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THE TRIANGLE'S CHOICE FOR THE BLACK VOICE

"Celebrating Our 23rd Year"

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Pandemic aside, another banner year for HBCU sports.

New health report highlights North Carolina successes, trouble spots

By Suzanne Potter

N.C. NEWS SERVICE

The nation saw 17% more deaths in 2020 than in 2019, mostly due to COVID-19, a key number in the new America's Health Rankings 2021 annual report from UnitedHealthcare.

Researchers found North Carolina faces big challenges in terms of food insecurity, public health funding, and the prevalence of high-risk behaviors for HIV infection.

Christina Adeleke, communications director for the North Carolina AIDS Action Network, said rising rates of HIV transmission can sometimes be correlated with other sexually transmitted diseases, homelessness, substance misuse and mental health issues. "You'll see that especially in urban areas," Adeleke said. "But, you know, those kinds of concerns are prevalent throughout the state."

The report also found North Carolina ranks 41st among the

Please see **SCORECARD/2A**

Cooper urges shot boosters

By Bryan Anderson

THE ASSOCIATED PRESS

RALEIGH — In a major tonal shift from six days ago, North Carolina Democratic Gov. Roy Cooper and state health officials on Monday issued their strongest public health warning yet heading into the holidays, saying they anticipate the omicron variant of COVID-19 will soon severely strain hospitals, become the dominant variant and lead to the highest daily case counts since the pandemic first hit the state in March 2020.

As officials brace for omicron to represent the majority of new cases by mid-January, Cooper and his outgoing and incoming health secretaries, Mandy Cohen and Kody Kinsley, unveiled plans to bolster free at-home testing and issue clearer — but unenforceable — guidelines. While Cohen described the situation as "a moment to act," she and Cooper declined to reimpose any statewide mandates or use financial perks to encourage residents to get a third dose of a Pfizer or Moderna vaccine. Earlier this year, Cooper's administration used such incentives to persuade North Carolinians to get their first shots. "We are not at the point of any of those statewide requirements at this time," Cooper said. "The message is strong and clear."

The U.S. Centers for Disease Control and Prevention on Monday evening released data showing omicron is now the dominant version of the coronavirus in the U.S., accounting for 73% of new infections last week. In place of mandates, North Carolina officials are hoping additional testing resources and a strong informational campaign appealing to the roughly 62% of vaccinated individuals who have not yet come in for a third shot will suffice.

"We've seen with the omicron variant that you can get real protection from boosters," Cooper said. "This is the first news conference we've had where boosters is the main message. The second message is testing. Those two things right now can help us get through this."

Cooper, Cohen and Kinsley were not alone in pushing for people to get an extra shot. Duke University, which has been widely praised for its management of the pandemic and has limited exposure risk during the fall semester, announced on Monday that it will "require all students and employees to provide proof of receiving the COVID-19

Plase see **COOPER/2A**

Merry Christmas

TRIANGLE TRIBUNE « NEWSMAKER OF THE YEAR

COURTESY

Johnny Hackett, second from right, and Black Dollar team at Innovate Raleigh Summit.

Opening the door for Black businesses

By Freda Freeman

CORRESPONDENT

RALEIGH – Opening the door for others is literally what Johnny Hackett Jr. has done most of his adult life. Hackett is the founder of several ventures to help Black entrepreneurs get established and grow.

"Being able to connect the dots or to be a bridge for African American business owners is what drives me because it opens up more doors for people: creating that access and opportunity to be on a platform to be found online, to have your products in a retail store, to put you in your own store. Any door that's been opened to us, over the last three years, we've shown the ability to bring people through the door with us," said Hackett, 38, The Triangle Tribune's newsmaker of the year.

Hackett started Black Dollar NC in February 2019, an online directory of about 900 North Carolina Black-owned businesses, organizations and entrepreneurs. In December 2020, Hackett and his partners opened Black Friday Market, a retail store in downtown Raleigh, where more than 80 vendors sell everything from clothes, hats and handbags to jewelry, hair and skincare products, artwork, kitchenware and children's toys.

Hackett is now moving on to providing space for business owners to make their products. "The big vision is to create that place where Black-owned businesses can be found online, and we do that through our directory, #blackdollarnc. And we want to provide them with a physical retail place to sell their products. We want to do that

Please see **NEWSMAKER/2A**

Walltown tenants face displacement, deliver demands

By Kylie Marsh

CORRESPONDENT

DURHAM – It was an emotional Monday evening for tenants at Braswell Properties in Durham as they told of their forced evictions at a press conference on property grounds. Residents at 1017 North Buchanan Boulevard say they were shocked to discover their apartments had been sold, and they had until New Year's Eve to vacate, as their previous landlord, Vinston Braswell, was still collecting rent payments for this month.

"This is very devastating. It's hard," longtime resident Janice Sanchez told the small crowd. Sanchez says rent was raised from $500 to $900 in just two months, and tenants were insulted to receive phone calls asking if they'd relocate to a shelter. "In less than 10 days, we will be considered homeless," she said.

KYLIE MARSH

Tenants say they deserve more time and funds to relocate.

Many who live at Braswell Properties are low income, elderly, sick and disabled. Tenants said they feel they've been robbed by Braswell, who they say regularly ignored requests for repairs. Other tenants talked of leaking ceilings, break-ins, murders and rat infestations. "We're not trying to make anybody look bad, but we're trying to expose what's going on," Sanchez said. "People won't speak out because they're scared they'll get put out."

Charles Bulthuis is the owner of Reformation Asset Management, the real estate company that acquired the Buchanan Boulevard property. He says his company made multiple attempts to get in contact with tenants so they could be re-

Please see **EVICTION/2A**

January 6 riot a complex class lesson

By Emily Orland

UNC MEDIA HUB

The days after Jan. 6, Jamie Fernandez-Schendt knew his students at Carrboro High School would expect an explanation. They had watched enraged American citizens descend upon the U.S. Capitol to forcefully stop what they perceived to be a stolen election. The bloody, chaotic scene was eerily similar to the government coups they'd learned about in their AP Comparative Government course.

"I think they obviously were shocked," Fernandez-Schendt said. "Because even in our own course leading up to that, it was really hard to fathom that something that we learned of in a different country could play out in our own."

Fernandez-Schendt said he was able to discuss the insurrection without fear of repercussion or backlash from community members. But he teaches in Carrboro, a predominantly progressive community, and he knows this isn't the case for many educators across the state.

Almost a year after the insurrection, North Carolina teachers are struggling to place the event within the narrative of American history. And they're navigating the task of teaching their students about this historic event while protecting themselves from criticism or hostility from parents and community members. Their concern about teaching the insurrection isn't unfounded. In North Carolina, there's been more than one occasion in which teachers have come under fire for bringing controversial subjects into the classroom.

In September, North Carolina Republican legislators pushed through a bill that would limit how teachers can discuss racial concepts in the classroom. Though the bill was vetoed by Gov. Roy Cooper, communities across the state held rallies in support of the legislation. Some county school boards even introduced their own anti-critical race theory policies.

Brian Gibbs, a UNC School of Education professor, said controversy over teaching the insurrection can start at the most basic level — even just labeling and defining what exactly took place. "Let's look historically at other incidents which are similar to this, which were called different things," he said. "And let's wrestle through this definition about what we mean by a protest, riot, uprising, rebellion, massacre. And then we get Jan. 6, let's look at insurrection. What do we mean by that?"

Tamika Walker-Kelly, president of the North Carolina

Please see **TEACHERS/2A**

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COURTESY

Black on the Block Street Festival

Tribune newsmaker is a business owner's friend

Continued from page 1A
through Black Friday Market, the store in Raleigh, and we want to continue to open new stores. The third phase of that is giving business owners a place to create their products," Hackett said.

A second and third store are set to open in Wilson and Durham on Feb. 1. A co-manufacturing facility is slated to open in Raleigh on Feb. 1 and in Durham in May. The facilities will house equipment that business owners need to make their products, including heat presses, screen printing machines and high-definition printers.

Some of the highlights of Black Friday Market's first year is generating more than $365,000 in sales for business owners. Five of those vendors have gone on to open stores of their own. "We've had some big weekends with street festivals, we've really reactivated downtown Raleigh, which is a huge accomplishment. There are fewer than 20 Black businesses in downtown Raleigh so being one of the leaders, being able to curate a lot of activities like that, that's been positive for us," Hackett said.

Hackett's goal is to provide even more opportunities for Black and minority-owned businesses by continuing to network and collaborate with community partners, including the city of Raleigh, Downtown Raleigh Alliance and Thread Capital financial institution, to get information out to small businesses and to curate activities, events and programs to benefit the business community at large. Hackett said he could not have accomplished what he's done over the past year without his team of seven partners and co-owners, and three other staff who help run the store. Their mantra is "Stronger Together."

Jasmine Bullock, founder of the Black Flea Market and president of Black Friday Market, said Hackett is a "resource for resources."

"Johnny is honestly like a superhero. I don't know how he does half of what he does. He's the glue to it all. He does anything to help the business, no matter what it is, helping them get into a location, helping them learn how to do their paperwork. He's really providing that outlet for businesses, especially your own people and the community," she said.

Hackett's partners said it is easy to support his efforts because they, too, share the vision. "I think the plight of our people and the constant daily struggles of Black people, in general, drives his vision. Seeing what a Black business owner has to deal with just to function would motivate anyone that wants to see their people succeed. I support his vision because I share his vision. I feel that if we support Black-owned businesses, we uplift the community as a whole," said Richard Campbell, Black Friday Market's communications officer.

Hackett has won numerous other awards since The Tribune was the first to feature him over two years ago. One particular highlight was speaking on behalf of Black businesses as the keynote speaker at Innovate Raleigh, a nonprofit organization working to establish the Triangle area as a top center for innovation and entrepreneurship.

"It's humbling, it's unbelievable, a little surreal, and then I have moments where I think to myself, 'no, man, that's what's supposed to happen because that's how hard you work, the time I've put in, this is how I thought it out, how I plotted it out.' Anytime somebody recognizes you like that, for me, it's a humbling experience. There are a lot of other people who could have been on that list. I'm glad to play the part that we're playing to do our part in the larger scheme of things with everybody moving in the right direction," Hackett said.

Durham tenants face eviction by Dec. 31

Continued from page 1A
housed in other properties owned by Reformation, including low-cost and Section 8. However, Bulthuis said they received no response.

Bulthuis also said it's not necessarily true that his company is evicting tenants on the 31st of this month. "You can't walk up to a tenant and put their stuff on the street. That's illegal," he said. If tenants appeal the eviction, they have up to 90 days from Dec. 31 to remain at the location.

Bulthuis said tenants were notified that Reformation Asset Management would waive application fees and personally drive them to viewings of other comparable properties owned by their company, but, so far, none have taken him up on their offer. In an email message, Bulthuis clarified that the tenants' lease contracts have specified terms of notice.

"After the 30 days from the time the notice is served, the tenants must then pay rent to the clerk of the court in order to appeal and continue to pay for every month the case is under review," he wrote.

Property values in Durham have been steadily skyrocketing, up almost 30% since last year; and with the average apartment rental price around $1400, stable housing is out of reach for many longtime Durhamites.

Kristen Hefner, a representative of the tenants with Bull City Tenants United, said residents are not interested in renting from Reformation. "They're being forced out of their homes by Reformation," Hefner said, "so there's also that distrust of Reformation."

Residents presented a short list of demands to the public. They include that Braswell cover all their moving costs, application fees for new housing and reimburse them for repairs they had to make themselves. They also ask that Bulthuis give them enough time to move.

"It's important to stand up and say this is wrong," said Jonathan Wilson-Hartgrove of Walltown Neighborhood Ministries. "This time of the year, we like to tell a story about a family that was told there was no more room at the inn," he said about the Christian nativity story. "In your story," he said to the tenants, "they're telling you there's no room even though you've already paid." Wilson-Hartgrove announced a mutual aid fund through Trinity Avenue Presbyterian Church that will go directly toward relocating the valued members of the community.

Michelle Burton, president of the Durham Association of Educators, said the housing crisis has significantly harmed the mental health and emotional well-being of Durham Public School students. "As human beings, we all deserve affordable and safe housing," she said. "As educators, there's only so much we can do." Burton and the DAE called on county and state officials to make policy solutions for safe and affordable housing for students and their families.

Another demand was that the city make the necessary repairs to the apartments, but because the property is privately owned, Durham City Council member Leonardo Williams says the city doesn't have that ability. Lastly, residents asked that the city respond to their demands by Dec. 22.

Even though the issue is outside of the city's jurisdiction, Williams took it upon himself to personally dig through his network to see if the county has emergency funds to assist the tenants.

"More than that, we need to advocate for policy change at the state level," Williams said.

Bulthuis said repairs and cosmetic upgrades, such as privacy fences and walking paths, will be made to the apartments as soon as all tenants vacate the property. He says the city will fine landlords for subpar living conditions if apartments remain occupied.

Bulthuis also said the property will not be available as an affordable option for residents who use Section 8 Housing Choice Vouchers once restored.

North Carolina scorecard highlights good and bad

Continued from page 1A
states for the number of dentists per capita, 41st for its percentage of uninsured residents, and 40th for its number of low birthweight babies. The data also showed, across the nation, cancer rates dropped by 7% between 2019 and 2020.

Dr. Arethusa Kirk, chief medical officer for UnitedHealthcare Community and State, noted breast cancer screenings dropped by 17% and colon cancer screenings by 23%. "We're not looking at that measure and thinking that there is less cancer in the country, rather that there's more undetected cancer in the country," Kirk cautioned.

The report also noted binge drinking went down as bars closed, people are getting more sleep, and more people report "high" health status. North Carolina also scored well on measures of racial disparity in high school graduation rates, childhood immunizations and lead exposure risk in housing.

Cooper pushes for COVID boosters, won't reimpose mandates

Continued from page 1A
booster shot in January or as soon as they are eligible."

Overall, 73% of North Carolina adults have gotten at least one shot and 69% have received at least two doses of the Pfizer or Moderna vaccine or one dose of the J&J vaccine. But early studies suggest the vaccinated will need a booster shot for the best chance at preventing an omicron infection. Officials are also continuing to encourage those who have not received any shots to do so.

In the meantime, Cohen advised all North Carolina residents not to visit unvaccinated family members over the holidays in maskless, indoor settings. Though blunt conversations may be uncomfortable, she encourages families to discuss their pandemic safety plans on how to limit their COVID-19 exposure.

She further advised that people get tested before traveling and that hosts hold their gatherings outdoors, keep visitors masked while indoors or, at minimum, crack open a window to improve air flow. If everyone is masked and boosted, she said groups should feel safer gathering inside a home.

"We are seeing this incredibly fast takeoff (of cases) in other countries and in the northeast, and we want to take the opportunity of the fact that it's not dominant here in North Carolina yet," Cohen said. "We have time to act, and we want folks to act right now."

NC teachers walk a fine line when teaching insurrection

Continued from page 1A
Association of Educators, said it's a teacher's job to present information in the most objective manner possible. She said teaching from a middle ground — neither praising nor condemning the insurrection — can help teachers evade any backlash from community members or parents. "That means pulling in a variety of source materials or making sure that we are also letting our students know this topic is not settled," she said. "It's evolving."

But Gibbs said that even though presenting students with facts might be the safest option for a teacher in terms of protecting their own reputation, there is a danger in leaving the insurrection up to interpretation. He said insurrectionists are already starting to label themselves as social and political activists. They've started co-opting language from the civil rights movement and claiming that they were simply fighting for their rights.

"I think there's another danger around the idea that the students can infer that the insurrectionists were righteous, that they were correct, that they were justice-oriented in terms of how they went about doing this," he said.

Randy Dunbar, a U.S. history teacher from Kernersville, has tried to teach the insurrection from the most objective stance possible. Dunbar said he knows there were several insurrection attendees from the county in which he teaches. Rather than assign morality to what happened, he has students watch footage from the event and draw their own conclusions.

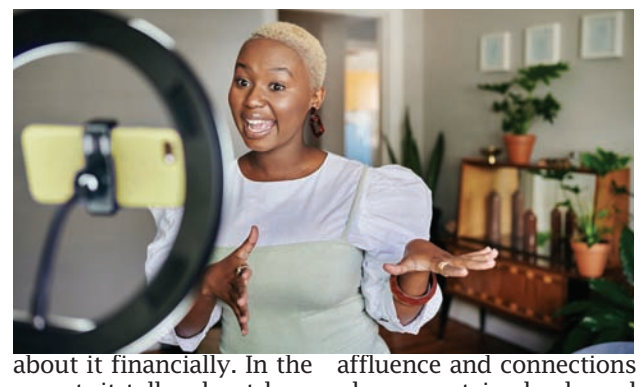
"I try to teach them to look at the stuff and fact check it," Dunbar said. "And I've given them websites they can go to and fact check it. I tell them, you know, don't necessarily believe everything you see."

Walker-Kelly said the general distrust of social studies teachers has created a culture of fear among educators. She said that if a teacher is constantly worried about coming under fire for what he says in the classroom, he can't provide his best instruction.

"If I am second-guessing my professional expertise about the things that you need to know, then you are not going to get the best education that you need," she said. "Or you're not going to be exposed to the things that you need to know so that you can be a thoughtful, global citizen in our community."

Study reveals racial pay gap for social media influencers

By Stacy M. Brown
NNPA



The racial pay gap has long presented issues for African Americans in Corporate America and other industries. It's now filtered to social media.

MSL U.S., in partnership with The Influencer League, unveiled a first-of-its-kind research study, "Time to Face the Influencer Pay Gap," uncovering a vast racial divide in influencer compensation. According to the research, the racial pay gap between white, and influencers of color stands at 29%.When explicitly focused on the gap between white and Black influencers, it widens to 35%.

"It's a growing issue that Black creators face," said Howard University senior Carrington York, who manages the Tik Tok account for the National Newspaper Publishers Association. "Not long ago, it was reported that Black Tik Tok users were shadowbanned, which definitely prevents their content from being monetized."

Micah Washington, a Howard broadcast journalism major, said the report didn't surprise him. "Think about it financially. In the report, it talks about how 49% of Black creators who contribute regularly say they are offered low market value," Washington noted. "These Black influencers are saying when they go to the brands and companies, they are not receiving the right tools to fend for themselves. They are not shown how to make a deal.

"When this happens, it makes the gap wider because they don't have that professional representation or professional advice. That makes it harder for them to argue that this is racially biased. It comes down to pay transparency."

The report noted that those forces are amplified by orders of magnitude in the young and unregulated influencer industry, where affluence and connections play an outsized role and with social platform algorithms perpetuating inequity. Researchers found that a remarkable 77% of Black influencers reported follower counts in the lowest pay tiers, where compensation from brands averaged just $27,727.90, versus 59% of white influencers. Conversely, only 23% of Black influencers made it into the highest tiers, where earnings averaged $108,713.54 versus 41% of white influencers.

Further, the majority (59%) of Black influencers reported that they felt negatively impacted financially when they posted on issues of race versus 14% of white influencers. The report also flies in the face of the outpouring of diversity and inclusion pledges made by corporations.

BIDS

LEGAL NOTICE
REQUEST FOR PROPOSALS

Comprehensive Classification and Compensation Study
(RFP No. 22-013)

The County of Durham will receive proposals electronically via email for a Comprehensive Classification and Compensation Study until January 27, 2022, at 2:00 P.M., Eastern Time. No proposals will be accepted after the official time and date.

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.

INVITATION FOR BIDS
TOWN OF CARRBORO
FOR STREET RESURFACING 2022
PROJECT NO. 30-2022

Sealed Bids will be received by the Town of Carrboro – Purchasing Office, 301 West Main Street, Carrboro, North Carolina 27510, until 2:00 p.m., on Thursday January 13, 2022. All responsive bids will be publicly opened and read at that time, provided all requirements of G.S. 143-132 have been met.

The Street Resurfacing Project consists of approximately 24,000 square yards of asphalt resurfacing and associated work as described in these Contract Documents, Plans and Specifications. The foregoing description shall not be construed as a complete description of all work required.

The complete examination and understanding of the construction plans, specifications, contract documents and site of the proposed work is necessary to properly submit a proposal. Construction plans, Specifications and Documents are available for review at the following locations:

Town of Carrboro, Public Works
100 Public Works Dr.
Carrboro, North Carolina, 27510

On-line at the Town's website: http://www.townofcarrboro.org/967/Bid-Opportunities.

Questions may be directed to Daniel Snipes, Town of Carrboro Interim Public Works Director, dsnipes@townofcarrboro.org

Please submit questions or inquiries at least seven (7) calendar days before the Bid Due Date. Questions or inquiries past this deadline may not be addressed by the Town prior to the Bid Due Date.

It is the responsibility of the plan holders to completely understand and acknowledge addenda postings. The bid proposal must be accompanied by a Proposal Bond or a Certified Check payable to the Owner in an amount equal to not less than five percent (5%) of the bid.

The Town of Carrboro reserves the right to reject any and all bids.

BIDS

ADVERTISEMENT FOR BIDS
IFB No. 22-011

Modifications to the Leesville Fire House for the Tooth Ferry Vehicle

Bids will be received by the County of Durham Purchasing Division, Durham County, 201 East Main Street, 7th Floor, Durham, North Carolina 27701, until 2:00 P.M. Eastern Time, on January 20, 2022.

The work contemplated includes a 222 SF building addition, interior renovations, and site improvements to accommodate the Durham County Tooth Ferry Vehicle (mobile dentistry office) at the Old Leesville Fire Station located at 7305 Leesville Road, Durham, NC. The scope of work includes, but is not limited to, selective demolition, concrete, metal framing, metal wall panels, metal roofing, door, sectional door, interior finishes, plumbing, mechanical, and electrical modifications, plus site improvements.

A Pre-Bid Conference will be held virtually on Wednesday, January 5, 2022 at 10:00 A. M., Eastern Time. All bidders who intend to bid are encouraged to attend. Invitation to the pre-bid conference will be sent via email to bidders who have obtained bidding documents from the Engineer.

A Site Visit will be held Wednesday, January 5, 2022 at 2:00 P.M. Eastern Time, at 7305 Leesville Road, Durham NC. **Attendees will be required to wear masks and follow social distancing protocols.**

Instructions for submitting bids, specifications, a complete description of the work involved, and the apparatus, supplies, materials, and equipment for this bid, can be invited can be examined at the office of RND Architects, PA, 3608 University Drive, Suite 204, Durham, North Carolina 27707, Telephone No. (919) 490-1266, and at the following locations:

City of Durham Equal Opportunity and Equal Assurance Office
Eric.miller@durhamnc.gov

NC Institute of Minority Economic Development
info@theinstitute.org

Construction Connect
content@constructconnect.com

Questions concerning administrative matters should be directed to Candy Harmon, Procurement Specialist, at (919) 560-0741or purchasinggroup@dconc.gov.

A hard copy of the Plans, Specifications and other contract documents may be purchased for $200 per set. Checks should be made payable to RND Architects PA. At no cost, digital copies of the Plans and Specifications may be accessed via a downloadable file link provided by RND Architects, PA upon request via email to Glenn@RNDpa.com. Bidders obtaining digital copies will receive email notifications of addenda and bidding related updates. You may contact, by email or the phone number indicated above, Glenn Parks, AIA, at RND Architects with any questions.

Contractors who bid must be licensed to do work in the State of North Carolina under the Act to Regulate the Practice of General Contracting. The Contractor's North Carolina License number shall be designated on the outside of the envelope containing the bid.

A 5% bid security is required with each bid that equals or exceeds $300,000.00.

Bids will be evaluated, and the Contract will be awarded in accordance with statutory public contract requirements as supplemented or altered by the Minority/Women Business Enterprise Utilization Ordinance of the County of Durham (MWBE).

The County reserves the right to reject any and/or all bids, waive informalities, and/or accept such bid as appears in its judgement to be in the best interest of the County.

BIDS

REQUEST FOR PREQUALIFICATION

Skanska USA Building, Inc. is currently seeking to **pre-qualify** principal trade and specialty contractors for the **WCPSS-M-15-Fuquay Varina Middle School** project. Firms interested in the project are required to submit project specific prequalification forms. **The deadline for submission of prequalification forms for all Bid Packages is January 14, 2022 for Group 1 Package(02A Demolition and 05-Structural/Misc Steel) and Feb 18, 2022 for Group 2 Packages.**

Please contact Lisa Florack at 919-422-7455 or lisa.florack@Skanska.com to access the prequalification process. For HUB questions or assistance please contact Johnny Ortiz at 919-886-0197 or johnny.ortiz@skanska.com. Please put "WCPSS-M-15-FVMS - Prequal" in the subject line.

In support of **Wake County Public School's** diversity and inclusion efforts, Skanska USA Building is committed to creating an environment of inclusion that affords minority, and women-owned businesses equal access to the economic opportunities that sustain our community. Minority, and women-owned businesses are encouraged to participate. Guidelines established in the North Carolina General Statutes and good faith efforts will be followed.

HEALTH SERVICES

HOME IMPROVEMENT

HOME SECURITY

TIMESHARE

Black African immigrants most religious among United States Blacks

By Diana Chandler
BAPTIST PRESS

WASHINGTON – Black African immigrants are more religious than U.S.-born and Caribbean-born Blacks, the Pew Research Center said in the results of its latest study of faith among African Americans.

More frequently than Blacks born in the U.S. or the Caribbean, Black African immigrants attend church services, read Scripture and see a duty to convert nonbelievers. Black African immigrants also are more likely to view religion as very important, to believe in God as He is described in Scripture, and to believe that Scripture should be taken literally, Pew said in the findings released Dec. 8.

Charles Grant, executive director of African American relations and mobilization for the Southern Baptist Convention Executive Committee, hailed the findings.

"I am excited about the opportunities this report reveals for advancing the Great Commission in partnership with our SBC networks and ethnic fellowships of the entire African diaspora," Grant said. "I praise God for the spiritual engagement level of our African brothers and sisters here in the U.S., and I thank the Lord for our U.S.-born and Caribbean-born Black adults who are expressing an obligation to practice the spiritual disciplines listed."

Fifty-four percent of Black African immigrants in the U.S. attend church services at least weekly, compared to 32% of U.S.-born and 30% of Caribbean-born Blacks; 50% read Scripture at least weekly; and 68% see a religious duty to convert nonbelievers, compared to 55% of Caribbean born and 51% of U.S. born.

Among Black African immigrants in the U.S., 72% judge religion as very important to them, compared to 59% of Blacks born in the Caribbean and the U.S.; 84% believe in God as He is described in Scripture, compared to 75% of Caribbean born and 74% of U.S. born; and 50% believe Scripture should be taken literally, compared to 45% of U.S. born and 41% of Caribbean born.

Still, all Blacks in the U.S., including current immigrants, engage in Christianity at a greater level than all Christians in the U.S. combined, Pew has said.

Black immigrants comprise about a tenth of the 47 million Black Americans in the U.S., roughly doubling over the last two decades to reach 4.6 million in 2019, Pew said, based on an analysis of U.S. Census data.

Included in the 10% are 4% of Black Americans who were born in sub-Saharan Africa and 5% who were born in the Caribbean, Pew said. More often, Black Americans come from Jamaica, Haiti, Nigeria and Ethiopia than from any other African or Caribbean countries, Pew said, based on its analysis of the Census Bureau's 2019 American Community Survey.

Pew also found Black African immigrants to be more supportive of traditional gender norms.

"For example, those born in sub-Saharan Africa differ from other Black Americans on questions about how men and women should share duties in households that have both a mother and father," Pew said.

"African immigrants are more likely than other Black adults to say the father should be mostly responsible for providing for the family financially, and that the mother should be mostly responsible for taking care of the children. However, the most common view in all groups is that both parents should divide these responsibilities equally."

Pew's findings are based on its "Faith Among Black Americans" survey conducted Nov. 19, 2019 to June 30, 2020.

That nationally representative survey of 8,660 Black adults identified as Black or African American, including some who identified as both Black and Hispanic or Black and another race, such as white or Asian.

Few pastors bring up vaccine in pulpit

By Bob Smietana
RELIGION NEWS SERVICES

CHICAGO — Pastors and other church leaders have learned a host of lessons during the COVID-19 pandemic: how to stream video, preach to a crowd whose faces are masked and take drive-in confessions. Many have also learned a new commandment. Thou shalt not talk about vaccines.

Fewer than half of churchgoers say their clergy (44%) have spoken about vaccines, according to a survey by Pew Research. That includes just over a third (39%) who have encouraged people to get vaccines and a small number (5%) who have discouraged people from doing so. Those numbers drop for evangelical clergy, with 21% encouraging vaccines and 4% discouraging them.

One exception: historically Black churches, where two-thirds of churchgoers say pastors have encouraged their people to get vaccines. And some have even led their churches to set up onsite vaccine clinics.

A pastor and a physician, Bishop Horace Smith of Apostolic Faith Church in Chicago's Bronzeville neighborhood, feels an obligation to care for his people, physically and spiritually. Early in the pandemic, Smith knew that vaccines would play an essential role in fighting COVID-19. Without vaccines, the toll from the disease could become astronomical, said Smith, an attending physician specializing in pediatric hematology and oncology.

"There is no modality in medicine that has saved more lives and prevented more diseases than vaccines," he said. Smith said officials made some mistakes early on when it came to COVID-19 vaccines. For example, he said, naming the vaccine initiative "Operation Warp Speed" was unfortunate. "I think that threw some people off, because people think you are cutting corners," he said.

Smith said he began talking to his congregation about vaccines before they were available. He worked with other local pastors to encourage church members to sign up for vaccine trials, knowing that those trials would help researchers know if the vaccines were effective for different ethnic groups. That was especially important, he said, given how hard COVID-19 hit communities of color.

Smith also worked hard to reassure people that vaccines were trustworthy. Just telling people they should get vaccinated was not enough, he said. "I always tell people that medicine, like pastoring, is a matter of trust," he said.

When the vaccines became widely available in early 2021, the church worked with health care partners to offer the shots. So far, his network has helped vaccinate more than 6,000 people and recently began offering pediatric vaccines at the church. Smith also went on local television when he got his first vaccine, to send a message that vaccines are trustworthy.

Smith said he has spent time talking with other pastors about vaccines, including with those who are skeptical about them — talking about the science to some, about the Bible to others. For some Christians, he said, skepticism has been rooted in ideas from the Book of Revelation about the so-called mark of the beast, found in Revelation 13. "If you look at the Scripture," he said, "the vaccine cannot be the mark of the beast. It does not fit any of the scriptural references."

People who have died during COVID-19 didn't die because they lacked faith, said Smith. They often died, especially early on, because doctors and church leaders didn't have the knowledge needed to combat COVID-19.

He sees the development of vaccines as a gift from God — giving people the knowledge and the tools needed to fight the virus. "If you have faith," he said, "then thank the doctors and scientists for their work. And give glory to God because all knowledge comes from God."

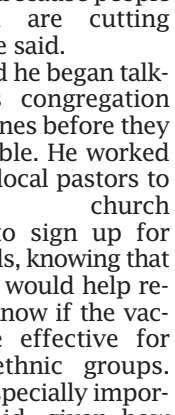
BOOK

Reason vs. Racism: A Newspaper Family, Race, and Justice
By Jack Lessenberry
BCI Press, $19.95 HC

A fascinating and unique look at one of America's last remaining newspaper family's century-plus long attempt to struggle with racial issues, this book includes some fascinating stories that deserve to be better known.

These include the story of Tom Lee, a poor black laborer in the Deep South who heroically saved the lives of more than 30 white people in Memphis, Tennessee, in 1925.

Company founder Paul Block praised him in his Memphis newspaper and took him to meet the president of the United States, and was promptly run out of town by irate white racists.



Most poignantly, Pittsburgh Post-Gazette reporter risked his life to live as a Black man in the Deep South in 1948. The series and book that followed were a journalistic feat greater than the best-selling "Black Like Me" more than a decade later. In an era marked by intense controversy over how media cover race, this groundbreaking book is an important and compelling addition to the debate.

ABOUT THE AUTHOR: *Lessenberry has been a writer for many national and regional publications, including Vanity Fair, the New York Times, the Washington Post and the Boston Globe. He is a contributing editor and columnist for the Toledo Blade and occasionally other newspapers.*

AROUND THE TRIANGLE

RALEIGH
RALEIGH CHAMBER
Jan. 4, 2 to 5 p.m. – Launch 2022 presented by Wells Fargo, Duke Energy Center. Register at raleighchamber.org. No refunds after Dec. 28.

SHEETZ
Sheetz has partnered with DoorDash for delivery of its store products.

CARY
MOTOWN
A Motown Christmas play will move from Raleigh to the Cary Arts Center, Dec. 28-29, 101 Dry Avenue.

DURHAM
NUTCRACKER
The Hip Hop Nutcracker has been canceled at the Durham Performing Arts Center on Dec. 26.

GDBCC
Greater Durham Black Chamber of Commerce will award the Connia Watson Memorial Scholarship to a top Durham high school senior. Apply at www.gdbcc.org/watson. Deadline: Jan. 1.

KWANZAAFEST
African American Dance Ensemble will host its annual Kwanzaafest Jan. 1, 1 p.m., The Durham Armory, 220 Foster St. Visit www.AADEKwanzaafest.com.

REVIVAL
Interdenominational Ministerial Alliance of Durham & Vicinity will host its annual Emancipation Proclamation Service Jan. 1, 11 a.m., at Mt. Calvary UCC, 1715 Athens Ave.; and its City Wide Revival Jan. 4-6, 7 p.m., Peace MBC, 2608 Apex Hwy. Visit www.durham-ima.org.

DOCUMENTARY
NC Coalition for Responsible Lending will host a viewing of "My Yard, My Debt" on HBCU students and debt, Jan. 13 at 10 a.m. Register at responsiblelending.salsalabs.org.

FUNDRAISER
Aaron Spaulding will match a $5,000 fundraising campaign by Museum of Durham History. Visit www.modh.org to learn more.

10 doctor recommended new year's resolutions to make today

STATEPOINT

While investing in your health and wellness can sound like an overwhelming goal, doctors say there are easy, tangible resolutions you can make to feel your best and better protect your health.

Not sure where to start? Consider these resolutions from the AMA:

1. Make sure your family is up-to-date on their vaccines, including the annual influenza vaccine for everyone age 6 months or older, and the COVID-19 vaccine for everyone age 5 and older. Anyone with questions about the COVID-19 vaccines should speak with their physician and review getvaccineanswers.org.

2. Learn your risk for type 2 diabetes by taking a simple, online 2-minute self-screening test at DoIHavePrediabetes.org.

3. Be more physically active. Adults should do at least 150 minutes a week of moderate intensity activity or 75 minutes a week of vigorous intensity activity.

4. Know your blood pressure numbers. Doing so will reduce your risk of heart attack or stroke.

5. Reduce your intake of processed foods, especially those with added sodium and sugar. Also reduce your consumption of sugar-sweetened beverages and drink more water instead.

6. If your health care professional determines that you need antibiotics, take them exactly as prescribed. Antibiotic resistance is a serious public health problem and antibiotics will not make you feel better if you have a virus, such as a cold or flu.

7. If consuming alcohol, do so in moderation as defined by the U.S. Dietary Guidelines for Americans – up to one drink per day for women and two drinks per day for men, and only by adults of legal drinking age.

8. Talk with your doctor about tobacco and nicotine use and quit. Declare your home and car smoke-free to eliminate exposure to secondhand smoke.

9. If you are taking prescription opioids, follow your doctor's instructions, store them safely to prevent diversion or misuse and properly dispose of any leftover medication.

10. Manage stress. A good diet and daily exercise are key ingredients to maintaining and improving your mental health, but don't hesitate to ask for help from a friend or mental health professional when you need it.

If you don't have health insurance, the AMA also encourages you to visit healthcare.gov to sign up for coverage. You may benefit from recent changes that improve access and affordability. The deadline to enroll for 2022 coverage is Jan. 15, 2022.

HBCU BASKETBALL

St. Aug's Dhashon Dyson

Teams juggle schedules again

By Bonitta Best
editor@triangletribune.com

The latest omicron virus continues to wreak havoc on schedules.

WOMEN

N.C. Central (1-8)

The Lady Eagles got in the win column after a 101-34 thrashing of Johnson & Wales Monday night. The team can bask in the win until Dec. 28 for its final nonconference contest at Oregon State.

St. Augustine's (4-6 overall, 0-2 CIAA)

The Lady Falcons lost their third straight game after a 78-70 loss at first-place Elizabeth City State. Ariyanna Brown and Jada Swafford tied for a team-high 14 points. SAU closes out the first semester this weekend against Alderson Broaddus.

Shaw (4-7, 1-1)

The Lady Bears didn't get to stay in Palm Beach, Florida, long. After losing in the first game to Palm Beach Atlantic by two points, their second game against Lynn University in the two-day tournament was canceled. Shaw ends its first semester this weekend against Bluefield State.

N.C. A&T

Guard Shareka McNeill was named the Big South Conference player of the week after averaging 23.5 points and shooting 55% from the field in two games. The Aggies defeated East Carolina at home and lost in overtime to Cincinnati. McNeill transferred from Virginia Union.

MEN

N.C. Central (6-7)

The Eagles had their three-game win streak snapped Tuesday at the Don Haskins Sun Bowl Invitational. NCCU lost to UTEP 71-60 in the first game and faced Sam Houston State in the second. Randy Miller Jr. scored a team-high 15 points.

The Eagles are off until Jan. 5 when they host Mid-Atlantic Christian before opening MEAC play.

St. Augustine's (3-9, 1-1)

The Falcons ended the first semester with their second straight loss, a 56-46 defeat to ECSU.

Sophomore forward Dhashon Dyson almost defeated the Vikings solo. Dyson scored 30 of SAU's 46 points, including 26 in the second half and 16 straight at one point.

The Falcons return to the hardcourt on Jan. 6 when Bowie State comes to town.

Shaw (4-4, 0-2)

The Bears have lost their first two CIAA games by an average margin of 23 points. The team hosts Catawba this week and Coker next Sunday before conference season kicks into high gear.

Ft. Valley State

Men's basketball coach Mark Sherrill has been released. Sherrill compiled a 15-56 record in three seasons, including 1-9 in 2020-21. He was a 20-plus

Please see **TEAMS/7A**

COURTESY

Never disrespect an underdog. South Carolina State showed why.

2021 showed HBCU sports just keeps getting better

Whew! What a year. What a marvelous, wonderful, spectacular HBCU sports year!

BONITTA BEST

Despite the cancellation of some basketball tournaments and spring sports, 2021 was a thrilling, nonstop ride for 52 weeks, so let's just bask in the afterglow.

SEC SWAC

OK, so the SWAC can't beat its rival MEAC in the big games, but it's still the more exciting of the two conferences in football.

The SWAC gave us spring football in an otherwise dry spring, Jackson State and Deion Sanders, national rankings and awards, an at-large football playoff berth, top recruits, and so much more.

One loss, OK two losses (MEAC/SWAC Challenge and Cricket Celebration Bowl), doesn't change how the conference raised the bar for HBCU football.

Who's Your Daddy?

That being said, the MEAC can still hold its head high. After North Carolina A&T, Bethune-Cookman and Florida A&M left, folks were ready to dig the conference's grave. Instead, fans saw North Carolina Central knock off two-time SWAC champ Alcorn State, grandfather Buddy Pough return South Carolina State to championship status and send Commissioner Dennis Thomas into retirement in style. Yeah, keep trying to fill that grave.

Jackson State and Deion Sanders upgraded HBCU football.

Who's Your Daddy 2?

Fayetteville State's three-year football reign in the Southern Division was supposed to end this year, right? And maybe it would have if Shaw hadn't been robbed in their matchup, but nobody else came close to dethroning the Broncos

Please see **2021/7A**

HBCU FOOTBALL

Bowie State ends season at No. 1

By Bonitta Best
editor@triangletribune.com

The voters have spoken.

Bowie State (12-2) was picked first in the final BOXTOROW HBCU Football Media Poll. The Bulldogs were chosen ahead of MEAC champion South Carolina State, which had more first-place votes but five less overall points, and SWAC champion Jackson State.

"This is a great honor that we will cherish," BSU coach Damon Wilson said. "Our coaches and players did an outstanding job this year representing our university and conference."

BSU senior defensive lineman Jonathan Ross was recently named the Ron Lenz national defensive player of the year. He also was voted to the Division II Conference Commissioner's Association First Team.

Teammate offensive lineman Quinton Bobo earned second team status.

Recruiting

Move over Jackson State.

Mississippi Valley State just nabbed the No. 1 ranked junior college quarterback in the nation in Jamari Jones.

UCLA QB Kajiya Hollaway will transfer to Grambling State.

Legacy Bowl

More players have been added to the HBCU Legacy Bowl on Feb. 19, 2022, in New Orleans.

* Fayetteville State OL Jaylan Galloway
* Prairie View A&M QB Jawon Pass
* Texas Southern DE Michael Badejo
* Mississippi Valley State LB Jerry Garner
* Fayetteville State OL Greg Brooks

Hello. Goodbye

Florida A&M standout defensive back Markquese Bell has declared for the 2022 NFL Draft.

BSU coach Damon Wilson

Jamari Jones is the top ranked junior college QB.

DIVING

Kristen Hayden is 1st Black woman to win a diving title

BLACKNEWS.COM

Kristen Hayden, who hails from Hillsborough, New Jersey, made history recently as the first Black woman to win a national diving title after securing her victory at the USA Diving Winter National Championships.

Hayden paired with Quinn Henninger for the mixed synchronized 3-meter springboard competition. The duo took the lead on their third dive and earned 7.0s and 7.5s on their next two dives totaling a score of 286.86 points, just 3 points ahead of their competitors Carson Tyler and Anne Fowler.

Hayden is now one of the only two Black divers to win

Please see **DIVING/7A**

PLAYMAKERS OF THE WEEK

Wake Technical Community College women's basketball team edged NJCAA No. 13-ranked North Central Missouri College 79-75 at the Palm Beach Holiday Classic to remain undefeated. Anna Vann scored a team-high 23 points to push the Eagles to 13-0 heading into the winter break. Vann added six rebounds with six assists and six steals. Taylor Buchanan added 21 points. Jen'lea Nichols scored 17 and Anna Beraldi 11 points.

Bowie State just keeps getting better.

2021 showed HBCU sports keeps getting better

Continued from page 6A

who appeared in their fourth straight CIAA championship game. Lost again, too.

No Small Potatoes

Bowie State football has become so dominant under coach Damon Wilson, the Bulldogs were ranked above their bigger FCS HBCU counterparts by BOXTOROW.com. That set the tongues a-wagging.

Regardless of whether you think the Bulldogs are better than JSU, FAMU or SCSU, Wilson & Co. have raised the respect meter of the CIAA like Connell Maynor did at Winston-Salem State. How Bowie has managed to keep him under contract is a mystery only they know.

What's My Name?

Livingstone track queen Quanera Hayes, and North Carolina A&T women's and men's track teams introduced the Division I track world to HBCUs in a big way. Randolph Ross Jr., Trevor Stewart and Cambrea Sturgis got the bulk of the national media attention, but Hayes was a darling to watch.

Am I Still Fine?

Yes, HBCU sports is still the fine girl in the room, and everybody wants to jump her bones. Sports Illustrated has an online section devoted to HBCUs, the NCAA has a HBCU power poll (yes, THAT NCAA), and College Gameday and First Take both hosted their shows at the MEAC-SWAC Challenge.

Every day it seems there's a new HBCU (insert title here) on Twitter. Some of these wannabe experts spend more of their time scouring social media to steal other folks' hard work than to create any original content of their own. Plagiarism used to be reserved for the power conferences.

First Four No More

Texas Southern and Norfolk State men's basketball teams won their First Four matchups – marking the first time since the NCAA extended the tournament to 68 that both HBCU teams won their First Four games. Although they both advanced to play No. 1 seeds and lost, it was a proud HBCU moment, and maybe they won't be First Four next time.

Don't Call Us Small

If you're good, they will find you. And Ben Wallace and Bobby Dandridge were very, very good at Division II Virginia Union and Morgan State when both were in the CIAA. Wallace and Dandridge were rewarded for their outstanding NBA careers with an induction into the NBA Hall of Fame.

What's a Championship?

North Carolina Central eliminated its baseball program last season. In the 10 seasons under coach Jim Koerner, and despite having the third-most scholarships after football and men's basketball, the Eagles never won a MEAC championship. Didn't matter because Koerner got players paid. Seven players earned Major League contracts under his leadership, and that's not counting other minor pro organizations players signed with.

You Look Familiar

Eric Dooley left Prairie View A&M for Southern and, in the biggest shocker, Reginald Ruffin left Miles for Tuskegee. Folks didn't even know TU coach/AD Willie Slater was gone. Used to be a time you'd never see a coach leave for a hated rival. Money is truly king across all NCAA divisions.

End of an Era

The passing of Morehouse men's basketball coach Grady Brewster was as shocking as it was sad. Brewster guided the program for 21 seasons and compiled a 315-241 record, but he was more than just a coach. He guided and molded hundreds of young men and was an icon in the community.

Likewise, Clara Gaines' death in February brought back memories of her late husband, Clarence "Big House" Gaines, and an era that we'll never see again.

2021 – what a year, eh?

Livingstone's Quanera Hayes stole the show.

Basketball official Eddie Fontno's portrait hangs in Vice President Kamala Harris' office.

HBCU teams forced to juggle schedules again

Continued from page 6A

year assistant at Johnson C. Smith.

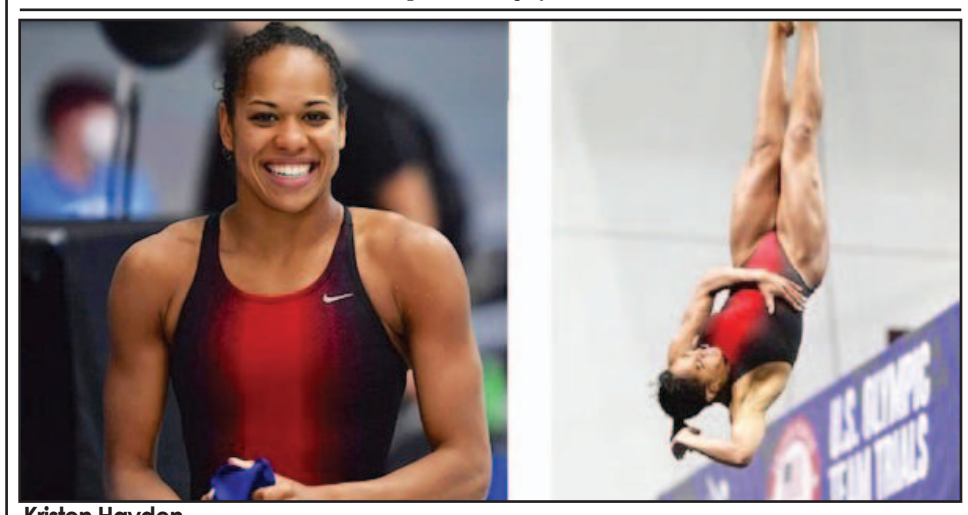
Hampton

The COVID-19 bug has bitten the Pirates. Hampton had to cancel its appearance in last weekend's Legacy Classic, and now the program has canceled its remaining games this year. "The health and safety of our student-athletes, coaches and those associated with the team are of the utmost importance," athletic director Eugene Marshall Jr. said.

CIAA

Basketball official Eddie Fontno, who is also an artist, had a painting of Thurgood Marshall selected to hang in Vice President Kamala Harris' office.

"First, to God be the glory. I'm honored and humbled that Madame Vice President Kamala Harris has selected my painting, 'Thurgood,' to be displayed in her office in The White House. Words cannot express the joy I feel," Fontno said.



Kristen Hayden

Kristen Hayden is 1st Black woman to win a diving title

Continued from page 1A

the U.S. national titles, joining Mike Wright who won on the 1-meter springboard in 2012.

"I don't think words can even describe the feeling," Hayden said in a statement. "You read about people like that, you watch Serena Williams, Simone Biles, Simone Manuel, but when it's yourself, it's insane. I think the whole diving community is headed in the right direction, and I just want to be a good example for young Black Americans, or any minority really, for diving in the U.S."

She will go on to team up with Margo O'Meara for the 3-meter synchro competition, and she will compete in the individual 1-meter and 3-meter events as well.

Hayden, who was a team member at the 2016 Junior Worlds Championships, is qualified for the World Championships in Japan next year, making her the first Black American to achieve the feat. The 23-year-old diver started the sport at the age of 10. She is enrolled at Indiana University, and is a founding member of USA Diving's Diversity, Equity, and Inclusion Council.

Follow her on Instagram @KrisHayden.

Rodeo champion hopes to rope in other Black cowboys

By Mark Anderson
THE ASSOCIATED PRESS

Shad Mayfield spent part of his time during the National Finals Rodeo showing youngsters how to rope a calf and climb horses at the Grant a Gift Autism Foundation in Las Vegas, the charity appearance a sign of his increased visibility.

That's what winning a championship does, which is what Mayfield accomplished as a 20-year-old last year in tie-down roping. But winning the title was more than reaching a prestigious goal.

Mayfield became just the third Black world champion in pro rodeo, joining bull rider Charles Sampson in 1982 and seven-time tie-down roping champ and 1999 all-around winner Fred Whitfield.

"It's not every day that there's an African American cowboy that wins the world," Mayfield told the Las Vegas Review-Journal. "To be able to be one of them and for the other African American kids to look up to me and want to go out there and be able to do that means the world to me. I was also that same guy, and I looked up to Fred Whitfield and Cory Solomon coming up. To be up there with Fred, it's amazing."

Mayfield didn't need a history lesson on what that championship meant. His dad, Sylvester Mayfield, made the National Finals Rodeo in 1985 and 1987 to become the first African American to qualify for a timed event in the sport's Super Bowl.

BIZUAYEHU TESFAYE/AP

Shad Mayfield, of Clovis, New Mexico, competes in tie-down roping during the sixth round of the Wrangler National Finals Rodeo in Las Vegas.

Shad Mayfield was one of three Black entrants — Solomon and John Douch were the others — competing in his event at this year's NFR at the Thomas & Mack Center, another first in the sport. "It means a lot to me, but it means more to the other African American cowboys that are out there," Mayfield said of the three competing. "It's going to inspire so many other kids coming up to just go try it out. That's what I'm here for."

Like other cowboys, Mayfield had to overcome a COVID-interrupted season last year. In his case, he was rolling early and took a sizable lead into the NFR in Arlington, Texas.

He then struggled, placing in two of the 10 rounds, before holding on to win the title in his adopted state. "It was big because that was the first NFR in Texas in a long time," Mayfield said. "When I won the world championship was a cool feeling, but I also want to get a couple in Vegas, too."

Getting one this year won't be easy. Mayfield ranked fourth on Dec. 9 behind Caleb Smidt, of Bellville, Texas; Shane Hanchey of Sulphur, Louisiana; and Westyn Hughes of Caldwell, Texas.

Mayfield is from Clovis, New Mexico, home to a powerhouse high school football program. He played football in junior high school, but rodeo was in his blood and that was the sport he pursued.

He developed his love for the sport from his dad, who made sure his son practiced each day and rodeoed on weekends. "I wanted to follow in his footsteps, and he actually put me in better footsteps."

RECIPE

A hall of fame feast for homegating fans

FAMILY FEATURE

Gathering your team to plan for game day at home starts with almost everyone's favorite part of the festivities: the food.

From meaty meals and zesty appetizers to sweet, long-lasting snacks, fuel your crowd with recipes that keep them coming back from kickoff to overtime. To find more championship-level game day recipe inspiration, visit FreshCravings.com.

Pulled Beef and Slaw Sliders

Recipe courtesy of chef Anthony Serrano

Pulled Beef:

2 pieces (about 3 pounds each) beef chuck roast
2 tablespoons taco seasoning or barbecue rub
1 cup beef bone broth
16 ounces Fresh Cravings Chunky Mild Salsa

Salsa and Queso Slaw:

16 ounces Fresh Cravings Chunky Mild Salsa
16 ounces broccoli slaw blend
1/4-cup green onions, sliced
1 teaspoon salt
1 cup crumbled queso fresco
1 tablespoon Dijon mustard
½-cup mayo
2 tablespoons apple cider vinegar
2 tablespoons cilantro (optional)

To make pulled beef: Season both sides of beef with taco seasoning.

Wrap with plastic wrap and place in fridge 2 to 12 hours before cooking.

Place meat, beef bone broth and salsa in pressure cooker; seal according to pressure cooker directions. Cook on high 60 minutes. Once pressure cooker is safe to open according to instructions, open and let meat rest in liquid 15 minutes.

Remove meat from liquid and place in large bowl. Carefully shred meat.

Pour liquid, up to half, over meat while shredding to keep it juicy.

To make salsa and queso slaw: In large bowl, mix salsa, slaw blend, green onions, salt, queso fresco, Dijon mustard, mayo, apple cider vinegar and cilantro, if desired.

Cover with plastic wrap and refrigerate until needed.

To assemble sliders, place pulled beef and salsa and queso slaw on buns. Top with salsa, barbecue sauce, pickles, jalapenos, sliced cheese, roasted peppers and onions.

FEATURE

COURTESY

Her Garden Story Studios helps Black women define themselves.

Her Story Garden Studios is a nonprofit

STAFF REPORTS

DURHAM – Her Garden Story Studios has recently earned nonprofit status. The studio is an organization that inspires Black women and girls to self-define, heal and liberate through their stories and through nature. The studio is founded and operated by award-winning author and Durham resident Dr. Zelda Lockhart, who also hosts the podcast show Recollect.

For 19 years Lockhart has used her home in rural North Carolina as a place to raise her children and host art gatherings and writing workshops that help women heal. This month she took Her Story Garden Studios to a nonprofit status, a big step forward in involving the community at-large considering the mission of her work.

Lockhart says Black women have paid in full for the liberation and healing that should have never been needed but is certainly all of our collective responsibility to bring forth the healing.

Further, she has begun having crucial conversations with Black women on her podcast. The content of the show is based on themes from her upcoming novel, "Trinity," which is the tale of a father, a son and the Divine-spirited daughter born to set things back right again, and her memoir, "Recollect: One Black Women's Journey to Decolonize Love, Home, and Work."

Lockhart conducted research at North Carolina Central University that illuminates the multigenerational healing properties for Black women who tell their stories. The study was published in the Journal of Poetry Therapy. She wrote and published the method for this study, "The Soul of the Full-Length Manuscript," because such a method did not exist for Black poetry and bibliotherapist. She earned her Ph.D. from Lesley University in expressive therapies in the shortest time period of any graduate in the program's history. Visit www.herstorygardenstudios.com for more information.

COURTESY

Black Nativity Durham celebrates 15 years

Top Durham tradition continues in a nontraditional way

STAFF REPORTS

DURHAM – Black Nativity Durham, presented by Triangle Performance Ensemble, returns as a virtual production for a second year due to the ongoing COVID-19 pandemic.

Produced by Hillside High theater director Wendell Tabb and co-produced by Xavier Cason, the annual holiday musical is celebrating 15 years of excellence in community theatre. Adapted and directed by Tabb, but originally conceived by Langston Hughes, Black Nativity is a soulful, gospel celebration about the birth of Jesus Christ and exhibits the true reason for the Christmas season. The show will continue with its traditional opening on the third weekend in December, but performances will not occur in its usual venue at Hillside High School's Gattis-Tabb Theater. "[The] Cabinet met to discuss reopening indoor facility rentals and decided not to move forward at this time. We will continue to evaluate pandemic trends to determine when might be the best time to open our indoor facilities to users outside of DPS," said Julius Monk, Durham Public Schools deputy superintendent of Operational Services.

Black Nativity Durham streams on demand via ShowTix4U from Dec. 17-31. Tickets for the production range from $10 to $15 and are available to purchase online at www.blacknativitydurham.com. Proceeds will support the Jeanne H. Lucas Scholarship Fund.

"Durham's Black Nativity has a perfect home with Triangle Performance Ensemble. As it has been nurtured and cared for in our community for over 10 years, I am excited to see this amazing gospel experience reach even more hearts and souls worldwide with this year's virtual celebration," Cason said.

"…This is an annual event that has similar traditions all over the world," Tabb added. "Our adaptation features a cast of over 100 of some of the area's most talented singers, dancers, actors and musicians, all coming together on one stage to celebrate the birth of Jesus Christ. "It's an amazing group of musicians and singers that come to put together this show. Seeing so many individuals with such a wealth of talent work so seamlessly together year after year is another outstanding feature of the show."

Comprised of both original music and contemporary gospel favorites, Black Nativity is different each year. Although presented annually, Tabb and Cason work diligently to create new artistic experiences throughout the production. Audiences can look forward to experiencing an uplifting and undeniably spiritual celebration.

Black Nativity Durham is an excellent opportunity for all generations to focus on the true meaning of the Christmas season.

Keep medicine out of young children's reach

STATEPOINT

A recent study found that approximately 3 in 4 emergency visits for accidents related to over-the-counter cold and flu medicines among young children were made after a child got into the medicine on his own.

Are all of your medicines kept somewhere safe? With a potentially tough cold and flu season upon us, experts are urging parents and caregivers to remember to keep medicines up and away and out of sight and reach of young children.

"During cold and flu season, 7 in 10 people will reach for over-the-counter medicines to treat fevers, sinus headaches and other unwelcome symptoms. That's a lot of additional medication in the home. Kids are curious, so parents and caregivers should take care to put medicines up and away, out of reach and sight of young children after every dose," said Mary Leonard, managing director, Consumer Healthcare Products Association Educational Foundation.

The Up and Away campaign is an initiative of the Centers for Disease Control and Prevention and its PROTECT Initiative, in partnership with the Consumer Healthcare Products Association Educational Foundation. The campaign aims to prevent accidental ingestion of medicine in young children by reminding families to follow these tips:

* Keep medicines, including those carried in purses, bags, pockets or pill organizers, in a safe location that is too high for curious, young children to reach or see.

* Never leave medicines or vitamins out on a counter, table or at a sick child's bedside. To a young child, pills can look like candy and liquid medicines can look like sugary drinks.

* At home or away, keep medicines in child-resistant containers until right before you take them.

* If your medicine has a locking cap that turns, twist it until you can't twist anymore or hear the "click."

* Teach children what medicine is and why you or another caregiver must be the one to give it to them.

* Remind babysitters, houseguests and visitors to keep purses, bags, suitcases or coats that have medicines in them up and away and out of sight when they're in your home.

Save the Poison Help number (800-222-1222) so you have it when and if you need it. To learn more and for additional free resources, visit upandaway.org.

SCHOOL NEWS

DURHAM COUNTY

Burton Magnet Elementary Principal Kimberly Ferrell was named assistant superintendent for elementary schools at the Durham Public Schools Board of Education's Dec. 9 work session. She will join Stacy Stewart, assistant superintendent for school transformation, in providing academic leadership and principal supervision for DPS's elementary schools.

Ferrell

"I am excited and pleased that Dr. Ferrell will continue her leadership with Durham Public Schools," DPS Superintendent Pascal Mubenga said. "She is joining a first-rate team of veteran educators whose commitment to student achievement is beyond reproach. Her knowledge and experiences will facilitate strong gains at our elementary schools."

Boss

Assistant principal Tiffany Boss will succeed Ferrell as interim principal. Boss holds a Master of School Administration from N.C. State University and has been an assistant principal for Burton and Y.E. Smith elementary schools since 2017.

Davis II

In other appointments:

* Fredrick A. Davis II will take on a new role in DPS's Operational Services division as executive director of building services. Davis joined the Operational Services team as a facility support specialist and rose through the ranks as a manager/lead planner for numerous building and renovation projects. Following a detour to YMCA of the Triangle, he returned to DPS as director of design, construction and sustainability. He holds a Master of Arts in city and regional planning from the University of North Carolina at Chapel Hill.

* Tracy Super-Edwards has been named director of community education. She was DPS's coordinator of extended learning, supervising before- and after-school programs and summer camps. She recently secured a $7.4 million North Carolina Early Childhood Stabilization Grant and coordinated the operation of six in-person Learning Centers while schools operated in remote learning due to COVID-19.

Super-Edwards

When is it time to refinance a home?

By Shanta Jackson

SPECIAL TO THE TRIBUNE

Jackson

When you refinance, you get a new mortgage to pay off your existing mortgage. At first, this may seem like a bad decision on its face. Getting a new mortgage takes time and money, so why should you want to do it? But there are a few reasons to consider refinancing.

One reason is if your initial mortgage had a relatively high interest rate, but the rates later went down. By taking advantage of a lower rate, you can get the same size loan for lower monthly payments. The typical advice is that if you can get a rate at least one percentage point lower than your current rate, a refinance is worth your while.

You also need to consider the costs. Mortgages cost money, so a new loan is only worth your while if you would pay less in fees than you would save on the payments. To come up with the break-even point on a mortgage refinance, divide the total loan costs by monthly savings. So if your refinancing fees total $3,000 and you save $100 a month, divide 3,000 by 100 and you get 30. That means it will take 30 months to recoup the cost of refinancing.

When adding up the costs for your break-even calculation, be sure to account for any additional years of interest you'll be paying. If you have 27 years left and you're starting over with a 30-year refi, that's three extra years of interest, meaning your break-even period is longer.

Before refinancing, you might want to check your credit score. The higher the score, the better the interest rate you're likely to get. Bringing cash to closing also might get you a slightly lower interest rate or allow you to avoid private mortgage insurance.

Another reason for refinancing is gaining access to home equity. It's sometimes the cheapest way possible to borrow money. But cash-out refinance rates can be a bit higher than rate-and-term refinance rates. Access home equity if you have at least 20% equity remaining after the transaction. If getting cash is the key point of a refi, a home equity loan or line of credit may be less expensive than closing costs on a cash-out refi.

You also may want to go in another direction with your loan. You can refinance to get a shorter loan term — 15 years instead of 30, for example. This will increase your monthly payment, but your interest rate will be lower, meaning you'll pay less interest over time. However, with interest rates low, you may not mind spending more years paying off your mortgage to use the extra cash to invest at a higher rate.

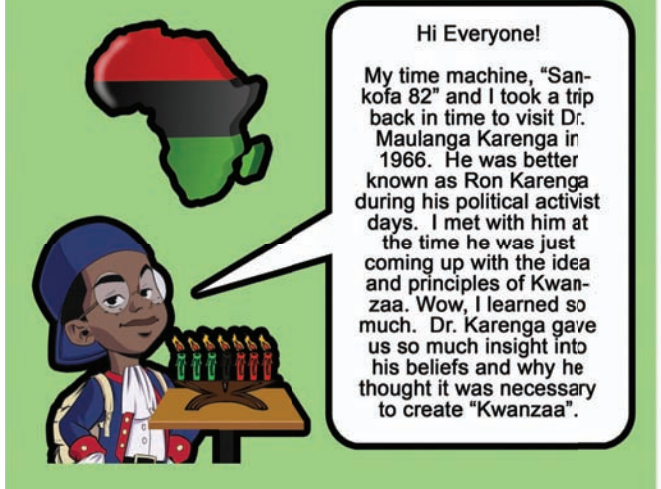
But whatever your reason is for taking a fresh look at your mortgage, it's always wise to determine whether refinancing makes financial sense. Make sure a refi will meet your goals: Does it reduce your mortgage payment? Shorten the term of your loan? Help you build equity more quickly? Will you be living in your house long enough to meet the desired break-even point?

The above advice is general; your specific situation may vary. Get advice from a financial professional to make sure a refi is in your best interests. And since mortgages come with so many provisions, be sure to get all the details from the mortgage provider before signing on the dotted line.

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

KEMET™

KWANZAA ACTIVITY SHEET



WHAT IS KWANZAA?

Kwanzaa is a Swahili word originating along the coast of East Africa. It means "first" and signifies the first fruits of the harvest. The holiday is a seven day cultural celebration period practiced amongst many African-Americans and the Diaspora. This celebration lasts from December 26, through January 1, roughly coinciding with the celebration of Christmas and New Years. Because of its timing many people believe that Kwanzaa is a Christian Holiday. It is not a religious holiday. Kwanzaa is an African American and Pan-African holiday that celebrates history, values, family, community and culture and was founded in 1966 by Dr. Maulanga Karenga.

YOUR BEST GUESS

What do you think the color of the candles represents? Choose from below and write it on the line.

[land and hope for the future, the struggle, people of African descent]

Red: _____

Black: _____

Green: _____

COLOR THE KINARA

Color the Kinara base brown or black. You will notice that there are 7 places for candles on the Kinara and the candles are 3 red on the left, 1 black in the center and 3 green on the right. These 7 candle placeholders represent the seven principles of Kwanzaa.

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MATCH THE PRINCIPLES

Match the principle with its description and write the correct letter on the line.

____ Umoja
____ Kujichagulia
____ Ujima
____ Ujamaa
____ Nia
____ Kuumba
____ Imani

A. Self-Determination
B. Cooperative Economics
C. Creativity
D. Faith
E. Unity in the Family/Community
F. Purpose
G. Collective Work and Responsibility

THE SEVEN PRINCIPLES OF KWANZAA

- Umoja (Unity in the family, community)...
- Kujichagulia (Self-Determination) ...
- Ujima (Collective Work and Responsibility) ...
- Ujamaa (Cooperative Economics) ...
- Nia (Purpose) ...
- Kuumba (Creativity) ...
- Imani (Faith) ...

?? KWANZAA TRIVIA ??

Where did the word Kwanzaa originate?

_____

What are the dates for the celebration for Kwanzaa?

_____

Who should get the credit for making Kwanzaa an African American holiday?

_____

The device that holds the candles in place is known as what?

_____

KEMET

MATCH THE PRINCIPLES
E Umoja
A Kujichagulia
G Ujima
B Ujamaa
F Nia
C Kuumba
D Imani

YOUR BEST GUESS
Red: the struggle
Black: people of African descent
Green: land and hope of the future

KWANZAA TRIVIA
Coast of East Africa
December 26 - January 1
Dr. Maulanga Karenga
Kinara

Prepare for a Healthy Pregnancy

5 behaviors to help reduce the risk of birth defects

FAMILY FEATURES

If you are thinking about becoming pregnant, now is a perfect time to make a plan. There are steps you can take to increase your chances of having a healthy, full-term pregnancy and baby – and part of that includes learning about birth defects. Understanding birth defects across the lifespan can help those affected have the information they need to seek proper care.

Each year, birth defects affect about 1 in 33 babies born in the United States, according to the U.S. Centers for Disease Control and Prevention (CDC). Mainly developing in the first three months of pregnancy as a baby's organs form, birth defects present as structural changes and can affect one or more parts of the body (heart, brain, foot, etc.). They can cause problems for a baby's overall health, how the body develops and functions, and are a leading cause of infant death.

Common birth defects include congenital heart defects, cleft lip, cleft palate and spina bifida. An individual's genetics, behaviors and social and environmental factors can impact one's risk for birth defects. Even though all birth defects cannot be prevented, there are things you can do before and during pregnancy to increase your chance of having a healthy baby.

"It's critical that women who are planning to conceive or are pregnant adopt healthy behaviors to reduce the chances of having a baby with birth defects, which are a leading cause of infant death," said Dr. Zsakeba Henderson, March of Dimes senior vice president and interim chief medical and health officer. "We also encourage these women to get the COVID-19 vaccine since high fevers caused by an infection during the first trimester can increase the risk of birth defects."

To help prepare for a healthy pregnancy and baby, consider these tips from the experts at March of Dimes, the leading nonprofit fighting for the health of all moms and babies, and the CDC:

1. **Have a pre-pregnancy checkup.** Before you become pregnant, visit your health care provider to talk about managing your health conditions and creating a treatment plan. Talk about all the prescription and over-the-counter medicines, vitamins and supplements you're currently taking. You should see your provider before each pregnancy.

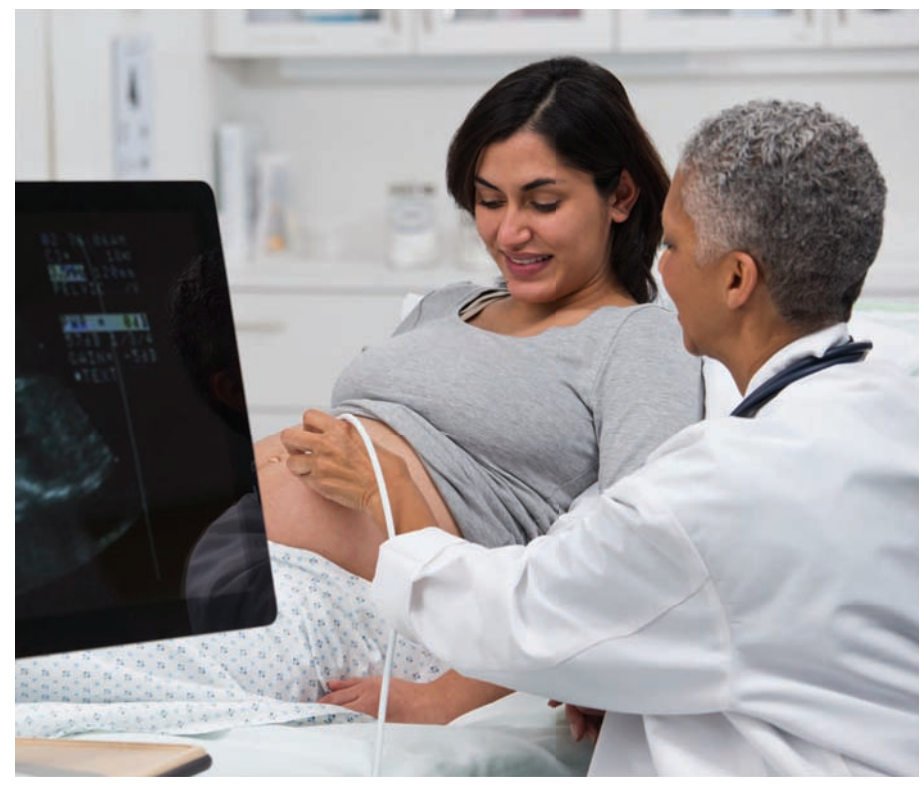
2. **Get vaccinated.** Speak with your health care provider about any vaccinations you may need before each pregnancy, including the COVID-19 vaccine and booster, and flu shot. Make sure your family members are also up to date on their vaccinations to help prevent the spread of diseases.
   Pregnant women are at a higher risk of severe illness or death from COVID-19 compared to those who have not been impacted by the infectious disease. Research shows babies of pregnant people with COVID-19 may be at an increased risk of preterm birth and other complications. High fevers caused by any infection during the first trimester of pregnancy can also increase the risk of certain birth defects. The COVID-19 vaccination is recommended for all people ages 5 and older, including those who are pregnant, lactating, trying to become pregnant or might get pregnant.

3. **Take folic acid.** Folic acid is a B vitamin that prevents serious birth defects of the brain and spine. Before becoming pregnant, take a multivitamin containing 400 micrograms of folic acid every day to help ensure your baby's proper development and growth. While pregnant, increase to 600 micrograms daily.
   Add to your diet foods containing folate, the natural form of folic acid, such as lentils, green leafy vegetables, black beans and orange juice. In addition, you can consume foods made from fortified grain products, which have folic acid added, such as bread, pasta and cereal, and foods made from fortified corn masa flour, such as cornbread, corn tortillas, tacos and tamales.

4. **Try to reach a healthy weight.** Talk to your health care provider about how to reach a healthy weight before becoming pregnant, as excess weight can affect your fertility and increase the risk of birth defects and other complications. Maintain a healthy lifestyle that includes eating healthy foods and regular physical activity.

5. **Don't smoke, drink alcohol or use harmful substances.** Cigarettes and e-cigarettes contain harmful substances that can damage the placenta or reach the baby's bloodstream. Smoking cigarettes can cause certain birth defects, like cleft lip and palate.
   It is also not safe to drink alcohol at any time during pregnancy. This includes the first few weeks of pregnancy when you might not even know you are pregnant. Drinking alcohol can cause serious health problems for your baby, including birth defects. Additionally, do not take opioids, which are drugs that are often used to treat pain. Opioid use during pregnancy can lead to neonatal abstinence syndrome, preterm birth and may cause birth defects. Consult your physician before stopping or changing any prescribed medications.

Find more resources to support your family across the lifespan at marchofdimes.org/birthdefects and cdc.gov/birthdefects.



UNDERSTANDING COMMON BIRTH DEFECTS

Cleft lip and cleft palate are birth defects in a baby's lip and mouth that can be repaired by surgery. Additional surgery, special dental care and speech therapy may be needed as the child gets older.

Clubfoot is a birth defect of the foot where a baby's foot turns inward, so the bottom of the foot faces sideways or up. Clubfoot doesn't improve without treatment, such as pointing, stretching, casting the foot or using braces. With early treatment, most children with clubfoot can walk, run and play without pain.

Congenital heart defects (CHDs) are heart conditions babies are born with. They can affect how the heart looks, how it works or both. CHDs are the most common types of birth defects. Babies with critical CHDs, which can cause serious health problems or death, need surgery or other treatment within the first year of life.

Hearing loss is a common birth defect that can happen when any part of the ear isn't working in the usual way and may affect a baby's ability to develop speech, language and social skills. Some babies with hearing loss may need hearing aids, medicine, surgery or speech therapy.