



SPORTS

Southeast Raleigh student-athlete heads to Harvard.



COMMUNITY FOCUS

Durham Bennett Alumnae Awards Ceremony.

The Triangle Tribune

THE TRIANGLE'S CHOICE FOR THE BLACK VOICE SINCE 1998

"Serving Raleigh, Cary, Durham and Chapel Hill"

VOLUME 28 NO. 13

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\$1.00

« 52 WEEKS OF BLACK BRILLIANCE »

A Black woman invented the first home security system

Marie Van Brittan Brown (1922-1999) invented the first home security system and the first closed circuit television.

The Queens, New York, native filed her home security patent in 1966. The invention was inspired by the high crime rate in the neighborhood she and husband, Albert Brown, lived in. In addition, police response was slow even when called.

Brown's invention comprised of peepholes, a camera and monitors, and a two-way microphone. She added an alarm button that went straight to the local police station.

The three peepholes were placed on the front door: one for tall people, one for average heights and one for children.



The "Home Security System Utilizing Television Surveillance" patent was filed on Aug. 1, 1966, and approved Dec. 2, 1969.

Brown's invention earned her an award from the National Scientists Committee and a "New York Times" interview.

The intervention laid the groundwork for future home security systems that also use video monitoring, remote-controlled door locks, push-button alarm triggers, instant messaging



to police departments and by small businesses and real estate developers. It is still being used today



From Setback to Comeback

CSI launches national campaign to end stigma against incarceration

By Kylie Marsh

kylie.marsh@triangletribune.com

Life isn't easy for formerly incarcerated individuals.

Dennis Gaddy founded Community Success Initiative in 2004 after seeing the struggles others faced when trying to find stability after prison.

"I saw a lot of people who were coming home who were not as fortunate as I was," he told The Tribune. Though Gaddy had a support system, he saw others finding difficulty becoming integrated back into society.

Raleigh-based CSI is a nonprofit organization focused on assisting formerly incarcerated individuals with reentry. On

March 28, the organization will host its first National Speaker's Bureau in Knightdale, which brings success stories from former prisoners to inspire others.

"People who have not just turned their lives around but have done something with their lives," Gaddy said. "Written books, some have started their own businesses and things like that."

CSI works to break down the barriers people find themselves battling, such as finding employment and housing. The organization provides education in essential life skills, leadership, entrepreneurship, finan-

cial literacy, mental health and substance abuse support, and reentry preparation. It also hosts family sessions, support groups, and peer gatherings to strengthen relationships, share resources and build empowerment.

"There's a quote I give people that one out of six people in North Carolina have a criminal record, but six out of six people have a criminal history," Gaddy said. "That means they've done something, they just haven't gotten caught."

CSI also has annual lobby days, where staff speak to North

Please see CSI/2A



WUNC

The "HomeGrown" initiative will unfold over the next three years and include a combination of hiring, investing in affordable housing, and spending with local and regional businesses.

Duke announces \$200M 'economic opportunity' initiative

By Brianna Atkinson

WUNC

Duke University says it will commit more than \$200 million to expand economic opportunity in the Triangle. The "HomeGrown" initiative will unfold over the next three years and include a combination of hiring, investing in affordable housing, and spending with local and regional businesses.

More than half of the money, \$120 million, will go to increasing partnerships with Triangle-based construction companies. Another \$45 million is earmarked for contracting with other local businesses. Thirty-eight million will be spent on affordable housing developments and assistance for first-time homebuyers.

The remaining funds will go toward hiring Triangle residents for entry-level roles at the university and hospital, as well as youth internships and an employment program for people who were formerly incarcerated.

"This isn't about Duke doing something for the community, it's Duke recognizing that we are part of the community and we rise or fall together," Ian Brown, Duke Health's chief community health and social impact officer, said at a media briefing. "HomeGrown reflects what we heard by listening to residents, to employees and small businesses about what they need most."

Not everyone agrees this commitment is enough to address what some see as an extractive relationship between Duke and the Durham community.

In the past, Duke University has been criticized for not making direct payments to the city, in lieu of not paying property or sales taxes. Other universities like Yale, Princeton and Brown have made such payments.

Nate Baker is a member of the Durham City Council and has been one of the critics. He says the new initiative will be beneficial, but it isn't enough to address what he says is an unbalanced relationship between Duke and Durham.

"Some of these things are quite positive," Baker, an urban planner, said. "(But) I would say that the \$200 million number, I don't think it would be controversial to say it's pretty fluffed and exaggerated."

"Duke is both Durham's largest and wealthiest landowner, and they also benefit by not paying sales or property taxes ... even while using city and county services and infrastructure. And so that results essentially in the loss of tens of millions, if not hundreds of mil-

Please see DUKE/2A

Former Durham mayor gets building named in his honor

By Kylie Marsh

kylie.marsh@triangletribune.com

DURHAM - Mayor William V. "Bill" Bell is Durham's longest-serving mayor, continuing in the legacy of the city's Black history.

The Durham County Administration Building II was renamed the William V. Bell Building by the Board of County Commissioners in front of an audience of public officials and Durham residents.

Bell has a long career serving Durham. Before becoming

mayor, he served as a Durham County commissioner starting in 1972. He was board chair from 1982 to 1994, then from 1996 to 2000. He was elected Durham's mayor from 2001 until 2017.

"It is difficult to look around and not see something that Mayor Bill Bell didn't have in his vision for Durham. Everything the sun touches, he had something to do with," County Commissioner Chair Mike Lee said at the ceremony. "We are gathered

here today to celebrate him while he's still alive."

Under Bell's leadership, the downtown Durham core was revitalized from boarded-up buildings into technology startups, restaurants and boutique hotels, creating a fertile ground for future investment.

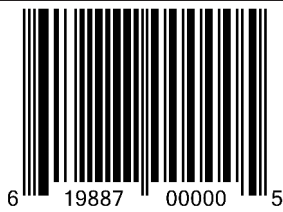
"It's been a long time coming," County Commissioner Stephen Valentine said. "Character defines each of us and is a word often used but rarely embodied

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CSI launches national campaign to end stigma

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Carolina legislators. "We deal with the legislation that is hindering people who have records from going forward," Gaddy said. That work can also be boosted by partnering with corporations like AT&T, Golden Corral and PNC Bank, which is the motivation behind launching the National Speaker's Bureau.

In its North Carolina profile, The Prison Policy Initiative reports that the state incarcerates approximately 559 people per

100,000, or about 57,000 individuals across immigration juvenile, and adult detention facilities.

A 2023 analysis from N.C. Reentry Outcome Reporting System by the North Carolina Department of Commerce reported that "those exiting prison in 2021 were less likely to be employed than they were back in 1997."

Black people are disproportionately represented in the prison system. In 2021, they comprised 51% of those incarcerated in North Carolina prisons,

more than double their 20% share of the overall statewide population. However, the data also showed that white ex-prisoners were less successful in finding employment in 2021 than their Black counterparts.

"If you talk to some employers, they'll say this person is more job ready than the person who has never been incarcerated, because they know that they have a second chance," Gaddy said.



Former Durham Mayor William "Bill" Bell now has a Durham street and a building in his name.

Building named after Bell

Continued from page 1A as fully as Mayor Bell has done through his actions. Over the course of the distinguished years spanning four decades, he has demonstrated what true leadership looks like, earning the trust and support of this community time after time.

Current Mayor Leonardo "Leo" Williams discussed his time as a student at North Carolina Central University, being classmates with Bell's daughter, Kristen Bell Adair, who petitioned to rename the

building back in 2017.

"I was a kid that never imagined being in this type of position," Williams said. "I started paying attention when my friend was the daughter of the mayor. At that time, I started to see the city turn, because I was one of the kids that was told 'do not go downtown. It is not safe.'"

Williams said he started to see the city "come to life."

"Under his leadership, it was pivotal. He made it safe to come downtown. He made it safe to enjoy

the city. He made it OK to say I was a Durhamite," he said.

Bell Adair spoke words of appreciation to the community members who helped make the renaming possible. Bell attended the ceremony but did not speak.

He is the vice president and chief operating officer of UDI Development Corporation, a nonprofit organization that promotes economic development in historically underserved communities.

Duke announces \$200M economic opportunity

Continued from page 1A

lions, of dollars of revenue — to the city of Durham, Durham County, Durham Public Schools — and that places a greater burden on our residents and on our small businesses."

For the past few years, Baker has been part of a grassroots movement called Duke: Respect Durham that advocates for Duke to make permanent annual investments in the community called "payments in lieu of taxes" or PILOTs. He said he wants to see the university contribute at least \$20 million to \$30 million per year to the city and county governments, including the Durham Public School System.

Duke officials did not specifically address a PILOT agreement in its panel presentation.

"Over the past several years, we've expanded our capacity, engaged deeply with residents and local organizations, and worked to better define the role Duke can play in supporting long-term economic opportunity across Durham and the Triangle," Adam Klein, Duke's associate vice president for economic development, said in a written statement. "HomeGrown represents a clear plan to advance that work in a more coordinated and measurable way."

Duke University plans for its HomeGrown initiative to last until 2029. Klein, Duke's economic development VP, said his team will return to the community annually with updates on how it is progressing.

WUNC partners with Open Campus and NC Local on higher education coverage.



Marcus Bass

Economic Opportunity for All Requires Access

Why credit caps threaten North Carolina's progress

By Marcus Bass
SPECIAL TO THE TRIBUNE

For generations, the fight for civil rights in North Carolina has been inextricably linked to the fight for economic justice.

At the North Carolina Black Alliance and Advance Carolina, we carry forward that legacy today. Our mission is to advocate for policies that expand opportunity and build economic power within Black communities. We know that the change we seek is impossible without access to the financial tools that allow families to buy homes, students to afford their education, farmers to maintain their equipment, and entrepreneurs to launch and grow their small businesses.

Historically, Black North Carolinians were systematically excluded from the mainstream financial system through redlining and discriminatory lending. Opportunity was a closed door for many.

Over the past several decades, however, we have made meaningful progress in expanding credit access. While the system remains far from perfect, it's important to recognize that modern credit markets have brought millions of "credit invisible" people, those with limited or thin credit histories, into the regulated financial fold.

When used responsibly, credit cards play an essential role in further expanding access to credit. In fact,

74% of adults in the United States have a credit card in their name. When it comes to small businesses, 89% of them rely on credit cards to make purchases.

For many Black-owned small businesses that lack deep cash reserves or longstanding banking relationships, a credit card is often the first and most accessible form of capital. It is the "financial oxygen" used to cover inventory, manage payroll or handle an unexpected equipment repair in a pinch.

That is why we must look closely at proposals that risk deterring access to credit cards, such as a federal 10% cap on credit card interest rates. While the intention of lowering costs for families who are struggling with the high cost of living is one we all share, a blunt "one-size-fits-all" cap could produce unintended consequences.

Because credit card interest rates reflect the actual cost and risk of lending, if the government sets a rate below the cost of that risk, lenders do not simply absorb the loss. They tighten their standards and stop lending to anyone considered a "higher risk." In our communities, where families and businesses are still working to build up their credit scores responsibly after decades of exclusion, the added impact of being labeled "risky borrowers" would be devastating to their family financial plan.

In a letter recently sent to

lawmakers, the National Bankers Association, which has spent nearly 100 years advocating for mission-driven banks that serve underserved and low-to-moderate-income communities, stated that a 10% percent rate cap would "stifle our shared financial inclusion goals, reduce access to credit, and push consumers to far more costly and less regulated lenders."

They pointed to research showing that, "When consumers lose access to credit, they often reduce spending on essentials such as health care, education and food, and are more likely to fall behind on bills, mortgage and rent payments."

We have worked too hard to open doors to credit access for millions to risk them closing again. If we want to ensure that economic opportunities are accessible and equitable for all, we should focus on bipartisan solutions that increase transparency, support financial literacy and encourage community-based lending.

I urge our elected leaders not only to protect the progress we've made, but to continue to move us forward until every North Carolinian has a fair shot to realize their full potential.

Marcus Bass is the executive director of North Carolina Black Alliance and executive director of Advance Carolina.



NCCU advances research and community impact with \$10 million award

By Quiana Shepard
N.C. CENTRAL COMMUNICATIONS

DURHAM — A subgrant could have wide-ranging impacts on scientific efforts at North Carolina Central University.

NCCU received \$10 million, part of a \$69 million grant Duke University received in August 2025, to conduct Translational Science. The money originated at the National Institutes of Health.

Translational Science is the study of converting medical research into better health outcomes. This involves identifying barriers toward successfully implementing research and finding solutions. Part of the goal is to accelerate the process from scientific discovery to improving health.

"We are a community engaged organization," said Deepak Kumar, Ph.D., NCCU associate provost and dean of Research and

Sponsored Programs. "It is really important for us to translate evidence-based discoveries to the community."

Seronda Robinson, Ph.D., professor and co-director of NCCU Health Equity Environment and Population program, anticipates the seven-year grant could be used to expand existing community engagement efforts. Ideas include:

- * Training researchers how to work with communities and vice versa.
- * Offering pilot funds to faculty to conduct research.
- * Creating ethno-dramas - theatrical productions designed to raise awareness of specific health topic.
- * Data dashboards - both building them and making them more accessible - for a variety of information, including demographics, environmental concerns, food insecurity, wi-fi access, etc.

"We're in the early stages," Robinson said.

"We have ideas. Now we are in the process of taking them to the community to ensure they align with their needs. We will also consider other suggestions."

When it comes to developing students for the workforce, Tracie Locklear, Ph.D., a research assistant professor in the department of pharmaceutical sciences, sees great potential.

"We know employers are looking for certain skills," Locklear said. "We want to make sure we are on the cutting edge and building those skills, so NCCU graduates are the most qualified when they leave the program."

The collaboration between NCCU and Duke will be facilitated through the Bridge Office, an entity started five years ago that aims for a smooth and productive relationship between the two universities, said Faye Calhoun, Ph.D.,

Please see NCCU/3A

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NCCU advances research and community impact

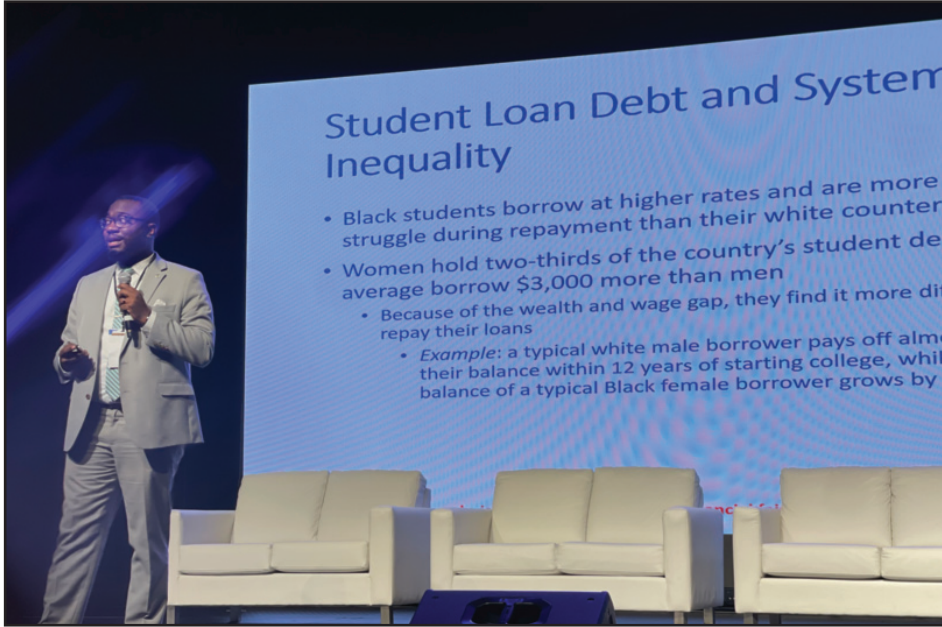
Continued from page 2A
interim director of the Julius L. Chambers Biomedical and Biotechnology Research Institute and a collaborator at the Bridge Office.

Calhoun describes the grant as "critical."
"It's basically for infras-

structure development in the areas of clinical and translational sciences," she said. "Previously, we were very strong in basic science research. Working with Duke, we were able to increase our research portfolio in clinical translational science."

The program will include collaborative research pilot studies as well.

Calhoun adds that funds from the \$10 million will be distributed widely, going to about 11 NCCU departments.



Jaylon Herbin, CRL director of Federal Campaigns, speaks on student loan debt.

Appeals court ends SAVE Program for 7 million student borrowers

By Charlene Crowell
SPECIAL TO THE TRIBUNE

On March 10, a federal appellate court order effectively ended the popular Saving on a Valuable Education program. The likely effect will be an increased financial strain on 7 million borrowers who used the program to keep their monthly student loan repayments affordable and manageable. Secondly, SAVE prevented balances from growing due to unpaid interest.

Other recent developments at the Education Department will make it more difficult for the current 42.8 million federal student loan borrowers to repay their collective \$1.69 trillion in outstanding loans, as well as increase the likelihood that repayments will not be applied accurately.

The SAVE program provided the bulk of its benefits to students with the greatest financial need - those eligible for federal Pell grants - including Black, Latino, Native American and Alaskan Native borrowers. A recent study by The Century Foundation and Protect Borrowers anticipates that Black and Native American borrowers will be hit hardest by the end of SAVE. The study expects that the Southeast will see the largest number of loan delinquencies as a result.

"This outcome is unacceptable at a time when working families already face skyrocketing energy prices and a rising cost of living that is deepening the

national affordability crisis," said Mitria Spotser, vice president and federal policy director at the Center for Responsible Lending.

"Student loan policy should expand opportunity, not pull the rug out from Americans who relied on strong borrower protections and relief. Moreover, ending affordable repayment options through a backroom settlement not only places millions of families under unnecessary financial strain, but it also raises serious concerns about transparency and fairness."

Between January and December 2025, Education Department staff reductions eliminated 656 personnel, leaving only 777 to carry out all departmental functions. As a result, the agency lost its ability to effectively monitor loan servicers and further added to a still-growing backlog of borrower requests.

The report stemmed from a request to review the Education Department's capacity to carry out its statutory responsibilities. The General Accounting Office, the independent audit, evaluation and investigative arm of Congress, audited the Office of Federal Student Aid documentation, servicers' performance and billing reports and applicable laws. The GAO also interviewed FSA officials as well as representatives of borrower advocacy organizations.

Specifically in February 2025, the Department of Education's Office of Fed-

eral Student Aid stopped assessing student loan servicers on accuracy and call quality due to lack of staff capacity, according to agency officials.

Due to these staff reductions, borrowers who made payments in good faith now have no guarantee that their monies will be properly applied.

In a Feb. 11 letter, Richard Lucas, acting chief operating officer, rejected the report's recommendations for improving servicer oversight, saying in part, "The Department of Education does not concur with the recommendation that FSA needs to reinstate certain metrics introduced under the previous administration."

Consumer advocates vehemently disagree.

"[S]tudent loan servicers, the private companies profiteering off pushing working families further into debt, are allowed to get off scot-free for failing to do their jobs," Protect Borrowers Policy Director Aissa Canchola Bañez said.

"This could not come at a worse time, as millions of SAVE borrowers will be forced out of their repayment plan and have no other choice but to rely on their servicer to maintain access to an affordable repayment option. Congress must hold this administration accountable and demand that ED engage in critical oversight of its contractors."

Charlene Crowell is a senior fellow with the Center for Responsible Lending.

BUSINESS BRIEFS



The next Durham Business Listening Tour is April 7.

EXPO

Lit for the Culture Author & Creative Expo is March 29, 3-6 p.m., The Fresh Collective, 1425 Promise Beacon Circle. Email: litfortheculture-press@gmail.com.

SMALL BUSINESSES

Rock Quarry Road Corridor Small Business Alliance is hosting a

workshop, "The Promise in Action: Rock Quarry Road Corridor Small Business Grant," March 30, 6-8 p.m., Chavis Heights Community Center, 505 MLK Jr. Boulevard.

TOUR

The next Durham Business Listening Tour is April 7, 6 p.m., Southwest Regional Library, 3605

Shannon Road.

TOURISM

Discovery Durham's 2026 Annual Event is April 7, 4 to 6 p.m., Apella by Alexandria, 12 Davis Drive. Register: www.eventbrite.com.

Send business briefs to info@triangletribune.com.



Ending race-based test helps Black kidney patients

By Jennifer Porter
Gore

WORD IN BLACK

When Congress established it in 1984, the Organ Procurement and Transplantation Network was given a key mandate: set up a system to handle the growing demand for organ transplants that would efficiently match donors and recipients and prevent human organs from being bought and sold.

In turn, the OPTN created a nonprofit organization, United Network for Organ Sharing, that has run the program since 1986. But, for decades, doctors used a race-based calculation that caused Black kidney patients to be less likely to be referred for a transplant evaluation and more likely to remain on waiting lists longer than whites. Now, an unprecedented effort to right that historic wrong seems to be working.

According to a study published last week, thousands of Black patients waiting for kidney transplants have been given credit for lost time and moved up the transplant waiting list after the transplant system stopped using the test.

The medical journal JAMA Internal Medicine, which published the study,

found that the positive results from the move could have broader implications for a field that has struggled with racial inequity. "These findings provide evidence that remedying the harms of race-based medicine may be a promising approach to address racial kidney transplant inequities," the researchers wrote.

But Dr. Deidra Crews, a nephrologist and deputy director of the Johns Hopkins Center for Health Equity, was more succinct: "There is no biological basis to race. Race is a social construct. There's no blood test that you could do and then come away and say, 'She's a Black person.'"

The U.S. transplant system formally ended the use of race-based kidney function calculations in 2022 and subsequently began implementing corrective policies. That involved reviewing cases to adjust waiting-list time for Black patients. Hospitals were required to determine which Black patients on their transplant lists could have qualified for a new kidney sooner and to credit them for that time.

The researchers analyzed a database of all kidney transplants between January 2022 and June 2025. When comparing trans-

plant rates before and after the policy change, they found that among the more than 21,000 Black transplant candidates whose waiting time was modified, the median gain was 1.7 years.

The National Kidney Foundation says the average waiting time for a kidney transplant is three to five years, but it can be far longer in different parts of the country. By ending the race-based test, some patients may have their waiting time cut almost in half.

The calculation was based on the incorrect assumption that Black people have more muscle mass, indicating a less advanced stage of kidney disease than in nonBlack patients. Since 2023, at least 10 people have sued UNOS for using the racist calculation. Last September, a federal judge rejected UNOS's attempt to dismiss the lawsuits. In allowing the case to go forward, the judge ruled that allegations made by plaintiffs' Deon Santos and Mark Thompson constituted racial discrimination.

Roughly 90,000 Americans who have end-stage kidney disease were waiting for a transplant as of late 2024. Black candidates make up roughly 30% of the waiting list.

NC House committee backs amendment to limit rise in property taxes

By Greg Childress
NC NEWLINE

North Carolina voters could be asked to consider a constitutional amendment requiring state lawmakers to limit city and county property tax increases.

The state House Select Committee on Property Tax Reduction and Reform signaled its support for the measure on a voice vote last week during a meeting of the House Select Committee on Property Tax Reduction and Reform. A referendum could be placed on the Nov. 3 general election ballot, pending state House and Senate approval.

Committee co-chairwoman Julia Howard, R-Davie, is certain voters will approve the measure if placed on the ballot. "People are very concerned about their property tax, but they're gonna speak loud and clear," Howard said. "When they do, then it's gonna be your responsibility to address the issue, and it's not an easy fix."

Howard has asked House Speaker Destin Hall, R-Caldwell, to extend the committee's work for one year because of its complex nature. The committee is expected to take a formal vote on the amendment and several other tax reform measures next month.

"You still have time to think through it," Howard said. "That's why I insisted that we have the bills or the drafts before you for at least 30 days before you vote."

Committee co-chair Rep. Erin Paré, R-Wake, said re-



stricting property tax increases would give taxpayers "predictability."

"I think we really owe people a sense of predictability of what they're going to be looking at as far as their personal budgets, their household budgets, and that just hasn't been happening with these recent tax hikes that they've been seeing," Paré said.

A draft of the amendment doesn't spell out how property tax increases would be restricted; it would only be a mandate to the General Assembly to limit increases. Lawmakers would determine how to do that in accompanying legislation.

Here are three most common types of property tax caps, according to Kiplinger:

* An assessment limit caps how much the assessed value of your property can increase from one period to the next.

* A rate limit sets a cap for the rate at which a municipality can tax your property. This can help keep your tax bill from increasing when there hasn't been a change to your

property's assessment.

* A levy limit caps how much property tax revenue a government can collect. The levy limit refers to all revenue, not only the revenue from one property.

Rep. Jeff Zenger, R-Forsyth, suggested limiting tax increases to no more than 5% a year. He said local governments must tighten their belts in the same way they're forcing taxpayers to do.

"It concerns me how quickly we will make all of our constituents cut their spending and tighten their belts, but I have not heard one single municipality or county say, 'Hey, we could tighten up,'" Zenger said.

Zenger shared a letter from a 72-year-old woman who complained that her property taxes had increased 146%. He said it's going to cost her \$790 a month to stay in a home that's paid off.

"What does she do?" Zenger asked. "Does she go to Meals on Wheels and start getting Meals on Wheels, or does she stop taking medicine or whatever? She's on a fixed income."

LEGAL NOTICES

NORTH CAROLINA FORSYTH COUNTY IN THE GENERAL COURT OF JUSTICE

UMNIYA EL MIRAOU, Plaintiff vs. RASHAD NAIM SCARBOROUGH, Defendant
DISTRICT COURT DIVISION
File # 25CVD003967-330

RASHAD NAIM SCARBOROUGH, Defendant

NOTICE OF SERVICE OF PROCESS BY PUBLICATION

TO: RASHAD NAIM SCARBOROUGH, Defendant.

TAKE NOTICE that a Civil Complaint was filed against you in the above-entitled action by Umniya El Miraoui on June 26, 2025. The nature of the relief being sought is Absolute Divorce, pursuant to N.C.G.S. Chapter 50-6.

YOU ARE REQUIRED to file an Answer with the Clerk of Court of Forsyth County, North Carolina on or before May 1, 2026. If you fail to file an Answer within forty (40) days of the first publication of this notice, the Plaintiff will request that the Court grant an Absolute Divorce in her favor.

The Hearing for Absolute Divorce will occur virtually via WebEx on May 4, 2026 at 9:30 a.m., or as soon thereafter as the Court can hear the case. Contact the Office of the Forsyth County Clerk of Court at 336-779-6303 to request information regarding participating in the hearing via WebEx.

SHOULD YOU FAIL TO ANSWER OR APPEAR as directed herein, the Court may enter an order which grants the Plaintiff, Umniya El Miraoui, an Absolute Divorce.

This the 18th day of March, 2026.

By: Lorraine M. Mortis
Attorney for the Plaintiff
102 W. Third Street, Suite 522
Winston-Salem, NC 27101

To be published in The Triangle Tribune on March 22, 2026, March 29, 2026, and April 5, 2026.



LEGAL NOTICE

ROOF REPLACEMENT AT DURHAM COUNTY NORTH REGIONAL LIBRARY

IFB No. 26-030

Sealed bids, so marked, will be received by the County of Durham Purchasing Division until 2:00 P.M. Eastern Time, on April 28, 2026, in the Conference Room of Durham County Administrative Complex, 201 East Main Street, 7th Floor, Room 703, Durham, North Carolina. The work contemplated will include **ROOF REPLACEMENT AT DURHAM COUNTY NORTH REGIONAL LIBRARY.**

A Pre-Bid Conference and Site Visit (immediately following) will be held at 10:00 AM, Eastern Standard, on April 7, 2026 at the Durham County North Regional Library, located at 221 Milton Road, Durham, NC 27712. All bidders who intend to bid are encouraged to attend.

Questions concerning administrative matters should be directed to Rishanda Davis, Procurement Specialist at (919) 560-0041 or via email at purchasinggroup@dcon.gov.

Plans and Specifications may be purchased for a refundable deposit of \$250.00. Deposit checks shall be made payable to REI Engineer, Inc. Contractors may secure document sets after 8:30 A.M., until 5:00 P.M., Monday through Friday at the office of the REI Engineers, Inc., 9121 Anson Way, Suite 100, Raleigh, NC 27615. The full deposit shall be returned to those Contractors who return the Specifications and Plans in good condition within ten (10) days after the date set for receiving bids. Plans and Specifications are to be returned to the office of the Architect/Engineer.

Bid Documents are available electronically at no cost to the Contractor. Send requests for electronic Bid Documents to Bob Tomlinson, REI Engineers' email: rtomlinson@reiengineers.com.

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

A 5% bid security is required with each bid that equals or exceeds \$500,000.00.

Bids will be evaluated and the Contract will be awarded in accordance with statutory public contract requirements as supplemented.

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

LEGAL NOTICES



LEGAL NOTICE

EASEMENT MAINTENANCE SERVICES FOR DURHAM COUNTY UTILITIES DIVISION

RFP No. 26-034

The County of Durham will receive sealed proposals for qualified Contractor(s) to establish a contract to provide sewer and reclaimed water easement maintenance services for the collection system tributary to the Durham County Triangle Wastewater Treatment Plant to ensure reliable access, protect infrastructure, and maintain compliance with regulatory and environmental requirements on April 23, 2026 at 2:00 P.M Eastern Time, in the Durham County Purchasing Division of Finance, 201 East Main Street, 7th Floor, Room 703, Durham, North Carolina 27701. No proposals will be accepted after the official time and date.

An electronic copy of this Request for Proposal (RFP) can be obtained from Durham County's eBid System located under Bid Opportunities at <https://dcon.gov/Finance/Purchasing/Bid-Opportunities>.

Proposers can download a copy of the solicitation and all addenda without registering in the system. There is no charge to register. In order to automatically receive email notifications of solicitations and addenda issued by the Purchasing Division, Proposers MUST register in the eBid system.

Durham County is an equal opportunity employer.

The County reserves the right to accept or reject, in whole or in part, such proposals as appears in its judgment to be in the best interest of the County.



LEGAL NOTICE

DURHAM COUNTY EMERGENCY AND SCHEDULED COLLECTION AND DISTRIBUTION SYSTEM REPAIRS

RFP No. 26-036

The County of Durham will receive sealed proposals for qualified Contractor(s) to establish a contract to provide emergency response services and scheduled repairs to the County's collection and distribution systems on April 21, 2026, at 2:00 P.M Eastern Time, in the Durham County Purchasing Division of Finance, 201 East Main Street, 7th Floor, Room 703, Durham, North Carolina 27701. No proposals will be accepted after the official time and date.

An electronic copy of this Request for Proposal (RFP) can be obtained from Durham County's eBid System located under Bid Opportunities at <https://dcon.gov/Finance/Purchasing/Bid-Opportunities>. Proposers can download a copy of the solicitation and all addenda without registering in the system. However, in order to automatically receive email notifications of solicitations and addenda issued by the Purchasing Division, Proposers MUST register in the eBid system.

The County reserves the right to accept or reject, in whole or in part, such proposals as appears in its judgment to be in the best interest of the County.



LEGAL NOTICE

TRIANGLE WASTEWATER TREATMENT PLANT SCHEDULED AND EMERGENCY REPAIRS

RFP No. 26-035

The County of Durham will receive sealed proposals for qualified Contractor(s) to establish a contract to provide the Triangle Wastewater Treatment Plant with scheduled and emergency repairs and service of equipment on April 28, 2026 at 2:00 P.M Eastern Time, in the Durham County Purchasing Division of Finance, 201 East Main Street, 7th Floor, Room 703, Durham, North Carolina 27701. No proposals will be accepted after the official time and date.

An electronic copy of this Request for Proposal (RFP) can be obtained from Durham County's eBid System located under Bid Opportunities at <https://dcon.gov/Finance/Purchasing/Bid-Opportunities>. Proposers can download a copy of the solicitation and all addenda without registering in the system. However, in order to automatically receive email notifications of solicitations and addenda issued by the Purchasing Division, Proposers MUST register in the eBid system.

The County reserves the right to accept or reject, in whole or in part, such proposals as appears in its judgment to be in the best interest of the County.

LEGAL NOTICES



LEGAL NOTICE

RESIDUALS TRANSPORT, TREATMENT and DISPOSAL FOR DURHAM COUNTY TRIANGLE WASTEWATER TREATMENT PLANT

RFP No. 26-032

The County of Durham will receive sealed proposals for qualified Contractor(s) to establish a contract to provide trailers, transportation, treatment and disposal of dewatered wastewater treatment residuals on May 5, 2026, at 2:00 P.M Eastern Time, in the Durham County Purchasing Division of Finance, 201 East Main Street, 7th Floor, Room 703, Durham, North Carolina 27701. No proposals will be accepted after the official time and date.

SITE VISIT:
A **SITE VISIT** will be held at 10:00 A.M. Eastern Time, on April 14, 2026, located at the Triangle WWTP 5926 NC Hwy 55 E, Durham NC 27713.

An electronic copy of this Request for Proposal (RFP) can be obtained from Durham County's eBid System located under Bid Opportunities at <https://dcon.gov/Finance/Purchasing/Bid-Opportunities>.

Proposers can download a copy of the solicitation and all addenda without registering in the system.

However, in order to automatically receive email notifications of solicitations and addenda issued by the Purchasing Division, Proposers MUST register in the eBid system.

The County reserves the right to accept or reject, in whole or in part, such proposals as appear in its judgment to be in the best interest of the County.

BIDS



ADVERTISEMENT FOR BIDS

The City of Hendersonville has the following out for bid: RFP # 267055001 for Small Diameter Water Main Installation. Visit the following link for full details: <https://www.hendersonvillenc.gov/rfp-q-bid/rfp-267055001-small-diameter-water-installation>

MISCELLANEOUS

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Diamond Quigley

Helping families plan funerals ahead of time

By Joseph Williams
WORD IN BLACK

Even as a child, Diamond Quigley always knew she wanted to be a mortician. Her curiosity in strange places was a dead giveaway.

When a relative or loved one passed, and the Quigley family arrived at a funeral home, little Diamond would wander away, unafraid.

While many children (and some adults) find mortuaries creepy or overwhelming, she wanted to explore, especially the rooms closed off to the public.

During one period, "we lost about five family members, so I spent a lot of time at the funeral home, and I was just always curious," said Quigley, now a woman whose profession is working with the dead. "I said, 'Mom, can I go to the other room? I want to go look. I want to see.'"

That curiosity and determination led her to become a mortician and to write a book, "My Funeral: Everything You Need to Know." It's a workbook designed to make the process of managing death and funerals much easier by helping people prepare in advance.

"By having all this information compiled in one place, I felt a sense of relief knowing my loved ones would not have to make difficult decisions on my behalf," she said. Rather than making tough, on-the-spot decisions when emotions are running high, the workbook would free her family "to focus on grieving and healing during a challenging time."

Quigley works at Infinite Legacy, an organ and tissue procurement organization, but also moonlights as a funeral director for

Precious Memories, the mortuary that arranged the services for gospel titan Richard Smallwood in January. Her career objective, however, is to own her own establishment offering a suite of services, from custom funerals to direct cremation.

Quigley's workbook can help families plan now to avoid stress later.

"My goal is to give them a funeral they'll never forget," she said. "No matter how crazy it sounds, I'm going to try my best. So, my No. 1 thing is to find out who my family is before we get into the details."

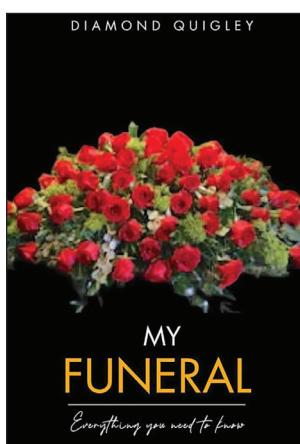
Word in Black caught up with Quigley for an interview, which has been edited for length and clarity.

Word in Black: How did you actually get started as a mortician?

Diamond Quigley: Well, first, I went to school to be a cosmetologist because I figured I was going to do hair, nails and makeup. I already had my own set of clients, but I wanted to do this for the funeral home. So, I left my clients, left the salon, and started [studying mortuary science] at Catonsville (Md.) Community College.

WIB: The funeral industry is typically run by established families. Tell me about the barriers you encountered.

Quigley: When I finished school, I set out to find an apprenticeship, but it was harder than I'd imagined. You really have to know someone to get started. I didn't know they have a noncompete clause, which means if I left their establishment after completing an apprenticeship, I couldn't work at any other establishment in the region. And I needed to stay in this area. So, I found someone who'd train me without insisting on the clause.



WIB: One of my mortician friends told me about unorthodox setups for funerals, both in-house and in other places.

Quigley: For sure. We've set up chapels to look like clubs, basketball venues. We even had one as a first date restaurant area. We've set up a gym scenario. We've had DJs. And used horse-drawn carriages. We will move all the chairs out of the chapel if necessary.

WIB: I always say weddings and funerals bring out the best and worst of families. Do you agree?

Quigley: Absolutely. Sometimes I just have to move out of the way and let them fight. And then resume the conversation.

WIB: Do some families also make arrangements before their death?

Quigley: These are my best conversations. But it's so sad. Some people just want to prepare. Some are sick or are bringing in parents who are sick. I've met some of the best people ever. And it's different meeting those people prior to their passing away.

And then I just want to cry when someone passes that I've met and spent time with. But I know I can deliver because I know exactly what they wanted. All the arrangements. Color schemes and everything. This also puts the family at ease. But my heart hurts.

BOOK

The Next Little Black Book of Success
By Elaine Meryl Brown, Marsha Haygood and Rhonda Joy McLean
Storehouse Voices, \$25 HC

Rich with accessible, no-nonsense wisdom, this guide shows women how to utilize their leadership ability and maximize their potential in all areas of their life.

As "mentors in your pocket," three successful Black female executives — Elaine Meryl Brown, Marsha Haygood, and Rhonda Joy McLean — share their strategies for playing and, ultimately winning, the power game in corporate America.

This updated edition of their 2009 classic, "The Little Black Book of Success,"

offers all corporate professionals — from college students to entry level employees, senior executives to global leaders — across all industries advice to help them find success.

Covering topics like navigating unconscious biases and microaggressions, managing a global workforce, returning to the office after years of remote work and the importance of self-care, this edition has been optimized for today's culturally and politically complex world.

Anchored in the wisdom of experience — navigating their own transitions from high-powered corporate jobs to becoming entrepreneurs, authors, public speakers and community leaders — Brown, Haygood and McLean share all they have learned (and wish they had known), so future generations of professionals can benefit and flourish at work and beyond.

As a writer and producer, Brown has made signifi-

cant impact in the media and entertainment industry. Her award-winning portfolio showcases a wide array of writing accomplishments, including a prestigious Daytime Emmy Award and two novels published by Penguin Random House.

Haygood is the president and founder of StepWise Associates, LLC, a career and personal development consultancy, and was formerly the executive vice president of human resources and administration at New Line Cinema and Orion Pictures.

McLean is president and CEO of RJMLEADS LLC, a leadership consulting and career advancement company based in New York City.

She is the former deputy general counsel of Time Inc., a global media company, where she managed one-third of the law department and provided legal counsel to over 200 employees.

Five sugar intake tips to prevent cavities

STATEPOINT

Holiday celebrations often feature lots of great food and drinks, including sweet treats to indulge in. But too much sugar in your diet can weaken your teeth, leaving your smile vulnerable to cavities.

After a sweet holiday season, follow these five sugar intake tips so you can prevent cavities and improve your oral and overall health in 2026.

*** Restore the balance.** If your holiday season was filled with candy canes, hot cocoa and cookies, now is the time to revive a balanced diet with a variety of healthy foods from each of the five major food groups. Fill your plate with whole grains, fruits, vegetables, lean proteins and low-fat dairy foods.

"Sugary beverages like soda and juice should be served sparingly, as healthier options like water and plain milk have far more nutritional value. "Water is the best beverage for your teeth," said American Dental Association dentist Mirissa Price. "Not only does water help wash away cavity-causing bacteria and weaken the acids in your mouth, but water with optimal levels of fluoride strengthens your teeth against cavities."

*** Be picky if it's sticky and watch out for starch.** You might think dried fruit is a healthy choice, but raisins and dried cranberries often stick to your teeth, giving the bacteria in your



mouth more time to feast on the natural sugars. Meanwhile, starchy foods like chips and cakes often get trapped between your teeth where cavities also form. "If you choose these foods, pair them with water, and make sure to brush and floss thoroughly," Price said.

*** Resolve to maintain your dental routine.** Speaking of brushing and flossing, it's important to keep up with your dental care routine no matter what your diet looks like. That means brushing your teeth twice daily with fluoride toothpaste and cleaning between your teeth once a day. Choose dental products with the ADA Seal of Acceptance and see your dentist regularly for valuable checkups. Appointments can fill up fast after the holidays, so schedule them far in advance to avoid delays.

*** Timing matters.** Instead of eating sweets on their own, pair them with meals or eat them shortly

after mealtimes. During a meal, your mouth releases more saliva, which is another tool in the fight against tooth decay, canceling out acids and washing away food from teeth and gums. Saliva also contains minerals to repair weakened teeth. For snacks between meals, choose a healthy option like fruit, vegetables or cheese. "If you find yourself enjoying a sweet treat apart from a meal, chewing sugar-free gum with the ADA Seal of Acceptance after can increase saliva and may help counter acidity," Price said.

*** Set a good example.** It's no surprise that most kids also want to enjoy a sweet treat now and then, but remember that cavities are the most common chronic childhood disease. Provide children with foods and drinks that are healthy and low in sugar, remind them about regular at-home dental care, and set a good example by modeling all the tips above.

AROUND THE TRIANGLE



RALEIGH TOUR

Former South Carolina Congressman Jim Clyburn will discuss "The First Eight..." March 30, 5:30-7:30 p.m., Artspace, 201 E. Davie St.

COMMUNITY DAY

Free haircuts and more is March 31, 10 a.m. to 1 p.m., Oak City Cares, 1430 S. Wilmington St.

EASTER

* Easter egg hunt and community resource fair is April 4, 11 a.m. to 3 p.m., Roberts Park, 1300 E. Martin St.

* Easter celebration, April 4, 11:30 a.m. to 2 p.m., Compassionate Baptist Church, 2310 Compassion-

ate Drive.

TEENS

Teen Spring Kickback for current high school students is April 6, 10 a.m. to 5 p.m., Urban Air Raleigh, 7810 Poyner Pond Circle. Register: wake.gov/teen-summit.

DURHAM JOB FAIR

Durham is hosting a job fair March 30, 5-7 p.m., Holton Career & Resource Center, 401 N. Driver St.

HIV/AIDS

NCCU will host a real conversation engagement on HIV/AIDS March 30, 6-8 p.m., NCCU Student Activities Center, Rooms 2201-02. Free and open to the

public.

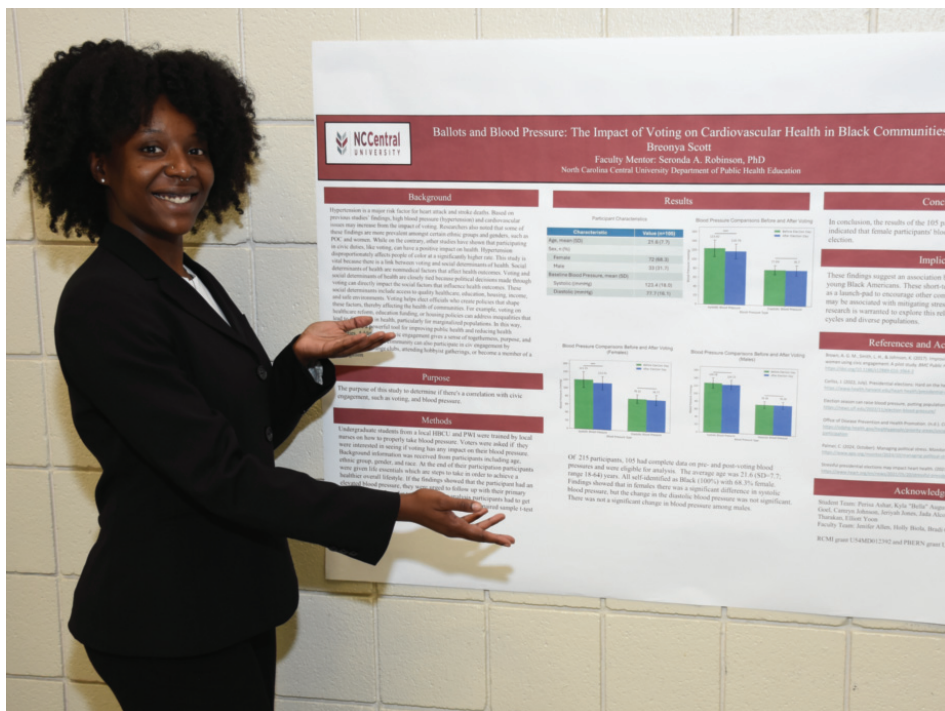
TOUR

Former South Carolina Congressman Jim Clyburn will discuss "The First Eight..." March 31, noon to 2 p.m., Hayti Heritage Center, 804 Old Fayetteville St.

EASTER

* The Seven Last Words of Christ will be spoken April 3, 6 p.m., St. Mark AME Zion, 531 S. Roxboro Street.

* Good Friday service is April 3, 7:30 p.m.; Easter sunrise service at 7 a.m., Easter egg hunt follows the 10 a.m. worship service, Ebenezer Missionary Baptist, 2200 S. Alston.



On Monday evening, North Carolina Central senior Breonya Scott won the Black Health Women's Research Poster Contest at the Senator Jeanne Lucas Commemoration Week. Scott's poster, "Ballots and Blood Pressure: The impact of Voting on Cardiovascular Health in Black Communities," earned her a \$1,000 scholarship.

Sansom's legacy continues through Morehouse

Joseph Merrick Sansom, Morehouse College Class of 1965, loved his family, his community and his alma mater.

Mr. Sansom, who died April 11, 2025, at the age of 81, attended a segregated Hillside High School before his family moved to Raleigh, where he completed his high school education at integrated Cathedral Latin (now Cardinal Gibbons) in 1961.

The military veteran was North Carolina's first African American deputy state treasurer.

Although Mr. Sansom was a member of the Shaw Board of Trustees and an avid athletic supporter, he was a "Morehouse Man" through and through.

Last year, the BONITTA BEST Morehouse Triangle Alumni Association, led by his daughter,

Karen Sansom-Goodman, established the Joseph Merrick Sansom '65 Distinguished Scholarship to honor his commitment to education and community service.

Three young men from the Triangle, or more appropriately called "Men of Morehouse," were awarded funds to continue their education.

"My father's love for Morehouse was evident in the stories he shared, the wisdom he imparted and the encouragement he consistently gave to young men striving for excellence," Sansom-Goodman wrote in a fundraising letter. "...This scholarship celebrates that extraordinary legacy while 100% directly supporting current Morehouse students in their academic and personal growth."

Three generations of Sansoms have attended the college that can claim the Rev. Martin Luther King Jr. as an alumnus.

Mr. Sansom's father, J.J. Sansom Jr., was a 1939 graduate, and his only grandson, Julian Joseph Sansom Goodman, is a sophomore in the Class of 2028. Julian also plays baseball, another passion of his grandfather's.

The alumni association is hosting its second Father's Day Scholarship Brunch on June 20 at The Westin Raleigh-Durham Airport to celebrate fatherhood and raise funds for Morehouse students. The award amounts and recipients will be announced on that day, so all donations must be received by May 15.

"I am deeply honored to continue the second year of the scholarship," Sansom-Goodman wrote. "...Giving back and helping others were not simply ideals he embraced but principles he lived daily."

Because of the support they've received so far, the family said they've been able to:

- * Ease the financial burden of several Morehouse students

- * Extend Mr. Sansom's Morehouse legacy

- * Host the Father's Day Scholarship Brunch

- * Hold fundraising initiatives throughout the year to increase scholarship funds

- * Raise awareness of the Morehouse brand in the Triangle and Eastern North Carolina

- * Foster community engagement and service.

Supporters can make a direct donation to the Sansom Scholarship, purchase a ticket to the brunch or become a sponsor. Learn more at <https://www.morehousetriangle.org/>.

"Your generosity ensures that deserving young men can remain enrolled at Morehouse and continue developing as leaders of character, intellect and service," Sansom-Goodman continued. "Thank you for honoring my father's legacy and for supporting the enduring mission of Morehouse College."

The letter also was signed by Mrs. Sarah S. Sansom and his grandson, Julian Joseph.

The Triangle Tribune Sports

March 29 - April 4, 2026 | 6A

Harvard Bound!



Southeast Raleigh High senior student-athlete Selah Edwards, center, will attend Harvard on a track and field scholarship.

COLLEGE CORNER

FSU, NCAT win bowling championships

Fayetteville State won its fourth straight CIAA Women's Bowling Championship.

Also, the Broncos announced the addition of men's indoor and outdoor track and field beginning in the 2026-27 season.

WOMEN

N.C. Central

CC can't wait to see who gets hired as the new basketball coach. There is no reason the women's program can't be a championship-caliber program in this market. Everybody can't go to the ACC. It's a great area, and Norfolk State and Howard have raised the profile of MEAC women's basketball. Can't be cheap AND win, too, in Division I.

Shaw

Brooke Smith was named to the CIAA All-Tournament Bowling Team at last weekend's championships.

In tennis, the Bears went undefeated (6-0) at the CIAA Round-Up at Bluefield State. Shaw's four losses are non-conference. The team has to run the table and win another conference championship to earn an automatic berth to the NCAA Tournament.

N.C. A&T

The Aggies won their fifth MEAC Bowling Championship in six seasons. NCAT is an associate member in the conference.

The title earns the ladies an automatic bid to the NCAA Tournament. The selection show is later this week.

NCAT's Savannah Burgin earned most outstanding bowler and Kim Terrell-Kearney, most outstanding coach.

MEAC

Maryland Eastern Shore was the last HBCU Division I team standing as of

Please see FSU/7A



HBCU FOOTBALL

Three Eagles invited to NFL HBCU Showcase

By Bonitta Best
editor@triangletribune.com

N.C. Central

MEAC Offensive Player of the Year Walker Harris, running back Chris Mosley and wide receiver Chauncey Spikes will attend the NFL HBCU Showcase and International Player Pathway Program Pro Day this weekend in Ashburn, Virginia.

Ashburn is the home of the Washington Commanders' practice facility.

Players invited are considered the best draft-eligible prospects.

The Eagles' Oct. 24 matchup against Delaware State will be played at Lincoln Financial Field in Philadelphia, not on the Hornets' campus.

Delaware State defeated NCCU in Durham last season.

N.C. A&T

Jordan High kicker Asher Holland has committed to the Aggies. Holland also has a 4.0 GPA.

Texas Southern

Former Alcorn State and Southern coach Fred McNair



has joined rival Texas Southern as a senior adviser.

Classics

Florida A&M vs. South Carolina State in the Battle of Miami Football Classic, Sept. 6.

Goodbye. Hello.

* Ole Miss E Corey Amos Jr. to Grambling State

- * Maine TE Francisco Pratts III, Tennessee State
- * Norfolk State QB Vinson Berry, Albany State
- * Liberty OLB Bryson Jennings, Southern
- * Towson/Kentucky State RB Trey Ingram, Delaware State
- * S.C. State OL Chris "Eli" Williams, N.C. A&T
- * Southern QB Cam'Ron

McCoy, Texas Southern
* Virginia Union FS Jayden Earley, Chicago State

Transfer Portal

* South Carolina State QB Billy Atkins

Turnin' Pro

* S.C. State WR Jordan Smith
* Edward Waters QB Noah Bodden

FSU, NCAT win their conference championships

Continued from page 6A

March 24. The Hawks traveled to Youngstown State for a second-round matchup in the WNIT, where their season ended in a 66-42 loss. UMES won a single-season record 20 games and a first-round WNIT game, another first.

To recap, Norfolk State lost to Loyola Chicago in a controversial ending that would take too long to explain.

Howard lost to Ohio State to end its season at 26-8.

SWAC
Alabama A&M's season ended to BYU in the WBIT. The Bulldogs finished 22-11.

After winning their First Four game for the second straight year, Southern lost to No. 1-seed South Carolina to conclude its season at 20-14.

MEN

N.C. Central

The tennis team is on

fire!
The Eagles won their fifth straight match after a 6-1 win over Guilford. CC has probably jinxed them now, but MEAC play begins this weekend at Norfolk State.

Virginia Union
Basketball coach Jay Butler was named the Atlantic Region co-coach of the year by the National Association of Basketball Coaches.

Butler shares the honor with Gannon coach Easton Bazzoli.

"I'm honored to receive this recognition, but it's a reflection of the people around me," the CIAA men's basketball coach of the year said. "...I'm proud of what we've built and excited for what's next in our program."

Fayetteville State

Jordan High senior guard Drew Johnson is now a Bronco.

NCAA
Howard ended its outstanding season against Michigan after winning its First Four contest. The Bison's 24 wins tied a school record.

Prairie View A&M's historic season ended against top-seed Florida after winning a First Four game for the first time in program history.

HBCU Basketball Openings

- Albany State
- Allen (W)
- Bowie State
- Bethune-Cookman (W)
- Edward Waters
- Florida Memorial
- Kentucky State
- Lane College
- Lincoln, Pa. (W)
- N.C. Central (w)
- Shaw
- Shaw (W)
- Winston-Salem State



North Carolina A&T claimed its 10th MEAC women's bowling title.

SPORTS SHORTS

RALEIGH
* USTA Summer League Team registration is March 11-30 for mixed, tri-level and singles. Forms available on Raleigh Tennis Association website.
* Volunteers are needed for Wake County Senior Games, March 27 to May 19. Visit www.wcsenior-games.com/volunteer.

DURHAM
* Long Ball Durham Triple Play will celebrate its 17th season in May. Volunteers needed for coaching, announcing games, scoreboard operators and anthem singers. Contact: Pat James at 919-236-3101.
* BallHers Choice Sports, a women's flag football league, has several upcoming

tournaments, including its spring eight-women flag league, and a new girls high school league in Raleigh. Learn more at info@ballherschoice-sports.com.

Send your sports announcements, photos to: info@triangletribune.com.



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WALK MORE TO STRESS LESS

Get Moving to Improve Well-Being

FEATURE IMPACT

More than 10 years ago, a mere five words frightened desk jockeys everywhere: "sitting is the new smoking." Still, many people across the U.S. are walking less than they used to. Long days spent sitting can take a toll over time, negatively impacting bodies and minds.

Research from the American Heart Association shows 1 in 4 adults in the United States sits for longer than 8 hours each day, leading to an increased risk of cardiovascular disease, obesity, Type 2 diabetes, certain cancers and premature death.

Feeling stretched by the demands of everyday life is common. However, simply adding just 20 minutes of daily physical activity may reduce the risk of disease and improve mental health, according to research published in "JAMA Internal Medicine." Additionally, being physically active reaps many benefits down the road. It keeps your mind sharp as you age; studies show higher levels of fitness are linked to better attention, learning, working memory and problem solving. It also slashes risk of depression and boosts an all-around sense of joy.



Photos courtesy of Shutterstock

Research continues to show physical activity, like walking, reduces stress, boosts mood and promotes overall well-being. This year, in honor of National Walking Day – created by the American Heart Association more than 10 years ago to encourage more movement throughout the day and help people live longer, healthier lives, one step at a time – consider these ideas to get your body moving to help lower stress, improve sleep, lift your mood and support both mental and physical health.

Step into the Great Outdoors

Slipping on a pair of comfortable walking shoes and heading outside is a simple way to get more movement in your life. Walking outside has the added benefits of helping reduce stress, improving mood and boosting cardiovascular health. Sunshine also provides a boost of vitamin D and immune support.

Make It Fun

Think of movement as something you give yourself, by moving more your way. When you choose activities you enjoy, it becomes easier to make them part of your day. If you can't find 20 minutes for a walk outside, even short bursts of movement can help. Walking in place at a brisk pace, walking up and down the stairs in your home, finding a quick dance workout online or even seated exercises and stretch breaks throughout the day can help you feel more refreshed and ready to take on everyday tasks, like cooking and running errands.

Walk with a Furry Friend

Pets can be a great motivator to get moving. Plus, taking your furry friend for a stroll can support heart health, lower stress and boost overall happiness. In fact, a study published in the "Journal of Physical Activity and

Health" shows dog owners are 34% more likely to reach their fitness goals and get the recommended amount of physical activity than those who don't have a dog. Walking with your pet can also lead to more social connection, such as meeting neighbors or other pet owners.

Pound the Pavement with a Pal

Walking solo can be good for introspection, but bringing a friend, family member or coworker can make the time pass more quickly and add connection to your routine. Explore a greenway, waterfront or indoor mall for a fresh way to get some steps. If a loved one isn't available to join you, make a phone call while you walk or take a meeting or conference call outdoors if your work allows it.

Every step counts. Visit Heart.org/movemore for more tips to get moving.



COURTESY

Bennett honorees with chapter president, standing left to right: Bonitta Best, Dr. Marva Mizell Price, Sandra Sanders Meachem and Durham Bennett Alumnae President Jacqueline B. Anderson. Not present: Rutha Brooks Johnson.



Bennett Belles in attendance, standing left to right: Bernadette Watts; Jacqueline Anderson, president; Sandra Murphy; Annette Barnes Parker; Francine Smith; Carlinda Purcell; Akira McDonald; Jannifer McAdoo, secretary; Kathy Cole; Jocelyn Williams; Carolyn Black; Dorothy Browne; Stacey Moore; and Martina Gibbs-Dowdy, Bennett director of alumnae and donor engagement.

Seated left to right: Sandra S. Meachem, treasurer; Myrtle T. May; and Hedy Hunt Echard.

Four honored at Durham Bennett Alumnae Awards Program

STAFF REPORTS
Durham Bennett College Alumnae recently hosted its "Thirty-Fifth White Breakfast, Awards and Scholarship Fund Raiser" at the Double Tree RTP Hotel. In addition, four distinguished community leaders received awards: Vision Awards of Excellence, Friend of Bennett Award and a Durham Alumnae's Phenomenal Bennett Woman Award. Nominees must have demonstrated high degree of vision, innovation and initiative in the pursuit of success in their chosen fields, be a member or product of the Durham community (including the Research Triangle Park, Ra-

leigh and Chapel Hill as a role model). Bennett College in Greensboro is a United Methodist-affiliated, four-year, fully-accredited liberal arts college. The "Friend of Bennett Durham" recognition is given to one who has helped to support the local Bennett Alumnae efforts in this community. Teressa Hardee is interim president of Bennett College. Durham Alumnae of Bennett College presented awards to four outstanding Triangle individuals in select categories:

- Rutha Johnson Brooks, '57 Retired Educator
- Distinguished Leadership - Health and Community Services
Dr. Marva Mizell Price Retired Health Administrator
- Distinguished Leadership - Friend of Bennett
Bonitta Best Managing Editor, The Triangle Tribune
- Phenomenal Bennett College Alumnae of Durham
Sandra Sanders Meachem, '70 Retired School Educator and Owner, Walter Sanders Funeral Home



The first year behind the wheel for teen drivers is the most dangerous

FEATURE IMPACT

The driver's license photo may be slightly awkward, but the milestone is unforgettable. For families, a newly licensed teen means independence, busy schedules and a new set of responsibilities. Motor vehicle crashes remain one of the leading causes of death for U.S. teens, according to the Centers for Disease Control and Prevention. Data from the National Highway Traffic Safety Administration shows drivers ages 16-19 are nearly three times more likely to be involved in a fatal crash than drivers 20 and older, per mile driven. The statistics are serious, but they're also manageable. "With the right preparation, teen driving doesn't have to feel overwhelming," said Susan Irace, manager, divisional claims at Mercury Insurance. "Experience is what young drivers are building. Parents can help shorten that learning curve with

structure, technology and smart coverage decisions." Federal safety data shows crash risk is highest in a teen's first year of independent driving. Night driving, teen passengers and distracted driving increase that risk, while seat belts, graduated licensing laws and supervised practice significantly reduce it. In 2023, more than 2,800 teens ages 13-19 were killed in motor vehicle crashes nationwide, according to the CDC. However, teen crash rates have declined over time thanks to safer vehicles, graduated driver licensing programs and greater awareness of distracted driving. The experts at Mercury Insurance encourage families to focus on preparation rather than panic. **Coach Early and Often** * Log supervised driving time in different conditions: highways, rain and nighttime. * Create a simple written driving agreement outlin-

ing expectations. * Limit teen passengers during the first year. * Make seatbelts non-negotiable. **Let Technology Help** * Choose vehicles with safety features like automatic emergency braking and blind-spot monitoring. * Use telematics or safe-driving feedback tools to reinforce good habits. * Activate smartphone "Do Not Disturb While Driving" settings. Review Insurance Before the Keys Change Hands * Add teens to your insurance policy promptly. * Revisit liability limits to protect family assets. * Ask about good student and driver training discounts. The first solo drive is a milestone, but preparation determines what comes next. By pairing common-sense coaching with today's vehicle safety technology and thoughtful insurance planning, families can support independence while managing risk responsibly.

Mechanics and Farmers Business Award

Wanda Short of Sherrill's University is a recipient of a Mechanics and Farmers Bank \$10,000 business award. This achievement reflects not only Short's dedication and vision, but also the strength and impact of businesses that are rooted in purpose, education and community empowerment.



COURTESY OF BLACK CHAMBER

Left to right: Wanda Short and Black Chamber Raleigh President Dionne Selby.



COURTESY

Left to right: Rene Whitehead, Wake County Social Services; Vickie Adamson, Wake County BOC; Arif Khan, Blue Cross NC; Saffiyah Jackson, Wake County BOC; and Jonathan Frederick, Marbles Kids Museum.

Wake County foster families get free Marbles Museum memberships and more

STAFF REPORTS

RALEIGH - Wake County foster families will now have greater access to joyful, hands-on play thanks to a new partnership between Marbles Kids Museum, Blue Cross and Blue Shield of North Carolina and Wake County's Department of Social Services. Foster families licensed through Wake County will receive a membership to Marbles that provides free museum admission for foster parents and all children in the household. Designed to support stability and belonging for children in foster care, this public, private and non-profit collaboration removes barriers and creates

meaningful opportunities for families to connect, learn and grow together. The membership provides year-round access to Marbles' hands-on exhibits, early museum entry, member-only events and exclusive discounts to the Marbles PlayStore, IMAX theater, camps and more. Not only is this partnership designed to serve current Wake County foster families, but it also offers a tool for Wake County Social Services to recruit new foster families to help fill a critical community need. "Marbles is a place for joy and connection," CEO Jonathan Frederick said. "For years, we have imagined a way for foster families to have more access to Mar-

bles, a safe and welcoming place to experience the power of play. Now, thanks to Blue Cross NC and Wake County Social Services, this program is a reality." Arif Khan, Blue Cross NC chief strategy and performance execution officer and a member of the Marbles Board of Directors, celebrated the partnership. "At Blue Cross NC, we know that play, social connection and learning are essential for all children, but especially those experiencing foster care," he said. "Supporting this program aligns with our commitment to improving health and well-being of communities across North Carolina."