CIAA is set. Rest of HBCUs fight on.

One down. Three to go.

The CIAA has its two opponents for football championship day. That now leaves the SIAC, MEAC and SWAC.

SIAC

Albany State did its part. The Golden Rams clinched the East Division with a 14-10 win over Morehouse last weekend. ASU has lost just one game – a nonconference matchup against power Valdosta State.

ASU has to wait till this weekend to know its opponent in the SIAC Championship Game. Two-time defending champion Miles is in a three-way tie with Kentucky State and Lane in the conference. All three play different opponents this weekend.

BONITTA BEST

If they all win, a three-way tie will give Miles the West title by virtue of its undefeated division record. A loss and things get really crazy. Interestingly, as good as Albany State has looked this season, Miles has defeated them twice in the championship game.

SWAC

With three weeks to go, five teams still have a shot at the SWAC Championship Game.

Jackson State (without Deion Sanders on the sideline), Prairie View and Alcorn State control their destiny.

The Tigers (7-1, 5-0 SWAC) are the only undefeated team in the Eastern Division. Since they've already beaten Florida A&M, which is a game behind, they would need to lose two of their last three against Texas Southern, Southern and Alcorn State – which isn't impossible since they are all good teams.

Prairie View A&M (6-1, 5-0) is undefeated in the West with remaining conference games against Alabama State (which is looking for a new head coach), Alcorn and Mississippi Valley State. The Panthers also have a nonconference matchup at Texas A&M on Nov. 20.

Not one to play favorites, but the dream championship game on my end is Jackson State vs. Alcorn State since the Braves are the two-time defending FALL champions. ASU lost a last-second thriller in a classic at Southern last weekend. If the Braves do get to the title game, they may not have anything left after back-to-back contests against PVAM and Jackson State to close out the regular season.

MEAC

Nobody likes to see a newbie come in and take over – in any profession.

Norfolk State first-year coach Dawson Odums has the Spartans off to their best start in 10 seasons. NSU and South Carolina State are both undefeated in the conference with three games left.

The Bulldogs have remaining matchups against Howard, a nonconference contest with North Carolina A&T and then a showdown with the Spartans in the regular season finale. People like Buddy Pough, and many folks would love to see the "Dean" of the MEAC make it to Atlanta in December.

But Odums has his own pedigree, too. He may be new to the MEAC but not to the coaching field after 10 seasons – nine at Southern. Coaching in the SWAC brings a certain – how do I say it – snobbishness. SWAC football fans are in another league, so Odums isn't kowtowing to Pough or anybody else just because he's the new kid on the block.

The Spartans have "trip-up" games against North Carolina Central and Delaware. You know, those games you should win but can easily get tripped up. Then it's the SCSU showdown.

For Eagle fans, another loss is out of the question. NCCU has to win out against NSU, Howard and Del. State and hope S.C. State loses its last two conference games.

HBCU FOOTBALL

The MEAC's football show comes to Durham this weekend.

It's do or die weekend for North Carolina Central

By Bonitta Best
editor@triangletribune.com

The CIAA Championship Game returns after a year hiatus, and two familiar names will again face off for the conference crown in Salem, Virginia.

Fayetteville State (7-1 overall, 6-0 CIAA) clinched the Southern Division with a 34-0 shutout of Livingstone last weekend. The Broncos close out the regular season against Winston-Salem State.

FSU will face Bowie State for a third straight time. The Bulldogs defeated Lincoln 31-7, but the margin wasn't big enough for voters. BSU dropped a spot in the latest AFCA Coaches Poll to No. 14 but still retains its No. 2 spot in the NCAA regional rankings. The Bulldogs end the regular season against Elizabeth City State.

The SIAC's Albany State, at No. 22, extended its win streak to six after defeating Morehouse.

ASU, which clinched its division, is ranked No. 3 in the regionals. The Golden Rams end the regular season against Fort Valley State.

N.C. Central (3-5, 1-1) vs. Norfolk State (6-2, 2-0)

The "MEAC Countdown to Kickoff" show is coming to Durham this homecoming weekend.

The show, presented by Coca-Cola, is hosted by broadcaster Charlie Neal and sportscaster Nicole Hutchison.

"MEAC Countdown…" will air live at noon on ESPN+, two hours before the game at 2 p.m., which will be streamed on ESPN3 and rebroadcast on ESPNU at 10:30 p.m.

Spartans coach Dawson Odums is an NCCU alumnus and a former teammate of NCCU coach Trei Oliver's, but he doesn't expect to be welcomed with open arms until after the game. "We have to have the right mindset," he said on Monday's MEAC teleconference. "We're going into a hostile environment. This is our third homecoming this season, and nobody wants to lose on homecoming."

The Spartans haven't been doing much losing lately. After dropping their first two games to Toledo and Wake Forest, NSU has reeled off six straight wins. Odums has the Spartans off to their best start since 2011.

The main man behind the streak is redshirt senior quarterback Juwan Carter, who leads the conference with 1,991 passing yards, 18 touchdowns and just two interceptions. Carter also has five rushing TDs.

"They are a veteran group. They are one of the older teams in the conference and it starts with their quarterback," Oliver said. "It's going to be a tough test for us for homecoming, but we plan on putting on a good show on Saturday."

NCCU travels to Howard next Saturday for a 1 p.m. contest.

Please see **RALEIGH/2B**

HBCU BASKETBALL

Basketball is back. Will it stay?

By Bonitta Best
editor@triangletribune.com

The HBCU basketball season is here. Will COVID-19, again, be the main attraction, or will teams get a full season end with no disruptions?

The Tribune previews the Triangle's six HBCU teams, and, as always, ladies first.

WOMEN

N.C. Central (4-12)

Three seasons ago, the Lady Eagles earned their first MEAC Tournament win in the Division I era. They followed that up the next year by advancing to the semifinals – only to have the rest of the season canceled because of COVID-19.

They played through an abbreviated season last year, just 16 games and losing in the first round of the tourney.

Coach Trisha Stafford-Odom said COVID derailed the program's momentum that she wants back. "We have a group of 15 who have bought into our system," she said. "We're going to play transition basketball, we're going to play together, we're going to get things done on a daily basis, and the goal is to win a MEAC championship."

The Eagles get veteran leadership from returning senior guard Necole Hope and junior guard Nyasia Palmer. Sophomore guard Parish McBride has a year under her belt, and Stafford-Odom says she expects a more mature all-around game. UNLV transfer Tianna Carter is a defensive specialist and returnee Madalyn Anderson is a top perimeter shooter.

"Necole is going to be a problem on the defensive end. She had added to her game," Stafford-Odom said. "We got Maddie who can knock down shots. She's got those first-year jitters out of her system. What I think we've done is made ourselves deeper, tougher and, across-the-board, we've got ourselves better with our shooting." NCCU opens the season Nov. 9 at Illinois.

Randy Miller Jr. has returned to the Eagles.

St. Augustine's (10-19)

Ebony Tanner knows what it's like to win a champion-

Please see **BASKETBALL/2B**

COLLEGE CORNER

Shaw, FSU volleyball teams keep winning

The MEAC and the SWAC have entered into a "Toy Drive Challenge" competition. Schools in both conferences will host toy drives on campus. The school that collects the most toys for Toys for Tots will receive a block of free tickets to attend the Cricket Celebration Bowl in Atlanta. Hotel and transportation, however, are on you.

And speaking of the MEAC, Commissioner Dennis Thomas will receive the 2021 SWAC Lifetime Achievement Award. Y'all should know by now that Thomas is one of greatest offensive linemen to not only play at Alcorn State but in the SWAC – period! He is still the only OL to win a SWAC Offensive Player of the Year Award. Thomas will be officially crowned Dec. 17 during the SWAC Hall of Fame Ceremony.

The wait is over! CIAA

Please see **VOLLEYBALL/2B**

NCAA backs removal of standardized test scores

By Michelle Brutlag Hosick
NCAA.ORG

The NCAA Standardized Test Score Task Force recommended that initial eligibility standards for high school students preparing to play Division I or II sports no longer include a standardized test score requirement. The recommendation comes after nearly six months of work by a group representing both divisions and led by Morgan State President David Wilson.

"This work reflects the NCAA's commitment to continually reviewing our academic standards based on the best available data and other relevant information," Wilson said. "We are observing a national trend in NCAA member schools moving away from requiring standardized test scores for admissions purposes, and this recommendation for athletics eligibility aligns directly with that movement."

The task force was formed as a result of the NCAA's eight-point plan to advance racial equity. Reviewing initial-eligibility requirements, particularly the SAT/ACT score component, was a signifi-

Please see **TEST/2B**

Raleigh Classic pits St. Augustine's vs. Shaw

Continued from page 1B

St. Augustine's (0-7) vs. Shaw (6-3 overall, 5-1)

Records mean nothing when these two rivals hit the field in the annual Raleigh Classic. The Falcons would love nothing better than to end the regular season with a win over their hated neighbor down the road.

The Bears, on other hand, can finish with their best record in the Adrian Jones era. Shaw has won three straight games and six of its last seven. The defense really showed out last week against Winston-Salem State.

After trailing 14-10 at the half, the unit shut out the Rams in the second while the offense scored 24 straight points.

Sophomore running back Sidney Gibbs is one game away from claiming the rushing title, but it's close. Gibbs leads Bowie State RB Calil Wilkins by four-tenth of a percentage point. Teammate Devon Hunt is holding off Lincoln's Devon Cathcart in total tackles.

* **Notes**: Shaw senior DB Kevin Sherman was named the Food Lion defensive back of the week. SAU junior LB Joseph Harris earned linebacker of the week.

Jerry Rice Award

Four players on HBCU teams have been named to the 2021 Stats Perform FCS Jerry Rice Award Watch List. The trophy is given to the top NCAA Division I freshman.

Rice was a superstar wide receiver at Mississippi Valley State and later a Hall of Famer for the San Francisco 49ers.

** Shedeur Sanders, QB, Jackson State*

** Elijah Burris, RB, Hampton*

** Kobe Dillon, RB, Southern*

** Sy'Veon Wilkerson, RB, Delaware State*

HBCU Legacy Bowl

The HBCU Legacy Bowl, sponsored by the Black College Football Hall of Fame, will be held next February. The all-star game showcases the best NFL draft-eligible HBCU football players. Player invites are given throughout the season based on performance.

New to the roster:

** Fort Valley State WR Shemar Bridges*

** Alcorn State WR Le-Charles Pringle*

** Arkansas-Pine Bluff WR Tyrin Ralph*

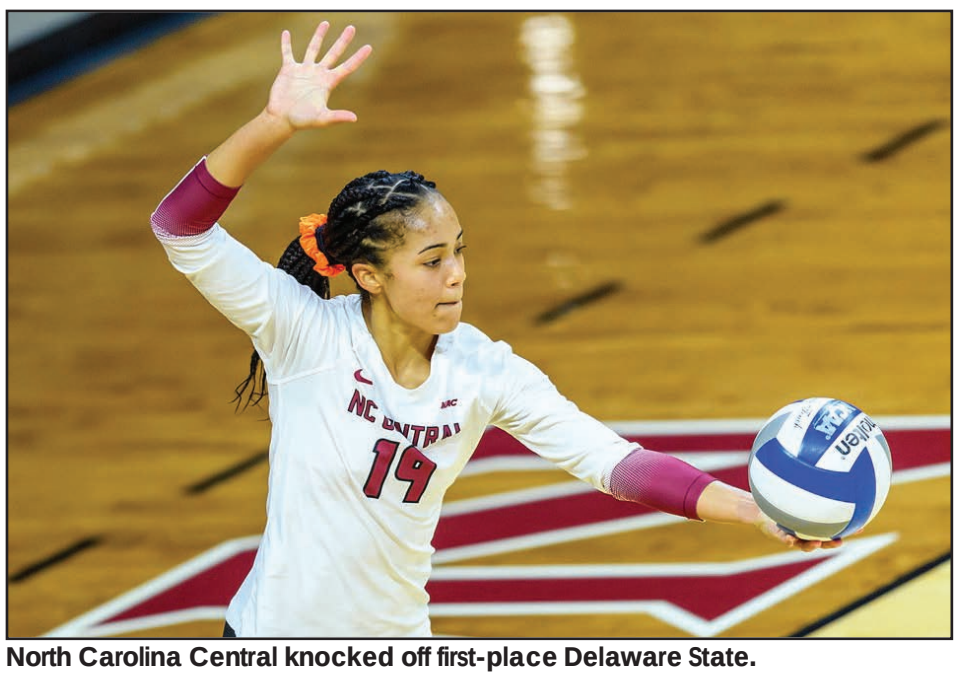
** UAPB DB Jalon Thigpen*

** Bowie State DB Tevin Singleton*

Coaching vacancy

It's never good to lose to your hated rival. Alabama State coach Donald Hill-Eley has been released after ASU lost to Alabama A&M, 42-28, last weekend. The Hornets are 20-21 under Hill-Eley, who was an assistant under Brian Jenkins before Jenkins was fired in 2017.

Defensive coordinator Travis Pearson has been named interim head coach.



North Carolina Central knocked off first-place Delaware State.

Shaw is still undefeated in the division.

Shaw and Fayetteville State are queens in VB

Continued from page 1B

Tournament tickets are now on sale. The tourney returns to Baltimore for the first time since 1952. Visit ciaatournament.org for more information.

St. Augustine's senior night

WOMEN

N.C. Central (8-12, 7-4)

CC was told we missed a doozy of a match last weekend between the Eagles and first-place Delaware State. After blowing a seven-point third set lead to lose 34-32, NCCU rallied to win the final two sets and defeat the Hornets for the first time this season, and then followed that up with a 3-1 victory over Maryland Eastern Shore. The back-to-back victories have the team in fourth place with three matches left.

They travel to Howard and Norfolk State this weekend before closing out the regular season at home Nov. 12 against South Carolina State.

In tennis, freshman Lafilissa Joao had three wins at last weekend's Elon Invite. Joao won two singles matches and one doubles with partner Jade Houston. Tennis is off until late January.

St. Aug's (8-13, 4-4)

The Falcons were swept by Claflin 3-0 Monday night, which was also Senior Night.

Seniors Tia Jones, Lisanne Roofe, Malique Webb and Janina Mayers were honored before the match. Mayers got the biggest and best shock of the night when her mother, who had never seen her play in college, made a surprise appearance.

The Falcons, in fourth place, end the regular season Monday at Johnson C. Smith. Only the top four teams advance to the CIAA tournament.

Shaw (14-5, 8-0)

Shaw and Fayetteville State are still undefeated in their divisions. CC just know both teams will be in the playoffs.

The tournament winner gets an automatic bid, but the other should get one, too.

Winners of four straight matches, Shaw hosts Lincoln Monday at 6 p.m. to end the regular season.

MEN

N.C. Central

CC was on campus the other week, and we must say we were impressed. Taxpayers' bond money is being put to good use.

A new business school is being built, a brand new dorm is going up right across from McLendon-McDougald Arena, and that new Student Union! CC will be the first in line at the grand opening.

Shaw

How many basketball players do coach Bobby Collins have? CC was on Shaw's website the other day and saw a listing for a JV team. So, who is the JV team going to play?

COURTESY

Coach Jacques Curtis says Shaw is ready to regain its throne.

HBCU basketball is back. Will it stay?

Continued from page 1B

ship. She helped Shaw to hoist the 2008 CIAA Tournament trophy as an assistant coach. Now she's trying to bring the same magic to a Lady Falcons program with one championship – in 1978.

Tanner didn't get to coach in her first season, which, she says, gave her more time to fine-tune her new team.

"We had a chance to see what we had and what we needed," she said. "We're expecting great things this season. We're going to get after it the whole time we're on the court."

SAU hasn't finished at least .500 since the 2011-12 season at 14-14. Height and an "inside big girl" have been major problems. Tanner, over the summer, hired one of the best IBGs to ever play in the CIAA - former Shaw standout Latisha Shipman-Tanner. Shipman-Tanner led the Bears to two tournament titles and scored over 1,000 points.

"We're definitely expecting to finish higher than second to last," Tanner said. "We're coming out strong, and we're excited to get going." The Falcons open the season Nov. 12 at Nova Southeastern University.

Shaw (6-21)

There's a new kid in town, and they're ready to kick some butt.

Shaw will play its first season in the Northern Division after a realignment two seasons ago. The Bears didn't play last season due to COVID, but it's on now, and coach Jacques Curtis says look out, the Lady Bears are back!

"We felt like if we had played last year, we would have won it [tournament] because we were really looking good when we were shut down," said Curtis whose squad is picked to finish last in the division. "We had no positive tests, and our last practice was so good, we were looking to play."

Curtis said the team's goal this season is 80. That's the number of points they want to score per game and run opponents out of the gym. "We're going to defend a little bit, but we're going to score the ball," he said.

Seniors Makayla Sutton and Makenzie Pollard provide veteran leadership, and both said they will return next season with the extra year of eligibility.

The Lady Bears once owned the CIAA Tournament, winning 9 of 12 titles from 2003-14. They are just one of two teams to win the NCAA Division II National Championship. (Virginia Union is the other.)

Curtis said while a CIAA championship is fine, they strive for bigger things. "We're probably a year away from adding one or two pieces to win another national championship," he said. "That's the goal for this team. Other schools can't talk about that. Without us being at the top, the CIAA just can't be the same."

Shaw opens the season Nov. 12 in the CIAA/PSAC Challenge on Lincoln (Pa.)'s campus.

MEN

N.C. Central (5-9)

It's almost a miracle the Eagles played as many games as they did or won as many.

NCCU had at least six COVID pauses during the season, went 50 days with playing an opponent and barely managed to eke out 14 games. And yet, "people still expect you to win," coach LeVelle Moton said. "People still expect you to win a tournament."

NCCU had its three-year championship streak halted in 2020. That team finished 18-13, 13-3 in the conference, and had just defeated Delaware State in the quarterfinals when the season was halted.

Almost two years later, a familiar face returns to Eagleland. Randy Miller Jr. played two seasons (2018-20) before transferring to Indiana State. He's back for a final season.

"He's the one guy on this team that knows exactly what I want," Moton said. "He won championships with us, and I'm looking to him for leadership and delegating."

Miller joins another veteran, redshirt senior Nicolas Fennell, who was a freshman on the 2018-19 championship team. The rest of the Eagles' roster is Transfer Central: Missouri State, East Florida State College, Providence, College of Charleston, etc. Will they all jell? Time will tell.

NCCU opens the season Nov. 9 at Richmond.

St. Augustine's (12-18)

Coach MarQus Johnson is still seeking his first tournament title since taking over as head coach six seasons ago. The Falcons have not advanced beyond the quarterfinal rounds.

Johnson basically has an entire new roster. Only one player has played in the conference. "This year is going to be a lot of adjusting and getting to know each other," he said. "We have a tough nonconference schedule, so we'll be battle-tested by the time conference starts."

Johnson said the team's theme last season was "Adjust and Adapt." Transfer Keyshawn Tate said the adapting part was hard for a while. "Last year was stressful not being able to play and getting into the gym," he said.

The Baltimore native is already looking forward to the CIAA Tournament in his hometown, but he's not happy with the Falcons being picked to finish last.

"I will definitely have a chip on my shoulder going into the year," he said. St. Aug's opens the season Nov. 12 in the CIAA/PSAC Challenge.

Shaw (5-23)

Coach Bobby Collins says he doesn't ever remember being picked last in a preseason poll, and he's not happy about it. Collins won conference championships at Hampton and Winston-Salem State.

"It does matter. I'm going to put that chip on my shoulder, and we're going to have a different attitude in practice," he said. "I've taken a picture and used it for a screen saver.

Collins is in his second year but this will be his first on the court. Depth, he says, won't be a problem with 21 players on the roster. (Shaw even has a JV team.) Collins also hit the transfer portal with players from UVA Wise, Howard, South Carolina State, William Penn, Carson-Newman and a slew of junior college transfers.

Wake Tech transfer Mike Armstrong is "a very good player that we expect big things from," he said. "When we play our first game, you'll see."

That first game is Nov. 12 in the CIAA/PSAC Challenge.

NCAA task force backs removal of standardized test score requirement

Continued from page 1B

cant part of that plan. Throughout its work, the task force engaged several groups for feedback, including governance groups, the Knight Commission on Intercollegiate Athletics, the National Association for College Admission Counseling and the testing agencies, specifically the College Board and ACT. The group also surveyed Division I and II membership for additional input.

This input, as well as data presented by NCAA research staff and external bodies, helped inform the group's recommendation. The Division I Committee on Academics and Division II Academic Requirements Committee will consider the recommendation at their next meetings in February. Any potential changes to initial eligibility requirements must be reviewed through the legislative process in each division.

RECIPE OF THE WEEK

Savory, smothered cuisine for the holidays

CULINARY.NET

When you are hungry and searching for something filling, juicy and rich, turning to your pantry for on-hand ingredients can make dinner a breeze. Dodge snack cravings and avoid the temptation to swing by the drive-thru; instead, you can have a homemade meal ready in a matter of minutes by putting your skillet to work.

Call your loved ones to the dining room to share time together while trying these smothered pork chops in mushroom sauce. It's a dish the entire family can dig into without questioning the substance of the meal, as it's a filling option that requires just a few ingredients you likely already have at home.

It all starts with the pork chops, which are thick and seared to perfection. The mushroom sauce is a beautiful blend of earthy and creamy textures. Bring it to a simmer, then smother your pork chops and garnish with fresh parsley for a pop of color. The best part is this recipe doesn't take much time to accomplish. The pork chops are seared for 3-5 minutes per side, then simmered in the mushroom sauce for another 2-3 minutes until thoroughly cooked.

Don't waste time with complicated recipes, dirtying an array of kitchen utensils and multiple trips to the store for ingredients you may not use again. This recipe requires one bowl and a single skillet. Cleanup is a breeze, which means there is more time to spend around the table with those who mean the most.

Smothered Pork Chops
in Mushroom Sauce
Servings: 4

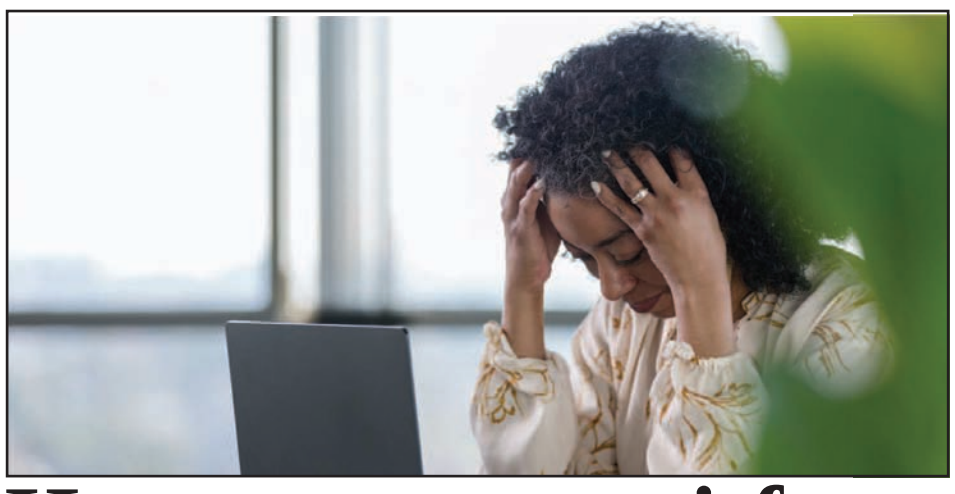
1 teaspoon mild chili powder
1 teaspoon garlic powder
¼-teaspoon salt
¼-teaspoon pepper
4 pork chops
2 tablespoons olive oil
2 tablespoons butter
Mushroom sauce:
2-1/2 cups brown mushrooms, sliced
5 garlic cloves, smashed
1 tablespoon parsley
1 teaspoon Italian seasoning
½-cup chicken broth
1-1/2 cups heavy cream
fresh parsley, for garnish

In a small bowl, whisk chili powder, garlic powder, salt and pepper until combined. Pat pork chops dry. Season generously with spice mix. Set aside.

In skillet, add olive oil and butter. Add pork chops; sear 3-5 minutes per side. Transfer to plate.

To make mushroom sauce: In same skillet, add mushrooms. Stir fry until golden brown. Add garlic, parsley and Italian seasoning. Stir fry 2 minutes. Add broth and heavy cream. Stir to combine. Simmer 5 minutes until slightly thickened.

Return pork chops to sauce. Simmer 2-3 minutes until pork chops are cooked through. Garnish with fresh parsley and serve.



How to manage grief during the holidays

FAMILY FEATURES

The holidays, as well as birthdays and other celebrations, are often difficult for anyone who has experienced the death of a loved one, particularly during the first year of adjusting to life without them.

The holiday season may result in a renewed sense of grief, especially as well-intentioned individuals are encouraging those who are grieving to participate in traditional festivities. While there can be joy in being together with family and friends, the holidays can also bring feelings of sadness, loss and emptiness. For those who find themselves struggling with grief during the holidays and other celebrations, consider these ideas from Remembering a Life, an online resource from the experts at the National Funeral Directors Association.

Talk About Grief

Grief isn't a linear journey. Ignoring pain and emotions won't make it go away. Don't be afraid to talk about grief with others. Confiding in close family and friends can help a grieving person feel heard and understood.

Establish Boundaries During the Holidays

Friends and family may encourage a grieving person to participate in the holiday just as they normally would. While these intentions are typically good, it is important for the bereaved to set boundaries and focus on what they want. While grieving, one should openly and honestly discuss wishes with friends and family and clarify what you are comfortable with and have the emotional bandwidth to do.

Acknowledge the Loss

Families can find ways to honor their loved one's physical absence during holiday celebrations by incorporating their spirit into celebrations and holiday traditions. Examples of this could be decorating ornaments in ways that are symbolic of a loved one, cooking their favorite meal or making a memorial donation to a favorite charity.

Embrace Fond Memories

Memories of a loved one, both from the holidays and other special times, are an important legacy. Rather than ignoring these memories, talk about them with family and friends. It's OK to laugh and it's OK to cry. One way to facilitate this activity is with Remembering A Life's Have the Talk of a Lifetime Conversation Cards, which can help families share stories and memories about loved ones and themselves. It can make for a meaningful activity during holiday gatherings.

It is important to remember that even though an individual may be grieving, they can still celebrate and enjoy the holidays. Find support and resources for grief during the holidays and other special times of the year at RememberingALife.com.

AUCTIONS

Online Auction, 590+/-Acres of Surplus Agricultural & Commercial Real Estate in Pitt & Beaufort Counties, NC, Begins Closing 11/16 at 5pm, Inspections at buyers leisure, ironhorseauction.com, 800.997.2248, NCAL 3936

Online Only Auction, Commercial Building and Lots, Troy, NC, Montgomery County, Begins Closing 11/16 at 3pm, See Website for Inspections, ironhorseauction.com, 800.997.2248, NCAL 3936

LEGAL NOTICE

LEGAL NOTICE

S2 Security System Conversion – Phase II
RFP No. 22-012

The County of Durham will receive proposals for qualified Contractor(s) to establish a contract to provide the removal of the existing access control and video management system (as appropriate for the building) to the S2 access control and video management systems at four (4) Durham County buildings on November 30, 2021 at 2:00 P.M Eastern Time, in the Durham County Purchasing Division, 201 East Main Street, 7th Floor, Durham, North Carolina 27701. No proposals will be accepted after the official time and date.

A **Virtual Pre-Proposal Conference** will be held at 10:00 A.M. Eastern Time, on November 16, 2021, located online in the Durham County Purchasing Division.

A **Site Visit** will be held at 1:00 P.M Eastern Time, on November 16, 2021 starting at the Courthouse Lobby at 510 S. Dillard Street, Durham NC 27701.

An electronic copy of this Request for Proposal (RFP) can be obtained from Durham County's eBid System located under Bid Opportunities at https://www.dconc.gov/county-departments/departments-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.

LEGAL NOTICE

REQUEST FOR PROPOSALS

Disparity Study for Durham County
Contracting and Procurement Procedures

RFP No. 22-010

The County of Durham will receive proposals for a Disparity Study for Durham County Contracting and Procurement Procedures on December 14, 2021 at 2:00 P.M., Eastern Time, in the Durham County Purchasing Division of Finance Department, 201East Main Street, 7th Floor, Room #703, Durham, North Carolina 27701. No proposals will be accepted after the official time and date.

A Virtual Pre-Proposal Conference will be held at 11:00 A.M., Eastern Time, on November 16, 2021.

Microsoft Teams meeting
Join on your computer or mobile app
Click here to join the meeting
Or call in (audio only)
+1 919-670-1343,,529471795# United States, Raleigh
Phone Conference ID: 529 471 795#

An electronic copy of this Request for Proposal (RFP) can be obtained from Durham County's eBid System located under Bid Opportunities at https://www.dconc.gov/county-departments/departments-f-z/finance/bid-opportunities

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triangletribune.com

MISCELLANEOUS

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MOVIE REVIEW

COURTESY

Left to right: Regina King, Idris Elba and LaKeith Stanfield.

The Harder They Fall

By Dwight Brown
NNPA NEWS

They're roughriders. Badasses. Pistol-packing outlaws blasting bullets.

The setup for this shoot-'em-up started with the 2013 short film "They Die by Dawn." The film fits that pattern and featured Western characters based on real people: Nat Love, played by Michael K. Williams and Stagecoach Mary portrayed by Erykah Badu.

Eight years later, after a perfect gestation period, "The Harder They Fall" comes to theaters and Netflix, and its genius is no fluke. It's been nurtured by directors who've thoughtfully created a wild west tale of biblical proportions with a new cast and additional characters.

Nat Love (Jonathan Majors, The Last Black Man in San Francisco) has been trailing and killing bad men who messed with him and his family decades ago. The barrel of his gun has meted out the ultimate punishment again and again.

The last one standing is the killer whom he despises most, the cunning and elusive Rufus Buck (Idris Elba). The men's mutual hatred runs as deep as Cain and Abel's.

Love rides with his gang: on-and-off again lover Stagecoach Mary (Zazie Beetz, Atlanta); the fiery Bill Pickett (Edi Gathegi); and Jim Beckwourth (R.J. Cyler), a gunman who loves showing off his fast draw. Buck, amid a jail transfer, is looking for aid from his posse led by "Treacherous" Trudy Smith (Regina King) and Cherokee Bill (LaKeith Stanfield). Ain't no town in Texas big enough for both of 'em. Something's gonna happen. Someone's gonna die.

As a director, Samuel keeps the action coming and coming. Tense verbal confrontations, robberies, gunfights, fisticuffs and riding the range over arid land test the mettle of the cast, stunt doubles and cinematographer (Mihai Malaimare Jr., Jojo Rabbit). A steady, pulsating rhythm beats faster and faster as it edges towards the film's 2 hours 10 minutes finale. Everything is big. Loud. Exaggerated. Especially the thunderous horse hoofs as they pound the earth like explosives. And the soundtrack vibrates with bold music that enhances the film's bravura spirt, though it doesn't necessarily reflect the times.

Gunfights are brutal and choreographed with both a grace and ruggedness. The universally convincing performances are a testament to an astute director who knows how to pull what he needs from a very professional cast. Some may want to compare Samuel's visions to Sergio Leone's stylish spaghetti Westerns. Others will bring up Tarantino's name. Samuel's ability to mix old, new and Black culture differentiates him from those two, and Black Westerns (e.g., Mario Van Peeble's Posse) are a genre all their own. Also of note, these curse-spewing Black folks rarely if ever utter the "N" word.

This cowboy tale is unapologetically strong and Afrocentric, a la Black Panther. It's as cutting edge as it is retro.

Expect action-loving Netflix watchers to gather around TVs like curious townsfolk eyeballing the gunfight at the O.K. Corral. If you like Westerns as much as you like black swagger, this one is calling your name.

In theaters now. On Netflix Nov. 3.

Pam Grier: 'They only gave me 18 mos. to live'

By Aria Ellise
BLACKDOCTOR.ORG

When people hear the name Pam Grier, several quotes and sayings from many of her Blaxploitation films may come to mind. Grier, now 72, was the queen of the 1970s tough-girl movies where, no matter how rough the battle, she and her crew always came out on top.

But being a Black woman in Hollywood hasn't been Grier's toughest fight. "I was very quiet," Grier said, and she stuttered when she did talk.

Growing up, Grier was a good student who dreamed of becoming a doctor. One life-changing experience that she had to fight through was her diagnosis of Stage 4 cancer in 1988. Grier was in her late 30s, a self-described "health nut," running six miles a day, not eating meat and not abusing my body in any way." She'd gone for a routine pap smear and got a call from her doctor's surgery who said they'd found abnormal cells in her test results. She was booked in for an operation to remove the abnormal tissue and told she'd be fine. But, afterwards, her pathologist called to say it wasn't good news; the next day, her doctor sat her down to tell her she had 18 months to live.

Even though her adopted sister, Krista, died of breast cancer, the news of her own cervical cancer diagnosis came as a shock. "They couldn't operate or start treatment for another six weeks, as I'd already had surgery and my body had gone through so much trauma. They gave me only 16 to 18 months to live, and I was told to start preparing for treatment and to organize my will. I coped from minute to minute."

She describes the cancer and its treatment as a "full-time job" and says, to her surprise, that it was a lonely one. To begin with, her mother tried to be with her for as much of the treatment as possible, but had to go back to Colorado to work. Her boyfriend at the time didn't turn up for her first session of chemotherapy but promised to come to the second. "He didn't come. He just abandoned me and I didn't see him for another five years," she says, without a hint of self-pity.

The friends who did come forward, she says, weren't the ones she was expecting. "Those that came to my bedside were Steven Seagal, Carl Gottlieb, my mentor, and the president of the Writers Guild and film director Tamar Hoff. They were truly amazing. But a lot of people couldn't cope and just fell away."

Although she has been in remission for "years and years now," Grier believes that getting better and staying better is a lifelong process. She's an avid believer in the green movement and says her recovery is "based on the environment – fresh well-water from the ground, fresh air, trees and plants, and wild animals."

In her memoir, "Foxy: My Life in Three Acts," Grier revealed that she also silently endured two incidents of sexual assault. She was raped by a group of older students when she was only 6 years old, and was the victim of a date rape at 18. Fearing repercussions on her family, Grier never said a word to anyone about either incident until she sat down to write her memoirs as an adult. "I wanted others out there to understand the emotional trauma that is involved in sexual aggression and abuse, and that not all of us get over it or even survive the abuse," she says about her decision to finally reveal the incidents. "I have that opportunity to speak about this as the icon — the object and let others know that in spite of it all, I am still here."

Her path to stardom began a little later when she moved to Los Angeles in 1967 from her native North Carolina at 18. She set her sights on the UCLA film school, doing five different jobs, one of them as a receptionist at American International Pictures.

Her five-job stint was short-lived as she was discovered by Jack Hill, a director who cast her in his "women in prison" B-movies.

AROUND THE TRIANGLE

RALEIGH

CARS-COFFEE
The next Cars & Coffee gathering is Nov. 13, 8-10 a.m., Triangle Town Center.

MARKET
The next Black Farmers Market is Nov. 14, 1-4 p.m., SE Raleigh Y, 1436 Rock Quarry Road.

CONTEST
Hope Shines Through Writing Contest for fourth and fifth grade students is accepting submissions thru Nov. 15. Visit piedmontlaureate.org.

GIVEAWAY
Blessed 2 Bless is hosting a food giveaway Nov. 20, 9 a.m., 3000-103 Creech Road. Donations can be made to 2bs.brainsandbrothers@gmail.com.

DURHAM

DEMOCRATS
Durham County Democratic Party Century Club is honoring Josh Stein and David Price Nov. 7, 3-5 p.m. Tickets at secure.actblue.com.

VETERANS
Durham County will host a virtual Veterans Day celebration Nov. 11, 11 a.m., on its Durham TV Network, the county's website and social media accounts. A Q&A on veteran benefits will follow.

THEATER
Hillside Drama Department will perform "State of Urgency," a play on social justice issues in America, Nov. 12-14. Tickets available at www.SeatYourself.Biz/Hillside, or call (919) 560-3925, ext. 25240.

FILMS
Hayti Film Next Level runs Nov. 12-13. Visit HaytiFilmNextLevelNovember.eventive.org.

VIOLENCE
A conversation on "Justice and the Spiritual Crisis of Gun Violence" is Nov. 13, 9 a.m. to noon, Duke Chapel.

CONCERT
Kamara Thomas will perform in concert Nov. 13, 11 a.m., the Carolina Theatre Cinema. Tickets at ticketmaster.com.

ANNIVERSARY
02 Fitness Durham will celebrate its anniversary Nov. 13, 8 a.m. to 2 p.m., 3103 Shannon Rd.

CHAPEL HILL

LECTURE
UNC Professor Emerita of History Genna Rae McNeill is the guest lecturer at the annual Sonja Haynes Stone Memorial Lecture Nov. 9, 7 p.m., via Zoom. Register at unc.zoom.us.

VETERANS
Orange County Veterans Day program is Nov. 11, 11 a.m., Veterans Memorial on Homestead Road.

AFRICA FEST
Africa Fest 2021 will be shown Nov. 13, noon, FedEx Global Education Center. Tickets at africafest.unc.edu.

FUNDRAISER
Kidzu Children's Museum is hosting its annual fall benefit Nov. 13, 3 p.m., University Place, 201 S. Estes Drive. Register at www.kidzuchildrensmuseum.org.

NC gospel group produces live concert LP

STAFF REPORTS

RALEIGH – Spiritual Helpline, a record label with a focus on gospel music, released the limited run LP "Stayed Prayed Up" on Oct. 15. The LP is a live recording of The Branchettes, a legendary North Carolina gospel group led by Lena Mae Perry.

Based in Newton Grove, The Branchettes have graced stages as far away as Ireland with their gospel renditions. In the over 45 years of performing, the group had never recorded a live concert, until now.

Seeds for the project were initially planted after North Carolina singer/songwriter Phil Cook approached "Mother Perry" in 2015 about recording a live album. Later, he invited local filmmakers D.L. Anderson, of Vittles Films, and Matt Durning, of Interlocking Pictures, to document the recording process. The album and film showcase The Branchette's legacy and honor members who have passed.

The live recording also has been translated into a feature film, "Stay Prayed Up," which premiered at the 48th annual Telluride Film Festival. The film was one of just 36 films screened at the high profile event in Telluride, Colorado. Most recently, the film has been screened at the Heartland Film Festival and Virginia Film Festival.

Spiritual Helpline is a "platform for presenting the past, present and future of gospel music in the South," according to founder and Wisconsin-born, NC-based singer/songwriter Phil Cook. Built from a love for gospel music and enthusiasm for spreading its word for how artists intended, Cook desires to "help shine a light on the underrepresented Black musicians who are the heartbeat of our musical traditions." Along with the LP release and feature film, a podcast and archival initiative are underway.

Durham pastor celebrates 30 years of service

STAFF REPORTS

DURHAM – Fredrick A. Davis will celebrate 30 years of pastoral ministry on Nov. 14 at the First Calvary Baptist Church in Durham.

A native of Florida and a graduate of Johnson C. Smith University and the Interdenominational Theological Center at Morehouse School of Religion in Atlanta, Davis relocated with his wife and family from Huntsville, Alabama, to Durham in 1991 to become First Calvary's pastor.

A steadfast warrior for Christ, Davis not only provides leadership at First Calvary but throughout the greater Durham community. In 1993, he created the West End Community Foundation, Inc., a nonprofit organization that purchased an abandoned school near the church for $1, and, following a major renovation, reopened the facility as the Community Family Life and Recreation Center at Lyon Park in 2002. The center houses an indoor running track, a community health clinic, weekly activities for senior citizens, computer programming classes for youth, a multipurpose room and more.

Other notable community achievements include being elected to the Durham Public Schools school board, where he served from 2006-14, and establishing the MLK Jr. Lock-In, an annual event for youth that coincides with the MLK Holiday and community march. Davis' unwavering service and tireless commitment has impacted countless lives for more than three decades.

The community is invited to celebrate with First Calvary Baptist in a special worship service at 9:30 a.m.

Limited in-person seating at the church or online via www.firstcalvary.org. For more information, call (919) 489-4184.

HBCU NEWS

ST. AUGUSTINE'S

Sophomore Emanuel Orson Paschall III, a mass communication major, has received a $3,200 UPS Scholarship for the current academic year. The scholarship is provided by North Carolina Independent Colleges and Universities through its national partner, the Council of Independent Colleges in Washington, D.C.


Paschall III

"I'm extremely appreciative, and I do not take the generosity of UPS for granted," Paschall said. "I want to thank my family and Falcon family but, most of all, my Lord and Savior Jesus Christ for keeping me humble and allowing me to spread my wings at this illustrious institution."

Nationally, CIC provided more than $1.4 million in student scholarships from the UPS Educational Endowment to support student success at private colleges and universities. This year, the NCICU awarded $115,200 in these scholarships to 36 low-income, first generation, minority, and new American students at private institutions across North Carolina. Paschall is a first-generation college student.

"We deeply appreciate the continuation of the scholarship support made possible by the UPS Foundation established in 1953 and the distribution of these funds through Council of Independent College for a student attending each of NCICU's 36 independent colleges and universities," NCICU President Hope Williams said. "Providing educational opportunities for students, who may be the first in their families to go to college, will have a significant impact on the next generation of leaders."

Affordable housing for Raleigh's homeless receives two gifts

STAFF REPORTS

RALEIGH – CASA has received a $200,000 gift from Wells Fargo and a $250,000 gift from Christ Episcopal Church to develop King's Ridge, a permanent, supportive housing community for people and families moving out of homelessness in Wake County.

CASA's Campaign for King's Ridge is a public-private partnership that has raised $11 million toward a construction goal of $16.6 million.

The campaign also has a $2 million endowment goal to assist with long-term sustainability.

"We've poured our heart into the creation of King's Ridge, and we're so glad to have Wells Fargo and Christ Episcopal Church supporting us," CASA CEO Mary Jean Seyda said. "Their generous investments will help us change the lives of 100 households in our community."

King's Ridge will provide apartments for 100 households, serving both individuals and families.

The property's main floor will include community space, offices, and access to wrap-around services like case management and integrated primary and mental health care.

The site is located minutes from downtown Raleigh with a public bus stop across the street.

King's Ridge will focus on housing those earning 30% of the Area Median Income or less, who are chronically homeless and are living with a disability.

"Wells Fargo is proud to support CASA and its efforts to end homelessness for individuals and families in Wake County," said Mike Golden, Wells Fargo's Region Bank president for Carolina East. "Far too many people across the country are facing housing instability and one of our key priorities is to help create solutions where everyone can have a safe and affordable place to call home."

Added Christ Church pastor James P. Adams: "We are grateful for the opportunity to partner with CASA, and to be a part of King's Ridge, which will extend God's love and compassion to so many of our neighbors in need of housing."

CASA is a nonprofit affordable housing developer and property manager whose mission is to provide access to stable, affordable housing for people who are homeless or at risk by developing and managing rental communities.

CASA actively manages nearly 500 affordable apartments and homes in Wake, Durham, and Orange counties, and has plans to double its portfolio over the next few years.

RECIPE OF THE WEEK

Better school days ahead with egg-powered recipes

FAMILY FEATURES

The school year can be full of challenges, but fueling kids for a full day of learning tops the priority list. Affordable and easy to prepare, eggs are a key ingredient for successful days in the classroom. From a wide variety of breakfast options for even the pickiest of eaters to a nearly limitless menu of lunches, eggs keep kids full and energized to conquer each school day.

What's more, between learning and down time, many kids spend a lot of hours in front of electronic screens. The lutein and zeaxanthin found in egg yolks can help protect their eyes from harmful blue light.

Broccoli and Cauliflower Cheddar Quinoa Bites

Prep time: 20 minutes
Total time: 40 minutes
Servings: 6

Nonstick cooking spray
10 large eggs
1 cup shredded cheddar cheese
1 cup cooked quinoa
1 cup tomatoes, quartered
½-cup finely chopped broccoli florets
½-cup finely chopped cauliflower florets
2 tablespoons finely chopped fresh basil (optional)

Preheat oven to 350 F. Lightly oil or coat 12 muffin cups with nonstick cooking spray and set aside. In large bowl, crack eggs.

Whisk until well combined. Stir in cheese, quinoa, tomatoes, broccoli, cauliflower and basil, if desired, until well combined.

Use 1/4-cup measuring cup to divide mixture evenly into prepared muffin cups. Bake 16-18 minutes until eggs are set. Allow to cool slightly before serving. Refrigerate leftovers up to 3 days or freeze up to 1 month.

BLACK BUSINESS SPOTLIGHT

Newly opened skincare store gets down to business

By Freda Freeman
CORRESPONDENT


Anne Suinner-Lawoyin is the owner of Anne's Apothecary.

RALEIGH – Anne Suinner-Lawoyin's young sons think "mommy makes medicine for your skin." And, in a way, she does.

Suinner-Lawoyin is the owner of Anne's Apothecary, which she describes as a skincare line that offers 100% clean, eco-friendly plant-based products. She makes soaps, facial cleansers, moisturizers, body scrubs, and lotions.

"I don't look at clean skincare as a superficial way of living. I feel like it's deeper than that," Suinner-Lawoyin said. "Women consume a lot of topical products, and we don't know, or we've lost accountability of what goes in our bodies, so it's just my way of contributing to that conversation, to say that Anne's Apothecary is an option, to solve a problem. If you're ever concerned about skincare and don't know what to use, you should try it, our products yield results."

Suinner-Lawoyin, who graduated from the University of North Carolina-Chapel Hill with a bachelor's degree in nursing, worked in nursing for several years before devoting herself to her business full time.

She began making products in her home after her mother was diagnosed with cancer. Her mother passed in 2014.

"I started tinkering with products for two reasons. One reason was to make clean skincare products because the ones that were available were expensive. The second and primary reason was, during the time of making that switch to clean, my mom was diagnosed with cancer. So, it was therapy, making products was really healthy for me," she said.

Anne's Apothecary carries a full facial line, including cleansers, toners, moisturizers, exfoliants, and masks, and a full body line of scrubs, lotions, and butters. Saying Anne's Apothecary is where "clean skincare meets conscious beauty," Suinner-Lawoyin tries to use ingredients that do not have a negative impact on environment.

For example, her aromatherapy bar soaps are made with coconut oil. She also uses safflower and sunflower oil. She has herb-based products, and her colorants are made with turmeric.

Primarily an online business, Suinner-Lawoyin opened a store in downtown Raleigh, at 206 S. Wilmington St., in September. She was a recipient of a Storefront Upfit Grant, a program started by the Downtown Raleigh Alliance to attract new retail and restaurants downtown. The program reimburses small business owners by helping to offset some of the expenses of opening a business. Suinner-Lawoyin was reimbursed $5,000 for merchandising and fixtures.

The Nigerian immigrant gets her spirit of entrepreneurship from her mother and grandmother. She said she built her business from scratch, working extra hours, investing her savings, and believing in herself.

"As a Black woman, opportunities aren't so open and easily achieved, compared to our counterparts. You have to be consistent, continue to show up. Really believing in what you do tends to open doors for you. It's more about people recognizing you and accepting your experience, that you're bringing something to the table of value," she said.

"When faced with roadblocks, you have to look at the big picture. You have to say, 'this is what I want, this is what I'm going for, this is what I'm going to get.' I'm pretty confident that I've made the right decisions in everything that I've done by maintaining my value, my integrity, and my identity."

Suinner-Lawoyin said business is great, and she's gearing up for the holiday season. She plans to hold Girls Night Out events and make-and-take classes in which women blend their own scrubs and fragrances. She's also planning to hold special classes for children.

MOVERS AND SHAKERS

RED CROSS

Mace Robinson has been named executive director of the Eastern North Carolina Region of the Red Cross. Robinson is currently executive director of the Northeastern North Carolina chapter. He will be the senior staff member for Chatham, Durham, Granville, Orange, Person and Vance counties.


Robinson

CDS

Opeyemi Olukemi is the new director for the Center for Documentary Studies. Olukemi was senior director of interactive programs at the Tribeca Film Institute.


Olukemi

STAGING

Bobbie McGrath, of Raleigh, is a finalist for the Home Staging Best Occupied Home Stager of the Year Award. McGrath was named one of the "100 Most Influential People in Real Estate Staging."


McGrath

NCCIDS

Dorothy Hairston Mitchell has been appointed chair of the N.C. Commission on Indigent Defense. Mitchell is a North Carolina Central School of Law clinical associate professor.

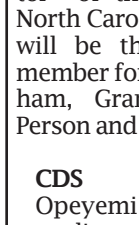

Mitchell

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

Types of fireplaces to consider for your home

By Shanta Jackson
SPECIAL TO THE TRIBUNE

Fireplaces are not a one-size-fits-all solution. When you're hunting for a home, you'll notice that fireplaces range in size, style and function. What do you need to know about fireplaces before buying or building your next home?


Jackson

Here are the most common types and what to consider for your dream house:

WOOD BURNING

Traditional hearth fireplaces and wood-burning stoves are still common. These fireplaces use kindling and firewood to start an old-fashioned fire, which is then vented through the chimney. The chimney of a wood-burning fireplace needs to be regularly maintained to prevent a buildup of creosote, which can cause fires.

NATURAL GAS

Some fireplaces are fitted with natural gas logs that burn more cleanly than wood. As long as the gas line is in good condition, gas fireplaces can be used on demand. They are more efficient and need less maintenance than wood-burning fireplaces, but you need to have a gas line run to your home, which can be expensive.

ELECTRIC

Some people choose electric fireplaces or fireplace inserts. These can be decorative or they can function like space heaters.

They're perfect for creating atmosphere, especially in warmer climates where additional heating isn't necessary. They can be installed easily in the wall like a traditional fireplace or hung on the wall.

TYPES OF MANTLES

The hearth and mantle are traditionally a focal point of the home. Regardless of the type of fireplace you have, you may want to incorporate a decorative mantle or surround. Typical options include the following:

* *Wood*
* *Brick or stone*
* *Metal*
* *Tile*
* *Marble*

As long as the material is safe for the kind of fireplace you're using, you can choose any style that works with your aesthetic.

OUTDOORS

We can't forget to mention outdoor fireplaces. Wood-burning fire pits or hearths can be incorporated into your outdoor living space. Or you can utilize an outdoor propane fireplace to keep warm while outside in the winter months.

Shanta Jackson is a REALTOR with Jackson Realty Group.