

NORTHSIDE NEWS

Brighter Days Ahead!!

“Never thought that I would smile again \\ I never thought the dark clouds would end” -Kirk Franklin.

It is in this spirit that we walk, run, dance, and we move, and we live onward with the weight and wisdom of history because this toO shall pass! The past 10 months have been some of the hardest of the past four years, from rampant bigotry and a vigilante empowered justice system to transformative education and civic engagement, all during the single biggest global health crisis of a generation where it is unsafe to gather and have collective community and power in mass number. Instead, like always humans and sentient beings, we find a way to gather, to share space. Now that hugs and handshakes have been asked to be suspended from 6 feet apart, the embrace of time shared despite our distances serves as a somatic tether for us to earth, to life, to each other. And you know what “**THIS TOO SHALL PASS**”.

Covid-19 Vaccine Information

Where can I get a COVID-19 vaccine in Orange County?

- If you have any questions or would like assistance with signing up, **contact the Jackson Center at 919-960-1670**. We will connect you with someone who can help!
- UNC Health Care
 - Call **984-215-5485** or schedule your appointment online at: www.yourshot.org
- -Location is based on clinic availability; you may make an appointment at any UNC clinic Orange County Health Department
 - Call 919-913-8088 or schedule your appointment online at: www.redcap.link/OCHDVax
 - Health Department Locations:
 - *Chapel Hill: 2501 Homestead Road
 - *Hillsborough: 300 West Tryon Street
 - *More information/instructions at <http://orangecountync.gov/getyourshot>

Who is eligible (as of Jan 19, 2021)? Anyone 65 years or older, regardless of health status or living situation, health care workers with in-person patient contact, and long-term care staff and residents—people in skilled nursing facilities, adult care homes and continuing care retirement communities.

The vaccine is free to patients. If you have health insurance, bring your insurance card to your appointment. No additional identification required.

What should I expect when I receive the vaccine?

- The Pfizer, Moderna and AstraZeneca vaccines are given as two shots in the upper arm muscle, 3-4 weeks apart. It takes about 2 weeks after the second shot for immunity to kick in.
- While you may still be infected with COVID-19 after receiving the vaccine, it will protect you against severe complications, hospitalization, and death.
- **Vaccines are NOT CURES!** It is important to continue social distancing and wearing your mask.
- **Side effects: you may experience pain at the injection site, fever, muscle aches, fatigue and headaches, mostly lasting about a day or two. Experiencing side effects does not mean that you have COVID-19, but signals that your immune system is responding to the vaccine.**
- If side effect symptoms are severe or last longer than a few days after your injection, contact your doctor.

How do we know if COVID-19 vaccines are safe, given how quickly they were developed?

- All the COVID-19 vaccines being used have gone through full clinical trials and meet rigorous safety criteria. The vaccines have been through every stage of clinical trials that would normally take place for any vaccine.
- Vaccine development timelines were accelerated because teams of scientists all over the world worked together and around the clock, and governments and companies overcame funding barriers between each phase of the clinical trials.

Information Gathered by Janet Xiao
Sources: UNC, Johns Hopkins, and CDC websites

A Word from Dr. Robinson

Whitney R. Robinson, Ph.D., MSPH
Associate Professor of Epidemiology,
UNC at Chapel Hill

As a public health person, I am a big fan of vaccines. But ultimately, it’s your choice. No one should be requiring you to get vaccinated. But I hope you will consider it when you get the opportunity.

Here are my thoughts:

Light at the end of the tunnel: If enough people get vaccinated, COVID-19 outbreaks will stop, and we can have a great summer and fall. That’s my big hope.

My personal experience: My husband was part of one of the vaccine trials. (I’m *so* proud of him, y’all.) He got vaccinated last August and September. And my father-in-law got his first shot last week at a VA in Kentucky. I’m only 40 years old and work from home so I haven’t gotten the opportunity. But, when offered, I will get vaccinated.

What’s new about these vaccines?

The two vaccines in the US are “mRNA” vaccines. Instead of the actual virus, they contain what I think of as the virus’s “hat.” The “hat” tricks the body into thinking you’ve been infected by the whole virus.

When the real virus shows up later with *its* hat on, your body is ready to fight it off. The mRNA “hat” disappears from your body pretty quickly. It’s your own immune system that does the work of fighting off the virus in the future

Side effects: Millions of people have been vaccinated, so we have a good sense of short-term side effects. A few people had allergic reactions right after getting a shot. So everyone is asked to wait 15 minutes after vaccination, to make sure there’s no allergic reaction. Medical personnel are ready with epinephrine or an EpiPen. More common is a sore arm. And, after the second shot, some people are extremely tired, kind of achy, or may have a slight fever. These symptoms go away by the second day. These symptoms are more common in younger people than older people.

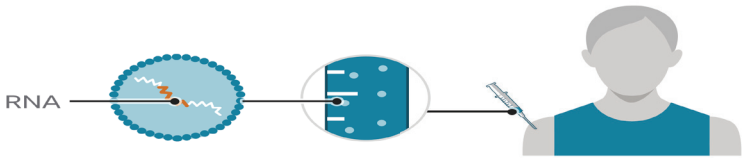
Why I advise people to get vaccinated:

- If you’ve already had COVID-19, you are protected for at least 3-6 months. But we are not sure how long this protection lasts. Re-infections can happen. Sometimes they are worse than the original infection.
- If you’re worried about long-term side effects...there are no guarantees, but I feel good about the research these vaccines are based on. Mostly, I think about the side effects of COVID-19, which I know are bad. I’d rather take my chances on the vaccine.
- If you’re old and think, “my time is coming anyway...” My grandfather is in his 90s, and he’s lived a good life. I want him vaccinated because I don’t want to risk him dying struggling to breathe and surrounded by strangers in masks.
- If you’re in your 50s, 60s, and 70s...This is my parents’ and in-laws’ age group. I’m worried about them all the time. It will be such a relief when I know that they are protected.
- If you’re in your 20s, 30, or 40s and don’t think you’re at high risk for dying from COVID-19. I’m in this camp. I worry more about Long COVID than I do about dying. I have friends who still feel bad months after recovering: fatigue, hard time concentrating/”brain fog,” chest pains, breathing issues, hair loss, etc. But my biggest worry is actually infecting others. I really don’t want to infect anyone else, especially not the older people in my life. The vaccine likely reduces my chances of getting and spreading the virus. And I’m better able to care for the people in my life if I can stay healthy myself.

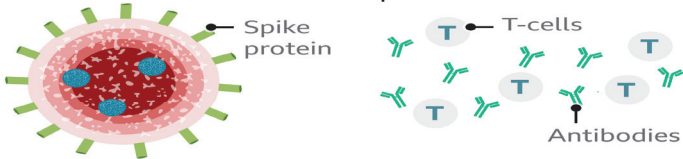
If you have more questions, please contact the Jackson Center, and they can put you in touch with me by text or phone or a porch visit.

How an RNA vaccine works

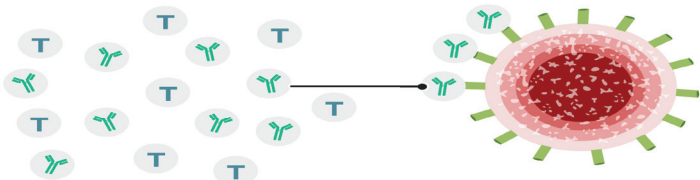
- 1 Scientists take part of the virus’s genetic code and turn it into a vaccine that is injected into the patient



- 2 The vaccine enters the cells and tells them to produce the coronavirus spike protein. The body’s immune system reacts, produces antibodies and activates T-cells to destroy cells with the spike protein



- 3 If the patient later catches coronavirus, the antibodies and T-cells are triggered to fight the virus



Source: Nature

BBC

Learning Across Generations (LAG Online)

This month, the Jackson Center is launching our new Learning Across Generations Online Curriculum (LAG-Online)! This material allows local Civil Rights history to be shared with K-12 students inside and outside of the classroom! We encourage you to visit our website to learn more about the wonderful history that surrounds you.

William Meade Prince refers to Chapel Hill as a “Southern Part of Heaven” while Ruby Farrington refers to the town as “the Home of Candy-coated racism.” Living in Chapel Hill-Carrboro has been a mixed experience for many people because these truths are self-evident. Most individuals think about their history classes in a tangential way. Most of the time history is close to home and highly personal. For instance, we learn about segregation as something that happened to someone else, when actually, it is something that your grandparents experienced. The power of local history to validate personal experiences is important. The Learning Across Generations-Online Curriculum affirms the experiences of your loved ones and showcases how every individual has the ability to promote change within our communities.

In Chapel Hill-Carrboro’s Civil Rights history, high school students led the Civil Rights Movement! The ordinary acts of caring for those around you are the extraordinary acts that empower leaders and legacy-makers. The LAG-Online curriculum’s aim is to educate and engage students with the dynamic life stories embedded in the oral histories of this community.

Join us in exploring our local history! To gain access to the curriculum materials, email aisha@jacksoncenter.info

Historical Black Colleges and Universities (HBCU’s) It is Our Time!

Beginning with the open doors of Cheney University on February 25, 1837, our first HBCU, presented the first opportunity as the “Institute for Colored Youth” for educating Black Americans. North Carolina’s first HBCU is Shaw University founded in 1865 in Raleigh, North Carolina. These founding institutions laid the foundations for both public/state-funded and those supported by church denominations are in many states primarily in the southern part of the United States that met the needs of the Black community.

There are many professional ceilings that have been crashed by HBCUs. Surely, we in Chapel Hill-Carrboro and Orange County can name successful and impactful Alumni that hail from your families, communities, and throughout the United States. Our HBCU history can boast of many significant endeavors and graduates that are known yet many still remain a hidden secret. We have seen many from the Black community choose to study and give their athletic as well as other gifts and talents to others.

Truthfully, graduates of these esteemed HBCUs have made exemplary contributions, with little to no recognition. They are the principals, teachers, librarians, nurses, physicians, and most professionals, that met the needs of our Black communities. Remembering the Aggie-Eagle Thanksgiving Football Classic, this game that was sold-out with a parade that filled the streets of Durham with all ages watching high school and the two college bands displaying a show that brought so much excitement! These were the years that ALL Black students primarily only had the choice to attend Black colleges to further their education. A year later choices expanded to include HBCUs and Predominately White Institutions (PWIs). No matter where Black students/African Americans have attended they have found success.

Yet, in 2021 with Vice President Kamala Harris, Howard University, Raphael Warnock, Morehouse College, and the 35th anniversary of the crash during the Space Shuttle Challenger with Ronald McNair, NCA&T State University passing, and the second African American astronaut. Now, not only are HBCU graduates being recognized but the HBCUs are now making headlines as well. All graduates of HBCUs that live in Orange County make yourself known! Please email the Jackson Center with your name and HBCU to contact@jacksoncenter.info. We want to salute our local HBCU Graduates in the March issue of the Northside Newsletter. You have made many contributions and now is the time to give both you and your HBCU a shout-out. Spread the Word and make sure your Institution of higher learning is recognized!!!!

Phyllis Joyner, NC A&TSU
“AGGIE PRIDE”



IN MEMORIAM

Samuel Purefoy
December 13, 2020 – age 71



Rev. Norman T. Davis
July 2, 1936 – December 4, 2020



Mrs. Cora Burchette
April 10, 1929 – December 7, 2020



Ms. Keith’s Statement

The United States of America had an election and we are now under new leadership. We would hope that they can get this coronavirus under control so that we can see some normalcy in our lives.

“Our Lives begin to end the day we become silent about things that matter”

-Dr. Martin Luther King Jr.

FEBRUARY BIRTHDAYS

2/1 Carlotta Lindsay
2/3 Pearl Cole
2/5 Lola Merritt
2/9 Carolyn Briggs
2/11 Janell Riggsbee
2/12 Marian Cheek Jackson*
2/15 Sarita Nwachukwu
2/15 Rev. Troy Harrison*
2/15 Seneta King
2/16 Calvin Smith
2/24 Della Pollock
2/25 Brentton Harrison
2/25 Barbara Whitmore

* for founders who are deceased

The Jackson Center Singing Telegrams Fundraiser 2021

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. Look out for the Jackson 5 this year on Mrs. Marian Cheek Jackson’s birthday on February 12! We will be in the neighborhood spreading love and joy safely outdoors!

