



SPORTS
'Green Bay Packers' coming to NCCU's homecoming



COMMUNITY FOCUS
Durham Public Schools principal of the year at Spaulding

The Triangle Tribune

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October is Menopause Awareness Month

Shaw University Homecoming 2025

The game didn't go as planned, but Shaw alumni and students had a ball at last weekend's homecoming at Durham County Memorial Stadium.



FACEBOOK



COURTESY

Sunshine Shelf in Southwest Durham.

Community provides support amid government shutdown

By Kylie Marsh
kylie.marsh@triangletribune.com
DURHAM - On Oct. 17, the Durham County Department of Social Services posted a notice that said, "if the government shutdown continues, there may

be a disruption in food and nutrition benefits in November." The notice directed residents to End Hunger Durham's website, which is a directory hub for food pantries in the area.

According to the U.S. Depart-

ment of Agriculture, North Carolina had approximately 1.5 million participants in SNAP benefits in 2022. That figure included over 648,000 children and 225,000 people over 60.

Please see **COMMUNITY/2A**

Thousands gather for No Kings protest on Capital Boulevard

By Brandon Kingdollar
NC NEWSLINE
For three hours along Capital Boulevard in northeast Raleigh, the honking did not stop. It wasn't a traffic jam; from noon to 3 p.m., a steady stream of cars and trucks were honking their support for a No Kings protest that lined both sides of the divided highway, drawing thousands of demonstrators frustrated with the Trump ad-

ministration. The rally was awash with colorful characters — among them the Cookie Monster from the children's show "Sesame Street," a pink axolotl, dinosaurs and dragons of many different hues and giant yellow chickens. Erin Grabau, who came wearing a skeletal unicorn ensemble, said she was inspired by demonstrators in Portland who dressed in inflatable frog cos-

tumes, but decided on a less elaborate outfit because, "in this economy, no, I'm sorry." "It was making a point of showing we're not violent," Grabau said. "We're not causing violence. You can't turn the narrative." Matt Mercer, spokesperson for the North Carolina Republican Party, condemned the protesters as radicals damaging the

Please see **KINGS/2A**



FACEBOOK

The Black Farmer's HUB has been a Godsend to the southeast Raleigh community.

SE Raleigh Black-owned grocery store celebrates five years

By Bonitta Best
editor@triangletribune.com

Demetrius Hunter opened his Black Farmer's HUB grocery store in an area considered a "food desert." According to the U.S. Department of Agriculture, more than 30% of southeast Raleigh residents live more than a mile from a grocery store as a result of zoning regulations that have an impact on low-income communities.

Hope was high, but cautious, for the HUB to succeed. On Nov. 1, Hunter will celebrate its five-year anniversary at 1409 Cross St. The family-friendly event will host farmers' food trucks, a clothing giveaway, therapeutic professionals, skin care products and more.

The Hunter Family has been filling a void in the community for over 80 years — from farm products to a mobile grocery market to a general store.

Hunter began Nature's 360, a line of natural fruit juices and ciders, before noticing a lack of retail merchants that sell Black food and beverage products. The idea of the Farmer's HUB began to take shape in 2018.

When the pandemic hit in 2020, Hunter's Grocers On Wheels mobile unit partnered with Carolina Farm Stewardship and the United Way to deliver food boxes to unemployed hospitality and restaurant workers, and the elderly.

Besides serving the underserved, Hunter's other main goal is supporting local, regional and underutilized Black businesses. The HUB has the usual fruits and vegetables, but it also carries favorite gems that cus-

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Shaw University Homecoming 2025



FACEBOOK

What would homecoming be without line dancing?

Community provides support during shutdown

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Wake County Government issued a statement to The Tribune stating, “The USDA has directed states to hold November benefit files while it determines next steps in light of the federal government shutdown. If the shutdown continues, November benefits may be delayed or reduced, but no final decisions have been made. Wake County is monitoring the situation closely and will share updates as soon as official guidance is received.”

Wake County reports that approximately 11% of its population is food insecure, while 51% of them are ineligible for food assistance from the government.

The lack of access to food stamps, combined with rising grocery costs, has placed heavier pressure on nonprofit food banks and grassroots mutual aid organizations.

Last year, four juniors at Jordan High School in Durham launched Sunshine Shelf, a nonprofit food distribution shelf with non-perishables. After a college counselor inspired the girls

to make an impact in their community, Mae Kreger, Addy Koch, Raelle Daugird and Fiona Doughty worked together to construct a shelf on Huron Street in Southwest Durham with donated materials from community members involved in Durham Community Fridges.

Daugird and Koch both live in the neighborhood where Sunshine Shelf is located and have witnessed the impact that hunger and food insecurity have on their peers.

“My little brother’s school is right by there, and I know a lot of people struggle with food insecurity and not having a lunch,” Koch said.

Daugird, who lives in downtown Durham, shared her own experience with food insecurity as a young child.

“Now, I don’t remember it, because they hid it very well, but I know they lived off food stamps, like peanut butter and milk, that’s what we ate all the time,” she said.

The girls have hopes of expanding Sunshine Shelf’s services to include hygiene products, recipe cards and meal kits, as well

as connecting with a local church to use their garden bed.

Kreger stressed the importance of nutrition on health, especially students’ academic performance. The girls were saddened and disappointed in the government shutdown’s delay in giving crucial resources to people.

“This is bigger than just food,” Kreger said. “The government shutdown reveals how millions of Americans are on federal programs, and when the safety net disappears, that local members of the local community are the first ones looked to for assistance, and we’re glad that we can be there to help.”

“None of us are really affected by this issue, but we all were kind of going with the philosophy that if you’re in a position to help other people, and if you have the resources, if you have the time like you should always use that,” Doughty said.

The shelf provides dry goods and shelf-stable foods like peanut butter, rice, cereal, beans, pasta and soups.

Davis’ northeastern district would see major shift under new map

By Lynn Bonner and Galen Bacharier
NC NEWSLINE

North Carolina Republicans are moving with remarkable speed to add an 11th member of their party to the state’s 14-member congressional delegation.

The Senate voted 26-20 along party lines on Tuesday to give its final approval to a new map that would make one more congressional district unwinnable for a Democrat. The House will take up the plan today.

Republicans are redrawing the northeast 1st Congressional District to be more advantageous for the GOP — a move that will likely flip control of the seat as President Donald Trump aims to maintain Republican control of the House after the midterms.

“The motivation behind this redraw is simple and singular,” Sen. Ralph Hise (R-Mitchell), said as he presented the plan at the Senate Elections Committee. “Republicans hold a razor-thin margin in the United States House of Representatives. And if Democrats

flip four seats in the upcoming midterm elections, they will take control of the House and torpedo President Trump’s agenda.”

Trump posted a message on social media thanking North Carolina Republicans for the new map, writing it would give the state the opportunity to elect another MAGA Republican next year. He said he was “watching, and strongly supporting” the redistricting effort.

Mid-decade redistricting is not unusual in North Carolina because state and federal courts have struck down maps found to be illegal. But this is likely the first mid-decade redistricting with the express intent to help a president avoid a midterm slump.

U.S. Rep. Don Davis, one of the most conservative Democrats in the House, won a second term last year by less than 2 percentage points after Republicans redrew the district in 2023 to be more Republican-friendly. The 1st district is currently rated a “toss-up” for 2026 by the Cook Political Report — North Carolina’s

only competitive House seat.

The current configuration of the district is part of a federal lawsuit over the dilution of Black voting power. Hise said the new plan would stand up to legal challenges. “We will defend these maps, and I am confident they will be held by the courts,” he said Monday.

Sen. Terence Everitt (D-Wake) lambasted Republicans during floor debate for bowing to Trump and shifting maps at his behest. “History will remember when fascism came to North Carolina,” Everitt said. “You could not wait to get on your knees.”

All Senate Democrats submitted a stream of constitutional protests to the legislation after a vote Monday.

The new map will see a final vote in the Senate tomorrow, as well as action in the House. With the new map, the state’s congressional delegation would move to 11 Republicans and three Democrats. Republicans currently hold 10 seats to Democrats’ four.

SE Raleigh Black-owned grocery celebrates 5 years

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tomers can only get there.

- Examples:
* Mr. Hine’s Old Fashioned Course Ground Grits (Edgecombe County)
* Adè Carrena’s Ilé-wa Spice Blends (Benin)
* Chiru Joe Teas and Coffee (Kenya)
* Roxanne London’s Herbs (Guyana-Jamaica)
There are over 45 different herbs and health items like sea moss, turmeric, maca root and more. You can also get a chair massage session with a licensed therapist on special nights.

The celebratory hours on Nov. 1 are 1 to 5 p.m. Follow Black Farmer’s HUB on its Facebook or Instagram page.



BRANDON KINGDOLLAR/NC NEWSLINE

Protesters line Capital Boulevard in Raleigh for a No Kings protest.

No Kings protest draws thousands in Raleigh

Continued from page 1A
country. “Far-left radical Democrats shut down the federal government to brag at these events they shut down the government to stop President Trump,” Mercer said in a statement. “These manufactured events do nothing but highlight how out of touch the radical left is with the American people and here in North Carolina, thousands of voters every month reject being labeled a Democrat.”

Gary Lucido, a Texas transplant in North Carolina, said he had voted Republican all his life before President Donald Trump came along. He said GOP descriptions of No Kings as “Hate America” protests — as Speaker Mike Johnson (R-La.) called them — are a “bunch of crap.”

“We love America. We’re here because we want to preserve America,” Lucido said at the Raleigh No Kings protest. “The ones that hate it are the ones that don’t believe in the Constitution.”

For many protesters, the rally was a family outing. All along Capital Boulevard, children and toddlers could be seen with their parents, some wearing costumes or face coverings of their own and others resting in strollers.

“They need to know when it’s appropriate to stand and fight, and sometimes standing and fighting is standing in a silly costume on the side of the road with a sign and screaming at the top of your lungs,” Grabau said.

Some also brought their four-legged friends. Jeffrey Cohn, a medical writer from Clayton, brought his dogs Bindi and Obi to the protest in Raleigh, and despite the honking and cheers, they stayed calm as can be.

Cohn came dressed as President Donald Trump’s error-filled “Liberation Day” tariff information sheet. He said it was a relief to be in the company of so many people just as distressed as he is at the direction America has taken.

“We are a majority, and the folks who are trying to destroy and burn, whether it’s for political reasons, whether it’s for Christian Nationalism, white supremacy reasons — there’s more of us who don’t feel that way than do feel that way,” he said.

Donna and Larry Shipman, activists who recently relocated from Pennsylvania, also came to No Kings to fight for their right to vote, pointing to key Voting Rights Act protections under threat at the U.S. Supreme Court.

“We need to stand up and say, ‘No, you’re not going to take this away from us,’” Donna Shipman said. “The Supreme Court, they say racism is over. No, it’s not.”

The Raleigh event was just one of several in the Triangle area. No Kings protests in Cary, Apex, Durham and Carrboro also saw large turnouts. More than 50 events were planned in North Carolina, organizers said, among some 2,600 nationwide.

Will Social Security’s 2026 COLA offset rising everyday costs?

By Charlene Crowell
SPECIAL TO THE TRIBUNE

As the federal government shutdown that began on Oct. 1 continues, over 74 million citizens await an important but delayed announcement: Social Security’s 2026 Cost of Living Adjustment, also known as COLA. Originally planned for Oct. 15, the COLA will now be announced Oct. 24.

The delay is caused by the need to complete the third quarter’s Consumer Price Index report that spans data for the three months of July, August and September. This report is an essential part of annual COLA calculations. Employees with the Bureau of Labor Statistics were recently called back for its completion. Legally, the Social Security Administration is required to announce the annual COLA before Nov. 1 each year to ensure timely implementation of the increase the fol-

lowing January.

“For many people, Social Security is the only inflation-protected income they have in retirement,” Bill Sweeney, AARP’s senior vice president of government affairs, said. “And, for more than 50 years, the COLA has allowed America’s seniors to keep up as everyday costs continue to rise — from groceries to housing to prescription drugs.”

Yet, for many retirees, this theory of keeping benefits in line with costs is not their reality. The proverbial “golden years” all too often are tarnished by financial strains due to rising costs that challenge older Americans’ financial stability.

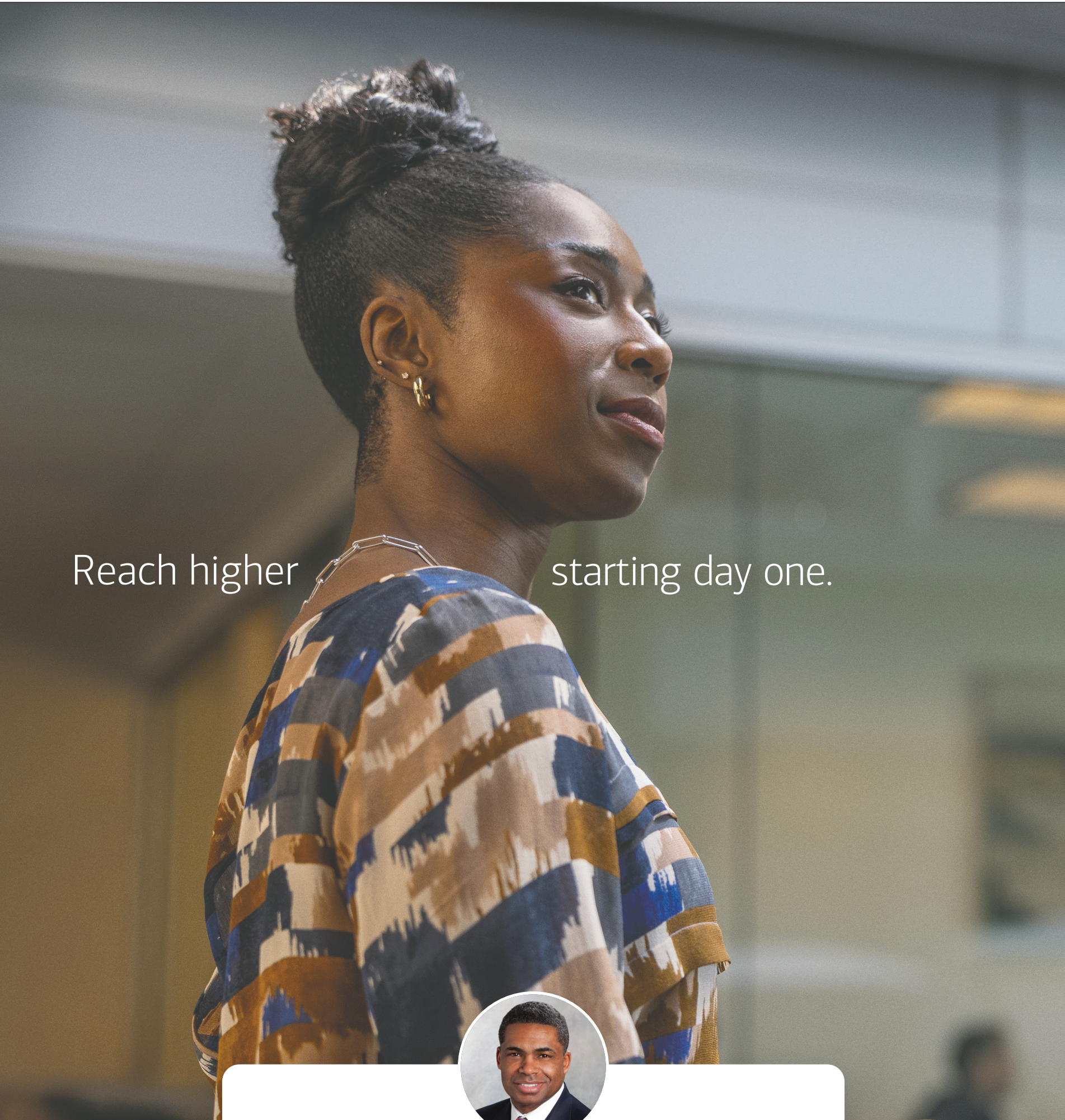
Social Security alone is enough to cover the living expenses in only 10 states, according to the Realtor.com analysis of median Social Security benefits by state and the

Elder Economic Security Standard Index. Everywhere else, retirees face shortfalls that can be thousands of dollars per year.

Nearly 22 million seniors are estimated to live on Social Security alone, according to a recent study by The Senior Citizens League. The league also estimates that nearly three-quarters of all seniors rely on Social Security for at least half their income, underscoring how important it is to understand the difference between living expenses and what Social Security can realistically cover.

“With nearly three-quarters of seniors depending on Social Security for at least half their income, any cuts to the program or reductions in benefits would push millions of hard-working Americans further into

Please see **COLA/9A**



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The Right Reverend Michael B. Curry

NC Council of Churches celebrates 90 years

STAFF REPORTS

RALEIGH - The North Carolina Council of Churches will celebrate 90 years of prophetic witness, faith-based justice and collective action with a special anniversary event Nov. 1 at Edenton Street United Methodist Church in downtown Raleigh.

The event will kick off with worship, including a sermon by The Right Reverend Michael B. Curry, retired 27th Presiding Bishop of The Episcopal Church and the first African American to serve in that role. Curry is widely known for his powerful preaching and commitment to justice.

Following worship will be a live recording of the podcast "Everything Happens,"

as host Kate Bowler, Duke professor and bestselling author, sits down with Curry for an in-depth conversation about his life, ministry and vision for the future of the church.

The afternoon will feature faith leaders, community organizers, advocates, and supporters from across the state to honor the Council's 90-year legacy and plans for facing the future needs of justice work in North Carolina.

"In a world that often feels more divided than ever — politically, economically and spiritually — the Council has remained a steady voice for justice, compassion and unity," said Susannah Tuttle, EcoJustice Connection director of the North Carolina

Council of Churches. "For 90 years, we've helped bring people together across lines of difference, rooted in the prophetic call of the Gospel. This celebration honors that past and looks forward with hope."

Since its founding in 1935, the North Carolina Council of Churches has stood at the forefront of movements for civil rights, economic justice, health equity, environmental stewardship and racial reconciliation. Today, it continues its work by equipping and supporting congregations to address the climate crisis, advocate for voting access and health care, respond to gun violence and mental health challenges, and embody the Gospel through public witness and action.



Help kids make money lessons real in a digital age

FAMILY FEATURES

In today's world, it's rare for kids to hand over a few crumpled dollar bills for a purchase. Most transactions happen online or with a tap of a card, which can make money feel less tangible to the next generation. However, that shift doesn't mean financial lessons have to get lost; it just means they should be taught differently.

From budgeting for a favorite purchase to learning about investing, the digital landscape provides ample opportunities to help kids build smart habits.

Teach Real-World Money Management with Digital Tools

One way to start is with a kid-friendly debit card connected to an app. These accounts allow children to manage their own spending while parents monitor activity. Being able to check balances in real time, and seeing the impact of a purchase immediately, helps kids understand budgeting in a hands-on way. When the balance gets

low, the lesson is clear.

Parents can also use digital purchases as teachable moments. A \$10 virtual item in a game might sound appealing, but comparing it to something tangible, like a trip to the movies or a special snack, can help kids think about trade-offs and decide what's worth the money.

Use Saving Goals and Compound Interest to Encourage Smart Habits

Saving is another concept technology can make more tangible. Setting a goal such as a new bike, a sports jersey or a piece of tech becomes more engaging when children can track their progress visually. Some apps even offer interest on savings, giving kids a first glimpse of how money can grow over time.

As children grow into teens, their curiosity about money often expands into investing. This can be an ideal time to open a custodial brokerage account and explore concepts like diversification, risk and long-term strategy. Purchasing fractional shares of com-

panies, they recognize can make the learning process relatable.

Teach Credit, Debt and Security Early

It's also important to cover topics like credit, debt and security before kids start managing money on their own. Teens should understand how borrowing works, why paying bills on time matters and how to protect themselves from identity theft. In some cases, freezing a minor's credit until they are older can be a smart precaution.

Keep the Conversation Going

Above all, money lessons should be an ongoing conversation. Asking kids what they're hearing from friends, teachers or online sources can lead to meaningful discussions and create teachable moments.

The tools may have changed, but the goal remains the same: helping kids develop the skills and confidence to manage money wisely. By meeting them where they are in the digital world, parents can make financial lessons real

AROUND THE TRIANGLE

RALEIGH SHOPPING

Junior League of Raleigh's annual shopping spree is Oct. 24-26, 9 a.m. to 3 p.m., Raleigh Convention Center, 500 S. Salisbury St. Tickets: e.givesmart.com.

MARKETS:

* The next Black Farmer's Market is Oct. 26, noon to 4 p.m., SE Raleigh YMCA, 1436 Rock Quarry Road.

* The Market at N.C. Museum of Art is Nov. 1, 11 a.m. to 4 p.m., 2110 Blue Ridge Road.

MAMMOGRAMS

WakeMed Mobile Mammography event is Oct. 27-30, 11 a.m. to 7 p.m., and Oct. 31-Nov. 1, 8 a.m. to 4 p.m. for uninsured women over 40. Call 919-350-1317.

FUNDRAISER

Breakthrough T1D, formerly JDRE, hosts Triangle Walk Nov. 2, noon, Coastal Credit Union Music Park at Walnut Creek. Proceeds benefit people with type 1 dia-

betes. Visit: breakthrough1d.org.

'FUNKRAISER'

Holt Brothers Foundation 2025 Funkraiser is Nov. 2, 4 p.m., Pavilion at the Angus Barn, 9401 Glenwood Avenue. Tickets: my.onecause.com.

WINTER WARMTH

Warmth for Wake program provides wood or a space heater to eligible residents. Call 919-212-7083.

DURHAM HALLOWEEN

* Trunk or Treat is Oct. 29, 6-8 p.m., Holton Career and Resource Center, 401 N. Driver St.

* Trunk or Treat, Oct. 30, 6-8 p.m., Research Triangle Charter Academy, 2418 Ellis Road

FORUM

Durham Arts & Culture Candidates Forum is Oct. 30, 6-7:30 p.m., NorthStar Church of the Arts, 220 W. Geer St.

CELEBRATION

The Durham Chapter of Jack and Jill of America will celebrate its 80th anniversary Nov. 1, 7-10 p.m., JB Duke Hotel. Visit: jackandjillinc.org.

CONCERTS:

* Macy Gray at the Carolina Theatre, Oct. 29. Tickets: www.carolina-theatre.org.

* Boney James: Slow Burn Tour, Nov. 1.

BALL

RHODA Generation presents RHODA BALL: A Night Under the Stars, celebrating the empowerment of teenage girls, Nov. 1, 5:30-9:30 p.m., Sheraton Imperial Hotel, 4700 Emperor Boulevard. Tickets: www.rhodageneration.org.

CHAPEL HILL FUNDRAISER

Baptist University Church's annual Franklin All Nighter is Nov. 1 at sundown to sun-up Nov. 2, 100 S. Columbia St. Proceeds benefit mental health awareness. Contact: franklinallnighter@gmail.com.



Get Holiday and Gift Ready

A checklist to prepare for the season

FAMILY FEATURES

Creating lasting memories during the holidays is all about spending quality time with loved ones.

Being prepared for everything the season brings helps minimize stress so you can maximize that special time together.

If prepping for the holidays has you feeling overwhelmed, use this checklist to ensure your home is guest-ready, your thoughtful gifts are wrapped early, and your celebrations are festive and worry-free.

To guarantee your home is ready for everything the holiday season can throw at it, start with a thorough cleaning.

Focus on high-traffic areas like the living room, kitchen and guest bathrooms. Don't forget the bedrooms if you'll have company staying over during the holidays.

Declutter your living spaces to make room for holiday decor and create extra space for guests to move around comfortably.

Make room in the refrigerator and restock essentials like snacks, beverages and toiletries, and set out towels and bedding for overnight guests.

Whether or not you're hosting guests, having a clean home during holiday chaos can help bring peace of mind.

Planning your list in advance can help you avoid the last-minute rush to find thoughtful, elevated gifts for friends and family members.

Perfectly gift-ready, Air Wick Essential Mist is an easy, thoughtful holiday surprise for anyone on your list.

Featuring a range of fragrances and portable design, it effortlessly transforms any space into one that feels more elevated, inviting and holiday-ready.

With its long-lasting scents and effortless setup, it's an affordable present that delivers a multi-sensory experience.

The holidays often bring packed calendars, endless to-dos and added financial pressures, but setting boundaries can help you prevent burnout.

Create a realistic budget and stick to it, opting for thoughtful yet affordable gifts. Don't be afraid to delegate tasks, whether that's asking family members to bring an extra dish to dinner or letting kids help

wrap presents.

Just as important, block off a few evenings when you can commit to no obligations, giving yourself time to rest and recharge. By setting limits on your time, spending and energy, you'll be able to enjoy the moments that matter most.

Wrapping presents as you purchase them can help avoid the stress of last-minute giftwrapping, not only saving time but also allowing you to be more creative with your wrapping style.

Keep supplies such as paper, ribbons and tags on hand in an easily accessible location so your gifts are gift ready the moment you bring them home.

Create a warm and inviting ambiance with the right music and lighting. Whether it's a lively gathering or a quiet family dinner, playing holiday music can get everyone into the festive spirit.

Soft, warm lighting from lanterns or seasonal string lights, along with holiday fragrances, can create a relaxing environment that makes everyone feel welcome.

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10/30 @ 10 am

11/06 @ 4:30 pm
Cary Senior Center
120 Maury Odell Place
Cary

10/31 @ 2 pm

W.E. Hunt Recreation Center
301 Stinson Avenue
Holly Springs

11/04 @ 11 am

12/03 @ 11 am
Original Carolina BBQ
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11/12 @ 11 am

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Southern
should be
ashamed
over
firing

College coaching is a vicious and mean-spirited business, even when it doesn't have to be.

Southern University knew it was going to fire head football coach Terrence Graves before he went on Monday's SWAC teleconference.

I say the "university" because we all know that when it comes to football and men's basketball, firings and hirings come from the top - not the athletics director's office. Why not release Graves after the homecoming game?

Graves was diplomatic when asked about his employment situation. "...Yes, I would rather be 6-1 than 1-6. It's not that we don't have a good football team, but it's just that many things and factors are not coming together at this time.

...But spiritually, I'm a strong man of faith. I'm at peace with who I am and whose I am. I don't waiver on that."

Were they sitting in their offices laughing the whole time?

A little over a year ago, Southern was 3-1 in the SWAC West and on its way to winning its final four regular season games, the division title and a date with Jackson State in the SWAC Football Championship.

Graves now is gone after less than two seasons.

SWAC Commissioner Charles McClelland Jr. pretty much admitted at the SWAC Media Day that it was win or go home early for coaches. The stakes are higher than ever. With D.C. trying to turn back the clock, HBCUs are looking for self-sustainability at every opportunity and winning still opens wallets. If teams don't win, fans stay home, and somebody is out of a job.

Still, if Graves had been fired even on Saturday, people would have shrugged and kept going. But to wait until after his media session was unnecessarily mean.

Right Man for the Job

On a positive note, Prairie View A&M first-year coach Tremaine Jackson has rejuvenated the Panthers.

I've followed Jackson's career since his three-year stint at Division II Valdosta State. In 2022, he became the first African-American head coach hired in the HISTORY of the Gulf South Conference. After a 5-6 first season because most of the players left, he compiled a 25-3 overall and 13-1 conference record his final two seasons, including a trip to the 2024 NCAA Division II Championship.

Oh yeah, Valdosta was the only school in the conference that didn't give the full allotment of 36 scholarships, according to media reports.

Snooty PVAM fans thought Jackson wasn't good enough with his DII pedigree even though he's a Texas Southern alumnus. Well, Mr. Division II and his staff have the Panthers undefeated in the SWAC West and on a four-game winning streak, with five games remaining. Their defense is the best in the SWAC.

After PVAM defeated Southern, Jackson said, "It will be a cold day in hell before they schedule us for homecoming again."

Panther fans might still be on the fence about Jackson, but his discipline and no-nonsense reputation has gained notice outside of HBCUs.

The Sacramento Bee reported last week that Jackson was a candidate for the UAB job after Trent Dilfer's firing. Unlike most coaches, Jackson didn't deflect the question.

"That's a position you want to be in," he said Monday. "When you're winning, you want people to talk about you; people don't talk about losers. ...We're just a bunch of Division II guys trying to figure this Division I thing out. That's what everybody is thinking anyway."

He has a sense of humor, too.

The
Triangle Tribune
Sports

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HBCU FOOTBALL



COURTESY

N.C. Central coach Trei Oliver called Delaware State's rushing attack the "Green Bay Packers" of the MEAC. Bottom left: DSU running back Marquis Gillis. Top right: James Jones.

The 'Green Bay Packers'!

By Bonitta Best
editor@triangletribune.com

ESPN's "First Take" takes its show on the road to Delaware State Oct. 29 for a live broadcast.

The Hornets and Norfolk State will meet at Lincoln Financial Field in Philadelphia

Dec. 30, 7 p.m., on ESPNU.

In the SWAC, Jackson State is ranked No. 11 in the latest AFCA FCS Coaches Poll.

The Tigers are the only ranked HBCU team. They also have the second-best rushing offense in FCS.

N.C. Central (5-2) vs. Delaware State (4-3)

The MEAC's top two offenses open up conference play this weekend at NCCU's homecoming.

The Hornets have the best rushing offense in FCS with 2,289 yards - a 7.36-yard average - and almost 700

more yards than second-place Jackson State.

Running back Marquis Gillis is ranked 11th nationally. DSU amassed almost 600 rushing yards in its homecoming win over Southern Connecticut State

Please see **TOP/7A**

COLLEGE CORNER

Shaw family loses a beloved member

WOMEN

N.C. Central

Volleyball had impressive shutout wins against Norfolk State and South Carolina State. The Eagles are in sixth place as they travel to Delaware State and Maryland Eastern Shore this weekend. Then it's Halloween at McDougald next Friday versus Morgan State.

Shaw

The Shaw family is grieving after the tragic death of alumna Brijette Basden last weekend.

Basden, who was a first-grade teacher in Wilson, was switching car seats with her sister on the side of the road when a driver hit them, according to media reports. Her sister is still in critical condition. Basden participated in track and field and cross-country. She graduated in 2023.

ated in 2023.

MEN

N.C. Central

The tennis team was honored with a proclamation by Mayor Leo Williams for winning the 2025 HBCU National Tennis Championship.

Shaw

CC knows how REALLY, REALLY bad alumni hate to lose homecoming. Before y'all throw Lamar Manigo under the bus, let the man have another full recruiting season first. At least he wasn't forced to "retire" under a cloud.

WSSU

Winston-Salem State 2022 alumnus Javonte Cooke has signed a two-way contract with the Portland Trail Blazers.



COURTESY

N.C. Central men's tennis team

Cooke played in 88 games over three seasons in the G-League, averaging 14.3 points, 4.5 rebounds and 2.8 assists a game.

SWAC HOF

The SWAC will induct six individuals into its 2025 Hall of

Please see **SHAW/7A**

From Plainfield, New Jersey, to the Nest

The unstoppable rise of Nasim Cosby

By Mikayla Brown
NCCU ATHLETIC COMMUNICATIONS

DURHAM - For Nasim Cosby, football has always been more than just a game. It's been a lifelong journey shaped by resilience, family support and an unwavering belief in himself.

The Plainfield, New Jersey, native first picked up a football at 5 years old. He began his journey as a quarterback until a shoulder injury changed his path.

Instead of letting that setback define him, Cosby took inspiration from former Ohio State standout Braxton Miller, who also transitioned from quarterback to wide receiver following an injury and decided to make the switch himself. That decision ultimately

set the stage for the player he is today.

Now, a junior business marketing student at North Carolina Central University, Cosby proudly wears No. 87 - a number that symbolizes his journey of resilience. His path from walk-on to starting wide receiver reflects years of hard work, patience and unwavering determination.

"I've always believed in putting the work in and staying patient," Cosby said. "Everybody's path is different. Some people get there faster than others, but it's all about staying focused and trusting your journey."

That focus started at home, with parents who never stopped believing in him.

"They've always been in my corner, pushing me to stay



disciplined and become a better person on and off the field," he said.

Before every game, Cosby focuses on staying calm and not allowing the moment to overwhelm him.

He said that involves not overthinking things, not let-

ting the moment become too big.

That belief has paid off. After starting his college career as a walk-on, Cosby's relentless dedication earned him a scholarship, solidifying his

Please see **COSBY/7A**

MEAC's top 2 offenses battle it out in Durham

Continued from page 6A two weeks ago.

"We're not caught up in the buzz," DSU first-year coach DeSean Jackson said at Monday's MEAC teleconference. "Guys are still missing reads. We should have run for 800 yards."

Jackson said the Hornets are entering conference play with a chip on their shoulder.

"The guys haven't forgotten the preseason rankings (sixth)," Jackson said. "Our plan is to try and spoil their homecoming. We're up for the challenge. We know what we do well."

The Eagles haven't lost at homecoming since coach Trei Oliver's first season in 2019.

While the offense has gotten the most publicity this season, the defense has its stars, too. NCCU's last three opponents were held to under 50 yards rushing.

But they didn't have the firepower of the Hornets. "They are big and physical up front. They have great speed and great balance," Oliver said. "They are the most efficient running team I've seen in my career. Our defensive line is up for the challenge."

Both teams are coming off bye weeks. NCCU has a four-game winning streak to protect, while DSU's first homecoming win since 2017 and a winning record at this point in the season has fans thinking Atlanta.

"Confident teams are very dangerous," Oliver said. "They are a hot team right now, and they would love to spoil our homecoming."

NCCU travels to rival Howard Nov. 1 at 3:30 p.m. The matchup will be streamed on ESPN+.

* **Notes:** The Eagles have 17 votes in the latest AFCA poll. Quarterback Walker Harris is eighth in FCS in passing yards. Running back Chris Mosley is 12th in rushing behind Gillis.

Shaw (2-5 overall, 2-3 CIAA) vs. Fayetteville State (4-3, 4-0)

Shaw's 52-0 loss to Johnson C. Smith eliminated it from the championship race.

The Bears can only play spoiler now. The Broncos and Virginia Union are tied for first place with unbeaten conference records.

Shaw is FSU's last road game. The Broncos host

JCSU and Winston-Salem State to close out the season.

CAA
North Carolina A&T (1-6) returns from a bye week to host Campbell this weekend. The theme is "Pitmasters/AG Day." The Aggies have lost four straight games

Hampton (2-6) tries to get back on the winning track when its hosts Monmouth for the first of a three-game homestand.

Player of the Week
Mississippi Valley State kicker Nina Schiks went 4-for-4 on point-after attempts, becoming the first female player in program history to score in a game.

First Vacancy
Southern coach Terrence Graves was fired Monday afternoon after a 1-6 start, including a homecoming loss to Prairie View A&M.

Graves led the Jaguars to the 2024 SWAC Championship Game, where they lost to eventual HBCU champion Jackson State. Co-defensive coordinator Fred McNair has been named interim.

Former Shaw student-athlete dies in accident

Continued from page 6A

Fame Class in December.

* Albert Dennis III, Grambling State: the 1972 all-conference offensive tackle played under legendary coach Eddie G. Robinson. He played in the NFL for a few seasons before returning to GSU as an athletic administrator for 26 years.

* Shawn Gregory, Jackson State: Gregory is No. 8 on the Tiger's single-season passing list with 2,870 yards in 1990. He led JSU to four consecutive Division I-AA playoff appearances (now FCS). He coached at Morris Brown, Tuskegee, Mississippi Valley State (twice) and Samford.

* Ashley Robinson (MVSU): Robinson was a four-year letterman in basketball and is still the single-season recordholder in assists. He is Jackson State's vice president and director of athletics.

* Adell Davenport, Southern: Davenport is a baseball legend among Jaguar Nation. The All-American led Southern to its first NCAA appearance in 1987 and helped the Jaguars become the first HBCU to win a first-round game. The San Francisco



Giants selected him in the 18th round of the MLB Draft.

* Milton Taylor Jr. (contributor): After graduating from Alabama State, Taylor was hired as head baseball coach at his high school alma mater. Ramsay High qualified for the playoffs every year during his 13-year reign. He also

was the equipment manager at Miles College before joining the SWAC office.

* Byron Johnson (legend): The Texas Southern alumnus was a top SWAC official who also was supervisor of special education for the Houston Independent School District.

The unstoppable rise of receiver Nasim Cosby

Continued from page 6A place as one of the Eagles' offensive playmakers.

Off the field, Cosby's ambition is just as strong. Determined to break stereotypes about student-athletes, he's focused on academics and involvement across campus. Cosby aims to graduate early while serving as a member in many student-led organizations, including the Student Government Association.

He takes pride in being recognized as more than just an athlete.


Choosing NCCU was more than just a decision based on football. His aunt, Crystal Cosby, a former Eagles women's basketball player who graduated in 2001, helped pave the way.

"NCCU has always been part of my family," he said. "After going to an all-boys private school, I wanted to come somewhere that re-

flected my culture and felt like home."

Looking ahead to the future, Cosby hopes to merge his love for sports and business by pursuing a career in sports marketing, with aspirations of working alongside professional athletes.

His story is one of persistence, faith and purpose, a true example of what happens when talent meets determination.



COURTESY

Congratulations to Kimora from Florida Memorial University on making the Miami Dolphins cheer squad.

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HALLOWEEN ACTIVITY SHEET



Hi Everyone,

I know some of you celebrate Halloween and some of you don't. Either way, we have some fun facts to share with you about Halloween. Every year on October 31st, we celebrate Halloween in America. A lot of Black Americans don't celebrate Halloween because of cultural and religious beliefs. Others celebrate it for the fun of dressing up and getting candy! I've been told some children want to dress up in the outfit that I'm wearing! Notice my NK95 mask! I'm using it as a Halloween mask but also to remain protected during this continual Covid Pandemic period. I suggest you do the same while you are out there celebrating Halloween.

If you wear a costume that looks like my clothes, send a picture to Kemetcomic.com. I would love to print a picture of it to display in an upcoming activity sheet!

CELEBRATING HALLOWEEN

This holiday has been around for more than 1000 years. It started out as a religious holiday but eventually evolved into a non-religious day of celebration. Today, Halloween is more for children dressing up in costumes, having fun and getting a treat, which is most often, candy. Because of the effects of COVID, discuss with your parents the precautions you need to take to stay safe from the virus.



HALLOWEEN COSTUME IDEAS

Draw or describe the costume you would wear on Halloween. Create a colorful NK95 mask to match your costume.

1800's Celtics religious

Go "trick or treating"

WHAT'S MISSING?

Find the missing words and write them on the lines.

- Who were the original people to celebrate Halloween?
- When was Halloween first celebrated as a holiday in America?
- What do people typically do to celebrate Halloween?
- Halloween was originally a _____ holiday.



ONE MINUTE MADNESS

In one minute, circle seven things people drop in your halloween bag.

Kit Kat	Broccoli	Toothbrush
Shoes	Starburst	Skittles
Lollipop	Milk	Headphones
Ipad	Vegetables	M&Ms
Hershey	Cake	Tiny Toys

KIDS, STAY SAFE ON HALLOWEEN!

An adult should always inspect your candy before you eat it. Avoid eating any home made treats from others. Eat only "Factory Wrapped" candy. Trick or Treat in a group, not alone. Stay with this same group. Enjoy the celebration!





ANSWER KEY

ONE MINUTE MADNESS
Kit Kat Starburst Skittles Lollipop
M&Ms Hershey Tiny Toys

WHAT'S MISSING
Celtics
Boston
Go "trick or treating"
religious

HALLOWEEN: CELEBRATE VS IGNORE
Religious Beliefs
Cultural Beliefs

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HALLOWEEN, 10/30/25, #226 WWW.JOEYOUNG.ORG KEMET ACTIVITY SHEETS © 2025 BY JOE YOUNG

SCHOOL NEWS

DURHAM COUNTY
Known to possess “a relentless focus on equity and academic excellence,” C.C. Spaulding’s Principal Vanessa Alford was named 2025-26 Durham Public Schools principal of the year during a surprise announcement in front of her students and staff. The selfless veteran educator and mentor to many other educators is deeply committed to the holistic development of her scholars, DPS Superintendent Anthony Lewis says.

Alford tearfully accepted the honor acknowledging her students, staff and family. She paid homage to her parents, one of whom was only able to finish eighth grade but who both greatly valued education, she said. She pointed to her son who sat in the front row of the auditorium, saying that she always pushed herself for him because she wanted him to know that education was always the great leveler.

Students took turns to share testimonies: “We love you because you first loved us,” a fifth grader said.

“As principal of C.C. Spaulding, she has transformed the school into a nurturing, high-performing learning environment



C.C. Spaulding Principal Vanessa Alford

COURTESY

where every child is both challenged and supported,” Lewis said. “Her leadership has led to measurable gains in student achievement, particularly in literacy and math, while narrowing opportunity gaps for historically underserved student groups.

Alford is equally committed to the professional growth of her staff. She has cultivated a collaborative culture of instructional excellence, empowering teachers through high-

quality professional development, data-driven practices, and consistent coaching. Her ability to inspire educators and bring out their best has created a schoolwide culture of shared accountability and success.

“I’m humbled. It could have been anybody, but my colleagues noted that it was my time. They are here to support me,” she said.

Alford now advances to the regional principal of the year competition.



BETTYE MURCHISON

New Hope Collective (formerly St. Mark UMC) on New Hope Road in Raleigh. Every Wednesday from 11a.m. to 5 p.m., the Collective hosts an open networking opportunity for nonprofits and others who need a space to collaborate and just breathe. Free coffee and snacks with great hosts!

MOVERS AND SHAKERS

DURHAM COUNTY
Durham County Department of Public Health’s Bria Miller was recently recognized as one of the 40 Under 40 in Public Health in recognition of her work as Partnership for a Healthy Durham coordinator. The de Beaumont Foundation announced its Class of 2025 after reviewing nominations from hundreds of



Miller

professionals working to benefit state or local public health across the country. Miller leads a coalition of hundreds of community members and local organizations from sectors including health care, housing, transportation, food, government, education and nonprofit agencies, all working together to improve health outcomes in Durham. The Partnership is also responsible for publishing the annual State of the County Health report and the Com-

munity Health Assessment, occurring every three years, which each serve to highlight Durham’s health needs and help guide policy decisions.

Are you or someone you know a Mover and a Shaker? Drop us a line at Movers and Shakers, c/o The Triangle Tribune, 5007 Southpark Drive, Suite 200-G, Durham, NC 27713, or email us at info@triangletribune.com. Photos welcome.



Collect and save some heirloom vegetable seeds

By Melinda Myers
SPECIAL TO THE TRIBUNE

Be a part of history and save money when planting next year’s garden. Collect and save the seeds from your favorite heirloom tomatoes, peppers, beans and peas this fall.

Seeds of heirloom plants have been collected and passed along for generations, producing offspring identical to the parent plant.

Hybrids, on the other hand, involve crossing different plants to create a unique or improved variety. Saved seeds from hybrid plants do not grow into plants with all the same characteristics as the parent plant.

Heirloom peas and beans are generally self-pollinated, so they form seeds that will grow into plants like the parent plant. Allow the peas and beans you plan on saving to dry on the plant.

Once the pods turn brown and the seeds rattle inside, they are ready to harvest. This is about six weeks after you harvest snap beans for eating and about four weeks after the normal picking stage for peas.

Protect plants from frost or pull them out of the ground and hang them in a cool dry location so the pods can finish drying if needed. Remove the pods from the plants, spread them out and allow them to further dry indoors for about two weeks.

Remove the seeds from the dried pods, store in an airtight opaque container in a cool dark location. You may want to store different varieties separately in paper packets and all the packets in one large airtight container. Label the seeds with the varietal name and date they were collected. Store in a cool location.

Saving seeds from tomatoes requires a bit different preparation. Once the fruit is fully ripe, scoop out the gelatinous center. Place this in a container of water set in a warm location to ferment. Swirl or stir the contents twice a day. After about a week, the good seeds will sink to the bottom of the container.

Remove and compost the layer of fermented tomato waste and the inferior seeds floating on the surface. Pour the remaining water and the good seeds

sitting on the bottom of the container through a fine mesh strainer. Rinse the seeds, removing any of the gelatinous material that may remain. Spread the seeds on a piece of paper to dry.

Once dry, place the seeds in an envelope labeled with the date and variety and set in a sealed jar or plastic container.

Store in the refrigerator or other consistently cool location until it’s time to start them for next season. Use your saved seeds the following year for the best results. Then repeat each season.

Start with these, and then consider trying other open-pollinated vegetables, flowers and even tree and shrub seeds. You’ll find helpful information in books, online and on the Seed Savers Exchange website. Saving your own seeds can help you save money while preserving and planting a bit of gardening history.

Melinda Myers has written more than 20 gardening books, including the Midwest Gardener’s Handbook and Small Space Gardening.



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LEGAL NOTICES



LEGAL NOTICE

UNIFORMED SECURITY SERVICES FOR DURHAM COUNTY FACILITIES & PARKING DECKS REQUEST FOR PROPOSALS RFP No. 25-013

The County of Durham will receive sealed proposals for qualified Contractor(s) to establish a contract to provide uniformed security services for Durham County government facilities, and parking decks on December 11, 2025, at 2:00 P.M. Eastern Time, in the Durham County Purchasing Division of Finance, 201 East Main Street, 7th Floor, Room 703, Durham, North Carolina 27701. No proposals will be accepted after the official time and date.

A Pre-Proposal Conference will be held at 10:00 A.M. Eastern Time, on November 13, 2025, located in the Durham County Health and Human Services (HHS) Building, Conference Room C on the second floor, 414 East Main Street, Durham, North Carolina 27701.

An electronic copy of this Request for Proposal (RFP) can be obtained from Durham County's eBid System located under Bid Opportunities at:

[Durham County | Bid Opportunities](#) (Control + Click)

Proposers can download a copy of the solicitation and all addenda without registering in the system. However, in order to automatically receive email notifications of solicitations and addenda issued by the Purchasing Division, Proposers MUST register in the eBid system.

Durham County is an equal opportunity employer.

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

MISCELLANEOUS

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Will Social Security's 2026 COLA offset rising everyday costs?

Continued from page 2A
poverty, robbing them of their right to retire with dignity," TSCL Executive Director Shannon Benton said.

The average monthly Social Security check for retirees was \$2,008.31 this past August, as reported by Kiplinger. Further, state-by-state comparisons show that retirees in 26 states receive less.

Social Security's modest benefits are further reduced by the rising costs of Medicare Part B premium payments that are deducted from most benefit checks. This year, most retirees pay a \$185 monthly premium. Based on the 2025 Medicare Trustees Report filed in mid-June, the monthly premium for Part B is projected to rise by 11.5% to \$206.20 in 2026. It would be the eighth time in the last quarter century that the Part B premium has risen by a double-digit percentage on a year-over-year basis, as reported by The Motley Fool.

Medicare Part B covers services from doctors and other health care providers

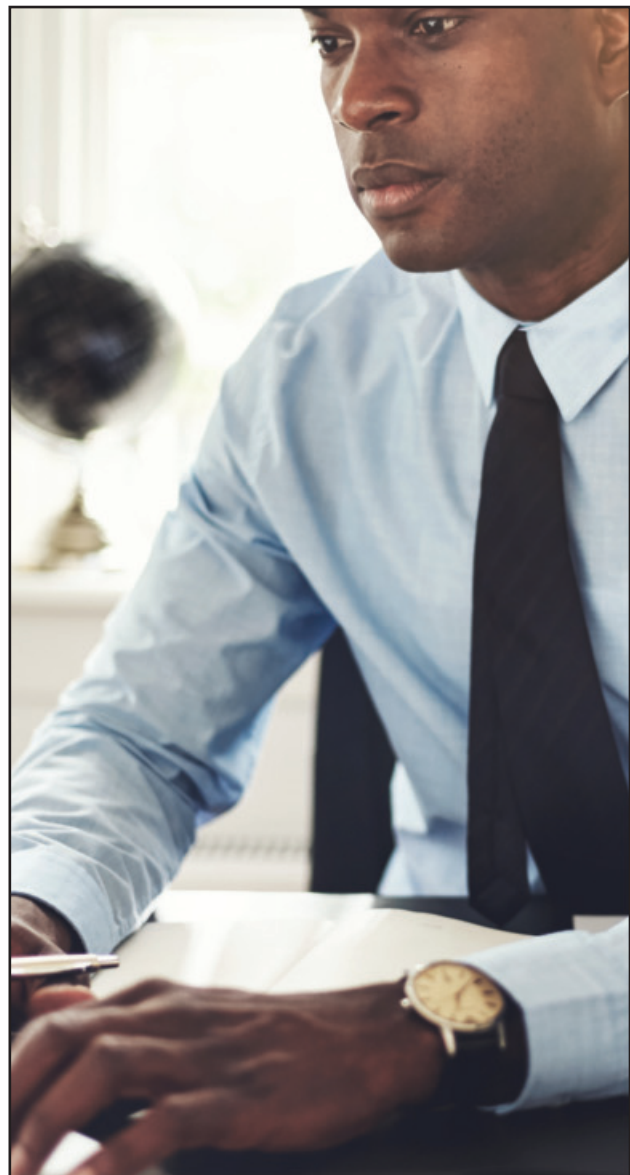
(in office or outpatient); preventive services like screenings, vaccines or other shots; outpatient care; durable medical equipment like wheelchairs or walkers; and home health care.

With no end in sight for the federal government shutdown, partisan debates have emerged over future health care funding, particularly for families enrolled in the Affordable Care Act.

As America's population continues to age, the future of Medicare funding also must be a part of that important debate – particularly when the Social Security Trust Fund is projected to run out of money by 2033.

Systemic, long-term improvements to Social Security and health care are in the best interests of the nation. Here's hoping Congress will recognize and respond to this reality.

Charlene Crowell is a senior fellow with the Center for Responsible Lending. She can be reached at Charlene.crowell@responsiblelending.org.



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