Durham snags NAIA title game

Eight years ago, former N.C. House Rep. Larry Hall and I ran into each other at a high school basketball game I was covering. After exchanging pleasantries, Hall asked if I had heard about a new Durham Sports Commission that was being put together. Of course, I hadn't since I didn't travel in those circles.

Hall never mentioned it again and I soon forgot about it. Three years after that encounter, the DSC was formed. Hall was right on the money.

BONITTA BEST

This year marks the fifth anniversary of the Commission, whose mission is to bring top-notch sporting events to Durham. Officials have snagged the 2023 National Collegiate Fencing Championships and the 2025 NCAA Division I Field Hockey Championships, hosted the USA Track & Field National Youth Outdoor Championships, among others, and contributed over $428,000 to local sporting events. This week it snagged another major coup.

The National Association of Intercollegiate Athletics is bringing its football championship game and Senior Football Classic game to Durham County Memorial Stadium for this year and next.

Now, for those of you unfamiliar with the NAIA, it's an alternative collegiate association for those schools that don't want to play under the stricter guidelines of the NCAA.

HBCU teams are quite familiar with the association since it was the only one that allowed Black institutions to participate in. Research almost any HBCU team, and you'll find the NAIA listed somewhere in its sports history.

Once the NCAA "integrated," HBCUs started migrating into it, but the NAIA has held on throughout the years. One of its 22 conferences is the Gulf Coast Athletic Conference comprised of all HBCU schools: Dillard University, Fisk University, Philander Smith College, Rust College and Tougaloo College.

Edward Waters College, which officially joined the SIAC on July 1, was an NAIA member.

As with most conferences, football is king. The NAIA Football Championship has been held every year since 1956. The last time it was in North Carolina was 1992 in Boiling Springs.

"We are thrilled that the NAIA has selected Durham County Memorial Stadium to host their 2021 and 2022 football national championship and Senior Football Classic," said stadium manager Zach Pritchard. "Football has been one of the foundations of the stadium when it was built in the 1950s and in seeing a return of championship football to the stadium is a testament of the support that the Durham community has had for the facility throughout the years."

From a media perspective, Durham Co. Stadium is a fun place to attend. It's nice to be in a press box that has been cleaned in the past decade – unlike some I could name. The field, which is artificial turf, was renamed for high school coaching legend Willie Bradshaw a few years ago. And there's now a Tommy Hunt Press Box.

Sixteen NAIA teams qualify for the championship series. All games are played on campus sites in late November and early December. The title game is Dec. 18. Last season's championship game was held on Grambling State's campus.

The Senior Football Classic features 116 seniors from 42 teams split into East and West squads. Visit www.naia.org/sports/fball for more information about the event and the association.

Sports

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The Triangle TRIBUNE

SUNDAY, SEPTEMBER 19, 2021 – PAGE 1B

HBCU FOOTBALL

COURTESY

Winston-Salem State coach Robert Massey coaches at his alma mater this weekend.

Eagles-Rams rivalry renewed in Durham

By Bonitta Best
editor@triangletribune.com

It's been 672 days since North Carolina Central played a football game at O'Kelly-Riddick Stadium, and what better way to reopen the gates than against a hated – and former CIAA – rival.

N.C. Central (1-1) vs. Winston-Salem State (0-1)

NCCU coach Trei Oliver is torn.

On the one hand, he wants a sold-out, raucous crowd this weekend. On the other, he wants fans to be safe from a virus that won't going away.

Despite the safety protocols and people still being wary of COVID-19, odds are O'Kelly-Riddick Stadium will be rocking when the Rams return to Durham for the first time since Sept. 11, 2010.

That WSSU team was coached by Connell Maynor and NCCU by Mose Rison, who was soon sent packing. The Rams rallied in the final two minutes to earn a 34-27 victory.

It's homecoming for NCCU alumnus Robert Massey – an All-America defensive back and 10-year NFL veteran – in so many ways. He was a NCCU assistant when Oliver was a student-athlete. The two coached under former NCCU coach Rod Broadway, and Oliver coached Massey's son at North Carolina A&T.

Shaw will play all home games on St. Aug's campus, except homecoming.

"Coach Massey and I go back 25 years," Oliver said. "He is a good friend of mine, and he's an extremely high intense individual, so we're going to have to match his intensity."

Both teams are coming off losses. NCCU hung tough with FBS opponent Marshall

Please see **RIVALRY/7A**

COLLEGE CORNER

Eagles flying high in the classroom

WOMEN

N.C. Central

The Eagles will try to end a five-match losing streak this weekend, but it won't be easy. NCCU is participating in the Duke Volleyball Classic and will play the Blue Devils, Cornell and Long Island.

The good news is that will end the nonconference schedule. The MEAC season begins with back-to-back home matches against Morgan State on Sept. 24 and Coppin State on Sept. 26.

In softball, interim softball coach Cat Tarvin has been promoted to permanent head coach. Tarvin was an assistant for three seasons. She led NCCU to a 9-7 record last season and a runner-up finish in the MEAC Tournament championship.

COURTESY

Tarvin

Tarvin wasted no time hiring a staff. Jaimie Hoover, a recent graduate of the University of Florida, is the new assistant coach. And NCCU alumna Kaitlyn Macon is a student assistant.

N.C. Central graduates

St. Augustine's (0-3)

The Falcons will try for their first match win this weekend at the West Virginia State Invitational. SAU takes on Central State, Indiana (Pa.) and the host school

CIAA play begins Tuesday when Johnson C. Smith comes to town. Fans can watch the 6 p.m. match on SAU's website.

Shaw (1-3)

The Bears begin CIAA play

Please see **NORTH/7A**

NCCU to induct 6 individuals into athletics hall of fame

NCCU SPORTS INFORMATION

DURHAM – Six individuals have been selected for induction into the Alex M. Rivera North Carolina Central University Athletics Hall of Fame on Sept. 18.

Prior to NCCU's football game versus Winston-Salem State, Emanuel Chapman, men's basketball (2010-14); Jeremy Ingram, men's basketball (2010-14); Clarisse Steans, softball (2004-06); Benjamin Tate, football (1979-82); Zakia VanHoose, women's basketball (1998-2002); and Melvin Wallace, football (1982-85); will be inducted during a ceremony inside McDougald-McLendon Arena at 2 p.m.

Tickets for the induction ceremony are available for purchase by calling the NCCU Ticket Office at (919) 530-6530.

Please see **HOF/7A**

Muhammad Ali gets the Ken Burns treatment

By Dan Gelston
THE ASSOCIATED PRESS

Considering the number of movies, documentaries and other entertainment vehicles made about Muhammad Ali, it would seem that — much like the former heavyweight champion at the end of his 1971 fight against Joe Frazier — there's not much left to offer that's fresh.

Will Smith played Ali. Ali even played Ali in "The Greatest." The 1996 documentary, "When We Were Kings, " about Ali's "Rumble in the Jungle" bout with George Foreman won an Oscar.

Documentary filmmaker Ken Burns knew there were more layers to reveal in Ali's rise from his Louisville, Kentucky, roots into the source of Black pride who captivated America with his boxing braggadocio, his contentious refusal to fight in Vietnam, and all through his final years into his lengthy, heartbreaking battle with Parkinson's disease.

Burns' film "Muhammad Ali" explores the life of the boxer who floated and stung his way into greatness.

Please see **ALI/7A**

Maia Chaka made history in the NFL Sunday.

Eagles-Rams rivalry back after 11 years

Continued from page 1B

before falling 44-10, while the Rams lost to Catawba 28-6. But neither records nor divisions matter this weekend in a series that's tied 22-22.

"The fans expect us to put on a show, and that's what we're going to try to do," Oliver said.

The Eagles hit the road again next weekend to meet No. 1 rival North Carolina A&T. The contest will be streamed on ESPN+.

* **Notes:** NCCU has instituted several COVID policies for all home games:

– Mask mandate for all indoor and outdoor events regardless of vaccination status.

– O'Kelly is now cashless, which means EVERYTHING must be paid by credit card or debit card, including food.

– Clear bags only.

– Lawn chairs are allowed on the practice field and track areas only.

Shaw (0-2) vs. Central State (1-1)

Quarterback Christian Peters gave the Bears a spark off the bench and almost led Shaw to a win at Davidson. But special teams proved to be the Bears downfall.

Peters is 29 of 45 for 255 yards, three TDs and zero interceptions in two games. Those three TDs were against Davidson.

On defense, linebacker Devon Hunt is picking up right where he left off in 2019 before he got hurt. Hunt is leading the league in tackles with 25, which averages out to 12.5 in two games.

The Bears meet a Marauders team that knocked off CIAA opponent Lincoln (Pa.) last weekend. The game will be played on St. Aug's campus. Shaw travels to Lincoln next Saturday for a 1 p.m. contest.

St. Augustine's (0-1) – bye week

The Falcons had an unexpected weekend off after their game against Limestone was canceled due to COVID-19 safety protocols.

According to Limestone's website, SAU had several positive tests, which required isolation for the affected student-athletes and quarantine for unvaccinated students that were contact traced.

The Falcons will host Chowan for homecoming next weekend. The Hawks are undefeated and in first place in the CIAA North.

Top 10 play

South Carolina State defensive back Decobie Durant was featured on ESPN's "SportsCenter" Top 10 plays. The MEAC preseason defensive player of the year had two interceptions against Clemson last weekend. The second INT caught the attention of ESPN producers.

The MEAC also made history when two female officials worked the Delaware State vs. Georgetown game. Henrietta Powell was the head linesman while Monique Washington was a line judge.

"Henrietta and Monique earned their way to be selected as MEAC officials by their professional competencies and high performance on the field," MEAC Commissioner Dennis E. Thomas said. "The MEAC has long championed gender equity in athletics, including on the football field, and we are proud to play a role in this latest step to advance women who are qualified to officiate."

And speaking of black women and history, Norfolk State alumna Maia Chaka made NFL history when she became the first Black woman to officiate an NFL game. She was a line judge at the Carolina Panthers-New York Jets game.

N.C. Central to induct 6 into athletics hall of fame

Continued from page 1B

Emanuel Chapman

NCCU's all-time leader in career assists (617). Ranks second in NCCU history in career steals (173). Holds NCCU single-season assists record (217 in 2013-14). As a senior in 2013-14, voted All-MEAC Third Team, BOXTOROW HBCU All-America Second Team, NABC All-District 15 Team. Helped lead team to the 2013-14 MEAC Tournament championship and a No. 14 seed in the NCAA Basketball Tournament, the highest-ever seed for any HBCU team and NCCU's first appearance in March Madness as a Division I program.

Jeremy Ingram

Named 2013-14 MEAC men's basketball player of the year, becoming just the second Eagle in school history to earn conference player of the year honors. Also, as a senior, voted as the 2014 MEAC Tournament Most outstanding performer, First Team NABC All-District 15 Team, Lou Henson All-America Team, and BOXTOROW HBCU national player of the year. Two-time First Team All-MEAC. Two-time NCCSIA All-State First Team. Ranks as NCCU's sixth all-time leading scorer (1,525 points), while ranking first in free throws made (437), third in 3-point field goals (170) and 12th in steals (122). As a senior, became only the second player in NCCU history to score more than 700 points in a season (708), averaging 20.8 points per game.

Clarisse Steans

Voted as the 2005 CIAA softball player of the year, three-time All-CIAA First Team honoree, three-time CIAA All-Tournament Team selection, and the 2004 CIAA softball rookie of the year. Led the Lady Eagles to the 2006 CIAA Tournament championship and first-ever NCAA playoff appearance. In just three seasons, wrapped up her career with more than twice as many pitching victories (61) and strikeouts (473) than any other Lady Eagle in school history.

Benjamin Tate

Selected First Team All-CIAA in 1982. Ended NCCU career as the school's third-leading career rusher with 2,275 yards (currently sixth). In 1982, became just the second Eagle to rush for more than 1,000 yards in a season, currently ranking fifth in a single season with 1,036 ground yards. Broke the school's single-game record with 215 rushing yards against Bowie State on Oct. 30, 1982 (currently ranks fifth). Still holds NCCU record for rushing attempts in a game (42 vs. Morgan State, Oct. 16, 1982). Four-year starter at running back, including 1980 CIAA championship team. Selected by the Detroit Lions in the 11th round of the 1983 NFL Draft.

Zakia VanHoose

Played in more basketball victories than any other Lady Eagle in school history. Set NCCU career record with 342 assists. Only Lady Eagle in school history to amass more than 500 rebounds, 300 assists and 300 steals. As a senior in 2001-02, selected as the 2002 CIAA defensive player of the year, named to the First-Team All-CIAA for the second straight season, voted to the 2002 NCAA Division II South Atlantic Region All-Tournament Team. Broke NCCU single-season record with 111 steals. Helped team advance to the "Sweet Sixteen" of the 2002 NCAA Division II Championships.

Melvin Wallace

Named First Team All-CIAA in 1985. NCCU's all-time career interceptions leader (22). Led the team in interceptions in each of his final three seasons. Set the school record with three interceptions in a game. His 27 passes defended in 1985 (19 pass break-ups, 8 interceptions), ranks fourth in NCCU single-season history.

North Carolina Central flying high in classroom

Continued from page 1B

next Thursday against Lincoln. Shaw is the defending Southern Division champs.

MEN

N.C. Central

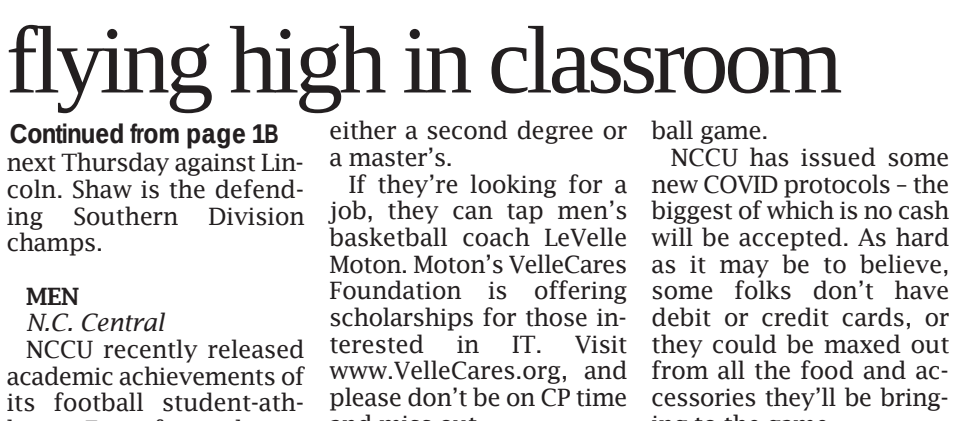
NCCU recently released academic achievements of its football student-athletes. Forty-four players have a GPA of 3.0 or higher, 24 of the 117 total roster already have an undergraduate degree, and those 24 are pursuing either a second degree or a master's.

If they're looking for a job, they can tap men's basketball coach LeVelle Moton. Moton's VelleCares Foundation is offering scholarships for those interested in IT. Visit www.VelleCares.org, and please don't be on CP time and miss out.

CC doesn't gamble, but if we did we're betting that there's going to be some pretty pissed off people this weekend at the football game.

NCCU has issued some new COVID protocols – the biggest of which is no cash will be accepted. As hard as it may be to believe, some folks don't have debit or credit cards, or they could be maxed out from all the food and accessories they'll be bringing to the game.

At any rate, somebody is going to get cussed out before the day is over. Have plenty of security.



Morgan State announces 2021 Hall of Fame Class

MSU SPORTS INFORMATION

BALTIMORE, Md. — Morgan State University will induct 10 individuals and two teams into its 2021 Varsity "M" Club Athletic Hall of Fame Class.

The class is headlined by a cast of decorated athletes who are the epitome of Morgan athletic excellence: Troy McIntosh (1992-95), a two-time MEAC MVP sprinter in track and field; Tiffany Pickens Byrd (1995-98), an All-MEAC middle blocker and 1997 MEAC champion in volleyball; Greg Veal (1979-84), an NCAA Division II national champion in wrestling; Andre Wickham (1976-79), a two-time MEAC champion in football; Mikal Abdul Sorboor (1978-81), a 1979 MEAC champion and Sheridan Black College All-American in 1981; Marvin Hicks (1975-79), was a three-time All-MEAC lineman and 1979 MEAC champion; Kim Whitehead-Barksdale (1981-83), an NCAA Division I Big 8 Conference champion and All-American; Corin "Tiny" Adams (2006-10), Morgan's all-time leader in scoring, assists and steals; Arthur Cook (1976-79), a two-time MEAC champion in football; and Antoine Maurice Peck (1992-96), an NCAA All-American in track & field.

The 1997 volleyball team won the MEAC championship and became the first HBCU team to earn a bid to the NCAA Tournament; and the wrestling team, which head coach James Phillips led to 13 MEAC championships (1975-94) ,also will be honored.

The inductees will be enshrined during an awards banquet on Oct. 21 at the Hyatt Regency.

Ali gets the Ken Burns treatment in 4-part PBS film

Continued from page 1B

"He's just so compelling," Burns said.

"He's complicated, there's undertow, there's flaws, and we don't hesitate to remind people throughout this film that there are. At the end, he is a transcendent American character. He has so much, still today, to offer us. He was, of course, at the intersection of so many themes of race, of politics, of war, of faith, of fidelity."

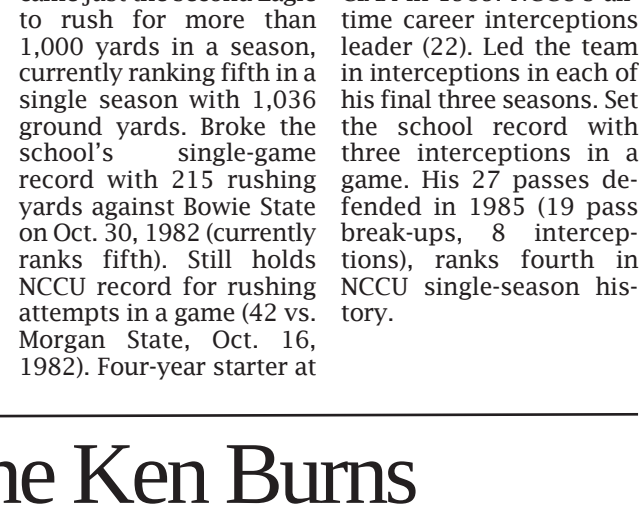
Burns talked with The Associated Press by phone from his home in Walpole, New Hampshire, to discuss the four-part, eight-hour series on Ali that airs Sept. 19-22 at 8 p.m. on PBS.

AP: When you peeled back the layers, what was your biggest discovery about Ali?

Burns: I think it's this sense of purpose. He puts on the gloves, he has a couple of fights and now declares he's The Greatest. The poise that he has at different points. The Frazier fight, he'd been bagging on Frazier, he'd been predicting, he'd been brash, he'd been bold. But then he talks about setting an example because everybody loses. In fact, everybody does lose. Nobody gets out of this alive. He gets that. He understands something really fundamental. In the midst of this loud, wonderful promoter, learning from Gorgeous George, he has this in him.

AP: What did you learn about how America's opinion of Ali changed through the decades?

Burns: When he dies, we forget what a divisive figure he was. When he's out lighting the torch in Atlanta, we forgot what a divisive figure he was. He was considered like a Buddha, like a religious figure. I think it's the way that in the midst of this loud, cacophonous thing that was his life, how amazingly centered he was, how purposeful it was.



JOHN ROONEY/AP

Heavyweight champion Muhammad Ali stands over fallen challenger Sonny Liston.

AP: Did you feel Ali mirrored the Black experience decade by decade or did he set it by the nature of his celebrity and stances?

Burns: I think it's a little bit of both. He reflected aspects of it in that he represented a new model of it that was less interested in the old tactics of the Southern, Christian civil rights movement which was about integration. His was a little bit more Northern, a little bit more adamant about separation, which has been a tradition in Black politics dating back to Marcus Garvey, certainly before that.

But at the same time, as he becomes this huge symbol, and people begin to embrace the idea of a new form of Black masculinity, of the kind of confidence and willingness to say, "I'm beautiful" and "Black is beautiful," that's part of that Black Power movement, that's not just what the Panthers are doing, but many people are embracing a kind of sense of their own value and worth. He is both reflecting and also directing.

AP: Did you learn there were times Ali didn't want the burden that came with who he was?

Burns: You can see in him sort of flashes of frustration, less about the burden than people getting it wrong. When he said, "I don't have to box. It's not about boxing." At the very end of the film, (daughter) Rasheda (Ali) says, "Boxing is just this much" (while pinching her fingers together). I think he understood he had a bigger thing that he was about. He could have been a simple carpenter.

AP: Did you meet Ali?

Burns: I met him once. It was in LA, mid-late '90s. Definitely way into Parkinson's. I had a cold and I had gone into a coffee shop to get some tea. I was waiting to take it out and I turned around and in a booth, there was Muhammad Ali. I had the only wordless conversation I've ever had with anybody. It was spectacular. It was almost a religious experience. I looked at him and without opening my mouth, I said, "You're Muhammad Ali." And without opening his mouth, he looked at me and said, "Yes I am." ... I never shook his hand. It was just the most spectacular thing.

Beth Moore shares laughter, regrets at Nashville church

By Bob Smietana
RELIGION NEWS SERVICE

NASHVILLE, Tenn. — Two of the best-known ex-Southern Baptist leaders in the country got together at a Nashville church recently for a night filled with Bible verses, banter and bittersweet memories. The event, "Lessons in Leaving (and Staying)," featured Bible teacher Beth Moore and ethicist Russell Moore, and was the first live event for a new Public Theology Project from Christianity Today magazine, where Russell Moore landed after leaving the Southern Baptist Convention's Ethics and Religious Liberty Commission.

Both of the Moores (not related) left the SBC earlier this year after months of ongoing controversy, most of it related to their public criticism of Donald Trump, their concerns over racism in the denomination and their advocacy for survivors of sexual abuse among evangelicals.

Leaving the SBC was like a death of a close friend, said Beth Moore. The Southern Baptist Convention had been her whole world, and her home church had helped save her while growing up in a troubled home.

Her faith in her fellow Baptists was rocked when many Baptist leaders rallied to support Trump after the release of Access Hollywood tapes that captured the then-presidential candidate making lewd comments about forcing himself on women. Beth Moore, who has spent decades in women's ministry, said she felt compelled to speak up after hearing the remarks, which she learned of while traveling home after spending time with Native American women in Arizona, where some of the women she spoke to had experienced abuse.

"What would you expect out of someone who lives their whole life serving women," she asked the audience of about 250 people who gathered for the live taping of the newly launched "The Russell Moore Podcast." Then she added: "I expected Donald Trump to be Donald Trump. That was not a shock to me. I did not expect us to be us."

Her 2016 criticism of Trump did not land well. Her ministry, Living Proof, lost millions in revenue, and she became a symbol of "liberalism" invading the SBC, according to her critics. Things got worse, she said, after she joked about speaking in a church on Mother's Day, leading to accusations that Baptist women were trying to take over the pulpits of Southern Baptist churches. Nothing could be further from the truth, she said. Women are not a threat to the pulpit.

"No, no, no," she said. "Forgive me. The pulpit had become a threat to women."

The fallout from leaving the SBC has had moments of consolation, Beth Moore admitted. Many friends have reached out to commiserate with her, and she has found new allies along the way.

She does have one pet peeve. Many well-intentioned friends have reached out to say, "I am so sorry that so many people hate you."

"There is nothing about that I find helpful," she said to raucous laughter and applause.

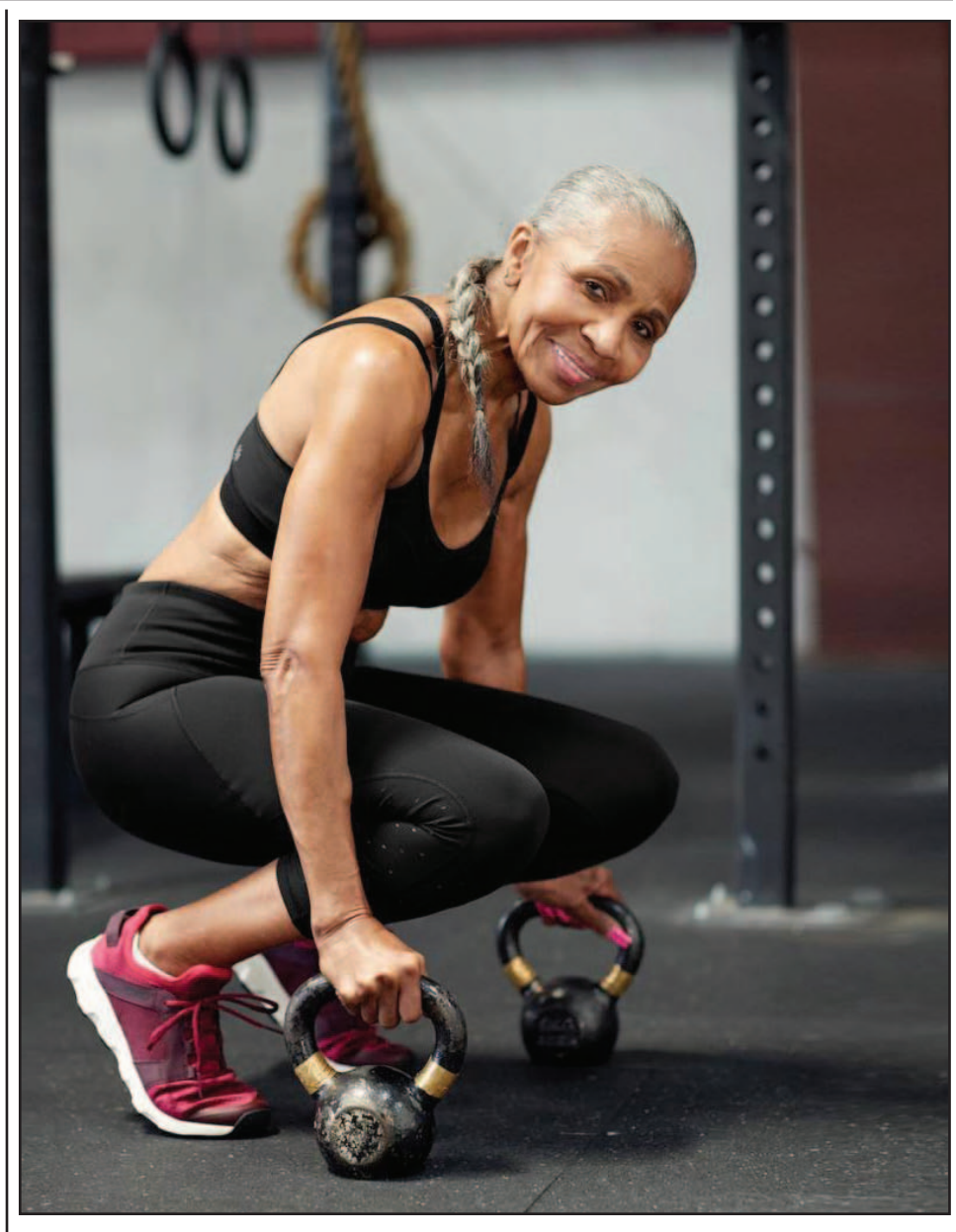
For his part, Russell Moore — who recently joined Immanuel, which is not part of the SBC — spoke about his public departure from the ERLC, which came after years of conflict and a pair of investigations into whether or not Moore's public statements about Trump and issues like immigration and abuse had hurt the SBC. He said he could have stayed at the ERLC. But the cost would have been too high. "I could have won the conflict that needed to be fought," he said. "But I realized I would have to have a conflict. And I didn't want to be the kind of person I would be on the other side of that."

Russell Moore also noted his friendship with Beth Moore had come as a surprise. A proponent of complementarianism, a theology that prescribes different roles for men and women in the home and in the church and bars women from the pastorate, he had been critical of her leadership and ministry in the past. With some chagrin, he pointed out that in 2006, he had called her teaching "a gateway drug to feminism," a statement he now regrets.

When he was under fire, however, Beth Moore reached out with support, first by direct messages on Twitter, and later with texts. Russell Moore and his wife, Maria, eventually became friends and confidants with Beth Moore, supporting each other through the maelstrom that engulfed them both.

Russell Moore joked that many friends also supported him, some of them even offering to buy him a beer or share a shot with him, something that had not happened since he was a teenager.

Both of the Moores said that, while they have left the SBC, they have not lost their faith in Jesus. While both love the church, they urged the audience to put their faith in Jesus and trust God is at work. "I couldn't let myself ever think this doesn't end well," said Beth Moore. "Because that was unacceptable."



A day in the life of world's oldest female bodybuilder

BLACKDOCTOR.ORG

"I really don't need an alarm clock to awaken me. I wake up at 2:30 every morning. I get up. I say my devotions. Then I'll eat. I will eat 10 egg whites. They're scrambled, 16 ounces of water, and a handful of walnuts. I have a certain song that I sing every morning…'Oh I can't sit down. Got to keep on rolling…Today I am happy and free…Nothing in the world is troubling me.'"

So begins the day for the 85-year-old Ernestine Shepherd, the world's oldest female bodybuilder.

In an original documentary short from Prevention, we follow a day in her life and learn that, for Shepherd, breaking a world record has fulfilled a life goal for not only her but also her sister.

Ernestine and her sister, Mildred Blackwell, were inseparable. One day, at the age of 56, Shepherd was trying on clothes with Blackwell. To their disappointment, the clothes didn't fit the way they wanted.

Blackwell suggested they begin exercising. So they began weight training together, and it became an essential part of their lives.

Clearly, doing the same thing every day wasn't Blackwell's style so she proposed a new, higher goal to Shepherd.

"You know what we're going to do. We're going to be in the Guinness Book of World Records as two of the oldest female bodybuilders. And what's gonna' happen is we have something else. We're sisters…Within a year's time, if anything were to happen to me, I would want you to keep this up."

Shepherd was unaware of her sister's health problems as they began training for this new goal. Sadly, Blackwell suffered a brain aneurysm and passed away as a result. Consequently, Shepherd suffered from depression, high blood pressure, panic attacks and acid reflux.

As soon as she gave up, her sister came to her…in a dream. Shepherd recalls her saying in the dream, "Get up and do what I asked you to do!" Two weeks later, Shepherd decided to fulfill her sister's goals by weight training again.

Eventually, she worked enough to perform in a body-building showcase competition, in which she earned first place in her age category.

A month later, the sisters' pact with each other manifested into a reality. The Guinness Book of World Records entered Shepherd into the book as the oldest competitive female bodybuilder in the world, just like her sister imagined!

"I do the same thing day in and day out. I eat the same way day in and day out. I drink four bottles of liquid egg whites a day. No high blood pressure medicine. No medicine for panic attacks. No medicine for acid reflux. And by me out running and walking, the depression and anxiety just left me. I do it because I have to practice what I preach. I can't tell anyone to do it if I'm not doing it," Shepherd said.

Shepherd is now teaching a weight training class, which started off with only 10 students.

"That class has grown. Sometimes everybody can't get in the room. Then I was really shocked when the men said they, too, wanted to train with me," she said.

Shepherd is a walking inspiration. In an emotional moment, one of her older students said, "She made me want to live again, mentally. The spirit of this woman grabbed me back. I bless her and honor her because she is the greatest woman on earth."

Five things that happen when you eat garlic on an empty stomach

BLACKDOCTOR.ORG

Garlic has a strong smell but even a stronger power to defeat disease. Many people have found that garlic can actually relieve the symptoms of high blood pressure and so much more.

It not only regulates the circulation, but it also prevents various heart problems and stimulates the proper function of your liver and bladder. Scientists have conducted many studies and the results showed that when you consume garlic before you eat or drink anything, it will only increase its power, making it an extremely strong natural antibiotic.

Why is it more effective when you eat it before you eat breakfast? The bacteria are overexposed, so they cannot defend against its power. Garlic stimulates proper digestion and good appetite. Garlic will also help you to control your stress, and thus stop the production of stomach acid that your body produces every time you get nervous.

Some people even claim that garlic is an amazing remedy for nerve problems, but only when it is consumed on an empty stomach. Garlic is popular for its health benefits in every part of the world. That is the main reason why people started calling it "a healing food" long ago.

In alternative medicine, garlic is considered to be one of the most efficient foods when it comes to detoxification. Medical practitioners in this branch say that garlic is so powerful that it cleanses the body from parasites and worms, prevents diseases like diabetes, typhus, depression and even some cancer types.

Scientists have found that when garlic is consumed on an empty stomach, it will only boost its power, making it an extremely powerful natural antibiotic. This process happens because bacteria is revealed and cannot defend itself from the enormous power of the garlic.

You need 1.5 oz /40 grams of garlic and 3.5 oz /100 ml of 90 proof alcohol (45% alcohol). Chop the garlic and put it in a bottle, then pour in the alcohol. Seal well. Leave it for five or six days and strain. Take a cup of this remedy every day. It also lasts for a long time.

Its strong smell and taste should not stop you from using all its health benefits. Garlic supplements are a great substitute for raw garlic and, even in that form, you can still take advantage of its benefits.

AROUND THE TRIANGLE

RALEIGH

DEMOCRACY
Livable Raleigh will host "What's Next for Democracy in Raleigh?" Zoom meeting Sept. 20, 7-8:30 p.m. Register at livableraleigh.com.

THE MIC
High school students in grades nine to 12 are invited to participate in a six-part series, "Pass the Mic," to learn how to use their voice for change, Sept. 20-Oct. 25, 5-6:30 p.m., Panther Branch School, 9109 Sauls Rd. Register at go.ncsu.edu/passthemic.

AWARDS
Virtual Defenders of Justice Awards will be held virtually Sept. 23, 7-8 p.m. Register at ncjustice.salsalabs.org.

POW WOW
Black Indians NC Pow Wow will be virtual on Sept. 25, 10 a.m. to 2 p.m. Register at eventbrite.com.

CONVENTION
BrickUniverse LEGO Convention is Sept. 25-26 at the Raleigh Convention Center. Visit www.brickuniverse.com/raleigh.

JUSTICE REFORM
A panel discussion on "The Future of Wake County Criminal Justice Reform" is Sept. 23, 6 p.m., Chavis Community Center.

THEATER
The musical "Purlie" will be performed thru Oct. 3, Pure Life Theatre Company, 3801 Hillsborough St. Visit purelifetheatre.com.

CARY

FESTIVAL
Farmers Fall Festival is Sept. 25, 9 a.m. to 3 p.m., West Chatham Street.

CONCERT
The Temptations Revue featuring Nate Evans is Sept. 25, 7:30 p.m., Booth Amphitheatre. Tickets at www.etix.com.

MARKET
Art-n-Soul Market is Sept. 26, noon to 4 p.m., 301 Preston Village Way.

DURHAM

ADULT CARE
Durham Center for Senior Life is starting a weekend adult day care program. Email Melissa Black at mblack@dcslnc.org for more info.

CONCERT
Rissi Palmer will perform in concert Sept. 22, 6:30 p.m., American Tobacco Campus amphitheater lawn, 300 Blackwell St.

WORKSHOP
First Calvary Baptist will host a virtual Christian Education Workshop Sept. 25, 9 a.m. to 12:30 p.m. Email carter@firstcalvary.org.

CHAPEL HILL

LECTURE
"The Inspirational Life of Pauli Murray" will be told virtually Sept. 23, 5-6:30 p.m. Register at humanities.unc.edu/paulimurray/.

MISC.

SCHOLARSHIPS
Getty Images has created a UNCF-Getty Images Scholarship for HBCU students. Visit grants.gettyimages.com/hbcu-grant.

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LEGAL NOTICES

LEGAL NOTICE
Compactors and Pre-Crusher for
Northern Solid Waste Convenience Site
(IFB 21 - 009)

Pursuant to North Carolina General Statutes 143-129, the County of Durham will accept sealed bids for Compactors and Pre-Crusher for Northern Solid Waste Convenience Site at the Durham County Purchasing Division, 201 East Main Street, 7th Floor Conference Room, Durham, North Carolina 27701, until 2:00 P.M. Eastern Time, on October 12, 2021, at which time they will be virtually publicly opened and read. Only sealed bids will be accepted. No bids will be accepted after the official time and date.

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

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

LEGAL NOTICE
Grinder Installation Service for
Durham County Utilities Division
RFP No. 22-008

The County of Durham will receive proposals for qualified Contractor(s) to establish a contract to provide the installation of a sewer lift station grinder (Model CHANNEL MONSTER FLEX CMF2424) on October 12, 2021, at 2:00 P.M., Eastern Time, in the Durham County Purchasing Division, 201East Main Street, 7th Floor, Durham, North Carolina 27701. **No proposals will be accepted after the official time and date.**

SITE VISIT: A Site Visit will be held on September 20, 2021 at 10:00 A.M., Eastern Time. Attendees will be required to wear masks and follow all social distancing protocols.

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

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

MISC

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TIMESHARES

VACATIONS

COURTESY

Marissa Atiya Young and mother Lisa Swift-Young

Black hair care line promotes 'natural products for natural hair'

By Freda Freeman
CORRESPONDENT

RALEIGH – Necessity is the mother of invention. Cliché, perhaps, but for Marissa Atiya Young, it's true.

Faced with a health concern several years ago, Young needed hair products that were free of chemicals and toxins. Unable to find what she was looking for, she and her mother, Lisa Swift-Young, created their own.

Thus, the start of 4Curls in 2019.

"After a health scare, I discovered that 80% of Black hair products contained toxins. So, my mom and I created a clean beauty brand to celebrate naturally textured hair, but we quickly discovered a need to educate women and young girls about how to take care of their curly, kinky, and coily hair," Young said.

"When I found out my hormones were out of balance, I wanted to use other products. I learned that your scalp actually absorbs more than your skin because the follicles on your scalp are bigger. Looking into that is basically what started 4Curls, and then the mission was to have an all-natural brand with the least amount of preservatives or chemicals as possible."

Now Young, a health coach and author of "Naturally Going Natural, Secrets Revealed: The Curly Girl Guide to Growing Long, Healthy, Beautiful Black Hair," wants to empower other Black women and young girls to enhance their natural beauty without using hair products that contain chemicals that may jeopardize their health by increasing their risk of infertility and breast cancer.

She recently launched 4Curls Growth Academy, a virtual 90-day program in which participants get personalized guidance to help grow healthier hair.

"Customers are looking for great products that make it easy to care for their hair without risking their reproductive health and increasing their cancer risk. I believe every woman should reach her hair goals without sacrificing her health," she said.

Young, 28, who attended Leesville High School in Raleigh, now lives in Nashville, Tennessee, where she and her mother make plant-based, organic hair care products, buying natural ingredients from primarily minority-owned businesses.

The ingredients in 4Curls' shampoo, deep conditioning hair mask, hair butter, and growth oil sound good enough to eat: banana powder, mango butter, honey, argan oil, olive oil, jojoba oil, and avocado oil.

"The thinking was, if it's safe to eat, it would be safe to put on your hair as well," Young said. "Each product has four main ingredients, so instead of looking at the ingredients list and seeing 50 different things that we don't know what they are, we wanted to simplify it."

Young encourages women to not only care for their hair but to embrace it.

"For us, as Black women, it's a journey, a natural hair care journey. One of the reasons we don't embrace it is because we don't know how to care for it properly. We may just say, 'oh, my hair doesn't look right or doesn't want to cooperate,' so we put a relaxer in or do something to cover it up. That's a part of the journey as well, teaching women how to care for their hair and make it easier, so it doesn't have to be this long process," she said.

Through 4Curls Academy, Young hopes to teach women how to care for their hair, find natural products that nourish their hair with nutrients it needs to thrive and be healthy, and establish a daily hair care routine.

Participants sign up to purchase the entire 4Curls line over three months, with a new box arriving each month.

They also get membership in a private Facebook group in which Young will hold weekly live sessions to explain the steps to care for their hair and answer questions.

Visit https://4curls.com/products/growth-challenge.

BOOK

Coldplay's hit song finds a vessel in this children's book

Strawberry Swing
Song lyrics by Coldplay
Illustrations by
Mitch Miller
Akashic Books, $16.95

"I remember
We were walking up to strawberry swing
I can't wait till the morning
Wouldn't wanna change a thing..."

"Strawberry Swing" is a tenderly illustrated picture book of one of Coldplay's best known songs.

It was the fifth single released from their hit album "Viva la Vida", and gained widespread acclaim for its accompanying stop-motion animation music video.

"Strawberry Swing" tells a sweet story of friendship, encapsulating the innocence, fun, and struggle of finding someone special and wanting to share every moment with them. The book provides an excellent opportunity to introduce Coldplay's irresistible melodies to children who will delight in both the music and the message.

ABOUT THE AUTHOR: *Miller is an illustrator and visual development artist. He has created work for Yahoo! And Cricket Media, among others.*

Allison Janae Hamilton exhibit at Nasher Museum

MARIANNE BOESKY GALLERY

Allison Janae Hamilton, Sisters, Wakulla County FL, 2019. Archival pigment print. Collection of the Nasher Museum of Art at Duke University. Museum purchase with funds provided by The Durham (NC) Chapter of The Links, Incorporated.

SCHOOL NEWS

DURHAM COUNTY

Trinity School of Durham and Chapel Hill is the Aspen Institute's $20,000 winner of the Private School category. This national honor recognizes Trinity School as an exemplary and innovative school that grows sports and physical activity participation for all students. The school was chosen for its innovative, personalized, four-year athletic plan for students – similar to a four-year academic plan.

The Aspen Institute's initiative recognizes the essential role that high schools play in preparing young people for life, along with the cognitive, educational, and health benefits that flow to students through physical activity, a belief Trinity School shares. It is made possible through partnerships with Adidas/BOKS, The DICK'S Sporting Goods Foundation, and Hospital for Special Surgery.

BUS DRIVERS

The Durham Public Schools Board of Education has requested that DPS bus drivers start at $17 an hour and rise to $24 an hour for a driver with 30 years of experience.

The new pay scale will be presented at the school board's regular meeting on Sept. 23.

DPS administrators had shared with bus drivers and prepared for the Sept. 9 board work session a salary increase proposal that would have focused on veteran drivers, following a March increase for all drivers, especially beginning ones. After hearing from drivers at the work session, board members committed to a higher pay scale. DPS adopted a $15 an hour minimum living wage in January. People who want to drive a yellow bus can apply at the DPS website or contact human resources at HR@dpsnc.net.

* DPS's four-year graduation rate leaped by 3.5 percentage points to 87 percent, which brought the district back on track for meeting its target graduation rate benchmark in the 2018-23 Strategic Plan. This year's rate surpassed the goal for 2020-21 by 0.4 percentage points.

Fathers Forever expands services with a staffing agency for men, women

By Jim Wiggins

SPECIAL TO THE TRIBUNE

RALEIGH – Fathers Forever has added a staffing agency to its list of offerings, not only to fathers in its programs but also to others, including women.

As the U.S. economy recalibrates amid another spate of pandemic restrictions, and employers struggle to retain and recruit workers, Fathers Forever, an organization dedicated to helping fathers be better dads and co-parents, created a staffing agency to help them land reliable jobs, and help companies fill open posts.

And guess what? The door to My Daddy's Work Solution is open to women, too. Also, men who are not already connected to Fathers Forever programs can apply for staffing services right along with everyone else at the Fathers Forever office at 3029 Stonybrook Drive, Suite 109.

Fathers Forever is a Raleigh-based nonprofit organization that strives to reduce the impact of fatherlessness by healing fathers and, thereby, strengthening and preserving families. Founded by author, longtime social worker turned fatherhood advocate and certified life coach, Glen Warren, Fathers Forever has enjoyed the success of empowering and equipping hundreds of men to be better fathers and co-parents since its inception in 2008.

My Daddy's Working Solution is the latest expansion by Fathers Forever beyond its cornerstone 12-week curriculum, "The Joys and Responsibilities of Fatherhood." The course teaches fathers their role in the family unit with information, resources and coaching for everything from job readiness and anger management to substance abuse and personal development. Fathers also learn strategies to realize financial responsibility, find employment, set goals, and develop a structured child support payment plan to support their children.

Fathers Forever also offers entrepreneurial opportunities to bolster men's self-sufficiency and confidence, including hands-on training in mobile car washing and car detailing. Fathers Forever also oversees four transitional homes in Wake County offering structure, discipline, and support to men newly released from the prison system. Transitional home residents also get new skills through poultry and crop farming.

The staffing agency was created to help fathers, many of whom are resigned to work day labor, find more permanent jobs. In turn, employers get ready, reliable employees who have undergone 90 days of job readiness training. "We're looking for employers who are looking for good workers," Warren said. "It's a two-way street." In addition, the staffing agency also will take on case management of its clients to ensure they're fulfilling work obligations, Warren added.

For more information, call (919) 614-6694.

HBCU NEWS

ST. AUGUSTINE'S

SAU reported this week that it has the highest freshmen student enrollment (459) in 10 years (461 in 2011). The enrollment is a 15% increase over last year's. In 2020, SAU saw a 5.3% increase in total headcount (1,081) from 2019 (1,027) and a 15% increase (1,239) from 2020 to 2021.

"We are excited to welcome the largest class of future leaders in the last decade," SAU President Christine Johnson McPhail said. "As we 'reimagine' Saint Augustine's University, this type of growth is essential in supporting our current operations and ensuring the university's long-term sustainability."

The university has also experienced a 42.1% increase in the enrollment of Gateway Program (Adult Education) students and a 5.1% increase of Early College Program students, which were garnered through a partnership developed with the Wake County Public Schools System.

N.C. CENTRAL

The School of Business and Wake Technical Community College are coming together to offer a bachelor's degree in accounting. Students who earn an associate degree in accounting and finance at Wake Tech may now transfer those credits to NCCU and complete the Bachelor of Science in accounting in just two years.

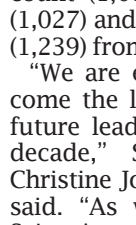
"This partnership demonstrates our strong commitment to providing a seamless pathway to a four-year degree for students interested in an accounting career," said Raghavan Iyengar, Ph.D., chair of the accounting program in the NCCU School of Business. "We have a great relationship with Wake Tech and its accounting program, and feel privileged to be able to extend collegiate accounting instruction to students interested in continuing their education at NCCU."

The campuses have created an articulation agreement that assures smooth transfer of credits between the two campuses. Students who complete the associate degree program at Wake Tech will have more than 50 transferable hours when entering the NCCU School of Business accounting program. This agreement will go into effect immediately and include students completing the Wake Tech associate degree program in accounting and finance in the fall.

"This is another example where students will be able to ladder forward their practical education from Wake Tech into further degree opportunities and additional opportunities for career advancement," said Wake Tech President Scott Ralls, Ph.D.

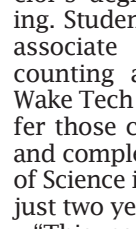
MOVERS AND SHAKERS

CITY OF RALEIGH



Hinton

Tiesha Hinton has been named community engagement manager of the newly-formed Office of Community Engagement. Hinton is the director of the Office of Diversity, Equity, and Inclusion for the City of Winston-Salem. She begins her job on Sept. 27.



Pollard

VOACC

Ruth Pollard is the new Board of Directors chair for Volunteers of America Chesapeake & Carolinas. VOACC is a church without walls. Its mission is to empower self-reliance and inspire hope.

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 email us at info@triangletribune.com. Photos welcome.

StepUp Durham to administer Guaranteed Income Pilot

STAFF REPORTS

DURHAM – Last month, the Durham City Council voted to authorize a contract with StepUp Durham to administer Durham's Guaranteed Income Pilot.

With city funding, StepUp Durham will hire a full-time coordinator dedicated to the implementation of this pilot. Through a grant from Mayors for a Guaranteed Income, 115 formerly incarcerated individuals will be randomly selected to receive an unconditional, cash transfer of $500 per month. The pilot will last one year.

The objective of the pilot is to evaluate guaranteed income's effects on recidivism and re-incarceration, employment, economic security and income volatility as well as physical functioning, mental health, stress and coping, parenting, housing, and interactions with other institutional systems.

"I am so excited that the planning of this pilot is progressing as it continues to build upon the work the city has already undertaken to support individuals who are returning from incarceration," Mayor Steve Schewel said. "StepUp Durham will be a magnificent partner and guaranteed income payments will go a long way in ensuring that individuals have a successful transition back into their families and our community. 2020 has exacerbated economic insecurity, not only for those who are system impacted but for many others across our city. I'm extremely proud of the many things Durham is doing to uplift vulnerable populations of residents, including this pilot program," said Mayor Steve Schewel.

Though cash payments are unconditional and not based on participation in wrap-around support, participants will be offered enrollment in StepUp Durham's employment placement services. StepUp Durham's employment counselors and staff will support guaranteed income recipients with job readiness training, ongoing job search, and job retention support and walk with individuals as they pursue continuing education opportunities and work alongside them to secure transitional and permanent housing.

"StepUp Durham is honored to serve in the role of program administrator. We believe this pilot is going to have a positive impact on the city and those who participate. For many participants, these dollars will provide access to basic needs," Executive Director Syretta Hill said.

More information regarding recruitment for individuals who may be eligible to participate in this pilot will be released in the coming months.

Fall landscape care to keep plants healthy

By Melinda Myers

SPECIAL TO THE TRIBUNE

As the weather and gardens transition from summer to fall, it is time to adjust your maintenance practices to ensure the health, longevity, and beauty of your landscape. Proper fall care will increase winter survival, support pollinators, and reduce your future workload.

Continue watering as needed. This is especially important for new plantings and moisture-loving plants. Don't overlook established trees during extended dry periods. Drought conditions stress these key landscape plants, making them more susceptible to life threatening insects and disease.

Let healthy perennials stand for winter. Many provide homes for pollinators and other beneficial insects, and some seeds provide food for songbirds. You'll enjoy the added texture and motion in your winter garden and the songbirds that stop by to dine.

Do remove diseased plant debris and those infested with plant-damaging insects. Removing these from the garden reduces the source of future infestations which means healthier plants with less pest management required. Contact your local municipality for guidance on disposing of pest-infested plant debris.

This is also a good time to remove any small- to medium-sized dead or diseased branches from shrubs and small trees. A saw, like Corona's 7-inch RazorTooth folding saw, is perfect for this size job. The blade tucks into the handle for safe transport and the smaller size makes it easy to tuck into your tool belt or bucket. Disinfect the blade with rubbing alcohol or a disinfectant spray between cuts when pruning diseased plant material.

Don't rake leaves to the curb this fall. Put them to use in the garden as mulch on the soil surface to help suppress weeds, conserve moisture, and improve the soil as they decompose. Leaves also provide insulation and winter protection for a variety of beneficial insects and toads.

Continue weeding the garden. Cooler temperatures and a shorter to-do list make it easier to squeeze in more time for this task. Removing unwanted plants from the garden reduces competition with desirable plants for water and nutrients. Eliminating weeds before they set seed means fewer weeds for you to pull next year.

Continue cutting the lawn as long as it continues to grow. Leave clippings on the lawn to add nutrients, moisture, and organic matter to the soil. A season's worth of clippings is equal to one fertilizer application.

Don't rake fall leaves off the lawn. Just mow over them as you cut the grass and accomplish two tasks in one. As long as the leaf pieces are the size of a quarter or smaller, they'll break down, adding organic matter to the soil and not harm the grass. Make a second pass with the mower if needed to cut the leaves down in size.

After your last cut, clean and winterize your mower. Remove and sharpen the blades so you are ready for next season. Consider investing in an extra set of blades so you can change them throughout the mowing season. Sharp blades make a cleaner cut for a better-looking lawn that requires less water and a mower that uses less fuel.

Setting aside a bit of time this fall to prepare your garden for winter will result in less replacement and pruning of winter damaged plants.

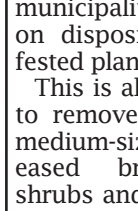
Melinda Myers has written numerous books, including Small Space Gardening.

Tomorrow's kitchen: What are the big trends?

By Shanta Jackson

SPECIAL TO THE TRIBUNE

Kitchens today are more than just places to cook meals. Families gather and parties are hosted there. People do their jobs or schoolwork from the kitchen. If you're looking for an upgrade, there are some trends you may want to consider. Let's take a look at the five biggest kitchen trends right now:



Jackson

MIXED METALS

Don't worry about trying to match all your fixtures to your stainless-steel appliances. Mixed metals are all the rage. Using multiple metals for appliances, sinks and light fixtures is not only OK but also celebrated. Mixed metals can give your kitchen a high-end look.

SMART APPLIANCES

It's not surprising that smart appliances are becoming popular. The Internet of Things is how appliances connect through your smart devices to take daily household tasks to the next level. Consider a smart oven or fridge and even smaller appliances like coffee makers.

QUARTZ COUNTERS

Countertops have evolved a lot over the years. The laminate popular in the 1960s and '70s gave way to natural granite that became the gold standard for many kitchen designs. But today, quartz is getting its time in the sun. Quartz comes in countless natural patterns and colors, so there is sure to be an option for your kitchen.

LIGHT WOOD TONES

For a while, dark wood cabinets were all the rage. Then white became the go-to color for cabinets. Today, light wood tones are in style and look great with any kitchen design and color palette. Light wood cabinets give your kitchen an airy, Scandinavian feel.

TEXTURED TILES

Texture tiles are on trend now for floors and backsplashes. Even in designs like subway tiles, handmade pieces with imperfections or uneven edges are becoming very popular. People are looking past perfect lines toward something more natural.

Shanta Jackson is a REALTOR with Jackson Realty Group. She can be reached at shantasells@yahoo.com.