

# The Triangle TRIBUNE

THE TRIANGLE'S CHOICE FOR THE BLACK VOICE

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**Former Howard quarterback Caylin Newton makes his transfer choice.**



## Changes as NC courts reopen

By Melissa Boughton  
THE POLICY WATCH

On any given week prior to the COVID-19 pandemic, thousands of people went in and out of the Wake County courthouse without worrying about the crowds they'd encounter in the building.

In courtrooms, defendants, attorneys, victims and public agency workers alike would squeeze into the pews as a judge conducted hearings on dockets that could drone on for hours. No one wore masks; no one compulsively sanitized their hands.

On June 1, courts will broaden their current limited opening, but it won't look anything like pre-pandemic times. Officials are still in the throes of planning how to serve more members of the public while implementing best safety practices, but it's no easy task. "There's no question that this is a tall order," said Wake County District Attorney Lorrin Freeman of balancing safety measures within a system that is so used to bringing together so many people.

There are a number of changes her office will make: limiting the size of dockets, prioritizing the cases that need to be heard and identifying "compliance cases" that the office would normally dismiss, like registration citations, to more quickly remove them from the calendar.

Courthouse-wide in Wake County, there will be signs encouraging sick people to stay home and directing those present to stay socially distanced in queues and courtrooms. Visitors will be "strongly encouraged" to wear masks or face coverings. Freeman is working with courthouse officials, local attorneys and others to make the transition as seamless as possible.

North Carolina Supreme Court Chief Justice Cheri Beasley also announced guidance in a new executive order for courthouses and courtrooms to prepare for the soft reopening in June. It's one of many she's issued since the start of the pandemic. She said at a recent press conference that half a dozen courts have already had to address known exposures to COVID-19; a number of people have fallen ill in the past week. It's highlighted the need for a thoughtful and measured approach for the expansion of court operations, she said.

Among other provisions, Beasley's order specifies that no session of court can be scheduled if it would result in the public being crowded into court-

Please see **COURTS/2A**

COURTESY

## NC congresswoman tackles maternal health disparities

By Melba Newsome  
N.C. HEALTH NEWS

During a press conference on April 16, 12th District Congresswoman Alma Adams held up a picture of Kira Johnson, a woman she'd never met but whose tragic death compelled her to act.

Johnson, 39, was in exceptional health and had the best prenatal care. In 2016, she had a planned cesarean section for her second child at Cedars Sinai hospital in Los Angeles. When Johnson left the operating room, her husband noticed

blood running through her catheter, a sign of excessive bleeding or postpartum hemorrhage. Despite repeatedly alerting the medical team to the problem, doctors waited nearly 24 hours before returning Johnson to surgery to stop the bleeding. By then, she had been hemorrhaging internally for almost 10 hours. Her heart stopped immediately and she died in surgery.

"This story hits close to home because it is so common in our community; so common, in fact, that I almost lost my daughter after she gave

birth because her doctors wouldn't listen," Adams said at the D.C. press conference. She introduced the Kira Johnson Act as part of the Black Maternal Mombibus of 2020 bill written to make vital investments in reducing maternal mortality and morbidity rates overall, especially for black women.

Last year, Adams, along with Rep. Lauren Underwood (D-Ill.) and Sen. Kamala Harris (D-Calif.), launched the Black Maternal Health Caucus, a

Please see **MATERNAL/2A**

## Laundry, apparel workers demand essential pay

STAFF REPORTS

Hundreds of essential workers, who put their health and well-being on the line every day to keep our communities safe, secure and healthy, are coming together across industries to demand that the U.S. Congress fund proper personal protective equipment and essential pay for the essential work they do.

During the pandemic, essential laundry workers continue to clean, iron, dry and deliver linen hospitals across the South use to care for their growing numbers of patients. When the coronavirus came to the U.S., laundry workers were already facing risks at work, including such hazards as being stabbed by used medical needles, but COVID-19 presents additional risks that can be mitigated by training, transparency and essential pay.

"We were already essential, making sure hospitals and other health facilities have clean linen, gowns, napkins, to keep patients safe," said Jenesta Hadley, an essential laundry worker for 11 years in



COURTESY

Georgia." While we have to sort, wash, dry, fold and re-pack on a daily basis, we are used to keeping an eye out for needles and other dangerous things, but with COVID-19 it's different; we never know if that linen being sorted is infected or not. For that reason, we need PPE and training to better protect ourselves and be safe at work."

Apparel workers are busy manufacturing masks and other apparel essentials during this pandemic. In Selma, Ala-

bama, workers continue sewing combat uniforms for all branches of the military while making masks. And they are doing it without the training and transparency. The danger is real. At the end of last month, the Selma plant had to be closed after an employee tested positive for the COVID-19 respiratory illness.

"We are proud of making uniforms for the military, it's a humble but critical job," said

Please see **ESSENTIAL/2A**

## The Obama we know and the one in Trump's head

By John L. Micek  
THE POLICY WATCH

We've known for a long time that former President Barack Obama lives rent free inside Donald Trump's brain. From trying to tear down the Affordable Care Act to the bizarre and baseless accusation that the prior administration didn't leave him the testing apparatus or recommendations to prepare for the current COVID-19 pandemic, there's no problem too small that President "I Don't Take Responsibility" hasn't left at the feet of his predecessor.

Further evidence that Obama is not only living in Trump's head but is also adding a deck and, perhaps, a pool, comes via Trump's attempt to pin a conspiracy theory on the 44th president that is so convoluted it makes an "X-Files" fan wince.

"Thank you to @foxandfriends for covering, supremely, the greatest political scandal in the history of the United States, OBAMAGATE," Trump tweeted with typical restraint. "Fake news @CNN and Concast's own MSNBC are only trying to make their 3 year Con Job just go away. They are embarrassed and don't

Please see **OBAMA/2A**

## Donald Trump's demand to Queen City

By Jonathan Drew,  
Sarah Blake Morgan  
and Gary D. Robertson  
THE ASSOCIATED PRESS

CHARLOTTE — President Donald Trump's demand for a full-capacity Republican convention in August is putting pressure on North Carolina health officials — and local Republicans — as coronavirus cases surge in the host county and statewide.

Democratic Gov. Roy Cooper's administration has refused to give in, though, responding with a letter demanding a written safety plan from organizers of the Republican National Convention, slated for August in Charlotte. Even local Republican officials note that Trump doesn't have the power to unilaterally move the event scheduled to start in 90 days after two years of planning.

Asked about Trump's tweets threatening to move the convention, Cooper said Tuesday he's "not surprised at anything that happens on Twitter," without mentioning the president by name. He said discussions with RNC organizers are continuing.

"We have asked them to present a plan on paper to us laying out the various options that we've already discussed," Cooper said. "They know we're talking about a time that's three months from now, so we have to have options regarding how this convention is going to be run depending on where we are with the virus in August."

State Health and Human Services Secretary Mandy Cohen's letter signed Monday asks Republican convention organizers for a written COVID-19 safety plan "as soon as possible," noting that Cohen and Cooper discussed various scenarios with GOP officials by phone. She wrote that it's important to plan for multiple options because the "status of COVID-19 infections in our state and in the Charlotte area continues to rapidly evolve."

By Tuesday, Mecklenburg County had at least 3,400 COVID-19 cases — more than twice the next-highest county — and 73 deaths, also the most in the state, according to state health officials. A third of the cases were tallied in the past two weeks. County officials said hospitalized patients with COVID-19 dropped from more than 100 in April to 75 by Monday.

Statewide, there were 24,000 cases as part of an upward trend that included 1,100 new cases Saturday, the state's largest daily increase yet. Nearly 800 people have died, according to data from Johns Hopkins University, giving the state the 21st

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Tribune on  
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## Congresswoman tackles maternal health gap

**Continued from page 1A** congressional committee with over 70 members working to raise awareness and steer policy that can reduce maternal complications and deaths among black women. The group is one of many Congressional health care caucuses.

When the Caucus dubbed April 11-17 Black Maternal Health Week, Adams used the opportunity to reaffirm the need to take black women seriously when they speak about their health concerns, and to eliminate disparities and implicit bias from our health care system. Maternal mortality rates have fallen 44% around the world from 1990-2015.

The United States implemented the Pregnancy Mortality Surveillance System in 1987. Since that time, the number of reported pregnancy-related deaths steadily increased. The most recent data from the Centers for Disease Control released by America's Health Rankings is 29.6 deaths per 100,000 births in the U.S. According to the American Medical Association, the United States, Afghanistan and Sudan are the only three countries in the world with rising maternal death rates.

North Carolina's overall rate is a touch lower than the national average, at 27.6 per 100,000 births. The situation is even more

dire for black women who are three to four times more likely to die from pregnancy-related complications, according to the CDC data. For black women in North Carolina, the maternal mortality rate is 56.8 deaths per 100,000 births.

Black women are also twice as likely to lose an infant to premature death. Infant mortality for black babies, defined as when a child dies before reaching his first birthday, is about two-and-a-half to three times the rate for white women. For every woman who dies, the National Institutes of Health say 70 more experience "near misses" that lead to significant short- or long-term consequences to a woman's health.

The Omnibus, (S. 3424: Black Maternal Health Omnibus Act of 2020), the first piece of legislation written by the Black Maternal Health Caucus, has been endorsed by more than 100 organizations. Composed of nine individual bills, the Omnibus is wide-ranging in its efforts to confront the social determinants that influence maternal health outcomes, such as housing, transportation and nutrition.

The legislation also provides funding to support community-based organizations, collect more and better data, grow and diversify the perinatal work-

force, invest in maternal mental health care and substance use disorder treatments, and extend health insurance coverage from pregnancy up to one year postpartum.

North Carolina earned a D+ on the March of Dimes' 2019 report card assessing infant and maternal health for progress eliminating racial/ethnic disparities in preterm birth, a leading contributor to infant mortality. The preterm birth rate among black women in the state was 48% higher than the rate among all other women.

Even a black woman with a college degree is more likely to die from giving birth than a white woman without a high school diploma. The maternal death rate is 37 per 100,000, of which 54% are considered preventable. In white women, it's 14 per 100,000, of which 9% are preventable.

Adams can attest to this. She said her daughter had adequate health care and was in a good socioeconomic place.

"But there were still issues that came up just as she was getting ready to give birth," she said. "The literature on the topic says that it doesn't matter what your socioeconomic background is. These kinds of complications happen, and black women experience them more than other women."

## Essential workers demand essential pay in South

**Continued from page 1A** Latonya Walker, a sewer in Selma. "But we are proud union members. If we are disrespected, we'll take to the streets to defend our rights, as we had to do last month. We don't want any other coworker infected. We need training and transparency, and to be paid as the essential workers we are."

While essential workers — who are often women, single parents, immigrants and people of color — allow

many in our communities to be safe at home, they are disproportionately at risk of getting sick and dying.

"We've already seen Congress spend trillions of dollars during the pandemic to protect the rich," said Felix Avellaneda, a worker in Atlanta. "Now, we are telling Congress to understand all the public gratitude toward essential workers right now and to express that gratitude in a

law that protects all essential workers everywhere and allows people to provide for their families. "Whether we're from Tennessee, the Carolinas, Alabama, Mississippi, Georgia, Florida, we are saying the same thing, we all signed a petition for Congress to act. We won't be invisible anymore. We are essential, and we want to see that in our paychecks and at the workplace."



## Big changes, challenges as NC courts move to reopen

**Continued from page 1A** rooms or waiting in close proximity without social distancing. Senior Resident Superior Court judges provide for courtroom seating, and must ensure all areas where lines form are to be marked with 6-foot intervals. They must also ensure that public areas of the courthouse are cleaned throughout the day, and hand sanitizer is provided for the public at every entrance and exit.

"Court is going to look different for a while," Beasley said. "Dockets will be smaller. Cases will be heard online. We're going to have to socially distance in the courthouse. North Carolinians are resilient and resourceful, and we

approach our challenges with a spirit of cooperation and innovation that I know will carry us through the challenging days ahead."

Beasley also ordered that jury trials be postponed until August while she and other courthouse officials identify safe practices to empanel them.

Freeman said Wake County still has work to do to be able to safely conduct those jury trials. She also said another part of the challenge for the courts is they must implement such a wide array of changes without additional resources or technology.

June may be a slow start, but Freeman wondered whether they would be able to effectively manage

an increasing caseload in July and August, when a backlog of cases from March, April and May are rescheduled to be heard.

Beasley also highlighted that the judicial branch does not have "the power of the purse," and said it would be relying on the legislature and on Gov. Roy Cooper to help with resources, including PPE and sanitation products to keep courthouses clean.

She said the system has made requests to the General Assembly for funding for masks and thermometers and additional assistance for staff, among other items. Assistance from lawmakers will be necessary to be able to expand operations safely.

## A reminder of the Obama we know and the one in Trump's head

**Continued from page 1A** know what to do ..."

If you've been too busy trying to survive the greatest public health crisis in a century or don't hang out in the fever swamps of conservative media, you can be forgiven for scratching your head and marveling at the latest babble and bile to come pouring out of the mouth of a septuagenarian with an epic persecution complex.

To (very briefly) summarize, Obamagate is the latest repackaging of Trump's three-year-old grievance over the U.S. Justice Department's investigation of then-incoming National Security Adviser Michael Flynn. Yes, the same Flynn who pleaded guilty to lying to the FBI. And the same Flynn at the center of a criminal probe the Justice Department controversially decided to drop recently.

As New York Mag's Jonathan Chait writes, Trump's surrogates have accused Obama of orchestrating the entire Flynn matter as a way to discredit the incoming administration. As Chait further notes: "They can't prove that Obama played any role in ordering the FBI counterintelligence investigation nor even that it was unfounded. In place of proving either, they have substituted insinuations."

Trump, meanwhile, has been deliberately squishy about the crime that Obama has allegedly committed.

In an interview with The Washington Post's Philip Rucker, Trump declared that Obamagate had "been going on for a long time.

It's been going on from before I even got elected and it's a disgrace that it happened, and if you look at what's gone on, and if you look at it now, all this information that's being released — and from what I understand, that's only the beginning — some terrible things happened, and it should never be allowed to happen in our country again. And you'll be seeing what's going on over the next, over the coming weeks but I, and I wish you'd write honestly about it but unfortunately you choose not to do so."

And when Rucker, bless him, asked Trump what crime he was specifically accusing Obama of committing he got back more word salad — with a side of garlic bread.

"You know what the crime is. The crime is very obvious to everybody. All you have to do is read the newspapers, except yours," the president said.

In fact, as Chait notes, Obama "was ... so skittish about sharing intelligence that Russia was working to help elect Trump that he tried to get congressional Republicans on board before making any public warning to state election officials. When they refused and denounced his intelligence as partisan, Obama meekly held off rather than risk appearing to manipulate intelligence to help his preferred candidate."

It is probably belaboring the point to say that the sound and fury signifying nothing surrounding Trump's latest attack on Obama is an attempt to both divert attention from

the White House's tragically incompetent management of the COVID-19 pandemic, and to tie former Vice President Joe Biden, who has an in-law's apartment in Trump's head, to the alleged scandal as well. The problem is, the tendrils of this latest flare up are so tangled and so diffuse that there's no guarantee that it will convince seniors, independents and those other swing voters that Trump needs so badly to win in November.

Indeed, the only people embracing it the most fervently are those who already agree with and support Trump in the first place.

And, in an election year that may well turn on which side best motivates its base, Trump is throwing even more artery-clogging red meat to his loyalists. So there's that, anyway.

But having lost the one accomplishment he could brag about as evidence of his competence — a roiling economy — and unable to gaslight a foe — the virus — that is uniformly bipartisan in its terrible, destructive power, it's only reasonable to conclude that Trump is now so genuinely fearful of defeat that he'll clutch at anything, no matter how fantastical, if he thinks it will help him win.

And from the front porch inside Trump's head, Obama and Biden will kick back, enjoy a glass of lemonade and have a chuckle.

*John L. Micek is editor-in-chief of the Pennsylvania Capital-Star.*

## Trump's convention demand comes amid Charlotte virus surge

**Continued from page 1A** highest death count.

Trump threatened Monday to move the convention if Cooper didn't immediately agree to a full-capacity gathering. Pre-pandemic, Republicans estimated the convention would draw 50,000 visitors. Cooper has gradually eased business restrictions. But entertainment venues, bars and gyms remain closed under his current order that also caps indoor gatherings at 10 people.

Republican National Committee Chairwoman Ronna McDaniel told Fox News Channel Tuesday that Cooper owes the GOP firmer answers.

"He has to work with us. Every state we talk to says we want to nominate the president here, but this governor is up for re-election and hasn't given us the reassurances we need,"

she said.

Republican governors in Georgia and Florida say they would welcome the convention if North Carolina falls through. But Charlotte-area Republicans noted the RNC would have to break its contract to relocate. "I don't know exactly what legal authority the president has over the party and, therefore, whether he is in a position to give them an order to seek the cancellation of the contract," City Councilman Ed Driggs, a Republican, said by phone. "He's not a party to the contract himself."

Sarah Reidy-Jones, vice chair of the Mecklenburg County Republican Party, said in an interview that she believes the convention will remain in Charlotte because of all the logistics already settled during two years of planning. "I'm not so concerned about the tweet. He

doesn't have the authority to change the convention," she said.

She said that although she "doesn't envy" Cooper on his decision-making, she also doesn't want friction over the convention to become a rallying cry for Democratic donors. Cooper, who was narrowly elected in 2016, faces a challenge from Republican Lt. Gov. Dan Forest this year.

Driggs said he's heard mixed feelings from constituents about holding a convention — scaled back or not — during the pandemic. "There's a full spread of opinion," Driggs said. "So I get e-mails saying, 'call it off, call it off,' and I get others from my own supporters saying 'stand firm, stand tall.'"

*Drew reported from Durham and Robertson reported from Raleigh.*

## NC students may have trouble finding mental health services

By Greg Childress  
THE POLICY WATCH

Experts say North Carolina's existing shortages of nurses, counselors, psychologists and social workers will be aggravated by pandemic trauma. Some students — especially those who are homeless or in difficult living situations — who have been unable to go to school because of the COVID-19 pandemic will be traumatized by the event.

That's the expectation of state social work consultant Pachovia Lovett, who says the state's cadre of school social workers and other support staff are prepped for the approaching

crisis. "We know that students have been displaced or are homeless," Lovett, who works for the state Department of Public Instruction, explained. "We know students may be in different living arrangements, where maybe they decided to quarantine with their grandparents or with other family or someone who could be their caretakers while their parents are essential and needed to work."

A historic downturn in the economy has led to record-breaking job losses. Home foreclosures and mounting food insecurity will likely send more students and families into survival mode.

"We know that the cards are stacked against us right now and what we're coming back to is going to be kind of what we do magnified," Lovett said. "A lot of the work that has to be done now is work that we're very familiar with."

Social workers and school psychologists can expect larger caseloads; the roles of school counselors and school nurses will likely expand. Although the number of reported abuse cases is expected to decline, that doesn't mean there is less abuse occurring. Educators, school counselors and other school-based personnel re-

Please see **MENTAL/7A**

# Mentorship helps black women thrive in legal profession

By Lois Elfman

DIVERSE ISSUES IN EDUCATION

While the barriers are steep for black women in law, supportive networks and opportunities exist to turn obstacles into societal change.

Attorney Paula T. Edgar knows that barriers stand in the paths of black attorneys, but she thrives on finding ways to knock them down.

Her legal background empowers her to provide access for other people of color to become successful lawyers.

"It's improbable that, from ... being enslaved, [an African American] would then, centuries later, help make and shape the law. That is a miracle," said Edgar, a consultant on issues of organizational diversity.

Edgar's work focuses on changing toxic environments, such as those described by sociologist Dr. Tsedale M. Melaku in her book, "You Don't Look Like a Lawyer: Black Women and Systemic Gendered Racism."

The book examines the experiences of black women lawyers in elite corporate law firms. Melaku relates those specific experiences to how race and gender play a larger, crucial role in the experiences of women of color in traditionally white institutional spaces.

"There is a moral imperative to this and an accountability that needs to be addressed," said Melaku. "That comes out of having uncomfortable conversations about the status quo and maintaining the privilege that oftentimes is white and male."

Melaku's book details how black women in elite law firms are simultaneously invisible and hyper-visible. Their stories

range from associates constantly being mistaken for clerical staff by the partners to physical presentation to the expectation that they recruit attorneys of color to the firm, among other issues.

Melaku says the television series *Insecure* portrayed a spot-on depiction of the women in her book. One of the lead characters, Molly, an associate at an elite law firm, noticed a summer associate, Rasheeda, was not conforming to the firm's cultural norms.

A partner soon asked Molly to speak to Rasheeda about it, which Molly declined to do. The story arc concluded in a scene without dialogue in which Molly sees two partners reprimanding Rasheeda.

"The direction was to understand that it was a moment that was inevitable," said actress Gail Bean, who portrayed Rasheeda. "A lot of times, as black women, we go through obstacles and oppressions and we don't speak of them, not even to each other to be uplifting. To witness it on TV and be a part of that major moment, I feel that was a healing moment for black women to see and to understand it."

As far as invisibility in Melaku's book, black female attorneys describe being unable to build authentic mentor/mentee relationships with white male partners or find sponsors and advocates who propel them forward.

They are often excluded from cases, projects and networking opportunities that would place them on track to promotion.

"They're often forced to expend emotional and mental labor in order to navigate the firm and the discourse surrounding their visibility," said Melaku. "They have to engage

in very careful self-presentation and impression management to avoid stereotypes and prejudices. Partners seek to form organic relationships with people that tend to look like them, which oftentimes excludes women and people of color because the majority of partners are white men."

For attorney Evangeline M. Mitchell, founder and executive director of National Pre-Law Diversity Initiatives Inc., the vital supports begin with college students who have an interest in the law.

Every year, the organization hosts information-sharing and networking empowerment events, such as the National Black Pre-Law Conference, at which attendees receive information about law school admissions, financial aid, standardized tests and academic preparation.

"We share the honest realities of the additional challenges and difficulties that black law students face as a result of being black in predominantly white law school environments," said Mitchell.

"We let students know what to expect — low expectations, being excluded from study groups and social events — and provide tangible coping strategies and advice on how to push through and be excellent despite the bias, microaggressions and daily insults.

"We let them know that these are things we, as a group, have faced and continue to face, but we can still make it in spite of the extra burdens that come along with being black in environments where we are not always wanted or welcomed."

###

## SEX TALK

# Common pregnancy misunderstandings

By Richard

Gunderman

THE CONVERSATION

Sex is one of the most natural things in the world — none of us would be here without it. Yet there are many things about sex that need to be learned. Even today, 60 years after the introduction of oral contraceptives, almost half of pregnancies worldwide are unintended.

Avoiding pregnancy takes planning, and health professionals can do a lot to help patients better understand contraception.

Some of these wrong ideas are mentioned year after year, and correcting them presents a prime opportunity to enhance sexual health. Here are four common ideas about contraception that are incorrect, each representing a real patient's story.

### RHYTHM METHOD

The pregnancy test of a patient in her 20s came back positive. She protested to her physician that she couldn't be pregnant. Her physician asked what form of contraception she and her husband had been using. She responded that they scrupulously avoided sex during her "fertile time." Upon further questioning, the patient revealed her understanding that pregnancy could only occur on a single day each month.

In reality, assuming a woman has a 28-day menstrual cycle, there are about six days during each cycle when sex can result in pregnancy. While a woman's egg retains its fertility for up to 24 hours after ovulation, the release of an egg from the ovary, sperm can remain viable in the female reproductive tract for up to five days. This means that patients employing the so-called

"rhythm method," one of the least reliable forms of contraception, need to avoid sex for at least six days in the middle of each cycle.

### THE PILL

A teenager using oral contraceptives became pregnant. When her physician asked how she had been taking her pills, she said that whenever she missed a pill, she would double up the next day. Once she missed taking her pills for five consecutive days. So, on the sixth day, she took six pills. One way to help patients use medication properly is to explain how it works, including why they need to take it regularly. In this case, providing the patient with a basic explanation of how oral contraceptives work could be beneficial.

While there are different types of "the pill," most contraceptives work by preventing ovulation. The brain's pituitary gland, the so-called "master gland" of the hormonal system, detects stable high levels of the pill's ovarian hormones in the blood. As a result, the hormone that stimulates ovulation isn't released. But a pill must be taken every day to keep levels sufficiently high to prevent an egg from being released.

**BREASTFEEDING**  
A new mother with a 4-month-old baby expressed her fear to her doctor that she was pregnant again. How could this be, she asked, since she had been breastfeeding her baby since birth? The patient was correct that breastfeeding can suppress ovulation, but only if it is frequent enough.

As it turned out, while the patient had been breastfeeding her baby since birth, she had also been feeding the baby formula, limiting breastfeeding to

two or three times each day. In addition, her menstrual cycle had resumed the previous month.

Breastfeeding can be effective as a means of contraception in the first six months after birth. The hormones produced by the mother's body during breastfeeding naturally suppress the pituitary gland's secretion of hormones necessary to ovulate. However, the baby must be exclusively breastfed and fed at least every four hours during the day and every six hours at night. Otherwise, breastfeeding will not adequately suppress pituitary secretion, and pregnancy can occur.

### SEXUALLY TRANSMITTED DISEASE

A teenager came to a sexual health clinic complaining of symptoms of itching, rash and painful urination, which her physician suspected was the result of a sexually transmitted infection.

When her doctor asked her about contraception, she reported that she was "on the pill." Therefore, she said, she could not have an STI.

Many patients mistakenly assume that, in addition to preventing pregnancy, contraceptives can prevent STIs. While oral and other types of contraceptives, such as IUDs and hormonal implants, are usually highly effective in preventing pregnancy, they do nothing to reduce the risk of STIs.

The only widely used form of contraception that reliably prevents STIs is the condom. It creates a barrier between the skin and bodily fluids of sex partners. To prevent infection, condoms need to be used in addition to other forms of contraception.

Please see **PREG-**



The Road To Recovery

## Relief: Tools And Resources To Navigate Today's Financial Crisis

WELLS FARGO

In the face of so much uncertainty what many of us need most are answers to our most pressing questions, and a plan to help determine our next moves on the road to recovery. Wells Fargo is committed to providing information necessary to help address your unique financial needs and concerns, starting with the tools and resources to find relief.

### How can I protect my credit report if I can't keep up with my loans?

The best way to protect your credit report is to make arrangements directly with your lender. Try asking your bank/lender about deferring payments and interest on your loans/credit lines and having fees waived. On a case-by-case basis, Wells Fargo is offering fee waivers, payment deferrals, and other expanded assistance for credit card, auto, mortgage, small business lending, and personal lending customers who contact us.

### Can I apply for a credit limit increase for disaster relief?

In this time of crisis, increasing the limit on your credit card could be a way to help alleviate some financial strain and increase your purchasing power. We're currently reviewing credit card line increases on an individual basis over the phone. To find out your options, reach out to your bank directly.

### What are some programs that can help me get by?

The government has designed programs to provide support and relief to those in need during this time. Here are some highlights of the CARES Act that may impact your finances:

### Unemployment

There have been temporary changes made to unemployment eligibility. Today, workers who are furloughed, but haven't been fully laid off, are eligible. This special program also extends to those who are typically self-employed and/or part of the gig economy.

### Paid Leave

The Families First Coronavirus Response Act is now covering up to 12 weeks of family leave for families who have faced school/daycare closure because of the pandemic and must stay home with their children.

### Small Business

Wells Fargo is committed to helping as many small business customers as possible through programs like the Paycheck Protection Program (PPP) established by the CARES Act. Wells Fargo mobilized thousands of employees and introduced new automation to rapidly process as many PPP applications for submission to the U.S. Small Business Administration (SBA).

Wells Fargo is with you as you embark on your road to recovery. To learn more about our COVID-19 relief efforts visit [wellsfargo.com/heretohelp](https://wellsfargo.com/heretohelp).

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

**AUCTIONS**

Online Only Auction, Business Liquidation of Monroe Metal Manufacturing, Inc., Begins Closing 6/10/20 at 10am, & 6/11/20 at 10am, Property at 6025 Stitt Street, Monroe, NC, ironhorseauction.com, 910.997.2248, NCAL 3936

AUCTION ALERT! Equipment for grocery stores, convenience stores & more. Coolers, shelving, displays, registers, lighting, cooking equip. & more! Great quality - Earth Fare grocery store landlord creditor due to bankruptcy online auction. Ends Tues., June 9 at 11 a.m. | Motleys Industrial | 877-MOTLEYS | motleys.com | NCAS5914

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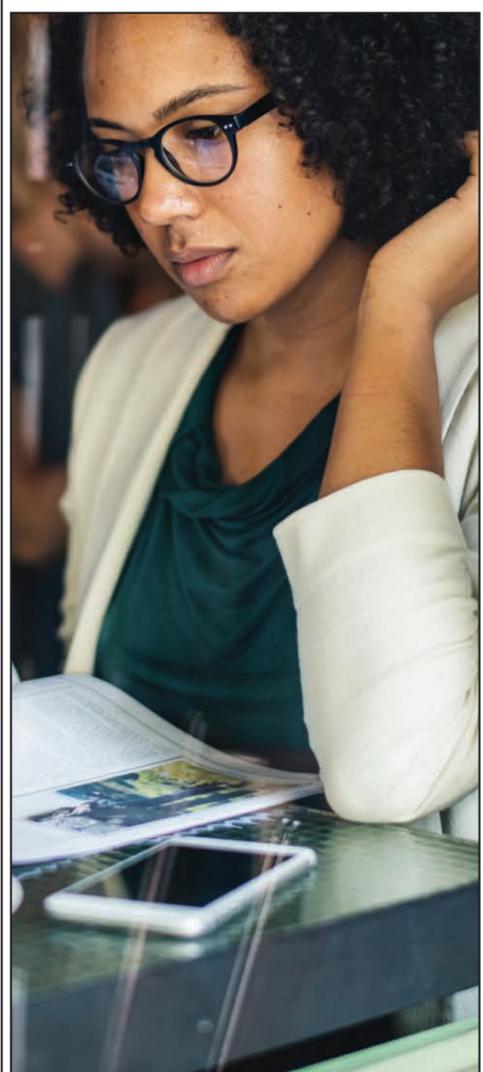
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The Rev. Jerome Washington speaks to the media with a group of pastors from Durham assembled behind him.

## Despite judge's ruling, most North Carolina churches remain closed

By Rose Hoban  
N.C. HEALTH NEWS

Another weekend with empty pews. Another weekend where the people of God will be separated, tuning into worship services on YouTube or Facebook or Zoom.

The coronavirus pandemic has had a profound effect on churches and temples across the United States, as religious leaders have had to move online to comply with gubernatorial orders to not gather in large groups in order to reduce the spread of the highly contagious novel virus.

A recent judge's order changed that. A U.S. District judge issued a preliminary injunction on Gov. Roy Cooper's restriction on church gatherings. That's what prompted a group of pastors, primarily from African American churches, to gather in Durham to speak to the media about their concerns.

The Rev. Jerome J. Washington from Mt. Vernon Baptist Church in Durham's Hayti neighborhood said that many of the congregations his colleagues were serving had members who would be disproportionately affected by COVID-19. None of Washington's congregation has yet been affected, but one of the pastors present had already lost two people to the disease.

"And we feel, I feel that as a pastor, as a shepherd of sheep, it would be a miscarriage of my character to open up the church and invite all those people to come back in knowing that they are vulnerable to this virus," he said. "We are here because we love our people, and we love each other. We're here to protect the most vulnerable among us."

Their action came days after a statement by the North Carolina Council of Churches, which represents 18 major Christian denominations and more than 6,000 churches, which stated "unequivocally that we do not believe now is the time for

congregations to return to their sanctuaries."

The Durham pastors' response came in contrast and response to a lawsuit filed by Ronnie Baity, pastor of Berean Baptist Church in Winston-Salem. "We have a Biblical mandate to assemble, and a First Amendment right to assemble without government intervention," Baity told N.C. Health News. "Those are the two most powerful reasons in the universe to come together. They both speak either directly or indirectly to God's command over our lives."

Other denominations differ in their interpretation of scripture. "We've said all along that the best way to love our neighbors right now is to keep our distance from them," said Jennifer Copeland, head of the N.C. Council of Churches. She said no one's been told to stop worshipping, they've only been told they can't do it in person.

"Congregations all over the state, all over this country have found amazing and creative ways to worship together without being in the same room," she said, arguing that no one's right to religious freedom has been impinged. "Nobody's gone in there, shut down anybody's website site and said, 'Oh, no, you can't have virtual worship.'"

"Nobody has told us that we can't practice our religious beliefs. Our homes are not being broken into, and we're not being thrown in jail for saying the Lord's Prayer."

She said she believed Baity's lawsuit had a political motivation. Washington, the Durham pastor, also made it clear he believed there was a political bent to the suit. "One does not show up, embracing the cross with a 'Make America Great Again' hat on," he said.

Since the beginning of the COVID-19 pandemic, churches have been hotspots for some dramatic outbreaks. Last week, the Centers for Disease Control and Prevention released a

case study of a church in Arkansas that was the hub for transmitting COVID-19 to over 90 people. A rural church had several in-person meetings in March, including a children's service, a Bible study and a worship service. The pastor, 57, and his wife, 56, developed symptoms several days later. According to the CDC, the couple was likely infected at one of several earlier events and the pastor then likely exposed others during the Bible study.

In all, 35 of 92 people who attended these events acquired COVID-19, and three people died. Church members who became infected had contact with an additional 26 people who eventually tested positive, and, of those, one person died.

A different case study released this month by the CDC detailed how a choir practice in Washington state became a "super-spreader event," where 61 people were exposed, 53 developed symptoms and two subsequently died. "The act of singing, itself, might have contributed to transmission through emission of aerosols, which is affected by loudness of vocalization," the study's authors noted.

More recently, a church in Northern California became the source of an outbreak after a pastor held Mother's Day services in defiance of that state's recommendations. About 180 people were exposed.

"At this time, organizations that hold in-person services or gatherings are putting the health and safety of their congregations, the general public and our local ability to open up at great risk," stated Danette York, director of Butte County Public Health, where the outbreak occurred. "The organization chose to open its doors, which resulted in exposing the entire congregation to COVID-19. This decision comes at a cost of many hours and a financial burden to respond effectively to slow or stop the spread of COVID-19."

come Tax Assistance Program will assist low- and moderate-income taxpayers every Monday and Friday, 1-4 p.m., in the month of June, Seymour Center, 2551 Homestead Rd. Call (919) 245-4242.

**BLOOD**  
UNC-Chapel Hill Employee Forum is holding its annual Carolina Blood Drive June 2, 7 a.m. to 6 p.m., Dean E. Smith Center. Register at [www.redcross-blood.org](http://www.redcross-blood.org).

**DURHAM HEARING**  
A public hearing on Durham's proposed budget is June 1, 7 p.m. Visit [durhamnc.gov](http://durhamnc.gov).

**FILMMAKERS**  
Full Frame is hosting an online festival strategy for documentary filmmakers June 2, 3 p.m. Register at [www.fullframefest.org/speakeasy](http://www.fullframefest.org/speakeasy).

**CHAPEL HILL TAXES**  
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### AROUND THE TRIANGLE

**RALEIGH METERS**  
Payment for on-street metered parking will resume June 1.

**HEARING**  
A public hearing on City of Raleigh's proposed budget is June 2, 7 p.m. Visit [www.raleighnc.gov](http://www.raleighnc.gov).

**OPENING**  
EPIC Physical Therapy is opening a second location at 1701 S. Saunders St. on June 1.

### MOVERS AND SHAKERS

Lacey Wilson has been named the new site manager at the Charlotte Hawkins Brown Museum in Gibsonville. Wilson leaves her job as historic interpreter at the Owens-Thomas House and Slave Quarters in Savannah, Georgia. She earned her master's degree at UNC Greensboro.

"The position appealed to me because it was an opportunity to return to North Carolina and tell really interesting stories about black women moving education and politics forward in the state," she said.

Are you or someone you know a Mover and a Shaker? Drop us a line at [Movers and Shakers, c/o The Triangle Tribune, 5007 Southpark Drive, Suite 200G, Durham, NC 27713, or e-mail us at info@triangletribune.com. Photos welcome.](mailto:info@triangletribune.com)



Wilson

## Pastoral ministry and mental health issues

By Cody Glen  
Barnhart  
BAPTIST PRESS

ALCOA, Tenn. - Seacoast Church former pastor Darin Patrick passed away from what "appears to be a self-inflicted gunshot wound."

The news sent shockwaves through social media. Patrick's passing is a devastating blow. We seem to have lost another one of our brothers to the crisis of mental health.

Patrick's death serves as a somber reminder that the effects of the coronavirus outbreak are not only physical: isolation feels ever-present. Because 2020 has gone awry, an entire generation of pastors feel (perhaps for the first time) the need for pointed, calculated and faithful leadership. Pastors have a lot of stress right now. And, in the midst of this, they can't even hug one another as a reminder of the brotherhood they share in Christ.

Even before accounting for the stress of "how to do church during coronavirus," pastors tend to have an unspoken weight of responsibility placed on them. Often, our churches don't merely assume a pastor will look after his mental health; instead, our churches "expect" a pastor to look after his mental health. This expectation is detrimental to the well-being of our pastors.

Modeling his ministry after Christ, the biblical pastor makes himself "last of all and servant of all" (Mark 9:35). The pastor centered on the Gospel takes heed of Jesus' words in Matthew 20: "Whoever would be great among you

must be your servant, and whoever would be first among you must be your slave, even as the Son of Man came not to be served but to serve, and to give his life as a ransom for many" (Matthew 20:26-28).

In devoting himself to the congregation, the pastor shaped by the Shepherd fields criticisms without defense, surrenders family time for pastoral responsibilities, and puts the emotional weight of others upon his shoulders.

In the name of biblical fidelity, the pastor who truly believes the Gospel will self-sacrifice until he sacrifices himself along the way. The pastoral duty can morph into self-destruction before we can blink our eyes.

\* Ask not what your pastor can do for you. I want to be careful and clear here: there are many aspects of poor mental health that are best left to professionals. Counselors, psychiatrists and others specializing in emotional and mental health ought to be seen as resources for the church, not its opponents. So, when we ask what we can do for our pastors, we need to be sure our answer doesn't leave professionals out of the picture.

\* Ask your pastor how you can best serve him. It sounds simple, but pastors are normal people with normal schedules and normal struggles. He may say something like, "Actually, I need a date night with my wife soon. We haven't had one in forever. Could you watch the kids for us?" And if you can't, find someone who can! It's that easy. Pastors are often never asked how they can be served because they are busy with requests to serve others.

\* Consider whether you need to voice your complaint, dissatisfaction or frustration with the pastor, or if there is somebody else you can take it to. In other words, ask this: "Can I talk to another staff member, ministry leader or a trusted community group member about how I feel before approaching my pastor?" When doing this, make sure you aren't doing so in such a way that sows discord or causes division.

\* Ensure that part of your pastor's compensation includes coverage for counseling, psychiatric care or other expenses related to emotional health. If your church can afford it, include coverage for his family. Being a pastor's wife or child is uniquely difficult.

\* Allow for regularly scheduled times when your pastor and his family can clear their heads, when he can spend time with friends or get out of the city for a day. Even if they're infrequent, a regular habit of "soul care" for the pastor can go a long way in preserving the pastor.

\* Here's the final word I'll give to this: Show your pastor that you support him. Listen to what he says about his life. Ask how his family is. Ask what he does in his free time. Ask what he enjoys about his days off. Show that you want to be his friend, not only his congregant.

\* Don't assume he has it all together. Statistics show he's likely burned out; he's likely lonely; he's likely exhausted. Help him catch a break by showing him the love of Christ, who will never turn us away for our emotional difficulties.

### RECIPE OF THE WEEK



## Eggs: Wholesome recipe with big flavor

FAMILY FEATURES

Maintaining a healthy lifestyle includes a variety of commitments, from exercising to eating right. However, serving up healthy meals doesn't have to be boring.

Whether they help elevate dishes like Baked Eggs Puttanesca or are simply enjoyed as a snack, olives are a guilt-free food to ensure your healthy mealtime is anything but boring.

**Baked Eggs Puttanesca**  
Prep time: 15 minutes  
Cook time: 45 minutes  
Servings: 4-6

3 tablespoons olive oil  
1/2 yellow onion,  
chopped

2 cloves garlic, chopped  
3 anchovy filets,  
chopped  
1/4 teaspoon crushed  
red pepper flakes  
2 tablespoons tomato  
paste  
1 can (35 ounces)  
chopped tomatoes  
2 tablespoons Lindsay  
Capers, drained  
1/3 cup Lindsay Pitted  
Kalamata Olives, drained  
and halved  
Salt to taste  
Pepper to taste  
1-1/2 cups chopped kale  
6 eggs

Heat oven to 400 F.  
In non-reactive saucepan  
over medium-high heat,  
warm olive oil. Add onion  
and sauté, stirring occa-  
sionally, until soft, about 6  
minutes. Add garlic, an-

chovies and red pepper  
flakes; cook 1 minute. Stir  
in tomato paste, then add  
chopped tomatoes with  
juices, capers and olives.

Bring to boil, then reduce  
heat to low. Simmer, stir-  
ring occasionally, 15 mi-  
nutes. Season with salt and  
pepper, to taste. Transfer  
puttanesca sauce to 9-by-  
13-by-2-inch baking dish  
and spread to cover bot-  
tom. Stir in kale, then,  
using wooden spoon, make  
six wells. Crack one egg  
into each well and season  
yolks with salt and pepper  
to taste.

Transfer to oven and  
cook until white is set and  
yolk is cooked to prefer-  
ence, 12-16 minutes. Spoon  
into bowls and serve.

## Misconceptions about how to become pregnant

Continued from page 3A  
SEX AND MEDICINE

These are a few examples of common misunderstandings that patients may harbor about contraception. Others include the idea that pregnancy can occur only if the woman

has an orgasm, if sex occurs in certain positions or if the woman refrains from various cleansing practices, such as douching or taking a shower. In fact, none of these situations is likely to alter the probability of pregnancy in a reliable way.

Such misconceptions serve as stark reminders that many people have not been well educated about essential aspects of sexual health.

Families, schools and health professionals have a lot of work to do.

# DI lowers number of contests

By Corbin McGuire  
NCAA.ORG

For the 2020-21 academic year only, the minimum number of contests required in Division II for sport sponsorship and championships selection, as well as the maximum number of contests and dates of competition allowed, will be smaller than in years past as a result of financial impacts from COVID-19.

The Division II Presidents Council in a teleconference voted for reductions in all three areas strictly for the 2020-21 academic year. The division's highest governing body voted to reduce the minimum number of contests needed for sport sponsorship and championships selection by 33%, with rowing being the lone exception to the change for championships selection.

The council voted for a one-year reduction to the maximum number of contests and dates of competition, as well.

These reductions varied by sport, based on results from a survey administered to presidents and chancellors, directors of athletics and conference commissioners.

All three reductions stemmed from financial struggles Division II institutions are facing due to the pandemic.

Many institutions, per feedback from leadership throughout Division II, will not be able to afford the same level of travel or meet current standards for championships selections or sports sponsorship, even if sports begin as scheduled in the fall term.

In addition, concerns of competitive inequity also have been expressed from across the division if maximum numbers for playing and practice seasons were not adjusted along with reductions to the minimums.

"The financial challenges faced by institutions because of COVID-19 are considerable and, as we prepare for summer and fall, continue to increase," said Sandra Jordan, chancellor of South Carolina Aiken and chair of the Division II Presidents Council. "The approved reductions strike an important balance of providing schools with scheduling flexibility, maintaining competitive equity within the one-year reductions to minimums and maximums, and continuing to prioritize opportunities for student-athletes to compete in NCAA championships. Periods of national crisis require carefully considered compromise."

The Presidents Council made the final decision on all three issues after receiving recommendations from the Division II Management Council, which considered feedback from several leadership groups, Division II governance committees and two surveys of the division's leadership.

As part of this decision, men's and women's basketball teams will not be able to exempt contests as part of a conference challenge event or in the Tip-Off Classic for the 2020-21 academic year.

Typically, teams can exempt these contests from their maximum contest total.

The Presidents Council voted not to change how discretionary exemptions, such as scrimmages and exhibitions against non-Division II four-year schools, are counted.

They will remain exempt against maximum contest totals. The council also decided that no reductions be implemented for maximums for National Collegiate Championship sports, emerging sports and Division II men's ice hockey for the 2020-21 academic year.

\*\*\*\*\*

# Sports

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SUNDAY, MAY 31, 2020 - PAGE 6A

## COLLEGE CORNER



COURTESY

Caylin Newton is transferring to Auburn.

## Caylin Newton follows big brother

Caylin Newton, younger brother of former Carolina Panthers quarterback Cam Newton, is now an Auburn Tiger.

Newton announced on his Twitter page that he was transferring to Auburn, following in big brother's footsteps.

Cam Newton, the 2010 Heisman Trophy winner, led the Tigers to the 2011 BCS National Championship.

Caylin Newton was the starting QB at Howard for three seasons. His freshman year, he threw for 2,432 yards and 13 touchdowns, and rushed for 753 yards and 12 TDs.

He followed that up with 2,629 yards passing, 504 rushing and 36 total touchdowns his sophomore season.

### SIAC, NBPA partner

The National Basketball Players Association Foundation has provided two grants totaling \$150,000 to provide summer school scholarships to student-athletes in the SIAC.

"These grants continue

our support of student-athletes in the SIAC to help them stay on track to graduate," foundation chairman Chris Paul said. "In this time of COVID-19, it is especially important for all of us to work together to provide assistance to student-athletes who attend HBCUs, and we are proud to be able to do that through the schools of the SIAC."

### St. Augustine's

Track star Christian Smith, who graduated earlier this month, was one of 22 HBCU ambassadors invited to speak on ESPN's HBCU Day last weekend on ESPN.

Smith graduated May 15 with a 3.25 GPA in sports management. Hear his message on [www.TheUndeclared.com](http://www.TheUndeclared.com).

Junior golfer Samuel Cudjoe was named to the Division II Academic All-District 2 Men's At-Large Team. The Trinidad native has a 3.72 GPA in sports management.

### CIAA awards

The CIAA recently released its 2019-20 Dr. Fred-

die Vaughns Highest Team Academic Award recipients. And look who led the way!

Livingstone teams have six of the 15 highest team GPAs. Well, alrighty then!

Football: Livingstone - 2.84

Volleyball: Virginia Union - 3.51

Men's cross country: Shaw - 3.33

Women's cross country: J.C. Smith - 3.58

Men's indoor track: Livingstone - 3.14

Women's indoor track: Virginia Union - 3.33

Men's basketball: Livingstone - 3.15

Women's basketball: Livingstone - 3.39

Bowling: Virginia Union - 3.53

Golf: Livingstone - 3.60

Women's tennis: Virginia Union - 3.65

Softball: St. Aug's - 3.33

Men's outdoor track: Livingstone - 3.17

Women's outdoor track: Virginia Union - 3.27

Cheerleading: Claflin - 3.29

\*\*\*\*\*



BETHUNE-COOKMAN

Miranda White explains her research at a college expo.

## A different shining moment deferred for White

By Dan Ryan

BETHUNE-COOKMAN ATHLETIC COMMUNICATIONS

DAYTONA BEACH, Fla. - COVID-19 has denied student-athletes across the globe the chance to compete and showcase their talents on athletic fields this spring. Bethune-Cookman volleyball player Miranda White was denied the opportunity to present her scientific research on Capitol Hill last month.

Kind of puts "One Shining Moment" into perspective, doesn't it?

The senior from Downey, California, was one of 60 presenters selected for the National Council on Undergraduate Research's 24th annual Posters on the Hill event, originally scheduled April 20-21. Her project, "Using a Bayesian Conditional Probabilistic Model to Identify Efficient Environmental Indicators of Harmful Algal Blooms Within the Indian River Lagoon, Florida, USA," used a time series of analyses to determine strategies for algal bloom control along Florida's east coast.

Instead of appearing in front of members of Congress, White's presentation was posted virtually via twitter, and retweeted on B-CU volleyball's official twitter feed and by her teammates.

"Going to Washington and presenting to Congress would have been surreal," White said. "It is amazing that the Council of Undergraduate Research offers the opportunity for undergraduate students to present their unique research to their state senators. What an honor it was to be selected."

Adding to the honor is that White is the first B-CU student selected to participate in the program, says her adviser, Michael A. Reiter. "The program is extremely competitive," Reiter said. "Explaining your work and its importance to federal officials and their staff members would certainly be memorable in person, but she was still able to present her work and field questions and comments from government officials of many levels using an alternative online platform."

White saw this as more than just a photo opportunity. "Being a part of the scientific community, I have a responsibility of communicating what is happening in the scientific realm and why it is important to everyone's daily lives," she said. "Creating change is more than reusing, reducing, and recycling, it is the self-realization that humans are the only species that have the power to impact the evolutionary fortunes of all other species on the planet."

The Indian River Lagoon (IRL) is an estuary along the eastern coast of Florida that has lost 75 percent of its salt marsh area to support agriculture and city development, contributing to habitat loss and fragmentation and reduced water quality of the system. Pollutants coming from the inland waters not only create adverse conditions for aquatic organisms in the lagoon, but also trigger the production of algal blooms. Among them is the presence of a "brown algae" that leads to fish kills.

B-CU volleyball coach Brittany Williams realized White's passion for science back in her freshman year when the team was moving from summer dorms into fall residence. White came out carrying large trash bags filled with discarded water bottles from the entire team for recycling. For the next three years, all the discarded boxes and bottles were set aside for White.

## HBCUs work to return to sports

By Kristie Rieken

THE ASSOCIATED PRESS

In the 100 years since the Southwestern Athletic Conference was formed, the conference home for some of the nation's most storied historically black colleges and universities has always found a way to do more with less. So far, schools in the SWAC have avoided the salary cuts, furloughs and elimination of sports that institutions elsewhere have resorted to as the coronavirus shut down sports.

As the days tick by with no clear answer for what a football season might look like this year, SWAC Commissioner Charles McClelland is certain of one thing. "If we don't have fans in the stands, from a revenue perspective, it's going to be extremely difficult for us to have a football season," he said.

Teams in the SWAC, as well as many other HBCUs across the country, play in the Football Championship Subdivision. Schools at this level earn some money from television contracts, but nothing like the multimillion-dollar deals for the Power Five.

In the SWAC, the main source of revenue from football comes from putting fans in the stands, and there are no substitutes for that at schools that often have limited resources. The conference has led the FCS in average home attendance in 42 of the past 43 years at events where fans are entertained not only by the game, but the showmanship of



N.C. Carolina A&T coach Sam Washington is doused by defensive back Jalon Bethea during the final seconds of the Celebration Bowl last year.

their marching bands. This fall, packing fans into stadiums at the 10 SWAC schools in five states from Texas to Alabama just might not be an option even if campuses are open.

McClelland said no decision has been made on the possibility of playing without fans. "But I can tell you (in) the Southwestern Athletic Conference, playing without fans would be a huge detriment to our overall business model, something we'd have to look at very significantly," he said. "Because if we don't have fans in the stands, it's going to be difficult for us to pay the bills to put on our program."

There are 107 HBCUs scattered across the country, and 21 of them play Division I sports, fielding teams in as few as 14 to as many as 18 sports each. Almost 6,000 students participate in sports at those institutions and thousands more play at the smaller HBCUs around

the nation.

Prairie View A&M, which is located about 50 miles from Houston, led all HBCUs in sports revenue in 2018 by generating \$18.6 million, according to the Knight Commission on Intercollegiate Athletics. But that revenue ranks 149th among all college sports teams. To put it in perspective, the 21 Division I HBCUs generated about \$214 million in revenue in 2018, while the University of Texas out-earned those schools alone, leading the nation in sports revenue with more than \$219 million that year.

In the Mid-Eastern Athletic Conference, Commissioner Dennis Thomas oversees a committee looking at how sports can return at its schools. "The intercollegiate world does not know what the forecast is going to be in September," Thomas said. "We all are looking at different scenarios, different models. We all are trying to do our best."

## BOOK

# Bakari Sellers on a life shaped by the South's civil rights movement

By Olivia Pascha  
FACING SOUTH

*My Vanishing Country*  
By Bakari Sellers

Born in 1984, former South Carolina state Rep. Bakari Sellers was raised in rural Denmark, South Carolina, to a family deeply involved in the civil rights movement.

His father, educator Cleveland Sellers, was an activist with the Student Nonviolent Coordinating Committee who was incarcerated on specious charges for which he was later pardoned following the Orangeburg Massacre

at South Carolina State University in 1968.

State troopers shot into a crowd of students from the historically black school who were protesting segregation, killing three young black men and injuring dozens more.

After attending local public schools, Sellers went on to Morehouse College, where he got involved in politics and served as student body president.

He worked for U.S. Rep. James Clyburn and former Atlanta Mayor Shirley Franklin, and, at age 22, became the youngest state legislator in South Carolina history and the youngest elected African American official in the country.

Sellers served on President Barack Obama's South Carolina steering

committee during the 2008 election and was the Democratic nominee for lieutenant governor of his state in 2014, losing to Republican Henry McMaster, now governor. He is a trial lawyer in South Carolina and a CNN political analyst.

Sellers' new book, "My Vanishing Country," is a memoir of his childhood in rural South Carolina and his education from movement leaders, including Julian Bond, co-founder of the Institute for Southern Studies, publisher of Facing South.

In it he explores how two high-profile incidents of racial violence — the Orangeburg Massacre of 1968 and the Charleston Massacre of 2015 — have impacted his life and his work.



Younger people are more open to dating outside their race than millennials or baby boomers.

## The art of dating from four generations

INTERRACIALDATINGCENTRAL.COM

The COVID-19 pandemic has caused a surge in online dating activity, but why?

With the majority of singles acknowledging that hooking up or even traditional dating is a no-go right now, we're left to hypothesize that millions of single people are recognizing the importance of basic human connection, and some might even see opportunity where others see a problem.

The problem: no physical interaction. The opportunity: the ability to get to know someone on a deeper level through ongoing virtual communication.

\* The younger they are, the further they search. Only 29% of baby boomers were willing to travel or relocate for love, while 63% of Gen Z daters are willing to travel far and wide in their search for love, with a steady increase in the willingness to relocate as the generations get younger.

\* Looking for a globetrotting partner. Gen Z is the first generation where an equal amount of men and

women are both looking for a globetrotting partner, making the ability to travel with their significant other the No. 1 activity priority for the Gen Z group.

\* Age matters. Forty-nine percent of baby boomers are eager to date younger, while only 28% of Gen are willing or looking to date younger. Just 12% of millennials are open to dating younger (both males and females). In other words, the younger you are, the more you are looking to date up in age. The older you are, the more you are looking to date down in age among both, male and female respondents. Forty-nine percent of millennials are seeking to date someone either the same age or older.

\* Intelligence and bringing home the bacon. Across all four generations, an overwhelming amount of females, as compared to males, listed intelligence as their top priority in a potential partner. The ability to provide financially was also cited by females across all four generations as a high priority, and not nearly as much among

males.

\* All baby boomers and most females are somewhat fearful. Sadly, but not surprisingly, many more females were skeptical about males' motives and agendas when interacting on dating sites and dating apps. But what's interesting is that while both female and male baby boomers met online dating interactions with nearly equal skepticism and fear, the trust gap gets wider and wider among Gen X, millennial and Gen Z female daters.

\* The search for physical beauty. Not surprisingly, males across all four generations cited appearance as a major deciding factor when choosing whether or not to pursue a potential mate, with baby boomer and millennial men leading the pack on seeing female beauty as skin deep.

Gen X women, although lower than their male counterparts, lead the pack in counting looks as a high priority in their dating pursuits, above millennial and Gen Z women.

## Mental health services may lack for students

Continued from page 2A port about 1 in 5 abuse claims, according to the U.S. Department of Health and Human Services.

Students and teachers also might have experienced the loss of loved ones as a result of the pandemic. "Some of the things on the priority list are dealing with grief and loss," Lovett said. "Social workers are addressing that from a child and adult standpoint because we already have a good number of staff who have already been, and may continue to be, grieving the loss of a loved one. There's a double layer of trauma because as school social workers, we also work with the adults in our buildings."

School psychologists will need to quickly reconnect with students they had been helping before the pandemic, said Caron Parish-Nowell, who sits on

the board of the N.C. School Psychology Association. "Our forefront will be making sure that kids we've started evaluations on are completed. We also have kids who will be transitioning from fifth grade to sixth grade, so a different person will have to follow up with those children."

Collectively, school counselors, nurses, psychologists and social workers are known as "specialized instructional support personnel" or "SISP." They often work in teams to serve students. But none of the specialized support staffing levels in North Carolina meet nationally recommended student-to-staff ratios. The National Association of School Nurses, for example, recommends a ratio of one school nurse for every 750 students, or one nurse per school. However, in

North Carolina, the ratio is one per 1,013 students; many schools aren't served by a full-time, permanent nurse.

A 2018 study released by General Assembly's Program Evaluation Division found that fewer than half (46) of the state's 115 school districts meet the recommended ratio. The PED determined that it would cost \$79 million per year to do so.

Meanwhile, Leigh Kokenes, a school psychologist who serves on the state School Psychology Association board, said the need for additional funding to bring the state closer to the recommended ratios for support personnel has never been greater.

"You're going to have some school districts where there's one school psychologist to every 5,000 students," Kokenes said.



Drew Dixon stars in "On the Record."

## #MeToo, phase 2

Doc explores heavy burden on women of color

By Jocelyn Noveck  
THE ASSOCIATED PRESS

There's an elegant, almost poetic silence to one of the most compelling scenes of "On the Record," a powerful new documentary about sexual violence that knows just when to dial down to a hushed quiet.

In the early morning darkness of Dec. 13, 2017, former music executive Drew Dixon walks to a coffee shop and buys the New York Times. On the front page is the story in which she and two others accuse the powerful hip-hop mogul Russell Simmons, her former boss, of rape. Dixon examines the article, carefully folds the paper back up, puts on a wool cap as if for protection — and crumples into silent tears.

They are tears of fear, surely, about the ramifications of going public — but also, clearly, relief. It feels as if the poison of a decades-old toxic secret is literally seeping out of her. "It saved my life," she now says of that decision.

"On the Record," by Kirby Dick and Amy Ziering, provides a searingly intimate portrayal of the agonizing process of calculating whether to go public. Beyond that, it shines an overdue light on the music industry, where sexual harassment is "just

baked into the culture," in the words of Sil Lai Abrams, another Simmons accuser featured in the film. Most importantly, it puts a spotlight on women of color, and the unique and painful burden they often face in coming forward.

The project also has been associated with controversy, of course, due to Oprah Winfrey's well-documented withdrawal as executive producer just before the Sundance Film Festival, scuttling a distribution deal with Apple. Winfrey later acknowledged Simmons had called her and waged a pressure campaign, but said that wasn't why she bailed. But the film has moved on. It opened at Sundance anyway to cheers and two emotional standing ovations, and was soon picked up by HBO Max, where it premieres on May 27.

For Dixon, vindication at Sundance was sweet. "Just standing there, on our own, and realizing that we were enough," she said in an interview last week along with Abrams and accuser Sherri Hines, of the premiere. "That our courage was enough. That none of us waffled. None of us buckled. That we were strong enough to defend ourselves and each other."

Less than two years earlier, Dixon had been plagued by doubt. She'd

expected that the film, which began shooting before she decided to go public, would be a general look at #MeToo and the music industry. But then the directors wanted to focus more on her journey.

"The idea of being blackballed by the black community was really scary," she said. "But I also felt this pressure, this responsibility to be brave, to highlight the experience of black women as survivors. The opportunity might never come again."

Dixon was in her 20s when she got her dream job at Simmons' Def Jam Recordings. The daughter of two Washington, D.C., politicians — her mother, Sharon Pratt, was mayor — she attended Stanford University, then moved to New York to join the exciting world of hip-hop.

As her star rose at Def Jam, she assumed that would immunize her from what she describes as Simmons' constant harassment. He would come into her office, lock the door and expose himself. But he wasn't violent.

Until the night in 1995 when, she says, he lured her to his apartment with the excuse of a demo CD she needed to hear. He told her to get it from the bedroom, she says, and then came in wearing only a condom, and raped her.

## The Triangle Tribune Presents

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Virtual Pop Ups

#### MAY SCHEDULE



#### How To Stock Your Best Ever Preparedness Food Pantry, Are You Prepared?

Presenter: Pam Kelly, Perennial of North Carolina  
Saturday, May 16, 2020 @ 11:30 AM - 12noon  
Friday, May 22, 2020 @ 6:00PM - 6:30PM

FREE Register: <https://triangletribune.eventbrite.com>



#### Financial Preparedness

Congress Passed The CARE Act ... Who Cares?

Presenter: Joyce Palmer, JP Financial Group  
Dates: Tuesday, May 19, 2020 @ 12noon - 12:30PM  
Saturday, May 23, 2020 @ 11:30AM - 12noon  
FREE Register: <https://triangletribune.eventbrite.com>

#### College Funding

Tuesday, May 26 2020 @ 12noon - 12:30PM  
FREE Register: <https://funding.eventbrite.com>



#### Family Safety Communications Plan

Presenter: Pam Kelly, Perennial of North Carolina  
Friday, May 29, 2020 @ 6:00PM - 6:30PM  
FREE Register: <https://triangletribune.eventbrite.com>



#### Family Estate Preparedness

• Estate Planning • Wills  
• Long Term Care and more..

Presenter: Attorney Robyn Hicks-Guinness  
Saturday, May 30, 2020 @ 11:30AM - 12noon

FREE Register: <https://triangletribune.eventbrite.com>

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**SCHOOL NEWS**

**DURHAM COUNTY**  
DPS Superintendent Pascal Mubenga has been named the 2020-21 Central Carolina Regional Education Service Alliance Superintendent of the Year. Under Mubenga's leadership, DPS's enrollment grew in 2019-20 for the first time since 2014-15. School performance improved in 2018-19, with DPS surpassing the state's average of schools meeting or exceeding growth expectations (84 percent compared to the state's 75 percent), a sharp decrease in the number of schools labeled with an "F" School Performance Grade, and a lower number of schools labeled low-performing. DPS has also reduced the teacher turnover rate and has been feeding children and families during the COVID-19 crisis through an extensive partnership between the district, the DPS Foundation, Food Insight Group, local restaurants and volunteers.

"I'm surprised and grateful to my peer superintendents for this recognition for Durham Public Schools," he said. "This is about much more than me. Attention is being paid to the outstanding work our teachers, students and staff have been doing year after year, and

I'm glad that DPS's reputation is catching up to our reality."

**NORTHERN HIGH**  
Unit NC-944 at Northern High School has been selected as one of 50 units to receive the 2019-20 Air Force JROTC Outstanding Organization Award. This award recognizes Air Force JROTC units that have performed above and beyond normal expectations, and that have distinguished themselves through outstanding service to their school and community while meeting the Air Force JROTC citizen development mission for America.

Enrollment is open to high school students who are in the nine to 12th grades. For more information, contact Northern Principal Danny Gilfort or the Air Force JROTC Department at Northern at (919) 560-3956. **NEW HIRES**  
Jessica Austin will be the next principal at Lakewood Montessori Middle School. Austin was an assistant principal at Hillside High and Hornet Academy director since 2014.

Hope Valley Elementary will be led by Jed Miller, its assistant principal since 2016. Miller joined DPS as a school counselor for Glenn Elementary. Asia

Cunningham is E.K. Powe Elementary new principal. She has been an assistant principal at Glenn Elementary since 2018.

Finally, Danielle Jones has been named assistant superintendent for middle schools, joining Stacy Stewart, Darlene Ryan and Dan Davis as principal supervisors for Durham Public Schools. Jones joined DPS in 2018 as a leadership coach and provider of instructional support for middle schools, as well as directly supervising some middle school principals this school year.

**SEMIFINALISTS**  
Ten semifinalists for 2020 teacher of the year have been finalized:

- \* Tonisha Coburn, Northern High
- \* Desiree Anderson, Burton Elementary
- \* Adrienne Jernigan, Oak Grove Elementary
- \* Joann McAdon, Little River K-8
- \* Andrew Somers, Jordan High
- \* Glenda Narcisse, Hope Valley Elementary
- \* Kia Allah, Neal Middle
- \* Casey Myers, Durham School of the Arts
- \* Taylor-Grace White, City of Medicine Academy
- \* Phylcia Jeffreys, Spring Valley Elementary

**Before returning to child care**

By Ann Gadzikowski  
*SPECIAL TO THE TRIBUNE*

As stay-at-home orders are lifted, many child care programs are reopening. Here are five tips to help families transition back to child care.



Gadzikowski

**PAY BILLS**  
Parents, you were probably asked to pay at least a portion of your fees while your child care program was closed. While it may seem unfair to pay for care while your child is at home, charging fees to reserve a space is standard practice for child care centers and is essential for keeping programs running. The center's expenses continue even when children are not present. Paying your child care fees will help ensure that the staff will be there to welcome your child when they return.

**PRACTICE WEARING MASKS AT HOME**  
Child care centers are now adapting their health and safety practices to provide as much protection as possible against the spread of COVID-19. In most centers, the staff and parents will be required to wear masks, at least during drop-off and pickup. In some centers, children over the age of 2 will also be required to wear masks.

**PREP EXTRA SUPPLIES**  
Most child care centers now have stricter rules for keeping children's supplies clean. This means that parents can anticipate the need to bring more items from home to the center each day, as well as the need to bring those items home and wash them more frequently. Keep in mind that you will likely need to prep individual meals and snacks, and you'll need to bring home and wash blankets and nap items more frequently.

**THANK YOUR STAFF**  
Professionals working in early childhood care and

education were already underpaid and overlooked before the COVID-19 pandemic. While some leaders are now recognizing the importance of child care services in rebuilding our economy, your child's teachers have not received the recognition they deserve. Take a moment to tell them how much they mean to your family and thank them every day for their commitment to your child.

**CONTACT YOUR LEGISLATORS**  
To ensure that quality care and education is available to all young children, make sure your legislators are making child care a top priority. Advocacy organizations like the National Association for the Education of Young Children and Zero to Three provide guidance for reaching out to legislators and speaking up about the importance of investing in child care and other early childhood services.

*Ann Gadzikowski is executive editor of Britannica for Parents.*

**Lawmakers seek to ease restrictions on school funds**

By Nadia Ramlagan  
*N.C. NEWS SERVICE*

**RALEIGH** - New legislation seeks to give more flexibility to North Carolina school districts in how they use state funding.

More than 60% of the money public schools receive comes from the state, but Rep. Brandon Lofton, D-Charlotte, said that because of strict rules in the way dollars are allocated, the districts don't have much wiggle room as they try to adapt to changing conditions due to the coronavirus.

"Money that the state allocates to a school district

to be spent for driver's education has to be spent on driver's education," he said. "It can't be spent on other areas, such as increased costs because of remote learning or school nutrition."

If enacted, House Bill 1139 would allow districts to transfer funds between different allotments. A state task force is working on guidelines for potentially reopening schools in the fall, including staggering school hours, a combination of remote and in-person learning, and daily COVID-19 symptom screening for students and staff.

In order for the state's more than 1.5 million students, teachers and administrators to safely return to school grounds, Lofton said, there's a long list of resources to budget for "in terms of social distancing, in terms of sanitation efforts, disinfecting desks and things of that nature; and so, having the flexibility for our school districts to be able to adapt to changing conditions on the ground is going to be critical."

He said remote learning also has placed unforeseen financial burdens on schools, especially in rural districts.

**MAY 2020 SESSIONS SCHEDULE**  
TUESDAYS 12-1PM | THURSDAYS 8 - 9PM | SATURDAYS 12-1PM

**GDBCC** **CPR COVID PLAN for RELIEF** **CITY OF DURHAM**

**Topic: Changing Your Business during the coronavirus pandemic**  
Tuesday, May 5, 2020, 12-1pm  
Saturday, May 16, 2020, 12-1pm  
Thursday, May 21, 2020, 8-9pm

**Topic: Unemployment for Self-Employed/Independent Contractors**  
Thursday, May 7, 2020, 8-9pm  
Tuesday, May 12, 2020, 12-1pm  
Saturday, May 23, 2020, 12-1pm

**Topic: Financial Preparedness for Small Businesses**  
Saturday, May 9, 2020, 12-1pm  
Thursday, May 14, 2020, 8-9pm  
Tuesday, May 19, 2020, 12-1pm

**Topic: Post-Covid Business Strategies**  
Tuesday, May 26, 2020, 12-1pm  
Thursday, May 28, 2020, 8-9pm  
Saturday, May 30, 2020, 12-1pm

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