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"Celebrating Our 23rd Year"

VOLUME 24 NO. 4 WEEK OF JANUARY 30, 2022 $1.00

North Carolina Central shakes off rust in two straight wins.

Cash payments for low-income families impact infant's brain

By Sarah Brantley

DUKE NEWS COMMUNICATIONS

DURHAM – A year of providing money to low-income mothers to reduce poverty had a direct impact on children's brain development, a team of researchers from six universities, including Duke University's Sanford School of Public Policy, found in a study published Monday online by the Proceedings of the National Academy of Sciences.

The findings show that after one year of predictable, monthly unconditional cash support given to low-income families, 1-year-old babies exhibited increased brain activity patterns associated with the development of thinking and learning.

This study measured brain activity among a sample of 435 children who were participating in a landmark randomized controlled trial known as "Baby's First Years." The larger trial, the first direct poverty reduction evaluation in the United States to focus on early childhood, recruited 1,000 mothers with low incomes from postpartum wards in a dozen hospitals in four U.S. metropolitan areas: New Orleans, New York City, Omaha and

Please see **CASH/2A**

More rapid tests are coming

By Rose Hoban

N.C. HEALTH NEWS

In the coming days, people seeking a rapid test to see if they're positive for COVID-19 will be able to put information into a federal website and ask for up to four rapid tests. Ten to 12 days later, they should arrive in the mail. And, last weekend, federal rules recently put in place mean that insurance companies now have to reimburse plan members for up to eight over-the-counter rapid COVID-19 tests per month.

All this comes as the Biden administration is finally putting its weight behind scaling up the number of rapid tests being manufactured and released to the public – about a billion tests should be online by the first week of February. That should make it easier for people to get their hands on the tests, which have flown off of pharmacy shelves since late December.

Two years ago, few members of the general public had ever heard of a PCR test, much less had one. But now, it's hard to find someone who hasn't had one, or multiple, PCR tests. "PCR testing detects everything," said Laura Murray, the area medical director for Greensboro-based Cone Health. "Everything that used to be COVID, or is COVID, or is infectious, isn't infectious anymore, is debris from prior infections."

Melissa Miller, a UNC School of Medicine professor in the pathology department, also runs the microbiology lab services for UNC Health. She explained that PCRs can pick up the presence of an infection that's really new, maybe only a day or two old, before a person shows symptoms.

In contrast, she said, a rapid test that looks for antigens "is actually looking for a protein that lives on the outside of the virus, so you can see it, and you're able to detect it in these tests."

"Antigen tests help us know, with a high degree of likelihood, who is a contagious threat right now," Murray said. "So, they're quite useful right now."

PCRs became the gold

Plase see **RAPID/2A**

COURTESY

Krystal and Dedric Polite will showcase their talents on A&E.

Real estate power couple adds soul to the flipping business

By Bonitta Best

editor@triangletribune.com

As an avid HGTV fan, I love a good house flipping show. Many times, what goes on behind the camera is just as entertaining as in front, i.e., "Flip or Flop."

Husband-and-wife real estate power couple, Dedric and Krystal Polite, will add a southern touch to their upcoming home series called "50/50 Flip," premiering Jan. 29 on the A&E cable channel.

The six-episode series will follow the couple as they renovate and flip 10 single and multifamily homes, each under $50,000 and all in less than 50 days.

Along the way, the Polites will share insights into the flipping business: how to acquire properties at a discount, secure funding and when, or if, to sell the flipped home.

The couple started their company, Be Polite Properties, four years ago in North Carolina with a simple goal of rebuilding communities through home renovations. In just three short years, their portfolio increased from three properties to over 60 rental units valued at more than $5 million.

Krystal handles most of the business, brand management and marketing, while Dedric's expertise is in acquisitions, finance, disposition and investor relations. The parents of two young sons have their own YouTube channel and were featured in the real estate book, "Profit Like the Pros," written by HGTV star Ken Corsini of "Flipping in Atlanta."

The couple grew up in Boston and worked for several Fortune 500 companies before striking out on their own. To learn more, visit www.polite-properties.com.

Omicron surge widens the COVID-19 racial divide

By Bonitta Best

editor@triangletribune.com

Since the pandemic begin almost two years ago, the rate of infections has attacked communities of color over twice that of white communities. Omicron, the latest variant, has widened the racial divide even further.

Interestingly, infection rates in the Black community were lower than whites at the beginning of December, but omicron has reversed the trend.

Since Dec. 26, Black infection cases are twice as high compared to the white population and 57% higher than Hispanics, according to the North Carolina Department of Health and Human Services.

The infections also have put

more African Americans in the hospital. From Jan. 1-17, Black people were hospitalized more than any other race, followed by American Indians.

"Vaccines, boosters and masks are the best tools that we have to prevent severe illness, hospitalization and death from COVID-19," NCDHHS Secretary Kody H.

Please see **COVID/2A**

Court to review race and colleges

By Mark Sherman

THE ASSOCIATED PRESS

The conservative-dominated Supreme Court on Monday agreed to hear a challenge to the consideration of race in college admissions, adding affirmative action to major cases on abortion, guns, religion and COVID-19 already on the agenda.

The court said it will take up lawsuits claiming that Harvard University, a private institution, and the University of North Carolina, a state school, discriminate against Asian American applicants. A decision against the schools could mean the end of affirmative action in college admissions.

Lower courts rejected the challenges, citing more than 40 years of high court rulings that allow colleges and universities to consider race in admissions decisions. But the colleges and universities must do so in a narrowly tailored way to promote diversity.

The court's most recent pronouncement was in 2016, in a 4-3 decision upholding the admissions program at the University of Texas against a challenge brought by a white woman. But the composition of the court has changed since then, with the addition of three conservative justices who were appointed by then-President Donald Trump. Two members of that four-justice majority are gone from the court: Justice Ruth Bader Ginsburg died in 2020, and Justice Anthony Kennedy retired in 2018.

The three dissenters in the case, Chief Justice John Roberts and Justices Clarence Thomas and Samuel Alito, remain on the court. Roberts, a moderating influence on some issues, has been a steadfast vote to limit the use of race in public programs, once writing, "It is a sordid business, this divvying us up by race."

The court already has heard arguments in cases that could expand gun rights and religious rights and also roll back abortion rights in a direct challenge to the Roe v. Wade ruling from 1973.

Earlier this month, the justices weighed in for the

Plase see **RACE/2A**

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More rapid tests are coming. What's the best way to use them?

Continued from page 1A

standard for COVID testing early in the pandemic largely because of the fact that people carrying the original variant of the virus could take a week or more to develop symptoms, yet could still be infectious. Early detection was key. PCR also was preferred for a long time because many physicians were leery of antigen tests, based on past experience, both women said.

Much of the advice from federal health officials has been complicated and has evolved over time as science provided more information. It hasn't been clear how long to stay home versus how long to avoid others versus how long to just mask up. Even the language has been confusing: many people have had difficulty distinguishing between "isolation," which translates to staying home, and "quarantine" which translates to avoiding others while wearing a tight-fitting mask.

Murray said that at the end of December, the Centers for Disease Control and Prevention came out with its clearest guidance yet. Even still, it's complicated.

"For me, the important thing is if you spend substantial time with somebody face to face without good masking and they turn up positive, it's a good idea to get a test in a few days even if you feel fine," she wrote in a follow-up email.

There's been some evidence that omicron reproduces more actively in the throat than in the nose, although the science is still not clear. Nonetheless, some people have been using their rapid test swabs on their throats instead of the nose. Murray says that's a bad idea.

"The technology that we have embraced as a nation and the antigen tests available right now, by and large, are nasal swab tests," she said. Murray explained that the tests are engineered to collect samples from nasal mucus, not from the cells and mucus of the throat, which are different. "You should not be YouTubing instructions on how to convert the nasal kits, the antigen kits to saliva," she said. "I just don't think there's a lot of science for that."

COURTESY

UNC-Chapel Hill campus.

Justices to hear challenge to race in college admissions

Continued from page 1A

first time on President Joe Biden's vaccine policies, halting a rule requiring a vaccine or testing at large businesses while allowing a vaccine mandate for most of the nation's health care workers.

The affirmative action case probably will be argued in the fall. Both suits were filed by Students for Fair Admissions, a Virginia-based group run by Edward Blum. He has worked for years to rid college admissions of racial considerations, and the court's new lineup breathed new life into his project. The group is calling on the court to overturn its 2003 ruling in Grutter v. Bollinger, which upheld the University of Michigan's law school admissions program.

The Biden administration had urged the justices to stay away from the issue, writing in the Harvard case that the challenges "cannot justify that extraordinary step" of overruling the 2003 decision. Harvard President Lawrence Bacow said the Ivy League institution does not discriminate and vowed to continue defending its admissions plan. "Considering race as one factor among many in admissions decisions produces a more diverse student body which strengthens the learning environment for all," Bacow said in a statement.

Blum voiced hope that the high court will order an end to taking account of race in college admissions. "Harvard and the University of North Carolina have racially gerrymandered their freshman classes in order to achieve prescribed racial quotas," Blum said in a statement. The Supreme Court has weighed in on college admissions several times over more than 40 years. The current dispute harks back to its first big affirmative action case in 1978, when Justice Lewis Powell set out the rationale for taking account of race even as the court barred the use of racial quotas in admissions.

In the Regents of the University of California v. Bakke, Powell approvingly cited Harvard as "an illuminating example" of a college that takes "race into account in achieving the educational diversity valued by the First Amendment." Twenty-five years later, Justice Sandra Day O'Connor likewise invoked the Harvard plan in her opinion in the Michigan law school case.

Now the Harvard program is under fire from opponents of race-based affirmative action.

Students for Fair Admissions claims that Harvard imposes a "racial penalty" on Asian American applicants by systematically scoring them lower in some categories than other applicants and awarding "massive preferences" to Black and Hispanic applicants. Harvard flatly denies that it discriminates against Asian American applicants and says its consideration of race is limited, pointing out that lower courts agreed with the university.

Groups representing Asian-American, Black, Hispanic, Native American and white Harvard students and alumni voiced fear to the appeals court.

Cash payments for low-income families

Continued from page 1A

Minneapolis/St. Paul.

Shortly after they gave birth, participating mothers randomly received either a large monthly cash gift of $333 per month or a nominal monthly cash gift of $20 per month. The gifts were disbursed on debit cards, and the mothers, most of whom were Black or Latina, were free to spend the cash gifts however they chose. The new study reports the initial findings on infant brain activity after the first 12 months of the poverty reduction intervention. The mothers will continue to receive the cash gifts, funded by charitable foundations, until their children are 4 years and 4 months old.

Because of the randomized controlled trial design, the authors were able to distinguish correlation from causation, concluding that giving money directly to mothers living in poverty can translate to changes in their infants' brain activity.

"We have known for many years that growing up in poverty puts children at risk for lower school achievement, reduced earnings and poorer health," said senior author on the study Kimberly Noble, Columbia University. Poverty has also been associated with differences in children's brain development.

"However," notes Noble, "until now, we haven't been able to say whether poverty itself causes differences in child development or whether growing up in poverty is simply associated with other factors that cause those differences." The study reports that infants whose mothers received $333 per month had more high-frequency brain activity compared with infants whose mothers received $20 per month.

Duke Sanford professor Lisa Gennetian, a co-author on the study, is co-principal investigator of Baby's First Years. "Global evidence is thin on how children are affected by cash transfers, especially with respect to very young children," said Gennetian, Duke Pritzker Professor of Early Learning Policy Studies. "This is mostly because it is so hard and expensive to objectively capture children's development.

"This study's findings on infant brain activity are unprecedented and really speak to how anti-poverty policies – including the types of expanded child tax credits being debated in the U.S – can and should be viewed as investments in children."

The authors note that they do not yet know whether these differences will persist over time, or whether they will lead to differences in children's cognitive or behavioral development, which will be measured in future waves of the study. Likewise, the authors do not yet know which particular experiences were involved in generating the impacts on brain development. Work is under way to examine potential mechanisms, including how mothers spent the money, and how having more money may have changed parenting behaviors, family relationships and family stress.

Gennetian said the timing of the research amid the pandemic is important. Prior to the pandemic, nearly 1 in 5 U.S. children resided in poverty, according to official poverty measures. Safety net programs, like the supplemental nutrition program (or food stamps) and policies that boost the income of working families such as earned income tax credits, have helped make strides towards reducing child poverty.

"The risks for children of experiencing poverty are very high since the onset of the pandemic, and even higher for Black, Latinx and children from underrepresented groups whose families have been hardest hit by the pandemic along both public health and economic and employment dimensions. The state of poverty for today's children in the U.S. since the pandemic is, in fact, in limbo," Gennetian said. "During the pandemic, we have learned that support like the stimulus checks and the monthly disbursement of the expanded child tax credit are really helping families with children to buy food or pay rent."

COVID-19 racial divide

Continued from page 1A

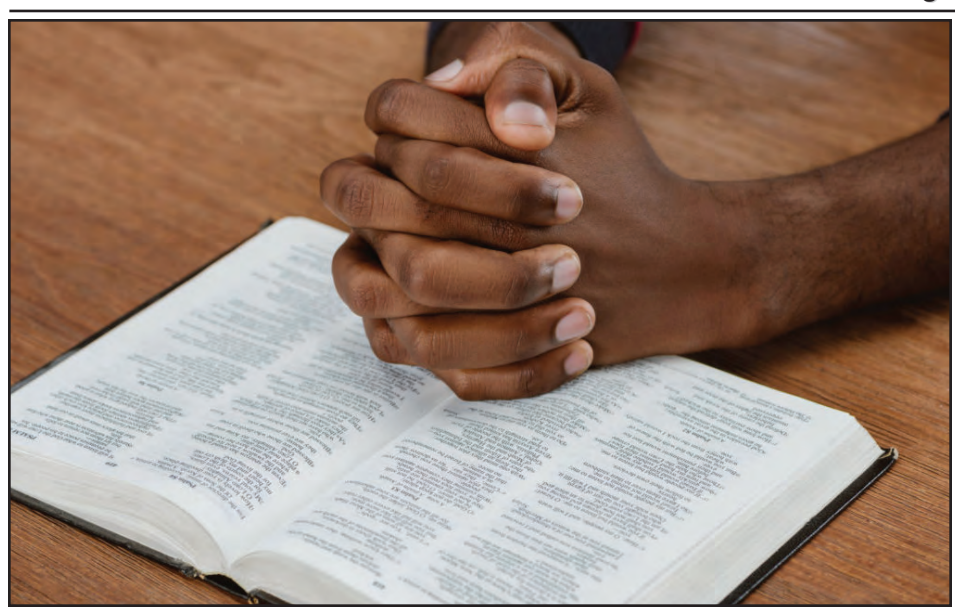
Kinsley said. "Equity has been embedded in our pandemic response from the beginning, and we continue to focus on delivering life-saving tools to historically marginalized populations during this surge."

The NCDHHS is delivering N95 masks to community organizations, child care centers and long-term care facilities. The higher quality masks provide better protection from the omicron than cloth masks. The agency says 2 million of the 4 million it has received so far have gone to local health departments for distribution in area jails, senior centers and at community events.

For those that do get infected, the NCDHHS is helping people safely quarantine through its Support Services Program, which has partnered with the Food Bank of Central & Eastern North Carolina to provide food assistance to residents in 34 counties. Over 550 households have received food boxes since launching last October.

"Historically, marginalized populations have been disproportionately affected throughout the pandemic, not just during this surge," NCDHHS Chief Health Equity Officer Victor Armstrong said. "We are making great efforts to increase access to vaccines and boosters, and I urge people in these communities to get their vaccines, make sure they have their second shots, and to get booster shots when eligible."

To learn more, visit MySport.nc.gov or call 888-675-4567.



Pastors identify their greatest needs in COVID

By Aaron Earls
BAPTIST PRESS

NASHVILLE, Tenn. – Pastors face unique difficulties inherent in their career, but what are their greatest needs? Pastors say they're most concerned about seeing their churchgoers grow spiritually and making connections with those outside of their churches.

After speaking directly with pastors to gather their perspectives on their ministry and personal challenges, Lifeway Research surveyed 1,000 U.S. pastors for the 2022 Greatest Needs of Pastors study to discover what they see as their most pressing issues. "The pre-existing challenges of ministry were amplified by COVID, and it's important we lean in and listen closely to pastors," said Ben Mandrell, president of Lifeway Christian Resources. "This project has shed light on critical needs they have and will point the way forward in how we partner with them to fuel their ministries and improve their health in multiple areas."

Scott McConnell, executive director of Lifeway Research, said his team began the study by speaking with more than 200 pastors, asking them to think beyond the current pandemic-related struggles and share some of the enduring needs of pastors and their churches today. "Their responses to the challenges they face and the areas that are most important for them were then presented to more than 200 additional pastors," McConnell said. "Based on those responses, 1,000 pastors were asked about almost four dozen needs to measure the extent to which each is something they need to address today."

When asked to narrow down their list to the single greatest need requiring their attention, pastors' responses varied. At least one pastor surveyed picked each of the 44 possible needs, while 23 needs garnered at least 2% of pastors. Eight needs were chosen by more than 3% of pastors and one reached double digits.

"When asked to prioritize their own greatest need, pastors tend to put the needs of their church's ministry ahead of personal needs," McConnell said. "Personally making disciples, developing leaders, connecting with those outside the church and mobilizing the people in their church are the most common 'greatest needs' and are among the most common needs pastors want to make a priority."

When thinking about getting help with their needs, pastors want to hear from their fellow clergy who have been through the same struggles. Three in 4 U.S. pastors say they would be interested in getting advice or guidance on the issues they are facing from other pastors who have already been through those problems. Similar numbers would like to hear from those who understand churches like theirs.

Another 70% would listen to other pastors who are currently facing the same needs. Slightly fewer (57%) want to hear from experts on those types of needs. Older pastors are the least likely to say they'd like advice from any of those sources. "The most monumental needs of pastors are not new to this generation of pastors," McConnell said. "They know other pastors and pastors who have gone before them are best positioned to understand and help them with the wide variety of ministry and personal needs a pastor faces."

Still, previous Lifeway Research shows not all pastors are actively seeking out advice from their fellow clergy. More than 8 in 10 U.S. Protestant pastors say they feel supported by other pastors in their area. Fewer than half (46%), however, know and spend time with 10 or more other local pastors, according to a 2020 Lifeway Research survey. Most pastors (54%) have those relationships with fewer than 10 other area clergy, including 1 in 20 (5%) who aren't connected with any area pastors and 8% who have relationships with only one or two other ministers.

Pastors may also look to retired pastors for advice and wisdom for navigating common challenges. A 2019 Lifeway Research study of retired Protestant pastors, ministers and missionaries found some have struggled with the transition into retirement and are looking for ways to serve and connect with others. More than 4 in 5 retired ministry workers say they have continued to make new friends in recent years, but 29% admit they feel lonely or isolated. When asked what resources would most help them with their relationships today, most say they want to make additional ministry connections.

"Retired pastors and other ministry workers still want to serve the church," McConnell said. "When Lifeway Research asked them how ministries could best serve those like them who are retired from full-time ministry, the most common response was to provide them with opportunities to serve or minister (16%).

Current pastors looking for guidance may find retired pastors ready and willing to help."

AROUND THE TRIANGLE

RALEIGH

BICYCLES
NCDOT is offering free bicycle helmets through its initiative. Application deadline is Feb. 4.
Visit connect.ncdot.gov.

DANCE
1st Friday Raleigh "The Black & White Affair 2022" is Feb. 4, 9 p.m. to 2 a.m., Sheraton Raleigh Hotel, 421 S. Salisbury St. Tickets at eventbrite.com.

OPEN MIC
Livable Raleigh is hosting Open Mic Night Feb. 15, 7 p.m., for residents to share their concerns about Raleigh. Register at livableraleigh.com.

COVID
Free at-home COVID-19 test kits are now available. Limit of four per household. Visit nachw.org/covid-test-kit-order-form/.
* Medicaid beneficiaries can receive free at-home tests at their local pharmacy.

MASKS
Free N95 masks can be picked up at Wake County Health & Human Services Center, 10 Sunnybrook Road, M-F, 8:30 a.m. to 5:15 p.m.

DURHAM

TOUR
Rent 25th Anniversary Farewell Tour is Jan. 28-30, DPAC, 123 Vivian St. Tickets at DPACnc.com.

EXTENSION
The Low-Income Homeowners Relief program's deadline has been extended to Jan. 31. Visit www.DCONC.gov/DSS.

ARTISTS
Applications are open for artists interested in participating in March's Bull City Summit. Visit www.bullcitysummit.com for more info. Deadline: Jan. 31.

VOLUNTEERS
Durham Arts Council is seeking teen volunteers for summer camp. Visit durhamarts.org.

BLOOD
The Red Cross is in dire need of blood donations. Visit RedCrossBlood.org to register.

CHAPEL HILL

LECTURE
Author Abdul Alkalimat will discuss "Dialectics of Liberation" webinar Feb. 3, 3:30 p.m. Register at unc.zoom.us.

Seven NC Black-led startups awarded $525K

STAFF REPORTS

DURHAM – NC IDEA, alongside the leadership of the North Carolina Black Entrepreneurship Council, recently awarded $525,000 in Growth Grants to seven Black-founded former NC

IDEA SEED grant recipients. NC IDEA is a private foundation committed to supporting entrepreneurial ambition and economic empowerment in North Carolina

"These founders are leaders in the Black entrepreneurship community and this funding will accelerate their growth while hopefully encouraging other minority founders to follow in their footsteps," NC IDEA CEO Thom Ruhe said. "In making these unprecedented grants, we hope it will likewise inspire other organizations to rethink their approach to diversity, equity, and inclusion."

The seven grant recipients:

* BatteryXchange, Charlotte. BatteryXchange is a sharing economy platform providing device charging on the go and marketing services to amplify the voices of small businesses.

* Courtroom5, Durham. Courtroom5 is a low-cost automated service that helps people represent themselves in civil court.

* Davos Corporation, Durham. Davos Corporation is a lender match platform for business capital that guarantees each loan.

* Freeman Capital, Charlotte. Freeman Capital is a new automated trading company that brings wealth empowerment to the middle class and millennials.

* LoanWell, Durham. LoanWell is an automated loan and grant origination platform with end-to-end functionality for intake, underwriting, closing, servicing and reporting.

* Renaissance Fiber, Winston-Salem and Wilmington. Renaissance Fiber is a clean-tech manufacturer of hemp and other natural fibers with a vision to reimagine the textile industry as working for, and not against, nature.

* Smart Girls HQ, Charlotte. Smart Girls HQ creates engaging content and facilitates exciting experiences that enable elementary-aged girls to achieve STEM career literacy by age 12.

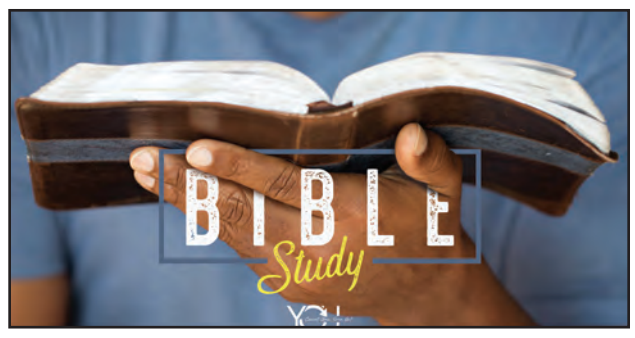
Black startup entrepreneurs received only a tiny fraction (1.2%) of the record $147 billion in venture capital invested in U.S. startups through the first half of this year, Crunchbase numbers show. That compares with the more than 13% of the U.S. population that is Black or African American.

BIBLE STUDY

Dining with sinners

LIFEWAY CHRISTIAN RESOURCES

This week's Bible study is adapted from the MasterWork curriculum.



Bible Passage: Matthew 9:9-13

Discussion Questions:

* Do you see yourself as more of a confrontational person or a bend-over-backward-to-avoid-confrontation person? Explain.

* What does it take to love sinners well without condemning them or condoning their sin?

* In relating to a "sinner," are you more likely to keep silent about biblical principles or to be sure the person knows where he or she fails to meet those principles? Explain.

Food for thought with comments from Gregg Matte:

It seems we are prone to extremes, often reflected in our new year's resolutions.

Want to lose some weight? Chances are we will go on a restrictive diet we will have difficulty sticking with. Starting an exercise regime? Watch out that you don't overdo it the first day or two and give up because you're too sore. Taking up a new hobby? Don't invest too much in all the accoutrements of the hobby until you see whether you'll actually enjoy and do the hobby. Balance proves challenging. We tend toward the all-or-nothing approach rather than the tight-rope-balance approach.

But pastor and author Gregg Matte stresses that to be difference-makers in the world, we must learn to live in the tension of balance. Or, as he puts it, we must "dine in diversity" while also speaking with clarity. Matthew 9 records Jesus' call of Matthew the tax collector, followed immediately by an account of Jesus dining with "many tax collectors and sinners." Jesus was eating with diversity – those who were quite different from Him – and the religious elite (the Pharisees) were not pleased. But Jesus acknowledged the lack of righteousness of those with whom he ate.

On the other hand, Luke 7 tells of a meal Jesus had with one of those religious elite. During the meal, a "sinner" woman approached Jesus, washing His feet with her tears, drying them with her hair and anointing them with perfume she had brought with her. When the Pharisee objected, Jesus spoke with clarity, pointing out the host's insulting lack of hospitality toward Jesus. Jesus also acknowledged the woman's sin and offered her forgiveness.

Jesus was willing to eat with those seen as righteous and with those seen as sinful. But His willingness to fellowship with everyone did not cause Him to compromise His principles. He spoke with clarity both to those who knew they were sinful and to those who thought they were righteous. To be difference-makers, we, too, must be prepared to dine with diversity while still speaking the truth with clarity.

Gregg Matte is senior pastor of Houston's First Baptist Church.

BIDS

SKANSKA

ADVERTISEMENT FOR BIDS

Skanska USA Building Inc., Construction Manager for the Wake County Public School System project M15 Fuquay-Varina Middle School (WCPSS #862-522), will be accepting sealed bids from Prequalified Bidders on Tuesday, February 22, 2022, at 3:00 PM, at Skanska USA Building office, 4309 Emperor Blvd., Suite 200, Durham, NC, 27703, and immediately opened and read thereafter, for the following bid packages:

BP 02A: Demolition and Abatement
BP 05A: Structural Steel and Misc. Metals

A pre-bid meeting will be held virtually on Wednesday, February 9, 2022 at 1:30 PM. Should you wish to attend the pre-bid meeting, and are not a prequalified subcontractor for this project, please contact Lisa Florack at Lisa.Florack@skanska.com for an electronic meeting invitation.

A pre-bid site visit will be held on Thursday, February 10, 2022, at 1:00 PM, at 1201 Bowling Road, Fuquay-Varina, NC 27526. All prequalified bidders are encouraged to attend the pre-bid and pre-bid site visit meetings.

For questions regarding this information please contact Lisa Florack at Lisa.Florack@skanska.com, or by phone at (919) 941-7900.

In support of Wake County Public School System diversity and inclusion efforts, Skanska USA Building Inc. is committed to creating an environment of inclusion that affords small, minority, and women-owned businesses equal access to the economic opportunities that sustain our community. Small, minority, and women-owned businesses are encouraged to participate. Guidelines established in the North Carolina General Statutes and good faith efforts will be followed.

SKANSKA

NOTICE TO CONTRACTORS, VENDORS & SUPPLIERS

Project: Durham Bulls Athletic Park – MLB Facility Upgrades
Owner: City of Durham
Design-Builder: Skanska USA Building Inc.

DIVERSITY OUTREACH & PROJECT INFORMATION SESSION
Skanska USA Building Inc. will conduct the first outreach session to recruit, solicit, and inform all interested subcontractors, vendors, and suppliers about opportunities available for the **Durham Bulls Athletic Park – MLB Facility Upgrades** project on **Tuesday, February 22, 2022 at 3:30PM** via online webinar.

Register for the outreach session at https://skanska.webex.com/skanska/j.php?RGID=r7fe14ff13203d903e698c404cb581f64 or contact Johnny Ortiz at 919-866-0197 or johnny.ortiz@skanska.com

Contractors, Suppliers, and Service Providers attending the information session can:

- Review project information and available bid packages
- Receive instructions for navigating the pre-qualification process
- Learn about current construction schedules
- Speak with the City and Skanska project team

REQUEST FOR PREQUALIFICATION
Beginning Feb 21, 2022 Skanska will begin seeking to **pre-qualify** principal trade and specialty contractors for the **Durham Bulls Athletic Park – MLB Facility Upgrades** project. Firms interested bidding on the Project are required to submit project specific prequalification forms. **The deadline for submission of prequalification forms for all Bid Packages is March 18, 2022.**

Please contact one of the persons listed below for information and instructions on the prequalification process. If sending an e-mail, please put **"BDAP – MLB Facility Upgrades"** in the subject line.

- Johnny Ortiz at 919-866-0197 or johnny.ortiz@skanska.com or
- Greg Shenkler at 919-201-2630 or greg.shenkler@skanska.com

In support of City of Durham diversity and inclusion efforts, Skanska USA Building is committed to creating an environment of inclusion that affords small, minority, and women-owned businesses equal access to the economic opportunities that sustain our community. Small-, minority-, and women-owned businesses are encouraged to participate.

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LEGAL NOTICE

NORTH CAROLINA — IN THE GENERAL COURT OF JUSTICE
DISTRICT COURT DIVISION
GUILFORD COUNTY — 21 CVS 5583

TANIKA LEWIS,
Plaintiff,
v.
NOTICE OF SERVICE OF PROCESS BY PUBLICATION

TRAVIES KIMARL a/k/a
TRAVIES KIMARL EDWARDS
(Individually) and
TRAVIES KIMARL & CO., LLC,
Defendant.

To: Travies Kimarl a/k/a Travies Kimarl Edwards (individually) and Travies Kimarl & Co. LLC

TAKE NOTICE that a Complaint seeking relief for Breach of Contract, Fraud, Unfair and Deceptive Trade Practices and Negligent Misrepresentation was filed on May 21, 2021 in the Office of the Clerk of Superior Court, Greensboro, Guilford County, North Carolina.

You are required to make defense to such pleading no later than February 23, 2022 said date being thirty (30) days from the first publication of this Notice, and upon your failure to do so plaintiff will apply to the Court for the relief sought.

This the 21st day of January 2022.

Ira Lifland
Garrett Walker Aycoth & Olson
Attorney for the Plaintiff
317 South Greene St.
Greensboro, NC 27401
(336) 379-0539
NCSB No. 55760

Union County Community Action, Inc.

Request for Proposal (RFP)
Commercial Flat Roof Replacement Central Center
Union County Community Action, Inc. (UCCA) is seeking proposals from General Contractors, licensed in North Carolina, to replace a commercial flat roof at the Central Center, 351 White Store Road, Wadesboro, NC 28170. Proposals will be accepted until 3:30pm on Friday, February 18th, 2022. For complete requirements and specifications, you may download a copy of the RFP packet from UCCA's website at www.uccainc.org/procurement, or contact Maurice Henneberry at Maurice.henneberry@uccainc.org / 704-283-7583, ext. 0227.

LEGAL NOTICE

Union County Community Action, Inc.

Request for Proposal (RFP)
Commercial Flat Roof Replacement Faison Center
Union County Community Action, Inc. (UCCA) is seeking proposals from General Contractors, licensed in North Carolina, to replace a commercial flat roof at the Faison Center, located at 905 South Main Street, Wadesboro, NC 28170. Proposals will be accepted until 3:30pm on Friday, February 18th, 2022. For complete requirements and specifications, you may download a copy of the RFP packet from UCCA's website at www.uccainc.org/procurement, or contact Maurice Henneberry at Maurice.henneberry@uccainc.org / 704-283-7583, ext. 0227.

DURHAM COUNTY

LEGAL NOTICE
DETENTION CENTER SECONDARY DOMESTIC HOT WATER BOILER REPLACEMENT
RFP No. 22-020

The County of Durham will receive proposals for qualified Contractor(s) to establish a contract to provide on February 22, 2022, at 2:00 P.M Eastern Time, in the Durham County Purchasing Division, 201 East Main Street, 7th Floor, Durham, North Carolina 27701. No proposals will be accepted after the official time and date.

A Virtual Pre-Proposal Conference will be held at 10:00 A.M. Eastern Time, on February 1, 2022, located in the Durham County Purchasing Division.

A Site Visit will be held at 2:00 P.M. Eastern Time, on February 1, 2022, located at 219 Mangum Street, Durham NC, the Durham County Detention Center.

An electronic copy of this Request for Proposal (RFP) can be obtained from Durham County's eBid System located under Bid Opportunities at https://www.dconc.gov/county-departments/departments-fz/finance/bid-opportunities . Proposers can download a copy of the solicitation and all addenda without registering in the system. However, in order to **automatically** receive email notifications of solicitations and addenda issued by the Purchasing Division, Proposers **MUST** register in the eBid system.

The County reserves the right to accept or reject, in whole or in part, such proposals as appears in its judgment to be in the best interest of the County.

MISCELLANEOUS

The Generac PWRcell, a solar plus battery storage system. SAVE money, reduce your reliance on the grid, prepare for power outages and power your home. Full installation services available. $0 Down Financing Option. Request a FREE, no obligation, quote today.
Call 1-866-642-1883

SENIOR LIVING

SERVICES

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www.triangletribune.com/main/classifieds/

HBCU BASKETBALL

COURTESY

N.C. Central guard Justin Wright averaged 20 points in the Eagles two wins.

Black History Month and HBCU TV games

By Bonitta Best
editor@triangletribune.com

NBA TV will televise four SWAC women's and men's games on back-to-back weekends Feb. 5 and 12.

On Feb. 5, it's a Texas Southern at Florida A&M doubleheader beginning at 2 p.m. with the women and the men following at 4:30 p.m. For Feb. 12, TSU will host Grambling State: women at 2 p.m. and men at 4:30 p.m.

ESPNU has added four men's games to its lineup:

* Jan. 29, 6 p.m. – TSU at Prairie View A&M
* Feb. 7, 9 p.m. – Alabama A&M at Grambling
* Feb. 21, 9 p.m. – Alabama State at Bethune-Cookman
* Feb. 28, 9 p.m. – Jackson State at PVAM

WOMEN

N.C. Central (2-12 overall, 1-4 MEAC)

The Lady Eagles couldn't ride the momentum from their first conference win over Delaware State. NCCU lost to Maryland Eastern Shore on Monday 81-59.

The team hosts Howard this weekend and won't play again until Feb. 7 versus St. Andrews.

St. Augustine's (5-10 overall, 1-6 CIAA)

The Lady Falcons have lost their last three games by a total of eight points. SAU dropped a one-point heartbreaker to Bowie State on Sunday. Lauren Banks led all scorers with 14 points.

COURTESY

After a rough start, Shaw is in first place in Northern Division.

The team travels to Fayetteville State this weekend, Claflin on Monday and archrival Shaw on Wednesday.

* **Notes:** Senior Jordyn Burton is a Church Mutual Protecting the Greater Good Award honoree. A $1,000 scholarship contribution will go to the general scholarship fund in Burton's name. One female and male student-athlete from all 12 CIAA schools are picked based on their positive im-

Please see **TV/7A**

HBCU FOOTBALL

Hampton heads to another conference

By Bonitta Best
editor@triangletribune.com

Hampton University is on the move again.

After leaving the Mid-Eastern Athletic Conference for the Big South Conference four years ago, the Pirates are headed to the Colonial Athletic Association in July.

Also going along for the ride are Monmouth and Stoney Brook universities. Other teams in the CAA are College of Charleston, Delaware, Drexel, Elon, Hofstra, UNC Wilmington, Northeastern, Towson and William & Mary.

"The move to the Colonial Athletic Association is the next step in the evolution of Hampton University athletics," President William R. Harvey said. "Several institutions in the CAA are located in our geographical footprint, which means that our student-athletes will continue to spend less time traveling and more time in classes on campus. This move continues to keep the proper focus on academics, which is our chief reason for being. …Hampton University has enjoyed a very positive four-year relationship with the Big South Conference and hopes to continue competing against some of its teams, as well as teams from the Mid-Eastern Athletic Conference."

Shaw

With so many recruits popping up on Twitter, it's time to name some of these new signees.

* D'Angelo Sheppard, Georgia
* Jaden Jones, transfer
* Brian Patterson, transfer
* Rajon Lancaster, Greensboro
* Mustafa Arnold, Georgia

Tyrone Wheatley

* Kevin Napier, Georgia

Morgan State

Head coach Tyrone Wheatley will be a part of the coaching staff at the annual Reese's Senior Bowl Feb. 5 in Mobile, Alabama. New this year is a minority coaching fellowship program that allows HBCU coaches to join the New York Jets' and Detroit Lions' staffs for the game.

Along with Wheatley are Virginia State head coach Reggie Barlow, South Carolina State defensive coordinator Jonathan Saxon and Jackson State offensive coordinator T.C. Taylor. The game will air on

Please see **HAMPTON/7A**

COLLEGE CORNER

NSU's James Deloatch named preseason pitcher of the year

Norfolk State redshirt junior James Deloatch was named the Black College Nines preseason HBCU Division I pitcher of the year. Deloatch helped the Spartans win last season's MEAC Tournament with a 7-3 record and a 2.88 ERA. He struck out 66 batters and allowed just 56 hits.

And speaking of HBCU baseball, the second annual Black College World Series will be held in Montgomery, Alabama, May 11-15, at Riverwalk Stadium, home of the Tampa Bay Rays Double-A affiliate Montgomery Biscuits.

NCAA Division II HBCU teams and NAIA teams will compete to crown a Black college national champion.

Please see **PITCHER/7A**

DI Council approves new recruiting model for women's basketball

NCAA.ORG

The women's basketball recruiting process will change next year, following a Division I Council vote to modify recruiting rules in the sport. During its meeting at the 2022 NCAA Convention in Indianapolis, the Council revised legislation to contacts and evaluations, telephone calls, official visits and the recruiting calendar.

The Women's Basketball Oversight Committee recommended modifications to the proposal before the approval, including changing the evaluation period in September to a contact period for seniors only and an evaluation period for all other prospective student-athletes, and changing the effective date related to on-campus evaluations from immediate to Aug. 1, 2022.

"We learned a lot from recruiting adjustments in the pandemic, and we're excited to have this new model for our coaches

Please see **RECRUITING/7A**

Wake Tech fights for respect in Triangle market

For all the hoopla surrounding ACC and HBCU basketball in the Triangle, only one undefeated team is still standing.

The Lady Eagles of Wake Technical Community College are 15-0 as of Jan. 26. They are nationally ranked – No. 14 in the latest National Junior College Athletic Association Division II Poll.

Success is nothing new for the team. The Eagles won the NJCAA Region 10 DII Basketball Tournament in 2020, which qualified them for the national championship tourney. Unfortunately, COVID-19 came along, and the event was canceled.

BONITTA BEST

Wake Tech is coached by Alison Beasley, who took over the program from her mentor and former Eagles athletic director and head women's coach Barry Street. Remember him, Johnson C. Smith fans?

Beasley, a Durham native, played basketball at Southern High School and Wake Tech. She's also coached 9- to 10-year-old boys teams in AAU basketball.

Everyone knows junior colleges are feeders for four-year institutions. In 2019, two of the five graduates transferred to HBCUs: Timia Grant to J.C. Smith and Tiffany McCarter to Elizabeth City State.

Southern High graduate Saidah Muhammad is a freshman guard on the team. In her one game appearance so far, Muhammad scored 14 points, including going 6-for-6 from the free throw line.

The Eagles' next game is this weekend at USC Salkehatchie. Here's hoping I haven't jinxed them.

We Got Next First

The WNBA is no longer the only game in town for professional women's basketball.

Athletes Unlimited tipped off its inaugural season this week in Las Vegas. Not to compete with the WNBA, however, the league is only for five weeks between January and February, which gives players ample opportunity to play in both leagues.

AU is not a traditional basketball league, either. Teams will have rotating rosters each week, and instead of a team champion, the league will award a championship trophy to an individual player.

For you naysayers – I can hear you right now – know that CBS Sports Network and FOX Sports have signed up to broadcast games.

Forty-four players will compete and earn approximately $20,000. Not bad for five weeks of work. Some people still don't make $20K in a year.

'Money Dance'

It's been six months since student-athletes were allowed to profit off their Name, Image and Likeness. Athletes have inked deals from $50 a month to over a million annually. Of course, when you're a starving college student, $50 can feel like a million bucks.

There aren't many surprises in the top compensation by conference, however the SWAC is holding its own at No. 19 among the top 25 earners, according to Opendorse.

Football is the No. 1 sport for compensation at 45.7%, however women's basketball is second at 26.2% and men's basketball third at 18%.

While the multimillion-dollar NIL deals get all the headlines, Opendorse reports that the average compensation for a Division I athlete is $1,036; DII is $58; and DIII is $40.

Again, when it's Friday night and you're broke and hungry, you'll happily take those 40 bucks.

Hampton heads to another conference in July

Continued from page 6A
the NFL Network at 2:30 p.m.

"This is an excellent opportunity for HBCU coaches to come alongside their NFL colleagues to learn, to share and create relationships, both professionally and personally," said Troy Vincent, executive vice president of NFL Football Operations. "The choice of inclusion is part of the ongoing efforts to promote trust, develop skills and provide a foundation for future mobility."

Legacy Bowl

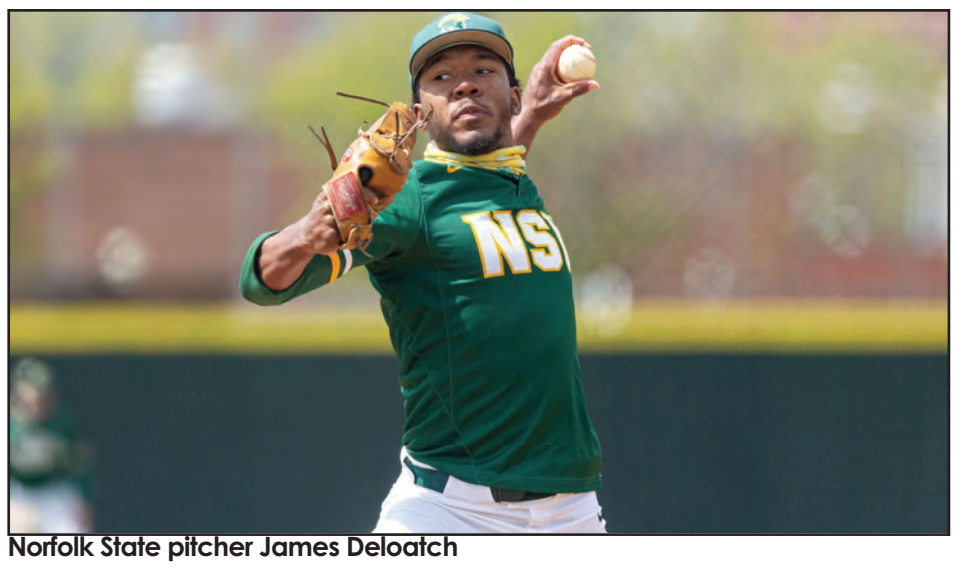
It's not just players who are signing on to the HBCU Legacy Bowl next month in New Orleans. Sponsors are hopping on the bandwagon as well.

* Zebra Technologies has signed a multi-year agreement.
* Home Depot
* Grambling State's Tiger Marching Band will perform at halftime.

More players:
* Miles CB Trey Giles
* S.C. State CB Zafir Kelly

We Got Next

The annual East-West Shrine Bowl, which showcases selected football players, has added female student-athletes for its HBCU & Female Pipeline Operations interns. Eight of the 11 interns are from HBCUs.


Norfolk State pitcher James Deloatch


Kentucky State men's volleyball team

Riverwalk Stadium in Montgomery, Alabama

NSU's Deloatch named preseason pitcher of year

Continued from page 1A
"The opportunity to return to Montgomery was very attractive. Not only does it provide a dynamic experience for student-athletes and fans, but it also provides an economic opportunity for the city and the surrounding area," Black College Championships executive director Michael Coker said. "The Riverwalk Stadium's minor league baseball facility is an exciting venue for our national championships."

WOMEN

North Carolina Central

Sophomore setter Lauren Janok was named to the 2021 University Division All-State Women's Volleyball Team.

The Rougemont native was the MEAC setter of the year after leading the conference with 8.6 assists per set.

MEAC

The MEAC is celebrating the 50th anniversary of Title IX throughout the calendar year, beginning with a virtual 5K and 50-mile challenge on Feb. 2 in conjunction with National Girls and Women in Sports Day.

The conference office also will publish 50 stories on the female pioneers and defining moments in MEAC women's sports history. Learn more at MEACsports.com.

And speaking of the conference, it recently hired five new staff members and restructured some others.

Newbies are former Bethune-Cookman athletic director Lynn Thompson as strategic adviser; James Motley, director of digital media and creative content; Harry Stafford, chief medical officer; Wyatt Sutton, assistant commissioner for championships and compliance; and Yakina Parker, executive assistant to commissioner.

MEN

N.C. A&T

The Aggies men's indoor track and field squad is ranked fourth in the nation in the first poll by the U.S. Track & Field Cross Country Coaches Association. It's A&T's second highest ranking ever.

The Aggies have several top-five rankings: Randolph Ross Jr. is No. 1 in the 400 meters. Senior Brandon Hicklin is No. 3 in the long jump. Sophomore Javonte Harding is No. 4 in the 200m.

Kentucky State

The historic men's volleyball team won its first match, a 3-0 sweep over Milligan University. The Thorobreds are the first HBCU school to field a men's volleyball program.

Black History Month and HBCU TV games

Continued from page 6A
pact on their school.

Shaw (7-9, 4-3)

The Lady Bears haven't hit 80 points or more since Nov. 27, but they have won three of four games.

Shaw traveled to first-place Lincoln last Wednesday. The Bears are a game behind the Lady Lions who have won four straight. They head to Virginia Union this weekend before hosting rival St. Aug's next Wednesday at 6 p.m.

* **Notes:** Senior Amani Moxley is the Church Mutual scholarship honoree. (See St. Aug's for more details.)

MEN

N.C. Central (8-9, 2-0)

The Eagles showed little signs of rust after being off since Dec. 22. NCCU returned to the hardwood to defeat Delaware State and Maryland Eastern Shore.

The Eagles host Howard this weekend before a big, big matchup with defending MEAC champ Norfolk State Jan. 31 in Durham at 9 p.m. The game will be televised on ESPNU.

* **Notes:** Sophomore guard Justin Wright was named MEAC co-player of the week after averaging 20.5 points in the two victories.

St. Aug's (3-14, 1-6)

The Falcons lost their seventh straight game in a 10-point defeat to Bowie State.

Dhashon Dyson was the only player in double figures, tying a game-high 24 points.

The team begins a four-game road trip this weekend at Fayetteville State.

* **Notes:** Junior Christopher Hill is the Church Mutual honoree. (See under women for details.)

Shaw (7-5, 3-3)

Look who is in first place in the CIAA North?

After losing their first three conference games, the Bears have won three straight division contests, which puts them at the top. They have knocked off Elizabeth City State, Virginia State and Bowie State.

Their division schedule continues at Lincoln and at Virginia Union before hosting rival St. Aug's next Wednesday after the women.

* **Notes:** Junior Justus Baldwin is a Church Mutual Award honoree.

N.C. A&T

The Aggies' matchup at Winthrop on Feb. 3 at 7 p.m. has been added to the ESPNU lineup. NCAT is in second place in the Big South North after defeating UNC Asheville last weekend.

New recruiting model for DI women's basketball

Continued from page 6A
and prospective student-athletes," said Shane Lyons, chair of the Division I Council and West Virginia athletic director.

A proposed change to the length of official visits was tabled and will be voted on in April after more discussion from other committees in the governance structure. The Council also approved a proposal limiting a school's total regular-season playing schedule with outside competition during the women's basketball season to one of the following:

* 28 contests and one qualifying regular-season multiple-team event that does not exceed three contests per school.
* 29 contests and one qualifying regular-season multiple-team event that does not exceed two contests per school.
* 29 contests during a playing season in which the school does not participate in a qualifying regular-season multiple-team event.

Proposals were approved to reduce the number of recruiting-person days in men's basketball from 130 to 100, and eliminate the option for a student-athlete or prospective student-athlete to sign a written release declining the sickle cell solubility test before participating in athletically related activities.

Two recommendations from the Football Oversight Committee regarding physical contact for spring football practices were approved. One proposal limits full contact (tackling to the ground) to no more than 75 minutes in any one practice period that does not involve a scrimmage. The other prohibits practice sessions that include full contact from occurring on consecutive days. The proposals are effective for the 2022 spring practice period.

The Division I Council also approved delaying the implementation of the four-year college transfer waiver guidelines, set to take effect this month, to January 2023.

Museum of Art commissions Raleigh author to create book

STAFF REPORTS

RALEIGH – The North Carolina Museum of Art has commissioned bookstore owner Victoria Scott-Miller to create a children's book.

Scott-Miller, owner of the Black-owned independent Liberation Station Bookstore, will release a children's book, "The Museum Lives in Me," which showcases the exploration and discovery of the NCMA's collection by a group of visiting students on a school field trip. Due out in May, the book is written by Scott-Miller and features original illustrations by Raleigh-based JP Jermaine Powell.

"We're extremely excited to commission and support this creative project with Victoria Scott-Miller," Museum Director Valerie Hillings said. "We work to make the People's Collection, North Carolina's state art collection, accessible and inclusive for everyone. This beautiful story highlights the joy and understanding that art can bring to everyone, particularly children."

Scott-Miller is a Raleigh-based author and owner of the nationally recognized bookstore, specializing in children's literature that centers on Black children and families. Her work has been featured in the Washington Post; O, Oprah Magazine; Medium; American Airlines Magazine; and Walter magazine, as well as on Good Morning America and CNN.

COURTESY

Original illustration by JP Jermaine Powell for The Museum Lives in Me.

Last year she was the first Black woman and the youngest inducted into the Wake County Public School Hall of Fame in the category of Entrepreneurship. Since 2020, the NCMA has partnered with Liberation Station for recorded readings, live in-gallery story times, and a curated book selection in the Museum Store.

The images created by Powell include recognizable visitor favorites in the People's Collection, including Mickalene Thomas's Three Graces: Les Trois Femmes Noires, 2011; Romare Bearden's New Orleans: Ragging Home, 1974; and Yayoi Kusama's LIGHT OF LIFE, 2018.

Powell's curiosity and love for the arts began at a young age in Cleveland, Ohio. His natural talent for drawing, painting, and connecting with people led him to attend and graduate from the Pratt Institute in New York City. He creates large-scale public art pieces and exhibits his work regularly in the Triangle and beyond.

The book will be available nationwide at Black-owned and independent bookstores, the Museum Store and online.

How Black-owned biz can reduce taxable income

By Donald Williams
SPECIAL TO THE TRIBUNE

Williams

As the owner of a small business, various questions will almost certainly cross your mind: How much am I supposed to pay for the tax? Why am I paying a specific amount of money? Is there a way I can reduce the taxable income? This is normal because the last thing you want is to pay a significant amount of your hard-earned money to the government as taxes.

Here are strategies you can use to reduce taxable income:

Have A Retirement Plan

As a small business owner, you will benefit from starting and funding a retirement plan. This is an effective way of saving taxes for yourself as well as your employees. The plan must be qualified and recognized by the Internal Revenue Service. The IRS will allow you to defer payment of taxes on these earnings until you withdraw. It is always recommended that you work with a professional who will determine what works for you, considering your goals and specific needs.

Take Tax Credits

The federal government uses tax credits to encourage or discourage businesses from doing specific things depending on the greater good. Therefore, you can take a tax credit if you want to go green, provide employees with health coverage, offer access to your disabled employees or hire new employees. Luckily, most tax credits are under the General Business Credit, meaning that you will most likely qualify.

Write Off Bad Debts

The end of the year is your perfect time to review expenses and customer accounts before paying your taxes. Use this time to find out which accounts fall under the bad debts. Writing off bad debts allows you to reduce income and, therefore, save on taxes. Bad debts include customers, employees and vendors who are unlikely to pay you back.

Deduct Travel Expenses

Small business owners can take advantage of this strategy to reduce business taxes if they travel a lot. Personal travel is not fully deductible, but business travel enjoys this benefit fully. The best thing to do is combine a justifiable business trip with personal travel and redeem flier miles earned from frequent business travels.

Use A Qualified Tax Adviser

Taxes can be overwhelming, especially for small businesses. Therefore, it is essential that you work closely with a qualified tax adviser for professional help before making critical decisions. Some experts will be available for a short period, while others will be available throughout the year. In such situations, choose the latter.

Donald Williams is the owner of Williams Accounting & Consulting.

HBCU NEWS

N.C. CENTRAL

NCCU is one four recipients of the inaugural Getty Images Photo Archive Grant for HBCUs, an initiative aimed at preserving and amplifying the invaluable visual history of HBCUs. Funding from the grant will support the digitization of roughly 50,000 rarely seen archival photographs from the university's library, including stories of Black Wall Street in Durham and the school's sports history, as well as images of historical figures visiting the campus, including Zora Neale Hurston, Adam C. Powell, JH Franklin and Thurgood Marshall. Claflin University, Jackson State University and Prairie View A&M University were also selected as grant recipients.

"North Carolina Central University's rich history, vibrant culture and steady growth over the past 111 years have been captured through images. The generous investment by Getty Images will offer new, technologically enhanced and advanced ways in which we, as a leading historically Black university, can further tell our story," Chancellor Johnson O. Akinleye, Ph.D. said.

Launching Tuesday on gettyimages.com, the "Historically Black Colleges & Universities Collection" will see thousands of images added throughout 2022. Archivists and librarians from NCCU will work alongside Getty Images' team of archivists and Adnet Global, a renowned post-production agency that specializes in the digitization, restoration and discoverability of visual analog historic libraries, in the photo digitization process.

NCCU will retain all copyright of its photos and once digitized, the historical content will be placed in a newly created standalone Getty Images photo collection dubbed the "HBCU Photo Collection," which will be made available for licensing in early 2022. All revenue generated from the images that are preserved through the grants will be funneled back into impact programs: 50% will go to grant recipients; 30% of revenue will be used for a financial donation to a scholarship fund focused on furthering the education of students at HBCUs; and 20% will be reinvested to fund the Getty Images Archive.

It's still January. Get back to those resolutions.

Have your 2022 resolutions faded?

5 tools to jumpstart them

STATEPOINT

If it's time to jumpstart the resolutions you made at the beginning of the year, consider these five tools to make them more attainable:

1. **Mix it up.** Finding it hard to consume the daily recommended servings of fruits and vegetables? You're not alone. Only 1 in 10 Americans do, according to the Centers for Disease Control and Prevention.

A high-quality blender can make getting your fill of these fundamental food groups easy and delicious. For example, the Ninja, one of the more notoriously powerful machines on the market, allows you to whip up smoothies and juices using whole fruits and vegetables to ensure you extract the most nutritional benefit from each of your ingredients.

2. **Touch and go.** Learning to play music is easy and fun when you opt for an instrument designed to help you master skills, fast. Offering touch responsive keys that light up as well as a compatible app that can assist you in your learning journey, Casiotone keyboards feature tools that can keep you motivated to continue expanding your knowledge.

3. **Walk it off.** Stay in shape using wearable tech that will encourage you to keep setting bigger and bolder goals. The G-Shock, a smartwatch with a step tracker, uses a three-axis acceleration sensor that begins counting steps the moment you start to walk. This data can help motivate you to increase your daily step count and meet the recommended 10,000 steps per day.

With some models offering heart rate monitoring and training analysis, you'll soon be well on your way to keeping your promise to make the most of your resolutions.

4. **Sleep tight.** If getting more sleep was on your 2022 to-do list but you're finding it difficult to actually put this goal into action, use an app such as Sleep Cycle to improve your nocturnal habits. Its sound library will ease you into sleep.

It also tracks you overnight and presents a deep-dive analysis into the quality of your shut-eye, along with guidance for changing your routine where needed.

5. **Rainy-day prep**. Make this the year you finally create a budget that allows you to save for the future. With a reliable printing calculator, you can print out and attach financial planning documents to show the progress of your savings and keep an organized log of monthly income and expenses. For this purpose, consider the HR-170RC from Casio, a mini desktop printing calculator with a big easy-to-read display, two-color printing and the ability to check and correct up to 150 steps.

Creating new habits is never easy. To help you stick the landing on all your goals, turn to tools that are designed to help.

BUSINESS BRIEFS

RECOVERY

N.C. Department of Revenue has a new grant program for N.C small businesses that suffered losses due to COVID-19. Visit www.ncdr.gov/business-recov.ery-grant. Deadline: Jan. 31.

SCHOLARSHIPS

Better Business Bureau has opened applications to recognize businesses, entrepreneurs and students for a dedication to ethical standards. Visit bbb.org. Deadline: Jan. 31.

BUSINESS WEEK

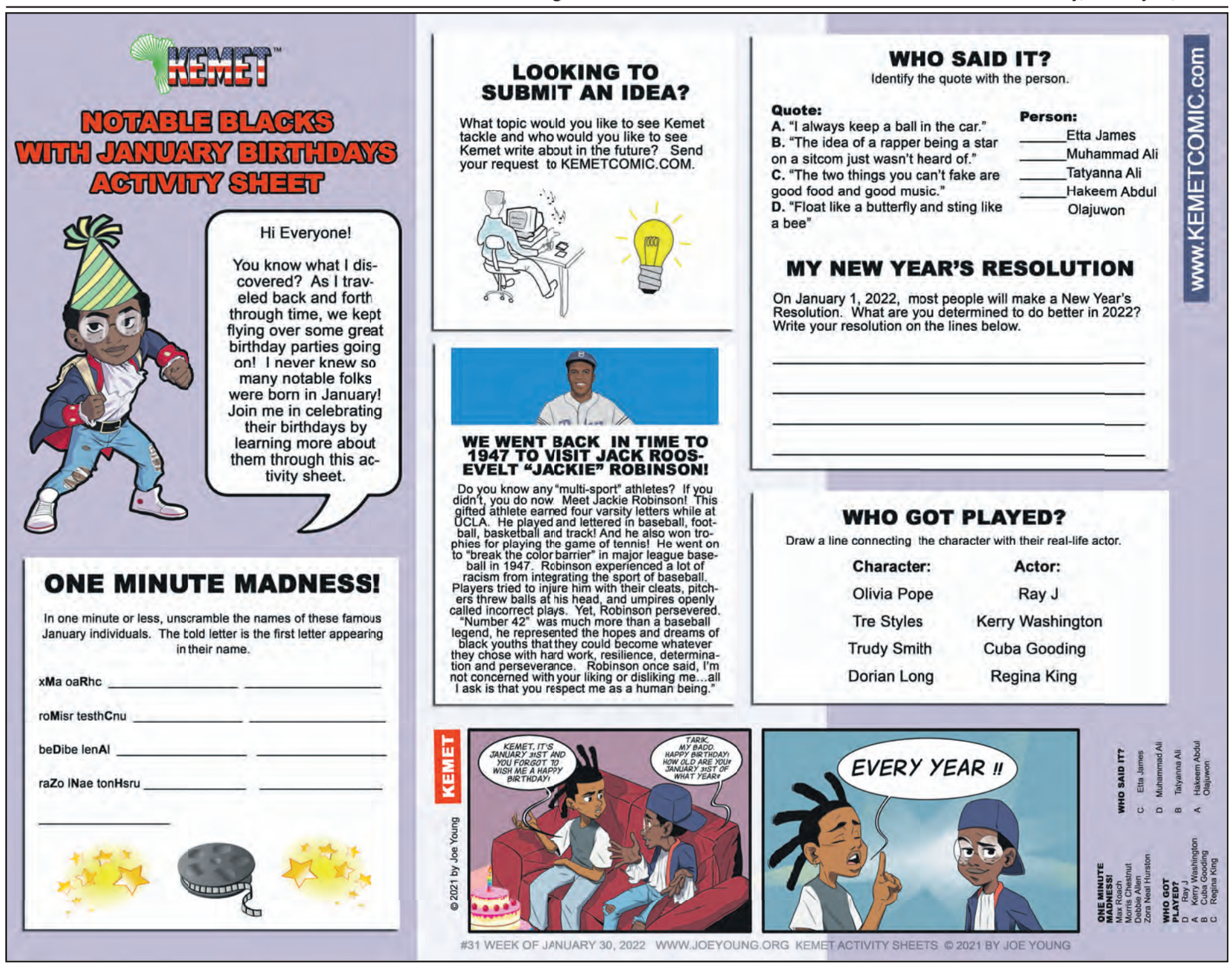
Greater Durham Black Chamber of Commerce Black Business Week is Feb. 7-12. Visit blackbusinessweek.eventbrite.com.

BLOOD DRIVE

Todd Harrison Realty will conduct a community blood drive Feb. 10, 10 a.m. to 3 p.m., 4700 Homewood Court, Six Forks Center Office Park. Call (919) 384-6104.

RALEIGH CHAMBER

* J. Blount Williams, of Alfred Williams & Company, is the guest speaker for C-Suite Perspectives, Feb. 11, 8:30-10 a.m., The Umstead Hotel and Spa, 100 Woodland Pond Drive, Cary. Register at raleighchamber.org.



A NEW WAY TO SEAFOOD

Royal Salmon with Romesco Sauce and Aioli

FAMILY FEATURES

Whether you're celebrating a weekend meal with loved ones or simply looking for a way to bring your family to the table at the same time, seafood night can make dinnertime a special treat. Next time you plan to make fish the focus of your menu, it's possible you'll be enjoying the benefits of aquaculture, also known as seafood farming.

Fast becoming a leading source of seafood worldwide, aquaculture is similar to typical agriculture but with fish, shellfish and seaweeds. Farmed seafood can be raised and harvested in either fresh or seawater, where natural conditions are recreated.

Today, half of all seafood Americans eat annually is farm raised and the appetite is only growing. There are many reasons for this, but one is due to overfishing and destructive practices. About 33% of wild fish stocks have reached their biological limit and aquaculture helps meet the increasing demand for seafood.

However, not all seafood you find in the grocery aisles is the same. Despite industry advances, aquaculture still faces challenges with fraud, mislabeling and questionable conditions. That's why it's important to look for responsible seafood products that are labeled by a trusted certification process.

For example, the Aquaculture Stewardship Council is a non-profit certification program that has created and enforced the world's strictest and highest standards for seafood farming since 2010. Today, it is transforming the seafood industry with a new level of certification for farmed seafood. This "new way to seafood" includes:

- Seafood that can be traced all the way from the farm to the store, ensuring the seafood you buy is what it claims to be
- The strictest combination of requirements to protect the environment, workers and communities on the farms where seafood is raised
- Improving farmed seafood quality and safety, so you can enjoy the flavor of recipes like One-Pan Japanese Salmon with Sweet Potato, Salmon and Shrimp Coconut Curry and Royal Salmon with Romesco Sauce and Aioli

To find more information about the certification process, visit NewWaytoSeafood.com.

Royal Salmon with Romesco Sauce and Aioli

Recipe courtesy of MOWI on behalf of the Aquaculture Stewardship Council
Servings: 2

- **2 tablespoons olive oil, divided**
- **2 Atlantic Salmon MOWI Royal portions**
- **salt, to taste**
- **pepper, to taste**
- **1 red pepper, cut into long strips**
- **2 cups small potatoes, cooked and cut in half**
- **1 teaspoon paprika**
- **1/2 teaspoon cayenne pepper**
- **1/2 cup garden peas**
- **1 tablespoon chopped tarragon**

Romesco Sauce:

- **1/2 cup extra-virgin olive oil**
- **2 cloves garlic, smashed**
- **1/4 cup slivered almonds, toasted**
- **1/4 cup hazelnuts**
- **1 slice white bread, crust removed**
- **1 large roasted red pepper**
- **1/4 cup tomato puree**
- **1 teaspoon sherry vinegar**
- **salt**
- **black pepper**

Aioli Sauce:

- **1 cup mayonnaise**
- **1-2 cloves garlic, crushed**
- **1 tablespoon olive oil**
- **1 lemon, zest and juice**
- **salt**
- **white pepper**
- **lemon wedges, for garnish**

Preheat oven to 400 F.

Place large skillet over medium-high heat and add 1 tablespoon olive oil. Season salmon portions with salt and pepper, to taste, and place skin sides down in pan. Cook 2-3 minutes until skin is crispy. Place on sheet pan, skin sides up, and bake 6-7 minutes. Remove from oven and let rest.

In same skillet, add remaining olive oil then add peppers and potatoes. Cook 6-7 minutes until peppers soften and potatoes start to caramelize.

Add paprika, cayenne and peas; stir and cook 2 minutes. Add tarragon.

To make romesco sauce: In clean pan, heat olive oil and gently fry garlic, nuts and bread until toasted.

In blender, process red pepper, tomato puree and vinegar until smooth. Add toasted nuts and bread; process to desired consistency.

To make aioli: In bowl, whisk mayonnaise, garlic, olive oil, lemon zest and juice, salt and pepper.

Place several spoonfuls of aioli on plate. Top with potatoes, peppers and salmon, skin side up. Top with romesco sauce.

Salmon and Shrimp Coconut Curry

Recipe courtesy of MOWI on behalf of the Aquaculture Stewardship Council
Servings: 2

- **2 pieces of MOWI Pure portions salmon**
- **1 cup wild rice**
- **1 tablespoon coconut oil**
- **1 clove garlic, sliced**
- **1/4 cup red onion, diced**
- **1 cup pumpkin or butternut squash, diced**
- **1 tablespoon lemongrass, finely chopped**
- **1 1/2 tablespoons red curry paste**
- **1/2 cup coconut milk**
- **1 tablespoon fish sauce**
- **1/4 cup tomatoes**
- **4 shrimp**
- **1 lime, quartered**
- **2-3 cilantro leaves, for garnish**

Cut salmon into 1/2-inch cubes. Cook rice according to package instructions.

In large skillet, heat coconut oil over medium-high heat. Add garlic, onion and pumpkin or squash; saute 5 minutes, or until onions are translucent. Mix in lemongrass and curry paste. Cook 2-3 minutes, or until fragrant.

Add coconut milk, fish sauce and tomatoes; mix thoroughly. Add shrimp and salmon; cook until done.

Serve with rice and lime quarters. Sprinkle with cilantro.