

Help for domestic violence survivors during pandemic

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hard on anyone. It becomes particularly hard to be isolated with your abuser. We are here to let this community know we are here for you and available through our helpline 24 hours a day," said Kent Wallace-Meggs, DCRC's executive director.

Wallace-Meggs said many people will have reduced income because they're out of work, and financial stressors tend to put additional strain on an already volatile situation. Abusers may make their partners feel as if they have no way out or that no resources are available to help them, he said.

"Victimization is all about manipulation and control," Wallace-Meggs said. "Just simple things such as denying access to hand sanitizer and other cleaners, to restricting ac-

cess to medication, to not letting them leave the house, to isolating them from other family members and their support system."

Help is available 24 hours a day by calling the DCRC's helpline at (919) 403-6562. Advocates provide emotional support, safety planning, information, and referrals. Services are free and confidential.

"If it's something where we need to do safety planning, we try to work with the individual to help them plan to be safe in the environment they're in, if they can't leave," Wallace-Meggs said. "These are steps you can take if you have to stay within the home, or if you're trying to leave, these are some steps you need to take to make that as safe as possible for you and if there are children in-

involved."

Advocates support families by referring them to services and resources provided by other organizations and agencies, and legal advocates work with victims to help them get domestic violence protective orders. Also, advocates provide hospital response by going to the hospital to be with patients who identify as victims of partner violence to discuss available services.

The Family Justice Center, on the second floor of the Durham County Courthouse, is open from 8:30 a.m. to 2 p.m., Monday through Friday, to assist with domestic violence protective orders, or anyone who needs help can call (919) 450-8970 until 5 p.m. More information about obtaining a protective order may be found at nccourts.gov.

Pandemic leads to reports of price gouging

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The Attorney General's office has received more than 400 reports of alleged price gouging since the state of emergency was declared March 10. Well over half of those reports allege excessive price increases on cleaning and paper products, groceries and hand sanitizer.

Policy Watch reviewed 220 of the reports, made available by Stein's office. Most of them had to do with toilet paper. Several reports with photos showed that a 12-pack of Angel Soft toilet paper was marked up to \$19.99 at Atlantic Farmers Market on Eastway Drive in Charlotte. When in stock, the same pack ranges from \$6 to \$10 online.

An employee at the store reached by phone Thursday denied selling it for that much. He refused to give his name and refused to put the owner on the phone or pass along a message. "We're not price gouging," he said. "But people have their own opinions."

Several other photos from reports to Stein's office showed Target advertising a 24-pack of Charmin toilet paper for \$29.99. It usually costs \$23.99 at the store, according to the Target website. Target did not return a request for comment.

There were some reports that also accused Walmart of increasing prices on items like hand sanitizer

and Lysol wipes. In lieu of a comment, the company provided a letter it sent to all attorneys general last week. "One critical issue we have addressed, and continue to monitor in real time, is suspected price gouging," the letter states. "Walmart's business model is Everyday Low Prices, Everyday Low Cost and we work hard to provide our customers with great prices. The prices we set are first and foremost based on our cost of goods and if you shop with us much, you will notice that they traditionally don't vary significantly day over day, month over month."

The letter discusses several issues regarding the pandemic that Walmart said it "presumed" to be at the "top of mind" of attorneys general, their staffs and constituents. In addition to price gouging, it addresses monitoring product claims and the sanitizing of stores. The correspondence said it was not designed, however, to be a complete narrative of the "countless" efforts the company is making for people during the pandemic.

Walmart, like several other companies with online retail platforms - Amazon, eBay, Facebook - says it is battling third-party price gouging, which also made up a large part of reports.

One report to Stein's office detailed an online eBay bid for a single roll of

toilet paper that closed at \$50,000. Other reports from exhausted and desperate consumers reported excessive Amazon pricing for hand sanitizer, Clorox wipes and other cleaning products.

Spokespeople from both Amazon and eBay reported that their companies are cracking down on the problem and working with attorneys general from many states. "Like so many companies, we have been closely monitoring the coronavirus pandemic as it continues to develop," said Ashley Settle of eBay corporate communications. "As always, our first priority is to ensure the safety of our employees and customers around the world. eBay is taking significant measures to block or quickly remove items on our marketplace that make false health claims. We are making every effort to ensure that anyone who sells on our platform follows local laws and eBay policies."

Similarly, Maxine Tagay of Amazon corporate communications reported that the retail giant is closely monitoring third-party sellers. She said the company has removed over a half million listings for price gouging and has taken action regarding more than 3,900 sellers.

Residents can report potential price gouging by calling 1-877-5-NO-SCAM or by filing a complaint online.

Durham educators focus on feeding students, families

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did come for learning resources."

The scene at Southwest provided a snapshot of what's happening across DPS and statewide, as school districts adjust to what many educators are calling the "new normal." "It's a different time and its uncharted territory," Rotosky said. "We're just glad we can continue to support our families and our kids because they need us."

State Superintendent Mark Johnson said more than 1,000 locations are serving meals. Over 1 million meals were served last week, he said. "Superintendents across this state are acutely aware of how important it will be to continue to provide child nutrition services over the extended closure," Patrick Miller, the 2019-20 State Superintendent of the Year from Greene County, said in a statement.

The federal government granted a waiver to North Carolina, giving schools greater flexibility in how school lunches are served. The waiver, for example, allows parents to pick up

meals from designated sites. DPS and many districts are using school buses to deliver meals, snacks and printed lessons.

The Wake County Public School System, the state's largest school district, began providing hot lunches and cold breakfasts to students on March 17. "This is extremely important," Wake County school board chairman Keith Sutton told The News & Observer earlier this month. "This was one of the, quite frankly, main concerns that we had about making the decision to close, that we would be sending kids home who oftentimes depend on the meals that they receive at school as part of their daily nutrition."

The "new normal" educators refer to is going to last longer than many had expected. The number of positive COVID-19 tests has increased dramatically over the past week, and Gov. Roy Cooper signed an executive order that will keep North Carolina's schools closed until at least May 15.

Cooper appeared to dig in for the long haul by directing \$50 million in funding flexibility to the state's public schools during the COVID-19 crisis. The flexibility is intended to support schools by allowing them to direct funding to students' greatest needs, including providing them meals during the crisis.

"We are working together to provide programs and resources to ensure the continued health, safety, and education of North Carolina students," Cooper said. "By allowing fund flexibility, our school systems can use funds where it benefits students and families most by continuing to provide meals, improving distance learning, child care and much more."

The State Board of Education and the North Carolina Department of Public Instruction will establish the \$50 million flexible allotment from unused funds from the current and previous school years as well as the State Emergency Response and Disaster Relief Fund.

What to do with stimulus check from government

Continued from page 1A
ices or subscriptions.

4. Pay off high-interest credit card debt. In a recent Bankrate survey, just 4 in 10 U.S. adults (41 percent) would cover the cost of a \$1,000 car repair or emergency room visit using their savings.

Not receiving a paycheck and still having to purchase necessities for an unplanned emergency is bound to make some people use their credit cards for these purchases. If you fall into this group, try to pay the bill as soon as it's due or as soon as possible. Use some of the money from the stimulus checks to pay your bills (or a portion of them) that accumulated during the period of time that your

unemployment started, if applicable.

5. A balance-transfer credit card may buy you some time. Zero percent annual percentage rate offers or balance transfer credit cards may be an option for those needing low-interest or interest-free relief. Before taking any offer, make sure you understand the balance transfer fees or other fees that you might incur. Also check the terms and conditions of this offer to see whether interest on new purchases may accumulate at a different APR than your promotional one.

Be mindful to only transfer or spend an amount that you're certain you'll be able to pay off when the promotional period ends. Otherwise, this decision

can lead to long-term debt.

6. Make sure your money is earning a competitive yield. Every penny means even more right now. That's why savings sitting in an account near the national average, of 0.1 percent annual percentage yield, needs to be in a liquid account that earns a higher yield. Rates have been dropping but online banks tend to offer competitive yields on savings accounts and money market accounts. Compare rates on Bankrate to find the right account for you.

For many Americans, these are tough times. But making thoughtful spending choices and assessing your needs and wants can make the dollars you have last longer.

Pandemic still in acceleration phase in NC

Continued from page 1A
hospitalized. Cohen said she expects COVID-19 to spread to every county in the state within the week.

Meanwhile, state health care leaders are aware of several models for predicting the spread of COVID-19, anticipated deaths and for estimating hospital demand. Among those models, said Moore, is the University of Washington's, which predicts the peak for COVID-19-related deaths in the state on April 22, with a median of 56 people per day. Total deaths in North Carolina through August 4 could be 1,721 but could rise to 2,700, the UW model states.

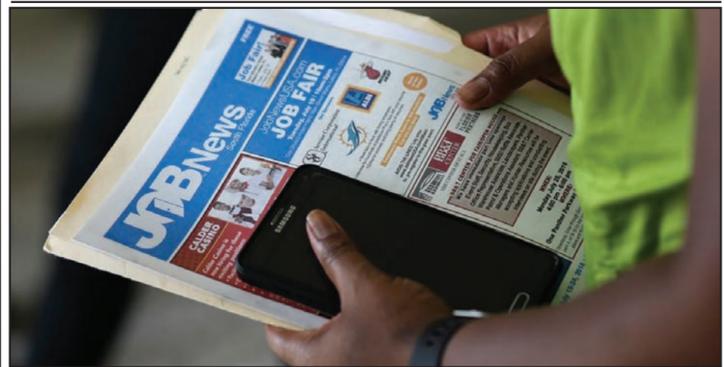
The UW model takes into account when schools were closed, when the statewide stay-at-home order began and when nonessential services were shuttered.

North Carolina could see a shortage of about 278 intensive care unit beds at the peak of the outbreak, and 676 patients will require invasive ventilators, the UW model states.

Cohen has said North Carolina is behind the state of New York by about two weeks. About twice as many people live in New York as North Carolina, and New York City is far denser than any of North Carolina's metro areas. That state's peak for coro-

navirus deaths is projected by UW for April 10, with nearly 800 deaths per day. By August 4, according to a median estimate, New York state could have around 15,546 deaths.

Cohen said North Carolina is better off than New York state in many respects. Many of its residents are in rural areas, and North Carolina doesn't have major international airports as New York does. "Those are all protective factors for North Carolina," Cohen said. But our population is also older than New York's and "has more chronic medical conditions that puts our population at higher risk," she said.



NC hospitality industry says 370K out of work

By Gary D. Robertson
THE ASSOCIATED PRESS

RALEIGH — North Carolina's restaurant and hotel operators pleaded Tuesday for state financial aid and tax relief as closings and travel restrictions from the new coronavirus have thrown more than 370,000 of their employees out of work.

Speaking to a state House committee on the virus-induced economic contraction, hospitality industry leaders said expanded unemployment benefits and assistance approved in Washington won't come soon enough.

"The funding is weeks away and North Carolina businesses, we need help now," Amber Moshakos with Raleigh-based LM Restaurants said during the video conference meeting. Twenty-one LM-owned restaurants in North Carolina employ over 1,700 workers. Moshakos said reducing the workforce to less than 100, as a statewide order limiting restaurants to takeout and delivery began, marked the hardest day in the family-owned company's 42-year history.

North Carolina reported about 1,500 positive COVID-19 cases as of Tuesday, an increase of 190 compared to Monday. Eight state residents have now died. Over 150 people are hospitalized.

More National Guard members have been activated, Cooper said later Tuesday, some of whom could develop makeshift hospitals should tradi-

tional hospital beds become full in the weeks ahead.

Cooper on Tuesday also ordered electric, natural gas and water utilities not to turn off services for those who can't pay their bills for the next two months.

The order also strongly encourages phone, cable and internet service providers to do the same and banks not to charge overdraft fees. State courts already have put foreclosures on hold.

The North Carolina Restaurant and Lodging Association told lawmakers that 350,000 of the state's 500,000 restaurant positions have been eliminated for now. Those layoffs accelerated March 17 when Gov. Roy Cooper halted dine-in operations to slow the virus. Plummeting occupancy has also led to 23,000 job losses for hotels, which usually employ 80,000, the association said.

The state unemployment insurance agency said Tuesday that it had received more than 305,000 initial claims since March 16, and nearly 9 in 10 were virus-related. Cooper said benefit checks would start going out this week.

The association asked House members to consider creating a \$100 million fund for grants of up to \$50,000 to restaurants and hotels to cover rent, payroll and other fixed costs. The state Revenue Department on Tuesday announced some changes sought by businesses. The agency won't impose

monetary penalties on late filings or payments of sales, withholding and other taxes due since March 15 as long as they're turned in by July 15. The April 15 income tax filing deadline already was pushed back by three months.

General Assembly leaders and Cooper said in a statement released by House Speaker Tim Moore later Tuesday that they were committed to passing a law waiving the interest accrued on these tax payments that otherwise aren't turned in by the original deadlines. The General Assembly session is supposed to convene April 28. Some want legislators to gather earlier.

Hospitality representatives and retailers asked for the waiver and additional tax deferrals. "I'm being faced with the decision of do I continue to pay this small little group (of workers) that I have remaining, or do I pay my tax obligations to the state," Moshakos told House members.

A statewide stay-at-home directive issued by Cooper took effect Monday. Several large counties or cities began similar stay-at-home orders last week.

For most people, the new coronavirus causes mild or moderate symptoms, such as fever and cough that clear up in two to three weeks.

For some, especially older adults and those with existing health problems, it can cause more severe illness, including pneumonia and death.

How will grading happen during COVID-19?

State Board of Education gives guidance

By Alex Granados

EDUCATION

The State Board of Education came up with grading guidance for schools during a conference call meeting last week as it seeks to help shape education in a state where schools are closed through May 15 and students are learning remotely.

In a nutshell, schools will be able to provide grades assuming they can adhere to certain "critical factors" that make up the state's definition of remote learning. Seniors, on the other hand, would get a pass or withdrawal for any spring classes based on their performance up until schools closed on March 13. If they were failing as of March 13, then the students can use remote learning to try to get their grades up to passing.

The state Department of Public Instruction has defined remote learning as "Learning that takes place outside of the traditional school setting using various media and formats, such as, but not limited to, video conference, telephone conference, print material, online material or learning management systems."

Sneha Shah-Coltrane, director of Advanced Learning and Gifted Education at the state Department of Public Instruction, said if students return to school in May, local districts and their staff will figure out how to assign grades. If

school buildings don't reopen, the state will come up with guidance. Grades are not meant to negatively impact students during this time, says Shah-Coltrane. If a teacher can't ensure all students in a class have access to remote learning, then grades won't be given to that class. However, it is necessary for teachers to continue to provide feedback and evaluation so that student growth continues, she said.

The State Board of Education voted again to table an extension of a short-term contract with Istation, the reading diagnostic tool used in elementary schools in the state. The state has a contract with Istation that expired at the end of March, and the new contract would be \$1.2 million to extend the contract until July. The short-term contracts are necessary because of a legal dispute over the original three-year contract approved by the State Board of Education. The dispute has to do with the procurement process and whether Istation was fairly picked over competitor Amplify, which previously did reading diagnostics in the state.

Board Vice Chair Alan Duncan suggested tabling the decision — which was also tabled last month — because the state is going to seek a number of waivers from the General Assembly. Istation was contracted to fulfill Read to Achieve requirements for formative reading assess-

ments. If those obligations are waived, it may not be necessary to use Istation this year.

State Superintendent Mark Johnson argued that the Board should go ahead and approve the contract. He said Istation has agreed to provide remote learning instruction free of charge to children in grades K-3 in certain subjects. But, beyond that, he said students received their mid-year diagnostics right before schools closed because of COVID-19. He said it will be important, if school opens back up, for there to be a tool in place to do a diagnostic check-up and see how students are doing.

Board member Olivia Oxendine argued that not renewing the contract — which would effectively cut off students' access to Istation come April — just adds more uncertainty to an already uncertain situation. "I will find it very difficult to table any action ... especially now folks, when everything is in mayhem ... I just can't imagine introducing something as disruptive to our school systems in grades K-3, to disrupt consistent, uniform, standards-based reading instruction," she said.

Johnson also pointed out that the money for the contract can't be spent elsewhere. It either gets spent on this contract or it sits in "Raleigh." Ultimately, the Board voted 8-2 to table the contract vote.

Child care centers struggle with conflicting coronavirus advice

By Sarah Ovaska

Carolina Public Press

Darnella Warthen hoped to keep her Durham child care centers open even as the spread of COVID-19 prompted public schools, businesses and restaurants in the state to close for the foreseeable future. The families she served, largely poor and some struggling with housing, needed her and her staff to watch their kids while they worked lower-wage jobs.

But Warthen threw in the towel and shut down the four A New Beginning child care centers that she has last week, several days after the N.C. Department of Health and Human Services issued its newest set of guidelines for child care and day care centers. Centers wanting to stay open will need to not only adopt strict sanitation protocols but report vacancies to the state, and be willing to take in children of emergency and health care workers as a condition of staying open.

That was too much of a risk to take, Warthen said, for her teachers and staff already worried about the dangers of coronavirus. She and her staff had concerns if they had to care for different children every day from households with potential exposure to dangerous pathogens. "We probably could have continued on a little longer had they not put those provisions in there," Warthen said. "You've already got people working under very stressful conditions."

Warthen's experience is just one example of what the hundreds of child care centers around the state are facing, as they weigh whether to stay open to provide needed care to the front-line workers like health care staff or close to protect themselves and their staff. The need to pro-



Warthen

vide child care is a critical one in this pandemic, DHHS Secretary Mandy Cohen has said repeatedly in her regular public briefings on the response to COVID-19. The state health department even set up a hotline (1-888-600-1685) to match parents with open centers in their areas.

What's been less clear is whether the state or anyone else will pay for that desperately needed child care for front-line workers. Child care centers, many privately owned and often operating on razor-thin margins in the best of times, are unsure how to stay afloat financially or keep their teachers and children as COVID-19 spreads across the state. Last week, DHHS officials reached out again to child care and pre-K directors, saying the state would pay teachers an extra \$300 and an additional \$200 for other workers in April and May. DHHS also plans on covering parent's shares of child care subsidies as well as the child care costs for lower-income critical workers who can't find other child care for the months of April and May, according to the newest DHHS guidance.

Nonetheless, many centers are still closing. DHHS officials told advo-

catees 55 percent of the state's day care centers that serve babies through age 5 have already closed their doors. Warthen's center typically provides care to those with few choices. Almost all of the centers' nearly 200 children come from low-income families using child care subsidy vouchers, face homelessness, or are involved with child protective services or foster care systems. Many struggle with the continual pressures of not having enough to make ends meet. Without child care, Warthen knew her families would have trouble working.

"That's one of the reasons why I wanted to remain open as long as possible," she said. "I knew my families didn't fit in the other categories of being able to stay at home and work." Before her centers closed, Warthen said attendance was down to about a quarter of the typical number of children at her centers. Warthen's staff scoured stores around Durham to buy enough food and milk to feed the children. They'd cleaned and sanitized throughout the centers more, as a safety measure. They also implemented policies so child care workers met parents at the door to keep them from coming inside.

MOVERS AND SHAKERS

N.C. STATE

Myron Floyd is the new dean of the College of Natural Resources effective April 1. Floyd was promoted after holding the position on an interim



Floyd

basis. He joined the university in 2005 as a professor in the Department of Parks, Recreation and Tourism Management. He worked his way up the ranks as director of graduate programs for parks, recreation and tourism management, and became department head in '14.

Are you or someone you know a Mover and a Shaker?

Drop us a line at Movers and Shakers, c/o The Triangle Tribune, 115 Market Street, Suite 360G, Durham, NC 27701 or email us at info@triangletribune.com. Photos welcome.



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Classified Deadline: Wednesday at 5p.m., prior to Sunday's edition

EDUCATION

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LEGAL NOTICES



ATTENTION SUBCONTRACTORS

We are soliciting subcontractors to submit **PRE-QUALIFICATIONS** for West Millbrook Middle School Project in Raleigh, NC. Completed pre-qualification forms are due in our office by May 27, 2020 for Release 2 Bid Packages: 01A-Building Cleaning, 02D-Site Concrete, 02E-Fencing, 02F-Landscaping, 02K-Building Demolition, 02L-Offsite Improvements, 04A-Masonry, 06A-Casework, 07A-Waterproofing, 07B-Roofing, 07C-Fireproofing, 07D-Metal Panels, 08A-Aluminum & Glass, 08B-Overhead Doors, 08C-Doors/Frames/Hdw, 09A-Drywall, 09B-Hard Tile, 09C-Acoustical, 09D-Wood Flooring, 09E-Resilient & Carpet, 09F-Painting, 09G-Terrazzo, 10B-Markerboards, 10C-Signage, 10D-Operable Partitions, 10E-Canopies, 10F-Specialties, 10G-Lockers, 11A-Food Service Equip, 11B-Theater and Stage Equipment, 11D-Athletic Equipment, 12A-Window Treatment, 12B-Auditorium Seating, 12D-Lab Casework, 12E-Media Center Shelving, 13C-Bleachers, 14A-Elevators, 15A-Plumbing, 15B-Fire Protection, 15C-HVAC, 15D-HVAC Controls and 16A-Electrical. Subcontractors must be pre-qualified in order to submit a bid. Construction for Release 2 is scheduled to start in September 2020.

Pre-qualification forms, bid package description, and Info Session details are available on our website: (<https://www.clancythey.com/locations/raleigh-nc/bid-opportunities/>) or by contacting Mary Gasper at Clancy & Theys, marygasper@clancythey.com, (919) 834-3601. Wake County Public School System and Clancy & Theys have an affirmative policy of fostering, promoting, and conducting business with minority owned enterprises. Minority contractors are encouraged to participate in the subcontractor pre-qualification process.

Clancy & Theys Construction Co. is also hosting a **VIRTUAL INFORMATION SESSION** for the project. Session will be held Wednesday, April 15, 2020 from 4:00 - 6:00PM. Contact Angela Gillon, angelagillon@clancythey.com, for virtual information session invitation. Presentation will also be posted to the website.

On 4/1/20 Certificate of Need review began for **FMC Northern Wake** Proj J-11879-20 Add 3 dialy stats; **Durham Dialysis** Proj J-11888-20 Add 7 dialy stats. Written comments are due to the Agency by 5/1/20. A public hearing will only be scheduled if requested in writing by 5/1/20 and sent to DHSR.CON.Comments@dhhs.nc.gov or 2704 Mail Service Ctr, Raleigh, NC 27699-2704.

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Prior to Sunday's Edition



President Barack Obama presents a 2009 Presidential Medal of Freedom to Lowery at the White House.

Joseph Lowery, civil rights leader and MLK aide, dies at 98

THE ASSOCIATED PRESS

ATLANTA — The Rev. Joseph E. Lowery fought to end segregation, lived to see the election of the country's first black president and echoed the call for "justice to roll down like waters and righteousness like a mighty stream" in America.

For more than four decades after the death of his friend and civil rights icon, the Rev. Martin Luther King Jr., the fiery Alabama preacher was on the front line of the battle for equality, with an unforgettable delivery that rivaled King's — and was often more unpredictable. Lowery had a knack for cutting to the core of the country's conscience with commentary steeped in scripture, refusing to back down whether the audience was a Jim Crow racist or a U.S. president.

"We ask you to help us work for that day when black will not be asked to get in back; when brown can stick around; when yellow will be mellow; when the red man can get ahead, man; and when white will embrace what is right," Lowery prayed at President Barack Obama's inaugural benediction in 2009. Lowery, 98, died on March 27 at home in Atlanta, surrounded by family members, they said in a statement.

He died from natural causes unrelated to the coronavirus outbreak, the statement said. "Tonight, the great Reverend Joseph E. Lowery transitioned from earth to eternity," The King Center in Atlanta remembered Lowery in a tweet. "He was a champion for civil rights, a challenger of injustice, a dear friend

to the King family."

Lowery led the Southern Christian Leadership Conference for two decades — restoring the organization's financial stability and pressuring businesses not to trade with South Africa's apartheid-era regime — before retiring in 1997.

Considered the dean of civil rights veterans, he lived to celebrate a November 2008 milestone that few of his movement colleagues thought they would ever witness — the election of an African American president. At an emotional victory celebration for President-elect Barack Obama in Atlanta, Lowery said, "America tonight is in the process of being born again."

An early and enthusiastic supporter of Obama over then-Democratic opponent Hillary Clinton, Lowery also gave the benediction at Obama's inauguration. "We thank you for the empowering of thy servant, our 44th president, to inspire our nation to believe that, yes, we can work together to achieve a more perfect union," he said.

In another high-profile moment, Lowery drew a standing ovation at the 2006 funeral of King's widow, Coretta Scott King, when he criticized the war in Iraq, saying, "For war, billions more, but no more for the poor." The comment also drew head shakes from then-President George Bush and his father, former president George H.W. Bush, who were seated behind the pulpit.

Lowery's involvement in civil rights grew naturally out of his Christian faith. He often preached that racial discrimination in housing, employment and

health care was at odds with such fundamental Christian values as human worth and the brotherhood of man. "I've never felt your ministry should be totally devoted to making a heavenly home. I thought it should also be devoted to making your home here heavenly," he once said.

Lowery remained active in fighting issues such as war, poverty and racism long after retirement, and survived prostate cancer and throat surgery after he beat Jim Crow. "We have lost a stalwart of the civil rights movement, and I have lost a friend and mentor," House Majority Whip, U.S. Rep. James E. Clyburn, said in a statement. "His wit and candor inspired my generation to use civil disobedience to move the needle on 'liberty and justice for all.' It was his life's work and his was a life well lived."

Former President Bill Clinton remembered walking with Lowery across the Edmund Pettus Bridge in Selma, Alabama, on the 35th anniversary of Bloody Sunday. "Our country has lost a brave, visionary leader in the struggle for justice and a champion of its promise, still unrealized, of equality for all Americans. Throughout his long good life, Joe Lowery's commitment to speaking truth to power never wavered, even in the hottest fires."

His wife, Evelyn Gibson Lowery, who worked alongside her husband of nearly 70 years and served as head of SCLC/WOMEN, died in 2013. "I'll miss you, Uncle Joe. You finally made it up to see Aunt Evelyn again," King's daughter, Bernice King, said in a tweet.

Student ministry leaders engage and innovate to connect with youth

By Tess Schoonhoven
BAPTIST PRESS

NASHVILLE, Tenn. — Social distancing should not mean social isolation, according to Alex Davies. The global pandemic COVID-19 has forced changes in how ministry leaders communicate with their congregations. It also has caused many to pause and rethink how they can effectively serve and teach while unable to meet in person.

When it comes to ministry to middle- and high-school students, Davies, pastor of worship and youth at Heights Baptist Church in Billings, Montana, emphasized efforts to become even more intentional in building community. "With the separation caused by the CDC's advice, we are constantly reminding the youth that social distancing does not mean social isolation," Davies said. "We are putting more effort into connecting with youth than we did before the pandemic crisis began."

To combat that loneliness, Davies said, connecting personally with the students is vital. And now, it's more challenging. Davies and other student ministry leaders around the world are facing the question of how to maintain those personal connections during a period when meeting in person is not an option. Various student ministries are em-

ploying methods including Zoom calls, Facebook Live broadcasts, partner Bible studies through bible apps like YouVersion, Google Hangouts and video chatting through apps like Marco Polo. The method and delivery format sometimes depends on whether the occasion is teaching the Bible to a group or having a conversation with a few participants.

Ben Trueblood, director of student ministry at LifeWay Christian Resources, said the innovation of student ministry activities now will permanently affect the very future of the ministry. "An exciting question to think about is, 'What if COVID-19 provided the space for teenagers from coast to coast in our country to truly engage with God's Word like never before?' That has revival energy all over it," Trueblood said.

Hoping for exactly that, Davies and his team have produced videos three times a week for their middle-school students, posting them to YouTube. The videos contain challenges, encouragements and questions.

The videos and the live broadcasts are meant not only to encourage and connect the students, but also simply to help fight boredom.

Davies has used Marco Polo, an app similar to Snapchat in function, to stay in contact with his

high school group. Using the app, users send video messages in a chat format; unlike Snapchat, they can be saved, paused and edited. "I post what I read that day but mostly keep the app focused on community-building," Davies said. "So far, we have had 90 percent engagement with the senior high and around 60 percent with junior high."

Other leaders in student ministry have found their vocation to be of help in this new outreach landscape. Jared Parks, student ministry small-group leader at Front Street Baptist Church in Statesville, works in the IT manufacturing world. He found making adjustments to platforms such as Zoom fairly simple, and was able to teach some other group leaders how to use Zoom for their meetings.

Even so, Parks said the biggest challenge is still getting connected to one another. "Virtual only goes so far," he said, adding that students are not only adjusting to virtual youth meetings, but also virtual school and saying the shift can be difficult.

But Parks said the overall reaction has been positive, adding: "The students seem encouraged that we're continuing to engage with them." The hope is to bring a sense of normalcy in a difficult time, Parks continued.



SIMON DAWSON

Britain's Prince Harry and Meghan, Duchess of Sussex, arrive at the Royal Albert Hall in London.

Harry and Meghan start uncertain new chapter

By Jill Lawless
THE ASSOCIATED PRESS

LONDON — Prince Harry and his wife Meghan officially made the transition Tuesday from senior members of Britain's royal family to — well, it's unclear. International celebrities, charity patrons, global influencers?

The royal schism that the couple triggered in January by announcing that they would step down from official duties, give up public funding, seek financial independence and swap the U.K. for North America became official on March 31. The move has been made more complicated and poignant by the global coronavirus pandemic, which finds the couple and their 10-month-old son Archie in California, far from Harry's father Prince Charles — who is recovering after testing positive for COVID-19 — and Harry's 93-year-old grandmother, Queen Elizabeth II.

"As we can all feel, the world at this moment seems extraordinarily fragile," the couple said in a final post Monday on their now-mothballed SussexRoyal Instagram account. "What's most important right now is the health and well-being of everyone across the globe and finding solutions for the many issues that have presented themselves as a result of this pandemic. As we all find the part we are to play in this global shift

and changing of habits, we are focusing this new chapter to understand how we can best contribute."

It is less than two years since ex-soldier Harry, who is sixth in line to the British throne, married American actress Meghan Markle at Windsor Castle in a lavish ceremony watched by millions around the world. Soon the couple began to bristle at intense scrutiny by the British media, which they said tipped into harassment. They decided to break free, in what Harry called a "leap of faith" as he sought a more peaceful life, without the journalists who have filmed, photographed and written about him since the day he was born.

Harry has long had an uncomfortable relationship with the media, which he blames for the death of his mother, Princess Diana. She died in a car crash in Paris in 1997 while being pursued by paparazzi.

Harry's unhappiness increased after he began dating Markle, then the star of TV legal drama "Suits." In 2016 he accused the media of harassing his then-girlfriend, and criticized "racial undertones" in some coverage of the biracial Markle.

It's clear that Meghan's upbeat Californian style — embodied in the glossy images and life-affirming messages of the couple's Instagram account — ruffled with sections of Bri-

tain's tabloid press, which is both insatiable for royal content and fiercely judgmental of the family members.

The couple — who are keeping their titles, Duke and Duchess of Sussex, but will no longer be called Their Royal Highnesses — had hoped to keep using the Sussex Royal brand in their new life. But last month they announced they wouldn't seek to trademark the term because of U.K. rules governing use of the word "royal."

The couple plans to launch a nonprofit organization for their charitable activities in areas including youth empowerment, mental health, conservation, gender equality and education. Harry will also continue to oversee the Invictus Games, the Olympics-style competition he founded for wounded troops. Meghan has been announced as the narrator of "Elephant," a Disney nature documentary.

But, for now, the couple's office said they want the world to focus "on the global response to COVID-19."

"The Duke and Duchess of Sussex will spend the next few months focusing on their family and continuing to do what they can, safely and privately, to support and work with their preexisting charitable commitments while developing their future nonprofit organization," the couple's office said in a statement.

AROUND THE TRIANGLE

FOOD

Inter-Faith Food Shuttle will continue operation under Stay-at-Home Orders. Donations can be made at www.FoodShuttle.org/Donate or delivered to 1001 Blair Drive, M-F, 8 a.m. to 3 p.m., and Saturdays 8 a.m. to noon. Call (919) 418-5718.

TRANSIT

GoRaleigh routes are now operating on a weekend schedule except for routes serving hospitals and other essential facilities. Visit www.goraleigh.org.

ONLINE

All Wake County Register of Deeds services will be provided online, by mail or using web video technol-

BUSINESS BRIEFS

RELIEF FUND

The N.C. Restaurant and Lodging Association has launched a relief fund for restaurant and hotel workers affected by COVID-19. Visit www.ncrestaurantrelief.com.

SMALL BUSINESSES

Orange County recently

ogy. Visit www.wakegov.com/rod.

AA

Tri-County Alcoholics Anonymous is having its meetings now online. Visit www.raleighaa.com and click on COVID-19.

CARY

The town has cancelled all meetings and events through April 30.

DURHAM CLINIC

USA Baseball will host two online community clinics April 4 & 8, noon to 3 p.m. Register at CoachClinics.org.

VIRTUAL CLASSES

Durham Arts Council is

going virtual. Register for arts classes at www.durhamarts.org.

GRANT

Duke Health has awarded a \$25,000 Building Healthy Communities Grant to Child Care Services Association to reduce obesity and increase physical activity in children up to 5 years old in Durham and Orange counties. Learn more at www.childcareservices.org.

CANCELLED

American Dance Festival has cancelled its 2020 season. To donate, visit www.americandancefestival.org.

DOLLAR GENERAL

Dollar General is giving a 10% discount to all medical personnel, first responders and activated National Guardsmen on qualifying purchases.

Visit newscenter.dollargeneral.com for more information.

approved an Emergency Small Business funding program for small businesses in the form of grants and loans.

The loans will have zero interest for up to \$20,000; the grants will be up to \$5,000. Applications accepted through April 10 at www.orangecountync.gov.

Women rising through NFL ranks

By Barry Wilner

NEW YORK — Sophia Lewin was 12 years old when she told her father about her career goal: coaching football. Her dad didn't exactly scoff, but he suggested perhaps scouting would be a more attainable profession.

Nowadays, there are women handling both jobs. According to 2019 research by the Institute for Diversity and Ethics in Sport, there are 73 female vice presidents throughout the league. The NFL's chief operating officer is Maryann Turcke. One-third of the working force in NFL offices is made up of women. Seven teams list women as owners and two more — Chicago and Super Bowl champion Kansas City — have a strong female influence at the top.

At the end of Women's History Month, maybe Lewin's dream isn't far-fetched at all now that she is 22 — and an assistant coach at Princeton.

Lewin and 39 others in entry-level college and high school football roles participated in the fourth annual NFL Women's Careers in Football Forum at the scouting combine in Indianapolis last month. To say the event can open doors is like saying Tom Brady owns a Super Bowl ring.

"The program was awesome," said Lewin, who has landed a summer position with the Bills. "To be at Indianapolis during the combine is pretty special and for all of them to give up their time from different teams and NFL executives — obviously, it's a very busy time for them."

The forum was begun by Sam Rapoport, the league's senior director of diversity and inclusion. The idea is simple: providing those opportunities. "On the football side, women are popping up in roles that were very traditionally only held by males: video and quality control, and scouting and football operations, and analytics," Rapoport said. "Now in coaching, I definitely don't think there are limits. We see women in strength and conditioning, in assistants' roles, and we have the first female chiefs of staff."

"Coach (Bruce) Arians put it best when he said a coach is a teacher, and if you can teach you can be a successful coach. That's certainly not specific to one gender."

As is being proved in a variety of places, including San Francisco, for which Katie Sowers coached in the Super Bowl in February. The Redskins hired Jennifer King last month as a full-year coaching intern with the offensive staff. King, a former pro player in the Women's Football Association, where she won a championship, also interned for the Panthers and was an assistant coach for the Alliance of American Football's Arizona franchise. She has an extensive basketball coaching resume, running the women's program at Johnson & Wales in Charlotte, also winning a national title.

King, too, attended the forum in 2018. She spent 2019 as an offensive assistant at Dartmouth — coach Buddy Teevens is a strong advocate of the NFL program — and helped the school win the Ivy League title. At the end of February, she also was at the combine. With a job.

"I work with the Redskins running backs and also help out with quality control," she says, noting that quality control means pretty much everything from breaking down film to preparing meetings to searching for talent. "I did some analysis of the running back guys and kept my eyes at the combine on people who might interest (the team)."

King gives full credit to Rapoport's program for helping her make inroads.

"The benefit of it is obviously access to head coaches and general managers and high-ranking people in football, and you don't get that access anywhere else," she said.

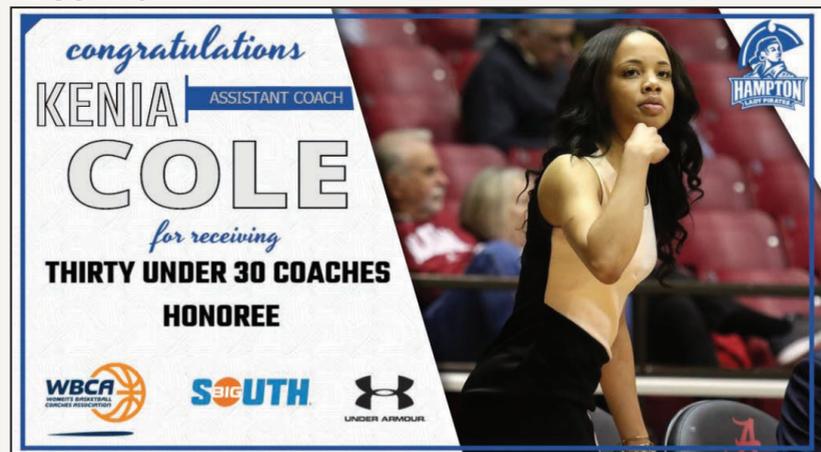
Sports

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The Triangle TRIBUNE

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HBCU BASKETBALL



Thirty under 30

By Bonitta Best

editor@triangletribune.com

Hampton women's basketball assistant coach Kenia Cole was named to the Women's Basketball Coaches Association Thirty Under 30 list for the second straight year.

The program honors 30 upcoming women's basketball coaches age 30 and under who have contributed significantly to community service, mentorship, professionalism and coaching involvement.

Cole played under Hampton coach David Six and was a part of the team that won four straight regular season titles and three tournament championships. This was her first season under Six.

"I hope to keep growing our game through service, leadership and mentorship for all future women's basketball players to come," Cole said.

The Pirates finished 18-11 and second in the Big South with a 14-6 record.

NCCU's Afriyie honored
North Carolina Central senior forward Paulina Afriyie was named a BOXTOROW First Team All-American.

The Bronx, New York, native averaged almost a double-double with 14.5 points and 9.6 rebounds per game — both team highs. She is the first NCCU women's player to be voted on a BOXTOROW All-America team.

Norfolk State senior guard Chanette Hick was named player of the year, and Bethune-Cookman coach Vanessa Blair-Lewis the coach of



Roger Ray

the year. Hicks led the MEAC in scoring (20 ppg.) and assists (5 per game). She also averaged 4.9 steals and 4.5 rebounds per game.

Blair-Lewis led the Wildcats to their fifth straight winning season and a second straight MEAC regular season title. BCU had earned an automatic bid to the WNIT before the season was cancelled.

First Team All-Americans
Ashley Bates, Hampton
Ciani Cryor, Texas Southern
Chanette Hicks, Norfolk State

Dariauna Lewis, Alabama A&M
Chelsea Mitchell, Morgan State
Niya Mitchell, Texas So.
Paulina Afriyie, NCCU
Ameysa Williams, Jackson State

Ray earns DII nod
Livingstone senior guard and 2020 CIAA Offensive Player of the Year, Roger Ray, earned BOXTOROW Division II Player of the Year Award.

Ray led the CIAA in scoring (23.6 ppg) and assists (5 per game), and was second in 3-point field goal shooting.

Miles coach Fred Watson earned the DII coach of the year after leading the Golden

Bears to a second consecutive SIAC Tournament championship. Miles finished the season 24-4.

First Team All-Americans
Glen Abram, West Virginia State
Avery Brown, Miles
Robert Colon, Winston-Salem State

James Eads, Tuskegee
Darweshi Hunter, Central State
Terrell Leach, Virginia Union
Cayse Minor, J. C. Smith
Roger Ray, LC
Chase Shellman, Spring Hill

More vacancies
Alabama State men's basketball coach Lewis Jackson resigned last week after 15 seasons with the program. The Hornets went 207-264 overall and 158-115 SWAC under his tenure.

Coppin State women's coach DeWayne Burroughs did not have his contract renewed. Burroughs posted a 22-95 record in four seasons at his alma mater.

And one that was overlooked last week: Antonio Davis is no longer women's head coach at Elizabeth City after three seasons. That makes five HBCU openings. Alcorn State released its women's and men's coaches last week.

COLLEGE CORNER

Riverside High hires NCCU alum

Former North Carolina Central great Andre George has been hired as the new Riverside High School football coach. George was a four-year starting defensive back for the Eagles from 2002-03, 2005-06.

He got his coaching start at Southern High under head coach Adrian Jones, where the Spartans won three straight PAC-6 championships. George later was

an assistant at his alma mater and helped produce star defensive backs Ryan Smith (Tampa Bay), CJ Moore and Mike Jones.

And speaking of Smith, Tampa Bay re-signed him to another contract extension. Kudos!

NCCU nuggets
Three baseball players were named to the Large School Division Elite Team last week.

Luis DeLeon and Vinny Bailey were named to the first team, and Colin Smith earned a second team nod.

DeLeon led the MEAC in RBIs with 24, and was second in batting (.393), slugging percentage (.689) and on-base percentage (.500). Bailey

batted .345, including a .473 slugging percentage and .446 on-base percentage. Smith batted .316 with six hits and one double.

Aggie Pride
See what winning will do for you. The Aggie Athletic Foundation recently announced that it had raised over \$1 million for North Carolina A&T athletics. Projects the AAF have supported over the years include increased scholarships, new videoboards and a new scoreboard. To become an AAF donor, visit www.aggieboosters.com.

SWAC still king
For 42 of the past 43 seasons, the Southwestern Athletic Conference has led all FCS conferences in football attendance. This year the conference is No. 1 again with an average of 15,666 fans per game. The Mid-Eastern Athletic Conference was second with 9,782 fans per game, followed by the Big Sky Conference, CAA Football and the Missouri Valley Football Conference.

Helping the SWAC remain king was Jackson State, the FCS top attendance leader with 33,762 fans per game. The only other HBCU team in

the top five was Alabama State at No. 4. Southern, N.C. A&T and Florida A&M finished in the top 10.

On the bad news side, the SWAC has cancelled its 100th year anniversary gala set for July 17 due to the coronavirus.

NFL Free Agency
NFL veteran defensive lineman Rodney Gunter recently signed a free agent contract with the Jacksonville Jaguars. The Delaware State alum spent five seasons with the Arizona Cardinals, where he recorded 126 tackles, including 11 sacks, two forced fumbles and a fumble recovery.

MEAC promotion
MEAC intern Jaylian Williamson has been hired by the Los Angeles Rams as their player engagement fellow.

Williamson was the conference office's compliance and championships intern.

"Athletics has the power to change people's lives," he said. "The experience of interning with the MEAC has provided me with an opportunity to work in athletics and be able to open the door for opportunities like the one I now have."

SPRING SPORTS



North Carolina Central baseball team.

Spring sports athletes get seconds

By Ralph D. Russo

THE ASSOCIATED PRESS

The NCAA will permit spring sport athletes — such as baseball, softball and lacrosse players — who had their seasons shortened by the coronavirus outbreak to have an additional year of eligibility.

The NCAA Division I Council voted Monday to give the athletes, regardless of their year in school, a way to get back the season they lost, but did not guarantee financial aid to the current crop of seniors if they return to play next year. Winter sports, such as basketball and hockey, were not included in the decision, declining to extend eligibility in sports where all or much of the regular seasons were completed.

The Division I Council is made up of college sports administrators representing all 32 D-I conferences, plus two members of the student-athlete advisory committee. How much scholarship money will be made available to each athlete whose college career would have ended this spring will be determined by the athlete's school. The amount could range from nothing to as much as the athlete had been receiving.

"We had long discussions around the fact that this does not avoid substantially difficulty circumstances, but what we felt was important was to localize decision-making and to ensure that we were as permissive as possible," said Penn athletics director Grace Calhoun, who is council chairwoman.

Schools also will have the ability to use the NCAA's Student Assistance Fund to pay for scholarships for students who take advantage of the additional eligibility flexibility in 2020-21.

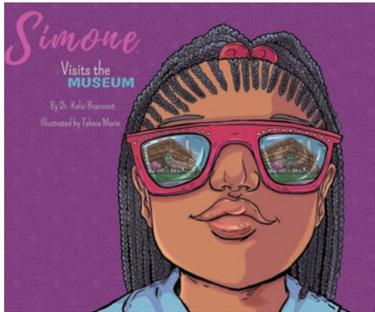
Roster and scholarship limits will be adjusted next season to fit returning athletes along with incoming freshmen.

Katie Hoeg, an All-American lacrosse player from North Carolina, said she has a teaching and coaching job lined up after she graduates this spring, but now plans to return for another season as a graduate student. "I'm choosing my passion," she said. "I can't imagine ending my lacrosse career the way this season is going. I was pretty hopeful this would be a possibility. I'm really excited this decision has been made."

NCAA Division I rules allow athletes to have four seasons of competition in a five-year period. Schools will be allowed to apply for waivers to restore one of those seasons for any athlete who competed while eligible in the spring season shortened by COVID-19 in 2020. But after the 2021 spring season, scholarship and roster limits will apply to those athletes.



BOOK



New children's book portrays black family life and culture

Simone Visits the Museum
By Kelsi Bracmort
Illustrated by
Takeia Marie

Black parents looking for ways to help their kids explore and understand all the opportunities and various community dynamics in Washington, D.C., especially the arts, now have a new book to help them explain what's taking place around them and to encourage them to explore all that D.C. has to offer.

Written by native Washingtonian Kelsi Bracmort, Ph.D., "Simone Visits the Museum" is the first book in a series about a young girl growing up in Ward 7 of Southeast D.C. Simone is an inquisitive and vibrant fourth-grader who lives with her parents, her older brother, Scott, and their adorable dog, Sophie. The book follows Si-

monne through an exciting day spent with her mother. The highlight of the day is a visit to the Smithsonian National Museum of African American History and Culture, where Simone misplaces something she values. In this story, she learns lessons about responsibility, paying attention to her surroundings, and the importance of family.

Bracmort came up with the idea for the book while spending time with Washington, D.C., youth as a mentor and through her everyday experiences in the city.

"Too many times the people who know very little about Southeast have the loudest microphone. Uninformed rhetoric hurts people. This book shows a side of D.C. that few people outside of Southeast are aware of such as that black family life in

this city is real, and it is beautiful. The book goes beyond the news headlines and digs deep into everyday happenings of family life," she said.

Illustrated by Takeia Marie, this book showcases the gorgeous neighborhoods in Southeast and other parts of the city with authenticity and intention. The book shares with the reader precious moments between a black mother and her daughter. It also demonstrates to children how to sit quietly at a café and do homework or read a book as you enjoy the beauty around you.

ABOUT THE AUTHOR: Bracmort is a talented writer who works for the U.S. Congress. She was raised in a solid two-parent household whose parents gave their all to ensure their kids were considerate and successful.

FILM REVIEW



Activist Louise Delisle and director Ellen Page in "There's Something in the Water."

Documentary: 'There's Something in the Water'

By Dwight Brown
NMPA NEWS WIRE FILM CRITIC

They're making a lot of noise up in Nova Scotia. Local activists of African and Native American descent are holding big businesses and the government accountable for polluting their water and causing an uptick in cancer cases.

They're sounding the alarm and applying pressure.

The surprising but very worthy champion of their efforts to expose environmental racism is actress Ellen Page (Juno, Inception), who hails from Nova Scotia.

She partners with co-director Ian Daniel and, with camera in hand, interviews some very special women who are fighting the good fight.

Louise Delisle, an African Nova Scotian, cites the many cancer deaths in her town of Shelburne, once a thriving refuge for freed slaves, of whom she is a proud descendant. With a folksy, homespun and welcoming manner, she takes viewers on tours through her South Shelburne district, a largely black neighborhood.

As she explains how a garbage dump filled with debris (from hospital equipment to animal carcasses) has leaked contaminants like arsenic into their water system, you take her seriously — like a

government official handling a crisis or a professor teaching.

She counts and names all her neighbors who've had untimely deaths, often from multiple myeloma. "It's killing us." She points to a house and continues: "All the family members that lived in that house died of cancer." On her side of town, locals use well water. On the white side of town, clean and safe water is piped into their houses. "Why are we any less than the people of their community?" The mayor doesn't want Louise to talk about the problem, but there she is on camera. Fearless and uncovering everything.

Next, Ellen and Ian visit Michelle Francis-Deny, who lives in the Boat Harbor region. Her area, a water basin, was once a haven for her indigenous people who fished there. Not anymore.

In 1965, the Scott Paper company hoodwinked her granddad, a chief, and misinformed him about the impact of their future pulp and paper mill's sewage.

The mill opened, the waters became polluted and the fish died right away. Michelle's relatives started dying of cancer. A way of life was gone. Now, Michelle is at the forefront of getting the mill to stop releasing their poison. Challenging Scott and the government, and leading

demonstrations against those who misled them with broken promises is showing results. Michelle: "I always felt I wasn't going to get a chance to grow old."

This kind of refreshing, grassroots, low-budget filmmaking reminds viewers of the power of documentaries. Anyone can grab a camera, find a noteworthy subject and share their findings with an audience. This time Nova Scotian activists and movie fans are lucky that that someone is Ellen Page. In the most humble but revealing way, she captures the fighting spirit of Louise and the two Michelles, sharing their stories, giving them an international platform and chronicling achievements. In the most basic way, Page is leaving a trail behind her that anyone can follow, in any kind of way.

Page and Daniel focus on the right people and crucial situations, by humanizing the activists, yet also making them appear saintly. After all, with their fierce determination and social activist strategies, they're the chosen ones. The messengers.

It's good when grassroots documentary filmmaking makes you want to get off your couch and do something worthwhile. Ellen Page sounds an alarm. Time to get active. Time to rise up.



Rosario Dawson, as Allegra Dill, from her new series "Briarpatch."

Rosario Dawson relishes being the lead on new TV drama on USA Network

By Gary Gerard
Hamilton

THE ASSOCIATED PRESS

NEW YORK — Rosario Dawson has graced both the big and small screens, in everything from dramas to comedies to Marvel superhero projects, yet she's rarely been cast as the lead in a project.

That has changed with her USA series "Briarpatch," where she plays fashionable political fixer Allegra Dill, who returns home to her Texas border town following the bombing death of her police officer sister.

She's turning over all stones, attempting to solve the murder in the quirky, gumshoe drama, which made its debut last month.

"I'm not used to being No. 1 on the call sheet and the few times that I have been small little indie films that I've produced myself," said Dawson. She says she doesn't take the series for granted: "I know a lot of actors who shoot pilots and then the show doesn't ever get picked up and continue. And then we did."

Dawson has consistently stayed busy both on Hollywood sets and political stages with former Democratic presidential candidate and current boyfriend, U.S. Sen. Cory Booker (Booker sat in on the interview, snapping pictures with his phone). However, she calls this her toughest role to date, balancing the strenuous physical challenges of the role with her personal battles pancreatic cancer.

The Associated Press spoke with Dawson about being a leading actor, inclusion in Hollywood and her longstanding commitment to political activism. Questions and answers have been edited for brevity.

AP: What's this role been like for you as the star of the series?

Dawson: I got to see all these different things, not just the intensity of the work and the rigor that's demanded, but really also the opportunity to be there every single day. There's so much of so many films and projects that I've worked on that I missed because I wasn't on set.

AP: You've always been vocal about representation, and even though streaming services have allowed for more diversity, it's doesn't seem to reflect that in awards shows like the Oscars.

Dawson: The gatekeepers of culture have looked in a very particular way for a really long time, and the reality is they still do. They had a very particular strong hold on what that content would look like. But now with streaming services, there's demand and they're starving for as much content as possible. So I think the financial aspect has definitely piqued people's interest to be more inclusive and more representative.

AP: Eva Longoria and Zoe Saldana joined the LA Colab initiative which hopes to double Latino representation in Hollywood by 2030. Do you think that can help?

Dawson: We have a lot more work to do, especially when you talk about the Latinx community, because we over-index online, we over-consume everything ... we're the largest minority in the country. ... The power is there — it's being recognized. But right now, it's mostly just being commodified and like taken in as a consumer sort of perspective and what we're really needing to (do is) push back.

AP: This is the 15th anniversary of Voto Latino, your voter mobilization organization, and you're also in a relationship with a former Democratic presidential candidate. Do you know who you'll support now?

Dawson: This year, and that's something Cory and I talk about actually quite a lot, is just how critical, and I think we're seeing that on a regular basis, just how critical it is to have representation that's actually repetitive of this nation in Congress and in the Senate. And so for me, that's probably my biggest focus now that he's no longer the front-runner that I can support in the presidential race ... But for me, more — not more than that — but I think, in equal terms, but in a sense more because it only happens every 10 years, is the census. That is something that is, I think, really, really critical. And we're going to see a lot of fervor around this presidential election, but we're not hearing nearly enough about the census. ... So that's something that I'm really pushing for.



Mural artist Gustavo Zermeno Jr. walks on a basketball court mural he dedicated to slain rapper Nipsey Hussle in Los Angeles.

Nipsey Hussle's legacy endures a year after his death

By Jonathan
Landrum Jr.

THE ASSOCIATED PRESS

LOS ANGELES — The year since Nipsey Hussle was gunned down has not diminished the rapper's legacy, but rather cemented it and continues to prove true his catchphrase, "The Marathon Continues."

March 31 marked the first anniversary of Hussle's death, and his

popularity and influence pushes forward as strong as ever. He won two posthumous Grammys in January, he remains a favorite of his hip-hop peers, and his death has reshaped his hometown of Los Angeles in some unexpected ways. Throughout the city, murals dedicated to Hussle have been painted, rival gangs have had peace talks, and a group of men convene in a cross-country book club to discuss

books recommended by the rapper.

"It shows you how powerful and great he is," said DJ Khaled, who won a Grammy with Hussle and Legend for "Higher" for best rap/sung performance. Hussle's song "Racks in the Middle" featuring Roddy Ricch and Hit-Boy took home an award for best rap performance.

"He was so much of a blessing as a father, entre-

Please see **HUSSLE/8A**



Coronavirus, sleep and your immune system

By Jason Wooden,
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SPECIAL TO THE TRIBUNE

We're living in interesting times these days with all the craziness surrounding coronavirus. In many parts of the country, we've seen a run on hand sanitizer and common everyday items such as toilet paper. And everyone is rightfully talking about hand washing and social distancing.

But let's not forget about our last line of defense, the immune system, and how important it is to keep it in top fighting form. Anything that handicaps it can increase your risk for severe illness from colds, the flu and coronavirus.

Which is why we need to talk about sleep. Sleep is important for keeping your immune system running efficiently. It's long been thought that sleep can help fight off infections, and sleep deprivation can make people more susceptible to colds or the flu.

Research has shown that when you don't get enough rest, your body makes fewer cytokines, the proteins that the immune system uses to target infections. Chronic sleep loss has also been found to make the flu vaccine less effective. According to the CDC, 1 in 3 Americans is sleep deprived. That's a whole lot of people who may be unknowingly handicapping their immune system.

What's worse is studies have shown that African Americans are more likely to get fewer hours of sleep than whites and Hispanics.

This black-white sleep gap means their immune systems could be even further behind the eight ball. And here's something else to think about...

By now, you should be aware that underlying health conditions can put you at higher risk for more serious complications from COVID-19. Did you know that ongoing insomnia has been linked with chronic conditions like diabetes and cardiovascular disease? Sleep issues can also worsen asthma symptoms.

Making matters worse is the high prevalence of undiagnosed sleep disorders such as sleep apnea. It's a common condition in which breathing repeatedly stops during the night. Sleep apnea is a real sleep killer because it keeps you out of deep restorative sleep. Altogether, that's a lot that could be handicapping your immune system. It's also a whole lot of motivation to take your sleep way more seriously.

Now we get to the good news. Unlike hand sanitizer, sleep is not something you have to wait in line for at your local Walmart or Costco. You don't have to worry about it selling out. It's in your control, and you can get more of it right at home if you start making changes tonight.

If you're serious about sleep, start with practicing good sleep hygiene, the everyday things you do to set the table for a great night of restful sleep:

- * Keep regular wake-up and sleep times.
- * Avoid naps.

* Exercise during the day.

* Avoid large meals, alcohol or stimulants such as caffeine before bedtime.

* Maintain a bedtime routine to wind down.

* Keep your bedroom quiet, dark, and cool.

* Avoid electronics use in the bedroom.

Even if the coronavirus has caused changes to your daily routine and you're spending more time at home than usual, you should stick to a regular routine as much as possible. The National Sleep Foundation recommends that you get seven to eight hours of sleep at night. Depending on where you live, you may need earplugs to block out neighborhood noises. (One old-fashioned remedy for this is to use a fan to create "white noise.") You can try a face mask or blackout curtains if you're dealing with excessive nighttime lighting.

You should also limit your use of electronics at bedtime. Yes, I'm talking about all electronics: TVs, tablets and smartphones. They emit bright blue light which can throw off your natural sleep cycles and leave you wide awake.

Lastly, you may want to check in with a doctor. Many other health issues and prescription drugs can sabotage sleep. You also may be living with undiagnosed sleep apnea.

Jason Wooden, a founder of BetterSleepSimplified.com, has worked for over 20 years in biomedical research and health care technology.

E-learning: Wake school teachers get new laptops



Hundreds of Wake County school teachers received new laptops to connect with their students. The computers were funded by the 2018 bond.

Beware of telephone scammers during pandemic

STAFF REPORTS

North Carolina citizens are being warned to be extra vigilant as scam callers are likely to ramp up their activity over the next few weeks to take advantage of people being at home due to the current coronavirus outbreak.

In a bid to beat the scammers who are likely to take advantage of this extraordinary situation, CPR Call Blocker has compiled the top five active scams that people should watch out for over the next few weeks:

1. Fake test kits scam: someone may call claiming to offer free coronavirus testing kits and will ask you for your personal information and health insurance details. A common version of this scam targets diabetic individuals that are higher risk, where a scam caller will offer both a free test kit and a free diabetic monitor.

2. FDIC scam: callers posing as employees from the Federal Deposit Insurance Corporation will ask you for sensitive information over the phone as a precondition to receive federal money. The FDIC would never make unsolicited phone calls asking for personal information and money, and especially would not put pressure on you or threaten you.

3. Charity scam: a caller claims to be from a charitable organization collecting donations for individuals, groups or areas affected by the coronavirus. The caller will ask you to send cash donations in the mail, by wire transfer or by gift card.

4. Health care provider scam: callers pretending to work for a health care provider will tell you that a relative or friend has been treated for coronavirus, and then demand immediate payment before threatening legal action if you

don't pay.

5. Student loan scams: a caller tells you that new measures due to the coronavirus outbreak will have an effect on your student loan, and you need to call a different phone number to find out how the new measures will impact your future payment obligations. If you call this number, a scammer will ask for personal information.

To stop receiving scam and nuisance calls:

* Register with the national Do Not Call Registry at DoNotCall.gov.

* Don't consent to being contacted. Get your phone number taken off directories and look out for tick boxes on all marketing correspondence to see if ticking or unticking them will prevent your details being passed on to third parties.

* Consider getting a call blocker.



North Carolinians urged not to have hairdressers visit homes

THE ASSOCIATED PRESS

RALEIGH — North Carolina residents are being urged by officials not to set up house calls for hairdressers and massage therapists during the stay-at-home order for the coronavirus outbreak, saying such arrangements put those providers at both professional and health risks.

Since all salons and spas have closed, officials say some providers have been offering or getting requests

to make house calls, WRAL reported on Monday.

Providers who make house calls could lose their license and face a misdemeanor charge.

New restrictions on business operations and prohibitions of gatherings of more than 10 people issued by Gov. Roy Cooper were set to take effect at 5 p.m. Monday.

Several urban counties and some cities already began enforcing similar orders late last week.

Lynda Elliott, executive director with the N.C. Cosmetic Arts Board, says that since people working in the industry are hands-on with the client, there's no way to keep six feet apart.

"What happens if you are the person that ends up spreading COVID-19 and individuals die because you weren't adhering to that social distancing? I think people are not understanding what could happen or the severity of it," Elliott said.

Hussle's legacy endures a year after his death

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preneur, an incredible artist and young mogul," said Khaled, who took part in a poignant Grammy tribute to Hussle. "We learned a lot from him, and we're still learning. His music spoke volumes. It touched people in different ways. I was blessed to work with him."

Hussle's allure grew to new heights after he was killed outside of his South Los Angeles clothing store, The Marathon. The rapper's alleged shooter, Eric Holder Jr., is in a Los Angeles County jail awaiting a trial that was expected to begin by late spring, but proceedings have been delayed because of a court shutdown over the coronavirus. A grand jury indicted Holder for murder for Hussle's killing and attempted murder after two men who were standing next to the rapper were wounded. Holder has pleaded not guilty. Testimony released last year provided a detailed accounting of what led up to the killing, including a conversation between Hussle and Holder that discussed snitching.

After Hussle's death, an unexpected cease-fire de-

veloped between some rival gang members. "It created an opportunity for conversations to happen, for communication to happen, for leadership to happen that maybe wouldn't have happened otherwise in the memory and spirit of Nipsey Hussle," Anne Tremblay, director of Gang Reduction and Youth Development program in Los Angeles, said earlier this year.

The 33-year-old rapper, whose real name was Ermias Asghedom, was an Eritrean-American father of two who was engaged to actress Lauren London. He was a beloved figure for his philanthropic work that went well beyond the usual celebrity "giving back" ethos. Following his death, political and community leaders were as effusive in their praise as his fellow hip-hop artists. "The biggest thing that he left behind in his legacy is to go the extra mile for other people and be aware of your community," singer Tinashe said in an interview last week. "That spirit is really important. It's important to bring people together. I think that's part of his message. It's looking out for one another."

The rapper was also a wildly popular figure among professional athletes, especially those based in LA, where he was a regular on the sidelines. Players admired him for his community building.

After years of selling his highly popular mixtapes out his car trunk, Hussle broke through in 2018 with "Victory Lap." His critically-acclaimed, major-label debut album on Atlantic Records earned him his first Grammy nomination, though he lost out to Cardi B's "Invasion of Privacy."

Rapper Slim Thug called Hussle's music "timeless." "You can go back and listen to his old music and find these gems just like you're listening to on 'Victory Lap,'" said Thug, who recorded the song "Go Long" with Hussle and Z-Ro. "He's got so much old music I listen to. It's timeless, because he's a storyteller. His music doesn't get dated. I hate that he's not here in the flesh and seeing the praise he certainly deserves. A lot of people didn't even know about him until he passed. I hate to see that he had to pass to get his shine."

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