

The Triangle TRIBUNE

THE TRIANGLE'S CHOICE FOR THE BLACK VOICE

"Celebrating Our 23rd Year"

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The North Carolina Good Better Best Academy wins eighth grade tournament.



Another variant on the loose

By Jamey Keaten,
Raf Casert and
Mari Yamaguchi

THE ASSOCIATED PRESS

GENEVA — The World Health Organization warned Monday that the global risk from the omicron variant is "very high" based on the early evidence, saying the mutated coronavirus could lead to surges with "severe consequences."

The assessment from the U.N. health agency, contained in a technical paper issued to member states, amounted to WHO's strongest, most explicit warning yet about the new version that was first identified days ago by researchers in South Africa. It came as a widening circle of countries around the world reported cases of the variant and moved to slam their doors in an act-now-ask-questions-later approach while scientists race to figure out just how dangerous the mutant version might be.

Japan announced it is barring entry to all foreign visitors, joining Israel in doing so. Morocco banned all incoming flights. Other countries, including the U.S. and members of the European Union, have moved to prohibit travelers arriving from southern Africa.

WHO said there are "considerable uncertainties" about the omicron variant. But it said preliminary evidence raises the possibility that the variant has mutations that could help it both evade an immune-system response and boost its ability to spread from one person to another.

"Depending on these characteristics, there could be future surges of COVID-19, which could have severe consequences, depending on a number of factors, including where surges may take place," it added. "The overall global risk ... is assessed as very high."

The WHO stressed that while scientists are hunting evidence to better understand this variant, countries should accelerate vaccinations as quickly as possible. While no deaths linked to omicron have been reported so far, little is known for certain about the variant, including whether it is more contagious, more likely to cause serious illness or more able to evade vaccines. Last week, a WHO advisory panel said it might be more likely to re-infect people who have already had a bout with COVID-19.

Scientists have long warned that the virus will keep finding new ways to

Please see **VARIANT/2A**

All in the Family



COURTESY

Mother-son duo Nnenna and Pierce Freelon were both nominated for Grammy Awards in the categories of Children's Music and Jazz Vocal, respectively. Other Durham native nominees include 9th Wonder (with Terrace Martin, Robert Glasper and Kamasi Washington) for Best Progressive R&B Album, and Sylvan Esso for Best Dance/Electronic Music Album.



COURTESY

Quail Ridge Apartments in Midtown Raleigh.

Rezoning application raises concerns among Raleigh tenants

By Kylie Marsh

CORRESPONDENT

RALEIGH — Quail Ridge Apartment tenants expressed concern surrounding an application for rezoning the property at a virtual Q&A session hosted by Morningstar Law Group.

Morningstar is a North Carolina-based law firm offering a variety of legal services in business, intellectual property, litigation, and real estate and land use.

Attorney Molly Stuart said the property owners are simply planning for the long term. "This property has been serving residents for a very long time. The buildings were constructed in 1960 and

1970," Stuart said at Tuesday's meeting. "...What's happening is they're getting farther along in their useful life."

Stuart said the application for rezoning proposes to change the current property from a mixed-use residential, which is restricted to three stories, to a mixed-use office property, which allows five stories. At the time the property was built, Raleigh's population was around 123,000. Today, it has almost quadrupled, at 484,000. The population rise and new developments has raised the need for more affordable housing.

Stuart promised that "there is not a current plan to redevelop these properties."

Barbershop Academy: Mentoring in the barber's chair

By Anna Mudd

UNC MEDIA HUB

DURHAM — The sound of the clippers reverberated in the air — buzzing along as part of the soundtrack of Imperial Barber-shop. As he shaved, snipped and cut, owner Derick Cagle listened to the chatter in the background. It was a back-to-school event five years ago, but he clearly remembers the dialogue he heard that day.

A group of teenagers sat in the metal chairs lining the wall by the front door. They were waiting for their turn in Cagle's swiveling chair.

"Oh, you ain't got no girls," one quipped.

"Why I need girls?" the other retorted "See that's your problem: you chasin' the girls and that's why you got a baby on the way."

"So? You think you goin' to college because you're an athlete, but you ain't even that good," the first shot back.

"Well at least I ain't out there sellin' bro, you here hurting other people's families just to help your own" the other replied.

Please see **ACADEMY/2A**

OPINION

Arbery verdict gives relief only

By Jay Bookman

GEORGIA RECORDER

There's no pleasure to be taken from the guilty verdicts returned last week by a Glynn County jury in the murder of Ahmaud Arbery; there is only relief and thanksgiving that in the end justice could be done, at least in a case in which the evidence was so well-documented and seemingly obvious. Given that they reached their weighty verdicts in just a matter of hours, the jury members — 11 white Georgians, one Black Georgian — must have thought it was obvious as well.

However, it's crucially important to remember that this just and necessary resolution almost didn't happen, that if justice was served in the end, it came almost accidentally. For 74 days after Arbery's murder in February of 2020, no charges had been filed; no arrests were made, no presentment was made to a grand jury. Even though law enforcement possessed the now-famous video as well as much of the testimony that the jury found so convincing, two different district attorneys looked at the case and basically determined that Arbery deserved his fate, that if anything Travis McMichael, Greg McMichael and William "Roddie" Bryan should be lauded rather than prosecuted.

The local district attorney, Jackie Johnson, knew McMichael from his work as an investigator for her office. She allegedly forbid police officers from making an arrest, and then arranged for the case to be transferred to the neighboring Waycross Judicial District, where George Barnhill worked as district attorney. As she was aware, she was referring the case to someone who had already made known that he too had no desire to pursue the case.

According to a memo written by Barnhill at the time, after what he called an "extensive" review, the actions by the McMichaels and Bryan had been "perfectly legal." It was Arbery "who attacks Travis McMichael" in the video, it was Arbery "who initiated the fight," it was Arbery's "apparent aggressive nature" that drove him "to attack an armed man."

"Given the fact that Arbery initiated the fight, at the moment Arbery grabbed the shotgun, under Georgia law, (Travis) McMichael was allowed to use deadly force to defend himself," Barnhill advised the Glynn County Police Department.

Johnson was defeated for

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Honorary starter Lee Elder, left, is applauded during introductions for the ceremonial tee shots to begin the Masters golf tournament at Augusta National Golf Club in April.

Lee Elder, 1st Black golfer to play Masters, dies

By Paul Newberry
THE ASSOCIATED PRESS

Lee Elder played through the scourge of racism. He broke down enormous barriers. He carved a path for Tiger Woods and others to follow. Finally, in the waning months of his life, he took his rightful place at Augusta National. Alongside the greats.

Elder, who fought through numerous obstacles to become the first Black golfer to play in the Masters, died at the age of 87, the PGA Tour announced Monday. "The game of golf lost a hero," 18-time major champion Jack Nicklaus said.

His death was first reported by Debert Cook of African American Golfer's Digest. No cause was given, but Elder had been in poor health and wore an oxygen tube when he attended the Masters in April. The tour said he died early Sunday in Escondido, California.

At this year's Masters, Elder was given the honor of hitting a ceremonial opening tee shot alongside Nicklaus, a six-time Masters champion, and Gary Player, who won the green jacket three times. Sadly, Elder was not well enough to take a swing at a ball he once hit with so much power. But he stood briefly to acknowledge the cheers of the gallery, holding up his driver, and watched proudly from a chair at the first tee as Nicklaus and Player hit the shots that traditionally open the first major championship of the year.

"For me and my family, I think it was one of the most emotional experiences that I have ever witnessed or been involved in," Elder said.

"That morning, you

could see the joy in Lee's face," Nicklaus said Monday. "Gary Player and I were honored to enjoy that moment with him."

A Texan who developed his game during segregated times while caddying and hustling for rounds, Elder made history in 1975 at Augusta National, which had held an all-white tournament until he received an invitation after winning the Monsanto Open the previous year. Elder missed the cut at his first Masters but forever stamped himself as a groundbreaking figure in a sport that had never been known for racial tolerance.

Twenty-two years later, Woods became the first Black golfer to capture the green jacket, launching one of the greatest careers in golf history. "Lee Elder was a pioneer, and in so many ways," Nicklaus wrote on his Twitter account. "Yes, he was the first Black golfer to play in the Masters Tournament, but that simply underlined the hard work Lee put in to further the cause of everyone who has a dream to play on the PGA Tour and perhaps thinks there were too many barriers before them."

After Woods' record 12-stroke victory in 1997 — the first of his five Masters titles and 15 major championships overall — he reflected on the contributions of Black golfers such as Elder and Charlie Sifford, the tour's first Black player. "I thought about those guys coming up 18," Woods said that evening. "I said a little prayer and said thanks. I wasn't the first. I wasn't the pioneer. I thank them. I think that's why this victory is even more special. Lee, because of what he did, I was able to play here. Because of Charlie, I was

able to play on the PGA Tour. I lived my dream because of those guys."

Elder got into golf as a caddie, since that essentially was the only conduit Black players had to be permitted on the course. He was able to polish his game while serving in the Army and, after his discharge, joined the United Golf Association Tour for Black players in the early 1960s. He developed into one of the UGA's best players, winning 18 of 22 tournaments in one dominating stretch, but meager prize money made it tough to earn a living. Finally, at the age of 33, Elder had saved up enough to afford PGA qualifying school, where he earned his first tour card for the 1968 season.

The highlight of his rookie year was a memorable loss to Nicklaus on the fifth hole of a sudden-death playoff at Firestone Country Club in Akron, Ohio. Elder would go on to capture four PGA Tour victories and eight more wins on the PGA Tour Champions for 50-and-over players. He played in all four major championships, tying for 11th at both the 1974 PGA Championship and the 1979 U.S. Open. His best finish in six Masters appearances was a tie for 17th in 1979. That same year, he was a member of the winning U.S. team at the Ryder Cup.

But Elder's impact on the game went far beyond wins and losses, even if it took decades for his legacy to be fully appreciated. "It always amazed me that presidents of the United States would be giving these different awards to athletes for their athletic prowess, and here was a man that ... was never given the awards that he actually duly deserved," Player said.

Judge won't order restart on NC legislative redistricting

By Gary D. Robertson
THE ASSOCIATED PRESS

RALEIGH — A North Carolina judge refused on Tuesday to essentially force state lawmakers to start over on this year's redistricting of General Assembly districts, saying he can't turn back the clock on the process that led to new seat boundaries.

But the trial judge, who denied motions in litigation from advocacy groups and voters complaining about how the Republican-controlled legislature ignored race-based voter data, emphasized he wasn't making any judgment on the actual lawfulness of the enacted maps. At least three other pending lawsuits challenge North Carolina's legislative lines, U.S. House map or both as partisan or racial gerrymanders. A hearing in one of those suits is scheduled for Dec. 3, three days before candidate filing for the March primary under new districts is set to begin.

"Nothing I have said, nor should this order be construed as any opinion of the court on the constitutionality or validity of the maps that have been passed," Superior Court Judge Graham Shirley said while also dismissing the lawsuit as moot. "This is a very narrow issue."

The state NAACP, Common Cause and several voters sued in late October, days before legislators started voting on state House and Senate plans. They alleged Republicans were poised not to follow a recipe set in the 2000s by the state Supreme Court designed to ensure legislative district lines could comply with both the state constitution and the U.S. Voting Rights Act.

They cited in large part the legislators' refusal to consider data such as the percentage of Black voting-age population in a region or to evaluate the presence of racially polarized voting in the state while drawing maps.

Common Cause provided

evidence that "voters of color were going to be denied their ability to elect candidates of choice, and the legislative defendants ignored it just like that," plaintiffs' attorney Hilary Harris Klein told Shirley. "So here in this case, the process matters, and this case shows why."

Shirley said the state House and Senate maps, enacted by voters in the first week of November, are presumed to be constitutional, and pointed out the lawsuit doesn't challenge the actual boundaries that were approved. Instead, the plaintiffs are "essentially asking this court to undo what has already been done," Shirley said in rejecting requests to send lawmakers back to the drawing board and to delay the primary until May.

Still, the judge questioned how lawmakers could ensure they drew legislative districts that comply with the Voting Rights Act without examin-

Please see **DISTRICTS/4A**

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Judge won't order restart on NC redistricting

Continued from page 3A

ing racial demographic data before the maps are completed. "So what you're telling me is someone threw a dart and it hit the intended target even though they had a blindfold on, and because of that, it complies?" Shirley asked Phil Strach, a lawyer representing Republican lawmakers who wanted the lawsuit dismissed. Republicans have pointed repeatedly to state maps drawn in the late 2010s that courts signed off on didn't use such data. The legislative defendants believe the latest maps, based on 2020 census figures, comply with the Voting Rights Act," and if a court tells us otherwise we'll modify them," Strach said.

Shirley has already been named to a panel of three trial judges that will hold a hearing in a lawsuit filed by the North Carolina League of Conservation Voters, mathematicians and voters after the legislative and congressional maps were completed. The lawsuit accuses GOP legislators of unlawful gerrymandering that would help Republicans retain their General Assembly majorities and hold at least nine of the state's 14 U.S. House seats in 2022, even as North Carolina is considered closely divided in statewide elections.



COURTESY

Head of NC health department stepping down

By Tom Foreman Jr.
THE ASSOCIATED PRESS

WINSTON-SALEM — Dr. Mandy Cohen, the head of North Carolina's health department and face of regular updates on the impact of the COVID-19 pandemic on the state for two years, is stepping down from her post, Gov. Roy Cooper announced Tuesday.

"Dr. Cohen, North Carolinians owe you a deep debt of gratitude," Cooper said during Tuesday's briefing by the state Coronavirus Task Force. "You have been such a blessing to our state."

According to the news release, Cohen plans to spend more time with her family while exploring new opportunities to carry on her work to improve the state's health and well-being. The news release didn't elaborate, and Cohen would only say "a bit of rest and recovery" was in store for her next, calling the past two years "quite a marathon."

She said she discussed her departure with Cooper several weeks ago. "While it's hard to step away, it's the right time for me, personally, and the right time for our team," Cohen said during the task force briefing. "It has been an honor of a lifetime to serve this state at such an important moment in history."

Cohen said she had no plans to run for public office, as some had speculated upon word of her departure. She said she hoped her next steps would keep her and her family in North Carolina, and she would be looking at a range of opportunities.

Cooper appointed Cohen, an internal medicine physician, as secretary of the Department of Health and Human Services in January 2017. She led North Carolina's response to COVID-19 and served as the governor's chief adviser and strategist on overcoming the pandemic. Before taking over at the agency, Cohen was chief operating officer for the Centers for Medicare and Medicaid Services in President Barack Obama's administration.

Beyond her role carrying out North Carolina's COVID-19 response, Cohen became the governor's chief lobbyist for Medicaid, the state's \$18 billion program that provides health coverage to roughly 2.5 million people. From the very beginning as secretary, Cohen pressed, albeit unsuccessfully, for Cooper's goal to expand Medicaid to cover hundreds of thousands of additional low-income adults through the 2010 Affordable Care Act.

Republicans in charge of the legislature remain divided over the idea. But repeated talks with longtime expansion opponent Senate Leader Phil Berger in part played a role in Berger's willingness this year to consider enacting expansion as part of negotiating with Cooper over a state budget.

In a statement, Berger credited Cohen with getting the state through the pandemic. "Secretary Cohen's leadership throughout her tenure at the DHHS has helped our state navigate turbulent times," Berger said. "She made herself available to legislators to answer questions and kept us informed about issues facing the department. She was also instrumental in successfully implementing Medicaid transformation. I want to thank her for her service to the state and wish her well in her future endeavors."

In July, Cohen's agency also began carrying out a legislative mandate to shift two-thirds of Medicaid recipients from a traditional fee-for-service program to one that relies on managed care to improve health outcomes and control costs. Kody Kinsley, chief deputy secretary for health at the department and lead for COVID-19 operations, will replace Cohen on Jan. 1, 2022, the news release said.

Cooper's office said Kinsley, a Wilmington native, would be the first openly gay Cabinet member in state government history. He is subject to a confirmation vote by the state Senate, and all but one of Cooper's Cabinet choices have been approved by the Senate since he took office in early 2017.

SECU Foundation grant for Laurinburg education

Staff Reports

RALEIGH — A ceremonial check for \$1 million was presented to Partners in Ministry recently by the SECU Foundation, representing a capital grant that will help the nonprofit begin construction on a new community education center at its campus in Laurinburg.

PIM works to improve the lives of underserved youth, families, and adults in the Sandhills region through programs that provide access to education, young adult mentoring, urgent housing repairs, job training/employment opportunities, and other community services.

The Foundation grant for the facility, to be named the SECU Community Education Center, will help the nonprofit expand campus programs with a multipurpose gymnasium, youth center, counseling suites, and an enhanced computer lab.

"Partners in Ministry is an incredible organization providing a center for comprehensive programs and resources to serve North Carolinians from Richmond, Robeson, and Scotland counties," said Jo Anne Sanford, SECU Foundation board chair.

"The new SECU Community Education Center will assist the organization with continued growth and delivery of its programs and services for youth and families. We are excited to support this project and help Partners in Ministry expand its impact for communities across the region."

Partners in Ministry has served the Sandhills region for over 12 years, filling the gap for services which local government agencies and other nonprofits are unable to provide due to a lack of financial and human resources.

The organization is a one central center for residents to access community resources using a large volunteer network that has donated over 16,000 volunteer hours since 2008, along with 19 employed faculty and staff members to help administer PIM programs and services.

The future 20,000 square foot center will become the new face of the campus.

"The center symbolizes a deepened commitment to our community through the expansion of programs and social services, reaching over 8,000 youth and families," said Melba

Please see **SECU/5A**

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SECU Foundation board chair Jo Anne Sanford presents a ceremonial check to Bishop Leonard Fairley, Melba McCallum and the Reverend Gysie Murdaugh.

Continued from page 4A

McCallum, PIM executive director.
“These programs and services will foster community transformation and will provide opportunities for individuals and families to develop their physical, social, emotional, and reasoning abilities.”

Civil War memorial honors Black Union soldiers

By Praveena Somasundaram
UNC MEDIA HUB

WILMINGTON, N.C. – On Feb. 20, 1865, on the eve of the Civil War’s end, Union soldiers were sent to meet Confederate troops at Forks Road just south of Wilmington. They intended to take Wilmington. But late on Feb. 21, Union soldiers saw smoke billowing from Wilmington. Word spread that the Confederates were planning to abandon their stronghold. Union soldiers surged forward, fighting with more fervor than they had the day before.

Sixteen hundred Union men with few supplies and no gunboat support faced off in the swamps against 8,500 Confederate troops. For two days, the soldiers fought brutally. Before dawn the next day, Confederate troops retreated. But the Union troops faced severe losses, as they did in many Civil War skirmishes.

Even though the Civil War ended six weeks later, what is now known as the Battle at Forks Road wasn’t a significant turning point. What distinguishes it is that it was fought mostly by Black Union soldiers of the U.S. Colored Troops, and its stories were hidden and unrecognized for more than a century.



USCT reenactors kicked off the ceremony with a procession and presentation of the American flag.

Josiah Bennetone sat as still as he could. He breathed slowly through his nose and kept his eyes closed, so he would not mess up the plaster gauze covering his face. Bennetone, 37, is a descendant of U.S. Colored Troops soldiers. But for 27 years, he didn’t know the full history of his ancestors in Wilmington, where he grew up.

Ten years ago, Bennetone’s mother, Sonya Patrick, a leader of Black Lives Matter Wilmington, told him that four of his relatives had fought in USCT regiments — his great-great grandfather, Pvt. Henry Williams; great-great-great grandfather, Cpl. David Jackson; and great-great-grand uncles, Cpl. Dennis Perkins and Cpl. James Perkins.

Now, 156 years after the

Battle of Forks Road, Bennetone’s casting is part of the first physical memorial in Wilmington honoring USCT soldiers, which was unveiled Nov. 13 at the Cameron Art Museum. The memorial, a sculpture titled “Boundless,” features 11 life-size figures — a flagbearer, drummer and three rows of soldiers, their arms linked together. Next month, the names of 1,820 USCT will be inscribed on the sculpture to honor all of the Black soldiers who fought in the Battle of Forks Road.

It was quiet as Bennetone sat for his casting, leaving him alone to think of the soldiers’ — and his ancestors’ — sacrifice and bravery.

“They weren’t free, but they were still fighting for freedom, which they didn’t have themselves,” he said.

North Carolina state controller wants education spending order halted

By Gary D. Robertson
THE ASSOCIATED PRESS

RALEIGH — The chief bookkeeper for North Carolina state government’s finances has asked an appeals court to block a trial judge’s recent decision that ordered her and other officials to allocate \$1.75 billion to address education inequities.

An attorney for State Controller Linda Combs wrote to the state Court of Appeals that complying with Superior Court Judge David Lee’s order would force her to violate the state constitution and other laws that leave it only to the General Assembly to appropriate state funds.

Lee’s Nov. 10 order told Combs’ office and other state finance officials to send taxpayer funds to two education agencies and the health department to cover two years of a remedial spending plan that targets at-risk children.

The enforcement date in the Leandro lawsuit — named after an early student plaintiff — was delayed for 30 days, which gave time for appeals.

The plan is designed to address a 2004 state Supreme Court ruling that found that while North Carolina’s children have a fundamental right to the “opportunity to receive a sound basic education” under the constitution, the state had not lived up to that mandate.

Lee said Supreme Court decisions, along with education-related language in the North Carolina Constitution approved by voters, give Lee authority to order funds be spent without a specific law passed by the General Assembly.

But Combs or her staff could be subject to misdemeanor charges if they withdraw state funds for any purpose that’s not authorized by a law the General Assembly has passed, Combs attorney Bob Hunter wrote. T

he state controller keeps the state’s books, monitors cash flow and manages state payroll.

“This double bind stems from orders which were never served on them, and on which they were never given an opportunity to be heard, issuing from a proceeding in which they never were parties,” Hunter wrote y as he asked

the state’s intermediate-level appeals court to vacate Lee’s order or prevent Lee from compelling Combs to act, or both.

The remedial plan, which is based on an outside consultant’s report and input from Democratic Gov. Roy Cooper and the State Board of Education, calls for at least \$5.6 billion in new education funding by 2028.

The state budget approved by the legislature earlier this month fell well short of the \$1.75 billion in additional funds that the plan demands through mid-2023. Cooper sought unsuccessfully for the remedial plan to be in the final budget bill, which he signed into law anyway because he said the good

within it outweighed the bad. “The courts got this right — the legislature did not,” he told reporters Nov. 16. Republican legislators have said Lee lacks authority to act and that the litigation has devolved into an end-around to carry out Cooper’s preferred levels of education spending.

Combs was initially appointed as controller in 2014 by then-Gov. Pat McCrory, a Republican. She was controller of the U.S. during President George W. Bush’s administration and served as chief financial officer at the Environmental Protection Agency. Lee’s order also directed the state treasurer and state budget office to allocate the \$1.75 billion once the 30-day delay ends.

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SPACE ACTIVITY SHEET

Hi Everyone!

I bring you greetings from outer space! I just returned from exploring the vast universe in Sankofa 82 and we had a blast! I even got to visit my friend and mentor, Benjamin Banneker! Human beings have always wondered, “what’s out there?” Well guess what, Black men and women, as early as the 1790s, have been helping to find the answers to that question. Black Americans have made groundbreaking contributions in the fields of astronomy, astrophysics, mathematics and space exploration!

HIDDEN FIGURES REVEALED...

The book and movie Hidden Figures offered the opportunity to learn more about the contributions of Black women in the exploration of space. Match each woman’s description with her name.

A Katherine Johnson B Dorothy Vaughan
C Christine M. Darden D Mary Jackson

_____ NASA’s first Black woman engineer

_____ one of the first Black women to work at NASA; John Glenn refused to fly without her verification of the calculations for his orbit

_____ called a “human computer”; first black person to supervise staff at West Area Computers at NASA

_____ although not highlighted in the movie, “Hidden Figures”, but in the book, she was Director of the Program Management Office of the Aerospace Performing Center at Langley Airforce Base

BENJAMIN BANNEKER IS BACK!

If you remember, he was part of our first July activity sheet! Not only was he a great mathematician but the first Black astronomer in the United States! It’s amazing how a mostly self-taught person was able to accomplish so much. Unfortunately back then, people were too focused on his race to celebrate his accomplishments, such as the inventor of the wooden clock, author of the almanac, mathematician, surveyor and astronomer.

WHAT’S THE MEANING OF...

Fill in the blanks with the science vocabulary words and their definitions.

[astronomy, astrophysics, mathematics, space exploration]

_____ is called the “language of science”. It studies and explains the relationship between numbers, quantities and measurements.

_____ is the study of the universe and everything in it, including planets, stars, galaxies, comets and black holes.

_____ is sending people or machines into space to visit other planets and objects in space.

_____ is the study of planets, stars and other objects in space.

ONE MINUTE SPACE MADNESS

| CONTRIBUTION | NAME |
|------------------------------------------------------|--------------------------|
| The first Black astronaut * | * Bernard A. Harris |
| The first Black person into * space on STS-8 mission | * Stephanie Wilson |
| The first Black woman to * fly in space | * Guion Bluford |
| The first Black person to * perform a spacewalk | * Mae C. Jemison |
| Has spent the longest in * space of any Black female | * Robert H. Lawrence Jr. |
| First Black person as a * NASA administrator | * Charles Bolden |

ARTIST SPOTLIGHT!

I would like for you to meet one of our loyal ‘Activity Sheet’ readers, Angel Smith!

Angel is a 12-year-old from Greensboro, NC. Angel, we loved your drawing — it’s awesome! Keep up the good work and never give up on your dreams!

Draw your own version of KEMET and send it in to: WWW.KEMETCOMIC.COM/GALLERY

YOU might be in our next artist spotlight!

OUR FUTURE LOOKS BRIGHT!

COMING SOON! BLACK WALL STREET

WEEK OF DECEMBER 5, 2021 #23 WWW.JOEYOUNG.ORG KEMET ACTIVITY SHEETS © 2021 BY JOE YOUNG

ONE MINUTE SPACE MADNESS ANSWERS

Filet Mignon Burgers 8
Butcher’s Cut Top Sirloins 4
Omaha Steaks
Caramel Apple Tartlets 4
Jar Signature Seasoning 1
Gourmet Jumbo Franks 4
Individual Scalloped Potatoes 4
Boneless Chicken Breasts 4
Filet Mignon Burgers 8

WHAT’S THE MEANING OF... ANSWERS

Astronomy
Astrophysics
Mathematics
Space Exploration

HIDDEN FIGURES REVEALED ANSWERS

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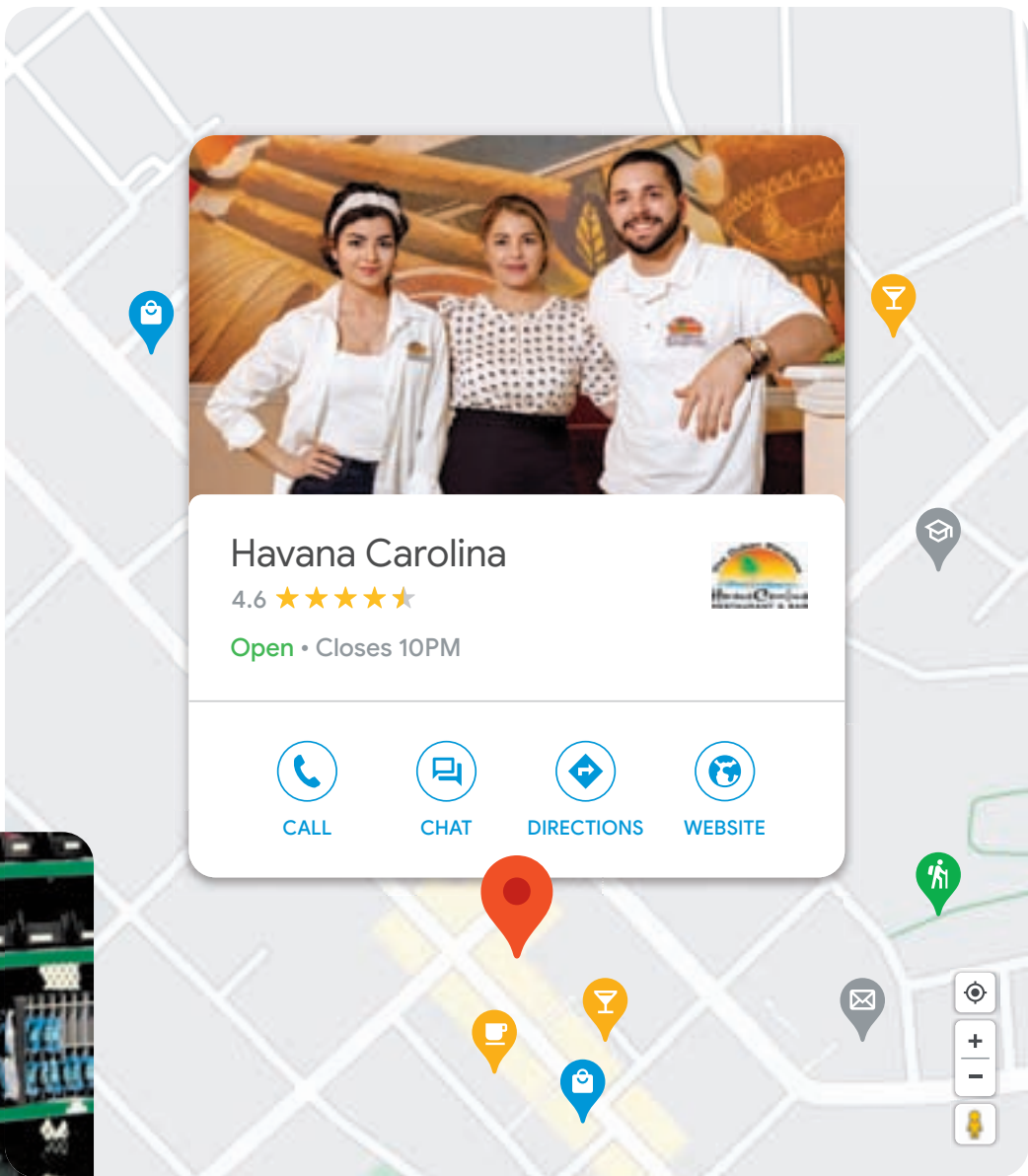
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Big South
wake-up
call for
NCAT

The jokes and jabs started after the Duke game. Stayed silent for the next three weeks before picking up again in October. By the time homecoming had passed, "haters" were dancing in the streets.

Such was North Carolina A&T's inaugural Big South football season.

On the one hand, it could have been worse - the Aggies didn't lose to North Carolina Central - on the other, many streaks were broken.

After losses to Furman and Duke, NCAT was 0-2 for the first time in 11 seasons. That 2010 team finished 1-10.

Duke's six rushing touchdowns were the most by an opponent in 11 seasons. And, remember, the Aggies have played some tough FBS opponents in 11 years, and none rushed for six TDs except a Duke team that lost to Charlotte in the final seconds and went 0-8 in conference play.

"Technique is probably our biggest enemy right now," head coach Sam Washington said at the time. "But I think we're headed in the right direction. We're definitely not there yet, but I'm pleased with where we are. We'll see where we end up. We're off to a slow beginning, but I'm expecting a strong finish."

And, for three weeks, Washington's words rang true. NCAT defeated NCCU and won its first two conference games against Robert Morris and North Alabama.

Aggie fans began contemplating going undefeated in the conference and heading to the playoffs.

Then came road trips to Kennesaw State and Hampton - and more snapped streaks.

A 14-0 shutout by KSU was NCAT's first 0-fer game in 70 contests. Its 31 total rushing yards was the worst output since 2006. And the 207 total offensive yards were the lowest since that dreaded 2010 season.

But, hey, the Pirates (2-4) were next, and they had yet to win a conference game. Time to regroup.

Only it was Hampton that jumpstarted its season. Trailing 9-7 after the first period, the Pirates held the Aggies scoreless for the rest of the game in a 30-9 win. Talk about humbling.

"How do you measure frustration," Washington said. "It's very frustrating. It's daunting. When you're going through something like this, you have to be careful what you convey to your kids because it's tough on everybody. But we've got to keep playing, and we've got to keep getting better."

It doesn't help the psyche when you're breaking records the wrong way, the "greatest homecoming on earth" is next and your opponent is the No. 1 team in the conference.

NCAT lost its first homecoming game since - you guessed it - 2010, and three straight losses was a first since 2011. "See, if they were still in the MEAC, they'd be undefeated right now," was all I heard.

The Aggies won their next two against Charleston Southern and MEAC champion South Carolina State before losing the season finale to Gardner-Webb.

Their 5-6 record is the first time since 2014 they didn't win nine games. They didn't make the postseason for the first time since 2014. And they didn't end the season nationally ranked for the first time in four seasons.

As I said during the summer, Big South coaches were not going to roll over and let the Aggies and their MEAC reputation come in and usurp their authority in their first year (remember Chowan.)

Doesn't mean NCAT made a mistake either. It's easy to stay comfortable where you are, and most people don't like change.

But change produces growth even with the growing pains that come with it.



BONITTA
BEST

Sports

Girls' basketball takes
center stage in Durham



COURTESY

The North Carolina Good Better Best Academy eighth grade girls basketball team came together to win the Bon Baller R Us Tournament in Winston-Salem.

Above: Britni Silver, Tia Bryant, Neah Henry, Charmaine Dixon, Charlazha Wilson, Daniyah Roach and Za'Niyah Alston.



BONITTA BEST

Hillside's Saniya Horton and Madison Malone scored six points apiece in the fourth quarter to help the Lady Hornets pull away from Wake Forest for a 35-32 win in junior varsity girls action. Horton led Hillside with eight points. Wake Forest's Grace Jones amassed a game-high 18 points, 11 rebounds, three steals and a block.

HBCU FOOTBALL

Bowie State makes program history

By Bonitta Best
editor@triangletribune.com

Bowie State's season continues. The Bulldogs advanced to the NCAA Division II quarterfinals for the first time in program history after knocking off Newberry 13-10.

Senior quarterback Jarome Johnson, barely able to walk after twisting his ankle, returned to the game to throw two touchdown passes to wide receiver Keshane Hinckley - the second with less than 2 minutes in the game. Hinckley caught a season-high 132 yards on five receptions.

Senior running back Calil Wilkins is among eight finalists for the 2021 Harlon Hill Trophy, given to the DII player of the year.

Hill has rushed for 1,260 yards and nine touchdowns. He has also caught 12 passes for 141 yards and a TD. The winner will be announced on Dec. 17.

BSU will face No. 1 seed Valdosta State this weekend in Georgia. VSU defeated West Georgia 66-35.

In the SWAC, Florida A&M lost to SE Louisiana 38-14 in the FCS playoffs first round. It was the Rattlers' first appearance since 2001.

"Everybody wrote us off, and all these guys did was respond with an eight-game winning streak and ranked in the Top 25," coach Willie Simmons said. "This 2021

football season will be one remembered in the FAMU history books."

NAIA
The National Association of Intercollegiate Athletics championship game is almost here. The game is Dec. 18, 6 p.m., at Durham County Memorial Stadium.

The NAIA Senior Football Classic will be played the night prior to the championship at 7 p.m. Tickets are on sale. Visit www.durhamncsports.com.

CIAA Casualty
Johnson C. Smith coach Kermit Blount became the CIAA's second casualty on Tuesday when the university decided not to renew his contract. Blount coached the past six seasons at JCSU and never finished above .500.

MEAC
The MEAC has suspended 14 Howard players for fighting with players from Virginia University of Lynchburg on Nov. 20. According to MEAC by-laws, they are suspended for their next game, but since the Bison's season is over, they will serve their suspensions next season.

SWAC
The SWAC announced its postseason honors on Monday.

* Offensive player of the year: Alabama A&M senior



Bowie State rolls on for another playoff game.



Eddie Robinson Jr. will lead Alabama State.

QB Aqeel Glass finished the season with 3,568 passing yards, 36 TDs, a 160.8 passing efficiency rating and a 356.8 yards-per-game average.

* Defensive player of the year: Florida A&M senior defensive lineman Isaiah Land leads the nation in tackles for loss with 25.5 and 19 sacks. He is a Buck Buchanan Award finalist.

* Newcomer of the year: Jackson State defensive lineman James Houston amassed 59 tackles (44 solo), 20.5 tackles for a loss of 125 yards, 14.5 sacks for a loss of 102 yards, seven forced fumbles, two fumble recoveries, one defensive TD and eight QB hurries.

* Freshman of the year: JSU QB Shedeur Sanders passed for 2,971 yards, 28

Please see **BOWIE/2B**

HBCU BASKETBALL

Shaw men defeat Paine
for third win in a row

By Bonitta Best
editor@triangletribune.com

With a little over a month into the season, only Miles College women's and men's teams remain undefeated among the four HBCU conferences.

WOMEN
N.C. Central (0-6)
Freshman Diamond Thomas continues to impress, scoring 16 points for the second straight game, but the Eagles needed more help in their 73-51 loss at Elon.

A cold shooting drought in the second quarter turned their brief lead into a deficit that they couldn't recover from. NCCU shot 32.3% from the field.

The team's nonconference schedule continues on Monday at East Carolina. Then it's a trip to Greensboro next Saturday to battle archrival North Carolina A&T, whom NCCU swept three times last season.

* **Notes:** Thomas was named the MEAC rookie of the week.

Please see **SHAW/2B**

COLLEGE CORNER

North Carolina A&T
suffers a tremendous loss

Alexiss Robinson has been hired by the MEAC office as its new senior associate commissioner for administration and compliance. The Hampton alumna previously worked at Villanova University as director of compliance-financial aid.

"I am elated to have Alexiss back in the conference office," commissioner-elect Sonja Stills said. "She has come full circle from an intern...I am excited for the future of the conference with her as a part of the leader-

ship team.

WOMEN
N.C. A&T
The Aggies suffered a tremendous loss on Sunday. Volleyball student-athlete Fatimah Shabazz died of an aneurism.

"We are heartbroken by Fatimah's passing," volleyball coach Hal Clifton said. "Nothing prepares you for moments like this. Fatimah was an amazing person once you got to know her. She was a fierce competitor on the court but a very sweet person off the court. ...She will never be for-

Please see **NCAT/2B**



Robinson



Freshman Caleb Simmons (10) and junior Justus Baldwin.



Taliya Council

Shaw men win third in a row after defeating Paine

Continued from page 1B

St. Augustine's (2-3)
The Lady Falcons' contest against Bluefield State last weekend was postponed due to COVID-19 protocols on Bluefield's side. SAU hosted USC Aiken Wednesday night (past our print deadline) and will try it again versus Bluefield this weekend at Emery. CIAA play starts Dec. 9 when the team travels to Virginia State.

Shaw (3-5)
Like their rival, the Lady Bears had their matchup against Bluefield State postponed because of COVID-19. Shaw is off until Dec. 15, when it begins CIAA competition against Fayetteville State at Spaulding Gymnasium.

N.C. A&T
North Carolina A&T women's basketball added three additional recruits last week.

Twin sisters Taliya Council and Tamyra Council are from St. Paul's High School in Lumberton, and Keona Curtis is from Grovetown, Georgia.

Taliya, a 6-foot guard, averaged 12 points, 6.4 rebounds and 2.3 steals as a senior. Sister Tamyra, a 6-foot power forward, averaged 8.2 points and 7.6 rebounds.

Curtis is a regional 3-A player of the year and earned an ESPN 3 Star: 90 grade.

"These young women are capable of meeting and exceeding the standards we have here," coach Tarrell Robinson said.

MEN
N.C. Central (2-5)
After winning their last



Tamyra Council

two games, the Eagles were shellshocked after Thanksgiving by Gardner-Webb.

The Runnin' Bulldogs jumped out to a commanding lead and never looked back in an 83-58 win. Randy Miller Jr. and Asanti Price scored nine points apiece.

The team travels to UNC Asheville this weekend. The game will be streamed on ESPN+.

*** Notes:** Junior forward Cameron Butler was selected MEAC defensive player of the week

St. Augustine's (1-5)
The Falcons also played USC Aiken Wednesday night and will face Blue-

field State this weekend before hosting Johnson & Wales next Tuesday.

SAU is looking to end a three-game losing streak. Its one win came against Virginia-Lynchburg. The team will follow the women to Virginia State on Dec. 9.

Shaw (4-2)
The Bears won their third in a row Tuesday night with a hard-fought 71-67 win over Paine College. Shaw's bench outscored Paine's 30-13. Caleb Simmons scored a team-high 14 points. The Bears are off until Dec. 9, when Clafflin comes to town as CIAA play begins.



Bowie State makes program history, advances

Continued from page 1B
TDs versus just five interceptions. He is a finalist for the FCS Jerry Rice Award.

*** Coach of the year:** Deion Sanders led the Tigers to a 10-1 overall record and 8-0 conference. JSU will battle Prairie View A&M in the SWAC Championship Game this weekend with the winner advancing to the Cricket Celebration Bowl.

HAMPTON
Freshman running back Elijah Burris was named Big South offensive freshman of the year. He led the team in rushing with 640

yards and six touchdowns. The Pirates finished the season 5-6 overall, 3-4 conference.

2 Vacancies Filled
Bluefield State associate head coach Jermaine Gales has been named Lincoln (Mo.)'s new head coach. Gales takes over a program that went 0-10 last season.

He also was an assistant at Arkansas-Pine Bluff, North Carolina Central and Mars Hill.

Eddie Robinson Jr. returns to his alma mater, Alabama State, as its new head coach. The two-time SWAC defensive player of

the year led the Hornets to the 1991 HBCU National Championship and earned national defensive player of the year honors.

Bowls
*** Virginia State DL Javon Frazier** has been added to the HBCU Legacy Bowl roster. The all-star game is Feb. 19 in New Orleans.
*** Southern OL Ja'Tyre Carter** and FAMU DB Mark-quese Bell will participate in the 2022 East-West Shrine Bowl in Las Vegas.



Fatimah Shabazz and NCAT coach Hal Clifton.



St. Aug's and Shaw partnered with Academy Sports + Outdoors.

North Carolina A&T suffers a tremendous loss in VB player

Continued from page 1B
gotten and will be missed dearly."

Volleyball Playoffs
The Lady Bison will face nationally ranked Ohio State this weekend in the first round of the NCAA Volleyball Championship. Howard (18-12) has won six MEAC championships in seven years.

Over in the SWAC, Florida A&M took control in its first season in the SWAC. The conference champs will play Florida this weekend in the first round.

And, yes Virginia, there is another postseason tourney for volleyball. The National Invitational Volleyball Championship, which is modeled after the NIT and WNIT basketball tourneys, features 32 teams that didn't make the NCAA.

Delaware State will face Boston College this weekend, North Carolina A&T will meet Connecticut, and Jackson State will play Stephen F. Austin.

"We are very excited to play in the NIVC," said A&T coach Hal Clifton, who led the 20-10 Aggies to their first 20-win season in 16 years. "It is a well-run event and a national level tournament. This is our third postseason event in a row. This team has worked hard this year. It's

nice to be awarded a bid on a national level."

MEN
N.C. Central
Former Eagle Nick Leverett got the game ball last Sunday after helping Tampa Bay defeat the Indianapolis Colts.

The offensive lineman helped open up a hole for the Buccaneers to score the winning TD. Leverett was substituting for an injured lineman.

"We love Nick," Tampa coach Bruce Arians said.

"Nick won our hearts in training camp. He's a 'batter.'"

St. Augustine's
The Falcons, Shaw and Academy Sports + Outdoors recently donated \$5,000 in gift cards to two Triangle youth programs.

The Wake County Boys & Girls Club and the Capital City Steelers Junior/Pee-wee Football Team received \$2,500 each at last month's Raleigh Classic football game.

RECIPE OF THE WEEK

A winning gameday recipe

FAMILY FEATURES

Settling in for an afternoon of gridiron action calls for football food from dips and appetizers to full-blown feasts. Whether you're a diehard fan, casual observer or just there for the game time grub, a full day of "homegating" requires flavorful eats to refuel the crowd.

One of the easiest ways to take your menu from benchwarmer to superstar status is to add foods from one of the country's top authentic Mexican food brands to your playbook. For example, flavor-packed, heaping Cheesy Chorizo Nachos can score a touchdown at your gathering, even among the pickiest of fans. When the



game is on the line, call on this dish to keep your team satisfied from kickoff to the final whistle. To find more game day recipes, visit CaciqueInc.com.

Cheesy Chorizo Nachos

1 package Cacique Pork Chorizo
1 package Cacique Queso Blanco Queso Dip

Please see **NACHOS/6B**

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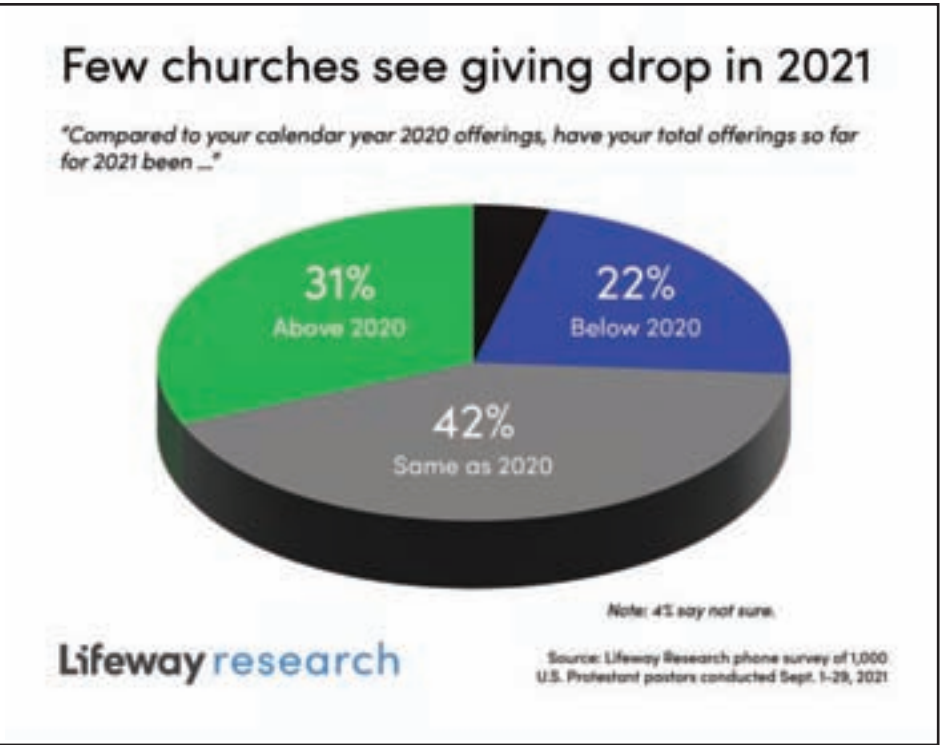
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Most churches find financial stability in 2021

By Aaron Earls
BAPTIST PRESS

NASHVILLE, Tenn. — Emerging from the pandemic, most churches don't seem to be under-water financially, but many are treading water. Around half of U.S. Protestant pastors say the current economy isn't really having an impact on their congregation, according to a Lifeway Research study. The 49% who say the economy is having no impact on their church marks the highest percentage since Lifeway Research began surveying pastors on this issue in 2009.

Almost 2 in 5 pastors say the economy is negatively impacting their congregation, while 12% say the economy is having a positive impact. Both positive and negative numbers are down from September 2020, when 48% said the economy was hurting their congregation and 15% said it was helping. The last time fewer pastors than this year said the economy is playing a positive role for their church was May 2012.

The two years prior to the COVID-19 pandemic mark the only two times in

the survey's more than 12-year history that more pastors said the economy was having a positive impact than a negative one. "Most churches are taking a deep breath financially following the uncertainty of the height of the pandemic," said Scott McConnell, executive director of Lifeway Research. "While the official recession ended quickly in April 2020, economic growth has been uneven, and few churches are feeling actual positive impacts from the economy at this point."

After many churches faced budget shortfalls and decreased giving last year, 2021 saw most churches meet their budget and stop the decline in giving. Seven in 10 pastors say offering levels at least met the budget this year. Almost half of churches say the giving at their church has been about what they budgeted, while 22% say it is higher than budgeted. Around a quarter of pastors (27%) say they didn't make budget with their giving levels.

Similarly, most churches say their 2021 offering so far matched or exceeded what they received during

2020. More than 2 in 5 pastors say it's the same as last year. Three in 10 say the offering in 2021 is above 2020's. Fewer than 1 in 4 say they're behind last year's giving levels.

African American pastors are also more likely than white pastors to say their giving in 2021 was lower than budgeted. Specifically, they are 3.5 times more likely than white pastors to say their offering was down by 25% or more.

Mainline Protestant churches are faring worse financially than evangelical ones. Mainline pastors are more likely than evangelical pastors to say their 2021 giving has been lower than budgeted. Pastors at mainline churches are also more likely than those at evangelical congregations to say their giving is below 2020's levels.

"Mainline and African American churches were slower to resume in-person worship services amid the pandemic," McConnell said. "This reduced face-to-face contact appears to have impacted giving in these churches." For more information, view the complete report or visit LifewayResearch.com.

SPIRITUALLY SPEAKING

Choose celebrity over humility if you dare

By James A. Washington Jr.
NNPA

Lately, I've come to clearly understand that some things that serve us well in the natural world oftentimes work against us in the spiritual one. It is an ironic realization one must make upon their own personal faith walk. Independence, ego, self-reliance, never-say-die attitude, talent, drive — these and other human characteristics, including just plain determination — give us a sense of accomplishment that, if we're not careful, will seduce us into believing it's all about us.

We even admire and envy those whose lifestyle we would otherwise condemn simply because we deem them special, gifted, geniuses or simply famous. At times, we forgive their otherwise despicable behavior because he or she is "special." We honor and celebrate their individuality and subconsciously strive to be like them rather than trying to achieve the same distinction by emulating the only one really worthy of trying to copy, my Lord and savior Jesus Christ.

In order to honestly accept the reality of faith, I believe we must become naked in those things that God expects and adores: submission, selflessness, humility, reverence, charity, love and more. We all know the world to be a cruel place for people who demonstrate these qualities. The world can be lethal for those it views as submissive and passive and humble.

History is full of pacifists and peace lovers who have been tortured, victimized

and, yes, even assassinated. Become an advocate for peace and justice and watch yourself become a target of greed and injustice. Many of us don't want to be associated with those we deem unwilling or unable to fend for themselves. It's just a fact of the world in which we live.

Now the Bible teaches us that through Christ, faith takes us to a level of conviction and purpose that supersedes everything we think we understand about this world. Pride and ego then become dangerous to our very existence, spiritually speaking. Determination and drive without spiritual purpose invites suicide. Self-reliance, by itself, becomes nothing more than human folly.

We exist at the pleasure of the Master of this universe and perish in the ignorance of this. I am God's

child. He made me and should He choose to, He can take me out. I do understand though, that His love for me is so great that even on my best day, I cannot comprehend it. I have nothing to compare it to. I only hope to return His love in some small way by being obedient to His Word.

That effort, that code of conduct and behavior, that adherence to the values of Christ, is all that matters. The Bible says, "What good will it be for a man if he gains the whole world, yet forfeits his soul?" (Matthew 16:26.) Kind of gives new meaning to striving to get ahead, doesn't it? Forgive me if I ponder and pray on this for a while. May God bless and keep you always.

James A. Washington Jr. is the publisher of the Dallas Weekly newspaper.

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AROUND THE TRIANGLE

- RALEIGH THEATRE**

Cinderella returns to Raleigh Little Theatre Dec. 3-19 onsite. Visit www.RaleighLittleTheatre.org.
- POPE HOUSE**

Christmas at the Pope House Museum is Dec. 4-5, 10 a.m. to 4 p.m., 511 S. Wilmington St. Register at raleighnc.gov.
- EXPO**

Delta Sigma Theta will host a hybrid community vendor expo Dec. 3-5, The Dream Center, 5616 Fox Road. Email Danita Horton at econdeven@kwfalumnae-dst.org.
- JAM**

Capital City Kappas present Jingle Jam featuring Bela Dona Dec. 5, 5:30-9:30 p.m., Lincoln Theatre, 126 E. Cabarrus St. Tickets at Eventbrite.com.
- ACA**

Sign up during Affordable Care Act open enrollment Dec. 9, 1-4 p.m., Crosby Garfield Center, 568 E. Lenoir St. Contact: Amanda.salami@wakegov.com.
- RALEIGH CHAMBER**

* Dec. 9, 5 p.m. – Elected Officials Holiday Reception
* Dec. 10, 8:30 a.m. – Coffee with Lori Jones. Register for both at raleighchamber.org.
- MOTOWN**

A Motown Christmas play is Dec. 10-12, 17-19, Pure Life Theatre Company, 3801 Hillsborough St., Suite 113. Tickets at purelifetheatre.com.
- CLINIC**

A Warrant Clinic to recall outstanding warrants on nonviolent offenses is Dec. 11, 10 a.m. to 2 p.m., Macedonia New Life Church, 2004 Rock Quarry Rd. Call (919) 441-3255.
- GIVEAWAY**

Toy drive and turkey giveaway is Dec. 11, 9 a.m. to noon, St. Matthew AME, 1629 Bennett St.
- COUNCIL**

Raleigh Youth Council is seeking high school students to join. Register at (919) 996-2139.
- WATER**

The NCDHHS has a new program to help families pay their water bill. Visit www.acf.hhs.gov/ocs/programs/ to apply.
- DURHAM HEATING**

A Low-Income Energy Assistance Program for Durham residents aged 60 and
- EXHIBIT**

The Durham Victims of Homicide and Violent Death Quilt exhibit is on display now thru Dec. 17, St., Suite 113. Tickets at Dillard St.
- CEREMONY**

Oath of Office ceremony for Durham mayor and council members is Dec. 6, 7 p.m., City Hall. Limited attendance so residents can watch on city's YouTube channel and Facebook page.
- ARTISTS**

A free business skills course for emerging local artists will be held Jan. 12-Feb. 16 via six virtual classes. Visit www.durhambusiness360.com. Deadline: Dec. 15.
- ORANGE COUNTY MASKS**

Orange County will continue its indoor mask mandate for 2 years and older, regardless of vaccination status.
- CENTER**

Orange County Rape Crisis Center will host its annual auction fundraiser Dec. 12, 7 p.m. Contact: Nicole@ocrcc.org.



How to manage colds and the flu this season

FAMILY FEATURES

As temperatures drop, the risk of illness, including cold and flu, rises.

It can be easy to mistake the flu for a common cold since many of the symptoms are the same, but muscle aches, cough, fever, headaches and sore throat are some of the more common signs you may be suffering from the flu, which tends to come on quicker than a cold.

While there's no way to ensure you and your family members won't get sick, there are steps you can take to reduce the chances.

Get a Flu Shot
The flu spreads differently than colds and can be transmitted before symptoms even arise. The Centers for Disease Control and Prevention recommends all people older than 6 months get the flu shot annually to help protect against the strains of flu expected to be the most common during the current flu season.

The injection, which does not contain a live virus, goes into the arm muscle to generate antibodies that protect against future flu infection about two weeks after receiving the vaccine.

Practice Self-Care
While important year-round, maintaining regular self-care practices can go a long way toward maintaining your health during cold and flu season. Eating a well-balanced diet of fruits, vegetables and lean proteins can help strengthen your immune system, as can working out moderately each day.

Regular exercise also helps reduce inflammation. In addition, proper hydration can help maintain many important body functions, and getting the recommended seven to nine hours of sleep can help keep antibodies

strong and build a defense against illnesses.

Prepare for Symptoms
As one of the common symptoms of the flu, sore throat pain can flip your life upside down with the constant nagging, disruptive pain and irritation. However, 55% of those surveyed said they were likely to "power through" a sore throat and continue working, going to school and completing other tasks while dealing with sore throat pain.

To make powering through easier, the Mucinex InstaSoothe line includes lozenges and sprays designed to numb, soothe and relieve sore throat pain.

Stock Your Medicine Cabinet
Be ready before cold and flu hit your household. Take inventory of your medicine cabinet, get rid of any expired medicines and make note of any you need to replace and replenish. Make sure you have pain relievers, fever reducers, decongestants, antihistamines and cough syrups that can be used to help fight cold and flu symptoms.

In addition, think about other supplies you may need to have on hand such as tissues, cough drops, hand sanitizer, anti-bacterial soap, a thermometer and a humidifier.

Disinfect Household Surfaces
Cold and flu viruses can live outside the human body on hard, non-porous surfaces such as metal, plastic and wood for hours, and sometimes even days. Regularly cleaning oftentouched household surfaces such as doorknobs, light switches, remote controls, faucet handles and countertops with a disinfectant spray or wipe can help kill germs that cause the viruses.

Look for Environmental Protection Agency-approved disinfectants containing bleach, alcohol, pine oil, sodium hypochlorite, citric acid, hydrogen peroxide or quaternary ammonium compounds for best results.

Remember Healthy Habits
One of the easiest ways to help avoid getting sick is to practice proper hygiene. Avoid touching your eyes, nose and mouth as much as possible, as these are areas where cold and flu germs can most easily enter your system.

Remember to cough and sneeze into a tissue or into your elbow if a tissue is not readily available. Frequently wash your hands with warm water and anti-bacterial soap for at least 20 seconds, especially after using the restroom, before eating and after touching surfaces in public places. Using an alcohol-based hand sanitizer can also suffice when a sink isn't within close proximity. Also avoid sharing items like utensils and cups, even with family members, to help avoid spreading germs.

Have a Plan for Sick Days
If you typically work in an office space, check to see if working remotely is possible and verify your office's policies about sick time. Saving sick time or a couple vacation days for the season can help avoid having to take unpaid time off if you need to stay home for any reason. Also, consider enlisting the help of friends or relatives to help with sick children in the event you're unable to take time off from work, and coordinate with your children's teachers to ensure your little ones receive any schoolwork they may have missed while home sick.

The Triangle TRIBUNE Classifieds

To place an ad:
Call 919.688.9408

SUNDAY, DECEMBER 5, 2021 PAGE 4B

Classified Deadline: Wednesday at 5p.m., prior to Sunday's edition

BID

NOTICE TO CONTRACTORS: BIDDER PRE-QUALIFICATION REQUEST: Barnhill Contracting Company has been selected as the Construction Manager @ Risk by the Town of Carrboro and is seeking to pre-qualify construction trade and specialty contractors to submit bids for furnishing labor, material, equipment, and tools for "The 203 Project" located in Carrboro, NC. **Project Description:** "The 203 Project" consists of the construction of a new three level, cast-in-place, post tensioned building that is approximately 51,884 square feet that will feature: workrooms, classrooms, meeting rooms, flex spaces, an audio studio, nurses' station, third-floor terrace, a performance space, and more. The skin will consist of a combination of brick veneer, storefront/curtainwall, and metal wall panels. The building will be attached to a new cast-in-place post tensioned parking garage consisting of approximately 171 parking spaces at approximately 73,531 square feet. Currently the 54,886 square foot site currently serves as a public parking for the surrounding area made up of a combination of asphalt, gravel, and concrete pavement. **Bid Packages Include:** BP100-General Trades, BP105-Final Cleaning, BP200-Earthwork&Storm Drainage, BP201-Turnkey Site, BP205-Demolition, BP210-Aggregate Piers, BP221-Surveying, BP225-Concrete Paving & Sidewalks, BP230-Asphalt Paving, Stone Base, & Curbs, BP250-Site Water & Sewer Utilities, BP290-Landscaping & Irrigation, BP295-Hardscape, BP390-Turnkey Concrete, BP400-Turnkey Masonry, BP550-Misc. Steel, BP642-Millwork & Casework, BP725-Fireproofing, BP740-Roofing, BP750-Metal Wall Panels, BP790-Waterproofing,Caulking,&Sealants, BP800-Turnkey Doors, Frames, & Hardware, BP836-Overhead Doors, BP840-Curtainwall,Storefront,Glass&Glazing, BP925-Drywall, BP930-Ceramic Tile, BP960-Resilient Flooring, Carpet, Base, BP964-Polished Concrete, BP965-Wood Flooring, BP980Acousitcal Ceilings & Wall Treatments, BP990-Painting and Wall Coverings, BP1005-Toilet Specialties, Accessories, Division 10, BP1010-Signage, BP1065-Operable Partitions, BP1110 Stage Equipment, BP1240-Telescoping Seating, BP1250-Window Treatments, BP1400-Elevators, BP1530-Fire Protection, BP1540-Plumbing, BP1550-Turnkey HVAC, BP1600-Turnkey Electrical. Additional packages may be added and/or deleted at the discretion of the Construction Manager. **Interested contractors should submit their completed prequalification submittals, by December 23, 2021, to Meredith Terrell at Barnhill Contracting Company by email shown below or by mail to PO Box 31765 Raleigh, NC 27622 (4325 Pleasant Valley Road, NC 27612).** PREQUALIFICATION FORMS CAN BE OBTAINED from Barnhill's online plan room at https://projects.isqft.com/barnhillcontractingcompany by clicking on "The 203 Project, or by contacting Meredith Terrell mterrell@barnhillcontracting.com (919-604-2367). **Please Note:** Once Bid Documents become available, they will be posted to Barnhill's iSQFT Planroom website, however only subcontractors who have been prequalified by Barnhill Contracting Company will be able to submit a Bid. **Target bid date: February 2022**

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LEGAL NOTICE

Notice to Creditors

All persons, firms and corporations having claims against Ross Steven Montafia deceased, of Wake County, N.C., are notified to exhibit the same to the undersigned on or before February 1, 2022. Debtors of the decedent are asked to make immediate payment. Vivian Montafia, Executor, 719 Burdick Ave., Fort Myers, FL 33905

On 12/1/21 Certificate of Need review began for **BMA of Raleigh Dialysis** Proj J-12164-21 Add 12 dialy stats; **Zebulon Kidney Center** Proj J-12169-21 Add 4 dialy stats. Written comments are due to the Agency by 1/3/22. During COVID-19 state of emergency, no public hearings will be scheduled. Contact CON for more information 919 855-3873.

MISCELLANEOUS

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PUBLIC NOTICE

**NCDOT TO HOLD VIRTUAL PUBLIC MEETING REGARDING
US-1 CAPITAL BOULEVARD UPGRADE
BETWEEN I-540 AND HARRIS ROAD/PURNELL ROAD
IN WAKE COUNTY
STIP Projects: U-5307**

Raleigh –The public is invited to a virtual public meeting with the N.C. Department of Transportation this month to discuss the proposed project to make improvements to U.S. 1 (Capital Boulevard) in Wake County.

The proposed improvements include conversion of U.S. 1 (Capital Boulevard) to a controlled access highway from I-540 in Raleigh to Purnell Road/Harris Road in Wake Forest. Controlled access means access is provided only via ramps at interchanges. Some cross-streets will be grade-separated, and no driveway connections will be allowed.

Project details, including maps and a video can be found on the NCDOT project web page: (ncdot.publicinput.com/capital-boulevard-upgrade).

A project presentation will begin at 6 pm on **Dec 9, 2021**. Interested persons are encouraged to register by visiting https://attendee.gotowebinar.com/register/3944497283958451981. To listen to the presentation by phone, call (415) 930-5321 and enter audio pin 268-435-629.

People may also submit comments by phone 984-205-6615 project code 3243, email (capital-boulevard-upgrade@publicinput.com) or mail at the address shown below by **Jan 7, 2022**.

By Mail: Terry Farr, PE
NCDOT Project Management Unit
1582 Mail Service Center
Raleigh, NC 27699-1582

NCDOT will provide auxiliary aids and services under the Americans with Disabilities Act for disabled people who wish to participate in this virtual hearing. Anyone requiring special services should contact Diane Wilson, Environmental Analysis Unit, at 1598 Mail Service Center in Raleigh; 919-707-6073; or pdwilson1@ncdot.gov as early as possible so that arrangements can be made.

Those who do not speak English, or have a limited availability to read, speak or understand English, may receive interpretive services upon request prior to the meeting by calling 1-800-481-6494.

Aquellas personas no hablan inglés, o tienen limitaciones para leer, hablar o entender inglés, podrían recibir servicios de interpretación si los solicitan antes de la reunión llamando al 1-800-481-6494.

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BOOK

Read Until You Understand: The Profound Wisdom of Black Life and Literature
By Farah Jasmine Griffin
Norton & Company, \$26.95 HC

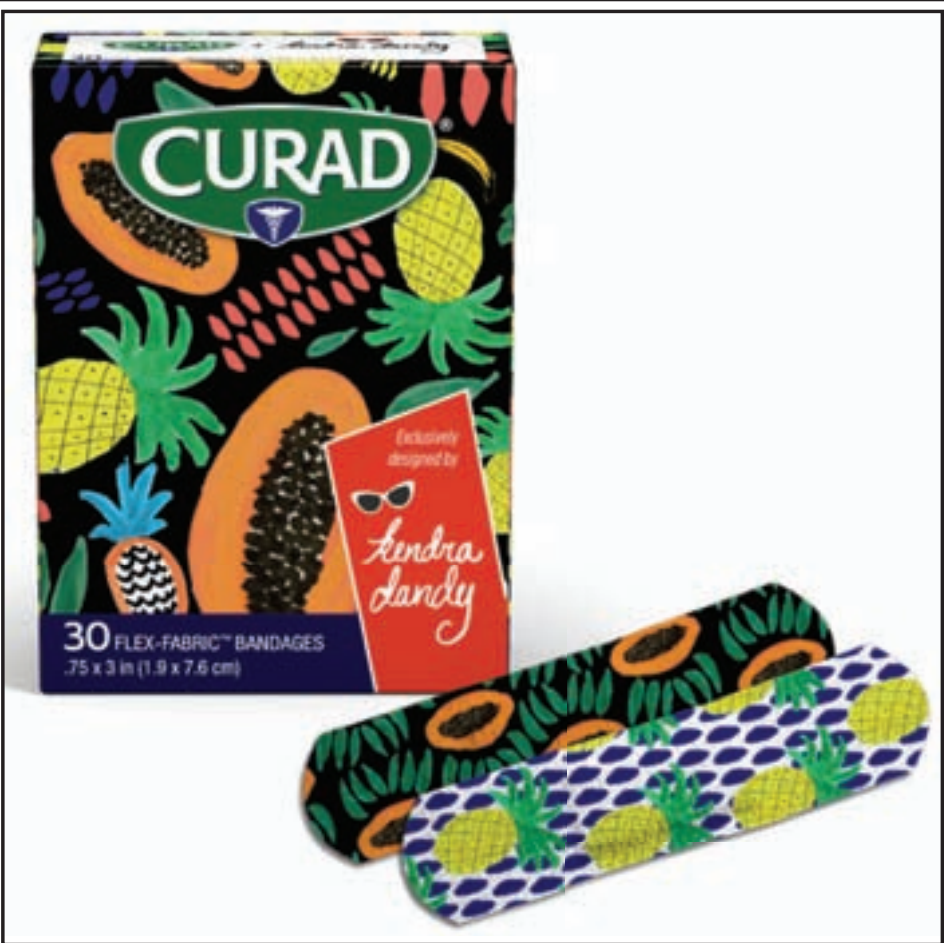
Griffin has taken to her heart the phrase "read until you understand," a line her father, who died when she was 9, wrote in a note to her. She has made it central to this book about love of the majestic power of words and love of the magnificence of Black life. Griffin has spent years rooted in the culture of Black genius and the legacy of books that her father left her. A beloved professor, she has devoted herself to passing

these works and their wisdom on to generations of students. Here, she shares a lifetime of discoveries: the ideas that inspired the stunning oratory of Frederick Douglass and Malcolm X, the soulful music of Marvin Gaye and Stevie Wonder, the daring literature of Phillis Wheatley and Toni Morrison, the inventive artistry of Romare Bearden, and many more. Exploring these works through such themes as justice, rage, self-determination, beauty, joy, and mercy



allow her to move from her aunt's love of yellow roses to Gil Scott-Heron's "Winter in America." Griffin entwines memoir, history, and art while she keeps her finger on the pulse of the present, asking us to grapple with the continuing struggle for Black freedom and the ongoing project that is American democracy. She challenges us to reckon with our commitment to all the nation's inhabitants and our responsibilities to all humanity.

ABOUT THE AUTHOR: Griffin was the inaugural chair of the African American and African Diaspora Students Department at Columbia University. She lives in New York.



CURAD Flex-Fabric Bandages



Jaime Callica appears in several films this holiday season.

Actor Jaime Callica loves being tagged ‘King of Christmas’

By Jacob Smith
ZENGER NEWS

Christmastime is nearly upon us. As December lights, eggnog, and sugar cookies have become synonymous with this time of the year, one man is rapidly establishing himself with the holiday season on the small screen, actor Jaime Callica.

In the last few years, Christmas movies have been a refuge for family-friendly entertainment and have grown quite the following in that time. Hallmark Channel and Lifetime Network have been at the forefront of December entertainment with enough content to create their own streaming service.

Callica's resume in the past few years has some in the industry labeling him "the new king of Christmas" — a label Callica is happy to accept. "I love it," he told Zenger. "I'm the person that, if you watch anything that I'm in, and I can get a moniker or title or such, who doesn't love Christmas? Christmas is a phenomenal time for most people, so if they are calling me the king of Christmas, I'm taking it."

Callica's workload could also earn him another moniker: the hardest working man in showbiz. Despite the lockdowns and working between the United States and Canada, he has enjoyed a frantic work pace that keeps him motivated even if those close to him think he is overworked.

"In 2021, since my second Disney+ movie enti-

tled 'Under Wraps,' the longest gap I've had off was two weeks. I've gone from job to job, which is such a blessing, and I feel so fortunate because the reality is, especially during COVID, I know a lot of actors who haven't worked at all," he said.

Callica's busy schedule was years in the making. Getting the recognition he receives today was anything but easy. It wasn't that long ago the actor was struggling to find a job despite putting in the time to earn one. Coming from the Christian faith, being a recognizable figure during the holiday season means a lot to Callica for a number of reasons. Giving nontraditional families a window into life for the ideal family unit is an important aspect of the roles he portrays.

Callica, an only child, was raised by a single mother. While he is extremely close to his mother and maintains a strong bond with his friends, the importance of providing nontraditional families with the escape of the perfect holiday is not lost on him. "One of the things that I really enjoy is replying to fans on my Instagram, and I get a lot of questions about these issues from people who tell me that their mom passed away when they were young, and they never had a female role model growing up. I get a lot of messages from people who say that it's [movies] their windows into something that either they never experienced or lost due to some measure of tragedy, and it gives them a lot of joy to be

able to watch these movies, and Christmas movies are pretty wholesome," Callica said.

Traditionally, Christmas movies have appealed to more conservative households, industry insiders say, but networks such as Hallmark want to expand their outreach. George Zalaridis, vice president of communications for Crown Media Family Networks (the parent company of Hallmark), said: "Diversity and inclusion is a top priority for us, and we look forward to making some exciting programming announcements in the coming months. We are committed to creating a Hallmark experience where everyone feels welcome."

Lifetime, BET and OWN networks have tried to produce more Christmas content for Black families starring majority Black casts. Callica has performed in a few of these shows, and says he has noticed a greater appreciation from Black audiences who are becoming bigger fans of the genre. "I am definitely seeing a huge uptick in support from the Black community because studios are finally giving content that is more representative, but there is still a long way to go," he said. "Black family content might make up about 2% of the slate, not including a network like BET, but if you look at a network like Hallmark or Lifetime, we aren't where we should be in 2021. But they are making an effort, and their viewership is starting to reflect that."



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FAMILY FEATURES

Stylish, flavorful, healthy, useful for daily life — gifts of all kinds can put smiles on your loved ones' faces this holiday season. Whether the special person on your list is a fashion expert, foodie, work-at-home busybody or the neighborhood gearhead, these practical presents offer exciting ways to make the holidays memorable.

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To make stockings extra special this year, consider a colorful and artistic way to cover and protect your family's minor cuts, wounds and scrapes. Designed by graphic artist Kendra Dandy, CURAD Flex-Fabric Bandages feature fun, fashionable designs in multiple shapes and sizes. These eye-catching, wearable pieces of art offer multipurpose protection for everyone in the family, including kids and fun-loving adults. Find more information at curad.com.

Gift of a Healthier Space

Shine a light on your home office or e-learning space with a solution like the OttLite Achieve LED Sanitizing Desk Lamp with proven, patented Spectra-Clean technology that safely breaks down harmful bacteria to create a healthier and more productive space. Plus, with two ways to charge your devices (wireless charging



OttLite Achieve LED Sanitizing Desk Lamp

and USB port), it's a gift your recipient can use all year long. Plus, the clean, white light is proven to reduce eyestrain by 51%, making it a valuable way to read, work and study. Find more information at otllite.com/sanitize-achieve.

Gift for Car Aficionados

For the drivers on your list, keep them prepared for the road with an option like Michelin Endurance XT Silicone wiper blades, which provide a smooth, streak-free wipe and improved driver visibility even in extreme weather conditions. With 130 years of rubber expertise, this premium blade is specifically engineered to last

twice as long as standard wiper blades. Find more information at Walmart.com.

Smokin' Good Holiday Spread

Elevate your hosting with Latitude 45 Smoked Salmon from Patagonia's glacial-fed fjords. It's the only available salmon smoked within 24 hours of leaving the water. It's listed in the top 25% of food companies worldwide on the Dow Jones Sustainability Index, and its pure, clean and fresh taste makes for endless pairings options for a crowd pleaser in your holiday spread. Find options near you at latitude45salmon.com/store-locator.

Black Friday shopping and buying Black

Black Friday shoppers had plenty to choose from in buying Black. The Black Friday Festival in downtown Raleigh and Buy Black One Stop Shop at the N.C. State Fairgrounds were two popular shopping venues over the weekend.



Beta Phi/Psi Delta



To kick off their respective Achievement Week activities last week, the Beta Phi (Durham) and Psi Delta chapters (UNC-Chapel Hill) held a mask giveaway at the Lakewood shopping plaza and Uplift Community Center in Durham. The brothers successfully distributed over 600 masks to the community to combat the spread of the COVID-19 virus.



Beta Phi Chapter recently served breakfast at the Durham Urban Ministries. The chapter also presented its Citizen of the Year Award to Alfonzer "Al" Jones. Jones is the kitchen manager at DUM and has worked with the chapter since 2005 to serve Durham's homeless. The chapter invites all brothers to join them every second Sunday at the Durham Urban Ministries.

HBCU NEWS



Left to right: Jason Chaffin, Cape Fear Community College; Jim Morton, Cape Fear Community College; Johnson O. Akinleye, N.C. Central; and David H. Jackson Jr., NCCU.

N.C. CENTRAL
NCCU and Cape Fear Community College signed a Memorandum of Understanding Tuesday, launching a dual admissions partnership between both institutions.
The partnership provides a seamless transition for CFCC students receiving an Associate in Applied Science degree at CFCC to gain guaranteed admittance from NCCU and earn a bachelor's degree upon completion of their degree and other program requirements. CFCC students earning a 2.75 GPA will be considered for the North Carolina Community College Scholarship. Advising will be available from CFCC and NCCU academic advisers.
Additionally, CFCC students will reduce their total cost of earning a four-year

degree by entering NCCU from CFCC.
"Our new collaboration and formal agreement with Cape Fear Community College expand our continuous efforts to provide a high-quality, premier education to North Carolinians and others who seek to soar," NCCU Chancellor Johnson O. Akinleye said. "For more than 111 years, we have been at the forefront of nurturing, equipping and producing global scholars, change agents and influencers to be innovative and creative high-quality professionals who work in our international marketplace and serve their communities."
He also noted his personal connection to CFCC as part of his previous tenure at the University of North Carolina Wilmington, stating, "I can personally attest to the power

of Cape Fear Community College, its educational value, excellent curriculum, and the overall impact of their graduates in the region and throughout our state."
"Cape Fear Community College is excited to collaborate with North Carolina Central University, one of the most highly regarded HBCUs in the nation," stated CFCC President Jim Morton. "Cape Fear prioritizes expanding opportunities for our students to continue their education, and this agreement will provide a direct pathway for our students to reach new heights in their academic endeavors."
For more information on the partnership, contact NCCU's Office of Transfer Services at 919-530-5593.

Cheesy Chorizo Nachos: a gameday winner

Continued from page 2B
1 can (15 ounces) refried beans
2 tablespoons water, plus additional, if necessary
1 bag (12 ounces) tortilla chips
1 package Cacique Ranchero Queso Fresco
½-cup Cacique Crema Mexicana
1 large jalapeno, sliced thin
2 radishes, sliced thin
fresh cilantro leaves, for garnish
guacamole, for serving
Cacique Mild Homestyle Salsa, for serving

In large nonstick skillet or well-seasoned cast-iron pan over medium-low heat, cook pork chorizo, using spoon to break it up. Stir regularly until completely warmed through and deep brown, scraping crispy bits from bottom of pan.
Microwave queso dip 2-3 minutes until heated through.
In medium bowl, thin refried beans with water. Beans should be thick but nearly pourable; add additional water 1 tablespoon at a time, if necessary.
Heat oven to 350 F. To assemble nachos, add half the tortilla chips to 13-by-

9-inch rectangular baking dish. Use spoon to drizzle half the queso dip and half the refried beans evenly over chips, distributing as evenly as possible. Sprinkle with half the crumbled queso fresco. Repeat with remaining chips, queso dip, beans and crumbled queso fresco. Bake 5-8 minutes until crumbled queso fresco softens and queso dip is creamy.
Remove from oven, then drizzle with crema Mexicana and scatter pork chorizo over top. Garnish with sliced jalapenos, radishes and fresh cilantro. Serve with guacamole and salsa.

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