

SPORTS

Durham's Jonathan Dawes participated in Pitch, Hit & Run in D.C.



COMMUNITY FOCUS

Shaw receives \$450K grant to help with operating expenses.

The Triangle Tribune

THE TRIANGLE'S CHOICE FOR THE BLACK VOICE SINCE 1998

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Week of September 14 - September 20, 2025

Lack of proper clothing puts students behind in the classroom

By Freda Freeman
CORRESPONDENT

Just as schoolchildren find it hard to concentrate and learn when they are hungry, they find it equally hard to stay focused when their clothes are too small and uncomfortable, or their shoes hurt their feet.

According to national statistics, about 20 million children in the United States - 2 of 5 children - are affected by clothing insecurity, meaning they do not have properly fitted, seasonally appropriate clothes that are in good

condition. Clothing insecurity can lead to increased absenteeism, poor academic performance, low self-esteem and bullying.

Triangle-based Note in the Pocket, a nonprofit organization that provides clothes for schoolchildren in kindergarten through 12th grade, is working to draw attention to this "hidden crisis." The organization is designating Sept. 15 as National Clothing Insecurity Awareness Day.

"Clothing insecurity is a problem that is not discussed enough. We talk

about food, and we have programs that provide food. We also have housing programs. Those are two really big, important basic needs that have to be met. The other basic need that is often not talked about is clothing, and yet we have to have clothes," said Meg Sink, development director.

Note in the Pocket was started in 2005 by a first-year Durham kindergarten teacher. Realizing her students didn't have coats during the winter months, the teacher and her mother collected gently used coats

for the students. However, when the children went home, some of their parents were skeptical about where the coats came from and made them return them. The next day, the teacher put a note in the coat pocket explaining that the coats were a gift, thus the name Note in the Pocket.

The teacher later moved to Raleigh and expanded the program to include Wake County School District. The organization opened an office in Durham. Please see **CLOTHING/2A**



COURTESY
Note in the Pocket staff help sort clothes for students.



Ribbon-cutting ceremony for the Vanguard Apartments.

BONITTA BEST

A promise fulfilled at the former Liberty Street Apartments site

By Bonitta Best
editor@triangletribune.com

DURHAM - Bianca Rivera still vividly remembers the day someone tried to kick in the door of her Oxford Manor Apartment.

Rivera and her son were inside at the time and scared out of their wits. "That was traumatizing for both me and him," Rivera said.

But, today, Rivera and her son, now 10, are thriving in a safe and supportive environment at the newly built Vanguard Apartments in downtown Durham.

Rivera told her story Tuesday at a ribbon cutting for the Van-

guard, which is almost fully occupied, and a groundbreaking for the Dillard Street Apartments being built across from the Vanguard.

"I have a son who enjoys being outside, most of you know him. ...I feel happy and safe," she said.

The Vanguard is a mixed-income development with one-, two- and three-bedroom apartments for both individuals and families. Residents enjoy a multipurpose room, fitness center, computer lab, playground and more.

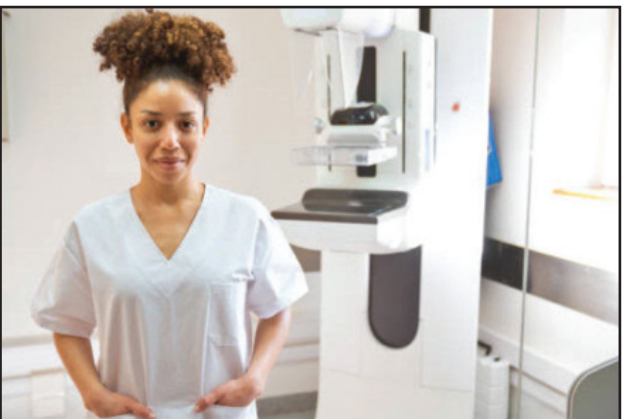
The Vanguard is the first phase of the redevelopment of two former aging Durham Hous-

ing Authority properties at 519 E. Main and Liberty Street Apartments. Twenty-one of the units are reserved for former residents of the two complexes.

"There's no greater feeling than seeing the former site transform into its next generational purpose as we expand housing opportunities for the Durham community," DHA Interim CEO Anthony Snell said.

"These major milestones demonstrate our continued commitment to building communities that reflect - and serve - the people of Durham. This

Please see **LIBERTY/2A**



Why don't Black women join clinical trials?

By Shernay Williams
WORD IN BLACK

Black women rarely participate in cancer clinical trials. Studies show a mix of medical distrust and implicit bias play a role, but fewer Black research participants can mean less research overall to help understand Black women's high breast cancer mortality rates.

A simple question sparked complicated answers: "Would you participate in a clinical trial?"

"I would be nervous," Baltimore resident Kim Pennington said. "It has to be a sacrifice, and I don't know if I want to sacrifice my health and my life for a trial."

She's not alone. Black women make up just 2% of all cancer clinical trial participants. Experts say this lack of participation is one of the reasons Black women are 38% more likely to die from breast cancer.


Clinical trials aren't experiments on strangers. They're where new medications or treatments are tested on people who volunteer to participate, allowing researchers to determine if they're safe and effective. It's a form of medical research, and they're often the only way patients can get access to the most advanced treatments.

"Clinical trials are just a marvelous opportunity to get the most cutting-edge therapy that's available," said Georges C. Benjamin, M.D., executive director of the American Public Health Association. So why are Black women underrepresented?

A 2023 survey of 257 Black women across the U.S. conducted by TOUCH, The Black Breast Cancer Alliance, found that historical mistreatment of Black bodies in the name of medical research contributes to hesitancy like Pennington's. "There is a long history of mistrust in the Black community of the medical establishment; much of it is well-founded," said Oliver Brooks, M.D., past president of the National Medical Association.

Generations of Black folks know about Black men and women who were treated unjustly by the U.S. medical community. Today, federal consent and ethics laws protect people participating in research studies. But

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Official groundbreaking of the Dillard Street Apartments.

Promise fulfilled at former Liberty Street Apartments

Continued from page 1A
work would not be possible without support from the city of Durham's Forever Home, Durham program, which was funded by the \$95 million housing bond approved in 2019.

Dillard Street Apartments also will be mixed income and include 146 affordable and market-rate homes. A community center will be built on the Dillard side, along with a fitness center, computer lab and playground.

Sixty-four former 519 E. Main and Liberty Street residents will have priority

when the Dillard is completed.

"Our ongoing partnership with the Durham Housing Authority reflects our shared commitment to create thriving mixed-income communities in downtown Durham," said Dionne Nelson, Laurel Street president and CEO. "Thanks to our public and private partners, Laurel Street is committed to the redevelopment and growth of East Main Street into a thriving neighborhood."

Snell said that work has begun on redevelopment of DHA properties' Forest Hill Heights and Fayette

Place. He also revealed a "secret" that Fayette Place will be renamed the Village of Hayti.

Major financing partners for the projects include the DHA, the city of Durham, the North Carolina Housing Finance Agency, RBC Capital Markets, Fifth Third Bank, First Citizens Bank, JP Morgan Chase, the Community Development Trust, Cedar Rapids Banks and Trust, and the U.S. Department of Housing and Urban Development's Choice Neighborhoods Program.

Visit www.durhamhousingauthority.org.

Why don't Black women join clinical trials?

Continued from page 1A
mistrust isn't the only reason Black women stay out of clinical trials.

Ricki Fairley, co-founder of TOUCH, says some Black women may fear being "guinea pigs." But the biggest reason they don't participate is recruitment — or the lack thereof.

"I know I wasn't asked," said Latoya Bolds-Johnson, a breast cancer survivor. "I had to push for it."

Diagnosed at 36, the mother of three says her doctor shrugged off her request to join a clinical trial.

"He was very dismissive about it," Bolds-Johnson said. She had to find another physician willing to enroll her in a study. "Clinical trials do save lives," she said.

Fairley knows this firsthand. A breast cancer sur-

vivor herself, she credits a clinical trial with saving her life. That's why she launched the campaign called When We Tri(al).

The initiative features an online platform that enables Black women to complete questionnaires, which are then matched with clinical trials relevant to them and their health needs. Fairley says the effort has helped enroll more than 25,000 Black women into clinical trials.

Fairley says that when more Black women participate, it helps scientists better understand how conditions like breast cancer impact them.

"There's a growing body of science that is validating that a Black breast cancer cell looks totally different from a white breast cancer cell," she said. "And guess what the drug [cancer treatments] were made on? The drugs were made on white cells."

A research team at the Johns Hopkins University School of Medicine announced similar findings. Diplai Sharma, Ph.D., and her team discovered that breast cancer cells from Black women multiply at faster rates and are more likely to spread to other organs than cells from white women.

Over the last several years, she and her team have been comparing breast tissue donated with consent by Black and white women who were diagnosed with triple-negative breast cancer, one of the most aggressive types. Black women are disproportionately affected by this variant of the disease.

"Why [are] younger African American women getting TBNC, and why when they get TBNC, is it so aggressive?" Sharma asks. "That was our goal, to understand that."

Lack of proper clothing puts students behind

Continued from page 1A
ham in 2024. The program is now available to all Durham and Wake County schools, offering clothes to students who qualify for free and reduced lunch. That is about 68,200 Wake County students, and 31,500 Durham students.

"In Wake County, there are more than 60,000 children who do not have the resources they need; they're impoverished or under the poverty line," said Tammy West, program director. "What I hear from teachers, what I hear from social workers, every day is how much these clothes mean to those kids, so it's a huge problem, especially with shoes, because kids grow so fast. If a parent has to make a choice between buying food or new shoes, which one are they going to buy? Our help with clothing insecurity is huge."

West said lack of adequate clothing leads to increased absenteeism which causes students to fall behind in class. "In the first couple of weeks, I received multiple emails from different schools in Wake and Durham counties asking, 'is there any way we can make this an emergency request and get clothes really, really quick because it's Day 6 of school and they have not come to school yet because they don't have clothes to wear to school, so they're already getting a late start?'" she said.

Sink added that missing school also causes students to miss out on other resources. "If students aren't going to school because they don't have adequate clothing, they're missing out on free and reduced lunch, counseling or after school help, and resources from their school social workers, who can help them get more access to food and housing and support for their families," she said.

School social workers pick up the clothes from Note in the Pocket offices and take them to students' homes, so other students don't see them getting clothes at school. The organization also provides clothes for students' families, from infants to parents and grandparents.

People often donate clothes during the Thanksgiving and Christmas holidays, but the need is year-round. Drop-off locations throughout the Triangle area can be found at noteinthepocket.com.

North Carolina elections board reversal averts conflict with state law

By Rusty Jacobs
WUNC

The North Carolina State Board of Elections has backtracked on plans to designate a certain class of registered voter as inactive. The policy reversal means these voters will be able to cast regular, not provisional, ballots.

At its meeting on Aug. 28, the bipartisan, Republican-majority board voted 3-2 to adopt guidelines that would have meant voters who complied with federal and state law when registering still would have had to cast provisional ballots due to clerical errors in their registration records. The vote along party lines would have violated state and federal law.

"So, we're trying to comport with the law, both the letter and the spirit of the law," Sam Hayes, the state elections board's executive director, said during Monday's discussion and debate of the newer guidelines.

Under the federal Help America Vote Act, which took effect in 2004, a registrant must provide either a driver's license number or last four digits of their Social Security number.

But, for around 98,000 North Carolina voters, their registration information failed to match either the DMV or Social Security Administration database.

By law, in those cases, a voter would have had to show a so-called HAVA ID, such as a utility bill, when first presenting to vote. Thereafter, that registered voter would be listed as active and eligible to cast a regular ballot.

Nonetheless, the board's three GOP members voted last month to require these voters to be marked as inactive and to cast a provisional ballot until their records were corrected. Today, the board voted unanimously to reverse that policy.

Now, under the guidelines adopted at Monday's meeting, the onus will be on county elections boards to take steps to correct the registration record discrepancies.

"I believe staff has found a way that we can still notate for our records whose number has not validated, and we will continue to try and reach out to those voters," said GOP board member Stacy Eggers, who, at last month's meeting,

had advocated for the initial policy of marking these voters as inactive.

State law already requires county elections boards to notify a voter if the number submitted for registration has not validated. Now, however, the county boards must conduct records reviews for these voters by Dec. 15.

If these reviews do not turn up any clerical errors such as transposed numbers or issues with names such as an omitted hyphen or a change from maiden to a married name, then the county boards must contact the voter by mail.

Starting next August, ahead of the primary elections for the 2026 midterms, the county boards will send letters to these voters asking them for help in clearing up the discrepancy in their registration records.

The local boards will continue to send letters to these voters twice a year, in January and August, until the issue has been resolved. However, a voter shall not be required to cast a provisional ballot solely because of this issue.



A mixed-income housing project under construction in Durham.

Tax credits spur affordable housing developments

By Greg Childress
NC NEWSLINE

The state's affordable housing needs are getting a boost from federal tax credits, tax-exempt bonds and a state loan program. The financing will help build and rehab 5,012 privately owned and managed affordable apartments — worth nearly \$1.5 billion — in more than two dozen counties, according to the N.C. Housing Finance Agency.

Of the 50 projects that will benefit from the awards, 4,150 apartments are for families and 862 for seniors. As many as 500 apartments will be targeted for people with disabilities. The majority will be new buildings but approximately 420 will be preservation projects.

The projects were chosen from among 74 full applications reviewed by the North Carolina Federal Tax Reform Allocation Committee and selected based on recommendations by the Housing Finance

Agency, which administers the Low-Income Housing Tax Credit program. "We're excited with the results for this year and looking forward to another strong cycle next year," Scott Farmer, executive director of the N.C. Housing Finance Agency, said. "We'll just continue to promote affordability. This is housing that's much needed in all of these communities, and anything we can do to support additional resources for housing is a good thing."

North Carolina faces a shortage of 322,000 rental units through 2029, according to a recent study — "2024 Housing Supply Gap Analysis, State of North Carolina" — commissioned by N.C. Chamber Foundation, N.C. Home Builders Association and N.C. Realtors. Overall findings show an expected gap of 764,000 total units, including 442,000 units for purchase.

The Low Income Housing Tax Credit program is widely viewed as the na-

tion's best tool for creating and preserving affordable housing. The awards are administered by states' housing finance agencies through a competitive application process. The Internal Revenue Service sets general guidelines for the program.

The Workforce Housing Loan Program isn't funded moving forward, but Farmer said he hopes lawmakers will fund it before the end of the year. Affordable housing advocates also are closely watching state lawmakers to see if funding for the program is restored when the General Assembly adopts a state budget for the 2025-2027 biennium. Lawmakers passed a "mini budget" in late July to address critical spending needs.

"We want that funding to be restored," Stephanie Watkins-Cruz, director of housing policy at the N.C. Housing Coalition, said during one of the group's recent housing calls. "We

Please see **HOUSING/3A**

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Federal tax credits, more spur development of affordable housing

Continued from page 2A
want to make sure that the projects that are part of next year's cycle in North Carolina have the gap financing they need." Agency loans totaling more than \$12.2 million were awarded to 11 properties under the Rental Production Program, which uses state and federal funds to improve economic feasibility for rental developments. The projects awarded federal tax credits and other financing awards are expected to support 21,960 jobs and generate \$95.3 million in state and local tax revenue, according to the Housing Finance Agency.

In a post on its website, the N.C. Housing Coalition noted that between 1986 and 2023, the Low-Income Housing Tax Credit program has stimulated both the state and local economies, generating more than \$21.3 billion in wages and business income and over \$7.7 billion in tax revenue for the state.



The Holt Family at the groundbreaking ceremony of The Holt of Oberlin.

‘A family We Valued’

There are not enough words to describe the emotions surrounding Wednesday's groundbreaking celebration for The Holt of Oberlin, honoring the legacy of Joseph Holt Jr. and his family's fight to desegregate Wake County schools in the 1950s. The nine luxury townhomes are being developed by Raleigh Raised Development co-founders LeVelle Moton, CJ Mann and Terrell Midgett. Visit TheHoltOnOberlin.com. To hear Holt Jr.'s emotional speech, visit our YouTube page [@tribuneeditor](https://www.youtube.com/@tribuneeditor).



BUSINESS BRIEFS



Carrboro Business Alliance Social is Sept. 16, 5-7 p.m., Drakeford Library Terrace, 203 S. Greensboro Street.

SOCIAL
Carrboro Business Alliance Social is Sept. 16, 5-7 p.m., Drakeford Library Terrace, 203 S. Greensboro St.

DURHAM CHAMBER
Coffee with the Candidates - 2025 Municipal Election is Sept. 16, 9-10 a.m., Provident 1898, 411 W. Chapel Hill St. Early voting begins Sept. 18.

SUPPORT HUB
Raleigh Housing Authority is hosting The Support Hub - Resources for Real Life for residents and participants Sept. 17, 10 a.m. to 3 p.m., 971 Harp St.

CHAMBER
Chamber Connect Luncheon is Sept. 17, 11:30 a.m. to 1 p.m., Blue Hill Event Center at Extraordinary Ventures, 200

S. Elliott Road. Register: carolinachamber.org.

MARKET
The MAKRS Society's next Raleigh Twilight Market is Sept. 20, 5:30 to 9:30 p.m., 421 N. Harrington St.

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BIDS



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IFB NO. 26-003

Sealed bids, so marked, will be received by the County of Durham Purchasing Division until **2:00 P.M.** Eastern Time, on **October 21, 2025**, in the Conference Room, Durham County Administrative Complex, 201 East Main Street, 7th Floor, Durham, North Carolina, at which time they will be publicly opened and read. The work contemplated will include:

Redevelopment of the Southern Redwood Convenience Site, which will include general site work to include demolition of the existing convenience center, earthwork, site erosion control and stormwater system development; site utilities to include new water supply well, new septic system and site electric; site improvements to include paved surfaces, retaining walls, concrete pads and plantings; a new two-story office building (complete with all furnishings); and ancillary site features to include a new swap shop, covered storage area, site communication and security system, site signage and fencing and other appurtenances.

A Pre-Bid Conference will be held on September 23, 2025, at 10:00 A. M. Eastern Time, at the Purchasing Conference Room, Durham County Administrative Complex, 201 East Main Street, 7th Floor, Durham, North Carolina 27701. All bidders who intend to bid are encouraged to attend.

A Site Visit will be held at the site (105 Electra Road, Durham, North Carolina 27704) immediately following the Pre-Bid Conference.

Instructions for submitting bids, specifications, and a complete description of the work involved and the apparatus, supplies, materials, equipment for which bids are invited can be examined at the office of the **(Smith Gardner, Inc., 14 N. Boylan Ave, Raleigh, NC 27603, 919-828-0577)**; and at the following locations:

Durham Equal Opportunity and Equal Assurance Office
Durham, North Carolina 27701

NC Institute of Minority Economic Development
Durham, North Carolina 27701
info@theinstitute.org

Construct Connect Cary, North Carolina
Cary, North Carolina
content@constructionconnect.com

This project is funded in part with federal assistance and is subject to Build America, Buy America (BABA) requirements under the Infrastructure Investment and Jobs Act (IIJA). All iron, steel, manufactured products, and construction materials used in the project must comply with applicable BABA sourcing requirements.

Questions concerning administrative matters should be directed to Delta Farrington, Senior Procurement Specialist at (919) 560-0054 or via email at purchasinggroup@dconc.gov.

Plans and Specifications may be purchased for a non-refundable deposit of \$350.00. Deposit checks shall be made payable to the **"Smith Gardner, Inc."**. Contractors may secure document sets after 8:30 A.M., until 5:00 P.M., Monday through Friday at the office of the (Smith Gardner, Inc. 14 N. Boylan Ave, Raleigh, NC 27603). The full deposit shall be returned to those Contractors who return the Specifications and Plans in good condition within ten (10) days after the date set for receiving bids. Plans and Specifications are to be returned to the office of the Architect/Engineer.

Document can be issued electronically at no cost to the Contractor, by contacting Mike Brinchek at mike.smithgardnerinc.com or 919-828-0577 ext. 128.

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

A 5% bid security is required with each bid that equals or exceeds \$300,000.00.

Durham County will evaluate bids for responsiveness to the solicitation and responsibility of the bidder. A responsible bidder is one who has the technical capability, financial capacity, and past performance to perform the required work. Durham County reserves the right to reject any or all bids, to waive informalities or minor irregularities, and to accept any bid that it deems in the best interest of the County. Award will be made to the lowest responsive and responsible bidder, in accordance with 2 CFR § 200.320(b)(1).

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

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HEALTH

3 Things Every Older Adult Should Do for Their Health This Fall

(StatePoint) For older adults, fall is an important time to focus on health and wellness.

According to Ryan Kocher, who leads Medicare growth for HealthSpring, the new brand for Health Care Service Corporation's Medicare business, formerly owned by the Cigna Group, the following three tasks are essential for seniors to complete as cool weather sets in.

Get a Flu Shot

An influenza vaccine can help prevent serious illness due to flu. As immune defense diminishes with age, older adults are increasingly susceptible to flu complications. The Centers for Disease Control and Prevention (CDC) recommends the use of higher dose flu vaccines for people 65 years and older. This fall, in advance of flu season, visit your healthcare provider or pharmacist to get the right vaccine for you. This is also a good time to catch up on any other immunizations that your provider recommends.

Review Medicare Coverage

Medicare is the government health insurance program for Americans 65 and older and others who qualify. Many Medicare beneficiaries choose or change their plans during the Medicare Annual Enrollment Period (AEP), which takes place between Oct. 15 and Dec. 7. HealthSpring is offering a host of Medicare options for 2026. The company provides these tips for selecting a plan:

- Check for plan changes: Review your plan every AEP, especially if you've experienced changes to your health, lifestyle or finances. It's especially important to read your Annual Notice of Change (ANOC) letter – delivered every September – to find out about any modifications to your current plan.

- Dig into the details: A good plan is one that includes your favorite providers and specialists and covers the medications you currently take. When reviewing plans, take these factors into consideration.

- Consider all your options: Medicare Advantage plans cover everything Original Medicare does, so do your research to see if these plans will work for you.

- Learn more: Before enrolling in a particular plan, be sure you understand the details. Call Medicare at 1-800-MEDICARE (1-800-633-4227) 24 hours a day, 7 days a week; TTY users can call 1-877-486-2048. Or, visit the Medicare Plan Finder website at Medicare.gov/plan-compare. For local assistance, refer to the State Health Insurance Assistance Program website at www.shiptacenter.org. You can also visit individual Medicare plans' websites for more information. For example, HealthSpring's website is www.healthspring.com.

Use Your Health Care Benefits

Annual enrollment also serves as a good reminder to take advantage of all your Medicare benefits. Preventive care and a healthy lifestyle can help you maintain your independence and vitality as you age. Tap into what your plan offers so you can actively engage in your health and well-being.

By checking a few important items off your to-do list during autumn, you can ensure you're well-positioned for a healthy winter and 2026.



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How can faith leaders support early childhood development?

By Sergio Osnaya-Prieto
EDUCATIONNC

Across racial lines, clergy and churchgoers see affordable, high-quality child care and early education for all families as the church's most important policy goal, according to a new report from the Christian nonprofit Sojourners.

The report, "Flourishing Futures: Early Childhood Development in Black and Latine Churches and Faith Communities," offers recommendations for faith leaders to support children and families from Black and Latine backgrounds. The report compiles findings from 107 focus group and workshop participants, as well as 933 online survey respondents.

"The information shared in this report from clergy, parents and caregivers is essential as we work to understand the challenges that families face supporting their young children," the report says. "It is our hope that Flourishing Futures gives clergy the information they need to make their church a cornerstone in their community."

Surveyed parents and caregivers say the churches provide essential services and resources for children and their families. Nearly 60% of parents and caregivers said their church offers small group gatherings, and 40% said faith-based learning programs are available at their church.

However, the report also points out a gap between parents and clergy members' perceptions of church services for children and their families.

"While clergy feel that preaching, blessing children or conducting a church service meet families' needs, parents and caregivers report that, despite what exists, they still want more tangible support, such as small group



HANNAH VINUEZA MCCLELLAN/EDNC

Students at Moyock United Methodist Church's summer literacy camp in 2024.

gatherings, food security efforts, and childcare support during the week," the report says.

Parents and caregivers in urban areas or who are financially unstable were more likely to say that the church could provide more support for early childhood development.

Sojourners' research revealed that early childhood development was "frequently not prioritized in church budgets." Workshop participants said this signaled a lack of interest from the church. "Clergy may view low attendance as a sign of low interest, which isn't always the case," the report said. "Instead, parents may simply feel disconnected from the church."

Ensuring people can decide whether or when to have children was another popular policy for the church, deemed especially important by community members, respondents aged 31-40 and men.

The report lays out recommendations for faith leaders to meet these needs.

"When we support our youngest members and their families both at the systems level and in our own church communities, we are living out our commitments to each other,"

the report says. "We must work to build a better world for our youngest congregants today, and for future generations."

The report's top recommendations focus on advocacy for systemic change. The report calls on the clergy to "examine the persistent link between socioeconomic status and race in order to dismantle extensive, systemic discrimination that creates barriers for Black and Latine communities to access basic services."

Additional recommendations include advocating for better access to health care, affordable housing, food assistance and family-friendly workplace policies, among other resources. The report also recommends making information available to community members in multiple languages.

"Faith leaders need to fully understand these challenges and address them both at the individual church level, as well as advocate for large-scale societal change," the report says. "When clergy advocate, they tear down social injustices that help young children and families access the critical supports and resources they need to develop and thrive."



COURTESY

New Emily K CEO Valerie Anderson.

New Emily K CEO seeks to expand the center's reach

By Tracie Fellers
CORRESPONDENT

Valerie Anderson, the new CEO of Durham's Emily K Center, says the best piece of advice she's ever received came from her mother as she was growing up in Meriden, Connecticut.

"It was 'try to leave every place better than you found it.' Now, granted, she was talking about cleaning up after myself and things like that," Anderson said with a laugh. "But it has really grown on me as a life kind of virtue and value. ... So, that is a piece of advice I try to live by."

That advice also aligns with Anderson's leadership style, as she described it during a virtual "Meet the CEO" event presented by the nonprofit educational center on August 20: "If I had to pick three words ... I would say humble, visionary and joyful," she said.

Nephitearya Bailey Singleton, the center's current chief program officer, has worked closely with Anderson since joining the Emily K staff over six years ago. "In my positions here at the center, I have always felt seen, valued, heard," she said. "Val is one of those leaders who is everywhere all the time, but especially there for even the smallest things." Anderson "is there for the staff, is there for the families, is there for the students."

Anderson, who has master's and doctorate degrees in developmental psychology from Duke, joined the center's staff in

2017 as its chief program officer. She was promoted to chief impact officer in 2022 and to executive director in 2024. The August event marked her official public introduction as Emily K's CEO, but she stepped into her new role on June 26, as Adam Eigenrauch, the center's first CEO, departed after 19 years of holding several key positions there.

Located on West Chapel Hill Street, bordering Immaculate Conception Catholic Church, the center was founded by renowned and now retired Duke basketball coach Mike Krzyzewski. It opened in February 2006 with the mission of providing free academic and leadership development programs for students who have been historically underrepresented at colleges and universities.

Now that Anderson leads the center, with its current \$4.1 million budget, she sees continuing to expand Emily K's reach with its Game Plan: Future program as a top priority. Open to any high school student across Durham Public Schools, Game Plan: Future offers workshops, one-on-one advising and other services in collaboration with DPS. The program, which helps students make concrete plans for their lives after high school, is now in its ninth year.

In contrast to the center's other core programs for elementary through college students, which enroll students through an application process, Game Plan: Future serves around 1,600 to 1,900 students a year, Anderson said. The

other three programs reach capacity enrollment at approximately 300 students a year.

Adding Game Plan: Future as a fourth core program was a "deliberate offset to the enrollment-based programs, simply for the goal of reaching more students and bringing services to more students," Anderson said.

Within the enrollment-based programs for elementary and high school students, there's an opportunity to go deeper in nurturing "personal and socio-emotional development ... skills that we want to make sure that every student leaves with," she said.

When Anderson and the larger Emily K community "think about some of the unique challenges that our young people are facing ... the removal of race-conscious admissions, the removal of some DEI initiatives at college campuses," the center's work is not only to help young people be ready for college, she said. It's also a commitment to whatever Emily K can do "to make sure that they are leaving with that strong sense of self, with a sense of identity and belonging that's going to help them thrive once they get there and feel like they do belong, not only in college but in any other space where they are."

The Emily K Center will host an informal "Meet the CEO" event, Sept. 17, 6:30 p.m., at 904 West Chapel Hill St. Email connect@emilyk.org or call 919-680-0309.

AROUND THE TRIANGLE

RALEIGH OVERSTOCK

Raleigh Consignment & Children's Boutique Overstock Liquidation Sale is open to the public Sept. 14-16. Visit www.dcskids.com.

FUNDRAISERS:

* Power of the Purse 2025 is Sept. 18, 11 a.m., Hayes Barton United Methodist Church Fellowship Hall, 2209 Fairview Road. Tickets: wcwc.app.neoncrm.com. Proceeds benefit The Women's Center.

* Sister to Sister Alliance presents Pink Ribbon Gala Sept. 20, 7-11 p.m., Wake County Shrine Club, 6015 Lead Mine Road. Tickets: www.sistertosisteralliance.com. Supports breast cancer survivors.

COLLABORATION

Community Cares Collaborative will host a "Non-profit Sustainability & Grand Readiness" meeting Sept. 19, 11:30 a.m. to 1:30 p.m., White Memorial Presbyterian Church, 2000 McDonald Lane. Call 919-996-6100.

TOUR

The Big Bounce America 2025 Tour is Sept. 19-21, Lakeside Retreats, 4521 Mial Plantation Road. Tickets: thebigbounceamerica.com.

FUNDRAISER

Dress For Success Triangle's fall boutique sale is Sept. 19-20, 1812 Tillery Place, Suite 105.

CELEBRATION

Bye Bye Summer - Jamaica Edition is Sept. 20, 11 a.m. to 2 p.m., Green Road Community Center, 4201 Green Road.

OBERLIN

Celebrate Oberlin is Sept. 20, 1-7 p.m., with various activities. Visit: www.friendssoberlinville.org.

DURHAM TAXES

Durham Low-Income Homeowners Relief Program is now open. Apply at DCONC.gov/DDS.

VEGFEST

Triangle Vegfest returns Sept. 14, noon to 5 p.m., Durham Central Park, 501 Foster St.

LANDLORDS

Durham Housing Authority's HCVP Landlord Appreciation Event is Sept. 18, 9:30 a.m. to 5 p.m., DHA Boardroom, 423 Morris St. RSVP by Sept. 15 to tfields@dha-nc.org.

COFFEE & CULTURE

United Arts Wake County presents Coffee & Culture breakfast Sept. 16, 8 to 9:30 a.m., Marbles Kids Museum, Venture Hall. Visit: unitedarts.org/events.

CONCERT

Dior Ashley Brown will perform Sept. 17, 6:30 p.m., American Tobacco Campus, 300 Blackwell St.

FUNDRAISER

Play It Forward for

Crayons2Calculators Sept. 18, 7-10 p.m., Blue Note Grill, 709 Washington St. Tickets: www.thebluenotegrill.com. Proceeds provide free school supplies to DPS teachers.

CONFERENCE

TransformYou25 Conference is Sept. 19-20, 406 W. Geer St. Learn more at: transformyou25.eventbrite.com.

FESTIVAL

CenterFest Arts Festival is Sept. 20-21 in downtown Durham.

WELLNESS

NC Black Alliance is hosting Rooted in Wellness Day Sept. 20, 10 a.m. to 3 p.m., St. Mark AME Zion Church, Roxboro Street. Register: NCBlackAlliance.org/RootedInWellness.

YARD SALE

Indoor yard sale is Sept. 20, 8 a.m. to noon, 3218 N. Roxboro St.

CHAPEL HILL LECTURE

Book talk with author and professor Martha S. Jones' "The Trouble of Color: An American Family Memoir" Sept. 18, 5:30 p.m., Sonja Haynes Stone Center, 150 South Road. Register: apps2.research.unc.edu.

ROUNDTABLE

A Landlord Roundtable is Sept. 18, 10:30 a.m., The Chamber, 104 S. Estes Drive. Contact: orange-countync.gov/landlords.

2025 Prostate Cancer and Health Screening

Saturday, September 13 | 8 a.m.-12 p.m.

Lincoln Community Health Center
1301 Fayetteville St
Durham, NC 27707

Sunday, September 28 | 12 p.m.-4 p.m.

Duke Primary Care Croasdaile
1821 Hillandale Rd
Durham, NC 27705



FREE
Health
Screening

Please come and get your FREE onsite health screening including:

- Prostate cancer screening
- Skin cancer screening
- Colon cancer screening
- HIV/Hep C screening
- Blood pressure checks
- Cholesterol checks
- Diabetes risk assessment and A1C checks
- Nutrition counseling



You are welcome to complete as many screenings as you choose. While this event accepts walk-ins, we encourage people to register.

Register Now

For more information,
email: dcicoe@dm.duke.edu

This event is presented in partnership by:



Michael Jordan’s Nike influencer dies

The Associated Press

George Raveling, a Hall of Fame basketball coach who played a role in Michael Jordan signing a landmark endorsement deal with Nike, died earlier this month. He was 88.

Raveling’s family said in a statement that he had “faced cancer with courage and grace.”

“There are no words to fully capture what George meant to his family, friends, colleagues, former players, and assistants — and to the world,” the family statement read. “He will be profoundly missed, yet his aura, energy, divine presence, and timeless wisdom live on in all those he touched and transformed.”

Raveling, who was inducted into the Naismith Memorial Basketball Hall of Fame in 2015, had a career record of 335-293 from 1972-94 at Washington State, Iowa and Southern California. His success at those programs landed Raveling on the U.S. Olympic basketball staffs in 1984 and 1988.

Jordan was on the 1984 team that won gold at the Olympic Games in Los Angeles, and Raveling helped convince him to sign with Nike. He introduced Jordan to Sonny Vaccaro at Nike, which helped lead to a contract that gave Jordan his own brand, made him millions of dollars and changed the athletic apparel industry.

Marlon Wayans portrayed Raveling in the 2023 movie “Air” that focused on Nike’s courtship of Jordan.

“For more than 40 years, he blessed my life with wisdom, encouragement, and friendship,” Jordan said in a statement. “He was a mentor in every sense and I’ll always carry deep gratitude for his guidance. I signed with Nike because of George, and without him, there would be no Air Jordan.”

NBA Commissioner Adam Silver called Raveling “a pioneering force” who helped make basketball an international game.

“During his long and impactful tenure at Nike, George traveled the world — mentoring multiple generations of players and coaches and promoting the sport that defined his identity,” Silver said in a statement. “He broke barriers as a college basketball coach and was a towering voice in our industry. I valued my friendship with George and admired how he led with poise, dignity and respect.”

Raveling also owned the original copy of the “I Have a Dream” speech by Martin Luther King Jr. He was working security at the 1963 March on Washington in which King delivered one of the most famous speeches in American history.

As King was exiting, Raveling saw him and asked if he could have the speech, and the reverend handed it to him. Raveling held on to the copy until 2021, when he donated it to his alma mater, Villanova.

He played at Villanova from 1957-60, averaged 12.3 points and 14.6 rebounds over his last two seasons. The Philadelphia Warriors drafted Raveling in the eighth round in 1960, but he didn’t play in the NBA.

“The finest human being, inspiring mentor, most loyal alum and a thoughtful loving friend,” Jay Wright, who coached Villanova to national championships in 2016 and 2018, posted on X. “Coach Raveling lived his life for others, His heart was restless and kind and now rests in the lord!”

Current Villanova coach Kevin Willard said in a statement that he has “long appreciated the enormous impact Coach has made not just on our game, but on so many of us in it. I know Villanova held a special place in his heart and we are forever grateful for his contributions to this program.”

The Triangle Tribune Sports

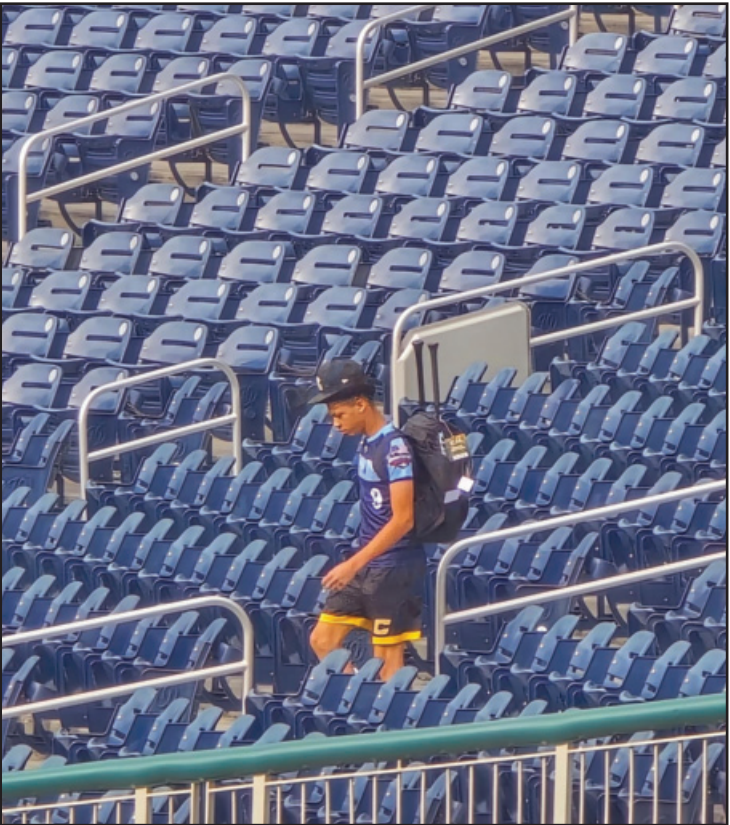
September 14-20, 2025 | 6A

From Durham to Washington, D.C.!

Durham Triple League player Jonathan Dawes, winner of the local Pitch, Hit & Run competition, advanced to compete in the finals at Washington Nationals Stadium in Washington, D.C. Dawes nearly took the top spot in a national-level challenge. What an unforgettable moment for the Dawes family and for the entire Durham community.



Dawes savors the moment.



Heading to the competition.

COURTESY

Five inductees to be enshrined in MEAC Hall of Fame during tournament week

MEAC SPORTS INFORMATION

NORFOLK, Va. – The Mid-Eastern Athletic Conference will induct five individuals during the week of the 2026 MEAC Basketball Tournament.

The MEAC Hall of Fame highlights former student-athletes, coaches, university and conference administrators, and notable contributors who have enriched the conference’s legacy since its inception in 1970. Enshrinees are selected by an eight-person committee of administrators and member institution representatives.

The ceremony is March 12 at the Norfolk Marriott Waterside Hotel. Fans may purchase individual tickets for \$65 or a table of eight for \$500.

2026 Inductees

Sandra Booker, Bethune-Cookman: Booker, the longest-serving senior woman administrator MEAC history,

dedicated more than two decades to shaping the student-athlete experience at Bethune-Cookman and across the conference. Serving as SWA from 1999-2021, she represented the Wildcats and the MEAC in critical policy-making matters, ensuring opportunities and equity for countless student-athletes. Booker also stepped into coaching roles when called upon, serving as head women’s basketball coach for six seasons, and softball program in 2014, collecting 25 victories highlighted by an extra-inning win over Michigan State.

Riccardo Jones, North Carolina Central: From 1972-75, Jones was a leading figure on the tennis court, holding the No. 1 singles position throughout his career. He captured three consecutive MEAC individual championships, compiling an almost flawless conference record with his only setback coming in the 1975 championship match.



Equally formidable in doubles play, Jones won three straight MEAC doubles championships at No. 1 doubles, helping lead the Eagles to four consecutive MEAC team titles during his tenure.

Khalil Rmidi Kinini, Maryland Eastern Shore: Kinini, a distance running sensation from Málaga, Spain, left an enduring legacy, excelling in both cross-country and track and field while setting multiple school and MEAC records. Kinini’s name remains etched in the UMES record books, holding

Please see MEAC/7A

COLLEGE CORNER Football isn’t the only sport in fall semester

The CIAA has enlarged its staff.

Pheadra Wyche is executive assistant to the commissioner and business administrator. Wyche returns to the conference after working as a graduate assistant. She is a graduate of Johnson & Wales University.

Symone Wright-Flowers is a graduate assistant. She earned a business management degree from Shaw while also competing in track and field.

WOMEN

N.C. Central

Alitza Dennard won the individual race at the UNCW Beach Blast 5K cross-country meet. Her time helped the Eagles to a second-place finish. Both the women and men will compete at the adidas Cross Country Challenge Sept. 19 at WakeMed Soccer Park.

In tennis, the fall season begins this weekend for a two-day event at UNC Greensboro.

Shaw

Shaianne Wiley gave the ladies their first top-3 finish in cross-country this season after placing third in the 5K at the Downback Invitational. So, how many Baby Ruths would it take lined up for a 5K run?

In soccer, fans can get their first look at the two-time national champs Sept. 14, 3 p.m., at Durham County Memorial Stadium. Shaw plays West Virginia University Institute of Technology. You can also catch the team Sept. 19, 1:30 p.m. against Wake Tech at WRAL Soccer Park in Cary.

In volleyball, new coach Jai Lynn Hunt got her first win in a shutout over Sweet

Please see SPORTS/7A

HBCU FOOTBALL N.C. Central, Fayetteville State meet after 13 years

By Bonitta Best

editor@triangletribune.com

Three weeks into the HBCU season and only seven undefeated teams remain: three in the CIAA and four in the SIAC.

It’s understandably they’re all Division II since teams in the MEAC and SWAC normally play at least one FBS school for a paycheck.

N.C. Central (1-2) vs. Fayetteville State (0-2)

In the words of the late, great Yogi Berra, “it’s déjà vu, all over again.”

The Eagles are in the same early predicament this year as last season. In 2024, NCCU opened the season with a win against a SWAC team, lost to a CAA opponent at home before losing on the road at an FBS school.

Fast forward: the Eagles defeat a SWAC team, lose to a CAA team at home and then an FBS team on the road.

Hopeful news for Eagles fans is they won their next game in ‘24.

The Broncos and NCCU have a rich history, mainly as Division II CIAA rivals. 2012 was their last matchup when the Eagles were still newbies on the Division I-FCS level.

Coach Trei Oliver and FSU coach Richard Hayes are longtime friends going back to the 1990s. But both coaches badly need a win on Sept. 13.

“We will face a dangerous Fayetteville State team this weekend,” Oliver said on the MEAC weekly teleconference. “They have a big, athletic quarterback that we tried to recruit. He has deceptive speed, a strong arm and a good supporting cast.”

That quarterback is Wilson native Demari Daniels. Daniels was the team’s leading rusher (80 yards) in a 31-24 loss at UNCPembroke.

Several Broncos will have a Triangle homecoming: running

Please see NCCU/7A



Left to right: Emmanuel Paddyfote and Alifza Dennard.

Other sports happenining in fall besides football

Continued from page 6A
Briar College. (That wasn't sweet.)

Hall of Fame
Florida A&M alumna Pam Oliver will be inducted into the 2025 Sports Broadcasting Hall of Fame. CC has been a fan of Oliver's since her early days at ESPN.

Fox Sports and Fox NFL

wrote: "Your exceptional talent, dedication and passion for sports have not only informed and entertained countless fans but have also set a standard of excellence across the industry. Over 500 games worked and counting!"

MEN
N.C. Central
Emmanuel Paddyfote

placed first in the UNCW Beach Blast 5K to lead the Eagles to victory in the team standings. They beat out seven teams, including second-place North Carolina State and third-place UNC Wilmington. In tennis, the men travel to College Park, Georgia, Sept. 18-21 to participate in the HBCU National Tennis Championships.

MEAC inducts five into athletics hall of fame

Continued from page 6A
program records in the steeplechase, 10,000 meters, mile and 3,000 meters. His achievements not only elevated the Hawks on the national stage but also set a new standard of excellence for distance running in the MEAC.

Kendall Langford, Hampton: Langford was one of the most dominant defensive ends to ever wear a Pirates uniform. From 2004-07, he was a relentless force on the

field, finishing his career with 236 tackles (110 solo), 56 tackles for loss, 23 sacks, and a reputation for making game-changing plays. His 236 total tackles rank eighth in Hampton's record books. Langford was selected by the Miami Dolphins in the 2008 NFL Draft and went on to enjoy a 10-year professional career.

Tywain McKee, Coppin State: McKee enjoyed a stellar four-year career, establishing himself as one of the program's all-time greats while leading the

Eagles to the 2008 MEAC Tournament championship. Over his career (2006-09), he averaged 17 points, 4.7 rebounds, and 3.2 assists, shooting 41.6% from the field, 36.7% from 3-point range, and 80.5% from the free-throw line. Ranking third in MEAC history in scoring (2,158 points), free throws (515) and steals (253), McKee had a successful professional career, competing in the NBA Summer League and winning championships in Australia, Russia, Israel and France.

The Best in HBCU Sports

triangletribune.com

SPORTS SHORTS

RALEIGH
* RDU Classic Kickball Tournament is Sept. 13-14, Pleasant Park. Learn more at rdu-sports.leagueapps.com/tournaments.

DURHAM
* The Durham Bulls Youth Athletic League's Saturday soccer clinics run Sept. 20 to Nov. 8. Register at dbyal.com.

Send your sports announcements to: info@triangletribune.com. Photos welcome.



Johnson C. Smith QB Kelvin Durham was a one-man wrecking crew against Valdosta State.

NCCU, Fayetteville State meet after 13 years

Continued from page 6A
back Bryce Council (Knightdale High); defensive lineman Kaydin Thomas (Apex Friendship); defensive back Cameron Quillet (Garner High); quarterback Wilson Kargbo Jr. (Hillside); line-backer Elisha Roberts and DL Tyler Richmond (Southern); and tight end Jaden Butler (Riverside). NCCU travels to arch-rival N.C. A&T Sept. 20 for the traditional Aggie-Eagle Classic. The 4 p.m. game will be streamed on Flo-College, a paid subscription.

* **Notes:** NCCU didn't leave Norfolk, Virginia, unscathed. Oliver said one or two players may be out for the season.

Shaw (0-1) vs. Ferrum (0-2)
The early bye week gave Bears coach Lamar Manigo a chance to reevaluate game strategy and player attitudes. "We touched up on some techniques and some special teams issues we needed to clean it," he said at Shaw's weekly press

conference. "We had to get back to the basics with guys, finding guys that really want to get out there and play."

One guy playing well is defensive back Darry Felix, who recorded a game-high 14 tackles (11 solo) against Albany State in the season opener.

Felix said the ASU loss is in the rearview mirror. "I do that 24-hour rule and once it's up, it's time to move on," he said. "I'm a perfectionist, and we're going to get there."

Shaw travels to Ferrum College, which reclassified to Division II in July and plays in Conference Carolinas. They Keydets are looking for their first win after losses to Catawba and VMI.

Felix said the road game comes at the right time. "We have a good team chemistry. Being on the road, all we have is each other," he said. "This is going to help us out a lot compared to how we played last week."

Shaw begins CIAA play with a trip to Lincoln (Pa.) next weekend at 1 p.m.

CAA
North Carolina A&T will be looking for its first win when it hosts Hampton Sept. 13. The Aggies are coming off a 68-7 loss at Central Florida.

The Pirates got in the win column with a come-from-behind victory over Elizabeth City State. Down 20-10 at halftime, HU's defense shut out the Vikings in the second half, while the offense scored 17 straight points. NCAT is the second of three straight HBCU contests for the Pirates. Howard is Sept. 20 in the Battle of the Real HU.

Player of the Week
Johnson C. Smith quarterback Kelvin Durham was responsible for all of the Golden Bulls' points in a 28-16 upset of nationally ranked Valdosta State. The Fort Valley State transfer threw for a touchdown and rushed for three more to keep JCSU undefeated.

Turnin' Pro
Virginia State defensive back Willie Drew Jr. has signed with the CFL's Toronto Argonauts.

OLD SCHOOL FUN
ACTIVITY SHEET

Hi Everyone!
"Back in the day..." Black children played a lot differently than what we see now. Sankofa 82 and I took a trip, back in the day, to see what kind of fun they had without the use of today's video games. I had a lot of fun playing some of the old games!

PLANTATION GAMES

During the period of slavery, Black children had to make their own fun, using things they found in nature. Go outside and step back in time and try a few of these...

Hide the Switch
One child takes the branch (called the switch) and hides it. The first child to find it would get to smack the others with it and then hide it again.

Bob A Needle
Children sit in a circle and pass a needlecase behind their backs while singing. Whoever had the needlecase by the end of the song was "it".

Miss Mary Mack
This was a very popular clapping game of making up a rhyme while clapping a certain pattern. It's believed that this clapping game represented freedom to the children and was referring to the USS Merrimack ship used to fight against slavery.

Role Play
This is a fun game of re-enacting familiar scenes or playing the role of certain people.

Storytelling
This game allowed children to sit around and make up stories to stretch their imagination and creativity.

Hopscotch
A child tosses an object (such as a stone) into areas of a figure outlined on the ground and hops through the figure and back to regain the object.

SIMPLE TOYS

Marbles
The boys would make marbles to play with out of clay by shaping and drying them. Today, marbles are made from mostly sand and other ingredients added for decoration.

Dolls
The girls would make dolls out of string and rags and use this for pretend play. Today, dolls are mostly made of vinyl.

Stick Riding Horses
Children use a straight stick to pretend horseback riding. Today, children can use brooms or mops to pretend riding a horse.

MORE GAMES TO TRY FOR FUN!...

Jump Rope!
Can be played with three or more players. Two of the players turn a rope (holding it by its ends and swinging it in a circle) and the other players take turns jumping it while chanting a rhyme or counting.

Double Dutch!
Can also be played with three or more players. This is the jumping of two ropes rotating in opposite directions simultaneously. One person stands on each end of the ropes and a third person jumps in the middle of the ropes.

Freeze Tag!
A player is chosen to be "it". When a person is tagged by "it", they are then "frozen" (staying still in the place where they were tagged). All "unfrozen" players still in play can then touch frozen players to "unfreeze" them, allowing them to be back in play. The game ends when "it" freezes all but one of the players who is then typically "it" during the next game.

The Chant for "Miss Mary Mack"
"Miss Mary Mack, Mack, Mack All dressed in black, black, black With silver buttons, buttons, buttons All down her back, back, back She asked her mother, mother, mother For 50 cents, cents, cents To see the elephants, elephants, elephants Jump over the fence, fence, fence They jumped so high, high, high They reached the sky, sky, sky And didn't come back, back, back Till the 4th of July, ly, ly"

Dodgeball!
Players stand in a circle and try to hit opponents within the circle with a large inflated ball.

Classic Kickball!
The game is played like baseball with two teams. The objective is for one team to score more runs than the other team, therefore winning the game. Each player tries to do this by kicking the ball and running all the bases and scoring a point.

www.KEMETCOMIC.com

KEMET

KEMET: I DECIDED TODAY WE WERE TO GO OUT AND GET SOME OF THE BEST FOOD OF THE SOUTH. I'M GOING TO GET THE BEST OF THE SOUTH!

WALTER: AND WELL, WE'RE GOING TO GET THE BEST OF THE SOUTH. I'M GOING TO GET THE BEST OF THE SOUTH!

WALTER: AND WELL, WE'RE GOING TO GET THE BEST OF THE SOUTH. I'M GOING TO GET THE BEST OF THE SOUTH!

WALTER: AND WELL, WE'RE GOING TO GET THE BEST OF THE SOUTH. I'M GOING TO GET THE BEST OF THE SOUTH!

OLD SCHOOL FUN, 9/14/25 #220 WWW.JOEYOUNG.ORG KEMET ACTIVITY SHEETS © 2025 BY JOE YOUNG

Stress Less, Snack Smarter This Back-to-School Season

FAMILY FEATURES

If back-to-school season feels more overwhelming than exciting, you're not alone. Between adjusting schedules, planning meals and organizing school supplies, it's easy to feel the pressure this time of year.

With the right strategies and simple routines, you can reduce the chaos and make it a smoother, healthier experience for the whole family. These registered dietitian-approved ideas can help get you started:



Set the Tone with a Fast and Easy Breakfast
Getting kids motivated in the morning is no small task. Start the day with upbeat, energizing music and a nourishing meal like Breakfast Taquitos, paired with Yo Quiero's Grab & Go Guacamole, Bean Dip and Salsa, to help kids focus and make the morning routine feel more like a dance party.



FAMILY FEATURES

Skip the Sandwich at Lunchtime
If your kids are tired of sandwiches – and you're tired of wasting time on food that comes back half-eaten – try a quick and easy option that balances fiber, protein and good-for-you carbs like these Ham, Cheese and Apple Wraps made with JAZZ Apples.



End the Lunchbox Struggle
Use colorful bento boxes to keep packed lunches organized and visually appealing then take advantage of blueberries from Consalo Family Farms to create Blueberry Gummy Snacks, a better-for-you alternative to packaged treats that you won't find left untouched at the bottom of lunchboxes.



Change the Snacking Game with Dips
While many a baby carrot and celery stick has found its way home from school lunchboxes untouched, adding Mini Cucumber Veggie Dips featuring Nature Fresh Farms Lil' Chills Mini Cucumbers to after-school snack trays can make all the difference.



Prevent After-School Meltdown with Smart Snacks
School days are long, and kids often come home hungry. Keep them satisfied and stable by setting out an After School Snack Board featuring Sunset Sprinkles Snacking Tomatoes, cheese cubes, fruit and whole-grain crackers.



Stock Up on Convenient Snacks
Whether you're running out the door (or just walked in from a long day), snacks that don't require peeling, chopping or anything resembling effort like single-serve, Grab-and-Go Snacks from Del Monte, which come in flavors including Mixed Fruit, Mango Pineapple and Cherry Mixed Fruit, make it easy to choose something healthy without the drama.



Capture an Easy Weeknight Win
You don't need to spend an hour cooking dinner to get something satisfying on the table. Weeknights are hectic, so focus on go-to meals that are fast, flavorful and kid-approved like these Barbecue Cheeseburger Folded Quesadillas featuring caramelized Shuman Farms Vidalia Onions.



Try a Healthy Evening Treat
Kids want something sweet after dinner, but many traditional desserts are loaded with added sugars. These Mandarin Popsicles made with Bee Sweet Citrus Mandarins are a fun way to satisfy that craving while sneaking in fruit.

Together, these health-conscious brands are backing the Healthy Family Project back-to-school campaign with a shared goal: inspire better habits and give back where it counts. Through a collective donation to the Foundation for Fresh Produce's K-12 programs, they're helping support nutrition education in schools across the country. Because when fresh thinking meets real collaboration, families win.

Visit HealthyFamilyProject.com to find more recipes that help families pack healthier lunchboxes, fuel busy afternoons and make more produce a part of everyday life.

The Triangle Tribune - The Voice of the Black Community

HBCU NEWS



COURTESY

Molly Munger and Steve English, center, with Shaw students.



Durham Tech President J.B. Buxton and N.C. Central Chancellor Karrie G. Dixon.

SHAW UNIVERSITY

Shaw University has received a \$450,000 grant from the Molly Munger and Steve English Charitable Fund to provide general operating support over the next three years.

During a visit to campus, philanthropists Molly Munger and Steve English were welcomed by ShawU President Paulette Dillard, faculty and students. Their itinerary included a campus tour highlighting ShawU's historic significance and recent growth, along with opportunities to meet directly with students, faculty and staff. They also attended a luncheon and discussion to hear about the university's academic programs, student leadership initiatives and community engagement efforts, as well as ShawU's vision for the future.

"The university's dedication to providing every student with access to the opportunities that will lead them to a brighter future is more than just a vision statement, it's a genuine commitment that was evident throughout our visit," Munger said.

The grant will support ShawU's ongoing efforts to deliver high-quality academic programs, foster student success and expand community engagement. Multi-year funding allows the university to plan strategically and ensure sustainable growth in key areas.

Munger and English are longtime philanthropists with a record of supporting education and social justice initiatives. Their charitable fund focuses on programs that promote equity, opportunity and community development.

N.C. Central

NCCU is taking the lead in life sciences education with an agreement that gives Durham Technical Community College students a

fast-track into some of the region's most in-demand fields.

The memorandum of understanding between the two institutions better aligns courses taken for an associate degree in applied sciences at Durham Tech with those required at NCCU, said Cindy Love, Ph.D., NCCU director of transfer services. It also replaces the need for multiple bilateral agreements, allowing the institutions to quickly create new pathways in high-demand fields that drive the local economy.

"A core class transfers as a core class and not as an elective," Love said. "For students, that means less time taking courses that don't count toward a bachelor's degree and less money for the same."

NCCU's life sciences portfolio includes pharmaceutical sciences, clinical research, biomedical sciences, earth sciences, chemistry and biology; fields that prepare graduates for high-wage careers. Nearly 300 students who went to Durham Tech now attend NCCU, said Sharon Oliver, Ed.D., associate vice chancellor for enrollment management.

And among the students who plan to transfer to NCCU is Lucyndra Bellamy, who spoke during the signing. Bellamy started at Durham Tech in 2023 after taking a few years off from school. She was initially a part-time student and now is converting to a full-time schedule. She aims to transfer to NCCU to study environmental science.

As part of the ceremonial signing, Chancellor Dixon also announced a new skilled trades collaboration. Durham Tech students will soon intern on NCCU's campus with the facilities department, gaining hands-on experience in areas such as HVAC, plumbing and construction.

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