



## THE GOVERNOR'S RACE

In November, North Carolinians will vote for President, the state's next Governor, other statewide offices as well as state legislative candidates. The governor's race is between the Republican Lieutenant Governor, Mark Robinson, and his Democratic challenger, North Carolina Attorney General Josh Stein. The high-profile nature of the governor's race shows stark differences on key issues that matter to North Carolinians. At the same time, the governor's ability to respond to key issues is often dependent on the actions of the state legislature. **The legislature has the power to either enact or block policies on key issues, regardless of the governor's position, if they can obtain a super-majority of votes.**

For example, in 2023, **the state legislature's Republican super-majority enacted an abortion ban in North Carolina** after overriding Democratic Governor Roy Cooper's veto.

The chart below shows the differences between the two candidates on key issues.

	REPUBLICAN MARK ROBINSON 	DEMOCRAT JOSH STEIN 
Abortion Rights	Has in the past supported a total ban of abortion without exceptions for rape, incest, or the health of the mother. Stating "For me, there is no compromise on abortion. It makes no difference to me why or how that child ended up in that womb." <sup>1</sup>	Has defended abortion rights and other womens' health issues, such as access to contraception and IVF. He has promised to veto any efforts to curtail abortion rights in the state.
Healthcare	<ul style="list-style-type: none"> <li>Strongly opposed North Carolina's expansion of Medicaid last year.</li> <li>Opposed the Obama Administration's Affordable Care Act.</li> </ul>	<ul style="list-style-type: none"> <li>Fought to expand Medicaid last year; has promised to continue expanding the program as Governor.</li> <li>Record of defending Obama's Affordable Care Act.</li> </ul>
Education	<ul style="list-style-type: none"> <li>Opposes teaching science, history, and the social sciences to first through fifth graders.<sup>2</sup></li> <li>Supports slashing funds from public education and underpaying teachers, while over-funding the private school voucher program.<sup>3</sup></li> </ul>	<ul style="list-style-type: none"> <li>Has vowed to expand funding to public schools.</li> <li>Opposes bringing politics into public school curriculum.</li> <li>Promised to lower costs to community college and work training programs.</li> </ul>

1. <https://edition.cnn.com/2024/01/17/politics/kfile-mark-robinson-abortion-ban-no-exceptions/index.html> 2. <https://www.wral.com/in-memoir-nc-lt-gov-mark-robinson-mulls-2024-run-calls-for-takingscience-history-out-of-elementary-schools/20427624/> 3. <https://ncvoices.com/leaked-audio-lt-gov-mark-robinson-told-group-he-wants-to-defund-public-education/>



## DEADLINE REMINDER: VOTER REGISTRATION

**Remember:** The deadline to register to vote in North Carolina for the 2024 general election is **5 p.m. on Friday, October 11!**

In North Carolina, there are three main ways to register to vote: online, by mail, or in person.

**Online at the DMV website:** <https://shorturl.at/dYUfN>

**By mail:** [www.ncsbe.gov/registering](http://www.ncsbe.gov/registering)

**In person:** Visit your local DMV

**When you register to vote, you will need a valid photo ID, such as a driver's license, or a state/tribal ID card.**

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## FUN IN NC: RALEIGH'S MUSIC SPOTS

Our state capitol is home to some great spots for live music. Check out the following venues to get out of the house and enjoy some live entertainment!

### Red Hat Amphitheater

500 South McDowell Street Raleigh, NC 27601

Originally known as the Raleigh Amphitheater, the Red Hat Amphitheater sits right in downtown Raleigh and hosts a variety of shows, including rock, country, jazz, and soul. The Red Hat has been one of Raleigh's premiere music venues. Be sure to check it out in November as well, when the theater is converted into an ice skating rink!

[www.redhatamphitheater.com](http://www.redhatamphitheater.com)

### The Ritz

2820 Industrial Drive Raleigh, NC 27609

Open since 1980, the Ritz has been a staple of Raleigh nightlife. Known for its intimate setting and well-tuned acoustics, the Ritz remains a regular stop for artists of every genre.

[www.ritzraleigh.com](http://www.ritzraleigh.com)

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- Recipe of the Month
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### The Tin Roof

300 Glenwood Ave Raleigh, NC 27603

Want something more relaxed? The Tin Roof features an in-venue southern restaurant with a generous nightly happy hour. With nightly live events, karaoke, and an upcoming "Nashville Hits The Roof" free country series, the Tin Roof is a great place to hang out.

[www.tinroofraleigh.com](http://www.tinroofraleigh.com)

### The Pour House

224 S Blount St, Raleigh, NC 27601

Operating as a record shop by day and live music venue by night, the Pour House has been a favorite for indie bands since opening in 1997. If you're interested in up and coming acts, there's hardly a better place to visit in the Raleigh area than the Pour House.

[www.pourhouseraleigh.com](http://www.pourhouseraleigh.com)

# Community neighbor

YOUR SOURCE FOR NEWS YOU CAN USE

NC's  
TOP 5

NOVELS OF NORTH CAROLINA

## 1. *From Slavery to Freedom* by John Hope Franklin (1947)

The late John Hope Franklin reshaped the way that African American History is taught in the United States. A respected historian and Professor Emeritus at Duke in his time, Franklin's landmark writing *From Slavery to Freedom* came at a time when Black history was overlooked in academics.

## 2. *Look Homeward, Angel* by Thomas Wolfe (1929)

Often hailed as one of America's greatest southern writers, Thomas Wolfe's first and most famous novel *Look Homeward, Angel* cemented his literary reputation. Largely considered autobiographical, *Look Homeward, Angel* is a coming-of-age story set in a fictionalized Asheville, called "Altamont".



## 3. *The Marrow of Tradition* by Charles W. Chesnutt (1898)

A forgotten classic of African American literature, Charles W. Chesnutt's *The Marrow of Tradition* is a harrowing meditation on the 1898 race riot in Wilmington, fictionalized in the novel as Wellington. Uncompromising and fierce, *The Marrow of Tradition* remains an early classic of African American literature.

## 4. *What's Mine and Yours* by Naima Coster (2021)

Set in the Piedmont against the backdrop of early school desegregation, *What's Mine and Yours* is a sweeping multi-generational drama showing how deeply race can penetrate our most intimate relationships with our neighbors, our families, and ourselves.

## 5. *A Long and Happy Life* by Reynolds Price (1962)

Price is known for his prolific fiction centered on rural southern life. His first novel, *A Long and Happy Life*, was inspired by his experiences living in eastern North Carolina. At the time of its publishing, it was received with near universal acclaim, winning the William B. Faulkner Award for Notable First Novel.



## Vote in Person on Election Day, Tuesday, November 5, 2024

Polling places will be open from 6:30 a.m. to 7:30 p.m.

Any voter in line at their assigned polling place at 7:30 p.m. will be able to vote.

## Vote Early October 17 through November 2

Find your early voting location and times at [vt.ncsbe.gov/EVSite/](http://vt.ncsbe.gov/EVSite/)

## Vote by Mail

If voting by mail, your ballot must be returned to an early voting site or to your county board of elections by 7:30 p.m. on November 5. **Mail your ballot by October 22 to ensure that it is received by November 5.**

Find more information at [www.ncsbe.gov/voting/vote-mail](http://www.ncsbe.gov/voting/vote-mail)

THE COMMUNITY NEIGHBOR

## PENNY PINCHER

### ARE YOU GETTING THE BEST DEAL FOR YOUR PRESCRIPTION DRUGS?

When it comes to saving money on medications, you may have more options than you realize. We asked experts for their tips on cutting costs on your next prescription refill.

1. Consider switching to generics or other lower-cost drugs. Many common prescriptions are available in generic form instead of the pricier name brand. Talk to your doctor about which options work best for you.
2. Check out mail-order pharmacies. Shopping around online can save hundreds. Plus, spending just a little bit of time looking around online can save you hours in the future, when you don't have to drive to the pharmacy or stand in line.
3. Pharmaceutical Assistance Programs. Some drug companies have programs to help patients afford their prescriptions, especially for people enrolled in Medicare Part D. Check out the websites of the companies that make your medication for more information.
4. Enroll in Extra Help. If you qualify for Medicare or Social Security, you can also apply for a program called Extra Help. Qualified applicants could pay no more than \$3.95 for each generic covered drug and \$9.85 for each brand-name covered drug. Go to [www.ssa.gov/medicare/part-d-extra-help](http://www.ssa.gov/medicare/part-d-extra-help) to learn more.

#### MORE RESOURCES

Resources Partnership for Prescription Assistance: [www.pparx.org](http://www.pparx.org)

This site is a search engine for patient assistance resources that drug companies offer.

**GoodRx:** [www.goodrx.com](http://www.goodrx.com)

This site helps you search for coupons for your medications. **NeedyMeds:** [www.needymeds.org](http://www.needymeds.org)

NeedyMeds is a nonprofit organization with a website that has free information and programs that help people with prescription drug costs.

### RECIPE OF THE MONTH

#### SOUTHERN-STYLE FRIED GREEN TOMATOES



Ever wanted to add a little green to your dinner party? Southern-style fried green tomatoes make a delicious appetizer.

#### Ingredients:

- 4 large green tomatoes
- 2 large eggs
- ½ cup milk
- 1 cup all-purpose flour
- ½ cup cornmeal
- ½ cup bread crumbs
- 2 teaspoons coarse kosher salt
- ¼ teaspoon ground black pepper
- 1 quart vegetable oil for frying

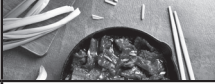
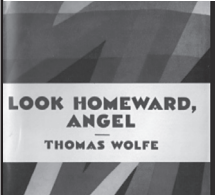
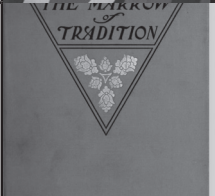

#### Equipment:

- deep, large skillet for frying
- knife
- cutting board
- medium sized bowl
- whisk
- measuring cups and scoops
- tongs
- paper towels
- 3 large plates

Recommended: Oil screen for the skillet

#### DIRECTIONS:

1. Take the green tomatoes and slice them to about a half-inch thickness. Toss the ends.
2. Whisk together the eggs and milk. Take the first plate and put the flour on it. On a second plate, add a mixture of cornmeal, bread crumbs, salt, and pepper.
3. Dip each tomato slice in the flour, then the egg mixture, and finally the bread crumbs mixture.
4. Heat the skillet to 375°F and CAREFULLY place the tomatoes in the hot oil in small batches. Try not to let them touch each other or else they will fuse together during cooking. Fry until crisp on one side, and then use tongs to flip them over and fry the other side.
5. When finished, move fried tomatoes to the third plate lined with paper towels to dry and cool.
6. Serve and enjoy, ideally with a sauce of your choice!

DATE	IMAGE	LINK	LICENSED?	EDITORIAL?
		<a href="https://enterprise.shutterstock.com/image-photo/mongolian-beef-pieces-stewed-soy-sauce-1256127514">https://enterprise.shutterstock.com/image-photo/mongolian-beef-pieces-stewed-soy-sauce-1256127514</a>	yes	
		<a href="https://en.wikipedia.org/wiki/Look_Homeward,_Angel">https://en.wikipedia.org/wiki/Look_Homeward,_Angel</a>		
		<a href="https://archive.org/details/marrowoftraditi00ches">https://archive.org/details/marrowoftraditi00ches</a>		
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