

The Triangle TRIBUNE

THE TRIANGLE'S CHOICE FOR THE BLACK VOICE

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Five-star recruit Makur Maker must enroll at Howard to make a major statement.



Wake County adds holiday

THE ASSOCIATED PRESS

RALEIGH — The governing board of North Carolina's largest county by population voted on Monday to make Juneteenth a paid county holiday for its workers. The Wake County Board of Commissioners voted unanimously for the calendar addition during a video conference meeting, according to a county news release. The additional holiday will begin for county staff in 2021.

Juneteenth commemorates when the last enslaved African Americans learned they were free. Union soldiers brought the news of freedom to Galveston, Texas, on June 19, 1865. The release said Wake County is the first county in the state to declare Juneteenth a holiday for its employees.

"By making June 19 a holiday, we give our more than 4,000 employees the opportunity to learn more about the end of slavery in our country and show their commitment to making today's society more equitable and inclusive," Board Chairman Greg Ford said in the release.

The paid holiday should cost the county a little over \$544,000 to implement, based on the anticipated payment to hourly employees, the county said. The holiday is usually celebrated with parades and festivals but became a day of protest this year in the wake of demonstrations set off by George Floyd's killing at the hands of Minneapolis police.

N.C. residents won't need a doctor's order for a COVID test

North Carolina announced Tuesday that residents will no longer need a doctor's referral to get a coronavirus test. The order, lasting until Gov. Roy Cooper's current state of emergency is rescinded, aims to encourage more Black, Hispanic and Native American residents to get tested.

Mandy Cohen, state secretary of Health and Human Services, also announced the creation of up to 300 free temporary testing sites throughout July. The expansion comes even as Cohen said the state needs more testing supplies from the federal government. Cohen said she and Cooper discussed the need for more chemical reagents Monday with U.S. Health and Human Services Secretary Alex Azar.

While test results previously took 2 to 3 days to get back results in June, Cohen said supply issues have increased current waits to a week in some cases. "That request (for more supplies) is going to

Please see **HOLIDAY/2A**

In N.C. gov's race, Cooper has \$14M cash; Forest trails

By Gary D. Robertson

THE ASSOCIATED PRESS

RALEIGH — Recent unrest in North Carolina cities and job losses related to COVID-19 closings are featured prominently in the first general election ad of the governor's race from Republican nominee Dan Forest.

The television commercial began airing across the state last week, the day after Democratic Gov. Roy Cooper's campaign announced it will have a massive amount of cash entering the last four months of the campaign. The commercial initially shows footage of apparent looters inside a drug store, and Raleigh police sport utility vehicles with flashing lights and police tape.

Forest has criticized Cooper for issuing executive orders that have closed certain businesses since March in an attempt to control the spread of the coronavirus, saying his strategy is misguided. He's also blamed the governor for failing to stop damage caused by some demonstrators within broader, otherwise peaceful protests against racial injustice following the May 25 death of George Floyd in the custody of Minneapolis police.

Please see **GOVERNOR/2A**

Beware anti-Donald Trump voters

By William Rivers Pitt

TRUTHOUT

A stampeding herd of "anti-Trump" Republican organizations and PACs has flooded the 2020 presidential campaign with ads attacking the president and endorsing his rival, Joe Biden. If beating Donald Trump in November is your main thing, this would appear to be only good news. I am forced to wonder, however, what the real intent is behind this sudden solidarity after three long years of near silence from the deeply compromised "Never Trump" crew.

It has been a fascinating election already before these right-wing voices chimed in. Trump is running for reelection with a trio of grand pianos on his back — his handling of COVID, the uprising and the economy — all of which he put there himself. Trump has repeatedly proven himself to be a DIY kind of guy when it comes to self-inflicted campaign wounds.

His presumptive Democratic challenger, in contrast, is throwing darts from his basement and seemingly running away with the race. Biden, whose age puts him squarely in the high-risk category from COVID, has been running as if the Centers for Disease Control and Prevention was in charge of his campaign. Justly so: The mere fact that Biden is acting like a responsible human being is a good portion of the reason why he is currently ahead in the polls.

At this point, Trump's campaign staffers must flinch like dogs without their ThunderShirts whenever the Trumpian fireworks start, or as is usually the case, won't stop. Case in point: Trump went back to his blankie yesterday for yet another Fox News interview, during which he said, "I think we're going to be very good with the coronavirus. I think that at some point that's going to sort of just disappear, I hope."

Flinch. Everything in that sentence is wrong, infuriating and cruel. COVID is not going to disappear, even if a vaccine comes down the pipe tomorrow. "I hope" is not a policy for a nation that just notched 50,000 new infections in a single day, a record which leaves the grim daily totals from March and April in deep shade. "We're going to be very good" from a president with his execrable COVID track record to date is the verbal equivalent of rubbing the electorate's face in the rocks of a gravel driveway.

Trump is the best campaign spokesman Biden could ever wish for because he will not stop damaging

Please see **TRUMP/2A**

COURTESY

Joy Allen, a certified trainer, teaches a basic gun training class.

Have gun, will train

By Freda Freeman

CORRESPONDENT

"Sisters are doin' it for themselves." — Aretha Franklin

RALEIGH — Being able to defend yourself is not only knowing how to use a weapon. It's also having confidence and believing that you are worth defending.

Two Raleigh women have joined forces and founded InHER Piece Ladies Shooting Club to empower African American women through firearms training. The club's motto is "Peace of mind, one

round at a time!"

"We want women to have confidence, knowing that, if you need to, you can defend yourself. When I first started teaching classes, I always asked the ladies to raise their hand if they were willing to kill for one of their children, and 99% of the ladies would raise their hand. But when you ask a woman, 'would you be willing to kill someone else to save your life,' they hesitate. "Women, particularly women of color, have always been taught and were raised in society to defend and to nurture

everyone else. So, I found that through teaching firearms, we're not only teaching self-defense, but we're really teaching confidence," said Joy Allen.

Allen is the owner of E3 Personal Defense and Safety. (E3 stands for empowering, educating, and enjoying.) She is teaming up with Ebony Hartsfield-Thorne, owner of Guzn-BlackRosez Firearms Training. Both women started shooting about five years ago, and each is a certified National Rifle Association pistol instructor.

Please see **TRAIN/2A**

Wake County black student group leads fight for equality

By Lori D.R. Wiggins

CORRESPONDENT

RALEIGH — A co-founder of the newly formed Wake County Black Student Coalition said the group's call for the district to sever ties with school resource officers is merely an introduction to their determined push to help eradicate systemic racism, bigotry and hatred.

"This is our first big action; this is only the beginning," said Victoria Smith, a rising senior at Enloe High School. "Racism is not just dealing with SROs. It's racial profiling from teachers and administrators, and we're also talking about discrimination in the classrooms. We're going to hit every aspect that is being affected by racism and inequality within our schools."

"With everything going on in the world right now, how can we sit still and do nothing. How can we talk about stuff happening nationally if we can't acknowledge what's happening right here in North Carolina, right here in Wake County?"



COURTESY

Enloe High student Victoria Smith leads student rally.

Smith and co-founder Yakob Lemma, her Enloe classmate, organized an estimated 200 Wake County students for a Black Students Matter protest at the State Capitol in downtown Raleigh. Students in Durham County also have demanded SROs be removed from their public schools and are planning a fall summit with school leaders.

The Wake County Black Student Coalition is a districtwide

umbrella organization to help unify other school-based groups organized under the district's Black Student Union. Despite the existence of the BSU, Smith said, many schools don't have an established group designed to support Black students. Those that do don't get adequate support to be effective, she said.

The protest came on the heels of the Wake County

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Tribune on

Raleigh women open gun shop for other women

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According to the National African American Gun Association, about 19% of African Americans nationwide own firearms, and single black women are one of the fastest growing demographic groups in the black community who are buying guns for protection. The National Shooting Sports Foundation reports a 77% increase in female gun ownership since 2005. Hartsfield-Thorne said women should be armed and ready to protect themselves and their families, if needed. "I feel all women should be armed, but, for Black women, I take it very personally because I am one myself and I'm raising one. We face discrimination for race and gender on a daily basis, and I just want to make sure they are armed with knowledge and awareness," she said. Allen started shooting as a hobby in 2015 after taking a class with Chris Tiley, a Winston-Salem native who's a U.S. Practical Shooting Association Grand Master and a former competitor on the History Channel's "Top Shot" marksman competition.

She continued to develop her skill and became a certified instructor. Allen and her husband, Chris, both pastors, initially partnered with churches and non-profit organizations to bring basic gun training to communities where people generally would not be able to afford it.

Generally, the starting price for a basic training course is approximately \$120. "I started the company because as I was shooting at ranges and going to meetings and classes, there was never anyone who looked like me, never any other females, never any other African Americans," Allen said.

Although more women are buying guns, Allen said very few shooting clubs cater to minority women. "What I hope is for women to come together and see themselves represented. I preach all the time that representation matters. If we look through history, the reason people feel that they are subpar and that someone is superior is because that's what they see," she said.

Hartsfield-Thorne hopes the club will help women

view firearms positively and, in turn, help others see women as skilled gun owners. "I hope it becomes a safe haven for women to come and feel comfortable," she said. "I see it firsthand being in the gun world, men feel women don't have the proper knowledge when it comes to firearms. I hope this group will show women and firearms in a positive light, not negative."

The shooting club, which is open to all experience levels, will meet on the second Sunday of each month for safety seminars, range activities, and community outings. The first meeting is July 12, 3 p.m., at Eagle 1 Supply, a Black-owned firearms supply store and firing range in Raleigh. Eagle 1 Supply is also the home base for NAAGA-Triangle Chapter. The cost is \$20 per meeting, which covers range fees and meeting materials.

Attendees are encouraged to bring their own firearms; however, gun rentals are available. Ammunition can be purchased at the range. For more information, go to e3personalddefense.com.

Wake Co. student group leads fight for equality

Continued from page 1A

School Board's decision last month to renew the SRO program with the Sheriff's Office for one year. It's traditionally been a three-year agreement. "Time, money, and energy are wasted on these SROs, so why are we giving it to them," Smith said. "Give it to those who are going to impact students' lives and make them better." Resources would be better spent, she continued, on increasing the numbers of school nurses, and guidance, career and mental health counselors.

More than 5,000 people have signed a petition to join the #PoliceFreeSchools movement "to end the harassment and targeting of black and brown students," according to a post on social media that also proclaims, "Police brutality must end in the streets and in the classrooms."

In answer to critics who say taking SROs out of schools makes them unsafe, Smith said nowhere has school violence been prevented by SROs, who became commonplace across the country following the Columbine High School massacre and attempted bombing by two Colorado high school students that left 12 dead.

"There's always this push for SROs and security, but the sad truth is, not in North Carolina, not in Washington, D.C., or

anywhere else in all 50 states, has a single SRO stopped a school shooting," Smith said. "What they are doing is antagonizing Black and Latinx students, asking, 'Where's your hall pass?' 'Where are you going?' What about the white kids who are in the hall or late? What about the Indian and Asian students who are not in class or are late?"

"Nothing happens," she said, referring to the difference in how she's treated if she returns late from an off-campus lunch with white, Indian or Asian classmates versus how SROs respond to her and her Black friends. "If that's not racial profiling, I don't know what is."

The Coalition already has met with school board members who suggested they take the issue to their principals, Lemma said. They plan to do so soon.

Meanwhile, the group is ironing out its full list of demands, calling it The Big 5, Lemma said. He said an early draft calls for:

- * Abolition of the SRO program

- * Staff accountability for racist, sexist and homophobic demeaning acts and statements

- * Decision-making authority for students of color to weigh in on policies that impact their education

- * A safe, organized system to "report sexual harassment of any kind."

- * Integration of black history in "all of our curriculum. America was built on the backs of black people," said Lemma, 17, who hosts a podcast Be-Happy.Movement. "School should be a place of love, a place of humanity, a place where I can feel safe. Right now, that's not what it is."

Smith said that's true, despite Enloe's reputation of diversity and inclusion, and it being a school with the most active Black Student Union in the district. "It's the whole fear of being silenced," said Smith, who is enrolled in honors and AP classes. "In all my classes, I'm the only Black girl, the only Black person, or one of two or three. My intelligence is questioned. I have to speak up louder and leave my hand up longer."

For Lemma, becoming a student activist has altered his initial career plans to become a therapist to include the possibility of working in politics.

"Honestly, it's disappointing that we're still fighting for the same issues that, decades ago, my great-grandparents were fighting for," he said. "But it does feel good I'm leading youth to a positive change; the really true goal to end systemic racism, to dismantle it. This generation of youth is going to change that, officially."

Roy Cooper has \$14M in cash in governor's race

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"With over 1 million unemployed and our state in crisis, it's time for change," the ad's narrator says. "Dan Forest will provide leadership, unity and hope for our state." The commercial does not mention Cooper, or that Forest has been lieutenant governor for 7-1/2 years. But it described Forest's past career as an architect and promised he would "rebuild our economy" while protecting "our most vulnerable."

Cooper's team said he'll report by Friday's campaign finance deadline as having raised another \$5.5 million during a 4-1/2-month period that ended June 30.

The report also will say Cooper had nearly \$14 million in his campaign coffers entering July.

This cash balance has given Cooper's campaign

the confidence to already reserve TV ad time starting in September through Election Day. Cooper campaign spokesperson Liz Doherty said the governor's overall fundraising — in particular the 100,000 contributions it's received — show people have confidence in him during the pandemic.

Cooper has said the closings of high-risk businesses like gyms and movie theaters and a mask requirement are needed to rein in growing virus case numbers.

"It is clear folks across the state understand just how dangerous Dan Forest as governor would be," she said in a news release Monday. "That's why they're lining up to support this campaign to make sure we reelect the governor this November."

Forest, the Republican lieutenant governor since

2013, has been way behind in the fundraising needed to ensure he can be on TV at will in the campaign's final weeks.

His campaign spokesperson Andrew Dunn declined Tuesday to describe the monetary cost of the ad buy or what Forest will next report in fundraising.

"The dollar amount will be included on the relevant financial report. We generally don't forecast our fundraising totals," Dunn wrote in an email.

As of mid-February, the Committee to Elect Dan Forest reported having only \$750,000 in cash on hand. And that balance was before the campaign announced he had given nearly \$200,000 to those needing financial assistance due to the economic downturn related to COVID-19.

Beware of anti-Trump Republicans who endorse Joe Biden

Continued from page 1A

himself — ever. He is incapable of staying out of the spotlight, has no interest in talking points or strategy, and almost never knows what he is talking about when he starts flapping his gums at the cameras. His ceaseless lies about everything from Russian bounties on U.S. troops to the uprising to the pandemic are a feature, not a bug.

In the midst of this maelstrom, Biden pops up every so often like some grandfatherly Jack-in-the-box to remind people that, whatever else he may be, he is not that guy. He has out-raised Trump for the second month in a row, while Trump's own campaign spends its money on ads intended only to assure the president that he's a great guy and everything is fine.

All the momentum is on Biden's side at present, and Trump is only going to help him as we lurch toward the reckoning in November. So forgive me for being leery of this abrupt tidal wave of Biden support from Republican-based or-

ganizations. It puts me in mind of the old joke about the French aristocrat who sees an angry mob run by and says, "I must find out where my people are going, so I may lead them."

The newest entry into the Republican anti-Trump push is named 43 Alumni for Biden. It is a collection of hundreds of former campaign and administration members who worked for George W. Bush, the war criminal 43rd president.

A list of members is not available so far as I can glean, but the group boasts a number of former Bush Cabinet secretaries and other high-ranking members whose names I'd love to know. Rumsfeld? Ashcroft? Rove? Cheney? Such is the possible character of Biden's new allies.

Another Republican group that has been throwing hot shade at Trump is The Lincoln Project. The ads produced by this organization have been singularly brutal and ruthlessly timely, and Trump the TV fanatic is well aware of them. Each time another Lincoln Proj-

ect ad airs, Trump Twitter goes seismic. The Lincoln spots are masterpieces of inflicted political pain, and further proof that conservatives are better at making killer ads than the Democrats ever were or will be.

Many who oppose Trump have rejoiced at the way these ads have been flaying him, but it cannot be forgotten that this same gleefully lethal energy also went into creating and distributing the GOP's racist Willie Horton ad attacking Michael Dukakis in 1988, and the wildly truthless swift-boat ads attacking John Kerry in 2004. With friends like these, etc.

Simply put: Never, ever forget who it is you're dealing with here. These groups do not oppose Trump because of his policies. They oppose Trump because he is bad for the Republican brand, full stop. The enemy of your enemy in this case is not your friend. It feels too much like The Scorpion and the Frog all over again, and folks by now should be heartily wary of getting stung.

Wake County agrees to make Juneteenth paid holiday for employees

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be harder and harder for the federal government to fulfill as we watch all of these states that are really surging with cases around us, they are understandably going to be prioritized for supplies," Cohen said.

North Carolina reported a high of nearly 1,000 coronavirus hospitalizations Tuesday, along with a two-week low in daily completed tests with less than 13,000 performed.

Fiscal year begins with 30 new laws
Be prepared to pay more

in North Carolina for your driver's license, your vehicle registration or a copy of your driving record. As mandated by state law, the Division of Motor Vehicles is required to adjust fees and rates every four years, based on the percentage change in the annual Consumer Price Index during the past four years.

According to a news release, about 90 license and registration-related fees went up on July 1 at about an 8% increase.

A normal annual vehicle registration will increase from \$36 to \$38.75, while

fees for five- or eight-year driver's license renewal fees will work out to \$5.50 per year, up from \$5.

More than 30 new laws also took effect, when state government's fiscal year began. The laws include 2.5% salary increases for most state employees and state law enforcement officers. Teachers will get their usual experienced-based raises, as well as \$350 bonuses before October.

Other new laws fund targeted government building and expansion projects.

Waiting for a kidney during a pandemic

By Melba Newsome

CO-PUBLISHED BY N.C. HEALTH NEWS, THE CHARLOTTE POST AND THE CHARLOTTE OBSERVER

Traci Evans Simmons' job as an assistant in a pediatric medical practice normally brings her into contact with many people every day, a fact that unnerved her when the coronavirus began to spread. When the lockdown began in mid-March, she requested and received permission to work from home. For the next two-and-a-half months, she recalls leaving her home in Mint Hill, just east of Charlotte, only three times.

She consumed news and any information she could find about the coronavirus and became obsessive about wearing masks, using hand sanitizer, disinfecting everything and using copious amounts of ammonia to clean every inch of her house.

Simmons, 50, also relentlessly badgered her husband, Bruce, and 22-year-old daughter, Brielle, both of whom continued to travel back and forth to their jobs at medical facilities every day.

"I was afraid they were bringing something in the house. I told them 'you don't even talk to me 'till you wash your hands!'" she said. "I was like, 'You don't understand! If I get sick, I'm gonna die!' but the more I stayed in the house, the better I felt because I felt protected in the house and I knew my family was being careful at work."

Simmons acts as if her life depends on the choices she makes because she believes it does and with



Traci Evans Simmons, 50, has been waiting for a kidney transplant for several years.

good reason. She suffers from chronic kidney disease and has been on the waitlist for a new one for more than two years. Her condition makes her more susceptible to not only contracting the coronavirus but being made deathly ill by it.

In the months since the United States became the epicenter of the novel coronavirus pandemic, news from the medical and scientific community has been rapid and ever-changing. With all of that new knowledge, the mountain of evidence of the coronavirus's devastating impact on the health and well-being of African Americans is constant and growing. A recent review indicated that Blacks suffer three times as much morbidity due to COVID-19.

Researchers and medical professionals acknowledge that what we initially understood as primarily a respiratory illness also causes significant injury to the kidneys. The estimated 37 million American adults with chronic kidney disease are also at greater risk of contracting the virus because of compromise to

the immune system, and if they do get it, are at greater risk of becoming sicker.

When the news first started coming about who was at greatest risk of severe infection and death, the focus was on the elderly and those with underlying health conditions such as diabetes, respiratory illnesses, obesity and heart disease. Only recently did the Centers for Disease Control and Prevention add chronic kidney disease to the list.

Nonetheless, Simmons was always panicked about contracting the virus. "There is always a level of anxiety when you have a chronic illness. When they said it was worse for people with pre-existing conditions, I really just lost it. I was scared and crying all the time," she said.

Simmons' kidney problems started more than 20 years ago. She didn't know it at the time, but foam in her urine, persistent exhaustion and her swollen ankles were key indicators. The disease runs in families and can be acute or chronic. Simmons has an uncle and two cousins with the condition.

BOOK

Author brings modern black detective to life

As Wrong As Two Left Shoes
By Teddy Hayes
Teddy Hayes Productions

Hayes has developed one of the most unique detective book series over the last 20 years. His crime genre series features hardened New York City black detective Devil Barnett, a "bad ass" private detective seeking redemption from his previous life in the CIA, where he was deployed to kill others for a living.

The Devil Barnett series showcases the social commentaries and storylines that Hayes has become known for. With few African American authors focusing on the crime genre, Hayes' voice is a breath of fresh air and the series offers new insights into black detectives that veer from the clichés of John Shaft.

Hayes, a veteran producer/writer in the entertainment industry, hopes to turn his detective novels into a television or film franchise. The demand for high-quality

content is on the rise thanks to Netflix, Amazon Prime, HBO and other outlets, and this will provide viewers with a strong, positive African American protagonist.

Eight books currently make up the Devil Barnett detective series, with two more due for imminent publication. Hayes recently relaunched the third book, "As Wrong As Two Left Shoes," which tells the story of a missing musician. This inspired Hayes to take the unorthodox step of creating and releasing a soundtrack to go along with the book. The songs are available via Spotify and Dropbox, allowing readers to get into the character's head as the story develops.

Gripping, violent and breathtaking, Hayes' writing style has been praised since his first crime book, "Blood Red Blues," was

published. Now, with a long list of critically acclaimed detective works under his belt, Hayes aims to be the next Robert Galbraith (Cormoran Strike) or Ian Rankin (John Rebus) but for black crime genre fans.

Hayes says the great thing about his books is once the first Barnett novel, "Blood Red Blues," has been devoured, the remainder of the series can be read in any order. "I wrote the series to give important aspects of Devil's character and life in each of the books," he said. "Therefore, you won't learn everything about him in the first book nor is it needed to read them chronologically to piece information about the character together."

Hayes has already stated the Devil Barnett series will have at least 10 books offering production companies a wealth of material.

For more information on Teddy Hayes, visit <https://www.teddyhayesproductions.com/>.



Bill Cosby and wife Camille attends his trial.

Cosby cites systemic racism in appeal fight

By Maryclaire Dale
THE ASSOCIATED PRESS

PHILADELPHIA — In a nearly empty Philadelphia courtroom in June 2015, a lawyer for Bill Cosby implored a federal judge to keep the comedian's testimony in an old sexual battery lawsuit under wraps. It was sensitive. Embarrassing. Private.

U.S. District Judge Eduardo Robreno had another word for it. The conduct Cosby detailed in his deposition was "perhaps criminal," Robreno wrote five years ago Monday, in a momentous decision that released the case files to The Associated Press, reopened the police investigation, and helped give rise to the #MeToo movement.

Cosby, the Hollywood paragon of Black family values, was convicted of sexual assault in 2018 as the movement exploded and women across the globe shared personal histories of sexual harassment and abuse. He is serving up to 10 years in prison. And now in the midst of another historic reckoning — this time addressing the treatment of African Americans and other people of color by police and the criminal justice system — the 82-year-old Cosby has won the right to an appeal.

He hopes to use the moment to his advantage. "The false conviction of Bill Cosby is so much bigger than him — it's about the destruction of ALL Black people and people of color in America," Cosby spokesman Andrew Wyatt said when the court accepted the appeal late last month.

Cosby, who grew up in public housing in Philadelphia, has a complicated relationship with the Black community. He earned acclaim for his groundbreaking (and intentionally race-blind) performances on television in the 1950s; mingled, but rarely

marched, with civil rights leaders and the Black elite in the 1960s; and solidified his wealth and power with his star turn as "America's Dad" on "The Cosby Show" in the 1980s.

All the while, he promoted education and gave millions to historically Black universities. But his increasingly jarring comments on poverty, parenthood and personal responsibility offended younger Blacks in his later years, most famously in his 2004 "Pound Cake" speech, which he gave just months after the sexual encounter that would prove his downfall.

Cosby gave the speech to the NAACP, riffing about a scenario in which the Black

community complains when someone is shot by police over a stolen piece of cake. "Then we all run out and are outraged, 'The cops shouldn't have shot him.' What the hell was he doing with the pound cake in his hand?" Cosby asked.

A decade later, Black comedian Hannibal Buress took Cosby to task for his scolding. "You rape women, Bill Cosby, so turn the crazy down a couple notches," he said onstage in 2014.

Former prosecutor Kristen Gibbons Feden, who gave closing arguments at Cosby's retrial, recognizes the good Cosby did for the Black community. She also believes that racial bias exists.

EBONY ESSENCE Executive turmoil at Essence, Ebony magazines prompt changes

By David Bauder
THE ASSOCIATED PRESS

NEW YORK — Two storied magazines that focus on news and culture in the Black community, Essence and Ebony, are in the midst of turmoil at their top levels.

Ebony late last week forced out CEO Willard Jackson following an initial inquiry into some of his financial transactions. The general interest magazine celebrates its 75th anniversary later this year. Essence, a magazine geared to black women, was hit by an anonymous essay reportedly penned by former and current employees that alleged a toxic work environment and recently named an interim CEO.

Jackson is a partner in the CVG Group, which purchased Ebony in 2016. The board of directors is looking for an interim CEO and operating committee to replace him.

Jacob Walthour Jr., chairman of Ebony's board of directors, said Monday the board became aware of financial transactions that did not go through the proper approval process,

including some where it wasn't clear whether the magazine or Jackson was the beneficiary. The lack of transparency was unacceptable and prompted the investigation, which is continuing, he said.

Without giving specifics, Walthour said the board was also concerned about some of the entities that Jackson was dealing with. He cited the "class, integrity and honor" with which company founder John H. Johnson operated with. "It's our view that we prevented significant damage from being done to the brand," he said.

There was no immediate response to an attempt to reach Jackson through CVG Group.

The essay, "The Truth About Essence," was published on Medium on June 28 under the byline "Black Female Anonymous." The essay alleged pay inequity, sexual harassment and corporate bullying and intimidation on the part of management at Essence.

"The company's longstanding pattern of gross mistreatment and abuse of its Black female employees is the biggest open secret

in the media business," said the essay, which was accompanied by a petition seeking a management change.

It is the latest example of journalists of color, in the week of George Floyd's death and nationwide demonstrations, speaking up about alleged mistreatment and inequities in the industry as well as their news organizations.

Essence management called the letter "heart-breaking" in an initial response. The magazine, run by Essence Communications, called the anonymous letter "an unfounded attempt to discredit our brand and assassinate personal character."

Last week, however, Essence announced the appointment of Caroline Wanga, a former Target executive hired in June, to step in as interim CEO. The owner of the magazine, Richlieu Dennis, was a focus of many of the complaints in the anonymous letter.

Essence also said it would hire outside investigators to interview employees and determine the truth about the accusations.



4 tips for planning a summer family vacation

FAMILY FEATURES

As stay-at-home orders ease, many families are eager to get out of the house and hit the road for a summer trip. However, vacation will most likely look different this year as families looking to get away may stay closer to home and take extra precautions.

Make your summer travel plans safe and successful

with these tips.

Destination: Taking a road trip allows you to avoid crowded airports or public transportation hubs, and bring your own food and groceries. A drivable destination is still a getaway, and driving typically offers more flexibility and requires less planning. Even if it's just a trip across the state instead of across the country, picking a des-

tinuation within driving distance of your home is a chance to break away from everyday surroundings and routine.

Cleanliness: Clean accommodations are always important and may be even more so now. Many hotels and whole-home vacation rentals, which were pioneered by Vrbo nearly 25 years ago, have enhanced

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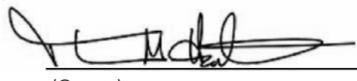
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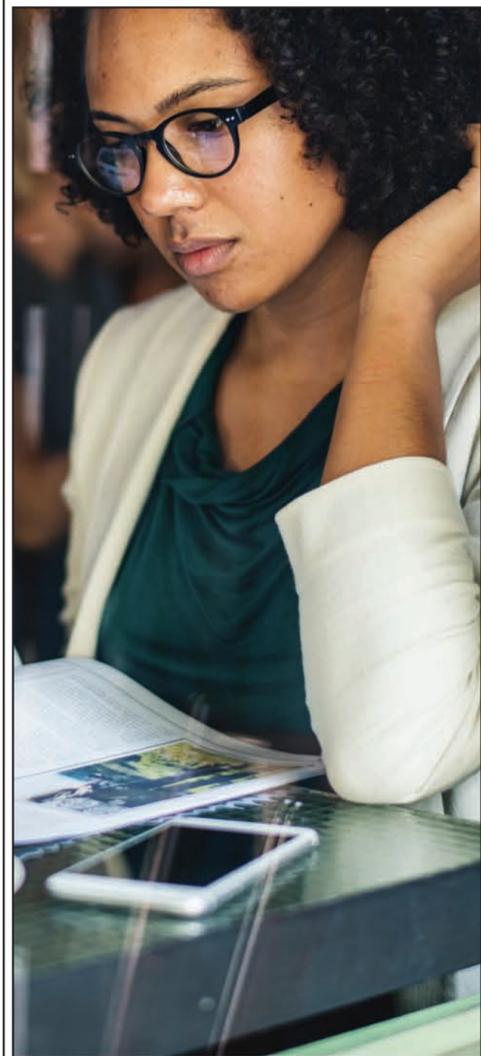
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Christian women of color juggle business ambition with Biblical submission

By Kelly Wairimu Davis
RELIGION UNPLUGGED

NEW YORK— Denya Hamilton is both an ambitious businesswoman and “submissive” wife, committed to both her marriage and household as well as her career in New York City. She co-owns a marketing and public relations firm, Sow and Tell, with her husband, a Christian hip-hop artist, and adheres to a theology that teaches her husband is the God-ordained leader of their home.

Despite following the traditional biblical attitudes towards submission or being “under the mission” of her husband, Hamilton, 26, believes women can have their own God-ordained missions as well. “Just because a woman has her own business and dreams doesn’t mean that she is not able to fulfill her role as a wife and mother,” said Hamilton, who attends Christ Crucified Fellowship, a non-denominational church in New York.

While Hamilton’s reading of the Bible that calls for wives to prioritize God, husbands, family and then business can be seen as countercultural, many millennial, Christian women of color like Hamilton are welcoming the challenge to fulfill those obligations while stepping outside of traditional gender roles in marriage.

Black Protestants are more likely than white mainline Protestants and evangelicals to align with conservative theological views of complementarianism or gender roles in heterosexual marriage. When asked about the statement, “A husband’s job is to earn money; a wife’s job is to look after the home and family,” almost 30% of Black Protestants agreed in 2018, compared to 21% of evangelicals of all races, according to a study by Ryan Burge, associate professor of political science at Eastern Illinois University. In 2008, about 35% of Black Protestants and 37% of evangelicals agreed with the same statement.

Natasha Lambkin, a Christian entrepreneur and fashion designer, hopes to break the stereotype that women can’t be assertive and have leadership qualities while also being submissive. “To some people being submissive is bowing down and having your husband run all over you,” Lambkin said. “That’s not what it says in the Bible... With society creating this ideal that women should stay home with the kids, that’s society, but what does God say?”

Emari Parsons, a Christian entrepreneur who runs a beauty and lifestyle platform, SoulStyleBeauty, on top of working as a full-time grade school teacher, said it is important for Christian women to go into the dating process being



Denya Hamilton, right, with her husband Marcellus. COURTESY

authentic and honest about their ambitions. “I feel like my fiancé loves and respects me enough to know that I have my own dreams and passions,” Parsons said. “He respects me enough to let me pursue things that God has led me to.”

Parsons, 28, strongly believes in biblical submission, but while she is preparing to adjust to her new role as a wife, she also hopes to stay true to herself. “You shouldn’t have to dilute certain parts of yourself,” she said. “I think it is very important to do the things that set you apart as an individual.”

Christians who support women taking on traditionally male roles in leadership and business, sometimes considered “progressive,” make their theological arguments by looking at documents of the early church. “There are many early Christian writings where women had different, more prominent roles in society,” said Rannfrid Thelle, a Bible scholar and professor of religion at Wichita State University.

She referred to a letter written by the Apostle Paul in the New Testament, where he sends greetings to a list of people who were working to spread the gospel of Christ, many of whom were women. Thelle said the church was surprisingly progressive in the early Christian movement, a movement she describes as revolutionary. But as society moved in a more conservative direction, so did the church. “There was tremendous pressure on these small groups to conform to society at large,” Thelle said.

Lambkin, 33, runs a faith-based clothing brand that promotes modesty in fashion. She hopes to be

married one day and has already planned how she will balance her roles of wife and fashion designer. “I’m a businesswoman but being a wife should come before my business,” she said. “First is God, then your husband. I have to make sure that I don’t devote too much time with my business than I do with my husband. I believe I’m not playing my part and being submissive of what God says about marriage and a helpmate.”

For some Christian women, a part of embracing who they are means embracing their femininity. Shavon White, a media consultant and founder of Seek Your Truth, a faith-based nonprofit organization that empowers women to work on seeking the truest version of themselves, said she took a leadership role in a previous relationship and that strained the relationship.

White, 34, vows to do things differently next time. “I’m a business woman but when I am at home with my husband, I’ll be submitted to him,” White said. “I don’t have to be a boss all day, at work and at home.”

Parsons expressed a similar sentiment. She hopes to see women move away from what she calls the “superwoman complex,” a desire to accomplish everything and have an “independent woman aura,” which could end up taking away from a husband’s leadership. “You’re called to be your husband’s helpmate, but you’re not supposed to take on the heavy burden of everything in life,” she said. “I think that eventually it gets to be very overwhelming and exhausting. If you have a problem asking for help, it is a ‘you’ issue.”

Living a compassionate life takes God, prayer

By David Jeremiah
SPECIAL TO THE TRIBUNE

EL CAJON, Calif. — When a man I know was a young pastor, he was given a trip to the Holy Land. When his tour group was in Jerusalem, he ventured into the Old City. As he walked, he was shocked by a figure coming toward him.

She was tiny, thin and frail, covered in a dirty black robe, with only her hands, eyes and bare feet showing. It was obvious from her creased and leathery skin that she was old or perhaps her hard life had aged her beyond her years.

My friend stopped and had only one thought: “This is the poorest person I have ever seen.” She was walking quickly, her bare feet barely touching the stone street as she moved silently past. The man turned to watch her disappear into the crowd behind him and felt immediately conflicted. He stood there and allowed the poorest person he had ever seen to go by like she was a piece of video footage on the evening news.

So he prayed: “Lord, if you will let me see that woman again, I will help her. Please let my path cross hers again before I leave this place.” He finished his trek through the Old City and made his way back toward his hotel. His eyes scanned the crowds for the wisp of a woman he had seen before, and there she was!

He startled her when he motioned to her to stop, and her eyes met his. He held out his hand and said, “Jesus.” She took the money he offered her and began nodding and making murmuring sounds, muffled by her robe. Her eyes were smiling at the corners as she again pulled her thin garment tightly around her and disappeared again into her limited world.

Would my friend ever see this woman again? No. Would he have any way to know whether the money he gave her was used for a good purpose? No. Did any of that matter to him at that moment? No. Should it have mattered? No!

What mattered to him at that moment was that he had just come in contact with a desperately poor woman who looked as if she was starving. She had what appeared to be many needs, and he had the ability to meet at least a few of those needs for the next few days. So he did what mattered at the moment — had compassion on someone God had brought across his path.

In order to see the needs around us, we have to view the world through compassion-colored glasses. As Jesus told the story of the Good Samaritan, He said it was compassion that caused the Samaritan to stop and help the man who lay injured by the side of the road: “But a certain Samaritan, as he journeyed, came where he was. And when he saw him, he had

compassion” (Luke 10:33). Compassion is about the moment. Yes, there are longer-term expressions of compassion we can and should make. But there are times in our life when God expects our shoulder to be stained with the tears of a friend or a stranger.

When Jesus arrived at the grave of His friend Lazarus, He wept (John 11:35). His tears vividly illustrate the meaning of compassion: to suffer (passion) with (com). Jesus’ tears were a mixture of His own at the loss of His friend and a sharing in the suffering and grief felt by Lazarus’ loved ones. If God himself is willing to mingle His tears with those of His earthly friends, how much more are we called to do the same?

It is clear from Scripture that God expects His children to bring the tears of heaven to earth through the exercise of compassion toward others. The compassion Jesus demonstrated is to be continued through those who believe in Him:

* “Be of one mind, having compassion for one another” (1 Peter 3:8).

* “Be kind and compassionate to one another” (Ephesians 4:32, NIV).

* “Weep with those who weep” (Romans 12:15).

* “Bear one another’s burdens” (Galatians 6:2).

The way the world is to know the compassion of Christ is by seeing and experiencing the tear-stained shoulders of His followers.



Market your business for long-term success

FAMILY FEATURES

Rapid growth and long-term success are the dreams virtually every entrepreneur pursues. The fire pushes you to ascend to the mountaintop quickly and stay there as long as possible.

Adopting some clever marketing strategies can bring those dreams within reach, especially if you’re willing to take some notes from experts who have successfully navigated the path.

For example, entrepreneur Russell Brunson started his first online company while he was in college. Today, he is the co-founder of ClickFunnels, a successful software company that helps entrepreneurs get their message out to the marketplace quickly and efficiently.

Learn the art of successful business marketing with Brunson’s advice, adapted from “Traffic Secrets,” the third installment in his bestselling trilogy.

* Work behind the scenes to connect with your target audience. With a little research, you can identify the places your target customers tend to congregate. Places like Facebook groups, YouTube channels, podcasts, blogs and other platforms serve as trusted sources of information, and these are the places where they’re more apt to listen to what you have to say. Make a list of 100 of

these hangouts and reach out to the people behind the scenes. Listen, learn, pitch collaborative opportunities and pay for ads if that’s what it takes to get in front of your audience.

* Don’t just post on social media; understand it. Social media is a powerful tool for marketers and entrepreneurs. Depending on your business, you may be able to leverage both your personal profile and a business account to connect with your audience. Another key is customizing your strategy for each platform. Know which channels your target audience members use and focus your energy there. Understand the platform’s algorithm and post content it wants to share with its users.

* Pay for email ads. A wide variety of online news sites, newsletters, online communities and influencers have large email lists. Approach those with audiences that would be interested in your product or service and request an email endorsement. Having third-party endorsers announce your offer to their email lists lets you go around the competition to talk directly to your target audience.

5 ways to drive traffic on social media

These strategies from “Traffic Secrets” can help drive traffic using these major platforms:

* Google: Search the key-

word you’d like to rank for. Scan results, looking for sites that have ads, banners, affiliate links to products or subscription boxes. Contact the owners of those pages and ask about advertising options to buy your way in and build your list.

* YouTube: Create a 15-second intro with a catchy hook followed by a short 4-second branded message, then tell your viewer why he should listen. Create a connection with personal commentary and share valuable content for the next 7-12 minutes. Close with a call to action.

* Facebook: Think of your cover photo as your billboard and the intro section as your business card where you can place links to funnels. When posting, share stories that can open conversations, and remember to engage readers in the comments.

* Instagram: Decide whether you want to inspire, educate or entertain and then create a caption. Three effective options: tell a story, ask a question or make a list.

* Podcasting: In addition to working the podcast circuit and delivering a call to action at the end of each show, you can leverage influencers in other ways. Buy ads on their podcasts and arrange guest appearances that let you ask their listeners to check out your own podcast.

AROUND THE TRIANGLE

RALEIGH PARTY

Afropolitan Day Party is July 18, 3-8 p.m., Solas, 419 Glenwood Ave. Visit Eventbrite.com.

ASSISTANCE

Wake County energy assistance program is now available. Visit www.wake.gov to download an application for emergency funds.

REOPENING

Driftwood Kitchen + Bar is changing its name and menu to Driftwood Cantina, a Mexican restaurant. It officially reopened July 7 at Lafayette Village on Falls of the Neuse Road.

REOPEN

Capital Area Workforce

Development has launched Reopen Wake to assist minority- and women-owned business with health and safety training for reopening. Visit capitalareaworks.com.

GARDEN

Passage Homes will open a garden stand beginning July 11, every Saturday from 9 a.m. to noon, 513 Branch St.

CARY NOMINATION

Nominate an outstanding physician leader for the 2020 Harris Memorial Award. Contact: Celeste A. Gore at cgore@thecarolinscancer.org. Deadline: July 17.

DURHAM COVID RELIEF

CARES NC is assisting low-income individuals and families impacted by COVID-19 with various services. Fill out an application at www.cpcanc.org/caresnc.

REAL ESTATE

JLL Capital Markets recently closed a \$10.9 million sale of Davis Park East, a multihousing development site in Research Triangle Park.

MISC. HEALTH

Black Health Matters will host its annual Summit virtually July 18, 8:30 a.m. to 6 p.m. Register at blackhealthmatterssummit.vfair.s.com.

Have a news tip?

Send us an email: editor@triangletribune.com.

MEAC in good shape, Commish says

Now, where was I? Oh yeah, back to the MEAC, which is what I started to write on last week before St. Augustine's crashed the party by firing legendary track coach/athletics director George Williams.

Two weeks ago the MEAC held a virtual press conference with the media to discuss the future of the conference with the upcoming departures after this season of North Carolina A&T (Big South), Florida A&M and Bethune-Cookman (SWAC).

Howard President Dr. Wayne A.I. Frederick (he really is a doctor) was the main point on the conference call, along with Commissioner Dennis Thomas.



BONITTA
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Frederick said the conference has hired a consulting firm to assist in the future direction and expansion of the MEAC. Its first objective is to assess the schools that are left and their needs, and then look at what other institutions can bring to the enhance the league. Geographics and academics will play a deciding factor, he said.

The rumor mill has been churning nonstop since FAMU and B-CU announced their departures. With the move by A&T to the Big South, North Carolina Central fans naturally have wondered if the Eagles aren't far behind. Athletics director Ingrid Wicker-McCree released a short statement: "NCCU is proud to be a founding institution of the MEAC and intends to remain a member of the MEAC."

Delaware State President Tony Allen also issued a statement. "You don't have to expect any changes. ...We've been very thoughtful about this with respect to how we affiliate, what we need from the athletic conference and what our go-forward path is as we move."

Thomas was quick to defend the conference when asked about losing three "elite" programs. The Aggies are the only conference school to go undefeated in the Celebration Bowl, which pits the MEAC champion against the SWAC champion. The Rattlers would have been MEAC champs last season if not for a self-imposed probation ban, and the Wildcats have had success in basketball, football and baseball. "Where did those elite programs get to be elite?" he asked. "They got to be elite in the MEAC. And other programs will see that. We've had 18 straight years of revenue distribution to member institutions, and no other conference has been able to match that."

The CB has been foremost on people's minds since the MEAC is 4-1 since the game was created five seasons ago. Thomas said ESPN, which founded the Bowl, still plans to sponsor it and the champion of each conference will still participate.

Despite having just six football-sponsored schools, the MEAC still keeps its Division I status. However, another football loss would put it below the NCAA minimum. But unlike the tax man, the NCAA won't pull the rug out immediately. The Association gives schools a two-year grace period to get up to code, so to speak.

The loss of B-CU does put the MEAC below the minimum in baseball with five teams. The conference has until 2023 to acquire another baseball-sponsored member or else lose its automatic qualifier.

While HBCU fans continue to wait - and hope - on a decision about fall sports, Thomas said the idea of moving football to the spring doesn't have much support, but that could change. "I won't say it wouldn't happen because April 15 looks different from May 15 and May 15 looks different from June 15...the dynamics of this pandemic is having a devastating impact on everyone."

Sports

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COLLEGE CORNER



Morgan State linebacker Ian McBorrough.

Morgan State's Ian McBorrough gets top MEAC honor

Morgan State linebacker Ian McBorrough was named the 2020 MEAC Male Student-Athlete of the Year.



Knight



Garvin

The Essex, Maryland, native led the conference with 111 tackles, 65 solo, and averaged 9.2 stops per game. He also recorded 11 tackles for loss and two sacks. In the classroom, McBorrough graduated from the Graves School of Business with a 3.36 GPA in four years.

"He's had an absolutely phenomenal career at Morgan State," Commissioner Dennis Thomas said. "I wish him continued success, and I would like to thank his family and all of the people who had a positive influence on him." McBorrough's 253 career tackles are the fifth highest in MSU history.

Returning Falcon
Mijon Knight, an assistant athletic trainer at St. August-

tine's two years ago, is returning to Falconland to take over the program as head athletic trainer.

"I am excited to see what this next endeavor has in store for me," Knight said. "I hope to make a positive impact on the student-athletes that will be entrusted to me, as well as help support the overall success of SAU's department of athletics."

The North Carolina Central alumna began her career as head athletic trainer at Word of God Christian Academy in Raleigh.

Basketball Jones
South Carolina State men's basketball coach Murray Garvin has added Joe Flegler to his coaching staff.

Garvin was one coach short after former assistant Bobby Collins left to become Shaw's new head coach. A second assistant, Ed Stephens, was promoted to recruiting coordinator.

Flegler previously was a five-year assistant at Savannah State.

"The addition of Joe Flegler is a steal in my opinion," Garvin said. "He is an outstanding young coach that has been a part of a Savannah State staff that con-

sistently got more with less before dropping down to Division II status."

* Jaye Nayreau and Jalen Powell have joined Florida A&M women's staff under new head coach Shalon Pillow.

Nayreau was an assistant last season at Trinity Valley Community College. Powell worked with her father at Basketball Recruits, a New York training facility.

"Jaye is a veteran coach with experience on all levels. He has a great basketball mind and is a proven recruiter," Pillow said. "Jalen is an up-and-coming coach who has a deep passion for the game and thrives in skill development."

Cancellations
Howard University is the latest HBCU to cancel homecoming activities.

"You can't put African Americans at risk by bringing them into those environments, because all of those...who attend those events are younger people," president Wayne A.I. Frederick told WJLA ABC 7.

* In the NAIA, Langston and Wiley both made the decision to cancel fall sports.



Makur Maker

Makur Maker must play at Howard

By Donal Ware
BOXTOROW.COM

When five-star recruit Makur Maker announced his commitment to Howard University on Twitter last week, picking the Bison over UCLA, Kentucky, Memphis and others, the HBCU world was on fire and the term HBCU - Historically Black Colleges and Universities - was as hot as it's been. Every outlet from Good Morning America to Fox News was talking about Howard University and HBCU sports.

It was the type of news and publicity ideal for HBCUs, something we have been longing for for years, since the days when five-star athletes regularly attended HBCUs because Black athletes were not accepted at predominantly white institutions, particularly those in the South. This sounds like the start of a movement, right?

A player of this magnitude committing to Howard could mean that other highly regarded high school players may consider committing to HBCUs. It's something that some of us HBCUers have written about, talked about, and discussed since non-HBCUs began accepting Black athletes en masse.

Maker's commitment to Howard is also of special significance particularly because the program lost two big-time players in the last three years. James Daniel III, who led Division I in scoring during the 2015-16 season, transferred to Tennessee. R.J. Cole, a former three-star recruit who played for the legendary Bob Hurley Sr. at St. Anthony's in New Jersey and committed to Howard as a junior, left for UConn after his sophomore year amid the firing of former coach Kevin Nickleberry who recruited him. He was named MEAC Rookie of the Year and MEAC Player of the Year the following year. The commitment by Maker could be the start of a resurgence for Bison basketball, especially after finishing just 4-29 overall and 1-15 in conference play last season.

Will Maker actually ever suit up for the Bison? In February, a special provision was made for the 19-year-old by the NBA despite being two credits short of graduating with his 2019 class. In late April, it was reported that Maker would enter the NBA Draft. His guardian, Ed Smith, told Mark Daniels of 247 Sports that, "We are excited about the opportunity, I think that he's deserving, I think physically where he is, he's ahead of Thon [Maker] (Maker's cousin). The knowledge he's gained from Thon and Matur and his understanding of the NBA game, the concepts, he's way head of them."

The thing to remember is he's committed to Howard but has not signed a National Letter of Intent. These are two different things. Signing an NLI binds him to Howard. There have been many instances in the past where high-profile players have committed to a school and ultimately signed with another school. Division I schools are currently allowed to sign players to NLI.

What HBCU athletics needs are the players that commit to the universities, to sign to play at the universities, and then actually play at the universities. This will generate the much-needed revenue and could help the universities to perhaps take athletics to another level.

In light of Maker's commitment, it has been a while since I can recall that HBCU sports have been so popular. In the current times we're living in, with all of these social justice movements, players have been talking about playing at HBCUs.

Metropolitan Junior Baseball League presents symposium

By Larry Barber
SPECIAL TO THE TRIBUNE

RICHMOND, Va. - COVID-19 has canceled the annual Metropolitan Junior Baseball League on-field classic, but the Bobby Bonds Memorial Symposium will be offered virtually on Zoom in four weekly presentations beginning July 20. The organization will examine the game from an African American perspective and promises to be both thought-provoking and educational. The MJBL will honor the 100th anniversary of the Negro Leagues and fast forward it to African American involvement in the game today at all levels. The presentations, starting at 8 p.m., will consist of panel discussions and end on Aug. 10.

This will be the first time the symposium has aired nationally in six years when it was shown on C-Span from Capitol Hill. The link is <https://www.c-span.org/video/?320840-1/bobby-bonds-symposium-diversity-baseball>.

* July 20 - Steps for baseball to retain the title "America's National Pastime": Examine the economical factors of the game. Wilmer

Leon, national broadcast radio talk show host, will serve as the moderator. Panelists will be former Major League Baseball player and later first Black manager Jerry Manuel; Edwin Thompson of Eastern Kentucky University, one of three Black head coaches in NCAA Division I; and Ricky Clemons, sports management lecturer at Howard University and former vice president of the MLB National League.

* July 27 - 100th anniversary of the Negro League Baseball: Panelists will be Emmy nominated director and civil rights advocate Lauren Meyer, who is the filmmaker behind the documentary "The Other Boys of Summer," and Ken Free, who played in the last Negro League Baseball All-Star game in Comiskey Park, the first full-time commissioner of the Mid-Eastern Athletic Conference and a former national chairman of MJBL. Memorabilia will be provided by Luther Norman of Youth Sports Bureau in Spartansburg, South Carolina.

* Aug. 3 - African American baseball coaching: Panelists will be Jimmy Williams, MJBL board

member, former professional player and Howard head coach. He will be joined by Stillman College baseball coach Terrance Whittle.

* Aug. 10 - Where are our heroes? A discussion of the disappearance of Black superstars and its connection with our declining interest in baseball." Panelists to be announced later. Directed by Corey Nicholson, MJBL national chairman, and MJBL board member Barksdale Haggins of Dallas.

The four MJBL presentations will begin on Zoom at 8 p.m., with a Q&A session afterwards.

The MJBL was founded in 1966 by William M.T. Forrester and established in Richmond, which remains the home base. It was formed during the days of segregation when there were very limited opportunities for black youngsters to participate in organized baseball. While open to everyone, the MJBL continues to be the only national youth league geared toward inner city, African American athletes.

Visit www.mjbl.org for the Zoom link to join this 2020 presentation.



Malaika Kashaka and Doris D. Johnson.

Southeast Raleigh gets black-owned juice bar

By Lori D.R. Wiggins
CORRESPONDENT

RALEIGH - Nowadays, when people in Southeast Raleigh Google search for "juice bar near me," there's an option closer to home than the smoothie shops in areas from downtown to North Raleigh.

Thanks goes to Malaika Kashaka, who expanded her business at 3301 Rock Quarry Road to open JUICED! Smoothies, Teas and Holistic Alternatives, and to provide space for small, black-owned businesses to showcase their healthy and creative goodness.

For starters, though, the smoothie menu carries a mouthful of messages. Consider the Pick Me Up, a mix of spinach, kale, green apple, avocado, banana, mango and ginger, or the Cucumber Invigorator that combines cucumber, green cabbage, celery, green apple, lemon, lime and agave.

Option packed in between are GoGo Green, Just Beet It, Ginger Grow, Berry Boost, Sunset, Granola Crunch, Health Nut, The Cool Down, and Soul Food Blast, which is collard greens, cranberry, blueberry, lemon, green apple, orange, coconut milk and mint.

There are add-ins, too: protein, sea moss, bee pollen, CBD, almonds, walnuts, and hemp, flax and chia seeds. Plus, JUICED! also sells herbal teas and gluten-free snacks. "The main thing we really, really want people to understand is they can heal themselves with their food intake; the possibility of getting off prescriptions, you can do it," Kashaka said. Equally important, she said, is a message toward understanding that many health issues common in the black community - from high blood pressure and diabetes to heart disease and cancer - aren't inherited diseases. "They are not," she continued. "What we have is generational bad eating habits. Once we

wrap our brains around that belief, we can understand and we break the chain" of health disparities.

On July 11, JUICED! will host its inaugural Super Saturday Fitness at 7 a.m. on its front lawn. It costs \$6 for 45 minutes of outdoor fitness and fun. "Bring a mat," Kashaka said, adding water will be provided.

Next up, she said: online workout opportunities and plans to use the back portion of her building for tutoring children up to 17. "We really want JUICED! to be a hub for all of that," she said, adding the environment is one of "encouragement, conversations, and references."

Ten years ago, Kashaka opened BLC Gallery, a salon and barber shop that shares its space with a cultural boutique featuring African American and history books; handmade all-natural soaps; oils and incense; black art; and jewelry. Rather than seek another location, Kashaka decided to make room for JUICED! in the same storefront as BLC, which sits in the stretch of Rock Quarry Road between Southeast Raleigh High School and Walnut Creek Elementary.

"It kind of made sense for what I'm trying to do with the location," said Kashaka, 49, a native of Queens, New York, who settled in Raleigh 15 years ago. "And now, it's developing into my vision: a place where people can obtain things to empower themselves."

JUICED! also empowers local black businesses by retailing their products in a commercial retail space. Otherwise, many are limited to doing business online. "What we're trying to do is create a space where you can come get really good products from really good black-owned companies that our community just doesn't know are right here in our community," Kashaka said.

Already featured at JUICED! is Karen McDonald's Heavenly Touch Wellness, juiceologist Anjail

Muhammad's Get Juiced by Jelly, Diandra Turrentine's Eden's Solutions, Nekki Crum's Part-Time Vegan, and Deborah Ulmer's Dee's Kitchen.

"I'm happy to have my products there, especially because I live in Southeast Raleigh," said Ulmer, who owns Dee's Kitchen: Sweet Treats and Vegan Eats, also sold in UNC Chapel Hill's Friends Cafe and at Bada Bean in Wake Forest. Ulmer has been a baker 11 years; five years ago, she transitioned her craft to an all-vegan bakery she runs out of her certified home kitchen.

Having her vegan treats at JUICED! not only presents a new retail venue, it also meets her mission to promote health and access to healthy food in Southeast Raleigh. "I got excited when I saw JUICED! is there," said Ulmer, 41, "It's been a really good partnership."

Kashaka also has opened her arms to Nicholle Brown Jackson, who last year founded the nonprofit Filling in the Gaps to help pad the school lunch coffers at Southeast Raleigh and Barwell Road elementary schools, earmarked exclusively for students who don't have enough money to buy school lunch. Kashaka signed on as a community sponsor of the organization and consistently sends donations to the school lunch accounts, Jackson said.

"She has been supportive in any and every ways she can," said Jackson, who grew up and raised her family in Southeast Raleigh. It's not just financial support, Jackson added. Kashaka offered JUICED! - allowed to remain open during COVID-19 restrictions - as a drop-off location for Jackson's organization to collect food donations to help feed students who otherwise rely on school lunches for daily nutrition. "Whatever the community has needed, she has found a way to meet those needs," Jackson said.

4 tips for planning a summer vacation

Continued from page 3A
cleaning and disinfection guidelines. When selecting a place to stay during your trip, consider whole-home vacation rentals so your family has the privacy of having the entire property to yourselves, and make sure to review the cleaning measures that have been implemented. Measures to look for include cleaning and disinfecting high-touch surfaces, stocking antibacterial soap and sanitizers for guests, building in time between bookings to avoid back-to-back stays, and offering minimal contact check-in and

check-out options. Activities: Although many amusement parks, tourist attractions and businesses have reopened, their hours may be limited and there may be capacity restrictions, so be sure to research requirements for tickets and admission and plan your trip accordingly. Consider accommodations for your trip that include built-in activities for your family such as a private pool, or opt for less-crowded destinations like mountain cabins or lake houses to enjoy a change of scenery. Flexible accommodations: In these uncertain

times, much of the travel industry has adjusted cancellation policies to be more accommodating to travelers. According to a survey of Vrbo travelers, over 75% of respondents are more likely to choose accommodations with flexible cancellation policies when booking their next vacation home. When planning your trip, be sure you clearly understand the cancellation policies. When possible, seek out options that allow you to make changes with minimal or no penalty if circumstances force you to adjust your plans.

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SORORITY NEWS



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Group photo

Jabberwock Scholarship Program

The Knightdale-Wake Forest Alumnae Chapter of Delta Sigma Theta Sorority has produced Jabberwock biennially since 2002. This year's theme was "Visions in White: An Evening of Grace, Beauty, and Purpose." The Jabberwock program featured educational, cultural, community service and personal enrichment activities for the participants while also serving as a successful fundraising event for the chapter.

Fourteen young ladies participated. The Little Miss Jabberwock contestants were Caitlyn Dent, Ayanna Brooks, Laurin Williams, Skylar Woods and Taylor Williams. The Miss Jabberwock participants were Mykalia Steele, Jayda Coleman, Saije Gordan, Mattie McNeill, Alayna Sutte, Makayla Martin, Talia Chavis, Kamryan Collins, and Amyah Solomon.

The formal pageant presentation was canceled due to the COVID-19. The winners were announced during a virtual call on May.

Miss Spirit - Taylor Williams



L-r: Miss Jabberwock Jayda Coleman and Little Miss Jabberwock Taylor Williams

Miss Congeniality - Makayla Martin

Highest GPA - Talia Chavis

Little Miss Jabberwock Queen - Taylor Williams

1st Runner-Up - Caitlyn Dent

2nd Runner-Up - Laurin Williams

Miss Jabberwock Queen - Jayda Coleman

1st Runner-Up - Makayla Martin

2nd Runner-Up - Mattie McNeill

Dominion Energy donates grant to MBK Durham

STAFF REPORTS

DURHAM - My Brother's Keeper Durham received a major boost towards its efforts to building a system of support and services aimed at improving the lives of Black men and boys.

Dominion Energy Charitable Foundation's Community Reinvestment Fund has awarded MBK Durham a \$100,000 grant. The Fund, established on June 4, is a commitment from Dominion to support social justice and community rebuilding efforts that will be made during the next two years. MBK Durham was awarded its funding to identify and invest in communities making steady progress to substantially improve social justice and equality in the lives of boys and men of color.

"Durham is the ideal community to impact, expand and build upon the national work of My Brother's Keeper, which began here in 2014," said Edmund P. Lewis, manager of MBK Durham. "At a time when many have only given lip service to closing the achievement gap among Black and brown



COURTESY

Edmund P. Lewis, manager of MBK Durham.

males, MBK Durham has made the issue a top priority, aligning resources into creating a pipeline for young men of color."

With the funding, MBK Durham will continue ongoing efforts that leverage programs and resources for improving mental health support, conflict resolution, restorative justice, college and career access. The grant will further support intervention programs that address implicit bias, STEM, career exposure and training, entrepreneurship and financial literacy.

The award is the latest sign of progress in Durham's innovative outreach

efforts, said Durham County Manager Wendell M. Davis.

"The generous support from Dominion Energy shows that programs like MBK Durham are working," said Davis. "Together, with all of our partners and stakeholders, we are going to continue this work to make the Bull City and Durham County a community that prides itself on closing the achievement gap for our Black boys and men."

Following a community needs assessment, stakeholders and partners will be asked to submit proposal ideas at mybrotherskeeper@dconnc.gov.



JOIN THE GDBCC!

HELP BUILD A STRONG & SUSTAINABLE BLACK BUSINESS ECOSYSTEM

The Greater Durham Black Chamber of Commerce (GDBCC) exists to support the growth and development of the Black entrepreneur, the Black business, and the Black Business ecosystem. Join us to help us carry out our mission.

Membership Fees

Nonprofits - \$100/year
Small Businesses - \$125/year
Government Department - \$750/year
Large Corporation - \$1000/year
Sustainer - \$5000+/year

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