



SPORTS

Five friendships from AAU basketball to college



COMMUNITY FOCUS

Wake County schools principal and assistant principal of the year

The Triangle Tribune

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VOLUME 27 NO. 41

Week of October 12 - 18, 2025

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October is Domestic Violence Awareness Month

Bipartisan support for policy could create more affordable housing

By Kylie Marsh

Kylie.marsh@triangletribune.com

RALEIGH - Sarah Brundage, president and CEO of the National Association of Affordable Housing Lenders, is optimistic about the Neighborhood Homes Investment Act.

Brundage and Stephanie Watkins-Cruz, housing policy director of the North Carolina Housing Coalition, discussed the benefits of the policy with attendees at the North Carolina Affordable Housing

Conference in Raleigh. "Our consistent strategy...is that we are elevating housing as a non-partisan priority with bipartisan champions," Brundage said. "That strategy is really necessary to keep advancing solutions regardless of the volatility that's happening in Washington."

The NHIA seeks to provide federal income tax credits for building and rehabilitation of affordable housing in rural, tribal,

urban and suburban areas across the nation. The legislation is also supported by the Neighborhood Homes Coalition, comprised of community development nonprofits and financial institutions.

The bill was introduced in April by Representative Mike Kelly (R-Pa.) with 56 cosponsors: 36 Democrats and 20 Republicans. Rep. Donald G. Davis (D-N.C.) is the only cosponsor from North Carolina. After its introduction, the bill was re-

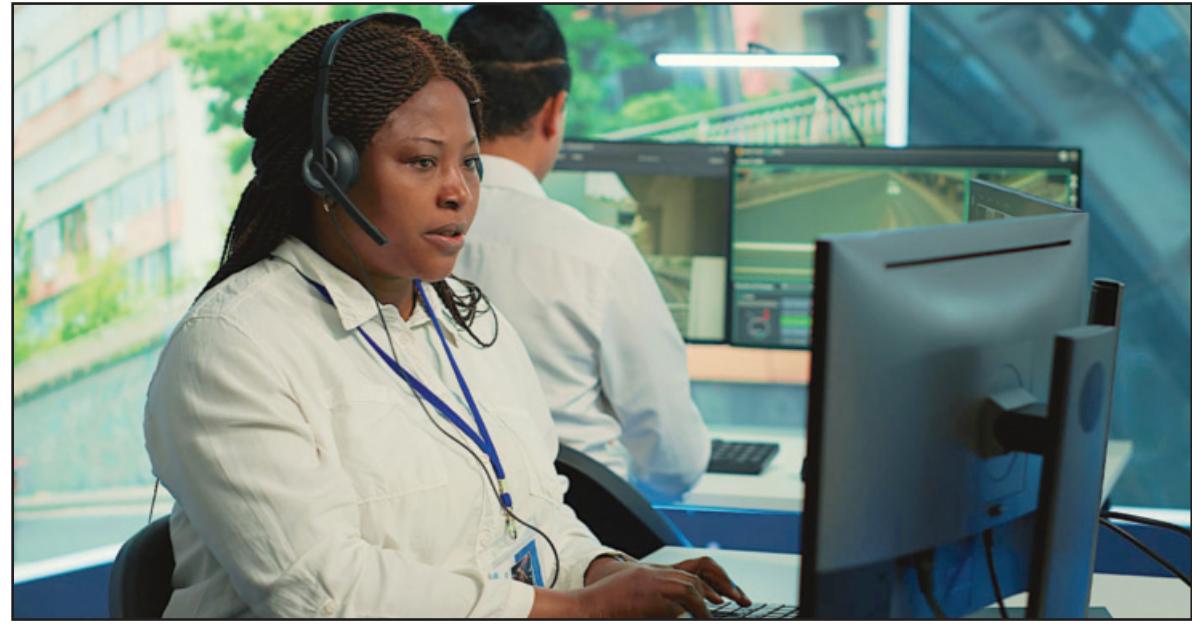
ferred to the Ways and Means Subcommittee on Tax, where Kelly is the chair.

The housing squeeze in North Carolina is no surprise. Hundreds of people move to the state daily. In its Housing Supply Analysis and Economic Impact Report, the North Carolina Chamber of Commerce estimates that the state faces a housing inventory gap of five years. In addition, Hurricane Helene last year se-

Please see **HOUSING/2A**



STOCK



Operators gather GPS coordinates and data for the government database.

Trump's war on America ramps up with vow not to pay federal workers

By Stacy M. Brown

BLACK PRESS USA

The White House has continued to wage war against the American people — not through bombs or foreign troops, but through policies that strip workers of their dignity, their pay and their hope.

The cruelty is no accident. It is deliberate, orchestrated and flaunted as a spectacle of power. America's government has turned its might inward, and its victims are the citizens who once believed they were free.

A newly revealed memo from

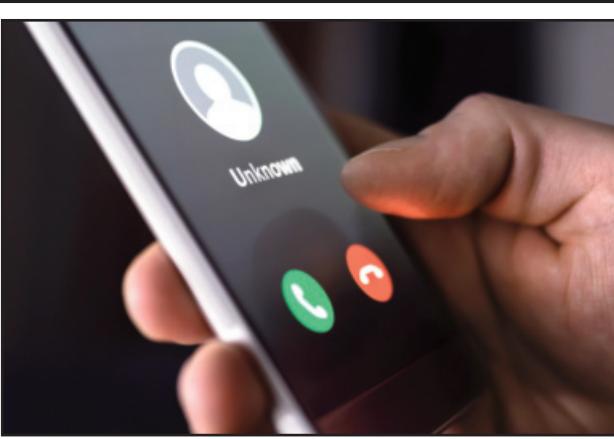
the Office of Management and Budget claims that federal workers forced into furlough during the ongoing shutdown may not receive back pay once the ordeal ends. In open defiance of the law, the administration argues that the 2019 Government Employee Fair Treatment Act does not automatically guarantee wages to workers sent home or ordered to labor without compensation. The government that once promised fairness has now declared that those who serve it may be discarded. This is not

confusion. It is control.

Mark Paoletta, the administration's top lawyer at the budget office, wrote that Congress must pass new legislation to authorize those payments. His reasoning is what one former Republican official called "clearly against its intent." In other words, the government rewrote the law to justify punishing the very people who keep it running.

President Trump offered no compassion, only contempt. "It depends on who we're talking

Please see **TRUMP/2A**



AG Jackson warns North Carolinians of shutdown scams

STAFF REPORTS

RALEIGH - Attorney General Jeff Jackson is warning North Carolinians to be on alert for potential scams while the federal government remains shut down.

Scammers use government shutdowns as an opportunity to impersonate federal agencies and steal personal or financial information.

They are seizing on the uncertainty and worry that accompanies a shutdown. This is a stressful time, but please be watchful for signs of a scam that could make an already difficult time much harder.

"In a shutdown, scammers see an opportunity to try to take advantage of people," Jackson said. "Don't let them. Know what the signs of a scam are and report them to my office if you think you see one."

You may receive a call, text or email from someone impersonating government agencies claiming that your benefits are at risk unless you provide personal information or make a payment.

In past shutdowns, scammers have pretended to be from the Social Security Administration, Medicare or the Supplemental Nutrition Assistance Program.

Here's what you need to remember:

* Government agencies will not request personal information through email, over the phone or by text; will never demand money through email, over the phone or by text; and will not ask for or take payment by prepaid gift card, wire transfer, cryptocurrency or a pay app.

* Don't answer calls from phone numbers you don't recognize.

* Never give your bank account, credit card or Social Security number to someone you don't know over the phone. Instead, hang up and call the government agency directly to figure out whether they actually reached out to you, and remember that in a shutdown, wait times might be longer.

* Be suspicious of offers of loans or payments because of the shutdown. Even if it's not a scam, it will probably come with too many strings attached.

* Don't believe threats of arrests, lawsuits or fines from people claiming to be from the IRS, law enforcement or another government agency. No one from a government agency will contact you by text, phone or email to threaten you with arrest.

* Never wire or send money in response to a phone call, text, email or online message. Once the money has been sent to a fraudster, it's almost impossible to get it back.

During the shutdown, the Federal Trade Commission's national Do Not Call registry and consumer complaint submission system are offline, so consumers can't report unwanted, suspicious or illegal robocalls or

Please see **SCAMS/2A**

Are CLTs the solution to affordable housing crisis in North Carolina?

By Kylie Marsh

Kylie.marsh@triangletribune.com

RALEIGH - What if you could buy a home with guaranteed affordability and no worries about skyrocketing property taxes?

That's exactly what community land trusts, or CLTs, do. By providing and maintaining affordable housing, CLTs help close the racial wealth gap.

Representatives of Community Home Trust, WeBuild

Concord and Watauga Community Housing Trust presented an educational session at last week's North Carolina Affordable Housing Conference in Raleigh.

North Carolina has 12 CLTs, and more are sprouting up nationwide. CLTs are nonprofit organizations comprised of members who live within the communities of the land that they own. Typically, CLTs also

have real estate brokers on staff.

Through public and private investment, these nonprofits purchase land and build homes with the goal of selling them at affordable prices to low-income families. The homeowners enter a 99-year ground lease with the CLT, agreeing to sell their homes to other low-income families at an affordable price, thus maintaining a supply of afford-

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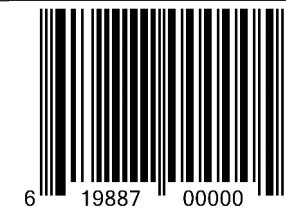
Publisher: Gerald O. Johnson

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Bipartisan support could create affordable housing

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verely impacted housing supply.

Watkins-Cruz said engagement from state officials has been consistent, and it's crucial for the public to do the same. "As constituents, engaging with your representatives and helping educate each other around this issue is important, because there's a lot of misinformation," she said. "As more people move to North Carolina; as more people are trying to live and work in North Carolina, there's this mismatch happening between the interest and conversations and the level of investment."

Last month, the Renewing Opportunity in the American Dream to Housing Act, introduced by South Carolina Senator Tim

Scott (R-S.C.), passed the Senate Committee on Banking, Housing and Urban Affairs. Reaching across the aisle, Scott worked with Massachusetts Democratic Sen. Elizabeth Warren to boost housing supply and increase its affordability by addressing multiple programs through the U.S. Department of Housing and Urban Development.

"I really cannot underscore how big of a deal this is," Brundage said. The bill has the potential to advance to law as an amendment to the National Defense Authorization Act for fiscal year 2025, a defense bill that gets renewed every year.

"It's one of the few annual bills that always goes through Congress because it's the defense bill," Brundage said.

dage said. "This package does not solve everything, but, again, it's a huge commitment."

Although President Trump's proposed cuts to funding "would have been devastating" to HUD, Brundage said lawmakers proposed funding levels to federal housing programs that "basically ignored what the president said," thanks to engagement from constituents.

Despite a government shutdown, Brundage said there are contingency plans in place to continue federal programs in the meantime. What is more devastating, she explained, are cuts to federal agencies in many departments, which push more responsibility of community housing support onto nonprofits.

AG Jackson warns North Carolinians of gov't scams

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telemarketing calls.

Here's how you can protect yourself during the shutdown:

* File a complaint with the NCDOJ's Consumer Protection Division at ncdoj.gov/complaint or 1-877-5-NO-SCAM. You can file a complaint with our office even when the Do Not Call registry is back online. Our office will send complaints to the federal database when the FTC reopens.

* Call your cellphone provider and ask if they have a spam call-blocking app or service that can block unwanted calls. All providers should have a version of this service available at no additional charge to you.

* If the call appears to come from Canada or mentions Canada, also contact Operation PhoneBusters, the Canadian telemarketing fraud task force, at (888) 495-8501.



Left to right: Ben Loomis, Patrick Graham and Kimberly Sanchez.

Are CLTs the solution to NC affordable housing

Continued from page 1A
able housing for community members in perpetuity.

Kimberly Sanchez, executive director of Community Home Trust based in Orange County, calls it "equity shifting," because the saved costs to the homeowner can go toward other things, rather than exhausting all income trying to keep a house. "We're not landlords, and we're not interested in being landlords," Sanchez said.

North Carolina faces a significant housing shortage. A National Low Income Housing Coalition report earlier this year showed that there are 41 affordable rental homes available for every 100 of the 332,199 households that make 30% or less of the area median income. The report also said Charlotte has 31 affordable homes for every 100 of 77,395 low-income households, and Raleigh has 38 for every 100 of 41,060 households.

While property values appreciate, leases for

homeowners on land owned by CLTs average around \$100, according to Investopedia. At the time of sale, homeowners collect a capped percentage of the value appreciated on the home, called equity. The CLT still owns the land.

A challenge for CLTs, the panelists said, is the model isn't that widely known - yet. Banks don't know how to provide financing that is tailored to this type of model, and many community members don't know it exists, either. That's part of Grounded Solutions Network's mission: to expand knowledge and education on a national scale. The North Carolina Land Trust Coalition works statewide to do the same.

"It's explaining that investment, and how that is a slow growth investment, but it even out in the end, is just one of our biggest challenges," Sanchez said. "A lot of banks aren't familiar with or haven't done this before, so it just took some education to do that," said Ben Loomis, Wa-

tauga Community Housing Trust board chair.

ALL CLTs are a little different. Durham Community Land Trustees, established in 1987 by residents in Durham's historically-Black West End neighborhood, provides housing to applicants who earn 30%, 60% and 80% of the area's median income.

WeBuild Concord CEO Patrick Graham said there are benefits to investing into a CLT - donations of land or homes from developers can be written off as charitable contributions against capital gains.

"Most developers, and what I've told them to do is look across your whole portfolio, because you may be able to use these types of deductions for things you're not even thinking about, not just specific projects," Graham said. "It's a way to encourage them, and, at the same time, it allows us to get developments at cheaper costs, so that when we're developing, we can do so without giving away the story."

Trump ramps up with vow not to pay federal workers

Continued from page 1A

about," he said when asked if furloughed workers would receive back pay. "There are some people that really don't deserve to be taken care of, and we'll take care of them in a different way."

Those words echo not from a leader but from a ruler measuring human worth as though it were a currency. Across the country, millions now live the consequences of those words. Families of federal workers stare at empty refrigerators - the most recent estimate revealed that more than 49,000 District residents, or 13%, are federally employed - and rent notices pile up. CNN reported that many workers will receive smaller paychecks this week, the last they may see until the shutdown ends. What kind of democracy weaponizes hunger against its own citizens?

The administration's defiance also contradicts its own Office of Personnel Management, which stated that "employees who were furloughed as a result of the lapse will receive retroactive pay for those furlough periods" once the shutdown ends. But this White House does not deal

in law; it deals in loyalty. It rewards obedience and punishes dissent. It governs by threat and humiliation.

Senator Patty Murray called the memo a "baseless attempt to try and scare and intimidate workers by an administration run by crooks and cowards." Everett Kelley, president of the American Federation of Government Employees, said the livelihoods of federal employees "are not bargaining chips in a political game." But that is precisely what they have become - bargaining chips in a government of vengeance.

Quiet signatures. Cold language. Lives destroyed by decree. This is how democracies die - not with the roar of invasion but with the silence of compliance. Each paycheck withheld, each family broken, each law rewritten becomes another nail in the coffin of a nation that once called itself free.

The war is not over there. It is here. It is the war of the state against its own people. A war fought with hunger, humiliation and fear. A war that reveals what America has become - a country where cruelty is not the failure of policy but the policy itself.



Lieutenant Colonel George Hardy. Photo taken at the EAA AirVenture in Oshkosh, Wisconsin, July 24, 2019.

Tuskegee Airman and Patriot dies at 100

By Stacy M. Brown
BLACK PRESS USA

Lieutenant Colonel George E. Hardy, one of the last surviving Tuskegee Airmen to fly combat missions during World War II, died in Sarasota, Florida. He was 100 years old.

Hardy was born in Philadelphia on June 8, 1925. He entered the U.S. Army Air Corps at 18 and graduated as a pilot at 19, becoming the youngest Red Tail fighter pilot of the 332nd Fighter Group.

Stationed at Ramitelli Air Base in Italy, he flew 21 missions across Europe.

"We had our own club in Naples...so you didn't go to the white club. That's...the way life was," Hardy said in an interview with the Veterans History Project.

When the war in Europe ended in 1945, Hardy returned to the Tuskegee Army Airfield as a supervising pilot until it closed

in 1946. His career continued across two more conflicts. He flew 45 combat missions in the Korean War and 70 more in the Vietnam War. His decorations included the Distinguished Flying Cross with Valor, a Commendation Medal with one Oak Leaf Cluster and an Air Medal with 11 Oak Leaf Clusters.

Education remained central to his life. He earned a bachelor's degree in electrical engineering and a master's degree in systems engineering reliability from the U.S. Air Force Institute of Technology. He also received an honorary Doctor of Public Service from Tuskegee University.

"We went into the Air Force with racial segregation. When we came out, we changed...When I look back on my service, I'm so proud of the Air Force. And I just think I was able to participate in that and survive that," Hardy said.

The Tuskegee Airmen, Inc. called Hardy's legacy one of "courage, resilience, tremendous skill and dogged perseverance against racism, prejudice and other evils."

"Colonel Hardy was an amazing man. He was a patriot. He loved his family. He loved his community. He loved our organization," Leon Butler Jr., national president of Tuskegee Airmen, Inc., said.

"He worked very hard. He worked tirelessly to preserve the legacy, not for himself, but for those that he served with, and he cared about the families of other original Tuskegee Airmen."

The National WWII Museum honored him as a "true American hero," while the Tuskegee Airmen National Organization honored him by noting that, "His legacy of courage and dedication will never be forgotten."

BUSINESS BRIEFS

PARADE

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

SUMMIT

City of Raleigh's Small, Emerging and Under-Resourced Business Summit is Oct. 15, 4:30-7 p.m., Greg Poole, Jr. All Faiths Chapel, 1030 Richardson

Drive. Register: www.eventbrite.com.

to 2 p.m., American Underground, 201 W. Main St., Durham. For ages 13-19.

TAXES

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

SUMMIT

Venture 52 presents Teen Entrepreneur Summit 2025 Oct. 18, 10 a.m.

MED WEEK
Durham's 2025 Minority Enterprise Development Week is Oct. 20-24. Learn more at www.durhamnc.gov/.

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10/16 & 10/30 at 10 am

Cary Senior Center
120 Maury Odell Place
Cary

10/22 & 11/4 at 11 am

Original Carolina BBQ
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Garner

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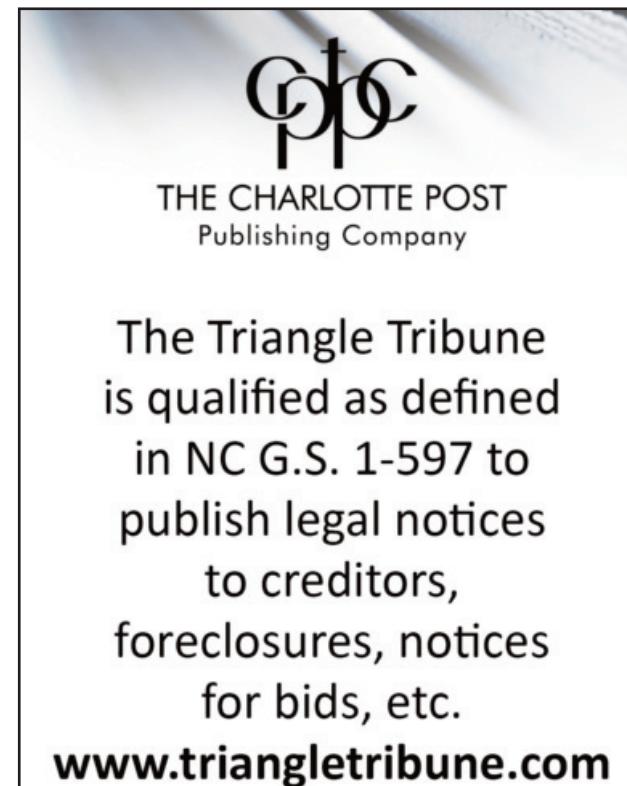
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OTHER

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HEALTH

Unresolved Respiratory Symptoms? Get the Right Tests and Care

(StatePoint) Each year, 500 to 1,000 people in the United States are diagnosed with pulmonary arterial hypertension (PAH), a rare lung disease that can be fatal if left untreated.

To encourage earlier diagnosis of PAH, the American Lung Association, with support from Johnson & Johnson, is sharing information about the disease, its symptoms, and the importance of testing and proper treatment. Here's what the Lung Association wants you to know:

What is PAH? PAH is a rare, progressive lung disease caused when the tiny arteries in your lungs become thickened and narrowed. This blocks blood flow through your lungs, causing the blood pressure in your lungs to rise. The heart has to work harder to pump blood through the narrowed arteries. Over time, your heart has difficulty effectively pumping blood through your body.

What are the symptoms of PAH? In the early stages, you may not notice symptoms. As PAH progresses, common symptoms include shortness of breath, especially with activities like walking up the stairs or long distances, fatigue, edema (swelling of the feet, legs and eventually the abdomen and neck), dizziness and fainting spells, chest pain, heart palpitations, and lips and fingers turning blue. Contact your healthcare provider if you're experiencing these or any worrisome symptoms.

Who is most at risk? While anyone can get PAH, those most at risk are women ages 30-60, and Black and Hispanic women.

Why is PAH difficult to diagnose? Because symptoms of PAH are similar to other diseases, the average time it takes to get a diagnosis is about 3 years. This delay can be frustrating for patients and their families, and can result in poorer health outcomes. Unfortunately, health disparities exist due to a wide-range of factors, like lack of access to healthcare, health insurance coverage, transportation to specialists, and health literacy, and can exacerbate these delays. Increasing awareness of this rare disease can help patients get a quicker diagnosis so they can get the treatment they need.

Elva V., a mom and nurse, has been living with PAH since she was 23. She shares that getting the correct diagnosis and treatment plan has been a "game changer," helping her "feel well enough to do the things I enjoy and live a good life with my daughters."

How can the path to diagnosis be shortened? Your provider may order several tests to help with diagnosis:

- A simple blood test, the BNP test (also called B-type natriuretic peptide test) or NT-proBNP test, can help determine if your heart is working harder than it should, a sign that you may have PAH. Getting this test done early can help speed the path to diagnosis.
- Electrocardiogram to show the electrical activity of your heart.
- Echocardiogram to check the size and condition of your heart.
- Lung function tests.
- A right heart catheterization to confirm PAH, once your provider suspects it.

How is PAH treated? PAH-specific medications come in multiple forms: oral, inhaled and subcutaneous. Some allow blood to flow more easily through the arteries of your lungs. Others improve heart and lung function. PAH medications help slow how quickly your disease worsens. For optimal health outcomes when dealing with a rare disease like PAH, it's best to see a specialist.

"When seen by a specialist, you'll receive the latest treatment and resources to help you live your best life," says Dr. Michael Cuttica, a pulmonary hypertension specialist.

That is certainly the case for Lindsay T., who has been living with PAH since her early twenties and works with her doctor to manage her care. "My BNP has been within a normal range since I alerted my specialist that my symptoms were getting worse and he adjusted my medications," she says.

If you have unresolved respiratory symptoms that are not improving with your current treatment, learn more about PAH at Lung.org/pah.

A PAH diagnosis doesn't have to be delayed. With the right tests and care from a specialist, you can get on the path to the treatment you need.



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Happy Birthday
to a Gospel Legend

Hundreds attended last Sunday's birthday celebration of Mt. Calvary Word of Faith Pastor Shirley Caesar. The evening featured several gospel groups honoring Caesar. The church's Wilt Thou Be Made Whole Conference ran Monday through Friday.



MATHIAS BISHOP



AROUND THE TRIANGLE



Fright Night is Oct. 17, 5-8 p.m.

RALEIGH
FUNDRAISERS

Thad & Alice Eure Walk for Hope 5K Walk and Festival, Oct. 12, 9 a.m., Angus Barn, 9401 Glenwood Ave. Register at event.race-reach.com.

MARKET

The next Black Farmers' Market is Oct. 12, 1-4 p.m., SE Raleigh YMCA, 1436 Rock Quarry Road.

YOGA

Yoga in the Park is Oct. 14, 10:30-11:30 a.m., Latta University Historic Park, 1001 Parker St.

ACORNS

Raleigh Police Department ACORNS unit's Community Service Fair, Oct. 14, 10 a.m. to 2 p.m., Moore Square, 201 S. Blount St.

SENIOR DAY

Senior Day is Oct. 17, 11 a.m. to 3 p.m., Triangle Town Center. Free for all seniors.

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.

STEAM PARTY

Mini Fab Science Lab STEAM Party is Oct. 18, 10 a.m. to 2 p.m., Marbles

Kids Museum, 201 E. Hargett St. Visit pbsnc.org/minifab.

CARY
GROUNDBREAKING

Lucy Daniels Center's SECU Therapy Wing groundbreaking is Oct. 17, 1 p.m., 9003 Weston Parkway. RSVP: lucydanieldcenter.salsalabs.org/.

DURHAM
CIRCUS

Hush Little Horror Circus is Oct. 12, 7 p.m., Motorco, 723 Rigsbee Ave. Tickets: motorcomusic.com.

SEMINAR

Senior PharmAssist's next Medicare Basics seminar is Oct. 14, 6 p.m., Durham Center for Senior Life, 406 Rigsbee Ave., Suite 201. Register: 919-688-4772.

FORUM

Youth Candidate Forum for mayor and city council is Oct. 16, 6-8:30 p.m., Hillside High School, 3727 Fayetteville St. Register: kidsvotingdurham.org.

SENSORY DINNER

"Savor Series Dinner with Bright Black" is Oct. 16, 5:30-9 p.m., The Coffee Bar at The Durham Hotel. Tickets: www.thedurham.com/events.

MISC.
REFUNDS

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

GALA

The Me Fine Foundation's 2025 Gala: Speakeasy Soiree is Oct. 17, American Tobacco Campus Bay 7. Tickets: mefinegala.com.

SUMMIT

NCCU School of Law's annual Law & Technology Summit is Oct. 17, Durham Convention Center. Register: law.nccu.edu.

HALLOWEEN

* Fright Night is Oct. 17, 5-8 p.m., Edison Johnson Recreation Center, 500 W. Murray Ave.

* HallowEno is Oct. 18, 3:30-6:30 p.m., West Point on the Eno, 5101 N. Roxboro St.

TOURNAMENT

Defending Durham charity video game tournament is Oct. 19, 1 p.m., Durham Bulls Athletic Park batting cage. Learn more at defendingdurham.org.

CHAPEL HILL
HOUSING

An affordable housing discussion is Oct. 14, 6 p.m., RENA Community Center, 101 Edgar St.

MISC.

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

The coolest toys for kids this holiday season

STAFF REPORTS

The best gifts are no-brainers! Enjoy the Christmas season stress free with these top gift ideas that kids and tweens will love.

huupe mini, Price: \$599
The gift for the basketball star in the family. The huupe mini takes that technology to the next level with shot detection, shot attempt detection, and distance tracking so that incredibly in-depth stats like shooting percentages from distances all over the court can be shown, in addition to personal progress data and global leaderboards for countless games.



huupe mini

Pink Ski Pack with Yellow Straps, Price: \$49.99
A lightweight, tear-resistant, kid-designed ski and snowboard carrier that makes getting to the mountain a whole lot easier and more fun. Designed with all ages in mind and Made in the USA, it's the gift for any winter sports lover. The hands-free ski carrier features adjustable straps, durable material and pocket-size storage.



Comfy Original Jr.



Pink Ski Pack

The Comfy Original Jr., Price: \$42.99
Best for kids 10 years and under, The Comfy Original Jr. comes in one size and is perfect for any kid-friendly occasion. From studying to homework sessions, cozy movie nights with the family and on the go, The Comfy Jr. will be a favorite.



Mighty Wheels 2

Mighty Wheels 2 Pack Construction Vehicles, Price: \$20.99
The Mighty Wheels Front Loader and Dump Truck are made of robust metal and plastic for long-lasting durability with a realistic and sturdy design that'll stand the test of time. Let your child be the boss of the construction site with the Mighty Wheels toy.

Pinky Dink
Pickleball Paddle

Reading Eggs

Ty - Beanie Bouncers, Price: \$5.99
Introducing the Ty Beanie Bouncers, a unique blend of a furry friend and a bouncing ball. Join the craze that puts a fresh spin on the classic bouncy ball. Bounce into a world where 12 new friends are ready to play.



Beanie Bouncers



Reading Eggs

Pickleball Paddle, Price: \$29.99
Get the latest in pickleball paddles. This new paddle boasts an expanded sweet spot, crisp powerful shots and controlled spin, making it ideal for players who value consistency and strength. Its polypropylene honeycomb core, reinforced with foam-injected edge walls, offers superior control when the game gets fast and tricky around the net.



Stomp N' Pitch

Stomp Sports Stomp N' Pitch, Price: \$29.99
Get the kids ready for baseball season with this new toy. For ages 6 and over, kids can practice independently for hours of fun while honing in on their skills.



Stomp N' Pitch

Stomp Rocket Robo Spinner, Price: \$9.99
The makers of Stomp Rocket have reimaged fidget spinners into something transformative. Introducing the Robo Spinner by the Makers of Stomp Rocket, a versatile toy that combines the fun of classic fidget spinners with the creativity of a transformable robot. The spin-powered action provides hours of entertain-



Stomp N' Pitch

ment and a screen-free alternative for kids of all ages.

The program is based on the five pillars of reading: phonics, phonemic awareness, fluency, vocabulary and reading comprehension.

Reading Eggs Digital Subscription + Workbooks, Price: \$9.99 a month
Reading Eggs teaches interactive, phonemic awareness games to help children learn to read. Used

"The Voice of the Black Community"

CIAA football takes a backseat to no one

There was a time when October couldn't come fast enough. CIAA football was as boring as watching another cut-in of Taylor Swift at a Kansas City football game.

October brought basketball media days which meant the season was just around the corner.

Back in the early 2000s, the CIAA had one dominant team, one or two half-decent squads and then everybody else. By late September, we already knew who was headed to the championship game.

The league's record against nonconference Division II

teams was so embarrassing, it became a running joke. Basketball season couldn't come fast enough.

The scale started to shift with Winston-Salem State under former coach Connell

Maynor. The Rams' historic trip to the 2012 DII national championship game opened a lot of cheap athletic directors' eyes of what's possible when you open your wallet.

Bowie State's rise to prominence under former coach Damon Wilson further raised the CIAA's profile in the football community. The Bulldogs advanced to four straight NCAA appearances from 2017 to 2021 (2020 season was canceled).

Their '21 season was reminiscent of Virginia Union's '24 season. BSU defeated Lenoir-Rhyne and Newberry before losing to Valdosta State in the quarterfinals.

The Panthers defeated Wingate and Lenoir-Rhyne – on the road – before losing to Valdosta State.

Things have changed in the C-I. October no longer means basketball season is near, but that football season still has a half to go.

And look who is back atop the food chain.

Fayetteville State (3-0) has a half-game lead over Virginia Union for the top spot. The Broncos lost their first three games on the road at Benedict, which is still undefeated; UNC Pembroke; and N.C. Central. Had coach Richard Hayes lost his Midas touch?

FSU has since defeated Elizabeth City State, Virginia State and Bowie State. With three of its last four games at home, the Broncos may well be on their way to a seventh championship appearance in eight years.

Too bad FSU and Virginia Union don't play each other during the regular season. The Panthers (2-0) only non-conference loss was at a good Edward Waters team under new coach Brian Jenkins.

VUU's remaining games are at ECSU, Lincoln (Pa.), Bowie State, at Bluefield State and the season finale against hated rival Virginia State. Coach

The coaches predicted a VUU vs. Johnson C. Smith championship matchup. After winning their first three games, the Golden Bulls lost to the Panthers. Now, VUU holds the tiebreaker if the teams are tied at the end of the season.

JCSU has a bye week before traveling to Shaw, and then it's déjà vu. The same three rivals that knocked it out of the championship game last season are on tap: Winston-Salem State, Fayetteville State and Livingstone.

The Blue Bears had a chance to start 3-0 in the conference for the first time since the Rudy Abrams days, but the winless Vikings had other ideas. And critics might point to their conference wins against Bowie State and Lincoln, who are a combined 1-9.

LC can silence those voices with a win at Fayetteville or at WSSU next weekend. If not, it can always play spoiler again when JCSU heads to Salisbury Nov. 9 in the regular season finale.

THEN, it's basketball sea-

The Triangle Tribune Sports

October 12-18, 2025 | 6A



KYLA MCGHEE

From left to right: Indya Nivar, Bobbi Smith, Kyla McGhee, Reychel Douglas and Sydney Barker eat brunch together on May 24.

Five players' unbreakable bond built by NC basketball

By Emma Unger
UNC MEDIA HUB

Even among North Carolina's long history of great basketball, one team stands out: The Carolina Flames.

The AAU team out of Garner has produced several athletes who went on to play Division I and WNBA basketball. But the Flames did more than produce elite athletes and play great basketball. It formed unbreakable bonds.

In 2014, the Flames' elementary school team became home to five girls who consider themselves more like sisters. Indya Nivar, Bobbi Smith, Kyla McGhee, Sydney Barker and Reychel Douglas didn't start playing basketball knowing it would bring them their closest friends or their path to college. But when each one walked into the gym in 2014, they began a journey of companionship and excellence on and off the court.

"As far back as I can think, we always did things to-

gether," said Barker, now a guard at UNC-Chapel Hill. She can't remember a time when she wasn't best friends with Nivar, Smith, McGhee and Douglas.

The five joined the Flames around the same time in 2014, all with their unique basketball beginnings, but each one with a growing passion for the game. Though some of the girls were nervous at the start, they became fast friends. "It was just kind of a click," Barker said.

AAU basketball was a higher level than they had played before, and their coach, Jorden Davis, said he thinks the intensity helped them form a strong bond. "They started molding their friendship because they would help each other when they weren't at their best," he said.

And by helping each other, the girls helped strengthen the team. At one point, Davis said, the team's overall record was 63-2, and they went two

Please see BOND/7A



From left to right: Kyla McGhee, Sydney Barker, Indya Nivar, Bobbi Smith and Reychel Douglas pose for a playful photo after going undefeated.

HBCU FOOTBALL

FAMU announcer gets 2-game suspension

By Bonitta Best
editor@triangletribune.com

Florida A&M was issued a public reprimand and fined \$10,000 for comments made by its public address announcer against Southern University's Honey Bees dance team. The announcer was suspended for two games, but the university is appealing the decision.

The biggest HBCU game of the week is Jackson State vs. Alabama A&M. Both teams are undefeated in the SWAC East (2-0) and with identical records (4-1). JSU is the defending HBCU champion.

N.C. Central (4-2) vs.

Florida A&M (1-3)

Coach Trei Oliver "loves playing the SWAC," and for good reason. Oliver has lost only once to a SWAC team: Mississippi Valley State in 2021 on a

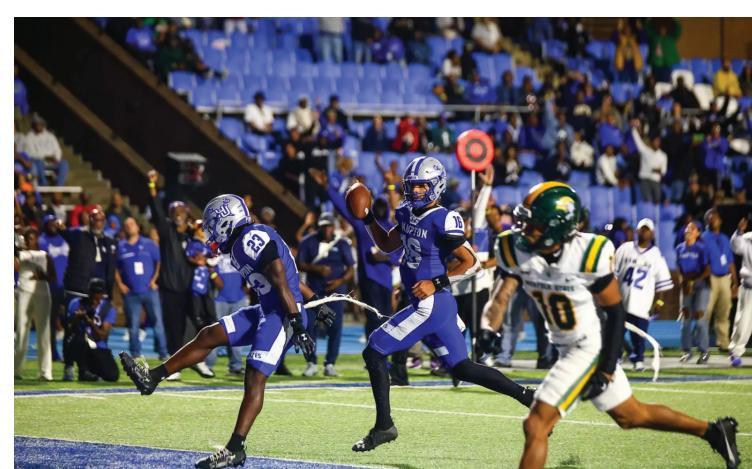
last-second pass.

The Eagles travel to host Bragg Memorial Stadium this weekend. Both teams are coming off bye weeks, although the Rattlers didn't expect to have last weekend off. FAMU was scheduled to play Mississippi Valley State at Mercedes-Benz Stadium in Atlanta, however the game was postponed and rescheduled to Nov. 29.

The Rattlers, the 2023 HBCU national champions, once held a 23-home game winning streak dating back six years before a winless MVSU team defeated them last November.

FAMU already has one home loss this season – a 42-14 defeat to Alabama State.

"One-and-three is not acceptable," coach James Colzie III said on the SWAC teleconference. "You've got to win to stay afloat. I put the pressure on myself. The players have to play better and the coaches coach



Hampton defeated Norfolk State in the Battle of the Bay.

better."

After FAMU, NCCU has another bye week due to starting its season a week earlier on Aug. 23.

"We need this win to get momentum going into a bye week

to prepare for the MEAC," Oliver said on the MEAC teleconference.

This weekend's game will be streamed on HBCU GO.

Please see FAMU/7A

5 players' unbreakable bond built by basketball

Continued from page 6A

and a half years without losing a game. "For years, teams were terrified to play us," Davis said. "We had to enter tournaments under fake names - I kid you not - just so we could play and get reps in."

As the girls grew older and became more serious about their pursuit of basketball, they held one another accountable, said Bobbi Smith, a senior guard at East Carolina University. "We understood the importance of training hard and preparing yourself for the next level," she said. "And so, I think that fueled our workouts."

Their presence of just one girl at a workout or training was enough to get another girl to join, Smith said, and not just for the purpose of improving their skills. "Getting to go to practice every week and see them was another playdate, honestly," Smith said.

Around middle school, the girls started getting notices from college coaches, and they also moved together to play for Team Wall coached by Zenita Hill. Their group motivation was paying off. "The knowledge and the IQ that they had, the foundational skills and then some that they had," Hill said. "Oftentimes we were

playing up because they would just devour people their age."

The girls kept their off-court friendship just as strong, and they made sure they had fun amidst the grind of training. "Our parents, they knew it was coming," Smith said. "They would always have either the money ready or have the car ready because they knew they'd have to take us somewhere to see each other."

Coaches from top college programs filled the stands as the girls, already several-time state champions, played throughout middle and high school, both when they played together and when they split off to different teams. No one was surprised when offers started rolling in. "Once I got to seventh or eighth grade, I got my first offer," said Reychel Douglas, now a guard for Alabama. Nivar, McGhee, Smith and Barker all started considering schools around the same time.

Some of the girls faced off on their individual AAU teams, but Douglas and Nivar also competed on their high school teams. "At the end of the day, y'all know y'all are best friends, but when we get on the court, it's like 'Who wants it more?'" Douglas said. "I feel like it brings

out that competitive side of both of us."

The group's support didn't stop at basketball recruitment. McGhee said when she opted not to pursue collegiate basketball, her friends supported her fully through her college application process, and the four girls tracked when application decisions were released.

"They were the ones who told me when the UNC decisions came out and texted the group chat," McGhee said.

Douglas committed to play at Alabama in her junior high school year; Nivar spent her first year of college ball with before transferring to UNC her sophomore year; Smith chose to spend her four years with East Carolina; Barker started at UNC as a walk-on and earned a scholarship in her sophomore year; and McGhee studies sports journalism at UNC.

Through all the years of basketball and life moments, the five have piled on accolades and memories, and they have never faltered in their support of one another.

"We grew together," Nivar, a UNC guard said. "We grew as people, as basketball players and just developed a relationship that's going to last forever."

FAMU fined by SWAC

Continued from page 6A

* Notes: Oliver is calling out to any SWAC team looking for an opponent for next season. "We need games in 2026," he said.

Oliver also is the guest speaker at the Durham Sports Club's Oct. 15 meeting at Croasdale Country Club.

Shaw (1-4, 1-2 CIAA) vs. WSSU (3-3, 1-2)

The Bears begin a three-game home stand against some tough competition.

Winston-Salem State's 10-point loss to Virginia Union last week could be viewed as a partial win the way the Panthers are playing. With St. Augustine's out of the picture, WSSU has become Shaw's biggest rival.

The Bears are looking to

end a two-game losing streak after last weekend's heartbreaking loss at Bluefield State.

Johnson C. Smith comes to Durham County Memorial Stadium next weekend for homecoming.

CAA
N.C. A&T (1-5 overall, 1-2 CAA) led William & Mary for three quarters but couldn't close the deal in the fourth, as the Trib rallied for a 38-34 win. The Aggies host South Carolina State this weekend for "The Greatest Homecoming on Earth."

NCAT's only win is against Hampton which got its second victory of the season after defeating rival Norfolk State in the Battle of the Bay. The Pirates host Campbell this

weekend.

Player of the Week

Morehouse quarterback Miles Scott completed 22 of 35 passes for 326 yards, four touchdowns and one interception, and rushed for another 41 yards in a comeback win over Tuskegee. The Maroon Tigers snapped a 10-game losing streak dating back to Sept. 21, 2024.

SIAC

The conference suspended 20 student-athletes - nine from Fort Valley State and 11 from Central State - involved in a postgame brawl last weekend. All will sit out the next game, along with both head coaches. The schools also received fines.

COLLEGE CORNER

NCCU women's tennis wins first HBCU challenge

WOMEN

N.C. Central

The Eagles won the Cedric Walker HBCU Cross Country Challenge for the first time in program history. NCCU snuck by Maryland Eastern Shore, 62-66. Fayetteville State was third. Alitza Dennard was the top Eagles' runner.

In tennis, doubles partners' Valeria San Miguel Soria and Sara Barbaric won the MEAC Invitational Championship at Cary Tennis Park. They defeated fellow teammates' Alejandro Hidalgo Vega and Mariana Zottoli.

Soria and Barbaric earned

a trip to the ITA Conference Masters in San Diego in November. The ladies head to the ITA Carolina Regional Championships Oct. 16-21 in Chapel Hill.

And in golf, the SAS Championship HBCU Invitational is this weekend at Prestonwood Country Club in Cary. The team closes out the fall season Oct. 20-21 at the UNC Greensboro Collegiate



COURTESY

N.C. Central women's doubles partners.

MEN

N.C. Central

Former NBA star Grant Hill is the keynote speaker for the men's basketball

tip-off banquet Oct. 30 at Sheraton Imperial Hotel.

For ticket information, e-mail: events@walkwest.com or call 1-910-725-6317.

CC would say more but we'll behave. Besides, our two fans know how we feel about that F-I-N-E Grant Hill!!!!

In cross-country, the men placed second at the Cedric Walker Challenge behind Fayetteville State.

UMES was third. Ryan Chong finished seventh for NCCU.

And speaking of track, the inaugural Excellence Without Excuse Legacy Luncheon honoring the legacy of LeRoy T. Walker

is Oct. 17, 11 a.m. to 2 p.m., in the NCCU Student Center. The public is invited.

CC is not going into detail of all the history Dr. Walker accomplished. Look it up for yourself. RSV to sgilm10@nccu.edu.

And in golf, the men will also participate in the SAS HBCU Invitational this weekend before heading to archrival N.C. A&T Oct. 15 to close out their fall season.

Shaw

Sports information director Antoine Lynch is one of 21 participants named to the College Sports Communicators 2025-26 Inclusion Fellowship Class. The yearlong program helps SIDs better support student-athletes, coaches and administrators.

SPORTS SHORTS

RALEIGH

* Youth basketball registration for ages 5-17 runs Oct. 1-14 at local community centers. Raleigh Athletics is hosting a Youth Basketball Signing Day Oct. 11, 10 a.m. to noon, Method Park and Community Center.

* RDU Sports is launch-

ing a Paddle Wars Tour

Pickleball Tournament in 2026 in four cities: Greenville, NC; Raleigh; Greensboro; and Charlotte. Join the Paddle Wars Tour Facebook group to stay up-to-date.

DURHAM

* Hoops for Hope Basket-

ball Tournament to benefit breast cancer awareness is Oct. 18, noon to 5 p.m., Brogden Middle School, 1001 Leon St.

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

The Best in HBCU Sports

triangletribune.com

KEMET GLOBAL DIVERSITY WEEK

MULTICOLORED HAND
Color the hand below using several different colors to represent the many colors of people around the world.

WHAT DOES DIVERSITY MEAN?
Diversity simply means differences. It means identifying differences between two or more things. For example, in people there are differences in race, skin color, religion, age, disabilities and many other things. All of these things make us different from one another and makes the world more diverse and interesting.

CARTER G. WOODSON'S QUOTE ON DIVERSITY
Carter G. Woodson, the "father of black history", and responsible for starting Black History week, says this regarding diversity... "What we need is not a history of selected races or nations, but the history of the world void of national bias, race hate, and religious prejudice."

UNSCRAMBLE THE WORD!
vDiretysi
ffcesDerien
caRe
tuulCesr

POEM ABOUT DIVERSITY
Choose the correct word to complete the poem.

diversity do okay
too key day

We are all different
And that's _____
What makes us the same
At the end of the _____
Is some like to read and play sports _____
Lots of different things is what we like to _____
What makes us different is the _____
What makes us different is our _____

ANSWER KEY
POEM ABOUT DIVERSITY
okay
day
too
do
key
diversity

UNSCRAMBLE THE WORD
Diversity
Differences
Race
Cultures

KEMET
GLOBAL DIVERSITY WEEK, 10/12/25, #224 WWW.JOEYOUNG.ORG KEMET ACTIVITY SHEETS © 2025 BY JOE YOUNG

www.KEMETCOMIC.com

Principal of the Year Asst. Principal of the Year

WAKE COUNTY

On Oct. 2, Mariah Walker of Wake Young Women's Leadership Academy was named the 2025-26 principal of the year.

Walker has two decades of experience in the Wake County Public School System. Prior to the Leadership Academy, she was principal of Hilburn Academy, and assistant principal at Pleasant Grove Elementary and Sander-

son High.

Walker believes in giving back to her community and says that her heart is called to serve younger populations. "We believe that everyone's gifts and talents have to be cultivated and grown. That's what drives me," she said. "I want this building to leave a mark on their lives. If our kids, families and community are seeing the beacon of light coming from this school, then we've done a good job."

Walker received:

- * An engraved award
- * A \$1,000 monetary award for her school, compliments of Strawbridge Studios
- * A check for \$1,000 compliments of sponsors
- * A Carolina Hurricanes hockey stick signed by Jordan Staal
- * Two one-day passes to Dollywood Park
- * A \$150 gift card to Ruth's Chris Steak House compliments of Strawbridge Studios
- * A \$100 Visa gift card compliments of Lifetouch



COURTESY

Mariah Walker

Studios

- * A \$100 Amazon gift card compliments of Strawbridge Studios
- * A \$50 Target gift card compliments of Eplee + Associates
- * A gift bag from Stonecreek Chick-fil-A valued at \$50

Assistant Principal of the Year

Jose Espinal of South Garner High School was named assistant principal of the year. Espinal has worked as an educator for 20 years, the last three years at South Garner High. He also was an assistant principal at Enloe Magnet High, and taught visual arts at Leesville Road and at West Charlotte high schools.

"I have worked intentionally to foster a culture of trust and mutual respect by being a visible, consistent and supportive leader," Espinal said. "My daily presence in classrooms, hallways, and at

after-school events communicates to students and staff that their work matters and that I am an active partner in their success."

Espinal received:

- * An engraved award
- * A check for \$500 compliments of sponsors
- * Two club-level Hurricanes tickets compliments of Pierce Group Benefits
- * A Carolina Hurricanes hockey stick signed by Taylor Hall
- * A \$150 gift card to Ruth's Chris Steak House compliments of Strawbridge Studios
- * A \$100 Visa gift card compliments of Lifetouch Studios
- * A \$100 Amazon gift card compliments of Strawbridge Studios
- * A \$50 gift card to Target compliments of Eplee + Associates
- * A gift bag from Stonecreek Chick-fil-A valued at \$50.

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Beloved Durham youth mentor leaves legacy



FACEBOOK

#ThankYourMentor

With great sadness, we share the passing of our founder and executive director, DeWarren K. Langley. DeWarren's vision and dedication built the Charles Hamilton Houston Foundation into a powerful force for equity and opportunity. We honor his legacy and remain committed to the mission he championed. A life of service and impact — job well done. — Charles Lyon Mitchell, board chair.

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