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Battle of the Badges honors Wake County deputy



950 Raeford employees in labor limbo

By Sarah Ovaska

THE POLICY WATCH

Oscar Squalls doesn't know what's in store for him with only two weeks of work left of his job preparing turkey for slaughter at the House of Raeford turkey processing plant.

Squalls and more than 950 of his colleagues are expected to lose their jobs by the end of the month, with the Hoke County plant slated for closure after years of declining interest from the American public in serving turkey for meals other than Thanksgiving.

"I've given a lot of myself," said Squalls, 41, about the four years he's worked in the plant to support his four children.

He spoke on a recent afternoon as he smoked a cigarette on break, his work clothing splattered with feathers and body parts from the live turkeys he readies for slaughter.

The House of Raeford closure will be one of the larger plant shutdowns the state has seen in recent years, and the first large-scale test of new unemployment rules that reduced how much people can collect and for how long.

The company is processing orders for this year's Thanksgiving season and has not set a final closure date, expected to be by the end of the month.

There's little optimism from those in the area that there will be available jobs for the soon-to-be displaced workers in this southeastern part of the state that already has unemployment rates higher than the 8.9 percent statewide rate.

"It was like I got punched in the gut," said Don Porter, Raeford and Hoke County's economic development director about the May email he received from the House of Raeford owner about the closure. He's grateful the company will keep a cook plant, where chicken and turkey are

See **950/2A**

Turkeys arrive at Raeford plant for processing.



PHOTO/KIMBERLY HARRINGTON

North Carolina NAACP President Rev. William Barber addresses protesters at a Moral Monday rally in Raleigh. Moral Mondays have sparked a wave of grassroots activism across the state and attracted national media attention on North Carolina's political turn toward conservatism.

Moral Mondays spark NAACP's resurgence

By Latisha Catchatoorian

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RALEIGH - The N.C. NAACP is back on the civil rights map with Moral Mondays.

In North Carolina, Moral Mondays have shined a white-hot spotlight on state NAACP President William J. Barber and the organization. For the past few months, the NAACP has piloted groups of citizens to protest bills and Republican policies they feel negatively affect North Carolinians.

Sarah Kowitz, 23, a Ph.D. student at UNC-Chapel Hill's School of Public Health, has attended six Moral Monday protests. She was interested in the experience.

"No Medicaid expansion in North Carolina was my initial reason since I'm interested in health," she said. "But, unfortunately, I feel like the legislature keeps giving me more and more reason to go."

Kowitz said she used to ask her-

self what was the point of protesting; it wouldn't really change anything. Through her attendance at Moral Mondays, she said she has learned a lot about N.C. politics and steps she can take in contacting her legislature while becoming connected with a local political movement.

"The further you go back in time, the more active the organization is in the public mind," said N.C. Rep. Kelly Alexander Jr., a Charlotte Democrat and former N.C. NAACP president. "The prominence of the NAACP is not as great as it has been in the 1930s or '40s, but we are entering a period in North Carolina where President Barber has created a multiracial organization. He has helped heighten awareness in the public eye."

Christopher Clark, an associate professor of political science at UNC, said interests groups such as the NAACP create a greater level of knowledge and efficacy.

"Interest groups matter," he said. "They can influence voting. A strong organization can keep an eye on electing officials."

Clark goes on to say that even though things have changed in the past four decades, they haven't changed "that much." He said if you look at levels of poverty or blacks not having equal access to the ballot, "the fight still exists."

African-Americans are suffering in similar and different ways than they were more than 50 years ago. And they aren't the only group of people. The NAACP recognizes that suffering has no ethnic criteria for its victims. Latinos, Native Americans, Asians and, yes, even whites have long histories of persecution in the United States.

"Unfortunately, the resurgence [of the NAACP] has come at the expense of the masses," said Kojo Nantambu, president of the

See **MORAL/2A**

Will tax overhaul become reform?

The jury's out on new N.C. legislation

By Gary Robertson

THE ASSOCIATED PRESS

RALEIGH - Republican legislative leaders and GOP Gov. Pat McCrory pledged to work toward modernizing and simplifying North Carolina's tax code this year, largely by cutting tax rates and eliminating tax exemptions that critics call loopholes.

After several competing plans surfaced — some amended and others shelved — and weeks of unfruitful negotiations, the momentum toward a tax overhaul increased late last week as lawmakers seek to wrap up the legislative session this month. Other attempts at "tax reform" over the past two decades have failed.

"The House and Senate are closer than they've been in months to being able to announce a truly historic tax overhaul," Rep. David Lewis, R-Harnett, the House's point man on taxes, said before entering a weekend of negotiations.

Any final product that clears the legislature and gets signed by McCrory will be scrutinized, particularly on whether it deserves to be called true "tax reform," or just a series of tax reductions that shifts the burden of who funds state government.

The distinction is important among economists, advocates of tax modernization and legislators who said North Carolina's tax system is outdated, originating from a 1930s economy of textiles and furniture. Today's economy relies more on the service and technology sectors.

People across the political map disagree on whether any

Please see **TAX/3A**

Charm school seeks to inspire Raleigh's at-risk girls

By Latisha Catchatoorian

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RALEIGH - Amazing Grace Etiquette hosted a career day Tuesday at Wake Tech Community College for its 12 charm school students.

Career day is set aside for speakers in respective professions the girls are interested in to come and talk with them about future careers.

Many of the girls attending the summer charm school are considered at-risk teens in the Raleigh area. They range from 13 to 17 years old.

Teresa Basaves, 14, said a Raleigh police officer approached her about applying for the charm school. As a student at Wake Young Women's Leadership

Academy, this sparked her interest.

"The greatest thing I've learned so far is how to walk and talk with confidence," she said. "I've improved so much on my public speaking. Also, I've learned that being selfish is good, because I have to live my life the way I want to live it because no one else is going to accomplish the goals for me."

This is the fifth year of the summer program, which is funded by the Raleigh Police Department. The school teaches girls table manners, how to healthily handle personal issues, communicate effectively and public speaking, and aspire to achieve all their individual and professional ambitions.

"I started Amazing Grace Etiquette in 2004," Executive Director Donna Corbett said. "The Raleigh Police Department is really focused on helping these girls be better than they were yesterday."

Career Day welcomed professionals from the corporate world, small business owners, nonprofit owners and teachers to name a few. Guests took a few minutes to describe what they do, how they got there and to answer questions.

"There are going to be opportunities that come into your life, and it's your choice to grab it or let it pass you by," interior designer Carnela Renee Hill said. "Each one of you have a plan. You determine what

you're going to do with your plan."

Speaker Pamela Williams, creator and owner of Think Smart Outreach Center Inc., a nonprofit that helps kids go to college, likened herself unto the girls.

Williams said she was a troublemaker in school, was suspended multiple times and that school to her was a place to socialize - not to be educated.

Williams said something in her changed when she realized she could go to college. "I'm here to inspire you," she said to the girls.

Career day is part of Charm School 2, which lasts two weeks. In order to advance to Charm School 2, the girls must do

See **CHARM/2A**

Far left: Amazing Grace Etiquette Executive Director Donna Corbett with the 12 girls in Charm School 2, created by the Raleigh Police Department.

Zacardi Cortez hits top 40 with new single



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Moral Mondays spark NAACP resurgence

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Charlotte Mecklenburg NAACP. "People are suffering, and that is how the NAACP has become more prominent. But that is how God always works." Over the past 11 weeks of Moral Mondays, Alexander said

Barber has been able to slowly build more grassroots involvement. "There is a need for social justice and the NAACP is that person," Nantambu said. "We are not doing this against any one particular person - we are

fighting against evil." Clark said that while some of the general public may disagree with civil disobedience, Martin Luther King Jr. broke the law through his civil disobedience and got arrested. Durham resident Henry

Mandeville expressed his opinion about the resurgence of the NAACP via The Triangle Tribune's Facebook page: "... The NAACP is about race-baiting, blame, and trying to perpetuate a bias and subjugation that has no place in modern America," Mandeville

wrote. "They are a strong-arm tactic group that fails to realize they do more harm than good for their actual 'cause.'" Alexander offers a differing opinion than Mandeville. "I'm very happy to see organizations such as the NAACP to be engaged in protests and in

contradict heightening that leads people away from doing stupid things and uses the system as best we can to show people we are paying attention," he said. *(Read the extended version on our website.)*

950 Raeford employees face uncertain future

Continued from 1A

processed for ready-to-eat products open, leaving nearly 400 jobs intact. Porter said he knows the decision to close was one the company had to make, but is also well aware of the area's high unemployment and few existing opportunities for the low-skill workers that toiled at the slaughterhouse. Two small hospitals currently being built in the county will bring some jobs but higher-skilled jobs than what most slaughterhouse workers get hired on to do. "If they were qualified to work in the hospitals, then they probably already would be," he said. The effects of the plant closure will spread far beyond Hoke County, Porter said. Company officials estimate half of the turkey slaughter-

house's employees come from Hoke and Cumberland counties, while the rest drive in from Scotland, Richmond and Robeson counties or from neighboring South Carolina. Farmers in the area who had contracts to raise turkeys for the company will also be without income. The company is also the city water system's biggest customer, accounting for \$1 million in revenue, a third of the system's total sales. City Manager Mike Wood said to compensate for the sudden loss, residents' water bills will rise by \$5 a month. Sharon Decker, secretary of the N.C. Department of Commerce, said in comments she made to reporters last week that it will be tough to find companies to replace the jobs being lost with the House of Raeford. "We've been losing

jobs in agribusiness faster than we can grow them," Decker said. The jobs at the House of Raeford were low-skill and low-wage positions, but were steady paychecks for many in a four-county area that has unemployment rates in the double digits. The company also regularly hired workers many employers reject - those without high school degrees or with criminal pasts. The nearly 1,000 without jobs will unwittingly become the first large-scale test of controversial new rules governing the state's unemployment insurance system. The unemployed, as of July 1, saw their maximum weekly benefits cut from \$535 to \$350 a week, and instead of six months of coverage will now have between 12 to 20 weeks of benefits.

Those reductions will hit the Raeford workers hard, with little cushion to help the hundreds that will find themselves jobless by the end of the month, said state Rep. Garland Pierce, a Democrat from the area. "We can't absorb those types of numbers," Pierce said. "If it were in Raleigh, Durham or Winston-Salem, maybe it would be OK. But down here, there's already a shortage of jobs." The line workers at the turkey plant are also largely African-American, and the loss of jobs in the rural areas comes as black workers in the state already contend with higher unemployment rates than their white counterparts. Statewide, 17 percent of black residents were looking for jobs at the end of 2012 compared to 6.7 percent of the white la-

bor pool, according to the national Economic Policy Institute, a national think-tank focused on low-income and middle-class families. Hispanics in the state had an unemployment rate of 7.4 percent during that same period. The company plans on coordinating a job fair for workers shortly after the plants closure, company spokesman Dave Witter said. Other meat processing plants in the area have reached out to House of Raeford since the closure announcement with job offers, he said. A rapid response team coordinated by the N.C. Department of Commerce for massive layoffs has already met with workers, handing out folders with information about how to avoid foreclosures and where to access help. Included

in the state handouts was a dislocated worker informational packet that incorrectly informed workers they'd be entitled to up to six months of unemployment, with the possibility of more benefits through federal programs. That's not the case, given the recent changes to the unemployment system that will leave workers entitled to far less time. King Love, a 69-year-old from Laurinburg earning a \$12 hourly wage after 22 years with the company, said he's doubtful he'll be able to find anyone else to hire him on at his age and expects he'll have to retire. He worries about colleagues who have young families to support. "I hate it," said Love about the upcoming closure. "But there's nothing I can do about it."

N.C. Castle Doctrine law similar to Florida's

Continued from 1A

I think that could come up anywhere." And when criminal cases are too close to call, Adelman said the defendant has the advantage. "In any case, and we're not just talking about self-defense here, in any criminal case if the evidence is close, the defendant is supposed to win," he

said. "That's how the system's designed." Some of the instances where the Castle Doctrine would not apply are if the accused trespasser has a right to be there, the invader is a law enforcement officer or bail bondsman, or the intruder has stopped any efforts to enter the area. The law also cannot help those who provoke the attack against themselves.

According to a Washington Post article, Florida's Stand Your Ground Law, which was passed in 2005, applies to any area, not just a home, workplace or vehicle. A Florida citizen does not have the responsibility to retreat if they reasonably believe they are in danger of great bodily harm or death. "If someone is attacking you, you can attack in kind without

having to retreat," Adelman said. "When I say in kind, if non-deadly force is used, you can use non-deadly force in return. And if deadly force is used, you can use deadly force in return." In five years since the law was approved, the rate of justifiable homicides in Florida tripled, according to the Washington Post, although

supporters say there was a decrease in violent crime. When it comes to self-defense cases like Zimmerman's, Adelman said it takes a good judge to let the jury know of their great responsibility. "Anytime the prosecution has to prove anything it's a very heavy burden. In any criminal case they have to prove the defendant is guilty

beyond a reasonable doubt," he said. "You have to find that the prosecution has proved its case beyond a reasonable doubt, not just more likely than not, not just a little more than 50 percent, not just 51 to 49, but the reasonable doubt standard is not 100 to zero. The scales really have to be tipped pretty much just in one way."

Charm school career day seeks to inspire at-risk girls

Continued from 1A

well in Charm School 1, which also is two weeks long. Christina Quinerly, 15, said the visiting speakers have been her greatest experience so far. She also said Corbett has helped her with her confidence and learning how to control her anger better by just relaxing and remaining calm. "This summer I have learned how to forgive people better because if you don't forgive people, God won't forgive you," she said. "Even if it's hard to forgive people, just do it because they're not being hurt, you're getting hurt." Added Corbett: "They're good girls. You can't help but love them. They have a lot

of challenges just being a girl. And a lot of times they don't have the family environment to support them - for some of them. "We are in crisis, and it really doesn't have that much to do with social economics. At the end of the day, we are all the same. We've all got the same issues and concerns." The 12 girls will graduate Amazing Grace Etiquette Charm School Thursday at the Brier Creek Country Club. Entering Charm School as young ladies, they will leave as inspired young women. "I had a good time here, and I would recommend it for a lot of people to come here because it actually helps," Quinerly said.

CBC, Obama agree to address tough policy agenda

By Zenitha Prince
AFRO-AMERICAN NEWSPAPERS

It has been two years since President Obama met privately with the Congressional Black Caucus, his former colleagues. But the gap was not an issue, given the seriousness of the other concerns that were discussed during a 90-minute meeting between the president and the 43-member caucus on July 9 at the Eisenhower Executive Office Building. Obama had come under fire from Ohio Democrat Marcia Fudge earlier this year for the lack of diversity in his second-term cabinet. On July 9, however, she thanked him for nominating two black men to prominent posts: Anthony Foxx as transportation secretary and Mel Watt to head the Federal Housing Finance Agency. Obama recognized the work of the CBC in attaining the legislative gains of his first term, but they all agreed there was much more work to be done and it could only be achieved together.


"We are on the same page," Fudge told reporters after the meeting. Of "urgent" concern, CBC members said, are the high student loan interest rates and changes to the Parent PLUS loan program that have ad-

versely impacted students and Historically Black Colleges and Universities. According to the White House, the president said education remains "a top priority in his administration from cradle to career," and he assured the caucus that he would work to restore the low interest rates. Immigration also was raised, and CBC members pushed to ensure that black immigrants from the Caribbean and Africa are included in any final agreement. Both the CBC and the president expressed dismay at the Supreme Court's recent decision, which has undermined the efficacy of the Voting Rights Act, and they collectively strategized about ways to strengthen minority-voting rights in the wake of that ruling. "The president reaffirmed


his commitment to addressing voter discrimination through the Department of Justice and expressed his interest in working with Congress to pass legislation to ensure that every American who is eligible to vote has access to the polls," the White House said in a statement. Also discussed was the need to address the persistent poverty and high unemployment rate that plague the African-American community and to boost the lagging economy at large. In addition, reducing gun violence, marketing the Affordable Care Act in communities around the nation, youth employment and boosting black-owned businesses in urban and rural areas were the other issues discussed during the CBC meeting with the president.

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Tax code overhaul touted as beneficial to N.C.

Continued from 1A

likely outcome of tax negotiations — a compromise probably somewhere in between the last publicly released House and Senate proposals — fits the definition of tax reform. Part of the reason is because “tax reform” appears to be in the eye of the beholder.

Most reform advocates do agree a modern tax system should subject additional types of consumer transactions to the sales tax so that revenues can be collected on more activities. Those transactions could range from lawn services and haircuts to legal services and warranty purchases. Expanding the number of subjected transactions allows policymakers to lower the sales tax rate without losing revenue.

“Good tax reform is broadening the base and lowering the rate,” said Elizabeth Malm, an economist at the Tax

Foundation, a conservative-leaning nonprofit think tank.

But any agreement this year is likely to subject only a handful of additional transactions to the combined local and state sales tax paid in most counties, currently at 6.75 percent.

Any agreement also would likely include reducing the number of individual income tax brackets from three to one while eliminating exemptions and capping deductions, and cutting the corporate income tax. Lewis and Senate leader Phil Berger, R-Rockingham, said he feels comfortable calling his chamber’s plans “tax reform.”

“If we accept that the only way that you have tax reform is broaden the base and lower the rate, I’m not sure you take into account the closing of loopholes, the removal of exemptions, the simplification that takes place,” Berger said last month.

Sen. Bob Rucho, R-

Mecklenburg, was the chief architect of an early Senate plan that would have raised the number of transactions subject to the sales tax from roughly 30 today to nearly 150. Senate leaders dropped the package when McCrory and House Republicans wanted a more incremental tax approach and interest groups balked at losing their favored tax status.

Rucho said House and Senate plans now being negotiated do very little to meet his goal of tax reform of encouraging job creation through the shift to a consumption-based system.

“Just changing the rates does not constitute ‘tax reform.’ That’s called ‘cutting tax rates,’” Rucho said. He joined Democratic colleagues in voting against the Senate’s latest offer.

The Democrats largely agreed with Alexandra Sirota, director of the North Carolina Budget and Tax Center, which

advocates for the poor. She calls the goals of true tax reform ensuring adequate and stable tax revenues in place for public investments in education, infrastructure and health care and protecting low and middle-income families.

The center said the highest wage earners would receive large tax cuts in the House and Senate plans, while everyone else would pay more. “What we have seen is not tax reform. It’s really a tax shift,” Sirota said.

The House and Senate plans would slow the growth of state government revenues, resulting in several hundred million dollars less in tax collections compared to the amounts with no tax changes. Republicans say a reduction in tax growth provides tax relief and encourages smaller government — two GOP tenets. They say taxpayers in a wide array of scenarios would see an overall tax cut.

A smaller increase in tax growth would seem to run counter to another traditional trait of tax reform that it be “revenue neutral” — meaning the proposal won’t immediately increase the state’s share of revenue compared to making no changes. Last week, however, McCrory defined “revenue neutral” differently — having enough money he said “to meet the budgetary requirements of state government.”

Dallas Woodhouse, state di-

rector of the conservative Americans for Prosperity, said the tax changes need to be viewed through the prism of Republican majorities in the legislature and a GOP governor taking a few small steps when other politicians have tried but failed.

“I do think we are on the cusp of fundamental tax relief and reform,” he said. “It really is best to think of tax reform as a journey... it is impossible to do all at once.”

The forgotten goals of the 1963 March on Washington

By Freddie Allen
NATIONAL NEWSPAPER
PUBLISHERS ASSOCIATION

WASHINGTON - The hoopla surrounding the observance of the 50th anniversary of the March on Washington for Jobs and Freedom often ignores the lack of progress made since 1963 on tough issues such as persistent unemployment and wage disparities, according a newly-issued report.

In the report, “The Unfinished March: An Overview,” Algernon Austin, director of the Program on Race, Ethnicity and the Economy at the Economic Policy Institute, described the “forgotten history of the march” and outlined a number of goals that remain unmet.

“Our contemporary understanding of the march and of the Civil Rights Movement is quite limited,” said Austin, the report’s author. He said blacks often celebrate the accomplishments of the march, such as the Civil Rights Act of 1964 and the Voting Rights Act of 1965, but ignore the intransigent economic issues, including housing, employment and wage disparities, that were raised by the national demonstration.

“Historians have focused on the successes and they were tremendous successes when you consider how long and how deep Jim Crow was in American society,” Austin said. “There were significant advances that deserved to be celebrated, but we probably celebrated those advances a little too much.”

James Clingman, author of “Blackonomics,” a weekly NNPA syndicated column, said Dr. Martin Luther King Jr., despite history’s focus on his civil rights success, also recognized the economic crisis that the black community faced and often advocated for black workers.

Many of the civil rights leaders and the organizers of the march understood that gaining civil rights without addressing the economic disparities would leave blacks unable to fully enjoy those rights.

“We have no future in a society in which 6 million black and white people are unemployed and millions more live in poverty. Nor is the goal of our civil rights revolution merely the passage of civil rights legislation,” said A. Philip Randolph, president of the Negro American Labor Council, during his speech at the march in 1963. “Yes, we want all public accommodations open to all citizens, but those accommodations will mean little to those who cannot afford to use them.”

By the end of the 1960s, the black poverty rate was 32.2 percent. Since then, improvements have slowed to a crawl, reaching its lowest mark in 2001 at 22.5 percent. According to the EPI study, the economic turmoil created by the housing crisis and the Great Recession pushed the rate up 27.6 percent in 2011, nearly triple the white poverty rate recorded that same year.

Poor blacks often live in highly segregated neighborhoods and suffer higher exposure to

environmental hazards, including lead. Black children suffer the highest exposure rates, even though lead exposure has declined for other racial groups.

“Today, nearly half of poor black children live in neighborhoods with concentrated poverty; however, only a little more than a tenth of poor white children live in similar neighborhoods,” the report state.

Austin said poverty and housing issues also affect educational outcomes for the children, making it difficult to address one issue effectively while ignoring the others. According to the report, in 2010, 74.1 percent of black children attended predominantly black schools.

“Part of the reason that our schools are so segregated is because our neighborhoods are also segregated,” Austin said. “The issue of segregated and unequal schools is also wrapped up in the issue of segregated and unequal housing.”

When minority student enrollment tops 90 percent at a school, the school budget takes a \$443,000 hit, compared to schools where the enrollment is 90 percent or more white, according to the report. That money could go to hiring more teachers, counselors and resource staff or buying laptop computers. Black high school students have the lowest graduation rate among racial groups at 66.1 percent. Eighty-three percent of white high school students earn diplomas.

Austin said that even if the goal of full employment for

black workers is achieved, it would mean little if blacks continued to earn poverty-level wages. The report found that 36 percent of blacks working full time didn’t earn enough to lift their families out of poverty.

Researchers found 19.1 percent of low-wage black workers in Chicago, Los Angeles and New York City were paid below the legal minimum wage and 63.9 percent were underpaid for overtime work.

“Thus, some of the lowest-paid black workers are having their earnings effectively stolen by employers,” the report stated.

Clingman said accomplishing significant economic progress in the black community will take a movement in which black people are willing to make individual sacrifices to achieve economic goals.

“Our economic goals are not going to come to fruition through politics alone,” he said. “We’re going to have to have strong, committed, purposeful, intentional movements in order to achieve not only the goals that we have, but some of the same goals that Martin Luther King Jr., worked for before he was killed.”

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Support is key for black men’s depression

By Kalin Thomas
THE ATLANTA VOICE

LITHONIA - Vietnam War veteran Lloyd Alaman remembers fighting for a country that was still treating him like a second-class citizen.

“I got drafted at age 20 in 1967, so I was in Vietnam when Dr. (Martin Luther) King got assassinated,” Alaman said. “When we got the news, a white guy soldier said to us ‘Good! They should have killed that nigger a long time ago.’”

The 67-year-old added: “Some of our white comrades would even try to kill us while we were in battle.”

When he returned home from the war, he went through a state of depression and was diagnosed with Post Traumatic Stress Disorder.

“I didn’t want to go anywhere or face the world. And finally, my wife told me to get checked out at the VA hospital. That’s where I realized I wasn’t the only man going through this.”

According to the Centers for Disease Control and Prevention, 10 percent of American adults report depression. People who suffer from it the most include those be-

tween the ages of 45 and 64, women, and blacks and Hispanics.

And, according to the National Mental Health Association, there are several barriers to treatment for depression among African-Americans, including denial, embarrassment, refusal of help and lack of health insurance.

One of the biggest reasons for denial is that 63 percent of blacks - especially men — believe depression is a sign of personal weakness.

“When I first started going to (therapy sessions) at the VA hospital, I wanted to sneak in there and not let anybody see me because the entrance said ‘mental health department,’” Alaman said.

“There’s a stigma for men in general and especially African-American men to admit to and address mental illness,” said Dr. Kisha B. Holden of Morehouse School of Medicine’s Department of Psychiatry and Behavioral Sciences. “So we are trying to better serve this specific population.”

Holden works with several mental health initiatives that MSM developed in partnership

with the NFL and the NFL Player Care Foundation.

“The NFL is largely made up of men of color,” she said. “So when they retire — usually in less than five years — they have to go back to their homes, relationships, etc. And when there is a shift in how they are able to readjust to their new lifestyle, that heightens their risk for mood and anxiety disorders.”

One of the initiatives is the “NFL Community Huddle,” which helps raise awareness about mental illness and reduces the stigma so that sufferers will seek help. Holden said support is a key component for black men suffering from depression.

That’s why Alaman started a support group for the veteran members of the Lou Walker Senior Center in Lithonia.

“Just about all the men have dealt with depression like I have,” he said. “But we interact with each other every day at the center and many of us play pool together. It’s very therapeutic. If any of us is feeling depressed, after about five minutes in the pool room with men who understand us, it lifts our spirits.”

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Injustice for Trayvon Martin

Watching television Saturday night, I sat in stunned silence as the jury returned its not guilty verdict for George Zimmerman in connection with the shooting death of 17-year-old Trayvon Martin. Then I was jolted by a comment made by Prosecutor Bernie de la Rionda.

“... We live in a great country that has a great criminal justice system. It is not perfect but it is the best in the world, and we respect the jury’s verdict.”

In what country does de la Rionda live?

Surely he couldn’t be referring to the United States. Granted, making the prosecutor prove his case against a defendant is a great idea. So is the notion of being presumed innocent until proven guilty.

But when it comes to African-Americans, this is by no stretch of the imagination “a great criminal justice system.”



GEORGE E. CURRY

I don’t say this out of any bitterness over the failure of the jurors to convict Zimmerman for murdering Trayvon.

Yes, I thought Zimmerman was guilty of murder or, at the least, manslaughter. But as much as it pains me, I must also acknowledge that the state of Florida did a poor job prosecuting Zimmerman.

Trayvon’s death is a cold reminder that the black homicide rate is more than six times that of whites. According to 2010 FBI statistics analyzed by the Violence Policy Center, the homicide rate for black victims was 16.32 per 100,000, compared to a rate of 2.66 per 100,000 for whites.

For black women, the rate was 4.28 per 100,000, compared to 1.48 per 100,000 for white females. And African-American men were homicide victims at a rate of 29.50 per 100,000, compared to 7.08 per 100,000 for white males.

“America faces a continuing epidemic of homicide among young black males,” according to the introduction to a Violence Policy Center report titled “Black Homicide in the United States: An Analysis of 2010 Homicide Data.” “The devastation homicide inflicts on black teens and adults is a national crisis, yet it is all too often ignored outside of affected communities.”

And what happens when criminal cases move through America’s “great criminal justice system?”

Richard Pryor used to joke that criminal justice in the U.S. means “just us.” Although the comedian usually evoked a laugh – unlike Zimmerman lawyer’s knock-knock joke – this is no laughing matter.

American Progress, the Washington, D.C.-based think tank, collected some interesting statistics and published an article titled “The Top 10 Most Startling Facts About People of Color and Criminal Justice in the United States.”

- Among the facts:**
- People of color make up about 30 percent of the U.S. population but 60 percent of those imprisoned.
 - Once convicted, black offenders receive sentences that 10 percent longer than white offenders for the same crimes. In addition, blacks are 21 percent more likely to receive mandatory-minimum sentences than white defendants and 20 percent more likely to be sentenced to prison.
 - Although African-Americans comprise 14 percent of regular drug users, they are 37 percent of those arrested for drug offenses.
 - Although black juveniles are approximately 16 percent of the youth population, 37 percent of their cases are moved to criminal court and 58 percent of them are sent to adult prisons.
 - Blacks are twice as likely to be arrested during a traffic stop than whites and four times as likely to experience the use of force during encounters with police.

News coverage and commentary on the Zimmerman trail demonstrated the toxic state of race relations in the U.S., despite having a black president in the White House.

Geraldo Rivera said on Fox News Friday: “I see those six ladies in the jury putting themselves on that rainy night, in that housing complex that has just been burglarized by three or four different groups of black youngsters from the adjacent community. So it’s a dark night, a 6-foot-2-inch hoodie-wearing stranger is in the immediate housing complex. How would the ladies of that jury have reacted? I submit that if they were armed, they would have shot Trayvon Martin a lot sooner than George Zimmerman did. This is self-defense.”

This is the same Rivera who said last March, “I think the hoodie is as much responsible for Trayvon Martin’s death as George Zimmerman.”

Fox News even invited Mark Furman, the former detective for the Los Angeles Police Department, to discuss the role of race in jury selection for Zimmerman’s trial. Lawyers for O.J. Simpson presented evidence that Furman had used the n-word more than 40 times over a 10-year period.

Yet Furman, who pled no contest to perjury charges and sentenced to three years of probation, appeared on Fox News’ “America Live” to talk about race.

When Zimmerman earlier selected Fox News as the only network he would grant an interview to, he was right at home.

George E. Curry can be reached at www.georgecurry.com.

The state of black men, part 1

“As of 2004, more black men were denied the right to vote because of a criminal record than in 1870, when the 15th Amendment was ratified, giving blacks the right to vote.” –

Joshua Dubois, former director of President Obama’s Office of Faith-Based Initiatives



MARC H. MORIAL

As the Trayvon Martin trial and record high summer temperatures both begin to add their heat to the unemployment and economic woes plaguing black America, we thought it would be a good time to take stock of the one group that more than most continues to be locked up, shut out and left behind – African-American men.

This topic is too big and too complicated to cover in one column. But it is not too big or complicated to solve with the necessary resources, commitment and partnerships. So we will continue our discussion of the issues, along with the creation of solutions, in future columns.

Today, we simply want to provide an overview and begin to point to some answers. A good place to start is the recent Newsweek cover story, “The Fight for Black Men,” by former Obama White House adviser Joshua Dubois.

Like the National Urban League, Dubois understands that the solution to the underemployment and over incarceration of black men must begin with changing our perception of who they are and investing in their potential through job opportunities,

quality education and economic development. These have been the building blocks of the great American middle class and represent the surest path to responsible adulthood and stronger communities. So why haven’t we done this for African-American men?

The reasons are many but one stands out. As described by Michelle Alexander in her best-selling book, “The New Jim Crow,” the intentional mass incarceration of young black men has created what she calls a “permanent undercaste” that may never be able to escape the past and compete on equal footing with the rest of us. Disproportionate arrests and unequal sentencing have had a devastating impact in black communities. African-American men are six times more likely to be incarcerated than whites. More

blacks are in prison or on probation today than were enslaved in 1850.

The economic consequences have been just as bad. This year’s Urban League State of Black America report found that the average unemployment rate for black men in 2012 was 15 percent compared with just 7.4 percent for white men. Black men earn only 72 cents for every dollar earned by white men. Because of the civil rights advances of the past 50 years and the election of Barack Obama as president, in the words of Alexander, we may have been “lulled to sleep by the rhetoric of color blindness and the appearance of great racial progress,” and thus have “closed our eyes to the millions who have been locked up, locked out and relegated to second-class citizen status.”

But our focus must extend beyond talking about the problems.

That is why the National Urban League has been a leading voice in challenging Washington to develop a comprehensive urban agenda. It is also why we recently announced our \$100 million Jobs Rebuild America campaign designed to address the nation’s employment and education crisis. This effort includes our Urban Youth Empowerment Program, which offers job training, education and other wrap-around services to prepare out-of-school and adjudicated youth for the world of work, as well as our Training for Work-Adult Re-entry program, which targets convicted adults in work release programs and provides them with supportive services, education and training opportunities, mentoring, and job readiness and placement support.



Befuddled by Moral Mondays

By ROB SCHOFIELD

BRALEIGH – If the stakes weren’t so high, watching the reaction of the state’s conservative political establishment to the Moral Mondays phenomenon would be downright entertaining. Indeed, if you cup your hand to your ear, you can almost hear Governor Pat McCrory, House Speaker Thom Tillis and Senate President Pro Tem Phil Berger casting about wildly for ways to defuse the protests.

First, the right tried to dismiss the movement as the work of “outside agitators.” Then, it was supposedly the work of elitist college professors.

Next came the intimidation tactics, as the Pope Civitas Institute – a group founded and funded by the state budget director – began compiling and publishing an online list of arrested protesters along with personal information about each individual.

In recent days, it’s been a hodgepodge of ineffective responses. McCrory called the protests a “peripheral issue.” At about the same time, however, his commerce secretary appeared to pay the protests a backhanded compliment by telling reporters that the turmoil surrounding the 2013 legislative session was making it hard to sell North Carolina to out-of-state busi-

nesses.

If there were a contest for “most preposterous and pathetic” response to the protests thus far, however, the winner has to be the latest spate of attacks in which the attack groups have a la Mitt Romney and his infamous 47 percent speech, resorted to claiming that protesters and protest organizers are simply motivated by personal greed.

In both a recent fundraising solicitation and a new “study,” the Pope-Civitas group alleges Moral Monday protesters have descended on Raleigh because some of the groups involved receive public funds to administer services and want to steal public funds.

Yet another broadside attack at N.C. NAACP President William Barber, claiming his motivations in leading the protest sare a byproduct of the connections between the church he pastors and some nonprofit service providers that administer public funds.

As with the Romney speech, it’s hard to know whether to laugh or cry at the utter disconnection from reality that these libelous attacks bespeak.

On the one hand, they are just so downright (and comically) crude and ham-fisted that you almost have to cringe in embarrassment for the Pope-Civitas people. Seriously, the notion that giant organizations with proud histories

like the NAACP, AARP and the YWCA are protesting the myriad regressive actions of the 2013 General Assembly because some branch happens to administer a few thousand dollars in public funds is just so patently absurd that it’s hard to believe that a supposedly serious group – a group nervy enough to describe itself as “North Carolina’s Conservative Voice” – would stoop to allege it.

Similarly, to imply that Barber – a courageous man who works night and day at enormous personal sacrifice, physical pain and even personal risk; a man who directs a tiny paid staff and who has, for years, tirelessly traveled the length and breadth of the state in an old minivan to help countless underdog causes – is doing what he is doing in order to advance his own personal financial agenda, is just so utterly wrong and, for lack of a better word, malicious, that it must render any fair-minded observer virtually speechless.

So, setting aside the possibility that the attacks are just the desperate dishonesty of a political attack group that would do and say just about anything (something that admittedly remains a distinct possibility), how can one explain such rubbish?

Here’s the most likely explanation: Simple ideology-in-

duced obliviousness.

By all indications, the Pope-Civitas people are so enmeshed in the world of market fundamentalist economics – a place in which the personal acquisition and accumulation of wealth and property is endlessly celebrated and assumed as the driving human instinct and predictor of human behavior in all circumstances – that they simply can’t grasp the notion that Moral Monday protesters would be seeking to vindicate something higher – something like...wait for it, morality.

Put simply, these people appear to have become blinded by their own propaganda. Like old Soviet-era Stalinists and modern religious theocrats, they find it impossible to acknowledge the simple truth that’s painted in living color right before their eyes – namely, that millions of North Carolinians are not buying the snake oil they and their allies are selling and do not want to see the clock of state turned back a half-century or more.

Let’s hope that their dishonest and delusional words continue to meet with the widespread and dismissive derision they so richly deserve.

Rob Schofield is the director of research and policy development at N.C. Policy Watch.

OUR VOICES

Durham’s safe trail access a top priority

By Kevin Lilley

It’s important that our residents enjoy the many trails that scenically wind their way through our community. However, it is equally important that our trails have designated, maintained and safe points of entry.

Such was the case with the requested foot path by Shirley Smith highlighted in your recent July 11 article, “Durham’s forgotten trail.”

There were several factors involved as to why an entranceway to the Riddle Road spur of the American Tobacco Trail (across from the Emmanuel AME Church, 2018 Riddle Road) was not feasible.

These factors include:

- Pedestrian safety along Riddle Road is a major con-

cern, and we don’t want to add a walkway to encourage a mid-block crossing where there is no traffic signal or crosswalk on a very busy roadway.

- New access points must be consistent with the standards for existing access points to meet Americans with Disabilities Act standards as well as trail standards, which comes with a considerable cost. Simply removing the underbrush and mowing the grass would not be sufficient to meet these standards.
- Private property rights must be respected since placing an entrance from the church parking lot would imply that parking area is available to the general public for trail use, and the city does not want to create a situation that could inconvenience the church.

- We’re working with the Durham Police Department to close (not create) many of the footpaths along this trail to prevent those who have less-than-honorable intentions from using these footpaths to disturb those enjoying the trail.

Ms. Smith did bring forth a legitimate concern, and that concern was taken seriously by the city of Durham. However, after completing an extensive evaluation and consultation among several departments, we simply could not accommodate her request for the above-stated reasons.

We certainly want to encourage Ms. Smith and her walking companions to continue using the trail by accessing it at one of its many designated and safe points-of-entry.



EMPLOYMENT WORKSHOP
Durham's Professional Placement Network Academy will host its final workshop on how to create a financial plan in today's economy, July 18, 6 to 7:30 p.m. at Spring Hill Suites, 5310 McFarland Dr. Visit www.DurhamPPN.org.

OPEN HOUSE
Data Chambers has moved the date of its open house to July 24, 4:30 to 7:30 p.m. at 2100 Garner Station Blvd.

WORKSHOP
A Taxes and Workers' Compensation workshop is July 25, 8 to 10 a.m. at Raleigh Chamber of Commerce, 800 S. Salisbury St. Register at www.ncimed.com.

BUSINESS NETWORKING
The Greater Durham Black Chamber of Commerce will host its July Coalesce - Business After Hours July 25, 5-7 p.m. at Beyu Caffe, 335 W. Main St. Register at <http://gdbcc.eventbrite.com>.

ENERGY FORUM
Raleigh Chamber will host Energy Policy Forum Aug. 8, 7:30 to 10 a.m. at Embassy Suites Cary, 201 Harrison Oaks Blvd. RSVP by Aug. 1 to 664-7090.

CEO FORUM
Billie Redmond, CEO of TradeMark Properties, will co-host the 2013 N.C. CEO Forum Aug. 22 at North Ridge Country Club, 6612 Falls of Neuse Road. Key speakers are Colin Powell and Cisco CEO John Chambers. Register at www.ncceforum.com.

GALLERY OPENING
Howze Art, a fine art gallery and custom frame shop, will open in the Woodcroft Shopping Center in Durham in the coming weeks at 4711 Hope Valley Road, Suite 1F. Visit www.howzeart.com.

Send your business news to info@triangletribune.com.

RBTC pacesetter program makes a difference

By Miriam S. Perry
SPECIAL TO THE TRIBUNE

RALEIGH - Recent discussions have focused on whether the Raleigh Business and Technology Center remains a good investment of city funds. Lost in the discussion, however, is the amazing success of more than 100 small businesses served by the RBTC.

Called the "Pacesetters," 106 of the 129 businesses that have entered the program remain in business today, with gross receipts of over \$33 million dollars and hundreds of new jobs. That is quite a return for the city of Raleigh, which invested \$561,000 in the program designed to spark small and minority business development.

Responding to a need identified by former Raleigh Mayor Clarence Lightner, a team was formed to consider how best to stimulate business growth in Southeast Raleigh. The team, consisting of the Business Building Society, an organization composed of small businesses in Southeast Raleigh and headed by Mayor Avery Upchurch and NC State Professor E. Walton Jones, visited a model incubator in Charleston, S.C. By 2000, a collaboration was formed between Raleigh, Wake County and Shaw and Saint Augustine's College (now university) and 23 businesses. The benefits were almost immediate and direct.

Gloria L. Howard, owner of 3-D Cleaning Solutions, is a 2012 RBTC Pacesetter. "I am grateful to the city for sponsoring this 20-week course free of charge," she said. "As a relatively new business, it has taught me such things as how to obtain funding, how to complete cash flow records, how to utilize various marketing strategies and how to advertise. I didn't have a business plan and didn't see the importance of one. This course not only taught me how to write that plan but also how to price and market my services."

Business

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SUNDAY, JULY 21, 2013 PAGE 5A

The downside of car-title loans

By Charlene Crowell
NATIONAL NEWSPAPER PUBLISHERS ASSOCIATION

For most people, a car paid in full is a sign of financial freedom. When monthly notes are done, household budgets gain the opportunity to redirect monies to savings, a home down payment, retirement investments or other living needs.

That financial relief can be enjoyed unless vehicle owners take on debt that often leads to repossession: car-title loans. Like other predatory financial products, the lure of easy cash almost always leads to nagging, long-term payments and heavy regrets.

In the newest chapter in the State of Lending research series, the Center for Responsible Lending analyzed the debt traps of car-title loans. It's an underreported financial issue that today affects consumers in 21 states through more than 8,100 retail stores. It's also an industry that annually reaps \$4.3 billion in fees on loans totaling \$1.9 billion, with an av-

erage loan size of only \$1,042.

Let's say you find yourself a little short on cash but have title to your vehicle. A car-title lender is ready however to offer a loan with no questions asked about your credit or other financial obligations. The loan will always be a fraction of the vehicle's full market value. Just sign the loan papers and ready cash of several hundred or even a few thousand dollars is yours.

What car-title lenders seldom mention is that most borrowers are unable to repay the full amount of fees and the loan in just a single payment. The typical borrower takes eight renewals on a single loan and eventually pays \$3,391 - over three times the average amount borrowed.

Like payday loans, once loan fees are paid, few funds are left for other living needs and a turnstile of debt begins. Worst of all, even if a car-title loan leads to vehicle repossession, the borrower must continue to repay all monies still owed even when the borrower has

neither title nor use.

For example, 60 percent of New Mexico car-title borrowers lost their cars to repossession in 2008.

And what does the lender get for his money? Let us count the ways:

- Excessive loan fees that frequently total more than the principal borrowed
- Repossession of your vehicle, made easier by installed GPS trackers
- An additional loan fee for the repossession itself, typically \$350-\$450
- The right to sell the vehicle at market prices without your notification or the chance to catch up on your loan
- The right to keep all of the vehicle sales proceeds
- The ability to force continued payments on the loan and fees until the full financial obligation is met.

So who borrows these high-cost loans? Typically, they are consumers who earn \$25,000 or less a year. Further, about half of all car-title borrowers are unbanked. According to

the FDIC, the federal office that keeps track of the unbanked, the large majority are minorities.

The FDIC found that more than one in five black households (21.4 percent) are unbanked and one in three (33.9 percent) are under-banked.

The report's state-by-state analysis found that Texas leads the nation in the number of stores, loans and loan volume with 2,258 stores and 475,681 loans per year valued at half a billion dollars.

Tennessee, with a significantly lower population and 837 stores, had the second highest loan volume with \$254 million but the highest per capita usage. Other states with annual loan volumes exceeding \$100 million per year are Alabama, Arizona and Virginia.

The report's policy recommendations include:

- Limiting loan interest rates to 36 percent or less and denying lenders exceptions to state usury laws - both state legislative actions
- Requiring lenders to eval-

uate a borrower's ability to repay the loan and meet other expenses without taking out a subsequent loan

- Additionally requiring loan terms to be structured as equal payment installments with reasonable rate limitations
- Providing borrowers with:
 1. Prior notice of a vehicle sale
 2. The opportunity to redeem their vehicle
 3. The return of surplus monies from vehicle sales proceeds

In 2006, President George W. Bush and Congress agreed to cap small loans at 36 percent annually for active duty soldiers. It seems reasonable that the rest of us should be given the same protections.

Charlene Crowell is a communications manager with the Center for Responsible Lending. She can be reached at Charlene.crowell@responsiblelending.org.

Cubicle courtesy: Being a better neighbor at work



THE CHICAGO DEFENDER

At some point and time in your career, you will probably have to work from a cubicle. Yes, an ideal workspace is a corner office with an ironclad door with bolts and locks and

an alarm system, however, most working environments opt for cubicles.

It allows a company a more cost-effective means of housing employees, and it also allows supervisors a better view

into the work effectiveness. It is of the utmost importance to maintain a level of respect to your company's culture and policies as well as not becoming THAT employee every other co-worker wants to forget.

Here are three tips to ensure proper cubicle courtesy on the job:

1. Keep it down please. Everyone can hear you. I promise you, everyone from the water cooler to the copy room can hear your personal conversations about what you did last Friday after work. They can also hear about the last horrible date you went on with the guy straight from his bid at Riker's and how your child has not stopped wetting the bed. And guess what?

They do not want to be privy to such personal and LOUD information. I can also guarantee that your screaming through the phone to a client is not welcome either, as others are attempting to concentrate on their daily duties. The best thing to do while working from a cubicle is to keep your voice down to save personal conversations for lunchtime, after work or when solicited.

2. Stop lurking. There are always one or two co-workers you can most certainly count on lurking around your workspace, all in an effort to strike

up meaningless conversation. Don't be that person. There is nothing wrong with being cordial, speaking to everyone and engaging in brief conversation, especially in the morning or at lunch.

However, if you are that person who is guaranteed to be standing at or around a co-worker's cubicle at 10:47 a.m. to give highlights of last night's Real Housewives of El Segundo, please have a seat - preferably in your own cubicle.

3. Excuse yourself. OK, so at 10:48 a.m. you told us all about the extra garlic and goats milk asparagus casserole that you made last night. And now it is 10:55 a.m. and the entire office is asking "What's that smell?" Exercising common courtesy and manners to others who may not be able to stomach your culinary quests is most definitely necessary when working in a cubicle environment. I actually have a good girlfriend who keeps air freshener at her desk when one "just happens" to slip away. I still think that is just as bad. Excuse yourself!

Thieves create fake hotel Wi-Fi hot spots

ABC NEWS

You check into your hotel room, close the door, and lock it. But the threat isn't from someone prowling the halls of the hotel. It could be from the guy staying in the next room.

HealthGuard security expert Apolonio Garcia showed us how he could create his own wireless Internet access point at any hotel - and label it "Hotel Wi-Fi."

"As soon as someone accesses that and starts using the Internet, we're able to see and capture everything they're doing," he said.

Guests are connected to the Internet but through Garcia's laptop.

He has "a piece of software that's running on it that's looking for username and password, that's looking for logins, and when it sees it, it actually logs it for use later," he said.

The thief basically creates a mirror image of the hotel's own website but with one critical difference: One is real. The other is there to steal your credit card information.

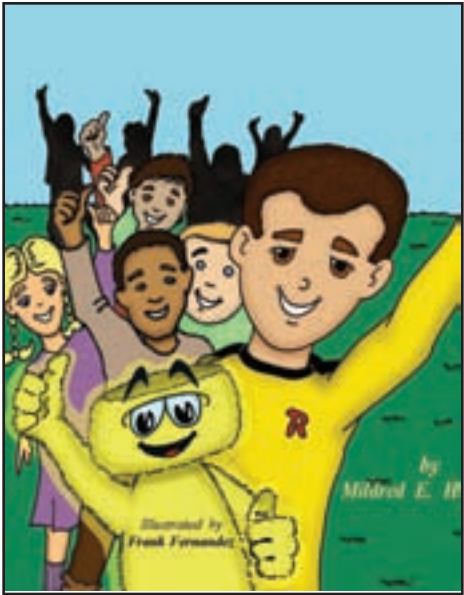
"You can easily create a fake page, have them enter their credentials, pass the user onto the legitimate website so the user doesn't know that they just gave you - the bad guy - their credit card information," he said.

Garcia said the thief could be anywhere in or near the hotel. He set up in the hotel bar so nearby guests get the most bars on their device. With his "high gain" USB antenna, his is the strongest Wi-Fi signal in the lobby and in many surrounding rooms.

"Once you have the username and password, you really do have that user's access to pretty much anything," he said.

Security experts say 38 percent of all credit card fraud involves the hotel industry, so be on alert the next time you check in on your next vacation.





ST. AUGUSTINE'S
Former Wake County schools educator, now children's author, Mildred Hopkins recently shared the book she authored with students at St. Aug's Kiddie Kollege. The children welcomed the author with enthusiasm and lots of questions about how she wrote "RUN AND CATCH YOUR DREAM." Hopkins explained how her 30 years in the classroom instilled in her a desire to address some of the problem areas she often noticed in the classroom. These concerns took away from actual teaching time, which is her purpose for transferring classroom experiences into writing.

Hopkins
"RUN AND CATCH YOUR DREAM" is illustrated for primary-aged children. In the story, young Rex excelled in sports but needed to improve in other areas. Ultimately, Rex decides rather than spending so much time running in sports, he would spend more time striving to achieve his future dreams. After presenting each child with a book-mark, Hopkins stressed the importance of summer camp learning to eliminate brain-drain over the summer. She strongly challenged the students to "make your parents proud. They go to work to provide for you because that's their job; you go to school and that's your job."

Cancer screenings may cause more harm than good

STAFF REPORTS
For decades, women between the ages of 21 and 69 were advised to get annual screening exams for cervical cancer. In 2009, however, accumulating scientific evidence led major guideline groups to agree on a new recommendation that women be screened less frequently: Every three years rather than annually. Despite the revised guidelines, about half of the obstetrician-gynecologists surveyed in a recent study said they continue to provide annual exams - an outdated practice that may be more harmful than helpful, said Drs. Russell Harris and Stacey Sheridan of the Cecil G. Sheps Center for Health Services Research at the University of North Carolina at Chapel Hill. "Screening is not the unqualified good that we have advertised it to be," they wrote in an editorial titled "The Times They (May Be) A-Changin': Too Much Screening is a Health Problem." The editorial accompanied a research study reviewing physician practices around cervical-cancer screening and vaccination for human papilloma virus, which has been linked to cervical cancer. The study, "Physicians Slow to Implement HPV Vaccination and Cervical Screening Guidelines," was published July 9 in the American Journal of Preventive Medicine. "Screening for cervical cancer and other cancers such as breast and prostate has clear potential for harms as well as benefits, and these must be carefully weighed before a rational decision about screening can be made," wrote Harris and Sheridan, who are professor and assistant professor of medicine, respectively, at UNC's School of Medicine. They also hold adjunct appointments at UNC's Gillings School of Global Public Health. The study noted physicians said they were comfortable with longer testing intervals, but were concerned their patients might not come in for annual checkups if Pap tests, the screening test for cervical cancer, were not offered. The problem, Harris said, is that annual Pap tests produce more abnormal results leading to additional, invasive testing that bring risks. "Many women have 'abnormal' [Pap test] findings that are not cancer, but may be a 'cancer precursor.' We know that the great majority of these abnormal findings would never progress to actual invasive cancer, yet these women are referred" for further, more invasive testing, Harris said. One such test called a "colposcopy" [coh-PAH-scoh-pee] involves examining the cervix for possibly cancerous lesions, followed frequently by a biopsy, i.e., taking a small sample of the lesion, which can cause pain and bleeding, as well as potential psychological harm. "The screening test itself can raise concern about dreaded cancer; a positive screening test heightens this worry; finding a cancer precursor, even one of uncertain importance, just increases worry further," they wrote.

2013 Miss Princess



Niyah Marie Smith, 2013 National American Miss Princess for N.C.

Submitted by Charles Ballard

RALEIGH - Niyah Marie Smith, daughter of James Jr. and Nikki Smith of Raleigh, has earned the prestigious title of 2013 National American Miss Princess for North Carolina at the state pageant held July 4-6 in Winston Salem. Niyah was selected out of over 100 contestants in the Princess age group, and will represent the state at the national pageant in Anaheim, Calif., at Disneyland in November, where she will have the opportunity to win a share of over \$500,000 in cash and prizes. Niyah, a rising second-grader, is 7 years old and attends Partnership Elementary. Her activities include jazz and ballet dancing, gymnastics, swimming, roller skating and bike riding. She is the granddaughter of Charles and Karen Ballard of Raleigh, and James Sr. and Barbara Smith of Jacksonville, N.C.

The pageant program is based on inner beauty as well as poise and presentation, and offers an "All American Spirit" of fun for family and friends. Emphasis is placed on the importance of gaining self-confidence, learning new skills, learning good attitudes about competition, and setting and achieving personal goals. The pageant seeks to recognize the accomplishments of each girl while encouraging her to set goals for the future.



Bibi Bowman's 'Working Class: Durham' paintings of urban individuals at work and play in Durham and the surrounding areas is on exhibit at the Durham Convention Center through Oct. 13. Above: 'Prime Queen'.

EARTH TALK

E - THE ENVIRONMENTAL MAGAZINE

Dear EarthTalk: I'm concerned about toxic ingredients in my cleaning supplies, especially now that I have young children. Where can I find safer alternatives? - Betsy E., Hartford, Conn.

Dear Betsy: It is true that many household cleaners contain potentially toxic substances, so parents especially should make an effort to keep them out of the reach of children or, better yet, replace them with safer alternatives. "We use a wide array of scents, soaps, detergents, bleaching agents, softeners, scourers, polishes and specialized cleaners for bathrooms, glass, drains and ovens to keep our homes sparkling and sweet-smelling," reports the Organic Consumers Association. "But [many] contribute to indoor air pollution, are poisonous if ingested and can be harmful if inhaled or touched."

The group adds that household cleaning products are responsible for almost 10 percent of all toxic exposures reported to U.S. poison control centers, with more than half of cases involving kids under 6 years old.

According to the Washington Toxics Coalition, leading offenders include corrosive drain cleaners, oven cleaners and toilet bowl cleaners. Contact with these chemicals can cause severe burns on the eyes and skin and can damage the throat and esophagus if ingested. The chlorine and ammonia contained in some can each cause similar problems, and the hazardous gases unleashed when they combine can be lethal.

Meanwhile, the fragrances added to many cleaning products can cause respiratory irritation, headaches and other symptoms in those with chemical sensitivities, allergies or asthma. And since fragrance formulas are considered trade secrets, manufacturers aren't required to disclose constituent ingredients, leaving even educated consumers in the dark regarding what kind of nasty chemicals they may be spreading around their homes just to, ironically, make their cleaning products smell less chemically.

Fortunately, there are plenty of safer alternatives available today, but deciding which ones are truly healthier or just designed to look that way isn't so easy. That's where the Environmental Working Group comes in. The group's "Guide to Healthy Cleaning" rates and reviews over 2,100 household cleaning products on the basis of health and environmental safety. The EWG lists top products in each cleaning category - from dishwashing and laundry detergents to kitchen and bath cleaning to floor and furniture care - and also offers a "label decoder" that helps consumers learn how to spot trouble on product labels and ingredient lists.

During back-to-school shopping season, it can be easy to feel overwhelmed. From commercials to coupons to mailers, there's an overload of information about where the deals are for all the stuff your kids need this school year. Even if you are a shopaholic, navigating the mall with your children in tow can be tiring. "We're bombarded with too much information to truly process when we're out shopping, with so many ads, brands and ongoing sales competing for our attention," said Mort Aaronson, CEO of PlaceWise Media, which provides integrated marketing services to more than 300 shopping malls in 75 markets across North America. "Shopping is easier and more fun when we can eliminate the clutter to hone-in on just what we want, right where we are."

School News & Notes

DURHAM COUNTY
Darneise Massey, former principal of Southern School of Engineering, has been named principal of Lowe's Grove Middle School of Technology. Lowe's Grove begins its first year as a STEM magnet school in August. As principal of Southern, also a STEM magnet school, Massey earned Project Lead the Way certification for all engineering courses, chartered the first National Technical Honor Society for her students, and participated in the redesign process for Southern School of Energy and Sustainability. Students, staff and parents may meet Massey at a reception in the Lowe's Grove cafeteria Aug. 1, 6 to 7 p.m. An interim principal for Southern School of Engineering will be named soon.

Make school shopping easier



STATEPOINT

Take steps to simplify the experience and avoid those headaches that occur when you realize you've forgotten those things your kids need most. **Make a list** Figure out exactly what you need and want before leaving home. A checklist can help you map out a game plan, stick to a budget and stay organized. Conduct a little fashion show with the kids at home before heading to the stores to see what still fits and is in good condition, and what's too small and worn out for the new school year. **Utilize technology** Most of us don't have the means to hire a personal shopper, but new technology can replicate the benefits of this luxury. Zero in on just what you want with an online and mobile "shopping companion" that can deliver personalized, timely and relevant product information and deals based on your interests and location. When selecting a shopping companion, look for one that safely uses a combination of your location and stated preferences to determine the most relevant deals, stores and products nearby. From keeping up with trends to getting directions to stores, a free online and mobile app such as Shoptopia can ease the shopping experience from the planning stages to the trip to the mall.

CIAA
tourney
rumors
rampant



Williams

Are you ready for some foot-
ball?! CC is ready like Freddy.
Time to get those helmets
clacking, bodies flapping and
tongues a-trashing.

The SWAC got the preseason
football season going with its
media day on Monday. Now
it's the CIAA's turn July 25 at
Winston-Salem State's Donald
J. Reaves Student Activities
Center. Our spies tell CC that
the new center is "all that and
a bag of chips."

The luncheon begins at 10
a.m. with interviews of select
student-athletes from each
school and then the coaches
at 11:15 a.m. CC can't wait.

Some folks are going to go
stark raving mad before the
CIAA makes a decision on its
tournament after the 2014 sea-
son. The latest rumor is Atlanta
has the edge. CC spies say it
taint so. Bids haven't even been
sent out yet. They did say that
Charlotte, which wanted to get
its bid in before the other cities
as a courtesy, has backed out
of that request and will submit
it along with everybody else.

Johnson C. Smith welcomes
Natasha Wilson as associate
athletic director, compliance
coordinator and senior woman
administrator. Dang, that's
some title. Wilson, who comes
from Lincoln (Pa.) - CC's boss's
alma mater, which we won't
hold against her - will report
directly to AD Steve Joyner.

And, speaking of the Golden
Bulls, kudos to sprinter
Danielle Williams for winning
a bronze medal at the World
University Games in Kazan,
Russia. Williams is a rising sen-
ior.

MEN
N.C. Central

LeVelle Moton has two addi-
tions to his coaching staff:
Brian Burg from Campbell and
Michael Cotton from Rider
College.

"I am absolutely thrilled to
have these two guys on the
staff here," Moton said. "They
both came from great pro-
grams and will immediately be
positive contributors to this
program in so many different
ways."

Burg spent the past four sea-
sons at Campbell as an assis-
tant coach/recruiting coordi-
nator. Cotton was at Bucknell
for four years before moving
to Rider in Lawrenceville, N.J.,
for a season. He also has N.C.
ties, first as head basketball
coach at Western Vance High
in Henderson and time at
Kestrel Heights in Durham.

St. Augustine's

CC caught up with men's
basketball coach Lonnie Blow
since we haven't seen a recruit-
ing list. Blow gave his usual
"woe is me" speech. "I was go-
ing to call and see if you knew
of any good players," he said.

Uh huh, just keep sticking to
that story, coach.

Shaw

Coach Cleo Hill certainly isn't
buying Blow's act.

"Do you believe that? I don't
believe none of that stuff he's
talking about," Hill said. "Times
are tough for every-
body."

CC told Hill how surprised
we were to see two local fresh-
men recruits: Durham
Riverside's Jordan Jones and
Mt. Zion's Larry Richardson II.
"They are such good ath-
letes. And when it became evi-
dent that we had a chance to
get them, we had to take it,"
Hill said. "Larry could easily be
a Division I player."

It's no secret Hill is from the
Joel Hopkins school of trans-
fers, transfers and more trans-
fers. But last season proved to
be a trying one for Hill with all
those JUCO/Division I egos that
imploded near season's end.

"I'm not going to go through
that again," he said.

Sports

Battle of the Badges tournament



The 2013 I-95 Battle of the Badges Basketball tournament concluded last weekend with Charlotte Mecklenburg Police taking the top prize. Besides basketball, the event honors a local fallen police officer. Former Wake County Deputy Phil Owens was killed in 2003 in a single-car accident. Owens' daughter, Shontoya Howard (left), was honored before the start of the tournament by founder Jerome Hall. Owens was a St. Augustine's alumnus. 'He was my best friend,' an emotional Howard said. Owens wife, Anitra Wilson, sung the National Anthem. 'It's nice to know that somebody still cares,' said Wilson who has since remarried. 'It's an honor to know that people haven't forgotten about him.'



Timber Rattlers win



Rico Best (no relation to the sports editor) went 2-for-3 to help the Timber Rattlers to an 8-3 lead over the Scrappers Tuesday in Long Ball. The game was suspended at 8 p.m. and carried over into Wednesday, where the Rattlers finished out the game with an 11-6 win. The regular season ended Thursday with playoffs set to begin this weekend at Durham Athletic Park. Championship games will be held Aug. 3, noon to 2:15 for 13- to 15-year-old division and at 2:30 p.m. for the 16- to 18-year-olds. And the end-of-season banquet is Aug. 4, 3 p.m. at Elk's Lounge on Alston Avenue. Tickets are \$7 for adults, \$5 children under 12.

SPORTS SHORTS

RALEIGH

• Volunteer youth cheerleading, softball and baseball coaches are needed for the upcoming season. Practices start in August with games in September.

• Youth fast-pitch softball league teams are being accepted for ages 11-16. Also, youth baseball for ages 5-18. Call 996-6836.

• The Carolina Panthers will hold "The Play 60 Camp" July 22-23, 9-11 a.m. and 11:30 a.m. to 1:30 p.m. at WRAL Soccer Complex, 7700 Perry Creek Rd. for rising grades two through seven.

• The Jimmy V Golf Classic is Aug. 23-25 at North Ridge Country Club. Volunteers are needed in several key areas. Call 369-9061 or visit www.golfclassic.org.

DURHAM

• The Durham Striders won 10 national championships and eight runner-up finishes at the World Junior Track and Field Trials on Southern Illinois campus. Isaiah Moore was selected to the elite World Junior Track and Field Team and will compete in the World Youth Track and Field Championships in Ukraine. The Striders will host the Russell E. Blunt East Coast Invitational this weekend at Durham County Stadium before heading to the USATF Junior Olympic National Championships July 23-30 at N.C. A&T.

• The Bill Dooley Triangle/East Chapter Pigskin Preview is July 25, 11:30 a.m. at Embassy Suites Cary. All three ACC football coaches plus N.C. Central coach Henry Frazier and East Carolina coach Ruffin McNeill will discuss the upcoming season. RSVP by July 18 to Erin Anderson at (919) 664-7070.

• USA Baseball and the Cuban Baseball Federation will compete for a second straight year in an international friendship series with their Collegiate National Team programs. The Cuban National Team will travel to Durham Bulls Athletic Park on July 23. Tickets are now on sale.

• The Bull City Golf Club Youth Foundation will host its 37th annual Bull City Open Golf Tournament Aug. 3-4 at Hillandale Golf Course. Contact George Smith at (919) 402-3412.

Send your sports announcements to The Tribune by fax: 688-2740; e-mail: info@triangletribune.com, or mail: 115 Market Street, Suite 360H, Durham, NC 27701.

MEAC MINUTES

Staff promotions

By Bonitta Best

editor@triangletribune.com

NORFOLK, Va. - Sonja Stills, Patricia Porter and Raynoid Dedeaux have received promotions in the conference office.

Stills is now an associate commissioner, while Porter and Dedeaux are assistant commissioners.

"The promotions of these three individuals indicate that they have served the conference and our membership well," Commissioner Dennis Thomas said. "I congratulate them on the excellent job that they have done and look forward to their continued outstanding work in the future."

Stills, entering her 11th year in the conference office, was assistant commissioner for administration & compliance. She will continue her additional role as senior woman administrator.

Porter began as the director of media relations in November 2006. Three years later, she was promoted to director of media relations/corporate partnerships & marketing.

As the assistant commissioner for media relations, she will continue to oversee the conference's communications and serve as the primary contact for football and men's basketball. She also is the direct su-

pervisor of the director of corporate partnerships and marketing and assistant director of media relations.

Dedeaux was promoted to assistant commissioner for championships after spending the last five years as director of championships. His responsibilities include managing all football and men's basketball operations, supervising the officiating programs and managing all MEAC championships. He also is liaison to the MEAC head coaches and directors of athletics, and the overall manager of the conference's annual men's and women's basketball tournament.

Report card for college sports shows mixed results

By Lois Elfman

diverse@triangletribune.com

College sport received a grade of B for both racial and gender hiring practices in "The 2012 Racial and Gender Report Card: College Sport" released last week by the Institute for Diversity and Ethics in Sport. When compared to all the professional sports for which TIDES publishes racial and gender report cards, college sports lags behind all pro sports in racial hiring practices and is only better than the NFL and Major League Baseball for gender hiring practices.

White males still hold 100 percent of the conference commission positions at the 11 Football Bowl Subdivision conferences. White males also dominated the position of athletic director (87.5 percent), especially at the 120 FBS schools, where just nine African-Americans (7.5 percent), four Latinos (3.3 percent) and four white females (3.3 percent) are athletic directors.

"They need to enact what I've been calling an 'Eddie Robinson' rule," said Dr. Richard E. Lapchick, director of TIDES and chief author of the report card, referring to the late football coaching legend at Grambling State who compiled the second best winning record at Division I.

"At the individual school level, when there are coaching hiring decisions to be made as well as athletic director positions and even associate athletic director positions, it has to be mandated that the schools bring in a diverse pool of candidates."

Failure to comply with such a rule would result in the NCAA penalizing the institutions with loss of scholarships. Major League Baseball and the NFL instituted such a rule (in 1999 and 2001 respectively) that resulted in dramatic change in the diversity of hires.

"The implementation of those rules changed the dynamic of professional sport, and we need that at the college level," Lapchick said.

Another statistic in the report that is of considerable concern is the decline in the num-

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SUNDAY, JULY 21, 2013 - SECTION B

Former Morgan State track stars win gold

By Kevin Paige

[Special to the AFRO](mailto:kevin@triangletribune.com)

BALTIMORE, Md. - Former Morgan State track and field athletes Romona Modeste and Allison Randall continue to perform on the grand stage. Both athletes won gold medals in their respective events at the

Central American Caribbean Athletics Championships July 5-7 in Morelia, Mexico.

Modeste, who was a member of Morgan State's 2005 squad that captured the MEAC outdoor team championship and is the school's record holder in the 400-meter hurdles, won gold in the 4x400 meter relay

for Trinidad & Tobago. The team ran a time of 3:30.64, which currently ranks them among the top eight fastest times in the world.

"Our goal was to qualify for the World Championship and in doing that we won gold, broke our national record as well as ranked No. 8 on the

International Association of Athletics Federations list," said Modeste on the team's performance. "Going into the World Championship, we aim at breaking our record again and making it to the finals."

Modeste and her 4x400-meter teammates of Shawna Fermin, Sparkle McKnight and

Alena Brooks will head to Finland July 26, where they will look to improve on their time, before competing in the 14th Annual IAAF World Outdoor Track & Field Championships Aug. 10-18 in Moscow, Russia.

Randall captured gold in the discus at the CACAC with a throw of 55.26.

BANISH BORING SANDWICHES

Boost your kitchen creativity with unexpectedly craveable sandwiches

FAMILY FEATURES

It's time to break out of your ordinary lunch routine and make boring turkey sandwiches a thing of the past. With a few innovative tricks, you can turn any regular sandwich into a delicious and satisfying meal.

Versatile and delicious, a sandwich is perfect for any occasion, whether you're sitting down with the family or packing for a lunch on the go. And you don't have to be a professional chef to take a classic sandwich and turn it into a tasty meal. Try these simple tips and recipes to help boost your creativity in the kitchen:

- **There are things better than sliced bread:** Give your sandwich a makeover by piling your favorite fixings on a better bread option, such as focaccia or whole wheat pita. The sky's the limit — try waffles for a sweet and savory treat.
- **Embrace open-face:** Load the toppings on each slice of bread, then pop the two sides into the toaster oven to toast the bread and melt the cheese.
- **Smart substitutions:** Lose the calories, but keep the taste of your favorite BLT by using new Hidden Valley Bacon Ranch sandwich spread instead of mayo — you'll get all the same flavor with a third of the calories.
- **Repurpose your leftovers:** Make extra meat and vegetables for dinner, and use them for tomorrow's lunch by placing leftovers between two pieces of your favorite bread.
- **Turkey sandwiches don't have to be boring:** Add walnuts, avocado or apple slices to jazz up a childhood favorite.
- **Go veggie:** For the perfect Meatless Monday, try a sandwich on whole wheat bread with slices of avocado and tomato, topped with your favorite cheese — an instant vegetarian masterpiece.

For more ways to turn a sandwich into something unexpectedly craveable, visit: www.HiddenValley.com.



Italian Wraps

Makes: 1 serving
Prep time: 15 minutes

- 1/2 cup shredded rotisserie chicken
- 1/2 cup finely sliced spinach leaves
- 1/4 cup shredded mozzarella cheese
- 1 tablespoon finely chopped sun-dried tomatoes
- 1/2 teaspoon chopped fresh basil
- 2 tablespoons Hidden Valley Oven Roasted Garlic Parmesan Sandwich Spread & Dip, or more to taste
- 1 10-inch sun-dried tomato basil wrap

Stir together chicken, spinach, cheese, tomatoes, basil and sandwich spread. Spoon onto wrap and spread to edges; roll up. For entertaining, slice into 1-inch pinwheels.



Turkey Panini

Makes: 1 sandwich
Prep time: 10 minutes

- Olive oil
- 2 slices sourdough sandwich bread
- 1 tablespoon Hidden Valley Country Herb Ranch Sandwich Spread & Dip
- 2 slices (2 ounces) oven-roasted turkey breast
- 1 slice (1 ounce) cheddar cheese (Havarti cheese as alternative)
- 2 tablespoons (about 1/4 pepper) roasted red bell pepper, cut into strips
- Arugula or lettuce leaves, optional

For best performance in panini maker, brush outside of each slice of bread with olive oil. Spread other side of bread with sandwich spread. Top with turkey, cheese and pepper strips. Close sandwich and cook for 4 to 5 minutes in panini maker or on griddle, until cheese is melted. If desired, pull open and add lettuce before serving.



Spicy Pork Sandwiches

Makes: 4 servings
Prep time: 30 minutes

- Vegetable oil
- 1/2 cup thinly sliced yellow onion
- 1/2 cup diced green bell pepper
- 1 pound lean pork strips, thinly sliced
- 1/4 cup Hidden Valley Spicy Chipotle Pepper Sandwich Spread & Dip
- 4 sandwich buns

In large nonstick skillet, stir-fry onion and pepper in oil for 5 minutes. Add pork and cook for 5 more minutes, or until cooked through. Remove from heat and stir in sandwich spread. Serve spicy pork mixture on buns.



Salmon Pita

Makes: 2 servings
Prep time: 15 minutes

- 6 ounces fresh salmon fillet, cooked and chilled (about 1 cup flaked) or 1 pouch (5 ounces) ready-to-eat premium wild caught pink salmon, skinless and boneless
- 2 tablespoons minced shallot or red onion
- 2 tablespoons minced celery
- 1 teaspoon fresh lemon juice
- 1/4 cup Hidden Valley Oven-Roasted Garlic Parmesan Sandwich Spread & Dip
- 2 pita pockets
- 1 slice iceberg lettuce, optional

Flake salmon; stir in shallots, celery and lemon juice. Add sandwich spread and gently stir to combine. Fill pockets with salmon mixture and lettuce slice.



DONS BASKETBALL LEAGUE



Player of the Week

DONS 19pts. 15rbs.

DBL WEEK 5: 7 / 13 / 13

Game 1: (5-0)KNIGHTS 58 vs. (2-3)WOLVES 40

This game had everyone believing that the Wolves were capable of beating the Knights. Well everyone was wrong because the Wolves never stood a chance against the mighty Black Knights. X.Jones scored 17pts. and Coach White new recruit Kenneth Brewer dominated the game scoring 21pts. and snatching 13 rebounds.

Game 2: (5-0)DONS 71 vs. (1-4)FORCE 21

DONS looked superior from the start. Coach Don dynamite 3(C.terry, J.Figueroa, and A.Daye) scored at will. Terry scored 19pts. with 15rbs., Figueroa added 18pts., 8 steals and 6 assist. A.Daye contributed 13pts., 7 assist, 6 steals, and 5 rebounds. The DONS stifling defense held Force star player R.Scott to only 8pts.

Game 3: (1-4)HORNETS 39 vs. (3-2)RATTLERS 41

The Hornets star player DeVonte Baker was sanctioned and had to sit out the first half of the game. The Rattlers could not capitalize on Barker's absence as they managed to gain a 5pt. lead at halftime. Barker started the 2nd half and he made a difference and the Hornets eventually took the lead. However the Rattlers; K.Ford, K.Teet, and C.Langston all scored in double figures to come back and steal the victory.

Game 4: (0-5)Bandits 35 vs. (3-2)HORSEMEN 51

Last year champions Bandits is having a rough season, losing their #1 draft pick and now recently losing their head coach due to personal reasons. K.Walters scored 18pts. for the Bandits but the Horsemen showed no mercy, lead by James Harris with a double double 10pts. and 11rbs.


Game 5: (5-0)NUGGETS 54 vs. (0-5)BULLS 41

The Nuggets looked very impressive, star player J.Whitted scored 17pts. with 11rbs. and recently new recruit Idee Johnson scored 18pts. with 10 steals. Although the Nuggets are undefeated, prior to this game they hadn't won a game by more than 6 points. Coach Byrd obviously has been making the right decision during crunch time.

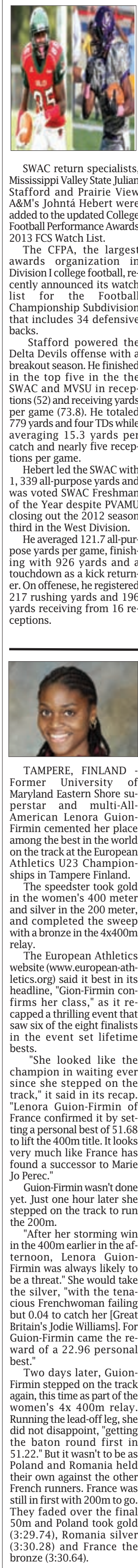
The DBL Games are held on Saturdays at Kestrel Heights High School @ 4pm

For more information about the DBL visit the website: www.DBLNBA.com

DBL Rankings	W - L
DONS	5 - 0
KNIGHTS	5 - 0
NUGGETS	5 - 0
RATTLERS	3 - 2
HORSEMEN	3 - 2
WOLVES	2 - 3
HORNETS	1 - 4
FORCE	1 - 4
BANDITS	0 - 5
BULLS	0 - 5



Ballin' N Style



Anderson, Cox headline SWAC honors



Ben Anderson (left) and Qua Cox
SWAC.org

BIRMINGHAM, Ala. - The SWAC released its 2013 preseason teams with University of Arkansas at Pine Bluff quarterback Ben Anderson and Jackson State defensive back Qua Cox spotlighting the honors.

Both student-athletes join 49 players that total this year's preseason squads. All 10 member institutions were represented on this year's team.

Defending champion UAPB led the way with 11 selections, including nine voted to the first team. Alabama State, Jackson State and Prairie View A&M had seven picks apiece. ASU and PVAMU tallied three players on the first team with JSU posting two.

Alabama A&M and Southern each recorded five picks with SU finishing the tally with three players making the first team. Rounding out the selections include Mississippi Valley with four players, registering two on the top team. Alcorn State, Grambling State and Texas southern posted one player apiece on the second team.

Anderson led the Golden Lions to their first outright SWAC championship crown since sharing the title in 1966. He was named offensive MVP of the 2012 Toyota SWAC Football Championship after lifting UAPB to a 24-21 overtime win over Jackson State.

He helped the Golden Lions claim a West Division title on their way to a 10-2 record, the most wins in the program's history. With Anderson, UAPB captured the HSRN Conway Cup and the network's national championship title. The Golden Lions were also named Black College National Champions by the American Sports Wire.

Anderson completed the season with 2,346 passing yards and 16 touchdowns, second in the SWAC. He rushed for 524 yards and recorded five TDs on the ground. He led UAPB in total offense (2,870) while finishing second in the league in the category.

Last year, Cox led the SWAC with five interceptions, leading JSU 7-5 for a consecutive season. He helped the Tigers pick up five consecutive wins to close the regular season en route to winning the Eastern Division with an appearance in the SWAC Football Championship.

Cox led the JSU defensive backs with eight pass breakups and 13 passes defended. He closed the year with 50 tackles (36 solo), including five for a loss and two sacks on a defensive unit that led the league in sacks with 43.

- 2013 Predicted Order of Finish**
- WEST DIVISION**
1. Arkansas - Pine Bluff 105
 2. Southern 88
 3. Prairie View A&M 82
 4. Grambling State 51
 5. Texas Southern 38
- EAST DIVISION**
1. Alabama State 108
 2. Jackson State 102
 3. Alabama A&M 60
 4. Mississippi Valley State 51
 5. Alcorn State 40

SWAC football 2013 season preview



SWAC football coaches

ARKANSAS-PINE BLUFF
2012 RECORD: 10-2 (8-1 SWAC) SWAC champions

Arkansas-Pine Bluff can be the favorite to emerge from the West. The Golden Lions return 20 starters - 10 on offense and nine on defense - from last year's 10-2 squad that set a school record for most victories in a season.

All-SWAC redshirt junior quarterback Ben Anderson, MVP of the SWAC Cchampionship, leads the Golden Lions' offense. Anderson threw for 2,346 yards and 16 touchdowns. He will have plenty of help on offense with a trio of all-SWAC skill position players returning.

Running back Justin Billings was the second-leading rusher in the conference with 852 yards. Wide receiver Ladarius Eckwood had 52 catches for 752 yards and six TDs, and tight end Dez Beverly posted 46 catches for 434 yards and six TDs.

Despite losing FCS sack leader and conference defensive player of the year, Brandon Thurmond, and the 2012 SWAC leader in tackles, Bill Ross, the Golden Lions should be solid on defense as well.

Linebackers Jer-Ryan Harris, an all-SWAC performer, Xavier Lofton and Kyle Walker played well in spring drills. Damian Lee and DeMarcus Berry will be counted on to provide a strong pass rush. Gyovanni Harvey and all-SWAC free safety Ryan Shaw anchor the secondary.

ALABAMA A&M
2012 RECORD: 7-4 (6-3 SWAC)/3rd - East

Anthony Jones, the dean of SWAC coaches, faces a mammoth rebuilding job as he enters his 12th season. The Bulldogs lost 23 seniors from a squad that won its first six games and was ranked No. 1 among HBCUs. AAMU's toughest losses were on offense. Jones must replace Deaunte Mason, a four-year starter at quarterback, and running back Kaderius Lacey, the league's leading rusher in 2012.

Brandon Wells, Chris Leachmen, Kyle Harmyk and Jaymason Lee are vying to replace Mason. Neither has taken a snap in a Division I game. Lacey's spot will be filled by committee with Brandon Eldemire and Brendon Johnson sharing the load.

If the quarterbacks are capable of getting the ball to receivers while operating behind a line that lost three all-conference performers, then AAMU could generate more offense than expected. Defensive linemen Reginald Bailey, Corey Johnson and Phillip Harvey give the Bulldogs their front after playing as reserves. The secondary will be solid, providing Jeremy Isabelle is able to fill Vernon Marshall's shoes at strong safety and A.J. Clark, a converted quarterback, continues to develop at free safety.

ALABAMA STATE
2012 RECORD: 7-4 (7-2 SWAC)/2nd East

Alabama State generated impressive runs the past three seasons. In lieu of their success in recent years is one appearance in the conference championship game, an 11-6 loss to Texas Southern in 2010.

Coach Reggie Barlow is optimistic that his team's fortunes will change this season. The Hornets fate will hinge in a large degree on how successful Barlow is in replacing quarterback Greg Jenkins, a two-year starter who signed a free agent contract with the Oakland Raiders.

Redshirt sophomore Daniel Duhart and junior transfer Arsenio Favor, who played two seasons at Southern

Mississippi, are the leading candidates for the quarterback position.

Whoever is under center, he will hand off to one of the conference's top running backs in Isaiah Crowell. After transferring from Georgia and carrying the 2011 title of SEC Freshman of the Year, Crowell rushed for 842 yards and closed out 2012 as the SWAC Newcomer of the Year.

ALCORN STATE
2012 RECORD: 4-7 (4-5 SWAC)/5th East

Alcorn State shocked teams in the SWAC last season while posting a 4-7 record under Coach Jay Hopson, who was hired in late May. The Braves won't sneak up on opponents this season. ALCN pulled off upsets against Grambling State to open 2012 and clipped Alabama A&M's undefeated season hopes during the Bulldogs' homecoming.

Pass defense was Alcorn's calling card in 2012. The Braves led the SWAC and were fourth in the FCS, allowing just 156 yards a game through the air. Junior Devon Francois leads the secondary, finishing last year's campaign with 41 tackles. Other returnees in the secondary include Jamison Knox, Anthony Williams and Hendricks Taylor.

GRAMBLING STATE
2012 RECORD: 1-10 (0-9 SWAC)/5th West

Grambling is in an uncustomary situation after going winless in the conference for the first time. Coach Doug Williams focused the spring drills on the Tigers getting bigger, faster and more aggressive on both sides of the ball.

GSU will also need to increase their offensive productivity after averaging just 18.2 points a game. Last year, GSU dropped five games by less than seven points, including three contests by less than three.

After winning the SWAC crown in 2011, the Tigers will again rely on quarterback D.J. Williams, the coach's son, to run the offense. Williams passed for 930 yards and two TDs, numbers that he needs to improve dramatically if GSU is to contend for the title.

JACKSON STATE
2012 RECORD: 7-5 (7-2)/East champion

The reigning East Division champion has experience on its side in its quest to return to the championship game. In 2012, the Tigers won five consecutive games down the stretch and contended for the SWAC title after winning the division as a result of a tiebreaker over Alabama State.

JSU return 51 lettermen, including eight starters on offense and seven on defense. Senior quarterback Clayton Moore developed into the offensive leader and guided the Tigers to five consecutive wins down the stretch. He passed for 1,863 yards and 11 TDs, and rushed for an additional 633 yards, scoring 11 TDs on the ground.

The secondary is the strength of Jackson State's defense. All-SWAC cornerback Qua Cox had a conference-best five interceptions. Safety Cameron Loeffler is among the top tacklers in the conference. Loeffler led JSU with 84 tackles while amassing 4.5 sacks.

MISSISSIPPI VALLEY STATE
2012 RECORD: 5-6 (5-4 SWAC)/4th East

Mississippi Valley State was the most improved team in the conference in 2012. The Delta Devils' 5-6 record gave them the most victories since 2006, and defeated Grambling State and Southern in the same season - a feat they accomplished for the first time since 1984, when Archie "Gunslinger" Cooley was head coach and the Satellite Express, featuring Willie Totten and Jerry Rice, was the scourge of the SWAC.

Unlike the golden days for MVSU football, defense, not offense, was the Delta Devils' hallmark in 2012. The same should be true this season despite losing seven seniors from a unit that led the SWAC and was fourth in the FCS in total defense, allowing just 279 yards a game.

All-SWAC defensive lineman Robert Simpson returns to anchor the line. Simpson recorded 59 tackles, including 22.5 for losses, which led the nation, and seven sacks. Rico Shaw, D'Ondre Jackson, Cedric McField and converted tight end Jacob Avery will join Simpson in the trenches. Safety Kevin Eugene leads the secondary. Eugene was second in the SWAC with four interceptions last season.

PRAIRIE VIEW A&M
2012 RECORD: 3-8 (3-6 SWAC)/3rd West

Prairie View A&M has 67 returning lettermen - with nine offensive starters among them - as the Panthers look to improve from a 3-8 record. The Panthers are no longer under the practice restrictions they were slapped with last season for their APR shortcomings, and that is just as significant as the number of veterans they return.

Look for the PVAMU to have a potent offense again after leading the conference in total yards (416.6 a game), ranking second in passing offense (393.8) and third in scoring (27.7). The quarterback tandem of De'Auntre Smiley and Jerry Lovelocke will run the offense. They combined for 2,462 passing yards and 16 TDs. They will operate behind a veteran offensive line that features four returning starters.

SOUTHERN
2012 RECORD: 4-7 (3-6 SWAC)/2nd West

The Jaguars were 4-7 for the second consecutive season, beating their three biggest rivals - Florida A&M, Jackson State and Grambling - in the process. Had it not been for a pair of botched extra point conversions in back-to-back one-point losses to Alabama A&M and Alabama State, they could have posted their first winning record since 2009. As it turned out, their record was good enough for Odums, who began the season as the Jaguars' defensive coordinator, only to have the interim tag removed from his title and begin his head coach tenure in 2013.

All-SWAC junior quarterback Dray Joseph is the unquestioned leader of the Jaguars' offense. Joseph threw for 2,511 yards and 25 TDs. He led the conference in passing yards per game (228) and total offense (2,640).

All-SWAC wide receiver Lee Doss will again be Joseph's No. 1 target. Doss had 65 receptions for 703 yards in 2012. Junior college transfer Sam Altman, redshirt freshman Justin Morgan and freshman Chuck Baker, a Rivals three-star athlete who originally committed to LSU, are counted on to complement Doss.

TEXAS SOUTHERN
2012 RECORD: 2-9 (2-7 SWAC) /5th West

The uphill climb continues for second-year head coach Darrell Asberry as he attempts to rebuild the program. The Tigers are on probation for NCAA rules violations and have also been penalized for APR issues.

Nine defensive starters return with experience as Asberry hired veteran defensive coordinator Michael Vite to revamp the unit that ranked near the bottom of the conference in some of the major statistical category in 2012.

Defensive back Tray Walker will look to guide the defense, finishing second on the team in interceptions to go along with 45 tackles (33 solo).

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GENERAL

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BIDS

RPC Contracting is requesting bids from any NCDOT Certified MBE & WBE firms for **Contract DA00164 in Martin & Washington Co.'s**, bidding on 7/31/13. There will be a pre-bid conference at 3:00 pm on Wednesday 7/24/13 at the office of RPC Contracting, 934 W Kitty Hawk Road, Kitty Hawk, NC. Plans and specifications are available for review at the same location or may be downloaded from NCDOT's Division 1 Project letting website at: https://connect.ncdot.gov/letting/Pages/Letting-List.aspx?let_type=1. For more information, please call 252-261-3336, ask for Jay. RPC Contracting is an Equal Opportunity Employer.

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CAREER CORNER

The career paths that lead to everyday acts of heroism

Brandpoint



Often, we don't think about heroism until we see it in action - when disaster strikes and ordinary people exhibit extraordinary courage and compassion to help victims in their time of need. The truth is, however, that the best of human nature is on display every day in the lives of millions of Americans who work in public service jobs across the country. Sometimes all it takes to tap that inner hero is an opportunity - and the education - to serve others.

"People may not realize how broad the opportunities are in public service fields," says Connie Bosse, vice president of Kaplan University's College of Public Service. "From law enforcement and emergency responders to teachers and child advocates and behavioral therapists who help children with developmental disabilities, thousands of career options offer people the chance to make a living and help others in a meaningful way."

Numerous studies on job satisfaction show that workers in a broad range of fields say job satisfaction is important to them. Public service jobs such as firefighting, teaching and therapy consistently rank among the top most-satisfying careers in the General Social Survey conducted by the National Organization for Research.

Whether you're a recent high school graduate looking for a direction in higher education or an established professional looking for a meaningful career change, public service holds many opportunities. The Kaplan University College of Public Service created a Network of Good video series which highlights alumni and their path to public service. As with any career, it's important to receive the right training, education and degree to ensure professional success. Here are some degree paths that can lead to public service careers:

* Human services - A bachelor of science in human services can prepare you to work in a variety of fields, including mental health, social services, education, rehabilitation and even the courts. If you already have an associate or bachelor's degree, you may be eligible for an accelerated degree path.

* Education - Graduate programs are designed to serve educators and instructors at every level, from colleges and universities to K-12 environments. There is also a bachelor in early childhood- development that encompasses caring for the educational needs of young children and can extend far beyond the elementary school classroom. This degree can open doors to careers in childcare centers, Head Start programs and other before- and after-school care settings.-

* Public administration - Strong leaders are vital to the success of any organization, whether public or private. A master's in public administration can help you qualify to serve in leadership roles in local, state or federal government agencies, a variety of organizations and nonprofits.

* Homeland security - With natural disasters and terrorist threats making daily headlines, the federal government says demand for professionals qualified to work in homeland security and emergency response roles will increase. A master's degree in homeland security and emergency management can help you find a career in emergency preparedness and response, border and transportation security, information analysis, homeland defense and more.

For those interested in learning more, there is a wealth of information, inspirational stories and videos about public service professionals at the Center for Public Service, an online information resource center created by Kaplan University. Visit the site at center-public-service.kaplanu.edu.

Jean Carne in concert

RALEIGH PUBLIC MEETING

The city’s Urban Design Center will host a public meeting on parklets July 25, 6-8 p.m. Contact Grant Meacci at 996-4637 or grant.meacci@raleighnc.gov.

· Aug. 6, 7 p.m. – A public hearing on a planned Downtown Remote Operations Facility.

CARY FESTIVAL

The annual Beer, Bourbon & BBQ Festival is Aug. 2-3 at Koka Booth Amphitheatre. Call 462-2025 or visit www.boothamphitheatre.com.

DURHAM SUMMER CONCERT

· July 25, 7-8:30 p.m. – Birds & Arrows (Alternafolk) – CCB Plaza

LUNCHEON

Bridges and Duke Sickle Cell Center will host a SC-FBI Luncheon July 25, 12:30 p.m., 800 N. Mangum, 2nd Fl. RSVP by July 23 at 684-0677 or 684-6464, ext. 4.

CONCERT

Jean Carne will perform her greatest hits July 26, 7 & 9 p.m. at Hayti Heritage Center, 804 Old Fayetteville St. Call 683-1709.

MURAL PAINTING

A Find Waldo in Durham community mural painting session is July 27, 2-4 p.m. at Happymess Art Studio, 718-B Iredell St., above Outsider’s Art Gallery.

FILM SCREENING

A screening and discussion of “Story of America: A Nation Divided” is Aug. 8, 7 p.m. at Motorco Music Hall, 723 Rigsbee Ave. RSVP at http://action.ncjustice.org/.

GALA

Durham Committee on the Affairs of Black People will hold its annual gala Aug. 16 at the Sheraton Imperial Hotel, 4700 Emperor Blvd. Call 808-2450 for tickets by July 31.

CONCERT

Durham Parks & Recreation will host Sahara Reggae Band Aug. 3, 6-8 p.m. at Rock Quarry Park, 701 Stadium Dr. Call 560-4355.

CHAPEL HILL CONSERVATORY PlayMakers

Repertory will perform “Sweeney Todd: The Demon Barber of Fleet Street” with a cast of young student actors July 17-21, 7:30 p.m. in the Elizabeth Price Kenan Theatre inside the Center for Dramatic Art on Country Club Road. Call (919) 962-7529.

Read The Triangle Tribune, where every month is Black History Month

Life & Arts

MOVIE REVIEW

Fruitvale Station ***1/2

By Dwight Brown NNPA

If you don’t live in the San Francisco Bay Area, you might only know the rudiments of this tragic event and subsequent upheaval: Black man, in handcuffs, shot in back by white police officer in Bay Area Rapid Transit train station. Protests. Riots. Unrest. This thoughtful, methodical and contemporary allegory, which is based on a true story, carries the weight of a Greek tragedy. The film reveals as much about the incident as it does about our complex attitudes towards race.

Oscar Grant (Michael B. Jordan), an aimless 22-year-old, lives in the East Bay. He has not lived a perfect life. Done a little time for a little crime. Fathered a daughter, Tatiana (Arianna Neal), out of wedlock with his Latina girlfriend Sophia (Melanie Diaz). Lost his job because he couldn’t show up on time. He’s dabbled in drug dealing and has a hair-trigger temper he’s learning to control.

On the other hand, he loves his daughter. Has a strong relationship with his tough-love mom Wanda (Octavia Spencer). Is buoyed by his extended family. His sister wants to borrow money, and though he is dead broke, he tries to help. And his heart is in the right place the day a stray dog is hit by a car and he carries it to the side of road as if it was his own.

It’s 2008. December 31, New Year’s Eve. Seems like Oscar is finally focusing on finding a job, being faithful to Sophina and leaving his drug life behind. He’s got a new attitude and great expectations for 2009. Just one more night on the town, what could it hurt? He, his buddies and Sophina plan to head into San Francisco for the festivities.

It’s been said that nothing good ever happens after midnight. It’s the reason moms keep their sons home at night. Wanda, afraid her son and his friends will drive drunk, insists they take the train. BART. It’s a good idea that only fate could make regrettable. Mom, “I told him to take the train. I told him to take the BART. I didn’t know they would hurt my baby.”

Oakland born writer/director Ryan Coogler, whose previous credits include short films, takes a big step into the feature film world with this ambitious, well-realized urban drama. His script lays the blueprint. It’s perfectly detailed. With deftness he sets Oscar’s persona in cement. You know he’s an imperfect human being. Neither a saint nor a sinner. He’s a son without a father, an adolescent struggling with direction. Think Tupac. Think of the kid down the street. He’s surrounded by love (mom, Sophina, Tatiana, various uncles). Crime, drugs and gang violence equally court him. His choices are crucial; the difference between life and death.



Michael B. Jordan and Melonie Diaz in ‘Fruitvale Station.’

The other character Coogler develops with great success is Wanda, a mom who doles out her love and acceptance balanced with strict parental discipline. One of the film’s strongest moments is a prison visiting room scene when Oscar gets in a tiff with a fellow con who rankles him. The two young bulls paw the ground and are ready to ram heads when mom takes control. She gets up and leaves, “I’m not coming here again. If you want to put yourself through this...Not me.” And she doesn’t return.

Coogler’s direction is steeped in realism. No New Jack City swing. No Boyz ‘n The Hood melodrama. It feels like you’re wandering the streets of Oakland, aimless, searching for a clue to life.

The interactions between the characters seem like everyday occurrences. Fights and makeups with Sophina are normal as rain. Civil communications with white, black and Latino people are routine. The death of Oscar Grant is unique because fellow passengers captured it on cell phones. Wisely, Coogler starts the film with some of that haunting footage. As the director leads you up to the film’s climax, you are hopeful, even though you know the inevitable.

The filmmaking does have flaws: Sometimes the dialogue seems overly prophetic. On New Year’s Eve, Tatiana tells Oscar, “Don’t go, I’m scared for you.” If those words were actually said that night, so be it. In this film,

they sound too contrived. Also, the film ends abruptly, like it only gets to Act II. What happens after the incident is surly as significant and worthy of unveiling as what comes before it. How the subsequent protests, riots and demonstrations lead specifically to justice of any kind is the missing coda.

At that moment when words are said and irrevocable mistakes are made it’s a shocking, immensely disturbing experience. You will leave the theater emotionally devastated. Grief-stricken. Angry. It’s the mark of a very strong piece of filmmaking and a very sobering reminder that life can vanish in an instant.

Visit film critic Dwight Brown at DwightBrownInk.com.

‘Basketball Wives’ to clean up act

EurWeb

“Basketball Wives” creator/star Shaunie O’Neal confirmed that for this upcoming season the ladies have made more of an effort to improve their wild behavior.

“For the most part, I think people were trying to do better, making an effort. I think that’s what’s most important. The effort is being made,” she told TheGrio.com. “It’s not that we did a 360, that we’re coming in brand new and angels. Trust me, there are some moments.”

The most important thing for O’Neal, despite of all the drama, is to try and be a good example for her daughters and other young viewers.

“I’m a mom of two girls. What I teach them at home,

I want to show them,” she said. Although they don’t join her to watch the show, she said they hear about what airs from classmates and friends.

On this season, we will get to see O’Neal display signs of compassion for her co-star Evelyn Lozada as she copes with the domestic violence incident with her ex-husband Chad Johnson.

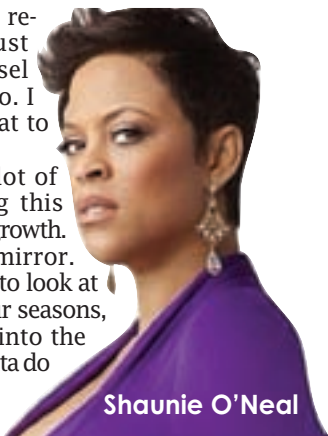
“It was rough. It’s a whole lot of crying. It was very emotional,” she said.

We are all pretty familiar with the incident but, for O’Neal, on the show it was new.

“A lot of it was us hearing some things for the first time. It was so new when we were filming,” said O’Neal who felt helpless when listening to her friend’s painful story. “I’ve never been through anything do-

mestic- violence related. I was just more like a vessel for her to talk to. I didn’t know what to say.

“You’ll see a lot of growth. Filming this season, I felt the growth. This is like a mirror. We’ve been able to look at ourselves for four seasons, and now going into the fifth, it’s like ‘I gotta do better.”



Summer must-reads: Sex, murder, convicts, politics

Intriguing characters and hot, sizzling stories to heat up your literary list

By Michaela L. Duckett michaela.duckett@thecharlottepost.com

Whether you are spending a day catching some sun at the beach, riding shotgun on a road trip or simply relaxing on a lazy summer day, there’s nothing like a good book to keep you company.

From sexy erotica and suspenseful mysteries to coming of age tales and behind-the-scenes peaks into the world of politics and the black upper class, our summer reading list has you covered.

‘Busy Bodies: Chocolate Flava 4’

Known as “The Queen of Erotica,” New York Times best-selling author and publisher of Strebor Books Zane has released a steamy new book. “Busy Bodies: Chocolate Flava 4” is the fourth installment in the Eroticanoir.com anthology series and features short stories from 26 masters of the genre – personally selected and edited by Zane.

Known for her uninhibited and raw style, Zane continues to push sexual boundaries with

a tantalizing mix of urban slang and unadulterated sensuality with this new release, which includes a diverse array of racy characters and steamy settings that are sure to satisfy.

‘Butterfly’

Based on true-life events, as told by students and educators from across the country, “Butterfly” by Sylvester Stephens offers a fresh perspective on the life of the American teenager. It tells the story of Shante Clemmons (Butterfly), a mature-looking 15-year-old foster home reject.

After she is caught in the act of having an affair with her foster father, Butterfly is tossed on the street in the middle of the night. She begins stripping to earn money but is fired after the club owner discovers she’s underage. She gets taken in by an old “family friend,” and despite many obstacles commits to finishing her senior year of high school and attending college. But will she?

‘September Woods’

In “September Woods,” author Linda Florke weaves a battle between good and evil with

an unlikely romance. Randall Daggett is a dangerous convict who escapes from a maximum-security prison with the help of Murphy, his fellow inmate and prison lover.

After busting out of Ryder Penitentiary, Daggett flees to the northern wooded area of Wisconsin where he abducts 15-year-old Stella Compton and holds her hostage. “September Woods” follows Stella’s struggle to regain her independence and triumph over tragedy to find love in the end.

‘A Dollar Outta Fifteen Cent’

“A Dollar Outta Fifteen Cent” by Caroline McGill is a urban love story of sex, money and murder that Juicy Magazine describes as “one-part ‘Sex in the City’ and two-parts ‘Single Ladies’ with a dash of ratchetness.”

Street-smart Portia Lane trades in her church roots and college degree for sex-fueled stardom as Brooklyn’s hottest stripper. The hood respects her, men in suits open their wallets for her and the money rolls in. All is well until Portia

breaks her own rules and falls dangerously in love with one of her regulars – Jay, an ambitious music executive. As she tries to gain his trust and win his heart, her tumultuous past catches up with her.

‘The Girl who Married an Eagle’

“The Girl Who Married an Eagle” is the fourth installment in Tamar Myers’ Belgian-Congo mystery series. It tells the story of two girls from different walks of life who are brought together by a single act of injustice. Julia Elaine Newton leaves her home in Ohio to volunteer in the Belgian Congo at an all-girls boarding school, which mainly consists of runaway brides.

There she meets Early Dusk, a beautiful 8-year-old girl who ran away from an impending marriage to her village chief – Big Chief Eagle. Although she knew Africa would be much different than anything she’d ever known, Julia never imagined she find herself protecting a child and keeping her safe from her vindictive, vengeful would-be husband. This suspenseful, raw and commanding tale of courage is based on true events in Myers’ life.

‘Chief of Staff’

“Chief of Staff” by Mark Vertrees, set both in Charlotte

and Washington, D.C., subtly weaves together politics and the little-known world of America’s black upper class. The main character Eric Julian is a man accustomed to privilege and excess from birth.

At a young age, Eric decides to shun the family business and pursue his true passion – politics. The only thing standing in the way of his presidency is a decades-old family secret involving his tyrannical grandmother, a long lost con man, a dapper mobster, blackmail, murder and coverup all in the name of family.

‘Never Say Never’

“Never Say Never” by Victoria Christopher Murray is a fast-paced, emotionally charged novel about a passionate and dangerous love affair that threatens to destroy both a marriage and a friendship.

When Miriam’s husband dies and leaves her to raise three children by herself, she finds comfort in Jamal. The problem is that he is married, and his wife Emily is one of Miriam’s closest friends. Lost in the fog of grief and lust, neither is sure if their passionate affair is real. Jamal is riddled with guilt, but Miriam believes she’s in love. When Emily finds out, Miriam and Jamal have to deal with a woman scorned and her hunger for revenge.

In the Acts 9:36-42 of the Bible, there is an interesting story about a woman named Dorcas, also known as Tabitha.

She is mentioned only one time in the Bible and as a disciple of Christ. Her ministry was about helping people by encouraging them and doing what she could to assist their quality of life.

Dorcas made clothes for the poor. In other words, she could be considered a fashion designer of her era. Making clothes in those days must have been a painstaking chore.

There were no sewing machines, assortment of patterns or other conveniences for preparing clothes. It took a great amount of time to make garments. She had a variety of friends, was a widower and led a busy lifestyle.

Many of her friends were widowers as well, and they were very close. They admired and loved Dorcas because of her unselfish spirit. One day, Dorcas became ill. Her friends did the best they could to try to make her feel better. But through all of their hard work and care, she died.

Her friends were heartbroken; they cried because of their loss. They prepared her body to be adorned in a room for visitation. She was placed in an upper room in her home.

It was customary to move the deceased person to an upper room of the home because it was quiet and peaceful. The people sent for Peter who lived in another town.

Peter was a disciple and was aware of her reputation. He was told of her demise and traveled to the town, which was about 12 miles from where he lived. When he arrived, they were standing around.

Peter asked everyone to leave the room so he could be alone with her and God. He went to the bedside of the woman and began to pray.

Through Peter's faith, she awakened and was revived. Her life began again, and she became a living testimony to the people. Even though this story took place in Biblical times, its meaning is very profound in our time.

Dorcas' life and legacy are clear examples of how we can help each other in a desperate time of need. Because she shared all that she had, she was in God's favor. Her community did all that they could to help her, even on her deathbed. They did not give up.

Both Dorcas and Peter were disciples of Christ. God supernaturally intervened to bring her back to life. We should be encouraged by this story in the Bible because it shows that God protects us, and our good works precede us. If we live a life filled with good deeds, we can look for a miracle to occur on our behalf.

The miracle may not come in the form that we expect, but it will be something that draws the attention of others. It will be a statement that causes everyone in our midst to take a second look at God, the Creator.

Many of us are saddened by the events that have taken place in Sanford, Fla. The attention of the world has been drawn to a series of events surrounding a tragic incident. Moreover, this heartbreaking occurrence has affected all of our lives in one way or another. Most importantly, a mother, a father, a family, friends and associates have lost a loved one. With the help of God, we will be able to, someday, understand the meaning of this tragedy.

Ann G. Harris, MRE, is an inspirational freelance writer who resides in Raleigh. You can reach her at anngharris1@gmail.com.



Words of
Tender
Care

ANN
HARRIS

Religion

Cortez hits top 40 with new single



Zacardi Cortez is back on top.

By Bonitta Best
editor@triangletribune.com
Zacardi Cortez is looking for a "1 on 1" relationship.

His newest single has risen to the top 40 after just two weeks in circulation. "Zacardi is the best singer in

America today," said Worldwide Music CEO Kerry Douglas. "I've been grooming him like

I groomed James Fortune and Earnest Pugh. Zacardi is my next superstar, and I have no doubt that he will be one of the biggest artists the gospel world has ever seen."

"1 on 1" is part of the latest installment of Douglas' best-selling Gospel Mix CD series. The 30-track set from artists Ruben Studdard, Earnest Pugh, Keith "Wonderboy" Johnson and others will be released Aug. 20.

"The song is about spending one-on-one time with God," said Cortez who has returned from a short recording hiatus. "We all go through those times when we just have to put everything else aside - turn off the TV, put the video game down, stop taking phone calls - and just concentrate on our relationship.

"It can be your relationship with your girlfriend, your child or God. We all need that one-on-one time with the ones we love to let them know that we do love them, and that's the

real message of the song."

Cortez came on the scene last year with a best-selling debut CD, "Zacardi Cortez: The Introduction."

The album peaked at No. 2 on Billboard's Top Gospel Albums chart and earned him a Stellar Award nomination.

The 27-year-old rising star has been singing all of his life and began his career with his family, The Cortez Singers, and recording with his musical godfather, John P. Kee.

He first gained notice as the lead on James Fortune & FIYA's 2008 breakthrough hit "The Blood" and their subsequent No. 1 smash, "I Believe."

Cortez's rousing track "One More Time" (featuring John P. Kee) spent six months on the Billboard Top 10 Hot Gospel Songs chart.

For more information, visit www.mrkerrydouglas.com or www.zacardicortez.com.

A pastor and his wife are partners with God

By Ronnie Floyd
CHURCH LEADER GAZETTE

Perhaps the most important decision a pastor makes in his life and ministry is choosing the woman who will become his wife.

Through my years of pastoring and leading churches, I have always found that a pastor and his ministry will not surpass his marital relationship in terms of healthy growth. If his marriage is healthy, his ministry has a much greater probability of being productive and effective. Conversely, if his marriage is unhealthy, his ministry will be extremely limited and affected greatly.

Jeana and I have been married over 36 years. I became a local church pastor in September 1976, and we were married on Dec. 31, 1976. Jeana was a piano major in col-

lege, and I am convinced I received the call to my first church because they needed a piano player!

I want to share a few practical things for every pastor and his wife to consider and act upon in life and ministry:

You are partners
You are partners in marriage and in ministry. Yes, I wrote that statement correctly. Partnership in marriage many understand, but partnership in ministry is becoming a unique quality for a pastor and his wife.

Jeana and I have always been partners in ministry. We have walked together hand-in-hand through all our years in ministry. She is fully involved in the life of the church. Every pastoral candidate that I call to serve on our Cross Church team is joined by his wife at his final interview. That interview is more about her than it

is him.

During that interview I talk to her and ask her:

- Do you go to worship?
- Are you involved in a ministry of the church?
- Then I proceed to tell her along with her husband:
 - If you come here, I expect you to be in worship weekly.
 - If you come here, I expect you to be involved in a ministry.
 - If you come here, I expect you to be involved in our monthly staff wives luncheon that Jeana leads.
 - If you come here, I expect you to be involved in our annual staff advance.

Live life together
A pastor and his wife need to live life together. Yes, ministry is busy and at times very demanding. Every job has challenging seasons.

However, a pastor and his wife need to live life together.

When time away from ministry occurs, this should not mean that he goes his way and she goes her way. Go together! Live life together.

The strongest testimony of a pastor and his wife comes when your people see you together, enjoying life and living life together. This also keeps both of you from becoming vulnerable to the enemy's attacks of sexual temptation.

When people see you and your wife living life together, this lets all others know: She is mine and I am hers. If you are not together or you are rarely seen together, you are sending signals that are very unhealthy for your people. Therefore, live life together!

Be consistent
Be consistent in your walk with Christ and your calling to ministry both at church and at home. Do not be a hypocrite! The last thing the wife of the

pastor needs to see is a different man at home than she sees in the pulpit. This is especially true when children enter into your life. Equally, the pastor does not need to come home to a wife who is personified at church as a great woman of God but at home is a tough lady.

Both a pastor and his wife need to be consistent in their daily walk with Jesus. Consistent in their daily time with God. Consistent in praying together daily. Consistent in their family life and church life.

The anointing of God cannot be fooled! God knows if you are real and consistent daily, wherever you are. Usually, the anointing of God is strongest to those who live consistently wherever they may be, whether at home, at the ball field, within a restaurant, or at the church.

The 10 rudest things people do in church

By J. Lee Grady
CHURCH LEADER GAZETTE

It doesn't bother me anymore to hear a phone ringing during a church service. It's part of life in the 21st century. But I'll admit I was shocked last month when I heard a ringtone while I was preaching, and a woman seated in the third row pulled her phone out of her purse and began a lengthy conversation as if she were in the waiting room of a beauty parlor.

That incident prompted me to post a question on Facebook the next day. I asked my friends to share their own stories of rudeness in church. That triggered an avalanche of pent-up frustration about crinkly peppermint wrappers, loud music, smelly feet (yes, someone took off their shoes during the service), unruly children, coffee-sipping saints and parishioners who try to finish their pastors' sentences during sermons.

When I tallied the responses, I came up with this list of the rudest things people do in church:

1. Talking during a service.
2. Texting or surfing the web during a service. (One person mentioned seeing people playing video games on their phones.)
3. Sleeping — or snoring! — during a sermon.
4. Clipping fingernails during church. (I was amazed at how many people listed this offense. One person said his church's sound technician clipped his nails routinely during the sermon, and it was amplified over the loud speaker.)
5. Answering a ringing phone in church.
6. Constantly getting up and leaving the auditori-

um, presumably to use the restroom.

7. Walking out of a service early, especially during a prayer.

8. Letting babies cry incessantly in the service.

9. Chewing or smacking gum. (One friend from Puerto Rico said he is particularly annoyed when people "chew gum like a goat.")

10. Public display of affection. (One person complained about a man and wife who enjoyed giving each other back rubs during worship.)

Those were the most common replies. Other infractions mentioned in my unscientific poll: Pushing people to the floor while praying for them; Saying "Amen" 100 times during the sermon; Taking change from the offering plate; Swearing in church (I didn't ask for the details on that!); and Drinking beverages during the entire service.

But as I mused over these replies, I couldn't help but wonder: What does God consider rude?

I don't think He's too annoyed by crying babies or rambunctious children. Nor do I think God is offended if a husband and wife get slightly cozy in church. And surely God has compassion for a person whose tiny bladder forces them to go to the restroom more often than everyone else. Some of us just need to lighten up and extend grace to late-comers, fidgety kids, teeth-grinders, young mothers with infants and people who have to report to work promptly at 1 p.m.

But when I look at the Bible, it's obvious God doesn't like it when people refuse to focus their attention when He's talking. He has called us to listen. Moses told the Hebrews they would be blessed if they listened to God's commandments (Deut. 11:27,

NASB). Solomon said that when we come to God's house we should "draw near to listen rather than to offer the sacrifice of fools" (Eccl. 5:1).

Isaiah said that God awakened him "to listen as a disciple" (Isa. 50:4), while Jeremiah rebuked Israel because they "did not listen or incline their ears" (Jer. 17:23). And when Jesus was glorified in His transfiguration, the Father declared, "Listen to Him!" (Luke 9:35). There is no possible way we can please God or be His faithful followers if we don't learn to listen.

Yet, today, we live in a distracted culture. We are sleep-deprived multitaskers. We surf the Web while we watch TV; we text while we drive; we tweet while we work; we take calls when we are meeting friends for conversation. Some people even crash into each other while walking on sidewalks because they are too busy Googling to see another distracted Googler headed straight toward them.

We are so focused on everything that we can't focus on anything. I sometimes wonder if the proliferation of fast food, sugary drinks, movies on demand, "smart" phones and 24-hour news isn't rewiring our brains so we can't focus on what's really important. We're turning into media zombies.

I'm not bashing technology. But we could lose the art of discipleship if we don't reclaim the habit of careful listening.

That means when we come to church, especially, we should not just turn off our phones but also tune out all other distractions so we can focus on what God is saying to us - through the preacher, the worship songs, the prayers and the Holy Spirit's still, small voice.

James Spears at Good News Gospel Fellowship

Worship

Briefs



**RALEIGH
GOOD NEWS**
410 Lord Berkley Road
Gospel artist James Spears will perform at Good News Gospel Fellowship July 21 at 3 p.m. The public is invited.

NEW LIFE
2004 Rock Quarry Road
Women's Day is July 28 at 9:30 a.m. The theme is "Praying Women in Praying Times." Towanna Freeman of Haymarket, Ga., is the guest speaker. The public is invited.

**APEX
APEX FIRST BAPTIST**
419 S. Salem Street
The Missions Ministry will celebrate its 74th anniversary July 21 at 3 p.m. The Rev. Harry L. White of Watts Chapel

Baptist in Raleigh is the guest speaker.

**DURHAM
NORTH EAST**
3204 Hwy 55
Gospel recording artist Marcia Love will perform in concert July 26 at 7 p.m.

WHITE ROCK BAPTIST
3400 Fayetteville Street
A Rainbow Tea is Aug. 24. The theme is "Women of Charm and Grace." Call 688-8136.

**HILLSBOROUGH
FIRST COMMUNITY**
509 Eno Street
A Gospel Extravaganza is June 28, 4:30 to 6:30 p.m. Various groups will perform. Call 73206135.

Send your church news to: The Triangle Tribune, 115 Market Street, Suite 360H, Durham, NC 27701; e-mail info@triangletribune.com; or fax 688-2740. **Deadline: Tuesday by noon.**