

In a reversal, Gilbert leaves DMU program

In a stunning reversal, Ann-Marie Gilbert has left the Detroit Mercy women's basketball program.

Gilbert was thought to have weathered the storm of player protests and a canceled season due to a plethora of allegations. The entire team was gone and Gilbert was planning to start from scratch.

But DMU announced on Tuesday that the former Virginia Union women's coach had left the program, six months after abuse and NCAA violations allegations.

Athletic director Robert Vowles told the Free Press that Gilbert's departure was not related to the student-athletes or the NCAA and that they were working out contractual details.

Of course, nobody believes him. Especially since he took Gilbert's side throughout the ordeal. And then, with the entire roster gone and Gilbert set to begin anew, she ups and leaves over a "personnel matter?" Yeah, right.

Just as big in the news department is Gilbert's interim replacement - a name quite familiar to St. Augustine's athletics: LaTanya Collins.

Collins, a Virginia State alumna, was the Falcons head coach for one season (2006-07). She turned around a previous six-win season into 18 wins. But the drama was off the court.

I'm not going to rehash all that here, except to say the stories were stuff that Hollywood could have produced a series.

But Collins' "departure" didn't derail her career. She's held assistant jobs at Radford University, several high schools in Virginia, Coppin State, Virginia Tech, and junior colleges. She joined Gilbert at DMU in June 2020.

The question now is, will Gilbert ever coach again? What a sad saga to go from the highs at Virginia Union to this.

Who needs the NCAA?

While student-athletes continue to fight the NCAA for NIL monetary rights and the respect of its female student-athletes, many top basketball recruits may just tell the organization to shove it!

Overtime, a media company that covers high school basketball, earlier this year raised \$80 million from investors like Jeff Bezos, Drake and Kevin Durant to launch a professional high school basketball league called Overtime Elite.

The 30 players between the ages of 16-18 will be in training, so to speak, for the NBA Draft. And since they won't be eligible for the NCAA, they will be paid an annual base salary of \$100,000 plus shares in the company.

Players also will be able to profit from NIL rights and receive scholarship money for college if a pro career is not in the cards.

What about us?

High school recruits are not the only ones with other options. The Professional Collegiate League begins this summer in Washington, D.C. The PCL will feature teams from the East Coast and pay players between \$50,000 to \$150,000. They also will be able to profit from their NIL.

The PCL gives players another option besides going overseas or joining the NBA G League. However, they must be enrolled in either a two- or four-year college to be eligible, which is why it's a summer league.

The league has already signed a media rights deal with Next Level Sports and Entertainment and its digital streaming branch For The Fans.

Whether the two leagues pan out or not, it's high time somebody gave the NCAA a taste of its own medicine.



BONITTA BEST

Sports

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The Triangle TRIBUNE

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Co-ed kickball leagues growing in popularity



The Elite Cleats won the first-ever Goombay Raleigh-Durham Co-ed Kickball Championship. Learn more about kickball in the area at www.goombayrd.com.

NCAA inclusion forum returns

By Gail Dent
NCAA.org

The NCAA office of inclusion hosted an energized Inclusion Forum last week, with more than 4,300 participants registering to learn more about diversity, equity and inclusion topics in athletics and higher education. The forum, which generally draws around 600 attendees in person, returned in a virtual format after the event was canceled in 2020 due to COVID-19.

This year's theme was "A Vision for Change: Empowering Voices and Rising to Action." The event also had a creative twist each of the three days, featuring former Bethel College student-athlete and NCAA intern Leland Brown as the virtual emcee. This year's forum drew more interest as it took place on the heels of the rise of national social justice issues, anti-transgender state legislation, gender equity concerns, and continued attention around promoting more diversity, equity and inclusion in intercollegiate athletics.

"We had tremendous engagement from the NCAA membership and other partners for the Inclusion Forum's first time in the virtual space," said Amy Wilson, managing director of inclusion. "You could feel the energy each day through the keynote speakers and the educational sessions, which provided membership with strategies on how they can be more inclusive on their campuses and in their communities. The membership had the opportunity to learn, consider significant diversity, equity and inclusion issues from different perspectives, and then take ideas back to their departments to share with their colleagues and fellow student-athletes."

Yorri Berry, a spoken word artist, delivered pointed and inspirational messages in a poetic and fiery presentation to open the forum. She encouraged people to confront their fears and levels of discomfort, while also pressing toward further change and being open to doing things in different ways. Her session, which also reflected on her life experiences, was one of the most popular of the event.

Powerful messages followed from Johnnetta B. Cole, president emerita of Spelman College and Bennett College for Women, and Howard Ross, an unconscious bias and diversity expert. Both talked about the current state of diversity, equity and inclusion work and where matters might be headed in the future. They said individuals tend to focus only on systemic issues that might be political or directed toward business functions. To move the needle, however, they said awareness needs to occur across many landscapes.

In addition to providing learning opportunities, the forum offered students-athletes a platform to be presenters and panelists, while also allowing them to share their stories. "My Story Matters: Elevating the Student-Athlete Voice" was a session that allowed for an in-depth conversation around the various identities that student-athletes live. Students also participated in a three-session program called "Sports for Social Change," which centered on how they can continue using their influence and collective voices to bring about change in society.

The Inclusion Forum had a few new session offerings this year. More than 30 chancellors and presidents participated in a session specifically for them to hear updates on inclusion programs and issues that impact athletics and higher education. The forum also welcomed more than 230 athletics diversity and inclusion designees to the event, where results from a membership survey on the ADID role were provided. Stressing the importance of the designation and how to stay better engaged in the role were discussion topics, as well.

Supporting the mental health Please see **FORUM/2B**

COLLEGE CORNER



St. Augustine's women sign 3

St. Augustine's new women's basketball coach Ebony Tanner has added three new recruits.

Raquel Cassidy is a 5-foot-11 UNC-Asheville transfer. Cassidy played one season at Asheville and started in five games. She also played at College of Central Florida.

Vernisha Robin is a two-year transfer from Pensacola State College. She is a 6-foot-2 forward.

My'Shiah McQueen averaged 16.5 points, nine rebounds and 2.6 assists per game as a senior at Smithfield-Selma High School.

* In football, a 7-on-7 football camp is June 24-25 at 9 a.m. for grades nine through 12. Then, on June 28, a prospect camp from 10 a.m. to 3 p.m. for the same grades. Contact coach David Bowser.

Media days
The SWAC will host its football media day on July

20 at 11 a.m. The event will be streamed on the SWAC Digital Network. Conference newcomers Florida A&M and Bethune-Cookman will join the group.

* The annual Triangle Pigskin Preview returns on July 23 at Embassy Suites in Cary. The luncheon showcases the Triangle's three ACC coaches, East Carolina and North Carolina Central coach Trei Oliver.

SIAC returns
The Southern Intercollegiate Athletic Conference announced this week a return to regular season and championship play in the fall. There are some rules and regulations. Visit the-siac.com for more info.

UAPB new coach
A Bozeman is back in HBCU coaching. No, not Todd Bozeman, formerly at Morgan State, but Solomon Bozeman at University of Ar-

kansas-Pine Bluff.

Bozeman was a three-year assistant at Oral Roberts University. "...The vision and standard will be at a high level," said the Arkansas native. Our basketball team at Pine Bluff will do things the right way with character and passion."

NCAT back in WNIT
North Carolina A&T women have been invited to the 2021 WNIT Preseason Tournament in Manhattan, Kansas. The Aggies will meet Western Kentucky Nov. 12, UT Martin Nov. 14 and Kansas State Nov. 15. NCAT won't be defending its MEAC title since the university is now in the Big South Conference. Oh well.

MSU gets transfer
Morgan State has snagged Saint Joseph's transfer Myles Douglas. Douglas is Please see **ST AUG/2B**

Inclusion forum returns with energy and increased attendance

Continued from page 1A of student-athletes was one of the more popular presentations after a year where student-athletes openly talked about their mental health and well-being issues and challenges during COVID-19. There was also a session on transgender and non-binary student-athlete participation, with discussions taking place on the NCAA transgender policy and anti-transgender state laws.

The last day of the forum featured Tamika Catchings, vice president of Fever basketball operations and general manager of the WNBA Indiana Fever, and Renee Montgomery, part owner and vice president of the WNBA Atlanta Dream, talking about how they use their platforms and presence to confront social justice issues.

Former TCU football team member Caylin Moore closed the forum

by talking about his extraordinary childhood experiences and life dreams, which started in tough conditions in Compton, California, and continued with him being named a Rhodes Scholar. Moore, who credits his mother, God and sports for overcoming his struggles, is author of the book "A Dream Too Big."

For more information on inclusion programs and initiatives, visit naaa.org/inclusion.



St. Augustine's women sign three more recruits

Continued from page 2B already enrolled in summer school.

"Myles brings experience and leadership," MSU coach Kevin Broadus said. "He carries himself in a professional manner and takes care of his business on and off the court."

Morgan is Douglas' third

school. The 6-foot-7 center played for two seasons at Central Florida before moving on to Saint Joe's for a year.

CIAA adjusts staff

Jana' Boyd is now a full-time staffer at the CIAA. Boyd is the coordinator of creative services and digi-

tal content, a newly created position sponsored through the NCAA.

Ben Baxter has been promoted to associate commissioner for strategic communications and external partnerships.

Academy readies basketball assistants for top jobs

By Patrick Malin
NCAA.org

Much like how their players use the offseason to grow their game, collegiate coaches across the country make the same investment to develop their leadership skills on and off the court after the season ends. The NCAA leadership development unit provided one such opportunity for 60 eager rising stars through the NCAA Basketball Coaches Academy.

Women's and men's assistant basketball coaches from all three NCAA divisions came together for two immersive days of personal and professional development. The virtual event equipped attending coaches with a vital toolkit to grow as leaders of student-athletes and to achieve their career aspirations as head basketball coaches.

"I enjoyed my experience at the 2021 Basketball Coaches Academy and was grateful I got to participate along with so many other rising coaches," said Cassie Lastivka, assistant women's basketball coach at Wilmington (Ohio). "The most valuable aspects of my participation were that I got to continue to grow my knowledge of the game by diving in deeper on

what it takes to be a head coach, the values of being your true self in this profession, and how to communicate your vision to the community."

The two-day curriculum was packed with important topics that, ultimately, will prepare attendees to not only obtain head coaching positions, but also to thrive once they are leading a program. Specific sessions centered around building a culture of excellence, navigating the search process (interviewing, search firms and more), identifying and living out your "why," leading and empowering today's student-athletes, and what to expect in the first full year as a head coach. Participants also analyzed their results from the DISC assessment to better understand how their behavioral style impacts their interactions with student-athletes and colleagues.

Keynote speakers included Cleveland State men's basketball head coach Dennis Gates, UNC Wilmington women's basketball head coach Karen Barefoot, Dartmouth interim Director of Athletics Peter Roby, and Capital women's basketball head coach Dixie Jeffers. "The NCAA Basketball Coaches Academy was an excellent

opportunity to network and gain insight into what the process and preparation looks like to become a head coach," said Yaphett King, a SMU assistant coach.

A vital piece of leadership development programming is fostering a sense of community among participants and with industry leaders. Coaches Academy attendees were frequently split into breakout rooms to discuss topics and build strong ties with their peers. Participants also engaged with key decision-makers in college athletics in an interactive networking session.

"It is important to build connections and foster community with peers in this coaching industry through programs like the Coaches Academy because you never know who is bringing your name up in a room," Lastivka said. "We are all in the same profession to make a positive impact on our players through the game of basketball, so building connections allows us to have people to turn to for advice, to talk through situations or simply just to learn from each other's own experiences and perspectives."



COURTESY

Sports writers could do better when it comes to press conferences

By Nicole Kraft
THE CONVERSATION

LeBron James had enough. During the press conference after Game 1 of the 2018 NBA finals, James was questioned repeatedly by ESPN's Mark Schwartz about the mental state of teammate J.R. Smith, whose final seconds rebounding blunder contributed to a Cleveland Cavaliers overtime loss. Over 70 seconds and four questions, Schwartz probed for the inner workings of Smith's mind, before James finally stood up, put on sunglasses, grabbed his briefcase and walked out through the gathered press corps. He uttered a single sentence: "Be better tomorrow."

It was not the first verbal tangle between reporter and sports star, and it will not be the last. Recently, tennis star Naomi Osaka left the French Open for mental health issues exacerbated, she said, by facing questions at the tournament required press conferences. These examples represent a fundamental struggle between athletes and those who cover them: interviews contested in a press room that feel more like a mixed-martial arts octagon than Oprah's couch.

On one side are reporters who need quotes to flesh out stories they hope will stand out from their competitors. On the other are athletes, who often want to be anywhere but in that press room.

Sports writing has included post-game interviews since publishers realized covering sports would sell newspapers in the early 20th century. In those days, the conversations were up close, face-to-face, building relationships. Writers got to know the rhythm of athlete and coach moods and balance them with coverage deadlines. The arrival of broadcast news brought greater demand for access, and the press conference was born. But the exclusive coverage club that once required a printing press and mainstream publication for team access has more recently expanded in the digital world to self-pro-

claimed publishers with a mobile device and an internet connection.

The requirements are established between the league and the media. The NHL agreement, for example, provides that 10 minutes after each game, each club will make key players and the head coach available. The NFL agreement states, "Reasonable cooperation with the news media is essential to the continuing popularity of our game and its players and coaches."

Press conference interaction is more transactional than conversational. Team reps call on reporters. Reporters ask questions. Athletes do their best to answer questions - whether they won a midseason game or lost Game 7 of the Stanley Cup playoffs. But those questions

A Toronto TV reporter asked Bryce Harper, a non-drinking Mormon, whether he planned to celebrate a homer with a beer. Harper's response: "I'm not answering that. That's a clown question, bro." A reporter asked Serena Williams why she was not smiling after her quarterfinal win in the 2015 U.S. Open, a question rarely - if ever - asked of men.

Taurean Prince was asked after an upset in the first round of the 2016 NCAA Tournament to explain how Yale could have possibly outrebounded his Baylor team. His response: "You go up and grab the ball off the rim when it comes off. And then you grab it with two hands, and you come down with it. And that's considered a rebound. So they got more of those than we did."

To quote sports publication Bleacher Report, "Sometimes, a question is just so poorly researched, poorly timed or just plain poor that it makes you wonder what on Earth the reporter was thinking. Better yet, how does this reporter still have a job?" The press conference goal for media is to get insights to feed the fans' insatiable appetite to be in the know about their favorite competitor or team.

Some athletes, like tennis star Rafael Nadal, acknowl-

edge the role the media can play in building brand and reputation. After Osaka refused to speak at the press conference, Nadal told reporters, "Without the press ... we (aren't) going to have the recognition that we have around the world, and we will not be that popular, no?"

In truth, athletes no longer need the press to communicate with their fans. They can do that directly through social media channels. Sports journalists have extraordinary access that can inform fans' understanding of the athletes and their performances, but they must do better if they are to remain relevant.

If sports reporters better researched games and subjects, they could ask questions that focused on more than just a single moment in time. That could turn "How did that team out-rebound you?" into "You guys seemed to struggle to get position under the basket compared with your last game. What did this team do differently that proved challenging to you?" That would give fans a much better insight into the game.

Sports writers often make sources do all the work by asking them to "talk about" a moment in time - the third inning, the fourth quarter, the play of the quarterback. Being more specific with a question will get a more detailed answer. Sports writers could consider how it would feel to be asked the question they plan to pose. How should a player feel when they win or lose a big game? Reporters who have compassion for the person at the microphone and the experience they endured get better answers.

Interviewing is hard, and press conferences make it no easier. Everyone hears your question and each reporter gets the same information, so standing out can be a challenge. Training and professional development in the art of the question is imperative to see question-asking as the chesslike game that it is. Let us all be better tomorrow.

Protective hairstyles for your swim adventures

BLACK KIDS SWIM

Hair care is a priority in the swimming world, and we have the right products that will keep your hair in tiptop shape for the summer.

The Black Kids Swim EBAN Total Hair Care System is the best way to get your hair moisturized, conditioned, and protected for your swim activities.

Along with our products, protective hairstyles are

another added benefit.

Low maintenance natural hairstyles are ideal for swimmers.

Protective styles can safeguard hair from the impact of water-related issues like shrinkage, tight knots, and dryness.

Check out a few hairstyles that will keep your hair healthy while in the water:



Faux locs



Box braids



Senegalese twists

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«SPIRITUALLY SPEAKING

Choose confidence and discipline over arrogance and ego

By James A. Washington Jr.
THE DALLAS WEEKLY

I have come to believe that confidence and discipline are spiritual concepts. Better yet, confidence coupled with discipline must surely be Godly. This coupling should by no means be confused with arrogance and ego. Faith requires discipline and together with spiritual confidence, the Godly result is power. The example I'd like to use is what happened in the Upper Room on Pentecost. When the Holy Spirit came upon the saints present, confidence and discipline is what resulted. These were already faithful people, but their lives would be forever changed as they received the power to spread the Word of God, a Word that changed the world. When you internalize this in a before and after scenario as I have, you begin to see their confidence, coupled with a newfound Holy Spirit-driven discipline, that takes their faith to new heights.

Prior to this, the faithful huddled in secret, being faithful to the belief that Jesus was truthful in His Word. He would send

another. The "other" we know, turned out to be the Holy Spirit who gave them more of what they already had. Their faith was fortified with confidence and discipline, which manifested itself in a unique ability to communicate and the world has not been the same since. If this is true, then it might prove valuable to you to understand where you might find this kind of discipline and confidence.

Where do you go to get your gifts fortified? How do you manage to balance confidence, discipline, power and, of course, faith? I just happen to believe that without spiritually-based confidence and discipline, it is practically impossible to stand up to the daily challenges of life and the temptations that sometimes control our out-of-control behavior. You see, the good news of the gospel is that wherever the Holy Spirit chooses to take up residence, change must occur.

Of those 40 or so saints in the Upper Room, many were faced with the opportunity to make their own lives easier if they would deny God in favor of man. Like Peter said before the Sanhedrin after the day of Pentecost, "Judge for your-

selves whether it is right in God's sight to obey you rather than God. For we cannot help speaking about what we have seen and heard," (Acts 4:19).

This is the same Peter who denied Christ three times; an act of cowardice or simply the challenge put before a man not yet buoyed by the power of the Holy Spirit. Boy, what a difference a day makes.

You remember Paul at Ephesus? "When Paul placed his hands on them, the Holy Spirit came on them and they spoke in tongues and prophesied," (Acts 19:6). Now, these 12 men were already baptized, but the Holy Spirit was not yet in them. After that, we are told they began to preach the gospel. Can you see the point?

Look inwardly and make room for the Holy Spirit. Then seek his face. You are set apart. I believe the discipline, coupled with the confidence of knowing you are a candidate for housing the Holy Spirit, gives you the power of the faithful as promised by God. I pray for this on any number of occasions. I think you might want to consider it also. That is the power that awaits you. May God bless and keep you always.

Right-to-carry in churches

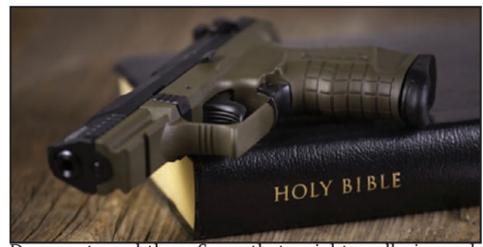
By Gary D. Robertson

THE ASSOCIATED PRESS

RALEIGH — The North Carolina General Assembly finalized another bill seeking to expand gun rights — this time in churches — and will send it to Gov. Roy Cooper, who vetoed a bill containing the same idea a year ago. The Senate agreed 30-19 to House changes to Republican legislation that would allow members or visitors at churches that meet on private school campuses to carry a handgun if they have a concealed weapons permit.

Current law treats these places of worship differently than standalone religious venues, and bill supporters say these worshippers should have access to the same level of security when churches have been targets for violence. Ministers of several evangelical churches with affiliated schools spoke in committee earlier this year to request the option.

While a few Democrats joined all Republicans in voting for a broader gun bill in 2020 that contain the church language, Cooper managed to return enough Democrats to the fold last year to uphold his veto. This year, five House



Democrats and three Senate Democrats also joined with Republicans in approving the scaled-back measure. The governor focused on the church provision in the 2020 measure, saying it threatened the safety of students and teachers.

There was no Senate debate before Tuesday's vote. House Democrats said last week that the gun access sought in the measure wouldn't help prevent violence. They suggested these congregations should hire off-duty police officers instead for security. But that the cost can be prohibitive for small churches, according to the Rev. Mark Creech with the Christian Action League of North Carolina.

"They're not able to develop their own (armed) security team," Creech said in an interview, adding that the churches "are vulnerable to some crazed soul

that might walk in and want to start shooting."

Cooper's office didn't immediately respond to an email seeking comment on the bill heading to his desk. As with last year's bill, sponsors of the current measure say it contains protections for the schools that meet on the property. Permit holders can only carry a gun outside the school's operating and activity hours, and these churches could still prohibit concealed weapons by posting a sign.

The bill also contains a separate provision also inserted into the 2020 bill that allows additional law enforcement employers — such as a civilian front desk worker at a police station — to carry a concealed weapon on the job if the police chief or sheriff allows it and the person has a concealed handgun permit.

«SPONSORED CONTENT

Bring summer back: COVID-19 vaccine available for teenagers

As the sunny days of summer begin to return, many North Carolinians are eager to put the COVID-19 pandemic behind them and safely get back to the things that bring us together.

From family reunions to in-person Sunday church service, it's time to get back to the activities and the people we love the most. And with increased COVID-19 vaccine availability across our state, more and more people are getting their chance to make up for time lost during the pandemic.

Fortunately, there is good news for helping our children get back to the fuller lives they had before the pandemic. The tested, safe and effective Pfizer COVID-19 vaccine is now available for teenagers ages 12 and up. Young people are vulnerable to the virus, just like everyone else. In North Carolina, close to 123,000 children 0 to 17 years old have tested positive for COVID-19.

Vaccine availability for teenagers ages 12 and up comes at just the right time to bring summer back for

teenagers and help to get them safely back in school full time next year. Getting them vaccinated is the best way to protect them, prevent the spread of COVID-19 and protect others.

Significant progress has been made in getting more people vaccinated as quickly and fairly as possible. But there is still more to do to fight this virus. Getting your family vaccinated is still the best way to slow the spread of COVID-19 and make sure that the worst days of this pandemic remain behind us.

MySpot.nc.gov, run by the North Carolina Department of Health and Human Services, is the best place to find information about COVID-19 vaccines and nearby vaccination locations. To find providers with the Pfizer vaccine, go to MySpot.nc.gov and filter for Pfizer. Remember, getting vaccinated means that you'll have added protection and peace of mind in knowing that you've taken the necessary steps to keep yourself, your loved ones and your neighbors safe.

AROUND THE TRIANGLE

CLAYTON

VOLUNTEERS

RTD Breakfast Club for future volunteers and partners will host its next meeting June 26, 10 a.m., 771 Enterprise Drive.

RALEIGH

PLAY

Mike Wiley will perform Howard Craft's new play, "The Fire of Freedom," June 18-20, Theatre Raleigh, 6638 Old Wake Forest Road. Visit theatreraleigh.com.

CAMPAIGN

Poor People's Campaign will hold a hybrid mass assembly June 21, 5:30 p.m., Halifax Mall, 300 N. Salisbury St. Visit www.3rdReconstruction.org.

VACCINE

Advance Community Health will host a COVID vaccine clinic June 21, 10 a.m. to 4 p.m., Crosby-Garfield Center, 568 E. Lenoir St. Walk-ups OK.

PLAY

Radio Golf, a play by August Wilson, will be performed through June 27, Pure Life Theatre, 3801

Hillsborough St. Visit purelifetheatre.com.

FOOD

NCDHHS will extend its food assistance program through the summer. Visit www.ncdhhs.gov/PEBT.

MISC.

SCHOLARSHIPS

* American College of Education is offering two full education scholarships to HBCU graduates for a master's and a doctoral degree. Contact: Jacqui.cook@ace.edu. Deadline: June 20.

Bring summer back: Get vaccinated.

Find a vaccination appointment near you at MySpot.nc.gov or call 888-675-4567.

Let's get back to the people and places we love this summer. Getting your safe, effective and free COVID-19 vaccine will protect you and others. Millions of people have already taken it—and the only lasting side effect is getting everyone back together.

NC DEPARTMENT OF HEALTH AND HUMAN SERVICES



Inaugural grant to preserve HBCUs' historical archives

PR NEWSWIRE

NEW YORK – Getty Images, a world leader in visual communications, in partnership with the Getty Family and Stand Together, a philanthropic community tackling some of the biggest challenges of our times, have launched the inaugural Getty Images Photo Archive Grants for HBCUs, that aims to support the digitization of the invaluable visual history of Historically Black Colleges and Universities.

The launch invites all HBCUs nationwide to apply online at <https://grants.gettyimages.com/hbcu-grant> through Sept. 30.

The grants will commit \$500,000 towards the digitization of two HBCU photographic archives, including the digitization of up to 100,000 archival assets per Grant recipient. Included in the Grant will be opportunities to also apply metadata and licensing opportunities for the winning HBCUs' existing digitized libraries.

"Black history is American history. While some of that history is known, too much is still hidden. Our HBCUs hold precious and

treasured experiences, stories, images, and artifacts. We are excited to participate in this important initiative to preserve and strengthen the ability to amplify our collective story," said grant judge Aba Blankson, NAACP chief marketing and communications officer.

Grant recipients will retain all copyright for their visual assets and, once digitized, the historical content will be placed in a newly created stand-alone photo collection called the "HBCU Photo Collection" and will be available for licensing on the Getty Images platform, which includes and owns one of the largest privately-owned historical photo archives in the world.

All royalties from the images that are preserved through the grants are funneled back into impact programs: 50% will go to grant recipients, who will retain all copyright of the visual assets; 30% of royalties will be used for a financial donation to a scholarship fund focused on furthering the education of HBCU students; and 20% will be reinvested to fund the Getty Images

Photo Archive Grants for HBCUs each year.

In addition to being available to license on the Getty Images platform, the HBCU Photo Collection will also be made available as part of Getty Images' content donation initiative for non-commercial use free of charge in support of learning about and reflecting on Black history for Black storytellers and not-for-profits.

Submissions for the Getty Images Photo Archive Grant will be judged by a prestigious industry-leading panel:

* Deborah Willis, academic director, professor and chair, NYU Tisch School of the Arts

* Aba Blankson

* Tukufu Zuberi, professor of sociology, The Lasry Family Professor of Race Relations at University of Pennsylvania

* Renata Cherlise, founder of Blackarchives.co

* Raina Kelley, vice president and editor-in-chief, The Undeclared

* Mercedes Cooper, vice president, public programming at ARRAY



MELINDA MYERS

Lady beetles are one of the good guys, helping to control populations of aphids and other harmful insect pests in the garden.

Managing insects on vegetables and herbs

By Melinda Myers
SPECIAL TO THE TRIBUNE

Homegrown fresh vegetables not only taste better; they are more nutritious. Plus, you can control what products are applied to the plants to control insect pests and disease. The first steps to growing a productive vegetable garden and protecting your harvest begin with proper planning and care.

Select the most disease-resistant varieties available when planning your garden. Then plant them in properly prepared soil with the amount of sunlight they require. Provide the necessary ongoing care, and your plants will be healthier and better able to tolerate pest problems.

Even when you do everything right, problems can still arise. It's just a part of gardening. Further reduce the risk with regular visits to the garden. Check along the stems and under the leaves for any clues that insect pests have moved into your garden. It is much easier to manage small populations of harmful pests than after they have had time to rapidly reproduce.

At the same time, look for lady beetles, green lace wings and other good guys that eat a variety of garden

pests. Leaving a few pests to attract these good guys is often an easy, yet effective way to manage the harmful ones. Enlist the help of songbirds by attracting them with bird-baths and feeders. Many birds supplement their diets with insect protein. Just protect young seedlings as many birds also like fresh greens.

If you need to lend nature a hand, remove small populations of insects by hand or use a strong blast of water to knock aphids and mites off plants. This is often enough to manage the damage and minimize their impact on your garden harvest.

Barriers of floating row covers can keep cabbage worms, onion maggots, Japanese beetles, and some other insects from laying eggs on their favorite plants. Cover the plants with the fabric at planting, anchor the edges and leave enough slack for plants to grow. Uncover flowering plants as soon as blossoms appear if bees are needed for pollination.

Set out yellow bowls filled with soapy water. The yellow attracts aphids and some other harmful pests. The insects gravitate toward the yellow, then crash into the soapy water

and die. If the problem insects are winning the battle, you may be tempted to reach for chemical controls. Instead, look for the Organic Materials Review Institute certification on product labels. This independent nonprofit organization reviews products for use in organic gardens, production, and processing.

Summit Year-Round Spray Oil (SummitResponsibleSolutions.com) is an OMRI-certified product labeled for use on fruits and vegetables as well as ornamentals. It controls mites, aphids, thrips, and other insects, and can be applied right up to the day of harvest.

As always, read and follow label directions for any organic, natural or synthetic chemical used. Heeding label directions ensures safe application and effective control. By working with nature and investing some time and creativity, you can safely minimize insect problems and maximize your garden's harvest.

Melinda Myers has written more than 20 gardening books, including *Small Space Gardening*. Myers' website is www.MelindaMyers.com.

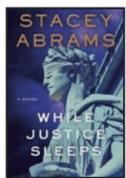
BOOK REVIEW

Stacey Abrams writes a legal-political thriller

By Jeff Rowe

THE ASSOCIATED PRESS

"While Justice Sleeps" is a deftly written page-turner — understated action, vivid characters and a tense, plausible plot.



The author, a former Georgia House of Representatives member and current political worker, Stacey Abrams, has created a political thriller: Supreme Court justice Howard Wynn, suffering from a rare illness, falls into a coma, leaving his young law clerk, Avery Keene, as his legal guardian with power of attorney.

Keene soon finds herself the key figure in the planned merger of an American biotech company and an Indian genetics company. At stake, a weaponized genetic editing capability and the ten-

ure of a corrupt American president. Wynn is the swing vote on the merger, and his fate now is controlled by Keene.

Keene is a compelling heroine, clearly bright, principled and devoted. She's also multiethnic, personifying, as Abrams observed in an interview, America's journey toward becoming a multiethnic nation.

The characters in the book also allow Abrams subtle observations on America. Keene describes America to her boss, Justice Wynn, as "contradictory and precocious" and Americans as "greedy, brilliant, ambitious and compassionate."

"While Justice Sleeps" also shows how a stiffly polarized political scene endangers democracy; the story arc also raises questions about the wisdom of lifetime Supreme Court appointments, the use and abuse of genetic editing and difficulty of bringing a criminal president to justice.

How did a tax attorney,

founder of several voting rights, training and social issues organizations and now a national political figure become a storyteller and find the time to write a complicated, technically demanding 369-page novel? Abrams started writing in college, eventually crafting a series of romance novels and transitioning to topical books — "Our Time is Now" and "Lead from the Outside."

Abrams says she sleeps just five hours a day and can write 3,000 words a day, seven times the length of this review. Abrams says she will run for office again and given her considerable role in getting two Democratic senators elected in Georgia, she will be a formidable candidate.

And Avery Keene? The book ends with Keene, having thwarted the forces of darkness, nonetheless jobless but young, idealistic and courageous.

We will see Avery again, the author says. No doubt we will be seeing more of Abrams, too.

BUSINESS BRIEFS



Triangle Beer Co. & Craft Concepts.

RALEIGH CHAMBER

* June 21, 4:30-5:30 p.m. – Business after Hours virtual networking. Register on website.

SEMINAR

City of Durham is hosting a virtual seminar for small business contracting best practices June 23, 2-3:30 p.m. Register at www.eventbrite.com.

DRI

Downtown Raleigh Alliance has launched a contest that rewards customer purchases with downtown businesses. Visit www.downtownraleigh.org/loyal for more info.

OPENINGS:

* CarolinasDentist will open its newest location June 21, 11:30 a.m., just

off I-40 and Hwy 70, near White Oak Crossing Mall, Garner. Visit carolinasdentist.com.

* Triangle Beer Co. & Craft Concepts will hold a grand opening June 26 at 320 E. Durham Road, Cary. Visit www.TriangleBeer.Co.

Send business briefs to info@triangletribune.com.

MOVERS AND SHAKERS

CHAPEL HILL

Loryn Clark has been promoted to deputy town manager, replacing Flo Miller who retired after 32 years. Clark, who started as an intern in the planning department, will begin her new duties on June 21.

* Shenekia Weeks is the



Clark

town's new diversity, equity and inclusion officer. Weeks was a district administrator in Stokes and Surry counties, where she oversaw a program that provides children in foster care with an advocate and attorney in cases



Weeks

of abuse and neglect. She is a N.C. A&T State and N.C. Central alumna. She also begins on June 21.

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 200-G, Durham, NC 27713 or e-mail us at info@triangletribune.com. Photos welcome.

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3 safe senior exercise options for summer

NORTH AMERICAN PRECIS SYNDICATE

Sunshine and warm weather have many people thinking about new workout options. If you're ready to kickstart your fitness routine, but want to do so safely, consider these three simple tips:

1. Check in with your gym about its COVID-safe offerings. Many Americans who have been avoiding public places this past year are now looking to expand their horizons, including going back to a gym. Growing numbers of gyms now offer outdoor workout spaces that include many of the weight training and aerobic equipment choices you previously enjoyed indoors—treadmills, stair climbers, weight machines, free weights—and even outdoor classes.

Outdoors or indoors, many gyms continue to maintain at least 6 feet between each workout station, require masks within the space, and provide free hand sanitizer, clean equipment assurances and other COVID-safe protocols. Give your gym a call or visit the location to find out what specific COVID-safe guidelines are in place there, so you can determine whether you're ready to resume your gym routine.

2. Increase your outdoor exercise routine. After being cooped up for months, getting outside can work wonders for your physical health and emotional well-being. Take yourself to a park to explore a new walking or hiking path. There are several apps that can locate hiking trails near you. Challenge a friend to a regular game of tennis, pickleball or bocce ball. Or dust off your bicycles and enjoy the freedom of feeling the wind in your faces.



Establishing a fun exercise routine with a friend can motivate you to keep it up and help lift your spirits. Older adults reported increased feelings of isolation last year. Exercising with a friend can help you shake off the loneliness blues.

Being outdoors offers the added benefit of providing you with a dose of vitamin D. Your body needs vitamin D to absorb calcium and to enhance bone health and immune system function. Regularly spending time outdoors is the most natural way to get the recommended 10 to 30 minutes of sun exposure several times a week. Just don't forget to put on sunscreen.

3. Augment your workout with home exercise classes. National guidelines recommend that you get at least 150 minutes per week of exercise. To make sure you're meeting that, augment your workout routine with home exercise classes that you can view on your laptop, phone or other devices. For best results, mix things up. Incorporate cardio exercise classes with strength training

ing videos that use resistance bands or free weights.

If you want to improve balance or flexibility, try a yoga or tai chi class. Popular options such as the Silver & Fit Healthy Aging and Exercise program offer a wide range of free online classes specially designed for older adults.

Classes premiere daily on Facebook Live from 11 a.m. to 7 p.m. Eastern time, six days a week. You can join the scheduled classes at <https://www.facebook.com/SilverandFit> to enjoy engaging live with other online viewers. Or you can view the replays on YouTube at a time that's convenient to you. You'll find them at www.youtube.com/silverandfit.

Now can be your time to get back into a fitness routine or start a new one. Find workout options that you love and that motivate you to stick with them. Then make the most of the season. As always, before you start any new exercise routine, talk to your doctor to discuss your goals and what types of exercise might be safest for you.



COURTESY

Many parents with SNAP benefits don't know about the COVID changes.

COVID changes to nutrition program benefit NC families

By Nadia Ramlagan

N.C. NEWS SERVICE

RALEIGH - Barriers to accessing a federal nutrition program for moms and babies persist in North Carolina, but new research shows loosening the rules during the pandemic improved participants' experience.

Nearly 300 recipients were surveyed across eight counties, and the report says many didn't know about or take advantage of policy changes that would have expanded their benefits.

Study author and Duke University Assistant Professor Carolyn Barnes said the pandemic's economic fallout has increased demand for assistance by 30% to 40% - a surge that has challenged the capacity of many resource-constrained agencies.

"I had workers say that their caseloads had gone up 20 to 30%," said Barnes, "and that they were working overtime to process cases."

The report, from Duke University's Center for Child and Family Policy, found allowing remote appointments and more flex-

ibility in the types of food people can purchase, and extending certification periods, made it easier to use the WIC program. In 2019, federal data show North Carolina reached around half of WIC-eligible residents.

The survey also found only 27% of WIC participants surveyed were aware of the greater flexibility in food choices that could have simplified their grocery shopping amid pandemic-related food shortages. Barnes said most women learned about the changes through social media, family and friends, rather than from state agencies. She believes increasing public awareness about these programs can

boost participation.

"Your fellow churchgoer or someone you work with, or someone you know personally, your family member that's just lost a job - if you know information about how to sign up for these programs, you can point them to those programs," she advised.

The report also found many households were unaware of the COVID-19 changes to SNAP benefits. Between 20% and 25% said they knew about emergency allotments and extended recertification deadlines. Only one-third of those surveyed were aware they could use their SNAP benefits to shop for food online.

Happy Father's Day!
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