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COMMUNITY FOCUS

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The Triangle Tribune

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VOLUME 28 NO. 19

Week of May 10-May 16, 2026

\$1.00

« 52 WEEKS OF BLACK BRILLIANCE »

Madam C.J. Walker: A self-made millionaire

By A'Lelia Bundles
SPECIAL TO THE TRIBUNE
Sarah Breedlove, who later became known as Madam C.J. Walker, was born on Dec. 23, 1867, on the same Delta, Louisiana, plantation where her parents had been enslaved before the end of the Civil War. This child of sharecroppers transformed herself from an uneducated farm laborer and laundress into one of the 20th century's most successful, self-made female entrepreneurs.

During the 1890s, Walker began to suffer from a

scalp ailment that caused her to lose most of her hair. She consulted her brothers for advice and also experimented with many homemade remedies and store-bought products, including those made by Annie Malone, another Black female entrepreneur. In 1905 Walker moved to Denver, Colorado, as a sales agent for Malone, then married her third husband, Charles Joseph Walker, a St. Louis newspaperman. After changing her name to "Madam" C.J. Walker, she founded her own business and began

selling Madam Walker's Wonderful Hair Grower, a scalp conditioning and healing formula which she claimed had been revealed to her in a dream. Walker, by the way, did NOT invent the straightening comb or chemical perms.

To promote her products, Walker traveled for a year and a half on a dizzying crusade throughout the heavily Black South and Southeast, selling her products door to door, demonstrating her scalp treatments in churches and lodges, and devising sales

Please see MADAM/2A



NAACP Raleigh-Apex WIN program celebrates women's empowerment

The strength, leadership and legacy of women were on full display at the NAACP Raleigh-Apex Women in the NAACP Program, or WIN. The Martin Street Baptist Church event gathered community members, elected officials and supporters to honor women in the organization.

"Rise Up With A New Hat-i-tude" is this year's theme, which not only embraces the impact of female leadership but also showcases the relationship between hats and our mothers. Ruth Cooper was crowned the 2025 WIN Program winner. Beverly Gilbert, the 2024 WIN winner, returned to pass the crown.

"The WIN Program represents more than recognition. It's about uplifting the voices of women and continuing the legacy of those who have gone before us like Ida B. Wells, Ella Baker and Myrlie Evers," Raleigh-Apex President Kelli Wilhelm said. Visit www.raleighapexnaacp.org.



2024 WIN winner Beverly Gilbert passes the crown to Ruth Cooper.

MATHIAS BISHOP

Demolition of Ligon Middle School deemed erasure of Black history

By Kylie Marsh
kylie.marsh@triangletribune.com

"I'm tired of our history being murals that can be painted over."

The decision to tear down a historically Black school in Southeast Raleigh has damaged trust between locals and elected officials.

Despite public opposition, the Wake County Public School Board decided in March to demolish J.W. Ligon Magnet Middle School. The school was previously John W. Ligon Junior-Senior High School before becoming a junior high school

after it was desegregated in 1971.

The WCPSS decision reflects the contrast between current and future students and its alumni - two groups that look very different. The current Ligon School building does not meet standards set by the North Carolina Department of Public Instruction, WCPSS Superintendent Robert Taylor said during a work session.

Many "Little Blues" and community members from the surrounding Black neighborhoods expressed dissatisfaction with the decision. "There is a continuing sense of distrust," SE Raleigh resident and historic

author Carmen Cauthen told The Tribune. "There is a sense of frustration, especially in this particular era, when we see so much of the political leadership dismantling the history of our country."

In November, alumni, parents, and public officials were presented with three options: renovate the existing building; completely demolish and build a new building; physically move the old building to make way for a new facility, then demolish the old one.

Cauthen delivered a short presentation on the historical

Please see DEMOLITION/2A



KYLIE MARSH

Social justice advocate Angela Rye.

'Can you land the plane?'

Angela Rye addresses NC Black Summit banquet

By Kylie Marsh

kylie.marsh@triangletribune.com

RALEIGH - The 20th North Carolina Black Summit Banquet left attendees with a call for unity. This year's theme is "OUR Power United in Purpose."

The Summit is an annual gathering hosted by the North Carolina Black Alliance promoting equity, accountability and opportunity. Established in 2001, the Black Alliance is a nonprofit organization fighting for systemic policy change that prioritizes the health, well-being and prosperity of the state's Black community.

Keynote speaker Angela Rye is a lawyer, award-winning media host, social justice advocate and "empowermenteur." Rye recanted a recent and somewhat terrifying air travel experience, using it as a metaphor for the state of politics and the current presidential administration.

"We don't have a lot of time, and I mean that literally and figuratively," Rye said. "When we were taking off that day, we were equipped." The plane had passed a safety check, bags were stowed, seatbelts were clicked. "The riskiest part of the flight is takeoff and landing. Landing even more so, because you are closest to the ground with the least amount of time to recover from errors. I would submit to y'all that's where we are right now."

Rye said Black people should be the ones to land the plane, "because we built it, we always repair it when they break it, we come back to fix it," she said. But there should be an intentional conversation about "alignment" to decide on a unified strategy to landing this plane.

"We do not even have to like each other's respective means to the end goal, but we do have to agree to the end goal," she said. "We can rarely even get to a discussion around takeoff because the activist is judging the elected official, and the elected official is judging the civil rights leader, and the civil rights leader is judging the business woman, and the labor leader is judging the student, and the student's definitely not checking for what the elders got to say!"

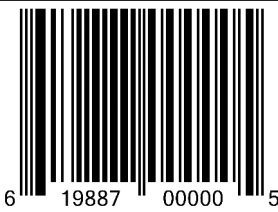
Rye told audience members there must be a commit-

Please see SUMMIT/3A

Index
News 1A
Classifieds 4A
Life/Religion 5A
Sports 6A
Focus 8A

5007 Southpark Drive,
Suite 200-G
Durham, NC 27713
(919) 688-9408
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Publisher: Gerald O. Johnson
Managing Editor/Sports Editor: Bonitta Best
Advertising: Linda Johnson
info@triangletribune.com
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Madame C.J. Walker: A self-made millionaire

Continued from page 1A and marketing strategies. In 1908, she temporarily moved her base to Pittsburgh where she opened Lelia College to train Walker "hair culturists." As her business continued to grow, Walker organized her agents into local and state clubs. Her Madam C.J. Walker Hair Culturists Union of America Convention in Philadelphia in 1917 was one of the

first national meetings of business women in the country.

She used the gathering not only to reward her agents for their business success but to encourage their political activism as well.

By the time she died at her estate in Irvington-on-Hudson, New York, she had helped create the role of the 20th century, self-made American business-

woman; established herself as a pioneer of the modern Black hair-care and cosmetics industry; and set standards in the African American community for corporate and community giving.

A'Lelia Bundles is Madam C.J. Walker's great-great-granddaughter. This excerpt is from "Madam Walker Essay" from www.madamcjwalker.com

WIN program celebrates women's empowerment



Participants in the program.



J.W. Ligon Magnet Middle School will be demolished.

Demolition of Ligon MS deemed erasure of history

Continued from page 1A significance of the school during the November meeting. Although she did not attend Ligon, she grew up in the community and attended school events.

During the March work session, which preceded a vote to demolish the school for an upgraded facility, staff presented the results of several community engagements, including emails, in-person meetings and listening sessions, and virtual meetings.

Most participants of the digital survey identified as white, 9% Black and 29% preferred not to say. Sixty-nine percent were current parents and 19% were alumni, but there was no differentiation between the high school alumni or the middle school alumni. The majority of public engagement gleaned that minimizing the disruption and maintaining educational excellence were the top community priorities, with historical preservation of Ligon's legacy following behind.

The school sits on a hill, affectionately looked upon as a beacon of educational opportunity within the

community, alumna Lorette Williams told The Tribune.

"A beacon on the hill" is how we always referred to Ligon," Williams said. She calls the decision an "atrocious," saying the process through which the school board made the decision lacked transparency, fairness and due diligence.

"They made no attempt at any time to show us possible plans where they could do what we were asking them to do. They had no intent," she said. Williams attended the November meeting, and says the proposal to rebuild the school at "the bottoms," a muddy hill where children used to ride down on cardboard sleds, was decided from "Day One."

Cauthen's comments echoed Williams', as well as by school board member Toshiba Rice. "I am deeply concerned with what has gone forth and the fact that we're not choosing to honor a space that people in the community that lives there is asking for," Rice said during the work session. "They asked for one simple thing. They understood

that a new building would have to take place. But they asked that it would stay at the top of the hill. They compromised with that. They didn't want the building to be torn down from the beginning of talks."

Board member Chris Haggerty said LS3P, the architecture firm assigned to Ligon, built a similar project for West Charlotte High School, another historically Black public high school.

"They gave our state school board association a presentation that detailed everything in terms of historical research, cultural outreach, and all the work they did to preserve the history of that school," Haggerty said. "None of that took place here."

Haggerty said an LS3P representative has been untruthful about its presentation.

"I have a lot of concerns about the process that has gone on here to date. I worry about being brought selective facts and selected information to build a case toward a preferred outcome."

(Read the entire article on our website.)

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ADOBE STOCK

Celebrating Financial Literacy Month

Charlotte's Chase Community Manager Shares Tips for Strengthening Financial Health

Sponsored by JPMorganChase

We all have financial needs and goals, whether it's dreaming of buying a new home, starting a business, or simply feeling more secure about your finances. No matter where you are on your financial journey, it's never too early - or too late - to get started.

This Financial Literacy Month, Shakeira Tennort, Chase Community Manager in Charlotte, shares ways to help strengthen your financial health journey—this month and all year round.

Q: Which areas should people focus on to improve their financial well-being?

A: To help strengthen any financial health journey, it's important to focus on four key areas: earning, protecting, spending and saving. Earning is about understanding your income and how it supports your goals. Protecting your money involves keeping it safe from loss, theft and overspending. Spending wisely helps you stay on top of bills and make progress toward your goals. And saving—no matter how small the amount—sets you up for future needs and opportunities.

Q: If someone wants to strengthen their financial health, what are the first three steps you'd suggest they take?

A: Start by getting clear on your goals. What are you working toward, and why does it matter to you? Next, create a budget so you can see where your money is going and make a plan for saving. Then, review your budget regularly and make adjustments. Every month is different and life changes but staying flexible and aware of your budget helps keep you on track towards your goals.

Q: Budgeting takes

practice, and many people are still finding what works for them. What budgeting framework do you recommend, and how can someone personalize it so it feels manageable?

A: There's no one-size-fits-all approach, but the key is to find a system you'll actually use. There are plenty of apps and tools available to help you track of your spending each month and how that compares to the amount of money coming into your home. Once you have an idea of where your money is going, it's easier to adjust your spending habits so you can save more.

Q: Saving for different goals—like emergencies, retirement or big purchases—can feel overwhelming. How do you help people prioritize and consistently stay on track?

A: I remind everyone that every dollar counts. Even a small amount saved from each paycheck adds up over time. I encourage you to set specific financial goals—such as building an emergency fund or saving up for a large purchase—and set a budget that supports those goals. If you fall short one month, don't get discouraged. Give yourself grace, adjust as you go, and keep moving forward.

Q: With costs on the rise, what small, sustainable changes have you seen make a big impact?

A: When your budget reflects your priorities, you're not just managing money—you're empowering yourself to make confident financial decisions.

Consider automating your savings so it happens without you even thinking about it. Include transfers to savings in your budget, just like you would a bill. This way, you'll be sure to put money away each

month before it gets spent.

Watching your savings grow, no matter the amount, is a powerful way to build financial security and peace of mind.

The bottom line You can take charge of your financial health by focusing on earning, spending, protecting, and saving money. Strengthening your financial health is a lifelong journey, and every step can help you feel more organized and confident as you work toward your goals. To learn more, stop by your local branch or visit chase.com/financial-goals.

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Angela Rye addresses NC Black Summit Banquet

Continued from page 1A

ment to the community and to be accountable to each other. This year commemorates the 250th anniversary of the Declaration of Independence.

"What we know is it's been 163 years since emancipation. Four hundred and seven years since the first documented enslaved person landed on these shores - on paper," she said. "We know what they say on paper, and it has always been a hypocrisy - an anomaly for us to be able to exercise those rights."

Rye said now is the time for Black people to be true to themselves and their community.

She quoted the Declaration of Independence, which states "that whenever any form of government becomes destructive" of the inalienable rights written therein, "it is the right of the people to alter or to abolish it and to institute new government."

Rye survived the plane's malfunction. She got a new plane, new gate and new pilot - a Black man.

The banquet ended with an awards ceremony that celebrated Kerwin Pittman, Ashley Blue and T. Olu Rouse, trailblazers working to fulfill the mission of the N.C. Black Alliance.



Fletcher Mayor Preston Blakely and his grandmother, Oralene Simmons.

My grandmother is still fighting for the right to vote

By Preston Blakely

BEACON MEDIA

I asked my Grandma "OG" what she thought about the right to vote after the U.S. Supreme Court last week effectively stripped away the protections afforded by the 1965 Voting Rights Act.

Oralene Simmons, or as I call her, "OG," is an 83-year-old Black woman and civil rights activist from Western North Carolina. She told me she remembered a time when Black folk were asked to say how many bubbles were in a jar with water and detergent or how many beans were in a jar as "tests" to be able to vote. It tells you how relatively little time has passed before our nation's highest court decided the law that ensured all could vote wasn't necessary anymore.

Last year, I wrote about both of my grandmothers and their experience in Jim Crow America. These women existed in a system where voting was dangerous. When I wrote the piece, I talked about how far we have come.

We've come a long way, but we've again taken big steps back.

I am a janitor and also the mayor of Fletcher, North Carolina. I have served as mayor since 2021, elected at 27 years old. My Grandma Pat was a bus driver who wanted dignity for blue-collar workers like her. When she was born, she would have been sent to the back of the bus.

But she decided she wanted a spot in the front, so she drove it.

OG was at the forefront of the Civil Rights Movement in Western North Carolina. She and I quite often find ourselves together, and we chat about the world.

Most recently, we discussed the Voting Rights Act and the recent U.S. Supreme Court decision. The Court's ruling on Louisiana v. Callais effectively finished the court's gutting of the VRA, an act that ensured the right to vote and that Black people, particularly in the South, received representation.

I was incredibly curious about how my grandmother felt about all this after her lifelong fight for these rights. OG bluntly replied to my questions: "It is racial discrimination." I could sense the sadness and frustration in her voice. She reflected on the marches that the Rev. Martin Luther King Jr. led for our right to vote. I could only imagine so intensely fighting and winning this inalienable right in your lifetime, only for it to be pulled from under you.

We may not be counting beans, bubbles or reciting the preamble to vote today, but when protections weaken, power shifts. When it becomes more difficult to challenge systems, barriers still exist, even if more quietly. The Voting Rights Act was supposed to make sure Black people had representation and weren't discriminated

against, no matter what.

The less obvious discrimination includes systems, maps, and rules that may seem neutral but are often wielded against the less powerful.

OG said, "We've been here before." I think she said that because it doesn't have to look exactly like Jim Crow to feel familiar to her.

Progress is fragile. I worry about representation, our vote and our democracy. I love this country, and I want it to love me back. I think OG feels the same. Our democracy is measured by whether every voice carries equal weight.

At the end of the conversation with OG, she said, "It's time for us to organize. It's time for us to mobilize. We've been here before, and we're still singing, 'We Shall Overcome.'" I stand on the shoulders of giants.

My grandmothers lived through a time when their rights were denied. We, OG included, are living in a time where democracy is diluted sometimes quietly, sometimes loudly. OG's words were filled with frustration but gave me the sense that our responsibility is the same. We must continue to protect our democracy.

Preston Blakely is the mayor of Fletcher, North Carolina, and the co-host of the podcast "Do You Even Live Here?" This column is syndicated by Beacon Media.

Durham residents still angry after camp sweep

By Kylie Marsh

Kylie.marsh@triangletribune.com

DURHAM - Following a Durham police sweep on an encampment at Oakwood Park last month, community members organized an event a week later to share about the connection between homelessness and policing.

"The Real State of the City" was held at The Burrow, a volunteer-run event space in downtown Durham, ahead of Mayor Leonardo Williams' "State of the City" address at the Durham Performing Arts Center the following night.

Ashley Robbins said Durham's Holistic Empathic Assistance Response Team, or HEART, a department of the Durham Community Safety and Wellness Task Force, was also at the sweep and could not be trusted. She told The Tribune that most of the people living at Oakwood Park are from Durham.

Videos posted to Instagram show the homeless residents in distress over losing their property. HEART agents, alongside Durham police officers, can be seen bagging up belongings, including life-saving medical supplies, sentimental items and essential legal documents. In the video, the unidentified community member asks if the residents can get their things back.

"They belong to someone. You threw away all their belongings," the person filming says, aiming the camera at their shoes. In the background, another person is heard yelling in distress. "That's all I had," they yelled.

"Is there no way we can get her things?" the person recording asks again. According to the video description, the people living



FILE PHOTO

A homeless encampment at Oakwood Park was raided last week.

in the encampment are all Black and disabled, and life-saving medications and medical equipment were allegedly discarded by the police, Durham Parks and Recreation and HEART. The next shot shows a crane lifting bags of discarded belongings into a dumpster while someone is heard crying.

Homeless residents came to "The Real State of the City" to share their experiences. One man shared his fear of being killed by the police, just for being both homeless and Black. "I was walking near Northpoint. The police pulled me over and started asking me questions, but I'd left my ID at the shelter," he said.

The police told him he "fit the description" of someone they were looking for. "All I can say is my name. I can't say nothing else," he said.

"I think what we can all learn from the actions of the HEART team at the park is that an organization controlled by the city will eventually betray you," Fanon Freeman, a member of the North Carolina Central Student Panthers, said. Freeman described the Student Panthers as an "anti-capitalistic, scientific,

socialist, Black radical student organization."

Anthony, another homeless Black man, said police removed him and others from Trinity United Methodist Church that morning. "Who in this room has the power to change things?" he asked. He also pushed back against the criticism of HEART.

"I'm not sure that I believe that HEART isn't trying to help," he said. "They got me an apartment. I was locked up for six months. They put money in my account. I was in three different counties. They picked up my calls when I called collect."

He advocated that the homeless should take a sense of responsibility for their own station in life. "We homeless people, we have to look in the mirror," he said. "We litter, we destroy the park; we make it an eyesore." However, others pushed back.

"You have to understand that your presence is the eyesore," Robbins responded. The discussion turned to the Department of Environmental Services, which allegedly has stopped collecting trash in the park.

AG Jackson reaches \$11 million EpiPen settlement

STAFF REPORTS

RALEIGH — A two-pack of EpiPens cost about \$100 in 2007. By 2016, it was \$600.

Last week, North Carolina Attorney General Jeff Jackson announced an \$11 million settlement with Mylan, the exclusive U.S. marketer and distributor of EpiPen Auto-Injectors, to recover money North Carolina overpaid because of those price increases. The State Health Plan and North Carolina Medicaid will each receive \$4.2 million.

"They used their control of the market to keep competitors out and drive the price up," Jackson said. "That's not legal. We made them pay it back."

The State Health Plan covers more than 750,000 teachers, troopers, state employees, retirees and their families. Last year, over 10,000 members filled at least one prescription for an epinephrine auto-injector.

"To have our hardworking state employees and taxpayers across North Carolina be overcharged for a lifesaving drug is unconscionable," N.C. Treasurer Brad Briner said. "Every little bit helps when it comes to funding for our State Health Plan, and efforts like this one keep us on the right track toward



controlling healthcare costs for our members."

The settlement resolves allegations that Mylan used anti-competitive tactics to maintain its dominance and raise prices, including paying pharmacy benefit managers to keep generics off preferred drug lists, delaying generic competitors from reaching the market and making misleading claims about competing products.

It also resolves allegations that Mylan misclassified EpiPen under the Medicaid Drug Rebate Program and forced consumers to buy two-packs they did not always need.

"People with life-threatening allergies need the medications that will save their lives, and for most people, that's an auto injector," said Dr. Austin Lucke, an emergency medicine doctor in eastern North

Carolina. "Affordable access to this medication can be lifesaving. The inability to afford it can be fatal, particularly in our most vulnerable, including pediatric populations."

Mylan has agreed to increase its co-pay coupon for the authorized generic version of EpiPen from \$25 to \$40, which will lower out-of-pocket costs.

This settlement is part of Jackson's continuing work on prescription drug prices.

In February, he reached two settlements totaling \$17.85 million with Lannett and Bausch over generic drug price-fixing. He has also joined a bipartisan group of attorneys general pushing the U.S. Department of Labor to require pharmacy benefit managers to disclose how they make money.

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COURTESY

Shame about being abused silenced me. Now, I'm speaking up

By Jacqui Patterson
THE AFRO

I am a survivor of intimate partner violence.

I don't remember the hitting, likely due to a protective habit of leaving a blank space in my memory where a traumatic event occurred. My mind can't conjure up images of a closed fist, about to strike. I do, however, remember the physical and emotional pain. I remember being very afraid and feeling helpless.

I remember the sensation of walking on eggshells. I remember being confident that it wasn't my fault. I remember being deeply resolute that, as too many believe, the abuse wasn't a sign of their intense love for me. I remember knowing that I needed to get out and get away. Yet what I remember most is the shame.

It was deep, isolating, soul-wrenching. It convinced me not to tell a living soul what was going on. It made me believe people would question my judgment if I spoke up. It told me that if anyone found out, I would be derided for letting myself fall into this situation. Therefore, I confided in no one. Not family. Not friends. Not a counselor. No one.

I was not alone. Approximately 4 in 10 Black women have experienced intimate partner violence in their lifetimes. Black women are more than twice as likely as white women to be murdered by their partner.

The past 60 days have laid bare that statistic, as the stories of Black women behind the data are told: Dr. Cerina Fairfax, Davonta Curtis, Pastor Tammy

McCollum and Qualessia "Sidditty" Barnes. It includes the horrific murder of eight young children in Louisiana and the wounding of the gunman's wife, the mother of seven of the children, as well as his girlfriend.

It includes Nancy Metayer, an environmental scientist. Police officers checking on her well-being found her shot to death inside her home. Her husband has been charged with killing her.

Four years ago, the same year she was married, I interviewed Metayer for a role with The Chisholm Legacy Project; she was our top candidate. Since her murder on April 1, I've been haunted by the what-ifs.

If she had joined us, would I have seen something in her eyes — some telltale sign of abuse? Would I have heard something in her voice? Would I have seen through the mask that we, as victims, strive desperately to maintain while endeavoring to live long enough to become survivors? Would I have recognized my younger self in her? Am I missing the signs in someone else right now?

I was 19 when I first experienced intimate partner violence. It wasn't the last time. Each time, I dealt with it alone. And I escaped it alone.

A few people, like my mother, figured things out after the relationship ended. I know people suspected I'd been abused; for the observant, the signs are often there. But I also recall shutting down any attempt to get me to talk about it. I must join the intrepid force of those who share their

stories publicly. I want to tell someone in the cruel, stifling grip of IPV shame: don't be like me.

Even as I write, I weep for the terrified young woman I was. I worked in a domestic violence shelter and once harbored a friend fleeing her own abuser. Yet, I led a solitary, shadow existence of shame and fear. I never said to a close friend, "Here's what's going on with me. Can I talk to you?" I never asked a trusted relative, "Will you help me plan my escape?"

I now know it's not enough to simply tell an intimate partner violence victim that the abuse is not their fault, that they should not bear the shame. Now, I must be the change I want to see in the world. I must join the intrepid force of those who share their stories publicly. I want to tell someone in the cruel, stifling grip of IPV shame: don't be like me.

Tell someone. Get help. Get out. Your partner will not change. It will not get better.

To the friends, family members and colleagues of victims: If you see something, say something. If you sense something, say something. Chances are, they are not OK, even if they insist that they are.

Do it even if it means angering that person because you forced them to face tough facts. Do it even if that person doesn't talk to you for a while. It is far better than the alternative.

Jacqui Patterson is the founder and executive director of The Chisholm Legacy Project, a resource hub for Black, frontline climate justice leadership.

SNAP barriers leave college students food insecure

By Jaidyn Grate
SPECIAL TO THE TRIBUNE

DURHAM - When Will Epps, a North Carolina Central junior criminal justice major, went grocery shopping, he would buy the cheapest chips, juice, quick dinners and food that was rarely satisfying.

Grocery store runs changed once Epps was granted benefits under the Supplemental Nutrition Assistance Program. The ingredients were fresh and tasty; instead of processed snacks, he could afford fresh ingredients such as chicken, rice and vegetables.

"I was cooking more and had food," Epps said. "More eating at home." However, not all college students experiencing food poverty receive the same assistance.

College students across the nation are significantly more likely than the general population to face food insecurity and still aren't receiving food assistance as needed. Research suggests that 1 in 3 college students experience food insecurity, which is significantly higher than the national average.

However, qualified students continue to participate in SNAP at a low rate. Advocates and researchers emphasize that the combination of strict eligibility rules, lack of knowledge, and administrative blocks that prevent students from getting these benefits.

This gap is why the issue of food insecurity among college students matters. Food insecurity is not just about hunger; it directly af-

fects students' ability to succeed academically and maintain steady mental health.

Research published in the Journal of Agriculture, Food Systems, and Community Development finds that limited outreach contributes to the lack of enrollment from students who could qualify for SNAP. Many are simply unaware that they meet the requirements to enroll or are discouraged by the application itself.

These consequences go beyond looking into an empty refrigerator. A study in the American Journal of Public Health found that food insecurity among college students is usually tied to having lower grade point averages, higher levels of stress and decreasing mental health.

College students are treated differently from other low-income people under federal regulations. To be eligible for SNAP benefits, students enrolled at least half-time must meet certain requirements.

The U.S. Department of Education's guidelines state that these exemptions include working at least 20 hours per week, taking part in federal work-study, taking care of a dependent child or fulfilling specific requirements linked to income or handicap. Even if their income is restricted, students who do not qualify for one of these exemptions are usually ineligible.

NCCU students experiencing shortages can get emergency assistance from the campus food pantry. Student advocacy coordinator Star Dorsette says

students frequently show up after running out of food plans, missing work or running into unforeseen costs. Some people ask about their eligibility for SNAP, but are confused about whether being a full-time student makes them ineligible.

Dorsette says the office sees about 75 pantry visits each month. The pantry provides small food items and snacks, but it isn't designed to replace full meals. "There are times of the year when demand increases," she said, usually towards the end of the week or after holidays, when students run out of their daily resources.

The problem is further complicated by students' financial hardship.

Mandatory college meal plans can account for a significant amount of college expenses, amounting to thousands of dollars per academic year, according to an ELFI report. Grocery expenses replace meal plan fees for off-campus students, often with no additional funding.

Temporary federal expansions made it easier for some college students to qualify for SNAP during the COVID-19 pandemic. Supporters argue that these changes showed policy flexibility can be achieved. Since then, many of those short-term restrictions have expired.

Do campuses do enough to educate students about SNAP exemptions? Should the requirements for students' eligibility be re-assessed?

(Read the entire article on our website.)

NC workers are skipping lunch and working longer

STAFF REPORTS

The rise of artificial intelligence in the workplace has brought with it a new kind of office anxiety. With automation increasingly capable of handling routine tasks, many white-collar employees worry that parts of their roles could eventually be replaced by software. The result? A growing number of workers appear to be quietly trying to prove their value.

A new survey of 3,014 employees by resume.io suggests the pressure is already changing behavior inside offices across the Tar Heel State. The study found that 81% of workers admit they are actively trying to demonstrate their value at work, either to compete with AI tools or simply to stand out should layoffs ever occur.

Some of these efforts are subtle, while others involve giving up time that once belonged firmly to the margins of the workday.

The most common ways employees say they are trying to prove their worth include:

- * Learning new skills or training outside work hours (14%)
- * Working longer hours than usual (13%)
- * Taking on responsibilities outside their job description (12%)
- * Volunteering for additional projects (11%)
- * Skipping or shortening lunch breaks (10%)
- * Responding to emails or messages faster than before (8%)
- * Trying to visibly show productivity to managers (7%)
- * Avoiding vacation time (4%)

Even small changes add up. Among North Carolina employees who say they are working longer hours, respondents reported add-



ing an extra 2 hours 23 minutes per week on average. Over the course of a year, that equates to roughly 123 additional working hours - the equivalent of over three extra work weeks.

The survey suggests that concerns about automation are already reshaping day-to-day routines for many employees. Lunch breaks, once a dependable pause in the middle of the day, also appear to be shrinking under the weight of this pressure. More than half of North Carolina employees said their lunch breaks have shortened over the past year due to work pressure or concerns about staying productive.

For many workers, the pressure is not simply about doing more work, but about making sure that work is visible. When asked whether they feel the need to "look busy" in order to prove their value in an AI-driven workplace, 67% admitted they do. This aligns with the growing trend of so-called "productivity theater," where employees focus on appearing busy and responsive rather than necessarily making meaningful progress on high-value tasks.

While AI tools promise efficiency gains for companies, employees are feeling the psychological side of that shift. When asked how much pressure they feel to prove their productivity because of AI

tools, 26% said they feel a lot of pressure.

Additionally, more than two-thirds believe AI is already influencing how performance is judged. When asked whether artificial intelligence has changed the way managers evaluate productivity, more than half of respondents said expectations have increased, suggesting workers feel they are now held to a higher standard.

Another 16% believe AI has shifted expectations toward greater speed and efficiency, with employees expected to complete tasks more quickly thanks to new tools.

When North Carolina workers were asked about their biggest concern around AI, the most common fear was simple: losing their job altogether.

"AI isn't just changing how work gets done; it's changing how people feel about their job security," says Amanda Augustine, resident career expert at resume.io and a Certified Professional Career Coach. "We're seeing more employees put in extra time, take on additional responsibilities or try to be more responsive simply because they want to make sure their value is clear. The irony is that the more productive AI tools become, the more pressure some workers feel to show that the person behind the work is still essential."

AROUND THE TRIANGLE

RALEIGH MARKET

Black Farmers' Market is May 10, 1-4 p.m., Montague Plaza, 2718 Rock Quarry Road.

CAC

Southeast Raleigh Citizens Advisory Council's next meeting is May 14, 7-8:30 p.m., Barwell Road Community Center, 5857 Barwell Park Drive.

BLOCK PARTY

Wake County Smart Start Block Party is May 16, 10 a.m. to 2 p.m., Roberts Park, 1300 E. Martin St.

HAT SHOW

The Hat Show Contest is May 17, 3-6 p.m., Top Greene African American Cultural Center, 401 Martin Luther King Jr. Boulevard. Call 919-996-6580.

SUMMIT

Black Chamber of Raleigh's Business Summit is May 23, 9 a.m. to 5 p.m., The Fresh Collective, 1425 Promise Beacon Circle, Suite 111. Tickets: www.eventbrite.com. Deadline: May 15.

DURHAM

GROUND BREAKING
The Villages of Hayti groundbreaking is May 13, 10 a.m., 1103 Merrick St.

BIMBE

* Bimbe' Festival kicks off May 13 with a block party at Holton Career & Resource Center, 6-8 p.m.

* Bimbe' Cypher at the Bull, May 14, 7-9 p.m., CCB Plaza, 201 N. Corcoran St.

* Bimbe' Teen Skate Party, May 15, 6-8:30 p.m., Wheels Durham, 715 N. Hoover Road

* Bimbe' Cultural Arts Festival, May 16, 1-7 p.m., Rocky Quarry Park

MEDICARE

Senior PharmAssist is hosting Medicare Basics Seminars at Durham Center for Senior Life, 406 Rigsbee Ave: May 13 at noon, and May 19 at 6 p.m.

WALK

Durham Alumni Aggies' Aggie Fit Walk is May 14, 6 p.m., American Tobacco Trail entrance behind AMC Theater.

LEGACY

Lincoln Community Health Center's Legacy Award Luncheon is May 15, 11:30 a.m., Durham Hilton, 3800 Hillsborough Road. RSVP: LincolnCHCF.org.

GALA

Durham Community Land Trustees 50th Anniversary Gala is May 16, 5 p.m., Aria Center. Tickets: www.dclt.org.

BALL

Bull City Bulldogs and United Glee present Unique Youth Sneaker Ball for disabled and autistic youth May 16, 3-5 p.m., Edison Johnson Rec Center, 500 W. Murray Ave. RSVP: fredevans309@gmail.com.

FESTIVAL

Durham Greek Festival is May 16-17, 11 a.m. to 8 p.m., St. Barbara Greek Orthodox Church, 8306 Hwy 751.

CHAPEL HILL LIBRARY

Chapel Hill Library will be closed May 18-19 for a spring refresh.

SWAC: From last to first, Part 2

SWAC Commissioner Charles McClelland is getting immense satisfaction from telling his NCAA colleagues "I told you so."

Since 2015, both the SWAC and MEAC have faced criticism for instituting a bowl game in early December that crowned the HBCU national champion.

The game pits the MEAC regular season champion against the SWAC Football Championship winner for bragging rights and a nice fat check to take home.

While it also denied arguably the best team in each conference an opportunity to participate in the FCS playoffs, it didn't eliminate all teams.

The conferences can still receive an at-large bid, though the road is a lot tougher. Only three teams have

received a playoff berth since 2015: N.C. A&T (2016), Florida A&M (2021) and North Carolina Central (2023). All three lost in the first round.

The Celebration Bowl in Atlanta is just what the name implies: a weekend celebration of HBCU football, Black culture and pride. And did I mention the million-dollar-plus check both teams receive?

On the other side, FCS and DII playoff teams earn no money from the NCAA. In fact, the more games they win, the more out-of-pocket money they spend.

Yet HBCU fans and alumni continued to whine that their team was playing in a "Black bowl" rather than the NCAA. What did Malcolm X say about "the white man's ice is colder."

Well, the white man wants some of the Black man's ice today because the landscape has changed.

"Everything that was a weakness for the SWAC in football has turned into a strength," McClelland said at the SWAC Golf Championships. "...We now have FCS conferences that want to play us. We have FCS conferences trying to get a bowl game like we have. They are now trying to emulate what we're doing because when they play in the FCS playoffs... the last team that won it, spent a significant amount."

"They have to spend to participate and go to the national championship, where we go to the Celebration Bowl and make twice that much. And if you get the chance to host the SWAC Football Championship, you get another windfall."

Another change of opinion, McClelland says, is Week 0, which many FCS teams take advantage of for more media exposure and less competition since the power conferences start a week later.

Southern vs. Alabama State opens the SWAC season in Week 0, and McClelland says fans couldn't be happier.

"People looked down on teams playing in Week 0, now it's a strength," he said. "People want to see a (SWAC) game with a big windfall rather than a SWAC team playing an FBS school, so nobody gets beat up early in the season. It is elevating our brand, and it's an important week for us."

There's also good news for basketball junkies as well.

The SWAC has won 5 of 6 First Four tournament games - an \$8 million windfall for the conference. Such success has fans wanting a straight ticket to the tournament on Thursday night instead. But McClelland isn't complaining.

"I would much rather go into Dayton (Ohio), play on that Tuesday or Wednesday and get that national recognition," he said.

"Those games yield about \$50 million worth of impact through commercialization of those games. That's the reason why we're going to the First Four."



BONITTA
BEST

The Triangle Tribune Sports

May 10-16, 2026 | 6A

Long Ball-Durham Triple Play 17 seasons and counting

Long Ball-Durham opened its 17th season Monday night at Historic Durham Athletic Park. The RBI summer league runs May through August in two divisions: junior and senior teams. Visit longballdurham.com for schedule and times.



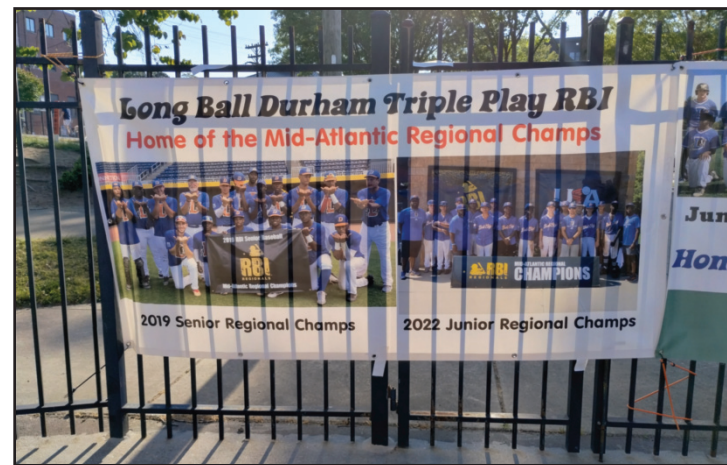
Long Ball President Pat James, left, will end her 17-year reign after 2026.



The Hillside Alumni Choir.



Long Ball's junior and senior teams have won the last two Mid-Atlantic Regional Championships.



Long Ball won its first championship in 2019.

BONITTA BEST

COLLEGE CORNER

Late Virginia State athletic director honored

The late Virginia State athletics director Peggy Davis was named a 2026 Lifetime Achievement Award recipient. The award honors Division II ADs and their leadership achievements. Davis died in October 2024.

"The contributions of Peggy Davis to the Division II community are truly immeasurable," DII Athletics Director Association President Traci Murphy said. "Her legacy of leadership, service and unwavering commitment to student-athletes has left a lasting impact on DII and continues to inspire all who follow in her path."

WOMEN

N.C. Central
Rachel Key-White earned a third-place finish in the triple jump at last weekend's Duke Twilight track meet. Key-White

was the highest finisher for the Eagles.

The MEAC Outdoor Track & Field Championships run May 14-16 on Norfolk State's campus.

Shaw

Despite losing a doubleheader to Fayetteville State to close out the regular season, the Bears earned a spot in the CIAA Softball Tournament after finishing third in the division. They face Bluefield State later this week in the first round.

In tennis, Shaw will meet No. 2-seed Indiana (Pa.) in the Atlantic Regional.

Winston-Salem State

The Rams' athletic department just keeps on winning. The ladies defended their CIAA outdoor track and field crown with



a second straight title, edging Claflin by five points. Fayetteville State was third.

Howard

The history-making Bison golf team comes to Chapel Hill May 11-13 to participate in their first NCAA Golf Tournament. The

NCAA Regionals will be held at UNC Finley Golf Course.

N.C. A&T

Redshirt freshman utility/designated hitter Aniya Merritt earned All-CAA First Team honors, becoming the first Aggie. Please see **LATE/7A**

HBCU FOOTBALL

Two Eagles, two Halls of Fame inductions

By Bonitta Best
editor@triangletribune.com

N.C. Central

Two Eagle greats were recently inducted into two North Carolina Halls of Fame.

Louis Breeden was enshrined into the N.C. Sports Hall of Fame. The all-conference safety played from 1973-76 and was picked by the Cincinnati Bengals in the seventh round. He played for 10 years and earned a 1982 Super Bowl XVI ring.

Albert Montgomery is now in the Gaston County Sports Hall of Fame. The All-CIAA quarterback and punter played from 1953-56. He still ranks third in program history with a career average of 39.6 yards per punt.

Shaw

Women's flag football has been added to the Bears' var-

sity programs for the 2027 season.

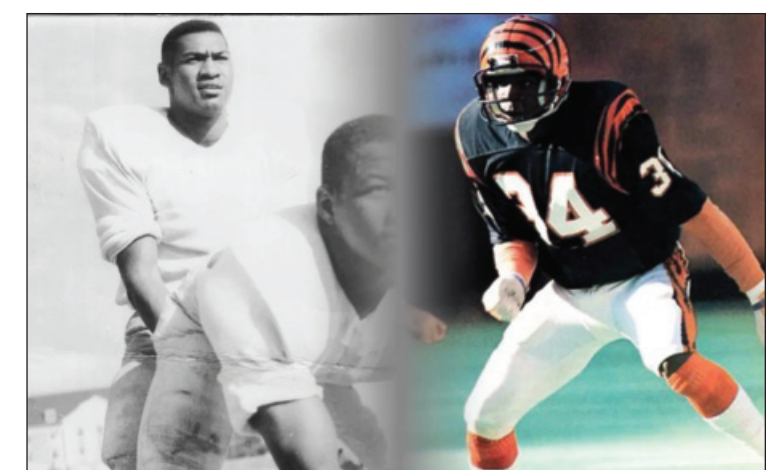
The CIAA officially instituted flag football as a sponsored sport this spring.

"Shaw University is proud to continue expanding opportunities for our student-athletes," interim athletics director Randy McClure said. "As the CIAA moves forward in officially recognizing the sport, we are excited to be part of this historic moment and to provide a platform for young women to compete, lead and excel."

Shaw will immediately begin recruiting players and hiring coaches.

Morgan State

Former offensive lineman Dexter Carr Jr. is carving out a nice career in Japan. Carr enters his third season with the Obic Seagulls of the X League.



Left to right: Albert Montgomery and Louis Breeden.

The Seagulls are one of Japan's most successful American football organizations.

CFL Draft

* Jackson State QB Jacobian Morgan signed with the Canadian Football League's Hamil-

ton Tiger-Cats.

* Alabama State WR Dylan Djete to Saskatchewan Roughriders.

NFL Free Agent

* South Carolina State CB Jarod Washington to Kansas City.



COURTESY

NCCU jumper Rachel Key-White. Love the hair.

Late Virginia State AD Peggy Davis honored

Continued from page 6A

to be selected since joining the conference in 2023. Merritt also was selected to the All-Rookie Team.

"Merritt had an outstanding season in the (batter's) box," head coach Jose Gonzalez said. "...She really worked hard to get healthy and to come back better."

In basketball, coach Tarrell Robinson was selected to participate in the 2026 NBA Draft Combine May 10-17 in Chicago. Robinson will assist with on-court workouts.

MEN
Virginia Union
The Panthers won their first CIAA Outdoor Track &

Field Championship since 1934! And N-O, CC wasn't born back then.

Zachary Jones was named field athlete of the year.

"This past year has been wonderful for us," head coach Franck Charles said. "I can't thank God enough for the work He did for us. ... I can't wait to see what the future has for us."

Johnson C. Smith was second and Lincoln (Pa.) third.

Goodbye. Hello.

* Tennessee State G Amiyah Ferguson to Bethune-Cookman

* Southern Illinois C Angela Samuel, Maryland

Eastern Shore

* N.C. A&T G Londyn Walker, Alabama State

* Florida Southwestern State G Asiana Britt, Edward Waters

* Bethune-Cookman G Jannessa Kelly, Alabama A&M

* Charleston Southern F/C Saniya Jones, Howard

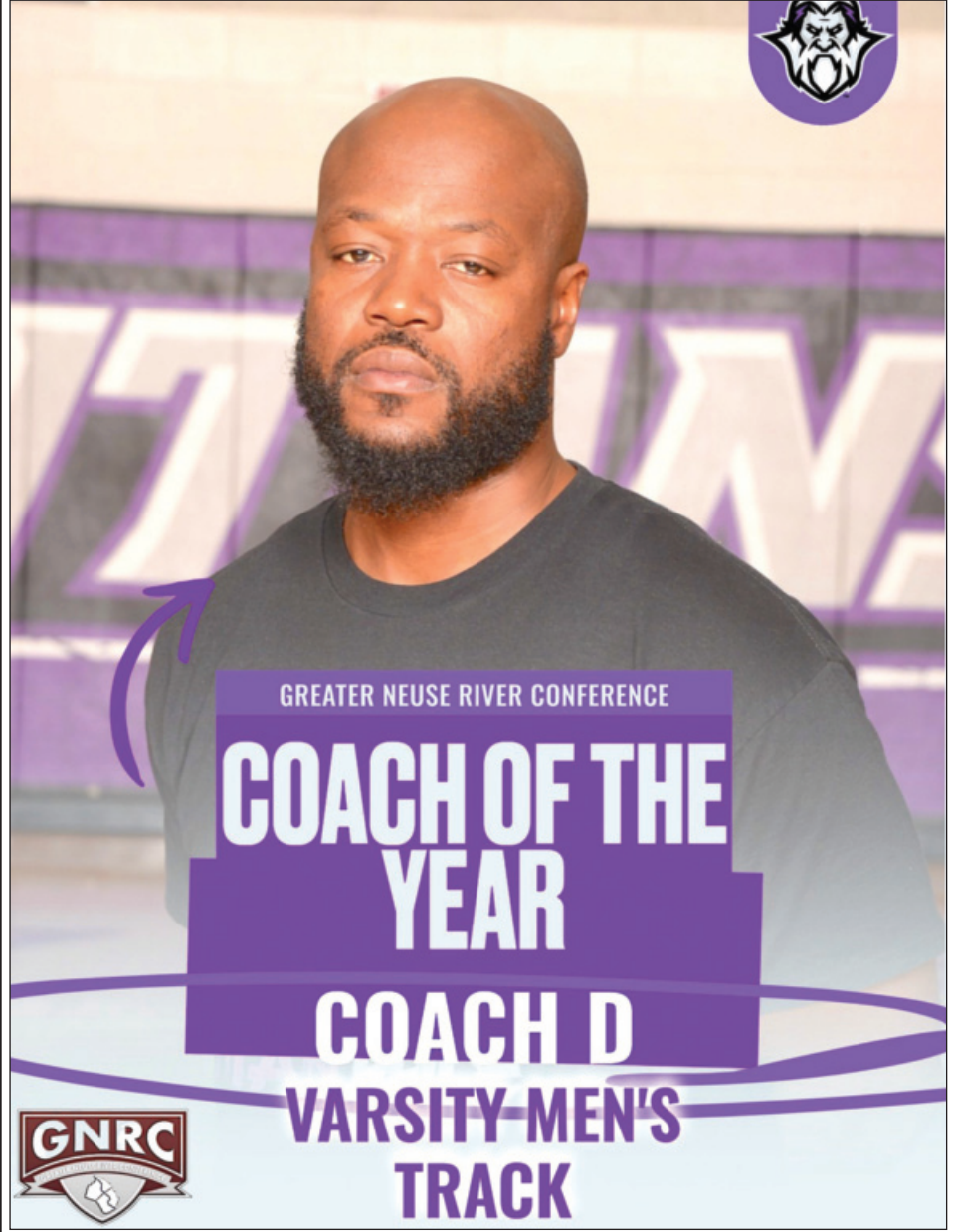
* Morgan State F Maya Woodson, Hampton

* Monroe G Skylah Kemp, Delaware State

* Albany State/S.C. State G Jada Morgan, Alcorn State

* Lincoln (Pa.) G Ronald Bridges Jr., Winston-Salem State

* Delaware State G Ponce James, N.C. A&T



RALEIGH
* Ladies' Lunch with Lilly Pulitzer is May 15, noon to 2 p.m., Raleigh Racquet Club, Falls of Neuse Road. Register: playtennis.usta.com. Proceeds benefit Love To Serve Foundation.

DURHAM
* U.S. Girls' Junior Golf Championship is July 13-18, Old Chatham Club. Applications open for players with a Handicap Index of 5.4 or below at champs.usga.org. Deadline: May 13, 5 p.m.

* USA Basketball will host youth clinics at the downtown Durham YMCA May 15 for several age groups. Visit app.waiver-sign.com, Send your sports announcements, photos to: info@triangletribune.com.

The Best in HBCU Sports
Visit us at the triangletribune.com

MOTHER'S DAY ACTIVITY SHEET

Hi Everyone!

This issue is especially close to my heart because it honors Mother's Day, and that means my mother too, Queen Maela! In the United States, Mother's Day is celebrated on the second Sunday in May.

MOTHER'S DAY was founded by Anna Jarvis, at a memorial she held in honor of her late mother. She sent 500 white carnations to the church where her mom had served for years. The tradition of giving the ladies carnations on Mother's Day was born from this gesture. Mother's Day, which is always the second Sunday in May, was made a national holiday in 1914 by President Woodrow Wilson. This Mother's Day is on Sunday, May 14, 2023!

A MOTHER, A HERO: MICHELLE OBAMA

Who she is: Author, lawyer, the first Black FLOTUS of the United States and a Mother!

Why she's special: Mrs. Obama showed us all her warmth, strength and positive attitude as she graciously took on the role of our First Lady from 2009 to 2017. We watched her fight against childhood obesity and supported a strong education for young girls. During her speech at the 2016 Democratic National Convention, she said these words that we are still quoting today: "When they go low, we go high." She's also the best selling author of "Becoming".

A LETTER TO MOM

Complete the activity below and present it to your mom or the special woman in your life.

Dear _____,

My favorite thing about you is: _____

You do so much for me, thanks for: _____

I love you because: _____

Love, From _____

Mother's Day is revered in the Black community. It is used to honor the caregivers and nurturers of the community. There have been many big sisters, "play" aunts, God-mamas, and cousins to help with the rearing of children. As Hillary Clinton said in her book, "It Takes a Village", to raise a child. This proverb means that an entire community of people must provide for and positively interact with children in order for them to grow up emotionally, spiritually, socially and physically healthy.

COLOR ME

Color the carnation below the color that you think your mom would like.

MAKING MOTHER'S DAY SPECIAL BY...

Circle your top five activities that you think would make a mother feel special:

| | |
|-------------------------|------------------|
| A SPA DAY | SPECIAL DINNER |
| CAMPING | BREAKFAST IN BED |
| A CRAFT/CARD | GOING TO CHURCH |
| SHOPPING TRIP | FAMILY PHOTO |
| A PICNIC | A FESTIVAL |
| CLEAN THE HOUSE FOR HER | JEWELRY |

HAPPY MOTHER'S DAY TO ALL OF OUR QUEENS!

*READ ABOUT KEMET'S MOM "QUEEN MAELA" -- ORDER KEMET "THE BEGINNING" COMIC BOOK AT WWW.KEMETCOMIC.COM
MOTHER'S DAY, 5/10/26, #253 WWW.JOEYOUNG.ORG KEMET ACTIVITY SHEETS © 2026 BY JOE YOUNG

WWW.KEMETCOMIC.COM



Jairus Mathieu, left, and his instructor.

Durham teen uses flight simulator program to prepare for air force career

STAFF REPORTS

DURHAM - Durham Parks and Recreation is giving teens a chance to take flight and learn what it's like to be a pilot through a new Aviation Flight Simulator Program at the Durham Teen Center. One local teen is using this experience to move towards a career in aviation.

Jairus Mathieu, known to family and friends as "JB," is a sophomore at Riverside High School and heard about the Durham Parks and Recreation program through his Airforce JROTC instructor. He immediately took an interest and registered for the free program.

"I decided to sign up because I am an aspiring fighter pilot," Mathieu said. "From a very young age, I wanted to learn a very specialized skill that would be helpful to propel me through a career path. This program really called out to me. I signed up for it as soon as I could."

The Aviation Flight Simulator Program is a hands-on experience that allows teens aged 13 to 17 to take control of the cockpit and

navigate the skies with professional-grade flight simulation equipment, the same technology real pilots use. This free program teaches participants how math, science and focus work together from take-off to landing to make flight possible. Each weekly session teaches kids precision, discipline and real-world STEM skills through an "Earn Your Wings" Progress Card System, moving from student pilot to navigator to pilot in command.

"What sets this apart from a video game is that it's treated as a Flight Laboratory, emphasizing real aviation fundamentals, focus and responsibility," said Cimarron Reed, Durham Teen Zone recreation coordinator. "Ultimately, it's about creating a pathway — from learning the basics to exploring pilot training and aviation careers."

The 12 registered teens that completed the course were presented with certificates during the program's recognition ceremony last month at Lake Ridge Airport. They were also able to experience a flight inside

the cockpit of a real plane with a trained pilot through DPR's collaboration with the Experimental Aircraft Association's Young Eagles program. Representatives from Elizabeth City State University's Aviation Program were also on hand and spoke with participants and families about aviation pathways, scholarships and grants.

"I really love the program," Mathieu added. "The simulator is amazing for getting basic skills that'll help me throughout the rest of the years that I plan to use aviation."

DPR previously had an aviation program in 2017 at W.D. Hill Recreation Center, led by Andre White with support from the Tuskegee Airmen under the late Leroy Walker, that served younger kids at the time. The program ended after COVID.

"We wanted to bring aviation back, but this time focused on teens closer to pilot license age," Reed added. "Our current coach, Frank White, helped us finally relaunch the program under the Durham Teen Zone."



KYLIE MARSH

"This is an answer to my prayers," SE Raleigh Promise CEO Yvette Holmes said.

SE Raleigh Promise breaks ground on first purpose-built community

By Kylie Marsh
kylie.marsh@triangletribune.com

RALEIGH - "It is a beautiful day in the neighborhood," said Sondra Collins, Southeast Raleigh Promise board chair, Friday morning.

The official groundbreaking ceremony of 25 units of mixed-income affordable rentals took place on Gregg Street in Southeast Raleigh.

"Laws alone don't fulfill promises. People do," Collins said. "Access to safe, affordable housing is still out of reach for way too many families. That reality calls for more than reflection. It calls for commitment."

SERP is a nonprofit organization whose work is guided by four pillars: cradle to career education, economic mobility, health and well-being, and real estate and mixed-income housing. The rentals are Wake County's first Purpose Built Communities, joining 15 other communities like it in the nation.

SERP celebrates its 10th anniversary this year. "This is what it looks like to carry

the promise forward, intentionally and together," Collins said.

CEO Yvette Holmes is a Southeast Raleigh native. The groundbreaking was personal for her. When welcomed to the podium, Holmes received a standing ovation. "This is an answer to my prayers," she said.

The \$7.6 million project was funded through the city of Raleigh, Wake County, the Low Income Investment Fund and Southeast Raleigh Promise. The units are available to tenants earning 30% to 60% area median income, or between \$600 to \$1,800 monthly rent, and include one single-family home, duplexes and accessory dwelling units within walking distance of downtown Raleigh.

"Everything we do here, we do in partnership," Holmes said. SERP was birthed out of making sure that "Southeast Raleigh doesn't get overlooked." The organization works closely with Advance Community Health, the Southeast Raleigh YMCA, Southeast Raleigh Elementary and Self-Help Credit

Union. "The secret sauce is that it's all centered around community. Residents are the center," Holmes said. "We talk about empowering; we don't do any empowering, it's really unlocking that which the residents already have and what they know."

Approximately 60 people move to Wake County every day. Southeast Raleigh is changing, so SERP ensures its residents are involved in the decision-making, Holmes said. "Folks that I talk to, they don't say they want to oppose change, they just want to be a part of it."

Holmes said that fulfilling SERP's mission involves attracting people to Southeast Raleigh.

The event also featured a "vendor village," which included free samples of handmade home goods and hors d'oeuvres from small businesses along the Rock Quarry Road Corridor.

SERP offers a Rock Quarry Road Corridor Small Business Mini-Grant in amounts up to \$2,000 to sustain local businesses.

RECIPE OF THE WEEK

How busy families can balance time, taste and nutrition

FEATURE IMPACT

In those precious few minutes between waking up and heading out the door or arriving home from school pickup, the pantry is a common destination. Seeking a grab-and-go lunch, sending your student off with a bite of protein or searching for an afternoon snack can leave you scanning the shelves for a go-to solution.

In response to demand for powerhouse snacks that do it all while tasting amazing, Bumble Bee Snackers easy-open, single-serve cans are shaking up snack time with a variety of bold flavors that are perfect for any time, place, budget or craving.

To find more snacking solutions that are packed with flavor while saving time and money, visit BumbleBee.com.

Garden Farro Tuna Salad
Servings: 4

2 quarts salted water
1 cup pearled farro
¼-cup extra-virgin olive



COURTESY

oil
3 tablespoons fresh lemon juice (1 lemon)
2 tablespoons chopped fresh dill, basil or mint
1 tablespoon honey
½-teaspoon sea salt
1 can Bumble Bee Snackers Tuna Salad
6 small radishes or one cucumber, sliced
1 cup cherry tomatoes, halved
½-cup roasted hazelnuts
freshly ground black pepper, to taste
crumbled feta or goat cheese, for serving (optional)

In medium pot over high heat, bring water to boil. Add farro, reduce heat and simmer uncovered until tender, 20-30 minutes. Drain; do not rinse.

In large bowl, whisk oil, lemon juice, herbs, honey and salt.

Stir in cooked farro to evenly coat; set aside or refrigerate to cool.

Once farro is chilled or at room temperature, fold in tuna, radish or cucumber and tomato. Sprinkle with nuts and black pepper, to taste. Serve with cheese if desired.

SCHOOL NEWS

Holton Career students place at SkillsUSA competition

DURHAM COUNTY
Holton Career students represented Durham Public Schools well at the North Carolina SkillsUSA State Competition in Greensboro, demonstrating their personal, workplace and technical skills in a series of competitive events. Every contestant placed with an incredible reflection of talent, preparation and pride.

First Place
* Samya Smalls, natural hair
* Myles Hightower, barbering
Second Place
* Geldy Orozco, fantasy hair and makeup
* Malcolm Bridges, barbering
Third Place
* Gregory Olive, barbering
Finalists
* JC Figueroa, barbering,



COURTESY

fourth
* Mariliz J. Baez, cosmetology, fourth
* Michaela Linton, Cosmetology, fifth
Project Showcase
* Team H (Janiya Sutton-

Maye and Mikia Harper), third
* Team M (Geldy Orozco and Keydi Garcia), fourth
* Team B (Mariliz J. Baez and Michaela Linton), fifth

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