room for three passengers in the rear seats. Head, leg and hip room is generous. Cargo space is adequate in the hatch area.

The Lyriq-V is powered by two electric motors with a combined output of 615 horsepower with 650 pounds-feet of torque. This setup also gives you all-wheel drive. The Lyriq-V can be coaxed to 60 mph in



CADILLAC

CADILLAC

about 3.3 seconds. Yes, that's quick by any measurement. Driving the Lyriq-V is pleasurable thrills. Put your foot on the throttle and you get pressed in the seat. The

car can take command of the road. Passing power is ample which isn't hampered by the car's size. The Brembo brakes can bring you to a straight, short stop. Please see CADILLAC | 28



The 10th annual Black Enterprise BE Smart Hackathon, which includes coding competition and tech job recruitment, is in Charlotte through Nov. 8.

HBCU hackathon brings top teams to Charlotte

Black Enterprise-sponsored competition includes tech job recruiting

By Herbert L. White

herb.l.white@thecharlottepost.com

Students from 43 historically Black colleges will gather in Charlotte for coding competition and tech job recruitment.

The 10th annual Black Enterprise BE Smart Hackathon will bring together 310 students from across the country through Nov. 8. The hackathon at LeMeridien Charlotte, themed "Built Brilliant. Built Different: 10 Years of Elevating Excellence," celebrates a decade of innovation, collaboration, and empowerment through technology.

The hackathon includes 62 teams from 43 HBCUs, including Johnson C. Smith, North Carolina A&T State and Shaw universities in North Carolina as well as Benedict College and Claflin University in

South Carolina. ships and full-time job opportunities.

"As the technology industry continues to evolve, the demand for skilled professionals is higher than ever, and Black Enterprise recognizes the importance of nurturing the talent that already exists within HBCUs," Black Enterprise CEO Earl "Butch" Graves Jr. said in a statement. "As artificial intelligence becomes part of everyday life, we're proving that HBCU students are the original AI—authentically intelligent."

The hackathon includes 62 teams from 43 HBCUs, including Johnson C. Smith, North Carolina A&T State and Shaw universities in North Carolina as well as Benedict College and Claflin University in

South Carolina.

The 2024 winner, Protégé from Spelman College, is in the field as well as Philander Smith University and Talladega College.

Morgan State University, the only school to participate in the nine previous hackathons, earned the highest technical score in 2024.

During the 24-hour coding challenge, sponsors will provide mentors and real-world problem statements. Teams will be evaluated on innovation, usability, technical complexity, and pitch delivery.

Winners will receive prizes and recruitment opportunities with major companies in tech and finance.

Gardening gifts that keep on giving

By Melinda Myers

FOR THE CHARLOTTE POST

Gift the gardeners in your life with tools that are sure to make them smile as they put them to work throughout the coming years.

No matter your budget, you are sure to find the perfect gift for your favorite gardener.

Help gardeners track the weather and rainfall in their backyard. You can find decorative and functional low- and high-tech thermometers in a wide range of prices. Consider giving them a rain gauge to help monitor rainfall so they know when and how much to water.

For the indoor gardener, paint a pot, preferably one with drainage holes, that they can use to display their favorite plant. If your budget allows, add potting mix and a plant or gift certificate so they can select a new or favorite plant from the garden center. Include a pair of snips to help them trim, groom and keep their indoor plants looking their best.

Purchase a fun watering can or decorate one with decoupage. This is a fun

gift for kids and adults to make for family and teachers. Just select a plastic or metal watering can, gather pictures, and secure and seal them to the watering can with a suitable material found at craft stores.

Dress up your favorite gardener's gear with colorful tools like the British Meadow Pruner & Holster Set endorsed by the Royal Horticultural Society. The pruners have a comfort grip and are perfect for cutting small branches and stems and the floral holster will keep them handy when gardening. This makes a great gift for gardeners that appreciate aesthetics as well as quality tools.

And what gardener doesn't need a good bypass pruner with two sharp blades to make clean cuts. Look for one with a large 3/4-inch cutting capacity if your gardener does extensive pruning. Select one with narrow, comfortable nonslip grips like those on the ClassicCUT Bypass Pruner for those with small- to medium-sized hands. Stuff one in their stocking, combine it with a new garden book, or



CORONA TOOLS

Kids gardening tools make a great gift for youngsters in your life.

wrap it up as it makes a great gift on its own.

Don't forget the youngsters on your list. Research shows children exposed to the outdoors and gardening are more focused, do better in school, and have less severe ADHD symptoms. Girls raised in a land-

scaped environment are more confident and less subject to peer pressure. By encouraging them to garden you might be helping them acquire a lifelong skill and get help planning, planting and tending the garden.

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Tobacco retail exposure impacts smoking reach

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and range in age from 21 to 65—over a 14-day period. Participants were prompted to report cravings and number of cigarettes smoked four times daily—twice at the same time every day, and twice at a random time within a 4-hour window—and the number of cigarettes smoked daily.

To measure tobacco retail exposure, researchers built a database of 36,580 retailers—such as convenience stores, grocery stores, and smoke shops—across the three states and compared these sites to participants' location logs.

First author Benjamin Muzekari, an Annenberg doctoral candidate, says "exposure" means participants could have been inside or outside of retailers, and it's unclear how conscious participants were of their exposure to tobacco retail.

"This study provides insight into dynamic associations between naturalistic exposure to tobacco retailers

and smoking behaviors, which may inform public policy and health behavior change interventions to reduce smoking," the authors write.

Looking ahead, these maps of where participants spent their time can help researchers understand other aspects of their environment, such as pollution exposure, heat, and time spent in green spaces with trees, Falk says. "We're interested in how those broader factors might combine with exposure to risk factors like tobacco retail to make it more or less likely that people smoke, get exercise, or feel stress, and how this all adds up to more or less well-being," she says.

Muzekari notes that researchers are also using functional magnetic resonance imaging to investigate what is happening in the brain when people who smoke see images of tobacco marketing. This can provide insight into the link between retail exposure, craving, and smoking, and yield information about targets for intervention.

Cadillac electric Lyric-V SUV

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with no drama.

The Lyric's suspension is sports tuned with adaptive dampers. The car is always aware of the road surface and adjusts. This gives the SUV excellent handling prowess. You can search for twisty roads the car will conquer them. There is far less body roll than I imagined which is a great thing. Cadillac boasts a 50-50 weight distribution that helps keep the car balanced. The ride is firm but comfortable and there is very little wind. The summer tires can be heard at high speeds which should be taken as a sign to slow down.

Charging the Lyric isn't difficult. It comes with a home charging cord, or you can go to any high-speed charger. The range on the V is 285 which is not bad for a sports SUV.

The Lyric-V is packed with standard equipment which includes upgraded brakes, adaptive dampers, front sports

seats and black interior accent pieces. The Premium package is the loaded version and that adds panoramic sunroof, 19.2-kW onboard charger and Nappa Leather. One of my favorite things is the AKG audio package. It delivers audiophile sound that fills the cabin.

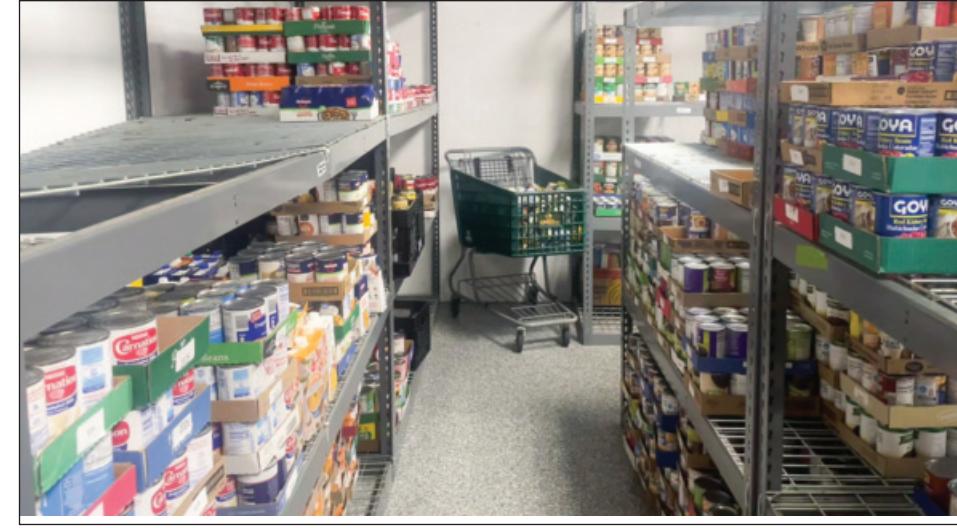
My test car was more than \$97,000. I'm still in love, but maybe I need to buy a couple lottery tickets.

Pros:

- Gobs of power
- Futuristic styling
- Great interior
- AKG audio system
- Roomy, modern interior
- Excellent handling
- Smooth, comfortable ride
- Impressive digital dash
- Fast charging

Cons:

- Complicated menus
- Would like a bit more range



A shopping cart inside the Gateway Food Pantry in Arnold, Missouri. Patrick McKelvey, executive director of the pantry, exhausted the last of its annual food budget to help meet demand, which has surged amid expected losses of federal food aid.

The largest food aid program is about to see cuts. Here's what you should know.

By Katheryn Houghton and Samantha Liss and Renuka Rayasam
KFF HEALTH NEWS

The Trump administration's overhaul of the nation's largest food assistance program will cause millions of people to lose benefits, strain state budgets, and pressure the nation's food supply chain, all while likely hindering the goals of the administration's "Make America Healthy Again" platform, according to researchers and former federal officials.

Permanent changes to the Supplemental Nutrition Assistance Program are coming regardless of the outcome of at least two federal lawsuits that seek to prevent the government from cutting off November SNAP benefits. The lawsuits challenge the Trump administration's refusal to release emergency funds to keep the program operating during the government shutdown.

A federal judge in Rhode Island ordered the government to use those funds to keep SNAP going. A Massachusetts judge in a separate lawsuit also said the government must use its food aid contingency funds to pay for SNAP, but gave the Trump administration until Nov. 3 to come up with a plan.

Amid that uncertainty,

food banks across the U.S. braced for a surge in demand, with the possibility that millions of people will be cut off from the food program that helps them buy groceries.

On Oct. 28, a vanload of SpaghettiOs, tuna, and other groceries arrived at Gateway Food Pantry in Arnold, Missouri. It may be Gateway's last shipment for a while. The food pantry south of St. Louis largely serves families with school-age children, but it has already exhausted its yearly food budget because of the surge in demand, said Executive Director Patrick McKelvey.

New Disabled South, a Georgia-based nonprofit that advocates for people with disabilities, announced that it was offering one-time payments of \$100 to \$250 to individuals and families who were expected to lose SNAP benefits in the 14 states it serves.

Less than 48 hours later, the nonprofit had received more than 16,000 requests totaling \$3.6 million, largely from families, far more than the organization had funding for.

"It's unreal," co-founder Dom Kelly said.

The threat of a SNAP funding lapse is a preview of what's to come when changes to the program

that President Donald Trump signed in July take effect.

The domestic tax-and-spending law cuts \$187 billion within the next decade from SNAP. That's a nearly 20% decrease from current funding levels, according to the Congressional Budget Office.

The new rules shift many food and administrative costs to states, which may lead some to consider withdrawing from the program, which helped about 42 million people buy groceries last year. Separate from the new law, the administration is also pushing

the program to be more restrictive, which may lead to some to consider withdrawing from the program, which helped about 42 million people buy groceries last year. Separate from the new law, the administration is also pushing

the country's first food stamps were issued at the end of the Great Depression, when the poverty-stricken population couldn't afford farmers' products. Today, instead of stamps, recipients use debit cards. But the program still buoys farmers and food retailers and prevents hunger during economic downturns.

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Gardening gifts that keep on giving to recipients

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Giving them their own kid-sized garden gear (coronatools.com) can make gardening more fun and easier as they garden by your side or in their own garden plot or container. Look for tools designed to fit children's hands like Corona's kids 3-piece garden tool set that has everything a young gardener needs to dig, explore, plant and tend their garden.

A kid-sized wheelbarrow is just the right size for hauling plants, soil and mulch.

Don't let the hustle of the holiday season put a damper on your gift giving.

Keep in mind this act of kindness generates happiness in ourselves and others.

Melinda Myers has written more than 20 gardening books, including the *Midwest Gardener's Handbook, 2nd Edition* and *Small Space Gardening*. She hosts *The Great Courses "How to Grow Anything"* instant video series and the nationally syndicated *Melinda's Garden Moment* radio program.

Myers is a columnist and contributing editor for *Birds & Blooms* magazine and was commissioned by Corona Tools for her expertise to write this article. Her website is www.MelindaMyers.com.

Violence against health workers: How trend is impacting nurses

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tions for FirstHealth.

"Prior to this incident, FirstHealth implemented a company police department in 2024 to further prioritize the safety and security of our staff, patients and visitors across our hospital campuses and facilities," Sloan said. "While we have long employed security officers, the decision to create a FirstHealth Police Department reflects our commitment to continually enhance safety measures in response to the need for law enforcement assistance."

Sloan said workplace violence against health care workers is a "critical issue" and that the incident in January "highlights a growing concern seen across the country."

Mel, who requested her last name be withheld because she feared retaliation at work, worked in a North Carolina ER for five of the roughly 12 years she's been a nurse, and she has witnessed and experienced her fair share of violent incidents.

She was spat on by a patient brought in by EMS, forcing her and other coworkers to put on protective gear.

She experienced a hospital lockdown after a patient's upset family member threatened to shoot her and her coworkers.

She had a pregnant coworker go into pre-term labor after she was punched in the stomach by an angry patient.

The hospital she was working at did nothing in response, Mel said.

"Nothing happened at the hospital that I was working at," Mel said. "The patients were given the excuse of, 'Oh they have psych issues.'"

But the "nail in the coffin" for Mel was a violent psychiatric patient who came into the ER one night. When a male co-worker tried explaining to the patient that they were going to be restrained and sedated, the patient punched one of Mel's female coworkers in the face, Mel said.

"We all kind of, like, backed up, and then the patient actually ended up running out of the emergency room," Mel said. "The police had to be called. They found her in the parking lot, and then they got her."

The incident made her realize she couldn't work in the ER anymore, Mel said.

"From then I was, like, 'You know, I don't feel comfortable working like this,'" Mel said. "I don't want to come to work and possibly be punched and kicked and whatnot. So that was it for me."

When the incident occurred, there were no law enforcement personnel on site.

"I think if we had had law enforcement, the situation would've been handled much better," Mel said.

"We had to call the police to help find her in the parking lot. Luckily, there was one near who was patrolling who came quickly."

Self-police not effective

Before the bill passed, hospitals were left to determine their level of security themselves, said Bonnie Meadows, president of the North Carolina Nurses Association, who also is a nurse with more than 20 years of experience on the job.

"Everybody pretty much did whatever they wanted to do. They did their own risk assessment as far as, 'What do we actually need?'" Meadows said.

"That bill said, we need the police. And I know just in my 21 years of health care that they may have had their own security, but having police presence is totally different."

Security officers were reported by health care workers as often having limited capabilities when it comes to handling violent patients, according to a 2022 study from the National Institutes of Health.

Some study respondents reported that security officers were "not physically able" to manage the patients, and one paramedic was quoted saying security "has no jurisdiction as far as arresting powers."

Along with round-the-clock police presence, the bill also calls for hospitals to conduct security risk assessments and violence prevention training, as well as to report assaults against health care workers to the state.

Because of the chaotic nature of the ER, Mel said, it can be hard to file complaints when incidents occur.

"Sometimes it's so busy that if you do want to make a complaint, then you'll get behind or your other patients will not get care on time because there isn't enough help," Mel said.

Violence not limited to ER

Only 1 in 3 nurses said their employer provides a clear way to report incidents, according to a 2023 survey from National Nurses United, a nursing organization that performs national advocacy and labor organizing.

But violent experiences aren't limited to the ER; they can occur anywhere in the hospital, with any patient. For Carolyn Paschall, a home health hospice nurse who used to work at a North Carolina hospital, it was in medical-surgical care. One minute, she was helping a patient get dressed; the next, he was grabbing her arm and telling her to stop what she was doing before he punched her.

Startled, she said she left the room and immediately notified her charge nurse. While the experience shook her, Paschall said she was pleased with the hospital's response. They offered her the option to press charges, which she declined. Her only request was to be reassigned, Pas-

chall said.

"It did kind of shake me, because he seemed like any other person you know, for you to just turn and switch like that. It was kind of scary," Paschall said. "I'd be lying if it didn't make me more cautious. But like I said, I would never work in the ER. So I was just like, that was a bad patient. I kind of shook it off, and I kind of moved on."

Workplace violence can also take the form of verbal abuse.

Roughly 8 in 10 nurses reported experiencing at least one type of workplace violence in the NNU survey. Verbal threats were the most common type of violence experienced, reported by almost 68 percent of respondents.

"You definitely don't want to deal with verbal abuse, but the physical abuse is definitely what's going to make you way more anxious," Meadows said.

If they knew how nursing was...

Violence not only has an impact on those involved, but also on the next generation of nurses.

Lexi Rumbaugh, a junior at UNC Chapel Hill who is in her first semester of the nursing program, said it worries her to see cases of nurses and other health care workers getting hurt at work.

"I think it is a little bit worrisome. I'm not really sure what I would do in that situation. I'd be scared, definitely, if it happened to me," Rumbaugh said.

Workplace violence is a contributing factor in nurses' desire to leave their place of work, and even the profession itself, according to an NIH report from 2022.

It's hard when you go into nursing with a desire to help people, only to feel taken advantage of, Mel said.

"I have a lot of friends who, and I hate to say this, a lot of people have said that if they knew how nursing was, they wouldn't have gone into it," Mel said.

While she hasn't faced any violent patients herself, Rumbaugh said she believes the most important thing in that situation would be to keep seeing the patient as a person.

"I would definitely think that that's something that's really hard to try and juggle," Rumbaugh said. "Like, 'this is a scary situation,' versus 'I need to take care of this person.'"

As the new president of the North Carolina Nurses Association, Meadows said her goal is to "help every nurse to understand their voice."

"To me, that is a huge piece of workplace violence and understanding that you're not just a nurse, but you are a key piece," Meadows said. "You are the key piece to the health care team, and what you have to say is valuable. What you have to offer is valuable."

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Food aid taking cuts

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The CBO estimates that about 3 million people will lose food assistance as a result of several provisions in the budget law, including applying work requirements to more people and shifting more costs to states. Trump administration leaders have backed the changes as a way to limit waste, to put more people to work, and to improve health.

This is the biggest cut to SNAP in its history, and it is coming against the backdrop of rising food prices and a fragile labor market.

The exact toll of the cuts will be difficult to measure, because the Trump administration ended an annual report that measures food insecurity.

Here are big changes that are coming to SNAP and what they mean for Americans' health:

Want food benefits? They will be harder to get.

Under the new law, people will have to file more paperwork to access SNAP benefits.

Many recipients are already required to work, volunteer, or participate in other eligible activities for 80 hours a month to get money on their benefit cards. The new law extends those requirements to previously exempted groups, including homeless people, veterans, and young people who were in foster care when they turned 18. The expanded work requirements also apply to parents with children 14 or older and adults ages 55 to 64.

Starting Nov. 1, if recipients fail to document each month that they meet the requirements, they will be limited to three months of SNAP benefits in a three-year period.

"That is draconian," said Elaine Waxman, a senior fellow at the Urban Institute, a nonprofit research group. About 1 in 8 adults reported having lost SNAP benefits because they had problems filing their paperwork, according to a December Urban Institute survey.

Certain refugees, asylum-seekers, and other lawful immigrants are cut out of SNAP entirely under the new law.

States will have to chip in more money and resources.

The federal law drastically increases what each state will have to pay to keep the program.

Until now, states have needed to pay for only half the administrative costs and none of the food costs, with the

rest covered by the federal government.

Under the new law, states are on the hook for 75% of the administrative costs and must cover a portion of the food costs. That amounts to an estimated median cost increase for states of more than 200%, according to a report by the Georgetown Center on Poverty and Inequality.

A KFF Health News analysis shows that a single funding shift related to the cost of food could put states on the hook for an additional \$11 billion.

All states participate in the SNAP program, but they could opt out. In June, nearly two dozen Democratic governors wrote to congressional leaders warning that some states wouldn't be able to come up with the money to continue the program.

If states are forced to end their SNAP programs, hunger and poverty will increase, children and adults will get sicker, grocery stores in rural areas will struggle to stay open, people in agriculture and the food industry will lose jobs, and state and local economies will suffer," the governors wrote.

Will the changes lead to more healthy eating?

The Trump administration, through its "Make America Healthy Again" platform, has made healthy eating a priority.

Health and Human Services Secretary Robert F. Kennedy Jr. has championed the restrictions on soda and candy purchases within the food aid program. To date, 12 states have received approval to limit what people can buy with SNAP dollars.

Federal officials previously blocked such restrictions, because they were difficult for states and stores to implement and they boost stigma around SNAP, according to a 2007 USDA report. In 2018, the first Trump administration rejected an effort from Maine to ban sugar-sweetened drinks and candy.

A store may decide that hassle isn't worth participating in the program and drop out of it, leaving SNAP recipients fewer places to shop.

People who receive SNAP are no more likely to buy sweets or salty snacks than people who shop without the benefits, according to the USDA. Research shows that encouraging healthy food choices is more effective than regulating purchases.

Drinks to block, flush belly fat

BLACKDOCTOR.ORG

Fat deposits that form on the body can be tough to break down and eliminate.

Fat is broken down when the body uses its fat deposits to produce energy and the triglycerides in the fat cells are removed. These triglycerides are broken down into fatty acids and glycerols and then absorbed into your muscle tissue and internal organs, where they are then broken down even further through various chemical processes. If the products left over from these chemical processes are not used as energy, they are considered waste products and need to be removed from the body. This is where water comes into play.

Water is the vehicle used to remove these waste products. The leftover materials from the fat breakdown are then filtered out of your organs by the water you drink. It is important to drink enough water each day to keep yourself hydrated and facilitate the breakdown and elimination of fat cells.

Here are some of the original fat flush water recipes to literally flush fat from your system down the drain.

CCP juice

Ingredients:

1 stalk celery
1 cucumber
1/4 cup parsley
1/2 cup water

How it works: CCP simply stands for celery, cucumber and parsley juice. Cucumber is abundant in water and fiber, with fewer calories than most juices and sodas.

Parsley is well-known for its moderate diuretic qualities and high mineral and vitamin content. And celery contains antioxidants that help to fight cellular damage caused by free radicals. Therefore, it can be used to prevent early aging and reduce the risk for chronic diseases like diabetes, high blood pressure and gout.

Furthermore, celery has a neutral flavor and is easily added to various detox juice recipes that detoxify, promote weight loss and reduce inflammation. It can be combined with other diuretic and thermogenic foods, such as watermelon, cinnamon and ginger to further improve its taste.

Still, celery juice may aid weight loss if you're drinking it instead of high-calorie beverages. What's more, it may help reduce inflammation and blood pressure.

This trifecta of nutrient-dense foods promote weight loss you will be able to see after 7 days.

Directions:

Combine all ingredients in a juicer or blender and blend until smooth and watery. If drink has too much pulp simply add more water to thin it out.

Drink quickly after blending, especially if you're craving a heavy or greasy meal—this will help.

Grapefruit fat flush water

Ingredients:

2 liters (64 oz.) Purified Water
1 tangerine, sectioned
1/2 grapefruit, sliced
1 cucumber, sliced

4 peppermint or spearmint leaves
Ice (made from purified water) optional
Directions: Mix in a pitcher before bed and drink throughout the entire next day. Please consider using organic produce for this. If it is unavailable to you, thoroughly wash the produce before adding it to the water.

How it works: The tangerine increases your sensitivity to insulin, stabilizes blood sugar, and, because it is high in vitamin C, increases fat burned during exercise. Tangerine increases your sensitivity to insulin, stabilizes blood sugar, and stimulates genes to burn fat.

The grapefruit will increase your metabolism and energy, and burn fat.

The cucumber helps you to feel more full and acts as a natural diuretic, which means less bloating and water retention.

The mint leaves help with digestion.

Cinnamon fat flush water

Ingredients:

2 grapefruits
1 lemon
8 mint leaves
8 basil leaves
1/2 tsp. cinnamon
1 liter water

Directions: Squeeze 2 grapefruits and half a lemon and mix this with the chopped mint and basil. Let it stay for 30 minutes. Then add the water, the cinnamon, and slice the other half of the lemon. Stir well and keep it in the fridge before consuming it. Drink this during the evening period and make sure the last glass you consume 1 hour before going to bed if you want to get the best results. Drink this for 7 days in a row.

If necessary repeat for 5-7 days more after making a 2 days break. The results are really incredible. The only think you should be aware of is that it is not allowed to eat or drink anything else during the evening period.

How it works: Cinnamon can also increase insulin sensitivity, which essentially means that it is helping your body to control blood sugar while simultaneously allowing your body to produce less insulin.

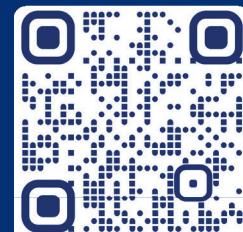
Including cinnamon into your diet on a regular basis will help you to control blood sugar and insulin response from your meals and thereby control your appetite and cravings throughout the day hence, helping you to lose body fat more effectively over time.

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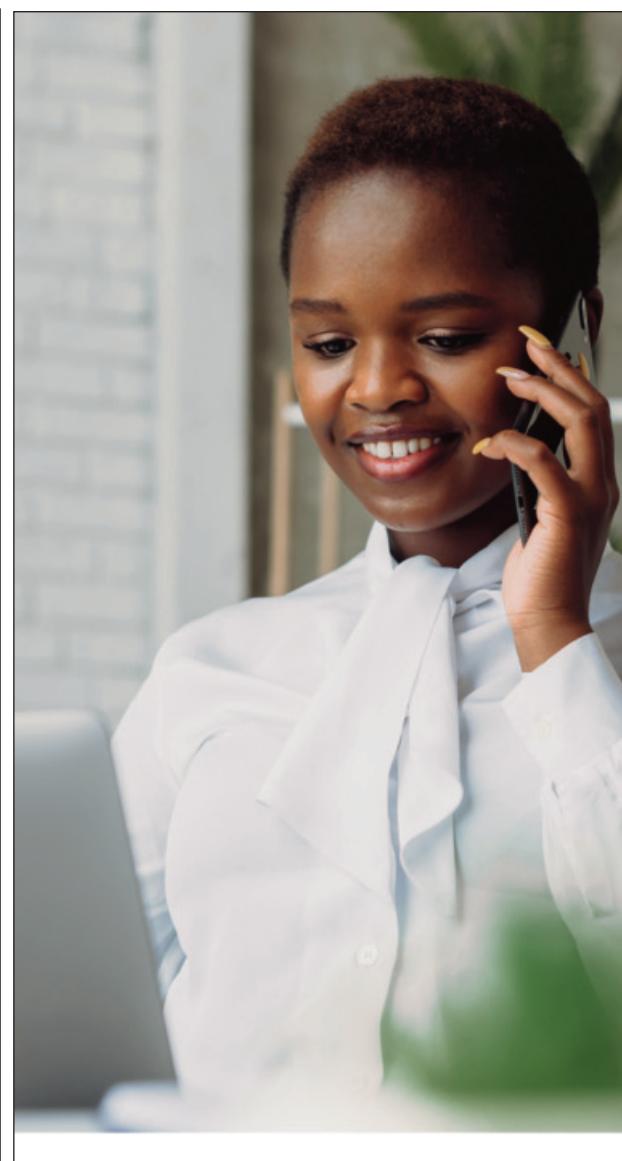



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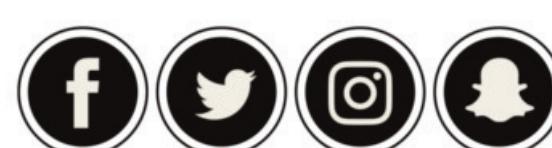
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THURSDAY, NOVEMBER 6, 2025 PAGE 5B



Flavor Flav is a fan of the U.S. bobsled and skeleton program, has been a longtime supporter of Olympic sports.

Flavor Flav, American bobsled champion

By Tim Reynolds

THE ASSOCIATED PRESS

PARK CITY, Utah — At 66 years old, Flavor Flav went 67 mph.

That was all it took to get him hooked on sliding.

Meet the newest fan of the U.S. bobsled and skeleton program: a Rock and Roll Hall of Famer, a founding member of Public Enemy, a reality show star and now, an aspiring slider. USA Bobsled and Skeleton announced Flav as its new official hype man Monday, not long after he spent a couple days around the team at the 2002 Olympic track in Utah.

And he plans to be with the team at the Milan-Cortina Olympics in February.

"The partnership is a blessing," Flav said. "It's cooler than Cool Runnings. It's Coolest Runnings."

The 66-year-old Flav — his legal name is William Jonathan Drayton Jr. — spent time with the bobsled and skeleton teams this past week. He went down the Park City track in a bobsled, then also wanted to try out skeleton, the headfirst sliding sport where elite athletes can reach speeds exceeding 80 mph.

Team officials wanted Flav to start from a low spot on the track, as is the case with all first-timers for safety reasons. Flav didn't necessarily like that; he wanted to start from higher up, significantly raising the level of difficulty. Eventually, he got his chance and hit 67 mph on his second run.

For a regular person just trying the sport, that's exceptional. No word on whether he used his catch phrase, 'Yeah, boyeeee.'

"Oh my gosh, he's one of the coolest, most adventurous men that I've ever met," U.S. skeleton athlete Dan Barefoot told The Associated Press. "He was upset that he couldn't go from higher up on the track. ... I was kind of upset at how good he was. It's a sport that takes a lot of skill, but he made it look straightforward."

Flav and sports often go hand-in-

Please see FLAVOR | 6B

The return of 'Sinners' and southern gothic roots

By Chat McDuffie

HOWARD UNIVERSITY NEWS SERVICE

Forget movie of the year — "Sinners" is a cultural event, a cinematic reckoning that redefines what Black horror and Southern storytelling can look like.

Vampires, hoodoo, southern blackness, religion, blues and blood infiltrated our minds when the film opened in April. If you're like me, some notable scenes constantly replay in your head.

Of all the film genres, horror, history and Black film instantly became my favorites. I was first introduced to the artistic subgenre of Southern Gothic at the age of 5 when I watched "The Color Purple" on VHS with my mama. Since then, this film and subgenre have remained in my time capsule, serving as inspiration for my current and future films.

Southern Gothic is a film subgenre that blends Gothic elements with settings in the American South. It often features flawed characters, decaying settings and sinister events. Some of my favorite films and TV shows that are Southern Gothic include "Eve's Bayou," "Beloved," "Daughters of the Dust" and "Lovecraft Country." Now we have a new body of work to add to the collection, and that is, of course, "Sinners."

Ryan Coogler wrote, directed and produced this new and exciting take on a vampire story like we've never seen before. He combined the harsh reality of the racist South with elements of reli-

Please see THE RETURN | 6B

« ON THE MARQUEE »



"American Idol" winner Ruben Studdard headlines "Ruben Studdard Sings Luther Vandross" Nov. 21-22 at Knight Theatre.

Off to the Big Top at the Charlotte Spark Festival

Local artists, live music, food and local vendors for single-day event

By Herbert L. White

herb.l.white@thecharlottepost.com

The Charlotte Spark Festival takes over Noda Brewing on Nov. 8 with the theme "Under the Big Top."

The one-night-only festival transforms the space into a circus-inspired atmosphere with roving circus acts, live music, art galleries, food and local vendors, a puppy zoo, fashion showcases and dance.

Highlights include more than 20 local artists performing live, an immersive art gallery experience, circus-inspired VIP experience, food, vendors, fashion and life entertainment and giveaways throughout the evening.

Doors open at 5 p.m.

• **Three Bone Theater** presents "Eureka Day" Nov. 7-23, The Arts Factory, 1545 W Trade St. Written by Jonathan Spector, directed by Tonya Bludsworth.

Advance tickets online at threebonetheatre.com are \$30, \$35 at the door and \$20 for students and educators.

The Eureka Day School in Berkeley, California, is a bastion of progressive ideals: representation, acceptance, social justice. In weekly meetings Eureka Day's five board members develop and update policy to preserve a culture of inclusivity that reaches decisions by consensus.

But when a mumps outbreak threatens the Eureka community, facts become subjective and every solution divisive, leaving school leadership to confront the central challenge: Build consensus when no one agrees on truth.

The production is recommended for ages 14 and older due to refer-

ences of illness and death in children, public health crises and vaccine hesitancy.

• Blues musician **Mac Arnold** and local jazz and blues artists perform during a celebration of Black philanthropy Nov. 13 at Carolina Theatre, 230 N. Tryon St.

Rhythm & Roots includes tributes and a celebration of Foundation for Black Philanthropy. Music inspired by Charlotte's Black philanthropic legacy honors historical and cultural contributions of Black Charlotteans, with tributes to James Ferguson, Elizabeth Randolph, Lethia Jones Henderson and Jimmie and Minnie McKee.

The program starts at 7 p.m. Tickets range from \$96.15 to \$127 and available at Ticketmaster.com.

• **Black Charlotte** is returning to Carolina Theatre on Nov. 19 at 7:30 p.m. for an evening of Charlotte-focused poetry from 15 spoken word artists with backing from the Charlotte Symphony Orchestra.

Tickets for Black Charlotte: Live in Concert are available at TheCarolina.com. Carolina Theatre is located at 230 N. Tryon St.

• **Ruben Studdard** sings Luther Vandross Nov. 21-22 7:30 p.m. at Knight Theater, 430 S Tryon St.

"American Idol" winner Ruben Studdard brings to life the songs that shaped a generation. Studdard brings out the warmth and romance in Vandross songs like "Here and Now," "Dance with My Father," and "A House Is Not a Home" backed by the power of the Charlotte Symphony.

Tickets range from \$30.48 to \$114.71 and available online at tix.blumenthalarts.org.

• **Middle C Jazz** is all in for December.

The club is hosting a series of music celebrations from smooth jazz artists to R&B favorites throughout the month. Tickets for all December performances, including the exclusive New Year's Eve event, are available immediately.

A major highlight of the month is the two-night run with the smooth jazz artists Peter White, Mindi Abair, and Vincent Ingala Dec. 12-13. It also includes an optional VIP pre-show wine and jazz tasting with Mindi Abair.

Among the highlights:

(Dec. 4) "Happy Holidays - A Soulful Christmas" with Jay D Jones (R&B and holiday soul)

(Dec. 11) Ray Singleton Holiday Party Night (R&B favorites and holiday classics)

(Dec. 12-13) Peter White Christmas with Mindi Abair & Vincent Ingala

VIP Pre-show Wine & Jazz Tasting with Mindi Abair

(Dec. 14) Adrian Crutchfield: "For You at Christmas ... with Love & Jazz!"

(Dec. 17-18) "A Charlie Brown Christmas" featuring Lovell Bradford and Tyra Scott, family-friendly celebration of the Vince Guaraldi Trio

(Dec. 19) Joey Santo Sings Christmas Classics of Sinatra, Crosby, & Martin perform vintage holiday standards

(Dec. 21) Jingle Jazz Tour featuring B.K. Jackson, Erin Stephenson and Gino Rosaria

(Dec. 31) New Year's Eve celebration with the Voltage Brothers

For tickets, showtimes, and schedule, go to www.middlejazz.com.

« MOVIE REVIEW »

'Nuremberg' looks evil directly in the eye

By Dwight Brown

BLACK PRESS USA

Nuremberg

3 stars

"The world needs to know what these men did."

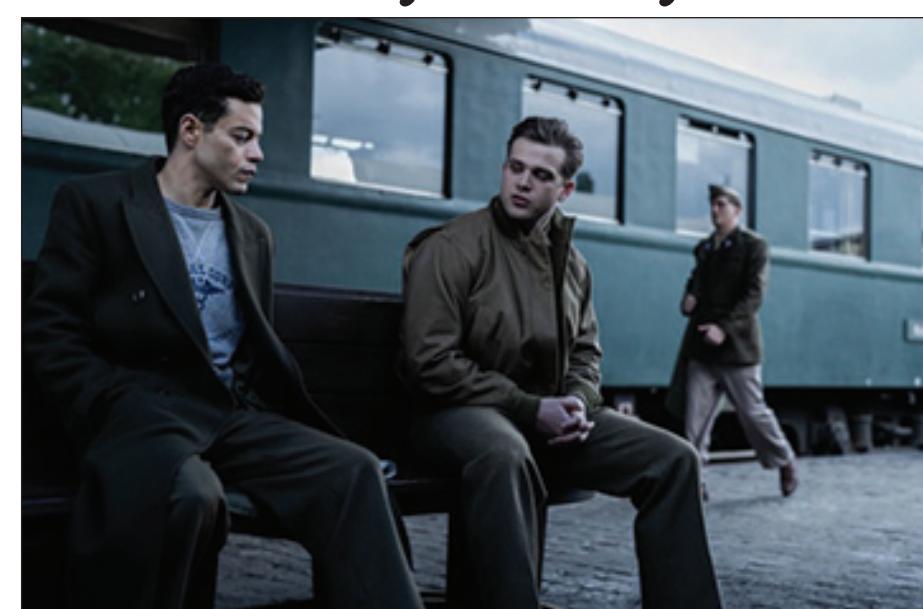
That's the thesis that drives The Allies who'd beaten Germany. The reason they form an International Military Tribunal and create the world's first global trial, a reckoning that sought to hold the highest officers in the Nazi regime accountable for their atrocities.

In mid-1945, Nuremberg, Bavaria, Germany became the site of the Nuremberg Trials. France, the Soviet Union, UK and USA collaborated. Nazi party leaders like Hermann Göring, who was also the Supreme Commander of the Air Force, were captured or surrendered and imprisoned while awaiting trial.

The history is deep, the tribunal iconic and the outcome a lesson for all those who invaded other countries and committed heinous crimes against humanity.

Parallels to Nazi behavior are rampant around the world today. Dictators and wannabe dictators didn't learn much from WWII, that fascistic period or the outcome of the trial. The timing couldn't be better for a refresher course. The source material for this history/drama/thriller is the 2013 nonfiction book "The Nazi and the Psychiatrist," by Jack El-Hai. A tome that captures the real-life tête-à-tête between Göring and U.S. Army psychiatrist Dr. Douglas Kelley. They became frenemies.

Writer/director James Vanderbilt takes the reigns. His filmography is light as a filmmaker and more credible as a writer ("Zodiac," "The Amazing Spider-Man"). Was assigning Vanderbilt director duties a gamble?



Rami Malek and Leo Woodall in "Nuremberg."

Opening sequences are heavy on the production elements. At first, the flashy cinematography (Dariusz Wolski, Martian), rich production design (Eve Stewart, "Les Misérables"), brand-new clothes (Bartholomew Carriss, RocknRolla), pronounced art direction (Julianne Cristescu and Tibor Lázár) and pushy musical score (Brian Tyler, "Fast and Furious") are overwhelming, like you're watching a made-for-TV movie on steroids.

Too perfect, too decorated and over dramatic. Off putting in ways that may make audiences keep their emotional distance. But if they disregard the glossy ornamentation, the heart of the story is a fight against an evil snake who pedaled hate, derision and intimidation and almost got away with it. Once Kelley meets Göring, intense psychological dynamics add nicely to the

leadup to a courtroom drama of very high standards.

U.S. Supreme Court justice Robert H. Jackson (Michael Shannon, "The Shape of Water") gets the call. He's been asked to be the lead prosecutor and assemble a team for a trial like no other. Hermann Göring (Russell Crowe, "Gladiator") has been caught and sits in a cell — along with other Nazi relics. He's impervious, emboldened and his opiate addiction adds to his steely demeanor.

To prosecute him, they have to get him to talk. He doesn't or lies to appease. Only admitting that Germany was sending Jews to "work camps," not "death camps."

That's his alibi. Breaking him is the task. Jackson: "I'm gonna put Hermann Göring on the stand and make him tell the world what he did."

Please see NUREMBERG | 6B

Flavor Flav, champion American bobsled fan

Continued from page 5B

He was a celebrity mayo-pourer — yes, there is such a job — at the Duke's Mayo Bowl last year, helping to douse Minnesota coach P.J. Fleck with 5 gallons of celebratory condiment after the Golden Gophers won that game in Charlotte.

He can be found performing during Super Bowl weeks. He was there to show support when Billie Jean King got her star on the Hollywood Walk of Fame. He's been a big supporter of Olympians in the past, including discus thrower Veronica Fraley.

And at the Paris Olympics, Flav was the official hype man for the U.S. women's water polo team.

"We have all been so hyped to have him with us," Barefoot said. "Put aside the fact that Flav is one of the greatest hype men of all time, the energy in the room ... you

had people who often aren't talking to each other high-fiving and hugging because of the experience of being around him. There's a lot of energy and a lot of confidence around us right now."

Many members of the team got Flav's personal cell phone number, and some also got to join him at a Maroon 5 concert over the weekend. And when the Olympics are over, Flav plans to return to Park City to take part in a camp for sliders.

"We are thrilled to welcome Flavor Flav as an official sponsor and hype man for USA Bobsled/Skeleton," USA Bobsled and Skeleton CEO Aron McGuire said. "It's clear he has a genuine passion for sports and an authentic love for the USA team. Flavor Flav embodies the same grit, dedication, and pride that define our athletes, and we're excited to have him bring that excitement to our team and fans across the country."

The return of 'Sinners' and a southern gothic roots showcase

Continued from page 5B

gion, music, lust and, yes, sinning. All these things may seem like they don't mesh well, but they very much coexist.

Every detail in this film feels intentional — from the strumming of guitar strings and banjos woven into the score to the deliberate use of colors like red and blue to define its characters. Nothing is accidental; each choice serves a purpose. The fact that Coogler developed this story about a place where these events would seem to never take place gives a voice to those who feel unseen and unheard. This is what Southern Gothic film is about. This is what Black filmmaking is about. This is why his craft speaks volumes and will for generations to come.

As a director, producer and writer, my goal as a filmmaker is to have the artistic control you want in a project. Coogler worked out deals with companies like Warner Bros. that give him full ownership after 25 years.

What does that mean?

Usually, when writers sell a script, the production company reserves the right of full creative control unless they work out something together. We all have films that we've seen grow over the years, and those same production companies still own the rights to them. Therefore, they're still profiting off them. This deal that Coogler secured is unheard of in Hollywood, especially for a Black filmmaker. With it, he will forever profit from his work.

"Sinners" is also the first movie to be simultaneously shot on Ultra Panavision 70 (2.76:1 aspect ratio, which measures width to height) and IMAX (1.90:1 and 1.43:1). In our day and time, films are shot digitally now with the use of 4K and 6K cameras. The larger the imaging surface, the higher the resolution and the shallower the depth of field in the digital world. Before digital, films were created in analog movie formats, such as Super 8 (1.36 aspect ratio) and Super 16

(1.66 aspect ratio), which refers to the frame size we see on the big screen.

Coogler wanted to capture this format on film, because it was the format he fell in love with in school. He and his team wanted to deliver a more raw and dynamic range, which helped to contribute to the film's horror vibes. If you get the chance to see "Sinners" in theaters, they recommend IMAX (1.43:1 aspect ratio). It's how he and his team shot the film, how they intended it to be seen and it is the most immersive experience.

Not only is Coogler great at securing good deals, but he also never lets us down with his choice of casts in the films he directs. The saying "If it ain't broke, don't fix it," perfectly captures Coogler's collaboration with Michael B. Jordan. Coogler keeps bringing Jordan back for a reason. When you build that kind of trust with your director, it shows on screen. They speak the same creative language, and that chemistry translates into every project they touch.

In "Sinners," it translates to the screen when MBJ embodies twin characters Smoke and Stack, by physically and emotionally transforming himself into individual entities. It also translates visually and cinematically from the works of Autumn Durald Arkapaw, who did the cinematography, as well as from the production design and costume design. Arkapaw also worked on Coogler's earlier films, which shows how intentional he is with using people he trusts to complete his vision.

"Sinners" takes us on a ride down memory lane, back to the 1930s in the rural town of Clarksdale, Mississippi. In the words of Andre 3000, "The South got sum to say," and the South has been speaking musically and cinematically for years.

Coogler grew up in Oakland, California, and although that's not the South, his maternal grandfather and uncle had roots in Mississippi. His personal and ancestral roots in

spired the story and characters in the feature.

As a sweet southern belle myself, I want my films to tell stories about the Black experience in ways audiences have never seen — that's what "Sinners" is for me. The film left me flooded with emotion — excitement, grief, love and a deep sense of belonging — that inspired me to keep writing my thesis, "Grandma's Hands."

Like "Sinners," "Grandma's Hands" will be a southern gothic film shot in the South, in my hometown, Statesboro, Georgia. It's a story of legacy, loss and the bond between a Black matriarch and her granddaughter. This story is personal to me, because it's loosely based on my life as a little girl and the relationship I shared with my late grandmother.

When I see Black filmmakers living out their dreams, it lets me know that I am on the right path and that I made the right decision attending Howard for film school. Our film program is not only the sole MFA program at an HBCU, but it is also the birthplace of modern Black filmmaking.

Many films you've seen today by a Black filmmaker have followed the teachings of the Howard film and TV program without you even realizing it.

Before I started this program, my obsession with film was deep, but now my love for film has evolved into more knowledge and passion about all the hard work that goes into a 90- to 120-minute film on your screen. As a film student who sometimes struggles to see the end goal of hard work, "Sinners" is a reminder that in due time, your story will be told. It's a reminder that genre films can carry deep cultural and historical meaning, and you don't have to reduce risk or water down identity to appeal widely.

So, will I see you in theaters?

Chat McDuffie is a third-year MFA film candidate at Howard University from Statesboro, Georgia. She wrote this film analysis for HUNewsService.com.

'Nuremberg' looks evil in eye

Continued from page 5B

Army psychiatrist Douglas Kelley (Rami Malek, "Queen") is called in to analyze the infamous prisoner. To look for a crack in his façade. Initially, the Nazi officer only speaks German, acting like he doesn't understand English.

Eventually that charade drops, and the two cautiously, skeptically talk to each other, looking for weaknesses. It's an increasingly fascinating head game between a shrink and a mastermind. Accusations are hurled and tension grows to the point of shouting matches.

"I am a prisoner because you won, and we lost. Not because you're morally superior!" screams Göring. As the trial comes, a conviction is not a certainty. All involved are determined but unsure as Göring, now on a worldwide stage, manipulates the courtroom to his benefit.

The footage has four elements that become stronger with each frame. The cat/mouse relationship between the two lead characters. The performances they give, which are matched by a stellar sup-

porting cast. A ground-breaking event that became an archetype and evidence of the heartless killing, discarding and incineration of Jewish people.

When the probing dialogue becomes outward hostility, the dynamics of the relationship between doctor and non-patient become fiery. The overweight, obstinate commander is intimidating and stubborn like a lion.

The very slight, nervous and unimposing psychiatrist is his antithesis. Like a mouse who nudges a beast. Both eventually inflicting emotional and psychological abuse in traumatizing ways. This drama is so thick and self-contained it could be a fascinating Broadway play.

Russell is blustery, imposing and vile. Malek has the more obvious character arc. Hard to appreciate his performance fully, until he lashes out at Göring in a pivotal, confrontational cell room scene where he blasts his adversary. It's an Oscar-worthy moment.

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