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THE TRIANGLE'S CHOICE FOR THE BLACK VOICE

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CIAA sports media relations will lose a beloved member in May 2021



The DNA of a Black Woman

By Chuck Richardson-
TRICEEDNEYWIRE.COM

There is something magical about a fearless, intelligent, incorruptible Black woman. A woman willing to sacrifice and face any obstacle she must for a greater cause than herself. Black women have been, and continue to be, the crucible of fortitude. Harriet Tubman, Ida B. Wells, Mary McLeod Bethune, Fannie Lou Hamer, and thousands beside them have been the bedrock of African American progress.

I realized in my late 20s that if you want to get it done, you better have black women involved. That was when I, in 1977, ran for and won a seat on the first majority Black city council in Richmond, Virginia. It was the determination of Black women, some more than twice my age, that made the history possible. When those Black women spoke - weathered by storms of racism, deprivation and personal abuses - it changed the atmosphere.

From the late '70s to the early '90s, I won nine consecutive reelections. Any success reached by fighting the good fight, including my relentless efforts over two decades to remove the Confederate monuments on Monument Avenue, were only possible because of the victories won for me by these women. Black men in my campaigns were strong and forceful, the physical image the organization needed, I don't deny that. But diligence was more often worn by the women.

I remember one election when I needed 20 new people registered as voters in each precinct. The young volunteers would bring back three or four and a handful of excuses. But there were elder women, some who did not walk easily, who would return with the full number. One of them said to a young person, "You don't win elections with good excuses - you need voters!"

Women like Bessie Jones, Elaine Dunn or Luetta B. Wooldridge, who were managers and coordinators for my campaigns. And they stood with me in difficult times when very few had the will. The Rev. Sarah Goshen, an older Black woman with a calm but convincing demeanor, stood up in a storm of attacks on my character during a controversial and profound personal battle. She admonished the men who chose to disregard my history of service to my country, and more directly, to the African Americans in Richmond.

Please see **DNA/2A**

Biden names all-female senior communications staff

By Stacy M. Brown
NNPA NEWSWIRE

It isn't often a politician running for office keeps his campaign promise. Since defeating Donald Trump, Joe Biden has so far lived up to his promise of a diverse senior staff and cabinet.

The Democrat, who openly has recognized the critical role African Americans and women played in helping him to garner a record of more than 80 million votes, named an all-women senior communications staff, including three Black women.

On Monday, Darrell Blocker appeared on his way to being nominated by Biden as the nation's first African American CIAA director. "I am proud to announce today the first senior White House communications team comprised entirely of women. These qualified, experienced communicators bring diverse perspectives to their work and a shared commitment to building this country back better," Biden said in a statement.

Symone Sanders, an African American and a senior Biden campaign adviser, will serve as a senior adviser and chief spokesperson for the vice president.

Please see **STAFF/2A**

New laws in effect for NC residents

By Gary D. Robertson
THE ASSOCIATED PRESS

RALEIGH — New laws began Tuesday in North Carolina that are designed to help more people convicted of lower-level crimes and nonviolent drug trafficking get records cleared or punishments eased.

The "Second Chance Act" and "First Step Act" are among nearly a dozen state laws approved since 2019 by the General Assembly and taking effect fully or partially on Dec. 1. These criminal justice reforms received renewed interest this year following demonstrations against racial inequality after the death of George Floyd in Minneapolis police custody.

The First Step Act allows a judge to deviate from mandated long prison sentences and hefty fines for drug-trafficking convictions if several conditions are met. A defendant in part has to have avoided violent activity, isn't a repeat offender and must admit to a drug addiction problem. Supporters say the change will help people with substance-abuse issues avoid long sentences when treatment is what they need. Drug trafficking offenders sentenced before Tuesday now can also ask a judge to ease punishment retroactively.

The Second Chance Act expands the ability of people to get criminal records cleared of lower-level criminal convictions, dismissed charges and "not guilty" verdicts. These and other expunction laws are designed to remove what are deemed as youthful indiscretions that show up in background checks for employment and housing.

Parts of the law taking effect Tuesday allow people with multiple nonviolent misdemeanors to petition a court to have them removed after seven years. It also does give law enforcement agencies the ability to access the records of expunged convictions when making employment decisions about potential officers.

Another law taking effect regulates the use of delivery robots that businesses are already trying out around the world. At least 10 other states already have passed similar authorizing legislation, according to General Assembly staff. The rules would apply to delivery devices that travel on sidewalks and along roadsides. The devices must obey traffic rules, yield to pedestrians and cannot exceed speeds of 10 mph on sidewalks and 20 mph on roadsides.

Someone whose driver's license was revoked only because the person failed to pay court-ordered fines or costs can now apply for a limited driving privilege.



Durham tenants at Garden Terrace Apartments held a rally and protest at the Raleigh office of the complex's property management team.

Durham tenants protest slum conditions

By Bonitta Best
editor@triangletribune.com

Tenants at the Garden Terrace Apartments in Durham staged a protest rally Monday at the Raleigh office of the property manager of the complex. Residents say the apartments are unsafe, a health hazard and in badly need of repairs.

Bull City Tenants United has partnered with the group to help resolve the complaints and seek a resolution. The group sent a petition and letter two weeks ago to the property manager and landlord demanding "repairs without displacement and a

collectively-negotiated lease agreement." Neither has responded to the petition.

Residents are also requesting a payment plan for one tenant who has fallen on hard times.

"Like many people during the pandemic, I had fallen behind on rent, but I had worked out a payment plan," said Justine Jacobs, a mother of two. "Out of nowhere they told me I had 60 days to leave, and they want to illegally charge me \$400 for the repairs I've been requesting for months. ...They're using this need for repairs as an excuse to push me out when they could be putting my family in one of

their vacant units during the repairs."

Jacobs has plenty of support from her neighbors. Resident Martha Mejia has lived at Garden Terrace for four years and empathizes with Jacobs' plight.

"If we let them do this to one neighbor, they'll just keep doing it, she said. "We are forming an organization to fight together as a union, and to demand a legally binding contract so we can resolve all of these issues, not just the ones the landlords feel like dealing with."

Fany Sarmiento, a Honduran immigrant who lives in Durham, said she is also affected by the situation.

Please see **SLUM/2A**

North Carolina's HBCUs keep COVID cases at bay

By Aaliyah Bowden
N.C. HEALTH NEWS

Across North Carolina's big state-funded campuses, thousands of college students have been diagnosed with COVID at Appalachian State, East Carolina, UNC Chapel Hill and N.C. State.

Close to 5,200 students, staff and contractors have been diagnosed with the virus, causing the schools to go all virtual for instruction.

What's been less noticed is how well North Carolina's 10 historically Black colleges and universities have done at tamping down outbreaks of COVID, compared to larger schools.

The largest HBCU outbreak has been at North Carolina A&T State University in Greensboro, with 474 diagnosed students among the campus population of more than 13,000, lower than any of the larger flagship state universities.

Most of the smaller HBCUs have done a good job at keeping a lid on COVID, something



Two North Carolina Central students walk on campus in August wearing their masks at the start of the fall semester. Many students living on campus described the campus as "dead" with not being able to attend football games, events on campus or chill with their friends in the student union.

that's attributable to the campuses' small sizes, honor codes and, for some, the pressure on first-generation college students carrying their families' dreams and expectations with them to campus.

North Carolina Central Uni-

versity, with 8,078 students, gave students the option to come back on campus in mid-August.

The semester has been difficult for those who returned:

Please see **HBCUs/3A**

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COURTESY

Dangerous mold covers an apartment dweller's ceiling.

Durham apt. residents protest unsafe conditions

Continued from page 1A

ham, says she has a broken heating and air conditioning unit, leaking pipes and walls of mold. She also says she's been subjected to racist treatment by property management.

"The landlord's plan is to flip all these units," she said. "They use terror and neglect so people will be forced out, and then they renovate and hike the rent. ...The only way to fight it is with the unity of all the neighbors, which is what we're building."

"That's why they've started to make some repairs, but what we want is for them to come to the table and negotiate with us about all the issues, not just fix a few things and hope we stop meeting," she said.

The DNA of a Black Woman is special

Continued from page 1A

Goshen stood with the same solidarity and courage that defined her fore mothers, "Don't abandon the bridge that brung you 'cross!" she demanded. My spirit rose to the ceiling.

Because, to watch as your child is torn away, or your man absolutely emasculated and denied any dignity, to have your body raped and to endure a brutalized life of labor, something had to evolve in the 'DNA' of Black women.

Women like my own sister, Valerie Richardson Jackson, the former first lady of Atlanta, who persevered with myself as one of the first students integrating our high school. Becoming one of the first Black women to attend the Wharton School of Business (now led by a Black woman), working and paying her way through, earning her M.B.A.

The nation has recently come to know two more amazing Black women: Democratic activist Stacey Abrams, and Sen. Kamala Harris, now vice president-elect.

Abrams showed her ability early in front of the very Atlanta City Hall that former Mayor Maynard Jackson occupied. She led a large group of university students calling on the mayor to address student issues. Jackson was impressed and invited her to meet with him. Afterward, he gave Abrams her first job in politics. The rest is history: a heroic race for



Left to right: Vice President-elect Kamala Harris, former Atlanta first lady Valerie Jackson Richardson, and democratic activist Stacey Abrams.

governor of Georgia, and a voter registration movement that is unprecedented, and driving the numbers to heights heretofore unseen - a democratic movement that has already become a model for the nation.

Three friends, three Black women, three lessons we should take from them - and history. With a Black woman becoming vice president, we should

keep in mind what it took, because we will need it going forward: patience with diligence, courage with wisdom, boldness with conviction. In other words, Black women.

Chuck Richardson, a former 18-year veteran of the Richmond City Council, is founder of the National Organization of Rehabilitated Offenders.

BUSINESS BRIEFS

EXPO
Triangle Virtual Healthcare Career Expo is Dec. 10, 11 a.m. to 4 p.m. Register at durhamnc.gov.

MARKET
Holiday Market at The Honeysuckle at Lakewood is Dec. 13, noon to 4 p.m., 1920 Chapel Hill Road, Durham.

NETWORKING
Annual Social Networking & Vendor Expo is Dec. 13, 3:30-6:30 p.m., The West Room, 6405 Westgate Road, Suite 121, Raleigh.

WELCOME!
The Clorox Company is relocating its headquarters of its Better Health Vitamins, Minerals and Supplement business

to Durham County. The move is expected to create 158 new jobs.

CLOSING
Albeit temporarily, the Carolina Theatre of Durham will close from Jan. 1 through June 30 due to the pandemic. The months represent the end of the fiscal year.

Biden names all-female communications staff

Continued from page 1A

Ashley Etienne, an African American and senior adviser on the Biden campaign, is communications director for Vice-President-elect Kamala Harris.

Karine Jean-Pierre, a senior adviser on the Biden campaign who was chief of staff to Harris and who is also Black, is the principal deputy press secretary.

Former Barack Obama White House communications director Jen Psaki will serve as press secretary, while Kate Bedingfield, the deputy campaign manager and communications director for the campaign, will be White House communications director.

Pili Tobar, the communications director for coalitions on the campaign, is the deputy White House communications director.

Additionally, Biden was said to learn toward a nomination of Adewale "Wally" Adeyemo as Deputy Treasury Secretary. If confirmed, Adeyemo, president of the Obama Foundation in Chicago, would be the first Black person to hold that powerful position.

The Biden/Harris team has also selected Cecilia Rouse to lead the Council of Economic Advisers. This appointment would make Rouse the first woman of color to chair the council.

In what could be another historic nomination, many believe that Biden is set to name Darrell Blocker the first African American CIA director. Blocker has spent about 30 years at the CIA, so experience isn't a question. He started as an analyst with the Air Force before joining the CIA, taking on various undercover assignments.

"My clandestine activities were enhanced by being viewed as a singer, because who would ever think that one could be both?" Blocker told ABC News in a 2019 interview. "That is a leap too far for most, and I honestly feel that it kept me safer by being in plain sight."

Biden and Harris also announced they are forming a Presidential Inaugural Committee to organize activities surrounding their swearing-in on Jan. 20, announcing the initial senior leadership team who will

lead PIC and unveiling its online presence.

The selections include two African Americans and all individuals of color. Tony Allen, Ph.D., is president of Delaware State University, one of the nation's premiere public HBCUs. Allen is also the founding president of the Metropolitan Wilmington Urban League and co-founder of Public Allies Delaware.

Maju Varghese is CEO and senior adviser on the Biden-Harris campaign from the primaries through the general, overseeing the campaign's day-to-day operations and leading the entire campaign through an unprecedented shift to remote working. Varghese previously served in the Obama White House in various roles.

Erin Wilson was on the Biden-Harris campaign's National Political Director throughout the primary and general elections, the senior staff member responsible for relationships with hundreds of elected officials and leaders across the country.

BOOK

HBCU grad pens book on men and infidelity

Slippin': A Female's Guide to Male Infidelity
By Russell C. Dean
Page Publishing,
\$14.95 PB

Private investigators are privy to countless encounters of infidelity on a regular basis. As a licensed private investigator with over 25 years' experience, Dean has certainly seen his share - enough to write a nonfictional book of advice for women, based on his personal accounts in discovering adultery

cases. Published by Page Publishing, "Slippin': A Female's Guide to Male Infidelity" is a resource for women who may not recognize the signs of infidelity.

Questions addressed in the book include Is your man a "big game hunter" or an opportun-

istic cheater? Have you noticed a change in your man's appearance? Does he hold his phone like a newborn baby? Is he hitting the gym all of a sudden?

"Slippin':..." addresses real-life red flags and equips women with the tools to be more cognizant.

"My profession has always been rewarding, yet problematic. While I am hired to seek the unknown and provide relief to many



Please see **BOOK/3A**

"need to create as many of these opportunities as possible - young entrepreneurs depend on them."

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NC Central study finds high levels of hunger in North Carolina

NCCU COMMUNICATIONS

DURHAM - North Carolina Central University researchers studying the impact of COVID-19 on North Carolina residents found that 17% have experienced at least one day without sufficient food supplies over the past two weeks.

A statewide online survey conducted Nov. 17-22 also found that 20% of respondents had had someone in their household who was diagnosed with COVID-19, and almost 2% said someone in their immediate family had died of the illness.

"These results are extremely timely in realizing the severity of need in our state," said S. Nicole Diggs, Ph.D., NCCU assistant professor of public administration and a member of the research team.

The research team also found other major effects of the virus, with 32% of respondents reporting lost income due to COVID-19. Of households experiencing food insecurity, 60% had one or more children in the home.

Nearly a quarter of respondents said they had sought food assistance since the start of the COVID-19 crisis.

"The impact of COVID is devastating, far beyond

our health systems, even to our children's place at the table," said William Pilkington, D.P.A., director of the NCCU HOPE program working to address community health needs in central North Carolina.

Nearly 38% of respondents said it is somewhat or very unlikely that they could count on neighbors to shop for them if they became sick. Despite this, most respondents believe the risk of the COVID-19 disease is worse than the economic effects of a shutdown.

Additional findings from the survey indicated that 77.4% of households were planning or considering a shared meal with people outside their home on Thanksgiving, despite public health warnings that shared meals increase the risk of COVID-19 transmission.

Only 22.6% of respondents do not plan to have a shared meal for Thanksgiving or other winter holidays.

"We know these are extremely difficult times for all families, and we all need support from our extended families and communities, yet the safest thing we can do is to not share a meal in person this year," said Christopher Paul, Ph.D., principal investigator on

the food security study and a NCCU assistant professor of public administration.

In order to reach a broad set of respondents, the researchers used a quota-based internet survey designed similarly to that used by the U.S. Department of Agriculture to get rapid estimates of food insecurity. The demographics of the respondents represented the overall North Carolina population in race, income, and geography. The survey covered 97 of North Carolina's 100 counties and included 1,345 respondents.

Deepak Kumar, director of the Julius L. Chambers Biomedical/Biotechnology Research Institute, called the results a major call to action. "These results, and the those of the overall Advanced Center for COVID Related Disparities project at NCCU reveal the need for urgent action, and coordination between communities, researchers, and local officials," Kumar said.

The ACCORD Project is supported by the North Carolina Policy Collaboratory at the University of North Carolina at Chapel Hill with funding from the North Carolina Coronavirus Relief Fund established and appropriated by the North Carolina General Assembly.

NC food orgs. work to share local produce

By Nadia Ramlagan
N.C. NEWS SERVICE

DURHAM - Holiday gatherings may be smaller this year, but North Carolinians need access to food more than ever, as the pandemic's economic downturn leaves many households struggling to buy groceries.

Katie-Rose Crater, interim co-director of Farmer Foodshare, works with farmers of color, and women and veterans who are farmers in the Durham area, to buy their produce and sell it to communities and schools.

Crater said some farmers are losing up to \$1,000 a week, mostly because restaurants aren't buying as much produce. Her organization is filling the gap, purchasing local produce

to supply food boxes for COVID patients in need at the Duke Outpatient Clinic.

"We're in a fortunate position to where not only are we supporting those who are having difficulty accessing food during the pandemic, but we're also in a fortunate enough position to be able to invest in the fragile, local farming economy."

The American Heart Association and Blue Cross Blue Shield of North Carolina recently awarded more than \$100,000 in community mini-grants to several groups, including Farmer Foodshare, working to provide healthy meals to people at risk statewide.

Laura Rice, communications and media manager of the Raleigh-based Inter-Faith Food Shuttle, said its food bank volunteers continue to deliver to low-in-

come seniors. So far, more than 2,000 seniors receive bags each month, containing up to 10 pounds of fresh produce, shelf-stable items and recipe cards.

But she noted the list of folks in need is growing. "People who have never had an issue with hunger before are now having to access food through pantries, our mobile markets, our distribution centers," said Rice. "You know, you see the images on the nightly news of the long lines at the food pantries."

Eli Mercuree Rue, director of food systems programs at Seeds N.C., said her organization is creating culturally appropriate food boxes using local produce. She said the program has benefited Latinx and other immigrant communities in need, as well as local farmers.

North Carolina HBCUs keep COVID at bay

Continued from page 1A they've had to wear face masks and get their temperature checked every time they enter into W.G. Pearson Cafeteria.

Many students living on campus described it as "dead" with no football games, few events on campus or little chill with their friends in the student union or Greek bowl during 10:40 breaks.

Not to mention NCCU's fall break was canceled and the Ultimate Homecoming Experience was moved online.

As of early October, NCCU operated at 67% capacity with 1,919 students living on campus, according to the NCCU Division of Student Affairs. Since July 1, there have been 95 confirmed student cases, according to the school's COVID-19 Dashboard, for an overall case rate of 11.7 per 1,000.

That's way less than the rate of cases at N.C. A&T or at Fayetteville State University.

This semester Shaw University, with 1,660 students, has had 25 confirmed cases among students, and Elizabeth City State University's 2,002 students had 63 student cases.

St. Augustine's University experienced a tragic loss this semester of the newly appointed president. Just two months after Irving McPhail began, he tested positive after being exposed to someone with COVID.

A couple of weeks later, McPhail died from complications of the virus. Although one employee had

contact with McPhail and tested positive, he was not in close contact with any of the students on campus. COVID information was not available from the four private HBCUs in the state: St. Augustine's, Livingstone College, Bennett College, and Johnson C. Smith University.

NCCU's Department of Residential Life is using student accountability to regulate a no-visitation policy on campus.

"It's an honor system; just like any other policy with alcohol or drugs, we assume that you're going to do what you need to do," said William Clemm, the assistant vice chancellor of student affairs. "And if we find out that you're not, just through our normal observations or any tips, that's when the residential assistants go into action as far as enforcement."

All students living in a residential hall this fall had to sign the new housing agreement. The agreement states that there will be a no-visitation policy for students living on campus.

Students are not allowed to have visitors in their room, including other NCCU students, and cannot go visit other students in any of the residence halls. The agreement also stated that all gatherings, such as parties, are not allowed on campus.

Some students have been sent home for violating the no-visitation policy. Others decided to go back home because of the negative impacts the policy was having on them.

"I was really isolated, like I didn't know anybody in my living room," said Brittany Cowan, a senior mass communications student. "It made it difficult for me to be able to concentrate on my work. I'm already an introvert so being isolated to where I'm not able to do my normal things that I would have done initially, it made it difficult to actually physically be on campus so that's why I opted mainly to come back home."

Most RAs are not stalking students by completing room checks to catch them breaking the rules or by checking camera foot-

ages. Instead, they use their own discernment, according to Clemm. For example, if an RA hears a male voice coming from outside of a female's room, then most likely that student is breaking the rule.

Another way RAs and desk assistants are monitoring the policy is by observing who is entering the residence hall.

"After a while, you can kind of pinpoint who stays in the building and who doesn't," said Brenna Williams-Milne, a residential assistant in Chidley Residence Hall.

"When we do come across someone who just looks out of place, we just ask them, 'Hey, do you stay here?' If they don't, then that's when we ask them to leave, and then we report them to Student Conduct."

HBCU grad pens book on men and infidelity

Continued from page 2A

unanswered questions, I am the same person who shares the news of my findings to many women who were left in the dark about their relationships," Dean said. "My book serves as a summary of real-life observations, while offering some insight to women who want to understand infidelity."

In an excerpt of the book, the author writes: "Have you given your heart and everything else you know how to give to your man, yet you found out he cheated on you... again? Now you're in the WTF stage.

A million questions are going through your mind. How the hell did this happen? Were there any signs? Could all this be avoided? Or, most importantly, what now?"

ABOUT THE AUTHOR: A South Carolina native, Dean has owned and operated the DEAN Investigation Agency since 1999. The agency operates in South Carolina, North Carolina, Georgia, and Florida conducting criminal, civil, worker's compensation fraud and locate investigations. Dean received a bachelor's degree in criminology from Florida A&M University.



“At North State and as chair of the City of Raleigh’s Fair Housing Hearing Board, I provide information to help those facing barriers achieve the dream of homeownership. During COVID-19, information is critical as individuals and families face new challenges.”

Sondra Collins
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LEGAL NOTICES



NC DEPARTMENT OF HEALTH AND HUMAN SERVICES

On 12/1/20 Certificate of Need review began for **Raleigh Radiology Midtown Diagnostic Center Proj J-11988-20** Devel new diag ctr; **Fresenius Medical Care White Oak Proj J-11996-20** Relo 4 dialy stats; **Duke Cancer Center Green Level Radiation Oncology Proj J-12000-20** Acq lin accel. Written comments are due to the Agency by 12/31/20. During COVID-19 state of emergency, no public hearings will be scheduled. Contact CON for more information 919 855-3873

MISCELLANEOUS

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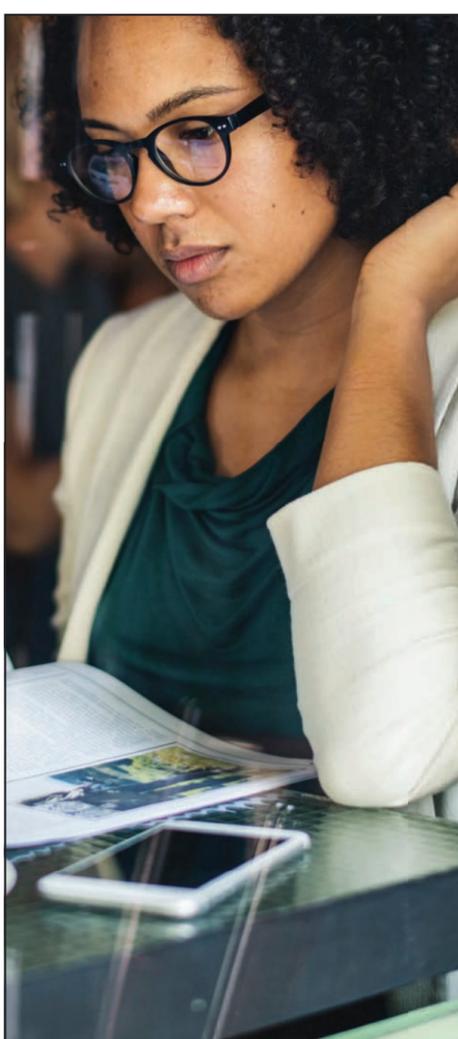


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Georgia Democratic candidates for U.S. Senate Raphael Warnock, left, and Jon Ossoff, right, gesture toward a crowd during a campaign rally.

Faith takes the forefront as Georgia Senate run-offs heat up for January

By Elana Schor and Ben Nadler
THE ASSOCIATED PRESS

ATLANTA — Bishop Reginald Jackson stepped to the microphone at a drive-in rally outside a church in southwest Atlanta as his voice carried over a loudspeaker and the radio to people gathered in, around and on top of cars that filled the parking lot. "Let's keep Georgia blue," Jackson said. "Let's elect Jon Ossoff, Raphael Warnock to the United States Senate." The presiding bishop of more than 400 African Methodist Episcopal churches in Georgia added a pastoral flourish as horns honked and supporters cheered: "If I have a witness, somebody say amen!"

As Georgia becomes the nation's political hotspot this winter before twin runoff elections Jan. 5 that will determine control of the Senate, faith-based organizing is heating up. Conservative Christians are rallying behind Republican Sens. Kelly Loeffler and David Perdue, while Black churches and liberal-leaning Jewish groups are backing Democratic challengers Rev. Raphael Warnock and Jon Ossoff. The Democrats' fates are seen as intertwined in a state that this year turned blue in the presidential election for the first time since 1992 by a razor-thin margin. "These runoffs are critically important," Jackson said. "We want to make sure there is no decrease in turnout."

Across Georgia, the African Methodist Episcopal Church is implementing a program designed to ensure its members, and Black voters overall, cast ballots in the runoff — focusing on votes by mail and early in-person voting. Pastors at each church remind tens of thousands of congregants every week to apply for an absentee ballot and of early voting dates, Jackson said in an interview. Each local church also follows up

with congregants to make sure they have a plan to vote.

The New Georgia Project, a nonpartisan voter mobilization group founded by Democrat Stacey Abrams, who ran for governor in 2018, is also preparing to tap the influence of faith communities in stoking turnout. The Rev. Billy Honor, director of faith organizing at the group, said the conservative Christian Faith & Freedom Coalition — founded by former Georgia GOP chairman Ralph Reed — has long positioned Georgia "as the home of evangelical fundamentalist types when it comes to the political space."

"But the truth is, for a very long time, there has been an active, effective movement of progressive-minded, justice-centered clergy" who have worked in the state on voting rights, health care and other issues, Honor added. He said Warnock was part of that work before his candidacy. Warnock is senior pastor at Atlanta's Ebenezer Baptist Church, the congregation led by the late Rev. Martin Luther King Jr.

Meanwhile, Loeffler and Perdue can expect to benefit from a conservative Christian base that has long boosted the state's Republicans. Faith & Freedom made Georgia one of its top three spending targets in a \$50 million get-out-the-vote program during the general election and plans increased organizing for the runoffs. The reach of "the evangelical vote in Georgia is very large and very strong," Timothy Head, the group's executive director, said in an interview.

Head noted that while President Donald Trump kept a strong hold on white evangelical voters this year, Perdue outperformed Trump in Georgia during the general election. President-elect Joe Biden may have won over some evangelicals by contrasting his character with that of

Trump, Head said, but he argued that the same sort of case would be harder for Democrats to make against Loeffler and Perdue.

Another faith-focused conservative group, the legislative affiliate of the Family Research Council, is holding trainings and pastor briefings before the runoffs. The anti-abortion group Susan B. Anthony List, whose president advised Trump's reelection campaign on Catholic outreach, has announced a \$4.1 million plan to boost Loeffler and Perdue through a partner political action committee.

Religious issues already have become a campaign flashpoint in the runoff. The GOP has resurfaced excerpts from past Warnock sermons to assail him as insufficiently supportive of the military as well as anti-Israel. The Democrat signed a letter last year comparing Israel's policy toward Palestinians to "previous oppressive regimes" and criticized it in a 2018 sermon, while also calling for a two-state solution in the region.

Warnock pushed back in a recently released television ad, saying the attacks are "trying to scare people by taking things I've said out of context from over 25 years of being a pastor."

Sherry Frank, president of the Atlanta section of the National Council of Jewish Women, said she sees "no doubt in the Jewish community about (Warnock's) stance on Israel and anti-Semitism." Frank's group is conducting nonpartisan voter turnout work for the runoffs.

Georgia's Jewish Democrats also see, in Ossoff and Warnock, candidates whose joint push for the Senate harkens back to a tradition of Black and Jewish leaders working together during the civil rights movement. Warnock has a bond with a prominent Atlanta rabbi whose predecessor at the synagogue was close with King.

Student loan debt widens racial wealth gap

By Stacy M. Brown
NNPA NEWSWIRE

President-elect Joe Biden wants to immediately erase student loan debt, a move that could prove more meaningful for African American students who, on average, owe much more than anyone.

With the freeze placed on student loan repayments set to end Dec. 31, Biden has gotten behind the Democrat-led House's HEROES Act, which calls on the federal government to pay off up to \$10,000 in private, nonfederal student loans for economically distressed borrowers.

"People having to make choices between paying their student loan and paying the rent ... debt relief should be done immediately," Biden stated during a news conference last month.

The NPR reported that Senate Democrats also are

pushing for much more debt relief. Senate Minority Leader Chuck Schumer, D-NY, co-authored a resolution in September with Sen. Elizabeth Warren, D-Mass., calling for the next president to cancel up to \$50,000 of outstanding federal student loans per borrower. According to data from the U.S. College Board, that would mean erasing all debt for more than three-quarters of borrowers.

Andrew Pentis, the student loan debt policy expert at Student Loan Hero, pointed to an analysis published by his company, which shows student loan portfolios now total \$1.67 trillion.

Further, the data shows that debt distribution is more massive among borrowers of color, particularly Black students.

Nearly 9 in 10 Black students take out federal student loans to pay for

college, compared with 7 in 10 white students. African American students are far more likely to have large student debt than their white, Hispanic or Asian classmates, with 59.5% of African American students borrowing more than \$29,500.

Pentis noted that the Black borrowers are more than twice as likely as white borrowers to default on their student loans, which he said is a by-product of a U.S. median household income that's about \$25,000 less for Black families than whites. The end of the federal loan moratorium would disproportionately impact Black and brown borrowers, Pentis warned.

"Student loans have long been seen as a tool to make the wealth gap in this country better," Pentis said. "We are seeing that those loans are actually making the racial wealth gap worse."

AROUND THE TRIANGLE

RALEIGH DECORATIONS

The Governor's Mansion will be decorated outdoors for the viewing public beginning Dec. 4.

WAGES

A Conversation for Living Wages in Wake County webinar is Dec. 7, 6:30-8 p.m. Register at zoom.us.

CONCERTS:

* Dec. 10, 7 p.m. via Zoom - Nnenna Freelon: Concert with Conversation
* Dec. 11, 7 p.m. via Zoom - T.S. Monk: Monk on Monk
Visit ncmuseumofhistory.org for both events.

GIVEAWAY

Over-the-counter medicine giveaway is Dec. 12, 9 a.m. to 2 p.m., Southeast Raleigh YMCA, 1436 Rock Quarry Rd. Pre-order at medassist.org/events/.

GRADUATION

Shaw University will hold its 2020 Commencement Dec. 12 at 10 a.m. View the virtual commencement at https://shawu.stageclip.com.

PANEL

A community college Q&A from a black male perspective is Dec. 10, 4-5 p.m. Several panelists will speak. Register at event-

brite.com to receive a Zoom link.

HEATING HELP

NCDHHS will issue automatic payments to eligible households to help with heating bill. To learn more, visit www.ncdhhs.gov.

DURHAM FUNDRAISER

Durham Arts Council is holding its Winter Wonderland Auction online thru Dec. 15. Visit durhamarts.rallyup.com.

VOLUNTEERS

Triangle Nonprofit & Volunteer Leadership Center seeks Christmas volunteers Dec. 3-16 for 3-4 hour shifts at Northgate Mall, 1058 W. Club Blvd. Register at www.handson-triangle.org.

DCLT

Durham Community Land Trustees will host its annual gathering virtually Dec. 7, 6:30-7:45 p.m. Join in on Zoom.

MEETING

N.C. Institute of Medicine will host its virtual annual meeting Dec. 8, 2-4 p.m. Contact Emily Hooks at Emily_hooks@nciom.org.

MEETING

Lincoln Community Health Center Foundation

will host its annual public meeting virtually Dec. 10, 8:30-9:30 a.m. Visit http://lincolnchcf.org/.

NUTCRACKER

A streaming performance of the popular Hip Hop Nutcracker is Dec. 12, 7 p.m. Visit www.DPACnc.com.

OPENING

Parkwood Convenience Site will open the second Saturday of every month beginning Dec. 12, 7 a.m. to 12:30 p.m., 5928 Hwy 55.

GIVEAWAY

Durham Co. Health Dept. will hold a "Frosty Family Holidayz Drive-Thru Toy Giveaway" Dec. 12, 10 a.m. to 5 p.m., 414 E. Main St. parking lot. Email Cynthia.Booth@DurhamNC.gov.

TOWN HALL

ADOS will host a pastors town hall live stream Dec. 19, 3-5:30 p.m. Register at Eventbrite.com.

CHAPEL HILL SEMINAR

UNC School of Social Work will hold a seminar on "Finding the Support You Need," Dec. 8, 12:30-1:30 p.m. Email akshata@email.unc.edu.

Pope book backs George Floyd protests, blasts virus skeptics

By Nicole Winfield
THE ASSOCIATED PRESS

ROME — Pope Francis is supporting demands for racial justice in the wake of the U.S. police killing of George Floyd and is blasting COVID-19 skeptics and media organizations that spread their conspiracies in a new book penned during the Vatican's coronavirus lockdown.

In "Let Us Dream," published Tuesday, Francis also criticizes populist politicians who whip up rallies in ways reminiscent of the 1930s, and the hypocrisy of "rigid" conservative Catholics who support them. But he also criticizes the forceful downing of historic statues during protests for racial equality this year as a misguided attempt to "purify the past."

The 150-page book was written in collaboration with Francis' English-language biographer, Austen Ivereigh, who said Monday he hopes a more colloquial English-speaking pope will resonate with English-speaking readers and believers. At its core, "Let Us Dream" aims to outline Francis' vision of a more economically and environmentally just post-coronavirus world where the poor, the elderly and weak aren't left on the margins and the wealthy aren't consumed only with profits. But it also offers new personal insights into the 83-year-old Argentine pope and his sense of humor.

The publisher said the book was the first written by a pope during a major world crisis, and Ivereigh said it was done as a response to the coronavirus and the lockdown. For Francis, the pandemic offers an unprecedented opportunity to imagine and plan for a more socially just world. At times, it seems he is directing that message squarely at the United States, as Donald Trump's administration winds down four years of "America first" policies that excluded migrants from Muslim countries and diminished U.S. reliance on multilateral diplomacy. Without identifying the U.S. or Trump by name, Francis singles out Christian-majority countries where nationalist-populist leaders seek to defend Christianity from perceived enemies.

"Today, listening to some of the populist leaders we now have, I am reminded of the 1930s, when some democracies collapsed into dictatorships seemingly overnight," Francis wrote. "We see it happening again now in rallies where pop-

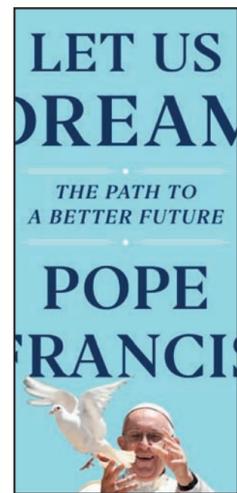
ulist leaders excite and harangue crowds, channeling their resentments and hatreds against imagined enemies to distract from the real problems."

Francis addressed the killing of Floyd, a Black man whose death at the knee of a white policeman set off protests this year across the United States. Referring to Floyd by name, Francis said: "Abuse is a gross violation of human dignity that we cannot allow and which we must continue to struggle against."

But he warned that protests can be manipulated and decried the attempt to erase history by downing statues of U.S. Confederate leaders. A better way, he said, is to debate the past through dialogue. "Amputating history can make us lose our memory, which is one of the few remedies we have against repeating the mistakes of the past," he wrote.

Turning to the pandemic, Francis blasted people who protested anti-virus restrictions "as if measures that governments must impose for the good of their people constitute some kind of political assault on autonomy or personal freedom!"

He accused some in the church and Catholic media of being part of the problem. "You'll never find such people protesting the death of George Floyd, or joining a demonstration because there are shantytowns where children lack water or education," he



COURTESY

wrote. "They turned into a cultural battle what was in truth an effort to ensure the protection of life."

He praised journalists who reported on how the pandemic was affecting the poorest. But he took a broad swipe at unnamed media organizations that "used this crisis to persuade people that foreigners are to blame, that the coronavirus is little more than a little bout of flu, and that restrictions necessary for people's protection amount to an unjust demand of an interfering state."

"There are politicians who peddle these narratives for their own gain," he writes. "But they could not succeed without some media creating and spreading them."

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Some early big wins for HBCU teams

Thanksgiving and Christmas holidays are not usually kind to HBCU basketball teams.

November and December are normally the "money-making" months where teams play bigger schools with much bigger athletic budgets for a paycheck.

The pandemic has created a shortened season with fewer games for greenbacks - and beatdowns. But despite some obvious overmatched contests, HBCUs have been holding their own.

The SWAC's Texas Southern has, arguably, the biggest upset so far this season after overcoming a 21-point second-half deficit against Wyoming to win on a last-second putback.



BONITTA BEST

Big wins are nothing new for the Tigers, who had plenty under former coach Mike Davis, who also coached at Indiana. Davis led TSU to four NCAA Tournament appearances, including a First Four victory over North Carolina Central in 2018.

During his six-year stint, TSU defeated Rice, La Salle, Michigan State and Kansas State, among others. TSU had a narrow four-point loss at Washington State in its season opener before a 20-point blowout to Oklahoma State.

Alabama A&M men opened their season with a 78-76 win over Samford. Down by one in the closing seconds, sophomore guard Cameron Tucker converted a three-point play (basket and free throw) for the win. AAMU is now 4-1 against in-state mid-major opponents the past two seasons.

Over in the MEAC, Norfolk State men are 2-0 with wins over James Madison and Radford. North Carolina A&T lost big at Illinois (Aggies couldn't hit the side of a barn), but was more competitive in a 12-point loss to Ohio University. NCA&T has since defeated Chicago State and Charleston Southern.

In the CIAA, Lincoln (Pa.) is the only squad playing a non-conference schedule. The men are 2-1 after wins over Salem and Bluefield State College, before a 102-94 defeat to Division I Morgan State.

On the women's side, AAMU followed the men with an impressive upset of Troy University. Their other two games were cancelled.

Arkansas-Pine Bluff defeated Arkansas State on the road and fell to Central Arkansas by four points. COVID has really impacted the SWAC schedules with half of the teams yet to play a contest.

The MEAC women's teams are known for being competitive again non-conference opponents.

Howard and Morgan State are 1-0 after wins over Mount St. Mary's and University of Maryland Baltimore County, respectively. North Carolina Central is in third place after a major comeback victory over Campbell before losing to nationally ranked N.C. State.

Yes, there have been a few blowouts on both sides, but nothing like in seasons past. And while the days of just being happy with a "quality loss" are over, HBCU teams are making a positive statement with their quality of play - when they can play.

NC Sports Council

The N.C. Sports Association has formed the N.C. Sports Leadership Council. The group, made up of 31 sports leaders in the state, have come together to try to keep the sports tourism industry alive by developing a "call-to-action" plan. North Carolina has lost millions of sports tourism dollars to the pandemic, the latest being the NCAA Tournament not coming to Raleigh next year.

Among the 31 are Al Davis, president, USA Track & Field North Carolina; and Jacqie McWilliams, CIAA commissioner.

Sports

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The Triangle TRIBUNE

SUNDAY, DECEMBER 6, 2020 - PAGE 6A

COLLEGE CORNER



Bowie State SID Greg Goings, right, is honored at CoSIDA.

A sad farewell

One of the most respected people in sports media relations, and one of a few that CC actually likes, is retiring next May.

Greg Goings, Bowie State assistant athletic director for media relations, announced his retirement on Monday.

Greg began his athletic career in 1988 as Virginia State's sports information director, where he stayed for 12 years. He owes his start in the profession, he says, to the late LeCounte Conaway, a dear friend to many of us. LeCounte was VSU's SID at the time, and Greg ended up becoming a volunteer in the department.

His career reads like a Who's Who between VSU and him taking the Bowie State SID gig in 2003. But CC doesn't care about all that. All we know is Greg is a good guy with a tremendous sense of humor, which is one reason he still has his sanity in that crazy business.

And, on a strictly professional level, you could always count on him to get you the interview, photo or



Christina Anthony

stats information you needed, and if he couldn't get it at that moment, he'd let you know. Somebody will have some gigantic shoes to fill.

"It has been a wonderful ride and after 12 years at Virginia State and nearly 18 at Bowie State, the time has come to step aside and let someone else captain the ship," he said. "In addition to Conaway and (Wallace) Dooley, I had some phenomenal colleagues/mentors (John Holley, Norfolk State; Bill Hamilton, S.C. State; Sam Jefferson, Jackson State; and Chris Fisher, N.C. Central) to name a few that guided me along the way."

'Champions for Change'

Golf pro Phil Mickelson and NBA TV broadcaster Charles Barkley defeated Peyton Manning and Steph Curry to win Capital One's The Match: Champions for Change.

Mickelson selected Jackson State as his fundraising recipient. Curry, Barkley and Manning also picked an HBCU.

"This event provided great exposure to JSU and HBCUs across the country," said JSU Director of Athletics Ashley Robinson.

SU baseball coach resigns

Southern University base- Please see **FAREWELL/7A**

HBCU BASKETBALL



CJ Keyser

VSU opts out of basketball season

By Bonitta Best
editor@triangletribune.com

Virginia State has become the first CIAA school to opt out of the basketball season.

The Trojans made the announcement on Tuesday.

"It is not a safe situation for our student-athletes and staff to be put in harm's way," women's head coach James Hill Jr. said. "The uncertainty and wide spread of COVID-19, along with the high risk of conditioning injury, makes opting out the right decision."

Student-athletes were to return to campus on Tuesday to undergo testing before beginning practice.

"It's extremely tough because we were anticipating the season," men's coach Lonnie Blow Jr. said. "We understand the severity of the pandemic, so the safety of our guys comes first."

NCCU women go .500

North Carolina Central women finished at .500 in their season-opening week of play.

The Eagles rallied from a 15-point second-half deficit to defeat Campbell, 70-65, in double overtime. It was their second straight win over the Camels.

Senior Kieche White led all scorers with 21 points.

NCCU then traveled down I-40 to take on ACC foe and nationally ranked North Carolina State for a Nov. 25 contest. While the Eagles were no match against the No. 6 ranked Wolfpack in the 108-70 loss, they did score the most points ever against a top 25 team. The previous high was 44 against No. 18 Oregon State in 2017.

NCCU travels to High Point University on Dec. 7.

* **Notes:** Sophomore forward Anissa Rivera was named MEAC Defensive Player of the Week. Rivera recorded a double-double against Campbell of 16 points and 14 rebounds, but it was her two blocks in the final 20 seconds of double OT that sealed the Eagles' win.

Anything you can do...

NCCU men followed their female comrades by also breaking even last week.

The Eagles were upended by No. 5 ranked Iowa before rallying in the second half to defeat Southern University in OT on Thanksgiving Day. Senior CJ Keyser scored a career-high 33 points.

NCCU was scheduled to travel to Wofford and USC Upstate this week, but both games have been canceled due to COVID issues. The Eagles "may" travel to Coastal Carolina Dec. 7 at 6 p.m.

* **Notes:** In no surprise, Keyser was named player of the week.

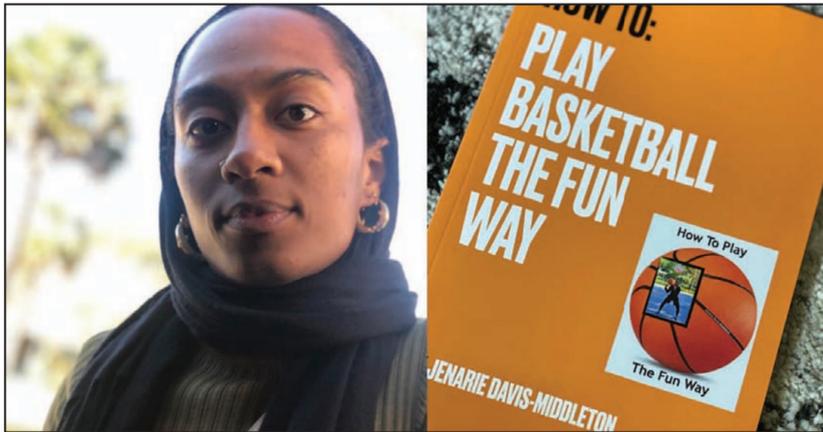
NCA&T's Dorsett promoted

Ahmad Dorsett has been promoted to associate head coach on the Aggies men's basketball staff. Jeff Goodman of Stadium recently named him one of the MEAC's top assistant coaches.

"Coach Dorsett brings it every day," head coach Will Jones said. "He has had success and is one of the best assistants in the country. I appreciate what he has done for our program. He has earned the promotion."

Added Dorsett: "My goal is to ultimately one day lead my own Division I program. This is another positive step in that direction."

BOOK



Make basketball fun again

By Stacy M. Brown
NNPA NEWSWIRE

How To: Play Basketball the Fun Way
By Jenarie Davis-Middleton

Davis-Middleton is a self-described unconventional writer who likes to share life experiences.

A wife and a mother of five, she noted that although her schedule is hectic, she tries as often as possible to incorporate quiet time to clear her thoughts. And, to write books.

Davis-Middleton has penned "How To: Play Basketball the Fun Way," a 122-page expose accompanied with a host of "how-to" photos that provide intriguing lessons on fundamental and expert-level hardwood acts like the two-hand chest pass, shooting a set-shot in the face of a defender, how to rebound and play defense properly.

"When you think of defense in basketball, what comes to mind? For me, playing defense was my favorite," said Davis-Middleton, a standout basketball player in middle school, high school, and college. "Playing defense prepared me to score on the offensive end. It's exciting when you can stop the other team from scoring."

It wasn't until she was 12 years old that Davis-Middleton said she learned how to play basketball. The book details just how to time the basketball - always make sure you swipe at the ball with an open palm, hitting it upward with your fingertips. Divided into 11 chapters and including a page on basketball terminology, a court diagram, and a bonus feature on how Davis-Middleton earned a scholarship to Jacksonville University in Florida, the book is a comprehensive tutorial on playing basketball but getting

the most fun from the game.

Her journey toward publishing the book began in 2002, during her junior year in high school. She said Teel, and her mother, Stephanie Teel, were inspirations. Her father urged her to "write things down," and her mother wouldn't allow her to quit.

"When I was in college, when I first felt weak, my mother left me handwritten notes," Davis-Middleton recalled. "She gifted me with somethings during those tough moments that I still have today. I promised that I'd stay focused and finish school, and I did. They helped me become the woman I am today."

Davis-Middleton said she also learned her basketball skills by watching NBA games. She added that she needed all the encouragement she could muster initially trying out for the

Please see **BOOK/7A**



Left to right: Phil Mickelsen and Charles Barkley



A sad farewell coming for CIAA sports info

Continued from page 6A
 ball coach Kerrick Jackson is leaving to take a position with Major League Baseball as president of the MLB Draft League. Jackson led the Jaguars to a 47-67 record in three seasons, including the program's first 30-win season in 2019.

NCCU's Anthony honored
 NCCU alumna Christine Anthony was recently named to the MEAC Volleyball All-Time Team. Anthony was one of 50 student-athletes selected by fan voting. Anthony played just one season (2011-12) but was named the MEAC rookie of the year and first team all-conference. The remaining all-time team:
 Maria Andronova, Florida A&M
 Vania Blake, North Carolina A&T State
 Jovana Blazeski, Florida A&M
 Edie Brewer, North Carolina A&T
 Dorothy Buford, Morgan State
 Valentina Carrasco, Flor-

ida A&M
 Miajavon Coleman, Copin State
 Assata Conway, Howard
 Gazelle d'Artois, Howard
 Tamia Dockery, Howard
 Khaila Donaldson, Howard
 Susan Egoavil, Florida A&M
 Carla Ellis, Howard
 Christina Estebane, Maryland Eastern Shore
 Jarne Gleaton, South Carolina State
 Breshawn Harris, Howard
 Shante Haymore, Florida A&M
 Saitaua Iosia, Maryland Eastern Shore
 Esther Johnson, Morgan State
 Whitney Johnson, Maryland Eastern Shore
 Cassandra Joyner, Delaware State
 Adriana Kostadinova, Florida A&M
 Ja Nina Lee, Morgan State
 Randi Lee, Florida A&M
 Ginna Lopez-Chavez, Florida A&M
 Morgan Marlborough, Howard
 Zoe McBride, Morgan State
 Jana Milin, Maryland Eastern Shore
 Anna Nicholson, Florida A&M
 Rakaya Neely, Bethune-Cookman
 Cindy Okpegbue, Copin State
 Tiffany Oliver, Morgan State
 Courteney Pitt, North Carolina A&T
 Kira Porter, Howard
 Mariela Portocarrero, Florida A&M
 Ashley Preston, Morgan State
 Shabree Roberson, South Carolina State
 Marrita Royster-Crockett, Florida A&M
 Adriana Ruiz, Florida A&M
 Monica Scott, Morgan State
 Kimberly Spotwood, Morgan State
 Michelle Spotswood, North Carolina A&T
 Vendula Strakova, Hampton
 Jessica Vicic, Maryland Eastern Shore
 Iva Vujosevic, Maryland Eastern Shore
 Desire Waller, South Carolina State
 Raquan Washington, Howard
 Maria Yvette Garcia, Florida A&M



NC Courage's Merrick and Milliet drafted in NWSL

STAFF REPORTS
 LOUISVILLE, Ky. - North Carolina Courage defender Addisyn Merrick and midfielder Lauren Milliet were selected by Racing Louisville FC in the NWSL Expansion Draft. Louisville will join the NWSL for the 2021 season. Merrick was drafted first overall, showing the value Christy Holly and Louisville's staff saw in the defender. Merrick joined the N.C. Courage via the 2020 NWSL Draft. The defender started eight matches during her first season under Paul Riley. With 592 minutes played, Merrick led all Courage rookie players in minutes.

"Addisyn being the No. 1 pick illustrates how incredibly well thought of she is," said Riley. "She has amazing tools and the flexibility to play many positions. She will be a stalwart for Louisville, and her infectious desire, ambitious belief in herself, and tremendous engine make picking her a no-brainer. Massive loss in Courage Country, but we wish her all the best and thank her for her perseverance and work ethic. She is a special player who will go far in the NWSL." Milliet was selected by the Courage in the 2019 NWSL Draft and played in 10 matches over her first two seasons. The mid-

fielder out of Colorado College played alongside Debinha for most of the Fall Series, where she played 417 minutes. Milliet recorded one assist with the Courage against the Orlando Pride on Oct. 17. "Lauren has the potential to run any midfield in the NWSL," said Riley. "She has developed tremendously well and improved in so many departments. She will be sorely missed in Courage Country both on and off the field, but we know she will be a huge success in her new home. She is a quality player with the desire and soccer IQ to be a major piece in Louisville's midfield."

Book: Fun basketball

Continued from page 6A
 Jacksonville University Dolphins. Before she arrived home from tryouts, the coach had called her family with good news. "Mommy and daddy hugged me so tight, and we cried together," Davis-Middleton said. "Life experiences will teach you how to maneuver in society. Education improves your scope of thinking. Experience and education ties in together." To purchase "How To: Play Basketball the Fun Way," visit amazon.com. To learn more about Davis-Middleton, visit www.Jenarie.wordpress.com.

Southern Spartan proud



Former Southern High School star quarterback Kendall Hinton was thrust into the NFL spotlight last week after going from the Denver Broncos' practice squad to starting quarterback against the New Orleans Saints. The Broncos lost 31-3, but Hinton won respect around the league.



North Carolina A&T men's assistant coach Ahmad Dorsett has a new promotion.



Rich, flavorful recipes for memorable holiday moments

Family Features
 For many families, spending special moments with loved ones feels more important than ever this year. Whether you're spending the holidays with family or inviting them for a virtual call from afar, you can plan ahead to enjoy the same dishes even without being at the same table. Find more sweet holiday recipes at walnuts.org.

Overnight Walnut French Toast
 8 slices Texas Toast or 1-inch thick slices French bread
 ¼-cup butter, melted, plus additional for baking dish, divided
 2-1/2 cups milk or walnut milk
 ½-cup sugar
 2 teaspoons vanilla extract
 1 teaspoon cinnamon
 6 eggs

To make Overnight Walnut French Toast: Preheat oven to 350 F. Place bread on baking sheet and bake five minutes, or until lightly toasted on outside but still soft on inside. Butter 13-by-9-inch baking dish. In large bowl, whisk milk, sugar, ¼-cup butter, vanilla extract, cinnamon and eggs. Dip each bread slice in mixture and let soak about 15 seconds on each side. Place in prepared baking dish, overlapping slices slightly, if necessary. Cover and refrigerate a few hours or overnight. Preheat oven to 350 F. Bake 50-60 minutes, or until golden brown and somewhat firm to touch. Serve immediately topped with Cranberry Walnut Ginger Compote.

To make Cranberry Walnut Ginger Compote: Preheat oven to 350 F. Place walnuts on baking sheet and toast eight minutes. Remove from heat and chop coarsely. In medium pot over medium heat, combine toasted walnuts, cranberries, orange juice, syrup, ginger and orange zest. Bring to boil and stir frequently 12-15 minutes until cranberries pop and

Cranberry Walnut Ginger Compote
 ½-cup California Walnuts
 2 cups cranberries
 ½-cup orange juice
 ½-cup maple syrup
 ¼-teaspoon ground ginger
 1 orange, zest only



COURTESY

Eintou Afryea Ford, PharmD

Raleigh pharmacist launches all-natural perfumes

STAFF REPORTS
Eintou Afryea Ford, PharmD, came up with the idea for BRAZEN BALMS after the realization that she could blend her love for fragrances, natural beauty products for sensitive skin and aroma-therapeutic essential oils to create scents that helped boost her day.

And, as she continued to share her creations with friends, family and co-workers, Ford quickly realized the balms were not just helping boost her mood but many others as well, especially essential workers in the trenches. From there BRAZEN BALMS was born.

The company recently launched with three signature collections of solid perfumes/colognes for women, men and kids. Each scent is creatively named after the mood or feeling it hopes to create, and lists the included essential oils and their corresponding aromatherapeutic properties. The women's and men's



BRAZEN BALMS solid perfume

signature collection scents are sold individually or as a three-piece collection kit. The kids' mini Brazens are sold individually. Ford is a Raleigh native and mother of two boys. She's also a graduate of two HBCUs - Norfolk State and North Carolina Central

- and Campbell. She's a scientist and pharmacist by trade but has a passion for people and encouraging others to feel and be their best at all. A portion of all proceeds is donated to communities in need.

HBCU NEWS



COURTESY

Left to right: Dan Holly, chair, media and communications department; junior Nia Phillips; senior Jadareah DeBerry; and junior Dorian Williams. (Missing: senior Tiara Alexander).

ST. AUGUSTINE'S
SAU is among four HBCUs chosen to launch a partnership with Zenger News, a news service based in Washington, D.C. Under the partnership, Zenger gets news articles it can distribute to the media outlets that it serves, which include Newsweek, Forbes and more than 100 urban and Latino news outlets around the country.

For their part, students get paid professional experience. Not only do they earn \$100 per article; they also get to work one-on-one with Zenger's professional editors, many of whom have decades of experience at major newspapers and national magazines.

The sessions will be conducted via Zoom. The partnership is officially titled Zenger News-HBCU Journalism Fellowship Program 2020. The other institutions selected were Howard

University, Morehouse College and Morgan State University. The first four fellows from SAU are Jadareah DeBerry, a senior communications major; Nia Phillips, a junior communications major; Dorian Williams, a junior communications major; and Tiara Alexander, a senior communications major. DeBerry and Phillips are co-editors of The Falcon Forum, St. Aug's student newspaper, and Alexander was the newspaper's opinion editor last year. Williams is not formally part of the newspaper staff but made a big contribution to the 2020 Homecoming issue, which was published in October.

The fellowships start officially next spring, although students can contribute content to Zenger over the holiday break. The fellowships last six months. The partnership also allows student participants to attend a monthly Guest Lecture Series, in which they get to hear professional editors, writers and media executives and others. The lectures, which will be on video, are designed to give valuable insights to students to help advance their careers. In addition, one fellow per year will receive the William Shulz Award, a \$2,500 cash prize. This award - created in honor of the late William "Bill" Shulz, who served as a chief adviser to Zenger News - will be given to a fellow who shows exceptional ability writing news stories and demonstrates a passion for developing exceptional news content.



Atkinson



"A Space for Reflection" exhibit

The grounds of the former St. Agnes Hospital has been temporarily transformed into "A Space for Reflection," an outdoor exhibition installed on four freight containers. "A Space for Reflection" fuels conversations about societal issues and forging forward with change. The exhibition will remain on site through December 20.

N.C. CENTRAL
NCCU senior social work major Tymia Atkinson has

been recognized for outstanding leadership and service by the North Carolina Campus Compact, a statewide network of colleges and universities with a shared commitment to community engagement. Atkinson is a recipient of the network's Community Impact Award honoring a student leader at each member school.

She is one of 37 students chosen by their campuses, and joins more than 250 college students recognized by the network since its development in 2006.

"Tymia's impact can be felt on campus and in the local community," said Calleen Herbert, director of NCCU's Office of Community Engagement and Service. "She leads through active engagement for important causes."

The Alexandria, Virginia, native helped to raise funds and gather food and school supplies for the NCCU Campus Pantry, local schools and victims of Hurricane Dorian. "Doing work that is important to the community, my peers and myself is what drives my desire to be a servant leader," Atkinson said. "This award reminds me that the time and effort I provide is well worth it." She aspires to a career as a legal advocate and case manager specializing in domestic violence and sexual assault cases.

Durham Public Schools names principal of year



COURTESY

Jordan High School Principal Susan Taylor was named Durham Public Schools Principal of the Year.

Care for your nutrition when caregiving

FAMILY FEATURES

Family caregivers of people with illnesses, injuries or disabilities sometimes spend more time thinking about those they care for than themselves. It's important to remember that self-care is essential to providing good care to others and must include eating well.

Healthy eating can be especially challenging for caregivers who often have limited time to shop and cook. Fast food, snacks and comfort meals are tempting but usually lack healthy amounts of protein, fiber, vitamins and minerals. In addition to preventing low energy, muscle loss, illnesses and unplanned weight change, a healthy diet may help reduce the stress and fatigue that can come with caring for a loved one.

These tips from the Administration for Community Living can help caregivers take steps toward better nutrition without adding to already full to-do lists:

1. Drink healthy beverages at each meal and two to three times between meals. Water, milk, juice (to replace missing fruits and vegetables) or non-sweetened drinks are all better-for-you options.
2. Get enough protein, a key nutrient that helps



build and repair tissues. Consider these ideas for increasing your protein intake:

- * Eat high-protein food like fish, chicken or eggs at every meal
- * Try plant proteins like nuts, peanut butter, beans and tofu
- * Eat your protein first at meals
- * Eat low- or non-fat dairy products and use Greek yogurt
- * Opt for cheese at snack time

- * Top your food with chopped nuts like almonds
- 3. Drink a liquid supplement, like a meal replacement or protein shake, if foods alone do not supply all the nutrients you need. A health care provider can make specific dietary suggestions based on your unique health needs, diet and conditions.

For more information and ideas, talk to your doctor or dietitian and visit eatright.org.