



SPORTS

Durham native and NBA star to host free community giveaway



COMMUNITY FOCUS

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The Triangle Tribune

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« 52 WEEKS OF BLACK BRILLIANCE »

Phillip Bell Downing: Inventor of the street mailbox

By Emergent Justice, LLC

STORYTELLERS OF THE MOVEMENT

Phillip Bell Downing was born on March 22, 1857, in Providence, Rhode Island. He was one of six children born to George T. Downing and Serena L. de-Grasse. His father was a successful businessman and well-known abolitionist who also ran the dining room for the U.S. House of Representatives for several years after the Civil War ended. His grandfather, Thomas Downing, established Downing's Oyster House in the financial district of Manhattan in 1825. It became one of the most popular and successful oyster

houses in New York with white bankers, politicians, stockbrokers, lawyers, businessmen and socialites flocking to eat dishes from its menu. From 1825 to 1860, the Downings were part of the Underground Railroad to Canada and leaders in the area's abolitionist movement. In 1836, Thomas helped found the all-Black United Anti-Slavery Society of the City of New York. The next year he began petitioning New York State for equal suffrage for Black men. In June 1890, the U.S. Patent Office approved Downing's application for a street railway switch. Prior to his invention, whenever

a train or streetcar needed to move from one track to another, the switch had to be done physically by a man or men on the track. His invention allowed the switch to be opened or closed by using a brass arm located next to the brake handle on the platform of the car. This early invention became a prototype for the light switch. One year later he received a patent for his street letter box, similar to the blue metal mailboxes we are familiar with today. Before this mailing a letter required traveling to a post office. But Downing's letter box allowed "for drop off near one's home and easy pick-up by a letter

carrier. His idea for the hinged opening prevented rain or snow from entering the box and damaging the mail. Downing died in Boston on June 8, 1934, at the age of 77.



COURTESY

Russian climbers Angela Nikolau and Ivan Beerkus atop the Empire State Building antenna.

Judge delays ruling on St. Aug's bankruptcy hearing

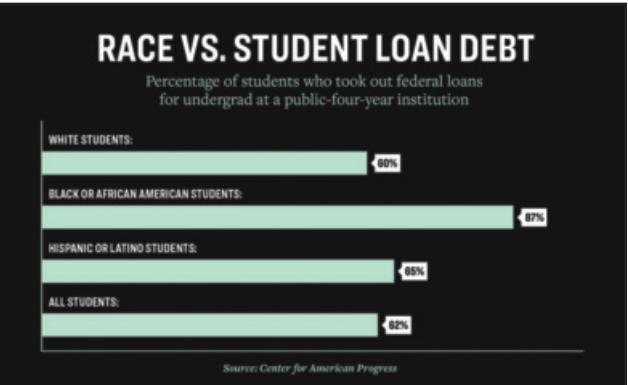
By Bonitta Best
editor@triangletribune.com

RALEIGH - On July 1, Russian climbers Angela Nikolau and Ivan Beerkus scaled the Empire State Building's antenna and unfurled a banner about the power of love and peace. On Facebook, a former St. Augustine's University student used the moment to unfurl his version of the photo laced with expletives toward former and current administrators over the deteriorating state of the HBCU. After 159 years, the university,

which was originally chartered as a "Normal School and Collegiate Institute," graduated its last accredited class in May: Breann Bannister, an elementary education major; Nazir Imhotep (sport management); Israel Pennerman (public health science) and Nicholas Black (exercise science). SAU, which has no students, is awaiting a judge's ruling after filing for Chapter 11 bankruptcy. According to financial records the public can view for a fee, the university owes from \$50 mil-

lion to \$100 million to between 200 and 1,000 creditors. This doesn't include the Internal Revenue Service, which is seeking its \$14 million cut. Chapter 11 is akin to a do-over. Individuals or companies in massive debt can file and, if approved, restructure debt. Everybody that's owed won't get paid, however, and most won't see a penny. It's not the bigger companies that are most affected, but smaller vendors struggling to

Please see **SAU/2A**



7 million student loan borrowers face deadline

By Charlene Crowell
SPECIAL TO THE TRIBUNE

As of July 1, the income-driven student loan repayment plan that lowered monthly payments for more than 7 million borrowers while accelerating loan forgiveness is gone. In place of the Saving on a Valuable Education plan are two new choices that now require borrowers to prioritize either the amount of loan payments or the total amount borrowed. "Borrowers should really do their research to see what plan is going to work best for them," said Nicholas Kent, undersecretary of Education in a recent interview. "But the reality is that SAVE borrowers will have to transition to a new repayment plan sooner rather than later." Under the Repayment Assistance Plan, monthly loan payments are based on that borrower's income and number of dependents. Alternatively, the Tiered Standard Repayment plan offers fixed terms of 10, 15, 20 or 25 years based on a borrower's total outstanding loan balance. The deadline to choose is Sept. 29. Once borrowers complete their new enrollment, monthly payments will begin per the terms of each. After the deadline, any borrower that did not choose will be placed in a standard repayment plan. Further, pending SAVE applications will be denied. The SAVE plan's popularity was due to the meaningful relief that borrowers with modest incomes or long repayment histories received. Many achieved reduced payments, as the plan factored in income and family size. Hundreds of thousands of borrowers with smaller original balances were able to reach loan forgiveness more quickly. Reactions to these changes from student loan advocates vary from worsening financial stress to anticipating higher payments and still unresolved student loan servicer issues. A June issue brief by the Julian Bond Institute found that 45% of all student loan borrowers suffered credit distress, missed payments or collections, over the past five years. This financial strain is taking a toll on consumers' long-term financial goals. "For many borrowers, they'll end up having a higher payment in the RAP plan than they would in the IBR plan, and certainly (more) than they would in the SAVE plan," Abby Shafroth, director of the National Consumer Law Center's Student Loan Borrower Assistance Program, said. "Now 7.5 million borrowers have weeks to switch repayment plans," said Chris Hicks, senior policy adviser at Protect Borrowers. "The companies standing between

North Carolina Juvenile Justice hosts graduation for 56 youth

By Kylie Marsh
kylie.marsh@triangletribune.com

Fifty-six youth in North Carolina's Division of Juvenile Justice and Delinquency Prevention facilities graduated from high school in June. Eight facilities held ceremonies for the graduates who earned diplomas or equivalent certificates. Deputy Secretary William Lassiter congratulated the grads in a release sent to The Tribune. "For many of these youth, a

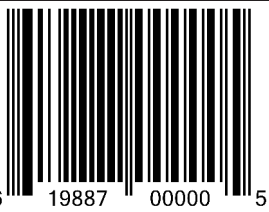
high school education may have once seemed far out of reach, but by their own efforts, and with the guidance of our dedicated teachers and staff, these young people have taken an important step toward a brighter future," Lassiter said. A student at Richmond-Jenkins JDC, identified in the release as "L," said her future includes a career in the medical field. Even before graduation, she started online college courses while in the facility. "When I first came here, I knew what I wanted to do and that I needed to graduate. I was very determined to get my education," L said. "School was harder for me. Since I've been here, I've been working on my anger. Being in public school and trying to stay out of trouble was really a hard task for me. I ended up stopping going to school. I did what I did, and I got locked up. Here, I get more of the one-on-one help that I need."

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SAU bankruptcy hearing

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survive, employees who counted on their pensions in their latter years and students owed tuition refunds or work study money, that have been hurt the most.

And to even attempt to collect will probably require hiring a lawyer. Who can afford that?

"I'm so hurt," legendary SAU track and field coach/athletic director George Williams said. "I just don't know why all the presidents that came through there didn't follow Dr. (Prezell) Robinson's blueprint. The guy had a blueprint. The man was excellent."

Robinson, whom many call St. Aug's greatest president, died on June 29 at 105 years old. He lived across from the university on Glascock Street.

His body will lie in repose on July 10 from 12-4 p.m., at the campus chapel.

"He loved the chapel," Williams said. "He did everything to make sure it stayed afloat and in good condition."

Despite SAU's downfall, with millions in federal funds still unaccounted for, Williams and alumni are holding out hope the school can be saved.

The National Alumni Association of SAU raised almost \$27,700 in its recent "Soar & Rise Campaign." The gift is unrestricted.

"Every gift represented an expression of pride, faith and belief in the future of our beloved alma mater," NAA-SAU outgoing president Johnelle Sherald, a 1976 graduate, said. "We are thankful to every alumnus, alumna, chapter and friend who participated in this effort, and we look forward to continuing to support SAU in meaningful ways."

The university updated its website on Tuesday announcing the launch of professional certificate programs beginning in the fall. The nondegree online programs will be developed and taught by faculty.

A returning online course

is the Teacher Residency Licensure Program in partnership with the North Carolina Department of Public Instruction.

For Williams, it's not about holding a grudge over the way he was fired six years ago.

His 39 NCAA Division II national track championships and numerous CIAA titles would never have happened if Robinson hadn't taken a chance on him over 55 years ago. St. Aug's is still near and dear to his heart.

"I'm very proud that he hired me to be a part of the St. Aug's family," Williams said. "I don't know where I would have been without that hire. ...We cannot lose that institution."

SAU's next bankruptcy hearing is scheduled for July 28.



Smaller class sizes help students succeed.

NC Juvenile Justice hosts graduation for 56 youth

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In a 2019 report, the U.S. Department of Justice's Office of Juvenile Justice and Delinquency Prevention wrote that "low academic achievement, academic failure, negative attitudes toward school, low bonding to school, low school attachment and commitment to school...frequent school transitions, low academic aspirations, suspensions and expulsions, truancy and absenteeism" and dropping out of school are all associated risk factors for juvenile delinquency.

Class sizes in N.C.'s juvenile justice facilities are much smaller than traditional settings, with fewer than 12 students in a class. The school year is 185 days, with a summer session of 40 days.

Teachers are employed 12 months per year, and pay is aligned to the state teacher salary schedule,

plus a 6% supplement, which may be greater in some locations.

Most importantly, teachers make a positive, lasting impact on the lives of young people who need it the most.

"When our students come to us, they come to us with strengths," DJJDP Director of Accountability James Futrell said. "In an alternative setting, such as our spaces here in Juvenile Justice, students are going to have more one-on-one attention and various supports to help them emotionally and make sure they're doing well overall by addressing the whole child."

The DJJDP operates its own local education agency subject to the same state and federal mandates as a traditional school system.

While youth development centers employ a full staff of teachers, guidance counselors, media coordinators and administrators, juvenile detention centers employ a smaller number of teacher who teach a full range of classes.

"We're here to help people," DJJDP Director of Education Services Casey Corey said. "Our staff are committed to making sure that kids have the opportunities that they would have in their local community. Our job is to make sure that when kids return to the community, they don't recidivate and come back to us."

In its investigation of JDCs, the DRNC found that "five used solitary confinement of more than 22 hours a day with frequency and normalcy, in violation of DJJDP policies." The agency learned that some youth believed being locked in cells for that long was the common state of being detained in JDCs.

Over 7 million student loan borrowers face deadline

Continued from page 1A

them and default are the same ones that have spent decades driving borrowers into it. Lawmakers and regulators at every level must step up now to protect borrowers by reining in these servicers, instead of handing them yet another opportunity to profit at borrowers' expense."

Hicks' comments stem from a recently released joint report by Protect Borrowers and the Debt Collection Lab at Princeton University. Titled "Repeat Offenders," the report takes aim at student loan servicers that are paid more than a billion dollars each year to support borrowers but instead "provided borrowers with the wrong information, taken illegal fees, and wrongly rejected applications for borrowers trying to get in an affordable repayment plan."

The report also found that every nine seconds another borrower defaulted on their loans in 2025. As the lack of effective student loan servicing continues, the report rejects the idea that the new payment plans will relieve the financial stress of unsustainable loan debt.

"This report makes clear that the dysfunction borrowers experience isn't a series of isolated mistakes," said Bonnie Latreille, visiting senior fellow with the Debt Collection Lab at Princeton University and former student loan ombudsman for the U.S. Department of Education. "It's the predictable result of a fragmented system that shifts risk onto the people least equipped to absorb it, with no one held accountable."

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



THC, CBD and Delta-9 products line the shelves at Redhead Hemp on Nov. 13, 2025.

N Carolina Senate votes to crack down on hemp

By Brandon Kingdollar
NC NEWSLINE

On their last day before heading home for nearly a month, North Carolina senators voted to ban most cannabis products currently being sold in the state.

The version of House Bill 328 the Senate approved would ban all intoxicating hemp products in North Carolina. Intoxicating hemp products are defined as any with a total THC content of more than 0.4 milligrams. THC is the compound responsible for the psychoactive effects of cannabis. Hemp business owners have said that limit would ban nearly all products on the market.

The bill would also ban the sale of any hemp consumables to anyone under 21, and ban xylazine and synthetic kratom, two other emerging substances that have prompted health concerns. Natural kratom sales would also be limited to people 21 and over.

It's the latest action in a back-and-forth between the state House and Senate over what regulatory scheme to impose on substances that have become extremely prevalent in the past few years. Highly potent kratom and hemp derivatives can be found on the shelves of nearly any gas station or vape shop in the state.

The House had already packed up when senators voted to pass the bill. But Senate President Pro Tem Phil Berger, R-Rockingham, said the crisis posed by these substances was too pressing to wait until lawmakers return at the end of July. "The personal loss that has occurred across the state of North Carolina as a result of these products is such that we just could not and should not delay any further," Berger told members of the media. "We have gotten to such a point where doing nothing was not an option."

The lack of regulation around hemp derivatives, which hit the market en masse after federal regulations allowed them to be sold in 2018, has sparked bipartisan concern, reflected in the 37-6 vote to pass the bill in the Senate.

Sen. Paul Lowe, D-Forsyth, said on the floor that he supports the bill because the hemp industry is in dire need of regulation. "Some of these products that are sold in these stores, they come from other countries, they can't even be sold in the country that they come from," Lowe said. "I have no problem voting for this bill at all, because I don't think this stuff is safe."

The state's child fatality task force reported in 2025 that there has been a 600%

increase in emergency room visits for minors related to cannabis since 2019. Rep. Jimmy Dixon, R-Duplin, cited the case of a 14-year-old hospitalized after purchasing an intoxicating hemp product when the House debated its own version of the bill last month.

Senate Democratic Leader Sydney Batch, D-Wake, said she primarily supported the bill because of its restrictions on "gas station drugs that are really harming our constituents," such as kratom, which has led to its own increase in health emergencies. She was more skeptical about its approach to hemp, raising concerns that it could ensnare non-intoxicating products that have legitimate medical uses.

"What I hope that we can do is move forward, with regards to the next month, that we're not going to be here, to sit down, give them our ideas, see if they can incorporate it in a conference report that addresses a lot of North Carolina farmers who are growing hemp so that they don't go bankrupt," Batch said.

The House will have the opportunity to take up the Senate's version of the bill when they return to session on July 27. It is unclear whether they will agree to do so.

Raleigh takes first step in putting youth curfew in place

Staff Reports

The Raleigh City Council on Tuesday took the first step to enact a curfew for minors aged 17 and under. The action follows "teen takeovers" last weekend in Brier Creek and the Glenwood South area.

"This entire council is backing you and the police department on a curfew," said Mayor Janet Cowell to Police Chief Rico Boyce, who spoke about a curfew

at the council meeting.

The council directed the City Attorney to work with the Raleigh Police Department on drafting an ordinance about a curfew, which will be discussed at its first meeting back on Aug. 18. In the interim, Cowell can implement an emergency curfew if needed.

Raleigh police and law enforcement responded to multiple incidents last

weekend across the city involving juveniles and guns. Police estimate that about 3,000 teens showed up at Brier Creek and more than 5,000 in Glenwood South. Nine people were shot across the Glenwood South, Brier Creek and Capital Boulevard areas. Twenty-nine people were arrested.

City approves flexibility on water restrictions
As Raleigh continues to

manage water usage in response to its exceptional drought status, the council approved an ordinance that allows the City Manager to move more quickly into Stage 2 Water restrictions if water use remains too high during the ongoing drought.

This includes disconnecting irrigation-only service if Stage 2 is implemented, and to move to Stage 3 if water use does not drop

enough.

The ordinance does not activate Stage 2. Raleigh still remains under Stage 1 restrictions.

Stage 1 restrictions began on April 20 to help keep daily water use near 60 million gallons per day. Usage stayed close to that level through most of May.

In June, water use was higher, often above 66 million gallons per day, which puts additional pressure on

Falls Lake and Raleigh's water supply.

Residents are asked to continue following Stage 1 watering rules and look for simple ways to use less water. Tips include:

- * Turn off the tap while brushing teeth.
- * Only run dishwasher or washing machine on full cycles.
- * Take quick showers (showers use less water than baths).



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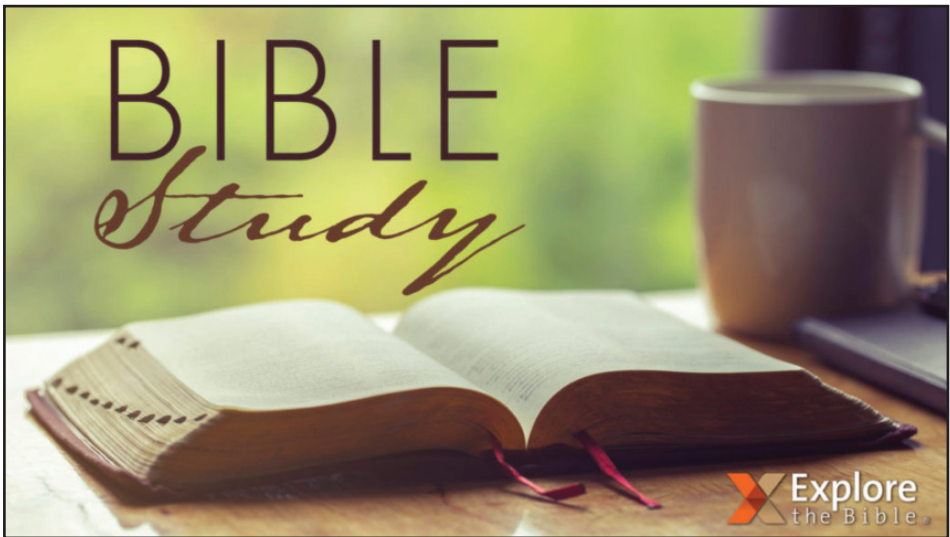
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Active faith brings others to Jesus Christ

BY LIFEWAY

This week's Bible study is adapted from The Gospel Project curriculum.

Bible Passage: Mark 2:1-12

Discussion Questions:

* If someone who knew nothing about Christianity asked you to define "faith," what would you say?

* What has Christ done recently that causes you to be astounded and give Him glory?

* When is it difficult for you to receive the forgiveness Jesus has the authority to give you?

Food for Thought:

Many of us know people we want to experience and know the love of Christ. Some reject Him, and some just haven't had the opportunity to know Him in faith. As believers, we continue to pray and share the love of Christ through words and deeds.

In Mark 2:1-5, four friends through faith helped their paralytic friend come to Jesus, knowing he needed to find Him. When they first came to where Jesus was teaching, it was so crowded they couldn't even get into the

door. But someone in the group had a plan. Maybe all of them did.

They went to the roof, which for that time was probably made of thatch, clay and branches, and "removed the roof above" Jesus. "And after digging through it, they lowered the mat on which the paralytic was lying" (v.4). These four friends knew their paralytic friend needed to see Jesus and they exerted a ton of effort to make sure it happened, going above and beyond.

Jesus saw their effort and the faith behind the effort. "Seeing their faith, Jesus told the paralytic, 'Son, your sins are forgiven'" (v. 5). Jesus saw the paralytic man's need for forgiveness and granted it. He saw the faith of the four friends and knew they desired their sick friend to find Jesus. Perhaps they didn't even know what Jesus could do, but their faith told them He would do something.

In contrast to the faith of the paralytics' friends, the scribes in the crowd rejected Jesus. In their hearts, the scribes considered Jesus a blasphemer, knowing that only God forgives sin. Jesus saw their questioning hearts and in

response told the paralytic to "get up, take your mat, and go home" (v. 11). And he did.

Jesus was making a declaration that He is God. He can forgive and He can heal, despite the doubts of the scribes. The overall results? A man was healed. A crowd was astounded and gave glory to God. The faith of the four friends grew, and the scribes' doubts were refuted.

Jesus is who He says He is, and His purpose was and still is to seek and save the lost. He forgives sin and He heals the broken. As believers, our hearts are aligned with Christ's heart.

Like the four friends, may we long to bring others to Jesus Christ that they may know Him, love Him, and trust Him for the glory of God.

The Gospel Project is a chronological, Christ-centered study for kids, students and adults. The Bible is not a collection of stories.

It is one story of God's plan to rescue His people from sin and death. It is the story of redemption, the gospel message of Jesus Christ. More information can be found at Lifeway.com/gospelproject.



Left: Kisha A. Brown

The legal mistakes that can sink a promising business

By Kisha A. Brown

THE AFRO

I had a friend who asked me to join him in building his business. I suggested we create an agreement outlining the terms and specifying my role and responsibilities.

He dragged his feet and never responded with details. Things were going well until they didn't. When we had a disagreement, it shattered our business and personal relationship. I knew better.

It happens to the best of us, and this is why it's so critical to formalize arrangements when money is moving, and decisions are being made.

It's not about whether you trust someone or trying to avoid the discomfort of a hard conversation, it's about ensuring that the small stuff doesn't break down the bigger vision. And there will always be

small stuff.

When good deals go bad it's usually because of one of three things:

* **The agreements weren't structured properly.** Every contract you sign is written for the benefit of the person or company who gave it to you. It doesn't mean it's a bad contract or that they have malicious intent. It means that the contract wasn't written from your perspective and could be extremely one-sided.

* **Assets aren't protected.** You built it but you didn't capture the value of your curriculum/course/manuscript/report and now someone else has ownership rights to it. I've had to walk away from opportunities that required me to forego ownership over my content. Short-term money isn't always worth losing long-term rights.

* **Obligations aren't clearly defined.** Everyone

was on the same page when things were going good, but the minute conflict arose the rose-colored glasses came off and no one could see who was supposed to do what. When each party's expectations are in alignment with their roles and responsibilities, things run smoother.

One of my most consistent advice to business owners is to get legal clarity regarding their business affairs. Let me be clear: if you're in business, you have legal matters before you - whether you recognize them or not.

Having a lawyer walk through your good deals before they go bad is what keeps you from going under when the small stuff hits, as it always does.

The opinions expressed in this commentary are those of the writer and not necessarily those of The Tribune.

Lights. Camera. North Carolina!

By April Mial

SPECIAL TO THE TRIBUNE

I love movies.

Growing up, I was captivated by stories that made me laugh, cry and imagine lives different from my own.

That experience inspired me to pursue writing and ultimately become a filmmaker.

Every movie begins with someone believing a story is worth telling.

And for African Americans, we have a long list of stories worth telling.

For generations, our stories weren't always welcomed in Hollywood. Yet we kept telling them anyway.

We shared them through church plays, neighborhood productions, independent films, documentaries, and family stories passed from one generation to the next.

If Hollywood wasn't going to tell our stories, we would use the tools we had and create our own voices. Many of those voices have come from right here in North Carolina.

Within a few hours, you can travel from the Blue Ridge Mountains to rolling farmland, historic downtowns, pristine lakes, and the sandy shores of the Outer Banks.

We have vibrant skylines, charming Main Streets, college campuses, centuries-old lighthouses, dense forests, and breathtaking coastlines.

Whether a story calls for a bustling city, a unique small town or a quiet beach at sunrise, North Carolina has the perfect backdrop.

It's also the front porch conversations in Halifax. The murals in Durham. The historic streets of Wilmington.

The energy of downtown Raleigh. The gospel choirs, HBCU campuses, neighborhood barbershops, family cookouts and Sunday dinners that give our stories life.

So, it's no surprise that productions like "The Color Purple," "Bull Dur-



April Mial

ham," "Iron Man 3," "Dawson's Creek," and "One Tree Hill" chose to film here years ago.

Wilmington earned the nickname "Hollywood East" because filmmakers recognized that North Carolina is one of the most visually diverse states in America.

Just as important as our landscapes are the people who bring those stories to life.

Durham is home to filmmaker Kevin Wilson Jr., whose Academy Award-nominated work explores family, identity, and memory with honesty and heart.

Raleigh has produced filmmakers' Anderson Boyd, while Emmy-nominated editor and producer Grady Cooper has built an impressive television career.

And Academy Award-winning actress Ariana DeBose reminds us that world-class talent can begin right here at home.

What excites me just as much are the filmmakers whose names you may not know, yet.

Across the Triangle, writers are finishing scripts after work.

Directors are raising money one supporter at a time. Producers are borrowing equipment, calling in favors and building crews around a shared vision.

I know because I'm one of them. As an independent filmmaker, I've learned that making a movie requires more than talent.

It requires faith, perseverance, and a community willing to believe in your vision before the rest of

the world does.

We're telling stories about Black families who love, struggle, forgive and grow together.

We're highlighting entrepreneurs, educators, veterans, musicians, athletes, pastors, and everyday people whose lives deserve to be celebrated.

Our stories begin in North Carolina, but their messages are universal. North Carolina's film industry is entering a new chapter.

The state's film incentive tax credit program ended in 2014 and was replaced by a grant program in 2015.

Today, the N.C. Film Office is being revitalized, creating new momentum to attract productions back to our state.

This rebirth is more than an economic opportunity, but it's a chance to tell more of our stories and once again make North Carolina a destination for filmmakers.

When productions come here, they create opportunities beyond the screen.

They hire electricians, caterers, makeup artists, costume designers, photographers, editors, musicians, drivers and countless local businesses.

Film creates careers while showcasing the beauty, culture and talent of our communities.

The next generation of North Carolina filmmakers is already here.

They're writing. They're filming. We're dreaming bigger than ever before.

And I can't wait for the rest of the world to see the stories we're ready to tell that put North Carolina alongside New York, Atlanta and Los Angeles!

April Mial is the president of Rock, Groove and Jam!, a media platform that celebrates the value of female aspiration and experience. Visit her on Facebook and Instagram.

AROUND THE TRIANGLE

RALEIGH EDUCATION

WakeEd Partnership has launched its community supply drive for public school educators and students.

Visit: wakeed.org/supply-drive.

MARKET

The next Black Farmers Market is July 12, 1-4 p.m., Montague Plaza, 2718 Rock Quarry Road.

OFFICIATING

Raleigh Parks is hosting a sports officiating workshop July 13, 6-7:30 p.m., Brier Creek Community Center, 10810 Globe Road. Call 919-996-3301.

FUNDRAISER

Shop for Good at The Green Chair Project, July 17, 10 a.m. to 4 p.m., 1853 Capital Boulevard. Proceeds help individuals and families facing homelessness or crisis.

FESTIVAL

Mama Afrika Fest Indoor Pop-Up Market is July 18, 1-8 p.m., Triangle Town Mall, 5959 Triangle Town Boulevard.

OBERLIN

The next Oberlin gathering is July 18, 3:30-8 p.m., Jaycee Park, 2405 Wade Avenue.

MASTER PLAN

Raleigh Parks invites res-

idents to explore the latest Biltmore Hills Park Master Plan update July 18, 10 a.m. to noon, 2615 Fitzgerald Drive.

DURHAM SCHOLARSHIPS

Durham Housing Authority's 2026 READS Scholarship application for DHA high school seniors runs July 6 to Aug. 7. Contact: ResidentServices@dha-nc.org.

SCHOOL SUPPLIES

Fill That Bus! school drive runs July 13 to Aug. 14. Visit www.bulldcityschools.org/crayons2calculators.

CHAMBER

The Greater Durham Black Chamber is hosting a virtual Critical Conversations with Manny Opoku of SouthState Bank, July 17, noon to 1 p.m. Register: members.gdbcc.org.

FUNDRAISER

Dress For Success' July summer sales event is July 17-18, 11 a.m. to 5 p.m., 701 William Vickers Avenue.

BOOKS

Book Harvest's Summer Block Party is July 18, 3-6 p.m., Durham Central Park, 501 Foster St.

SOUL SLAM

Jambalaya Soul Slam

Paper Thin Poetry Slam I is July 18, 8 p.m., Hayti Heritage Center, 804 Old Fayetteville St. Tickets: junepaperthin2026.eventbrite.com.

VOLUNTEERS

Become an advocate for the Durham community. empowerment.fund. Email: rohang@communityef.org. Deadline: July 20.

FUNDING

Durham is seeking non-profit applications for cultural festival and event funding. Visit durhamnc.gov.

HOME REPAIR

Durham has expanded its minor home repair program for low-income homeowners. Visit durhamnc.gov.

TAXES

Durham County has launched a new digital platform for property tax payments. Visit pay.dconnc.gov.

DMV

N.C. Division of Motor Vehicles is opening a temporary office at 1811 Palmer St. in the Uplift Community Center while the Miami Boulevard office is closed.

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



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Triangle Tribune



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Summer is perfect time to try new things

Every summer I make it a point to highlight nontraditional sports before August kicks in and the HBCU sports world goes crazy.

Black people are not monolithic. New generations are growing up with diversifying interests outside of the traditional football, basketball, baseball and track and field.

And then there are the sports fanatics. They will watch A-N-Y-T-H-I-N-G related to sports, especially if it keeps them away from the "Honey Do" list.

The Triangle is becoming quite a sports mecca, and

Cary is right in the thick of it.

World Rugby Nations Cup is bringing the U.S.-based leg of its inaugural 2026 tournament to North Carolina this month.

Denver, Charlotte and Cary

were chosen for the American portion of the tournament. And, yes, the U.S. has a team in the Cup. Zimbabwe will battle the USA July 11 at Charlotte's Legion Memorial Stadium. Then, on July 18, it's the USA vs. Spain at Cary's WakeMed Soccer Park.

Can it get any better than rooting for USA on home soil? Expect a sellout (tickets went on sale in April), lots of traffic and foreigners with money to burn. Fans in the United States can watch the matches on Paramount+.

"...The World Rugby Nations Cup and these first three fixtures at home are excellent opportunities for our men's Eagles, and for USA fans to gather around them," USA Rugby CEO Bill Goren said. "With the series kicking off during our national holiday (July 4), we're thrilled to play as the USA and celebrate with our rugby community."

Pickleball Anyone?

The popularity of pickleball has exploded, especially among the over 40 crowd.

The Veolia Pickleball National Championships will be played at the Cary Tennis Park Aug. 31 to Sept. 6. Cary received a state grant to become the launch site for the Carvana Professional Pickleball Association Tour's 2026-27 global season.

To underscore how big the event is, the tournament's No. 1 women's and men's players, and the No. 2- and No. 4-world ranked players will participate. To sweeten the pot, No. 2-ranked Kate Fahey and No. 4-ranked Brooke Buckner are North Carolina residents.

Over 2,000 amateur and professional players and thousands of fans are expected during the weeklong event that will be televised on major networks and streaming services.

"As pickleball enjoys enormous growth in popularity and participation in the United States and globally, it is critical that we bring the very best of the PPA to the most passionate regions, and North Carolina has shown us year after year how fervent they are about the sport," tour CEO Connor Pardoe said. "...The first-ever Veolia Pickleball National Championships will raise that bar even higher as we turn the Greater Raleigh area into the place where every pickleball fanatic wants to be this summer."

Professional Frisbee

So, who hasn't thrown a frisbee at least once?

The Carolina Flyers are a professional Ultimate Frisbee team that plays its home games at Durham County Memorial Stadium.

The Flyers have secured a spot in the division playoffs, but they host undefeated Austin Sol July 10 at Durham County for a chance at a first-round bye. The game is also Military & Veteran Appreciation Night. Visit: <https://www.watchhufa.com/flyers> to keep up with the team which is quite good.

The Triangle Tribune Sports

July 12-18, 2026 | 6A



COURTESY

New Orleans star forward and Durham native Trey Murphy III.

NBA star returns to Durham for free giveaway for local kids

STAFF REPORTS

DURHAM - NBA star and Durham native Trey Murphy III is coming back home to partner with Durham Parks and Recreation for the Third Annual Back to School Community Bash.

The New Orleans forward will co-host the community event July 25, 1-3 p.m., at the I.R. Holmes, Sr. Recrea-

tion Center at Campus Hills, 2000 S. Alston Avenue. Registered participants will join DPR staff and Murphy for an afternoon full of fun games, arts and crafts, free school supplies, free community resources and much more.

The event is free and open to the public; however, supplies are limited so registration is required. The

Back to School Community Bash is more than just giving out supplies. D

PR and Murphy's team partner with a number of vendors and various local organizations to provide Durham's families with access to information on health and dental screenings, eye screenings and prescription glasses, free books, haircuts, community

resources, free food trucks, and other fun entertainment and experiences.

"There's nothing better than coming home and giving back to the community that gave so much to me," Murphy said. "I spent countless hours playing at rec centers across Durham, learning lessons that went

Please see **NBA/7A**

COLLEGE CORNER

Hampton women earn top sports awards

Summer is about to turn up the heat on football.

Next week is the start of football media days, with the CIAA and the SWAC opening the season on July 15. The CIAA's "breakfast" begins at 9 a.m., and the SWAC's at 11 a.m.. The MEAC is next on July 21, with the SIAC bringing up the rear on July 22.

The SIAC will stream on its YouTube page, the CIAA on the CIAA Sports Network, the SWAC on SWAC TV, and the MEAC on ESPN+. The SWAC TV app is free and is as good as anything you'll

see on ESPN as far as commenting goes.

For those who live in the Washington, D.C.-Maryland-Virginia area, the MEAC will host its annual Girls on the Gridiron Flag Football Clinic July 19 at Hughes Stadium on Morgan State's campus.

The clinic is for girls 12 and older and taught by student-athletes and coaches. Learn more at MEACsports.com.

Please see **HAMPTON/7A**



Deion Sanders says he feels like his old self a year after undergoing bladder surgery

By Amie Melendrez

Stapleton

THE ASSOCIATED PRESS

BOULDER, Colo. — Deion "Coach Prime" Sanders says he feels like his old — and younger — self again a year after undergoing surgery to remove his cancerous bladder.

"I consider myself cancer-free," thanks to robotic surgery that also reconstructed his bladder using part of his intestine, Sanders told The Associated Press after getting a tutorial in the surgical system that was used in his operation.

The Colorado football coach wanted to get a firsthand look at the Intuitive Da Vinci System, which is less invasive than open surgeries and cuts down on hospital stays and speeds recoveries.

"I was fighting" last year at this time, Sanders re-

called. "I was walking out on the property with a bag of blood and also urine and trying to get back. But this expedited the process. Last year at this time I was in a whole different place, and I'm just thankful."

Sanders missed football camps last summer in Boulder as he went through cancer treatments. The Buffaloes finished with a 3-9 mark a year after making a bowl game behind Shedeur Sanders and Heisman Trophy winner Travis Hunter.

This summer he appears much fitter and energetic as he oversees offseason training. "If I pull my shirt up, I'm not scarred, it's not flawed. I'm not embarrassed by anything that transpired. I'm elated by everything that transpired," Sanders said.

At a routine checkup last spring, a CT scan showed a mass on Sanders' bladder.



COLORADO

A slimmed down Deion Sanders at a Colorado football practice.

He was referred to the University of Colorado Anschutz, where he met Dr. Janet Kukreja, director of urologic oncology at the CU Cancer Center and UHealth University of Colorado Hospital.

Sanders, who turns 59 later this summer, was diagnosed with a malignant tumor in his bladder. Although the tumor hadn't reached the muscle layer in his bladder, it was consid-

Please see **DEION/7A**



Hampton's Madisyn Strange

Hampton women earn top postseason awards

Continued from page 6A
WOMEN
N.C. Central
Track and field has snagged Western Illinois transfer Janelle Marshall.

Hampton
Soccer player Madisyn Strange earned a CAA Leadership and Sports Excellence Award, given to a student-athlete who represents outstanding standards of teamwork, integrity, leadership and sportsmanship.
Strange, who has a 4.08 GPA as a biology major, is the first Hampton soccer player to win the award.

MEN
N.C. Central
Basketball is seeking student managers to run the program during the upcoming season. Contact coach Rob. If you don't know who he is, then you must not be a student.

Shaw
Congratulations to SID Antoine Lynch who was recently promoted to assistant athletic director for media/operations.
Antoine is a true Bear in every sense of the word. He is a former member of the Platinum Sound Marching Band and played on the drumline. He joined the sports information department as an assistant under two former SIDs: Sherri Fillingham and Jolisa Williams.

Baseball Farewells
Aggieland is sad.
College Baseball Hall of Famer Al Holland Sr. died on July 4 at the age of 73.



Holland played baseball at N.C. A&T from 1972-75 and is one of only three Aggies to have his jersey retired. Al Attles and Elvin Bethea are the others. Now, get this: he never posted a season ERA above 1.03 and recorded a no-hitter in each of his four seasons.
The Texas Rangers and San Diego Padres drafted him in 1974 and '75, but he chose to remain in college. He later played 10 seasons in the Major Leagues with Pittsburgh, San Francisco and Philadelphia, earning the NL Rolands Man of the Year Award and an All-Star Game appearance along the way.
* Southern legendary baseball coach Roger Cador, who helped elevate HBCU baseball, died last month at the age of 74. Cador led the Jaguars' program for 33 seasons, amassing a 913-597-1 career record that is among the winningest in college baseball history. He also won 14 SWAC championships and two HBCU national championships.

Turnin' Pro
* Tennessee State guard Aaron Nkrumah signed an Exhibit-10 contract with the Denver Nuggets.
* Langston guard Orlando Thomas signed with the Detroit Pistons summer league.

Goodbye. Hello. (Basketball)
* Livingstone forward Judah Egbo to Virginia State
* Nease guard Camden Cooper to Florida A&M, the Rattlers' highest-rated recruit in program history.

NBA star and Durham native returns for kids

Continued from page 6A
far beyond basketball. Now, having the chance to give back, support the youth, and help set them up for success in school, that means everything to me."
Murphy credits much of his early success to his time spent playing basketball and building relationships at DPR's recreation centers, parks and leagues across the county. He has a true passion for helping kids and continues to donate time and resources to his hometown that gave him so much.
Campus Hills Recreation Supervisor Patrick Walton remembers helping to train Murphy when he was a kid. Walton remembers Murphy being one of the youngest kids on the court, but he could out-work everyone.
"He always demon-

strated a 'you will not defeat me' mindset and was able to push through the drills that were thrown at him," Walton said. "Trey took pride and showing up some of the older players. He was a 'yes sir, no sir,' kind of person at a young age, and he really understood what hard work meant."
To register for the event, visit www.dprplaymore.org.

Deion Sanders cancer-free

Continued from page 6A
ered "very high risk," with a 50-50 chance of recurring or progressing after treatments.
Kukreja is among the small group of surgeons in the U.S. who perform robotic removal of the entire cancerous bladder — called a radical cystectomy — and robotic reconstruction of the organ, which involves having a section of intestine function as a bladder.
"It got me back in the game, got me back on my feet and got me out of the darn hospital and back into the normalcy of my life," Sanders said. "I'm here to let people know there's another option if you need surgery."
Sanders has spent time recently with his son She-deur, who's entering his second year with the Cleveland Browns and who will compete for the starting job with Deshaun Watson in training camp. "He's on vacation, but he's going to the hills in St. Croix right now doing gassers," Sanders said.
Asked what he thought about Hunter, entering his second season in Jacksonville, possibly focusing on playing defensive back after pulling double duty as a DB and wide receiver in college, Sanders said: "I just want him to be happy. I can't tell those coaches how to coach and Travis what he's gifted to do. I just want him happy; that's all I want."



Jordan High School honor student Aniya McClain has signed with Livingstone College volleyball.

NATIONAL MINORITY MENTAL HEALTH AWARENESS ACTIVITY SHEET

Hi Everyone!

Sankofa 82 and I just returned from a quick visit with Bebe Moore Campbell. She is one phenomenal woman. She told us all about her fight in the mental health arena and how she raised awareness in the Black, Indigenous and other People of Color communities (BIPOC). Let's look at what this young lady accomplished.

POP-UP FACT

20% of Americans experience mental illnesses yearly.

SO WHY THE COLOR GREEN?

Green represents new life, new growth, and new beginnings. So the color green is worn to raise public awareness, better the lives of children with emotional disorders and to show support to their families as well. In color psychology, it represents harmony, balance and a sense of security.

POPUP FACT

Suicide is the second leading cause of death for ages 10-14.

IN MEMORY OF BEBE MOORE CAMPBELL

Bebe Moore Campbell was a tireless warrior in the mental health arena in general and in the minority communities specifically. Bebe was co-founder of NAMI Urban Los Angeles (National Alliance on Mental Illness). She was honored in July 2008 by the U.S. House of Representatives, when they established the Bebe Moore Campbell National Minority Mental Health Awareness Month in July of 2008.

Three of the month's goals were:

- Improve access to mental health services and treatment.
- Increase public awareness of mental illness among minorities.
- Destigmatize mental illness (especially in the Black American community).

This recognition was given to Bebe after she died of brain cancer in 2006. Bebe identified factors which had discouraged African Americans from seeking help. Some of these factors are as follows: The idea that Blacks were mentally incapable of having these types of mental illnesses that whites had. Racial trauma and microaggression went hand in hand. Whites often treated Blacks poorly and as inferior. Poor treatment by institutions leads to institutionalized and structural racism. Other factors such as being poor, incarceration, unemployment and underemployment and lack of insurance were deterrents for Blacks to seek professional counseling. Remember green is the color for this month.

5 FIVE MOST COMMON MENTAL HEALTH DISORDERS

Anxiety Disorders – More than just worrying about occasional stressful events most of us experience in our lives, may last for months or years.

Mood Disorders – persistent sadness, anger and extreme happiness.

Psychotic Disorders – form of depression with psychosis that comes when people get very depressed, such as delusions (false beliefs) and/or hallucinations (hearing or seeing things that are not there).

Dementia Disorder – loss of ability to think, remember and reason.

Eating Disorders – involves extreme emotions, attitudes, and behaviors involving weight and food. Some include anorexia nervosa, binge eating and bulimia.

POPUP FACT

75% of minorities do not get medical attention for mental illnesses.

TRUTH TELL THE TRUTH!

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

Bebe Moore Campbell is a co-founder of NAMI Urban Los Angeles.

35% of Americans are diagnosed with some form of mental illness yearly.

75% of African Americans who have mental illnesses are treated by mental health professionals.

Suicide is the second leading cause of death in children ages 10-14.

Green is the color for National Mental Health Awareness Month.

ONE MINUTE MADNESS!

In one minute, unscramble words that are closely related to minority mental illnesses and/or disorders. The first letter of the name is in **bold**.

aaRlci umTaar _____

pssDeiemo _____

yteAinx _____

agimSt _____

giaEtn _____

uiiSedc _____

MATCH ME!

Match the mental disorders description with the correct word.

Anxiety	Dementia	Mood	Psychotic
Inability to think, remember and reason			
Depressed, delusion, hallucinations			
Worrying that last for several weeks			
Anorexia nervosa, binge, bulimia			
Persistent sadness, anger, happiness			

MINORITY MENTAL HEALTH AWARENESS MONTH JULY

For Suicide prevention call or text 988, or contact 988lifeline.org

ANSWER KEY

TELL THE TRUTH

ONE MINUTE MADNESS

NATIONAL MINORITY MENTAL HEALTH AWARENESS, 07/05/26, #261 WWW.JOEYOUNG.ORG KEMET ACTIVITY SHEETS © 2026 BY JOE YOUNG



COURTESY

Rolesville High School graduate Kendall Wardsworth

WAKE COUNTY
Kendall Wardsworth has found more than a school at Rolesville High. She's found a second home. Over the past four years, the senior has grown into a confident leader, performer, and mentor thanks to the support of teachers, classmates, and school staff who encourage her every step of the way. Known by students across campus as the voice behind the morning announcements, Wardsworth spends much of her high school career helping set a positive tone for the day. "I'm just always reminded that people may not be having the best day," Wardsworth said. "And I like to be that person for people." She says the supportive environment helps shape both her confidence and leadership skills. She credits her teachers, administrators, friends, and family for creating a community where she feels encouraged to grow, take

risks and pursue her passions. "[They] have always been what I found to be my rock and foundation throughout my entire four years of high school," Wardsworth said. "They encourage me to keep learning and growing." That support is especially evident in the school's theater program, where Wardsworth becomes deeply involved beginning her freshman year. From her first major role in "Shrek the Musical" to directing "Alice in Wonderland" during her senior year, Rolesville's performing arts opportunities help her discover both her voice and her future goals. Shelby Winters, Rolesville theatre arts director, says Wardsworth's leadership and dedication make a lasting impact on the program. Beyond performing on stage, she embraces opportunities behind the scenes, learning how to collaborate with others, lead productions and mentor younger

students. In addition to her school involvement, Wardsworth is a professional recording artist with two albums, a Girl Scouts Ambassador and the recipient of the 2024-25 YMCA Y-Achievers Student of the Year honor. Still, she says some of the most meaningful parts of her high school experience are the relationships and encouragement. Wardsworth will attend UNC Greensboro in the fall to pursue opportunities in the performing arts while expanding her impact on new audiences and communities. She hopes younger students remember the importance of believing in themselves and supporting those around them, lessons she says are reinforced throughout her time at Rolesville High. "I just want people to be reminded that confidence is within you," she said. "Reach for every single goal and do not give up."

Fletcher Foundation acquires Women's Center building

Staff Reports

RALEIGH - The A.J. Fletcher Foundation has purchased the Women's Center of Wake County building at 2200 New Bern Avenue. The move will provide long-term stability for one of Raleigh's most vulnerable populations and anchor an expanded Recuperative Respite facility for women and men experiencing homelessness. Under the arrangement, the Women's Center will lease the property from the Foundation and operate Recuperative Respite at the New Bern Avenue location. The facility, which has received a special use permit

for up to 38 beds, will serve uninsured and underinsured patients who need a safe place to recover after a medical crisis but do not require continued hospitalization. "This building has been a lifeline for people in Wake County for a long time," Women's Center Board Chair Franklin Manchester said. "Partnering with the A.J. Fletcher Foundation to secure its future means that expanding Recuperative Respite can move from vision to reality, and that the people we serve will have the stability they need to actually heal." The purchase pairs with a

growing coalition of public and private partners committed to making Recuperative Respite for unhoused people a reality. Alliance Health, Wake County, the city of Raleigh, WakeMed and UnitedHealthcare have all stepped up to support the project. "For decades, the Women's Center has been walking alongside people experiencing homelessness," executive director Amy P. Smith said. "Knowing that our building has a steady, long-term future and will continue to serve as a place of safety and stabilization means everything."

Paris Bound!



COURTESY

Spelman College alumna Gabrielle Scales is one of 30 U.S. students selected to receive a prestigious fellowship by Villa Albertine-the French Institute for Culture and Education. The Lafayette Fellowship enables outstanding American postgraduate students to pursue a fully-funded, one-year master's program for STEM, the humanities, social sciences and the arts at a leading French university or grande école. This first cohort of fellows was selected following a rigorous national process chaired by Nobel Prize-winning economist Dr. Esther Duflo. Scales is a third-year student at the Perelman School of Medicine, University of Pennsylvania. She graduated summa cum laude, Phi Beta Kappa from Spelman. She served as a leader of the Penn Student National Medical Association and is a founding member of the Penn Black Student Surgical Society. She has co-authored research investigating genetic risk factors associated with breast density in women of African ancestry. "I am absolutely honored to have been selected for the inaugural year of the Lafayette Fellowship," Scales said. "I welcome the chance to learn from some of France's top leaders. This will be my first experience living abroad, and I am excited to expand my educational experience and grow my leadership skills."

MOVERS AND SHAKERS

DURHAM
The city of Durham has hired Vanessa Collins, CPA as its new audit services director. Collins is an investigative audit manager for North Carolina State University's Internal Audit Division. She also worked at the N.C. Office of the State Auditor and the N.C. Real Estate Commission. Collins earned a bachelor's



Collins

degree from UNC Chapel and an MBA from N.C. State. **DUKE LAW**
Terrance Neal has joined Duke Environmental Law and Policy Clinic as its supervising attorney and an assistant clinical professor of law. Neal was a fellow in Vermont Law and Graduate School's



Neal

Environmental Law Center and Environmental Justice Clinic. The Duke alumnus was a public policy major and a member of the track and field team. *Are you or someone you know a Mover and a Shaker? Drop us a line at Movers and Shakers, c/o The Triangle Tribune, 5007 Southpark Drive, Suite 200-G, Durham, NC 27713 or e-mail us at info@triangletribune.com. Photos welcome.*

HBCU NEWS

SHAW UNIVERSITY
Genesis Doubledee is the news senior director of marketing and communications. Doubledee brings a proven track record of building impactful campaigns, leading cross-functional initiatives, and elevating organizational brands through compelling visual and written communications. She earned a Bachelor of Science in mass communication from North Carolina Central University and a Master of Arts in digital communication and advertising from Syracuse University. Her appointment is especially meaningful given her longstanding connection to the institution through her father, a Shaw alumnus and Hall of Fame inductee. Doubledee will lead the university's communications strategy, brand storytelling, media relations and marketing initiatives, helping to strengthen engagement and elevate the visibility of Shaw's legacy, impact and future.



* Jillian Jackson has been appointed dean of students. A dedicated higher education leader, Jackson brings extensive experience in student affairs, academic affairs, instructional leadership and student success. She has led initiatives to strengthen student engagement, improve retention and graduation rates, and support the holistic development of students. Jackson earned a Doctor of Education in educational leadership with a concentration in higher education from Fayette-

ville State University, a Master of Science in school administration from Appalachian State University and a Bachelor of Science in elementary education from North Carolina A&T State University. She previously served at Shaw as director of digital teaching and learning and an OAS instructor. As dean of students, Jackson will oversee student life, including residence life, student leadership, student organizations, campus engagement, student conduct and initiatives that promote student well-being and success.



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