

The Triangle TRIBUNE

THE TRIANGLE'S CHOICE FOR THE BLACK VOICE

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Southeast Raleigh showdown in Durham



KNOW YOUR NEIGHBOR

Financial guru gives people 'new beginnings'

By Latisha Catchatoorian
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Martha McNair is a Realtor by day and a volunteer by night - or any other time when she isn't working her typical 9 to 5.

With a background in credit and financial literacy, McNair teaches her self-written curriculum titled "Seven Steps to Debt Free Living" and is a board chair of the nonprofit New Beginnings Outreach CDC.

New Beginnings works primarily with ex-offenders. It helps give them skills and jobs to keep them from returning to a life of crime.



McNair

"It's actually a training program for instruction," McNair said. "In Durham, there's a lot of areas near downtown that need rehab, so we figured we can use New Beginnings to train the guys in order to be able to fix up homes."

McNair was on the revitalization committee for Durham in 2008 and met the founder of New Beginnings, who heard about her financial background. He told her his members could use her expertise.

"They get their training for construction work, but we can't just train someone on a job and not give them life skills because they've been in prison," she said. "They don't know what a budget is. When you make money and you don't know what to do with it, it's just going to run through your hands again."

McNair's curriculum teaches basic skills kids learn in school: how to balance a checkbook, a savings account versus a checking account, the difference between debit and credit cards, and how to open a bank account.

McNair said getting out of debt is possible, and it can be done without having to hire someone.

Please see **FINANCIAL/2A**

NAACP increases efforts to target college students



Mikaela Ferrill, vice president of the Georgetown University NAACP chapter, with Hilary Shelton, the bureau chief of the D.C. office of the NAACP.

By Jamal Watson
DIVERSE ISSUES IN EDUCATION

WASHINGTON, D.C. - For as long as she can remember, Georgetown University junior Mikaela Ferrill has been an active member of the NAACP. Ferrill, 20, of Milwaukee, Wisc., attended her first NAACP meeting with her mother as a child and eventually got active in the youth council of the nation's oldest civil rights organization that was founded in 1909 by Dr. W.E.B. Du Bois, Ida B. Wells and others.

When it was time for her to apply to college, she insisted on attending a university that had an active NAACP chapter.

"I have a bias when it comes to the NAACP," said Ferrill, who recently completed an internship in the D.C. office of the Baltimore-based organization under the direction of Hilary Shelton, a longtime NAACP staffer. "What we do and will continue to do in this country is really important."

At a time when many have consistently argued that

Please see **NAACP/2A**

North Carolina adopts new death penalty protocol

By Sharon McCloskey
THE POLICY WATCH

The N.C. Department of Public Safety has adopted a new, single-drug protocol for executions, putting off Wednesday's scheduled oral argument in the case challenging the constitutionality of the lethal injection procedures used by the state to carry out the death penalty.

The change to the protocol follows a push by state lawmakers to restart executions and reinvigorate the death penalty in North Carolina, which has largely been dormant since the last execution in 2006.

In 2011, the General Assembly approved a repeal of the 2009 Racial

Justice Act, which allowed death row inmates to seek a reduction of their sentence to life without parole upon a showing — through statistical evidence and otherwise — that race was a significant factor in the imposition of their sentences. But Gov. Beverly Perdue vetoed that change.

In 2012, the legislature gutted the Act by limiting the scope of statistical evidence upon which inmates could rely to prove their claims.

By 2013, the repeal was complete, and lawmakers hoped that the state could "restart the death penalty in North Carolina to ensure justice for the more than 100 families whose loved ones were taken brutally from

See **NORTH/2A**

North Carolina teachers demand change



PHOTO/LATISHA CATCHATOORIAN

North Carolina's teachers and supporters rally for better working conditions and benefits.

By Latisha Catchatoorian
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RALEIGH - On the south side grounds of the State Capitol in downtown Raleigh, a crowd adorned in red gathered in support of teachers' rights.

Public Schools First NC, the N.C. Justice Center, parents, teachers and concerned citizens were in attendance for Monday's Speak Out for North Carolina's Teachers press conference.

Yvonne Brannon, chair of Public Schools First, said we are expecting miracles from teachers as we continue to cut funding and teacher assistants, and overcrowd classrooms.

"We must turn it around before it's too late," she said. "We must be a united voice for our teachers."

Matt Ellinwood, policy analyst for the N.C. Justice Center, said smaller classes lead to higher student achievement. There are currently no limits on classroom size in North Carolina.

In addition to overcrowding, teachers' salaries have also been cut.

They have experienced a 16 percent salary decrease over the past five years after adjusting for inflation. North Carolina has also been the last state in the country for the past 10 years in pay raises for teachers.

Brannon said over 80 percent of North Carolinians think an increase in pay for an advanced degree is necessary, and 71 percent don't believe the state should keep the current teachers with the salaries that are in place.

Ellinwood also said that 25-year veteran educators have left the profession entirely in its current state.

"The average teacher reaching into their own pockets spends upwards of 500 dollars a year of their own money for classroom supplies," he said.

"I have a very real fear that teachers will continue to leave," said Stacy Eleczko, who has been teaching in North Carolina for seven years. "There is an abundance of teachers who work from sunrise to sunset, weekends and those spare moments in between."

Controversy over the protest erupted

last week when some parents and Republican senators thought teachers planned a "walk-out" during school hours and solicit volunteers to cover the classrooms. North Carolina law prohibits public employees from striking.

Senators Neal Hunt and Phil Berger called the decision a "politically motivated one-hour strike," according to ABC11. But North Carolina Association of Educators President Rodney Ellis denied the claim.

Doris Burke, a 30-year educator who is now retired, said dedicated teachers are not concerned just about the money.

"If anyone stays in education, they love it because of the children," she said. "It's not about us, it's about the children."

A prospective teacher took a job in South Carolina with a starting salary of \$41,000 per year. To make that sum in North Carolina, she would have to work for 15 years.

"The General Assembly has effectively undone 60 years of educational policy in a mere six months and must be stopped," said Vivian Connell, an educator and UNC-Chapel Hill School of Law graduate.

Bell re-elected for seventh term

Williams may run again

By Latisha Catchatoorian
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DURHAM - Durham Mayor William (Bill) Bell was re-elected in Tuesday's election. Before the results were finalized, Bell said he felt comfortable but "You never know until all the votes are counted."

"I think Durham is moving in the right direction with the plans we already have in place with the redevelopment of downtown and the redevelopment of neighborhoods and providing effective services to the community," he said.

His opponent, Sylvester Williams, who lost for the second time, said he may continue to run so everyone's voice is heard.

Williams said there are Durham citizens who aren't reaping the benefits of redevelopment as much as others, particularly those who live in Southside. And crime in some parts of Durham is also still a problem.

"When you have a love for people and concern for people but they

are being overlooked, I feel I'll be obligated to run again," he said. "The issues are the same issues that we've been dealing with in Durham: affordable housing, crime, same-sex marriage. Those are concerns people don't feel are being addressed."

Bell, however, thinks the Durham community continues to thrive.

"I live in Durham, I enjoy having the opportunity to help guide the community I live in," he said. "I like challenges, I like assisting people; and I like the overall job of being mayor."

Don Moffitt retained his seat as city councilman in Ward 3, and Eddie Davis easily defeated Omar Beasley for the Ward 2 seat.

"I feel honored to follow in the footsteps that have been made by the legendary Howard Clement," Davis said in a statement. "I plan to do a lot of listening to the citizens of Durham. I want to create a series of dialogues with a broad spectrum of people, about the issues and the challenges that face our wonderful city."

Why are men leaving the church?



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North Carolina adopts a new death penalty protocol

Continued from 1A

them," said Sen. Thom Goolsby who spearheaded repeal efforts.

But ongoing litigation over the Act, declining public support for the death penalty and growing state difficulties in finding acceptable methods of execution at acceptable costs stand in the way of any viable restart.

After the repeal, Jeff Welty, an attorney and professor at the University of North Carolina School of Government, said executions would be slow to follow.

"It's fairly clear to me that

the repeal may untangle one or two of the threads to the knot that's blocking executions, but there are plenty of other strands to that knot," he said. "There's no likelihood that I can see that executions are to begin any time soon."

The same can be said for the change in protocol. It does not automatically pave the way for new executions.

In *Robinson v. Perry*, four death row inmates sued DPS in 2007, alleging that the state's execution procedures violated U.S. and state constitutions. The inmates claimed that the three-drug cocktail used here

— sodium pentothal to render the condemned inmate unconscious, pancuronium bromide to paralyze all voluntary muscles, including those that permit breathing, and potassium chloride to induce cardiac arrest — inflicted cruel and unusual punishment, especially if the first drug failed.

Other states had moved to a single drug injection.

The inmates also alleged that other elements of the state's procedure were not being followed or otherwise failed to pass constitutional muster.

Incidents at previous executions demonstrated that drugs

had been improperly administered; that inmates receiving the drugs suffered unexpected convulsions and other body movements; and that physicians or other appropriate medical personnel may not have been present at executions or were improperly trained to handle unforeseen developments during an execution.

In March 2012, after argument on motions but without an evidentiary hearing, Wake County Senior Resident Superior Court Judge Donald W. Stephens rejected the inmates' claims and upheld the state's execution protocol un-

der state and federal constitutions.

Since lethal injection became the state's death penalty process of choice in 1998, approximately 30 inmates have been executed, but none since 2006.

Ongoing litigation is one reason for that de facto moratorium. And although lawmakers took a big step towards reviving executions when they repealed the Act this past summer, litigation, coupled with growing public discontent over the death penalty, continues to hold the restart in abeyance.

Support for the death penalty is at its lowest level in the

U.S. in more than 40 years, according to a Gallup poll. People here and across the country are growing leery of the death penalty as an efficient, humane and meaningful deterrent to crime, according to recent polls.

Costs are driving that shift, for good reason. A 2009 Duke University study found that North Carolina could save at least \$11 million a year by abolishing the death penalty, and "that conservative estimate did not take into account significant prosecution and court costs," according to the N.C. Center for Alternatives to the Death Penalty.

Financial guru gives people 'new beginnings'

Continued from 1A

"People need a second chance," she said. "I hate to see people struggling. There are just so many people, that if they knew what to do, they could probably do better and not repeat the cycle."

McNair's friend and a fellow community volunteer Maggie Green said when they met, they instantly clicked. The

friendship has been ongoing ever since.

"She is such a giving person, and she also tries to do anything she can to help people," Green said.

McNair said the black community especially struggles with financial knowledge because the older generation typically "didn't sit around the table and talk about what to do and what not to with money."

"We kind of learn by trial and error," she said. "It's a passion for me to get people to understand how finances work. Just because you've messed up doesn't mean you have to stay there for the rest of your life."

McNair said there are some main rules people can follow to get out of debt: Stop using credit cards to live and go on a "cash diet." Look at your current financial situation, create

a budget and start cutting, and, lastly, have an emergency fund.

She said an easy way to earn around \$500 for such a fund is to have a yard sale.

"She's very good in helping people," Green said. "She tries to do things out in the community."

Added McNair: "The Bible says 'we perish for a lack of knowledge.'"

NAACP increases efforts to target college students

Continued from 1A

the message of the old guard civil rights groups no longer resonate with young people of this generation, the surge among NAACP college chapters across the country tell another story. The dues-paying memberships in the nearly 300 college chapters have doubled over the last five years. The upswing in participation among student leaders is likely a direct result of the organization's aggressive efforts to target college students and its decision in 2008 to appoint Benjamin Todd Jealous as the president and chief executive officer of the organization — the youngest person to lead the 104-year-old group.

At the time, the 35-year-old Jealous, a former Columbia University student organizer and Rhodes scholar, was viewed as the answer to an ag-

ing membership, but last month he announced that he was stepping down after five years on the job to spend more time with his family.

The organization has since announced that Lorraine Miller, who served as the first black clerk (and the first African-American officer) of

the U.S. House of Representatives from 2007 to 2011, would step in as interim director until a permanent replacement is found.



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TRINITY IS AN INDEPENDENT CHRISTIAN SCHOOL FOR GRADES TRANSITIONAL KINDERGARTEN–12

Millions fall into health care gap

By Jazelle Hunt
NNPA Washington Correspondent

WASHINGTON — Every day Richard Green, 67, wakes up in pain. He creeps over to the edge of the bed and sets his feet down, bracing himself for the day ahead. First are the pangs of putting each leg into his slacks. Then he undergoes the torment of sliding each arm into his shirt. Even lacing his shoes, something he has done since childhood, is a test of strength. Often he'll take ibuprofen before willing his knees and back to lower his body into the car and withstand the painful drive to work as an administrative temp worker.

See MILLIONS/3A

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Prisons' dilemma impacts all of America



By Glenn C. Loury
SPECIAL TO THE TRIBUNE

Over the past four decades, the United States has become a vastly punitive nation, without historical precedent or international parallel. With roughly 5 percent of the world's population, the U.S. currently confines about one-quarter of the world's prison inmates. In 2008, one in 100 American adults was behind bars. Just what manner of people does our prison policy reveal us to be?

That America's prisoners are mainly minorities, particularly African-Americans, who come from the most disadvantaged corners of our unequal society, cannot be ignored. In 2006, one in nine black men between the ages of 20 and 34 was serving time. The role of race in this drama is subtle and important, and the racial breakdown is not incidental. Prisons both reflect and ex-

acerbate existing racial and class inequalities.

Why are there so many African-Americans in prison? It is my belief that such racial disparity is not mainly due to overt discriminatory practices by the courts or the police. But that hardly exhausts the moral discussion. To begin with, let's remember the fact that the very definition of crime is socially constructed, as graphically illustrated by the so-called "war on drugs." Much of what is criminal today was not criminal in the past and may not be tomorrow.

We must also frankly ask why so many black men are committing crimes. Many of the root causes have long been acknowledged: disorganized childhoods, inadequate educations, child abuse, limited employability and delinquent peers are just a few of the factors involved. In America, criminal justice has become a second line of defense, if you will,

against individuals whose development has been neglected or undermined by other societal institutions like welfare, education, employment and job training, mental health programs and other social initiatives. As a result, it is an arena in which social stratification, social stigmas, and uniquely American social and racial dramas are reinforced.

We should also remember that "punishment" and "inequality" are intimately linked - that causality runs in both directions. Disparities in punishment reflect socioeconomic inequalities, but they also help produce and reinforce them.

For people who go to prison, time behind bars almost always also diminishes their odds of living crime-free lives when they get out by lowering employability, severing ties to healthy communal supports and hardening their own attitudes.

When such individuals return to their communities, they join many others with the same harsh life experience, often forming or joining gangs. This, in turn, further diminishes the opportunities that law-abiding residents in those same neighborhoods have to escape poverty or preserve the often meager value of their property.

Huge racial disparities in the incidence of incarceration should therefore come as no surprise. The subordinate status of black ghetto-dwellers - their social deprivation and spatial isolation in America's cities - puts them at greater risk of embracing dysfunctional behaviors that lead to incarceration, and then incarceration itself leads to more dysfunction.

Put it all together and look at what we have wrought. We have established what looks to the entire world like a racial caste system that leaves millions stigmatized as pariahs, either living behind bars or in conditions of concentrated crime and poverty that breed still more criminality. Why are we doing this?

The plain historical truth of

the matter is that neighborhoods like North Philadelphia, the West Side of Chicago, the East Side of Detroit and South Central Los Angeles did not come into being by an accident of nature. As the sociologist Loïc Wacquant has argued, these ghettos are man-made, coming into existence and then persisting because the concentration of their residents in such urban enclaves serves the interests of others.

As such, the desperate and vile behaviors of some ghetto-dwellers reflect not merely their personal moral deviance, but also the shortcomings of our society as a whole. "Justice" operates at multiple levels - both individual and social.

Defenders of the current regime put the onus on law-breakers: "If they didn't do the

crimes, they wouldn't have to do the time." Yet a pure ethic of personal responsibility does not and could never justify the current situation. Missing from such an argument is any acknowledgment of social responsibility even for the wrongful acts freely chosen by individual persons.

I am not saying that a criminal has no agency in his behavior. Rather, I am arguing that the larger society is implicated in a criminal's choices because we have acquiesced to social arrangements that work to our benefit and to his detriment - that shape his consciousness and his sense of identity in a way that the choices he makes (and that we must condemn) are nevertheless compelling to him.

Millions fall into health care gap

Continued from 2A

About seven years ago, Green was diagnosed with degenerative disc disease, the breakdown, bulging or tearing in the spine's flexible cartilage discs, as well as the narrowing of the spinal canal that houses the spinal cord. The worn discs put pressure on the spinal cord and surrounding nerves, which leads to chronic pain and nerve damage. "You learn to cope," Green

said. "You just have to move; it's worse if you don't. By the end of the day, I'm completely exhausted from coping with the pain. When I get home, I just go to bed. Sleep becomes your only relief."

And that's only if his sleep apnea and GERD (a severe form of acid reflux) are tolerable enough to let him get a good night's rest. Fortunately, his lifelong asthma and heart condition rarely give him any trouble.

Green, who is uninsured and ineligible for Medicaid, can afford neither a doctor's visit nor the resulting treatments or prescriptions. According to his home state of Georgia, his monthly income - \$850 by his account and inexplicably around \$2,000 by theirs - is enough to afford health care without the assistance of Medicaid, the federal insurance program for low-income families and individuals.



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The state of minority women

By Farah Ahmad
and Sarah Iverson
SPECIAL TO THE TRIBUNE

victories for women's rights after winning the right to vote, equal pay and reproductive rights. While women have continued to organize for collective gains into the 21st century, the benefits of those achievements have not been equally shared. Over time, those gaps have expanded into wide and deep inequalities for minority women.

Despite making meaningful gains in education and entrepreneurship, minority women face unique challenges, especially in regards to their economic security. This is profoundly troubling given our nation's changing demographics and the fact that women of color will make up 53 percent of the population by 2050.

Hispanic women will lead this growth, increasing from a share of 16.7 percent of the female population in 2015 to 25.7 percent in 2050. Asian women's share of the female population will similarly grow by 80 percent, from 5.3 percent in 2015 to 7.8 percent in 2050. Black women's share of the female population will grow from 12.8 percent to 13.3 percent during the same time period.

The share of women who identify with two or more races will also grow, increasing from 2.1 percent in 2015 to 4.1 percent in 2050. White women, however, will drop from 61.8 percent of the female population in 2015 to 47 percent in 2050.

The Affordable Care Act is an example of what can be done to address the challenges that minority women. This law has the potential to improve the disproportionately poor health of women of color through better access to affordable health insurance and health services. Improved health can increase the livelihood as poor health can impact one's ability to work or attain an education, and thus affects an individual's and a family's economic security. Healthier people contribute to a robust workforce, which, in turn, strengthens the economy.

Minority women will need to be much better prepared than they are today, with more educational and training opportunities that will ensure that the United States can fill the high-impact jobs it seeks to create. Today, minority women lag behind both white women and their male counterparts in a number of indicators that gauge their economic security. These inequalities not only put individuals and families at risk, but they also put the health of our economy at risk by creating an unprepared workforce and reducing the people's purchasing power.

Moreover, while many conversations in the mainstream media suggest that minority women are a monolithic entity, it is important to note that they are a diverse group with a variety of experiences. We acknowledge the limitations of this report.

This report examines the current state of minority women in the U.S. across various indicators of prosperity, given trends over the past two decades. The report also focuses on recent changes from the start of the Great Recession in 2007 through the recovery, which began in June 2009, to the present day. Where available, we offer specific data points on various racial and ethnic groups as we present the issues of greatest importance to minority women] in the following key areas:

- Economic security
- Poverty
- Health
- Educational attainment
- Political leadership
- Entrepreneurship

This report also seeks to describe the landscape, including the economic and health insecurities they face, as well as the progress that has been made in areas such as education and entrepreneurship. In the final section of the report, we present policy opportunities that exist to improve their lives and, in turn, strengthen the U.S. economy so that everyone can benefit from the country's prosperity.

Farah Ahmad is a policy analyst for Progress 2050 at the Center for American Progress. Sarah Iverson is a former intern with Progress 2050.



Send letters and editorials to The Triangle Tribune via e-mail at info@triangletribune.com. We edit for grammar, clarity and space. Include your name and daytime phone number.

Serve our veterans with respect

By DANIEL M. DELLINGER
SPECIAL TO THE TRIBUNE

But there is one number that stands out and it has nothing to do with the debate over the federal budget.

More than one a day. That is how many members of our active-duty military, National Guard and Reserve forces have committed suicide over the last year. Simply put, we are losing more service members by their own hands than we are by the enemy in Afghanistan.

Only those who experienced firsthand the horrors of combat can understand why most of these young men and women feel compelled to take such drastic and permanent measures. As Veterans Day ceremonies and parades occur throughout the country, it

is important that we commit ourselves to do everything possible to prevent these needless and tragic deaths.

We are their friends, their family, their co-workers and their neighbors. It is up to us to ensure that every veteran feels his fellow Americans appreciates his service to this country. There are many tangible ways that we can acknowledge their sacrifice, but the easiest is to simply say "Thank you for what you have done for our country."

If he is showing signs of unhappiness or depression, encourage him to seek help through the VA immediately. If she has had difficulty obtaining the benefits that she is entitled to, let her know that The American Legion has thousands of trained service officers nationwide that will help her navigate the bureau-

cracy free of charge.

And if that veteran has made the supreme sacrifice, remember the price that has been paid for our freedom and offer your support to the loved ones left behind.

But Veterans Day is a time to honor not just those who have fought for us in battle, but, in fact, all of the outstanding men and women who served in our nation's Armed Forces since our founding more than 237 years ago. Not all veterans have seen war, but a common bond that they share is an oath in which they expressed their willingness to die defending this nation.

Perhaps most significant in preserving our way of life are the battles that America does not have to fight because those who wish us harm sink away in fear of the Navy aircraft carrier, the Coast Guard

the Air Force fighter squadron or the Army soldier on patrol. Or they have heard the words that recently retired General James Mattis shared with his Marines: "Be polite. Be professional. But have a plan to kill everybody you meet."

While we should all be grateful for the remarkable advancements made in military medicine and prosthetics, the fighting spirit and inspirational stories of our veterans are not due to technology. These traits come from the heart.

And many of these veterans are women such as Army Chief Warrant Officer Lori Hill. While piloting her helicopter over Iraq in 2006, she maneuvered her chopper to draw enemy gunfire away from another helicopter and provide suppressive fire for troops on the ground. Despite flying a damaged aircraft and suffering injuries, she landed the helicopter safely, saving her crew. For her actions, she became the first woman to receive the Distinguished Flying Cross.

Women are major contributors to our military presence in Afghanistan, and many have given their lives in the War on Terrorism. The American Legion recently issued a report calling upon the VA to improve its response to the unique needs of women veterans.

The VA and military health systems need to adequately treat breast and cervical cancer as well as trauma that resulted from domestic violence, sexual harassment and assault. America is home to more than 1.2 million women veterans and they deserve our support.

Daniel M. Dellinger is national commander of American Legion.



Selling out and buying into economics

During the enslavement period of Africans in America, the Meritorious Manumission Act of 1710 was enacted in Virginia. It was the legal act of freeing a slave for "good deeds," as defined by the national public policy, and could be granted to a slave who saved the life of a white master or his property, invented something from which a slave master could make a profit, or "snatched" on a fellow slave who was planning a slave rebellion.



JAMES CLINGMAN

Let's assume that's where the term "selling out" came from.

Three hundred years later, black folks are still dealing with sellouts, but I think we should take a different look at this issue. Selling out is a very negative term, especially among black people, but for those who sell out, it seems to be a very profitable term.

Some of our prominent black spokespersons are very well off financially because they sold out. They started out as strong black advocates and ac-

tivists, and now they are nothing more than sycophants for various causes, political parties, businesses and politicians.

I have often been told that everyone has a number, a price they would accept. I wonder what the number was for Marcus Garvey; I wonder if he even had a number. When I listen to his speeches and read his papers, I doubt it.

Also, I think about Martin Luther King and how much it would have taken for him to sell out. Although many do have a special number, there have been and still are some who did not and seemingly will not, no matter what.

That's where economic empowerment applies. The more self-reliant we are, the less apt we are to sell out because we have our own economic independence and cannot be bought. Oh that our leaders were all economically secure and had a high level of consciousness; where would we be now?

Some of our "leaders" are known for selling us out, and we know who they are. I don't know how they are sleeping, but I know they are eating pretty well from having done so. They rail against "the man"

or criticize us in order to obtain their manumission. The question is: Are they really to blame for our demise? As I said, we know who they are.

This brings me to the second part of this article's title - the buying in part. Some of us, despite knowing who the culprits are, are like Pavlov's dog, salivating at every word they speak and hoping for a treat or some other reward because we have been so obedient to them. So who's the real culprit in the sell-out game? The one selling out or the one(s) buying in?

We will always be sold out if we keep buying in to the empty rhetoric and promises of good times to come. We will continue to complain about the sellouts, but we will also continue to be left out of the prosperity they enjoy. Carter G. Woodson said, "Negroes choose their leaders but unfortunately they are too often of the wrong kind. Negroes do not readily follow persons with constructive programs. Almost any sort of exciting appeal or trivial matter presented to them may receive immediate attention and temporarily at least liberal support."

We choose and follow sellouts with great zeal, so we should stop blaming them and

start blaming ourselves.

The sell-out/buy-in game is most prevalent in political circles, or at least connected to politics in some way or another. Black people are divided over the most trivial political issues. Blacks are also divided over personalities, and as Woodson said, we usually go with the misleading, do-nothing politicians and the ones who are scared to make waves. You know the type: docile, non-threatening, scratching and grinning, and all talk but no action. But so what? They are gettin' paid and lovin' it.

The point is that we should stop concentrating so much on who is selling out and spend more time dealing with the fact that many of us are buying into what they say and do. We must be critical thinkers and let these manumission seekers know that while they may continue to sell out, we will not continue to follow them. That's on us, brothers and sisters, not them.

Jim Clingman, founder of the Greater Cincinnati African American Chamber of Commerce, is an adjunct professor at the University of Cincinnati.

OUR VOICES

Poor whites are blaming the wrong people

I read a sad article in the Washington Post last month. It concerned the base of the tea party movement and specifically focused on some economically distressed whites living in Georgia.

They, like many other residents of tea party-controlled Congressional districts, are suffering under the weight of an economy that will not get fully in gear. Who do they blame? Obama. Who do they support? Congressional representatives who wanted to close down government.

It was striking in reading this piece, and later reading something on the polarization of wealth on this planet, that these economically precarious whites have concluded that Obama, particularly through the Affordable Health care Act, somehow is worsening the economy for them.

If the residents of these districts were angry about the po-

larization of wealth; if they were angry that Obama has not done enough; if they were angry that corporate America was using them as a doormat, I could understand. But to jump from their economic problems to supporting the very same people who are destroying their lives can only be understood through the prism of race.

The one thing that you will not get out of me is a defense of President Obama on much of the economy or on foreign policy. But I believe in speaking the truth, and specifically being clear on the real source of our problems. Those white residents may not be aware that the living standard for the average working person has been declining since the mid-1970s. They may not be aware that the Republican Party that calls upon them every election season has advanced economic policies that push them further into debt and poverty

than ever before. They may not be aware that the global economy is against working people. They may also be only slightly aware that the financial powerhouses will do all that they can to sway Democratic and Republican politicians in order to protect their pots of gold.

Yet it is easier to see in the black president the representative of all that they hate and fear. It is easier to see in the black president the threat to their future since he represents the unknown. It is easier

to see in the black president the easiest target in order to explain why their lives are so miserable. And it is easier to target a black president than to come to grips with a very simple fact: The rich white elite does not give a cuss about their sorry rear ends - just so long as they keep voting Republican every election season.

Bill Fletcher Jr. is a senior scholar with the Institute for Policy Studies.



Business

ENERGY FORUM

A forum on American-made energy is Nov. 12, 7 p.m. at Levin Jewish Community Center, 1937 W. Cornwallis Road. Visit www.iconlectureseries.com

ANNUAL MEETING

Downtown Durham Inc. will host its annual meeting Nov. 13, 11:30 a.m. to 1 p.m. at Durham Convention Center.

BUSINESS HALL OF FAME

Chapel Hill-Carrboro Chamber of Commerce will induct 12 business leaders and families into its Business Hall of Fame Nov. 13, 6:30 to 9:30 p.m. at The Carolina Inn. Contact: Laura Morrison at (919) 357-9989 or lmorrison@carolinachamber.org.

GRAND OPENING

Harris Teeter will hold a grand opening of its latest store Nov. 13, 8 a.m. at 2017 Hillsborough Road in Durham.

ANNUAL MEETING

Self-Help Credit Union will hold its annual meeting Nov. 13, 6-8 p.m. at Maureen Joy Charter School, 107 S. Driver St. RSVP to Kristen Cox at Kristen.cox@self-help.org.

MINORITY NETWORKING

RDU Airport Authority will host a Meet the Buyers networking session Nov. 14, 9 to 11 a.m. at RDU, 1000 Trade Drive. Register at www.carolinasmcdc.org.

MEET & GREET

Raleigh Chamber will host a Meet & Greet Nov. 14, 8 to 10:30 a.m. at North Hills Club, 4828 Yadkin Drive. RSVP to 664-7063.

GRAND OPENING

Firebirds Morrisville will host the grand opening of its new restaurant Nov. 14, 10:45 a.m. at 3200 Village Market Place Drive. Call (919) 653-0111.

HEALTH CARE CONFERENCE

The third annual Healthcare Conference at UNC Chapel Hill is Nov. 15, 8 a.m. to 5 p.m. in the McColl Building. Register at <http://kfbshhealthcare.org>.

DRESS SALE

Dress for Success Triangle will hold its quarterly Inventory Excess Sale for the public Nov. 16, 10 a.m. to 5 p.m. at Northgate Mall, 1058 W. Club Blvd.

COFFEE NETWORKING

Morrisville Chamber of Commerce will host its next Coffee and Connections networking event Nov. 21, 7:30 to 8:30 a.m. at the chamber, 260 Town Hall Drive, Suite A. Visit www.MorrisvilleChamber.org.

LAUNCH CHAPEL HILL

Launch Chapel Hill is accepting applications for the Winter 2014 Accelerator program through Nov. 22. Learn more at www.launchchapelhill.com

EXPANSION

AW North Carolina is expanding its Treyburn facility in Durham County. The automotive transmission components manufacturer plans to create 56 jobs and invest over \$112 million.

Send your business news to info@triangletribune.com.

Nation's housing recovery far from equal Concentrated foreclosures and delinquencies still evident

By Charlene Crowell
NATIONAL NEWSPAPER PUBLISHERS ASSOCIATION

With the annual holiday season approaching, many across the country will soon be celebrating with families and loved ones. Many such gatherings will toast the season and its blessings.

But for families still troubled by delinquent mortgages and foreclosures, this time of year has another meaning. These consumers are wondering if they will have a home this holiday season.

Although September marked the 23rd consecutive monthly drop in the nation's foreclosures, approximately 902,000 homes remained in some state of foreclosure. Additionally, mortgage delinquencies, the omen of the likelihood of foreclosure, has troubled states and metro areas, according to new data released by CoreLogic, a leading residential property information, analytics and services

provider.

On the foreclosure front, 51,000 foreclosures were completed in September. Since the September 2008 onset of the housing crisis, 4.6 million foreclosures have occurred nationwide. By comparing September 2012 foreclosures to those of last month, the nation saw a 39 percent decline or 448,000 fewer lost homes.

But if you live in Florida, California, Texas, Michigan or Georgia, you are a resident of one of the five states with the highest number of completed foreclosures during the past 12 months. In fact, these states accounted for almost half of all completed foreclosures nationally. Florida alone had 115,312 completed foreclosures. North Carolina (27,135), Arizona (24,269), Washington (20,547), Tennessee (19,710), Missouri (13,654) and Virginia (13,130) complete the list of the 10 highest states with completed foreclosures in this same

time span.

CoreLogic also analyzed foreclosures in metro areas. The five highest areas with completed foreclosures - again over the past 12 months - were Atlanta (24,309), Chicago (20,347), Tampa -St. Petersburg (15,754), Phoenix (14,821) and Orlando (12,062).

Additionally, 63 percent of Georgia's foreclosures were in the Atlanta-Sandy Springs-Marietta Metropolitan Statistical Area. Similarly in Arizona, 62 percent of the state's foreclosures were in the Phoenix-Mesa-Glendale MSA.

Delinquencies - mortgages that are 90 days or more in arrears - show an even broader effect. The national average of seriously delinquent mortgages stands at 5.2 percent. Yet 13 states have delinquencies above that of the national average. The states with the highest percentages of delinquencies are Florida (11.9 percent), New Jersey (10.6 percent),

Nevada (8.1 percent), New York (7.9 percent) and Maryland (7.2 percent).

Similarly, the same metro areas that exceeded the national average for a percentage of seriously delinquent mortgages were the same as those with the highest number of completed foreclosures - but with one disturbing addition. Citywide in Cincinnati, one of every 729 homes is in foreclosure. Yet in two zip codes, foreclosure rates are doubled that of the city.

In other words, financial recovery from the housing crisis is uneven nationwide. Many metro areas remain troubled by foreclosures, falling property values and delinquencies. These ills, in turn, fiscally handicap municipal governments when they are most in need of assistance. As municipal tax collections dwindle, so does the financial capability of local governments.

Although historically, homeownership has been a

reliable method for families to build wealth, the risky and high-cost subprime lending that operated absent of regulation is the central reason why many communities still suffer with housing woes. Key regulations that take effect in January 2014 are intended to prevent the return of no-documentation loans while ensuring the ability to repay mortgages.

In the meantime, consumers with mortgage lending or servicing problems can receive assistance from the Consume Financial Protection Bureau. Online access to mortgage complaint forms is available at www.consumerfinance.gov. In higher education discussions, many have said "Leave no child behind." When it comes to housing, "No family should be left behind" either.

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



Ronald C. Parker, president and CEO of The Executive Leadership Council and Foundation (l), presents Dr. Debra Saunders-White (second from right) N.C. Central chancellor, a \$350,000 grant for a youth education program. Also participating were Lynton Scotland, Michael C. Hyter, chairman of The Executive Leadership Foundation board and managing director, Korn/Ferry International; and Tracey Gray-Walker. (Photo by Imagine Photography)

NCCU summer business academy receives award

STAFF REPORTS

ALEXANDRIA, Va. — The Executive Leadership Foundation awarded N.C. Central a grant of \$350,000 last month during its annual Recognition Gala.

The grant was provided under ELF's Community Impact Initiative, a national program aimed at closing the achievement gap among black middle and high school students.

Previous grantees include INROADS, LEAD and A Better Chance.

NCCU Chancellor Debra Saunders-White accepted the award, which will support the university's Summer Youth Business & Entrepreneurship Academy.

"Through our Community Impact Initiative, we are making a strategic investment in the next generation of business

leaders, providing more than \$1 million in just three years to deserving grantees," said Ronald C. Parker, president and CEO of The Executive Leadership Council and Foundation. "We are pleased to expand our impact and reach by providing this grant."

The NCCU School of Business and ELF are aligned around the goal of preparing students for career success

and global leadership. Under the academy, high school sophomores and juniors take part in a two-week, non-residential business and entrepreneurship immersion program. Students participate in lectures, corporate visits and a case competition, where they work in teams to prepare a business plan. A panel of judges from the business community evaluates the plan and

awards a prize to the winning team.

"This generous gift will enable NCCU to invest in training for the next generation of business leaders, entrepreneurs and scholars," Saunders-White said. "We are thankful to the ELF for supporting our efforts to build a pipeline of skilled individuals for the workforce in North Carolina and our nation."

Durham entrepreneurs honored

STAFF REPORTS

DURHAM - The Durham Business & Professional Chain held its Business Awards Luncheon last month to recognize the accomplishments, ability and talent of four outstanding Durham entrepreneurs.

The honorees were Elaine Cardin, Jean Orelie, Timothy McIntosh Jr. and Corey Bell.

Cardin received the Business Longevity Award for outstanding business acumen, exceptional ability and sustained performance for over 20 years. She is the owner of Lakewood Hairquarters & Retail Inc., and has been one of Durham's top performing hair care businesses for over 33 years. She is

1979 graduate of DeShazor's Beauty College in Durham.

Orelie received the Business Achievement Award for business growth. She is CEO of SciMetrika, a Durham-based, privately-held, scientific research company with a singular focus on improving human health conditions around the globe. Founded in 2001, the company's steady performance is reflected in its regular inclusion on national and local lists of fast-growing businesses.

McIntosh Jr. was presented a New Business Award. McIntosh, Jr. is the managing partner of Park West Barber School, one of the fastest growing barber schools in North



Latrice McFadden of the Durham Business & Professional Chain presents the awards (left to right) to Elaine Cardin, Jean Orelie and Corey Bell.

Carolina and in the southeast. He is a professional barber who has owned and operated hair salons and barbershops during his career. Park West Barber School recently relocated to 4853 NC Hwy 55 and has plans to expand into Charlotte and Birmingham, Ala.

Bell received a New Business Award. He is a partner of Park West Barber School. He is a graduate of UNC-Chapel Hill and the Rites of Passage program of the Durham Business & Professional Chain.

The Durham Business & Professional Chain is Durham's

oldest African-American business advocacy organization. Founded in 1937 as a member of the National Business League, its mission is wealth creation for black entrepreneurs. The Chain is located at 908 Fayetteville Street, Suite 202, Durham.

ADOPT US!



Adrionte, 6
Da'Marion, 5

Adrionte is an active 6 year old. He enjoys playing with his brother and playing all types of sports: Football, basketball and soccer are his favorite sports.

Da'Marion also enjoys playing soccer and other sports with his brother. He is also a great eater and loves breakfast foods. Adrionte and Da'Marion can both be disrespectful and exhibit temper tantrums and misbehave when they do not get their way.

Adrionte is in kindergarten for the second time. He has some minor speech delays that are currently being addressed in the school setting through speech therapy. Da'Marion just started kindergarten and appears to be on target developmentally.

Both are available as a sibling pair and should be adopted together. A family that can provide a strong male role model will benefit these boys the most. The ideal family can offer a safe, stable and loving home where they can grow into productive young men.

Older children in the home will work well, and Adrionte and Da'Marion should be the youngest in a family as they will require a lot of time and positive energy.

If you are interested in adopting Adrionte and Da'Marion or other children in foster care, call 1-877-NCKIDS-1.

Durham Dynamics



Volunteers assist with the playground reconstruction on Oakwood Avenue

STAFF REPORTS

Children near Oakwood Avenue in Durham now have a place to play. The new playground was fully assembled in less than eight hours with the help of more than 200 city of Durham and Keep Durham Beautiful volunteers, ABC11, Disney VolunTEARS, KaBOOM! organizers and local residents. The playground will provide hundreds of children with a safe place to play.

"A new playground at Oakwood Park will be very much appreciated and well used by the neighborhood and surrounding areas," said Rhonda B. Parker, director of Durham Parks and Recreation.

Since 1996, KaBOOM! has used its innovative community-build model to bring together community interests and business to construct more than 2,300 new places to play across North America.

"Every child deserves to have a great place to play, and we're thrilled to continue our work with Disney in striving toward that goal," KaBOOM! Founder/CEO Darell Hammond said.

The new playground is one of dozens made possible with support from Disney to inspire kids to lead healthier lifestyles. By the end of 2013, Disney's support will bring the magic of play to over 50,000 kids and families.

Capital Oaks Retirement Resort breaks ground

STAFF REPORTS

RALEIGH - Capital Oaks Retirement Resort will hold a groundbreaking celebration Nov. 13 at noon, followed by a reception. Parking will be at Calvary Presbyterian Church, 6520 Ray Road. The public is invited.

Construction is underway for this \$27.76 million luxury apartment community and is expected for a fall 2014 completion.

Month-to-month rent for studio, one-, two- and three-bedroom suites provides all-inclusive services, including a Freedom Style Dining Program, paid utilities, 24/7 concierge services, housekeeping and resident managers.

Onsite 24/7 staff will provide services such as transportation and valet parking. Home health care contractors are welcome onsite. The independent living community delivers a resort-like lifestyle to its residents, including garages, custom chef-prepared meals and myriad entertainment options. For more information, contact Karla Frese at 784-0099 or visit www.CapitalOaksRetirement.com.

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The Triangle
TRIBUNE

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Nurse home visits lead to drop in emergency care

STAFF REPORTS

DURHAM - Home visits from a nurse are a proven, but expensive, way to help newborns get a good start in life.

New research from Duke University suggests that less costly home visiting programs can reach more families and still produce significant health care improvements. Infants in the study had 50 percent fewer emergency care episodes than other babies in the first year of life.

"For a relatively small investment, the reward is significant," said lead author Kenneth A. Dodge, the William McDougall Professor of Public Policy and director of Duke's Center for Child and Family Policy.

The study, which appeared Nov. 1 in a special issue of Pediatrics devoted to home visiting, looks at Durham Connects, a program that provides home visits for newborns and their parents in Durham. Authors Dodge and Benjamin Goodman, a Duke research scientist, found that participating families visited the emergency room less often than control group families and had fewer overnight hospital stays. The results held true a year after birth, well after the nurse's contact with the family had ended.

The findings have significant cost implications because the price of hospital emergency room visits and overnight stays often ranges into the thousands of dollars. By contrast, the Durham Connects program costs an average of \$700 per family.

The Affordable Care Act includes funding for home visiting programs. In September, the federal Department of Health and Human Services announced \$69.7 million in grants to expand home visiting services in 13 states.

But home visiting encompasses a wide array of

approaches. Many programs are intensive, multi-year efforts targeted to poor families that can cost \$4,000 per family or more. By contrast, Durham Connects costs less because it is relatively brief and makes extensive use of referrals.

The program was developed by Duke University in partnership with the Durham County Health Department and the Center for Child and Family Health. A nurse visits new parents soon after their newborn comes home from the hospital, checks the mother's and baby's health, and offers the parents tips on topics such as breastfeeding and child care. Nurses also screen for potential problems such as maternal depression.

But the nurses are not primarily case-workers. Instead, they serve to link families who need help with appropriate community services over a series of one to three home visits.

To gauge the program's effects, the Duke research team designed a study that divided into two groups all of the 4,777 babies born in Durham County between July 1, 2009, and Dec. 31,

2010. Those born on even dates were offered the program, while those born on odd dates were not. The authors then analyzed medical records for a random subsample of those families.

In addition to an overall reduction in emergency care episodes, the authors found that all the subgroups studied saw a decrease in use of emergency care. While some groups benefited more than others, the pattern held true for both single- and two-parent families, for families receiving Medicaid and for privately insured families.

"High-risk families were not the only ones who benefited," Goodman said. "All families benefited. It was great to have this kind of finding almost a full year after the program was implemented."



School News & Notes

WAKE COUNTY

Wakefield High School PTSA will host its 13th annual Mistletoe Market Holiday Fair and fundraiser Nov. 16, 9 a.m. to 4:30 p.m. Over 200 vendors will offer handmade arts & crafts; gifts; jewelry; fresh cut wreaths, garland and Christmas trees from the western part of the state; a bake sale; basket raffle; and food court.

"It's an opportunity to shop without the hassle of Black Friday crowds," said parent Kristy Stevenson, "and you can always find something unique."

Event admission is \$5. Shoppers can receive \$1 off with the donation of a canned food item and children under 12 are free. There will be an ATM with security onsite for convenience.

Attendees are invited to visit the booths of event sponsors Brain Balance Achievement Center, Duke Primary Care, Huntington Learning Center, Park Centre Spa and Riccobene Associates Family Dentistry. For more information, visit www.wakefieldconnects.org/mistletoemarket.html or Facebook.

Third grade is the crossroads for success

By Stephanie Carroll
Carson

N.C. NEWS SERVICE

RALEIGH - Third grade is the make-or-break point when it comes to a child's success, according to a new report by the Annie E. Casey Foundation, and a majority of children are missing the mark. The new analysis found that only 36 percent of third-graders are on track with cognitive development.

In North Carolina, funding for early care and learning programs such as Smart Start and pre-K has decreased by \$101 million since 2009.

Tracy Zimmerman, director of strategic communications, NC Early Childhood Foundation, explained why third grade is so crucial.

"Children really go from learning to read to reading to learn. What we know about third grade now is that where you are in third grade is a significant predictor of your future academic achievement," she said.

The NC Supreme Court is considering arguments in a case that will decide if the state must pay for preschool for at-risk students. If the court decides it is an obligation of the state, that could require North Carolina to accommodate 60,000 children at a cost of \$300 million annually.

In addition to early learning, the report finds that social and emotional skills also help secure success for children. Laura Speer with the Annie E. Casey Foundation said enabling parents to expand their involvement in their children's lives can help foster that skill set.

"Having the flexible work schedule - it's so important. Also things like providing paid sick leave for parents could make a huge, huge difference," Speer said.

Policy recommendations from the report include programs to support parents so they can care and provide for their children, increase access to early childhood education for low-income children and develop programs that support a child's transition to elementary school.

The achievement gap between low-income children also is pronounced when it comes to early childhood education: Only 19 percent of children below 200 percent of the poverty level have age-appropriate cognitive skills by third grade.

Shaw students find training is easy



PHOTO/UNIQUE STAGGERS

Shaw students in the mass communications department. Department Chair Cassandra Mitchell is last row, third from left.

By Unique Staggars

SPECIAL TO THE TRIBUNE

RALEIGH - Shaw students are finding mass communications to be a program that allows them to show their unique and creative talents while teaching them the basics of the field. They are learning that without good training, nothing can successfully work for the greater good.

Students are now a part of key partnerships that have been rekindled with the Raleigh Television Network, WSHA-FM and The Triangle Tribune to afford them firsthand knowledge of what it takes to be a journalist.

With the RTN venture, students are learning the ins and outs of video production, and being in front of and behind the camera. Students, who are becoming certified as community producers, are in the studio creating a new student-focused television program that will tell the community all the good things happening campus. The new show, "What's Up at Shaw U!" is being produced by seniors enrolled in a capstone course at the university and will be featured on the Time Warner Cable Channel 18.

"Quiet on the set... In 5-4-3..." shouted floor director Shauntae Mae Alexander as she readied the set for the first production. "I see this as a very important learning experience, but it's really kinda fun," she said.

Mae is one of the upperclassmen enrolled in the mass communications practicum. "We're excited about all of the possibilities. Developing 'What's Up at Shaw U' and taking it from an idea to a complete

production has allowed students to apply all of the skills they have learned in classes," said department chair Cassandra Mitchell and adviser of all student-run publications. "From producing and interviewing to editing and graphic creation, students will have a portfolio that they can use when applying for jobs in the industry and for that reason, I am pleased."

Another platform is WSHA 88.9 FM, the official, public access radio station licensed to Shaw. Students wow the crowd on Saturday nights from 8 p.m. to 1 a.m. on the student-produced show "The Blaze."

The Blaze discusses topics that range from social, economic, relationship, current events and much more from a student's perspective. "It's a great time for Shaw students, and we are certainly hoping to continue the momentum as we work with other media outlets," Mitchell said. "We are seeing great strides even with our print journalism branch of the program."

Print journalism students are collaborating with the Triangle Tribune to showcase their articles. Students enrolled in feature writing and reporting & writing courses are participating and gaining experience and insight into all phases of print journalism.

They are being trained in a variety of specific functions, including reporting, editing, photography, editorial writing, management, marketing and graphic design. They are enjoying opportunities to strengthen their communication skills while seeing their work become visible to the community.

South title up for grabs

There will be a new CIAA North representative in the championship game on Nov. 16 in Winston-Salem. With the regular season ending this weekend, Virginia State has a two-game lead over second-place Elizabeth City State.

The Trojans have had a remarkable season under first-year head coach Latrell Scott. VSU is ranked for the first time in school history. The American Football Coaches Association has the team at No. 25, while Winston-Salem State moved up two notches at No. 11. The Trojans only loss was to Benedict in the New York Urban League Classic.

Somewhere former VSU coach Andrew Faison has to be gritting his teeth. Scott is winning with the majority of his recruits. The Trojans advanced to the title game once under his 11-year tenure - a 14-7 loss to Shaw in 2010. What Scott is doing now is what folks expected of Faison every year.

Fans don't want to hear about injuries or a lack of scholarships - even though they aren't giving any money. They just want to win, baby.

I almost feel sorry for Scott. What is he going to do for an encore after this?

On the other side of town in the CIAA South, another first-year coach is in the thick of the division hunt.

Fayetteville State coach Lawrence Kershaw and his Broncos were picked to finish ninth, but here they are, one win from tying Winston-Salem State for first place. If that happens, the tiebreaker is head-to-head competition in the division and that would go to the Broncos.

The CIAA is weird when it comes to football. Not all conference matchups count in the conference standings. The Broncos lost to Virginia State by one point in September, but that game and the win against Virginia Union only count in the overall standings, not conference. FSU's lone conference loss is to Shaw.

So you must know how Shaw coach Robert Massey is feeling about now.

Massey was one minute away from knocking off the Rams - in Winston. If his team had won, and the Broncos win this weekend, Shaw would be the division champs with a victory over St. Augustine's.

"The disappointment - I feel like I let everybody down," Massey said. "If we had gotten two first downs, we would have won the game. Give them credit, their defense stopped us. But I'd rather be where I am today than where I was last year this time."

Depending on the WSSU/FSU outcome, Massey is hoping for an extended season. Win or lose, the Rams are going to the NCAA Division II playoffs. At No. 5 in the Super Regional One poll, the Trojans have a shot since the top six teams earn playoff berths.

But earned access is also a factor. It assures a conference with a team ranked in the final top 10 to receive one of the six spots in the championship field from that region.

"We have to cheer for Winston to win so that would give us the same record as Fayetteville," Massey said. "And since we've already beaten them, I'm hoping that, if we win Saturday, we will be given consideration for the Pioneer Bowl."

It doesn't get any bigger.



BONITTA BEST

Sports

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The Triangle TRIBUNE

SUNDAY, NOV. 10, 2013 - SECTION B

COLLEGE FOOTBALL

Southeast Raleigh showdown in Durham



Shaw cornerback Darnell Evans and St. Aug's linebacker Shonquez Nelson (on ground) are terrorizing opposing quarterbacks.

By Bonitta Best

editor@triangletribune.com

The CIAA regular season concludes this weekend with the South Division title on the line.

Winston-Salem State, which is ranked No. 3 in the latest NCAA regional rankings and No. 11 in the AFCA poll, will host Fayetteville State. The Broncos are a game behind and need a win to force a tiebreaker.

At Livingstone, Daryl Williams had the interim tag removed despite the Blue Bears 2-7 record.

"We have had an opportunity to observe Coach Williams as offensive coordinator and as interim head coach, and we have been thoroughly impressed with his integrity and his focus on the development of student-athletes," President Jimmy R. Jenkins Sr. said.

Virginia State (8-1), which has the North Division wrapped up with a two-game lead, is nationally ranked for the first

time in school history. The Trojans are No. 25 in the AFCA poll.

St. Augustine's (3-3, 4-5) vs. Shaw (3-3, 5-4)

The Falcons and Bears are out of the title race, but records mean nothing when these two archrivals meet. Shaw will be seeking revenge after St. Aug's overcame a double-digit deficit last season to win on a last-second touchdown.

The loss denied a .500 season for first-year head coach Robert Massey.

Shaw is coming off a heart-breaking loss to the Rams. The Bears rallied from a 21-point deficit to take a three-point lead in the fourth quarter, but Winston scored the winning touchdown with just under a minute left to remain undefeated in the conference.

St. Aug's broke a two-game losing streak with a hard-fought 13-6 victory over Johnson C. Smith. Redshirt

freshman quarterback Cyril Davis rallied the Falcons, who trailed 6-0 at halftime, with two TD passes in the second half.

"He did a good job," coach Michael Costa said. "Once he starts working more with the first team and gets his timing down, I'm pretty sure he'll do even better."

Timing will be everything if Davis wants to keep the ball out of the hands of Shaw cornerback Darnell Evans. Evans, who leads Division II in interceptions, snagged two more against the Rams to bring his season total to 10. He will play his final game as a Bear Saturday at Durham County Stadium.

"He is an exceptional young man," Shaw coach Robert Massey said. "And he's even a better man than he is a football player. He leads by example and is the best defensive back I've ever coached."

Notes: Shaw running back Marquise Grizzle needs just

five yards to break Shaw's single-season rushing record.

N.C. Central (2-3, 4-5) vs. Hampton (3-2, 3-6)

The Eagles final three regular season opponents have a combined 10-16 record. Despite a disappointing season, and plenty of off-the-field drama, NCCU could close out the year with a respectable 7-5 record - its best finish since 6-4 in 2007.

The Eagles will need to shore up its defense against the Pirates, as No. 13 ranked Bethune-Cookman racked up 436 rushing yards in a 38-14 win to remain undefeated in the MEAC.

Two players who need no adjustments, however, are return specialist Adrian Wilkins and linebacker Tazmon Foster. Wilkins leads the conference in kickoff returns and all-purpose yards, and is the only player in Division I-FCS with four special teams return touchdowns. Foster is second

in the FCS in tackles with 110. "Foster is a special kind of player," interim head coach Dwayne Foster said. "He's one of those players that don't come around very often."

But Hampton has its own special teams and defensive stars in Jorrian Washington and Delbert Tyler. Washington leads the Pirates in rushing and kickoff returns, while Tyler is second behind Foster in tackles with 103.

The Pirates had won three straight before a late-touchdown loss to Morgan State.

"We're not going to take them lightly," Hampton coach Donovan Rose said. "We know special teams is big, and we're going to put a lot of effort into it this week. Can't allow those guys to have big games against us."

The Eagles host Senior Day next Saturday when Norfolk State comes to town. Then it's the regular season finale at N.C. A&T.

COLLEGE BASKETBALL

Eagles ready for elusive MEAC title



PHOTOS/NCCU

Senior guard Emmanuel Chapman will be directing traffic for the Eagles this season.

By Bonitta Best

editor@triangletribune.com

N.C. Central (22-9)

Last season was a record-setting year for the Eagles. Their win total was the best since the program reclassified to Division I. NCCU finished in second place behind two-time division champion Norfolk State with a 15-1 MEAC record.

But all didn't end well, as the team lost in the quarterfinals of the MEAC tournament. To make it worse, the opponent was archrival N.C. A&T, which went on to capture the tournament championship and an automatic bid to the Big Dance. NCCU decided against participating in the postseason CollegenInsider.com

Tournament.

Coach LeVelle Moton lost several of his top scorers, including Stanton Kidd (14.5 points, 6.9 rebounds), who transferred to another program, and senior leader Ray Willis (12 points) who is playing professionally overseas.

But Emmanuel Chapman, the Eagles' engine that gets the offense cranked, returns along with CollegenInsider.com MEAC Player of the Year, Jeremy Ingram (15.7 ppg).

"Jeremy has ascended into the player we thought he would be as a freshman," said Moton whose team is picked to finish third in the conference. "Chapman will become our all-time assists leader this season. He needs 10 more."

"We go as they go and will ride them heavily."

Moton added six recruits to go along with seven veterans. Half - Ramon Eaton (New Mexico Junior College), Reggie Groves (Canisius College) and Jordan Parks (College of Central Florida) - are eligible immediately. But the biggest

returnee is graduate student Ebuka Anyaorah who hasn't played since the sixth game of last season due to a foot injury. The NCAA gave the 6-foot-4 guard one more season of eligibility - barely.

"I came this close (sic) to not getting that extra year," Anyaorah said at last week's press conference. "I will not take this year for granted. I'm going to make the most of it because I'm not even supposed to have it."

Despite not winning the tournament, excitement is high on campus. Chapman said the players can feel it.

"The whole morale and support system is totally different," he said. "If you give people something to watch, they are going to come and watch. Our main goal is to win every day."

NCCU opens its season Nov. 8 at Cincinnati before returning home to host Johnson & Wales Monday night.

St. Augustine's (16-12)

Coach Lonnie Blow is gone -

to Virginia State - and, according to the CIAA coaches, so is any chance for the Falcons this year. St. Aug's was picked to finish last in the always tough CIAA South.

New coach Tony Sheals brings over 20 years of experience as an assistant to various teams. The Falcons job is his first head-coaching gig.

Four players return from last season's team but only one is a starter, senior guard Joel Kindred who averaged 11.1 points. Gone are starters Nick Chamblee, Chris Johnson, Tyquan Stroman and Percy Woods.

Blow and Sheals brought in nine newcomers, including Delaware State transfer Amere May and JUCO transfer Raheem Jolliffe, to join other returnees Jonathon Crawley, Daniel Clark and Aru Kok.

The Falcons host Morris College Monday at 6 p.m.

Shaw (16-11)

Don't expect to see a plethora

See **SHAW/2B**

COLLEGE CORNER

Shaw loses family member in Dr. William M. Spann

Kudos to Virginia Union assistant coach and former player Vicki Collier who signed a professional contract to play in Taiyaun, China. Collier is competing in a four-game tournament that runs through Nov. 14. Joining her are former WNBA players Chasity Melvin, Chamique Holdsclaw and others.

N.C. Central
Basketball season began

Tuesday for the Eagles in an exhibition against Division II Livingstone. Last year, NCCU played Paine College in an exhibition and won. The Eagles didn't win again until February. Hopefully that won't happen this time around, but NCCU didn't even get an exhibition win. The Blue Bears won 56-47. Uh oh! The Eagles season begins for real next Thursday at Presbyterian College.

In volleyball, NCCU ended its

home season with a loss to Florida A&M. The team travels to South Carolina State and Savannah State this weekend to end the regular season. Tourney play begins Nov. 15 at Coppin State.

St. Augustine's

The Falcons closed out their home volleyball schedule with a sweep of Livingstone on Senior Night.

The CIAA tournament begins

this weekend with preliminary rounds on Saturday and Sunday, and the championships next weekend. The Falcons will meet Chowan.

In basketball, the team participates in the Saint Leo Classic next Thursday and Friday in Florida.

Shaw

The campus lost a longtime administrator and supporter Sunday in the death of Dr.

William M. Spann. The 1956 graduate worked at the university for 38 years in a variety of athletic positions, including basketball coach and athletic director. He also oversaw fundraising that brought in tens of thousands of dollars. Our condolences to his family.

MEN

N.C. Central

The football program recent-

ly snagged a sponsor for a classic game over the next two years. The Prince Hall Shriners Foundation will host that game that will also feature diabetes awareness. It will be called the Prince Hall Shriners Diabetes Football Classic. Proceeds will go towards research and public health.

"The partnership with NCCU will help inform education,

See **N.C. CENTRAL/2B**

Shaw basketball

Continued from 1B

ra of Division I and JUCO transfers on coach Cleo Hill's roster this season. Hill, who learned under the master Joel Hopkins when it comes to finding some of the best transfer talent, is taking a different route after the Bears disappointing season.

Shaw was eliminated in the quarterfinals of the CIAA tournament to a Chowan team that had won just six games.

Thus, Hill hit the high school

circuit a little harder this time around.

"It's about senior leadership and chemistry this season," he said. "We have 10 new players. Chemistry is going to be the key and the senior leadership is going to determine that."

Seniors Curtis Hines, Andre Paulk and Derrick Hunter return to lead the pack. Hines started in 19 games and averaged 13.4 points per game. Paul was inserted into the lineup near the end of the season and averaged almost eight

points a game. Hunter was second on the team in assists.

"I thought at the end of the season they played a lot better, particularly Andre," Hill said. "They gained a lot of experience. Curtis hadn't had a chance to come into his own until last season, and Andre had to get adjusted to Division II ball and conference play, but they both really came on in the end."

Shaw opens Nov. 8 at Mt. Olive, followed by Barton the next night.

N.C. Central



Members of the Prince Hall Shriners and NCCU Chancellor Debra Saundra-White (center in black).

Continued from 1B

testing and research as it relates to diabetes," said Lula L. Lang-Jeter, president of the Prince Hall Shriners Foundation. "...This effort helps to support this national priority of the foundation."

St. Augustine's

The Falcons open their basketball season Monday night against Morris College, 6 p.m. at Emery.

Shaw

Former wide receiver Daniel Lee is continuing his profes-

sional career. Lee signed a one-year deal with the Richmond Raiders of the Professional Indoor Football League.

Since league practice doesn't start until February, Lee is continuing his studies at Shaw and will graduate in December.

Now, that's what we're talking about. Go on son and get that degree!



Lee

MEAC MINUTES

Former Pirate Pellerin makes NFL debut



Pellerin

STAFF REPORTS

HAMPTON, Va. - Former Hampton University football standout Micah Pellerin made his NFL Debut Sunday, after being called up from the Dallas Cowboys practice squad prior

to the team's contest against the Minnesota Vikings.

Pellerin originally signed a free-agent contract with the Indianapolis Colts and also spent time on the Green Bay Packers' practice squad. He was a first team all-MEAC se-

lection last season after leading the MEAC with 19 defended passes. He led the conference in passes defended in each of the last two seasons.

Pellerin was tied for seventh on the team in 2011 with 51 tackles, including 29 solo stops, and he was tied for second in the MEAC with four interceptions. His season-high of 10 tackles came on Oct. 8 of that year in a 28-23 win over Princeton.

For his career at Hampton, Pellerin, who transferred to the Pirates from Southern Miss in 2009, recorded 124 total tackles (including 80 solo stops) and seven interceptions. He also defended 43 passes in his career, breaking up 36.

NCDOT TO HOLD PUBLIC MEETING NOV. 19 FOR THE PROPOSED REPLACEMENT OF THE PEACE STREET AND WADE AVENUE BRIDGES ON CAPITAL BOULEVARD IN RALEIGH

TIP Project B-5121 / B-5317

NCDOT proposes to replace two bridges along Capital Boulevard, at Peace Street and at Wade Avenue. Public meetings have been held previously in September 2011 and October 2012. Since the last meeting, the interchange alternatives have been modified to reduce impacts. Currently, two designs are being considered at each interchange. Businesses at the interchanges may be affected, either because of a change in access or because their property will be acquired as part of this project. No residential relocations are anticipated. Maps of the current alternatives will be displayed at the meeting.

Both bridges are currently scheduled for Right of Way acquisition in 2015 and construction in 2016. These dates are tentative and are subject to change.

The meeting will take place on Tuesday, Nov. 19, 2013 at the Duke Energy Center for the Performing Arts, Meymandi Hall Lobby, located at 2 E. South Street in downtown Raleigh. The meeting will be open house-style from 5 to 7 p.m., and project team members will be available to answer questions. There will not be a formal presentation.

Anyone desiring additional information may contact Ahmad Al-Sharawneh, NCDOT Project Manager at (919) 707-6010 or by email at: aalsharawneh@ncdot.gov. The project website for the bridge replacement project(s) is: www.ncdot.gov/projects/CapitalBlvdBridges.

NCDOT will provide auxiliary aids and services under the Americans with Disabilities Act for disabled persons who wish to participate in this workshop. Anyone requiring special services should contact Joyner as early as possible so that arrangements can be made. Persons who speak Spanish and do not speak English, or have a limited ability to read, speak or understand English, may receive interpretive services upon request prior to the meeting by calling 1-800-481-6494.

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FUQUAY-VARINA AND NCDOT TO HOLD PUBLIC MEETING NOV. 14 FOR THE PROPOSED EXTENSION OF JUDD PARKWAY

TIP Project No. U-5317

The Town of Fuquay-Varina, in coordination with the N.C. Department of Transportation, proposes to extend Judd Parkway to complete the loop around Fuquay-Varina, Wake County. The project begins at the intersection of N.C. 42 with Southwest Judd Parkway (nearing completion) and ends at the intersection of N.C. 55 with Wilbon Road/Northeast Judd Parkway.

The proposed 1.8-mile road will be partially on existing Wilbon Road and partially on new location. This section of Judd Parkway will consist of a four-lane roadway with curb and gutter, a grassed median, and four-foot bicycle lanes and a sidewalk on both sides. As part of this project, the existing at-grade railroad crossing on Coley Farm Road will be closed, and an at-grade crossing will be added on the proposed NW Judd Parkway. Longfellow Street will be extended to intersect with the proposed NW Judd Parkway. Three Meadows Road and Bridge Street will be realigned to intersect with NW Judd Parkway at the same location.

Seven alternatives have been considered. Of these, detailed designs have been prepared for the three alternatives with the fewest impacts. A map showing all seven alternative locations will be on display at the public meeting. Project team members will be available to answer questions and receive comments during the meeting.

The meeting will take place on Thursday, Nov. 14 at the Fuquay-Varina Town Hall located at 401 Old Honeycutt Road in Fuquay-Varina. The meeting will be an open house-style meeting from 4 to 7 p.m. Interested citizens may attend any time during the above hours. The opportunity to submit written comments and ask questions will be provided throughout the meeting. Please submit comments by December 13, 2013.

For additional information, contact Tracy Stephenson, Fuquay-Varina Town Engineer at 401 Old Honeycutt Road, Fuquay-Varina, 27526, by phone at (919) 753-1039, or via email at tstephenson@fuquay-varina.org. You may also contact the Town's consultant, Matt West with Kimley-Horn and Associates, at P.O. Box 33068, Raleigh, 27636, by phone at (919) 677-2000, or via email at matthew.west@kimley-horn.com.

NCDOT will provide auxiliary aids and services under the Americans with Disabilities Act for disabled persons who wish to participate in this workshop. Anyone requiring special services should contact Joyner as early as possible so that arrangements can be made. Persons who speak Spanish and do not speak English, or have a limited ability to read, speak or understand English, may receive interpretive services upon request prior to the meeting by calling 1-800-481-6494.



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MEAC Weekly Football Honors

Offensive player: Richard Cue, S.C. State

Stats: Cue connected on 15 of 25 passes for 163 yards with four TDs in the Bulldog's 45-9 win over Savannah State. He also rushed for 128 yards on 17 carries with two TDs on the ground.

Defensive player: Tazmon Foster, N.C. Central

Stats: Foster collected a career-high 18 tackles (12 solo) including two for a loss of 12 yards with one solo sack against Bethune. He also forced a fumble at the 1-yard line to prevent a touchdown.

Co-rookie: Tarik Cohen, N.C. A&T

Stats: Cohen had 130 yards rushing and one TD against Va. of Lynchburg. He recorded 92 of his rushing yards in the second half.

Co-rookie: Antonio Jefferson, Morgan State

Stats: Jefferson caught a game-high 140 yards on six receptions in the Bears' 30-27 win over Hampton. He recorded the most reception yards in 11 seasons.

SWAC Weekly Football Honors

Offensive player: Johnathan Williams, Grambling

Stats: Williams accounted for seven TDs to help Grambling snap a 15-game skid. He tallied 319 of the Tigers' 407 total yards.

Defensive player: Brandon Thomas, Texas Southern

Stats: Thomas led all defenders with 13 (8 solo) tackles. He added 3.5 tackles for a loss, one interception, one fumble recovery and two pass breakups.

Newcomer: Patrick Ivy, Mississippi Valley State

Stats: Ivy completed 15 of 35 passes for 266 yards and two TDs while rushing for a pair.

Specialist: Rashad Anderson, Alabama A&M

Stats: Anderson posted 245 yards on six punts with a career long of 65 yards

CIAA Weekly Football Honors

Receiver: Brian Richards, St. Augustine's

Stats: Richards caught six passes for 154 yards and one TD in a 13-6 win over JCSU. Richards is the school's career receptions leader.

Defensive back: Darnell Evans, Shaw

Stats: Evans leads DII in interceptions with 10. He returned the second pick against the Rams 88 yards for a TD, and had 104 total interception return yards. He also had four tackles and a forced fumble.

Defensive lineman: Evan Strange, Shaw

Stats: Strange led the Bears in tackles with 11, including nine solo hits. Four of those tackles were for a loss and one was a sack.

Rookie: Cyril Davis, St. Aug's

Stats: Davis came off the bench and threw two TD passes to lead St. Aug to a 13-6 win over JCSU. He completed 6 of 13 passes for 187 yards, 2 TDs and 2 interceptions. He was not sacked in the first game of his career.

SIAC Weekly Football Honors

Offensive player: Chris Rini, Lane

Stats: The SIAC's top passer connected on 20 of 30 passes for 266 yards and five TDs in the Dragons 38-28 victory over Kentucky State.

Newcomer: Lake McGuffie, Morehouse

Stats: The freshman caught eight passes for 187 yards, which put him seventh place in the Morehouse record book for most receiving yards in one game.

Defensive player: LeRon Furr, Ft. Valley State

Stats: The senior All-American's tough defensive play helped lead the Wildcats over Morehouse. He finished with a game-high 13 tackles, 2.5 tackles for losses, two sacks and a QB hurry.

Offensive lineman: Hakin Lassiter, Albany State

Stats: The senior anchored Albany State's offensive line that produced 349 total yards and 31 second-half points in last week's win over Benedict.

Aggies prepare to defend MEAC title



N.C. A&T coach Cy Alexander coaches practice

N.C. A&T Sports Information

GREENSBORO - North Carolina A&T head men's basketball coach Cy Alexander stands just outside of the outstretched paw of the A&T logo stenciled at the midcourt of Corbett Sports Center and calls his next play.

There is a slight problem. Freshman guard James Whitaker can't quite remember how to execute it. As most head coaches do in his situation, Alexander informs Whitaker about his displeasure over not remembering the play. Associate head coach Jay Joyner refreshes Whitaker's memory, but the freshman is a bit rattled as the end result of the play is Whitaker leaving his 3-point shot from the corner short.

Senior point guard Jeremy Underwood then calmly tells his new

teammate: "It's over with. You know the play now. Just calm down and hit the shot." The encouraging words seem to have an influence. At Alexander's insistence, the team runs the play again and Whitaker nets his 3-pointer from the corner.

Alexander, who enters his 23rd season as a head coach and his second as the Aggies head man, expresses that it is those types of moments in the preseason and in November and December that will set the foundation for a possible repeat of the 2012-13 season, where the Aggies became MEAC champions, NCAA tournament participants and NCAA first-round winners.

Alexander is relying heavily on the gentlemen who had those experiences - senior guard Lamont Middleton, Underwood, junior forward Waylan Siverand and sophomore forward Bruce Beckford - to guide the 10 newcomers he sees in practice every day.

"When a young man makes a mistake, they can't be overly negative," said Alexander, who adds all four men are currently starters. "They have to be able to reinforce positive play the next time by the way they address the issue. They have to trust the younger guys will get it. They have to lead."

The A&T men have been practicing since Sept. 27. "What I'm hoping is that we are at a high level defensively by the first exhibition game," Alexander said. "I want us to be able to play three of our eight defenses very well."

By Game 1, which is Nov. 8 against Greensboro College at Corbett, Alexander wants his team to be progressing toward being a team that defends and rebounds consistently. If they can defend and rebound, they will run out in transition. Once they start running the break, they need to make good decisions.

Progress toward Alexander's four keys occurred two months ago during a five-day, three-game exhibition trip to the Dominican Republic. Alexander also learns in the DR that he has a shooter in senior guard Richaud Pack. Pack knocked down six of 12 3-pointers in Santo Domingo to help the Aggies go 2-1. Over the past month in practice, Whitaker shows off his ability to hit perimeter shots.

"Surprisingly, which was a major question mark going into the year and training camp, I didn't know how we were going to shoot the ball. But so far from the perimeter, Pack, Whitaker and MJ (Michael) Briscoe, the new guys, have shot the ball relatively well," Alexander said. "If they can continue to do that, it answers a question that we all had as a coaching staff: Who is going to be our shooters?"

There is one more question to answer? Who is the Aggies' fifth starter? Freshmen Steven Burrough and Jerome Simmons are rebounding machines, but they will likely play reserve roles as first-year players. Athletic swingman Denzel Keyes would certainly be in the mix, but he is running pass patterns for the A&T football team until at least late November.

News & Notes



BIRMINGHAM, Ala. - Texas Southern was picked to win the 2013-14 SWAC men's basketball title in a preseason poll of the league's head coaches and sports information directors.

The Tigers, last year's SWAC regular season champions, earned 171 points, including 10 first-place votes, while Southern was selected to finish second. Arkansas-Pine Bluff was picked for a third-place finish followed by Prairie View, Jackson State, Alabama A&M, Alabama State, Alcorn State, Mississippi Valley State and Grambling State.

The 2013-14 all-SWAC preseason first and second teams are highlighted by senior guard Malcolm Miller (Southern) and senior center Jules Montgomery (Prairie View A&M). Miller was selected as the SWAC Preseason Player of the Year, with Montgomery garnering the SWAC Preseason Defensive Player of the Year honor.

Miller averaged 15.8 points per game and was named to the 2013 all-SWAC first team at the end of last season. In addition to leading the team in 3-pointers made (184), he also helped the Jaguars capture the tournament championship.

Montgomery helped guide PVAM to the tournament final and returns as the team's leading scorer with eight points per game. He also went on to finish seventh in the conference in blocked shots per contest while leading the Panthers in rebounds with 210.

Rounding out the squad list is guard Ray Penn (Texas Southern), forwards Demarquette Tabb (Alabama A&M), Davon Hayes (Arkansas-Pine Bluff) and center Daniel Broughton (Arkansas-Pine Bluff).

The second team includes guards Terry Rose (Grambling State) and LeAntwan Luckett (Alcorn State), forward Javan Mitchell (Southern) with Aaron Clayborn (Texas Southern) closing the selection at center.



BIRMINGHAM, Ala. - Southern was selected atop the SWAC women's basketball preseason poll. Prairie View A&M was selected to finish second.

Texas Southern received five first-place votes for a predicted third-place finish followed by Mississippi Valley State, Grambling State, Arkansas-Pine Bluff, Alabama State, Jackson State, Alabama A&M and Alcorn State.

Joanna Miller (Grambling State) and Quentori Alford (Alabama State) spotlight the preseason all-SWAC first and second teams. Miller was selected as the 2013 Preseason Player of the Year and Alford was tabbed Defensive Player of the Year.

Last year, Miller led the Tigers and the SWAC in scoring with 17.3 points, 3-point field goals and 3point field goal percentage while averaging 4.9 rebounds. Her efforts placed her among the top 50 in the country in 3-point field goals made.

Starting in 22 of 26 games, Alford finished first on the team in rebounds (252) and blocks (51), averaging 9.7 rebounds per game. She shot 41 percent from the floor and a 59 percent free-throw percentage. In addition, both Miller and Alford were selected to the all-SWAC preseason first team.

The first team also features guard Joncyee Sanders (Mississippi Valley State) with forwards Jasmine Sanders (Alabama A&M) and Larissa Scott (Prairie View A&M).

The second team includes guards Kendra Coleman (Southern) and Brianna Sidney (Texas Southern), forwards Jasmine Sanders (Mississippi Valley State) and Ayanna Hardy-Fuller (Jackson State) with Jasmine Jefferson (Southern) closing the selections at the center position.

Volleyball standings (as of 11/6)

CIAA

Northern Division		
Virginia State	9-1	14-2
Chowan	8-2	14-2
Elizabeth City	7-3	10-6
Virginia Union	4-6	7-9
Lincoln (Pa.)	2-8	3-13
Bowie State	0-10	1-15
Southern Division		
Winston-Salem	9-1	14-2
Fayetteville St.	7-2	11-4
St. Augustine's	6-4	9-7
J.C. Smith	5-4	8-7
Livingstone	2-8	5-12
Shaw	0-10	0-16

SIAC

EAST		
Albany State	12-3	13-10
Clark Atlanta	11-3	18-5
Clafin	10-3	14-15
Benedict	10-4	12-6
Paine	5-8	11-15
Ft. Valley	5-9	8-24
WEST		
Kentucky St.	15-1	19-17
Tuskegee	9-6	10-6
LeMoynne	5-11	6-11
Stillman	4-10	9-14
Miles	4-11	7-16
Lane	0-16	0-16

MEAC

NORTH	8-2	14-10
Hampton	7-3	19-9
Howard	7-4	12-12
Morgan State	7-4	11-15
Coppin State	5-5	9-17
Norfolk State	2-8	3-19
UMES	0-10	2-20
Delaware St.	0-10	2-20
SOUTH		
Florida A&M	9-0	13-6
N.C. A&T	5-3	6-23
Bethune	5-4	6-25
S.C. State	3-5	4-21
N.C. Central	3-5	3-23
Savannah St.	0-8	0-28

SWAC

EASTERN		
Alabama State	5-0	18-14
Alabama A&M	3-2	5-18
Jackson State	3-3	7-18
Mississippi St.	2-3	8-17
Alcorn State	0-5	2-20
WESTERN		
Texas Southern	6-1	12-9
Prairie View	4-3	10-23
Arkansas-PB	4-4	11-21
Southern	3-4	6-17
Grambling	1-6	4-24



Tazmon Foster

Football standings (as of 11/6)

CIAA

Northern Division		
Virginia State	6-0	8-1
Elizabeth City	4-2	4-5
Virginia Union	3-3	3-6
Bowie State	2-4	4-5
Chowan	2-4	3-6
Lincoln (Pa.)	0-6	1-8
Southern Division		
Winston-Salem	6-0	8-1
Fayetteville	5-1	6-3
Shaw	3-3	5-4
St. Augustine's	3-3	4-5
J.C. Smith	2-5	4-5
Livingstone	1-6	2-7

SIAC

EAST		
Ft. Valley	3-0	3-0
Albany State	2-0	3-0
Benedict	2-1	2-2
Clark Atlanta	1-3	1-2
Morehouse	0-4	0-4
WEST		
Tuskegee	4-0	4-0
Miles	3-1	3-1
Central State	2-2	2-3
Stillman	2-3	2-3
Lane	2-3	2-3
Kentucky St.	0-4	1-4

MEAC

Bethune	5-0	8-1
S.C. State	4-1	6-3
Delaware St.	4-2	4-5
Hampton	3-2	3-6
Morgan State	3-2	3-6
N.C. A&T	2-3	5-3
N.C. Central	2-3	4-5
Florida A&M	2-3	3-6
Norfolk State	2-2	2-7
Howard	2-4	3-6
Savannah St.	0-6	1-9

SWAC

EASTERN		
Jackson State	6-0	6-2
Alabama State	5-1	5-2
Alcorn State	4-1	6-2
Alabama A&M	2-3	2-5
MVSU	1-4	1-6
WESTERN		
Southern	4-1	4-3
Prairie View	4-2	5-3
Texas So.	1-5	1-6
Arkansas-PB	0-5	0-7
Grambling	0-5	0-8



Tazmon Foster

Classifieds

ANNOUNCEMENTS

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RPC Contracting is requesting bids from any interested NCDOT Certified MBE & WBE firms for **Contract DA00177 in Currituck County** bidding on 11/20/13. There will be a pre-bid conference at 3:00 pm on Monday 11/11/13 at the office of RPC Contracting, 934 W Kitty Hawk Road, Kitty Hawk, NC. Plans and specifications are available for review at the same location or may be downloaded from NCDOT's Division 1 Project Letting website at: https://connect.ncdot.gov/letting/Pages/Letting-List.aspx?let_type=1. For more information, please call 252-261-3336, ask for Jay. RPC Contracting is an Equal Opportunity Employer.

BIDS

Parsons Construction Group, Inc.
INVITATION TO BID

Parsons Construction Group Inc., as a Prime Contractor, is requesting quotations for the following project:

PEA ISLAND ON NC-12
Dare County, North Carolina
NCDOT T.I.P. Project No. B-2500A
Contract ID - C203171

PLANS AND SPECIFICATIONS FOR THIS PROJECT CAN BE OBTAINED VIA NCDOT'S WEBSITE (ncdot.gov).

PLEASE SEND SPECIFIC QUESTIONS VIA EMAIL TO estimating@parsons.com

The Bid Date for this Project is November 19, 2013 at 2:00 p.m. EST

All quotes shall be submitted before the Bid Date of November 19, 2013 via fax to 303-566-1141 or e-mailed to estimating@parsons.com.

DBE Subs and Suppliers are strongly encouraged to participate.

Parsons Construction Group, Inc.
1499 West 120th Ave. Ste. 200, Westminster, CO. 80234
Phone: (303) 566-1140

NCDOT DBE FIRMS WANTED

Projects: **Pitt Co. (DB00152) bids on Nov. 13 at 11am.** **Wake Co. (DE00076) bids on Nov. 13 at 2pm.** **Franklin Co. (C203259) and Sampson Co. (C203464) bid on Nov. 19 at 2pm.** Projects include bridge, approach, barrier rail, hauling, erosion control, concrete, grading, underground, guardrail, traffic control, rebar, survey, paving and pavement markings. If interested in quoting work please contact United Contractors at 515-276-6162 or fax 515-276-3053. We accept quotes until 10pm the prior evening.

MBE/WBE BID SOLICITATION

DeVere Construction Company, Inc. is currently soliciting quotes from interested MBE and WBE subcontractors and suppliers for the following project bidding on Thursday, November 14, 2013 @ 2:00 PM. Please submit prices to estimating@deverec.com or Fax to 989-356-1198 no later than 12:00 noon on bid day.

Project: 2013 Mitchell Water Treatment Plant Upgrades, Greensboro, NC

Plans, specs and detailed bidding requirements can be viewed at the following:

Devere Construction Company, Inc. office at 110 Fortune Way, Raleigh, NC 27617,
City of Greensboro, Water Resource Department, 2602 Elm-Eugene St., Greensboro, NC
www.deverec.com/bid, password: MITCHELL

For more information or to quote prices contact Les Basnight (Estimator) @ 919-363-6551

DEVERE CONSTRUCTION COMPANY, INC. IS AN EQUAL OPPORTUNITY EMPLOYER.

BID NOTICE ADVERTISEMENT

Adams Robinson Enterprises, Inc. is seeking bid proposals and quotes from certified M/WBE subcontractors for the **City of High Point, NC Westside Wastewater Treatment Plant Improvements - Phase 3** project which bids on Wednesday November 20, 2013 at 2:00 P.M. Plans may be viewed at Adams Robinson Enterprises, 2735 Needmore Rd., Dayton, OH. Online at files.adamsrobinson.com, login: arco - password: estimating.; McGraw Hill/Dodge Plan Room, 4300 Beltway Place, Arlington, TX; Hispanic Contractors Association/iSqFt, 4500 Lake Forest Drive, Cincinnati, OH.

Items of work to be subcontracted include, but are not limited to: Reinforcing Steel, Caulking, Instrumentation, Trucking & Hauling, Sidewalks, Masonry, Doors & Windows, Painting, HVAC, Asphalt Paving, Miscellaneous Metals, Roofing, Glass & Glazing and Electrical.

Submit written proposals until 1:00 P.M. Wednesday November 20, 2013 to Adams Robinson Enterprises, 2735 Needmore Road, Dayton, OH 45414, Phone (937) 274-5318; Fax (937) 274-0836 or email arco@adamsrobinson.com.

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Coat drive

WENDELL SATURDAY ACADEMY
Our Youth Matters will hold its fall Saturday Academy Nov. 16, 9 a.m. to noon at Riley Hill Family Life Center, 5901 Riley Hill Road. Call (919) 795-8609.

FUQUAY-VARINA VACCINE CLINIC
A flu vaccine clinic is Nov. 14, 3-7 p.m. at Southern Regional Center, 130 N. Judd Parkway. Call (919) 557-2501.

RALEIGH COAT DRIVE
Volunteers are needed Nov. 15, 2-8 p.m. to help organize donated coats at Sgt. Courtney T. Johnson Community Center, 1801 Proctor St. On Nov. 16, 11 a.m. to 2 p.m., volunteers needed to distribute coats to public.

CARY FUNDRAISER
Dorcas Ministries will hold its annual Thanksgiving Breakfast Fundraiser Nov. 14, 7:30 a.m. at Prestonwood Country Club, 300 Prestonwood Parkway. Call (919) 815-7317.

DURHAM AUDITIONS
Campaign4Change will hold auditions for its King & Queen Kids Fashion Pageant and Carolina Idol Talent Competition Nov. 9, 4:30-6 p.m. at Durham County Library, 300 N. Roxboro St.

FILM SCREENING
The documentary "Change Comes Knocking: The NC Fund" will be shown Nov. 10, 3 p.m. at Hayti Heritage Center, 804 Old Fayetteville St.; and Nov. 15, 7 p.m. at Duke Auditorium on N.C. Central's campus.

SUMMIT
2013 Durham Youth Summit is Nov. 11, 8:30 a.m. to 3 p.m. at Holton Career and Resource Center, 401 N. Driver St.

PUBLIC MEETING
A meeting on the demolition of former DSS building is Nov. 12, 6 p.m. at Human Services Building, 414 E. Main St.

BENEFIT CONCERT
The Artists at Golden Belt will host a GOOD WORKS Art Sale & Benefit Concert Nov. 15, 5-9 p.m. at the Golden Belt studios, 807 E. Main St. RSVP on Facebook.

CONCERT
Roy Ayers will perform in concert Nov. 15, 7 & 9 p.m. at the Hayti Heritage Center, 804 Fayetteville St. Call 683-1709.

MARCH
A march to commemorate the 1963 March for Justice is Nov. 16, 9:30 a.m. beginning at Hayti Heritage Center to Corcoran Plaza.

VOLUNTEERS
The Retired & Senior Volunteer Program is seeking volunteers 55 and over. Call 536-7247, ext. 5301 or 5303.
Seeking volunteers to greet visitors, begin orientation films, give guided tours and answer visitor questions.

CHAPEL HILL COOKING
A cooking demonstration by Southern Season Cooking School staff is Nov. 11, 6 p.m. at 201 S. Estes Dr. Call 877-929-7133.

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

Life & Arts

BOOK

The humanity of Malcolm X in his own words

By Patrick Delices
NATIONAL NEWSPAPER PUBLISHERS ASSOCIATION

Award-winning journalist Herb Boyd and the daughter of Malcolm X, human rights activist Ilyasah Al-Shabazz, will launch to the public the long awaited diary of Malcolm X.



Boyd



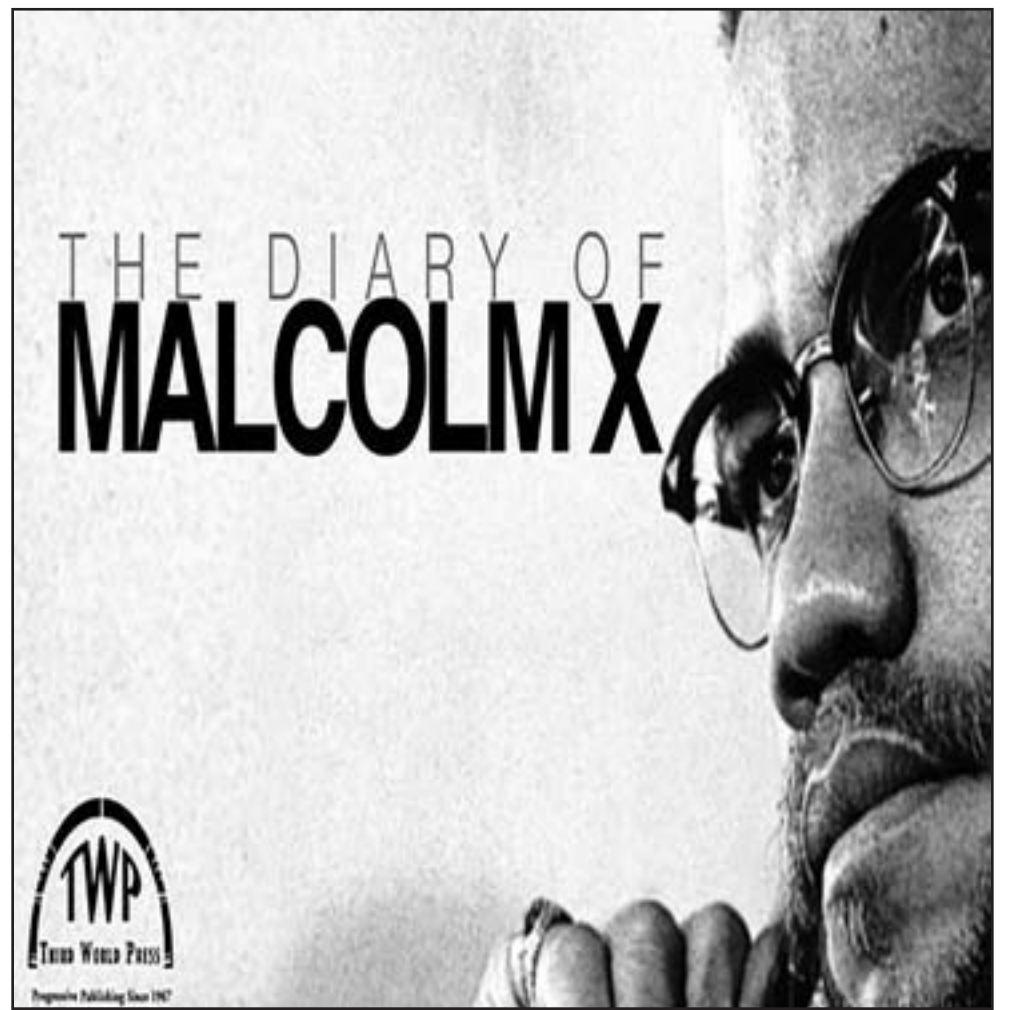
Shabazz

The anticipated launch date is set for Nov. 10 on the 50th anniversary of "Message to the Grassroots," an electrifying and commanding speech delivered by Malcolm X in 1963 at King Solomon Baptist Church in Detroit, the hometown of Boyd.

In The Diary of Malcolm X, Boyd and Al-Shabazz provide the reader with a poignant memory of one of the greatest leaders and humanitarians in African-American history, who unabashedly championed the global cause of sovereignty for Africans worldwide. Boyd and Al-Shabazz succeed immensely in not only producing quality research and knowledge, but ultimately, like Malcolm X, in producing quality people by way of their impeccable research and exemplary deeds.

Boyd and Al-Shabazz render valid Malcolm's mickle esse, intellectualism, socio-political propositions, economic strategy and perspicacious global discernment without yielding to prevarications, absurdities, personal dissolutions and idealist notions regarding his life as a global black leader, caring father and loving husband. For Boyd, The Diary of Malcolm X is "part of Malcolm's historical records" that "humanizes him in a way that some of these other scholars set out to do."

Hence, "The Diary of Malcolm X" is an exposition to Malcolm's humanity where the reader will engage Malcolm X in his own words and thoughts. As a result, no one needs to humanize Malcolm X because in his diary, he clearly humanizes himself. "It's really beautiful that we get to see Malcolm in his own voice - without scholars, his-



torians or observers saying what he was thinking or what he was doing or what he meant," Al-Shabazz said. For Boyd, "The Diary of Malcolm X" is "probably the most critical thing that he left behind" because it is simply "Malcolm uninterrupted without any kind of editorial interference," where "Malcolm needs to speak and have his own words heard without any type of intervention." Boyd and Al-Shabazz magnificently append their own editorial commentaries as they reasonably amend Malcolm's distinctive handwritten entries of more than 200 pages on his socio-polit-

ical experience overseas along with his exegesis on global events. Thus, from his first entry on April 15, 1964, to his last on November 17, 1964, the reader will ascertain Malcolm's effulgence, commitment, leadership and humanity. Professor Patrick Delices is a Pan-African scholar who taught the History of Haiti, Caribbean Politics, African-American Politics and African-Caribbean International Relations at Hunter College and served as a research fellow at Columbia University for the late, Pulitzer Prize historian Manning Marable.

deserves. It's time to cut it off. Don't wait for his main squeeze to visit; do it now. Remind her: Don't settle for a second-hand man. Reach out, give her a fist bump and say "Stop stumbling in the dark with Mr. Wrong, girl, when you could be dancing in the light with Mr. Right!" Alma

Ask Alma



By Alma Gill
NNPA COLUMNIST

Should I get involved or mind my business?

Dear Alma,
A male friend of mine moved to my city for a six-month work assignment. To welcome him to the area, I took him to dinner and introduced him to my local friends. Well, I just learned that he has been having a sexual relationship with a sorority sister, who's also my best friend. I am uncomfortable with this situation because my male friend has a live-in girlfriend who has been with him for over eight years. I feel like I need to say something, especially now that his assignment may be extended and his live-in girlfriend is planning a visit. My girlfriend says she knows it's temporary

and that she plans to break up with him before his significant other arrives. She also confided to me that he told her that he loves her but cannot leave his live-in and doesn't know what to do. She is not a dumb girl. She's an attorney, and she's got it going on.
Vicky
Dear Vicky,
I can sense the pride and admiration you have for your friend when you talk of her accomplishments. Granted, one's occupation doesn't exempt them from making unwise decisions. Anyway, your attorney-girlfriend is rationalizing her actions by thinking she's really not being a skank because technically he's not

married. And since technically he's not married, she can follow this yellow brick road and see where it leads. Step up to the bench, my sis-tah, so you can hear me when I say this ain't Kansas and, no, Sweetie, he's not in love with you. He's in really, really like, and I don't blame him. He's found a really smart woman to spend quality time with while he's away from home. He offered you his live-in truth and you accepted it. Explain to your friend that recognizing her true treasures within allows her to be prepared when a mature man comes along. A mature man will offer her the proper love, commitment and devotion she

deserves. It's time to cut it off. Don't wait for his main squeeze to visit; do it now. Remind her: Don't settle for a second-hand man. Reach out, give her a fist bump and say "Stop stumbling in the dark with Mr. Wrong, girl, when you could be dancing in the light with Mr. Right!" Alma

Docs set record straight on erectile dysfunction

Physicians answer your most embarrassing ED questions



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

You've likely seen those TV commercials marketing everything from little blue pills to mechanical pumps and other contraptions to help men deal with erectile dysfunction. An estimated 30 million men suffer from ED, but many will not seek treatment no matter how much they are bombarded with advertisements. "Men typically are less open about their health concerns

and issues as women," said Dr. Michael Trombley of Vitality Health Services. "They are more resistant to visiting the doctor, and once there, often take longer to address sensitive issues related to their physical and sexual wellbeing. While commercials and ads for men's pharmaceuticals are common, men are still less likely to take advantage of simple screenings and lifestyle changes that can dramatically improve their health."

Vitality Health Services, which has offices in Charlotte and Raleigh, is a full-service primary healthcare provider for men. Trombley and his partner Dr. Douglas Brooks believe their approach to providing gender-specific treatment in an all-male environment is conducive to encouraging men to be more proactive about their medical care. "Our hope is by making men more comfortable in the doctor's office, they will be more open to addressing the issues they typically are too embarrassed to ask," said Trombley. Trombley and Brooks said there are misconceptions and myths about ED that keep many sufferers out of the doctor's office. So, they're setting the record straight to some of your most embarrassing questions about ED. Some questions and answers have been edited for brevity and clarity.
What is erectile dysfunction?
Erectile Dysfunction is the medical term for difficulties achieving and keeping an erection. It is a sexual health problem that, according to the Massachusetts Male Aging Study, affects 52 percent of all men between the ages of 40 and 70 to some degree. As with any medical condition,

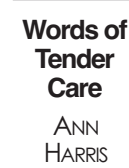
erectile dysfunction is often best treated promptly by physicians with expertise in ED therapies.
Is ED a normal aging effect that men should expect?
Patients and doctors should view Erectile Dysfunction as an abnormal occurrence that needs a full medical workup. In fact, it is now known that ED may be one of earlier signs of heart disease, preceding a heart attack by up to three years.
Why are some men hesitant to discuss low libido with a doctor?
Unfortunately, it is fairly common for men to avoid going to the doctor. Without seeing him it would be impossible for us to determine the cause of his lack of sexual drive, but it could be the result of many conditions or early symptoms of something more serious. I would encourage any man over 40 to get regular check ups and have a baseline on all their numbers (cholesterol, blood pressure, etc.)
What about taking hormones for low testosterone? Does that mean a personality change?
Testosterone replacement therapies are designed to restore a man's testosterone lev-

el back to where it was when he was in a younger, healthier state. Hormone replacement therapy typically improves mood, concentration and emotional state.
Is testosterone replacement therapy a risk factor for prostate cancer?
There are no studies that have shown that prostate cancer, which is the top cancer in black men, is caused by testosterone treatment. However, studies have shown that men with higher T levels live longer than men with lower T levels. Other benefits of testosterone include improved cholesterol, lowered risk of heart attack and stroke and lowered risk of Alzheimer's disease.
Is it common for a man who used to wake up raring to go in more ways than one to stop?
No, there is no reason a healthy male should stop having regular morning erections. They indicate a healthy vascular system. You should definitely consult a doctor, as this could be an early sign of a more serious condition.
If you have questions about men's health, email them to editor@thecharlottepost.com.

A very secure attitude

Stepping out on faith is an opportunity to show what you are made of. It reveals that you are not going to let circumstances of life sway your ambitions, but you are going to persevere despite all odds.

Recently, I have been listening to many people who are going through all sorts of trials and tribulations. Sometimes these situations are so disheartening until I am unable to provide answers or comments. However, as each day passes, a situation is either resolved, closer to being resolved, has not changed or someone is thinking about alternative methods to diffuse the anguish.



Words of Tender Care
ANN HARRIS

Nothing comes easy; life seems to be filled with immeasurable challenges, hurdles to jump, people to convince and making ends meet. For instance, one of the most discouraging disruptions of today is waiting in long lines to accomplish a small task.

Waiting in line is a test of endurance, and there is nothing that can be done about it. However, at the end of that line, some type of mission has been accomplished, and there is a reward. You either got what you needed, or you are much closer to the mark of a possibility.

When the small trinkets of life seem to lay shattered on the ground, there is a scripture to remind us that we can overcome and maintain a sense of wherewithal. We must always remember that through scriptures comes a wonderful secret from God - a unique message. We are to have faith despite our circumstances. We are to keep moving toward our ultimate mark; stay focused, and to read the Bible for continuous encouragement and direction.

Another scripture says, "For I assure you: If you have faith the size of a mustard seed, you will tell this mountain, 'move from here to there,' and it will move. Nothing will be impossible for you" (Matthew 17:20). In other words, there is always a way out of any situation, and through God's grace, you will forget the turmoil of your endurance.

A mustard seed is no larger than the point of a needle. This means that one only requires an inkling of faith when challenged with an endless possibility. Using a little faith begets a whole lot of rewards.

Don't look at your bleak conditions from a natural sense, but in your mind see the end of the dilemma. Let your thoughts visualize the amicable outcome of your tight spot; let your heart leap for joy as you anticipate an answer. Keep an open mind and know that your situation may seem unbearable, but in actuality it is only temporary.

Sometimes it is hard to visualize appropriate outcomes when everything is going wrong. Continue to see your way out and around the scene of occurrences. Watch how answers will make themselves available to your issues at hand.

There is no end to an endless possibility. Blessings will continue coming your way, but only if you put forth a very conscious effort. Just know that faith is the mechanism to a bona fide release from unfortunate times.

In conclusion, know that deep inside of you is a will to succeed. Everyone will not understand how you are in control, as all odds are against you. The love of God in your life will sustain you. Continue moving toward your means no matter how simple. One step is a step closer to your intentions. Endless possibilities are not readily seen because the scripture reminds us "... we walk by faith, not by sight" (2 Corinthians 5:7).

Religion

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SUNDAY, NOVEMBER 10, 2013 PAGE 6B

Why are men leaving the church?

By Steve Sonderman
BAPTIST PRESS

I am often asked "Why are the men leaving the church today?"

Sometimes it comes out as "What can we do to keep the men of this church?" or "How can our church reach more men?" There is no easy answer, but I would like to provide some basic principles that will help you develop a male-friendly church.

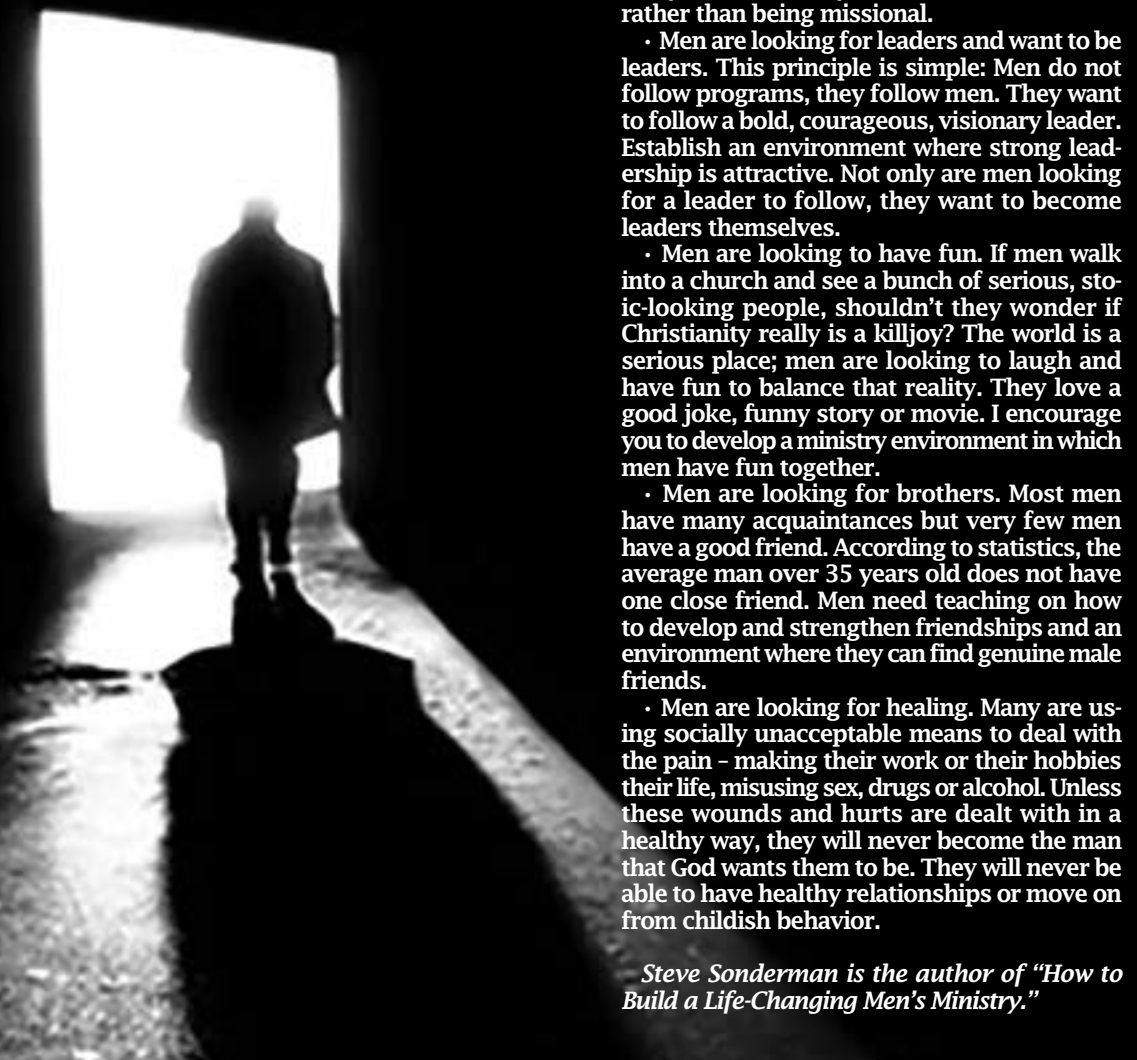
Men are looking for relevance. Most men in our society today do not see the value of going to church because it is not speaking their language, and it is not addressing the issues they face. For example, a recent survey showed that 92 percent of churchgoing men have never heard a sermon on the subject of work. The unspoken message is: What you do for 60 to 70 hours a week does not relate to what you do on Sunday mornings. The most important issues for men are their work, family, marriage, sexuality and finances - and rarely are these addressed from the pulpit today.

Men want to be involved in a cause greater than them. Men want to be involved in something driven by a compelling vision. They want to know what hill the church is climbing, where we are going, what we are about.

Men want a shot at greatness. I have never met a man who wanted to be a failure or a loser. Men want to win. They want to be heroes. They want to come in first. Unfortunately, it seems the church today wants nice men, not great men.

Men want to be challenged. Men tend to view the world around them as something to be overcome or conquered. It's high time we told them they do not have to check their competitive drive at the door of the church. If they are seeking risk, adventure, change, competition and expansion, tell them how to find it within the mission of Jesus.

Men are looking for action. Men today are looking for something to do; they do not like sitting around and theorizing about the 27



views of the second coming of Christ! Men measure themselves by productivity and gain a portion of self-image based on what they do. Many churches today are in maintenance mode rather than being missional.

Men are looking for leaders and want to be leaders. This principle is simple: Men do not follow programs, they follow men. They want to follow a bold, courageous, visionary leader. Establish an environment where strong leadership is attractive. Not only are men looking for a leader to follow, they want to become leaders themselves.

Men are looking to have fun. If men walk into a church and see a bunch of serious, stoic-looking people, shouldn't they wonder if Christianity really is a killjoy? The world is a serious place; men are looking to laugh and have fun to balance that reality. They love a good joke, funny story or movie. I encourage you to develop a ministry environment in which men have fun together.

Men are looking for brothers. Most men have many acquaintances but very few men have a good friend. According to statistics, the average man over 35 years old does not have one close friend. Men need teaching on how to develop and strengthen friendships and an environment where they can find genuine male friends.

Men are looking for healing. Many are using socially unacceptable means to deal with the pain - making their work or their hobbies their life, misusing sex, drugs or alcohol. Unless these wounds and hurts are dealt with in a healthy way, they will never become the man that God wants them to be. They will never be able to have healthy relationships or move on from childish behavior.

Steve Sonderman is the author of "How to Build a Life-Changing Men's Ministry."

Ten traits of joyous pastors

By Thom Rainier
CHURCH LEADER GAZETTE

It is no secret that I have a special love for pastors. Perhaps my years serving as pastor of four churches made me appreciate the hard work and long hours.

But even when I was a layman banker, I had this love for those who have been called to serve and lead God's churches.

I recently wrote the names of 23 pastors that, at least from my perspective, seem to find the greatest joy in their ministries. While such an exercise is admittedly subjective, it was nevertheless enlightening and encouraging.

I then wrote down what I knew about these pastors: their ministries, their families and their activities. It was amazing.

When it was all said and done, I found 10 correlated traits of joyous pastors. I bet few will surprise you.

1. They read their Bible daily. They are in the Bible for their own spiritual growth, not just sermon preparation.
2. They have a fixed prayer time. Sixteen of the pastors have shared with me about a precise time they set aside for prayer each day with few exceptions. That number could be higher since I have never specifically asked them.
3. They have the support and encouragement of their spouses. This issue was mentioned frequently.
4. They hold their families to a higher priority than church members. Children and spouses are first in life and in ministry.
5. They are personally evangelistic. Many of them

pray daily for the opportunity to share the gospel.

6. They avoid petty arguments. You won't find these pastors in arguments on blogs or other social media. And you won't find them arguing with people in person over non-essential matters.

7. They have learned to deal with criticisms. Every pastor is the recipient of criticisms. A relative few have learned to put those criticisms in right perspective.

8. They have a long-term perspective. The problems of today therefore do not seem nearly as bad.

9. They spend adequate time in sermon preparation. With the demands of pastoral ministry, it's tough to find time, but these pastors make it a priority.

10. They are involved in their communities. Their community is the mission field they love. They spend time there and are regularly involved.

In debt or free indeed?

By Judy Woodard
Bates
BAPTIST PRESS

DORA, Ala. - Ambrose Bierce, a 19th/20th-century writer, defined "debt" as "an ingenious substitute for the chain and whip of the slave driver."

For anyone who's ever been in a financial bind because of credit debt, Bierce's definition rings horribly true. Debt is indeed bondage. And for many Christians, bondage is what they live in every day.

The Barma Group reports that 79 percent of professing Christians are concerned over the personal debt that individual Christians carry and, indeed, for many it is a daily struggle.

There is such a tremendous freedom in living without financial debt that the devil

works extremely hard to make sure as many Christians as possible never know this freedom. He wants us to believe that the way to feel good about ourselves is to have the biggest house or the nicest car or the fanciest jewelry. And the list goes on.

My friend Andrew was once a victim of that thought line. Having landed his first job fresh out of college, he bought a loft apartment in the trendiest part of town. And, of course, he had to have the "right" furnishings for such a cool pad, so he literally charged ahead, to the tune of over \$20,000.

But a cool guy with a cool loft needed a cool car, so his old beater was traded in for a luxury sports car - another \$50,000 in credit debt. And a cool guy with a cool car had to have cool clothes, too, right?

Andrew shopped the most prestigious stores in town and even made the occasional trip to the Big Apple.

All that coolness also meant getting in with the "right" crowd. Andrew dined and danced with the crème de la crème and ran up another \$10,000 in credit debt. Within months of creating his new persona, Andrew's life began snowballing downhill.

"I still remember getting hit with that first late fee," Andrew recalls. "Money was so tight, I had to skip a different card payment to cover that extra charge. The next month the other card tacked on a late fee. I tried to make sure my mortgage payments went in on time no matter what else got behind, but between the late fees and the jacked-up interest rates because of my slow payments, it was like trying to

swim with a sack full of boulders."

So what did Andrew do? He left work one day in his Armani suit and saw his beloved sports car being towed away by the repo guys. He walked the three miles home and emptied out a mailbox full of bills. He fell down on his knees inside his heavily mortgaged abode and begged the Lord to forgive him and help him get out of the hole he'd dug.

And God did. Andrew's next move required repentance.

"The next thing I did was swallow a whole lot of false pride," he said. "I went to my parents and asked if I could move back home until I could get my finances straightened out. They acquiesced, but with the stipulation that I had one year to get my act together - and I knew they meant it."

Andrew sold his loft and

then its furnishings.

The appreciation on the loft's value enabled him to recover his car, which he then sold at a loss, using the loft sales money to clear the rest of that debt. The furniture didn't bring half of what he owed for it, leaving him with a balance of over \$10,000 for furniture other people were now enjoying. Transportation became an old clunker he bought for \$1,000.

Even without the loft, car and related expenses, it took the full year for Andrew to pay off his debts.

That year he eliminated eating out, new clothing purchases and all entertainment that wasn't free, and added two things: tithing and brown bag lunches.

Where's Andrew now? Living in a little fixer upper that will be paid off in less than six years.

Worship

Briefs

GARNER
RAND ST. CHRISTIAN
213 Haywood Street
A fall gospel concert is Nov. 10 at 4 p.m. Various groups

will perform. Call 662-0560 or 250-1292.

SMITHFIELD
FIRST MISSIONARY
403 E. Caswell Street
First Missionary Baptist will launch a Justice Ministry Nov. 23, 9:30 a.m. to 4 p.m. The session is titled "The Urgency of Now: Fulfilling the Call to do Justice Ministry."

RALEIGH
RUSSELL MEMORIAL
703 S. Alston Avenue
The church will celebrate its 111th anniversary Nov. 16 at 3 p.m. and Nov. 17 at 10 a.m. The Rev. J. Lester I and St. John CME of Winston-Salem will render the 3 p.m. service; (Ret)

Bishop Marshall Gilmore of Concord will deliver the 10 a.m. service.

DURHAM
JUBILEE CHRISTIAN
4809 Prospectus Drive
Mountain Movers Conference 2013 is Nov. 10-17 at 7 p.m. nightly. The theme is "This Mountain is Coming Down!" Call 484-0707.

ANTIOCH BAPTIST
The church will celebrate its 20th anniversary with a pre-anniversary celebration Nov. 10 at 4 p.m. The Rev. J. Gentile Everett and Mill Branch Baptist of Fairmount, N.C., will render service.

ST. JAMES BAPTIST
1305 W. Club Blvd.
St. James and Rebirth Baptist churches will honor all veterans Nov. 10 at 3 p.m.

UNION BAPTIST
904 N. Roxboro Street
The church will honor all veterans Nov. 10, 3:30 to 5:30 p.m., but particularly Korean War veterans in celebration of the 60th anniversary.

EMMANUEL A.M.E.
2013 Riddle Road
The male chorus will celebrate its 34th anniversary Nov. 10 at 3 p.m. The public is invited.

COMMUNITY BAPTIST
4821 Barbee Road
Veterans will be honored Nov. 10 at 8 a.m. The community is invited.

BAHAMA
MT. CALVARY MB
8021 Stagville Road
Nov. 10, 11 a.m. - The church will celebrate its 120th homecoming.

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