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Broughton holds off Millbrook in JV action



DPS to meet on next leader

By Latisha Catchatoorian

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DURHAM - Durham Public School's board members will meet on Tuesday to discuss the future of the next superintendent.

Superintendent of Operational Services Hugh Osteen was named interim superintendent after Eric Becoats resigned in December amid allegations of fraud and the misuse of school resources.

Board Vice-Chair Minnie Forte-Brown said they will hold a community forum where citizens and parents can have a conversation and give feedback about what qualities they seek in DPS' next leader.

"There are requirements from the state of North Carolina obviously, but we will look for special qualities that the community is looking for," she said.

Board member Omega Curtis Parker said their first order of business is to decide how they will select Becoats' replacement. Previously the school board used a search firm.

Both Forte-Brown and Parker voted against Becoats' resignation, along with the only other African-American board member, Fredrick A. Davis. The four white members accept his resignation.

Though the vote was split along racial lines, Parker said she doesn't think it had anything to do with race.

"As far as I was concerned, I voted with my conviction and it had nothing to do with my color or race," she said. "I wouldn't say there are any racial problems on the board."

Parker said each board member is an individual and acted accordingly. She, Forte-Brown and Davis "did not get together and said we are going to vote this way."

"I base my decisions on what I think is best for the children and whatever I can do to make our children successful is what I go along with," she said.



WHITE HOUSE PHOTO

Watt moves up to nation's top mortgage regulator

Vice President Joe Biden (left) greets Mel Watt (right) and his family on Monday prior to Watt taking the ceremonial oath of office as director of the Federal Housing Finance Agency. Watt, a Charlotte Democrat, was confirmed by the U.S. Senate in December to lead the agency responsible for setting federal mortgage lending policy. U.S. Transportation Secretary Anthony Foxx, a former Charlotte mayor, administered the official oath to Watt.

Doing good things in the 'hood

Study: African-American men as involved with their kids as other groups

By D. Kevin McNeir

THE MIAMI TIMES

A study just released by the National Center for Health Statistics shows that contrary to longstanding stereotypes about black fatherhood, those who live with their children are just as involved

as other dads who live with their kids - or more so. Seventy percent said they bathed, diapered or dressed their kids every day as compared to 60 percent of white fathers and 45 percent of Latino dads. Among black fathers who lived apart from older children, more than half said they talked to their kids several times a week and asked them about their day - a higher percentage than among white or Latino dads. The study therefore defies images about black fatherhood.

But the results are no surprise to Trabian Shorter, 47, former Knight Foundation vice president of communities. In 2011, he launched BME, a groundbreaking network that celebrates black men

who quietly and consistently make positive differences in the lives of others and serves as its founder and CEO. The company was able to broaden its scope across the U.S. last September after getting a \$3.6M investment from the Knight Foundation.

Today, the network has 3,000 black men providing services to more than 10,000 neighborhoods on issues that include youth development, public health, ending violence, helping former inmates, community farming, improving financial literacy and fostering entrepreneurship.

BME is headquartered in Miami and has chapters in Baltimore, Philadelphia and Detroit. Its plan is to expand to other cities this year. The nonprofit organ-

Please see STUDY/2A



NAACP kicks off Moral March at press conference

By Latisha Catchatoorian

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RALEIGH - The N.C. NAACP and its partners held a press conference Wednesday morning officially announcing its "Moral March on Raleigh." The event, in partnership with the annual Historic Thousands on Jones Street march, takes place Feb. 9 in downtown Raleigh.

Next month's march will be an outlet for concerned citizens who are renewing their commitment to challenging unjust legislation and the infringement of their rights.

"Political power should be founded by the people," N.C. NAACP President William Barber said. "This year's Moral March on Raleigh takes place in the wake of the diligent efforts of thousands of people of good will in 2013 who drove across the state to Raleigh to make a weekly witness against the cruel, immoral and unconstitutional policies of Governor Pat McCrory, Speaker Thom Tillis, Senate Leader Phil Berger, Budget Director Art Pope and other extremists in the N.C. General Assembly." Barber said Moral March will kick off a year of

non-violent direct action, litigation, and grass-roots voter education and empowerment.

At the culmination of the march, the NAACP will lay out the five "M's" of its grassroots campaign to fight against Section 4 of the Voting Rights Act: motivate people, meet every challenge, mobilize strategically, make every effort and move every obstacle.

Much of the force behind the successful Moral Monday movement was the HKONJ People's Assembly Coalition which has over 150 coalition partners. Many representatives were present at the conference held at Davie Street Presbyterian Church. Barbara Smalley McMahan, a volunteer with Democracy N.C., said everyone's needs and voices count as much as any other.

"In 2013, N.C. legislatures passed new laws in the areas of education, taxes, unemployment benefits, health care, women's rights - all of these designed to promote the privilege of some while exacerbating the unmet needs of others," she said.

Barber stressed that the march is not the first of its kind, for the past seven years a "fusion movement" has been growing in North Carolina. He said

they are not fighting exclusively against Republicans and/or Democrats, they are simply fighting injustice by extremists.

"My grandfather was a Republican," he said. "This annual people's assembly will be held to push back. It's a march but also a people's assembly."

MaryBe McMillan, the secretary-treasurer for the N.C. AFL-CIO, said they will mobilize thousands of union workers for the march because they "are under attack."

McMillan said those without work are called lazy and those who desire raises are called greedy, yet political leaders dole out raises to their friends and cut taxes for their corporate donors.

"On Feb. 8, we march to bear witness to the unfairness, the immorality of such double standards, but most of all, we march to bear witness to what can be," she said.

Shaw student Shohanna Thomas said she is standing up because the only way for a brighter future is to fight for it.

N.C. State student Mary Cranford, who has lived

Please see NAACP/3A

Jobless bill clears U.S. Senate hurdle

By David Espo

THE ASSOCIATED PRESS

WASHINGTON — Election-year legislation to revive expired federal jobless benefits unexpectedly cleared an early hurdle on Tuesday, offering a hint of bipartisan compromise in Congress and a glimmer of hope to the long-term jobless and their families.

"Let's get this done," implored President Barack Obama at the White House, shortly after six Republicans sided with Democrats on a 60-37 Senate vote to keep the measure alive.

Even so, the fate of the three-month reinstatement remained uncertain in an atmosphere of intense partisanship at the dawn of an election year. The two parties have made it clear they intend to battle for the support of millions of voters who have suffered economical-

ly through the worst recession in decades and the slow, plodding recovery that has followed.

The often-cited phrase is "income disparity" — the gap between the rich and the economically squeezed. Democrats are expected to follow the effort on jobless benefits with another pocketbook measure, a proposal to increase the federal minimum wage.

The maneuvering on Tuesday was intense. Senate Republican leader Mitch McConnell proposed paying for the renewal of federal jobless benefits by delaying a requirement for millions of Americans to purchase coverage under "Obamacare" — an attempt to force Democrats to take a public stand on that highly controversial issue.

Democratic leader Harry Reid of

See UNEMPLOYMENT/2A

Issues loom in remapping appeal

By Sharon McCloskey

THE POLICY WATCH

Plenty of questions have swirled around the State Supreme Court's handling of the redistricting appeal. Will conservative justices fall in line with their legislative brethren and find a way to uphold a plan that resulted in districts depicted by many as the epitome of a racial gerrymander?

Many believe that's a foregone conclusion, and that the Republican State Leadership Committee will get what it paid for when it dumped millions into Justice Paul Newby's re-election campaign, betting that he'd ensure a win by voting to uphold the Republican plan.

Should Newby refrain from participating in the case because of that money? And what will follow? Will the groups challenging the 2011 plan get a ruling that leads to a review by the U.S. Supreme Court? Under what plan will voting continue while the courts review the challenged one?

Here the court appeared poised to act quickly on the appeal when it scheduled argument just two short weeks after briefing had completed. But this week the members of the court threw that supposition into doubt.

With stacks of court briefs piled in front of them and redistricting maps resting on easels near counsel table, the state's seven justices listened politely for 90 minutes as attorneys presented their arguments but barely engaged with them by asking questions. In a case of no small moment, with voting rights at stake and millions in taxpayer dollars already spent on attorneys defending the state, the justices - other than Mark Martin, who asked two concerning issues not necessarily at the heart of the appeal - had no questions.

That inaction had many leaving the court yesterday scratching their heads, wondering what to expect next from this court. Will we even get a substantive decision on the redistricting challenge before the November 2014 elections? Or has election reticence set in?

Oral argument before the state's highest court is typically when attorneys have the opportunity to engage with the justices and respond to questions they may have after reviewing the briefs submitted to the court. But that interaction didn't occur.

Without questions from the justices, attorneys for both the challengers to the plan and the state used their time to reiterate arguments already made in their court filings. Anita Earls from the Southern Coalition for Social Justice, representing the NAACP and others, argued that the redistricting maps were racial gerrymanders that violated the state and U.S. constitutions.

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Women entertainers who spoke out during civil rights movement

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Unemployment provision passes U.S. Senate test

Continued from 1A

Nevada, who generally seeks to shield his rank and file from politically painful votes, deemed McConnell's proposal a non-starter.

At the same time, Reid and White House officials suggested they would be receptive to cuts elsewhere in the federal budget to offset the cost of a yearlong renewal of the program, if Republicans would first agree to turn the benefits back on for three months without preconditions.

The legislation at the heart of the maneuvering would restore benefits averaging \$256 weekly to an estimated 1.3 million long-term jobless Americans who were cut off when the program expired

Dec. 28. Duration of federal coverage generally ranges from 14 to 47 weeks, depending on the level of unemployment within individual states. The three-month cost to the Treasury is estimated at \$6.4 billion.

Without action by Congress, hundreds of thousands more will feel the impact in the months ahead as their state-funded benefits expire, generally after 26 weeks. The outcome of Tuesday's vote to limit debate and keep the bill going appeared to catch Democrats off-guard.

The six Republicans who voted to overcome a filibuster were Dean Heller of Nevada, Kelly Ayotte of New Hampshire, Dan Coats of Indiana, Susan Collins of Maine, Lisa

Murkowski of Alaska and Rob Portman of Ohio. Heller, Coats and Portman all represents states with unemployment above the national average of 7 percent.

Coats, for one, immediately made clear that his vote came with conditions attached. He said he opposes the measure as drafted, and would vote against it on final passage if Reid "again obstructs senators from offering amendments." The Indiana Republican said he believes any extension in benefits should be offset by cuts elsewhere in the budget to prevent deficits from rising. He said he also favors provisions to help "put Americans back to work."

Reid, in comments to reporters, said unemployment

benefits had been extended several times when George W. Bush was president, and Congress did not insist on paying for them with cuts elsewhere in the budget. "This is new religion to them," he said of Republicans.

Officials also said a little-noticed provision in the legislation is specifically designed to benefit the long-term unemployed in North Carolina, where Democratic Sen. Kay Hagan faces a stiff challenge for a new term.

Hagan called a press conference Monday to urge passage of the reinstatement of benefits.

"The General Assembly knowingly and willingly violated federal law," she said. "I refuse to let the people of our

state suffer because of their reckless actions."

It would make residents eligible for long-term benefits by permitting the state to negotiate an agreement with the Department of Labor. State residents are currently ineligible

because of state benefits were reduced below a federal standard.

Associated Press writer Donna Cassata contributed to this story.

Study: Black dads are involved, too

Continued from 1A

ization held a two-day retreat last December in Miami, where it honored the winners of BME's leadership awards. The recipients were presented with special jackets they can wear back to their hometowns when they are representing their BME chapter. An estimated 130

men attended the two-day event.

"We have an air, ground and growth game," Shorter said. "We intend to make sure people have a fuller and more truthful understanding of how BME can be an asset to society and to local communities. Our network is founded on the

premise that there are a lot of good black men all over the country, and they're doing all kinds of positive work for their families, churches, schools, neighborhoods — you name it. All you have to do is look; they're not hard to find.

But the media have been ignoring these positive stories

and chosen instead to tell the stories of black men who are committing crimes, destroying communities, and abandoning their children and families."

For more info, go to www.bmecomunity.org.

Issues loom in redistricting appeal

Continued from 1A

The state improperly invoked avoidance of liability under the Voting Rights Act as the justification for its maps, she added, turning that Act on its head by drawing districts that resulted in racial segregation and limited participation by African-American voters.

Post-election analysis presented at trial bore that out, showing that the 2011 redistricting plan "placed one in

four North Carolina voters into 'split precincts,' ... led to widespread confusion about who would be on the voter's ballot on Election Day and result[ed] in the actual disenfranchisement of thousands of voters," the Coalition said in a later press release. An esteemed group of constitutional law professors from across the country, including four from state law schools, agree with that analysis and have submit-

ted a friend-of-the-court brief to the justices explaining why.

But Alex Peters from the Attorney General's office countered by claiming that the state's counting of clusters — drawing as many two-county clusters as possible, then three-county clusters and so on — was consistent with the whole county provision. And Thom Farr from Ogletree Deakins, representing the individual lawmakers, suggested that if

lawmakers were drawing districts to comply with the whole county provision, then perhaps race was not their predominant motivation.

As has happened in previous redistricting battles, a ruling by the state justices on the merits of the current plan will likely not be the last word.

"My clients are certainly committed to pursuing their case as far as possible," Earls said.

Mandate sparks confusion, resentment

By Amanda Raymond
SPECIAL TO THE TRIBUNE

CHAPEL HILL — Young adults do not think they are informed enough about Obamacare.

The Patient Protection and Affordable Care Act, better known as Obamacare, was signed into law in 2010 and upheld by the U.S. Supreme Court in 2012. It aims to give Americans access to health insurance that is more affordable.

According to a website on the facts of Obamacare, the effectiveness of the system depends on the amount of young people who participate because they are least likely to use expensive health care services.

But many young people do not think they know enough about the new health insurance plans to want to participate.

Kavita Patel is a senior biology major on the pre-medical track at UNC Chapel Hill. She said young people may not be

making the most informed decisions and may get themselves into a plan that they realize later they may not have wanted.

"I think in terms of judgment, we haven't had enough experience to make those types of decisions yet," she said.

Angel Johnston, a UNC senior history major, said it was a bad move for the government to saddle healthy young people with unnecessary insurance.

"I think it's an unfair burden, I guess, just because I already feel like we subsidize so many things," she said. "I'm paying into Medicare that I probably won't get. I'm paying into Social Security that I certainly won't get. I am not going to pay for somebody's healthcare that I won't get."

And most young people are still on their parents' insurance plans. A benefit of the government's insurance is young adults are allowed to stay on

their parents' plan until they are 26, so they feel no need to enroll in the government's plan.

"I have my dad who decides on things like that," Patel said. "He just does it and then I more so find out what my plan is."

Johnston is also on her parents' plan.

Some organizations use social media to advance their causes, and Salima Taylor, a junior at N.C. Central University, thinks the government should do the same thing.

"I think they really need to do a market, a campaign, specifically to young adults ... to get them to understand that in order for this to work, we need you guys to sign up because you're healthy and you won't need as much money to be cared for rather than all of these old, sick people signing up," she said.

Though many think that they need more information, young

adults think Obamacare is a step in the right direction for the country.

"It is some type of movement out of, I would like to say, mostly good intentions," Patel said. "Someone is trying to do something good. And you're only going to learn if it's going to work or not by doing it."

Race is on to succeed Watt in U.S. House of Representatives

By Herbert L. White
herb.white@thecharlottepost.com

The race to succeed outgoing U.S. Rep. Mel Watt promises to be a long and expensive one.

Six candidates are already declared among Democrats, including four from Charlotte: N.C. Sen. Malcolm Graham, former Charlotte city council member James Mitchell, Charlotte-Mecklenburg Schools counsel George Battle III and attorney Curtis Osborne.

Watt resigned from the House on Jan. 6 to take over as director of the Federal Housing Finance Agency, which will necessitate a special election to fill the remainder of his term. N.C. Gov. Pat McCrory set May 5 — primary day — for both elections.

The survivor would then have to gear up for November against what's likely to be taken Republican opposition.

Guilford, Davidson,

Cabarrus, Mecklenburg, Rowan, and Forsyth Counties are part of the 12th district.

On the fundraising front, N.C. Rep. Marcus Brandon of High Point is in front, having raised more than \$143,000 for the campaign through the third quarter, the most recent filing period. He also picked up the endorsement of the Gay & Lesbian Victory Fund. Brandon is N.C.'s only openly gay legislator.

N.C. Rep. Alma Adams of Greensboro also picked up endorsements last month from the North Carolina Association of Educators and Emily's List, the nation's largest resource for women in politics.

Adams, a retired educator, is a former member of the city's school board, where she was the first black woman elected to the panel. She also was elected to Greensboro City Council and is in her 11th term in the General Assembly.

"NCAE has named Rep. Adams as an A-plus legislator

because of her dedication and commitment to public education in this state," NCAE Vice President Mark Jewell said in a statement. "Her voting record as a pro-public education legislator speaks volumes; she has consistently displayed a deep concern for not only for the students of North Carolina, but for public school employees as well."

"I am very excited and honored to receive the endorsement from educators," Adams said. "The NCAE and I share the same values. We are committed to improving our public education system, giving teachers the resources they need to do their job, and providing quality education for our students."

NCAE represents active, retired and student teachers across the state.



Adams



Battle



Brandon



Graham



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NAACP kicks off Moral March

Continued from 1A
in North Carolina her entire life, said McCrory blatantly showed teachers this summer that the state does not value them.

N.C. Justice Center Executive Director Melinda Lawrence said they will be marching for the 1.7 million North Carolinians in poverty.

"To the child that cannot attend a private school because the voucher program does not cover the full cost of tuition, or because they don't have transportation, or be-

cause the private school does not provide free and reduced lunches, we are marching for them," said Jessica Holmes, an attorney for the N.C. Association of Education. "To that child, know that the NCAE is marching for you."

Added Barber: "If you believe in the moral principles of justice for all, for morality and equality, there are still those of us who believe in a better way. This march is the inauguration of our continued mobilization."



N.C. NAACP President William Barber and activists discuss the upcoming Moral March in February.

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How to solve education crisis

By Jeanne Allen and Kara Kerwin
SPECIAL TO THE TRIBUNE

Thanks to assessments of educational progress, we know where our children stand compared to other communities, states and even nations. Now that the holidays are behind us, it's time to take stock of how we are doing and set resolutions for the new year.

According to the Programme for International Student Assessment, U.S. students are lagging behind. 2012 results show the U.S. is on a rapid decline, ranking 36th in math, 24th in reading and 28th in science. On the Nation's Report Card, only 34 percent of eighth-graders are proficient in reading and math.

Where have we gone wrong? Quite simply, we've elected the wrong people.

In response to children demonstrating less proficiency, the governors of the 1980s started a movement that reduced federal meddling in state policy and united both parties over issues of choice and accountability. Then-Govs. Lamar Alexander of Tennessee and Bill Clinton of Arkansas embraced transformative changes, coalesced other state leaders into an outspoken force, and brought their efforts to national prominence at a groundbreaking policy-making summit in Charlottesville, Va. Governor Tommy Thompson partnered with Democratic and African-American lawmaker Polly Williams to enact the nation's first voucher program for the neediest children.

Bold leadership in the 1990s saw then-Michigan Gov. John Engler buck his own party to equalize school funding, permit parent choices and enact a charter school law that remains a national model today. Standards and accountability were heresy when Virginia Gov. George Allen decided his state needed uniform measures to elevate outcomes. Pennsylvania's Tom Ridge created a tax credit program to fund school choice scholarships and secured a hard-fought charter school law. And Jeb Bush of Florida oversaw some of the deepest education policy changes the nation has ever seen.

That fervor ignited a movement of educators, parents and community leaders who started schools, turned around existing ones, became legislators, and created innovations in learning and school delivery, including digital learning. What was once a fast and furious run for school reform from the ground up has come to a steady crawl, incapable of reversing educational decline.

When governors are strong, they counter special interests - teachers unions, school boards associations and the like - that inhibit progress. When governors are weak, policies emanate from "above" to supplant state programs. Apathetic or timid governors wait for bills to reach their desks, allow special interests to organize and govern by favorability ratings. The result is a lack of commitment to executing much needed changes.

For example, charter schools are known to be hotbeds of innovation or providers of quality education. Despite numerous studies attesting to their progress in closing the achievement gap, charter schools are still expanding in low numbers in some states, and exist with policies that hamstring those who wish to open them in others. It sounds dramatic that 42 states and Washington, D.C., have charter laws, but only half that number have any vibrant charter environment that can help a small number of students. State leaders are key to creating more options, yet laws that need to be improved are compromised from the first discussions.

Kentucky Gov. Steve Beshear recently remarked that his state didn't need charter schools because the education system was improving, despite evidence to the contrary. He was confusing activity and effort with results, a common problem among today's leaders.

Pennsylvania Gov. Tom Corbett once declared education a top priority but has achieved little reform despite his party's full control of the state legislature. Even with Chris Christie, New Jersey moved forward in requiring teachers to be evaluated as a condition of employment, yet the final compromise with unions resulted in more ways to skirt the system.

Some state officials show promise of becoming tomorrow's reform leaders. Wisconsin's Scott Walker looked unions in the eye and didn't blink. Louisiana's Bobby Jindal has set records for positive education reform lawmaking in a state where a devastating storm served as a catalyst for a new public education landscape. Both have state legislatures excited to join them in fighting the status quo.

Make no mistake - the U.S. education system remains in crisis and the achievement gap between poor and minority students and the rest of society remains wide. Most people are aware that the solution is not more money or superficial changes. The key to solving the crisis is electing governors who understand that they have the power to change a system and holding them accountable to do so. With 36 gubernatorial elections under way in 2014, we should all resolve to make education our top priority when we take to the polls in November.

Jeanne Allen founded the Center for Education Reform in 1993. Kara Kerwin is Allen's successor as president.

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McCrory's misleading 'comeback'

By Chris Fitzsimon
THE POLICY WATCH

Governor Pat McCrory is spending a lot of time these days talking about what he calls the "Carolina Comeback," his political slogan for what he describes as the state's economic recovery created by his policy decisions in the last year.

McCrory points to the drop in the state unemployment rate as the most prominent evidence that he has turned things around in North Carolina, and he points to the "tax reform" passed last summer as a primary reason for the success in job creation.

That would be the tax reform that McCrory and his supporters have claimed will allow North Carolinians to keep more of their "hard-

earned money."

Well, not exactly. Wealthy taxpayers and out-of-state corporations will certainly pay less in taxes this year, but most people in the state will pay more, as will many small businesses who will lose a tax break lawmakers passed in 2011.

Supporters of what was really more of a tax shift than tax reform used to bristle when folks like the N.C. Budget & Tax Center pointed out that many families in the state will pay more in taxes under the new plan—many of them vigorously insisting that it wasn't true—but now they have been forced to admit that the critics were right.

An Associated Press story over the holidays cited an analysis by the General Assembly's own fiscal re-

search staff showing that a married couple with two children that earns \$20,000 a year will pay \$262 more in taxes thanks to the "reform" McCrory keeps touting.

A couple with two children that earns \$250,000 a year will get a tax cut of \$2,318. Quite a tax shift indeed. Then there are the tax hikes on everything from movie tickets to mobile homes and the end of middle class tax breaks like the popular 529 college savings plan.

And what about the jobs McCrory says his administration have created that are responsible for a 2 percent drop in unemployment?

It's true that the unemployment rate has fallen from 9.4 percent in December 2012 to 7.4 percent in November 2013, but job creation inspired by tax cuts has little

to do with it.

In fact, as UNC Chapel Hill Economics Professor Patrick Conway pointed out recently, the state actually lost 6,000 jobs in 2013.

The unemployment rate is lower because the labor force itself is significantly smaller, declining by 2.5 percent in the first 11 months of 2013, most likely because many discouraged workers simply gave up looking for a job after a long fruitless search.

Workers who are no longer seeking employment are not eligible for unemployment benefits, and they are not considered part of the labor force when calculating the state unemployment rate. Fewer workers looking for jobs means a lower unemployment rate even if no jobs have been created.

McCrory is essentially boasting about an unemployment rate that is masking the state's economic problems, not reflecting any successes in rebuilding the economy.

Remarkably, the governor also points to his decision not to expand Medicaid under the Affordable Care Act as another part of the reason for the alleged economic comeback, even though studies show Medicaid expansion would create thousands of jobs in the state while providing health care coverage for 500,000 people who are currently uninsured.

Add it all up and McCrory's "Carolina Comeback" is actually nothing of the sort. It's a sound bite, not a real economic recovery, as thousands of struggling families in North Carolina can painfully attest.



Bold predictions for 2014 and beyond

Now that 2014 has come, I have decided to pull out my trusted crystal ball and give you some of my predictions for the year.



RAYNARD JACKSON

I think the biggest thing to watch is on the political front. This year we will have congressional elections for the House and Senate. Republicans will keep the House. Even if Republicans have a total meltdown, they will still keep the House. But their margins may shrink (currently they hold a 17-vote margin over the Democrats). The way congressional districts have been gerrymandered, that virtually guarantees minimum change in the composition of the House.

Republicans have a better than even chance to take over the Senate if they nominate the best conservative candidate that is "electable." The GOP should be able to pick up seats in Alaska, Arkansas, Louisiana, North Carolina and West Virginia. Republicans need only a net of six seats to win the Senate.

The black vote could be the margin of victory in states such as Arkansas, Louisiana and North Carolina. Each has black voters who are thoroughly turned off by the Democrats and Obama. If these Republican candidates take their message to the black community, they will take over the Senate.

I know many of my Democratic friends will laugh at me, and my Republican friends will continue to want to dismiss the black vote; but I dare my Republican leaders to call my bluff if they really want to win the Senate.

As I often say, I have been black most of my life and I know the sentiments of my community very well. To prove my point, what was unthinkable just a month ago is going to happen more frequently going forward. Democrats, especially blacks, for the first time are publicly voicing their dissatisfaction with Obama.

A group of very liberal blacks are about to file a lawsuit against Obama for enacting policies that have decreased the number of black students attending HBCUs. Civil rights leaders such as Congressman John Lewis have publicly threatened to go to war with Obama over the lack of black judges being nomi-

nated. On black radio, there is huge vocalization of dissatisfaction with Obama. This was unimaginable only a few weeks ago.

Blacks turning away from Obama will be one of the top news stories of the year. The question is, are Republicans prepared to take advantage of this opening within the black community?

Gun violence and mass shootings will continue, not because of the availability of guns, but because of the continued breakdown in our moral fabric. By 2016, I predict that morals and values will be in the top five issues of importance to voters. This liberal drift towards pluralism and relativism will begin to reverse itself with a lot of help from within the black community. Republicans, are you listening?

Look for a major reduction in corporate support for many of the reality TV shows that have proliferated over the past several years. These corporations will find it increasingly more difficult to justify the expenditure of their corporate dollars from a cost/benefit analysis.

I expect to see more suicides from those who played professional football and hockey. The issue of trauma to the brain during violent sports is

a lot worse than the public is being told. I think over the next few years, pro football will become unrecognizable as we know it today.

There will be no comprehensive immigration reform. However, as a compromise, there will be a path to legalization but not citizenship. Republicans who vote for citizenship will lose their next election, and some will even be recalled before their next election (on the local level).

Journalism will continue its downward spiral towards the cult of personality. Journalists will continue down the path of becoming bigger than the story they are supposed to be covering. They will continue to put more emphasis on being famous versus being accurate.

My final prediction is that Obamacare will be a huge albatross around the necks of Democrats for the next three years and will make their retaining the White House very problematic. The issue will be are the Republicans prepared to address some of the major problems facing America with policy solutions?

If the answer is yes, then they will win the White House. If the answer is no, we can kiss the America we know goodbye.

OUR VOICES

Take a stand against obesity in the new year

What's your New Year's resolution? Hitting the gym more? Cutting carbs?

There's an easier way to get healthy in 2014, and it doesn't require gallons of sweat or the elimination of bread. It's called standing.

A growing body of research shows that spending more time on your feet - whether at home, at work or during meals - can have surprising health benefits. Even better, it's a whole lot easier to keep a New Year's resolution to simply stand more.

Remarkably, regular exercise can't undo the negative effects of sitting. According to Dr. Genevieve Healy, a researcher at the University of Queensland's School of Population Health, "We've become so sedentary that 30 minutes a day at the gym may not counteract the detrimental effects of eight, nine or 10 hours of sitting." It's no exaggeration to say

that sitting is the new smoking. An analysis published in the British Journal of Sports Medicine found that every hour spent on the couch watching television shaves 22 minutes off one's life.

Smoking a cigarette, meanwhile, costs the average person only 11 minutes.

But unlike kicking a nicotine habit, sitting less is as easy as straightening your legs and standing up. And believe it or not, giving your recliner or office chair some time off can bring substantial health benefits.

A study published in the February issue of PLOS ONE, a science journal, found that when it comes to reversing the harmful effects of sitting, "increasing the time spent walking/standing is more effective than one hour of physical exercise." Good news for those of us who may have trouble mak-

ing it to the gym.

A renewed commitment to standing can start at the office. An astonishing 86 percent of Americans spend their workdays planted in a chair.

But that's easy to fix. For starters, keep an eye on the clock and make sure to stand up at least once every 30 minutes. Instead of riding the elevator, opt for the stairs once or twice a day. Phone calls also provide a great opportunity to spend some time on your feet, or to pace a little to get the blood flowing.

Height-adjustable sit/stand desks can help workers make standing an even more integral part of their office routine. The Centers for Disease Control and Prevention have found that such desks can reduce workplace sitting by as much as 224 percent. Workers who adopted a

sit/stand approach also reported having less back and neck pain, and were in a better overall mood.

At home, it's important to resist the urge to plop down on the couch. As it turns out, television sets work just as well when viewers are standing up.

Although we rarely realize it, most furniture - from lunch tables to computer desks - is designed with sitting in mind. A shift to a more upright, standing-centric lifestyle, therefore, will require a change in furniture.

All too often, January's self-improvement project becomes February's personal disappointment. As 2014 dawns, avoid falling short of your resolution to be healthier in the new year, and simply stand up.

Dick Resch is CEO of KI Furniture.

GRAND OPENING
YoFresh Yogurt Café opened a Durham franchise Jan. 6 at Imperial Center at Chapel Hill and Page roads. Visit www.yofreshyogurt-cafe.com.

MORRISVILLE CHAMBER
The next KNOW luncheon is Jan. 9, 11:30 a.m. to 1 p.m. at Prestonwood Country Club, 300 Prestonwood Parkway. Capstrat President Karen Albritton will discuss "Millennials at Milestones." Visit www.Morrisville-Chamber.org.

Jan. 23, 7:30 to 8:30 a.m. - Coffee and Connections networking event at 260 Town Hall Dr., Suite A in Morrisville.

The chamber host its 23rd annual meeting Jan. 24, 11:30 a.m. to 1:30 p.m. at Doubletree by Hilton, 4810 Page Creek Lane in Durham. Several businesses will be honored. Visit www.MorrisvilleChamber.org.

KNIGHTDALE CHAMBER
Professional Women's Networking Group will hold its next meeting Jan. 15, 11:45 a.m. to 1 p.m. at Knightdale Chamber of Commerce, 207 Main St. Contact: Robin Smoot at 266-4603, ext. 17.

OPEN HOUSE
Hilton Garden Inn will host a grand opening of its new location Jan. 16, 5-7 p.m. on Ninth Street.

LECTURE SERIES
Sharon A Hill, chairman of the Raleigh/RTP Black Diversity Network group, is the guest speaker at the Village Elders Lecture Series, Jan. 17 at 10:30 a.m. at the Robert & Pearl Seymour Center in Chapel Hill. Contact: Myra Austin at (919) 245-2020.

FASHION SHOW BENEFIT
The Kila Company will host a fashion show to benefit Pretty in Pink Foundation Jan. 18, 2 to 5 p.m. at Hampton Inn Crabtree on Glenwood Avenue. Call 757-3527.

Later that evening, a jazz event will be held at the Cupcake Stop Shop, 300 Blake St. in downtown Raleigh from 6 to 9 p.m. Anyone interested in being a vendor can call (919) 757-3527.

BUSINESS NETWORKING
A business owners networking event is Jan. 18, 10 a.m. at Wimbledon Clubhouse, 455 Coorsdale Dr. in Cary. Vendor space available. Contact: Betty Umstead at (919) 760-0713 or register at WBOENEL.eventbrite.com.

BUSINESS EXPO
Raleigh will hold its 16th annual Small Business Expo for small, disadvantaged minority- and women-owned businesses Jan. 23, 6 to 9 p.m. at Southeast Raleigh High, 2600 Rock Quarry Road. Call 996-3070 or 996-4278.

FUNDRAISER
Massage Envy Spa Durham Erwin Mill is hosting a fundraiser for the Preston Robert Tisch Brain Tumor Center Jan. 27 to Feb. 2 at Duke University. Call 667-0808 or visit MassageEnvyRDU.com.

WOMEN'S LUNCHEON
Raleigh Chamber will host its next Chamber Executive Women's Luncheon Jan. 29, 11:30 a.m. to 1:30 p.m. at Embassy Suites-Cary. Entrepreneur Monica Woffard is the guest speaker. RSVP by Jan. 22 at 664-7063.

TAX HELP
The IRS has set up a number of instructional YouTube videos for tax preparation. Visit www.youtube.com/irs/videos or www.youtube.com/IRSVideosASL for sign language.

JOB CITY
NerdWallet, a consumer advocacy site, has named Charlotte and Raleigh the fifth and sixth best cities for jobseekers, respectively.

Send your business news to info@triangletribune.com.

Business

Helpful tips to get your point across

STAFF REPORTS

One or two bad communication habits is all it takes to cause a lifetime of trouble. And with today's quick and easy methods of communication, it's all too easy for bad habits to work their way in. You overreact to an email and send off a furious and damaging reply. Or you can't resist a snarky comeback to a difficult customer's provocation even though you immediately regret your words. When bad communication habits take over, the reputation you worked so hard to cultivate takes a beating.

That's where Stop Talking, Start Communicating comes in. Full of counterintuitive yet concrete advice, it draws on author Geoffrey Tumlin's extensive experience as a communication consultant to show readers how to unload bad habits, improve conversations and use today's powerful digital devices, not to fragment attention and dilute relationships, but to achieve more of their most important goals and aspirations.

Bad habit No. 1: Word selection is better left to our more analytical modern brain, because the Neanderthal prefers to club first and ask questions later.

The problem is that although words can build relationships only slowly, they can cause damage with lightning speed. A blurted retort, a thoughtless tweet or a hasty remark can land people in hot water all the time. When the Neanderthal chooses our words, it never ends well.

Bad habit No. 2: Using

authenticity as an excuse for bad behavior. "I was just being myself" sounds harmless, but it's often an excuse to indulge in destructive behavior," Tumlin said. "Smart communicators realize that by focusing on what they want to accomplish instead of what they want to say, they keep their conversational goals in their rightful place - above their feelings in terms of priority.

Bad habit No. 3: Multitasking when we should be listening. The digital revolution facilitated hypercommunication and instant self-expression, but, ironically, made it harder for anyone to listen. There's just too much communication junk getting in the way. Our thoughts are scattered, our minds wander and ever-present distractions make it difficult for us to focus on the person right in front of us. In 2014, most of us need to make a concerted effort to reinvigorate our listening skills.

Bad habit No. 4: Asking faulty questions. Questions

aren't always neutral. They make some of your conversations better, but as you've probably noticed, many questions make a surprisingly large number of your conversations worse. Even simple inquiries can go awry. "Is your mother coming over for dinner again?" or "Did you call Jim in accounting about this?" can cause trouble if the other person thinks there's a criticism behind the query.

Bad habit No. 5: Meddling. Our quick, cheap and easy digital devices allow us to have far too many unnecessary conversations, engage in way too much unnecessary collaboration, and get our hands (and thumbs) on too many irrelevant issues.

That's why smart communicators, like smart doctors, have a good triage system - its categories are now, delay and avoid - to focus on the most pressing issues, while delaying or ignoring less important matters.

Bad habit No. 6: Fighting with difficult people. Jane

talks too much. Jim is incredibly stubborn. Uncle Billy loves to argue. Your client is moody. Whether they're controlling, critical or cranky, the behaviors that make someone a difficult person tend to spark frequent confrontations, even though we're unlikely to influence these people. It's time to quit trying, Tumlin insists.

Bad habit No. 7: Overreacting. In 2013, we often used more force than needed to accomplish our objectives. We yelled when a measured response would have worked better, sent a blistering e-mail when a more restrained reply would have sufficed, and issued an ultimatum when a firm but gentle statement of convictions would have done the trick. But excessive force frequently causes a destructive cycle - attack, retaliation, escalated attack and escalated retaliation, etc. No matter how justified you may feel, the bottom line is that using excessive force isn't usually a winning strategy.

12 year-old launches bowtie line



By Taki S. Raton
THE MILWAUKEE COURIER

Always impeccably styled in a buttoned-down shirt, creased slacks and dress shoes, our talented feature this week pins patterns and sews stitches.

As noted in a promotional descriptor, we can find his youthful fingers on a sewing machine for hours or at least until his mother tells him it's time for bed.

He is young, gifted and black. Mozhiah Bridges, then a

fourth grader at Rozelle Elementary School in Memphis, Tenn., began his career as a fashion designer at the age of 9 with his exclusive line of Mo's Bows.

His creations, Hannah Sayle writes in her Oct. 27, 2011, Memphis Flyer posting, are aimed "at playground pals and adults alike."

Sayle further reveals that Mozhiah - "Mo" for short - delivered one of his ties to Fox 13's bow-tie wearing weatherman Joey Sulipeck who wore

the gift on the air.

Moziah has been a guest on The Steve Harvey show and has been featured in British GQ, in Oprah's O magazine and in Forbes.

"Oprah is big," said Mo as quoted in Rae Lyn Hartley's LocalMemphis.com's Aug. 19, 2013, article. "Nobody is bigger than O'. I thought 'This is really cool.' What kind of kid gets to be in an Oprah magazine?"

In present day, Mo describes himself as a 12-year-old entre-

preneur.

Recalling his beginnings just three years ago, he says "I couldn't find fun and cool bowties one day. So I decided to use my granny's scrap fabric to make and sell my own."

He adds that he likes to wear bowties "because they make me look good and feel good. Designing a colorful bowtie is part of my vision to make the world a fun and happier place."

Mo's mother, Tramica Morris, positions that "old school" trend as mirrored by his well-dressed dad and grandpa who inspired his love for fashion and instilled in her son the importance of dressing for success.

A huge selection of Mo's bowties are from his grandmother's vintage fabric, which date back more than 50 years. And it was, in fact, his grandmother who taught him to sew.

"He can sew a bowtie from start to finish," Morris said. "But there are some things he really doesn't like to do, like the ironing. We'll do some of that for him."

Each bow design has its own name: "Night Magic," "Beale Street," "Paper Boy," "Buster Brown" and "Think Pink."

"I name all of my bowties," he reveals in Carlee McCullough's July 12, 2012, Tri-State Defender interview. "I make and sell so many. But 'Teachers Pet' might be the bestseller or 'Buster Brown.'"

Strauss cites that our youthful Memphis native has earned over \$30,000 thus far as of 2013.

He sells on his own website accessible Etsy page. Founded in 2005, Etsy is an online marketplace where people around the world connect to buy and sell unique goods.

"You don't have to wait until you're older," his mother said. "If you have a dream and you have a passion, we say go for it."

Black Girls Code invites young women into tech world

By Tamera Griffin
NEW YORK AMSTERDAM NEWS

As snow flurried around the city last month, Jamie Landeau diligently scribbled down notes, her pink-flowered pen bobbing above the page. The 7-year-old Bronx native then turned to whisper to a nearby friend, causing an eruption of giggles. She eventually turned back to the laptop in front of her and began to type.

This could be a scene extracted from a typical school day anywhere in the country, but what Landeau was participating in that Saturday was once only considered ordinary in California's Silicon Valley. She was learning how to code.

On Dec. 14, Black Girls Code, an organization aimed at exposing young black girls to computer science and technology, teamed up with Google to host a day-long mobile app training course. While tourists wound their way through shops on the first floor of Chelsea Market in pursuit of gourmet waffles, about 60 minority girls between 7 and 17 years hunched over keyboards and cell-phones on the second floor of Google's Chelsea headquarters, stringing together sequences of commands to create a game.

Throughout the day, the coders-in-training mirrored the instructions given by 29-year-old Donna Knutt, who owns a web development and marketing consulting business. Volunteers from Black Girls Code and Google were also on hand to answer the girls' questions.

The proliferation of web-based businesses and the ease with which those who are not descendants of the late Steve Jobs can learn computer science have made coding and programming less intimidating and highly covetable skills. Like most areas in the science, technology, engineering, and mathematics fields, however, women and racial minorities are severely underrepresented. Black Girls Code is one response to this disparity.

Although Landeau aspires to become a writer, she enjoys coding because it requires her to type out her thoughts. She sees creative writing and coding as one in the same, not a far cry from those who equate coding to learning a new language.

Jessenia Diaz, Landeau's mother, decided to introduce her daughter to coding after seeing a video online that featured "Mark Zuckerberg and a whole bunch of stars" talking about how they learned to code. The video piqued her curiosity, and after some Google-driven research, she came across Black Girls Code. Diaz enrolled Landeau in her first course in October and said her daughter "couldn't stop talking about it."

Even though the age requirement for the Black Girls Code mobile app event begins at 10, Diaz was able to register her daughter anyway. Landeau and the other youngsters may have required a bit more assistance in this seminar, but for Diaz, experience and exposure are the primary goals in an unwelcoming economy and job market.

"I went to a traditional school, so

everything was pretty much 'Learn this, know that,' and you didn't know why," said Diaz, who is currently working toward a degree in business. "Now that the job market is so hard, I'm struggling to find ways to reinvent

myself and be creative, and I want her to have that. I want her to be able to - if there's not a job for her - I want her to be able to invent one and do what makes her happy."



Triangle Community Foundation is distributing \$53,400 to 22 local nonprofits that have demonstrated success in youth literacy and community development through its new Support for People and Places Community Programs. The foundation is awarding grants from \$2,500 to \$5,000 for organizational assessments.

Each assessment will focus on the organization's mission, vision and strategy; governance and leadership; program delivery and impact; strategic relationships; resource development; and internal operations and management. Nonprofit partners will also take part in a six-month effort to learn from one another and participate in workshops facilitated by Durham consulting group Frontline Solutions.

Nonprofit partners focusing on youth literacy are Book Harvest, Communities in Schools of Wake County (elementary school Graduation Coaches collaborative), Frankie Lemmon School, The Hill Center, Kidznotes, Learning Together, Marbles Kids Museum, Read and Feed, Wake Education Partnership and YMCA of the Triangle (Y Learning collaborative).

Nonprofit partners focusing on community development are Catholic Charities of the Diocese of Raleigh, Inc.; Community Empowerment Fund; Compass Center for Women and Families; Dress for Success Triangle NC; Durham Economic Resource Center (adult literacy collaborative); Durham Interfaith Hospitality Network; Healing with CAARE; Hispanic Liaison of Chatham County; Housing for New Hope (rapid re-housing collaborative); Passage Home, Inc.; Student Action with Farmworkers (farmworker advocacy network collaborative); and Triangle Family Services.

To learn more, visit www.trianglecf.org.

HBCU NEWS

SHAW UNIVERSITY

Dr. Gaddis Faulcon has been named acting president. Former president Dorothy Cowser Yancy retired Dec. 31.

Faulcon's appointment began Jan. 1 and will continue until the national search for a permanent president is completed. The acting president is not eligible to apply for the permanent job.

"Dr. Faulcon has a proven record of excellence in higher education, and has been committed to our students, faculty and staff for more than 15 years," Board of Trustee Joseph Bell said. "We are confident that the university will continue to flourish and advance under his leadership."

Faulcon is also dean of the College of Graduate and Professional Studies and an associate professor of public administration. His career in academia spans more than 25 years with both teaching and administrative positions.



Ask Dr. Swiner

Debate swirls around prostate cancer testing

By C. Nicole Swiner

Happy New Year to all! I pray 2014 brings us all a renewed outlook on life, and hope for more healthy bodies, minds and spirits.



Swiner

I wanted to address a conversation that I've had with my male patients given some new recommendations about

prostate cancer and screening. When adult men come in for their annual physical exams, especially those older than 50, most are prepared to have the uncomfortable and unpleasant experience of a rectal and prostate exam.

It's as expected as a pap smear and breast exam are for most adult women. However, recently, there is a recommen-

dation to stop performing prostate exams, which has been confusing for all of us.

The U.S. Preventive Services Task Force is the nation's most knowledgeable group of medical experts who put together what the official recommendations for health maintenance should be. In the past, it was to screen all men at 50 and older (45 and older for black men or those with a family history of prostate cancer), have both a digital rectal exam to examine the prostate and a blood test called the prostate specific antigen.

It was thought that this was the best way to screen and find early prostate cancers. For a long time it was a debatable topic. However, in Nov. 2012, the USPSTF's official recommendation was made against yearly DREs and PSAs. We were told NOT to do them. Research has found that it has caused more harm than good.

The rationale is the majority of all men by the age of 80 or 90 will have some form of prostate cancer. It is also true that the cancer will likely be benign or non-life threatening. So the question was asked if it was worth finding a non-life threatening problem earlier versus later when it wouldn't save lives.

The other part of the issue was what I mentioned earlier - the idea of harm. Harm is caused, potentially, in doing the exam (it's not a comfortable one to have), finding something abnormal or having an abnormal PSA level, and having to "chase it" down. PSAs can be elevated for reasons other than cancer, such as having an enlarged prostate or bacterial infection. But once an elevated PSA is found, it's hard to convince anyone that you shouldn't look further and rule out cancer.

Then comes the more diffi-

cult part of testing, and that's the prostate biopsy. If you've had a prostate biopsy or know someone who's been through it, you know it's one of the most painful procedures to endure. It's also not inexpensive. Because of these issues and more details from medical research, the USPSTF experts gave it a "D" recommendation. They found at least fair evidence that (the service) is ineffective or that harms outweigh benefits.*

Then there's the flip side: What do we do? Do we ignore the prostate and not screen at all? What I do in my practice, for better or for worse, is have the conversation. I explain the situation above and ask the patient about his symptoms or lack thereof. I ask if he has any problem with urination, bleeding in the urine, change or straining in flow or getting up more than twice a night to urinate. I ask whether he has any

relatives with prostate cancer.

If all answers are no, I make sure there's at least one normal DRE and PSA in his history, and, if this is the case, we don't do them. If the patient is nervous and chooses to have the screenings done after having the conversation, that is his choice.

If there are any yes answers to the above questions, I generally will check a PSA level, and if it's normal, I skip the DRE. I'm sure other doctors are doing different things, but, ultimately, the patient making an educated decision is always the best route to take.

Dr. C. Nicole Swiner works at Durham Family Medicine, where she treats newborns to elderly patients. She and her colleagues are accepting new patients and can be found at www.durhamfamilymedi-



Dr. Johnea Kelley delivered the 23rd Annual Education Lecture sponsored by the Central Carolina Black Nurses Council last month at the Friday Center in Chapel Hill. Her presentation, "Join Me in a Conversation about Health Disparities," traced the historical development of sociopolitical practices and influencers that undergird health inequities and offered interventions that can be implemented to ameliorate them. Kelley is a retired nursing professor whose career spans 59 years.

The Distinguished Service Award was bestowed upon Jabar A. Akbar, RN, BSN, MPH, for outstanding contributions to the chapter and community. Akbar is a nurse at Duke University Medical Center and is pursuing an MSN from Winston Salem State.

TOP, seated l-r: Erma Smith-King, Edena Thomas, Helen Horton and Angeline Baker; standing: Brittany Judd, Joyce Roland, Bertha Williams, Wanda Wilkins, Connie Kelley-Sidberry, Betty Borden, Marie James, Gloria Anderson, Willie Gilchrist-Stanfield and Connie Levister.

BOTTOM, l-r: Marie James and Gloria Anderson present the Distinguished Service Award to Jabar Akbar.

Benjamin Jealous to deliver Duke's M.L. King address

STAFF REPORTS

DURHAM - Outgoing NAACP President Benjamin Jealous will deliver the keynote address for Duke University's annual Martin Luther King Jr. commemoration on Jan. 19.

This year's theme, "50 Years: Backwards or Forward?", complements the recent 50th anniversary of Duke's first black undergraduate students, evokes the 1963 March on Washington and looks ahead to the 50th anniversary year of the Civil Rights Act of 1964.

The keynote, which is free and open to the public, begins at 3 p.m. in Duke Chapel. Free parking is available in the Bryan Center Parking Garage.

"The theme really came out of the discussion about the nation being at one of those critical points where there are significant challenges to the progress we've made over the decades and even some moves backwards," said Benjamin Reese, co-chair of the MLK Planning Committee and vice president for Duke's Office for Institutional Equity.

Jealous has been a prominent crusader for economic justice and empowerment. Under his leadership since 2008, the nation's largest civil rights organization worked to abolish death-penalty laws in at least four states, opposed "stop-and-frisk" police tactics and stand-your-ground law, embraced gay rights in a historic 2012 vote and has defended voting rights. Donations have also increased, and the number of total NAACP activists has topped 1 million.

The Rev. William Turner, last year's keynote speaker and co-chair of the commemoration committee, says Jealous is a "vigorous, energetic, young leader who can inspire the young people,

in particular, but also the wider community."

Turner, a Divinity School professor and member of one of the earliest classes to integrate Duke, says the NAACP has emerged as a platform for many voices in North Carolina "who are concerned with social and economic justice."

"In some ways, North Carolina is the bellwether of what kind of nation we are going to be in the 21st century," he said.

Appointed at age 35, Jealous is the youngest person to lead the 104-year-old NAACP. A Rhodes Scholar, he began his career as a community organizer in Harlem in 1991 with the NAACP Legal Defense Fund while working his way through college. In 1993, after being suspended for organizing student protests at Columbia University, he went to work as an investigative reporter for Mississippi's Jackson Advocate newspaper.

Jealous was among the earliest and most prominent civil rights leaders to advocate for the DREAM Act, which would have allowed children brought into the country illegally by their parents to remain here as long as they stayed in school and out of trouble.

His leadership in the arena of human rights, in part through his work with Amnesty International, stands out to Reese.

"Generationally, I think he can relate to our students. Here we are, five decades past the notable and tragic events in the arena of civil rights," Reese said. "Are we poised to slip backwards or do we have the courage and the strength and the will as a nation to move more quickly toward equity and the full engagement of all Americans?"

Learn more about this year's commemoration, including an updated listing of events, at mlk.duke.edu.

NEWS 'ROUND RALEIGH

Insurance companies want hike

Compiled by staff

The N.C. Rate Bureau, which represents all companies writing homeowners insurance in the state, has requested a statewide average rate increase of 25.3 percent, varying by territory, with a requested effective date of Aug. 1, 2014. The insurance companies have also requested revisions to the current geographic rating territories.

The filing will be reviewed by Department of Insurance experts to determine what, if any, rate adjustments are warranted. If NCDOT and the Bureau do not initially agree on the proposed rate changes, Insurance Commissioner Wayne Goodwin will call for a public hearing where both parties will present their cases for or against rate adjustments.

"New homeowners insurance rates went into effect in July 2013. I am appalled that the insurance companies would request another increase just six months later," Goodwin said in a statement. "I believe the insurance companies should withdraw this rate filing immediately. If they do not, the insurance companies should expect a full hearing on this matter; I will not entertain any settlement negotiations."

"Also, I take offense at the insurance companies' concerted efforts to file this request late on a Friday afternoon, when they think the public won't be paying attention."

For those who would like to weigh in on the rate requests in person, a public comment session will be held Jan. 24, 9:30 a.m. to 4 p.m. in the Jim Long Hearing Room of the Dobb's Building, 430 N. Salisbury St. Written public comments will be accepted from Jan. 3 through Jan. 31. They should be mailed to: NCDOT, Attn: Bob Mack, Property & Casualty Division, 1201 Mail Service Center, Raleigh, NC 27699-1201; or emailed to 2014homeowners@ncdoi.gov.

Slvage yard reporting locates stolen vehicles

Since a new salvage yard reporting law went into effect a month ago, the N.C. Division of Motor Vehicles' License and Theft Bureau has received 41 reports of stolen vehicles, stopping 22 from being sold to salvage yards and confiscating 19 following sales.

The new law requires salvage yards and metals recyclers to verify vehicle information before selling parts or crushing vehicles they buy. Of those identified, the Bureau and several local law enforcement agencies have recovered 33 vehicles and also uncovered three fictitious IDs still under investigation. Additionally, the Bureau is beginning to receive reports of illegal activities in buying and selling junked cars.

If a vehicle is reported stolen, the system notifies the salvage yard or recycling business to verify the vehicle identification number and stop the purchase of the vehicle. The system immediately notifies the Bureau about the stolen vehicle and the business notifies local law enforcement.

Tourney tix going to cost more

If one more person asks CC about CIAA Tournament tickets! What do you want us to do about it? You have two choices: wait it out or buy MEAC Tournament tickets, which have been on sale since last month.

According to CC's spies, the CIAA's midsection seating will rise from \$250 to \$300. We shall see.

And, no, we don't know where the tourney is going after its contract ends in Charlotte, either.

WOMEN

St. Augustine's

After reports surfaced that President Dianne Boardley Suber was one of six finalists for the Florida A&M job, Suber released a statement saying she "respectfully declines offer to interview."

"I was invited to interview and am pleased to have been offered the opportunity to meet with the search committee," she said. "Having been raised on the FAMU campus, this invitation was particularly intriguing..." blah, blah, blah!

Of course, it didn't help that the national alumni association didn't endorse any of the six candidates.

"There is not one candidate (my board) felt worthy of being president of Florida A&M University," alumni president Tommy Mitchell said. Now, that's a slap in the face.

CC was also told that St. Aug's board of trustees didn't appreciate Suber applying for the position without letting them know beforehand. Guess she didn't expect FAMU to publish the finalists' names.

CC knows several folks that were crying in their beer after Suber declined to interview.

Shaw

CC saw a familiar face on the Bears sideline Monday night. Antonio Davis is back with his ol' pal Jacques Curtis as an assistant coach. Davis is a former head coach of St. Aug's women's basketball.

CC remembers when he was released. So tacky. They let him go on a recruiting trip - probably knowing he was going to get the ax - then released him after he returned. Brutal business.

Davis went to S.C. State as an assistant before heading to N.C. Central under former coach Joli Robinson. Jobs must be scarce if he ends up at Shaw, although he doesn't have to worry about getting fired 'cause Curtis certainly isn't going anywhere.

MEN

N.C. Central

The Eagles football coaching search kept CC so entertained, we didn't need to watch television. Every time we said somebody had interviewed or some assistant

See N.C. CENTRAL/2B

Sports

COLLEGE BASKETBALL



PHOTO/SHAW UNIVERSITY

Shaw freshman Larry Richardson scored a career-high 20 points against Virginia State.

See N.C. CENTRAL/2B

Last CIAA unbeaten drops; Blow's rude welcome

By Bonitta Best

editor@triangletribune.com

WOMEN

Shaw (2-1 CIAA, 8-5 overall)

There are no more undefeated CIAA teams after the Bears knocked off previously unbeaten Virginia State 69-64 Monday night.

Shaw went 2-1 during its three-game home stretch by defeating Elizabeth City State, losing to Chowan before rebounding against the Trojans. Playing one of their better defensive efforts of the season, the Bears outrebounded VSU 52-34.

Kaula Jacks led all scorers with 18 points, followed by Ariel Hatcher with 16. Shaw hits the road for a four-game stretch beginning Thursday at Virginia Union, Saturday at Bowie State and Monday at Lincoln.

N.C. Central (5-8)

The Eagles lost their fourth in a row after a 68-46 loss to Winthrop. NCCU was outscored 40-20 in the second half. Redshirt senior Jessica Freeman reached the 1,000-point career mark with 10 points. The Eagles began MEAC play Saturday when they travel to Florida A&M, then Bethune-Cookman on Monday.

St. Augustine's (2-0, 7-4)

The Falcons won their fifth straight game with a nail-biting 73-72 win over Chowan. The streak is their longest since the 2011-12 season.

"I am excited about our win," coach Rachel Bullard said. "Great effort by both teams. Our ladies are a unit, and we are playing good basketball right now."

Guard Terri Jacobs scored a career-high 20 points, including 11 in the final five minutes.

"Terri Jacobs was huge for us," Bullard continued. "She was aggressive on the boards and owned the paint on the offensive end."

Chowan had a chance to tie the game when Courtni Williams was fouled from three-point range with 0.6 seconds left. Williams made the first two but missed the third.

St. Aug's begins a tough five-game road trip at Bowie State Thursday night, Lincoln on Saturday and Virginia Union Monday.

Broughton holds off Millbrook for win

By Bonitta Best

editor@triangletribune.com

RALEIGH - Broughton used its quickness and size to muscle out a tough 60-52 win over Millbrook in junior varsity action last week.

After trailing by one point at the end of the first quarter, the Caps (7-3), led by guard Tharon Suggs' seven points, took control in the second period, outscoring the Wildcats 18-8 to take a 32-23 halftime lead.

Broughton center Jack Hemphill was the man in the third with six points and a block to help the Caps maintain a nine-point lead.

It was all Aaron Gottfried - son of N.C. State basketball coach Mark Gottfried - and Suggs in the fourth. Gottfried scored

eight of the Caps 12 points, while Suggs did his best impression of Phil Ford in their four-corner offense.

Three Broughton players finished in double figures: Gottfried (16 points, four rebounds), Suggs (15 points, four rebounds) and Sammy Brock (11 points, eight rebounds). Hemphill grabbed a game-high 10 rebounds and added seven points and a block.

Freshman guard Isaiah Tatum led Millbrook with 14 points.

Broughton's Tharon Suggs (0) and Jack Hemphill (52) outlasted Marcus Lewis and the rest of the Wildcats.



PHOTO/BONITTA BEST

COLLEGE FOOTBALL

Panthers narrow coaching search

By Bonitta Best

editor@triangletribune.com

Virginia Union has narrowed its list of football coaching candidates to four - three of which are alumni.

Mark James is the Panthers defensive line coach. He previously coached at Norfolk State and St. Paul's College. James also played defensive

lineman at Louisville and VUU.

Alvin Parker has been Elizabeth City State's offensive coordinator for the past 10 years. An associate head coach title was added in 2011. Parker has headed an explosive Vikings offense that's averaged more than 30 points per game over the past five seasons. A VUU alum, he also coached un-

der former Panthers coach Willard Bailey in the early 2000s.

Herbert Parham is a 12-year member of Morgan State's staff as assistant head coach and run-defensive coordinator. A native of Dinwiddie, Va., Parham was a CIAA all-conference defensive lineman at Union and later coached the DL for the Panthers.

Orlando Mitjans Jr. is cornerbacks coach at Georgia Southern. One of his former players, Laron Scott, signed a free-agent contract with the New Orleans Saints in 2001.

Winston-Salem State

Senior defensive lineman Donnie Owens has been selected to participate in the third annual National Football League Players Association Collegiate Bowl Jan. 18 in Los Angeles. Owens recorded 153 tackles, including 34 for loss, 19.5 sacks and 14 quarterback hurries.

The game will be televised live on ESPN2 at 6 p.m.

James gets her due with baseball

After a slow start to getting the recognition she deserved, Patricia James is finally getting her due.

James, who was Nobles before her marriage last year, is president of the Long Ball inner-city baseball program that was started by Minor League Baseball in Durham six years ago.

Long Ball not only gives teenage boys the opportunity to play baseball free of charge but also provides life skills lessons along the way. James, and her volunteer coaches and staff, believed in the dozens of young men who have come through program when nobody else would.

Two years ago, MiLB packed up and left Durham,

but James found other options to keep Long Ball afloat.

It is now under the umbrella of the non-profit Durham Triple Play Long Ball, thanks to the efforts of Duke law students. Now, all contributions are tax deductible, and the program is eligible for grants.

In 2012, James received an all-expense-paid, eight-day, seven-night Alaskan cruise courtesy of Cabot Creamery and Celebrity Cruises for her work with Long Ball.

Last month she was awarded a Duke Doing Good Neighborhood grant of \$2,500. Her high school black alumni association will honor her at their reunion later this year, and next month she will receive a Samuel DuBois

Cook Society award at the Washington Duke Inn.

The award is named after Duke's first black tenured professor and his dedication to improve relations among all individuals.

James will join N.C. NAACP President William Barber and five others at the dinner and award ceremony Feb. 18.

And last, but certainly not least, Durham Triple Play will be under a new organization, R.B.I., when the season starts in the spring. R.B.I. stands for Reviving Baseball in Inner cities.

A couple of the Long Ball teams traveled to Kinston last season to participate in an R.B.I. tournament against the "big boys" and came away victorious. This season the Triangle will host its own teams, so they won't have to

Please see BASEBALL/2B



Left to right: James, Parker, Parham and Mitjans

N.C. Central breaks 3-game losing streak

Continued from 1B
MEN

N.C. Central (8-4)
The Eagles broke a three-game losing streak with a 74-61 win over Hampton in non-conference action.

NCCU used a 23-8 second-half run to pull away from a tie game. Dante Holmes led four

players in double figures with 15 points.

The Eagles travel to FAMU and B-CU to begin conference action.

St. Augustine's (2-0, 9-3)

The Falcons are hotter than an Arizona desert. St. Aug's won its seventh consecutive

game Monday night over Chowan 77-60.

Junior guard Amere May scored 21 of his 27 points in the second half to help the Falcons pull away from a close contest. The streak is the longest since 12 in a row in 2009-10.

"I am happy our team is

learning how to win and having success," coach Tony Sheals said. "Right now, we want to keep playing well, executing and finding ways to win ball games."

The win comes after an overtime victory over ECSU, where the Falcons trailed by as many as 21 points. ECSU travels to Bowie State, Lincoln and

Virginia Union.

Shaw (3-0, 5-8)

The Bears are undefeated in the new year. Shaw has wins over the Vikings, Hawks and Trojans.

The Bears gave VSU coach Lonnie Blow an unwelcome homecoming Monday night with their best shooting per-

formance of the season. The team hit nine 3-pointers and shot 60 percent from the floor.

Freshman Larry Richardson scored a career-high 20 points, while senior Curtis Hines - who may have played his last game - added 14.

Shaw travels to VUU Thursday night, BSU Saturday and Lincoln Monday.

Scholarships worth more than price of college degree

By Eddie Pells and Nancy Armour

THE ASSOCIATED PRESS

football at Michigan got Joe Holland more than an education. It got him a job. Two, in fact.

The linebacker on the Wolverines' 1988 Big Ten championship team was hired out of college by a fellow Michigan alum, with his football connections landing him the initial interview. That he'd worn the famed winged helmet caught the eye of his second employer, too.

"The president of this startup was a huge Michigan fan and lived in Ann Arbor and was a good friend of Bo Schembechler. I'm going to potentially go work for these guys, and he's a Michigan fan? That didn't hurt me," said Holland, now the co-owner of an Internet software company. "So yes, it's absolutely been helpful."

The debate over paying college athletes has clouded this entire football season, beginning with allegations in August that 2012 Heisman Trophy winner Johnny Manziel received money for signing autographs. Johnny Football was eventually cleared, but the NCAA is still fighting an antitrust lawsuit for former players who believe they're owed billions of dollars in compensation.

At the NCAA's annual convention later this month, restructuring proposals driven, in part, by larger schools wanting more autonomy - including the ability to give athletes stipends - will top the agenda.

"We're not talking about pay for play," Big Ten Commissioner Jim Delany said. "We are talking about the cost of education."

But what, exactly, is a college education worth?

Using public and telephone records and social media, The Associated Press traced 90 players who were listed as seniors on the 1988 teams at four schools: Michigan, SEC co-champion Auburn, Akron and Wake Forest. The 23 - enough for a starting offense and defense - who could be reached by phone were asked if they got their degrees, what role their educations have played in their lives, and, looking back 25 years later, whether they think the tradeoff was worth it.

(One player is dead, and another five had names too common to be traced.)

The AP's findings:

- Each of the 23 had earned his diploma.
- All said their educations have played pivotal roles in their lives.
- Though almost all said players should receive increased stipends - enough to get a pizza with friends or take their girlfriend out to dinner, not buy a new Escalade - only two questioned whether the scholarship they got for playing football was a fair tradeoff.
- Only one would make a different choice if given the chance to do it over or would advise his child to take a different path.

"You've got a unique experience that millions of people would die to have. To put on the uniform, to go into the largest stadium in the country and to get a free education," said J.J. Grant, one of Michigan's starting linebackers in 1988 and now a shipping team leader for MillerCoors. "It's a huge opportunity to put your foot into a door and open a conversation into just about anything you want to do."

For some players, an athletic scholarship was their only means of going to college. Tuition, even at a state school, was too expensive, and that scholarship meant the difference between higher education and a blue-collar job or a career in the military. More than that, how-

ever, were the experiences and contacts their education provided - opportunities that helped shape their adult lives.

For some, college was their first time away from home; one player said he wasn't sure if he'd ever have ventured beyond the state where he grew up otherwise. For others, their status as a college football player gave them entree to a future employer, be it through a direct connection or the affection the large network of alumni and fans have for anyone who wore their favorite team's jersey.

"The first couple years, I knew people who were interested in what I did," said Jim Thompson, an offensive lineman at Auburn. "I write big-truck insurance. It's not like car insurance. It's a specialized market. I don't think playing college football hurt me."

A number of players also said the goal-oriented nature of a football team made them attractive candidates for potential employers, some of whom told them they figured that if a man had enough focus and drive to earn a football scholarship, that work ethic would translate to his next job.

"Certain characteristics that I developed during football were lifelong skills," said Alvin Mitchell, who started at outside linebacker for Auburn and is now a minister and a sergeant in the Polk County (Fla.) Sheriff's Office. "I still use them every day. Every. Day."

But Shan Morris, who played safety at Auburn, says he's done the math on his scholarship, and it doesn't quite add up.

Yes, athletes get a free education, along with room and board. That's no small thing considering tuition and room and board averaged \$17,860 for in-state students at public universities in 2012-13 and \$39,518 for students at private schools, according to the College Board.

But even with limits on practice that were imposed in 1991, playing a college sport is the equivalent of having a full-time job. And then some.

"My scholarship was not worth the amount of hours," said Morris, now the principal at his own commercial real estate firm in Atlanta. "We were probably working for somewhere between \$3 and \$5 when you work it out. I could have worked at McDonald's and paid my tuition with the money I got."



Tracy Rocker made use of his contacts cultivated while at Auburn en route to becoming an assistant coach with the Tennessee Titans.

JV ATHLETE OF THE WEEK

Tharon Suggs scored 15 points and played like Phil Ford in a four-corer style offense in Broughton's win.



Baseball advocate gets due

Continued from 1B

travel. "All the persistence and hard work is paying off for these young men and this program," James wrote in an email. "I am so happy the program is getting the recognition it deserves. I truly appreciate the recognition for myself, but I want badly to figure out how I can recognize the coaches because without them, it wouldn't be a baseball program."

Golf fundraiser grows

The Banks Foundation's Triangle Golf Challenge in Support of Triangle Charities

had one of its biggest successes last summer.

The fundraiser moved from The Preserve at Jordan Lake to UNC Finley Golf Course, which was a big hit with the golfers, and added Communities In Schools of Durham as a charity. The foundation also provides down payment assistance to help low-income families move from public assistance to homeownership.

Over \$40,000 was raised last summer and the event was a sellout. CIS received \$3,000 to help with dropout prevention.

"The Banks Foundation has been a blessing to my family

in a time of need," said recent recipient Tanesha Summers who closed on a new home last November.

This summer's golf tourney is June 13 at Washington Duke Inn. Next year it will move to N.C. State's Lonnie Poole Golf Course, thus the new name Triangle Golf Challenge.

As always, a pre-tourney reception will be held the night before at Brier Creek Country Club in Raleigh.

Spots are filling up, and sponsorships are available. Call (919) 474-9137 or visit its Facebook page.

N.C. Central search

Continued from 1B

was released, "no that's not true," we were told.

Take Adrian Jones for example. OK, maybe Jones didn't interview on the day our sources told us he did, but since he's about to sign a contract as running backs coach, he obviously interviewed at some point, eh?

Maybe those assistants didn't get released on Tuesday, but they're gone now aren't they?

While everybody is staying mum until they sign on the dotted line, here are some of new football coach Jack Mack's staff, according to FootballScoop.com and Coachingsearch.com: Austin Peay's Granville Eastman as defensive coordinator; Jones; Savannah State's wide receivers coach Chris Buckner; and Tulane grad assistant Mike McCarthy.

So, there! (Picture CC sticking out our tongues.)

St. Augustine's

As CC watched Lonnie Blow lose to Shaw, we wondered what he thought about the success of the Falcons with HIS recruits? St. Aug's, which was predicted to finish last in the South, has won seven straight games. Blow's Trojans started off with a bang but have lost two straight. Still, we bet he wouldn't trade places with Falcons coach Tony Sheals for anything in the world.

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2013 BLACK COLLEGE BESTS

A XMAS WRAP: The BCSP "Baad Team" puts a bow on the 2013 black college football season.

BCSP BAAD TEAM UNVEILED; NEW COACH AT NC CENTRAL; JSU'S COMEGY, MSVU'S MORGAN AXED

Odums nabs top BCSP coaching honor

LUT WILLIAMS

BCSP Editor

Very few expected **Southern** to come away with the 2013 Southwestern Athletic Conference football championship. But they did.



Odums

in the nation.

But Odums had other ideas.

Despite blowout losses to BCS Houston and FCS power McNeese State to open the season, Odums rallied the troops to win ten of their final 11 games, most of them close calls, including seven by ten or less and three by just three points.

They went on to take home the West Division title before knocking off Jackson State, who handed them their only defeat over the final two months of the season, in double overtime to give the once mighty Jags their first conference title since 2004.

For returning Southern to SWAC supremacy, Odums is the 2013 BCSP "Baad Team" Coach of the Year.

The Jaguars, in their first full year under head coach **Dawson Odums**, were picked in the preseason to finish behind defending champion **Arkansas-Pine Bluff** in the SWAC West Division and no one had them finishing among the top ten black college teams

in the nation. But Odums had other ideas. Despite blowout losses to BCS Houston and FCS power McNeese State to open the season, Odums rallied the troops to win ten of their final 11 games, most of them close calls, including seven by ten or less and three by just three points. They went on to take home the West Division title before knocking off Jackson State, who handed them their only defeat over the final two months of the season, in double overtime to give the once mighty Jags their first conference title since 2004. For returning Southern to SWAC supremacy, Odums is the 2013 BCSP "Baad Team" Coach of the Year.

UNDER THE BANNER

WHAT'S GOING ON IN AND AROUND BLACK COLLEGE SPORTS

NC CENTRAL CHOOSES MACK:

DURHAM, N.C. - With 10 years of coaching experience, including stints with five NCAA Division I programs and two conference championship teams, **Jerry Mack** was announced as



Mack

North Carolina Central University's 22nd head football coach on Thursday (Dec. 19) during a press conference in the Alfonso Elder Student Union on the campus of NCCU.

A native of Memphis, Tenn., Mack, 33, becomes the third-youngest active Division I head football coach. Only Paul Nichols of Davidson and P.J. Fleck of Western Michigan are younger than Mack

Mack comes to NCCU after spending the past two seasons with the University of South Alabama as wide receivers coach. He spent the 2011 campaign in his hometown with the University of Memphis, also as wide receivers coach. He served as offensive coordinator and quarterbacks coach at the **University of Arkansas at Pine Bluff** in 2010.

Mack served as passing game coordinator and wide receivers coach at the University of Central Arkansas during the 2008-09 seasons, helping to lead the 10-2 Bears to the Southland Conference championship.

In two seasons (2006-07) as wide receivers and tight ends coach at **Jackson Stat**, the Tigers ranked second in the SWAC in scoring offense both years and captured the SWAC championship title in 2007.

Mack started his coaching career as an offensive graduate assistant at Delta State in 2004-05. During that time, he coached running backs, and worked as assistant special teams coordinator and video coordinator.

Mack began his collegiate playing career at Jackson State before transferring after one season (1999) to Arkansas State. He lettered three years at Arkansas State (2001-03) before earning his bachelor's degree in management information systems in 2003. Mack completed his master's degree in physical education from Delta State in 2006 after serving on the Statesmen coaching staff as a graduate assistant.

He has been selected for three internships in the NFL with the New York Jets (2009, 2010) and Buffalo Bills (2008), and participated in the NCAA Coaches Academy program.

Mack's appointment is a five-year term beginning Jan. 6, with an annual salary of \$180,000. Mack and his wife Starlett have two sons, Jaden (9) and Jaxon (1), and one daughter, Skyler (7).

FIRST TEAM - OFFENSE

QB - Dray Joseph, Sr., Southern **RB** - Jordan Anderson, Sr., Virginia State; Arnold Walker, Sr., Alcorn State; **WR** - Robert Holland, Sr. Chowan; Deandre Cooper, Sr., Prairie View **TE** - Dezmond Beverly, Sr. Arkansas-Pine Bluff **C** - Tristan Bellamy, Sr. SC State **OL** - Kadeem Edwards, Sr., Tenn. State; Christopher Tolbert, Sr., Tuskegee; Alex Monroe, Sr., Bethune-Cookman; Michael Sabb, Jr., W-Salem State **PK** - Jamin Godfrey, Sr., Tenn. State **KR** - Adrian Wilkins, So., NC Central

FIRST TEAM - DEFENSE

DL - Andrew Carter, Jr., SC State; Anthony Bass, Jr., Tenn. State; Donnie Owens, Sr., W-Salem State; Robert Simpson, Sr., MVSU **LB** - Joe Thomas, Sr., SC State; Jer-Ryan Harris, Sr., Arkansas-Pine Bluff; Chaz Robinson, Sr., St. Augustine's **DB** - Darnell Evans, Sr., Shaw; Nick Addison, Jr., Bethune-Cookman; Daniel Fitzpatrick, Jr., Tenn. State; Dexter Moody, Sr., Albany State **P** - Bobby Wenzig, Sr., Alabama State

SECOND TEAM - OFFENSE

QB - Chris Rini, Sr. Lane **RB** - Marquise Grizzle, Sr., Shaw; Isaiah Crowell, Jr., Alabama State **WR** - Lee Doss, Sr., Southern; Akeem Jordan, Jr., Lincoln (PA) **TE** - A. C. Leonard, Jr., Tennessee State **C** - Andrew Edourad, Jr., Bethune-Cookman **OL** - Jordan Arthur, Sr., Jackson State; William Leach, Sr., Kentucky State; Rashard Brown, Sr., Bethune-Cookman; Jeremy Gaston, Sr., Shaw **PK** - Nick Belcher, Sr., SC State **KR** - Darnell Evans, Sr., Shaw

SECOND TEAM - DEFENSE

DL - Shonquez Nelson, Sr., St. Augustine's; Antonio Harper, Sr., Tennessee State; Alex Glover, Jr., B-Cookman; Reginald Woods, Sr., Tuskegee **LB** - Carlos Fields, Sr., W-Salem State; Nick Thrasher, Jr., Tenn. State; Jarkevis Fields, Sr., B-Cookman **DB** - Qua Cox, Sr., Jackson State; Justin Blake, Sr., Hampton; Nigel Rios, Sr., Eliz. City State; Chris Eilerbe, Sr., Shaw **P** - Kyke Jaski, Sr., Lincoln (PA)

THIRD TEAM - OFFENSE

QB - Greg McGhee, Jr., Howard **RB** - Keith Brown, Jr., Bowie State; Jacquise Lockette, Jr., Kentucky State **WR** - Greg Moore, Sr. Lane; Zach Pendleton, Fr., Jackson State **TE** - Jordan Payne, So., Alcorn State **C** - Eugene Solomon, Sr., B-Cookman **OL** - Karim Barton, Sr., Morgan State; Ronnie Ransome, So., Va. State; Matthew Reece, Sr., Tuskegee; Isaac Sampson, So., Alcorn State; Omar Fahnbulleh, Sr., Bowie State **PK** - Anthony Prevost, Fr., Hampton **KR** - Tavoris Doss, Sr., Alcorn State

THIRD TEAM - DEFENSE

DL - Miles Groom, So., Hampton; Amir Bloom, So., Texas Southern; Terrence Pryor, Gr., Clark Atlanta; Rodney Gunter, Jr., Delaware State; **LB** - Lynden Trail, Jr., Norfolk State; LeRon Furr, Sr., Ft. Valley State Julante English, Jr., Miles **DB** - Sean Smith, Sr., Va. State; Thomas Wolfe, Sr., Ft. Valley State; CJ Morgan, Jr., Alcorn State; Darrin Marrow, Jr., Norfolk State **P** - Cory Carter, So., Texas Southern



Holland



Joseph



Walker



Anderson



Cooper



Bellamy



Wilkins

Holland, Evans top 2013 "BAAD TEAM"

LUT WILLIAMS

BCSP Editor

Two **CIAA** seniors take the cake in 2013 black college football.

Record-breaking **Chowan** senior wide receiver **Robert Holland** and Shaw senior defensive and special teams ace **Darnell Evans** have been selected as 2013 BLACK COLLEGE SPORTS PAGE players of the year and leaders of the 20th annual "BAAD TEAM" of black college football all-stars.

Holland, 6-2, 190, led the CIAA and all of black college football in every receiving category with 92 receptions for 1,318 yards and 13 TDs. He finished this season fifth in NCAA Div. II stats in total receptions, 11th in receiving yards, sixth in receiving yards per game and fifth in receptions per game.

He finishes his prolific career with 343 catches for 4,351 yards and 43 TDs, setting new CIAA and NCAA Div. II records for receptions. He finished behind only **Norfolk State's James Roe** (46) in CIAA receiving TDs and behind **Roe** (4,468) and **Virginia State's Damon Thompson** (4,387) in CIAA career receiving yards.

The 5-8, 181-pound Evans topped the black college ranks, the CIAA and Div. II in interceptions with 11 in ten games, an average of 1.1 per game. He also led in interception return yards with 279 while returning three picks for touchdowns. In addition, he averaged 29.2 yards on 16 kickoff returns, and 15.5 yards on 10 punt returns.

But Holland and Evans are not the only playmakers on this year's first team nor the only ones from the CIAA. **Virginia State** senior running back **Jordan Anderson** led the conference and the black college ranks in scoring, reaching paydirt 20 times for an average of 13.2 points per game. Jordan rushed for 1,142 yards (114.2 ypg.), second in the CIAA and second on the black college list.

He is joined in the first team backfield by **SWAC** Co-offensive Player of the Year, **Alcorn State** senior **Arnold Walker**. The 5-11, 222-pounder from Atlanta led the SWAC in rushing with 1,211 yards and scoring with 16 TDs (96 points, 8.0 per game).

The first team quarterback is the other

SWAC offensive player of the year, **Southern** senior **Dray Joseph**. In a somewhat down year for signal-callers, Joseph was the only passer to top the 3,000-yard mark (3,573 yds.) while also setting the pace with 30 TD passes in leading the Jaguars to the SWAC title. Joseph narrowly beat out **SIAC** Offensive Player of the Year, **Lane** quarterback **Chris Rini** (2,926 passing yards, 29 TDs), who was named to the second team. **MEAC** Offensive Player of the Year and black college total offense leader, **Howard QB Greg McGhee**, is the third team signal-caller.

Joining Holland at wide receiver on the first team is **Prairie View A&M** senior **Deandre Cooper** who finished behind Holland with 80 receptions for 1,080 yards and 12 TDs.

Arkansas-Pine Bluff senior tight end **Dezmond Beverly** flip-flops with **Tennessee State** junior **A. C. Leonard** on the first team. Beverly was quite productive this season, leading the Golden Lions with 57 receptions for 745 yards, third best in the SWAC. Leonard, last year's first teamer, fought some injuries this season but had 34 receptions for 441 yards and 5 TDs and was named to the second team.

Six-four, 290-pound senior **Kadeem Edwards** of **Tennessee State** is the most heralded of the first team offensive linemen as evidenced by his recent selection to the Senior Bowl. Versatile center **Tristan Bellamy** of **South Carolina State**, the MEAC offensive lineman of the year, senior **Chris Tolbert** of **Tuskegee**, senior **Alex Monroe** of **MEAC** co-champion **Bethune-Cookman** and junior **Michael Sabb** of **Winston-Salem State** make up the rest of the line.

North Carolina Central sophomore kick returner **Adrian Wilkins**, who returned three kickoffs and two punts for touchdowns, is the first team return man. Wilkins finished seventh in the FCS in kick returns (30.3 ypr.) and sixth in punt returns (13.4 ypr.) while tying for first in both kick and punt return TDs.

Tennessee State placekicker **Jamin Godfrey** and **Alabama State** punter **Bobby Wenzig**

are the first team kickers. Godfrey made 18 of 29 field goals with a long of 50 yards and was good on 43 of 45 PATs for 97 points. Wenzig averaged 42.8 yards on 76 punts.

Joining Evans in the defensive backfield is another ballhawk, **Tennessee State** junior safety **Daniel Fitzpatrick**, who picked off eight passes and tied for the FCS lead with 0.6 picks per game. **Albany State** all-American senior free safety

Dexter Moody, named the **SIAC** Defensive Player of the Year, and **Bethune-Cookman** junior **Nick Addison**, among the FCS leaders with five picks, round out the secondary.

Two juniors, **Tennessee State's Anthony Bass** and **South Carolina State's Andrew Carter** are joined by two seniors **Donnie Owens** of **Winston-Salem State** and **Robert Simpson** of **Mississippi Valley State** on the first team defensive line.

Bass registered ten sacks and 14.5 tackles for losses, second best in the OVC.

Carter led the MEAC with 11 sacks and had 14.5 tackles for loss.

From his defensive tackle position, the 6-3, 295-pound Owens led the Rams with 10 sacks and 15.5 tackles for losses while totalling 51 tackles. Simpson totalled 65 tackles, with 15.0 for losses including 4.5 sacks.

CIAA Defensive Player of the Year, **Chaz Robinson** of **Saint Augustine's**, SWAC Defensive Player of the Year, **Jer-Ryan Harris** of **Arkansas-Pine Bluff** and MEAC Defensive Player of the Year, **Joe Thomas** of **South Carolina State** are the senior first team linebackers.

Robinson was the most prolific tackler in the CIAA, black college football and Div. II with 126 stops, 12.6 per game.

Thomas led the Bulldogs, the FCS leader in total defense, with 116 total tackles, 8.9 per game, and piled up 19 tackles for losses including 7.5 sacks.

Harris topped the SWAC with 107 total tackles (10.7 per game), sixth best in the FCS.



Fitzpatrick



Edwards



Evans



Moody



Wilkins



Rini



Monroe



Bellamy



Tolbert

BCSP Notes

Jackson State dismisses Comegy

JACKSON, Miss. - Despite appearances in the last two **SWAC** championship games, **Jackson State University** announced last week it will replace football head coach **Rick Comegy**.

The University made the announcement on Wednesday with campus spokesman **Eric Stringfellow** stating at a press conference that the decision to remove Comegy was not based on his record.

JSU athletic director **Vivian L. Fuller** said in a statement the school is "grateful to Coach Comegy and his staff for their service to Jackson State. We appreciate the work he has done with JSU athletics and we wish him well."

Comegy led Jackson State to an 8-1 record and the East Division title in the **Southwestern Athletic Conference** this season, 7-4 overall, and held a 55-35 record in eight seasons.

He led JSU to four SWAC East Division titles and the same number of championship games including back-to-back appearances twice. The Tigers captured the 2007 SWAC title in his second season at the helm.

This year, JSU lost to **Southern** in the 2013 Toyota SWAC Football

Championship on Dec. 7, 34-27, in double overtime. Last season, JSU suffered a 24-21 loss in overtime to **Arkansas-Pine Bluff** in the championship game. Comegy holds a 171-87-2 (.657) career record. His career wins during the year ranked first among active Division I HBCU head coaches.

Assistant coach **Antonio Knight**, who is also the recruiting coordinator, will serve as the program lead while the university searches for a replacement.

Morgan out at Miss. Valley State

ITTA BENA, MS (SportsNetwork.com) - **Mississippi Valley State University** is not bringing head football coach **Karl Morgan** back next year after he compiled an 8-35 record in four seasons.

The **Southwestern Athletic Conference** school said on Monday Morgan's contract will not be renewed when it expires Dec. 31.

The Delta Devils finished 2-9 this season, including 2-7 in SWAC games.

"We feel that it is imperative that we move the football program in a different direction. We would like to thank Coach Morgan for his years of service to MVSU," the athletic program said in a statement.

Morgan's best season was in 2012, when **Mississippi Valley State** finished 5-4 in the SWAC and 5-6 overall. His 2010 squad finished 0-10 and his 2011 team went 1-10.



Morgan



Comegy

Classifieds

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Contract ID C202848, Federal Aid No.: STPNHF-0070 (132),
County: Carteret
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Type of Work: Grading, Drainage, Paving Signals and Structures
Bid Date: 01/21/14
Bids must be received no later than: 01/17/14**

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For instructions for obtaining plans and specs please contact Yaquelin Del Rio, M/W/DBE Liaison, 2 Alhambra Plaza, Suite 660, Coral Gables, FL 33134, Tel: 305-423-7600, e-mail address: ydelrio@dragados-usa.com

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CAREER CORNER

Power shoes: Choosing the right footwear for climbing the corporate ladder

Brandpoint



Climbing the corporate ladder requires marketable skills, initiative, creativity and ... the right shoes? While the importance of proper footwear may seem obvious for professions that require standing or walking all day, such as waitressing, nursing or cooking, poor shoe choices can also trip you up in an office setting.

"At best, sore feet can be a troublesome distraction when you need to concentrate in a meeting or be at your best during a job interview," says Dr. Matthew Garoufalos, a podiatrist and president of the American Podiatric Medical Association (APMA). "At worst, severe foot injuries from poor footwear can require corrective surgery that puts you out of commission - and out of the office - for extended periods of time."

While you may assume that some professions are more prone to injury than others, or that women wearing high heels are more at risk, everyone working nine to five should take steps to ensure they head to work every morning wearing shoes that will help - not hinder - how well they do their jobs. The APMA offers some advice for choosing work shoes:

Shoes for women

For many women, wearing dress shoes at the office means wearing high heels five days a week. When you're choosing a dress shoe for work, whether it's a high heel or flat, keep these tips in mind:

* Avoid wearing heels higher than two inches. If you choose to wear very high heels for a meeting or other work occasion, limit the time you're in them and change into a lower, more comfortable pair as soon as possible.

* Vary heel height day-to-day. Look for "walking" pumps - also called "comfort" or "performance" pumps - with mid-to lower-heels. The APMA offers a list of shoes that have earned its Seal of Acceptance for promoting good foot health.

* Look for plenty of toe room. Ideally, pumps with wider, rounded or square toe boxes give your toes more room. Avoid shoes with pointy toes that squeeze digits into unnatural positions. Cramped toes can cause a host of foot woes, from bunions to ingrown toenails.

* Choose wider heels that offer more stability. Stiletto heels and similar pointy heels are less stable and may cause spinal misalignment and ankle injuries.

* Beware ballet flats. You may think no-heel shoes are better for your feet, but often that's not the case. Ballet flats offer little cushioning or support, and can also cause foot problems such as plantar fasciitis, an inflammation of the tendon that connects the heel bone to the toes.

* Regardless of heel height or shoe style, look for shoes that offer adequate arch and ankle support, and plenty of cushioning.

Shoes for men

* Look for good quality oxford styles - like wing-tip or cap-toe designs - which tend to be best. You can also opt for slippers, dress loafers and low dress boots.

* Avoid wearing the same pair of shoes every day. You should have at least three or four pairs of good quality professional shoes.

* When shoes become too worn to be supportive anymore, replace them. You may be tempted to hold on to that old pair of shoes you love, but apart from looking unprofessional, worn out shoes also provide less support for your feet.

Both men and women should keep a few common tips in mind when shoe shopping:

* Always shop at the end of the day when feet are at their largest.

* Choose quality materials that allow the foot to breathe.

* Look for shoes that offer good support.

* Never buy a pair of shoes that are uncomfortable, assuming you'll "break them in." Shoes should be comfortable right away. If they're not, then they're not the right shoes for your feet!

RALEIGH

MUSEUM

· Jan. 11, 1-3 p.m. – Happy Birthday, Martin! Make a paper peace dove in memory of Martin Luther King Jr.
· Jan. 14, 10-10:45 a.m. – Discover how different cultures ring in the new year. Call 807-7992.

CAREER DAY

ECPI University will host Career Discovery Day open house Jan. 18, 10 a.m. to 4 p.m. at 4101 Doie Cope Rd. Call 571-0057.

DURHAM

FITNESS WEEK

Durham Parks & Recreation hosts Fun Fitness Week Jan. 6-12 at area community centers. Call 560-4355 or visit www.DPRPlayMore.org for a list of schedules.

PANEL DISCUSSION

Meet the farmers of the South Durham Farmers' Market Jan. 12, 3 p.m. at South Regional Library, 4505 S. Alston Ave.

WORKSHOP

The next Landlord Training Workshop is Jan. 16, 8 a.m. to 5 p.m. at 807 E. Main St., Suite 2-300. Deadline for payment is Jan. 13. Call 560-1647, ext. 34254.

LANDSCAPE SEMINAR

A sustainable landscapes seminar for greener gardens is Jan. 23, 9 a.m. to 3:30 p.m. at Durham Co. Cooperative Extension, 721 Foster St. Contact: Pana Jones, 560-0525 or email prjones2@ncsu.edu. Deadline: Jan. 13.

CONCERT

Jazz singer Bettye LaVette will perform Jan. 15, 8 p.m. at the Carolina Theatre. Call 560-3030.

LECTURE

Correspondent William Greider will give a talk Jan. 17, 4 p.m. at Duke's West Duke Building, East Campus. Visit dukeethics.org.

CASINO BALL

Campaign4Change will host its 8th annual Harlem Nights Casino Awards Ball fundraiser Jan. 18, 6-10 p.m. at Diamond View 1 Bldg., 512 S. Mangum St. Call (919) 519-8156.

CONCERT

Imani Winds will perform Jan. 18, 8 p.m. at Duke's Baldwin Auditorium.

HUMAN RELATIONS

Durham Human Relations Commission is seeking nominations. Deadline: Jan. 22. Call 560-4107, ext. 34277 or email Delilah.Donaldson@DurhamNC.gov.

CHAPEL HILL

EXHIBIT

The Orange County Department on Aging will host a quilt exhibit by the Seymour Quilters Jan. 13 to March 13 at Seymour Center, 2551 Homestead Road. An opening reception is Jan. 13, 5:30-7 p.m.

CARRBORO

CONCERT

Sparky & Rhonda Rucker will perform Jan. 16, 8 p.m. at The ArtsCenter, 300-G.E. Main St. Call (919) 929-2787.

Read The Triangle Tribune in print and online, where every month is Black History Month

Life & Arts

BOOK

Black women spoke out during racial strife

How It Feels to Be Free: Black Women Entertainers and the Civil Rights Movement
By Ruth Feldstein
Oxford Press,
\$29.95 HC

After a church bombing in Alabama killed four young girls in 1963, Nina Simone wrote what she called a "show tune" — the rollicking yet incendiary "Mississippi Goddam!" Declaring before audiences that "I mean every word of it," she sang, "...this whole country is full of lies/You're all gonna die and die like flies/I don't trust you any more/You keep on saying 'Go Slow!'"

Simone's song became an anthem for many activists, but her confrontational style was not the only path taken by black women entertainers.

In *HOW IT FEELS TO BE FREE...*, Feldstein explores how artistry, celebrity and activism interacted between the 1950s and 1970s. She looks at six female entertainers who disseminated various forms of black activism through their art: Lena Horne, Nina Simone, South African folk singer Miriam Makeba, singers and actors Abbey Lincoln and Diahann Carroll, and actor

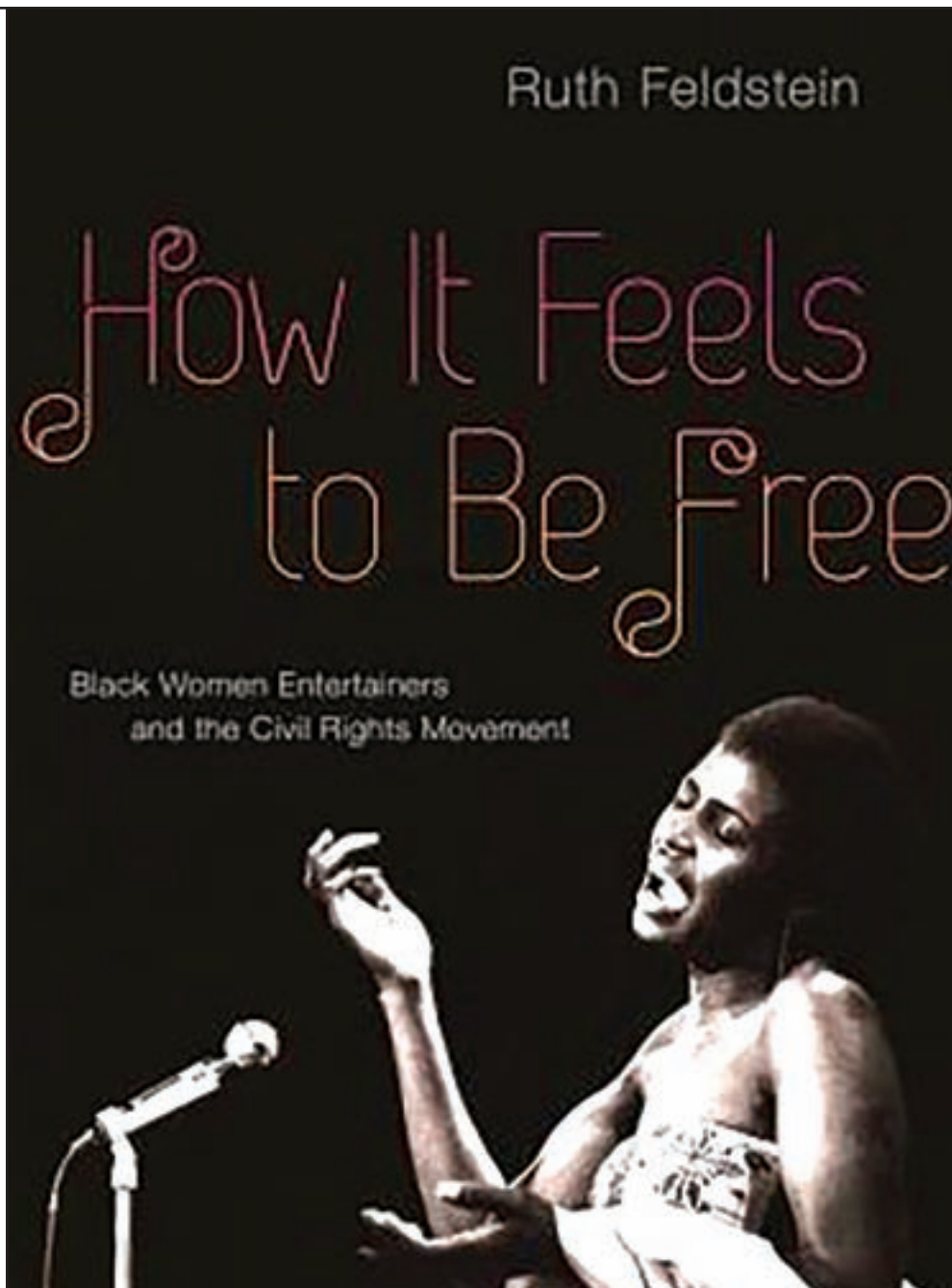
Cicely Tyson.

While Horne took an overt approach, Makeba subtly drew attention to the connection between South African apartheid and the civil rights movement. Through her music, Simone forged black cultural nationalism. As Tyson rose to fame in the 1970s with *Sounder and Roots*, she maintained that it was her duty to represent the black community with dignity and respect.

Through their work, Feldstein explores four related issues: the importance of culture in black activism; the transnational and domestic dimension of black politics; the simultaneous development of black activism and feminism; and the significance of their roles to memories of the civil rights movements.

At times throughout the civil rights movements, politics happened with greater success outside of legislation, elections, protests and boycotts. Through the lives of six extraordinary women, *HOW IT FEELS TO BE FREE* explores the role of art and culture in the fight for equality.

ABOUT THE AUTHOR: Feldstein is associate professor of history at Rutgers University-Newark. She is the author of *Motherhood in Black and White: Race and Sex in American Liberalism, 1930-1965*.



Dressing for success: Your fashion primer

Whether you are working to be promoted at your current



KHALIA WILKINSON

place of employment or are in the market for a new job altogether, dressing the part can be an essential component to moving your career in the right direction. Is your professional image in need of an upgrade? Here are some tips to get you started:

Know your body type
Looking your best begins with understanding your body type and determining which styles of clothing best complement your frame. There are four basic body types — triangle, hourglass, diamond (or oval), and rectangle. Understanding which type best describes your build is key to figuring out what styles of clothing will and will not flatter your figure. Typically, no one is an exact match to any one body type and that you may be a slight combination of two, but having a general understanding of the basics of your body type will help guide you when shopping for new garments.

Keep neat, pressed and tailored

Looking your best doesn't necessarily mean investing a week's worth of income to purchase a suit. The key is to buy within your means and take good care of the clothes you have.

Also keep in mind that having a good seamstress on your team is priceless. A seamstress that can educate you on finding pieces that cater to your specific body type is a true jewel. Plus, a good seamstress can alter off-the-rack shirts, pants and dresses to fit your frame. This small investment will be well worth your while, considering that your wardrobe will look ten times better when it's custom fitted for your body.

Before stepping out, always evaluate your clothes from head to toe. Be sure to repair any loose or missing buttons and check for excessive lint, loose threads, holes or any other element that may be out of place. Keeping your look neat, clean and tailored is the key.

Clean out your closet
I've had to do this recently, so I know that it's hard to let go of your favorite top or get rid of that dress you found on sale and haven't worn but know you will wear "one day."

However, letting go of clothes that are damaged or no longer fit is essential. Holding on to items that you will never wear only adds clutter and confusion to your closet. Give your wardrobe a thorough inspection, and discard any items that you haven't worn in the past year or can longer fit. Resale any designer duds online, at consignment or resale shops or donate them to charity.

Make a wardrobe chart

A wardrobe chart is a good tool because it will help you see what you have and identify any key pieces you may be missing. Make a list of all the clothes you own. Seeing these items on paper will show you where you may have gaps. It will also help identify any bad shopping habits you may have, such as a tendency to purchase virtually the same pieces over and over again. If you find you have a dozen pairs of black pants or eight brown tops, try to change it up a bit in the year ahead. Having a variety of colors to choose from can be fun and exciting. Add a new hue that complements your skin tone.

Purchase classic pieces that are interchangeable
Classic wardrobe essentials

are fundamental to your successful look. A few key pieces for your professional wardrobe include a pair of black dress slacks, a crisp white button-down shirt, a satin, silk or chiffon scarf, a set of pearls (earring and necklace), a nice black pump, a good pair of dark denim boot-cut jeans, a basic cardigan, little black dress, a good black (or brown) belt, and a pair of khaki chinos. These pieces are worth investing in because they will diversify your wardrobe and never go out of style.

Understand your company dress code

Reviewing and understanding your company's policy is critical. Following company policy will make you stand out and set you apart from your fellow co-workers who may be out of compliance. You never know who is watching so make the best impression possible by following the dress code to the letter. If your company does not have a dress code in place, take your cue from those who are senior in rank. How are they dressing? If they are setting a good, solid example, use them as your guide.

Dress for where you want to go
Don't just dress for your cur-

rent position. Dress for where you are headed in your career. Doing so will boost your confidence and keep you motivated as you work towards your goals.

Next time you go shopping, ask yourself "does this item project the image or the look that I wish to have?" If it doesn't, then don't buy it. Steer clear of making purchases just because it's on sale or it looks nice. Only purchase what fits in with your overall goal and image you wish to project.

Need some inspiration for your new look? Think of a mentor that inspires you or has excelled in the field in which you want to be successful. Take note of how that person dresses and image they project, and keep it in mind when building your wardrobe.

As you can see, dressing for success is a process, and that's okay. Just remember, to take your time when making wardrobe selections and don't feel rushed to do it all at once. If you pursue each and every clothing option as an investment towards your vision of success, you'll feel wonderful about your final wardrobe outcome.

Khalia Wilkinson is fashion editor on www.uponstyle.com.

Review: 2014 GMC Sierra Crew Cab SLT

By Frank S. Washington
NNPA COLUMNIST

One of GMC's advertising tag lines for its pickup trucks is "Professional Grade." It appears that designers and engineers took that to heart in creating the 2014 GMC Sierra pickup truck. The truck was a hybrid of sorts — not in terms of its powertrain but rather how it was designed to accommodate both form and function. In today's world, a lot of pickup trucks try to simulate sedans. But the designers and engineers of the Sierra did not lose sight of the fact that pickup trucks are work trucks.

Thus, the 2014 Sierra was an astute blend of practicality without trying to package it like a car. Oomph was provided by a direct injected 355-horsepower

V8 that made 383 pounds of torque. Mated to a six-speed automatic transmission, the Sierra could tote almost two tons and tow 9,600 pounds.

The truck had an EPA rating of 16 mpg in the city and 22 mpg on the highway. No doubt, fuel efficiency was aided by what GMC called active fuel management. It means when not needed, the Sierra's V8 uses only four of its eight cylinders. This truck ran quiet. Power was ample and instant when needed. On expressways, it smoothly stepped away from traffic. The suspension was firm without being harsh but not so soft as to be bouncy. It was a fairly smooth riding truck.

GMC revised the Sierra's steering, suspension and brakes for 2014. The adjust-

ments resulted in a truck that handled well, responded to driver input smartly and was easy to drive. After employing the remote start, the Sierra sounded as though only four

equipped with an electronic transfer case that could be set on automatic. For the week-long test drive, the truck remained in two-wheel drive mode.



cylinders were being used while idling. Since the truck was not going anywhere, that made perfect sense.

This GMC Sierra SLT had four-wheel drive and was

But the rearview camera and the front and rear park assist provided much needed assistance when backing out of driveways as well as backing out of spaces in cramped

parking lots. The heated steering wheel, as well as the heated and cooled front seats, was creature comforts that made sense as the cold weather of winter months arrived early.

The pickup was really made for work. There was a light that illuminated the cargo bed as well as corner steps on the rear bumper to make accessing the bed easier.

But there were all sorts of creature comforts, too. A power sliding rear window, tire pressure monitoring system, 20-inch wheels, adjustable pedals, satellite radio, voice controls and Bluetooth were just some of the stuff that the 2014 GMC Sierra SLT had.

The base price of the 2014 GMC Sierra 1500 4WD Crew Cab SLT was \$43,910. As tested, the truck came to \$48,895.

Hope for the future

In spiritual restoration, there are many steps that require in-depth conversations with oneself. These conversations are essential in re-vamping the priorities of life.

First, we have to focus on getting rid of negativity. This happens when we reconfirm the power of God's grace and mercy, and give up those things that do not promote wholeness. We must make a commitment to engage quality time into well-being moments of praise. Also, we must get rid of the stress that inhibits us from contributing to a fulfilled life. These ways and means require a focused and structured approach to our individuality.

Many times we fail to realize when something is a hindrance. We wish to see blessings, yet we have no clue of what to look for. We want to hear the word of God, yet we do not listen closely enough, only absorbing what we think can benefit us.

Whether we believe it or not, we are walking on blessings upon blessings. How do we know this? In our society, God works blessings through our efforts and other people. Whether God is in our heart or not, He can move us. We are vulnerable, which relates to ownership - as if a shepherd who tends to sheep. Even as the shepherd tends to sheep, sometimes the sheep might go astray. Nevertheless, we can only go so far because God is a great Shepherd who is all-powerful in every way (Matthew 18).

The Bible tells us to "not be anxious about anything, but in everything take it to the Creator in prayer and supplication" (Philippians 4:6-7). This means to release the problems and concerns, and allow the universe to seize and destroy them.

At birth, the Creator issues each of us a virtual packet of materials, and there are no specific instructions to follow. Consequently, these materials given to us are called gifts, and must be nurtured with loving care, guidance and spiritual observance. As we mature, these gifts are to take positive shape and form so that we can adequately utilize them for a fruitful and prosperous life that is pleasing to God. If our gifts are properly aligned, we can ultimately view life on a more wholesome level. We can, subsequently, be exalted with a discerning spirit. A discerning spirit is a God-connected entity. We are allowed to be creative in our own right, to go out and search for the mysteries of existence, and with-in reason.

For a moment, try not to allow the philosophical agenda of life discourage your pathway. We must realize that we are here for just a short time. When waking up each morning, we must pursue the responsibility of living each day to its fullest. We must ponder over our actions and straighten them out to encounter peaceful feelings.

God watches us as we attempt to analyze our world and the things around us, but we have no power. We must be proactive to minimize the situations out of our control. Stay in prayer and forthrightness, and make each day a spiritual adventure. Realize your uniqueness and the ability to live a refreshed life.

It is wise to read about Jesus' time in the wilderness and how it strengthened him to meet the challenges that were before him. In our wilderness, we are faced with many situations as well. However, it takes facing issues head-on and working toward a feasible answer. Whatever we do, we must remember that God's mercy and love is always with us; we must tap into that resource.

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

Religion

St. Paul AME breaks ground on affordable housing



Sunday service before groundbreaking.

By Latisha Catchatoorian
latisha.catch@triangletribune.com

CHAPEL HILL - St. Paul African Methodist Episcopal Church celebrated 150 years of service on Sunday and kicked off its preparation to build an affordable housing unit in Chapel Hill.

St. Paul Village will include recreational facilities, a wellness center and an African-American historical museum, in addition to the multigenerational housing units.

"I guess probably five years ago, when we started talking about building, we wanted to build not just a church but also the apartment housing complex for affordability, as well as the senior housing," Senior Pastor Thomas O'Neal Nixon

said. The project will be done in phases with the first phase set for completion by 2016 or 2017. The entire village will take around 10 years, Nixon said, and will be funded through outside partners, grants and foundations.

"The community needs it, and the church should be a place that can meet the needs of the community," said Stephanie Perry, a member of the communications committee.

"Housing is so expensive here," Nixon added. "I think it's a known fact that the majority of the people who work here do not live here, and there are many people who want to live here but the affordability is not there."

The average price per square foot to purchase a home in Chapel Hill is \$40.08 more than in Durham, according to a St. Paul AME press release.

"Affordable housing is such an issue due to off-campus student populations raising the rental rates on what would be used for single family dwellings," Perry said. "Also, new developments are geared toward luxury condo living."

St. Paul Village will be located on 20.4 acres of land on the corner of Rogers Road and Purefoy Drive in a historically black neighborhood dating back to the 1800s. It was chosen by a site-selection committee who made sure it was on at least 10 acres and close to public transportation and a highway.

The museum will highlight

black life during slavery, among other things.

"I think it's important to have a location where we can showcase that history, not just in the month of February but throughout the year," Nixon said.

Community activist Octavia Rainey said she is excited that an African-American church took a stand on a hot-button issue like affordable housing and claimed a leadership role.

"We can be a player in the arena of economic development," she said. "I don't care where you live in North Carolina, African-Americans have economic development capacity. You wonder where they are at aside from barber

shops and beauty shops." Nixon said he is looking forward to the opportunities St. Paul Village will provide for the larger community, not just his own congregation.



Marvin Sapp stalked by missing doctor

THE ASSOCIATED PRESS

KALAMAZOO, Mich. — Grammy-nominated gospel singer Marvin Sapp received a personal protection order against a 30-year-old Michigan doctor about three months before she went missing, according to court documents.

A local judge issued the order against Teleka Patrick in September. Sapp, pastor of Lighthouse Full Life Center Church in Grand Rapids, Mich., alleged that Patrick claimed to be his wife, contacted his teenage children and had been to his home.

He said she had joined his church after moving from California.

"I have at least 400 page(s) of correspondence from her which I have never responded to," Sapp wrote in his petition requesting the protection order, which is effective until March 18.

Patrick last was seen on Dec. 5 after trying to check into a hotel in Kalamazoo, where she was a resident at a local hospital. Her Lexus was found later that night about 100 miles away in a ditch along Interstate 94 in northern Indiana.

Her wallet, cash and identification were in the car. Police in Michigan and Indiana, and the FBI, are investigating her disappearance.

Patrick's parents, Mattahais and Irene Patrick, released a statement to The Kalamazoo Gazette saying authorities advised them not to discuss the protective order because it could impede the search for their daughter.

"There are so many details that have been revealed during the course of this investigation that confuse and hurt us all the more," they said. "Regardless of Teleka's emotional state, we believe wholeheartedly that she has encountered some harm or danger. It is unlike her to go any significant length of time without any contact with family or friends."

Jim Carlin, a private investigator hired by the family, told The Associated Press on Friday that he could not comment on the protection order.

"The family's position is they did not know this was going on, and regardless of what may or may not be accurate, the focus today is to focus on what happened Dec.

5 and bring her home," Carlin said.

Patrick was raised in New York and graduated earlier this year with a medical degree and a doctorate in biochemistry from Loma Linda

University in California. She had been serving her medical residency at Borgess Medical Center in Kalamazoo.

Left: Grammy-nominated gospel singer Marvin Sapp. Right: A photo of 30-year-old Michigan doctor Teleka Patrick.



Worship

Briefs

FUQUAY-VARINA ST. AUGUSTA MB
605 Bridge Street
The 10th annual Martin Luther King Jr. Celebration is Jan. 20, 8:30 to 11:15 a.m. Contact Marion Tucker at (919) 285-4135 for more information.

RALEIGH COMPASSIONATE BAPTIST
2310 Compassionate Drive
The church will host a Midday Bible Study beginning Jan. 15 at 12:05 p.m. The public is invited.

OAK CITY BAPTIST
608 Method Road
Praise & Worship Service is Jan. 17 at 7 p.m. The Rev. Michael Pope Sr. will preach.

STEVENS BOOK SHOP
6700 Old Wake Forest Road
Author Sonya Ingram will discuss her new book, Don't Live in the Soulful Realm, Jan. 18, noon to 3 p.m.

ANNIVERSARY
TCP Magazine will host its 10th anniversary gala Jan. 31, 6 to 10 p.m. at Hilton North Raleigh/Midtown Hotel, 3415 Wake Forest Rd. Call 796-4724.

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

