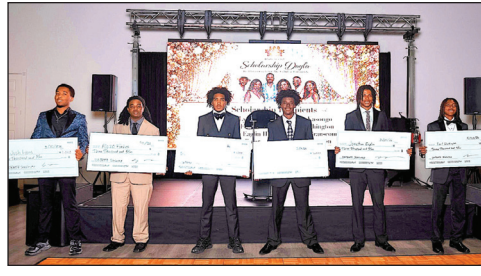




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Week of June 7-13, 2026

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## Garrett Morgan: Gas mask; three-way traffic signal

BY WIKIPEDIA

Garrett Morgan was born March 4, 1887, and died Aug. 27, 1963.

In 1907, he started a business repairing and selling sewing machines. While his wife Mary sewed clothes, Morgan built and maintained the sewing machines. He also began experimenting with a liquid for polishing sewing machine needles to prevent them from burning fabric as they sewed. When he discovered the liquid also could straighten hair, he used it to develop a hair cream.

Morgan then began investing his profits into developing more inventions.

When he learned about a devastating fire that killed 146 garment workers in New York City in 1911, Morgan devised a solution to help firefighters struggle with smoke inhalation. In 1912, he filed for a patent on his breathing device, a "safety hood" designed to give a first responder the ability to breath fresh air from near the floor and forcibly remove smoke or injurious gases from the air tube.

Despite his invention's

obvious lifesaving potential, Morgan found difficulty selling his safety hood to white fire chiefs who refused to buy products from a Black inventor. In response, he sought the advice of famous entrepreneur J.P. Morgan, who suggested he remove his first name from the product. Following this advice, the inventor renamed his device the "Morgan Safety Hood." He also hired white actors to promote the product at conventions, helping him to avoid racist objections. His new marketing strategies worked,

and fire departments across the country finally began to buy his early gas masks.

Later, while driving through Cleveland, Morgan witnessed a collision between a horse-drawn carriage and another vehicle at an intersection. Though rudimentary traffic lights existed at the time, they only displayed two signals: stop and go. Recognizing the need for better traffic control, Morgan created a revolutionary T-shaped signal that included a "caution" light — the equivalent of

Please see GARRETT/2A



COURTESY

Rock Quarry Road Corridor Small Business Alliance grant recipients.

## Sixteen Southeast Raleigh small businesses awarded promise grants

SUBMITTED TO THE TRIBUNE

RALEIGH - Southeast Raleigh Promise last week announced the recipients of the inaugural Rock Quarry Road Corridor Small Business Alliance Promise in Action Grant, an initiative designed to strengthen and grow small businesses in the community.

Powered by a \$25,000 investment from the Duke Energy Foundation, the micro-grant initiative represents a collaborative public-private community partnership focused on economic

vitality, entrepreneurship and long-term support in the Rock Quarry Road corridor and surrounding area.

The program was officially launched during a March 30 community information and networking event at Chavis Heights Community Center, where local entrepreneurs, community leaders and entrepreneur support organizations gathered to learn more about each other and the funding opportunity.

"We are excited to partner in this effort and serve as a bridge

connecting small business owners along Rock Quarry Road to resources and opportunities essential for a business to thrive," Southeast Raleigh Promise CEO Yvette Holmes said. "This initiative reflects what is possible when local entrepreneurs, community organizations, and corporate partners come together with a shared commitment to supporting small businesses and creating opportunity throughout our community."

Please see SIXTEEN/2A

## Durham residents prepare to oppose Duke Energy's proposed rate hikes

By Kylie Marsh

Kylie.marsh@triangletribune.com

DURHAM - Despite raking in over \$5 billion in profits last year, Duke Energy is lobbying to increase energy rates.

Organizers with Advance Carolina and North Carolina Black Alliance hosted a teach-in June 2 to educate residents about the proposed hike. The event also encouraged participants to speak against the rate increase at the North Carolina Utilities Commission's public hearing.

LaTosha Gibson, an organizer with Advance Carolina, a 501(c)(4) nonprofit, presented that the proposed 18% increase for residential customers would mean an additional \$15 per every \$100 customers will pay. Her electric bill was over \$400 in February. She is also a self-employed individual contractor.

"With the rising fuel costs, I cannot afford these rates, so I am asking the commission to reject these rates," she said.

Gibson said the motive behind

the rate hikes are for "frontloading" economic development projects like data centers.

In its 2026 Interim Report, the North Carolina Energy Policy Task Force writes that "Duke estimates energy demand from economic development projects will grow from 1,800 GWh in 2026 to between 29,000 and 33,000 GWh by 2030," and "data centers account for 80% of the projected energy demand, indicating that data centers have

Please see DUKE/2A

## Experts who stay invisible are losing opportunities every day

By Marlon Smith

SPECIAL TO THE TRIBUNE

Across Raleigh, Durham, Charlotte and communities throughout North Carolina are talented professionals, entrepreneurs, ministry leaders, educators, and community advocates whose knowledge could change lives.

Yet many of them remain invisible.

Not because they lack expertise.

Not because they lack passion.

But because they have never learned how to position themselves as authorities in a world where visibility increasingly creates opportunity.

Today, we are living through one of the greatest economic shifts in modern history. The creator economy has grown into a marketplace valued at more than \$250 billion globally. The online learning industry is projected to exceed \$400 billion. The global coaching industry now exceeds \$4.5 billion and continues to grow rapidly.

What do all of these industries have in common? People are getting paid for their knowledge.

For decades, many individuals believed success depended primarily on degrees, titles, promotions or years of experience. While those things remain valuable, today's economy increasingly rewards people who know how to communicate their expertise, build trust and establish visibility.

The question is simple: If people are searching online every day for answers, solutions and guidance, why shouldn't they find you?

Too many gifted people remain hidden while less qualified individuals build larger audiences, attract more opportunities, and generate greater income simply because they understand personal branding, speaking, authorship and positioning.

This is exactly why the Speaker Author Blueprint Summit (TheSpeakerBlueprintSummit.com) was created.

On June 27, in Charlotte, attendees will discover practical strategies for building influence, increasing visibility, writing books that establish authority, leveraging artificial intelligence, generating speaking opportunities, and creating additional streams of income.

This is not a motivational event.

This is a blueprint for individuals who are ready to transform their knowledge into opportunity. Whether you are an entrepreneur, executive, coach, educator, nonprofit leader, consultant, pastor or aspiring speaker, the marketplace is changing quickly.

Those who learn to position themselves will thrive. Those who remain invisible may continue watching opportunities pass them by.

Your expertise has value.

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Your voice has value.

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www.TheSpeakerAuthorBlueprint.com

Marlon Smith is an international keynote speaker and best-selling author whose presentations have inspired audiences in 45 states and 19 countries. For more than 34 years, he has helped leaders, entrepreneurs, educators and professionals increase their impact, visibility and success. As founder of the Speaker Author Blueprint Summit, he is on a mission to help people transform their knowledge, experiences, and stories into greater influence, income and legacy.

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# Garrett Morgan: gas mask; three-way traffic signal

Continued from page 1A  
today's yellow light.

He patented his three-way traffic signal in 1923. The hand-operated signal stopped traffic in all directions. This allowed vehicles that were already in an intersection to safely pass through without the

risk of collision. Morgan sold his patent rights for \$40,000 to General Electric, and the company developed an electric version of his three-way traffic signal.

An advocate for racial equality throughout his life, Morgan formed one of the first Black fraternities

in the country at Cleveland's Western Reserve University. In 1963, he was honored as a pioneering citizen at the Emancipation Centennial Celebration for his essential contributions to public safety and his legacy of perseverance, ingenuity and problem solving for the common good.

# Sixteen SE Raleigh small businesses awarded grants

Continued from page 1A

The inaugural grant recipients were Mind, Body & Scents; Juiced!; Quizine Orleans; BlackGold Works; APS Fashion Boutique; Fresh Collective; Beyond Yane'; SURA Enterprise; Saa Property Services, LLC; Madame B's Bakery; Major League Dad; True Outreach; Lil Makers Academy; Charles Devine LLC; Taste of Home; and Kelsey The Creator.

Grant recipients were selected through an application process that highlighted business sustainability, community impact, growth potential, and alignment with the needs of the Rock Quarry Road Corridor and surrounding area. Beyond grant funding, businesses will have an opportunity to build relationships with local entrepreneur support organizations like Carolina Small Business Development

Fund, Operation Hope, Wake Tech Small Business Center, city of Raleigh's Small Business Development Team, SCORE and The Wright Village. Entrepreneur support organizations provide entrepreneurs and small businesses with technical assistance, mentorship, networking opportunities, business development support, and connections to resources that help businesses start, grow and sustain long-term success.

"I'm very thankful to be a recipient," said grantee Currin Speight, who opened CAPS Fashion Boutique 18 years ago in Southgate Plaza. "Over the past year, the business networking and information shared by the Entrepreneurial Support Organizations have helped tremendously. Now, the grant money will help improve my marketing and increase my inven-

tory." This work is guided by the Rock Quarry Road Corridor Small Business Alliance Planning Team, a group of 12 local business owners who help design and implement programs and identify the most critical needs facing entrepreneurs in the area.

Since the launch event, the initiative has generated strong momentum, with numerous applications submitted from businesses across the corridor. The corridor and surrounding area runs from Rock Quarry Road at New Bern Avenue near the former DMV site, south to Sunnybrook Road, west along Sunnybrook Road to Poole Road, and north along Poole Road to the Poole Road/New Bern Avenue split.

For more information, visit [www.serpromise.org](http://www.serpromise.org).

# Durham residents fight proposed Duke rate hikes

Continued from page 1A

uniquely high energy needs compared to traditional industries."

The rationale behind the rate hikes is to get a return on equity for the company's investors: a requested 10.10%.

"The more they spend, they get more money back," Gibson explained. She also presented that while the median Duke employee earns around \$129,000, Duke Energy President and CEO Lynn Good earns \$1.5 million annually.

The utilities giant needs approval from the N.C. Utilities Commission, which held a series of public hearings across the state.

The last of these hearings was June 3 at the Durham County Courthouse.

At Tuesday's event, participants shared their per-

sonal stories about the impact the increased cost will have.

Terryn Hall, an organizer with Climate Power NC, walked participants through a way to design their own impact statements.

"The conflict is that the rising energy rates means that I can't do the things that I need to do. To give that context, what does that mean?" Hall said. "If I can't afford my medication or my car note because I have to pay higher electricity bills, that means that I can't get to work."

Elizabeth Moore has lived in Durham for 40 years and is conscious of direction from Duke Energy to keep central air and heating at specific temperatures during different times of the year.

"I have a large garden and woods around my house. I do supplemental

heating with firewood," she said.

"We keep our home at 80 degrees in the summer and 72 degrees in the winter. People with income below \$30,000 should be exempt from the rate hikes."

Omar G. said he finds it difficult to enjoy what the state has to offer: history, art, culture and lush green spaces.

He has to work longer hours to afford rent and groceries.

"Now I have to foot the bill for Duke Energy because they're wanting to make extra profit," he said.

"I really oppose this, because why should I have to pay more when the CEO wants to make an extra billion dollars on top of what their current salary already is and pocket that money just so they can power these data centers that we didn't ask for?"



FILE

# A call for more Black participation in clinical trials

By Joseph Henderson  
SPECIAL TO THE TRIBUNE

When I tell someone in the Black community that I work for Velocity Clinical Research, often their first response is, "Do I know about Henrietta Lacks, the Tuskegee Experiment or some other medical impropriety that has been performed on Black people?"

I nod. Those transgressions should never be forgotten and never repeated. And yet, without hesitation, I believe that right now, more people of color should be seeking to participate in clinical trials.

I know some of us have good reasons for not participating: jobs, travel, childcare, fear. All valid grounds for not getting involved, however, these reasons do not outweigh the consequences we then live with. When Black Americans are missing from the research, sometimes the medicines that follow don't work as well for us, and we're the ones who suffer.

When COVID-19 arrived in 2020, Black Americans made up 13% of the U.S. population yet accounted for 23% of our COVID deaths and a disproportionate

number of the hospitalizations. I understand that much of COVID misfortune was because of jobs that put us in harm's way, overcrowded apartments and already inadequate healthcare. Still, we could have done more to help bring the vaccine about more quickly and that effort might have spared our community some pain and suffering.

I am honored to say that since the start of 2024, Velocity Clinical Research has helped bring twenty-nine new FDA-approved medicines to market. Medicines that were needed and make life more enjoyable and easier to engage in. Because of Velocity's track record, one would think people would be lined up to help, especially when a clinical trial directly benefits those we know and love. However, this is not the reality I always see.

Recently, at several of our sites, we were recruiting for a study involving an already FDA-approved therapy - a medicine sometimes prescribed for appetite suppression. But this trial wasn't about weight loss. It was about heart health: could this

medication also help prevent heart attacks or strokes.

The Centers for Disease Control and Prevention reports that Black Americans are 30% more likely to die from heart disease than any other group. Black men 50% more likely to have a stroke than white men and far more likely to need a cane or face long-term disability. Without question, this was research that would benefit our community most.

And yet, Black enrollment never reached the level needed for a swift and conclusive result.

My friends, someday, someone may ask you to participate in a clinical trial. Before you answer, think about your neighborhood and the people you love having at the Thanksgiving table. Sometimes participating in a clinical trial is one of the most meaningful things we can do, not just for ourselves but for the generation who will follow us.

Joseph Henderson works at Velocity Clinical Research in Durham.





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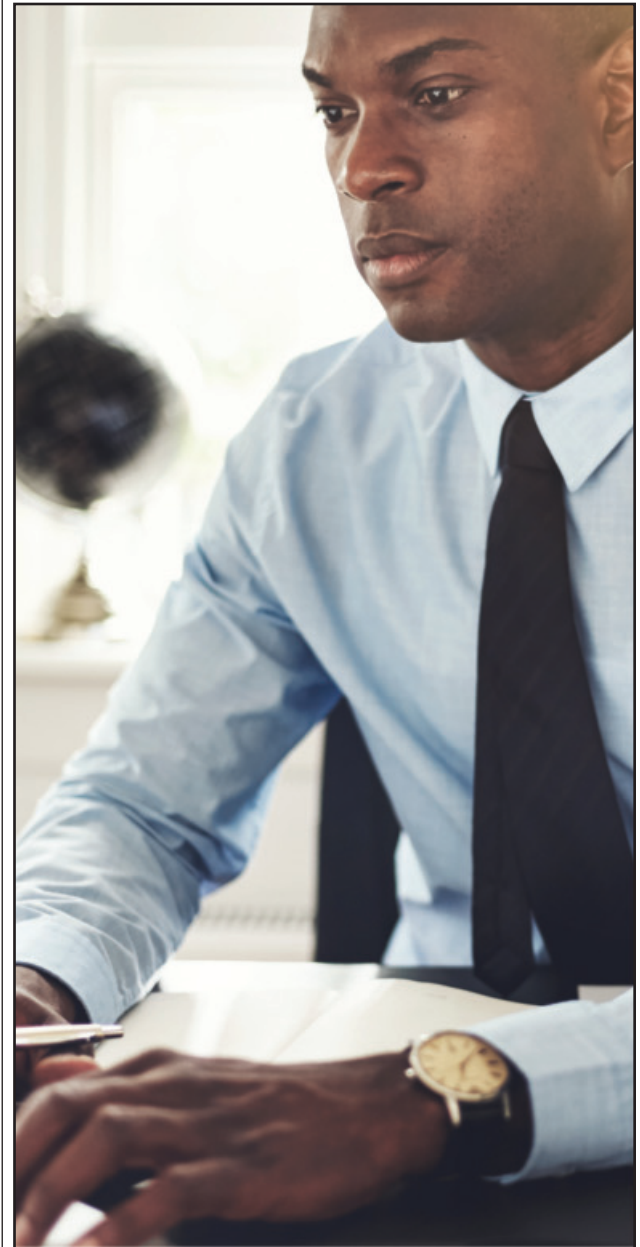
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## Ten things to do when you can't even pray

By Chuck Lawless  
BAPTIST PRESS

I've been there: when the anguish of life is so heavy that you can't even speak...even to God.

Yet, not praying hardly seems to be the right thing to do in those times. So, here are some things to do when you're struggling so much that you can't even pray.

\* Decide if it's a sin issue that keeps you from praying. If your pain is the result of your continuing in sin, you have no option but to confess your wrong and seek God's forgiveness. God's grace can reopen your prayer channel.

\* Don't be afraid to just let your tears flow. Sometimes grief or heartache is so overwhelming that we can't put our feelings into words. It feels like all we can do is groan for God's intervention, and He hears

that, too.

\* Struggle through a short prayer, being honest with God. That is, a few words are OK...even if the words are, "God, I can't pray right now." He knows your heart, and He can hear beyond your words.

\* Get someone else to pray for you and with you. Find another believer who can intercede for you. You don't have to be the one whose voice says the words you want to say.

\* Meditate on the Word. If you can't talk to God, let Him talk to you. Read some of the psalms, recognizing that you're not the first person to wrestle through grief and pain. You might find that your listening to God makes it easier to talk to Him.

\* Write your prayer. I've found it helpful to write my prayer when I couldn't speak it. Sometimes putting the words on paper

also helps bring clarity to my hurting thinking.

\* Just sit quietly with God and listen. It seldom hurts us to sit still, be quiet, meditate on God and just listen, especially when we're struggling. God has a powerful way of calming our soul when we just listen.

\* Listen to hymns or praise music. Sometimes, simple worship opens our heart to pray more. Many times, in fact, a song can be a prayer.

\* Take a walk, knowing that Jesus is praying for you. That's what Hebrews 7:25 and Romans 8:34 tell us. The exercise will be good for you, and the trust in the Word will strengthen you.

\* Try to say a simple, short prayer even if it stretches you. A short prayer to a perfect God is still a big deal, so give it a shot.

## AROUND THE TRIANGLE



The next Hattie Meadows Gardening School class is June 13.

**KNIGHTDALE FESTIVAL**  
Knightdale African-American Festival is June 13, 4-9 p.m., Knightdale Station Park, 809 N. First Avenue.

**RALEIGH SUMMIT**  
Father Forever presents "Bring Him All the Way Home" leadership summit June 10, 11 a.m. to 2 p.m. Register: afatherforever.com.

**FREEDOM**  
State Archives will host a virtual program on free women of color during the Revolutionary Era, June 11, noon to 1 p.m. Register: www.zoomgov.com.

**MEDICINE GIVEAWAY**  
OTC medicine giveaway and community event is June 12, 9 a.m. to 2 p.m., Roberts Park Community Center, 1300 E. Martin St. Open to all.

**GUN DISPOSAL**  
A Gun Safe Disposal event is June 13, 11 a.m. to 2 p.m., parking lot of Umstead Park United Church

of Christ, 8208 Brownleigh Drive.

**CELEBRATION**  
Poppysseed Market is celebrating its 20th anniversary June 13, 11 a.m. to 3 p.m., 8801 Lead Mine Road, Suite 107.

**RISE TOUR**  
A national movement for legacy, wealth, leadership and influence event is June 13, noon to 6 p.m., Raleigh Convention, 500 S. Salisbury St. Register: www.eventbrite.com.

**YOUTH CAMP**  
Youth Basketball Skills Camp: Father's Day Edition is June 15, Wakefield Middle School, 2300 Wakefield Pines Drive. Visit: www.inc-footprints.org.

**DURHAM HUNGER**  
Durham Hunger Day is June 7, 3-6 p.m., Durham Central Park, 501 Foster St.

**MARKET**  
Black Farmers' Market is June 7, 1-4 p.m., Durham Tech, 1637 E. Lawson St.

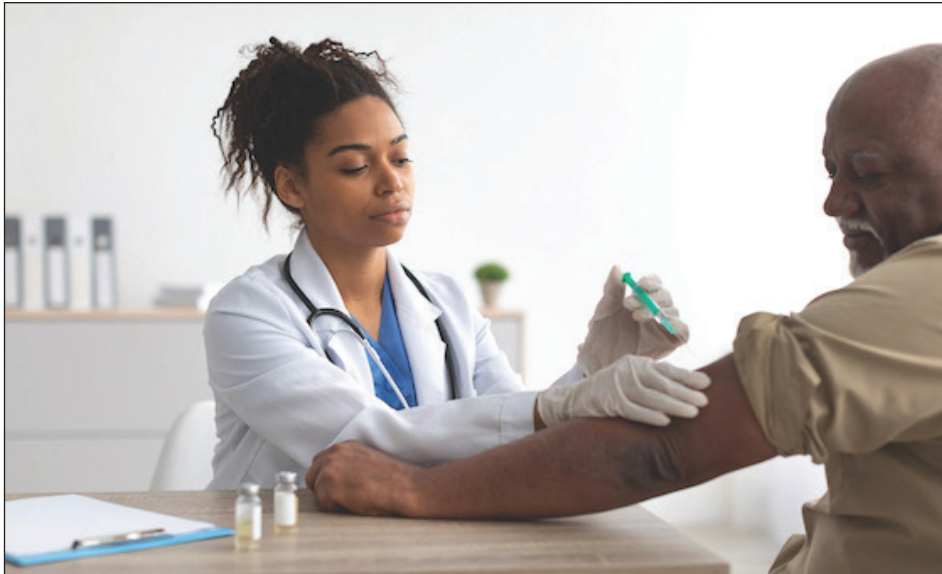
**QUILT**  
Two-day opening ceremony for the Durham Homicide and Victims of Violent Death Memorial Quilt is June 10-11, 11 a.m. to 2 p.m., at 4425 Ben Franklin Boulevard

**GARDENING**  
The next Hattie Meadows Gardening School class is June 13, 10 a.m. to noon, Stanford L. Warren Library, 1201 Fayetteville St.

**FUN DAY**  
PACI Fun Day is June 13, 10 a.m. to 2 p.m., Holton Athletic Center soccer field, 401 N. Driver St.

**BASEBALL**  
Long Ball-Durham Triple Play League will host MLK Pitch, Hit & Run June 13, 11 a.m., Crest Street Baseball Park. Register: www.mlb.com.

**MISC. BLOOD**  
The American Red Cross urgently needs blood and platelet donors. Register at: RedCrossBlood.org.



## Shingles raises heart and stroke risk: Protect yourself with vaccination

FEATURE IMPACT

Shingles isn't just a painful rash and nerve pain. It's also linked with a higher risk of serious cardiovascular events, including heart attack and stroke, especially in the weeks to months after infection. However, shingles is largely preventable with vaccination.

The world's leading non-profit organization focused on changing the future of health for all, the American Heart Association, reminds eligible adults to protect themselves by getting vaccinated and staying on top of their heart health.

According to the Centers for Disease Control and Prevention, about 1 in 3 adults in the U.S. will get shingles. If you've had chickenpox, the virus that causes shingles, also known as herpes zoster, is already inside you. It can "wake up" years later, causing painful blisters and nerve pain that can last for months or longer.

After a shingles episode, one large study published in the "Journal of the American Heart Association" found the risk of heart attack and stroke was nearly

30% higher in the short term and may persist over time.

Knowing your risk is the first step toward prevention. Age is the most important risk factor. As people age, their immune systems naturally weaken, making it easier for the virus to reactivate. People over 50, and especially those living with heart disease, diabetes or other chronic illnesses, are more likely to develop shingles.

In addition to ensuring you're up to date on your vaccines, talk to your health care professional about ways you can improve your overall heart health. According to the American Heart Association, heart disease remains the leading cause of death, taking more lives in the United States than any other cause.

Following healthy lifestyle guidance like Life's Essential 8 can make inroads toward preventing heart disease and stroke, and improving brain health. The set of four health behaviors - eat better, be more active, quit tobacco and get healthy sleep - and four health factors - manage weight, con-

trol cholesterol, manage blood sugar and manage blood pressure - are key measures for improving and maintaining cardiovascular health.

\* **Symptoms to watch for:** tingling, itching or burning on one side of the body or face; a stripe-like rash that turns into fluid-filled blisters; headache; fever; or chills.

\* **Act fast:** If you think you have shingles, contact your healthcare professional right away. Treatment works best within 72 hours of the rash appearing. If the rash is near your eye or you have eye pain or changes in vision, seek urgent care.

\* **Lasting impact:** The rash typically scabs over and clears within two to four weeks, but the pain in the rash area can last about a month. The duration of pain seems to increase with age.

If you have shingles, you can stop the spread by covering the rash and avoiding touching or scratching it. You should also wash your hands often, for at least 20 seconds, and avoid contact with people who may be at heightened risk until your rash scabs over.

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# Durham baseball program set high standard

Seventeen years ago, Hillside High baseball coach Tony Leak was a man with a plan.

Long story short, and one I've written about many times, Leak met the president of Minor League Baseball to discuss Durham being a test city for a new inner-city baseball program.

"Send me a proposal," was the response.

Knowing his limitations on such matters, Leak made a call to someone that changed everything: Patricia Jenkins James.

James, along with volunteers and supporters, had started their own summer baseball league after Durham Parks and Recreation abruptly canceled its league for ages 13 and up. The city had a league for 6- to 8-year-olds and 9- to 12-year-olds through the Durham Bulls Youth Athletic League.

James was inspired to do something after her then 16-year-old son, who played baseball, asked her, "What am I going to do all summer?"

Then came Leak's call. James submitted the proposal, and the rest is history. Longball Durham was born in 2009.

The league runs May through July at the Historic Durham Athletic Park in downtown. It's split into two divisions: a junior division for ages 13 to 15, and a senior division for ages 16 to 19. The staff is all volunteer.

These 17 years certainly haven't been a bed of roses. "Every year I think this is going to be the last year," James, who is president of the league, told me 10 years ago.

But just when things seemed their bleakest, an unexpected check arrived, a business donated free equipment and supplies, new volunteer coaches signed up, and another summer was saved.

After Minor League Baseball gave up ownership of the DAP and moved out of Durham, Longball became Long Ball Program - Durham Triple Play after Duke students assisted to make it a 501(c)(3) organization, which brought in more sponsors.

Hendricks Auto Mall is the program's longest supporter. Duke baseball has been involved almost since the beginning.

Stephen Turpin, vice president and general manager of AISIN in Durham, provides scholarships for high school graduates and a paid summer internship annually.

The Durham Sports Club became a sponsor a few years ago. Despite not being a member, James' application was so impressive, a club member offered to sponsor the league.

The Long Ball Program - Durham Triple Play is now under the umbrella of Reviving Baseball in Inner Cities. RBI is a program founded by Major League Baseball that seeks to increase minority participation in the sport. Players also have more opportunities for scholarships and life skills training.

And let's not forget, there is baseball being played. Both the junior and senior divisions are the reigning Mid-Atlantic Regional champions.

Long Ball has always been dear to me because the diverse league you see today looks nothing like the league when it first began. It was all Black and Hispanic young men that society would rather discard than help.

James says this year is her last. She's said it before and always got talked into "one more year."

"It's time," she said with certainty.

If so, what a legacy to leave for the next generation.



BONITTA BEST

# The Triangle Tribune Sports

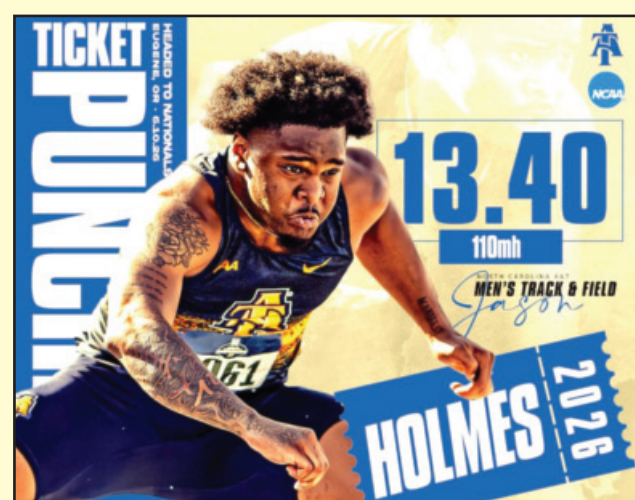
June 7-13, 2026 | 6A

## Aggie Pride!

It was a history day for North Carolina A&T track team at the NCAA East Regional in Lexington, Kentucky. Two relay teams and four individuals on the men's side, and two individuals on the women's side advanced to the NCAA nationals in Eugene, Oregon, June 7-10.



PHOTOS COURTESY OF N.C. A&T



### COLLEGE CORNER

## NCCU's Carter, Lucas end standout seasons

#### WOMEN

#### N.C. Central

In a well-deserved honor, freshman Sanaa Carter earned the HBCU Freshman Women's Golfer of the Year Award by the Black College Golf Coaches Association.

Carter's lowest finish all season was third place.

And speaking of highest honor, Tia Lucas closed out her outstanding track career at the NCAA East Regional.

Lucas didn't make it past the first round, but she is an Eagle champion through and through. AND she graduated last month. Well, go on with ya' bad self!!!!

#### N.C. A&T

Coach Tarrell Robinson completed his recruiting class with six Division I transfers and three high school recruits. Obviously, last season's 12-18 finish was not acceptable.

The six transfers are: Jada Bates, Arkansas; Icys Storm, UNC Wilmington; Drew Alexander, Temple; Maraja Pass, Elon; Rania Curry, Mercer; and Yves Cox, Arkansas State. Storm and Alexander are Durham natives.

In golf, senior Ekaterina Prokhorova was named HBCU



COURTESY

Please see NCCU's/7A

Sanaa Carter

## Sports club honors Durham's best and brightest students

By Bonitta Best  
editor@triangletribune.com

DURHAM - Trei Oliver remembers the fun times as a North Carolina Central student-athlete. He met his best friends in college. And his future sweetheart.

But there also are pitfalls for student-athletes living away from home - many for the first time. That's where basic principles and core values come in, he said.

"Surround yourselves with positive people, those who have your back," Oliver, NCCU's head football coach, said at the Durham Sports Club on

Wednesday. "...The older you get in life, the bigger the stakes are. Be careful on the decisions you make and the people you hang around."

Durham's finest scholar-athletes from all eight public schools were honored at the club's annual awards luncheon.

The top female and male scholar-athletes from each school are nominated by their athletic director. Their accomplishments are showcased, and all 16 are put in the running for four top college scholarships.

Jordan scholar Jacqueline Thornburg and Riverside scholar Alexander Gray

were each awarded a \$7,500 Blunt-Bradshaw Sports Legends of Durham Scholarship.

These scholarships honor Hillside High legends Russell E. Blunt and Willie Bradshaw. Both men are in the National High School Athletics Hall of Fame, the N.C. Sports Hall of Fame and the N.C. High School Athletic Association Hall of Fame.

Voyager Academy scholar Eliana Mah received the Mildred Barnes \$10,000 Scholarship that goes to the top female athlete. And Durham Academy scholar Tate Duensing received the Harold Strawbridge \$10,000 Scholarship for the top

male athlete.

The remaining 12 scholar-athletes received a \$3,000 scholarship check.

#### SCHOLAR-ATHLETES

**Durham Academy**  
Anna Morris - St. Andrews University (Scotland)  
Tate Duensing - Johns Hopkins

**Durham School of the Arts**  
Giselle Cowden - Duke  
Lucas Bartosik - Davidson

**Hillside High School**  
Jailah Farrior - UNC Greensboro  
Erick Bonner - Davidson

Please see DPS/7A



COURTESY

Ekaterina Prokhorova

# NCCU's Lucas and Carter end outstanding seasons

Continued from page 6A

women's player of the year, and Mesha Levister earned HBCU women's coach of the year in just her first season leading both the women's and men's programs.

### Albany State

The athletic department has eliminated women's soccer in favor of the addition of women's and men's indoor track and field.

"This was a difficult but necessary decision as we continue to align our programs and move the department forward," athletics director Kristene Kelly said. Kelly is the former sports information director at Johnson C. Smith and associate AD at St. Augustine's.

### MEN

#### N.C. Central

According to HBCU Premier Sports & More, which never sleeps, the Eagles are tied for third among all HBCUs in total NIL spending at \$3.6 million.

Of course, football is the big elephant in the room with \$2.4 million in NIL

money, followed by men's basketball at \$900k. Olympic sports is third at \$300k to spread around.

### Shaw

Season tickets are now on sale for the Bears' five home football games.

### SWAC

Fourteen SWAC football matchups will appear on ESPN platforms, starting with two games on Aug. 29.

Southern vs. Alabama State will air on ESPNU, and Alabama A&M vs. Howard will broadcast on ABC in the annual MEAC-SWAC Challenge.

Sept. 6 showcases another doubleheader: South Carolina State vs. Florida A&M on ESPN and Texas Southern vs. Prairie View A&M on ESPN2.

The conference gets a tripleheader on Nov. 21: Jackson State at Alcorn State, PVAM vs. Alabama State and FAMU vs. Bethune-Cookman. Channels to be announced.

The season concludes with the Pepsi SWAC Championship Dec. 5 on ESPN2, and the Cricket Celebration Bowl Dec. 12

on ABC.

And for those that have the SWAC TV app, 50 regular season contests will be streamed live on the free digital platform. Learn more at swac.org.

### Goodbye. Hello. (Football)

- \* Allen QB Jamir Dismukes to Fayetteville State
- \* Fayetteville State WR Areion Matthews, Johnson C. Smith
- \* Navarro College LB Cole Smith, Hampton
- \* Fayetteville State QB Wilson Kargbo Jr., Winston-Salem State
- \* Norfolk State LB Sofiyen Oumarou, WSSU
- \* Butte College LB Ralph St. Fleur, WSSU
- \* West Alabama DL Treylon Matthews, Lane College
- \* Murray State LB Zj Grady, Tuskegee

### Goodbye. Hello. (Basketball)

- \* JCSU guard Trey Pettigrew, Morgan State
- \* JCSU G Marc Raye, WSSU
- \* Virginia State G Skylar White, Fayetteville State

# DPS top scholar-athletes



BONITA BEST

**Continued from page 6A**  
**Jordan High School**  
 Jacqueline Thornburg - Rose-Hulman Institute of Technology  
 Caden Rice - Hampton

**Riverside High School**  
 Aubrey Mitchell - Emory  
 Alexander Gray - Northeastern

**Southern School of Energy and Sustainability**  
 Samone Arrington - Appalachian State  
 JaKari Glaspie - Unknown

**Northern High School**  
 Kayden Sims - N.C. Cen-

**Voyager Academy**  
 Eliana Mah - Liberty  
 Carlos Green - UNC Charlotte



**NCDOT HOSTING A PUBLIC OPEN HOUSE  
 A PROPOSAL TO REPLACE THE BRIDGE ON  
 VANDORA SPRINGS ROAD OVER U.S. 70  
 IN WAKE COUNTY**

### STIP Project No. B-5681



**GARNER** - The N.C. Department of Transportation is hosting a public meeting to discuss the proposal to replace the bridge on Vandora Springs Road over U.S. 70 in the Town of Garner. The purpose of this meeting is to provide interested citizens with information on the project and gather public input on the proposed design.

Project details and maps can be found on NCDOT's project input website at [publicinput.com/vandoraspringsrd-us70](http://publicinput.com/vandoraspringsrd-us70). The information will be available at the meeting allowing for one-on-one discussions with NCDOT staff, but there will be no formal presentation.

The meeting will be held from **5 p.m. to 7 p.m. on June 9 at Garner Town Hall, 900 7th Avenue, in Garner.**

People may also submit comments by phone at **984-205-6615** project code **6509**, email [vandoraspringsrd-us70@publicinput.com](mailto:vandoraspringsrd-us70@publicinput.com), or mail at the address shown below by **July 1, 2026**.

**By Mail:** **Martha Hodge, AICP, PMP**  
**NCDOT Project Management Unit – Project Manager**  
**1582 Mail Service Center**  
**Raleigh, NC 27699-1582**

NCDOT will provide auxiliary aids and services under the Americans with Disabilities Act for disabled people who wish to participate in this meeting. Anyone requiring special services should contact Tony Gallagher, Environmental Analysis Unit, at 1598 Mail Service Center, Raleigh, NC 27699-1598, 919-707-6069 or [magallagher@ncdot.gov](mailto:magallagher@ncdot.gov) as early as possible so arrangements can be made.

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

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

The Best in **HBCU Sports**  
[triangletribune.com](http://triangletribune.com)

**Hi Everyone! Sankofa 82 and I just returned to the future from 400 BC. You'll never guess who we had the honor of meeting. We met with Hippocrates! He was acclaimed the "Father of Medicine" and therefore an instrumental figure in dealing with cancer. National Cancer Survivors Day is always the first Sunday in June. Let's find out more about the disease.**

### FIVE DEADLY FORMS OF CANCER

Lung cancer falls into two major types (1) non-small cell lung cancer and (2) small cell lung cancer. Treatment for lung cancer ranges from surgery, radiofrequency ablation, radiation, chemotherapy, targeted drug therapy, and immunotherapy. According to the World Health Organization 1.8 million people died from lung cancer in 2020 or roughly one-fifth of all cancer deaths. Second most common type of cancer worldwide with 2.21 million new cases.

**Colorectal cancer** is also known as colon cancer. When the rectum is involved the cancer is known as colorectal cancer. The symptoms of this cancer are abdominal pain and change in bowel habits (diarrhea or constipation), blood in stool, weight loss and anemia or fatigue. The third most common type of cancer.

**Breast cancer** is the most common type of cancer with 2.26 million cases reported worldwide in 2020. Black women have a lower incidence of breast cancer than white women, but have a 40% mortality rate, which is the highest of any racial group in the United States.

**Pancreatic cancer** is the fourth leading cause of cancer death in men and women in the United States. It accounts for approximately 7% of all cancer deaths. Black Americans have higher incidences of pancreatic cancer than whites, Asians, and Hispanics. Their death rate is higher due to late-stage diagnosis. Typically, Blacks are diagnosed at Stage 4 when it is practically too late for meaningful treatment.

**Prostate cancer** is uniquely a disease that affects men and people assigned male at birth. It is the second leading cause of cancer in men, the first leading cause is skin cancer. Two-thirds of prostate cancer diagnoses are for men aged 65 and older, however, if you are a Black male you should start prostate cancer screening by age 40.

### ONE MINUTE MADNESS!

In one minute or less, unscramble words that are closely related to cancer. The first letter of the name is in bold.

taBres \_\_\_\_\_

ccanrPeati \_\_\_\_\_

Pettrosa \_\_\_\_\_

ugLn \_\_\_\_\_

cettastMai \_\_\_\_\_

oolCcreta \_\_\_\_\_

### POP-UP FACTS

- Number one causes of cancer are smoking, excessive drinking, exposure to the sun, obesity, and unsafe sex.
- Non-Hispanic Black men have the highest rate of new cancer diagnosis.
- Black men are 1.7 and 2.1 times more likely to be diagnosed and die from prostate Cancer.
- Breast cancer is the deadliest form of cancer for Black women.

### TELL THE TRUTH!

Print the letter **T** on the line if the statement is True or **F** if the Statement is False.

\_\_\_\_\_ Black men should start screening examination for prostate cancer at age 40.

\_\_\_\_\_ Pancreatic cancer is the deadliest form of cancer because it is detected too late

\_\_\_\_\_ All forms of cancer are deadly and end in death.

\_\_\_\_\_ National Cancer Survivor Day is always the first Sunday in June.

\_\_\_\_\_ Hippocrates is an ancient Greek philosopher-physician.

### MATCH ME!

Breast | Prostate | Chemotherapy | Radiation | Colon

A drug treatment that uses powerful chemicals to kill cancer cells. \_\_\_\_\_

The deadliest form of cancer for all women. \_\_\_\_\_

The third most common form of cancer. \_\_\_\_\_

A treatment that uses high beams of energy to destroy cancer cells. \_\_\_\_\_

Primarily a man's form of cancer. \_\_\_\_\_

KEMET RESEARCHERS AND SCIENTISTS ARE MAKING MAJOR BREAKTHROUGHS TO END BREAST CANCER.

"I DON'T THINK THERE'S ANYTHING ELSE ANYBODY CAN DO TO PREVENT BREAST CANCER!"

"L.L.L.E. WHAT ABOUT - BEING PHYSICALLY ACTIVE KEEP YOUR WEIGHT IN CHECK. DON'T SMOKE EAT FRUITS AND VEGETABLES. ETC."

"AND DON'T FORGET TO GET THOSE YEARLY BREAST EXAMS!"

ANSWER KEY

TELL THE TRUTH

ONE MINUTE MADNESS!

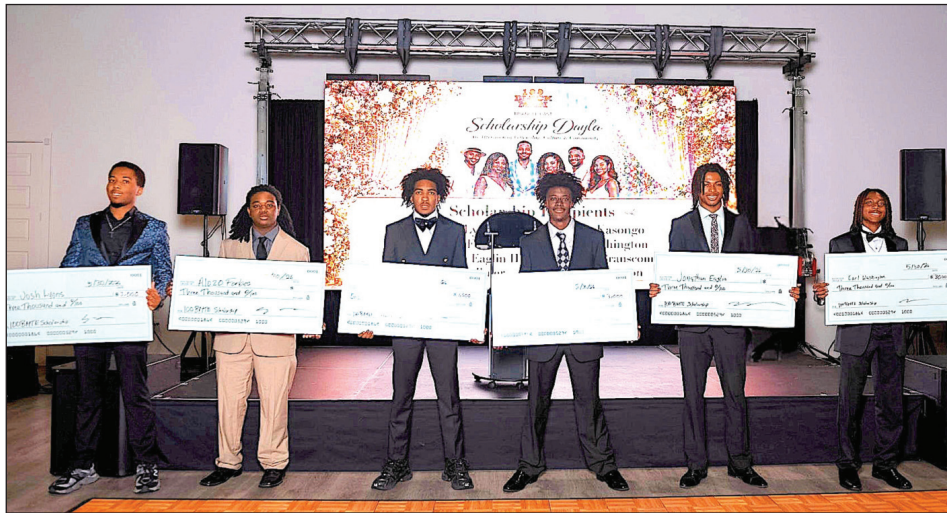
Chemotherapy  
Breast  
Lung  
Radiation  
Prostate  
Colon

Prostate  
Lung  
Lung  
Breast  
Colon

## 2026 Scholarship Dayla

100 Black Men of Triangle East hosted its 2026 Scholarship Dayla. From celebrating scholarship recipients and recognizing outstanding achievements to connecting with supporters, partners and friends, the Dayla was a powerful reminder of what can be accomplished when a community comes together with a shared purpose.

The eight recipients were: Josh Lyons, Alonzo Forbes, Johnathan Eaglin II, Evan Faulkner, Bryan Kasongo, Carl Washington, Nathaniel Branscomb and Nigel Cameron.



Several of the recipients in attendance.

DEKEDRIK FIELDS



Members of the 100 Black Men of Triangle East.

## Omega Psi Phi Fraternity Omega Scholars



FACEBOOK

Raleigh Raised Development, back row, was among several community leaders recognized by the Omega Psi Phi Fraternity, Inc. for supporting the Omega Scholars program.

This recognition reflects the work of so many people who believe in creating opportunities, investing in communities and empowering the next generation of leaders.

The Tribune is now on Snapchat and Tik Tok.  
 Give us a follow!



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Triangle Tribune



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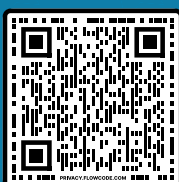
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# Lottery Funds Fuel Graduation Dreams.

The North Carolina Education Lottery has raised over \$12 billion to support our schools, staff, and students across the state. Part of these funds help with the costs of attending a public university or community college in North Carolina through the Next NC Scholarship program. That means more access to higher education for more students across the state.



Visit [MovingNCStudentsForward.com](https://MovingNCStudentsForward.com) or scan the QR code to see how lottery funds have impacted your community. If lottery funds have benefited you or your student, submit your story to be entered for a chance to earn \$2,000!

