

NORTHSIDE NEWS

The Spreadin' the Love Issue

“Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.” Matthew 25:40 NIV
“We have to come together with warmth.” -Malcolm X

Ms. Gladys Talks Love



UNC Senior Aisha Booze-hall recently sat down with Ms. Gladys Pendergraph Brandon to talk about the nature of love. Here are some pearls of hard-earned wisdom:

Sometimes the word love is used too loosely. In order to love anyone, you must first love God, then yourself,

then you can love others. Love is kindness, forgiveness, selflessness, patience, and being the bigger person. It is when you cherish the whole of somebody--the bad, the good, and the ugliness of who they are. Love shall never be abusive or unforgiving; love shall always be the center of anything that you do.

When you love someone, you have their best interest at heart. Sometimes we have to set aside what we want for the good of what someone else needs. Love helps everyone to be better people. At the same time, when you love someone it opens you to pain. But pain is not a bad thing because loving someone who can't love themselves shows them kindness. In return maybe you are opening their heart to something new.

Love is an action word. Show the person you love them, if it is your neighbor, your husband, your friend, your sister. It is more than saying, 'I love you'. You can show people that you love them with a nice kind word or action.

This action between a husband and wife should always be shown. Your husband could wash the dishes, or make breakfast; you could take out the trash, or do the lawn. It is all about sharing between the two of you. Maybe even bring him some flowers or candy. It is the small things that really pop when you care about someone.

Love should not hurt; it should not put you down. It should not make you feel worthless or want to hide in a closet. Love makes you feel warm, like you can do anything! Love should tell you that you are worth something.

Love covers a multitude of things but abuse isn't one of them. Love should never hurt.

Love is wonderful and powerful and sometimes painful, but love is never damaging.

[Love to Love You, Baby]



Talkin' 'bout,
Talkin' 'bout,
My Girls!



Precious
memories ...
How they linger!
How they ever flood
my soul!!!



Every year a group from the Jackson Center delivers personal messages of love through song (and dance) to neighbors in Northside, Pine Knolls and as far away as Durham. We'd like to honor the memories of two Northsiders who knew how to appreciate a good love song when they heard one:

Ms. Janie Alston ordered a telegram for her cousin, Northside legend Ms. Velma Perry. The Jackson Center 5 paid a visit to her home on Lindsay Street where she lived for all of her 98 years. They sang "My Girl," and Ms. Velma clapped and sang along, beaming as Brentton Harrison handed her a long-stemmed red rose.

The volunteers at St. Joseph's Heavenly Groceries Food Ministry always receive an annual live singing telegram. Last year, when the group sang "Ain't Too Proud to Beg," Ms. Katherine "Mama Kat" Council responded, "Take me now!" to everyone's great amusement.

For Love of Community: Celebrating Three Local Legends



Families of Mr. Kennon Cheek, Ms. Rebecca Clark, and Mr. Bus Hubbard gathered at the rededication of the Kennon Cheek-Rebecca Clark Building (formerly the UNC laundry). All three served the university for decades. Mr. Cheek and Ms. Clark were both labor organizers, fighting for working conditions for the university's mostly Black laborers.

Mr. Cheek was the driving force behind the founding of the first Janitors' Association at UNC. Demands included not only better pay but a space where workers could gather and socialize. Ms. Clark, who worked in the laundry, successfully organized laundry workers' campaigns for better wages, work schedules and safety. Mr. Hubbard, also known as the "tree surgeon," worked for UNC longer than any other university employee, climbing and pruning trees and maintaining the greenery around campus. All three honorees lived in the neighborhoods bordering the campus during their lifetimes and made countless contributions to their communities.

Mr. Cheek's daughter, Ms. Marian Cheek Jackson, served as historian of St Joseph's CME church. Her daughter-in-law, Ms. Patricia Jackson, addressed the audience in the large, light-filled open space that will serve as a relaxation area for housekeeping staff:

We made sure you were welcome when you came whether you welcomed us or not. Because that's what our generation put into our systems, into everything that we do. This place belongs to us, and we make sure that we continue to let the next generations-- on and on and on-- know it. And I am so proud that all of you are here this morning.

The public is invited to visit the 100-year old facility on W. Cameron and S. Graham Streets and learn more about the history of the building and the people who worked there. To read more about the lives of Mr. Cheek and Ms. Clark, go to: unchistory.web.unc.edu/building-narratives/cheek-clark-building. You can find oral histories of Ms. Clark and Ms. Marian Cheek Jackson at our website: archives.jacksoncenter.info. (Photos: Mr. Kennon Cheek (top, right); Ms. Rebecca Clark; and Mr. Bus Hubbard)



Descendants and extended family members of Mr. Kennon Cheek, Ms. Rebecca Clark and Mr. Bus Hubbard gathered in the newly renovated facility on campus that once housed the university laundry. The university rededicated the building on January 23rd.

‘Why can’t we all just get along?’: Ronnie Bynum Talks About Interracial Friendship

Valentine's Day seems like a good time to reflect on the importance of friendship. In this excerpt from the Jackson Center's Oral History Trust, Mr. Ronnie Bynum talks about his experience as one of the first black students to attend Carrboro Elementary School in the late 1960s. Confronted by racist threats and slurs from adults who blocked the school entrance, he says that most kids knew better. "A lot of times in my childhood, it was like, 'Why can't we just get along? Back then, it was just like, 'Grandmother, why?' 'That's just how it is.' They separated a lot of friendships."

Mr. Ronnie remembers how his classmates would encourage him to raise his hand in class and how he made friends with a white student who remains his friend to this day:

"On the bus we would talk. At school we would talk. But when we got off the bus, we couldn't talk because his grandfather would be there. ... Once I spoke to him, and his grandfather beat him. But we're still friends today. We facebook each other. We email each other. And we say, 'Merry Christmas, Happy New Year,' and we respect each other. Why? Because [when they were kids] he said, 'He's my friend.' We played football, went hiking, went to the beach. [We did] everything we could do behind his grandfather's back. He cared about me, no matter the skin color."

Show Your Body Some Love


Pine Knolls resident, Ms. Virginia Barbee, believes that everyone can live a healthier life by developing a few good habits. She goes to the Seymour Senior Center a few times a week to attend exercise classes. She has diabetes, so she knows exercise can lower “the three biggies”: blood sugar, blood pressure and cholesterol. Regular exercise can also reduce the risk of a stroke. Here are some of her most important tips:

Join an exercise class. Topping her list is the Seymour Center with its fitness room, helpful staff, and daily class offerings. What’s a class like? Ms. Virginia says, “Exercise classes are mostly sitting. The main thing is getting your shoulders and your arms going, standing up straight. You’d be surprised how many people can’t get up and down the way they should.” The staff can teach you what to do at home, too. And if you’ve got Medicare, you’re eligible for Silver Sneakers, a program that pays for gym memberships and programs for seniors. Ms. Virginia also strongly recommends the water aerobics program at the YMCA. Here are a few additional tips:

-Do more walking. People just don’t walk as much as they used to, she notes. Ask a family member or friend to walk with you, even if it’s just a little bit every day.

-Drink lots of water. Ms. Virginia says, “Exercise is really important, but in a sense, water is more important because some people you can’t talk them into exercise, but at least you can talk them into drinking water.” Since most people prefer sweet beverages or coffee, she suggests you can work water in gradually. Start with a big glass of water first thing in the morning. If you prefer to drink tea or another beverage with meals, drink a glass of water first. Once you develop a taste for it, water will become a habit!

If you want to know more about living a healthier life or if you’ve got some suggestions to share, call or email the Jackson Center! The Robert and Pearl Seymour Center is located at 2551 Homestead Rd.



Ask Keith

Q: Which bus routes serve Northside, Pine Knolls and Tin-Top? What can I do to advocate for better bus routes for seniors and other neighbors?

A: Chapel Hill Transit is the free bus system that serves Chapel Hill, Carrboro, parts of Hillsborough and parts of Durham. Buses that serve the Northside, Pine Knolls, and Tin-Top neighborhoods are A, N, and CW. Contact Director Brian Litchfield at 919-969-4908 or blitchfield@townofchapelhill.org with concerns and/or transit needs.

Public meetings are also held to address community concerns. One suggestion is for the bus to go down streets where seniors live. For instance, there could be one bus that just came all the way down Church Street. It would be helpful if it then crossed over Rosemary, went through the light, and on to Franklin St. This would give seniors a chance to go to CVS Pharmacy and Target. The next public meeting is Wednesday, February 19, 5-7 pm at Carrboro Town Hall.



In Memoriam

Remembering the Love and Legacy of Ms. Omelia Garner (1937-2020)

This January, family and friends said goodbye and celebrated the life of Ms. Omelia Farrington Garner. A graduate of the Lincoln High School Class of 1956 where she was a member of the marching band, she made history when she married her husband, Alvin, in 1968, one of the state’s first interracial couples to be legally married in the state of North Carolina. In a 2008 interview with National Public Radio, Ms. Omelia talked about how her in-laws-- and other relatives-- did not accept the marriage of a white man to a black woman. “On my 25th anniversary my father-in-law came to me and he said, ‘Omelia, this is the marriage I thought wasn’t going to work but it’s worked better than any children I have.’” The couple’s love endured for more than 51 years and, together, Ms. Omelia and her husband raised five children. They attended Faith Tabernacle Oasis of Love Church on Rogers Road, where Ms. Omelia served as minister, usher, and in many other capacities. She was also a longtime volunteer at the Inter Faith Council Community Kitchen, where she often served up her renowned peach cobbler. Her husband, children, extended family members and friends remember her as a loving woman of great faith and will cherish many warm memories of her.


Mr. Marvin Sylvester Bynum: A Musical Life

Mr. Marvin Sylvester Bynum, who had deep roots in this community, passed away on January 25, 2020, at the age of 77. He was part of the Lincoln High School Class of 1960 and earned both a bachelor’s and master’s degree in music from NCCU. He married Ms. Renee Booth in 1966, and they had two sons, Corey and Marcus. He was a highly accomplished musician and teacher and had a special love for the trumpet. In addition to teaching music at many schools and at NCCU, he was devoted to the Senior Choir, Gospel Choir, Male Chorus and Christmas Cantata at his church, St. Paul A.M.E. His music and spirit will be missed by all who knew him.



March Birthdays

March 8- Carolyn Evans
March 11- Pat Jackson
March 12- Maggie West
March 14- Billy Hemmingway
March 17- Claudia McLain
March 18- Nate Davis
March 23- Anita Wilson
Delores Bynum
March 24- Regina Merritt
March 28- Dustin Rawlings
Kirsten Coleman



Celebrating 60 Years

Ms Jane and Mr Clarence Farrar will celebrate their 60th Wedding Anniversary on February 27th. Congratulations, and warm wishes for many more years of happiness!!!

“There can be no love without justice...abuse and neglect negate love. Care and affirmation, the opposite of abuse and humiliation, are the foundation of love. It is a testimony to the failure of loving practice that abuse is happening in the first place.” -bell hooks

March 3, 2020 Presidential Preference Primary

Early Voting Sites:

Board of Elections office	208 S Cameron St, Hillsborough
Carrboro Town Hall	301 W Main St, Carrboro
Chapel of the Cross	304 E Franklin St, Chapel Hill
Efland Ruritan Club	3009 Forrest Ave, Efland
Seymour Senior Center	2551 Homestead Rd, Chapel Hill
University Place, D14	201 S Estes Dr, Chapel Hill

Early Voting Hours:

Days	Times
Thursday – Friday, February 13 – 14	8 am – 7:30 pm
Saturday, February 15	8 am – 3 pm
Sunday, February 16	12 pm – 4 pm
Monday – Friday, February 17 – 21	8 am – 7:30 pm
Saturday, February 22	CLOSED
Sunday, February 23	CLOSED
Monday – Friday, February 24 – 28	8 am – 7:30 pm
Saturday, February 29	8 am – 3 pm

Celebrate Black History Month at Carrboro’s Century Center!

100 N. Greensboro St. Refreshments served!

Mon., February 3, 6-8pm
Dr. Freddie L. Parker, “The Ballot and the Black Freedom Struggle”

Mon. February 17, 9:30-11am
James E. Williams, Jr., “My Effort to Make Black Lives Matter”

Mon. February 28, 6-8 pm
Jaki Shelton Green, “An Evening with NC Poet Laureate”

Saint Paul Village Community Walk & 5K Run

Benefitting St. Paul Village

Saturday, March 7, 2020, 9 am
McDougle Middle School

Early Bird: \$20 Individual, \$40 Family - by 2/01/20
After 2/01/20: \$25 Individual, \$45 Family
Registration: Online at www.stpaulamechapelhill.org or pick up your registration form at the Jackson Center, 512 W. Rosemary St. TODAY!
Questions?
919-967-3961 saintpaulvillage5k@gmail.com



Ms. Kathy Atwater (left), Ms. Christie Adisa (center, top), Centenarian Ms. Sallie Pendergraft (center, bottom), and Ms. Phyllis Joyner (right) visit together at Ms. Sallie’s.