

The CIAA
Tournament begins
on Tuesday. But
before that, we
grade all 24 teams.



Project Alpha Conference
lets black males talk openly
about sexual matters.

Young men talk sexuality

STAFF REPORTS

RALEIGH - Several young males will have the opportunity to talk "man-to-man" about issues of sexuality as they take part in a one-day workshop.

Sponsored by the Phi Lambda Educational Foundation, March of Dimes, Wake County Human Services, 4-H Youth Development, Zaxby's (Knightdale), the Boy Scouts of America, and Mt. Zion Church of Cary, the Project Alpha conference will be held March 3, 8 a.m. to 3 p.m. at Mt. Zion Church.

Project Alpha is a national program of the Alpha Phi Alpha Fraternity, Inc., designed to help young men make better and more informed choices about their sexual behavior. Since 1980, Alpha Phi Alpha and the March of Dimes have been working together to help young men make positive decisions about the complex issues surrounding life skills and challenges. This is a unique mentoring program that offers positive role models for the next generation of young adult men.

Topics to be covered include abstinence and the consequences of early sexual activity; peer pressure; HIV/AIDS; teen pregnancy; LGBT, STDs; relationships; being a responsible father; and what it means to "be a man."

Project Alpha seeks to create a safe environment where young men can learn and explore their sexuality, manhood and relationship issues. The program's three goals are:

1. Sharing knowledge: combating ignorance and fear with factual information
2. Changing attitudes: providing young men with the motivation they need to make positive changes in their sexual behaviors
3. Providing skills: creating a sense of empowerment and self-esteem

"The men of Alpha Phi Alpha are committed to helping the next generation of young adult men live healthy, productive and smart lives," said local Phi Lambda Chapter president Antoine Medley. "Project Alpha is just one way that we can continue to change our communities for the better, from the inside out."

The workshops are free and open to teen males between the ages of 12 and 15. Pre-registration, however, is required for attendance and registration is limited. To register, complete the registration form at www.congregationbuilder.com/signup.aspx?uc=mtzion. Provide your information, press Enter and select Project Alpha Program - PLEF and complete questionnaire. For more information, contact Rufus P. Credle Jr. at 919-345-6321 or rcredle906@gmail.com.

Marching for gun violence prevention



COURTESY/KENDRICK CUNNINGHAM

St. Augustine University students who call themselves Falcon Agents for Change marched this week on the nation's capitol to protest gun violence. Left to right: Naudia Gay, Angie Mejia-Ruiz, Angela Gutierrez and Kendrick Cunningham.

Federal Family Medical Leave Act should be expanded, critics say

By Maria Magher
CORRESPONDENT

RALEIGH - When Jeannine Sato gave birth to her first baby in 2007, she was only able to stay home for six weeks - and that was through a combination of taking the sick time she had left and the vacation time she had accrued.

Though federal law offers 12 weeks of unpaid leave to new mothers through the Family Medical Leave Act, Sato couldn't take that time because of a technicality in the law that says employers must offer it if they have at least 50 employees within a 100-mile radius. Well, Sato's employer had carefully selected its locations so that its employees were stretched farther apart. The company had far more than 50 employees, but, Sato says, "I was within about five miles of being able to spend time with my baby."

"It was a very eye-opening experience for me. I thought, 'Geez, I'm a married educated woman with a professional position,'" said Sato, who was working at a nonprofit. "I was expecting that they would at least honor the family-friendly benefits they spouted in the handbook."

But they did not. So Sato left the position as soon as she could find another job. She went to work for a nonprofit that helped new parents, and when she had her second baby, she got 12 weeks off, which she said was "like night and day" in terms of stress relief.

Through her job, she said, "I saw firsthand a lot of women who literally would sometimes have a few weeks or even days off because they could not afford any unpaid time off or risk losing their job. Women are put in a position of caring for



FILE

Advocates want employees to receive 12 weeks of paid family leave.

themselves or their newborn baby and putting food on the table, and that seems archaic."

Sato's experience is not uncommon, nor are the experiences of the women she worked with in her position who were not able to take time off after birth. As we mark the 25th anniversary of the passage of the FMLA, many policymakers and advocates are discussing how the law can be expanded to protect more workers and give them the time they need to recover after childbirth or a sickness, or to care for sick relatives.

From unpaid to paid leave
The FMLA offers 12 weeks of un-

paid time off per year, and employers are required to maintain employee benefits and to offer employees a job when they return from leave. It does not have to be the same job. In addition to childbirth, serious injury or illness, and caregiving, employees are able to take FMLA after adopting a child, fostering a child, or when their spouse, parent or child has been called to active duty.

But advocates for better pay and conditions for workers say that while the FMLA was a good start, it is inadequate for providing what workers really need. "It's great that

Please see **FMLA/2A**

Child death statistics show family members often the culprits

By Thomas Goldsmith
NORTH CAROLINA HEALTH NEWS

RALEIGH - Of nearly 500 North Carolina children who died in homicides between 2007 and 2016, parents and caregivers were found responsible for 257, members of the state's Child Fatality Task Force heard Tuesday in Raleigh.

Meeting at the General Assembly, the task force's intentional death committee received the grim latest statistics about the way children from birth to age 17 have died at other people's hands during the past nine years. Members also were informed about the state teams that review such deaths and about proposed changes in the "safe surrender" program.

Task force member Tom Vitaglione, a senior fellow at the statewide non-profit NC Child, said the data belied a misconception that parents and caregivers should fear deadly violence from previously unknown people.

"Rather than focus on 'stranger danger,' we need to find ways to support the family dynamic," said Vitaglione, a veteran advocate for children.

Tracking deaths

The horrific realities about some children's lives and deaths emerged in projected slides on screens at a legislative meeting room. People from the

Please see **DEATH/2A**

SURVEY Blacks open wallets for family and friends

By Bonitta Best
editor@triangletribune.com

The majority of African-Americans (90 percent) say looking out for each other - especially family and friends - is very important. Over 60 percent have supported someone in their community in time of need, despite their own limited finances.

These are some of the results of a new survey by Massachusetts Mutual Life Insurance Company.

Blacks also believe that community involvement is important to their overall well-being more than other ethnicities.

"Throughout history, African-Americans have had to rely on each other - oftentimes to survive," said Evan Taylor, MassMutual African-American market director. "Therefore, it is not surprising that helping each other lies at the heart of their beliefs about community and finances. Although no strangers to tough economic times, sacrificing to support each other, particularly family and friends, is a huge part of black culture and community."

Forty-eight percent of blacks surveyed say they think about finances daily, the highest of any racial group in the survey. We are also more likely to track spending and have a budget.

When asked to define communities, family, friends and schools came in as the top three. Religion, children, work/professional networks, and towns/city or region are also important, in that order.

"What this shows is what people care about and the philanthropic role of finances in their lives," said Taylor. "There is significant opportunity to adopt new attitudes, habits and actions to strengthen personal financial health as a way to build what can be shared with the communities most important to them."

Where blacks do lag behind their Caucasian peers is in sharing financial information: 32 percent versus 55 percent, respectively.

"This indicates there is a need for African-Americans to open up dialogue with each other and their communities about the steps necessary to build strong financial foundations and create generational wealth that can help the larger community in the long term," added Taylor.

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Multimedia art by Owens Daniels is on display in the Durham Arts Council.

Durham Arts Council displays ‘America Wants’

By Kelcie Frye
The Durham VOICE

DURHAM – Turning photos into powerful messages, Owens Daniels is using photography and digital art to make a statement about relevant social issues of the moment.



Originally from Richmond, Virginia, Daniels considers himself a “hybrid North Carolinian.” A retired military veteran, he got his start in photography at the U.S. Army Photographic School of Cartography. He is also a graduate of Virginia State University and Central Texas College. While Daniels currently works and resides in Winston Salem, he believes Durham has had a special place in his artistic journey. He enjoys shooting street photography in the city, and his sister-in-law resides here. “I am in Durham pretty often,” Daniels said. “I think it is an interesting city, and I love how it has developed.” Daniels believes that using people as subject matter

forces people to look into the eyes of another human and fill in the lines for themselves. The viewers are able to form a story in their head about who this person could be, and that is the power of his storytelling. “A defining moment for me came when I first discovered that photography can be more than just photos. I realized that I could take the work I already produced and give it another life. ‘America Wants’ is one of those moments,” he said. Daniels was selected by the Durham Arts Council to display his work in his first solo show. This gallery centers on the premise of expectations in America. Each piece begs the question: What does America want? Each piece is a message about a specific social issue like poverty, race, class, sexism and privilege. Daniels uses a multimedia style to create powerful messages through the use of words over photographs. One of the pieces depicts a young black woman and the words, “America wants blue eyes. Does she want me?” When asked about this specific piece, Daniels said the in-

spiration came from the evolving standard of beauty in America. “This piece has to deal with beauty, and it has to deal with race,” Daniels said. “America wants blonde hair and blue eyes. This has been the standard of beauty around the world for most minorities. Whether you are Asian or African, it doesn’t matter; that has always been the standard.” In just eight short words, Daniels is able to convey the feelings of millions of people in a powerful way. He demands your attention by using the faces of real people with real stories to look you straight in the eye. Daniels aims to use his camera to open the space between himself and his subject matter. Through his camera, he says he is able to see a world of interesting people, relationships, opportunities and experiences. He wants to use his art to tell those people’s stories. Located in the Allenton Gallery on the first floor of the Durham Arts Council, Daniels’ work will be on display until March 8. The DAC building is at 120 Morris Street.



Employees share a laugh at A Place at the Table.



Token jar

Raleigh restaurant lets patrons pay what they can

By Mick Schulte
SPECIAL TO THE TRIBUNE

RALEIGH – “It’s a hand up not a handout,” said Maggie Kane of her new pay-what-you-can restaurant in downtown Raleigh. A Place at the Table opened last month and is getting attention from big businesses in the community, including Blue Cross Blue Shield and Whole Foods. These compa-

nies and many others have given large donations to support Kane and her mission to serve people from all walks of life. “We wanted to create a place where everyone could be served good, healthy food with dignity,” said Kane. The model works on an 80/20 system. They need 80 percent of customers to pay the suggested menu price and sometimes donate by tipping

or purchasing a meal token. Those contributions allow the other 20 percent of customers to receive a free meal, which they can pay for with a token or volunteer their time in exchange for food. “So far the model is working really well,” said Kane. “People in Raleigh are so good. We have many people buying the \$10 meal tokens for others. Please see **HAND UP/4A**



We're making smart investments to deliver the future North Carolina families and communities deserve, with energy that is affordable, reliable and cleaner now – and for years to come.

Here's what our investments mean for you:

AFFORDABLE

- New bill-lowering tools for every budget
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RELIABLE

- Investments to strengthen and secure the energy grid
- Better reliability and fewer/shorter outages

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- Recycling 75% of N.C. produced coal byproducts
- Second state in the country for solar installations



WWW.DUKE-ENERGY.COM/SMARTER

A simple fitness program

So you have been thinking about your overall health. You want to become more active. You want to become more energetic. And you want to lose a few pounds along the way.

Well, you are cooking with grease now. You are focusing on what must be done. And because the implementation of a fitness program starts within your head first, you are now on your way to improving your overall health. You really do have to believe deep within that you can and will become healthier.

In this session, I am targeting men and women 60 and older.

Of course, what I share will work for those who are younger as well. Due to there being so many fitness programs that can be found, you have to pick one that you feel will suit your needs. An exercise program that works for others may not work for you.

First, a few of the benefits of exercising:

1. Exercising three to four times a week is a way to gain better overall health.
2. Your outlook on life will

change for the better.

3. Your chance of developing heart disease and other issues associated with aging will be reduced.

Below is a simple, low-impact, fitness program that I created while in the army more than 30 years ago. It was created to help anyone ease into exercising.

- Warm up your muscles before exercising by marching in place and swinging your arms. And do a few simple stretches to further prepare your body for exercising.

- Do crunches for a toned and stronger midsection. Do three sets of crunches at 10 repetitions each.

- Do leg raisers to burn calories around the midsection and to strengthen your core. Do two sets of leg raisers at 10 repetitions each.

- Do inverted leg raisers to further strengthen your core and give more definition to your rear. Inverted leg raisers are done by lying on your stomachache, placing your chin on top of your hands, and raising one leg at a time, about six inches off the floor. Do the same with the other leg. If leg raisers are too strenuous, omit them. Do three sets of five repetitions for each leg.

- Do squats in order to

strengthen your knees. But if you are having problems with your knees, omit them, too.

- And walk or use a treadmill to burn calories throughout your entire body. Walk a distance that you are comfortable with.

Maintaining your fitness goal is a continuous process. You must condition your mind to make exercising an important part of your lifestyle.

And do not give up as you begin to exercise more regularly. Our ideal body is not going to happen overnight. It is not going to happen in a couple of weeks, even. But I can assure you that it will happen gradually if you keep exercising.

And please remember that life's race is never won by those who feel they must get it all done in a short period of time. Those who are willing to endure to the very end win life's race.

Happy Exercising!

***Note:** This simple fitness program is for those who wish to lose weight and get into much better shape, gradually and sensibly. But if you are up in age and have never exercised regularly, please consult your physician before starting any fitness program.*



COURTESY

The Raleigh Chapter of Chums makes a presentation to third-graders at Fuller Elementary. Left to right: Principal Cheryl Fenner, Chum Daphne Randolph, Chum Ola Wiggins, Chum President Patricia Glover, three Fuller teachers and Chum Darlene Brooks (front).

Raleigh Chums donate to Fuller Elementary students

STAFF REPORTS

The Raleigh Chapter of Chums, a local nonprofit organization that provides opportunities for women to meet in friendship and fun, continues its partnership with Fuller Magnet Elementary School.

This year the chapter adopted three classes of third-grade students. The purpose of the donation is to enhance the students' continual interest and love for reading and books. The chapter donated

backpacks filled with books, pencils and bookmarks.

The contributions emphasize the chapter's national theme of "Listen to the Children...enrich their lives." Members have donated over 150 books focusing on these third-graders to stimulate and reinforce their love of reading.

The chapter's service to the community extends beyond its partnership with Fuller Elementary School. It has sponsored STEM for Young Chums programs, and hosts biennial

fundraising luncheons during October, awards annual scholarships to deserving high school seniors who have been accepted to an institution of higher learning and participates in other community service.

Under the leadership of president Patricia Glover and vice president/program chair Peggy Odom, the chapter's commitment is in keeping with the national organization's guideline of giving and service.

SCHOOL NEWS



DPS

Superintendent Pascal Mubenga reads to students at Club Boulevard Elementary.

Club engagement beneficial

To kick off Black History Month, Club Boulevard media specialist Elizabeth Husketh organized an African-American Read-in, an event started by the Black Caucus of the National Council for Teachers of English to promote diversity in children's literature, encourage young people to read and shine a spotlight on black authors.

Husketh reached out to the Durham community to find guest readers and got a great response. More than 10 readers - representing parents, Durham city council, Durham Public Schools Board of Education, Superintendent Pascal Mubenga, the library and even a local author - all volunteered.

"I am always looking for ways to bring leaders into the classroom for students to learn from," said Husketh. "It's also a great way for these leaders to see the great things we have going on here at Club Boulevard."

Five members of the Parents of African American Children group at Club Boulevard volunteered to read. They also

made the connections that brought local children's author Robin Cooper to read her own book, "The Bird with No Wings."

School board member Bettina Umstead was one of the volunteers. "Ms. Reuther's kindergarten class welcomed me with open arms as their African-American reader," she said. "The students were engaged in story time, sharing their knowledge of the North Pole from previous lessons last week, as it related to the story about Matthew Henson, the first African-American arctic explorer."

Parent and PTA vice president Laronda Blessing organized the school's Backpack Buddies program to send food home with students once a week. She has since expanded that program, working with BaggingIt4Kids, a local nonprofit that aims to alleviate food waste in Durham and prevent local children from going hungry, to provide fresh food for families over the summer. Now, the partnership has grown even more: fresh fruits, vegetables,

bread, milk, eggs and more are available every Thursday in the school lobby to any parents and community members in need. The addition of a donated refrigerator in the school's lobby has allowed the addition of perishable food.

"We are fortunate to receive support from Club families, PORCH-Durham and BaggingIt4Kids, both financially and through food and toiletry donations," said Blessing. "Our program has brought the school community closer together as we have more than a dozen parents helping pick up and deliver the fresh food, as well as staff members and fifth-graders helping manage the giveaway."

"Families receiving food have even pitched in to help us unload donations on days when we have fewer volunteers. It is truly a community-wide effort. We're also working with Fayetteville Street Elementary's PTA to help them get their own fresh food giveaway started, and we'd love to see more such programs across DPS."

North Carolina joins in job training initiative

By Stephanie Carson
N.C. NEWS SERVICE

RALEIGH - North Carolina's unemployment rate is now higher than the national average after climbing in December, but the state is joining 19 others in an innovative program to address the problem.

The Tar Heel State was selected to be part of the Skillful State Network, which will prioritize training for people in need of a job for specific marketable skills.

State Deputy Secretary of Commerce Napoleon Wallace says while degree and credential programs are important, it's hands-on knowledge that has the quickest results.

"We found that it's actually

better to be able to map directly to the skill as opposed to mapping to the degree," he said. "For the vast majority of North Carolinians who don't have a four-year degree, attaining skills that can help them get access to the labor market is a quick way to sort of up-skill folks."

The Skillful Network is an initiative by the Markle Foundation, and offers coaches and services to connect job seekers with skills that are in demand.

The program started in Colorado, and Microsoft contributed more than \$25 million in 2017. Tennessee and Virginia are the only other southern states selected.

Wallace adds that North

Carolina's existing programs, such as NCWorks Certified Career Pathways, is one factor that led to the state's inclusion in the initiative. But he says state leaders are excited to see where collaboration can lead.

"We do think the collaboration between other states, seeing how other states will do it, will be a really good way for us to learn a lot as well, to make sure that we're really operating with best practices," he said.

Governor Roy Cooper also laid out his priorities for workforce development with his own program - NC Job Ready. The initiative looks at skills attainment, employer-led programs and local innovations.

ASK RUSTY

When should I apply for Social Security?

By Russell Gloor

SPECIAL TO THE TRIBUNE

Dear Rusty:

I will be turning 62 in 2018; birth date 9/24/1955. My husband is 77 and receiving Social Security. Longevity runs in my family. I have been self-employed all my life. I am still working, and my husband collects a pension, Social Security and RMD from a traditional IRA, so there is no need for additional monies under my current circumstances. When should I start taking Social Security?

Signed: Thinking about Retirement

Dear Thinking:

The question of when to take Social Security normally gets an answer of "It depends on your health, your family history of longevity, and your need for the money." You've

already addressed those items so I'll focus on your main question.

Even though you'll be eligible to collect Social Security when you turn 62, you will only get 74.17 percent of the retirement benefit you would be entitled to at your full retirement age. Whenever you apply, you will be deemed to be filing not only for your own retirement benefit but also any spousal benefit you may be entitled to from your husband's work record. Similar to your SS retirement benefit, your spousal benefit would also be reduced because you took it early; instead of being 50 percent of your husband's benefit at your FRA, you would only get 35 percent at age 62 (if that is larger than your own retirement benefit). The point I'm making is that by claiming SS early, any benefit you're enti-

tled to will be reduced from what you would get at your full retirement age.

Just as you are penalized for claiming before your full retirement age, you are rewarded for waiting beyond it to claim Social Security retirement benefits. In fact, for each year you wait beyond your full retirement age, your retirement benefit will be 8 percent higher than it would be at your FRA. That will continue up until you are 70 years old, when your retirement benefit will be 30.67 percent higher than it would have been at your FRA. You stop earning additional credit at age 70, so there's no reason to wait beyond that to apply.

Russell Gloor is a certified Social Security adviser with the Association of Mature American Citizens.

Pilot program helps eligible foster youth obtain license

STAFF REPORTS

RALEIGH — Foster youth of legal driving age and their caregivers can now be reimbursed for costs related to obtaining a driver's license through a new pilot program.

The Transportation Really is Possible (TRIP) program makes it possible for county departments of social services to submit requests for TRIP-eligible costs to be reimbursed to young people and caregivers.

Teens in foster care who don't have a driver's license face barriers to education, health care, employment and other activities that promote independence.

For these youth, driving is not only a privilege, but a route to independence.

To help them obtain a driver's license, the Child Welfare Section of the North Carolina Division of Social Services collaborated with county departments of social services, former foster youth, family partners and other stakeholders to develop and launch the TRIP pilot program.

"The TRIP pilot program is an important resource for youth and young adults in foster care as they work toward independence," said social services director Wayne Black. "Providing a means for youth in foster care to obtain

their learner's permits and driver's licenses ensures their access to services, opportunities and activities essential to their transition to adulthood."

The program will run from fiscal year 2017-18 through fiscal year 2018-19. Each year, the program will provide up to \$75,000 in funding on a first-come, first-served basis to eligible foster youth and caregivers.

Reimbursement is provided based on the availability of funds.

For more information on the pilot project, visit <https://www2.ncdhhs.gov/ds/s/dcdl/2017.htm>.

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Raleigh restaurant lets patrons pay what they can

Continued from page 3A

And all the tips we receive go toward free meals, so everyone's been extra generous."

People can purchase the meal tokens and give them to someone they know, like a gift card, or they can leave the token at the restaurant to be offered to someone in need. The jar of tokens is placed near the door so people can grab one as they walk in to order.

The menu is filled with healthy options for breakfast and lunch, including Avocado Toast, Kale and Turnip Caesar salad, and a Smokey Chipotle Pimento Cheese sandwich. A wide variety of dietary restric-

tions are accommodated and clearly listed on the menu, with gluten free, vegan and vegetarian options.

Even though there are more than 60 pay-what-you-can restaurants worldwide, including a successful store in Boone, A Place at the Table is the first attempt in an expanding urban, downtown setting.

"We needed something different for Raleigh since it's such a growing city. We want it to feel like a true restaurant, nothing like a soup kitchen, and we think we hit that balance between fancy and welcoming," said Kane.

Kane first started to pursue

the dream of opening the restaurant three years ago. She worked in nonprofits after college and recognized a need for bridging the gap between the rich and poor. The more she told people about her idea, the more people wanted to get involved.

"The whole restaurant is a collection of so many peoples' ideas and donations. People love getting behind ideas like this. No one disagrees with good food and community," said Kane.

By working together with local restaurants and nonprofits, Kane is confident they can figure out a volunteer system soon.



MARY ELENA VIZCAINO

The Rev. Michael Page preaches to the congregation at Antioch Baptist Church.

Antioch Baptist celebrates 25 years in Durham

By Mary Elena Vizcaino
The Durham VOICE

DURHAM - When TaQuan Lynch moved to Durham in 2012, he visited a different church every Sunday for months, hoping to find one that reflected his beliefs and values.

"I was looking for certain things in a church, like the atmosphere, how people worship, how sincere they are to the word of God," he said. "Antioch was it for me."

Lynch, 25, who will graduate this spring with a master's degree in social work from North Carolina Central University, said what has kept him at the church is not only the preacher, but the congregation's mission to serve the community.

January 28 marked the beginning of the celebrations of Antioch Baptist Church's 25th year of giving back. Dozens of members gathered to kick off what will be nearly a year of celebrations, running until Dec. 9.

"This special service is to acknowledge our service for the first 25 years and how to face the next 25," said senior pastor Michael Page. "We're encouraging people to become involved all year in our special services, special mission projects, and some activities to help us understand our history for the past 25 years."

After 17 years of leading An-

tioch, Page, 59, believes the quarter-century anniversary is an opportunity for the congregation to have a deeper understanding of Antioch's history and purpose.

Through volunteers and donations, the church serves hot meals and provides shelter for the homeless when the temperature drops below 40 degrees. There are several ministries, where members can help with initiatives ranging from Christian education to hospitality. The church also offers a food pantry, where people from the community can regularly pick up canned foods.

It also provides Christmas dinners and Thanksgiving baskets.

"My life has changed since I came to Antioch," said church member Stacey Harrison. "It's like night and day."

Harrison joined the congregation after attending the Thanksgiving service two years ago, where he was given a basket filled with food for the holiday. Now, he volunteers every Tuesday and Thursday at the food pantry, attends the Sunday service and participates in the Bible study.

Mary L. Sims, 71, presented the first anniversary project for the year: A 50-by-70-inch quilt. "It's to commemorate where we started at and where we've come from, the things that we've accomplished," she said.

The quilt will be made of embroidered pictures of the church's leaders, including its founder, the late Rev. Harold J. Cobb, and Page.

Sims, who began attending Antioch 20 years ago, is proud of Antioch's community outreach initiatives and is eager to celebrate the milestone. "We might not be many in number," she said. "But we do a lot of great things."

Page said about 80 to 100 people attend Antioch's service on Sundays. Despite the constant growth of the congregation, he still wants to attract more young people to Antioch.

"Some of the members come and go; some of them have decided to grow with the church, and that's a blessing for us," Page said. "But we're also trying to become a more innovative ministry to engage more youth."

The church building, located at the intersection of North Guthrie Avenue and Holloway Street, has housed Antioch since its establishment in Dec. 1993 as the First United Antioch Baptist Church Christian Center. Page became the senior pastor in 2001, and two years later the members voted to rename the church Antioch Baptist.

"It's just an awesome place for me," Sims said. "I love Antioch. We always have something coming up, and everything we do is for our congregation and our community."



DURHAM FIRST CALVARY 1311 Morehead Avenue • Feb. 25, Red Sunday day for both worship services.	p.m. Several community leaders will be honored.	ELIZABETHTOWN Baldwin Branch 4047 NC 242 Hwy Youth Missionary Ministry is collecting white athletic socks to distribute to local nursing homes through March 11.
MOUNT VERNON 1007 S. Roxboro Street Wednesday night at the movies during February at 6:30 p.m. • Feb. 28: Slavery By Another Name	RUSSELL MEMORIAL 703 S. Alston Avenue Special guest Immeasurable will sing its hit song, He Loves Us, Feb. 25 at 10 a.m. The public is invited.	
ANTIOCH BAPTIST 1415 Holloway Street African American History Celebration is Feb. 25 at 4	WEST DURHAM 1901 Athens Avenue The Liturgical Dance and Music ministries will perform Feb. 25 during the 10 a.m. worship service. The public is invited.	<i>Send your church news to: The Triangle Tribune, 115 Market Street, Suite 360-G, Durham, NC 27701; e-mail info@triangletribune.com; or fax 688-2740. Deadline: Tuesday by noon.</i>



LIZ CHEN

NCCU professor Bruce dePyssler stands next to a rack of vibrant African clothing in the Chapel Hill boutique belonging to his wife, Kadiatu.

White Rock Baptist celebrates its rich faith

By Liz Chen
The Durham VOICE

DURHAM - Just down Fayetteville Street from the Chicken Hut and Food Lion stands a 152-year-old church that has fostered a community of devoted supporters and faithful followers of Jesus Christ in the Hayti District.

White Rock Baptist Church was founded in 1866 by Margaret Faucette and is one of the oldest community service-oriented churches in Durham.

Minnie Forte-Brown, assistant clerk and a lifetime member of White Rock, said the church is writing a book about its history and its role in the community. Forte-Brown had the idea to supplement the book with a documentary and sought North Carolina Central professor Bruce dePyssler and the Bull City Doc Squad for assistance.

DePyssler's documentary, "Nothing but Love in God's Water," highlights the strength and charity of the White Rock community, while preaching love and faith in God.

dePyssler said White Rock Baptist Church has various outreach ministries that include, but not limited to, rent and utilities assistance, food pantries and free monthly meals.

In addition to filming the church's ministries, dePyssler's Bull City Doc Squad, comprised of NCCU students,

conducted interviews with various members of the church. Through these interviews, the Doc Squad was able to capture the essence of White Rock through its people.

"From the very first day, we started filming all of the congregation, and the people that we would eventually interview welcomed us with open arms," said Daniel Hargrove, a Doc Squad member.

The Doc Squad's members noted that the church was extremely accommodating and vivacious.

"[The people] were just wonderful, open, eager to talk to us, proud of their church, enthusiastic about our project, with no issues at all," said dePyssler. "It was open door, just 'come in' and 'what do you wanna shoot?' and 'do you wanna talk to anybody?'"

Forte said she was grateful for the Doc Squad's opportunity to document a community that is close to her heart. "I think it was a good experience to hear people talk about why they came to White Rock and what White Rock means to them," she said.

Hargrove stressed that the beauty of the church doesn't cease at the captivating stained glass windows and stone exterior, but rather into the hearts of the community members who heavily emphasize the power of love and prayer.

Hargrove says watching and filming the congregation was

unforgettable.

"When you're actually with these people and watching them praise and worship and interact and joke and laugh and have them talk to you - that's when you realize that everything that they talk about is truth and that they really are about love and trying to exemplify the best people they can be," he said.

"It was definitely a moving experience to see the congregation openly accept people, worship with purpose and, most importantly, give back," said Doc Squad member Autavius Smith.

DePyssler recalls that despite integration's negative impact on African-American businesses and institutions, churches and funeral homes remained strong. The church persists as the foundation of the black community for guidance and support during hardships.

"The one thing I can take away from this experience is the power of the church and the significance of the church to the black community. White Rock is just one church of many," said dePyssler. "It's a big successful church, but they've all done it. Every black church in Durham has played some role in getting through the tough times of the post-slavery era."

"Nothing But Love in God's Water" is one of four documentaries produced by the Bull City Doc Squad, all of which can be accessed online.

AROUND THE TRIANGLE

RALEIGH
RALEIGH CHAMBER
• March 6, 5:30-7 p.m. - Business After Hours, William Peace University, 15 E. Peace St. RSVP by Feb. 27 to Brienne Gill at 664-7036.

FUNDRAISER
Trivia Night at the Triangle Literacy Council is March 8, 5:30-7:30 p.m., Sammy's Tap and Grill, 2235 Avent Ferry Rd. Register at sfitzgerald@triangleliteracy.org.

DURHAM
HEART SUNDAY
CHC Healthy Heart Sunday is Feb. 25, 1:30 to 3 p.m., Fisher Memorial United Holy Church.

YOGA
A yoga class for all types is Feb. 25, 2-4 p.m., Global Breath Yoga Studio, 119 W. Main St., Suite 300. Email: info@globalbreath.org.

N.C. CENTRAL
Kamal McClarin, curator of the Frederick Douglass Home, will speak on Douglass's 200th birthday Feb. 26, 6:30 p.m., Hubbard-Totten Bldg. Call 530-6321.
• March 1, 6:30 p.m. - Best-

selling author Zane will speak at B.N. Duke Auditorium on Fayetteville St.
• March 3, 7:30 p.m. - NCCU Vocal Jazz Ensemble performs at Kirby Cultural Arts Complex, 213 N. Main St., Roxboro.

DANCE
Dance Theatre of Harlem will perform Feb. 28, 8 p.m., The Carolina Theatre, 309 W. Morgan St. Visit ticketmaster.com.

EXPO
Durham SummerWork Youth Job Expo is March 3, 10 a.m. to noon, Holton Career & Resource Center, 401 N. Driver St. Email: DurhamYouthWork@DurhamNC.gov.

TRAINING
Restorative Justice Durham will hold a volunteer training session March 3, 9 a.m. to 3 p.m., Calvary United Methodist, 307 E. Trinity Ave. Email: restorativejustice-durham@gmail.com.

BRUNCH
Color of Change is hosting a Black Magic Brunch March 3, 12:30 p.m. to 3 p.m. Register at colorofchange.org.

CONCERT
Gregory Porter will perform March 4, 8 p.m., The Carolina Theatre, 309 W. Morgan St. Visit www.carolinatheatre.org.

FAN FEST
Durham Bulls will host their 2018 Fan Fest March 3, 11 a.m. to 2 p.m.

SEMINAR
The Durham Business and Professional Chain will host Secretary Larry Hall of the N.C. Department of Military & Veterans Affairs, March 8, 6 to 8:30 p.m., Phoenix Event Center, Phoenix Crossing Shopping Center, 810 Fayetteville St., Suite 101. RSVP at (919) 683-1047.

CHAPEL HILL
CONCERT
Composer/guitarist Kaki King will perform March 2, 8-10 p.m., The ArtsCenter, 300-G E. Main St. Visit artscenterlive.org/events.

FUNDRAISER
St. Paul Village Community Walk & 5K Run is March 3, 9 a.m., McDougale School, 900 Old Fayetteville Road. Visit www.stpaulamechapelhill.org.

Human Relations Commission calls for prison reform

By Zayra Rodriguez
The Durham VOICE

DURHAM - The North Carolina Human Relations Commission has the mission to end racial discrimination in Durham.

Two members of the HRC presented their recommendations to reform the Durham County Detention Facility at ReCity on Broadway Street. The presentation was part of "Locked in Solidarity," a re-

cent weeklong event series focusing on mass incarceration and sponsored by DurhamCares.

"We, as DurhamCares, recognize that mass incarceration has such profound impact in our community in so many different ways," Executive Director Reynolds Chapman said.

The report was first presented last year to the Durham County sheriff, but the HRC made report presen-

tations to community members.

The recommendations were divided into two parts: Seven recommendations were directed toward Durham County that concerned residents of Durham, and three went toward the city, county and the Judicial District of Durham, focusing on the people awaiting court proceedings.

One recommendation called for better mental health serv-

ices. There are five times more people with mental health issues in regular jails than there are in specialized psychiatric jails, said Sejal Zota, a member of HRC and one of its presenters.

The recommendations include a community-based research team to survey staff and incarcerated persons, a civilian oversight board for the Durham County Detention Facility and creating regulations that allow public

tours of the facility.

Another issue brought up by the report was the cash bail system. The report states that the system is a "violation of the Eighth Amendment, which says 'excessive bail shall not be required, nor excessive fines imposed.'"

There is also fear that private companies could be profiting from the jail system. One recommendation seeks to prevent the implementation of video-only visitation.

This could have a negative effect on the families visiting, as well as the prisoners.

"It has always been free and face-to-face," said HRC chair Dianne Standaert.

The other recommendation requires more accountability and better services from the private organizations providing services to the facility. The services include the food, medical care, telephone and money services.

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LEGAL NOTICES

BID REQUEST

RPC Contracting is requesting bids from any interested NCDOT Certified DBE firms for Contract DA00340 in Hyde Co. bidding on 3/7/18. There will be a pre-bid conference at 3:00 PM on Monday 2/26/18 at the office of RPC Contracting, 934 W. Kitty Hawk Road, Kitty Hawk, NC. Plans and specifications are available for review at the same location or may be downloaded from NCDOT's Project Letting website at https://connect.ncdot.gov/letting/Pages/Letting-List.aspx?let_type=1. For more information, please call 252-261-3336, ask for Jay. RPC Contracting is an Equal Opportunity Employer.

BIDS

Branch Civil, Inc. (NC License #28182) is currently soliciting quotes for the following project:

NCDOT U-2525C – Greensboro Outerloop
(Contract No.: C204096)

We are soliciting quotes for the following selected items of work: Surveying, Clearing & Grubbing, Excavation, Underdrain, Storm Sewer, Sanitary Sewer, Waterline, Erosion Control, Paving, Curb & Gutter, Guardrail, Seeding, Signs, Electrical, ITS, Pavement Marking,

All quotes must be received by: **5pm on March 19, 2018.**

We encourage Minority, Women and Disadvantaged Businesses to participate.

Contact our Estimating Department (571) 379-5603, fax (571) 379-5896, or send your quote by mail to PO Box 40004, Roanoke, VA 24022. Mailed quotes must be received by March 16, 2018. Call to get an email address to send your quote electronically.

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CRIMINAL JUSTICE
RESOURCE CENTER

DURHAM COUNTY JUVENILE CRIME PREVENTION COUNCIL

Working to Improve the Lives of Our Youth

Public Service Announcement FY 2018-2019 Request for Proposals for DJJ Funding

The Durham County Juvenile Crime Prevention Council announces that it is soliciting proposals for juvenile crime intervention/prevention programs to be funded by the North Carolina Division of Juvenile Justice (DJJ) funds for the State Fiscal Year 2018-2019. These funds are allocated to Durham County to support community programs serving Durham County delinquent and at-risk youth, between the ages of 7 and 17 for the fiscal year beginning on July 1, 2018.

The DJJ priority for the use of these State funds is to support community based programs that strengthen and expand needed juvenile court sanctions and treatment services. Programs requesting funding must address the identified "Risk Factors" and should provide treatment, rehabilitation, and/or academic enhancement as prioritized by the Durham County JCPC, and described in the "Request for Proposals" (RFP).

Any local public agency, private 501 (c) (3) non-profit organizations, or housing authority interested in applying for these funds must complete and submit the application online by accessing NC Allies. Please read and follow all instructions at the following link: <https://CP.NCDJJD.P.ORG/CP>. A funding packet will be distributed at the training below.

**Durham County JCPC Mandatory Funding Application
Training will be held
Thursday, March 8th 2018 at 3pm at
The Criminal Justice Resource Center - 326 E. Main St.
(27701) in the Multipurpose Room.**

For further information, or technical assistance about applying for JCPC funds in this county, contact Walter Crews, Area Consultant, Division of Adult Correction and Juvenile Justice, at 919-214-2348 or email at walter.crews@ncdps.gov.

The Durham County Juvenile Crime Prevention Council (JCPC) is a statutorily authorized advisory council which plans, organizes and evaluates locally-based programs designed to prevent and mitigate juvenile delinquency in Durham County. JCPC reviews the needs of juveniles, assess local youth service needs & address the gaps and recommends an annual service proposal and submit a written funding plan for approval by the Board of County Commissioners for the expenditure of \$536,666 appropriated by the North Carolina General Assembly.

A copy of the RFP can be found at www.dconcc.gov.

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ADVERTISEMENT FOR BIDS REPLACEMENT OF OFFICER STATIONS AND STAFF SCREENING ADDITION AT THE DURHAM COUNTY DETENTION FACILITY

IFB NO. 18-023

Bids will be received by the County of Durham Purchasing Division, Durham County Administrative Complex, 200 East Main Street, 4th Floor, Durham, North Carolina 27701, until 2:00 P.M. on March 22, 2018 at which time they will be publicly opened and read. The work contemplated will include, (1) Replacement of Officer Stations (Base Bid): Demolish existing plastic laminate casework and replace with prefaced CMU walls partial height hollow metal doors and frames, and wood laboratory casework. Disconnect existing electrical devices, install new devices and reconnect.

(2) Staff Screening Addition (Alternate No. A-2): Demolition of existing steel framed canopy, concrete footings, concrete walk, and exterior aluminum storefront, glass, and aluminum composite metal panels. Construction of new addition of approximately 1,000 square feet consisting of concrete footings, concrete slab-on-grade, steel frame columns and roof beams, metal roof decking, aluminum storefront, exterior insulation and finish system, insulating glass, insulated single-ply roofing system, and associated fire protection, plumbing, HVAC, and electrical systems.

(3) Wall Removal, New Hollow Metal Doors and Frames, and New Accordion Door (Alternate No. A-3): Remove portion of existing metal stud and gypsum board wall and install a new manual accordion folding door. Install two new hollow metal doors and frames in existing metal stud and gypsum board wall. Patch existing VCT flooring from owner's stock and painting as required.

A Pre-Bid Conference will be held on February 28, 2018 at 10:00 A. M. in the Detention Facility Conference Room, Durham County Detention Facility, 219 S. Mangum Street, Durham, NC 27701. All bidders who intend to bid are encouraged to attend.

A Site Visit will be held immediately following the Pre-Bid Conference.

Instructions for submitting bids, specifications, a complete description of the work involved, and the apparatus, supplies, materials, and equipment for which bids are invited can be examined at the office of Durham County Purchasing Division, Telephone No.: (919) 560-0051; O'Brien/Atkins Associates, PA, 5001 S. Miami Blvd., Durham NC 27703, (919) 941-9000, and at the following locations:

City of Durham Equal Opportunity and Equal Assurance Office
Durham, NC 27701

NC Institute of Minority Economic Development
Durham, NC 27701

Construct Connect
Cary, NC 27518

Questions concerning administrative matters should be directed to Anita S. Torian, Procurement Specialist at (919) 560-0741.

Plans, Specifications and other contract documents may be obtained by those qualified and who will make a bid, upon a deposit of **\$200.00** for each set issued to Contractors. An electronic copy can be issued at no cost to contractors if preferred. Deposit checks shall be made payable to the **"County of Durham"**. Contractors may secure document sets after 8:30 A.M. Eastern Time, Monday through Friday at the office of O'Brien/Atkins Associates, PA, 5001 S. Miami Blvd., Durham NC 27703, (919) 941-9000. The full deposit shall be returned to those Contractors who return the Specifications and Plans in good condition within ten (10) days after the date set for receiving bids. Plans and Specifications are to be returned to the office of the Architect.

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

As provided by Statute, cash, Bid Bond, cashier's check or certified check in the amount of 5% of the bid must be attached to each bid/contract. Payee shall be the **"County of Durham"**. Said deposit shall guarantee that the Contract will be entered into by the successful bidder if the award is made.

Such deposit of cash, cashier's check, or certified check may be held by the County of Durham until the successful bidder has executed and delivered the Contract documents, including Performance and Payment Bonds, to the County of Durham. Bid deposits submitted in the form of cash, cashier's check or certified check will be deposited in the County's account as required by North Carolina Local Government Budget and Fiscal Control Act (N.C. General Statute Chapter 159, Article 3). The bids will be evaluated and the Contract will be awarded in accordance with statutory public contract requirements as supplemented or altered by the Minority/Women Business Enterprise Utilization Ordinance of the County of Durham (M/WBE).

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

Aggies, Eagles set for rematch

By Bonitta Best
editor@triangletribune.com

North Carolina Central women defeated Howard Monday for the first time since rejoining the MEAC. Junior guard Rodneysha Martin scored a game-high 24 points, but it was freshman guard Kieche White's late free throws that sealed the win and snapped the Eagles four-game losing streak. NCCU (7-19 overall, 5-8 MEAC) has three regular-season games left. Two are on the road this weekend at South Carolina State and Savannah State. Then it's the home finale against North Carolina A&T next Thursday at 5:30 p.m.

Men make it a sweep
The Eagles got back on the right track after three straight road losses. NCCU defeated Maryland Eastern Shore and Howard to go 8-5 in the conference and back over .500 at 14-13. The team has a tough three-game swing. Savannah State and N.C. A&T are tied for first place, along with Bethune-Cookman. The Aggies won the first contest 70-64 after trailing most of the game. Savannah State is making its farewell tour. The Tigers are dropping down to DII after the season.

Aggies go undefeated at home

The North Carolina A&T men's basketball team did something the program has not done in 30 years. They finished undefeated at Corbett Sports Center. They put the final touches on a perfect home season with a 78-69 win over Maryland Eastern Shore Monday night in their home finale. N.C. A&T's last undefeated season at home was the 1987-88 season. What makes the 2017-18 Aggies different is how far they have come compared to the 1987-88 team. The '87-88 team was coming off an undefeated season at home the year before. Meanwhile, the '17-18 team recovered from a 3-10 home record last season. "I think it is a huge accomplishment for these young men to finish undefeated at home," said coach Jay Joyner who has seen his team play in a party environment at home dubbed #ClubCorbett. "Not many teams are able to do that over an entire season. Basketball is a long season, so you figure at some point someone is going to have your number in your gym. So, it's one of those situations where you're proud but you keep plugging away." The Aggies (17-11, 10-3 MEAC) also moved into a three-way tie for first place in the MEAC with Savannah State and Bethune-Cookman. They are also guaranteed a winning season for the first time since the 2012-13 season. It is the first time the Aggies have clinched a winning season in the regular season since the 1991-92 season. A&T finished that season 18-9. The 1991-92 season also marks the last time the team won the MEAC regular-season title. The Aggies have double-figure wins in the conference for the first time since the 2006-07 season. In his final game at Corbett, fifth-year forward Denzel Keyes had 21 points and nine rebounds on 9-for-14 shooting. Keyes has scored 20 or more points in three times in his last seven games and two of his last three. The Aggie point guards were also superb. Freshman Kameron Langley had 15 points, six assists and only two turnovers. Junior Aaren Edmead also had 15 points to go along with four assists and only one turnover. Senior Davaris McGowens, also playing his final game at Corbett, had 10 points, four rebounds, three assists, two blocks and two steals. The Aggies will play their final three games on the road: Florida A&M, Bethune-Cookman and NCCU.

Sports

COLLEGE CORNER



Fayetteville State coach Serena King-Coleman has a division title in her first season.



Virginia Union is seeking a return trip to the NCAA Division II national championship.

REPORT CARD

Who's making the grade as the CIAA tourney prepares for Charlotte

Whew! What a season it has been. Despite the obvious favorites, the CIAA Tournament should be pretty interesting, with only a couple of teams out of the running for the title. No need to beat around the bush, let's get to it. And, as always with CC, ladies first. (Records as of Feb. 19).

WOMEN
Northern Division
• **Virginia Union (7-1 North, 13-1 CIAA):** A. Coach AnnMarie Gilbert has the Panthers at the top for the third straight season. VUU (23-2) is ranked No. 1 in the Atlantic Region, and is undoubtedly the best team in the CIAA and second best in the NCAA Division II. (Defending champion Ashland has won a record-setting 63 straight games.) The Panthers are averaging 80 points per game versus 61.3 percent for their opponents, and winning by an 18.6-point margin. B-U-T...one of their two losses was to Chowan, who has always matched up well with the team. (They meet again this weekend.) If the two should meet in the tourney, anything can happen. Look at last year. VUU was upset in the championship game by Johnson C. Smith but went on to the DII national championship before losing to Ashland. So no matter what happens next week in Charlotte, CC expects to see the Panthers back in, at least, the DII semifinals. The big question is: Do fans care more about winning the CIAA Tournament or a national title?

Player to watch: Make that player(s). The entire team.
• **Virginia State (5-3, 11-3): B+.** Coach James Hill has the Trojans playing like the days of old when they won the tourney in 2015. VSU (21-3) isn't real big – three 6-footers – but it is fast, and big on offense and defense. The team's three losses have been to Chowan and VUU (twice) – no shame there – but that will have to change for another title. VSU is ranked No. 5 in the Atlantic Region. We all know the cunningness of the NCAA selection committee, so an early exit in the tourney might be devastating. *Player to watch: Alexis Smith (19.7 points per game)*
• **Chowan (5-3, 10-4): B+.** Any team that has given VUU an L, should have an A, but we won't go that far. Second-year coach LaToya Jones is a star in the making. CC loves watching her on the sideline, but she's not just all show. She has taken a talented Hawks team and made it better. Chowan (18-6) could easily win this tourney and no one should be shocked. The Hawks were swept by Bowie State, however, and end the regular season at VUU, which will be looking for revenge. Chowan is in a precarious situation at No. 9 in the region. Only the top eight advance to the playoffs. The Hawks are too good of a team to be left on the sideline. *Player to watch: Chantel Roberts (16.9 points, 9.5 rebounds)*
• **Lincoln (4-4, 9-5): C.** Now in his third season, coach Darrell Mosley has re-

bounded the team from a 9-20 finish last season to 15-9 so far. The Lions have wins over WSSU and BSU (twice), so they are capable of an upset or two. Whether they can go farther is the question. *Player to watch: Shahra Madison (8.7 points, 8 rebounds and 10 blocks)*
• **Bowie State (3-5, 8-6): C-.** The Bulldogs could do some damage with regular season wins over Winston-Salem State, Fayetteville State and Chowan (twice). BSU (15-8) hasn't won a title or even been back to the championship game since the Ed Davis era in the late 1990s. You do the math. *Player to watch: Kyah Proctor (14 points, 3.1 rebounds)*
• **Elizabeth City State (0-8, 2-12): D+.** First-year coach Antonio Davis had a late arrival to campus and little time to recruit. The Vikings (9-17) season could have been much worse overall, but Davis made do with what he had. ECSU's nine wins so far are four more than last season's under coach John Hill, who moved over to the men's side. *Player to watch: Jalyn Brown (16.9 points)*

SOUTHERN DIVISION
• **Fayetteville State (8-0, 9-5): A.** How 'bout those Broncos! Picked to finish fifth in the division, FSU won the South last weekend with a 61-58 victory over Winston-Salem State, its 10th straight win under new coach Serena King-Coleman. The Broncos' last loss was

Please see **TOURNEY/8A**

SPRING SPORTS



Lamont Johnson, right, will be directing Johnson C. Smith's cross country/track and field programs.

FSU's Henderson hit milestone

By Bonitta Best
editor@triangletribune.com

Fayetteville State women's bowling coach Bobby Henderson shows no signs of slowing down. Henderson won his 1,000th match last weekend at the James Brown Invitational Bowling Tournament. The Broncos, undefeated in conference play (23-0), needed just three wins for the milestone. After going winless the first day, the ladies rebounded in the best 4 of 7 tournament. Henderson's record stands at 1,000-265. In track news, Johnson C. Smith has a new head man in charge. Lamont Johnson, a former assistant coach at University of Wisconsin-Parkside, has been named head coach of the cross country/track and field programs. Johnson also assistant coached at Virginia State.

WOMEN
N.C. Central (0-6)
The Eagles are still seeking their first softball victory. NCCU was shut out in its last two contests. The team travels to Boiling Springs next weekend for a two-day Red and Black Tournament against Marist and Gardner-Webb.
St. Augustine's (1-1)
The Falcons split with St. Andrews University to open their softball season. The team travels to Barton College next Wednesday for a doubleheader.
Shaw
The Bears opened their tennis home opener with a 9-0 shutout of Meredith College. They return to the courts March 5 against Barton College at Worthdale Park in Raleigh.

MEN
N.C. Central (2-1)
Sophomore Corey Joyce was named MEAC Player of the Week after a 1,000 slugging percentage with two home runs, three doubles and seven RBIs in two games against Wagner. The team hosts New Jersey Institute of Technology this weekend for a three-game series at Durham Athletic Park. Then it's a second matchup against Duke on Tuesday at the DAP. Game time is 4 p.m.
In tennis, Theofanis Kontopoulos was named the MEAC Tennis Player of the Week. Kontopoulos won the Eagles only match against East Carolina last week in straight sets, 6-4, 6-4.
St. Augustine's (6-3)
The Falcons went 6-1 in their first seven baseball games – their best start that anyone can remember – before dropping two to Benedict College to split the series 2-2. SAU hosts Post University Sunday in a doubleheader.

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Who’s making the grade as the CIAA tourney nears

Continued from page 7A

Jan. 8 against Bowie State.

King-Coleman has turned around a program mired in NCAA penalties by former coach Eva Patterson-Heath, who should never coach on the college level again. FSU (14-9) lost six straight at one point before players began to buy into King-Coleman’s system.

How deep the Broncos can go into the tourney is still a question mark. They are 2-6 again the tougher North, and it’s no secret the South did not rise up to standards this year. But that doesn’t negate FSU’s success.

Player to watch: Shantel Bennett (10.9 points)

- **Winston-Salem State (6-2, 7-7): B+.** Another coach who is a rising star is also quite animated. The Rams are 26-25 since L’Tona Lamonte’s arrival two seasons ago, and you can see them getting better each year.

WSSU (12-11) was expected to be in the hunt for the division title, and the team will finish in second place. CC was quite impressed when we saw them against Shaw.

The Rams have quality wins over J.C. Smith and Chowan. Not to mention they have been the ONLY bright spot so far for the athletics department this season, including football.

Player to watch: Lamonte will keep you entertained if the game gets boring.

- **Johnson C. Smith (5-3, 8-6); C.** Not many saw this coming. The Golden Bulls were coming off a CIAA championship season and everybody’s favorite to repeat. But this is what happens when you finally get that monkey off your back and become the hunted instead of the hunter.

Smith (16-9) hasn’t beaten a team with a winning record this year. That’s not a good sign. We’ll see if that home crowd of Charlotte gets the team back on track for a repeat.

Player to watch: Jasmine Carter (12.9 points, 5.1 rebounds)

- **St. Augustine’s (2-6, 3-11): C-.** This is the first time in three seasons that the Fal-

cons have graded above a D. The team hit a couple of milestones this season: snapping a 33-game conference losing streak, winning two games for the first time since 2015, and knocking off Shaw for the first time since 2010.

SAU (6-17) still has no chance of winning a title, but the season wasn’t a complete wash.

Player to watch: Kaaliya Williams (15.3 points, 5.5 rebounds)

- **Shaw (2-6, 3-11): D-.** Injuries and a lack of depth made it so hard to watch Shaw this year. Coach Jacques Curtis didn’t get several players for the second semester due to eligibility.

Things really went south when senior LaQuisha Taylor went down for several games due to injury. But even with Taylor back, the Bears (6-20) have managed just one win. How the mighty have fallen for a program that once owned the tournament.

Player to watch: Taylor is still the one (18.1 points)

- **Livingstone (1-7, 1-13): D-.** Another disappointing women’s team. The Blue Bears finished 14-13 (9-7) last season in coach Tiffany Silver’s first season, and appeared to be a team on the rise.

Instead, LC (6-18) has reverted to the days of old. CC suspects a lack of funding has something to do with it. But the show must go on.

Player to watch: Zena Lovette (26 points, 8.7 rebounds)

MEN – NORTHERN

- **Virginia State (7-1, 11-3): A-.** Chalk up another division title for coach Lonnie Blow. The Trojans (21-3) are ranked No. 2 in the latest regional rankings and, unlike last season, should earn a playoff berth even if they come up short in the tourney. But why take chances.

Two of VSU’s losses were against SAU and Shaw, and the team lost back-to-back games in January to the Bears and Bowie State, so it is vulnerable.

The Trojans are a typical Blow team: big, fast and defensive. Blow is the only coach to win a title with two

different teams: SAU (2010) and VSU (2016). Coaches just hate showoffs.

Player to watch: Richard Granberry (12 points, 7.6 rebounds)

- **Bowie State (5-3, 7-7): C+.** The defending champs had won four straight until they hit a speed bump against Virginia Union and Chowan. Still, coach Darrell Brooks knows how to get his players ready for prime time.

Bowie (12-13) will have to win the whole enchilada to repeat as champs and earn an automatic bid to the playoffs. The Bulldogs played a tough nonconference schedule, which can either hurt or help.

Player to watch: What will Brooks wear this year?

- **Virginia Union (4-4, 8-6): C-.** For a team that went 22-8 in coach Jay Butler’s second season – plus a playoff appearance – a .500 overall record (13-13) is a major step down, especially when the women are playing lights-out ball. And you know fans don’t want to hear any excuses. They’ve been spoiled and that’s all there is to it.

VUU lost four straight from Jan. 27 to Feb. 7 and looked dead in the water, but has since won two. If anyone needs a resurgence come tourney time, it’s the Panthers.

Player to watch: Kory Cooley (12.2 points, 3.5 rebounds and 4.0 assists)

- **Lincoln (3-5, 6-8): D+.** Second-year coach and former NBA player Doug Overton hasn’t quite gotten his coaching mojo going in the conference. The Lions (11-13) finished 7-20 last season.

Coaches read, too. They see all the hoopla about some new coach’s pedigree on his arrival, and they take offense. And there’s no better way to get revenge than to kick butt.

Player to watch: Deaquan Williams (8.6 points, 7.8 rebounds and 20 blocks).

- **Chowan (3-5, 5-9): D.** CC is not going to bring up – AGAIN – about the Hawks advancing to the tourney semifinal in their first year in the conference and folks going crazy. OK, we just did.

Anyway, Chowan (11-13)

hasn’t been back since and chances are good it won’t happen this year either. This is the most disappointing season since 2014-15 (15-13). They lost seven straight games at one point.

However, all is not lost as CU is on a three-game win streak – including beating J.C. Smith – with final matchups against Lincoln and VUU, both beatable. Won’t matter in Charlotte.

And, on a side note, there is a major rumor circulating that the university is leaving the conference.

Anyway, player to watch: Tim Hewett (16.2 points, 5.4 rebounds)

- **Elizabeth City State (2-6, 4-10): D.** The Vikings (11-13) don’t have the firepower to compete for a title. Time to recruit.

Player to watch: Zaccheus Hobbs (12.8 points)

SOUTHERN DIVISION

- **J.C. Smith (7-1, 10-4): A.** After three subpar seasons, CC was ready to write coach Steve Joyner Sr.’s coaching obituary. Not so fast!

The Golden Bulls (17-9) were undefeated in the division and on a nine-game win streak before back-to-back losses to Chowan and Livingstone by a total of two points. The division title was still up for grabs as of Wednesday. If all goes as planned, the title will come down to this weekend’s matchup against Shaw. Should be a doozy at Brayboy. JCSU won the first contest in Shaw.

Joyner hasn’t won a tourney championship since 2009. Charlotte fans could easily see at least one home team walk away with the trophy.

Player to watch: Robert Davis (21.6 points, 4.9 rebounds)

- **Shaw (6-2, 10-4): B+.** The Bears were picked to finish in second place, and that’s exactly where they’ll be regardless of what happens the last two games. Shaw (18-8) swept SAU so any tiebreaker would go to the Bears.

Coach Joel Hopkins is in his third season, and while the Bears have progressed along the way, that “Wow” factor

Hopkins had with his first squad in 2002 has yet to materialize. But then again, where do you find another player like Ronald “Flip” Murray? Certainly not in the CIAA.

Shaw has a chance at the title if all the players are clicking. Otherwise, it’ll be another disappointing year with folks asking, “Has Hopkins lost his touch?”

Player(s) to watch: We couldn’t choose between DeAngelo Stephens-Bell and Savon Goodman who are both averaging 18.6 points).

- **St. Aug’s (4-4, 9-5): C+.** The Falcons (12-14) have lost four of its last seven, plus a sweep by Shaw. Either senior Quincy January is forcing his game or teams have just adjusted to his play, but he is not the player of seasons past. January, who joined the 1,500-point, 1,000 rebound club, is not even the top scorer on the team.

SAU can look good at times – just ask Virginia State – but it still gives up too many late leads. The Falcons will probably finish in third place, which would be two spots better than predicted. But in the weak South, that doesn’t say a whole lot.

Player to watch: January.

This is his last hoorah.

- **Livingstone (3-5, 7-7): C-.** After a rollercoaster season, the Blue Bears were heading in the wrong direction. They had lost three straight until that last-second win over rival J.C. Smith. Bet nobody remembers those three losses.

Stinson has done so much with so little over the years (two championships), but even he couldn’t overcome money issues this year. Still, we wouldn’t want to play them in the first round.

Player to watch: Roger Ray (16.3 points)

- **Fayetteville State (3-5, 4-10): D.** The Broncos (7-18) gave its hated rival, the Rams, their first division win of the season. Bye.

Player to watch: Josh Bryant (15.4 points, 4.2 rebounds)

- **Winston-Salem State (3-11, 1-7): F+.** The “plus” is only because the Rams (5-19) didn’t go winless in a division they were picked to win.

Things were bad enough before last season’s CIAA Rookie of the Year Robert Colon was suspended for four games. Colon is back, but it won’t make any difference.

Player to watch: We still like Colon.



Will the Triangle be shut out of a CIAA championship again?

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