

Due South
Monday-Friday 10–11am
Lines For Quarter 1 of 2024

March 29, 2024'

Category: History

Sharryse Piggott highlights the 'Triple Nickles

Host: Leoneda Inge

WUNC's Sharryse Piggott spent weeks reporting on the history of the U.S. Army's first all-Black WWII paratrooper unit. She spoke with the grandson of unit founder Walter Morris about the groundbreaking work the soldiers pioneered. She talks with Leoneda Inge about the 'Triple Nickles.' **encore edition**

Sharryse Piggott, WUNC reporter

Category: Education

Principal Asia Cunningham

Host: Leoneda Inge

Pearsontown Elementary School principal Asia Cunningham was shocked during a school assembly in November when she realized the event was being held in her honor. There, it was announced that she was the winner of the prestigious Milken Educator Award, also known as "the Oscars of Teaching. We talk with her about her work and the honor. **encore edition**

Asia Cunningham, principal of Pearsontown Elementary School

Category: Health

New UNC Health Facility Addresses Youth Mental Health Issues

Host: Leoneda Inge

Leoneda Inge talks to Dr. Samantha Meltzer-Brody about UNC Health's new in-patient facility, located in Butner, NC, for children and teens facing mental health and addiction challenges. **encore edition**

Dr. Samantha Meltzer-Brody, professor and chair of the Department of Psychiatry at UNC-Chapel Hill

March 28, 2024

Category: Culture

Bill Ferris and Marcie Cohen Ferris on publishing the South

Host: Leoneda Inge

Marcie Cohen Ferris and Bill Ferris have dedicated their lives and careers to cataloging the folkways and foodways of the American South. The couple, both professor emeriti of UNC-Chapel Hill, have published a number of award-winning and noteworthy books about our diverse region. Now, they are the namesakes of a new imprint at UNC Press – Ferris & Ferris Books – which will publish books about the South. **encore edition**

Marcie Cohen Ferris, professor emerita of American studies at UNC-Chapel Hill and past

president of the board of directors of the Southern Foodways Alliance.
Bill Ferris, professor emeritus of History at UNC-Chapel Hill, former associate director of the Center for the Study of the American South.

Category: Food

The Surprising Story of Apples in the South

Host: Jeff Tiberii

One of the books published under the new press Ferris & Ferris Books is an interesting look at southern apples. Host Jeff Tiberii sits down with Diane Flynt, author of “Wild, Tamed, Lost, Revived: The Surprising Story of Apples in the South,” to discuss the long and curious history of Southern apple growth and extinction. **encore edition**

Diane Flynt, author of “Wild, Tame, Lost, Revived” and founder of Foggy Ridge Cider in Dugspur, VA.

Category: Sports

Carolina Hurricanes Coach

Host: Jeff Tiberii

The Carolina Hurricanes are on the doorstep of a championship. For the past five years the ‘Canes have been among the most talented, competitive, and feared teams in the National Hockey League. But injuries, and other factors, have thus far kept the Triangle’s only major professional sports team from winning its second-ever Stanley Cup. Hurricanes head coach Rod Brind’Amour is in his sixth season overseeing the team. He recently sat down with Due South to talk about the campaign, hockey’s growth in the south, and some of his proudest moments. **encore edition**

Rod Brind'Amour, coach of the Carolina Hurricanes

March 27, 2024

Category: History, Culture

The Tipping Point

Host: Jeff Tiberii + Leoneda Inge

The practice of tipping is rooted in racism and perpetuates sexual harassment, says Saru Jayaraman. Jayaraman is the Director of the Food Labor Research Center at University of California and is President of One Fair Wage, an organization advocating for the full and fair minimum wage for all workers – including the millions of restaurant workers who are paid a subminimum wage. She talks with co-hosts Leoneda Inge and Jeff Tiberii about the history of tipping and her view of its future.

Saru Jayaraman, President and Co-Founder of One Fair Wage (OFW), Director of the Food Labor Research Center at University of California, Berkeley and Co-Founder of the Restaurant Opportunities Centers United (ROC United).

Lindsay Moriarty is accustomed to taking risks out of necessity. After graduating with a dual master’s degree in public health and economic development, Lindsay couldn’t find a job – so, of course, she started selling donuts out of a tricycle cart. Monuts Donuts quickly became a success and Lindsay soon realized she could run her small business using the values that

brought her to grad school in the first place: promoting equitable economic development and community health by offering a living wage, paid time off and health insurance to employees. Three years ago, Monuts tried something risky, again – going “tip-free.” Lindsay talks with co-host Leoneda Inge about how she makes it work for the business and for employees. Lindsay Moriarty, Owner and Chef, Monuts Donuts

March 26, 2024

Category: Criminal Justice, Arts

Rap and redemption on death row in North Carolina

Host: Jeff Tiberii

How to balance justice, and redemption. Punishment, and opportunity. Those are just two of the ethical questions raised in a new book co-written by a man on death row in North Carolina. A conversation with the author about his life, his decisions, and his rap album.

Alim Braxton, writer, rapper, and activist living on North Carolina’s death row in Raleigh. He’s been convicted of killing three people. Co-author of “Rap and Redemption” on Death Row: Seeking Justice and Finding Purpose behind Bars.”

Mark Katz, professor of music, UNC-Chapel Hill, co-author “Rap and Redemption”

March 25, 2024

Category: Food

“Multicultural Southern Food Experience”

Host: Leoneda Inge

Leoneda Inge talks with three North Carolina chefs about their cookbooks, the diversity in the food they prepare, and how that has shaped their professional paths. This “Multicultural Southern Food Experience” was recorded in front of a live audience at the Croasdaile Country Club in Durham in partnership with the Duke University Campus Club.

Sandra A. Gutierrez, food journalist, professional cooking instructor, author of five cookbooks, including *The New Southern-Latino Table* and *Latinismo: Home Recipes from the Twenty-One Countries of Latin America*.

Nancie McDermott, cooking teacher, author of fourteen cookbooks, including *The Wok & Skillet Cookbook: 300 Recipes for Stir-Frys and Noodles*.

Ryan Mitchell, pitmaster from Wilson, NC, son of barbeque legend, Ed Mitchell. He and his father recently published their first cookbook together titled *Ed Mitchell’s Barbeque*.

March 22, 2024

Category: News

North Carolina News Roundup

Host: Jeff Tiberii

Due South’s Jeff Tiberii and a panel of reporters break down the latest news in the state. From a fight for teacher pay in a municipal budget, to March Madness, and a bill that would take federal funding away from medical schools with “Diversity, Equity and Inclusion” programs.

Colin Campbell, Capitol Bureau Chief, WUNC
Monica Casey, Durham reporter, WRAL
Kyle Ingram, politics reporter for the News & Observer
Reuben Jones, Washington Reporter covering North Carolina, Spectrum News

March 21, 2024

Category: Education, Race

CROWN Act language may be coming to Wake Co. Public Schools

Host: Leoneda Inge

Wake County Public Schools may be adding language from the CROWN Act to its dress code policy to protect student hairstyles from discrimination. Leoneda Inge speaks to Monika Johnson-Hostler from the Wake County Public School System about the potential change. Monika Johnson-Hostler, Vice-Chair of the WCPSS Board

Category: Sports, Race

Black women athletes weather criticism of their hair and appearance

Host: Leoneda Inge

For decades, Black women athletes have faced disproportionate critique of their bodies, hair and expressions of beauty and fashion during competition and outside of their sport. We unpack some reasons for both the scrutiny and for athletes' response to it with Dr. Letisha E.C. Brown. Dr. Letisha E.C. Brown, assistant Professor of Sociology and affiliate of the Africana Studies and Women's, Gender, and Sexuality Studies programs at the University of Cincinnati.

Category: Arts

Rediscovering the work of Composer Mary Lou Williams

Host: Leoneda Inge

Mary Lou Williams was an accomplished pianist and composer who taught at Duke University at the time of her passing in the 1980s. Current Duke professor Anthony Kelley discovered her work after watching a documentary and took up the cause of finishing her last work-in-progress. Leoneda Inge speaks with him about the experience. Anthony Kelley, Professor of the Practice of Music at Duke University

March 20, 2024

Category: Health, Politics

'Reveal' Reporter On Impact Of SB-20 in NC

Host: Leoneda Inge

When Roe v Wade was overturned in 2022, the impact in states with trigger laws was immediate. But in North Carolina, it was the passage of SB-20 in 2023– which bans abortion after 12 weeks except under very specific circumstances – that created new restrictions to accessing abortion care. As NC approaches 9 months since SB-20 took effect, co-host Leoneda

Inge talks to reporter Laura Morel about her story on 'Reveal' about the challenges confronting abortion care providers in the NC and across the South.

Laura Morel, reporter for 'Reveal,' covering reproductive health

Category: Health, Politics

Provider and Advocate on Abortion Access

Host: Leoneda Inge

Co-host Leoneda Inge talks to a Charlotte-based abortion care provider and an advocate about what's changed since North Carolina's SB-20 took effect, and what they see as the future for abortion access in the state.

Calla Hales, Executive Director, A Preferred Women's Health Center in Charlotte

Tina Marshall, reproductive rights advocate, and Founder of "Black Abortion Defense League"

Category: Health, Politics

New Data about Abortion Provision in NC

Host: Jeff Tiberii

New abortion provision numbers for North Carolina were just released by the Guttmacher Institute, a reproductive health policy research organization. North Carolina Health News reporter Rachel Crumpler breaks down the data for us and explains what has and has not changed since the last set of numbers came out in the fall before SB-20 went into effect.

Rachel Crumpler, reporter, North Carolina Health News

March 19,2024

Category: Politics, Education

New Virginia law prevents legacy admissions

Host: Jeff Tiberii

A new state law in Virginia will ban the practice of legacy admission at public universities, including its prestigious University of Virginia in Charlottesville, and William and Mary in Williamsburg.

James Murphy, Director of Career Pathways and Post-Secondary Policy at "Education Reform Now"

Category: News

Remembering Photojournalist Chuck Liddy

Host: Jeff Tiberii

Remembering Chuck Liddy. The longtime photojournalist – who was embedded in war zones, captured the aftermath of Hurricane Katrina, and was long a fixture at Cameron Indoor Stadium, died earlier this month. Due South co-host Jeff Tiberii sits down with two of his longtime colleagues – one at WUNC, one at the News & Observer – to remember Chuck.

Jay Price, Military Reporter for WUNC and longtime friend and colleague of Chuck Liddy's
Scott Sharpe, Visuals Editor at The News & Observer, longtime friend, and former editor of Chuck Liddy's

March 18, 2024

Category: Sports

NIL changes the game for college athletes

Host: Jeff Tiberii

Million-dollar deals, not enough regulation, “pay for play.” They all come with controversy, and they’ve all become a part of college sports since the introduction of a new policy called NIL, short for Name, Image and Likeness, which refers to how college athletes can now make money.

Chris Vurnakes, leads 1Pack, the NIL collective of at N.C. State.

Mike Ingersoll, Litigation and Sport Law Attorney at Womble Bond Dickinson and former NFL football player.

Category: Sports

Deja Kelly

Host: Jeff Tiberii

Jeff Tiberii visits Chapel Hill’s Carmichael Arena for a conversation with UNC women’s basketball star Deja Kelly. They talk about her athletic career so far, future plans, and the sponsorship deals she’s been able to land because of NIL.

Deja Kelly, UNC women’s basketball player

March 15, 2024

Category: News

North Carolina News Roundup

Host: Jeff Tiberii

On the North Carolina News Roundup...Former Congressman Mark Walker is walking away from a second primary. Former Governor Pat McCrory is walking away from the No Labels Party. And a judge has blocked (for now) the latest attempt to alter the state board of elections. Meanwhile, Chapel Hill is bullish on Bus Rapid Transit. Elsewhere on Triangle roadways, a red-light program in Raleigh is ending. Later, we’ll check-in on the ACC Men’s basketball Tournament. A roundtable of reporters unpacks those stories and other news of the week on Due South.

Dawn Vaughan, Capitol Bureau Chief, The News & Observer

Gary Robertson, Statehouse Reporter, Associated Press

Zachery Eanes, Reporter, Axios Raleigh

Bryan Anderson, freelance reporter “Anderson Alerts” newsletter

March 14, 2024

Category: Health, Politics

A Closer Look at IVF and the Alabama Ruling

Host: Jeff Tiberii

The phrases "IVF" and "personhood" have been in national headlines ever since Alabama's State Supreme Court ruling last month that granted human embryos outside the womb the same rights as children. In the wake of that ruling, Alabama lawmakers recently passed bipartisan legislation that protects IVF clinics and doctors in the case of "death or damage to an embryo" during the IVF process. Some critics say the legislation won't stand up to legal scrutiny and others say it does not adequately address the issue of personhood. Due South talks to WBHM health and science reporter Mary Scott Hodgkin about how this debate is playing out in Alabama. We'll also talk to IVF patient Michelle Howard in Gulf Shores, AL as part of this conversation.

Mary Scott Hodgkin, Health & Science Reporter, WBHM (*A & B Segments*)

Michelle Howard, IVF patient in Gulf Shores, AL (*C Segment*)

March 13, 2024

Category: Education

How HBCU Fairs give middle and high school students a preview of Black college life

Host: Leoneda Inge

In this edition of Due South's 'HBCU 101,' Leoneda Inge talks to Henry Capers, Jr., post-secondary access advisor at the Emily K Center, about a recent HBCU Fair the center held for area middle and high school students.

Henry Capers, Jr., post-secondary access advisor at the Emily K Center

Category: Education

HBCU Accreditation

Host: Leoneda Inge

With at least three HBCUs in North Carolina facing accreditation challenges in recent years, Leoneda Inge speaks with Dr. Cynthia Jackson Hammond, president of the Council for Higher Education Accreditation and former president of Central State University, about what college accreditation entails and what happens when a higher ed institution loses it.

Dr. Cynthia Jackson Hammond, president of the Council for Higher Education Accreditation

Category: Education

Focus on NC Central's Law School

Host: Leoneda Inge

North Carolina Central University School of Law celebrates its 85th anniversary this year. As one of only six HBCU law schools in the country, NCCU's School of Law boasts a rich history and a track record of longevity. Leoneda Inge sits down with the dean, Patricia Timmons Goodson. Before joining the School of Law, Dean Timmons Goodson served as an associate justice on the North Carolina Supreme Court. She talks about Central's diverse student body

and its commitment to producing "practice-ready" lawyers.
Patricia Timmons-Goodson, Dean of North Carolina Central University School of Law

March 12, 2024

Category: History

'History Mystery,' The Lost Colony

Host: Leoneda Inge

The story of the Lost Colony of Roanoke has long captured the imagination of North Carolinians. And what actually happened to those colonists in 1587 remains a mystery, despite so many efforts to uncover the truth. Co-host Leoneda Inge talks with East Carolina University Professor of Anthropology Charles Ewen about the forthcoming book he's co-authored, *Becoming the Lost Colony: The History, Lore and Popular Culture of the Roanoke Mystery*. Charles Ewen, Harriot College Distinguished Professor of Anthropology, East Carolina University

Category: History

Changing Native Narratives in The Lost Colony

Host: Leoneda Inge

The mystery of the Lost Colony of Roanoke has been long captured in song and dance at an outdoor theater on the Outer Banks – a production many North Carolina students attend each year. The story was long criticized for not centering Native characters, and Kaya Littleturtle has recently been a big part of changing that narrative. He was one of the first Native actors to perform in *The Lost Colony* and he now serves as cultural advisor for the production. His grandmother, Kat Littleturtle, is *The Storyteller* in the production and they both join co-host Leoneda Inge to talk about how the new *Lost Colony* pays tribute to their old traditions. Kaya Littleturtle, cultural advisor for *The Lost Colony*
Kat Littleturtle, 'The Storyteller' performer in *The Lost Colony*

March 11, 2024

Category: Sports

Sports Betting Goes Live in NC

Host: Jeff Tiberii

Today, North Carolina becomes the thirtieth state to allow sports betting. And while some sports fans see it as overdue, and it's clearly a big financial win for... someone, gambling addiction experts worry there will be fallout.

Bryan Murphy, sports Investigative reporter for WRAL

Michelle L. Malkin, assistant professor, Dept. of Criminal Justice, East Carolina University, studying gambling behavior and risk

March 8, 2024

Category: News

North Carolina News Roundup

Host: Jeff Tiberii

On the North Carolina News Roundup...The stage is set for November. Voters settled primary contests, and the focus shifts now to Council of State, legislative, and one competitive congressional race in November. And a big surprise in the state school superintendent's race where a far-right candidate beat out an incumbent. A roundtable of reporters unpacks the primary results and other news of the week on Due South.

Colin Campbell, Capitol bureau chief, WUNC

Liz Schlemmer, education reporter, WUNC

Steve Harrison, political reporter, WFAE Charlotte

Danielle Battaglia, Capitol Hill correspondent, The News & Observer/The Charlotte Observer/McClatchy

March 7, 2024

Category: Arts

A pioneer of arts accessibility

Host: Leoneda Inge

Dan Ellison has been a patron of the arts in Durham for decades and an advocate for those with disabilities having access to visual and audio arts for nearly as long. He joins Due South to discuss new initiatives and technology to advance local accessibility efforts.

Dan Ellison, arts attorney, accessibility advocate and founder of Durham Arts Place

Category: Health

Autism & Children of Color

Host: Leoneda Inge

Though research on autism spectrum disorder has grown exponentially over the past two decades, there is still far too little known on the specific impacts of autism on students of color.

Brian Boyd, seeing the gap in findings about children with disabilities from marginalized communities, has focused his recent work on how issues of implicit bias and race affect the lives and outcomes of families and autistic individuals of color, and strategies to address known racial / ethnic disparities.

Brian Boyd, William C. Friday Distinguished Professor in the UNC School of Education and interim director of the Frank Porter Graham Child Development Institute at UNC-Chapel Hill

Category: Arts

Hayti Heritage Film Festival

Host: Leoneda Inge

Hayti Heritage Film Festival returns on March 7 with stellar lineup of Southern films. Leoneda Inge sits down with Tyra Dixon, director of the annual festival, to discuss this year's guests and

screening lineup.

Tyra Dixon, festival director, Hayti Heritage Film Festival

March 6, 2024

Category: Politics

Full Show: Post-Primary Election Roundup

Host: Jeff Tiberii

On the next Due South... Our Primary Election re-cap. Results from this Super Tuesday will have a significant impact on political representation for Congress, state legislatures, and local government. Political experts and reporters from across North Carolina join us to unpack the results of this primary. We explore what it all means for the general election in November and for you, on Due South.

Colin Campbell, WUNC's Capitol Bureau Chief

Maya King, a politics reporter for The New York Times covering the Southeast and based in Atlanta

Chris Cooper, political science professor at Western Carolina University

And featuring follow-ups with:

Steve Harrison, political reporter, WFAE in Charlotte

Amy Diaz, education reporter, WFDD in Winston-Salem

Lilly Knoepp, senior regional reporter, Blue Ridge Public Radio in Asheville

Ben Schachtman, news director, WHQR in Wilmington

March 5, 2024

Category: Politics

North Carolina Primary Election Special

Host: Jeff Tiberii

The North Carolina Super Tuesday Primary is upon us. The March 5th election will have significant influence on the composition of the next Congress, Legislature, and boards of education across North Carolina. Join us, as NPR member stations in Asheville, Chapel Hill, Charlotte, Wilmington, and Winston-Salem are collaborating on an hour-long special to contextualize candidates, issues, and the importance of the primary.

Chris Cooper, professor of political science and public affairs, Western Carolina University
Deondra Rose, associate professor of public policy, Sanford School of Public Policy at Duke University

Steve Harrison, political reporter, WFAE in Charlotte

Amy Diaz, education reporter, WFDD in Winston-Salem

Lilly Knoepp, senior regional reporter, Blue Ridge Public Radio in Asheville

Ben Schachtman, news director, WHQR in Wilmington

March 4, 2024

Category: Money, Housing

"The Color of Money"

Host: Leoneda Inge

As a public radio listener, you've no doubt heard The Washington Post personal finance columnist Michelle Singletary give sage advice about money matters. In 2024, many of us need her know-how now more than ever before, especially when it comes to housing. Co-host Leoneda Inge talks with Singletary about how to find a home, even in places where housing prices have skyrocketed, and new pathways to homeownership. This conversation was recorded at North Carolina State University's 2024 Emerging Issues Forum called "Weathering Financial Storms: A Resilient Future for North Carolina Families."

Michelle Singletary, Finance columnist, The Washington Post

Category: Housing

A big battle within the movement for tiny houses

Host: Leoneda Inge

Jewel Pearson was working hard as a tiny house advocate challenging the status quo of housing in America. But she realized she had a bigger challenge ahead of her: to upend the status quo within the tiny house movement itself, by fighting for representation, inclusion, and increased access to home ownership for Black people.

Jewel Pearson, Tiny House Dweller, Designer, Advocate & Consultant

March 1, 2024

Category: News

North Carolina News Roundup

Host: Colin Campbell

On the North Carolina News Roundup... We'll talk about the Presidential candidates for the primary elections who are visiting North Carolina this weekend... And we'll preview other primary elections in the state. Like the probable Democratic and Republican candidates for Governor... Also, we'll talk about why election night results will be later than usual, and how outside funding is getting into state primary races.

Dawn Vaughan, Capitol Bureau Chief at the News & Observer

Ren Larson, Reporter at the Assembly NC

Will Doran, Reporter at WRAL

Bryan Anderson, freelance reporter "Anderson Alerts" newsletter

February 29, 2024

Category: Politics

Voter ID

Host: Leoneda Inge

Super Tuesday will be the first time many voters in North Carolina will be required to present an ID to vote. WUNC's Rusty Jacobs has been covering the rollout of the voter ID law, which was first enacted in 2018, but blocked from taking effect until the 2023 municipal elections. He's joined by Durham County's Director of Elections Derek Bowens to talk with co-host Leoneda Inge about the implications of the law this election cycle.

Rusty Jacobs, Voting and Election Integrity Reporter, WUNC
Derek Bowens, Director of Elections, Durham County

Category: Politics

Early Voting

Host: Leoneda Inge

Former NC state senator Floyd McKissick, Jr has been fighting for civil rights his whole life -- and advocating for early voting has been part of that work. He talks with co-host Leoneda Inge about why he believes early voting is an important part of ensuring voter access and promoting democracy.

Floyd McKissick, Jr., former North Carolina state senator

February 28, 2024

Category: Health

NC combatting youth vaping epidemic

Host: Leoneda Inge

Co-host Leoneda Inge talks to Kelly Kimple, senior medical director for health promotion with the NC Dept. of Health and Human Service's division of public health about vaping among youth and the state's efforts to reduce the number of middle and high school vape users.

Kelly Kimple, Senior Medical Director for Health Promotion, Division of Public Health at NC Department of Health and Human Services

Category: History

A History of Black Elders

Host: Leoneda Inge

Leoneda Inge speaks with Frederick C. Knight about his new book, "Black Elders: The Meaning of Age in American Slavery and Freedom." The book examines the politics of age and aging during slavery, Reconstruction, and the 20th century.

Frederick C. Knight, professor of history at Morehouse College and author, "Black Elders: The Meaning of Age in American Slavery and Freedom."

Category: Arts

Children's book artist Dare Coulter

Hosts: Leoneda Inge & Jeff Tiberii

In 'An American Story,' Triangle-based artist Dare Coulter makes difficult history accessible to young children. Leoneda Inge and Jeff Tiberii talk with Coulter about being one of the youngest-ever winners of the Coretta Scott King Book Award, what it was like to illustrate the award-winning book, and the importance of using art to educate and build community.

Dare Coulter, mixed media artist (sculptor, painter, muralist), and Illustrator, "An American Story"

February 27, 2024

Category: History

How a Union General kicked would-be-coup leaders out of the Louisiana state legislature in 1875

Host: Jeff Tiberii

The start of the end of Reconstruction in the South happened during the 1874 election season. That's what an author argues in a deeply-researched new book "Sheridan's Secret Mission: How the South Won the War After the Civil War." It includes the story of a Union General led federal troops to stop white men attempting to overthrow the fairly elected Louisiana state government when the new legislators were to be installed in January 1875.

Robert Cwiklik, author of "Sheridan's Secret Mission: How the South Won the War After the Civil War"

February 26, 2024

Category: Business, Food

Two industry insiders on addressing pay issues in the restaurant business

Hosts: Leoneda Inge + Jeff Tiberii

Jen Hampton had spent almost three decades as a server in the restaurant industry when the pandemic hit and two of her coworkers died of covid. That's when she became an activist to promote better pay and working conditions for restaurant workers. Today she helps restaurant workers in Western NC organize for living wages, and advocates for practical city-wide solutions to help workers make ends meet.

Jen Hampton, activist for restaurant workers in Western NC

Restaurants are going through more than a few growing pains since the pandemic – and for some it has meant reimagining restaurant worker pay. Chef Sam Diminich is part of a movement of chef/owners who advocate for paying restaurants workers \$20 an hour and taking tipping out of the equation.

Sam Diminich, chef in Charlotte

February 23, 2024

Category: News

North Carolina News Roundup

Host: Jeff Tiberii

On the North Carolina News Roundup...we turn our attention to low early voting turnout ... President Trump's backing of one notable Congressional candidate ... financial trouble at Saint Augustine's... and the latest from Durham Public Schools. Join host Jeff Tiberii and a panel of journalists for a news and political wrap-up of the week, on the next Due South.

Colin Campbell, Capitol bureau chief, WUNC

Jason DeBruyn, health reporter, WUNC

Caitlin Byrd, senior politics reporter, The Post and Courier

Mary Helen Moore, Durham reporter, The News & Observer

February 22, 2024

Category: Politics

Purple Ballot: Issues for Black rural voters

Host: Jeff Tiberii

North Carolina's March 5th Super Tuesday Primary is less than two weeks away. And we're offering another installment of our Purple Ballot Series today. We explore, consider, discuss -- and maybe even deconstruct -- a narrative of one of the most reliable and predictable voting blocks in American politics: Black voters.

Cynthia Wallace, co-founder and executive director of the New Rural Project, an organization focused on elevating the voices of young and marginalized residents.

Category: Politics

Black pastors in the South call for a ceasefire in Gaza

Host: Jeff Tiberii

A thousand Black pastors representing hundreds of thousands of congregants are calling on President Biden to push for a ceasefire in Gaza. One representative of a network leading 15 million congregants said she hasn't seen such a unified political front among Black congregants since the Civil Rights movement.

Maya King, politics reporter covering the southeast for The New York Times.

February 21, 2024

Category: Education, Politics

The Future of 'Leandro' and Education Funding in NC

Host: Jeff Tiberii

For several decades, the outcome of a legal case arguing the state violated children's state constitutional right to a "sound, basic education" has been in limbo. After a judge ordered a study on how the state should fund education in order to meet that standard, Republicans in control of the state legislature have blocked its implementation, saying the court did not have

the authority to designate state funds, only the legislature does. A hearing on Feb. 22 will determine the future of the case, and whether the plan to require more funding for K-12 education was correctly ruled.

Ann Doss Helms, education reporter at WFAE

Bob Orr, associate Justice of the State Supreme Court from 1995-2004

Geoff Coltrane, senior education advisor to Governor Roy Cooper

Mitch Kokai, senior political analyst at the John Locke Foundation

Marcus Bass, deputy director of NC Black Alliance and member of the coordinating committee for Every Child NC

February 20, 2024

Category: Money

Personal Budgeting

Host: Jeff Tiberii

With interest rates high and inflation still cutting into savings, what's the best plan for family budgeting this year? An expert at the State Employees' Credit Union weighs in.

Stacie Walker, chief lending officer, State Employees' Credit Union

Category: Money

Financial therapist grapples with shame and guilt around money

Hosts: Leoneda Inge & Jeff Tiberii

Therapist Jillian Knight used to take a hands-off approach when it came to talking with her clients about their money struggles. But the more she grappled with the emotional impact of her own debt, she realized there was an unmet need in the field of financial therapy. Now, she counsels women and couples about how to unravel feelings around finances.

Jillian Knight, owner of Her Financial Therapy

Category: Money,

Health Examining the impact of financial trauma

Hosts: Leoneda Inge & Jeff Tiberii

We continue our hour on personal finance with an exploration of financial trauma, and how poverty or financial insecurity in one's life can negatively impact financial decision-making down the road. Dr. Traci Williams is an Atlanta-based Board-Certified Psychologist & Certified Financial Therapist who unpacks with Jeff and Leoneda how historically marginalized populations may face barriers to financial well-being that go way beyond the bottom lines of their bank accounts.

Traci Williams, Board Certified Psychologist & Certified Financial Therapist

February 19, 2024

Category: Food

Poet Crystal Wilkinson's new memoir-cookbook is an ode to Black Appalachian cooking

Host: Leoneda Inge

Former poet laureate of Kentucky Crystal Wilkinson talks to co-host Leoneda Inge about her new hybrid memoir-cookbook, *Praisesong for the Kitchen Ghosts: Stories and Recipes from Five Generations of Black Country Cooks*.

Crystal Wilkinson, poet, professor, and author of *Praisesong for the Kitchen Ghosts*

Category: Arts

Lois Deloatch explores Black history and family with new album, "Love Always"

Host: Leoneda Inge

Songwriter and jazz vocalist Lois Deloatch visits Due South to discuss her life, career, and new album, "Love Always" – an exploration of histories both cultural and personal.

Lois Deloatch, singer/songwriter

February 16, 2024

Category: News

North Carolina News Roundup

Host: Jeff Tiberii

On the North Carolina News Roundup... Early voting is underway with the Super Tuesday Primary mere weeks away. And a friendly reminder, you will need a photo ID to vote. Election officials across the state are hard at work, making sure voters are prepared with those polls open. On Capitol Hill, Senator Thom Tillis makes a push for aid funding. And, will the next national chairman of the Republican Party come from North Carolina? Plus, what do you get when you cross a stingray and a shark? Whatever it is, it might be arriving at a nearby aquarium. Join host Jeff Tiberii and a panel of journalists for a news and political wrap-up of the week, on the next Due South.

Mary Helen Jones, political reporter, Spectrum News

Zachery Eanes, reporter with Axios Raleigh

Danielle Battaglia, Capitol Hill Correspondent, The News & Observer/The Charlotte Observer/McClatchy

Steve Harrison, political reporter, WFAE Charlotte

February 15, 2024

Category: Culture

AI & Love

Host: Jeff Tiberii

Embodied host Anita Rao talks with Jeff Tiberii about Embodied's new three-part series, a deep exploration of love and AI.

Anita Rao, host of Embodied

Category: Politics

AI & Elections

Host: Jeff Tiberii

When it comes to how artificial intelligence can impact elections, deepfakes only scratch the surface. UNC professors Scott Babwah Brennen and Shannon McGregor talk to co-host Jeff Tiberii about the myriad ways AI can be used in the election landscape – and not all of them are nefarious.

Shannon McGregor, associate professor at UNC's Hussman School of Journalism and Media, and a principal investigator with the Center for Information, Technology, and Public Life at UNC Chapel Hill.

Scott Babwah Brennen, head of online expression policy at the Center on Technology Policy at UNC, where he focuses on online expression, misinformation, and political advertising.

February 14, 2024

Category: Housing

Gen Z Shacking Up

Host: Jeff Tiberii

Gen Z couples are cohabitating more than previous generations, and a survey indicates money is a big motivation. Co-host Jeff Tiberii talks with UNC professor Fenaba Addo about the financial pressures young people face in making the decision to shack up.

Fenaba Addo, associate professor of public policy, UNC

Category: Arts

Author of “Sex Romp Gone Wrong”

Host: Leoneda Inge

In *Sex Romp Gone Wrong*, stories of fiction strike at the heart of love and identity. Julia Ridley Smith's first short story collection plunges into ideas of family, romance, responsibility, and the line between girlhood and womanhood.

Julia Ridley Smith has taught creative writing at UNC-Chapel Hill and UNC-Greensboro. Her first book *The Sum of Trifles* is a memoir, *Sex Romp Gone Wrong* is her first short story collection.

Category: Arts

Southern Mixtape: Love Songs

Hosts: Leoneda Inge & Jeff Tiberii

Musical mother and son Nnenna and Pierce Freelon join Jeff and Leoneda for the next edition of our Southern Mixtape. And yes, since it's Valentine's Day... we talk love songs.

Nnenna Freelon, Pierce Freelon, Grammy-nominated musicians and storytellers

February 13, 2024

Category: Health

Why is syphilis on the rise?

Host: Jeff Tiberii

Syphilis, once thought to be a sexual illness of the past, is spreading in the South. Geographical CDC data shows cases of syphilis in the region have grown seven-fold in the last decade.

Arlene C. Seña, doctor, Professor of Medicine at UNC's Medical School, and a professor of Epidemiology at the Gillings School of Public Health, consultant on CDC Sexually Transmitted Disease(s) Treatment Guidelines.

Category: Culture

'Criminal' podcast creators on their success

Host: Jeff Tiberii

As the Criminal podcast celebrates 10 years of true crime, public radio style, Jeff Tiberii talks with the creators about its success and unique approach to crime storytelling.

Phoebe Judge, host and co-creator of the podcasts 'Criminal' and 'This Is Love'

Lauren Spohrer, co-creator and Creative Director of the podcasts 'Criminal' and 'This is Love'

Category: Health

Should you be "sound-bathing?"

Hosts: Leoneda Inge & Jeff Tiberii

Jeff and Leoneda talk with a local 'sound bath' practitioner about the benefits of this unique type of therapy.

L.A. Adkins, licensed clinical social worker and a Holistic Wellness "Therapreneur"

February 12, 2024

Category: Politics

The New North Carolina Project

Host: Leoneda Inge

The New North Carolina Project hopes to engage a larger number of Black and brown voters across the state. President and CEO Dr. Aimy Steele discusses their efforts planned during the 2024 election season.

Dr. Aimy Steele, President and CEO, New North Carolina Project

Category: Politics

"South to Black Power" looks at 'remigration' and the Black electorate

Host: Leoneda Inge

New York Times columnist Charles M. Blow discusses his new HBO (Max) documentary, in which he travels cross-country to test his theory on Black liberation through "a daring strategy for Black Americans to move to the Southern states to control Southern legislatures and gain greater political power."

Charles M. Blow, New York Times columnist and star of the documentary, South to Black Power

Category: Politics

Cheri Beasley takes stock of her U.S. Senate campaign

Hosts: Leoneda Inge

Former NC Supreme Court Justice Cheri Beasley joins Due South to discuss the upcoming election landscape, her thwarted run for U.S. Senate and New York Times columnist Charles M. Blow's proposal for an increase in Black voters moving to Southern states for greater political power.

Cheri Beasley, former North Carolina Supreme Court Chief Justice

February 9, 2024

Category: News

North Carolina News Roundup

Host: Leoneda Inge

Producer: Erin Keever

On the North Carolina News Roundup... Durham Public Schools close down due to anticipated staff absences. Superintendent Mubenga has resigned. What's next in the DPS pay debacle? Former South Carolina governor Nikki Haley loses to "none of these candidates" on the Nevada Republican primary ballot. What chance does she stand in her home state's presidential primary in a couple weeks? And Raleigh's economy ranks second in the nation in a new report. Join host Leoneda Inge and a panel of journalists for a news and political wrap-up of the week, on the next Due South.

Monica Casey, Durham reporter, WRAL

Caitlin Byrd, senior politics reporter, The Post and Courier

Colin Campbell, Capitol Bureau Chief, WUNC

Gary Robertson, statehouse reporter, Associated Press

February 8, 2024

Category: Culture

Local Florist on bouquets

Hosts: Jeff Tiberii & Leoneda Inge

Adanna Omeni, owner of 1 Blossom 2 Bloom Floral Design, a pop-up floral company based in the Triangle, joins Due South co-hosts Jeff Tiberii and Leoneda Inge to discuss unique floral arrangements for Valentine's Day and how to tell if the flowers you're selecting are fresh.

Adanna Omeni, owner of 1 Blossom 2 Blooms Floral Design

Category: Culture

Valentine's Flower Trends

Hosts: Jeff Tiberii & Leoneda Inge

Jeff Tiberii and Leoneda Inge chat with Dr. Melinda Knuth about Valentine's Day flower-purchasing trends, how roses became the American go-to bloom for Valentine's Day and why

it's important to purchase flowers early this year.

Dr. Melinda Knuth, assistant professor of horticultural science at North Carolina State University.

Category: Culture

The South's Complicated Relationship with Kudzu

Hosts: Jeff Tiberii & Leoneda Inge

(Archive edition) Kudzu has a long and winding history in the U.S. The vine first arrived to be used as decoration, but after the Dust Bowl it was touted as a way to save farms from soil erosion, and it spread its roots deep and wide. Somewhere in the mid-20th century, kudzu went from “savior” to “scourge,” in the words of writer Alexis Hauk. Hauk joins Leoneda and Jeff to talk about our complicated relationship with kudzu and some of the people who are making the best of the invasive species – in the form of food and art.

Alexis Hauk, writer and author of “Of Vines and Villains” for *The Bitter Southerner*

February 7, 2024

Category: News

Durham Public Schools pay debacle highlights school staff push for higher wages

Host: Jeff Tiberii

Two days of protest, closing 20 schools, and still, classified staff at Durham Public Schools are looking for answers. The Durham Association of Educators says protests to keep pay raises may continue. The school board is set to vote on how to address the error that led to the abrupt end of raises this week. Jeff Tiberii talks with two DPS employees who have been impacted.

Krystalynn Moore, Exceptional Children teacher, Riverside High School in Durham

Quentin Headen, Instructional Assistant, Riverside HS in Durham

Due South has made several requests for an interview with a DPS representative, including Superintendent Mubenga. That invitation is open.

February 6, 2024

Category: History

“Echoes of a Coup”

Host: Leoneda Inge

Scene on Radio host and producer John Biewen and film studies professor Michael Betts talk to Leoneda Inge about their new podcast “Echoes of a Coup”, and the reverberations felt today from the 1898 Wilmington massacre and coup d'état.

John Biewen, Director of Storytelling and Public Engagement, Kenan Institute for Ethics at Duke University

Michael A. Betts II, Assistant Professor of Film Studies at UNC Wilmington

Category: History

Teaching Difficult History

Host: Leoneda Inge

Leoneda Inge talks to Dr. LaGarrett King about how to teach traumatic incidents in Black history to K-12 students.

LaGarrett King, founding director of the Center for K-12 Black History and Racial Literacy Education

February 5, 2024

Category: Culture

“Building a Better Boomer”

Hosts: Jeff Tiberii + Leoneda Inge

The Baby Boom generation – like every generation – gets tagged with a lot of labels. If boomer Neil Offen is any indication, add self-deprecating and hilarious to the list. Offen has spent decades as a reporter, editor, blogger, and a humor columnist. Now he’s leaning into aging by making it funny -- he just hopes he doesn’t fall over. Offen talks about his new book, *Building a Better Boomer*, with co-hosts Leoneda Inge and Jeff Tiberii.

Neil Offen, author of *Building a Better Boomer*

Category: Culture

Durham resident Patty James recounts her experiences on “The Golden Bachelor”

Host: Leoneda Inge

The topic of older folks and dating has never been as hip as it is now, thanks in part to ABC’s The Golden Bachelor series. The Golden Bachelor contestant and North Carolinian Patty James talks with Leoneda Inge about the anticipation of meeting “Golden Bachelor” Gerry Turner, her friendships with the other women, and what it was like to return to real life after her turn on the hit reality show.

Patty James, contestant on The Golden Bachelor

February 2, 2024

Category: News

North Carolina News Roundup

Host: Jeff Tiberii

On the North Carolina News Roundup... School closures and protests in Durham. With a continued lack of transparency, the district has infuriated staff members and parents. Meanwhile, North Carolina Republicans crank up pressure to address the situation at the southern border. Is it more theater or substantive? And an executive order aimed at reducing recidivism. Join us for our news and political wrap-up of the week, on the next Due South.

Colin Campbell, Capitol Bureau Chief, WUNC

Dawn Vaughan, Capitol Bureau Chief, The News & Observer

Lucille Sherman, reporter, Axios Raleigh
Liz Schlemmer, education reporter, WUNC

February 1, 2024

Category: Education

HBCU 101: Shaw University

Host: Leoneda Inge

Co-host Leoneda Inge talks to the president of Shaw University, Paulette Dillard, about being a woman in academic leadership and the many initiatives Shaw is taking to accommodate new generations of students during changing times.

Paulette Dillard, president of Shaw University

Category: Education

Ayesha Rascoe on her new anthology, HBCU Made

Host: Leoneda Inge

A first-of-its-kind collection of personal essays about HBCU life was released on Jan. 30. Its editor, NPR's Ayesha Rascoe, sits down with Leoneda Inge – who's a contributor – to discuss it. Ayesha Rascoe, host of NPR's Weekend Edition Sunday

Category: Education

HBCU grad parents guide daughter through college selection process

Host: Leoneda Inge

Co-host Leoneda Inge talks to Dr. Shauntae Brown-White and her husband Rev. Dr. Harry L. White, Jr., along with their daughter Kai, about HBCUs and the next generation of incoming college student.

Dr. Shauntae Brown-White, professor of mass communication at North Carolina Central University

Rev. Dr. Harry L. White Jr., pastor of Watts Chapel Missionary Baptist Church in Raleigh, NC

Kai White, high school senior

January 31, 2024

Category: Parenting

'About Dad Time:' Sheriff Bobby Kimbrough on grief, single fatherhood, and law enforcement

Host: Jeff Tiberii

For "About Dad Time," Due South co-host Jeff Tiberii Inge talks to Bobby Kimbrough, Forsyth County Sheriff, about raising 7 sons as a widower and how his work influences his parenting.

Bobby Kimbrough, Forsyth County Sheriff

January 30, 2024

Category: Politics

A Legislative Forecast

Host: Jeff Tiberii

Significant and influential policy is more like to advance at state legislatures these days, than it is in the stagnating Congress. We'll visit with an editor who keeps tabs on policy happenings at state capitals across the country. What are the trends? And what are state legislators NOT taking up this election year?

Reid Wilson, founder and editor, Pluribus News

Category: Politics

Few women in state legislatures

Host: Jeff Tiberii

ProPublica found that fewer than 1 in 5 state legislators are women in many southeastern states. We talk with the reporter about what she found.

Jennifer Berry Hawes, reporter at ProPublica's South Hub

Category: Culture

Checking in on NC ski country

Host: Jeff Tiberii

Snow is big business in North Carolina. Six resorts can be found dotting the Appalachian Mountains – from overlooking Tennessee to almost-in-Georgia. Collectively those ski, snowboarding, and tubing centers have an economic impact of about a quarter billion dollars annually. We talk with a snow enthusiast about the season.

Mike Doble, snow enthusiast based in Boone, owner and operator of SkiSoutheast.com

January 29, 2024

Category: Money

New \$100K Jobs in the South

Host: Leoneda Inge

Reporter Joanne Drilling talks about six figure salaries in the South and which industries have seen significant pay increases in recent years.

Joanne Drilling, National Data Reporter, American City Business Journals

Category: Money

Women and Negotiations

Host: Leoneda Inge

Women are often told that to succeed in salary negotiations they need "act more like men". New research shows that often isn't the case. Duke professor Ashleigh Shelby Rosette talks with Leoneda Inge about the circumstances under which relationship-oriented negotiations may yield better results and yield a higher chance of getting a deal done.

Ashleigh Shelby Rosette, Duke University's Fuqua School of Business

Category: Money

Salary Transparency

Host: Leoneda Inge

Seeing a salary range on a job posting may seem commonplace now, but just a few years ago it was pretty rare. Some states now mandate the practice, and some companies have voluntarily adopted the practice. Ursula Mead, Founder and CEO of Durham-based InHerSight.com joins co-host Leoneda Inge to talk about how salary transparency connects to pay equity, and what the research says about if it can help reduce the gender pay gap.

Ursula Mead, Founder and CEO, InHerSight.com

January 26, 2024

Category: News

North Carolina News Roundup

Host: Jeff Tiberii

On the North Carolina News Roundup... What's going on with Durham Public School employees who had raises revoked? How will the upcoming primary be impacted after a new election law was partially blocked in federal court? And just when will mobile sports gambling be available? We've got answers from a wonderful panel of journalists. Stop by for our news and political wrap-up of the week, on the next Due South.

Colin Campbell, Capitol Bureau Chief, WUNC

Gary Robertson, Statehouse Reporter, Associated Press

Jason DeBruyn, Health Reporter, WUNC

Liz Schlemmer, education reporter, WUNC

Mary Helen Jones, Political Reporter, Spectrum News

January 25, 2024

Category: Health

Running Health

Host: Jeff Tiberii

Running seems like it would be good for the body, but how much running does a person actually need to do in order to achieve the health benefits? The distance (and the speed) required to make a big difference on longevity and quality of life may be less than you think. Dr. Chip Lavie breaks down the research for co-host Jeff Tiberii.

Carl (Chip) Lavie, MD, is medical director of Cardiac Rehabilitation and Preventive Cardiology and director of the Exercise Laboratories at John Ochsner Heart and Vascular Institute in New Orleans.

Category: Health, Race

Running groups for communities of color

Host: Jeff Tiberii

Running is often considered a predominantly white sport. But in recent years, running groups founded to provide safe and welcoming spaces for communities of color have seen huge spikes in participation. Co-host Jeff Tiberii is joined in studio by Jasmine Santiago-Tracey, host of Brown Girl Running Podcast and member of Latinos Run Raleigh, and Arthur Livingston, a member of Black Men Run, to talk about the challenges they've faced as brown and Black runners – and about the kindness and support they've found in their running groups as they pursue their passion for the sport.

Eleanor Sykes of Raleigh, a member of Black Girls Run, also joins the conversation from her hotel room in Florida where she is prepping for a race.

Jasmine Santiago-Tracey, host of Brown Girl Running Podcast and member of Latinos Run Raleigh

Arthur Livingston, member of Black Men Run RDC (Raleigh Durham Chapel Hill)

Eleanor Sykes, ambassador for Black Girls Run

January 24, 2024

Category: Politics

'Purple Ballot:' The Council of What?

Host: Jeff Tiberii

North Carolina has ten statewide elected officials who comprise the Council of State. But just why is NC's council so large, what powers do these offices possess, and why should you care? Chris Cooper, Professor of Political Science at Western Carolina University

Category: Politics

The Keeper of the People's Purse

Host: Jeff Tiberii

North Carolina has a massive public pension fund - upwards of \$120 billion dollars. The state treasurer is sole fiduciary of this fund and holds significant powers over where - and how - the money is invested. The current state Treasurer is not seeking re-election, so we'll talk with some of the folks vying for that role.

Wesley Harris (D-Mecklenburg), candidate running for state treasurer

Category: Politics

More Treasurer Talk and Highlighting State Superintendent Race

Host: Jeff Tiberii

After our conversation with Harris, Due South speaks with the other Democrat vying for nomination. Then, a preview of the Republicans who want to serve as state Superintendent.

Gabe Esparza (D), candidate running for state treasurer

Michelle Morrow (R), candidate running for state Superintendent

With tape from Catherine Truitt (R), North Carolina Superintendent of Public Instruction, who is seeking re-election (Truitt has not agreed to an interview)

January 23, 2024

Category: Food

How to Access WIC Benefits in North Carolina

Host: Leoneda Inge

WIC benefits can be a challenge to access for qualifying families. Leoneda Inge talks to a local director about the program and how to access it.

Mary Anne Burghardt, Assistant Director of the Division of Child and Family Well-Being, Director of the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)

Category: Food

Goodr uses technology to reduce food waste

Host: Leoneda Inge

Co-host Leoneda Inge talks to Jasmine Crowe, founder of Goodr, a food waste management company that has fed thousands through its app, which connects charities and individuals in need with surplus food from businesses.

Jasmine Crowe, founder of Goodr

Category: Arts

Nnenna and Pierce Freelon repeat their mother-son GRAMMY nomination feat

Host: Leoneda Inge

For the second year in a row, Nnenna Freelon and her son, Pierce, are nominated for Grammys. This time, it's a joint nomination in the Best Children's Album category for their album, Ancestars. They talk about the album, its inspiration and their upcoming DPAC show, Durham LoveRaisers, which is also inspired by tracks on the album.

Nnenna Freelon and Pierce Freelon, Grammy-nominated musicians and storytellers

January 22, 2024

Category: Culture

Dry January by the numbers

Host: Jeff Tiberii

Many Americans will swear off alcohol for the month through "Dry January," but many Southerners already abstain. Two Pew Center researchers on the data, and how the South fits into the national landscape.

Drew DeSilver, senior writer at Pew Research Center

Katherine Schaeffer, research analyst at Pew Research Center

Category: Culture

Raleigh's newest non-alcoholic bar opens as 'dry' options grow

Host: Jeff Tiberii

The co-owner of a new bar in Raleigh that only serves non-alcoholic beverages shares the why and the how of her business.

Meg Paradise, co-owner of Umbrella Dry Bar

Category: Culture

Craft breweries try to survive another dry January

Host: Jeff Tiberii

The executive director of the NC Craft Brewers Guild has details of the rush of sales the industry faces in December, contrasted with alcohol's slowest month each January.

Lisa Parker, Executive Director of the NC Craft Brewers Guild

January 19, 2024

Category: News

North Carolina News Roundup

Host: Jeff Tiberii

On the North Carolina News Roundup... President Joe Biden touches down in the Triangle. In Durham, an accounting failure leads to more than a thousand school employees being overpaid. Will they have to pay the money back? And one coastal county has filed suit against Chemours and DuPont over systemic water quality issues. A panel of reporters joins co-host Jeff Tiberii to discuss those and other stories, on the next Due South.

Lucille Sherman, reporter, Axios Raleigh

Will Doran, state government reporter, WRAL

Monica Casey, Durham reporter, WRAL

Danielle Battaglia, Capitol Hill correspondent, The News & Observer/The Charlotte Observer/McClatchy

January 18, 2024

Category: Health

Researchers using hyper local data find strong ties between structural racism and poor health outcomes

Host: Leoneda Inge

For many, the idea that racism is linked to poor health outcomes is not new or surprising. But a recent study shows just how deeply connected the two issues are connected by using highly specific neighborhood level data from Durham. Leoneda Inge talks with two of the researchers on the project, Dr. Dinushika Mohottige and Dr. Ebony Boulware, about how rates of diabetes, hypertension and chronic kidney disease are closely tied to structural racism.

Dr. Dinushika Mohottige, Assistant Professor in Institute of Health Equity Research at the Icahn School of Medicine at Mount Sinai and the Barbara T. Murphy Division of Nephrology.

Dr. Ebony Boulware, dean of Wake Forest University School of Medicine and chief science officer and vice chief academic officer of Advocate Health.

Category: Health

Asheville's Fashion Therapist on the emotional task of cleaning out your closet

Host: Jeff Tiberii

Social worker turned fashion therapist Marisol Collete has tips, and a worksheet, for making your wardrobe fit the real you.

Marisol Colette, "The Fashion Therapist" is a personal stylist and Licensed Clinical Social Worker who spent 18 years working with trauma survivors before finding her new calling.

Category: emailed Erin for category

When and how do you get rid of your Christmas tree? From last month's Christmas tree show, Jeff talks with Jim Hamilton, Watauga County Extension Director and Jamie Bookwalter, Mountain Conifer Specialist at NC State Extension Forestry about their tips for tree disposal.

January 17, 2024

Category: Arts

Black Arts in the Triangle

Host: Leoneda Inge

Triangle Friends of African American Arts focuses on promoting Black theatre projects in central North Carolina. It celebrates its tenth anniversary this year. Leoneda Inge speaks to the founder about TFAAA's annual African American Theatre Review and the many exciting plays, musicals, and operas on the horizon during the 2024 theatre season.

Sherri Holmes, founder of Triangle Friends of African American Arts

Category: Arts

An Oral History of Black Arts in the Triangle

Host: Leoneda Inge

Sherri Holmes, founder of Triangle Friends of African American Arts, is joined by her mother, Meredythe Holmes, a pioneering Black board member and trustee on various arts councils and organizations in the Triangle. They discuss how the Black arts landscape has evolved in the city over the years.

Sherri Holmes, founder of the Triangle Friends of African American Arts

Meredythe Holmes, founding board member of the Carolina Ballet, former trustee of the NC Museum of Art, former board member and president of the board of the Durham Arts Council.

Category: Arts

A New Jazz Club Opens in Durham

Host: Leoneda Inge

Missy Lane's Assembly Room is one of few Black woman-owned jazz clubs in the South.

Leoneda Inge speaks to the owner Dr. Cicely Mitchell about her opening weekend and her

plans for the future of the new venue.
Dr. Cicely Mitchell, owner of Missy Lane's Assembly Room

January 16, 2024

Category: News

From AI to privacy to child safety, impacts of tech policy are everywhere

Host: Jeff Tiberii

The phrase “tech policy” can sound technical, and maybe even a bit boring. But from child safety and parental rights, to AI, to privacy laws, this is the stuff that impacts everyday people, every single day. Co-host Jeff Tiberii talks to a panel of experts about how legislation on tech issues could impact you and your family, and how the policies in North Carolina compare with other states.

Matt Perault, Professor at the UNC School of Information and Library Science
Robyn Caplan, Assistant Professor at Duke University's Sanford School of Public Policy, and a Senior Lecturing Fellow in the Center for Science & Society at Duke University

Zachery Eanes, reporter with Axios Raleigh

Brooke Medina, Vice President of Communications at John Locke Foundation

January 15, 2024

Category: History

MLK 'Dream' Speech in Rocky Mount

Host: Leoneda Inge

The world knows Martin Luther King Jr.'s famous "I have a dream" speech. But months before he delivered that landmark speech at the March on Washington, King rehearsed it in Rocky Mount, NC. Rev. Omotolokun Omokunde was there, just 15 years old, and got to meet King. He talks with Leoneda Inge about that Rocky Mount visit and the impact he still feels today.

Reverend Omotolokun Omokunde was a 15-year-old student at Booker T. Washington High School in Rocky Mount when he got the chance to meet King and hear him speak.

Category: Culture

The New Brownies Book: A Love Letter to Black Families

Host: Leoneda Inge

Dr. Karida L. Brown and Charly Palmer are author and illustrator of “The New Brownies Book: A Love Letter to Black Families.” A modern-day revival of The Brownies’ Book, published by W.E.B. DuBois in 1920, this new anthology celebrates a new generation of Black children.

Dr. Karida L. Brown and Charly Palmer, author and illustrator of “The New Brownies Book: A Love Letter to Black Families.”

Category: Culture

Black-owned bookstores grow in NC

Host: Jeff Tiberii

Before there was “Book-Tok,” there was Troy Jonson, curating a website he calls the African American Literature Book Club. Troy Johnson has been at this a long time, updating “The Largest Site Celebrating Books by Black Writers Since 1998.” Johnson started tracking Black-owned bookstores more than a decade ago. And now, three of those Black-owned bookstores he tracks are in North Carolina. We talk with one of the shop owners and Johnson about supporting Black writers and literature on the internet, and in person.

Victoria Scott-Miller, owner of Liberation Station Bookstore (est. 2023, Raleigh)

Langston Miller, son of Victoria, and inspiration for the store

Troy Johnson, African American Literature Book Club (AALBC)

January 12, 2024

Category: News

North Carolina News Roundup

Host: Jeff Tiberii

On the North Carolina News Roundup... a gaggle of reporters stop by to synthesize, contextualize, and chew the fat over some of the stories of the week. Will the 2024 primary landscape be altered by the latest redistricting lawsuit? What should we glean from a record amount of COVID, in wastewater? And why was there an eight-hour city council meeting in Mebane? We'll answer those questions, and others on the next Due South.

Jason DeBruyn, Health Reporter, WUNC

Dawn Vaughan, Capitol Bureau Chief, The News & Observer

Reuben Jones, Washington Reporter covering North Carolina, Spectrum News

Luciana Perez Uribe Guinassi, State Politics Reporter, News & Observer

January 11, 2024

Category: Education

Teachers get help with licensure exams

Host: Jeff Tiberii

A test “which only proves you’re a good test taker” won’t prevent teachers from getting licensed anymore. WUNC’s K-12 education reporter Liz Schlemmer was the first to inform one teacher that she, and about 1,500 others who’ve struggled with the exams, can keep teaching.

Liz Schlemmer, Education Reporter, WUNC

Category: News

Local leaders across the state share ups and downs on Main Street NC

Host: Jeff Tiberii

Growing towns, shrinking towns, and repairing infrastructure. Those are just some of the issues facing rural regions of North Carolina, and the South. Colin Campbell travels the state for his series Main Street NC.

Colin Campbell, Capitol Bureau Chief, WUNC

Category: Arts

Southern Mixtape: DJ Travis Gales on hip-hop's travel South

Hosts: Leoneda Inge & Jeff Tiberii

In our next installment of 'Southern Mixtape,' Leoneda Inge and Jeff Tiberii talk with local DJ Travis Gales about how hip-hop made its way South - through cassette tapes.

Travis Gales, local DJ at WNCU, one of Raleigh's Hip-Hop 50th anniversary honorees

January 10, 2024

Category: Culture

MLK Oratorical Contest in Rocky Mount

Host: Leoneda Inge

Leoneda Inge talks with some of the young winners of Rocky Mount's 36th Annual Rev. Dr. Martin Luther King Jr. Oratorical Contest.

Category: Culture

Former Miss North Carolina on the scandal that took her crown

Host: Leoneda Inge

Rebekah Revels won the Miss North Carolina pageant in 2002 and had a chance to be the first Native American woman ever to become Miss America. But she was forced to give up her crown after an ex-boyfriend threatened to go public with a compromising photo. Lawsuits followed and so did a lot of media coverage. More than two decades later, when her kids do an online search about their mom, the pageant controversy still shows up – and so does a lot more. She shares her story with Leoneda Inge.

Dr. Rebekah Lowry, director of alumni affairs and annual giving at UNC-Pembroke and former Miss North Carolina

Category: Sports

Masters track star Ericka Charles

Hosts: Leoneda Inge & Jeff Tiberii

Ericka Charles was a track star in high school and earned a scholarship to East Carolina University. Unfortunately, her college career didn't go nearly as well, and the disappointment almost made her hang up her running shoes. But after the death of her beloved uncle, NC State basketball champion Lorenzo Charles, Ericka re-dedicated herself to pursuing her dreams.

Now, as a 30-something, she's running her best times yet. As Ericka trains for the 2024 Olympic trials, she also has a job as a middle school running coach. Ericka is on the autism spectrum and tells co-hosts Leoneda Inge and Jeff Tiberii how coaching kids pushes her to challenge herself in ways that extend well beyond the racecourse.

January 9, 2024

Category: History

Sharryse Piggott highlights the 'Triple Nickles'

Host: Leoneda Inge

WUNC's Sharryse Piggott spent weeks reporting on the history of the U.S. Army's first all-Black WWII paratrooper unit. She spoke with the grandson of unit founder Walter Morris about the groundbreaking work the soldiers pioneered. She talks with Leoneda Inge about the 'Triple Nickles.'

Sharryse Piggott, WUNC reporter

Category: Education

Principal Asia Cunningham

Host: Leoneda Inge

Pearson Elementary School principal Asia Cunningham was shocked during a school assembly in November when she realized the event was being held in her honor. There, it was announced that she was the winner of the prestigious Milken Educator Award, also known as "the Oscars of Teaching." She is one of just two North Carolina education professionals to win the distinction this year. She's the first ever from Durham.

Asia Cunningham, principal of Pearson Elementary School

Category: Health

New UNC Health Facility Addresses Youth Mental Health Issues

Host: Leoneda Inge

Leoneda Inge talks to Dr. Samantha Meltzer-Brody about UNC Health's new in-patient facility, located in Butner, NC, for children and teens facing mental health and addiction challenges.

Dr. Samantha Meltzer-Brody, professor and chair of the Department of Psychiatry at UNC-Chapel Hill

January 8, 2024

Category: Health

Black women, stress, and weight management

Host: Leoneda Inge

Leoneda Inge sits down with Dr. Nia S. Mitchell to discuss taking control of your weight journey and the many factors that contribute to varying weight outcomes.

Dr. Nia S. Mitchell, Associate Professor of General Internal Medicine at Duke University School of Medicine

Category: Health

'Weight For It'

Host: Leoneda Inge

One of 2023's "best podcasts" discusses something we often don't: Weight. Ronald Young Jr. shares, "the nuanced thoughts of fat folks, and of all folks who think about their weight all the time," in his podcast. He talks about that and more with Leoneda Inge.

Ronald Young Jr., host of the podcast 'Weight For It'

January 5, 2024

Category: News

North Carolina News Roundup

On the North Carolina News Roundup... We're reviewing the week that was, and forecasting what may lie ahead. Among our stories: an intra-party judicial spat, David Tepper's temper tantrum, and how Medicaid expansion is going, so far. Also, it's a big political year, and our panel of reporters share what they're watching, interested in, maybe even dreading. Host: Jeff Tiberii.

Colin Campbell, Capitol Bureau Chief, WUNC

Rose Hoban, Founder and Editor-in-chief at North Carolina Health News

Steve Harrison, Political Reporter, WFAE Charlotte

Danielle Battaglia, Capitol Hill Correspondent, The News & Observer/The Charlotte Observer/McClatchy

January 4, 2024

Category: Food

On the road for the South's best gas station food

Forget Gatorade and a bag of chips – the American South is home to a more advanced style of gas station cuisine. Photographer Kate Medley knew this growing up in Mississippi, but what she didn't know until she left was how unique and integral the restaurants and eateries at places you can also buy gas were to life in the South. Hosts: Leoneda Inge & Jeff Tiberii

Kate Medley, freelance photographer, author and photographer of "Thank You, Please Come Again: How Gas Stations Feed & Fuel the American South"

Category: Culture

Asheville Couple Finds LGBTQ+ Spaces for Fellow Van-Lifers

Expanding internet access and the content creator lifestyle has opened the door to life on the road. But queer travelers in the South face unique challenges. We talk with Erin McGrady, one half of an Asheville couple who is helping to find LGBTQ+ spaces for fellow "Van-Lifers." Hosts Leoneda Inge & Jeff Tiberii

January 3, 2024

Category: Food

John T. Edge on Defining Southern Food

The Southern Foodways Alliance has tirelessly documented and explored the diverse food cultures of the American South. Founding director John T. Edge puts it this way – “I think food is as important to understanding the culture of the South as is literature, as is music.” He joins Leoneda Inge to talk Southern food.

John T. Edge, founding director of the Southern Foodways Alliance, author of “The Potlikker Papers – A Food History of the Modern South” and host of the television show “True South”

Category: Food

Mama Dip’s Legacy

The late Mildred “Mama Dip” Council opened her restaurant Mama Dip’s Kitchen in the mid-1970s. Nearly 50 years later, the Council family has voted to sell the restaurant and the land where it sits, a big move for the town’s oldest Black-owned restaurant. Leoneda Inge takes us to Chapel Hill where a second and third generation of African American family cooks work to make sure “Mama Dip’s” legacy lives on. This story was produced for the Southern Foodways Alliance podcast “Gravy.”

Category: Parenting

“About Dad Time”

On this edition of “About Dad Time,” Jeff Tiberii and ‘the dads’ talk about partner support and relationships in parenting – from “micro dates” to creating balance at home.

Ben McKeown, photographer, and father to toddler twins

Mark Shen, neuroscientist, and father of two.

January 2, 2024

Category: Politics

2024 Election Preview

A new Governor. Voter ID. Abortion access. A preview of the coming elections, and what they’ll mean for policy that affects nearly 11 million North Carolinians, and the most populous region in the nation. Host: Jeff Tiberii

Lucille Sherman, Reporter, Axios Raleigh

Susan Robers, Professor of Political Science at Davidson College

Michael Bitzer, Professor of Politics and History at Catawba College

Stephen Fowler, Political Reporter at Georgia Public Broadcasting