

NORTHSIDE NEWS

For info and resources, here are your go-to sites:

orangecountync.gov/coronavirus

townofchapelhill.org/coronavirus

For a food distribution schedule you can post on your fridge:
<https://www.townofchapelhill.org/home/showdocument?id=45714>

Questions and Answers about N.C. Phase 2 COVID-19 Regulations

North Carolina's COVID-19 stay-at-home order was lifted on May 8, and on May 22 we officially entered "Phase 2." Northside neighbor and UNC public health professor, Dr. Whitney Robinson, provides answers to your questions!

Where are we now? North Carolina is in Phase 2 of easing COVID-19 restrictions. This phase is called "Safer At Home." This phase lifts the statewide stay-at-home order.

What's happening in Phase 2, "Safer at Home"?

In Phase 2, more businesses can open, including childcare businesses, restaurants, salons, and pools. Other businesses, like nightclubs and bars, will not open. However, the businesses have to comply with new rules, like smaller group sizes and increased sanitation.

* In Orange County, in Phase 2, employees have to wear masks, and some businesses may require shoppers to wear masks as well.

* Durham County is not moving into Phase 2. Because cases have been rising faster in Durham than other parts of the state, they are staying in Phase 1 for the time being.

When will this all end? Until we have a vaccine that we can give to everyone, we will be doing some forms of physical distancing, mask-wearing, and frequent hand-washing. A vaccine will probably not be ready until Summer or Fall 2021.

If someone gets the coronavirus once, are they protected from getting it again? Because the COVID-19 virus is new, it's too soon to tell. But if COVID-19 is like other coronaviruses, then people who have recovered are probably protected from reinfection for at least a year or more.

Why are people wearing masks? People are wearing masks mainly to protect each other. Someone with the coronavirus can be infectious before they even feel any symptoms. By wearing a mask whenever you go out, you're protecting others in case you're infectious. It doesn't offer 100% protection, but it helps.

Did the stay-at-home order that just ended do any good? YES! The goal of the stay-at-home order was to slow the virus down. We wanted to avoid a massive outbreak like what we saw in Italy and NYC. And so far we have avoided a worst-case scenario. That's a blessing! Thanks to all of you who have been doing your part with physical distancing, washing hands, staying at home, or being careful at work.

How many Phases are there? There are 3 Phases. Each phase loosens more restrictions on gatherings and businesses.

Should I keep physical distancing, wearing masks, and handwashing even when more places are open? Yes! The virus is still here. If we keep doing our physical distancing, mask-wearing, and handwashing, the virus will spread more slowly, and we can keep relaxing restrictions. If cases start surging again, we may have to go back to stay-at-home orders to stop it. The more we keep doing our parts to slow down the virus, the more lives we save and the more open our communities can be.

What other efforts can slow down the virus? Contact tracing. When someone tests positive for the COVID-19 virus, public health officials should contact everyone who was in contact with the person in the past week. Then those people, even if they don't feel sick, can get tested. If they are positive, then they can isolate themselves for a while so they don't spread the virus to anyone else. This is powerful because infected people who don't feel sick can still spread the virus. Proactive testing and isolation stop the virus's spread in our community.

So what happens next? For the next 4-6 weeks, we see whether the COVID-19 outbreak grows after we ease restrictions. After we moved into Phase 1 in early May, new cases and hospitalizations actually went up some. If new cases keep going up during Phase 2, then we may have to slow down the reopening process.

Why do we have these Phases? The virus is still spreading in our community. There are still hundreds of new cases of COVID-19 every day in North Carolina. More than 500 people are currently hospitalized with the virus in the state right now. More than 700 North Carolinians have already died of COVID-19. If we went back to normal now, the virus would start spreading again fast. By loosening restrictions gradually, we can watch for signs of new outbreaks. If the spread starts growing faster again (more hospitalizations and deaths), then the state may pause things again to give us time to get the outbreak under control.

What new things have we learned about the COVID-19 coronavirus?

We've learned that symptoms vary a lot. Some people may not get sick at all, while others can have a fatal case. Older people tend to do worse and those with diabetes, but there's no way to tell how any given person will react to the virus. Some people may get all these *symptoms*, some people may get none of them:

SYMPTOMS ARE LISTED BELOW

* fever	* cough	* sore throat
* headache	* loss of smell or taste	* diarrhea or vomiting
* shortness of breath and other breathing difficulties	* shaking chills	* discolored rashes or skin sores on the feet, such as "COVID toes"

Be Heard, Be Counted

Staying healthy is first and foremost in everyone's minds, so it's easy to forget that we are in the midst of the **Presidential election and Census seasons**. We're passing on some gentle reminders, just in case:

- **We all know Northsiders turn out on election day**, but what if there is no election day as we know it? Make sure your voice is heard by turning in an *Absentee Ballot* form (included in this issue of the Northside News.)

- **NAACP-NC** and many other organizations are urgently requesting people to complete the U.S. CENSUS forms that should have arrived at your house by mail. You won't be asked to share confidential information. You can do this online, on the phone or by returning your form by mail.

- **For assistance** with either of these forms, call the Jackson Center (919-960-1670).

Resources for All

* There will be a food distribution on the 1st Tuesday of the month beginning in June and every 3 months after (June, Sept. Dec 2020) at Homestead Park 100 Aquatic Drive. The distribution will start at 11:30.

* Rental Assistance for low-income residents is available for up to \$2,000. For more information on eligibility, Call the Jackson Center 919-960-1670 and we will deliver an application to you.

* If you or someone you know needs support securing affordable housing or emergency rental assistance, please call the Housing Helpline at 919-245-2655.

* Homeownership Assistance for low to moderate income residents is currently being finalized. For more information, contact Nate Broman-Fulks, Affordable Housing Manager, at nbfulks@townofchapelhill.org.

"Wash your hands like you just got done slicing jalapeños for a batch of nachos and you need to take your contacts out."

-PSA, City of Round Rock, TX

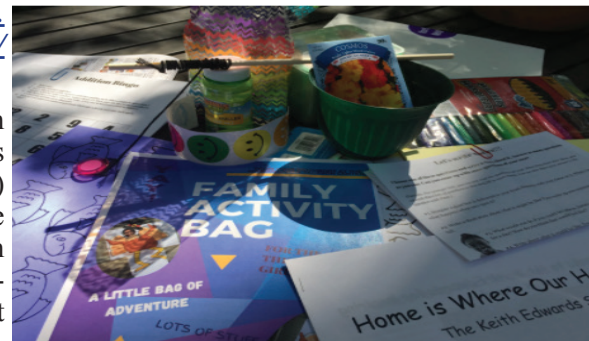
Resources for Families

* WOW! There is so much stuff for kids on the Northside Elementary School librarian's webpage! Kathryn Cole has a very active Twitter account @NESLibrary for Northside Elementary School (NES). "At Northside, I have been posting one or two 'Back Porch Stories' with story extensions on our Northside Library/Tech Remote learning site," Cole said. "I also have a group of fourth and fifth graders that I am leading through Grab the Mic: Share Your Story creative writing mini lessons. Next week, we will add in a Manga+Anime meet up and a Pets and Poetry gathering." Go to: <https://sites.google.com/chccs.k12.nc.us/northsidedistancelearningresou/librarytech>

* FABulous FUN awaits! We've worked with the Boys and Girls Club at Craig/Gomains and created Family Activity Bags (FABs!) for parents and kids (K-5th) looking for some fun ways to keep on learning even when school is out. Emphasis is on community-building and creativity. To get yours, contact the Jackson Center.

* Scholarships for Graduating Seniors!!! UNC's Office of Diversity is offering \$1,500 scholarships to 10 students. The deadline is on June 5th.

To apply go to: <https://diversity.unc.edu/programs/mlk/hsscholarships/>



Staying-at-Home Stories from Around the Neighborhood

In conversation with Ms. Louise Felix, staying in has been particularly hard for her. Ms. Louise, who is used to walking all over Chapel Hill, visiting with folks downtown at Sutton's Drug, talking to the students, basketball players and anyone else she saw that needed a word of cheer, has not been able to do that. She said it's hard staying in because her nature is to be out in the public, being friendly to all! She really appreciates the phone calls, wellness walks, and food delivery from the staff and volunteers of MCJC, because at least she can talk with people - even if it's at a distance.

- Kathy Atwater

Over the past few weeks we have been able to bring food to families in need, through boxes of groceries and hot meals. We have been able to serve about 35 boxes of food, while also providing 150 or more hot meals. Being able to see people's faces during these deliveries has brought joy to me. One day I dropped off a box of food to a family and they came outside to wave as I drove away. I sensed they were happy for the resources but also that the community was working together to ensure that people were well taken care of. As neighbors one of our main benefits we can provide for one another is our simple acts of kindness, like our smiles.



-Aisha Booze-hall



I have returned to what I refer to as "Home-Home"—a full house, filled with my parents, older sister, and her boyfriend. I deeply miss being a neighbor, especially a neighbor in the Northside Neighborhood, because it is a lifestyle that is centered on thoughtfulness, boundless expressions of care, and a sense of togetherness with neighbors you know and neighbors you don't know but feel close to anyway. It's been so encouraging to hear from my neighbors about the light that they've conjured in these dark times, finding ways to overcome the barriers.

I called up Ms. Odessa [Wilson], whom I made magically comforting chicken and dumplings with last semester. She said in these trying times, she's slowing down, "pilling [cooking] a little bit [of food] at a time as I can, not like my usual. I'm taking things day by day and not overdoing it or else it'll exhaust me." This was a good reminder for all of us to slow down and not force ourselves into the expectation that we should be living a life that is to the standards of a "normal," pre-Coronavirus time. Ms. Odessa knows the importance of respecting her limits that have been set by the boundaries of a pandemic, and she does what she can which is more than good enough. [To read more from Joyce, go to the Jackson Center blog, Freedom's Journal: jacksoncenter.info/blog.]

-Joyce Yao

If you would like to share stories about how you have been experiencing the Covid-19 crisis, please let us know. We would like to publish them on our blog and in future issues of the Northside News.

CONGRATULATIONS!!! Aisha Booze-hall, Joyce Yao, Diana Nayeon Koo and all members of UNC's Class of 2020. We wish them many blessings as they continue their community-building work in the world.

IN MEMORIAM

April 10, 2020: Mrs. Valie Minor
 April 27, 2020: Mrs. Isabel Stroud Rogers (1919-2020)
 April 28, 2020: Mr. Travis Tate - (1955-2020)
 April 29, 2020: Mr. Grady Burnette - (1951 - 2020)
 April 29, 2020: Ms. Piers Mona' Edwards (1954-2020)
 May 1, 2020: Mr. Sylvester Bynum (Lincoln Class of '62)
 May 2, 2020: Mr. Kenneth Edmonds - (1953 - 2020)
 May 3, 2020: Ms. Canata Massey Edwards (1964-2020)
 May 4, 2020: Mr. Walter Morrow (1943-2020)
 May 5, 2020: Mr. Percy Joyner (1926-2020), pictured with his daughter, Dr. Phyllis Joyner, MCJC Housing Justice Director
 May 19, 2020: Mrs. Naomi Watson (1929-2020)
 May 23, 2020: Mr. Lamar Alston (1941-2020)
 May 25, 2020: Ms. Lillie Burnette (1953-2020)



Piers Mona' Edwards



Candy Massey



Percy Joyner

Walt Morrow Could 'Set the Church on Fire'

I will forever remember Mr. Walt Marrow, a dedicated member of St. Joseph C.M.E Church Mass Choir. They sang every 1st Sunday. I would be sitting in the congregation, watching as the mic was passed around, and when it would end up in Mr. Walt's hand I would jump to my feet because whatever he sang, I loved. But when he sang Sending Up My Timber, it set the whole church on fire. When he sang that song it came from the depth of his soul. Now he is singing in the Heavenly Choir:

**"THERE'S A DREAM THAT I DREAM
 OF MY HEAVENLY HOME
 AND I KNOW THAT I'M GOING THERE SOMEDAY
 MAYBE MORNING, NIGHT OR NOON
 I DON'T KNOW JUST HOW SOON
 THAT'S WHY I'M SENDING UP MY TIMBER EVERYDAY!!"**

-Yvonne Cleveland



"If faith the size of a mustard seed can move mountains, then I know this too shall pass!!"

-somebody's mama somewhere

Sykes St. neighbor, Luke Wijnberg, dances to a live concert by the Jackson 3 (our very own Hudson Vaughan, George Barrett, and Brentton Harrison.) Hang out on your porch on Wednesday afternoons, and you just might hear them. Admission is FREE, and dancing is encouraged!

Ask Keith

Q: Should I still be wearing a mask and social distancing? Also, do you know what's going on with the November elections? Will we be able to vote come November?

A: Don't forget to do the things that can save your life and the lives of others. Please look at all the info in this Northside newsletter for other helpful information. The Jackson Center wants you to be safe and keep others safe. One other thing. I need everybody who is eligible to vote in the upcoming November election! Since we don't know how long the coronavirus crisis is going to continue, please get an absentee ballot. We have a copy of the application for the absentee ballot in the body of the Northside newsletter. Please read!

Want church but don't have internet access?

You can listen to a radio broadcast by Dr. Harry White of the Watts Chapel Missionary Baptist Church every **Sunday at 9:30 am on FM 92.1.**

June Birthdays

6/9- Louise Felix

6/10- Michael Parker

6/16- Marcia Williams

6/18- Boyd Jackson

6/19- Mark McDaniel

6/24- Loretta Perry

Washing your hands to prevent the spread of the Coronavirus should take as long as it takes to sing the chorus of Gloria Gaynor's "I Will Survive." Go to youtube and watch her lather up and sing! #20seconds



Wearing a face mask CORRECTLY can help prevent the spread of #COVID19 to others

Take action to slow the spread of #COVID19 by wearing a face mask in public, CORRECTLY.



DO make sure the mask covers your nose and mouth completely



DO NOT wear the face mask on your neck.



DO NOT wear the face mask under your nose.



DO NOT let children under 2 years old wear face masks.

In order to slow the spread we must continue to wear masks correctly, keep at least 6 feet away from people and wash our hands frequently.

The Jackson Center Presents

**BINGO CALL
 BINGO BINGO
 BINGO CALL
 BINGO BINGO
 CALL IN BINGO**

**May
 30th
 2020
 3 PM**

Call the Jackson Center (919-960-1670) and we'll deliver your bingo cards to your door. Then on May 30th at 3 join in by calling into this number 646 558 8656. The call will ask you for a meeting ID 870 4450 5695



You can also join with video at <https://us02web.zoom.us/j/87044505695>