



SPORTS

Jordan High School wins the Wells Fargo Cup for athletics



COMMUNITY FOCUS

Durham Early College of Health Sciences' grand opening

The Triangle Tribune

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Baltimore mural dedication for legacy of Henrietta Lacks

Last week, community members and partners celebrated the unveiling of the Henrietta Lacks mural in Baltimore, Maryland. For the city and the Lacks' family, this was a powerful tribute to her legacy and lasting impact on science and public health. For decades, Lacks' legacy has made an immeasurable contribution to medical research through the HeLa cells, which continue to advance today. This mural not only honors her story but also stands as a symbol of equity, resilience and community pride.



BALTIMORE CITY HEALTH DEPARTMENT



COURTESY

St. Augustine's campus.

SAU, Shaw to receive portion of Scott's gift

By Bonitta Best
editor@triangletribune.com

St. Augustine's and Shaw universities are among the 37 private HBCUs that will benefit from philanthropist MacKenzie Scott's \$70 million donation to the United Negro College Fund. The institutions will receive \$5 million each for their endowment and will collaborate with the UNCF to raise an additional \$5 million in matching funds for a \$10 million total. The monies raised by all 37 schools will be pooled and distributed annually at a 4% payout rate.

SAU and Shaw released statements on the gift.

"This transformational investment affirms the critical role that SAU plays in higher educa-

tion and will allow us to expand opportunities for our students, strengthen our academic programs and build permanent resources for the future," SAU Interim President Verjanis A. Peoples said. "We are proud to work alongside UNCF to raise the matching funds that will double this impact on our institution."

Shaw's version: "This transformational investment affirms the vital role Shaw University continues to play in higher education as the first historically Black university in the South," Shaw President Paulette Dillard said. "With this endowment support, we will expand opportunities for our students, strengthen our academic pro-

grams, and build permanent resources that help secure the future of Shaw University for generations to come."

The UNCF has a fundraising goal of \$370 million for the pooled endowment and a \$1 billion overall capital campaign. Once reached, the agency will increase the payout to 63% per school.

"This extraordinary gift is a powerful vote of confidence in HBCUs and in the work of UNCF," UNCF President and CEO Michael L. Lomax said. "It provides a once-in-a-generation opportunity for our member institutions to build permanent assets that will support students and campuses for decades to come."



One Durham senior facility is keeping hunger at bay

By Greg Childress
NC NEWSLINE

DURHAM – At the top of Fayetteville Street in Durham, about a mile from the city's bustling downtown, a Walgreen's has closed. It sits idle in a mostly low-income, historic part of town whose prosperous edges are dotted with expensive, modern apartments and homes.

Not too far from the empty Walgreen's, the former Heritage Square Shopping Center is also idle. All stores are shuttered. The former retail center is surrounded by chain-linked fencing, wrapped tight even as potential customers fill hundreds of new apartments and condos nearby.

Residents in the area depended on the eclectic Food World and a Family Dollar store that operated in the shopping center. When they closed more than a year ago, along with the drug store, it created an improbable food desert near a part of Durham that has experienced unrivaled growth and unprecedented prosperity. The store closures – combined with federal cuts to safety net programs to ensure low income, elderly people don't go hungry – has local organizations looking for community solutions to keep them fed.

At the 79-unit Veranda at Whitted School on East Umstead Street, the aging residents felt the loss of the stores immediately. The senior housing facility is in a repurposed school that once served Durham's Black children. It's a short walk from the Walgreens and the shopping center. Now, the closest grocery store is a mile away, a Compare Foods on University Drive. The next closest option is a Food Lion on Fayetteville Street, nearly two miles away. Both are long hikes for seniors, many who do not own cars and some who use walkers. For some tenants, catching a city bus can present a challenge.

Last month, The Integral Group, the Atlanta-based developer and owner of the Veranda at Whitted School, partnered with the Durham Housing Authority, Center-Well Primary Care Anywhere and Feed My Sheep of Durham Inc., to create an onsite food pantry to keep residents from having to "choose between a lengthy bus ride and a healthy meal."

"We have some seniors who have more energy than you and me, but we do have some seniors who don't drive, that have health conditions and the easier we can make things for them, the better," Kimberly Williams, a project adviser for the Integral Group, told a reporter on a recent visit.

Meals on Wheels and other agencies deliver food to tenants, Williams said, but those meals are perishable and sometimes go bad before tenants can finish them. It's good to have the food pantry as an option to help sustain residents through the month, she said.

Please see **DURHAM/2A**

Workers, educators and advocates call on Duke to 'defend Durham community'

By Bonitta Best
editor@triangletribune.com

"Hope is rising! Justice is rising! Durham is rising!" was the chant at Duke University's East Campus last week – the same day as Duke's Founders' Day celebration.

Hundreds of workers, students and advocates marched and rallied to demand the university support and defend the

Durham community by sharing some of its \$12 billion in endowment funds.

Coordinated by Durham Rising, the coalition collected over 10,000 signatures in support of their efforts.

"Trump and the White House are attacking working people and our communities. Their policies are directly impacting us, the people who show up for Duke every day," said Mike

Ramos, Duke student and a member of SIEMBRA NC, an organization dedicated to protecting immigrants and the Latinx community from ICE and other attacks. "Duke has a choice: to stand with the workers, the students and families of Durham, or the billionaires."

Among the list of demands is job protection, a minimum of \$25 per hour for all positions, Please see **DUKE/2A**

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Rally on Duke's campus on Founders' Day.

Workers, advocates call on Duke to defend Durham

Continued from page 1A investiture in public infrastructures, affordable housing for workers and increased support for Durham Public Schools.

"We show up for Duke every single day. Now, we are demanding Duke show up for us," the petition reads. "Duke has a \$12 billion endowment and is the largest employer in the Triangle. At a time when the university and our community are under attack from Trump and Washington D.C., Duke has a responsibility to do more, not less."

Duke issued a two-page "Fact Sheet: Duke for Durham." In it, the university highlights the benefits of working for the university. "Duke is committed to the well-being of its workforce and offers one of the most comprehensive and competitive compensation and benefits packages in the region," it states.

Other benefits:

- * comprehensive health insurance
- * lifetime monthly retirement benefit for hourly employees
- * tuition assistance for employees and children

As far as paying its fair share of taxes, the release says Duke's annual tax total is \$13.9 million, almost matching the \$14.3 million if it were fully taxed as a for-profit entity.

The release also lists Duke's contributions toward affordable housing, infrastructure and sustainability, and public-school support.



The former Walgreens has closed in a shopping center along Fayetteville Street in Durham.

One Durham facility is keeping hunger at bay

Continued from page 1A

Williams got the idea for the food pantry after seeing a Facebook post about a pantry at J.J. Henderson Towers, a senior housing community operated by Durham Housing Authority. "At some point, I want to do it [provide food] for the entire community, where if someone off the street needs food, we would set up something on a Saturday in that circle [in front of the building] and allow people to eat," Williams said. "This world is getting tough."

The pantry is in a small room that wasn't being used. Several shelving units are filled with cereal, pasta, dried beans and various canned goods. A refrigerator in the corner is nearly empty except for a few bottles of Gatorade and two cases of Ensure that a tenant donated during a reporter's tour of the pantry.

"When I get my nourishments from the VA [Veterans Administration], they can kind of go overboard sometimes," said James Mitchell, 72, an Army veteran. "This [the pantry] gives me an opportunity to share it with the residents."

Mitchell has lived in the Veranda at Whitted School since it opened in 2017 and believes the apartment he occupies was his science classroom when he attended the school in the 1960s. He has a car and can travel to grocery stores but said some of his neighbors cannot.

"It [the closing of the stores] created an inconvenience for most people in my age bracket because we now have to travel," Mitchell said. "We have some who don't have transportation and some who do, and we have to travel further out."



Left to right: Rafiah Maxi Cole, founder of Sole Survivors of Chicago; Judith Beth VanBowen; and Nautica McCoy of the Youth Advisory Board

Advocates gather for first black youth suicide prevention conference

By Ahmed Jallow
NC NEWSLINE

State officials, mental health advocates and community members gathered last weekend in Rocky Mount for the Stronger Together conference, North Carolina's first event centered on the state's Black Youth Suicide Prevention Action Plan.

The plan comes as suicide rates among Black youth and young adults have risen sharply nationwide. In North Carolina, from 2013 to 2022, 377 Black North Carolinians ages 10 to 24 died by suicide, according to state data.

Nearly 17% of Black high school students said they had seriously considered suicide, while more than a third of middle schoolers reported the same. The numbers peak at age 24 and are especially stark for Black girls questioning their sexual orientation, who now report the highest rates of suicide attempts in schools statewide.

"This is about empowering communities and tapping into their inherent strengths," said Kelly Crosbie, director of the state's Division of Mental Health, Developmental Disabilities and Substance Use Services. "I would much prefer that kids get the support they need well before they have a crisis."

Crosbie said youth ages 10 to 18 are now the largest group calling the national 988 crisis hotline, a statistic she described as both "good and shocking."

The conference drew dozens of participants despite early funding challenges. Dr. Rodney Harris, who coordinated the event, described it as the product of grassroots persistence. "We're creating a coalition that saves lives," Harris said in a speech. "This is love in action, because this is the essence of community and family."

Panelists spoke candidly about the stigma surrounding mental health in Black communities, particularly the pressure on young men to suppress emotions. They urged peers to seek connection rather than isolation.

"Being vulnerable or asking for help does not make you weak. It actually makes you stronger," said Nautica McCoy, a member of the North Carolina Black Youth Wellness Advisory Board, during a panel discussion.

Judith Beth VanBoven, who also serves on the state's youth advisory board, told the audience that sharing their experiences can help others.

"Your testimony will become a legacy that someone else will learn from," she said.

Rafiah Maxi Cole, founder of Sole Survivors of Chicago, also took part in the panel discussion. She spoke with NC Newsline ahead of the conference, sharing her own story of loss. In 2020, her 19-year-old son died by suicide. "I wanted to be vocal about learning more about what happened," she said.

Maxi Cole has since dedicated her life to prevention efforts, producing the documentary "While the Children Fade" and leading community outreach in nontraditional spaces — from laundromats to bus stops.

"We must meet the community where the community is," she said. "Street outreach is the best outreach."

She praised North Carolina's action plan as an important step in reducing the stigma around mental health struggles.

"To recognize that Black youth are surpassing any other ethnicity when it comes to suicide ideations and attempts brings about an awareness," she said in earlier interview. "It's time to humanize this subject."

Judge rejects claims of racial gerrymandering in NC Senate districts

By Gary D. Robertson
THE ASSOCIATED PRESS

RALEIGH — A pair of northeastern North Carolina legislative districts can remain intact, a federal judge ruled Tuesday, rejecting Black voters' claims that state Republicans illegally manipulated the boundaries to prevent them from electing their favored candidates.

Ruling after a trial held nearly eight months ago, U.S. District Judge James Dever sided with GOP legislative leaders who were sued in November 2023 over two state Senate districts in a statewide map the General Assembly approved weeks earlier.

The two plaintiffs — one of them now a Democratic state House member — argued that the lines violated Section 2 of the U.S. Voting Rights Act through race-based discrimination, and that the lawmakers should have created a majority-Black district instead.

The lines cover close to 20 counties that include a region known as the "Black Belt," where the African American population is significant — reaching a majority in some counties — and politically cohesive. Last November, white Republicans were elected to the two district seats.

The partisan makeup of the Senate is critical for the prospects of both parties. Republicans currently hold 30 of the 50 seats — the minimum required for a veto-proof majority. Senate Democrats could uphold Gov. Josh Stein's vetoes with one more seat.

In a 126-page order, Dever wrote that plaintiffs Moses Matthews and Rep. Rodney Pierce lacked standing to challenge one Senate district because neither lived in that district. Otherwise, he said, they failed to provide enough evidence to prove that the lines diluted Black voting power.

Dever said that Republican lawmakers did not have access to racial data in their mapping computers in part because North Carolina redistricting litigation during the 2010s determined that racially polarized voting in the state was not legally significant.

He noted that 2024 elections based on statewide House and Senate maps approved in 2023 resulted in African American candidates winning 38 of the 170 seats — a proportion in line with the state's Black population, he wrote.

"This case does not involve the General Assembly engaging in race-based districting or the odious practice of sorting voters based on race," Dever wrote, citing a recent U.S. Supreme Court ruling. He said the case record demonstrates northeastern North Carolina communities include Black voting blocs that form coalitions with other racial and ethnic groups to elect their favored candidates.

"Black voters in northeast North Carolina and throughout North Carolina have elected candidates of their choice (both white and black) with remarkable frequency and success for decades," wrote Dever, who was nominated to the bench by President George W. Bush. "Plaintiffs ignore the progress that North Carolina has made over the past 60 years and seek to use Section 2 to sort voters by race in order to squeeze one more Democratic Senate district into the map."

An attorney for Pierce and Matthews didn't immediately respond Tuesday to an email seeking comment on the ruling, which could be appealed to the 4th U.S. Circuit Court of Appeals. In 2024, both Dever and a 4th District panel declined to block the use of the two districts while the case went to trial.

Republican state Senate leader Phil Berger said on X that the court on Tuesday confirmed that the General Assembly "was right not to Please see **JUDGE/3A**

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Miscalculating Project 2025 proving costly

By Jovita Lee
SPECIAL TO THE TRIBUNE

RALEIGH — If someone told you a 900-page political playbook could be half-way implemented in just eight months, would you believe it?

While much of the world has been distracted by chaos and headlines, Project 2025 has quietly become the real playbook shaping our government and future. Less than a year into the Trump administration's second term, roughly 50% of Project 2025 either already has been or is en route to being implemented. Even those who predicted an aggressive agenda are awed by the speed and scope of its execution.

Dawn Blagrove, executive director of Emancipate North Carolina, said the failure to appropriately respect both Project 2025 and Trump's determination possibly is the biggest strategic miscalculation in modern Democratic politics. The consequences of that miscalculation could reverberate for generations, she said.

So far, the impacts are hitting Black, brown and working-class communities the hardest. It's evident in:

- * education — the push to eliminate the U.S. Department of Education and defund public schools
- * safety nets — severe cuts to housing vouchers and initiatives like the Supplemental Nutrition Assistance Program, commonly referred to as SNAP
- * policing — deploying the military into predominantly Black cities under the guise of fighting crime
- * Blagrove said those things aren't mere policy shifts. They're direct assaults on vulnerable communities, desensitizing the public to militarized cities and widening systemic inequities. Reversing course will require a return to community-based solutions including:
 - * local fundraising to address the needs of children and public schools
 - * collective efforts to provide food, books and shelter to fill gaps where the government withdraws support
 - * a renewed focus on self-reliance and mutual aid, echoing strategies Black communities used before desegregation
- * Left unchecked, Project 2025 will erode democracy by:
 - * defunding public schools and whitewashing

curricula

- * suppressing Black leadership and representation
- * reviving policies reminiscent of Jim Crow laws

North Carolina has become a testing ground for GOP policies, from book bans to school vouchers, often mirroring federal-level strategies, Blagrove said.

Blagrove's call to action is clear: vote — at every level. Local, municipal, judicial, statewide and federal elections matter. With gerrymandered voting districts limiting representation in the North Carolina General Assembly, statewide elections — the 2026 North Carolina Supreme Court race, for example — are critical opportunities for change.

For more information about municipal elections, visit SafeVoterNC.org. "Every time the ballot box is open, you should be casting a vote," Blagrove said.

Jovita Lee, Ed.D., is policy director for Advance Carolina, a statewide, independent, Black-led, 501c(4) organization building political and economic power in Black communities and institutions in North Carolina.

Judge rejects claims of racial gerrymandering

Continued from page 1A

use race in its redistricting process" and that the Voting Rights Act "can't be weaponized to make up for the shortcomings of the Democratic Party."

The northeastern North Carolina Senate districts also are being challenged within a broader redistricting case that remains before a panel of three federal judges.

The trial, which involved two lawsuits alleging racial gerrymandering in a handful of U.S. House and state Senate districts, concluded in July.

No ruling has yet been entered. Candidate filing begins in December for General Assembly primary elections scheduled in March.



Tylenol and Autism: Separating facts from myths

BLACKDOCTOR.ORG

Last week, headlines spread quickly after President Donald Trump and Health Secretary Robert F. Kennedy Jr. announced new warnings about Tylenol (acetaminophen) use during pregnancy, suggesting it may increase the risk of autism in children.

The claim sparked alarm across social media. Is this true? Should pregnant women avoid Tylenol altogether? Doctors, scientists, and mental health organizations are pushing back strongly. While research on autism continues, the scientific consensus remains clear: there is no proof that Tylenol causes autism. Here's what you need to know.

During a White House press conference, Trump and Kennedy urged pregnant women to avoid Tylenol unless absolutely necessary, suggesting the common pain reliever could increase autism risk. They also announced new federal research on autism causes and treatments, including funding for environmental studies and Medicaid coverage of a prescription drug called leucovorin.

While their announcement drew attention, many of the claims were misleading or oversimplified. For example, Trump repeated debunked myths about vaccines and autism, originally tied to a fraudulent study from 1998 that has long since been retracted.

Researchers have studied acetaminophen use during pregnancy for years. Some observational studies have found a possible association between heavy use of Tylenol during pregnancy and later diagnoses of autism or ADHD. However:

- * Other studies show no link. Several large-scale reviews have concluded there is not enough evidence to prove Tylenol causes autism.
- * Correlation is not causation. Just because two things occur together (Tylenol use and autism diagnoses) does not mean one causes the other. Many confounding factors — maternal illness, stress or genetics — could play a role.
- * Medical experts remain firm. The American Psychiatric Association, the Food and Drug Administration, and Tylenol's manufacturer all emphasize that acetaminophen is safe when used as directed during pregnancy.

In fact, most doctors still recommend Tylenol over other pain relievers like ibuprofen or aspirin, which are proven unsafe for pregnant women.

Autism spectrum disorder (ASD) is a neurodevelopmental condition with a wide range of presentations. Scientists believe it arises from a combination of genetic and environmental factors. But no single medication, vaccine or behavior has been proven to "cause" autism.

"Autism is a complex disorder, and it is incorrect to imply that a handful of studies have established causation," the American Psychiatric Association explained in response to the White House announcement.

Instead of chasing myths, experts stress the importance of early screening, intervention, and support for children and families.

When leaders promote unverified medical claims, the consequences ripple through communities. For Black families, this is especially concerning.

- * Health disparities already exist. Black children are diagnosed with autism later than white children, delaying vital support services. Adding confusion around causes can worsen stigma and mistrust.
- * Pregnant women need safe options. Tylenol is often the only safe pain reliever available during pregnancy. Discouraging its use without alternatives could put expectant mothers at risk of untreated fever, pain or other complications.
- * Misinformation spreads quickly. Social media amplifies myths faster than facts, leaving parents anxious and misinformed.

We've lost respect for the rule of law since Simpson verdict

By Carl E. Douglas
SPECIAL TO THE TRIBUNE

Thirty years ago, when the verdict in the O.J. Simpson trial was announced, half the nation exhaled in relief and the other half gasped in disbelief. I was there, a member of the defense team many dubbed the "Dream Team." I remember vividly the polarized emotions that followed. But I also remember something else — something we have since lost: a respect for the rule of law.

Back then, as contentious and polarizing as the Simpson case was, our nation's leadership set a tone of restraint and respect. President Bill Clinton, who almost certainly disagreed with the jury's decision, did not attack the jurors, question their intelligence or undermine their legitimacy. He did not label the verdict a miscarriage of justice. He respected the process, and in doing so, set an example for the country.

No one was shot in the streets because of the O.J. verdict. There were no uprisings or riots. There were no political leaders pouring gasoline on the fire of public anger. People disagreed — strongly — but then they moved on. Our democracy held firm, not because the trial was universally accepted, but because our leaders respected the system, and the public followed their lead.

That is what troubles me most about where we are



COURTESY

today. The polarization of 1995 pales in comparison to the division we see now. Social media has turned every courtroom into a national battleground, and political leaders too often seize upon moments of controversy to inflame, not to calm.

Were the Simpson trial to happen in 2025, I fear the outcome would be far darker. Today, we live in a climate where even former FBI directors are prosecuted in apparent acts of political vindictiveness. Our leaders denigrate jurors, prosecutors and judges when verdicts or rulings don't go their way. The rule of law, the bedrock of our democracy, has been dragged into partisan warfare. That should alarm us far more than a single high-profile verdict ever could.

The Simpson case was, in many ways, the perfect storm: race, celebrity, sex and mystery, all wrapped up in a televised spectacle. America couldn't look away. We love to see our heroes rise, and perhaps

we love even more to watch them fall. That's why the trial captivated the world. Even so, when the dust settled, Americans accepted the jury's decision, however grudgingly. Our country was stronger for it.

Thirty years later, I can't say the same about our democracy. The Simpson verdict tested America's nerves. But America passed that test. Today, I'm not sure we would.

That, I hope, is what we remember on this anniversary: not just the case itself, but how we as a country responded to it — with respect, with restraint, and with an understanding that our system of justice, imperfect as it is, only works if we all agree to uphold it.

Because if we lose that, we lose far more than any one trial.

Carl E. Douglas is an award-winning civil rights attorney and founding partner of Douglas/Hicks Law who served on O.J. Simpson's "Dream Team," helping secure his acquittal in 1995.

BUSINESS BRIEFS



Timber Pizza Co. is opening at The Shops at Wye Junction in December.

PARADE
2025 Triangle Parade of Homes runs Oct. 4-5, 10-12 and 17-19 in Wake, Durham, Orange and Chatham counties. Visit www.TriangleParade.com.

TAXES
Innovative Tax & Accounting is hosting a tax basics workshop Oct. 16, 6-7 p.m., 916 Rock Quarry Road. Register on eventbrite.com.

SUMMIT
Venture 52 presents Teen Entrepreneur Summit 2025 Oct. 18, 10 a.m. to 2 p.m., American Underground, 201 W. Main St., Durham. For ages 13-19.

OPENINGS:
* Timber Pizza Co. is opening at The Shops at Wye Junction in downtown Durham in December. Visit www.timberpizza.com.

Send business briefs to info@triangletribune.com.

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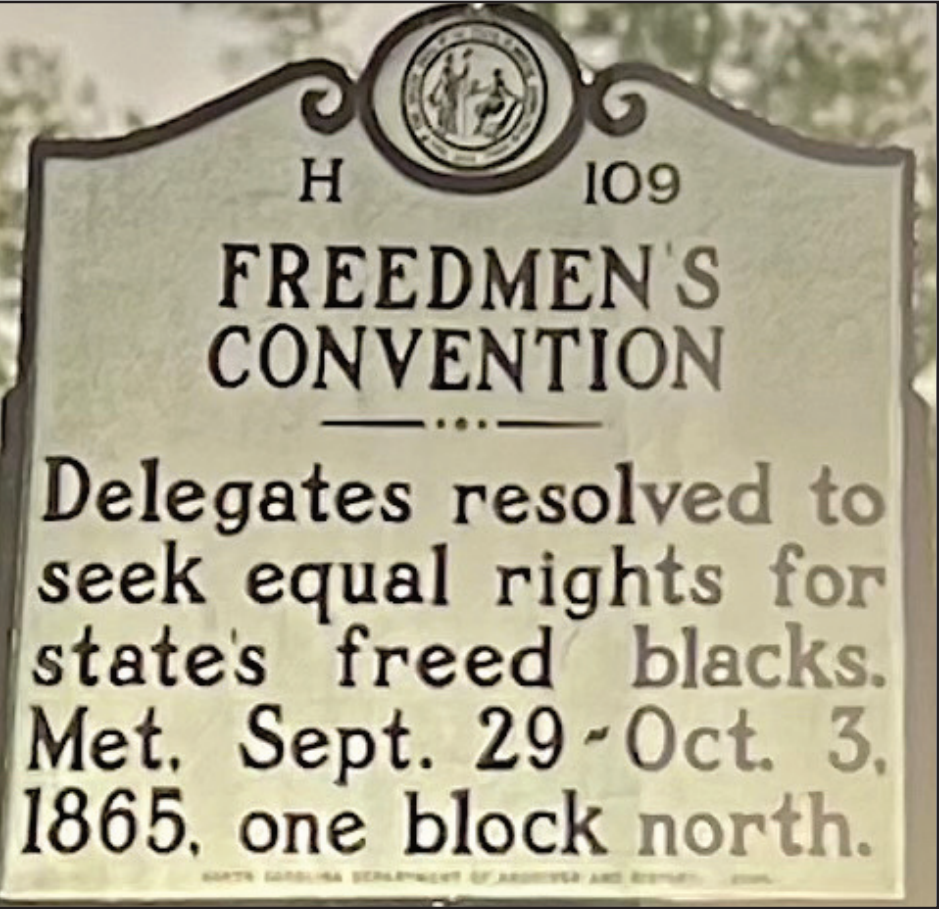
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Freedmen’s Convention marker moved to St. Paul AME Church



As The Tribune first reported in June, the Freedmen's Convention marker at the intersection of Hillsborough and Harrington streets would be relocated to the entrance of St. Paul AME Church, Wake County's oldest African American congregation. The dedication ceremony was Sept. 28 at the church on Edenton Street in downtown Raleigh.



Jamon Glover

This owner’s manual gives fathers real tools for real life in raising kids

STAFF REPORTS

HENDERSON — After a decade of listening to fathers say, "I want to be involved but don't know what I'm supposed to do," Henderson-based father Jamon Glover decided to create the resource he wished he'd had when his kids were young. "The Owner's Manual: From Confusion to Confidence" launched in July with Volume 1: The Protector, focusing on the critical early years (ages 0-7). But this isn't your typical parenting book. "I was tired of seeing good dads struggle because nobody gave them a roadmap," said Glover, father of five and founder of Father Figure Institute. "We tell men to 'be involved,' but we don't tell them how. This book changes that." Glover brings 15-plus years of experience facilitating father engagement programs throughout North Carolina, including

work with N.C. Cooperative Extension. But what makes this book different is that it's written in the language fathers actually use. "Research shows father involvement improves everything: kids' grades, behavior and emotional health. But most parenting resources are written for moms. Dads need something different," Glover said. "We process information differently, we communicate differently, and we have different concerns." The series divides child development into four seven-year phases, each requiring different approaches: * The Protector (0-7): Creating safety and foundation * The Guide (7-14): Teaching and directing * The Coach (14-21): Supporting and advising * The Mentor (21-28): Encouraging independence "Each phase has its own 'Dad Hacks' - specific

strategies that work for how men think and operate," Glover said. "It's not about being perfect. It's about being intentional." The book is already being used in father engagement programs across North Carolina. One family support specialist noted: "This gives our dads language and confidence we hadn't seen before. The author's background really resonates with the fathers in our program." Glover's work extends beyond individual fathers. As program director for N.C. Cooperative Extension in Vance County, he's developed innovative approaches to father engagement that have been adopted by multiple community organizations. "You've got fathers in every community who want to step up but don't know how," Glover said. "This gives them practical tools they can use immediately."



How support and connection can improve mental health as you age

STATEPOINT

Mental health issues, like stress, anxiety and depression, are common among older adults, and can be exacerbated by declining health, loss of loved ones, financial challenges and late-in-life regrets. Unfortunately, these issues can impact overall health, quality of life and, in some cases, even be life-threatening. The suicide rate among Americans 75 and older is the highest of any age group, according to the Centers for Disease Control and Prevention. If you're an older adult, Dr. Zia Wahid, medical director with Cigna's Medicare business, encourages you to take the following actions: * **Nurture relationships:** Research has found that loneliness can have negative health consequences as impactful as smoking 15 cigarettes a day. That's why finding connection is essential. Check with your local community center to find out what activities, classes and social events they offer. Faith-based organizations, neighborhood gatherings, and clubs based on common interests are also great ways to meet people and stay engaged. A simple phone call with a loved one is often enough to strengthen bonds and emotional resilience. * **Get moving:** Physical activity can improve

strength and agility as you age. It can also be a powerful way to boost your mood and ease anxiety and depression. From chair yoga to water aerobics, there are forms of exercise appropriate for every ability and age, and free or inexpensive classes offered in many communities. Your Medicare Advantage plan may also offer fitness benefits that can help you move more and stay connected. Group fitness not your thing? Consider just getting outdoors for a short walk and a dose of sunshine. * **Avoid substance misuse:** Substance use disorder is common among older adults and can intensify mental health challenges. One in 11 adults over age 60 had a substance use disorder in 2022, and that number is on the rise, according to the American Psychological Association. Check your Medicare plan. It may cover treatment for alcoholism and substance use in both inpatient and outpatient settings. * **Schedule a doctor's visit:** Mental health, just like physical health, requires your attention and care. If you're experiencing mental health concerns, schedule a doctor's appointment. They can refer you to a psychologist, psychiatrist or clinical social worker or provide additional advice and re-

sources. * **Get it off your chest:** Talking about your feelings with friends, family or even a trained professional can be helpful. Medicare covers individual and group therapy with doctors or licensed clinicians, and some of these services are offered virtually. * **Consider medication:** Antidepressants, anti-anxiety medications, antipsychotics and mood stabilizers can be effective treatments for certain mental health conditions. A Part D plan - either standalone or within an MA plan - covers many of these prescriptions. Before starting a new medication, be sure to talk to your doctor about possible side effects and interactions with drugs you're currently taking. * **Don't wait:** If you or someone you know is experiencing a mental health crisis, immediately call or text the Suicide and Crisis Lifeline at 988 to reach a trained crisis counselor. This free, confidential service is available 24/7 nationwide in both English and Spanish. "Depression and other mental health concerns don't have to be part of aging. Treating these conditions can put you on the path toward a more fulfilling life, so that you can enjoy this chapter of life with confidence and joy," Wahid said.

AROUND THE TRIANGLE

RALEIGH EMPOWERMENT

Women's Empowerment 2025 returns to Raleigh March 21, 2026, at Lenovo Center. Tickets go on sale Oct. 3 at Ticketmaster.com.

FESTIVAL

FOODEESFEST returns to Triangle Town Center Oct. 3-5. Tickets at www.food-eesfest.com.

GRANTS

Funds for programs to help N.C. teens are now available. Visit www.doa.nc.gov. Deadline: Oct. 10.

FOOD FEST

Food Shuttle Fest is Oct. 11, 11 a.m. to 2 p.m., Inter-Faith Food Shuttle Farm, 4525 Tryon Road.

COMMUNITY DAY

Crosby Community Day is Oct. 11, 11 a.m. to 3 p.m., Chavis Memorial Park, 505 MLK Jr. Blvd.

FESTIVAL

Poe Center's Community Festival is Oct. 11, 1-4 p.m., Poe Center for Health Education, 224 Sunnybrook Road.

FUNDRAISERS:

* Triangle Heart Walk is Oct. 11, 8:45 a.m. to noon, Coastal Credit Union Music Park, 3801 Rock Quarry Road. Register: www2.heart.org. * Thad & Alice Eure Walk for Hope 5K Walk and Festival is Oct. 12, 9 a.m., Angus Barn, 9401 Glenwood Ave. Register at event.racereach.com.

HALLOWEEN

InterAct seeks donations for its annual Trunk or Treat event at 1012 Oberlin Road, 9 a.m. to 4 p.m. Drop-off deadline: Oct. 18.

DURHAM

MOVE ALONG Move-A-Bull City, an Open Streets event closed to vehicles, is Oct. 5, noon to 4 p.m., in downtown Durham. Visit moveabull.org.

MARKET

The next Black Farmers' Market is Oct. 5, 1-4 p.m., Durham Tech, 1637 E. Lawson St.

MEN

100 Black Men of Triangle East is hosting a membership info session Oct. 6,

7-8:30 p.m., 406 Blackwell St., Suite 100.

RESCHEDULED

The reopening celebration of Sherwood Park has been rescheduled to Oct. 7, 3:30-5 p.m., 1720 Cheek Road.

VIGIL

Annual Vigil Against Violence is Oct. 11, 10 a.m., 1209 N. Elizabeth St.

AWARD

Former Hillside High theatre director Wendell Tabb will receive the President's Lifetime Achievement Award Oct. 11, 1 p.m., Union Baptist Church, 904 N. Roxboro St.

CHAPEL HILL

FESTIVAL Diaspora Festival of Black and Independent Film is Oct. 9, 6:30 p.m., Sonja Haynes Stone Center, 150 South St. RSVP: heellife.unc.edu.

MISC.

REFUNDS

Effective Sept. 30, the IRS will begin phasing out paper tax refund checks.

Jackson in a whole new world

Ask DeSean Jackson how he's doing, and, well, he'll tell you.

Not the "I'm fine, how are you?" that's the common theme from most coaches on the MEAC teleconference. If Jackson is hurting, he's man enough to say it.

"I ain't doing well today. That last one was tough. Imma be honest with you," he said during Monday's teleconference.

Jackson was referring to the collapse that saw Delaware State blow a 31-17 first-half lead against Sacred Heart to lose 35-31.

As the saying goes, it wasn't the loss as much as HOW the Hornets lost.

Both teams were flagged for unsportsmanlike conduct before the game got going. That meant a second such penalty would be an ejection.

Starting quarterback Kaiden Bennett scored the Hornets' second touchdown of the game in the first quarter. Afterwards, he ran and shook hands with a couple of Delaware State fans in the stands. Then turned and handed the ball to the referee who rewarded him with an ejection for unsportsmanlike conduct.

"I have never seen anything like that in all my years of football," Jackson said. "That was not unsportsmanlike conduct. And he handed the referee the ball, and he threw the hat. ...If we had our guy, it would have been a different game."

After getting over the shock of losing Bennett, DSU still built a 31-17 lead with two minutes left in the first half. Then, with Sacred Heart facing fourth-and-long, a Hornet player committed a "bonehead penalty" that gave SHU a first down that resulted in a field goal to end the half 31-20.

Ask any coach how fast momentum can swing after a score right before halftime. The Hornets never got the momentum back, and the officials made sure of it.

The hype and/or disdain surrounding Jackson's and Norfolk State coach Michael Vick's hiring isn't just centered within the HBCU community. Predominately white schools don't want to lose to them either.

Jackson says he saw it coming. "The odds are stacked against us. We knew at the beginning of the season it was going to be that way," he said. "We're not going to get the extra calls, we're not going to get the extra love; it's really us against the world mentality."

In-camp turmoil

Jackson also is learning, as a first-year college head coach, that the job entails more than recruiting and X's and O's.

When you're rebuilding a program that hasn't had a winning season since 2012, and alumni and fans are waiting for you to work miracles, the transfer portal can be both a benefit and a curse.

Understandably, Jackson hit the portal hard after his hire. But in this age of Name, Image and Likeness, players are all about their brand. Winning is not necessarily at the top of their agenda.

"It's so many things that go into wins and losses that people don't understand," Jackson said. "Who goes to the meetings, who's on time, who is not on time, who is missing in study hall. ...What you put in during the week affects what happens in the game. The morning of the game, it was disciplinary things I had to worry about instead of worrying about the game. In all reality, it cost us that game."

"...A lot of guys are here for a reason. I gave a lot of guys opportunities, but they have to be appreciative of those opportunities."

The Triangle Tribune Sports

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2025-26

Wells Fargo Conference Cup

Jordan High School athletics program won the 2024-25 Wells Fargo Conference Cup for the DC 6 Conference.



COURTESY OF JODRAN HIGH

\ Athletic director Antonio King and principal Susan Stewart Taylor. King is a former Hillside High football coach.

HBCU FOOTBALL

Benedict keeps unbeaten streak alive

By Bonitta Best

editor@triangletribune.com

N.C. Central (4-2) bye week

The Eagles are on a three-game winning streak. Most coaches would prefer to keep the momentum going, but for Trei Oliver, the extra week couldn't come at a better time. "We've got to get the team healthy," Oliver said on the MEAC teleconference. "Guys are banged up."

It's also an opportunity, he said, to work closer with the second- and third-string groups who will be called on even more as the season progresses.

Oliver pulled the starting lineup after NCCU built a 50-28 lead in the fourth quarter against East Texas A&M.

That change allowed the Lions to claw back into the game with two quick touchdowns.

Back came the starters.

"We have a lot of young guys that will play this year, and they need to be ready. You've got to finish the game," Oliver said.

The Eagles offense is averaging

35 points and 437 total yards a game, while the defense has held the last two opponents to under 50 yards rushing.

Oliver mentioned the improved play of redshirt junior defensive lineman Donquarius Parker and redshirt freshman DL Ayden Davis.

NCCU travels to Florida A&M Oct. 11 at 3 p.m.

* **Notes:** Varina High School OLB/MLB/WR Jayden Walker has committed to Eagleland. Walker has a 4.0 GPA.

Shaw (1-1 CIAA, 1-3) vs. Bluefield State (0-1, 1-3)

The Bears travel to a Bluefield State team on a two-game losing streak. The Big Blue's defense has given up an average of 70 points in those two losses.

Shaw begins a three-game home stand next Saturday with rival Winston-Salem State coming to Durham County Memorial Stadium, followed by Johnson C. Smith for homecoming and Fayetteville State.



COURTESY OF JODRAN HIGH

Benedict linebacker Ty' Metrius Patterson (0) and the Tigers are undefeated.

CAA

North Carolina A&T turned a 30-9 deficit in the first half into a dogfight before losing to Maine 37-30 in conference play.

Punt returner Elijah Kennedy's 85-yard score had the Aggies (1-1, 1-4) down by a touchdown with 1:43 left before Maine ran out the clock.

NCAT travels to William & Mary this weekend before the

"Greatest Homecoming on Earth" Oct. 11 against South Carolina State.

Rivals' Hampton and Norfolk State will meet in the Battle of the Bay this weekend at Hampton. The theme is "Greek Day/Black-Owned Business Day."

Both teams have lost three

Please see **BENEDICT/7A**

COLLEGE CORNER

NCAT picked to win 6th straight MEAC women's bowling title

The MEAC and McCoy Enterprises 22, LLC, have formed a new partnership beginning with the 2025-26 academic year.

McCoy will be involved in the basketball media day, the MEAC Tournament in March and other initiatives like putting Harold's Chicken in the presidents' hospitality room during the tournament.

And speaking of, the MEAC Basketball Media Day, presented by Wells Fargo, is Oct. 5 beginning with the women's show at 10 a.m., followed by the men's show at noon on ESPN+.

WOMEN

N.C. Central

The conference basketball schedule is set. The ladies open against three-time defending champ Norfolk

State Jan. 3 in McDougald. That may seem like a long way off, but it's already October.

In golf, NCCU competes in the SAS Championship HBCU Invitational Oct. 11-12 at Prestonwood Country Club. CC thought sure this would be canceled for fear of Trump.

Shaw

Volleyball has bounced back with three straight wins, including two consecutive CIAA victories. The first of several CIAA Roundups is this weekend on Fayetteville State's campus. Roundups allow the teams to play multiple conference games at one venue. The Bears play Bowie State, Lincoln (Pa.) and Virginia Union.

Please see **MEAC/7A**

TAILGATE SEASON

Achieve big flavor that wins all football season

STATEPOINT

From backyard watch parties to stadium parking lots, fall weekends mean two things: football and barbecue. As you fire up the grill, remember that the secret to crowd-pleasing smoky flavor is starting with the best fuel.

Delivering big, bold wood-fired flavor on any grill, Bear Mountain BBQ is helping you kick off game day. Along with the Grill Dads, they are sharing this recipe for smoked pulled pork. Sure to outshine any restaurant's pulled pork, this one is smoked low and slow, using Bear Mountain's Tailgating BBQ Blend wood pellets. It's finished with a pro-level resting trick for maximum flavor.

Smoked Pulled Pork

Ingredients:

- * Two 7-9-pound pork shoulders (bone-in preferred)
- * 4 tablespoons kosher salt
- * 2 tablespoons coarse black pepper

- * 1 tablespoon garlic powder
- * 1 tablespoon ancho chili powder

* Barbecue sauce, preferably with a strong apple cider vinegar base

- * Coleslaw, preferably a punchy mustard slaw
- * Rolls or buns

* Bear Mountain BBQ Tailgating BBQ Blend Wood Pellets

Before lighting your grill, think about your wood. Use Bear Mountain Tailgating BBQ Blend for a sweet, smoky balance. This dynamic blend of oak, maple, hickory and cherry hardwoods has just enough complexity to make your pork sing without overpowering it.

* Combine salt, pepper, garlic and ancho. Coat the shoulders heavily, pork can take a big and bold rub.

* Set your pellet grill to 225 degrees F. Smoke until the internal temperature hits around 170 degrees F and the bark is dark, rich and firm to the touch. This takes

Please see **ACHIEVE/7A**



Elijah Kennedy returned a fourth-quarter punt 85 yards for a touchdown, helping the Aggies nearly pull off a fourth-quarter comeback.

Benedict College is last undefeated HBCU team

Continued from page 6A
straight games. The matchup will be streamed on FloSports, a paid streaming subscription.

Player of the Week
Benedict redshirt junior linebacker Ty'Metrius Patterson recorded eight tackles (seven solo), four tackles for a loss of 33 yards, three sacks for a

loss of 28 yards, two forced fumbles and two breakups in the Tigers (4-0) 59-24 win over Clark Atlanta to remain the only undefeated HBCU team in any division.

SWAC
ESPN has picked up the Jackson State vs. Alabama State game on ESPNU Oct. 11 at 3:30 p.m. EST. The teams are tied atop the

SWAC East, Jackson State is the defending HBCU champion, and it's the Tigers homecoming.

Legacy Bowl
The Allstate HBCU Legacy Bowl in February is building its rosters.
* Virginia Union RB Curtis Allen
* NCCU QB Walker Harris



MEAC Basketball Media Day is Wednesday

Continued from page 6A
N.C. A&T
The Aggies are associate members of the MEAC in bowling. And for the fifth straight year, NCAT has the preseason bowler of the year. This time it's sophomore Victoria White, last season's MEAC rookie of the year. The team also was picked to win its sixth straight regular season title.
In golf, Steve Smith Sr. recently pledged \$50,000 to the women's and men's golf programs.



MEAC Commissioner Sonja Stills and members of McCoy Enterprises.

SIAC
The conference held its basketball media day last week.
Clark Atlanta was picked to win the East Division and Miles the West. CAU guard/forward Atreonia Garner was named preseason player of the year, and Albany State guard Na'Ha-viya Paxton earned defensive player of the year.

Predicted Order of Finish EAST
1. Clark Atlanta
2. Edward Waters
3. Allen
4. Savannah State
5. Benedict
6. Fort Valley State
7. Albany State

WEST
1. Miles
2. Tuskegee
3. Lane
4. Kentucky State
5. Central State
6. Spring Hill
7. LeMoyne-Owen

MEN
N.C. Central
Basketball coach LeVelle Moton will receive The Order of the Long Leaf Pine, the highest honor a citizen can receive by the governor. The award honors individuals for outstanding service, leadership and impact on the state.
The men's MEAC schedule follows roughly the same as the women's. The Spartans come to Durham for a doubleheader Jan. 3. Pretty sure the game will be televised.
In golf, the men also will participate in the SAS Championship next week-end in Cary.

SIAC
The men make it a clean sweep, as CAU and Miles were picked to win their

divisions just like the women.
Albany State guard Sha-kur Poteat was named preseason player of the year, while Edward Waters forward Amari Floyd was tabbed as the defensive player of the year.

Predicted Order of Finish EAST
1. Clark Atlanta
2. Savannah State
3. Morehouse
4. Albany State
5. Edward Waters
6. Benedict
7. Fort Valley State
8. Allen

WEST
1. Miles
2. Tuskegee
3. Central State
4. Kentucky State
5. Lane
6. Spring Hill
7. LeMoyne-Owen

Achieve big flavor

Continued from page 6A
several hours, but good bark shouldn't be rushed. Every grill and every pork shoulder is different, resulting in drastically different cook times, so follow the internal temperature guidelines.
* Wrap each shoulder tightly in foil and return to the grill. Bump the temperature up to 275 degrees F. Cook until the meat is probe-tender, usually between 198-207 degrees F. You should feel zero resistance when probing.
* Pull the pork off and let it rest (still wrapped) until it drops to ideal shredding temperature (145-155 degrees F). This step makes all the difference. Pro tip:



Hold the pork (wrapped and whole) in a toaster oven that goes down to 150 degrees F for up to 12 hours. It'll just keep getting better. This is how the professionals do it. You might want to make this the night before and hold until tailgate time.
* Shred the pork by hand

(with gloves if it's hot). Add a splash of your favorite vinegar-forward BBQ sauce. Then, taste and season. You'll likely need a decent pinch of salt to really make the flavors pop.
* Pile the meat high on a soft roll, top with tangy mustard slaw and enjoy!

BLACK AMERICAN FIREFIGHTERS

Hi Everybody! National Fire Prevention Week is in October! I tip my fire hat to all those brave firemen who risk their lives daily fighting all kinds of fires! It takes a special kind of person to do that kind of work.

BLACK AMERICAN FIREMEN OF THE 1800S

I traveled back in time to the early 1800's to take a look at Black American Firefighters. It's recorded that there was a huge fire in New Orleans, LA in the 1800s that caused the white Fire Commissioner at the time to demand that "free men of color or slaves" had to fight the fires for the people of the town. It's also recorded that "free men of color, free negroes and hired slaves" were also responsible for fighting the fires in the city of Savannah, GA. The city of Savannah passed a law to ensure that "men of color, negroes and slaves" would continue to fight the fires for the city or be subject to a fine or prison for several days.

FIRST BLACK FIRE CHIEF

Chief Patrick H. Raymond is believed to be the first Black American Fire Chief in the United States. In 1871, he was appointed Chief Engineer of the Cambridge Fire Department in Massachusetts. He was also a member of the National Association of Fire Engineers.

NEW FIRE CHIEF OF OAKLAND, CA

After serving as the Fire Chief for five years for the City of Hartford, Connecticut, Reginald D. Freeman became the Fire Chief for the City of Oakland in 2021. Prior to the City of Hartford, Chief Freeman served as the Fire Chief for Lockheed Martin and served as a civilian Fire Chief in Iraq for the U.S. Department of Defense from 2004-2008. He was also instrumental in putting Hartford, CT on the map for creating their own Firefighter comic book and mascot!

The comic book and Mascot Hartford Henry, were both created and developed by CT cartoonist, producer, Joe Young! The project was to promote fire safety by providing the local schools with copies of the comic book and personal appearances by Mascot Hartford Henry at area schools.

THE MANY HATS OF A FIREMAN!

There are a number of types of jobs within the fireman's career to choose from. Listed below are just a few descriptions of some of the positions...

Firefighter!
They fight fires in buildings, they rescue people and animals from all kinds of places!

Inspector!
Inspects buildings to make sure they are safe and meet the fire code standards.

Fire Investigator!
After a fire, it's their job to determine if the fire was an accident or set on purpose, which is called arson.

Engineer!
The person you see driving the fire engine or truck and sounding the alarm! The engines pump the water and the trucks carry the equipment.

HazMat!
This fireman deals with dangerous materials or chemicals.

Captain!
Responsible for the fire station and the firefighters at that station.

Fire Chief!
This person is responsible for managing several fire stations.

Airport Rescue FireFighter (ARFF)
Fights fires on planes and at airports, which requires specialized training.

TELL THE TRUTH!

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

____ The first documented use of Black Americans as firefighters happened in the 1800s in Richmond, VA.

____ The City of Savannah appointed firefighters who were free men of color, free negroes of color and hired slaves.

____ Firemen who were "free men of color and free negroes of color" were fined or jailed if they failed to answer a call of a fire alarm.

____ The difference between a fire engine and a fire truck is that the fire engine pumps water.

____ If a house is filled with smoke you should walk out of it.

____ Stop, Drop and Roll is a handy tip if your clothes are on fire.

ANSWER KEY
TELL THE TRUTH
F
T
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T

BLACK AMERICAN FIREFIGHTERS, 10/5/25, #223 WWW.JOEYOUNG.ORG KEMET ACTIVITY SHEETS © 2025 BY JOE YOUNG

Durham Early College of Health Sciences

Duke Health recently celebrated the ribbon cutting of the Durham Early College of Health Sciences, a new school where Durham students can earn health care credentials and college credit while completing high school. This partnership is about opening doors, uplifting families and building a health care workforce that reflects our community.

"This school is a launchpad for Durham's future health care leaders who are embarking on careers that change lives and make a real difference in the world." – Tom Owens, M.D., Duke Health executive vice president and chief operating officer



COURTESY OF DPS



GoTriangle adds 15 new buses to its fleet

GoTriangle has added more than 20 new vehicles to its fleet, including 15 new buses. The new GoTriangle vehicles include 10 diesel buses, five Battery Electric Buses, four Light Transit Vehicles and three Support Vehicles. For riders, the new diesel buses feature more charging ports and rear door barrier shields; for operators, more robust barrier doors offer an additional level of security. The GoTriangle maintenance staff will also appreciate an upgrade in seating materials to help resist dirt and stains – making for easier and faster cleaning.



COURTESY

CenterFest Winner



COURTESY

Candy Carter was voted Citizen's Choice at last month's CenterFest Arts Festival for her paintings.

HBCU NEWS

ST. AUGUSTINE'S
SAU mourns the passing of Quintard Taylor (Dec. 11, 1948 – Sept. 21, 2025), a 1969 alumnus whose life's work elevated Black history, expanded access to knowledge and inspired countless minds.

Taylor earned his B.A. in American History before pursuing graduate degrees in history at the University of Minnesota. Over a career spanning decades, he held professorships at Washington State, Oregon and the University of Washington.

In 2007, Taylor founded BlackPast.org, envisioning an ungated, reliable, and expansive digital resource to preserve and disseminate Black history. Under his leadership, the site evolved into the world's leading online encyclopedia of African American



COURTESY

and global African history, reaching tens of millions of users.

"As a proud alumnus of Saint Augustine's, Dr. Taylor exemplified the power of education, scholarship and courageous vision," SAU Interim President Verjanis A. Peoples said. "His

tireless commitment to making Black history accessible to all, his intellectual daring and his love for truth will continue to guide us. We extend our deepest condolences to his family, his many mentees and the entire BlackPast community."

RECIPE OF THE WEEK

Keep students energized and engaged with sweet watermelon snacks



FAMILY FEATURES

School days bring excitement for students with classroom fun, exploration of new subjects, time with friends and extracurricular activities like sports and clubs.

They also mean hectic schedules for families, especially parents looking to keep nutrition top of mind in spite of jam-packed weeknight calendars.

Help your kiddos stay energized for each school day (including those dreaded homework hours) with nutritious snacks that prioritize hydration. As a satisfying sweet treat thanks to its taste and nutritional value, watermelon

provides a year-round solution to rehydrate as part of simple, kid-friendly meals and snacks.

Any way you slice it, watermelon is a nutrient-dense food you can feel confident stocking in your kitchen and feeding to your family. It provides 21 grams (8% of the recommended daily value) of natural carbohydrates and is especially energizing when paired with protein like cottage cheese or turkey for a balanced snack. Find more school year snacks and meals by visiting Watermelon.org.

Watermelon Berry Fruit Salad with Cottage Cheese
Recipe courtesy of the National Watermelon Promo-

tion Board

Watermelon
1 package raspberries
1 package strawberries
1 package blueberries
1 package blackberries
1 container cottage cheese
1 bunch mint leaves
honey, to taste (optional)

Cut watermelon with star-shaped cookie cutter or into cubes.

In large bowl, mix watermelon with raspberries, strawberries, blueberries and blackberries. Add dollops of cream cheese on top of fruit.

Garnish with mint leaves and drizzle with honey, if desired, prior to serving.