

President Obama sets tone on Trayvon Martin tragedy

By Ken Thomas
ASSOCIATED PRESS

WASHINGTON - Urging Americans to "do some soul searching," President Barack Obama injected himself into the emotional debate over the fatal shooting of a teenager in Florida, turning the racially charged case into a personal matter for the nation's first black president.

"If I had a son, he'd look like Trayvon," Obama said last week.

Obama's words also catapulted the death in Florida of 17-year-old Trayvon Martin, already the focus of major national attention, into the presidential campaign. Three Republicans seeking Obama's job all used the word "tragedy" to describe the shooting, as the president did. "I can only imagine what these parents are going through, and when I think about this boy, I think about my own kids," Obama said at the White House.

Obama said the parents of Martin, who was shot on Feb. 26 in Sanford, Fla., a suburb of Orlando, have a right to expect "that we're going to get to the bottom of exactly what happened."

Martin was shot by neighborhood watch volunteer George Zimmerman, who said he was acting in self-defense. Zimmerman's father is white, and his mother is Hispanic. The shooting has stoked debate over race as well as other issues. Obama did not mention Zimmerman in his comments.

Republican presidential candidates quickly weighed in after Obama spoke.

Former Pennsylvania Sen. Rick Santorum called the shooting a "horrible case." Referring to Florida's "stand your ground" law, which gives people wide latitude to use deadly force rather than retreat during a fight, Santorum said: "Stand your ground is not doing what this man did."

Former Massachusetts Gov. Mitt Romney, campaigning in Louisiana, said the shooting was a "terrible tragedy, unnecessary, uncalled for and inexplicable at this point." Romney said it was "entirely appropriate for the district

attorney to be looking into this and to have called a grand jury and to find out what the facts are. We hope that justice is done in this case."

Former House Speaker Newt Gingrich of Georgia also called it a tragedy and credited local authorities for empaneling a grand jury. "There's a point in there where there ought to be some kind of signal that's pretty clear that this is a guy who'd found a hobby that's very dangerous," Gingrich said of Zimmerman.

Florida is a large and diverse state that plays an influential role in presidential elections; it was a deciding factor in the 2000 election following a lengthy recount. The Orlando area in central Florida is particularly important, acting as a bellwether for statewide elections.

The case resonates with many black Americans, a key voting group during Obama's 2008 election, who see it as an example of bias toward blacks. Civil rights groups have held rallies in Florida and New York, saying the shooting was unjustified. Of Sanford's 53,000 residents, 57 percent

Please see **OBAMA/2A**



Obama

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THE TRIANGLE'S CHOICE FOR THE BLACK VOICE

KNOW YOUR NEIGHBOR

Woods-Giscombe: 'Superwoman' role causes stress

By Sommer Brokaw

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Know your neighbor is a monthly feature highlighting the extraordinary deeds of ordinary people.

CHAPEL HILL - Dr. Cheryl Woods-Giscombe, an assistant professor at the University of North Carolina at Chapel Hill, coined the term "Superwoman Schema" to describe how stress affects women, but black women in particular.



Woods-Giscombe

The full title of her article is "Superwoman Schema: African American Women's Views of Stress, Strength and Health." She said the general idea was based on previous research that other researchers called "the strong black woman" or "strength." Michele Wallace in the 1970s wrote "Black Macho and the Myth of the Superwoman."

But Woods-Giscombe said what makes her research unique is how it shows that

trying to be a superwoman contributes to health disparities with the stress of suppressing emotions to fit the mold.

"For African-Americans, a growing body of research indicates that stress might have serious implications for health disparities we see," she said. "For example, we see health disparities in obesity and in gender-related stress, which may compound everyday stress people feel and may influence the health disparities that we see in African-Americans."

Woods-Giscombe said stress affects health through two main pathways: It can increase risk for high blood pressure; and people sometimes make unwise choices trying to cope with it. Unresolved stress may also lead to more severe emotional or psychological issues such as anxiety or depression, or substance abuse.

The word black is not directly used in "Superwoman Schema" because it can apply across racial lines. But Woods-Giscombe said there are generational issues where black women had to exhibit "strength" to combat racism that would make it more specific to them.

"Strength is looked at as a good thing, but over time it can have an impact on health if women are putting others first and not prioritizing self care," she said.

As a professor, Woods-Giscombe teaches a course on mental health interventions for underserved populations, where she is training people from various cultures to be "culturally sensitive" mental health-care providers. There is a small percentage of African-American mental health providers, and research shows that people are more likely to choose mental health treatment if they find someone who looks like them.

"Our counterparts don't have to deal with racism, and even in our health-care system as it exists today - because of the evidence of disparities - a lot of people are linking it to racism," said Dr. Sharon Elliott-Bynum, CAARE, Inc. executive director. "So it's just refreshing to see an African-American researcher doing research on that for us. Especially as an African-American female, her research is addressing something that is our unique need."

In an effort to bridge the stress-related health disparities gap, Woods-Giscombe is

Please see **SUPERWOMAN/2A**



PHOTO/LORI D.R. WIGGINS

Senior Planner Shawsheen Baker records a group discussion during a meeting to get public input on the planned expansion of the Martin Luther King Jr., Memorial Gardens.

Community gives input on MLK expansion

By Lori D.R. Wiggins

FOR THE TRIANGLE TRIBUNE

RALEIGH - If the community has its way, the city's planned expansion of the Martin Luther King Jr., Memorial Gardens will render a peaceful gathering space befitting of King's legacy and a place of interactive learning about civil rights.

In December, the Raleigh City Council approved a \$10,000 planning process for the expansion, which includes the creation of a Public Leadership Group, two public input meetings and a draft of a conceptual plan. The council has agreed to budget \$700,000 in the future for project design and construction.

About 50 people gathered on March 20 for the first meeting at the Walnut Creek Wetland Center to explore and help planners record

what they like about the existing Memorial Gardens, what concerns them most about it as-is and how they dream for its future waiting to happen.

"This is a major part of the process for us," said Project Consultant Dennis Pitts of McNeely Associates. "Please stay involved. Please let your comments and ideas be heard. This is not just any old place. This is a place we're trying to create with a dignified presence."

Originally constructed in 1990, the MLK Memorial Gardens is the first public park in the country dedicated solely to King's memory and the Civil Rights Movement. In 2003, the city acquired about 1.7 acres of adjacent land. In 2008, on behalf of the Martin Luther King Committee, the Community Advocates for

See **COMMUNITY/2A**

Ron Brown scholarships seek the best and brightest

By Jamaal Abdul-Alim

DIVERSE ISSUES IN EDUCATION

WASHINGTON, D.C. - The spirit of Ron Brown filled a downtown ballroom where hundreds gathered recently to support a scholarship program that bears the name of the late U.S. Secretary of Commerce.

The auspicious occasion gave attendees a chance to see firsthand how the 16-year-old Ron Brown Scholar Program continues to be a life-changing force in the lives of select African-American youth who've exhibited service and leadership - two things that a host of speakers said characterized Brown's life. The impacted youths included past and present Ron Brown scholars, as well as 18 scholarship finalists from some 6,300 applicants nationwide, who all say the program represents the opportunity of a lifetime and serves as a second family that supports them as they make their way through college and life.

They included individuals such as Christopher Lyle, 22, a Hurricane Katrina survivor and a 2008 Ron Brown scholar who is now a senior at UNC at Chapel Hill, where he is studying business and African-American studies. Lyle said he has gone to study abroad twice during college, once in India and once in South Africa; worked two corporate internships; and now has a job lined up at a major U.S. bank upon graduation this spring - all



Lyle

See **RON/2A**

Luncheon keeps Lucas legacy alive

By Bonitta Best

editor@thetriangletribune.com

DURHAM - The late Senator Jeanne Hopkins Lucas has been gone since 2007, but her legacy lives on.

That was quite evident last weekend at the third annual Jeanne Hopkins Lucas Luncheon, hosted by the N.C. Democratic Party at the Radisson Hotel in Research Triangle Park. The theme "Unforgettable" vividly described Lucas,

the first black woman elected to the N.C. Senate, and her passion for quality education for all children, not just a select few.

Known by most as "Queen Jeanne" in the Senate, Lucas served 20 years in Durham Public Schools, first as a teacher at Hillside High and later as the school system's personnel director and public relations director. But it was her advocacy on behalf of children, the poor, elderly and disabled that helped her serve seven

consecutive terms before breast cancer invaded her body a second time.

"She was a prolific educator and also action-oriented," U.S. Congressman G.K. Butterfield said. "If she were alive today, she would challenge us to get off our 'rusty dusties' and win this election, because no matter how bad you think it is right now, it's even worse than what you see on TV."

Besides honoring Lucas,

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Jeanne Hopkins Lucas



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Remember to recycle



Obama sets the tone on Trayvon Martin tragedy

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are white and 30 percent are black.

Obama directed his message to Martin's parents, saying, "I think they are right to expect that all of us as Americans take this with the seriousness that it deserves, and we're going to get to the bottom of what

happened."

He said that "Every parent in America should be able to understand why it is absolutely imperative that we investigate every aspect of this and everybody pulls together, federal state and local, to figure out exactly how this tragedy happened."

The White House had said earlier in the week that it

was "not going to wade into a local law enforcement matter" though offering sympathies for Martin's family. But that changed when Obama answered a shouted question following a Rose Garden ceremony to announce the president's choice to lead the World Bank.

Obama cautioned before speaking that he must "be

careful so we're not impairing any investigation." But he said he was glad the Justice Department was investigating and that Florida officials had formed the task force.

"I think all of us have to do some soul searching to figure out how did something like this happen, and that means we examine the laws

and the context for what happened as well as the specifics of the incident," Obama said.

Sanford Police Chief Bill Lee stepped down temporarily to try to cool the building anger that his department had not arrested Zimmerman. Hours later, Gov. Rick Scott announced that the local state attorney,

Norman Wolfinger, had recused himself from the case in hopes of "toning down the rhetoric" surrounding it.

Associated Press writers Kasia Hunt in New Orleans, Jim Kuhnnein in West Monroe, La., David Fischer in Miami and Darlene Superville in Washington contributed to this report.

Superwoman role causes stress, UNC professor says

Continued from 1A

completing a study, funded by National Institutes of Health, that is looking at the use of "mindfulness meditation" in blacks to help reduce stress and related health disparities. She also volunteers at CAARE as a psychotherapist to provide mental health services to clients who are primarily

black.

Elliott-Bynum said her work at CAARE is critical to her clients who are either on Medicaid, underinsured or uninsured, and are leaving the substance abuse treatment program. "Once we help them to get off the drugs and alcohol, the (mental) issues they have still exist and someone needs to address that to

help them get beyond that," she said.

Woods-Giscombe was selected as a recipient of the Carolyn Payton Early Career Award in 2007 for another research paper she wrote on stress-related health disparities.

"Cheryl has a passion for health research, particularly issues that impact African-American women,"

wrote Teneka Steed, a Ph.D. student at UNC Greensboro. "She strives at making a difference among African-American women suffering with stress by continuing to conduct research studies on this topic as well as give back to the community by volunteering and/or offering her skills to local organizations in the community."

One of the biggest challenges Woods-Giscombe said she faces is getting people to make time to have their own well-being become a priority.

"I know that sounds simple, but our culture is just so fast-paced sometimes, and people have so many responsibilities that they may not have the opportu-

nity to slow down enough to realize what they do on a daily basis is influencing your overall health," she said. "It also influences prevention and having that generational so children can observe their parents balancing hard work, but also balancing things that are going to help them be healthy."

Community gives input on MLK expansion

Continued from 1A

Parks in Southeast Raleigh urged the city to move forward with the proposed expansion; intended to make the park more family- and user-friendly, and better meet the needs of visitors.

During the public input session, participants formed four groups to generate ideas, while members

of the city planning team recorded discussion points.

"It needs something that will make you a repeat visitor," said J.E. Williams, a retired educator. "There needs to be more information about King."

A top priority among each group was opportunities to engage visitors to the Memorial Gardens in interactive learning - from a Peace Pole in different lan-

guages to a landscape map of civil rights history, as well as local, regional and southern history.

Retired veteran Nathaniel Hines suggested a lighted ticker-tape type of display with sound that offers historical and other educational information. Jeanne Tedrow, CEO and co-founder of Passage Home, suggested an interactive, multimedia display.

Other common themes:

- Restrooms and drinking fountains
- Seating
- More parking and lighting
- Group/class lecture gathering area/shelter
- ADA accessibility
- Security
- Expansion/continuation of donor-name bricks
- Greater connectivity with downtown marketing cam-

paigns and the acquisition of additional property adjacent to the Memorial Gardens also were dis-

cussed.

For more information, visit www.raleighnc.gov.

Ron Brown scholarships seek brightest

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accomplishments and experiences he attributes to the support he got as a Ron Brown scholar.

"Being a Ron Brown scholar has allowed me to take my college experience to the next level," he said. "Beyond just the funding and opportunities, it's been through the mentoring, just being able to connect with scholars and have that family, support network, especially being an out-of-state student."

Lyle said the hurricane floodwaters destroyed all his childhood mementos. Nevertheless, he has persevered and excelled exceptionally well in academics, becoming the first black senior class president in the history of Ocean Springs High School with a 5.01 GPA.

Lyle said his own trials and travails are minimal in comparison to other Ron Brown scholars and finalists he met at the awards ceremony. "My story doesn't compare to some of the stories I've heard from some of the scholars here," he said.

Indeed, one of the more remarkable stories of resilience was that of Joelle Williams, an 18-year-old senior at Liberty High in Brentwood, Calif., whose radiant smile and upbeat demeanor belies the tumultuous experience she had being shuffled through eight or nine foster care placements since being removed in the eighth grade from her mother, whom she said suffers from bipolar disorder.

"I've had to endure certain side effects of the illness," said Williams, who arrived in D.C. as one of 18 of the

2012 Ron Brown scholarship finalists.

Still, despite the abuse and turmoil she said that rocked her childhood, Williams has been able to get accepted into Stanford University, where she plans to dual major in Spanish and a still undetermined subject. She said the sense of family espoused within the Ron Brown Scholar Program is especially important given the instability of her childhood.

"God has taken me under his wings and gotten me here," Williams said of being able to attend the Ronald H. Brown American Journey Awards, which she described as an amazing experience.

The Ron Brown Scholar Program currently provides a total of 10, four-year \$40,000 scholarships a year, but there are plans to

increase funding to offer even more in the future. By awarding scholarships to deserving youths, the program honors the life and legacy of Brown who, under President Bill Clinton, became the first African-American to serve as U.S. secretary of commerce. Brown died in a 1996 plane crash in Eastern Europe during a trade mission.

Luncheon keeps Lucas legacy alive

Continued from 1A

politicians and community leaders concurred with Butterfield and urged the audience to get out and vote.

"What's at stake? Durham County was separated into four districts for one reason - to suppress the

vote," Governor Bev Perdue said. "These same people are in charge of North Carolina. If my dear friend Jeanne Lucas was here today, she'd say 'We've got to fight.' She understood we all don't live in a perfect world."

"There are 12,000 less employees in the public

school system. And the worst is still to come. You ain't seen nothing yet."

A scholarship in Lucas' name was also awarded at the luncheon. Keyona Watts of Durham School of the Arts was the winner. Watts, who plans to become a doctor, will attend N.C. Central.

Breast cancer claims five black women per day

B. Zenitha Prince

THE AFRICAN-AMERICAN NEWSPAPERS

Five African-American women each day, and 1,722 annually, die from breast cancer, according to a new study released by the Avon Foundation Breast Cancer Forum. But, contrary to popular belief, social issues are the main contributing factor, not genetics.

Sinai Urban Health Institute in Chicago conducted the "2012 Racial Disparity in Breast Cancer Mortality Study". "Our research shows societal factors, not genetics, are largely to blame for the racial disparity in breast cancer mortality nationwide," said Steve Whitman, Ph.D., director of Sinai Urban Health Institute and the study's lead author. "When a woman believes genetics causes her disease, it breeds a sense of hopelessness and fear. Our study proves that black women can play an active role in reducing their risk of dying from breast cancer by getting screened and following through with treatment. But it's incumbent on soci-

ety to improve access to quality mammography and to ensure that breast cancer treatment is available to all women, including the under- and un-insured."

The report's authors said the study is the first to examine the racial disparity in breast cancer mortality at the city level in the United States. It found that 21 of 25 major U.S. cities have a black-white disparity as it relates to breast cancer mortality.

Other key findings:

- 13 cities have a statistically significant disparity between the two races (in order of population size): New York City, Los Angeles, Chicago, Houston, Philadelphia, San Diego, Dallas, Jacksonville, Columbus, Memphis, Seattle, Boston and Denver.
- More than one black woman a week dies needlessly in both Chicago and New York because of the racial disparity.
- Memphis has the highest disparity of the 25 largest cities; San Francisco has the smallest disparity of the 25 largest cities. And those dis-

parities, the study concluded, can be attributed mostly to societal risks and not genetics. The researchers analyzed breast cancer deaths reported between 2005-07 against seven ecological risk factors, including race, poverty level and racial residential segregation. The Avon Foundation Breast Cancer Crusade has donated nearly \$445 million to support breast cancer research and access to care. The results of this study demonstrate why further advocacy is needed, officials said.

"For 20 years, the Avon Breast Cancer Crusade's mission has been to ensure all women, regardless of their race, income level and ability to pay, have access to the best quality breast health care. Although we have made much progress in this mission, the results of the 2012 Racial Disparity in Breast Cancer Mortality Study demonstrate that we still have much more work to do," said Marc Hurlbert, Ph.D., executive director of

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Mentoring, financial aid key to black males in STEM

By Dorothy Rowley
THE WASHINGTON INFORMER

When it comes to propelling the careers of young African-Americans into the fields of science, technology, engineering and math, the numbers are sorely lacking. They are even more dismal among black males, who - along with their Latino counterparts - now bear the distinction of being equally disenfranchised from entering and succeeding in STEM. But Ray Jones, an associate professor at Clemson University, who was among 200 individuals who attended a recent symposium on

the matter, said there are several reasons for the absence of minority males in STEM programs. "Coming through the early grades, our male students are not prepared with an academic foundation or disposition to compete in STEM fields," Jones said. "Many are still not ready by the time they reach high school to enter STEM programs. As for most of our black males, it's not been sexy to get into science and math." Jones alluded to the "tremendous" need for role models in the black community, saying that there are not enough Ph.D.s in South

Carolina to encourage kids. "As a result, many of them are unaware of the possibilities in STEM; it's just something that they don't routinely know about," Jones said. According to findings from the landmark study, "The Quest for Excellence: Supporting the Academic Success of Minority Males in Science, Technology, Engineering and Mathematics (STEM) Disciplines," it is incumbent upon high-achieving minority males already working in STEM initiatives to mentor youth in order to spawn and

nurture their interest in those disciplines. The 73-page study states that encouraging black youth toward STEM programs can be further buttressed through involvement in undergraduate research and financial support. A larger reason for the lack of minority students in STEM has hinged on fear of racial antagonism. That alone has kept many away from those disciplines, according to a recently published book by Maya A. Beasley. The author notes in

"Opting Out," that often-times black students at elite universities already grapple with social and institutional obstacles of their own which "ultimately drive them away from the high-status, high-paying jobs that they're qualified for in fields such as engineering, science, finance and information technology." Beasley, who also believes schools are partly to blame, maintains that in order to attract and retain more black students in STEM, schools like the University of Maryland at Baltimore County have created special scholarship programs to get

more minority students into these fields. Beasley also points out that while black students who graduate from the more prestigious colleges and universities tend to gravitate to jobs outside of STEM disciplines, fear of being possibly targeted in affirmative action lawsuits could hinder those colleges from doing more to promote STEM initiatives aimed at minority students. "Unfortunately, racial representation is a cycle: the more African-Americans there are in an occupation or academic field, the more there will be in the future," Beasley wrote.

AT&T's \$250-million plan to reduce dropout rate

By Diane Brady
BUSINESS WEEK

As educators, policy-makers and other leaders gathered in Washington, D.C., for the Build a Grad Nation Summit, it's no surprise that one of the first people they heard from was AT&T Chairman and CEO Randall Stephenson. The telecom chief announced a \$250 million campaign to reduce the high school dropout rate over the next five years. That's on top of the \$100 million it has spent since 2008 to fund similar initiatives through an effort it calls AT&T Aspire.

Much of the new money will continue to fund research, as well as dropout prevention programs that include counseling, technology training, mentoring, and other ways to both keep kids in school and get them ready for college. But AT&T is also looking to expand its investment to new technologies that keep students engaged in learning through social media, game technologies and Web content.

In June, for example, it will sponsor a "hackathon" in Palo Alto, Calif., aimed at spurring innovative apps. Charlene Lake, who leads AT&T's initiative as chief sustainability officer, said the goal of increased funding is "more reach but also reach in different ways. We're looking for new ways to accelerate the success rates."

There are some signs of success: AT&T's announcement coincides with data released showing that the nation's high school graduation rate has improved to 75.5 percent. That's an increase of 3.5 percentage points nationally from 2001 to 2009. The number of "dropout factory" high schools - where 12th-grade classes contain fewer than 60 percent of the kids who were in ninth-grade three years earlier - dropped almost a quarter from 2,007 to 1,550 between 2002 and 2010.

"It's good progress, but it's still not good enough," Lake said. "We are losing from our education system a million future workers each year."

In a company of 260,000 employees, where a third of new hires over the last two years listed a high school diploma or GED, that's obviously a huge potential problem.

And the broader picture still looks pretty grim. It's worth noting that this corporate philanthropy comes at a time when debt-burdened states have cut education budgets and programs like Head Start. While high school is an ideal touch point for reaching potential employees, experts like Diane Ravitch, the education historian, point out that the achievement gap begins before a child even reaches kindergarten.

On March 15, the American Association of School Administrators released a study in which more than 81 percent of school districts reported being inadequately funded, with most expecting continued cuts this year. Meanwhile, several studies have found that the gap in test scores and graduation rates between wealthy and low-income students has widened. Business leaders will have to deal with the

collateral damage of these trends. Still, AT&T isn't the only corporate player that's diving deeper into the education system. Whether its motivated by frustration or philanthropy, or both, business leaders nationwide are making

more effort to improve U.S. public schools. The highest profile push is Facebook founder Mark Zuckerberg's \$100 million donation to boost Newark, N.J., schools, which has funded initiatives from Mandarin classes to iPads

for autistic students. IBM has gone a step further by working with the New York City Department of Education, City University of New York, and the New York City College of Technology to open a school that aims to prepare students for careers at the company.

Lake vividly recalls mentoring one high school student who planned to go into teaching after graduation, not realizing she'd need to attend college first. But rather than get overwhelmed with the enormity

of the challenges, Lake said she finds herself inspired by the evidence of change she sees in some students after mentoring, skills training or new ways of learning. "We've seen students with no hope actually get excited about their future," she said.

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Breast cancer

Continued from 2A

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Trayvon Martin Emmett Till

Protests are blooming this spring. Black Americans are enraged and emboldened, shouting entreaties for justice, justice, justice.

Stoking even more rage, or rather placing the rage in historical context, has been the continuous comparisons made between the unarmed 17-year-old Trayvon Martin - murdered recently by a neighborhood watchman of a majority white gated community in Florida who is claiming self-defense - and Emmett Till, a 14-year-old Chicago native murdered by Mississippi segregationists in 1955 for speaking "inappropriately" to a white woman.

A blog in The New Yorker on the Martin tragedy was titled "Emmett Till in Sanford." Hundreds of protesters gathered at a park in Sanford, Fla., on March 22, and dozens of them sported t-shirts with Martin's photo next to a Till photo. These Martin-Till shirts have become widely popular among activists around the nation.

Syracuse Professor Boyce Watkins wrote that Martin "has become a modern day Emmett Till." University of Maryland Law Professor Sherrilyn A. Ifill insightfully compared Martin's mother, Sybrina Fulton, to Mamie Mae Till, who courageously allowed an open casket funeral and circulated pictures of her son's tattered face around the world. Mamie Till's public fight to get justice for her son is one of the untold sparks of the Civil Rights Movement.

Washington Post Columnist Eugene Robinson dismissed the "facile comparison" as "a disservice to history and the memory of both young men. It is ridiculous to imply that nothing has changed."

Robinson is correct and incorrect. The link is a service and disserve to history. The widely touted comparison of Martin to Till is profound and facile.

The accuracy of the comparison is grounded in its context, and, more important, what the deaths of these young black male teens symbolized, what they displayed, and what they demonstrated about America.

Till's death symbolized one of the most biting effects of American racism in 1955. It vividly displayed and demonstrated the being of Jim Crow, of southern de jure segregation, of violent black subjectivity for the entire world to see. No African-American was the same after seeing Till's bludgeoned face.

Similarly, Martin's death symbolizes one of the most biting effects of American racism in 2012. It vividly displays and demonstrates the being of what Michelle Alexander calls The New Jim Crow: of mass incarceration; of the mass criminalization of black men; of one out of three black males either in jail, on probation or on parole; of states spending more on prison than higher education; of the prison-industrial complex; of violent black subjectivity for the entire world to see.

Last fall, as I walked into a CVS near my home in Philadelphia to get some toothpaste, a white police officer approached me with his hand on his gun and ordered me to get my hands out of my pockets. The police were looking for someone in the area who reportedly had a gun, and I, like thousands of other brothers in the area, fit the description: black male and black sweatshirt. If I had made the wrong movement or if the officer had continued his erroneous judgment, then I would be Trayvon Martin.

After he walked me outside to pat me down over the hood of his car (by then several other cop cars had arrived), he ordered me to sit in his car while they supposedly made sure I was not the shooter. As I sat there, I lectured the officer on mass incarceration - the most critical civil and human rights issue of our day.

In 1955, African-Americans were angry about Till. But they were more angry about what he represented - the latest victim of Jim Crow segregation. In 2012, African-Americans are angry about Martin. But are they even more angry about what he represents - the latest victim of mass incarceration or the mass criminalization of black masculinity?

Anger about Martin in isolation of anger about mass incarceration is fruitless. Comparing Martin to Till without speaking about what systems of racism produced their deaths is fruitless.

The anger over Till's death sparked the Civil Rights Movement. Will the anger over Martin's death spark the New Abolitionist Movement against mass incarceration? Will Sybrina Fulton's crusade to retrieve justice for her son explode into a larger systemic struggle against the mass criminalization of black males?

Emmett Till and de jure segregation in 1955 is Trayvon Martin and mass incarceration in 2012. They saw the connections between the tragedy and the racist system then. Do we see it now?

Dr. Ibram H. Rogers is an assistant professor of history at SUNY College at Oneonta. He is the author of The Black Campus Movement: Black Students and the Racial Reconstitution of Higher Education, 1965-1972 (Palgrave Macmillan, 2012).



12 things to remember about Trayvon case

1. Trayvon Martin was a 17-year-old Miami student visiting Sanford, Fla., near Orlando with his father when he was killed on Feb. 26. His father, who also lives in Miami, was visiting his girlfriend in Retreat at Twin Lakes, a gated townhouse community.

2. Trayvon had made a short trip to a nearby 7-Eleven store to pick up a bag of Skittles and a can of Arizona Iced Tea and was returning when Zimmerman stalked him.

3. George Zimmerman, whose father is white and mother is of Peruvian descent, fatally shot unarmed Trayvon in the chest.

4. Zimmerman was an unregistered neighborhood watch captain who was not supposed to carry a weapon while on patrol. Chris Tutko, director of Neighborhood Watch for the National Sheriffs' Association, told the Orlando Sentinel that Zimmerman had broken a couple of cardinal rules. "If you see something suspicious, you report it, you step aside and you let law enforcement do their job," Tutko said. "This guy went way beyond the call of duty. At the least, he's overzealous." Tutko also said volunteers should never carry

lethal weapons.

5. Though Zimmerman acknowledged killing Trayvon, he was questioned and then released. Police did not follow basic guidelines of homicide investigations such as testing him for drugs and alcohol though they performed the tests on Trayvon.

6. Trayvon was talking on his cellphone to his girlfriend shortly before his death and reported being followed by a strange man in a vehicle.

7. A police dispatcher specifically told Zimmerman not to follow Trayvon, instructions he ignored. When Zimmerman confirmed he was following Trayvon, the dispatcher said "OK, we don't need you to do that." Zimmerman continued anyway.

8. Benjamin Crump, the family's lawyer, said that based on 911 tapes, Zimmerman harbored at least three stereotypes of black males: "He said, No. 1, he looked suspicious; No. 2, he must be high; and No. 3, he's looking to break in some place."

9. Some said that Trayvon became a suspect because he wore a hooded sweat shirt known as a hoodie. Some have even blamed Trayvon's death on his clothing. On the March 23 edition of Fox News' Fox & Friends, network contributor Geraldo Rivera said "I am urging the parents of black and Latino youngsters particularly to not let their

children go out wearing hoodies. I think the hoodie is as much responsible for Trayvon Martin's death as George Zimmerman was." However others, such as CNN's Anderson Cooper, say they frequently adorn hoodies and have never been viewed as suspected criminals. And no one dare suspect New England Patriots Coach Bill Belichick or Facebook co-founder Mark Zuckerberg, both known for wearing hoodies, of being criminals. Some kooks posting on Fox News Network site were extremely crass. One wrote "GOOD SHOT ZIMMY. I'm just glad Zimmerman didn't miss and hit an innocent bystander."

10. Police say Zimmerman was not arrested because of Florida's stand your ground law, a measure that gives broad protection to any citizen acting in self-defense. However, Jeb Bush, who as governor of Florida signed the bill into law, said the legislation does not cover the neighborhood watch captain who shot Martin to death. "This law does not apply to this particular circumstance," Bush said after an education panel discussion at the University of Texas at Arlington. "Stand your ground means stand your ground. It doesn't mean chase after somebody who's turned their back."

11. At 9 years old, Trayvon saved his father's life. In an interview with Roland Martin on TV One, the elder Martin said: "At

the time, he was 9 years old. We had just come from the Little League football park. We fell asleep while the stove was on. A grease fire started. I went into the kitchen to try to put the grease fire out. The grease splattered all over my leg. My body went into shock and by me and him being in the house, I started calling out his name. He finally woke up and, at 9 years old, he pulled me from out of the kitchen, where the kitchen cabinets were on fire. He pulled me out of the kitchen onto the balcony. He actually went back into the house and got the cellphone and called 911."

12. Trayvon's parents still have nightmares about his death. His father, in an exclusive interview with NNPA publishers, said: "I can't describe the feeling, I can't describe what was going through my mind because I was actually staring at a photo of my pride and joy on the ground dead. I still see the photo now: His eyes weren't closed all the way, his mouth wasn't closed; it was the worst feeling of my life."

George E. Curry is editorial director of Heart & Soul magazine. He can be reached at www.georgecurry.com.

Women colleges, HBCUs nurture best

African-American women and Latinas have long been the mainstay of their communities. Researchers have empirically demonstrated that children's health outcomes, social standing and educational achievement can all be traced to the mother's successes and aspirations.

My own family is a case in point.

While growing up, my mother always intoned the words "when you go to college," never "if you go," although she herself had not attended. My grandmother, an immigrant from Trinidad, had not completed high school, but education was so highly regarded that she (in embarrassment) typically withheld that information from her friends.

Attending an all-girls high school taught me that girls can be athletes and scholars; matriculating at historically black Howard University showed me that African-Americans could be poets, politicians and physical chemists.

It is somewhat ironic that while women set the stage

for family life, raise the children and moderate the climate in the home, most societies have been slow to educate their daughters and instead place restrictions on them, limiting their legal rights and their social roles. As we observe the continued reluctance in some groups to grant rights to women, psychological explanations vary from the suggestion that men fear competing against women to a deep-seated need for an underclass.

Indeed, male dominance mirrors the racially motivated dominance that nation-states have often promulgated throughout the world. Both are manifestations of power and control over those seen as less worthy.

The limitations placed on women are found in academia as well. In years past, schools and universities were dominated by - and even restricted for - boys and men only. Males (white males) were the students, the faculty and the administrators. Students and faculty of color were limited to designated institutions, and white women were similarly directed to institutions designed for them alone.

My own institution was founded under such circumstances. In 1932, there was no

Catholic university in Connecticut that accepted women, so the Sisters of Mercy established Saint Joseph College - a brave move in the height of the Great Depression. These race- and gender-specific institutions served initially to reinforce and reify the social status of their students. Males saw their well-funded institutions as intrinsically superior in academic excellence as well as more prestigious. Institutions for women and/or people of color were judged as lesser.

Although such colleges did have fewer resources, when judged by outcomes, the quality might prove much stronger than imagined.

Paradoxically, educating women and minorities separately provided spaces to raise new questions, develop higher aspirations, and promote from within strong leaders who then reached beyond their socially confining roles. It is not coincidental that many African-American leaders graduated from historically black universities, even today when predominantly white institutions are open to them.

Similarly, the confidence and success of women graduating from women's colleges and universities still

may at times surpass the outcomes of those graduating from co-ed institutions. I greatly enjoy seeing this confidence develop in the undergraduate women who attend my institution as they move toward graduation. It is immensely rewarding and affirms our purpose and mission. I am not at all suggesting a return to segregation, but I recognize that different psychological locations produce differing results, and that women and minorities greatly benefit from opportunities to fully explore their potential without stigma and stereotypes.

One of the biggest challenges facing our universities and our society is how can we best capitalize on the diverse strengths that are available to us. Today, we are experiencing a cultural shift; women are now the majority in attaining undergraduate and graduate degrees. They outnumber men in almost all but a few technical disciplines. The disparity in women's degree attainment compared to men has grown, especially among African-Americans.

Yet, even with the increase in women, white men continue to hold the majority of tenured professorships, most administrative positions and most of the university presidencies.

Business
Briefs

Don't let fear keep you from success

Is fear keeping you from moving forward in your career? Are you trapped in a shroud of secrecy, afraid that others will find out you are not worthy of your desires? If you answered yes to one or both of these questions, you may be experiencing low-level anxiety or fear.

WESLEY
CARTER

Fear can cause you to mistakenly believe you are not good enough. Fear scares you into not trying to achieve your goals. Analysis paralysis, depression, brain lock and the stigma of being ostracized are motivated by fear.

Fear refers to the anxiety resulting from a negative perception of a future event. The negative perception can be, and often is, un-

founded. Some fear is helpful, such as when fear motivates individuals to exercise healthy doses of self-preservation. Fear can also be leveraged to build humility, learn life skills and to connect actions with consequences. Therefore, the accompanying emotion and alarm created by generalized fear may be totally avoidable.

Common fears that plague professionals center on feelings of inadequacy. According to the 10,000-hour rule, an individual must invest at least 10,000 hours before achieving designation as a subject matter expert. While you may not desire reaching the level of an expert, the rule simply underscores the importance of investing time and effort toward achieving success.

When the lack of focused effort is disguised as inadequacy, the resulting confu-

sion can undermine confidence. Expecting success without effort is unrealistic. The degree of effort required to accomplish a task varies based on acumen, focus, initiative and volition.

Feelings of inadequacy related to competence can often be remedied with training and education. It is reasonable to experience anxiety when one lacks the knowledge to perform at a desired level. However, building performance skills chips away at fear.

Identify how you learn and begin to process information and experiences accordingly. Establish a knowledge acquisition protocol to increase your learning efficiency. As you begin to build your competence and experience success, your fear will decrease. Fear cannot thrive in the presence of awareness and volition.

Examine the root of your fear to understand why you react to situations in a particular way. Changing your response to external stimuli will help you develop courage. Work through scenarios by visualizing the positive outcomes, as 99 percent of what we fear never actually materializes. Focusing on the positive possibilities is a more productive use of emotional and physical energy. Fear can be a powerful emotion. But confidence grounded in skill and preparation trumps fear.

Most importantly, recognize success as an iterative process. The willingness to take responsibility and the desire to achieve can create an environment that makes it impossible for fear to take root. Oprah Winfrey recommends making repeated attempts at success to leverage lessons learned.

Take ownership of your life and make a conscious decision to confront and overcome your fears. Replace mental scripts of inadequacy with positive affirmations. Increase your work ethic and invest in your success. Engage coaches and supporters to help you navigate your success. Identify role models and study the patterns that lead to success.

While it is easier to put forth effort in the absence of fear, it is not required. There may be times when no matter what you do, fear is still with you. If your best efforts are unsuccessful in diminishing fear, push through it. Let courage define your destiny and life experiences. Push!

WESLEY CARTER D. Mgt., is a partner at KRS Consulting, LLC in Charlotte. Email questions to wesley@krsconsult.com.

Company helps disabled claim benefits



Founder Robert Davis of Disability Claimant Consultants.

By Sommer Brokaw
sommer.brokaw@triangletribune.com

HENDERSON - Disability Claimant Consultants started in 1989 and has represented an average of 100 Social Security clients a year since the mid-90s, mostly from North Carolina and Virginia. The company's slogan is "Help You Can Count On."

"I guess you can say that's our mission statement, and we've been providing service in this community and surrounding areas for over 20 years," Founder Robert Davis said. "We have a proven track record of helping people obtain Social Security disability benefits."

Davis grew up in Henderson and graduated from N.C. A&T State University. According to the company's website, he is designated as an accredited disability representative. He

is also a licensed and ordained minister.

"You just have to help people, and you have to love people to help them and that's what a minister does; he helps people and guides people and more or less stands in the gap for people," Davis said. "Business is a calling also. You're called to a higher level because people are involved, and when people are involved you always have to operate within a certain integrity to have people to trust in you and to believe in you."

"Most people, when they start out, they start out with things they don't know that keep them from getting their benefits," Davis continued. "Only a qualified representative can let them know what it is they're lacking in."

The company's motto is "If we don't win, we don't get paid, no fee unless we win,"

but Davis said they still take on challenging cases.

"Now, we're not able to help everyone, but I'll do my best to help who I can," he said.

Most clients go before an administrative law judge. Davis said they spend a lot of time preparing them for the judge, including practicing hypothetical scenarios.

"Most people are basically two paychecks away from poverty, and when you've lost your ability to earn income, you go through a whole lot, and you need someone to help you through these difficult times," he said. "We provide relief of stress. We also go to bat for you sort of like the person in the middle that you can depend on."

To get help with filing a claim, call 866-761-8311. Also visit www.davisdisability.com/.

Unknown tax breaks for caregiving

Staff Reports

More than three-fourths (78 percent) of the elderly who receive long-term care in the U.S. are getting it from unpaid family and friends. These caregivers are trapped in an economic struggle - paying their own bills in addition to out-of-pocket expenses to care for an elderly loved one.

In fact, a recent survey shows more than 40 percent of caregivers are spending more than \$5,000 a year. Forty-seven percent report an increase in caregiving expenses has caused them to use ALL or MOST of their savings. That's why Uncle Sam provides tax breaks that

many families don't know about.

"Whether you're providing care yourself, or you've hired a caregiver for an aging parent, you should take advantage of the tax breaks that are a true gift in these troubled economic times," said Peter Ross, co-founder and CEO of Senior Helpers, a national in-home care company. "Even something as simple as taking Mom or Dad to the doctor can be a tax deduction."

Claim your parent as a dependent:

Your parent's income, excluding Social Security, must be less than the amount of the personal ex-

emption. For 2011, the personal exemption was \$3,700. This year's exemption rate is \$3,800. Plus, you must provide more than 50 percent of a parent's financial support.

If a parent lives with you, you can include a percentage of your mortgage and utilities.

You can claim more than one parent as a dependent if both meet the income and support tests.

Deduct your parent's medical expenses:

If you contribute to a parent's health-care expenses and pay the health-care provider yourself versus giving your parent the mon-

ey to pay, you may qualify to deduct costs, even if you can't claim the parent as a dependent.

Nearly 100 percent of individual medical expenses can be deducted, including hearing aids and prescription medicines.

Mileage, including doctor appointments and out of town visits to a specialist

Dental expenses, including dentures and artificial teeth

To claim medical expenses, you must provide at least 50 percent of the financial support, but you don't have to meet the income test.

Deduction is limited to medical expenses that ex-

ceed 7.5 percent of your adjusted gross income. Qualified expenses include the cost of a nursing home, in-home health care, dental care and prescription drugs. You can include your own un-reimbursed medical expenses when calculating total costs.

"Caregivers have one of the most emotionally demanding jobs out there," Ross said. "It's so demanding that more than a third of surveyed caregivers have been forced to quit jobs, take early retirement, reduce hours or take a leave of absence to care for an elderly loved one."

The high cost of higher education

By Charlene Crowell
NATIONAL NEWSPAPER
PUBLISHERS ASSOCIATION

Whether beginning a career or seeking to keep one going, the competitive edge in today's job market usually goes to those with college degrees. In our recovering economy with fewer jobs available than there are people who need them, there is strong motivation to earn degrees.

But higher education also costs money - more than many household finances can afford. As a result, many Americans are counting on the potential benefits of higher incomes derived from strong academic credentials against the cost of going into debt to fund that degree.

The New York Federal Reserve determined that 37 million Americans now owe more in student debt than is owed on either car loans (\$730 billion) or credit cards (\$693 billion) nationwide. Further, according to Rohit Chopra, the Consumer Financial Protection Bureau's student loan ombudsman, outstanding student loan debt hit the trillion-dollar mark several months ago. In 2011, federal student loan volume totaled \$117 billion.

In a recent blog, Chopra said, "If current trends continue, there will be consequences not just for young people but for all of us. Too much debt means too much risk for a generation of young people, many of whom are struggling in today's economy."

Chopra is right. How America Pays for College, a research report from Sallie Mae, the nation's largest financial services company specializing in education, found that parents' income(s) and savings are being stretched as well. For the average American, 70 percent of college funding comes from three sources: grants and scholarships (33 percent); parent incomes and savings (30 percent); and parent borrowing (7 percent). Students invest in their own futures by a combination of borrowing for their own names (15 percent) and working/saving (11 percent).

The Sallie Mae report also found that the recent increase in grant usage occurred among middle and high-income families. Low-income families - with the least financial resources - actually paid more of their incomes and savings for college. Among black families, 51 percent borrow for college costs and 35 percent of black students take out loans in their own names to attend four-year institutions, both public and private. Instead of comparing curriculum choices or graduation rates to guide a choice of college, today the weightiest influence in selecting a college is the financial aid package offered. The value of a financial aid package, according to the Sallie Mae report, was the determining factor for 57 percent of black students. Additionally, 52 percent of black students live at home while studying to contain costs.

Overall, students who graduate leave campuses with a degree in one hand and a stack of stu-

dent debt in the other. The average amount of debt new undergraduates amass is \$25,000. But for black students receiving a bachelor's degree from 2007-08, 27 percent borrowed \$30,500 or more. The highest student loan debt was most common among families with incomes between \$30,000 and \$59,999.

As young graduates enter the workplace, student debt burdens will likely defer their ability to purchase a home, the traditional gateway to building personal wealth. For their parents, the additional debt of borrowing for their children will probably defer retirement and/or alter their standard of living.

These devastating financial effects have attracted the attention of some Capitol Hill lawmakers as well.

"Graduates are finding that their degrees, like homes at the height of the real estate bubble, were vastly mispriced assets that are now hard to finance," U.S. Rep. Hansen Clarke of Michigan said. "Yet, unlike the debt from a home bought in the boom years, it is impossible to walk away from the debt incurred by getting a degree. Student borrowers cannot discharge or even re-finance their debts in bankruptcy, regardless of how desperate their situations become. We must set these students free."

If you or someone you know is experiencing problems with student loan debts, register that concern with CFPB at <http://www.consumerfinance.gov/>.

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to
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6A

Community Focus

The Triangle
TRIBUNE

DURHAM COUNTY

Hillside High will host a seminar "Get it Done! Preparing for the College App" April 2, 6:30 p.m. for grades 10-12. Register at <http://a2zcollegeplanning.com/shop.html>.

MISC.

The Bennett Place Support Fund, Inc., a nonprofit group with the mission to support Bennett Place State Historic Site, is presenting a \$500 scholarship to a rising North Carolina high school senior at an accredited school. The scholarship application requires two essays, one addressing the student's interest in Bennett Place, the other detailing an overview of how to improve the facility and the image of Bennett Place locally and nationally. High school transcripts and letters of reference also are required.
Deadline: April 13.

ADOPT US!



Denisha, 13
Nicholas, 11
Rashad, 8

Denisha is a pretty 12-year-old girl with dark brown eyes and a beautiful smile. She is described as sweet, likable and friendly. She is a "helper" and enjoys having a positive relationship with adults in her life. She is a hard worker and can be a deep thinker. She has a very strong, close relationship with her brothers.

Denisha enjoys playing with her dolls and her Easy Bake Oven. Her favorite TV show is I. Carley and her favorite movie is The Princess and the Frog. She likes listening to gospel and rap music. She would like to join her church's choir. Her favorite school subjects are science, reading and social studies. She would like to be a police officer when she grows up.

Nicholas is a handsome 10-year-old boy with big brown eyes. He is cooperative, caring and considerate. He has a desire to please and is motivated at tasks he attempts. He is also described as helpful, articulate, friendly and a joy to have around.

Nicholas likes to play with his brother. He enjoys basketball, riding his bicycle and swimming. He likes to watch wrestling on TV. Nicholas is currently in third grade. He does not know what he wants to be when he grows up yet.

Rashad is an adorable 8-year-old boy with a big smile. He is described as likable and very active. He enjoys one-on-one adult attention, particularly from his foster father.

Rashad also likes to play with his brother and watching wrestling on TV. Like his older brother, he enjoys basketball, riding his bicycle and swimming. He is not a picky eater. One of his favorite things to do is reading. He is not sure what he wants to be when he grows up.

The ideal family for these children is a two-parent family that likes to stay active. They will do best in a family where they can be the only children, although an older child in their forever family is OK. They will thrive in a nurturing, structured environment where they can feel safe and secure.

If you are interested in adopting Denisha, Nicholas or Rashad, or other children in foster care, call 1-877-NCKIDS-1.



PHOTO/JAGIR PATEL

Taniyah Days-Hall (left) is an apprentice to her grandfather, Lewis Days, helping him fix old bikes to be donated to youth and senior citizens in Durham.

Passing it on: Lewis Days fixes more than just bicycles

By Jagir Patel
UNIC CO-EDITOR
THE DURHAM VOICE

Twelve-year-old Taniyah Days-Hall smiles fondly at her grandfather, Lewis Days, as he spray paints a bright blue bicycle in front of their house on Fay Street.

She smiles out of the respect she has for Days, 78, who has inspired hundreds of other young smiles by refurbishing bicycles.

"For years he has helped kids in our community get bicycles," Taniyah said proudly. "The community wouldn't be the same without him."

Taniyah recently became an apprentice to her grandfather. She helps him repair old bicycles to local youth in Durham.

Days' passion for repairing bikes and giving them to children in the community began in 2002, when the John Avery Boys & Girls Club on East Pettigrew Street received donated bicycles unfit to ride. "They had a bunch of bikes, but all of them were worn out," Days said. "I had the know-how to fix the bikes, and I knew then and there this was right for me, for the community."

After serving in the Marine Corps for more than 20 years, Days, now retired, vividly remembers his childhood. "I was born in Duke Hospital in 1933 and lived in Durham my entire life," he said. "Things were different back then...less violent than it is now."

Bikes, Days said, help keep kids occupied during leisure time.

"It straightens their mind out. I do this because I love children, and there is nothing like seeing a smile on a kid's face when giving them a bicycle, especially if they have never had one."

Days only gives refurbished bikes to children under the age of 15, but his policy may soon change. Taniyah said she wants other people in the community to benefit from her grandfather's philanthropy. "I now have some bicycles that will

be fixed up and given to senior citizens," he said.

The expansion of his clientele may seem like a big step, but Days' bicycle track record suggests he's ready to take it up a gear. In 2008, he gave away nearly 100 bikes to needy youth. In 2009, he donated 250 bikes. And in 2010, he gave distributed nearly 600 bikes, more than doubling his output from previous years.

"Day and night I work on these bikes. I fall asleep with bike parts, and when I wake up, I am back to work," Days said.

Durham is not the only community that supports Days' philanthropy. Carrboro's Carolina Tarheels Bicycle Club recently awarded Days with a \$1,000 donation to purchase new materials for the repairs.

"Back in the day, all I would need is a pair of pliers, a screwdriver and some nails to fix a bike," Days said. "Now, I rely more and more on donations and help from people like my granddaughter in order to make sure kids have the bikes they need."

Days' support system may be growing stronger, but Taniyah remains his loudest and most loving cheerleader.

"My granddaughter is a good girl. She has been fixing bikes for years," he said. "She is a tomboy and loves it."

When she isn't helping her grandfather repair bikes, Taniyah, a student at Chewning Middle, said she loves playing basketball and spending time with her sister.

"Though my friends know of him as 'the Bike Man,' he will always be my grandfather to me," she said.

Anyone interested in donating to Days' philanthropy can contact him at (919) 949-7708.

The Durham Voice is a monthly newspaper covering Northeast Central Durham. Visit www.durhamvoice.org.

RECIPE OF THE WEEK

Warm weather, warm treats

North American Precip Syndicate

This dessert is sure to warm your family's hearts and bellies. Brandied Mango Bread Pudding infuses a comforting classic with a taste of the tropics to bring warmth and sweet satisfaction to the dessert plate.

Mangos add a natural sweetness and provide important nutrients, such as vitamins A and C. Mixed with traditional spices, this exotic take on a traditional dish is a simple combination of items already in your pantry.

Brandied Mango Bread Pudding
Makes 4 servings
Prep time: 20 minutes
Cook time: 40 minutes

6 cups 1-inch cubes King's Hawaiian Sweet Bread
2 ripe mangos, peeled, pitted and diced
1-1/2 cups fat-free half-and-half

3/4 cup egg substitute
2/3 cup sugar
1/4 cup brandy
1 teaspoon vanilla extract
1/2 teaspoon cinnamon
1/2 teaspoon allspice

1/2 teaspoon nutmeg
3 tablespoons butter, melted
Powdered sugar (optional)

Preheat oven to 350°F. Lightly spray a 9-inch baking dish with nonstick cooking spray. Place bread cubes and mangos in baking dish. In a medium bowl, whisk together half-and-half, egg substitute, sugar, brandy, vanilla and spices. Whisk in butter, then pour over bread and mangos, stirring lightly to coat bread with egg mixture. Let stand for 30 minutes or until liquid is absorbed. Bake for 40 minutes or until a toothpick inserted into the center comes out

clean.

Serve warm, dusted with powdered sugar, if desired.



NEWS AROUND RALEIGH

NEW CULTURAL DISTRICTS

The city has its first two cultural districts. The City Council voted unanimously in favor of creating the South Park-East Raleigh Cultural District and the New Bern Avenue-Edenton Street Cultural District.

South Park-East Raleigh includes parts of downtown and east and southeast Raleigh, including the core of the historic South Park and East Raleigh neighborhoods, Moore Square, Shaw University, Chavis Park, and businesses on Wilmington and Hargett streets. New Bern Avenue-Edenton Street generally wraps around the New Bern Avenue history marker tour area and includes sections of New Bern Avenue and Edenton Street between North Person and Hill streets, just east of downtown. The corridor is a gateway to the historic College Park/Idlewild neighborhoods, St. Augustine's College and Oakwood Historic District.

MUSEUM OF NATURAL SCIENCES

The N.C. Museum of Natural Sciences opens its new wing in the next few weeks and as excitement builds, the museum is rolling out a campaign to give visitors a chance to see the Nature Research Center before its April 20 grand opening.

This week, museum staff and volunteers placed 500 "mystery boxes" across Raleigh, Durham, Cary, RTP and Chapel Hill to promote the NRC Gala After Party on April 13 from 10 p.m. to 1 a.m. Each box contains a QR Code on the inside lid that opens up to a landing page telling them what they've won. There are also items inside the box that could mean discounts to the museum store. Keep your eyes peeled for these boxes to appear on the street, on a park bench, inside your favorite restaurant or even inside a bus!

BOARD APPOINTEES

Two new appointees were named to city of Raleigh commissions. Larissa Manon Mervin was appointed to the Human Relations Commission, and Mitch Fluhrer was appointed to the Planning Commission.

SORORITY NEWS

DURHAM DELTA

Durham Alumnae Delta House will host its annual golf tournament fundraiser April 21 at Hillandale Golf Course, 1600 Hillandale Road. As a special feature, the tournament is sponsoring a hole-in-one contest. Prizes consist of \$5,000 cash, golf clubs, a TV and Visa gift cards. Registration is \$65 and the deadline is April 8. Onsite registration will be accepted but pre-registration is preferred. Contact Carol Johnson at carolrj@frontier.com, 620-9107; or Leola Jenkins at 596-5962.

EARTH TALK

E - THE ENVIRONMENTAL MAGAZINE

Dear EarthTalk: Ever since the red dye No. 2 scare in the 1970s, I've been wary of using food colorings or buying food that appears to contain them. Are there natural and healthy food coloring? - Nancy McFarlane, Methuen, Mass.

Dear Nancy: Many of us are still wary of food dyes because of reports about links between red dye No. 2 and cancer in the 1970s. While red dye No. 2 was subsequently banned from products sold in the

United States, many health-conscious consumers continue to avoid foods with other artificial colors or dyes, even though the U.S. Food and Drug

Administration still considers them safe for human consumption.

But a 2010 analysis of past research on links between food dyes and health by the Center for Science in the Public Interest found compelling evidence that ingestion of artificial dyes can contribute to hyperactivity, restlessness and attention problems in some children, particularly those with ADHD.

"What's more, the studies suggested that removing dyes from those children's diet was a quarter to half as effective in reducing those symptoms as giving the kids Ritalin or other stimulants," said Nancy Cordes, CBS News' consumer safety correspondent. "In other words, certain kids with ADHD might not need drugs if the artificial dyes were removed from their diets."

While it might be impossible to prevent your children from eating anything with artificial dye, you can do your part by shopping at Whole Foods or Trader Joe's. Both chains have banned products that use artificial dyes and carry all-natural food coloring for home cooking and baking projects.



NCAA silent on black-white graduation disparity gap

By Charles Hallman
THE MINNESOTA SPOKESMAN
RECORDER

Lapchick's annual "Keeping Score When it Counts" report on NCAA men's and women's tournament teams.

Lapchick, director of The Institute for Diversity and Ethics in Sport, each year examines the Graduation

Success Rates and Academic Progress Rates for these teams, and also compares black and white male and female basketball student-athletes.

"The enormous gap between the graduation rates

of white and African-American student-athletes narrowed by almost four percent," wrote Lapchick in his March 12 report: White male players graduate at 88 percent, down from 91 percent in 2011; and 60 percent

of black males graduate, a percent higher than last year. Also, white female players' graduation rate is 93 percent compared to 85 percent for black females. His study also noted that

a combined 13 schools - 10 women's and three men's - have a higher black graduation rate than whites'; and 31 schools - 22 women's and nine men's - have a 100-

Please see NCAA/3B

SUNDAY, APRIL 1, 2012

B
SECTION

Sports

Raleigh Cary Durham Chapel Hill

The Triangle
TRIBUNE

COLLEGE FOOTBALL

Eagles begin spring practice

By Bonitta Best
editor@triangletribune.com

N.C. Central
Rising senior Joseph Hutchinson has secured a 12-week internship with Nike. The program is considered by many as a top-15 internship in the country. It is highly competitive since it gives interns the opportunity to gain hands-on experience in almost every area within the company.



N.C. Central senior Joseph Hutchinson

Hutchinson, who starts work on June 4, will be a Global Football & Nike Sportswear Product Intern. He will be involved in everything from product design and development, finance, sports marketing, logistics, facility management to human resources.

"Joseph is a class act, and he epitomizes the true meaning of a student-athlete as shown by the way he balances his academics and athletics at a high level," said Anthony Bennett, NCCU director of student-athlete support services. "One of Joseph's future goals is to own his own apparel company, and this opportunity will definitely provide him with a competitive edge as he gains valuable experience in the industry."

Hutchinson is a business management major with a minor in apparel design. "I feel like this internship is a blessing, and I'm so excited to be granted this opportunity to represent my family, NCCU and the MEAC this summer," he said.

And speaking of football, the Eagles began spring practice Tuesday at O'Kelly-Riddick Stadium. A spring game will be held April 20 at 6 p.m.



Shaw Athletics Director Al Carter holds up the Division II championship trophy.

PHOTOS/BONITTA BEST



While fans waited for the team to arrive, it was 'The Wobble' showdown: old school (left) versus the young'uns (right).



'We came. We saw. We conquered.' Shaw has last laugh

With Shaw's flight delayed and students still filing into Spaulding Gymnasium for the Bears homecoming celebration, master of ceremony Jeffrey Smith figured it was as good a time as any to get something off his chest.

Like hundreds of Shaw fans, Smith watched the Bears defeat No. 2 Ashland for the Division II women's championship on CBS Sports Network. But he already had a 'tude before the game even began after hearing one of the commentators describe his beloved Shaw.

"She called Shaw a 'second chance' university," snarled Smith, the director of student affairs. "Shaw University ain't no second chance at nuthin'. She didn't know what she was talking about because if you go here, it means something."

The implied reference alluded to coach Jacques Curtis' penchant for finding Division I transfers. But DI players playing on the DII level are more common than rare these days - for both men and women.

And, of course, she neglected to mention that Ashland had two transfers, including Dayton transfer Kari Daugherty, who was named the NCAA Division II

player of the year.

Curtis also didn't take too kindly to the remark after being told what was said.

"In Division II, that's the route you have to go," he said. "We can't get the top high school players. The kids go off to Division I and things don't work out for whatever reason; that's why you stay in contact with them. Everyone has transfers. I'm glad I didn't hear her say it."

It's always enlightening to read online comments whenever an HBCU team is beating up on a predominantly white school.

None of the Ashland folks had much negative to say while their team was winning. But after the game rolled into overtime and it was obvious Shaw was going to win, the fangs came out.

The first sore loser wanted to know if having a tattoo was a requirement to be on the team. First, not every player has one and even if she did, what's that got to



BONITTA BEST

Please see SHAW/3B

MEAC MINUTES

UMES Iosia named POTY

STAFF REPORTS

WASHINGTON - The fans have spoken, and Maryland Eastern Shore volleyball player Saitaua Iosia has been named the Russell HBCU Female MVP of the Year.

Fans decided the awards across the country. Iosia (Long Beach, Calif.) earned the most votes in Female MVP category, beating out LaQwasha Gamble of Johnson C. Smith, Victoria Lewis of Chowan, Jamila McKinnis of Stillman and Whiquitta Tobar of Alabama A&M. She was named the recipient at the HBCU Buzz Awards at the Armour J. Blackburn University Center.

"With gratitude to God and

Russell Athletic, I am honored to accept this award as an accomplishment not only for me but for my school, team and family," Iosia said. "We were all in this together and together we won."

This is the first year of the Russell HBCU Buzz Awards. The athletics awards are sponsored by Russell Athletic, the official uniform company of the Mid-Eastern Athletic Conference, the Southwestern Athletic Conference and the Central Intercollegiate Athletic Association. The awards showcase all HBCUs in the country.

"Sa is the perfect recipient," head coach Don Metil said. "She encompasses

every word of their 2012 theme 'My Life, My Family, My Society.'"

The freshman outside hitter adds to her trophy case after winning MEAC Rookie of the Year, MEAC Tournament most outstanding performer, COBRA Magazine Freshman of the Year, COBRA East Region Player of the Year, and COBRA All-National First Team.

She had one of the best seasons ever in UMES history, leading the MEAC in kills and points per game, and fourth in aces per game and hitting percentage. She finished the season with 472 kills, averaging over four



Saitaua Iosia

Please see UMES/3B



Miami Heat show support for Trayvon Martin.

LeBron clutch off the court with support of Trayvon

By Ishmael H. Sistrunk
THE ST. LOUIS AMERICAN

In today's world of multimillion-dollar endorsement deals and the enhanced image consciousness that accompanies them, many of today's professional athletes resist the temptation to take a stand on hot button issues.

That's why it's refreshing to see Miami Heat superstars LeBron James and Dwayne Wade speak out against the senseless violence that claimed the life of Trayvon Martin.

Last week, James tweeted a link to a photo of him and his teammates dressed in hooded sweatshirts aka hoodies. The message also contained the text, "#WeAreTrayvonMartin #Hoodies #Stereotyped#WeWantJustice."

If you haven't been following the news, the 17-year old Martin was killed Feb. 26 by a volunteer neighborhood watchman who claimed he was "acting suspicious." The teenager, dressed in a hoodie, was returning to the home where he was staying

after picking up some snacks at a local mart. His killer, George Zimmerman, has not been arrested.

In addition to the image, Wade recently spoke with the Associated Press and shared his feelings on the killing.

"This situation hit home for me because last Christmas, all my oldest son wanted as a gift was hoodies," he stated. "So when I heard about this a week ago, I thought of my sons. I'm speaking up because I feel it's necessary that we get past the stereotype of young, black men and especially with our youth."

We're far from the days when the greatest black athletes were also some of the greatest champions for civil rights. Athletes like Muhammad Ali, Bill Russell, Jim Brown and Tommie Smith inspired countless Americans to stand up for what was right, despite the backlash of those on the other side of the fence.

Now with the 24-hour news cycle, social media and swarming paparazzi, athletes

Please see LEBRON/3B



Photos courtesy of Getty Images

HOPE and HEALING for HER

Help for women alcoholics and their families

FAMILY FEATURES

It's just a few drinks with dinner, or some wine to unwind at the end of the day — that's not a problem, right? For some women, it's not. But it's estimated that 5.3 million women in the U.S. drink in a way that threatens their health, safety and general well-being. It's a significant women's health issue that more people need to be made aware of.

Women and Alcohol

When it comes to how the body responds to alcohol, men and women are decidedly different. Women are at greater risk for developing alcohol-related problems, and some of that is due to simple biology.

When alcohol passes through the digestive tract, it gets dispersed in your body's water. The more water available, the more diluted the alcohol gets. Alcohol also gets stored in body fat. Pound for pound, women have less water and more body fat than men do. So even with equal consumption, women's brains and other organs are exposed to more alcohol and more of the toxic byproducts formed when the body breaks down and eliminates alcohol.

This means that women get intoxicated faster than men do. Women also develop alcohol-abuse problems, as well as alcohol-related physical health problems, at lower doses and in less time than men.

The National Council on Alcoholism and Drug Dependence (NCADD) says that women who develop alcoholism have death rates nearly 75 percent higher than male alcoholics. Death from alcohol-related accidents, heart disease, stroke, cirrhosis of the liver and suicide happens more frequently in women.

Barriers to Getting Help

Even with such high risk factors and such dire consequences, fewer women than men are in alcohol treatment programs. While 75 percent of alcohol clients in U.S. treatment centers are men, only 25 percent are women, according to the National Institute on Alcohol Abuse and Prevention (NIAAA).

"Women face some significant barriers to getting treatment," said Molly O'Neill, president and CEO of First Call, (www.firstcallkc.org) an affiliate of NCADD based in Kansas City. "Lack of child care and limited financial resources are two of the biggest practical issues women face. They have a harder time paying for treatment costs and the child care they need in order to attend. And as the primary family caregivers, women have added responsibilities that make it harder to participate in regular treatment sessions."

The stigma of alcoholism is a unique barrier to women seeking help. "There are different social expectations for women," said O'Neill. "Women with substance abuse problems are treated much more harshly than men. If a drunk-driving accident is caused by a man, it's seen as unfortunate. But if it's caused

by a woman, particularly a mom, people tend to think, 'How could she do that? She's a mother!' One way we can help these women is to make sure people understand that alcoholism is not a character failing — it's an addictive disease that can be treated."

Getting Help

The good news is that once in recovery, women are more likely to stick with it. There are plenty of opportunities available through organizations such as Alcoholics Anonymous (AA) and the NCADD, which offer programs in most cities across the country. And many women take their first steps toward recovery by talking with their healthcare providers.

Addiction to alcohol doesn't just affect the user — it affects their families, significant others and friends. "Children of alcoholics have greater physical, emotional and behavioral problems than children of non-alcoholics," said O'Neill, "and they're three to four times more likely to abuse alcohol or other drugs themselves. That's why at First Call we offer programs for family members and friends impacted by a loved one's abuse, in addition to help for the one who is addicted."

To make getting access to help easier, and to help other human services agencies manage client care, First Call developed Community CareLink. This online program helps people connect with substance abuse professionals in a safe, secure way, and helps them stay on track with treatment plan goals and get the help they need. "We've found that women and children have trouble getting coordinated care," said O'Neill. "Community CareLink helps facilitate referrals and evaluations, and it gives people access to care they might not otherwise receive. We're very excited to share this program with agencies all across the country." (Learn more about Community CareLink at www.mobilecccl.org.)

Alcohol addiction is a serious health issue, particularly for women. If you even suspect a problem, don't wait to reach out. There is hope, help and healing for you and the women you love.

What is a drink?

Do you really know how much you're drinking? You may think you only have a little wine with dinner, but you could be drinking more than what is recommended. Here is how the NIAAA defines "a drink":

- One 5-ounce glass of wine
- One 12-ounce bottle of beer
- 1.5 ounces of 80-proof distilled spirits

Ask yourself ...

- Do I drink when I feel depressed or stressed, hoping that it will make me feel better?
- Do I need a drink to feel more sociable?
- Am I more permissive with my children because I feel guilty about how I behaved while drinking?
- Do I ever wonder if anyone knows how much I drink?
- Have I tried to cover up when I couldn't remember promises, or felt ashamed when I have misplaced or lost things?

Answering yes to these types of questions can indicate you have a problem with alcohol.



Where to Get Help

- Alcoholics Anonymous (AA) — Visit www.aa.org, or call 212-870-3400. You can download the Steps Away smartphone app to help you find an AA meeting no matter where you are. Find it at www.aastepsaway.com, or www.appbrain.com.
- Al-Anon Family Group Headquarters — Offers support groups for spouses and other adults in an alcoholic person's life. Visit www.al-anon.alateen.org for the free "Al-Anon Faces Alcoholism" magazine, or call 888-4AL-ANON.
- National Council on Alcoholism and Drug Dependence (NCADD) — Visit www.ncadd.org, or call 800-NCA-CALL to find a local affiliate near you.
- National Institute on Alcohol Abuse and Alcoholism — Visit www.RethinkingDrinking.niaaa.nih.gov to assess your drinking pattern and get tips for cutting down on drinking.

NCAA silent on black-white graduation disparity gap

Continued from 1B

percent graduation rate for both black and white players. "While all of that is positive news, the most troubling statistic in our study is the continuing large disparity between the GSR of white basketball student-athletes and black basket-

ball student-athletes. It remains an embarrassing 28 percent," Lapchick said. Florida leads the 11 men's teams with the highest disparity gap, a minus-80, followed by New Mexico State (-77), Wisconsin (-71) and Iowa State (-71). Navy tops the women's teams at minus-67, then Gonzaga (-50), Arkansas-Little Rock (-40)

and Eastern Michigan (-40) in this regard. And among the 10 women's teams with more blacks than whites graduating percentage-wise: UTEP (+78), Maryland (+41), Michigan (+37), San Diego State (+25) and BYU (+20). Temple (+36), North Carolina State (+33) and North Carolina-Asheville

(+7) are the only men's teams in this area. Minnesota was not in the study since the Gophers are NIT (men's) and WBI (women) participants. However, a 2011 MSR front-page article last November showed that Minnesota's black student-athlete graduation rates in men's (eighth) and women's bas-

ketball (12th) are worst or near the bottom in the Big Ten. During a March 13 conference call, U.S. Education Secretary Arne Duncan told reporters that those schools that graduate all their black and white players "have their priorities right. These programs are showing success on the court and off it."

Meanwhile, Duncan was critical of those schools, especially the "basketball powerhouses" who are in this year's tournament that fell below the NCAA minimum 925 APR. If they don't meet the new standard of 930, which will take effect in 2014, they will not qualify for postseason play the following year, Duncan noted.

Shaw has last laugh in winning nat'l title

Continued from 1B

do with Ashland getting its butt kicked? Next, somebody asked if Shaw played in the Big East, referring to the team's

physical style of play. Again, none of that mattered when the Eagles were winning. Curtis said the team and staff were treated as if they were going to burn San Antonio, Texas, down.

"They didn't know what to expect. We won the game, but we won the game with class," he said. "They played hard and aggressive. When they knocked somebody down, they helped them up and then knocked them

down again." Shaw was never ranked in the national polls during the regular season - another thorn in Curtis' side. He used the disrespect factor as motivation throughout the playoffs. Now, not only

are the Bears the national champions, but Curtis was named the 2012 Schelde North America/Women's Division II Bulletin Coach of the Year, and the team is ranked No. 1 in the last USA

Today ESPN DII Poll. Even that wasn't unanimous, though, as two coaches refuse to vote the Bears No. 1. But that's OK; who's having the last laugh now?

UMES Iosia named POTY

Continued from 1B

kills per set, 49 service aces, 268 digs and 54 blocks. She led UMES to its first ever MEAC title, getting a double-double with 25 kills and 11 digs, adding three aces plus getting the winning kill in the fifth set against Florida A&M.

"Iosia is heavily supported by her family, is respected by her peers, valued by the UMES community and loved by her teammates," Metil said. "As UMES volleyball continues to make history both on and off the court, it is the hard, persistent

and entertainers are heavily influenced by the almighty corporate dollar and the threat of losing access to it. But with today's youth looking up to entertainers and athletes more than ever, it's refreshing to see athletes as influential as James and Wade making a public stand for justice.

LeBron clutch off the court with support of Trayvon

Continued from 1B

and entertainers are heavily influenced by the almighty corporate dollar and the threat of losing access to it. But with today's youth looking up to entertainers and athletes more than ever, it's refreshing to see athletes as influential as James and Wade making a public stand for justice.

SPRING SPORTS

Shaw women stay unbeaten in tennis



St. Augustine's Michelle Shackelford was named CIIA pitcher of the week.

By Bonitta Best
editor@triangletribune.com

Fayetteville State women are bowling champs once again. The Broncos swept Virginia State 4-0 Monday to claim their third title in five years.

"I never thought we would dominate the tournament like this," said FSU coach Bobby Henderson, the CIIA coach of the year. "I have nothing but praise for the young ladies."

WOMEN
N.C. Central
The Eagles lost a tough 4-3 decision to Longwood in tennis. No. 1 doubles partners Cameron Chatman and Olesya Palko won both their doubles and singles match-

es. NCCU travels to Radford University this weekend.

St. Augustine's
The accolades just keep falling for Bowler of the Year Nicole Sciortino. The Raleigh freshman was also named the CIIA rookie bowler of the year. Sciortino is the first Falcon to win both bowler of the year and rookie of the year.

"It feels good," she said. "I would not have won anything if not for my teammates. They played a big part in me winning three awards (all-CIIA team). They kept me calm, cool and collected during matches."

In softball, St. Aug.'s took four of the five weekly awards: catcher Renitta White was named player of

the week and offensive player of the week; Michelle Shackelford was voted pitcher of the week and Nikki Bynum coach of the week.

In track, the women's 4x100 team of Jaivairia Bacote, Nicketa Bernard, Loriane Cruickshank and Kelly Shaw took first place, along with the women's 4x400 team of Bacote, Cruickshank, April London and Cherrisse Lynch at last weekend's High Point VerkKlasse track meet. Nicketa Bernard was also a winner in the 400-meter dash.

Shaw
The Bears (13-0) keep their tennis undefeated streak alive after wins over Livingstone, Johnson C. Smith and Fayetteville State at last weekend's roundup. Shaw has not lost a set since March 9.

In softball, Shaw (4-23) will play its remaining schedule on the road. The Bears look to break a 10-game losing streak this weekend at Livingstone.

MEN
N.C. Central
The Eagles couldn't keep their one-game win streak going, dropping a pair to conference opponent Savannah State 8-7, 3-0 in baseball. NCCU led 6-5 in the first game but couldn't close

the deal. In the second, the Eagles had just two hits. But the team rebounded with a doubleheader split with Longwood, losing the first game 13-3 before eking out a hard-fought 4-2 victory in the second. The win was its first ever against Longwood. NCCU travels to Florida A&M this weekend.

St. Augustine's
The Falcons have now made it four in a row over Shaw in baseball. St. Aug.'s defeated the Bears Wednesday 9-6 and 7-0 for the second time in two weeks in doubleheader action.

In track, the men's 4x100 squad of James Quarles, Jason Boyd, Julius West and Sean Stuart took first place. Devon Burroughs won the 400-meter dash, while Marcelis Lynch was the 800-meter runner. DeJon Wilkinson finished first in the triple jump. The men and women will compete in the Raleigh Relays this weekend at NC State's Derr Track.

Shaw
The Bears had their 10-match win streak broken Monday by Bluefield State in a 5-0 shutout. It was the Bears' second shutout of the season. They lost to North Carolina Wesleyan 9-0 on March 7.



Virginia Union alumni Larry Doby will be featured on a new postage stamp in July. The Doby Stamp will feature the Major League Baseball Hall of Famer in his Cleveland Indians uniform. Doby was a multitasker: He was a member of the CIIA 1942 Panthers basketball team and made his MLB debut on July 5, 1947, 11 weeks after Jackie Robinson broke the color barrier, making him the first black player in the American League. He died on June 18, 2003.

And in more news from VUU, CIIA Hall of Famer Charles Oakley will bring his Internet cooking show on Oct. 6 when VUU meets Lincoln during homecoming. "Café Oakley" got his cooking skills from mom, who was a soul food connoisseur for many of his NBA teammates. Hmmm, CC may have to make that trip.

Some of your best excuses to be a child come after you've already had one.

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4B

CLASSIFIED

**The Triangle
TRIBUNE**

EMPLOYMENT

SKILLED/TRADES

SOLID WASTE EQUIP. OPERATOR I – Town of Carrboro Public Works Dept. FT/Perm. Performs routine manual work in the collection of residential refuse, including emptying of roll-out containers and manual lifting of heavy items, i.e. furniture, appliances, limbs. Prolonged walking and working in adverse weather conditions req. HS diploma/GED req., as well as Class B Commercial DL with air brakes certification. Subject to pre-employment drug screen. Salary range: \$27,003-\$41,855; excellent benefits. Closing date: April 27, 2012. For an application contact HR, 301 W. Main St., Carrboro, NC 27510; 918-7320 or visit our website at www.townofcarrboro.org. EOE.

BIDS

ADVERTISEMENT FOR BID

An advertisement for bid is available for viewing at the Town of Cary website for: **Contract 2- Solids Treatment Facility, Western Wake Regional Water Reclamation Facility, Town of Cary Project No. SW1123.** Contract 2 of the 18 mgd Western Wake Regional Water Reclamation Facility project consists of work needed for the construction of a solids handling facility and associated site development.

The advertisement for bid can be seen at the following Town of Cary website: www.townofcary.org/Departments/Finance/Business_Opportunities/Bids_and_Proposals.htm. To purchase Plans, Specifications and Bidding Documents, contact the office of the Engineer at (919) 233-9178 or wwake2bids@brwnald.com.

ADVERTISEMENT FOR BIDS

Sealed bids for the project entitled: **Chatham County – Asbury Water System Elevated Water Storage Tank** will be received by: Chatham County at 2:00 p.m. local time on: April 19, 2012 at: Meeting Room of the Chatham County Community Library, located at: 197 NC HWY 87 North, Pittsboro, North Carolina 27312 and then publicly opened and read aloud.

Bids may be mailed to: 964 East Street, Suite 205 Pittsboro, North Carolina 27312, prior to the bid opening.

THE PROJECT SHALL CONSIST OF:

Schedule A – Site Work, Piping and Chloramine Booster Station
Schedule B – 500,000 Gallon Elevated Tank
Schedule C – Equal to Schedule A and Schedule B

The Contract Documents may be examined at the following locations:

McGill Associates, P.A. Pinehurst, North Carolina
Carolinas AGC www.cagc.org
McGraw Hill/Dodge Arlington, Texas
Reed Construction Data www.reedconstructiondata.com

Copies of the Contract Documents may be obtained at the office of the Engineer, McGill Associates, P.A., located at 5 Regional Circle, Suite A, Pinehurst, North Carolina 28374, upon payment of \$125.00 for each set. There will be no refund to any party for Contract Documents so obtained. Neither the Owner nor the Engineer will be responsible for full or partial sets of Contract Documents, including any Addenda, obtained from any other source. Pre- and post-bid information can be found at: www.mcgillbidline.com.

A pre-bid conference will be held at 2:00 pm on April 10, 2012 in the Meeting Room of the Chatham County Community Library, located at: 197 NC HWY 87 North, Pittsboro, North Carolina 27312. Interested parties are invited to attend this meeting to review the plans, ask for additional information or clarifications, and visit the project site.

A certified check or cashier's check payable to Chatham County or a satisfactory Bid Bond executed by a corporate surety licensed under the laws of North Carolina to execute such bonds in the amount equal to five percent of the total of the bid shall be submitted with each bid.

The Owner reserves the right to waive any informalities or reject any or all bids. The Owner reserves the right to award a contract to the lowest, responsive, responsible bidder.

The successful bidder shall be required to furnish separate, 100 percent Performance and Payment Bonds in compliance with North Carolina General Statutes Section 143-129 and of Article 3 of Chapter 44A. The Performance Bond shall be in full force and effect for one (1) year after the date of final acceptance of the project by the Owner.

The bid deposit shall be retained by the Owner if the successful bidder fails to execute the contract or fails to provide the required bonds, as stated above, within ten (10) days after award of the contract.

Each bidder must be appropriately licensed as a Contractor in the State of North Carolina as provided in General Statutes Chapter 87. Each bidder shall make positive efforts to use small and minority owned business enterprises on this project.

A conditional or qualified BID will not be accepted.

The ENGINEER'S contact information is as follows:

McGill Associates, P.A.
5 Regional Circle, Suite A, Pinehurst, North Carolina 28374
910.295.3159 office 910.295.3647 fax

Solicitation for DBE/MBE/WBE Quotations

Sanford Contractors, Inc. is seeking certified DBE/MBE/WBE quotations on the following projects:

NCDOT Design-Build Projects

Location: Division 4, Johnston County
Contract ID: C202979

Location: Division 6, Columbus County
Contract ID: C202981

*Quotes must be received no later than 5 pm on April 11th to be considered

Contact Randall Gattis at (919) 775-7882 for further information. Plans and specifications can be reviewed at the office. Equal Opportunity/Affirmative Action Employer

BIDS

RPC Contracting is requesting bids from any interested NCDOT Certified DBE, MBE & WBE firms for contract **DA00126 in Chowan & Martin Co.'s** bidding on 4/18/12. There will be a pre-bid conference at 3:00 pm on Tuesday 4/10/2012 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 website at <http://www.ncdot.gov/doh/operations/division1/BidRequests.html>. For more information, please call 252-261-3336, ask for Jay. RPC Contracting is an Equal Opportunity Employer.

ADVERTISEMENT FOR QUALIFICATIONS MASTER JOB ORDER CONTRACTS & SERVICE AGREEMENTS

Qualified service providers wishing to submit bids for providing services for the types of projects described herein, can obtain pre-qualifications packages at the Maintenance & Operations Department, Wake County Public Schools, 1551 Rock Quarry Road, Bldg. B., Raleigh, North Carolina 27610. Pre-qualification documents are also available by writing to Tracey Williams, at the address given above, by calling Tracey Williams at (919) 856-3797 or by emailing twilliams8@wcpss.net beginning Wednesday, March 28, 2012.

TYPES OF MASTER JOB ORDER CONTRACTS (JOC) AND SERVICE AGREEMENTS (SA):

Boiler Installation/Repair JOC
Boiler Preventative Maintenance SA
Building Automation Controls Installation/Repair JOC
Building Automation Integration Support JOC
Electrical Installation/Repair JOC
Elevator & Lift Installation/Repair JOC
Elevator Repair Services SA
Emergency Generator Installation/Repair JOC
Emergency Generator Preventative Maintenance SA
Emergency Lighting Inverter System Installation JOC
Fire Alarm Monitoring SA
Fire Alarm System Installation/Repair JOC
Fire Alarm System Inspections SA
Fire Extinguisher Inspections SA
Fire Sprinkler System Repair JOC
Fire Sprinkler System Inspections SA
Grease Trap Pumping SA
HVAC Chiller Installation/Repair JOC
HVAC Chiller Preventative Maintenance SA
HVAC Equipment Cleaning SA
HVAC Installation/Repair JOC
HVAC Water Treatment Installation/Repair JOC
HVAC Water Treatment Preventive Maintenance SA
Insulation Installation/Repair JOC
MATV/Intercom System Installation/Repair JOC
Kitchen and Refrigeration Equipment Installation/Repair JOC
Plumbing Installation/Repair JOC
Security System Installation/Repair JOC
Sports Field Lighting Installation/Repair
Underground Utility Location JOC

Qualifications for the Energy and Physical Plant Master Job Order Contracts and Service Agreements must be received by April 13, 2012, at 2:00 p.m. at the Maintenance & Operations Customer Service Center, 1551 Rock Quarry Rd., Building B, Raleigh, NC 27610. All times are local prevailing times.

Questions concerning the qualifications paperwork shall be submitted to Nate Slavik, WCPSS Project Manager, via fax at (919) 856-3714 during normal office hours beginning March 29, 2012.

The Wake County Public School System reserves the right to reject any and all qualifications, bids, waive informalities and irregularities in bidding and to accept bids that are considered to be in the best interest of the School System. The Wake County Public School System also reserves the right to require any bidder to submit information needed to determine if said bidder is responsible. The bidder must provide a minimum of three (3) verifiable references from managers of programs of similar size and scope where your company has supplied service and equipment similar to that proposed and must have been in business for a minimum of five (5) years.

MBE/DBE/WBE/HUB BUSINESSES

James R. Vannoy & Sons Construction Co., Inc. is currently soliciting quotes from interested WBE/MBE/DBE/HUB subcontractors and suppliers for the following project bidding on April 11, 2012 @ 3:00 P.M. Please submit prices to PO Box 635; Jefferson, NC 28640 or Fax to 336/846-7110 prior to bid time.

For more information or to quote prices contact TJ Hollars @ 336-846-7191 or tj.hollars@jrvannoy.com or jennifer.nichols@jrvannoy.com

Project: Wilson Medical Center-Existing ED Renovations, Wilson, NC

Description: Interior Demolition & Renovations of Existing ED

We will be accepting quotes for all divisions.

Our Company has implemented a variety of policies to assist and encourage Minority Businesses to participate in these types of projects, including but not limited to a new expedited payment policy and joint pay agreements.

Plans may be reviewed at the following locations:
Vannoy Construction-Jefferson Office www.jrvannoy.com. Download, Print or Order
www.cagc.org
Skinner, Lamm & Highsmith Architects-Wilson & Raleigh, NC

WE ARE AN EQUAL OPPORTUNITY EMPLOYER

BIDS

ADVERTISEMENT FOR BID:

Sealed proposals will be received by D.H. Griffin-Balfour Beatty - RDU, A Joint Venture for the **RDU Terminal 1 Reconstruction and Renovations** project on the following dates and times as indicated by bid package:

April 23, 2012 at 2 p.m.

1A General Trades – Temporary Protection, 1B General Trades – Fabricated Structures, Residential Appliances, Manuf Equipment, 2 General Clean Up, 3 Final Cleaning, 4 Surveying, 5 Site and Security Fencing, 6 Site-work, Utilities, Site Demo, Asphalt Paving, 8a Demolition – Exterior, 8b Demolition – Interior, 8c BP Combo 8A, 8B, 9a Concrete Walks and Paving, 9b PCC Pavement, Foundations, Building Concrete, Micropiles, 9c BP Combo 9a,9b , 10 Architectural Precast, 11 Masonry, 15 Millwork and Decorative Glass, 16 Waterproofing and Caulking, 17 Fireproofing, 18 Roofing , 22A Overhead Coiling Doors , 22B Accordion Security Doors, 24A Exterior Studs, Sheathing, Moisture Barrier, 24B Framing, Drywall, and Wall Cladding, 24C BP Combo 24A,24B, 25 Tile, 26 VCT and Carpet, 27 Epoxy Terrazzo, 28 Lay-In Ceilings, 29A Specialty Painting, 29B Painting, 29C BP Combo 29A, 29B , 30 Signage, 31 Roller Window Shades

April 24, 2012 at 2 p.m.

12 Slate Cladding, 13A Structural Steel, 13B Miscellaneous Steel Fabrications, 13C BP Combo 13a,13c, 14 Specialty Metal Fabrications, 19A Insulated Metal Panel , 19B Composite Metal Panels, 19C BP Combo 19A, 19B, 20A Curtain-wall, Storefront, Sliding Glass Doors, Glazing and Translucent Panels, 20B BP Combo 20A, 19A, 19B, 21A Doors and Hardware, 21B Bathroom and Building Accessories, 21C BP Combo 21A,21B, 32 Baggage Handling Equipment, 33 Jet Bridge Additions & Modifications, 34 Elevator and Escalator, 35 Fire Protection, 36A Plumbing, 36B Mechanical, 36C BP Combo 36A, 36B, 37 Electrical

May 2, 2012 at 2 p.m. Re-bids (as necessary)

Bids will be received and opened publicly at RDU Authority Building, 1000 Trade Drive, RDU Airport, NC 27623. Bids will not be accepted from bidders that are not pre-qualified.

A current listing of all prequalified bidders in each bid package can be publicly obtained at <https://balfourbeattyus.box.com/s/72eb2a969ca98b7702cf>

The Construction Manager and Owner reserve the right to add pre-qualified bidders. All interested parties are advised that the prequalified bidders list will be finalized via the issuance of a project addendum no less than 10 days prior to bid and will be made available at the above listed address. Bid Documents will be available after Friday, March 23, 2012. Please contact Chad Humphrey, chumphrey@balfourbeattyus.com, office: 919-233-5001, mobile: 919-795-6618 to obtain a box.net site access of complete plans, specifications, and contract documents. Hardcopies of full or partial sets of documents can be purchased directly from Large & Small Graphics (LSG) by contacting Customer Service at (919) 878-5500.

Bid documents will be available for review at D.H. Griffin Construction located at 431 Raleigh View Road, Raleigh, NC 27610 or Balfour Beatty Construction located at 5420 Wade Park Boulevard, Suite 200, Raleigh, NC 27607.

Bid documents will also be available in the following local plan rooms: Associated General Contractors-Carolinas Branch, Raleigh and Charlotte; North Carolina offices of McGraw-Hill Dodge; NCIMED Plan Room & Resource Center, Durham; Raleigh Business and Technology Center, HCAP Plan Room, Raleigh

All Bidders are strongly encouraged to include opportunities for Minority Business participation wherever possible in their respective bid submission. Minority Status is a part of this contract and must comply with the State of North Carolina General Statutes.

The Construction Manager and Owner reserve the right to reject any and all proposals. Should you require additional direction, please contact D.H. Griffin-Balfour Beatty - RDU, A Joint Venture, Chad Humphrey | chumphrey@balfourbeattyus.com | office: 919-233-5001 | mobile: 919-795-6618.

PUBLIC NOTICE

ANNOUNCING

A Public Comment Period on Transportation Goals and Future Growth

The Durham-Chapel Hill-Carrboro Metropolitan Planning Organization (DCHC MPO) programs state and federal transportation projects in our region. The DCHC MPO plans to adopt a set of Goals (including Objectives and Targets) and population and employment growth assumptions to guide its future plans. Citizens are encouraged to review and comment on the draft Goals and Socioeconomic data (SE Data, i.e., population and employment). The public comment period will be from Wednesday, March 28, 2012 through Thursday, May 31, 2012.

There are several options for participating, including:

SurveyMonkey.com/s/DCHCMPOSurvey1 – Use this link to complete a short online survey on your transportation goals.

www.dchcmo.org -- Web site provides:

- A copy of the draft Goals (incl. Objectives and Targets) and SE Data;
- An email link for making comments; and,
- A newsletter of MPO activities.

Public Workshops –

- Carrboro Town Hall (Board Room – Room 110), Tuesday, April 10, 2012, 4-6:30pm;
- Hillsborough Town Barn (101 E. Orange St. Parking -- accessed from East Corbin St.), Thursday, April 12, 2012, 4-7pm;
- Pittsboro (Agricultural Bld. Auditorium – 45 South St.), Tuesday, April 24, 4-7pm.
- Durham Station Transportation Center (corner of W. Pettigrew St. and W. Chapel Hill St.), Thursday, April 26, 2012, 4-7pm.

Public Hearing – Citizens can provide feedback to local elected officials (Transportation Advisory Committee); Wednesday, June 13, 2012, at 9:00AM in the Committee Room (2nd Floor of Durham City Hall, 101 City Hall Plaza). Persons with disabilities will be accommodated -- provisions must be requested at least 48 hours in advance of the meeting.

Comments and questions should be directed to:

Andy Henry, City of Durham, Transportation Department
101 City Hall Plaza
Durham, NC 27701

E-mail: andrew.henry@durhamnc.gov Phone: (919) 560-4366, ext. 36419

AROUND THE
TRIANGLERALEIGH
LECTURE

Chris Hughes, co-founder of Facebook, will speak at N.C. State University's Stewart Theatre April 2 at 3 p.m. Open to the public.

POET LAUREATE

Nominations for the next state's poet laureate will be accepted thru April 9. Visit www.ncarts.org.

FESTIVAL

The World Beer Festival returns to Moore Square Park on April 14 from noon to 4 p.m. and 6 to 10 p.m.

CARY
NEPALI CULTURE

The Nepal Center of N.C. will celebrate its Nepal New York 2069 on April 7, 4-11 p.m. Visit www.ncnepal.org for more info.

DURHAM
STORYTELLING

Actor Mitch Capel will be performing as Paul Laurence Dunbar April 4, 10 a.m. at Durham Tech, 1637 Lawson St. Call 536-7246, ext. 5205.

FASHION SHOW

A preschool fashion show is April 5, 10 a.m. to noon at Community Family Life & Recreation Center on Holley St. Call 560-4288.

CAROLINA THEATRE

April 6, 7 p.m. - Retrofantasma Classics Film Series. Contact: Jim Carl, 560-3040, ext. 232

LECTURE

Former U.S. Secretary of State Condoleezza Rice will speak in Dukes Page Auditorium April 10, 4:30 p.m. Tickets will be available beginning April 4 at Duke Box Office or www.tickets.duke.edu.

BOOK SIGNING

April 13, 7 p.m. - Susan Millar Williams and Stephen G. Hoffius will discuss their new book, *Upheaval*, in Charleston, at the Regulator Bookshop, 720 Ninth St.

FOOD DRIVE

Durham Center for Senior Life at 406 Rigsbee Ave. desperately needs to restock its food pantry to assist seniors for Easter. Especially needed: canned goods, pasta, rice, cereals, juices and more. Contact: Juanita Nelson, 688-8247, ext. 105.

VOLUNTEERS

The Retired and Senior Volunteer Program is seeking volunteers 55 and over. Call 536-7247, ext. 5305 or 5301.
If you are a retired social worker, call 536-7247 ext. 5301.

MISC.
FELLOWSHIPS

Applications are being accepted for Rosalynn Carter Fellowships for Mental Health Journalism. Deadline: April 16. Visit www.carter-center.org.

BOOK

Bringing the
March on
Washington to
young readers

WE MARCH
By Shane W. Evans
Roaring Brook Press,
\$16.99 HC

The acclaimed author and artist of *Underground*, Evans brings his talents to this account of the 1963 March on Washington.

On Aug. 28, 1963, more than 250,000 people gathered in our Nation's Capitol to participate in the March on Washington for Jobs and Freedom.

The march began at the Washington Monument and ended with a rally at the Lincoln Memorial, where Martin Luther King Jr. delivered his historic "I Have a

Dream" speech, advocating racial harmony.

Many words have been written about that day but few so delicate and powerful as those here by Evans. When combined with his simple yet compelling illustrations, the thrill of the day is brought to life for even the youngest reader to experience.

ABOUT THE AUTHOR:
Evans has illustrated numerous books for children, including *Black Jack: The Ballad of Jack Johnson and Underground*, recipient of four starred reviews. He lives with his family in Kansas City, Mo.



KIDS BY DR. CARTER

Feeling beautiful every day

How can I convince my daughter that she is beautiful? She is constantly comparing herself to her friends and pointing out things that are wrong with her. I tell her every day that she is pretty, but she won't believe me. What should I do? - Stephanie, Charlotte



WESLEY
CARTER

Stephanie,
Be careful to compliment your daughter on beauty attributes that are within her control. For example, compliment her hygiene, physical fitness, kindness and generosity. Avoid commenting

on superficial components of beauty, such as looks and material possessions. Counter the negative comments that your daughter makes about herself with positive affirmations.

Spend some time browsing the Internet for pictures of celebrities with and without makeup and show your daughter the contrast. She will probably be surprised to learn that without makeup, most celebrities look quite ordinary.

Your daughter is judging herself against the work of computer software, not real people. Unfortunately, many young girls develop eating disorders and distorted body images based on touched-up images. Educate

your daughter so she can make informed assessments.

Take her to your local bookstore or library and browse magazines. While you are browsing, point out the diversity of images represented in the magazines and teach her how to uncover the messages behind the design choices. Teach her that advertisers intentionally attempt to make us feel insecure so we will be motivated to buy the product being advertised.

Point out models that have similar features as your tween, so she learns that there are girls earning a living off of features similar to hers. Most importantly, begin talking to her about her

features and how they make her unique and special. Help her redefine beauty based on healthy choices, emotional well-being, personal values and work ethic.

Finally, choose a book that provides skills on how to develop inner beauty and embark on the journey with her. How mothers assess themselves has a tremendous influence on how daughters perceive themselves. Your commitment to defining and cultivating your own beauty can serve as a model for your daughter.

Give your daughter the most valuable and least expensive tip on achieving beauty. Remind her to smile more. It takes 17 muscles to

smile and 43 to frown. Smiling is a mood stabilizer and it attracts others.

Lastly, observe her friends and look for dysfunctional relationships. A sudden lack of confidence may be the result of an unhealthy relationship. Help her learn how to assess the quality of relationships in her life and fix or eliminate unhealthy associations.

Wesley Carter, Kids by Carter, provides parenting guidance to committed parents. Email your questions/comments to wesley@kidsbycarter.com.

Full Frame announces opening night film

STAFF REPORTS

DURHAM - The Full Frame Documentary Film Festival will screen the world premiere of Laurens Grant's "Jesse Owens" as its 2012 opening night film April 12 at the Carolina Theatre.

Produced and written by 2012 Full Frame Tribute honoree Stanley Nelson, the film centers on the black track and field star who triumphed at the 1936

Summer Olympics in Berlin amidst the rise of Nazi propaganda.

"Jesse Owens" is an American Experience film in association with Firelight Films. It is the first feature documentary Grant has directed for PBS.

Grant has a long history with Nelson and American Experience. She produced the 2010 award-winning film "Freedom Riders" directed by Nelson and was a

coordinating producer for Nelson's film "The Murder of Emmett Till" in 2003.

"To have my film screened at Full Frame is an incredible honor. And to screen as the opening night film is just tremendous," Grant said.

Full Frame also announced its lineup of films around its tribute to Nelson.

Four titles have been selected, including early work from his Firelight Films ban-

ner: "The Black Press: Soldiers Without Swords," "Jonestown: The Life and Death of Peoples Temple," "A Place of Our Own," and "Sweet Honey in the Rock: Raise Your Voice."

"Having this wonderful tribute to my work and the world premiere of Jesse Owens is for me a double honor," Nelson said.

Nelson and Grant will take part in a moderated conversation following the film.

Nelson will also be on hand for screenings of his work throughout the weekend. The 2012 Full Frame Documentary Film Festival will be held April 12-15, with Duke University as the presenting sponsor.

Tickets are available to passholders beginning March 23 and will go on sale to the general public at fullframefest.org on April 2.

Hudson family received
many threats before killings

By Daon Babwin
THE ASSOCIATED PRESS

CHICAGO - The man accused of killing Oscar winner Jennifer Hudson's mother, brother and 7-year-old nephew had threatened to kill members of the family at least two dozen times before the October 2008 slayings, a prosecutor said during a hearing in Chicago.

Assistant State's Attorney James McKay said the threats began in February 2008, when James Balfour moved out of the family's house where he had been living with his wife, Hudson's sister Julia. The threats continued right up until the day the bodies were found on Oct. 24, 2008.

"He said 'If you ever leave me, I'm going to kill you, but I'm going to kill your family first,'" McKay said at the hearing. "You will be the last to die."

The hearing comes about a month before Balfour is scheduled to stand trial in the slayings. Prosecutors allege Balfour shot the family

members because he was furious his wife was dating another man. Balfour has pleaded not guilty.

The killings in one of Chicago's most dangerous neighborhoods generated international headlines when the bodies of Hudson's mother and brother were found in the family's home, and the boy's body was discovered in an SUV days later.

On the day of the killings, Julia Hudson noticed her estranged husband in an alley beside the home as she was getting ready to head to work and let him inside, McKay said.

The prosecutor said Balfour became enraged when he saw balloons that a new boyfriend had given her, and he realized at that point that his marriage was "crumbling."

"All of this is boiling over and when he sees those balloons it's time to act," McKay said.

Julia Hudson worked as a bus driver, and Balfour made one of the threats in person when he got on her

bus a month before the killings.

He told his wife, "I'm thinking of taking Julian," said McKay, calling the words a clear threat to kidnap her son from a previous relationship.

Seven-year-old Julian King was one of those killed. The others were Hudson's mother, Darnell Donerson, 57, and brother, Jason Hudson, 29.

Police recovered a gun from bushes near the vehicle in which King's body was found and have linked it to the shootings.

Jennifer Hudson, who won an Academy Award for best supporting actress in 2007 for her role in "Dreamgirls," was in Chicago with her family about five days before the killings. She said she'd last been at the family home about two months earlier.

She told investigators she'd known Balfour since childhood and had advised her sister against marrying him. She said the family didn't find out about their 2006 marriage until months after it happened.



Balfour



Religion

The Triangle
TRIBUNE

Life consideration

Even when we do not feel the need to express kindness to each other, God grants us special kindnesses each day and without our asking for them. The Almighty's cheer and support comes in many forms; they are special and unique and cannot be replicated.



Words of
Tender Care

ANN HARRIS

For instance, to look up, experience the sun and feel the warmth, or to witness the sun peeking from behind the clouds are peaceful consolations from God. Another divine intervention comes from the feel of a quiet wind that brushes by and rustles the leaves on the trees or causes us to enjoy a refreshing breeze. The beauty of the blue sky or even a cloudy sky lets us know that there is a powerful source that reigns in our lives. By the way, clouds can exist in a variety of shapes and sizes, and some of them have a calming effect. Moreover, the silent eloquence of a rainbow is another miraculous consolation. Is there really a pot of gold at the end of the rainbow?

The smell of the soil after a fresh rain releases a fragrance that is cleansing and invigorating. There are so many more consolations from God. Take a moment to reflect on some of these bonuses because they are compensations that we take for granted. God is unselfish with these gifts because natural resources can be enjoyed by everyone and at any given time. Each of us benefit in special ways from God's gifts. Even though we might not be on our best behavior, we are still recipients of God's existence.

Just as God consoles us, we can also console each other. A consolation can be a nice compliment from a friend or an acquaintance; it can be a smile or a hug; it can be a slight nod of approval; or it can be a squeeze of the hand. It can be a wild flower plucked from the ground and given as a kind gesture; it can be a reassurance that everything is going to be all right.

(Read the entire column at www.triangletribune.com.)

M&F Bank launches series to assist church decision-makers



Queron Smith (left) welcomes participants to M&F Bank's 'Lunch & Learn' for church decision-makers.

STAFF REPORTS

DURHAM - Mechanics and Farmers Bank recently hosted the first of a new "Lunch & Learn" series designed to help leadership teams of area churches become more

proficient in making business decisions that can affect churches' ability to survive and grow. The new seminar series was initiated by SVP/Durham City Executive Queron Smith, and conducted in partner-

ship with Heavenly Minded Enterprises, Inc., a local business and financial consulting firm that specializes in helping faith-based organizations and other small businesses.

The seminar comprised a

broad range of topics presented by experts in their respective areas. Damien Fields, Heavenly Minded Enterprises' president and CEO, discussed best practices in executive compensation for ministers; Shawn Williams of Kingdom Wealth Management presented key points in ministerial succession planning; Tim Hill, President of Sound Hill Technologies, explained how new technology in sound and lighting can make ministries more effective and help churches control expenses; and Derrick Clarke of Holy Connection.TV gave information on how churches can use new media to extend their ministries.

Fields teamed up with Smith to present the key elements of financial statements and how financial reporting affects a church's ability to obtain necessary financing.

As the final Q&A session drew to a close, Williams told participants that the seminar was of the kind typically reserved for for-profit companies. He said he'd "worked with several banks, and most of them just don't or won't take the time to share this kind of information with faith-based institutions. It doesn't seem to matter to them. So I'm very impressed that M&F is actively seeking to provide this level of education for churches."

Melvin Gill, minister of Raleigh's Grace AME Zion, said he came to learn what information or services

might benefit not only his own congregation, but that he could share with the other 1,600 AME Zion churches in that denomination.

Bishop Osmond Smith of Roxboro's Holy Tabernacle of the Apostolic Faith said he found all of the information to be relevant and timely. "I hope it will be repeated. I'd like to come back and bring more people with me," he said.

"A lot of this information is eye-opening, and I think it will help a lot of churches be more effective in ministry," said the Rev. J. Patrick Clay, interim pastor of Rogers Grove Missionary Baptist Church in Durham.

Eunice Leathers is chairing the committee to build a new sanctuary for Greater Emmanuel Full Gospel Church. Leathers' goal in attending was to get information so the committee "could be better prepared to go through the lending process." She plans to talk to the minister and church leadership about attending the next seminar because "there was so much information that was relevant to what we're going through."

Added: M&F Bank President and CEO Kim D. Saunders: "We are passionate about service. We want this series to add value to churches and give participants tools that will enhance their respective ministries. Most of all, we want churches to know that we can be a partner in realizing their vision."

Sapp releases 9th solo project

'My Testimony' in top 10

STAFF REPORTS

NEW YORK - Marvin Sapp's new CD & DVD, "I Win," will be in stores April 3, and the CD can be pre-ordered now at iTunes, Amazon.com and Walmart.com.

The project, recorded live at Evangel Cathedral outside of Washington, D.C., is the artist's first CD since the passing of his wife Malinda, who died of colon cancer in 2010. As such, it is also the first live CD recorded outside of Sapp's Grand Rapids, Mich., hometown.

The first single, "My Testimony," is quickly approaching the No. 1 position at Gospel radio. "It is a transparent, introspective look at what I came through and how, in the midst of it all, I still maintained and am maintaining my faith," Sapp said of the single, which he co-wrote with Aaron Lindsey. "I think that's the difference; it is about how I realized that if it had not been for God being there in the midst of everything, I would have been taken out. 'My Testimony' is more about me sharing how I got

through it, not just that I got through it."

The title track is a soul-stirring ballad that declares "I am an over comer/I know I can conquer anything/with Jesus I am an over comer/I can win..." Newcomers Brittney A. Wright and Joshua A. Lay wrote the song.

A few new songwriters are showcased on I WIN after Sapp issued a call via Facebook and Twitter for song submissions. He listened to more than 2,000 songs before finding a few that represented the tone of this CD.

"I think part of my assignment is to give unknown writers an opportunity to be heard on a national scale," said Sapp, who has always given a chance to up-and-coming songwriters. "My prayer is that their names and work will now become a little more prominent."

An impromptu medley of hymns that Sapp launched into during the live recording provides a special treat on the CD. "The Hymns Medley" opens with "I Need Thee Every Hour," and then

finds Sapp shifting between Andrae Crouch's classics "Bless The Lord," "Can't Nobody Do Me Like Jesus" and "The Blood Will Never Lose Its Power," concluding with "There's Power in the Blood" and then a mini-sermon that demonstrates why Sapp says he is a preacher who happens to sing.

"Because He's brought me out of some stuff, I've got a right and a reason to give God some glory," Sapp squalls, his voice stretching throughout the cathedral as the church audience screams its agreement. It is an authentic church moment captured on CD.

"I grew up on hymns, and my mom taught me almost every hymn I know," Sapp said. "When we were doing the recording, the hymns medley just happened. We were transitioning between songs, and I just started singing hymns. It wasn't supposed to go on the record; it was just things I grew up listening to from traditional hymns to Andrae Crouch. And we just went back and forth and people were blessed by it."



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Worship Briefs

RALEIGH ST. JAMES AME
520 Method Road
A Tenebrae service "Latin for Shadows" is April 5 at 7:30 p.m. The service is about the Passion story of Jesus Christ.

COMPASSIONATE TEMPLE
3910 Compassionate Dr.
An Easter program is April 6, 6 to 7 p.m. at the church.

FIRST COSMOPOLITAN
1515 Crosslink Road
The drama ministry will present the Crucifixion April 6 at 7 p.m. in the sanctuary. The public is invited.

ST. MARK AME
531 S. Roxboro Street
The Mass Choir presents "Praise to the Lamb" April 6 at 6 p.m. The public is invited.

APEX WHITE OAK MB
1621 White Oak Church
Holy Week Service is April 2-6 at 7 p.m. nightly. The Rev. Franklin D. Williams Jr. of Roanoke Chapel Missionary Baptist in Jackson, N.C., is the guest preacher.

DURHAM NORTH EAST BAPTIST
3204 Hwy 55
Peter Shirokov of Chosen People Ministries, Inc. will speak from Isaiah 53 as it relates to Jewish believers on April 1. Call 544-2172.

WHITE ROCK
3400 Fayetteville Street
The church will celebrate Holy Week April 1-8. Call 688-8136 for schedule and times.
• April 13-15 - Joy Weekend. Call the church for more information.

MT. CALVARY UCC
1715 Athens Avenue
The Youth Department

will host Youth Revival April 3-5 at 7:30 p.m. nightly. The Rev. Gregory Milton is the guest speaker.

EBENEZER MB
2200 S. Alston Avenue
The Seven Last Sayings of Christ, hosted by the Interdenominational Ministerial Alliance of Durham and Vicinity, will be held April 6 at noon. Various pastors will speak.

MT. ZION
3519 Fayetteville St.
A Spiritual Warfare Conference is April 15-18 at 9:15 a.m. on Sunday and 7 p.m. nightly. Dr. David Benoit is the guest speaker. Call 688-4245.

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.**