



SPORTS
Shaw alumni call for emergency campaign for football team



COMMUNITY FOCUS
New exhibit at Durham gallery showcases Black artists

The Triangle Tribune

THE TRIANGLE'S CHOICE FOR THE BLACK VOICE SINCE 1998
"Serving Raleigh, Durham and Chapel Hill"

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Week of August 17-23, 2025

\$1.00

August is Black Business Month

SAU: Unaccredited, unanswered and unpublished opening

By Alex Bass
alex.bass@triangletribune.com
RALEIGH - As of Aug. 11, St. Augustine's website still had no "2025 Fall Semester" calendar under the "Academic Calendar" tab. Two rounds of text messages to SAU Board of Trustees Chair Brian Boulware, Interim President Marcus Burgess, and Associate Vice President of Global Marketing and Communications Demarcus Williams have yielded zero responses. Also is the matter of accreditation with the Southern Association of Colleges and Schools Commission on Colleges.

"The institution is no longer accredited by SACSCOC," said Janea Johnson, SACSCOC public relations and data specialist. The SACSCOC website includes documentation recognizing SAU as a "former accredited" institution. Unaccredited institutions are ineligible for federal student financial aid programs. SAU can pursue accreditation from another agency, like the Trans-

national Association of Christian Colleges and Schools. As of Monday, the TRACS website did not list SAU among its more than 100 members, nor among institutions scheduled for an upcoming visit by TRACS representatives for any reason. Federal student financial aid programs are significant for most universities. SAU concluded its 2023-24 academic year with nearly 80% of its student body having received some federal financial aid. The institution remained accredited

on probation for good cause through the May 3 graduation. Still, a \$130,000-plus donation from Alfred Street Baptist Church in Alexandria, Virginia, was needed within two weeks of commencement to eliminate the collective student debt of over 40% of the graduating class. The arbitration panel upheld SAU's removal from SACSCOC membership on July 14. Burgess, on that same day, issued a written response to SACSCOC that Please see SAU/2A



FILE PHOTO



ALEX BASS

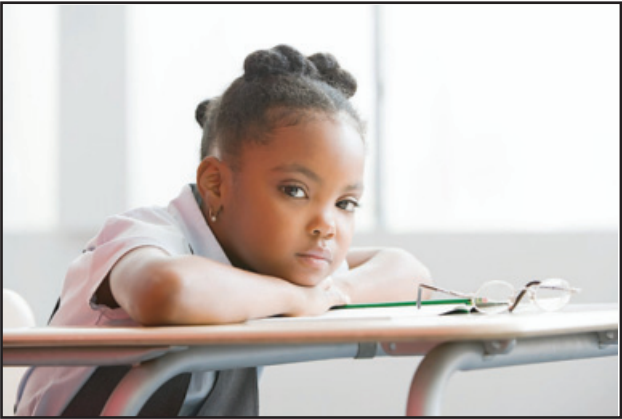
Student participants at National Night Out at Tarboro Road Park.

National Night Out binds generations for growing, education and safety

By Alex Bass
alex.bass@triangletribune.com
RALEIGH - North Carolina Attorney General Jeff Jackson realized where he stood in time and space during National Night Out at Tarboro Road Park. He was steps away from the historic Saint Monica Catholic School (now a city of Raleigh teen center), which served African Americans for nearly four decades, beginning in 1930. The center will be preserved, as Tar-

boro Road Park will be redeveloped per an approved parks bond. "This is not being left behind by history. This community is being updated right now as we speak," Jackson said. "Rich, poor, young, old; it's a really special thing that brings everybody together. There is no partisan tilt to it at all." The Tarboro Road Park event, among more than two dozen such gatherings throughout Ra-

leigh, offered living witness from some of the area's longest standing legacies to its future. "We've come back to our roots," said Ulanda White Caroway, a great-granddaughter of Jesse and Lillie White. Jesse and Lillie White's Hill Street home, deeded to them in 1926, is still owned by the White family, also owners and barbers of the Washington Terrace Shopping Center. Close to the Please see NNO/2A



NC Board approves 5-year plan to upgrade NC public schools

By Ahmed Jallow
NC NEWSLINE

The North Carolina State Board of Education has approved a five-year strategic plan to make the state's public schools the best in the nation by 2030. The ambitious plan sets targets across eight key areas for the state's 1.5 million public school students. The "Achieving Educational Excellence" initiative establishes what officials are calling "best in nation" benchmarks. These include matching the highest-performing state's four-year high school graduation rate and composite ACT scores. Specifically, the plan seeks a 92% graduation rate and an average ACT composite score of 20 by 2030. As of 2023-24 school year, North Carolina's adjusted four-year graduation rate is 86.9%, and the average ACT composite score is 18.5, placing the state 10th among 17 states and Washington, D.C., where 75% or more of high school students take the ACT. The plan also seeks to increase participation in Advanced Placement courses, dual enrollment, and career and technical education. It aims for a 30% AP participation rate in the advanced courses and a 75% AP exam pass rate with a score of 3 or higher by 2030. In 2024, 21.5% of North Carolina's students in grades 10-12 took at least one AP exam, and 65.4% earned a qualifying score of 3 or higher, according to the report. Last school year, students in the state earned a record-high 358,069 Career and Technical Education credentials; the plan calls for increasing the number earned yearly to 500,000 by 2030. "This plan is bold, ambitious and deeply intentional," said Geoff Coltrane, senior director of government af-

Please see NC/2A

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St. Augustine’s silent on fall semester opening

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stated, “the University is actively pursuing all available avenues, including litigation, to address the Commission’s concerns and to ensure the long-term sustainability and academic excellence of the institution.”

Per SACSCOC policies, litigation is an institution’s lone remaining option after an unsuccessful arbitration process. “We haven’t received that notification, so the removal of membership

stands,” Johnson said of litigation.

SaveSAU Chair Ben Johnson and scores of fellow alumni were on a July 14 virtual meeting call with Burgess, Williams and Boulware, among others. University administrators sought funding from alumni for legal expenses - projected to total nearly \$1 million - to pursue accreditation preserving litigation versus SACSCOC.

“The institution would be accredited through that process,” Janea Johnson

said. She likened litigation to SAU’s previous appeals through which it remained accredited on probation for good cause. “If and when the institution pursues litigation,” Johnson said, “then we will change that status and go through the legal proceedings.”

On Aug. 11, Burgess, Williams and Boulware were asked: “Will St. Augustine’s University open for the fall 2025 term? If so, what is the date for the first day of classes?”

No response.



ISTOCK

Three percent of Black farmers reside in North Carolina.

Trump administration to Black farmers: No relief for bias

By Herbert L. White
THE CHARLOTTE POST

The U.S. Department of Agriculture has canceled requirements for the use of discriminatory racial and gender preferences in federal initiatives as part of the rollback of so-called diversity, equity and inclusion programs.

Federal programs for farmers impacted by discrimination are no more.

The U.S. Department of Agriculture on July 10 published a rule removing requirements for the use of discriminatory racial and gender preferences in federal programs when they aren’t required by Congress.

President Donald Trump accused his predecessor Joe Biden of weaponizing USDA to “willfully discriminate on the basis of race and gender” according to a media release.

Agriculture Secretary Brooke Rollins directed USDA to review Inflation Reduction Act funding and rescind so-called diversity, equity and inclusion programs.

“We are taking this aggressive, unprecedented action to eliminate discrimination in any form at USDA,” Rollins said in a statement. “It is simply wrong and contrary to the fundamental principle that

all persons should be treated equally. President Trump has directed the cabinet to scrutinize all programs for illegal and unfair discrimination, and as long as I am Secretary of Agriculture, when we find leftover Biden discrimination in our programs, we will hold those persons who have committed these insidious acts accountable and take swift action to correct these illegal actions.”

U.S. Rep. Alma Adams, a Charlotte Democrat and senior member of the House Agriculture Committee, criticized the rollbacks.

“I was appalled and disappointed to learn that the USDA is no longer taking remediation steps for race- and sex-based discrimination in farm lending, conservation grants, loans and other programs,” she said in a statement. “According to the Trump Administration, the ‘socially disadvantaged’ designation is no longer needed since past discrimination has been ‘sufficiently addressed.’ Who is the administration trying to fool? And where’s the data?”

According to the 2017 Agriculture Census conducted by USDA, North Carolina has less than 1,500 Black farmers, which account for 3% of the

state’s 46,000 agricultural producers. A little more than a third of them - estimated at 530 - are women.

Black people once owned as much as 25% of North Carolina’s farms in the 20th century. While USDA contends it has addressed past discrimination, federal data shows socially disadvantaged agriculture producers:

- * On average have fewer financial resources than their white male peers, making land purchases more difficult.

- * Earn significantly less in median household income than non-SDA farmers at approximately \$60,000 compared \$75,000.

- * Are more likely to operate smaller farms and face greater financial challenges compared to white farmers.

Black farmers in 2024 began receiving payments from the \$2.2 billion Discrimination Financial Assistance Program.

Two years earlier, Biden signed the Inflation Reduction Act Section 22007 that authorized compensation for farmers who faced racial discrimination in USDA’s farm lending practices before 2021.

An estimated 43,000 farmers received payments of up to \$500,000, with the average award \$82,000.

National Night Out binds generations, knowledge

Continued from page 1A
park’s parking lot area, where the White family gathered, was another station offering school supplies for students.

Timed appropriately, students were able to see Raleigh Police Chief Rico Boyce and Wake County Sheriff Willie Rowe.

“Building those relationships ensures in the future that hopefully, those relationships foster more positive events,” said City Councilman Corey Branch, who represents District C. National Night Out events offer reminders that Boyce worked at Southeast Raleigh High School, and Rowe grew up in the Tarboro Road area.

“We can be a bridge that connects yesterday with today to tomorrow,” Rowe

said. “Our children and our grandchildren are the city on the hill.”

Nearby landmarks include the previous N.C. Division of Motor Vehicles headquarters, also to be redeveloped, and Richard B. Harrison Library, preparing to celebrate its 90th anniversary later this year.

Wake County Public Library representatives distributed information about upcoming programming, along with grade level reading lists for the Wake County Public School System.

“We’re getting this information in their hands, so we can give them a head start,” said Carla Payne, Richard B. Harrison Library branch manager. Monica Lucas, Payne’s branch colleague, noticed the gath-

ering’s intergenerational presence, and how people working in libraries now serve children and grandchildren of previous patrons.

“Just like the library anchors the community, the community anchors the library,” Lucas said.

Boyce visited multiple events Tuesday evening, including one in Renaissance Park, before arriving at Tarboro Road. At the former venue, he reaffirmed his public safety vision.

“When we come together, when we listen to one another, when we work hand in hand, we create a Raleigh that is safer, stronger and more connected,” he said. “Let’s keep doing the work together.”



From ‘Welfare Queen’ to ‘Workhorse’

How Black women are dispelling stereotypes

By ReShonda Tate
THE HOUSTON DEFENDER

The “Welfare Queen” is a stereotype that has plagued Black women for decades, a racist myth perpetuated by right-wing pundits and politicians to justify the dismantling of social safety nets.

This image of the lazy, government-dependent Black woman is designed to breed distrust in public assistance and shift blame onto those who need help. Unfortunately, this harmful narrative has not only persisted but has evolved under the Trump administration.

Now, Black women are being cast as “workhorses” — expected to labor harder for less, all while social programs that offer crucial economic stability are being stripped away. This narrative shift is more than a rhetorical change; it’s a policy tool used to justify the rollback of critical programs like housing assistance, food security, child care and health care programs that disproportionately impact Black women and other marginalized groups. The message is clear: Black women must work harder, but they deserve less.

The truth is Black women are the backbone of this country’s labor force. They have long been overrepresented in low-wage, essential jobs — as health care workers, educators and caretakers — all while navigating systemic racism and gender inequality. De-

spite their contributions, the policies of the Trump administration demand even more from them, while giving less in return. By targeting programs that provide basic needs like food, housing and health care, the government further entrenches inequality.

But let’s not forget the hypocrisy at the core of these attacks. While Trump and his allies rail against the supposed abuses of government aid by Black women, they continue to funnel taxpayer dollars to corporations and the wealthiest Americans. Corporate tax cuts, subsidies and bailouts are a regular feature of this administration.

Yet, when it comes to helping working-class Black women, the response is a cruel mixture of neglect and condemnation. The same system that props up the rich at the expense of the poor is now working to dismantle the programs that keep millions of families from falling into poverty.

It’s time to expose the lies behind these stereotypes and challenge the assumptions that have allowed this rhetoric to flourish. The truth is that Black women are not “lazy” or “dependent”; they are resilient and hardworking, often juggling multiple jobs, families and community commitments. They deserve the same economic opportunities and protections that are afforded to others. Public as-

sistance programs aren’t a handout; they are a lifeline that provides essential services to those in need, particularly Black women who face the compounded burdens of both racial and gendered oppression.

We must also confront the historical context of these attacks. The myth of the “Welfare Queen” didn’t emerge out of nowhere. It was a strategic tool used to scapegoat Black women for the failures of a system that has never truly served their interests. By framing Black women as the problem, it diverted attention away from the real culprits: policies that perpetuate wealth inequality, corporate greed and racial discrimination. Now, under the Trump administration, we are seeing the same playbook used to justify cuts to crucial programs that millions rely on.

But we can push back. We can call out these policies for what they are — an attack on the most vulnerable among us, disguised as “reform.” We can demand that lawmakers prioritize the economic justice of Black women and marginalized communities, ensuring that programs like housing assistance, food security, child care and health care remain intact. We must fight for a future where Black women are not demonized for needing help, but celebrated for their resilience, their labor and their right to live with dignity.

Send business briefs to info@triangletribune.com.

NC Board approves 5-year plan on schools

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fairs and strategy at the Department of Public Instruction. “It sets out a commitment to our students, our educators and the entire state of how we’re going to make sure that our public school system is the best in the nation.”

The plan was developed after a statewide listening tour by state Superintendent “Mo” Green that included eight regional meetings, 16 school visits and input from more than 5,000 residents, including 1,000 educators.

The plan was further refined with feedback from universities, community colleges, local school boards and education associations over a two-month revision period.

The goals of the plan are organized around eight pillars, including preparing students for life after graduation, supporting educators and ensuring safe learning environments. A key focus is on recruiting, retaining and compensating educators. It sets a target to raise beginning and average teacher salaries to the highest in the Southeast.

The plan also proposes establishing a State Board of Education task force to create a more transparent educator licensing system with multiple pathways into the profession, including apprenticeship models and mentoring opportunities.

For students, the plan focuses on character development alongside academic achievement. It notes that character education is currently not measured uniformly across the nation and that a new student-centered metric will be developed. The plan also calls for expanding school-based health services and implementing “community school” models that connect families with local resources.

The plan will be officially launched on Aug. 20, with promotional events scheduled across the state this fall. “This plan is your plan. It is our plan,” Green said. “I look forward to North Carolinians making this plan successful.”

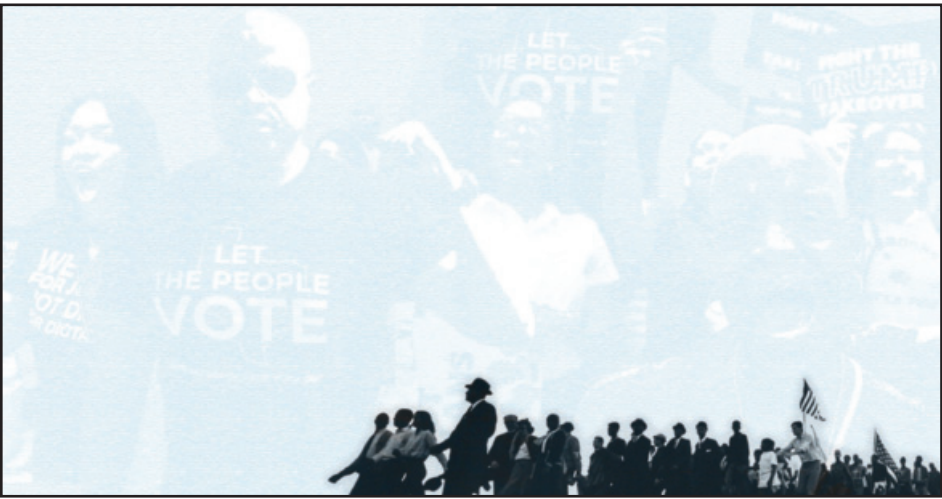
BUSINESS BRIEFS

CHAMBER
August is Black Business Month. The Greater Durham Black Chamber of Commerce has a full schedule of events throughout the month. Visit www.gdbcc.org.

TOWN HALL
Black Business Town Hall is Aug. 21, 10 a.m. to 2 p.m., Main Library Auditorium, 300 N. Roxboro St. Register at www.eventbrite.com.

OPENINGS:
* The Coven Cary

(formerly Blush Cowork) is at 201 Shannon Oaks Circle, Suite 102, Cary. Members can work and receive child care for ages 6 months to 6 years.



We’re still fighting for the soul of our democracy

By Ron Reynolds
TEXAS REPRESENTATIVE

The Voting Rights Act of 1965 was signed into law 60 years ago. It was a historic victory won by the blood, sweat and sacrifice of Black Americans who refused to accept second-class citizenship. They faced dogs, batons, fire hoses and fists – not because they broke the law but because they dared to demand a voice. They marched from Selma to Montgomery, Alabama, and were beaten on the Edmund Pettus Bridge. They bled in the streets of the Jim Crow South so we could vote without fear or suppression. That fight never ended. Today, the focus has shifted. It's no longer about Billy Clubs and German Shepherds. Instead, it involves gerrymandered maps, closed polling stations, purged voter rolls, attacks on mail-in voting, and false claims of voter fraud designed to undermine our democracy. To those who say we're disrupting the process, I say this: the process was already broken. We didn't break it; we're trying to fix it. That's why I broke quorum in the Texas House, and I'd do it again. I didn't come to play pol-

itics. I came to do what Congressman John Lewis taught us – to get into good trouble, necessary trouble, in the name of justice. Breaking quorum wasn't a stunt. It was a stand. When policies silence voters, target communities of color and rig the system for partisan gain, you don't just sit quietly. You walk out. You speak up. You fight back. I thought about my grandparents, who grew up in the segregated South. I thought about my mother, who cast her first ballot with pride because someone had marched for that right. I thought about my children and the world they'll inherit if we don't act now. I did it for the grandmother who's never missed an election and now doesn't know where her polling place is. For the young man registering voters on a college campus who's being told his voice doesn't count. I did it for neighborhoods split apart to dilute their power. As King said, an injustice anywhere is a threat to justice everywhere. That injustice is here. It's in our special session agendas designed for anti-voter legislation. In attacks on

diversity, equity, and inclusion, and in maps that slice through Black and Brown communities to weaken our voices. I'm proud to stand in the legacy of Fannie Lou Hamer, who was sick and tired of being sick and tired; of Bob Moses, who built a grassroots movement to register voters; and of Diane Nash, Amelia Boynton, James Bevel and everyday people who risked everything for the right to vote. I stand beside a new generation of leaders and everyday Texans who are saying enough is enough. I believe in the power of the people, in a multiracial democracy where every voice counts, and history will remember who stood on the front lines when our democracy was under siege. The Voting Rights Act was a beginning, not an end. Sixty years later, we are still called to be foot soldiers for freedom. I will not stop fighting, speaking or marching until every Texan has full access to the ballot promised in 1965. My faith is strong. No weapon formed against me shall prosper. This is our moment. This is our bridge. And we will cross it together.

VA ends union contracts for thousands of employees

By Markus Schmidt
STATES NEWSROOM

In a sweeping policy shift that could reshape labor relations at one of the largest federal agencies, the U.S. Department of Veterans Affairs has terminated collective bargaining agreements for most of its unionized workforce, citing a need to better serve veterans and implement long-stalled management reforms. The decision, announced last week, follows an executive order from President Donald Trump that excludes certain agencies from labor-management relations programs on national security grounds. The VA said it acted under that order to end union contracts covering hundreds of thousands of employees represented by five major labor organizations, including the American Federation of Government Employees, the National Association of Government Employees, the National Federation of Federal Employees, National Nurses United and the Service Employees International Union. The impact could be particularly significant in North Carolina, which is home to more than 600,000 veterans and has more than 17,000 VA employees working in hospitals, clinics, and benefits offices across the state – including major medical centers in Asheville, Durham, Fayetteville and Salisbury. North Carolina state Sen. Val Applewhite, a Democrat who represents Cumberland County which is home to Fort Bragg, said she was not surprised that the Trump administration would target collective bargaining, but is “disappointed” that he chose to start with the VA. “This president clearly has no boundaries, and



JOHN MOORE/GETTY IMAGES

U.S. Military veteran and amputee Lloyd Epps walks after doctors serviced his prosthetic leg at the Veterans Administration hospital in New York City. clearly has no shame, and clearly has no respect for veterans,” she said. “If we don't stand up this mid-term and make some adjustments in Congress, we're going further and further down into this deep, dark hole,” Applewhite said. “How many lives will be impacted? How many veterans could die or linger with medical issues because of this?” While the VA will maintain agreements for approximately 4,000 police officers, firefighters and security guards — occupations exempt from the executive order — the vast majority of bargaining-unit employees across the country are now operating without formal union contracts. The move drew swift criticism from labor groups but was celebrated by Trump allies and VA leadership as a long-overdue realignment of priorities at an agency that serves more than 9 million veterans annually. “This decision is good news for Veterans, families, caregivers and survivors,” VA Secretary Doug Collins said in a statement. “Too often, unions that represent VA employees fight against the best interests of Veterans while pro-

tecting and rewarding bad workers. We're making sure VA resources and employees are singularly focused on the job we were sent here to do: providing top-notch care and service to those who wore the uniform.” VA officials said the decision will allow managers to more effectively reward high performers, hold poor performers accountable and eliminate bureaucratic hurdles to hiring and reform. According to the agency, more than 1,900 VA employees collectively spent over 750,000 hours on union activity during fiscal year 2024 — time that was compensated with taxpayer dollars. Additionally, the agency cited the use of over 187,000 square feet of VA office and clinical space by union representatives, free of charge, as a significant cost burden. Officials said those resources — which also include union access to government phones and computer systems — should be redirected to patient care and veteran services. The move also halts payroll deductions for union dues for most employees, a change that took effect on April 25 in compliance with the executive order.

Medicaid parents rush to vaccinate their kids

By Jackie Fortiér
KFF HEALTH NEWS

For two decades, Washington, D.C., pediatrician Lanre Falusi has counseled parents about vaccine safety, side effects and timing. But this year, she said, the conversations have changed. “For the first time, I'm having parents of newborns ask me if their baby will still be able to get vaccines,” Falusi said. Throughout the country, pediatricians say anxious parents are concerned about access to routine childhood immunizations, especially those with children on Medicaid, the government insurance program for low-income families and people with disabilities. Medicaid covers 4 in 10 children in the U.S. “It really became an issue when RFK Jr. stepped into the role of HHS secretary,” said Deborah Greenhouse, a pediatrician in South Carolina. The concern accelerated after the shake-up of a key Centers for Disease Control and Prevention vaccine advisory body in June, raising fears that millions of American families could soon have to pay out-of-pocket for shots now covered by their health insurance. Health and Human Services Secretary Robert F. Kennedy Jr., a longtime anti-vaccine activist, removed all 17 members of the CDC's Advisory Committee on Immunization Practices, the panel responsible for recommending which shots are included in the nation's adult and childhood immunization schedules. Kennedy replaced the panelists with new members aligned with his views, prompting alarm among



medical professionals and public health experts. “People should be worried about what's going to happen to the availability of vaccines for children,” said Jennifer Tolbert, deputy director of the Program on Medicaid and the Uninsured at KFF, a national health information nonprofit that includes KFF Health News. Under the Affordable Care Act, health insurers are required to cover all ACIP-recommended vaccines. States and other jurisdictions use the childhood vaccine schedule to set immunization requirements for schoolchildren. ACIP's recommendations also determine which vaccines get covered by the Vaccines for Children Program, a CDC-funded initiative that provides free immunizations to low-income and uninsured children. Half of children in the U.S. are eligible for the VFC program. If the new ACIP members withdraw support for a particular vaccine and the CDC director agrees, Tolbert said, the consequences would be immediate. “It would automatically affect what is covered and therefore which vaccines are available to children on Medicaid,” she said.

Health insurance companies have not yet said how they would alter coverage, but Tolbert said such a move would open the door for private insurers to refuse to cover the vaccine. Pediatricians worry about a future where parents might have to choose — pay hundreds of dollars out-of-pocket for shots or leave their kids unprotected. The health insurance industry group AHIP said that health plans “continue to follow federal requirements related to coverage of ACIP-recommended vaccines and will continue to support broad access to critical preventive services, including immunizations.” Pediatricians say news about President Donald Trump's new budget law, which is expected to reduce Medicaid spending by about \$1 trillion over the next decade, also prompted questions from parents. While parents may be worried about losing their Medicaid, the law doesn't mention vaccines or change eligibility or benefits for children's Medicaid, Tolbert said. But less federal funding means states will have to make decisions about who is covered, and which services are offered.

Advance Community Health extends initiative

By Alex Bass
alex.bass@triangletribune.com

RALEIGH - Diabetes does not need a name or face, nor does it have defining characteristics. Donnae Ward, health equity coordinator at Advance Community Health, knows the implications of these realities. “We also know that this is something historical in terms of environmental racism, too,” she said. An adverse health condition for everyone is magnified among communities of color - more prone to encounter challenges in accessing grocery stores, healthier foods and affordable health care. Ward's answer is the intentional creation of culturally diverse, teaching and learning melting pots to “DiaBeat It.” Advance Community Health, on Rock Quarry Road, began the model program in January. DiaBeat It includes eight dimensions: access and food security, physical activity and mobility, mental health, social wellness support, environmental health, mindful eating, health education, and culture and spirituality. Ten individuals completed the initial, six-month program from January to June. The second cohort began in August and operates on a three-month plan. Beyond Advance Community Health patients and employees, who participate free of charge, community members may enroll in future cohorts for \$50. Evening classes are held at the Southeast Raleigh YMCA. “Finally,” exclaimed Lizette Santiago, also an ACH care coordinator. “I wanted something to hold me accountable and, at the same time, have support.” Santiago attributed her supportive foundation to Ward. “She looks at statistics,” Santiago said of Ward. “She's trying her best to do what she can to educate



and motivate, and bring change for the better to her community.” Ward spoke frankly about diabetes and high blood pressure, and their interwoven realities. Eight percent of Raleigh's population has Type 2 diabetes, but 21% of those cases, Ward said, are among southeast Raleigh residents. She added that 28% of Raleigh lives with high blood pressure, with half of the cases in southeast Raleigh. “Just looking at that alone should be alarming,” Ward said. For Ward, the data offered a chance to amplify inclusive creativity. “Every week was always something. We were either cooking, or we had a speaker,” said A.K., a first cohort graduate who shared her experiences while seeking to protect her medical history. “We helped the chef. He explained the health benefits of using the ingredients we were using.” A.K. noted how helpful it was to visit a grocery store with a nutritionist, and gather insight on reading labels and packages. She lost 20 pounds in six months. “I make better decisions with each meal. I start with the meal that is in front of me,” she said. “I'm taking the accountability of using what I have in my refrigerator and using what is healthy.” Ward said 9 of 10 graduates saw decreases in their A1C levels. A.K. said her A1C level declined from 8.1 to 6.4 over three months. “Everybody

should go through this class - with or without diabetes,” she said. Ward is eager to welcome future cohorts for a program she considers still in pilot mode, including deciding if three or six months is more effective. The second cohort's seven participants can look forward to Ward's continuing creativity, including a potential spa day as a reminder that holistic care is vital. “We're going to talk about stress. We're going to do the hand massages. We're going to talk about essential oils,” Ward said. Diabetes and high blood pressure, she continued, have implications for nerve health and even vision. “Soul food is delicious. Spanish food is delicious,” Santiago said. “We all enjoy each other's culture as far as food.” Santiago and her husband enjoyed cooking in class, and the fusion of cultures - including collard greens tinged with Caribbean influences, and vegetable fried rice with what Santiago called a “Hispanic twist.” Santiago, who has incorporated gym activities into at least three days per week, said using healthy food to begin meaningful friendships is a beginning for cultivating lifetime habits. “This is a journey. It is not a sprint,” Santiago said. “If you do something different each and every day, and you increase it each and every week, then you will see results.”

EMPLOYMENT

Central BCD Enterprises LLC (aka BCP Better Car People) is seeking a qualified candidate for the position of Head of Data. The ideal candidate will possess a Master's degree or equivalent in IT, Computer Science, or Engineering, along with at least 3 years of relevant work experience.

Key Responsibilities include but are not limited to:

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Applicants may apply in one of the following ways:

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LEGAL NOTICES



LEGAL NOTICE

REQUEST FOR PROPOSALS MANHOLE AND SEWER LINE INSPECTION SERVICES FOR DURHAM COUNTY UTILITIES DIVISION

RFP No. 26-007

The County of Durham will receive sealed proposals for qualified Contractor(s) to establish a contract to provide Manhole and Sewer Line Inspection Services for Durham County Utilities Division on September 16, 2025, at 2:00 P.M. Eastern Time, in the Durham County Purchasing Division of Finance, 201 East Main Street, 7th Floor, Room 703, Durham, North Carolina 27701. **No proposals will be accepted after the official time and date.**

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

Proposals are encouraged and welcome from historically underutilized businesses (HUBs).

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

MISCELLANEOUS

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COURTESY

North Carolinians on the ‘upsell’ tactics driving funeral costs sky high

STAFF REPORTS

It’s never easy to deal with the aftermath of losing a loved one. There are emotional, logistic and financial considerations to think about, and all this is particularly hard when you’re in the middle of grieving. But there’s another blow that can hit families hard: excessive, but sometimes avoidable, funeral costs.

An expert at a leading life insurance agency is sounding the alarm over a little-known financial trap that could cost grieving families thousands: exploitative funeral pricing. From inflated “convenience” bundles to emotional upsells and misleading prepaid plans, many North Carolinians are being hit with unexpected charges when they’re least equipped to push back.

So, how much are we talking? According to a 2023 report from the National Funeral Directors Association, the median cost of a funeral with viewing and burial is a pretty significant \$8,300 or \$9,995 if you add a vault, while a cremation funeral averages \$6,280. That’s even before any “extras” are added, such as which type of coffin you require and what material it’s made from; what kind of service you require (e.g. with music, readings, a memorial book, etc.); whether you want special transportation such as a limousine; and, of course, flowers.

Unfortunately, in the eyes of some funeral providers, these aren’t seen as optional extras at all,

meaning that just as you’re at your most vulnerable, you’re ripe for exploitation by less-than-ethical companies.

“Many families often feel guilt-tripped or manipulated into spending thousands more than they planned,” said Anthony Martin, founder of Choice Mutual. “Grief is not a sales opportunity, but, unfortunately, that’s how some operators treat it. We’re talking high pressure sales tactics and vague pricing practices.”

Martin reveals several tactics funeral homes use to inflate costs without always being transparent:

- * Bundled Packages That Hide Fees: Being presented with one ultimate price which covers everything may seem like the height of convenience, giving you one less thing to worry about, but beware: they can include unnecessary services such as printed memorial cards, high-end transportation or upgraded caskets, which you might not want or be able to afford. In many cases, purchasing only the items you need on an ‘a la carte’ basis will be much more economical.

- * Emotional Pressure and Upselling: Don’t fall for statements like “Wouldn’t your loved one want the best?”, which can be used to coax families into costly upgrades that offer little practical benefit. As harsh as it sounds, your loved one isn’t going to know whether you went for the mahogany or oak casket, or whether it had brass or chrome handles.

- * Casket Confusion: Many people don’t realize that if a loved one is being cremated, a casket is not actually required. An inexpensive alternative container is legally sufficient in every state, such as a firm cardboard or fiberboard box.

The Funeral Rule was introduced in 1984 and enforced by the Federal Trade Commission to protect consumers. It guarantees several key rights, including:

- * The right to an itemized price list before discussing arrangements.

- * The right to refuse package deals that include unwanted products or services.

- * The right to buy a casket or urn from a third party, without penalty.

- * The right to receive a written cost breakdown before making any payments.

Martin advises North Carolinians to stay alert for the following warning signs when dealing with funeral providers:

- * No itemized price list provided before discussing services.

- * Pressure to “do the right thing” by choosing more expensive options.

- * Being told a casket is required for cremation (it’s not).

- * Vagueness around what’s included in prepaid funeral contracts.

- * Any suggestion that embalming is mandatory (it usually isn’t).

A funeral should be all about honoring a life, not making things financially difficult or devastating for those left behind.

How small businesses can help employees prepare for retirement

FAMILY FEATURES

A comfortable retirement is something most people aspire to, and there are many paths to plan for that phase of life. While many employers offer retirement savings plans as a workplace benefit, small business owners, whose time and resources are already at a premium, often face barriers - including hours of administrative work, additional costs and compliance liabilities - when setting up these plans for their employees.

Today, many small business owners understand the power of offering a retirement plan, such as a 401(k), to attract and retain top talent and provide additional financial security for their employees. In fact, a retirement plan is the benefit most wanted by workers after health insurance, according to a survey commissioned by 401(k) provider Human Interest.

Many states have passed or enacted laws requiring most employers to offer retirement plans for employees. Currently, 20 states have passed legislation for state-mandated retirement programs and 13 states have active programs. Legislation is currently being considered in an additional 28 states.

Employers can opt out of state-mandated retirement programs by offering a 401(k) plan, simplifying compliance for business owners. Federal regulations, such as SECURE 2.0, introduced incentives and requirements for business owners who offer 401(k)s, which make it easier for employees to save and access their funds.



STOCK

If you’re a small business owner setting up a retirement plan, these considerations can simplify the process while helping employees save for retirement.

- * Add auto-enroll to your 401(k) plan. Many people intend to save for retirement but don’t take the necessary steps to enroll in a plan. Plans that include an automatic enrollment feature help overcome this inertia by automatically collecting deferrals from employees’ compensation each pay period unless they opt out of participation.

SECURE 2.0 mandates auto-enroll for most 401(k) plans established after Dec. 29, 2022. If your plan is not subject to the requirement, consider adding it voluntarily. Ultimately, auto-enroll can help contribute to a more financially secure workforce by encouraging consistent savings habits.

- * Take advantage of match contributions programs. While the primary benefit of a 401(k) plan is to help employees save for retirement, offering an employer match encourages employees to participate, as they may consider the match “free” money. In addition,

employers can take a tax deduction for their matching contributions, up to 25% of the total compensation paid to eligible employees for the year.

- * Pick a platform designed for small businesses. The administrative burden of setting up retirement plans can be overwhelming for some business owners. Choosing a tech-enabled 401(k) platform like Human Interest - which offers a fast online setup in a few clicks; transparent pricing; and attentive, human support - can help employers navigate the shifting landscape of state-specific regulations and mandates.

When choosing a provider, also consider the upfront fees you’ll pay (both as an employer and for the employees participating in the plan), if the platform integrates with your payroll provider, customer service response times and how the 401(k) provider can help answer questions about compliance from regulatory bodies to set your employees up for long-term success.

Find additional information to help provide a more secure financial future for your employees at humaninterest.com.

The Triangle Tribune The Voice of the Black Community



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AROUND THE TRIANGLE

RALEIGH

CELEBRATION

Body Mind Spirit Celebration is Aug. 16-17, 10 a.m., NC State Fairgrounds. Tickets: bmse.net.

ACADEMY

The SISI Small PEARLS Lead Academy is accepting applications for girls ages 7 through high school. Visit www.thesisi.org. Deadline: Aug. 18.

DEMENTIA

Dementia Support Training workshop is Aug. 18, 1-3 p.m., Five Points Center, 2000 Noble Road. Call 919-996-4730.

TEEN NIGHT

Teen Hang Night is Aug. 22, 6:30-9 p.m., Green Road Community Center, 4201 Green Road.

SCHOOL SUPPLIES:

- * Back to School Block Party, Aug. 23, 11 a.m. to 5 p.m., 2305 Lake Wheeler Road

- * Back to School Fashion Show & School Supply Drive, Aug. 23, noon, Triangle Town Center, 5959 Triangle Town Boulevard, next to Belk’s.

- * Backpack Giveaway, Aug. 24, 3-7 p.m., 1911 Poole Road

- * Back to School Bash, Aug. 24, noon to 7 p.m., 6180 Capital Boulevard

MENTAL HEALTH

Community Conversation on Mental Health is Aug. 23, 4-7 p.m., 1725 N. New Hope Road. Contact: Justice Served NC at 919-594-9076.

FUNDRAISER

Party For A Purpose fundraiser featuring author Kemba Smith is Aug. 23, 2-6 p.m., The Fresh Collective, 1425 Promise Beacon Circle, Suite 111. RSVP: arise-collective.org.

BREAKFAST

NAUW Raleigh’s annual prayer breakfast is Aug. 23, 10 a.m. to noon, Lea Community Family Center, 2500 Poole Road. Tickets: www.paypal.com.

RODEO

Raleigh Food Truck Rodeo is Aug. 24, noon to 7 p.m., 998 Fayetteville St.

DURHAM MARKET

The next Black Farmers’ Market is Aug. 17, 1-4 p.m., Durham Tech, 1637 E. Lawson St.

CONCERT

Al Strong Presents: Jazz on the Roof, Aug. 21, 7-9 p.m., The Durham Hotel, 315 E. Chapel Hill St.

AGGIES

Durham Alumni Aggies hosting Aggie Happy Hour, Aug. 21, 7-8:30 p.m., Carolina Ale House.

BLOCK PARTY

Back to School Block Party is Aug. 22, 11 a.m. to 1 p.m., 423 Morris St.

EXHIBIT

The “Booker T. Spicely: Citizen, Soldier, Martyr, Hero.” exhibit opens with a reception Aug. 22, 6 p.m., Museum of Durham History in downtown Durham.

BLACKNESS

Black August in the Park commemorates 10th anniversary Aug. 24, 4-6 p.m., Durham Central Park, 501 Foster St. An “All Blacks Parade” starts at 3 p.m. at Black Wall Street Marker on Parrish Street.

MISC.

SCHOLARSHIPS

Bold.org allows students to apply for scholarships based on interests and goals. Learn more at bold.org/scholarships/.

HBCU sports show set a high standard

One of the best things about having your own column is touting the accomplishments of good friends.

Donal Ware will celebrate the 20th anniversary of his sports talk show, "FROM THE PRESS BOX TO PRESS ROW," on Aug. 20. A birthday bash will be at North Hills Main District (across from the movie theater) from 5 to 8 p.m.

Donal will host the show live from 5-6 p.m., followed by presentations and special guests from 6-7 p.m. and an after-show meet and greet the final hour.

"We are so excited and proud of the growth and the accomplishments that have happened over these 20 years," Donal said. (I'm certainly not calling him by his last name, despite what AP says.)

"...We started out simply wanting to bring more awareness about HBCU sports to the masses. We are still doing that and have also implemented some ideas along the way that are now part of the HBCU sports fabric."

I remember the launch like it was yesterday. Donal, a Morgan State alumnus, started the show from a Baltimore radio station that also was carried in Atlanta, Alabama, Raleigh and Greensboro.

The Triangle is a tough, and still predominately white and male, sports talk market. Personally, I say if you listen to one, you've heard them all; they pretty much say the same things.

There was no sports talk show in the Triangle dedicated to HBCU sports 20 years ago. I admittedly had my doubts that Donal would succeed. Not because he wasn't talented or driven enough, but because of the exclusive, old boys network that permeates the area.

But Donal's passion for HBCU sports fed a thirsty market that had been overlooked, while his ability to lure in guests outside of HBCU sports attracted fans with little to no knowledge of HBCUs. Serena Williams, Simone Biles, Kevin Durant, Snoop Dogg, Michael B. Jordan and Kevin Hart have been interviewed on BOXTOROW.

Today, the show airs in 12 of the top-50 radio markets, plus The Bahamas and British Virgin Islands.

"BOXTOROW being in a situation to be able to name guys All-American, I know how they look forward to being All-Americans," former Grambling State and NFL star quarterback Doug Williams wrote. "Congratulations for continuing to support our HBCUs."

Donal's interview skills have a knack of getting people to open up.

In 1989, rapper D.O.C. (Straight Outta Compton) had his vocal cords almost destroyed in a car accident, ending his rap career at the time. For almost six years, D.O.C. talked with a raspy, scratchy voice.

Then, as a special guest on BOXTOROW in 2015, the rapper spoke publicly for the first time with his "natural voice" back. The interview went viral.

But probably the biggest and - at the time - most shocking interview was NBA star John Wall in 2022. Wall, a superstar at Word of God Academy in Raleigh, lost his mother and grandmother while suffering through a myriad of injuries in a three-year span. He admitted publicly for the first time that he had considered suicide.

The episode went viral and aired on every major network, including CNN, ESPN, First Take, The Washington Post, etc. It also sparked one of the first nationwide conversations about professional athletes and mental health.

The birthday bash is open to the public.



BONITTA BEST

The Triangle Tribune Sports

August 17-23, 2025 | 6A

Raleigh Boys Club members attend Ripken summer camp



COURTESY

From their first plane ride to a week of baseball, congratulations to Raleigh Boys Club members selected to participate in the Cal Ripken Sr. Summer Camp in Maryland this week. The Cal Ripken Sr. Foundation thanks everyone for offering its members this memorable opportunity. Over 200 kids with 60 of their mentors from 21 different states had an all-expense-paid summer camp experience.

Each morning, campers interacted with over 70 law enforcement officers to learn the fundamentals of baseball, softball and, most importantly, sportsmanship and teamwork.

HBCU FOOTBALL

Shaw football needs travel equipment

N.C. Central

Chancellor Karrie Dixon hosted a Zoom town hall last week to reveal the revamped rules and schedule for a shortened homecoming beginning Oct. 17-18 and 24-25.

Homecoming events normally run a couple of weeks leading up to game day. The traditional homecoming day party is Oct. 24, 2 to 6:30 p.m. Then the music stops. The campus will close at 7 p.m.

On Oct. 25, the homecoming game was moved up an hour to 1 p.m., followed by the Greek Bowl celebration from 4 to 6:30 p.m. Again, the music stops, and the campus closes down at 7 p.m. All visitors must leave. Tailgating ends at 3:30 in all parking areas - despite the game still going on - except the track and RV lots.

The changes are the result of two shootings at last year's homecoming that injured four people. NCCU professor Danye Negash Medhin was arrested for firing shots in the air, and a second incident happened near Student Services.

Some alumni took the changes in stride. "Homecoming is what we make it and if you have been to the bowl in the last few years, it's very unsafe," one alumnus wrote on Facebook. "...There will always be changes and at least we know now versus the week of. No matter what we will complain either way. I am going to enjoy myself regardless."

Others lamented the vibe that NCCU will lose in the process.

"We're going to lose so much money. It just destroys the whole homecoming experi-



FILE

An emergency alumni campaign is on to buy road jerseys and equipment for Shaw football.

ence," another post said. "I'm just so sad about this!!! At this rate, this is beginning to resemble a high school homecoming." And speaking of changes, the Please see **SHAW/7A**

Triangle Ultimate expands access to youth sports for all

STAFF REPORTS

DURHAM - Triangle Ultimate, a local nonprofit and leader in accessible youth sports, will host a new kind of team sport this fall.

DISCOVER Ultimate is a free beginner-friendly clinic for youth ages 11-18 in both Durham and Apex regardless of financial means. The nationwide effort is by USA Ultimate to grow the sport and build social-emotional skills and encourage equity and inclusion.

The event will include interactive games, throwing and catching drills, and a chance to experience the values that make Ultimate unique: teamwork, integrity and a spirit of the game.

Players are in charge of resolving their own conflicts on the field.

"We're excited to invite new families to experience the joy of ultimate - no fees, no pressure, just a day of fun and community," Triangle Ultimate Executive Director Lauren Fayn said. "Youth sports should be accessible to everyone, not just those who can afford to pay. This free day of play is part of our commitment to breaking down barriers and growing the sport in an inclusive, welcoming way."

Both the Durham and Apex clinics will occur on the same day at the same

Please see **TRIANGLE/7A**

COLLEGE CORNER

Word of God star heads to Virginia State

Dwayne Gladden is the CIAA's new men's basketball officiating coordinator. Gladden has over 32 years of NCAA Division I, II and III officiating experience, including 16 NCAA championships and 25 straight CIAA championship games.

WOMEN

N.C. Central

Eight softball players were named Easton/NFCA Scholar-Athlete All-Americans for the 2024-25 season. Requirements are a 3.5 GPA or higher. They are Jaden Davis, Nyla Rodgers, Simone Mack, Kia Borum, Takia Nichols, Elana Krupey, Janae Hudson and Sydney Jones.

Virginia State

The U.S. Collegiate Athletic Association recently accepted the Trojans as a full-time member

for women's and men's soccer, and baseball. The CIAA doesn't sponsor these sports, although baseball will return soon.

VSU joins Shaw in the USCAA. The Lady Bears are the two-time defending women's soccer champions.

Clark Atlanta

Alumna Shynique McGee has signed a professional volleyball contract with Pelister Volej in Bitola, Macedonia. McGee played volleyball and ran track at CAU. She amassed over 1,000 kills, including a career-high 428 in 2023.

Alabama State

Cross-country/track and field student-athlete Taliah Wickett is the 2024-25 SWAC woman of the

Please see **WORD/7A**



Triangle Ultimate expands access to youth sports

Continued from page 6A
time: Sept. 6, 9-11 a.m.: Piney Wood Park in Durham, and Pleasant Park in Apex. Registration encouraged but not required at www.triangleultimate.org. Triangle Ultimate's fall programs are open for registration:
* Youth Learn to Play & Youth Recreation Leagues (ages 7-18) I Durham, Chapel Hill, Cary, Raleigh, Apex and Chatham County

* A Girls Learn to Play program to support girls in an encouraging space.
* A High School League, with options for school-based or free agent teams, culminating in the North Carolina State Championships this November
* Adult Beginners League, a co-ed league for adults new to the sport
* Women's Learning League, a league for female adults focused on the fundamentals of Ulti-

mate
* Adult Mixed League and Masters League, adult leagues for players of intermediate to advanced experience across different age groups
* Corporate League, a league for players to compete with coworkers on a team funded by their company
Visit www.triangleultimate.org.

Shaw football needs travel equipment, uniforms

Continued from page 6A
highly anticipated Nov. 15 matchup against defending MEAC champion South Carolina State has been moved to Nov. 14 at 5 p.m. at O'Kelly-Riddick Stadium. ESPN made the change.

Shaw
The football program needs money. Like - right now!
Alumni and supporters issued an urgent call on Facebook for funds to provide the team with travel gear and equipment.
"We must come together to raise immediate funds for our Athletic Department. Recent changes in Name, Image, and Likeness regulations, combined with reductions in higher education funding due to federal actions, have created significant challenges," the Shaw Bear Nation Facebook post said. "Now, more than ever, your help is essential to ensure our student-athletes have the gear and resources they need to succeed."
Alumni Ray Haskins, Lawrence Smith, Jackie Smith, Bobby Sanders, and others have launched an emergency campaign to



Changes coming for NCCU homecoming and for its game against South Carolina State.

raise \$6,060 by Aug. 20 so athletic director George Knox can order the travel gear in time for the first road game on Sept. 7.
Contact the athletic department to donate or for more information.

Elizabeth City State
Head coach Adrian Jones was honored Aug. 16 with the Legacy and Leadership Award during the inaugural Bull City Classic Jamboree at Durham County Memorial Stadium.
Jones is a Durham native and Southern High School and NCCU graduate. He led the Spartans to the

2013 NCHSAA state championship. Jones is being honored for his mentorship in the community as well.

Watch List
The Black College Football Hall of Fame released its Player of the Year Watch List on Tuesday. Fifty HBCU players will vie for the postseason Deacon Jones Trophy for the most outstanding HBCU player.
NCCU student-athletes Luke Bracey, Walker Harris and Trevon Humphrey are on the list. Visit blackcollegefootballhof.org.

Word of God Academy star enrolls at Virginia State

Continued from page 6A
year. Wickett was the conference indoor and outdoor T&F champion in the 800 meters.
Off the track, she excelled in the classroom and in the community.

MEN
N.C. Central
Basketball coach LeVelle Moton is hosting his annual back to school community day at the Raleigh Boys Club Aug. 16.

Hampton
Maurice Pierce, director of cross-country and track and field, was officially inducted into the Athletic Hall of Fame of the Lower Virginia Peninsula.
Entering his 27th season at HU, Pierce joins two former student-athletes in the HOF: Yvette Lewis and Francena McCorory. He's led the Pirates to four MEAC cross-country titles,

13 indoor championships, 10 outdoor championships, one Big South indoor title, one Big South outdoor title and one CAA title this year.

Tuskegee
The TU family is mourning the death of baseball student-athlete Macahri Washington-Parker.
"We are heartbroken to learn of Macahri's passing," President Mark A. Brown said. "We will come together to uplift his family and each other during this time. I encourage everyone to seek counseling as needed and lean on each other for support."

Hello. Goodbye. (Basketball)
* Monroe University guard Jordan Sanders to Lincoln (Pa.)
* Bowie State forward Amare Winbush, Virginia State.



Shynique McGee



(It's a dog-eat-dog world.)
* Marcus Jackson, Word of God Christian Academy in Raleigh, is headed to Virginia State.
Jackson is ranked No. 81 in the country.

VIRGINIA STATE UNIVERSITY

SIGNED

MARCUS JACKSON

BALTIMORE, MD
6'10" F/C
RANKED 81st in C/O 2025

BLACK AMERICAN MAGICIANS

Abracadabra!

How many of you remember hearing those magical words as you sat in awe, waiting for the great magician to do a trick?!

Sometimes they would say 'Hocus pocus!' or 'Open sesame!'

I liked hearing them all and watching them do their magic!

BLACK MAGICIAN VS BLACK MAGIC

Black magic, which can be evil or sinister, should not be confused with Black magicians. A Black American magician is a Black person who practices magic.

RICHARD POTTER

The very first well known Black magician was Richard Potter from Massachusetts. He was a magician, hypnotist, and ventriloquist. He was the first American-born magician to become famous in his own country.

ONE MINUTE MADNESS!

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

ii**a**Mgnc _____

nnjmBe**a**i ker**R**cu _____

ha**C**kl l**K**Ta _____

pn**H**yoist _____

ierud**B** Aievl _____

BENJAMIN RUCKER: BLACK HERMAN

Rucker became a student of magic under the white magician, Prince Herman and was nicknamed "Black Herman". They traveled the South performing magic. It is said that Black Herman combined magic with a strong separatist and militant political message. One of Black Herman's most well-known magic tricks or illusions was the Buried Alive illusion.

HENRY "BOX" BROWN

Henry "Box" Brown was a slave who decided to 'mail himself' to freedom, with the help of two friends, via a train rail from Richmond, Virginia to Pennsylvania. He became an abolitionist speaker, traveling Europe and the U.S. performing magic and displaying his anti-slavery panorama.

KENRICK "ICE" MCDONALD

The first and only Black magician elected President of the Society of American Magicians. He was a 2018 Magic Hall of Fame Inductee.

MAGIC MATCHUP!

Match the magicians with their nicknames.

Kenrick McDonald Henry Brown
Ben Barnes Benjamin Rucker

"Box" _____

"Encyclopedia of Magic" _____

"Black Herman" _____

"ICE" _____

ELLEN E. ARMSTRONG: FIRST BLACK FEMALE MAGICIAN

She got her training early as her magician father's assistant at the age of six. Ellen did psychic readings and was so good at her craft that she had her own part in her father's show called Chalk Talk. After he passed, she took over the show and became the first Black American Female Magician touring the east coast.

TELL THE TRUTH!

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

___ Ellen Armstrong got her start in magic at age 12 in her fathers' show.

___ Ben Barnes is called the "Dictionary of Magic".

___ Richard Potter was a magician, hypnotist and ventriloquist.

___ Black Herman believed in separatist and militant political ideas.

___ The slave, Henry "Box" Brown "mailed himself" to freedom.

___ In their acts, magicians have used words like "Abracadabra".

EASY MAGIC TO TRY:

RUBBER PENCIL TRICK (age 5+)
Hold a regular pencil down by the eraser and shake it at just the right speed. It will appear to become bendable rubber instead of wood.

MAGICAL JOKES

Q. What do you call an owl that does magic?
A. Hoodini.

Q. What kind of magic do cows believe in?
A. Moodoo.

Q. What do you call a dog that can do magic tricks?
A. A labracadabrador.

Q. Did you hear about the magic tractor?
A. He went down the road and turned into a field.

CURRENT TRAILBLAZING BLACK MAGICIANS

RJ The Magician
He is a writer, TED Speaker, performing artist and the Director of Houdini Museum in NYC.

Ben Barnes: The Chaplain of Chicago
He is called the "Encyclopedia of Magic".

Randy Shine: The Presidential Magician
Nicknamed "Randy D", he is a traveling performer, having performed at two presidential inaugurations (including Obama's).

ANSWER KEY

TELL THE TRUTH
F, F, T, T, T, T

ONE MINUTE MADNESS!
Magicians
Benjamin Rucker
Chalk Talk
Hypnotist
Buried Alive

MAGIC MATCHUP!
Box
Encyclopedia of Magic
Black Herman
ICE

WEEK OF AUGUST 17, 2025 #216 WWW.JOEYOUNG.ORG KEMET ACTIVITY SHEETS © 2025 BY JOE YOUNG



Sam Lao

COURTESY



Jeremy Biggers

ELIZABETH MARY LAVIN



COURTESY

Jo Baskerville

Durham gallery presents ‘Southern Grammar’ exhibit

STAFF REPORTS

DURHAM - Ella West Gallery will present “Southern Grammar,” guest curated by Raleigh painter Clarence Heyward. “Southern Grammar” magnifies Black artists living and working in the diaspora of the American South through the storytelling lens of three of Heyward’s peers: Jo Baskerville’s cinematic black-and-white silhouettes, the defiant resistance of Jeremy Biggers’ hyper-realistic portraits, and the joyously creations of Sam Lao bursting with color and texture. Together, their work offers a multifaceted look at identity, memory and the cultural truths of the American South.

On view at Durham’s only Black female-owned fine art gallery, “Southern Grammar” examines the past, present and future of the South’s impact on art and culture, told within the gallery’s historic Black Wall Street location, where the printing presses of 1920s-

era Black newspaper, Durham Reformer, once similarly amplified Black voices. The exhibition is on view Aug. 15 through Nov. 22.

“Clarence Heyward’s curatorial debut is as arresting as his own artistic practice, perfectly encapsulating our mission of amplifying diverse voices and nurturing the next generation of artistic excellence,” gallery founder Linda Shropshire said. “The incredible trio of artists he assembles here deliver simmering and unapologetic perspectives that manifest across mediums and challenge stereotypes about the American South and its people.”

“As an artist, I’m constantly visiting galleries, museums and studios, and the artists featured in “Southern Grammar” represent a range of work that speak volumes across color, texture and scale,” said Heyward, whose work was on view at Ella West

Gallery’s inaugural exhibition in 2023. “As an art collector, I want to amplify these artists who are masters of their craft yet fairly young in their practices. The shared vocabulary born from this common thread of Southern geography manifests in bold, beautiful work.”

Baskerville, a Virginia native now working in Atlanta, tells his story and those of other artists who make sacrifices in order to live lives of creativity. Biggers is a painter, muralist and filmmaker from Dallas who explores themes of identity, particularly in relation to his experience as a Black man in America. Lao is a Dallas fiber artist, muralist and educator whose work radiates energy and charm, blending bold hues and dynamic textures to create pieces that evoke joy and spark a sense of wonder.

Visit www.ellawestgallery.com for more information.

SCHOOL NEWS



COURTESY OF DPS

DURHAM COUNTY

Durham Early College of Health Sciences, one of the Durham Public Schools four Cooperative Innovative High Schools (formally called DPS specialty schools), kicked off the school year last week.

Led by Principal Joshua Brown, the program is a collaborative effort among DPS, Durham Technical Community College and Duke Health.

DECHS is supported by a transformative \$29.5 mil-

lion grant from Bloomberg Philanthropies, and is part of its first-of-its-kind, national initiative to create health care-focused high schools in 10 communities across the country.

DECHS students will earn health care credentials or associate degrees that will enable them to graduate directly into the workforce, including job opportunities at Duke Health. The inaugural cohort is 104 students from across Durham County.

“We’re proud to support the launch of Durham Early College of Health Sciences as part of our national effort to prepare young people for high-demand careers in health care,” said Jenny Kane, who leads career technical education at Bloomberg Philanthropies. “By combining rigorous academics with real-world experience and strong local partnerships, schools like DECHS are helping students build brighter futures — for themselves and for their communities.”



COURTESY

The historic Strayhorn Drive sign has been installed at Laurel Avenue and will be recognized by local leaders and family members. Above are Ben Lang, Brian Cox and Brian Griffith of the Carrboro Public Works Department.

First Black family in Carrboro to be honored

STAFF REPORTS

CARRBORO - Carrboro will mark the designation of the honorary Strayhorn Drive at a public gathering Aug. 29, 4 p.m., at the corner of Jones Ferry and Laurel avenues.

The Town Council approved the request for the honorary street sign last spring.

In Carrboro, honorary street names are signs posted below standard public street names which

are intended to recognize and honor individuals, groups or events for a period of time without changing the official name of the street or the official addresses of residences and businesses.

The new sign honors the importance of Toney and Nellie Strayhorn, who are believed to be the first Black family to settle in Carrboro.

Their descendants have lived in Carrboro since

1879, before the town was incorporated.

Mayor Barbara Foushee will share brief remarks alongside family members, including Dolores and Lorie Clark, at the recognition event.

The public is encouraged to find public parking away from the corner and family residence to reserve parking availability for members of the family who will be visiting.