

# Sanders and SWAC a perfect marriage

I tried to blow off Deion Sanders' much ballyhooed hiring at Jackson State. After all, he's not the first former professional player to coach at an HBCU, and while there have been some successes, there have been flops as well.

For every Doug Williams at Grambling State or Sam Washington at North Carolina A&T success stories, you have

Doug Overton at Lincoln (Pa.) or - yes, I must say it again - Robert Brickey at Shaw. Terrible, terrible hires.



BONITTA BEST

Think SWAC coaches aren't getting sick of "Prime Time" and his, well, prime time exposure? They read the same newspapers or social media accounts, and watch the same sports shows that we do. And they have egos, too.

Sure, Sanders is good for the conference - and maybe HBCUs in general - but that feel-good party is going to get old and tired real soon.

For Jackson State, however, the good times are rockin' and rollin'. Sanders just snagged a three-star recruit in defensive tackle Braezhon Ross from Las Vegas.

Ross announced on Twitter that he was "110%" to the Tigers. He reportedly chose JSU, or rather Sanders, over Arizona, Arizona State and Colorado.

Ross joins another highly rated high schooler, defensive lineman Jeremiah Williams; Jammie White, a Mississippi Gulf Coast Community College transfer defensive end; and Mississippi State transfer cornerback Javorrius Selmon to JSU since Sanders was hired barely a month ago.

Sanders' presence has also upped JSU athletics' marketing value. According to the university, the value increased by an estimated \$19 million in nine days after Sanders came aboard.

"Prime Time" had endorsement deals with Subway and Under Armour when he arrived at JSU. Reportedly he's in discussions on a reality TV show following him on campus.

In addition to the money, the athletics department finished first among non-FBS program in social media engagement for the month of September. JSU beat out such FBS programs as Duke, Florida State, South Carolina and Kansas.

"Neon Deon" couldn't have chosen a better setup in the SWAC. The conference has led the NCAA in FCS football attendance 42 of the past 43 seasons, with JSU at the top of that food chain. Mind you, the Tigers haven't had a winning season since 2013. They did finish 5-5 in 2018.

"This further proves that we have the best fan base in Mississippi and across the country," said JSU Director of Athletics Ashley Robinson. "In Mississippi, it's often discussed that there is the Big 3. When mentioning the Big 3, Jackson State rightfully belongs in that discussion."

While Sanders is JSU's biggest sports moment, the athletics department was having a banner year before he arrived.

Thomas "Snacks" Lee - remember him? - electrified social media when, as team manager of the men's basketball team, he donned a uniform on senior night and nailed a 3-pointer that sent the gymnasium into a frenzy. His sports moment won an Espy for Cant-Stop-Watching Moment Award beating out Olympic champion Simone Biles' quadruple flip and others.

And the women's soccer team produced a quarantine video that also went viral.

HBCUs, Lord knows, have their challenges, but athletics departments like Jackson State show that when you have the support of your president/chancellor, a rabid fan base that keeps coming back, and a kick-butt social media/sports marketing department, anything is possible.

# Sports

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## COLLEGE CORNER



Brehanna Daniels is a rising star in NASCAR.



N.C. A&T State women's bowling coach Kim Terrell-Kearney.



Norfolk State alumna Chanette Hicks.

## Norfolk State alumna succeeding at NASCAR

Norfolk State alumna Brehanna Daniels continues to shine on the racing circuit.

Daniels received a Crew Member award at the 13th annual NASCAR Driver for Diversity Awards. In 2018, she became the first black woman to pit in NASCAR's top series. She followed that up in 2019 by becoming the first black woman and first black graduate of the diversity program to pit at the Daytona 500. Teammate Breanna O'Leary joined her in Daytona.

Daniels attended Louisiana State University before transferring to the Spartans, where she played on the basketball team for two seasons.

"As we continue in our mission to enhance diversity across this great sport, we are inspired by the stories and efforts of so many leaders within the industry who are setting positive examples and driving meaningful change," NASCAR President Steve Phelps said. "We are proud to recognize these 10 individuals and organizations whose hard work and accomplishments are having a profound impact and contributing to a more di-

verse and inclusive NASCAR."

**St. Aug's gets new FAR**  
St. Augustine's sports management professor Umar Muhammad has been appointed the university's new faculty athletic representative.

The latest is another in a long list of job titles Muhammad has, including head coach. He and Mark Janas made history this summer after being selected to head up the Falcons inaugural cycling team, the only HBCU team in the country.

"Our student-athletes have to manage their academic and athletic pursuits daily, but especially now during this pandemic and after, it becomes even more important to surround them with relationships that can support them," he said.

The Durham native is president and founder of USports Consulting. Several years ago, he helped run the Bull City Legacy, a professional basketball team that played in the Tobacco Road Basketball League. He is also pursuing his Doctor of Education in sports man-

agement from the U.S. Sports Academy.

**Homecomings**  
North Carolina Central has raised just under \$165,000 in its virtual homecoming campaign. The goal is to reach \$750,000 by Oct. 31, so there's still much work, uh, money to do. Chop shop, folks!!

\* Over in Raleigh, the Shaw U vs. Corona virtual homecoming is Oct. 19-25. Alumni are being asked to send what they would normally spend at homecoming. There will also be some virtual events. Visit [www.shawu.edu](http://www.shawu.edu).

**Bowling history**  
North Carolina A&T women's bowling coach Kim Terrell-Kearney recently made history by becoming the first woman to coach an all-female team in the Professional Bowlers Association.

"This is a great honor to have the chance to work with the best women in the world," Terrell-Kearney said. "The women get a chance to compete with the men, the best in the world,

Please see **NSU/2B**



## NC A&T coach copes with team, virus

N.C. A&T SPORTS INFORMATION

EAST GREENSBORO - The 2020-21 women's basketball season was going to be a challenge for North Carolina A&T head coach Tarrell Robinson before a pandemic invaded the world.

Robinson's Aggies lost to rival N.C. Central by two points in the quarterfinals of the MEAC Tournament and that team featured experienced seniors. Unknown to anyone at Norfolk Scope Arena at the time, that March 12 game would be the final day of college basketball season.

COVID-19 hit around the country that shut down sports and the gymnasiums worldwide. The loss led Robinson and his staff back to the drawing board to rekindle Aggies women's basketball's championship ways. Meanwhile, from a student-athlete perspective, the loss was difficult enough without the complication of the virus forcing gyms closed, making it hard to maintain good conditioning.

When Robinson was able to get the student-athletes on campus for the first time during the summer, he had to take it slow with them. "They were off for so long when the nation was quarantining, obviously they didn't have access to a gym or the facilities," he said. "We asked them to get some cardio outside. But when we got back here, we took small steps. We didn't jump right into anything. We kind of built toward the conditioning and the physical and mental part. Now we're full go."

Without COVID, Robinson's preseason would still be difficult as he welcomed 10 newcomers, including eight freshmen. Only four student-athletes return that played at least 15 games, as guard Deja Winters and forward Jayla Jones-Pack return for their senior seasons.

Junior guards Jasmen Walton and Kennedy Boyd each return for another season. The first official practice is Oct. 15. Robinson brought in his new team in

Please see **A&T/2B**

## NCAA won't increase games

By Greg Johnson  
NCAA.ORG

The Division I Men's and Women's Basketball Oversight Committees on Monday reaffirmed their positions on reducing by four the maximum number of games that teams can play in the 2020-21 season.

In men's basketball, teams can compete in a maximum of 25 regular-season games if a team does not participate in a multiple-team event; 25 regular-season games and one multiple-team event that includes up to two games; or 24 regular-season games and one multiple-team event that includes up to three games.

In women's basketball, teams can compete in a maximum of 25 regular-season games if a team does not compete in a multiple-team event or 23 regular-season games and one multiple-team event that includes up to four games.

The committees, which met virtually, thoroughly discussed whether a blanket waiver should be applied to permit a school to participate in a maximum of 27 games with no multiple-team

Please see **BASKETBALL/2B**

## A&T's Robinson copes with young team, virus

Continued from page 1B

the summer and worked the team out in small groups, following social distancing guidelines with no more than 10 people in the gym at a time. "We brought them in and, just like anybody in the country, were able to bring their players in and start the process with a limited number of people on campus as far as procedures and guidelines," Robinson said. "Each player has their own basketball, and we check the temperatures when they come in."

Then school started a little different this year with some classes online as well as in person. Even the practices are different. About a month ago, the NCAA decided to push the start of college basketball almost two weeks later to Nov. 25, a day before Thanksgiving. The later start date helps Robinson to connect with his young team in preparing for the season.

## Basketball oversight committees maintain maximum limitations

*Current legislation passed in September remains unchanged*

Continued from page 1B

events, if certain conditions were met. Committee members are aware of the scheduling difficulties teams are experiencing due to the uncertainty wrought by the COVID-19 pandemic. "The Division I Council supported the oversight committee's maximum contest limitations proposal in September," NCAA Senior Vice President for Basketball Dan Gavitt said. "The oversight committee members believe amending the legislation now could further delay the scheduling process and possibly create unintended consequences."

While the waiver process exists for schools to request relief from maximum contest limitations, both oversight committees have indicated they are unlikely to support such waivers.



Build-your-own brat bar

## Great game-day grub

FAMILY FEATURES

While you may not be able to enjoy game day with thousands of your closest friends at the stadium this year, that doesn't mean you can't still enjoy tailgate-worthy grub at home with a smaller group of friends and loved ones.

Step up your home-gate with an appetizing pre-game lineup featuring customized hot dogs and bratwursts as the main course with other plate-filling appetizers on the side to keep the noshing going right up to game time. Find more game day recipes worth cheering about at Culinary.net.

First, build-your-own brat bar, and don't skimp on the toppings.

A bacon-wrapped winner Creating a mouthwatering game day spread is all about teamwork, and it's hard to find a better set of teammates than crispy bacon and potatoes. Take one to the house with these pigskin potatoes that cut down on prep time and cleanup as an easy-to-eat finger food that can be made in advance. Just prep the potatoes and wrap with bacon a day or two ahead of time, then throw in the oven an hour or so before kickoff.

Your base ingredient in



Pigskin potatoes

these tasty, touchdown-worthy snacks, Wisconsin Potatoes, are low in calories, high in fiber and a source of vitamin B6, potassium, vitamin C and antioxidants. Find more game day inspiration at eatwisconsinpotatoes.com.

**Pigskin Potatoes**  
Prep time: 20 minutes  
Cook time: 44 minutes  
Serves: 8

1-1/2 pounds Boomer Gold Little Potatoes  
6 ounces plain cream cheese, at room temperature  
1/3 cup orange cheddar cheese, finely shredded  
3 tablespoons fresh chives, finely chopped  
1/8 teaspoon salt  
1/8 teaspoon pepper  
jalapenos, to taste (optional)

1 pound bacon, thinly sliced, rashers cut in half

Preheat oven to 400 F. Boil potatoes until fork tender, approximately 15-20 minutes. Cut in half and allow to cool. In bowl, use spatula to combine cream cheese, cheddar, chives, salt, pepper and jalapenos, if desired.

Once potatoes cool, spread cream cheese on one half of each cut potato and sandwich using other half. Wrap each potato using half rasher of bacon around cut middle to secure cheese filling. Bake on middle rack 10 minutes to allow bacon to set. Flip and bake 10 minutes. Turn oven to broil. Broil 2 minutes, turn and broil 2 minutes until bacon reaches desired crispiness.



COURTESY

Raheem Morris

## Falcons name interim replacement for Quinn

By Charles Odum

THE ASSOCIATED PRESS

ATLANTA — The poor performance of Atlanta's defense under the leadership of Raheem Morris won't matter if Morris finds a way to win as the Falcons' interim coach. The more Morris wins, the better he'll look to Falcons owner Arthur Blank as perhaps more than just a temporary replacement for the fired Dan Quinn. With 11 games remaining, Blank figures it's a perfect audition opportunity for Morris.

Can Morris, elevated Monday to interim coach, be a candidate for the full-time job? "Absolutely," Blank said, adding with a smile, "if Raheem ends up 11-0, he'll certainly be a candidate."

Morris is in his sixth season with the Falcons and was in his first as defensive coordinator. His previous experience as a head coach helped him earn the support of Blank and team president Rich McKay as the choice to lead the team the remainder of the season. The Falcons fired Quinn on Sunday night, hours after the team fell to

0-5 for the first time since 1997 with a 23-16 loss to the Carolina Panthers. Blank also fired longtime general manager Thomas Dimitroff.

Blank said Quinn and Dimitroff agreed there was a mandate to make the playoffs "or bust" this season following consecutive 7-9 finishes the last two years. "It's pretty clear when you go 0-5 that is not going to happen," Blank said. "We felt we had given both gentlemen a long period of time to create the winning environment ... and they both hadn't done it. It was the right decision at this point, we think."

When firing Quinn and Dimitroff, the Falcons announced McKay would take control of football operations on an interim basis and also assist Blank in the search for a full-time coach and general manager. McKay and Blank said it may not be necessary to hire the GM before the coach. They said decisions about the future direction of the team, including veterans, would be made by the new hires.

Morris could become a candidate if the Falcons,

who play at Minnesota on Sunday, can revive their season. Blank noted 11 games provides an unusually long opportunity for an interim coach to make his mark. "This is, I think, to Raheem's advantage," Blank said. "I know his aspiration is to be a head coach again. I think in 11 games he'll have a chance to show his own capabilities, and I think he's looking forward to that."

Morris was 17-31 as coach of the Tampa Bay Buccaneers from 2009-2011. His team finished 10-6 in 2010, marking the best turnaround in franchise history following a 3-13 finish in 2009. He was the choice as interim coach despite being in charge of a defense which ranks near the bottom of the league in passing, total yards and points allowed.

Morris opened the 2019 season with Atlanta's wide receivers before being switched to the secondary. The move was seen as a major reason Atlanta went 6-2 in its final eight games.

"A lot of the change he was the catalyst for," Blank said. "We'll see if he'll be able to do that this year."

## Norfolk State alumnae making waves in sports

Continued from page 1B

and see where we stack up. We have five girls that believe they can win."

Terrell-Kearney was also named an assistant coach for Team USA.

**From college to pro** Norfolk State alumna Chanette Hicks will begin her professional career in Switzerland.

The 2019-20 MEAC player of the year and defensive player of the year inked a deal with Esperance Sportive Pully in the Swiss Basketball League. Hicks led the MEAC in scoring, assists and steals.

### Partnerships

Academy Sports + Outdoors has entered into new multiyear partnerships with the SWAC and SIAC.

"Academy Sports + Outdoors has made a significant investment within our league and local com-



Muhammad

munities with this partnership," said SWAC Commissioner Charles McClelland. "We're extremely excited to welcome them to our family of sponsors as our overall core values and principles align in many

facets, and we view this partnership as one that's mutually beneficial."

Too bad more companies still don't have a clue how beneficial HBCU sports sponsorships can be.



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Marvin Sapp, pastor of The Chosen Vessel Cathedral, poses for a portrait in Fort Worth, Texas.

## Marvin Sapp on new album and pandemic at new Texas church

By Jonathan Landrum Jr.  
SPECIAL TO THE TRIBUNE

LOS ANGELES — Even though Marvin Sapp finished recording his new album before the coronavirus rocked the world, the gospel singer believes his prophetic message of enduring transition and change still resonates during the pandemic.

Sapp says his songs about being fearless of the unknown was heavenly sent for his 12th album, "Chosen Vessel," out this week. While recording, he did not expect to release a gospel project during the pandemic, but he hopes his album can help listeners overcome uncertain change in the same manner as him.

Sapp, an 11-time Grammy nominee, is best known for the platinum-selling hits "Never Would Have Made It" and "The Best In Me." Last year, he resigned as pastor of the Michigan-based Lighthouse Full Life Center Church, where he remains a chairman of the board of directors. He made the move to Fort Worth, Texas, where he is pastor of Chosen Vessel Cathedral.

With Sapp being a widower and his three children leaving him with an empty nest, he said the move was a "fresh start." His wife died from complications with colon cancer in 2010.

In a recent interview, the singer spoke with The Associated Press about the meaning of his album's title, how he's handled the pandemic with his congregation and the role of gospel music in today's society.

**AP:** Your album and church have the same name. What led you to call your album "Chosen Vessel"?

**Sapp:** I didn't name my album "Chosen Vessel" after my church. Honestly, that would have been a great marketing piece. I went with the name because I'm flawed, I make

mistakes, I have fallen short. But despite it all, God decides to still use me. He chose me when I wasn't worthy of being chosen. We all have flaws, things we must overcome. But no matter what, when God chooses you, you are qualified based upon his choosing.

**AP:** How do you think your album will uplift listeners during the pandemic?

**Sapp:** We weren't even thinking about the pandemic while writing the songs. But it feels good to know that you had a hand on the pulse of what was about to happen. The mind of God. The heart of God was to give a musical message of encouragement. It was foretelling.

**AP:** Why make the move from Michigan to Texas?

**Sapp:** Believe it or not, I had three prophetic gifts come and tell me that I was leaving Grand Rapids. I thought on it for two years. It's one thing to know it. It's another thing to experience it. When God wants you to go — no matter how hard you fight to stay — he always wins.

**AP:** How tough was it to walk away from your church and hometown?

**Sapp:** That was the real struggle. It's easy when you walk away when you're 22, because you don't have much. ...But at 52, you know, this is God, because you're too old to be starting over. I left everything. I still have furniture in storage. I just packed my bags and moved here. I told myself that I want a fresh start. Honestly, it was the best decision for not only me, but also the church I founded in Michigan.

**AP:** How did you deal with the pandemic at your church?

**Sapp:** We were forced into a space that they weren't comfortable with. Technologically in Michigan, we were savvy. We had LED walls and top-of-

the-line 4K cameras. I got down here, they didn't have any of those things in place. For the first six months, we were just putting everything into place technologically-wise. I didn't foresee COVID ... but we shifted our membership to understand the importance of going digital.

**AP:** Some pastors are allowing members to attend church in-person. Have you done the same?

**Sapp:** Being in a red state, everybody is having church. Some churches are at 75% capacity. Some evangelical churches are jammed packed. But I understand the demographic of my church. I just started having in-person services. However, we are only allowing 125 people in a sanctuary that sits 1500. We totally do what the CDC requires. Everyone must wear a mask. We're making sure everybody is six feet apart. We have a professional team sanitize the sanctuary before and after services.

**AP:** Did your new congregation push to have in-person services?

**Sapp:** No. I surveyed my ministry to see who was ready to come back. ...About 80% of my members said they wanted to leave it (virtual). However, there was the 20% that really missed sitting in the sanctuary. So we opened up for them. We do it via reservations.

**AP:** What role does gospel music have in these times?

**Sapp:** Right now, we need a message of hope. When people are going through it, they may enjoy listening to different R&B and hip-hop artists. When they need messaging that's encouraging and uplifting, they got to go to the gospel. Gospel simply means good news. My whole livelihood has shutdown. Now, I have to live off what I've been singing about. That gospel message is what the entire world needs to hear.

### AROUND THE TRIANGLE

#### APEX APPRECIATION

A drive-thru appreciation service for Rev. Orlando and Marie Dowdy is Oct. 24, 1-3 p.m., Holland Chapel AMEZ, 360 Burgess Rd.

#### KNIGHTDALE CONVERSATION

Man Up Barber Shop Talk on community policing is Oct. 22, 6 p.m., Faith Baptist Church, 2728 Marks Creek Road.

#### MORRISVILLE CAR WASH

The Car Wash Lodge's Haunted Car Wash is Oct. 23-24 & 30-31, 6-10 p.m., 1004 Morrisville-Carpenter Road.

#### RALEIGH COMMUNITY

Annual Crosby Community Day is virtually Oct. 16-18. Email [dynasty.winters@wake.gov](mailto:dynasty.winters@wake.gov).

#### FAIR

Wake County 4-H Virtual

Youth Fair Day deadline is Oct. 19. Wake County youth ages 5-19 can enter. Visit [wake.ces.ncsu.edu](http://wake.ces.ncsu.edu).

#### HIP-HOP

Hip Hop Caucus will hold a virtual tour rally Oct. 20 in NC to mobilize voters. Register at <https://respectmyvote.com>.

#### FUNDRAISER

FOR Quality Long Term Care will host its online fall celebration Oct. 23, 7 p.m. Visit [FORLTC.org](http://FORLTC.org).

#### QUICK PASS

Drivers who haven't paid their NC Quick Pass bill have until Oct. 26, when billing procedures resume. Visit [ncquickpass.com](http://ncquickpass.com).

#### VETERANS

A veterans resource guide is now available for active duty and retired veterans. Copies are available at various sites or online. Visit [www.milvets.nc.gov](http://www.milvets.nc.gov).

#### DURHAM GOTV

GOTV concert hosted by NC musicians and organizations is Oct. 18, 6:30-8 p.m. Visit [VoteNC.org/party](http://VoteNC.org/party).

#### HALLOWEEN

Durham Parks & Recreation is hosting virtual and drive-thru Halloween events:

\* Oct. 23, 11 a.m. to noon - virtual costume party. Pick up supplies at Edison Johnson Recreation Center, 500 W. Murray Ave.

\* Oct. 23, 6-9 p.m. - drive-thru Fright Night, 400 E. Woodcroft Pkwy.

#### CONVERSATIONS

\* Members of Urban Bush women will be interviewed via Zoom, Oct. 23, noon.

\* Members of Ranky Tanky will be interviewed via Zoom Oct. 24, 8 p.m. as part of Duke Performances. Visit [tickets@duke.edu](http://tickets@duke.edu) for both.

## CP supports college ministry at Alabama HBCUs

By Diana Chandler  
THE BAPTIST PRESS

MONTGOMERY, Ala. — Zachary and Nicole Beasley met and professed salvation while attending campus ministry at Tuskegee University. Today, the parents of four are serving in college ministry themselves.

Beasley's full-time work as a campus minister at Alabama State University, where Nicole helps as a volunteer, is the second Alabama Baptist ministry at historically Black colleges and universities. With the support of the SBC Cooperative Program, Alabama Baptists have served for decades at Alabama A&M, and are planning an on-campus outreach at the Beasleys' alma mater.

The Cooperative Program pays Beasley's salary, but he said what he appreciates most about the funding mechanism for Southern Baptist missions and ministry is the encouragement from fellow pastors and ministers. "It's one thing when someone writes a check. It's another thing when they call on you and they write a check," Beasley said recently, a year after he joined the Alabama Baptist State Board of Missions as a full-time campus minister.

"Through the Cooperative Program, I've had ministers and pastors reach out to me that have just called and said, 'Hey, we're having a meeting. We want to meet you. We want you to meet some other people, and we want to pray for you.' They're just very supportive outside the typical support, the financial support, which is such a blessing."

Beasley continues to serve alongside Nicole as youth and college ministry leaders at Strong Tower Church in Montgomery, a former nondenominational congregation that became Southern Baptist about six years ago. Strong Tower is a ready worship and volunteer location for students reached by the ASU campus ministry. Strong Tower Lead Pastor Terrence Jones was instrumental in launching the Alabama Baptist ministry at ASU. Jones, who is also a Tuskegee graduate — he accepted Christ during a campus ministry outreach



Zachary and Nicole Beasley and their children.

years ago — approached state missionary Rick Lance about starting campus ministries at ASU and Tuskegee. Lance agreed.

"I think under Dr. Lance, a real emphasis has been made in Alabama about building bridges with African Americans," Jones said. "When I presented the idea to him, he immediately jumped on it and literally told me that if I could find someone that I would recommend for them to hire, that they would strongly consider it."

Jones recognized Beasley's heart for college ministry. While Beasley was at Tuskegee, current Strong Tower Associate Pastor Alonzo Brown met him at an area event and helped disciple him. "We knew his heart for ministry was the same as ours," Jones said of Beasley.

For Lance, the college ministry posts at HBCUs speed the fulfillment of his vision and passion to fulfill the Great Commission by spreading the Gospel and fostering discipleship. They had planned to begin a campus ministry at Tuskegee this fall, but the COVID-19 pandemic has delayed the timeline for perhaps a year. "Zach is a Tuskegee graduate, and we are glad to have him on our

team of state missionaries for such a time as this," Lance said.

The Alabama State ministry grew to as many as 40 students before the pandemic, Beasley said. As the pandemic forced the cancellation of on-campus activities, Beasley has continued the ministry through Zoom Bible studies and missions outreaches. Students have distributed COVID-19 safety bags, including masks and hand sanitizer, to students on campus, shared their faith during a two-week summer Bible boot camp, and have volunteered in youth ministry activities at Strong Tower. Zoom meetings include prayer sessions every second Friday and game time on third Fridays. Four students plan to join Strong Tower, and some have requested baptism, Beasley said.

"The impact that I've had has probably had the greatest impact on me," Beasley said. "Because as I teach these students, and I grow and I challenge them, I find that I accept that challenge too, to make sure that I'm living the way that I'm encouraging them to live. Personal growth has probably been the greatest thing that I've experienced."

## HBCUs and white churches: a collaboration long overdue

By Gautam Nayer, Mickey Ary and Michael Adams

DIVERSE ISSUES IN EDUCATION

Churches have a long history of advocating for civil rights. During the civil rights movement of the 1960s, the Baptist, Methodist and other religious denominations united to support civil rights for African Americans.

Many churches, for example, provided shelter to protesters during marches. They organized food assistance programs, assisted homeless with housing needs and provided counseling to alcohol and drug abusers. More than ever, churches play a vital role in communities of color, especially in the chaotic and fear-driven pandemic era that we currently reside in now.

What can churches do to assist Black Lives Matter and other nonprofit organizations that are vital to serving communities of color?

\* Get involved with local HBCUs: HBCUs serve as safe havens for many students of color. While many HBCU campuses have long-standing ties with black churches, predominantly white churches must do a better job of interacting

and collaborating on issues relating to African American and other people of color.

\* Create networking opportunities: Connect and create dialogue through mini-conferences and virtual panels with other nonprofits that work in communities of color such as the Center for the Healing of Racism, Pure Justice and Sankofa Research Institute.

\* Local university partnership: Churches are nonprofits and, as such, have a unique understanding of the budgetary and fiscal challenges of working with less and doing more.

Churches can provide assistance in the form of sharing services such as food pantries. Church leaders can also serve as guest speakers and adjunct faculty, particularly at universities which offer degrees in nonprofit management, public administration and social work.

\* Promote authors and establish book clubs: Churches should establish antiracist book-of-the-month clubs to promote authors who are active antiracists.

\* Establish micro-scholarships for HBCU students: Create, establish and increase funding for micro-

scholarships for first-generation, low-income minorities of color who attend HBCUs. HBCU students now more than ever need increased and sustained scholarships as HBCU graduates often tend to have higher student debt than graduates at predominantly white institutions. Budget cuts in state legislatures across the nation are already happening, and even a \$100 gift card could provide a world of opportunity to an incoming and ongoing HBCU student.

\* Volunteer: Churches have a long history in organizing community-based volunteer activities. They should once again take the lead with church leaders and their followers to continue to work with other nonprofits and HBCUs to create increased visibility and connections within the African American community.

Gautam Nayer is a professor at Texas Southern University and a board member of the Center for the Healing of Racism.

Mickey Ary is a pastor and alumni of Texas Southern University.

Michael Adams is a professor at TSU and the director of the Executive Master's in Public Administration program.

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

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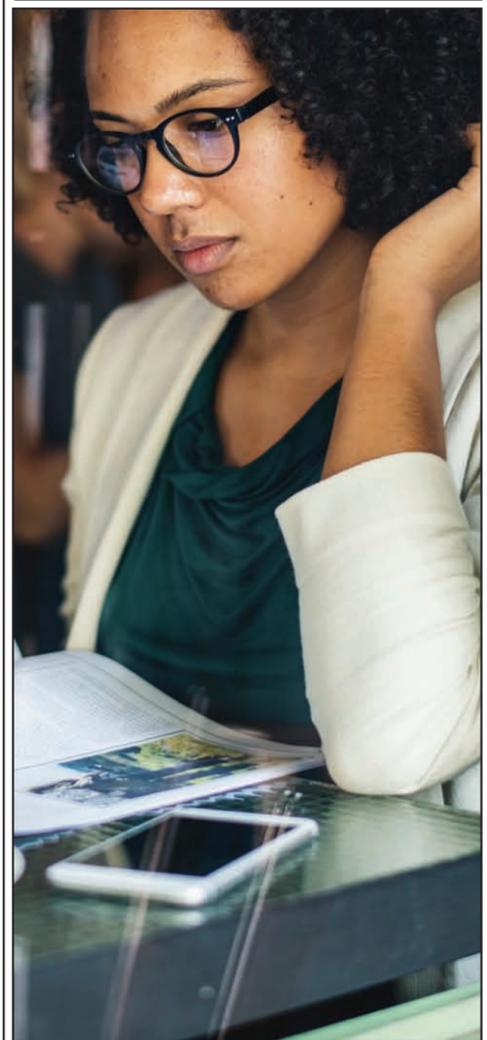
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# 7 things to do if you're losing sleep over election

By Jason Wooden  
and Kristal McKinney  
*SPECIAL TO THE TRIBUNE*

There's been plenty to lose sleep over this year, from staying healthy from the coronavirus to protests triggered by the killing of George Floyd to uncertainty from the economic downturn. A historic and contentious presidential election is also taking a toll on people.

In normal times, 1 in 3 U.S. adults struggle with poor sleep, according to the Centers for Disease and Control. Stress and anxiety are known enemies of sleep. With all of the events of this year, stress, anxiety, and worry has skyrocketed. A recent census bureau survey found that the pandemic was causing one-third of U.S. adults to experience symptoms of anxiety or depression.

Add the looming election to the mix, we wouldn't be surprised if the numbers are even worse. During the 2016 presidential election, the American Psychological Association surveyed adults and 52% of respondents said the election was a significant source of stress. This is turning out to be an election that has millions of people feeling anxious about the outcome and their future. It's hard to get away from the topic with nonstop news coverage and people talking about it everywhere. So, it's understandable if you're worried and feeling a bit down.

However, you need to keep in mind how much is at stake if you're sleeping poorly. Sleep-deprived people don't think too clearly and have a hard time functioning whether at home or on the job. They're also more at risk for a myriad of health issues and depression. You can't put your life on hold. You still need to wake up and make the best of each day, which means every night you should be get-



ting the best sleep you can. Given all that's at stake, let's look at some practical things you can do:

1. **Put yourself on a media diet.** A steady diet of breaking news can leave you wired up and feeling down. Try unplugging from TV, Facebook, Twitter, and text threads. To minimize the effects of stress on your sleep, be sure to avoid media in the hours before you go to bed.

2. **Feed your mind.** Depending on your preference, there are many different ways to nourish the mind, whether it's through a spiritual practice, meditation, mindfulness, or an uplifting book.

3. **Practice good sleep hygiene.** For better sleep, you should 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 that prepares you for sleep; keep your bedroom quiet, dark, and cool; and avoid electronics use in the bedroom.

4. **Stay active.** Did you know that physical activity triggers the release of endorphins and other chemicals that improve mood? It can also reduce stress, anxiety, and depression. Regular exercise also promotes deeper sleep.

5. **Find some sleep-friendly things to do.** With

everything going on, it's important to cut yourself some slack as you're still going to have some bouts of insomnia. Find some sleep-friendly ways to occupy yourself on the nights you're struggling to fall asleep. Be sure to avoid anything too stimulating. Instead, look for activities that will help you relax and more quickly transition to sleep.

6. **Acceptance.** Keep in mind: it is what it is. Recognize the things that are out of your control and focus on what you can do. Create a practice of compassion for yourself and others through seeing things from a different point of view.

7. **Reach out.** If you find that you're really struggling with things, keep in mind that you're not alone. Try reaching out to a trusted friend or relative. You can chat with a doctor or a mental health professional.

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

*Kristal McKinney, LICSW, CMHS is a psychotherapist in private practice with over 15 years specializing in the behavioral health of adults, couples, and families.*

# Reentering the workforce

*How women can navigate successfully*



STAFF REPORTS

Like many professional women, you've chosen to "pause" your career for motherhood. You love being a mom but you also love being a leader. And whether you've been home a few months, a year or even longer, you know that at some point in the not-too-distant future you're going to return to the workforce.

"When women think about reentering the workforce, all kinds of questions race through their minds," said Jackie Gaines, author of "Wearing the Yellow Suit: A Guide for Women in Leadership." "Is it too late to hit the restart button? Have I lost my edge? Can I convince prospective employers that I can hit the ground running in a fast-paced business environment?"

Read on for some tips for getting interview ready:

\* Be an information sponge! During your time away from your career, absorb as much current information as possible. Have self-discipline in your approach to learning.

\* Build transferrable skills with volunteer roles. "Volunteering is a great way to keep your skills sharp and even learn new ones while you aren't working," said Gaines. "Find organizations you care about and lend them your skills and abilities. Remember, this experience will look great on

your résumé alongside your work history."

\* Update your résumé. Lead with your strengths, says Gaines. Don't forget about "transferrable skills."

For many employers, soft skills such as reliability, positive attitude, and an eagerness to learn is just as important as technical skills, often more so. Do not underestimate the skills we use in our everyday lives.

\* Tell everyone you know that you're looking for work. Spread the word that you're ready to relaunch your career. Don't be afraid to ask friends, relatives, former colleagues, and acquaintances to refer you at their companies.

\* Find the right match. As we take on new roles in our personal life, we may find that our interests or passions in our professional life may change. Reevaluate where you stand in the present.

\* Decide up front not to apologize for your decision to stay home with your kids. Don't back away from this tricky question if it's asked, and don't seem tentative or apologetic. Confidently own your decision.

\* Prepare for the interview. Try to anticipate questions a prospective employer may want to ask. Write down your answers. Practice with a colleague or friend.

\* Describe your approach in leading a diverse organization. This may be of par-

ticular interest if you are the sole woman of an all-male leadership team, or if you are not of the same ethnic or racial group as the majority of the organization or leadership team.

\* Consider contract work or part-time jobs. These positions are a good way to ease back into the workforce. Once you're there, you can prove yourself.

\* Try a "returnship." Many companies now offer "returnships," paid internships that help adults who have taken a break from their careers and are ready to return to work.

Returnships help you learn the latest skills and technology used in modern workplaces, build valuable networks, and feel into whether you would like a permanent position in the company.

\* Keep communicating with your family. When you return to work, make sure you keep the lines of communication open with your partner and children.

\* Find a working mom mentor to guide you through. She can help you navigate stumbling blocks, allow you a safe place to vent frustrations, and give you support as you adjust to the often-competing demands of work and parenthood.

\* Believe in yourself. Hitting the pause button did not negate all that

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