



SPORTS

Raleigh wrestling club seeking new youth members



COMMUNITY FOCUS

Who is investing in African American youth's potential?

The Triangle Tribune

THE TRIANGLE'S CHOICE FOR THE BLACK VOICE SINCE 1998

"Serving Raleigh, Durham and Chapel Hill"

VOLUME 27 NO. 46

Week of November 16-22, 2025

\$1.00

Celebrating 90 Years of Excellence and Community

Community members celebrated the 90th anniversary of the Richard B. Harrison Library last Sunday. Raleigh community leaders also were honored.



North Carolina assistant state librarian Tiwanna Nevels (pink dress) presents the Mollie Huston Lee Award to Wanda Cox-Bailey, former manager of the Harrison Library.



Branch manager Monica Lucas-Shabazz (podium) prepares to present a third award.



Senator Dan Blue presents community activist Octavia Rainey, left, with the Lee Award.

KYLIE MARSH



An inside look at a renovated reused shipping container.

KYLIE MARSH

Developers get creative to solve Durham's affordable housing crisis

By Kylie Marsh
kylie.marsh@triangletribune.com

DURHAM - Durham Community Land Trustees has been at the forefront of innovation for over three decades. In partnership with Module, a Pittsburgh-based modular housing construction company, DCLT joined lenders, developers, contractors and community members for "From Capital to Community," a training in modular construction.

The event last week spotlighted creative ways to increase housing supply from start to finish, such as reusing shipping containers or building additional dwelling units. ADUs gained national attention during the 2024 Innovative Housing Showcase hosted by the U.S. Department of Housing and Urban Development on the National Mall in Washington, D.C. In addition to training and workshops on developing af-

fordable housing, DCLT provided an on-site tour of three homes using these innovative solutions: one single-family ADU by Module; a second reused shipping container home by Atlanta-based company Makers Studio; and a third, which is available for purchase through DCLT. The training was sponsored by Fannie Mae, Self-Help and Volunteers of America National

Please see **DEVELOPERS/2A**

Democrats break ranks to end the gov't shutdown

By Jennifer Shutt
jshutt@ncnewsline.com

WASHINGTON — The U.S. Senate approved a stopgap spending bill Monday that will end the longest government shutdown in American history once the measure becomes law later this week.

The 60-40 vote sends the updated funding package back to the House, where lawmakers in that chamber are expected sometime during the next few days to clear the legislation for President Donald Trump's signature.

Shortly before the vote, Trump said he plans to follow the agreements included in the revised measure, including the reinstatement of thousands of federal workers who received layoff notices during the shutdown.

"I'll abide by the deal," Trump said. "The deal is very good."

Republicans, he added, will soon begin work on legislation to provide direct payments to Americans to help them afford the rising cost of health insurance, one of the core disagreements between the political parties that led to the shutdown. "We want a health care system where we pay the money to the people instead of the insurance companies," Trump said from the Oval Office. "And I tell you, we are going to be working on that very hard over the next short period of time."

Earlier in the day, House Speaker Mike Johnson urged representatives to begin traveling back to Capitol Hill as soon as possible to ensure they arrive in time to vote on the bill to reopen the government, after the measure arrives from the Senate.

Trump took a markedly different tone over the challenges air traffic controllers have faced during the shutdown in a social media post that he published several hours before he spoke to reporters about the deal to reopen government. "All Air Traffic Controllers must get back to work, NOW!!! Anyone who doesn't will be substantially 'docked,'" Trump wrote, without explaining what that would mean for workers who had to take time off since the shutdown began Oct. 1.

Trump added that he would like to find a way to provide \$10,000 bonuses to air traffic controllers who didn't require any time off during the past six weeks. "For those that did nothing but complain, and took time off, even though everyone knew they would be paid, IN FULL, shortly into the future, I am NOT HAPPY WITH YOU. You didn't step up to help the U.S.A. against the FAKE DEMOCRAT ATTACK that was only meant to hurt our Country," Trump wrote. "You will have a negative mark, at least in my mind, against your record. If you want to leave service in the near future, please do not hesitate to do so, with NO payment or severance of any kind!"

The Senate-passed package will provide stopgap funding for much of the federal government through January 30, giving lawmakers a couple more months to work out agreement on nine of the dozen full-year spending bills. The package holds several other provisions, including the full-year appropriations bills for the Agriculture Department, the Legislative Branch, military construction projects and the Department of Veterans' Affairs.

Seven Democrats and one independent broke ranks Sunday on a procedural vote that advanced the package, drawing condemnation from some House members and outside advocacy groups unhappy that no solution was arrived at to counter skyrocketing health insurance

Please see **DEMOCRATS/2A**

The Black middle class is still struggling despite gains

By Victoria Mejicanos
vmejicanos@afrotribune.com

A stable job, homeownership and a family often defines the concept of the American Dream. However, for Black Americans across the country, it can feel impossible to reach, even for those who have "made it." Caprice Risby was born to teenage parents. Her family relied on different types of federal assistance, including public housing and welfare, which allowed her to "never go without."

Now, Risby, 30, works in student affairs at Texas A&M University. She has established her own organization, Afroprofessional, to support other Black professionals. Still, Risby, like many Americans, feels that despite her continued success, she is still playing "catch up" with her finances. Risby's story is part of a larger trend for Black Americans as they work to achieve financial stability.

According to a paper from

Opportunity Insights, a Harvard University-based research team, high income Black families have less wealth and assets than their white counterparts, which is a generational trend. The research compares children from families born between 1978 and 1992. The paper shows that "the White-Black gap among high income families remained essentially unchanged."

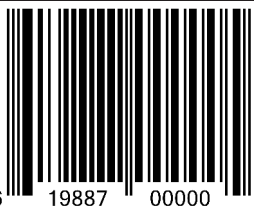
This problem is exacerbated by historical factors such as

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© 2025 The Triangle Tribune

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Developers get creative to solve housing crisis

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ADUs maximize housing supply in a finite amount of space. Time is money in real estate. DCLT Executive Director Sherry Taylor said modular homes are much faster to provide for a community that is in dire need. "Any developer can do this," Taylor said. "The materials don't sit in the elements, and saving time also saves money."

That said, for the developer - in this case, DCLT - the construction costs aren't necessarily lower. The challenge is pulling funding sources from all directions, Taylor said, because there aren't many sources available for subsidy to developers of single-family homes for purchase. Module's homes also feature many environmentally friendly features, like solar panel hookups, and

are zero-energy standard certified. Module selected DCLT as one of eight national housing providers for its 2024 Mission-Driven Developer Program, which provided training, support and \$25,000 to mission-aligned developers dedicated to expanding housing opportunities in communities most impacted by rising costs and limited supply.

Democrats break ranks to end government shutdown

Continued from page 1A

premium increases for people in the Affordable Care Act marketplace. Republicans hold 53 seats in the Senate, where bipartisanship is required for major bills to move forward under the 60-vote legislative filibuster. Senate Majority Leader John Thune, R-S.D., said during a floor speech Monday he was "grateful that the end" of the stalemate was in sight. Senate Minority Leader Chuck Schumer, D-N.Y., was far less celebratory after his bid to get Republicans to negotiate a deal on health care costs by forcing a shutdown failed. "The past few weeks have exposed with shocking clarity how warped Republican priorities truly are. While people's health care costs have gone up, Republicans have come across as a party preoccupied with ballrooms, Argentina bailouts and private jets," Schumer said. "Republicans' breach of trust with the American people is deep and perhaps irreversible."



Black middle class still struggling despite gains

Continued from page 1A

slavery, Jim Crow laws and redlining according to the same paper. Lorece Edwards, a Morgan State professor at the School of Community Health and Policy, spoke to the AFRO about redlining and its persistent impacts today. "Redlining may have ended on the books, but its legacy is still very much present today," she said. Redlining, which began in the 1930s with a residential security map created by the Federal Home Owners' Loan Corporation, determined who could receive loans for housing - and where. Neighborhoods marked in red on the map were deemed "hazardous" for banks and lending organizations. These areas were often denied financial investment. Neighborhoods marked in green and blue on the map were deemed more "secure" for investors. These areas were more likely to receive loans for home purchases and repairs. However, the money was reserved for white homeowners, as they were the only racial group welcomed in the areas

marked in green or blue. "Housing has always been considered a form of wealth," Edwards said. "People get houses, they fix them up, they sell them, and then they earn money that way. People who live in redlined areas were denied that opportunity." She also discussed the "Black Butterfly," a term coined by her colleague, Lawrence Brown. The term explains the image that appears on the map of Baltimore City, when different types of inequities are marked out. The same image appears when discussing housing, internet access, health and more. "The Black Butterfly are these areas - the redlined areas that we're talking about - where you have a wing on the east and a wing on the west," Edwards said. "And in the middle is the [white] L, the spine of the butterfly. Those are the areas in the city where funding is spent." Edwards calls poverty the "deadliest form of violence," one that continues to erode opportunity for the very people once promised mobility through education and hard work.

Heather Burton, former associate vice president for diversity and inclusion at Case Western Reserve University, was laid off in May. She is one of more than 300,000 Black women who have lost their jobs since the start of the current administration. Although she has faced a setback, because of her saving and budgeting habits and her work as a writer and speaker, she has been able to maintain middle class status. For her, what separates the Black middle class from the white middle class is a lack of equity for opportunities. "What I think about the Black middle class is the need, or necessities of people to understand the impact that race has on our society," Burton said. "Most folks don't get it, and they have a hard problem comprehending the impact that it has and that it has had. It's one thing to get there, it's another thing to stay, especially when folks feel threatened because of preconceived notions or biases."

Read the entire article on our website.



UNC-Chapel Hill chancellor says university will not sign Trump's compact

By Brianna Atkinson
WUNC

UNC-Chapel Hill's chancellor says the university will not sign on to a higher education compact from the Trump administration. Last month, the administration sent nine universities a proposal called the "Compact for Academic Excellence in Higher Education." It promised universities "preferential treatment" for federal funding if they agreed to a set of demands. Those include requiring institutional neutrality, limiting international student enrollment, and establishing protections for conservative ideas, among several other mandates. After none of the nine original institutions signed on, Trump opened the deal up to all colleges and universities. Chancellor Lee Roberts told faculty at a council meeting last week that he believes the compact is "clearly an infringement on academic freedom." "There are some parts of

the compact that we are already doing, and there are some parts of the compact that would be difficult or impossible for us to do," Roberts said at the meeting. "There's really no way that we can sign the compact as written, and we don't plan to." As of now, no university has agreed to Trump's compact, and Roberts said he doesn't foresee a "continued effort" from the administration to get schools to sign on. Several faculty members, however, were worried UNC-Chapel Hill administrators could later decide to join the compact if the Trump administration chose to rewrite it. Some were also concerned the UNC Board of Governors could override UNC-Chapel Hill's decision if a request came to the UNC System Office. Roberts said he hasn't heard any discussion of the Trump administration reaching out to the UNC System about the compact. "We have about \$1.5 billion in federal research

funding," Roberts said. "We're in the top 10 nationally. So we, I think, have an obligation to maintain a really strong dialog with the administration in all its facets. And that's what we'll continue to do." "I can't promise that we'll put any conversation that we have with the administration to a vote of the Faculty Council. But I can promise that we're highly aware of our responsibilities with respect to protecting the academic freedom of the institution to consulting with the faculty." Multiple UNC-Chapel Hill faculty and student groups organized collective actions speaking out against the compact, including a SUNRISE UNC protest shortly before the Faculty Council meeting and a petition from the Coalition for Carolina that has amassed over 1,750 signatures. WUNC partners with Open Campus and NC Local on higher education coverage.


BUSINESS BRIEFS

ALLIANCE
The Black Business Alliance of the Carolina Chamber presents 2 Minutes to Collaborate Nov. 18, 5-7 p.m., The ArtsCenter, 400 Roberson St., Carrboro. Register: <https://business.carolina-chamber.org>.


BREAKFAST
Durham Black Chamber

of Commerce is hosting The Black Business Breakfast Nov. 19, 9-11 a.m., Durham Hilton, 3800 Hillsborough Road. Register: bcubed.eventbrite.com. The Chamber also announced the honorees for its 2026 Black Business Gala. Learn more at www.blackgala.eventbrite.com.

FOOD DRIVE
Carspace is partnering with Big Brothers Big Sisters of the Triangle to host Drive for Good to benefit Food Bank of North Carolina. Donations can be dropped off at 5200 Greens Dairy Road, Raleigh. Giveaway day is Nov. 20, 6:30-9 p.m.



NCDOT TO HOLD VIRTUAL PUBLIC MEETINGS FOR MULTIMODAL CONNECTED VEHICLE PILOT PROJECT IN WAKE COUNTY



STIP PROJECT NO. HO-0001AA

RALEIGH - The public is invited to a meeting with the N.C. Department of Transportation this month to discuss the pilot project that is exploring the safety benefits of multimodal connected vehicle technology near N.C. State University.

For the project, crews updated road infrastructure, introduced a new mobile app for cyclists, pedestrians and drivers, and used smart transportation systems to evaluate these technologies. The pilot aims to improve safety, mobility and environmental sustainability by boosting bus use and cutting down on car idling with better traffic light timing.

A virtual meeting will be held **6 -7:30 p.m. on Monday, Nov. 17, 2025**. Interested residents can attend the meeting online or by phone to learn more about the pilot, ask questions and talk with NCDOT representatives. There will be a formal presentation beginning promptly at **6 p.m.**

Meeting registration and project details, including a map of the pilot area, can be found on the NCDOT project webpage at <https://publicinput.com/mmcvp-raleigh>.

People may also submit comments by phone, email or mail by **Dec. 12, 2025** by contacting **NCDOT State Signal Equipment Engineer Keith Mims, PE** at **919-814-4931**; kmmims@ncdot.gov; or **1561 Mail Service Center in Raleigh**.

NCDOT will provide auxiliary aids and services under the Americans with Disabilities Act for disabled people who wish to participate in the virtual meetings. Anyone requiring special services should contact **Jamille Robbins, Environmental Analysis Unit**, at **1598 Mail Service Center in Raleigh**; **919-707-6085**; or jarobbins@ncdot.gov as early as possible so arrangements can be made.

Persons who do not speak English, or have a limited ability to read, speak or understand English, may receive interpretive services upon request prior to the meeting by calling 1-800-481-6494.

Aquellas personas que no hablan inglés, o tienen limitaciones para leer, hablar o entender inglés, podrían recibir servicios de interpretación si los solicitan antes de la reunión llamando al 1-800-481-6494.

"The Voice of the Black Community"



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Kieth

Kieth Cockrell
President, Bank of America Charlotte

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BOOK

Author offers personal testimonies to help readers

Hope Beyond Hope
By Jabulani McCalister
WestBow Press

"Hope Beyond Hope" is a devotional designed to help readers navigate life's challenges and deepen their connection with God.

Drawing from his own experiences of overcoming despair, the author invites



readers to walk with him through a transformative 21-day journey that emphasizes hope, prayer and unshakable faith.

"Hope Beyond Hope"

offers more than just daily reflections; it is a heartfelt and personal narrative in which McCalister shares the triumphs and struggles that shaped his faith.

Each section contains daily prayers, meditations, Scripture passages, and actionable steps that inspire readers to seek God's strength, regardless of their circumstances. Through the themes explored in the book, McCalister encourages individuals to embrace God's faithfulness as the foundation for enduring hope and lasting peace.

"I believe that nothing else but a strong relationship with God can help you make it through your journey in life and faith," he said. "I want to remind

readers that they are not alone and can thrive in life, not just survive. Each day is an opportunity to overcome and walk in the victory God has equipped us with, so never give up."

With its blend of storytelling, scripture and prayer-based exercises, "Hope Beyond Hope" will appeal to those seeking to strengthen their faith, move forward with confidence, and find comfort in God in all seasons of life.

ABOUT THE AUTHOR: McCalister is the president and CEO of Jabu Enterprises since 1972. He uses his voice to provide services as a voice talent, public speaker, teacher and counselor.

AuraFit: Weaving Wellness with Wisdom

By Richard Brown

SPECIAL TO THE TRIBUNE

In North Carolina, a new kind of wellness sanctuary is redefining what it means to be healthy. AuraFit Raleigh, a fictional health and wellness studio, is not just a place to sweat; it's a vibrant community hub, born from resilience and designed for holistic growth.

Founded by Aris Thorne, AuraFit is a testament to the power of community, advanced AI, and a deep-seated commitment to accessible, culturally relevant well-being.

Thorne's journey to establish AuraFit was paved with challenges. "Raleigh is a competitive market, and as a minority entrepreneur, securing the initial capital and gaining trust felt like navigating a labyrinth," she reflects. "Many saw a yoga studio; I saw an opportunity to weave wisdom with cutting-edge science, creating a truly integrated wellness experience for everyone."

Her early struggles mirrored those of many minority business owners:



skepticism from traditional lenders, difficulty breaking into established networks, and the immense pressure to prove not just a concept but a profound need. What ultimately propelled AuraFit forward was Thorne's unwavering belief in her holistic approach and her refusal to compromise on the studio's core values of inclusivity and innovation.

Her initial strategy was deeply rooted in the community. She started with free wellness workshops in local parks and community centers, focusing on topics' stress reduction through mindfulness, culturally sensitive nutrition,

and movement practices that honored diverse body types. This engagement allowed her to organically build a following and, more importantly, to listen.

She gathered feedback, understanding the unique wellness challenges and aspirations of Raleigh's diverse population. This data became the blueprint for AuraFit's revolutionary "Growth Flywheel." Learn more at wardbrown.tech.

Richard Brown is the founder of Ward & Brown, helping e-commerce and service businesses scale through AI-powered systemization.

AROUND THE TRIANGLE

RALEIGH
FOOD DRIVE

Expressions in Rhythm Studio is hosting a community food drive throughout November. Donations can be dropped off at 3509 Maitland Dr., M-F, 5-9 p.m. Items will be distributed Dec. 1. Visit www.eirstudio.com.

DEBT

StepUp Ministry will host a Debt Management seminar Nov. 20, 5:30-8 p.m., Hayes Barton Baptist Church. RSVP: <https://forms.office.com/r/NS4bCENTPG>.

SENIOR DAY

The next senior day is Nov. 21, 11 a.m. to 3 p.m., Triangle Town Center, 5959 Triangle Town Blvd. Free to seniors 55 and up.

FUNDRAISER

Oakwood24 Run/Walk benefiting Healing Transitions is Nov. 22-23, 8 a.m. to 8 a.m., Lakeside Retreats, 4521 Mial Plantation Road. Visit: healing-transitions.org/oakwood24/.

FAIR

Green Road Holiday Vendor Fair is Nov. 22, 11 a.m. to 2 p.m., 4201 Green Road.

COAT DRIVES:

* StepUp Ministry is holding a winter coat drive through Nov. 24 for all sizes. Drop off at 1701 Oberlin Road. Email: djameson@stepupministry.org.

* Logan's Pals Winter Coach Drive is ongoing at several locations. Distribution is Dec. 14, 3 p.m.,

Garner Road Community Center, 2235 Garner Road. Call 919-601-4408 for more info.

DURHAM
MARKET

The next to last Black Farmers' Market is Nov. 16, 1-4 p.m., Durham Tech, 1637 E. Lawson St.

HOMEOWNERSHIP

Habitat for Humanity of Durham's final homeownership information session is Nov. 18, 5:30-7:30 p.m., Southwest Regional Library, 3605 Shannon Road. Register: www.durham-countylibrary.libcal.com.

MEDICARE

Medicare Basics Seminar is Nov. 18, 6 p.m., Durham Center for Senior Life, Rigsbee Ave. Register: 919-688-4772.

AARP

AARP Durham Chapter #189 meeting is Nov. 19, 2:30-3 p.m., Durham Center for Senior Life, Rigsbee Avenue.

LIGHTING

Downtown Durham Holiday Tree Lighting is Nov. 21, 5-9 p.m. Music, food and more.

ART SHOW

The North Carolina Veteran Art Show is Nov. 21, 6-8 p.m., DAG Golden Belt

Gallery. Visit: www.thejoel-fund.org.

MARKET

Durham Art Walk Holiday Market is Nov. 22-23, 120 Morris St.

CHAPEL HILL
SUMMIT

HOPE NC's 2025 Inclusive Housing Summit is Nov. 17, 8 a.m. to 4 p.m., The Friday Conference. Register: www.hopenorth-carolina.org.

MISC.

GIVEAWAYS

* Nov. 22, noon to 2 p.m., Food Lion Shopping Center, 1100 Raleigh Blvd.

* Nov. 22, 11 a.m. to 1 p.m., 1500 Garner Road

* Nov. 22, 10 a.m. to 1 p.m. - Revelation Missionary Baptist, 805 E. Davie St.

* Nov. 23, noon to 2 p.m., Kingdom Life Church, 2425 E. Garner Road

* Nov. 24, 7 to 9:30 a.m., Tri-Area Ministry Food Pantry, 149 E. Holding Ave., Wake Forest



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Visit MovingNCStudentsForward.com or scan the QR code to see how lottery funds have impacted your community. If lottery funds have benefited you or your student, submit your story to be entered for a chance to earn \$2,000!



Can HBCUs get 6 teams in playoffs?

The HBCU Division II football world will be glued to this Sunday's NCAA Division II Selection Show.

That's when we'll find out just how far HBCU football has come in the eyes of the NCAA Selection Committee.

Six teams have a chance at postseason play. Two spots are automatic with the winners of the CIAA and SIAC football championships earning bids and then four at-large.

Johnson C. Smith is a shoo-in no matter the outcome in Durham this weekend, so that leaves three.

In Super Region One, Virginia Union is ranked No. 2, followed by Smith at No. 3 and Fayetteville State at No. 8. The top eight teams earn a playoff berth.

The Broncos are back despite coming up a game short in the standings. FSU played a tough nonconference schedule and only lost to Smith in the CIAA.

It's been a long, L-O-N-G time since three CIAA teams made the playoffs. But it's a new day, and the league had a banner year.

VUU running back Curtis Allen is the best player in DII. Allen is the national leader in rushing total yards with 2,078, in all-purpose yards with 211 yards per game, in rushing touchdowns (27), in rushing yards per game (207.8), total points scored (162) and scoring average (16.2 ppg).

No HBCU player has ever won the Harlon Hill Trophy - DII's equivalent of the Heisman. It's time for the streak to end.

Livingstone sophomore defensive end Kenyon Garner leads DII in tackles for loss with 31 (23 solo, 8 assisted) and is third in sacks (14).

And Virginia Union return specialist Zyaire Tart is the nation's leader in punt return average (21.9 ypg).

Right behind you 'cuz

In Super Region Two, Albany State is ranked No. 2, Benedict is No. 4 and Kentucky State is No. 7.

Camaraderie aside, the CIAA and SIAC are competitive rivals, especially when it comes to football.

Just like Virginia Union, Albany State was predicted to win the conference, and it did, going undefeated - again, like the Panthers. Its only loss was at Florida A&M.

Benedict was a surprise. After Miles College's run to the playoffs last season, folks had the Golden Bears back in the title game, but the Tigers had other ideas. The team needed a year to regroup after the departure of Chennis Berry to South Carolina State.

And, just like Smith, Benedict has a rematch in the championship game against the team it lost to during the season.

The surprise kid in the bunch is Kentucky State. The Thorobreds galloped to a second-place tie with Benedict before losing the tie-breaker. KSU's two losses were to Albany State and Grambling, which earned Felton Huggins Jr. coach of the year honors.

But the team created controversy this week when it pulled out of a scheduled game at Delta State (7-3) and scheduled Shorter College (2-8) instead.

Delta State is behind KSU at No. 8, but a Thorobred loss would have undoubtedly dropped them out of playoff contention. Needless to say, the change didn't go over well with the Delta State folks.

It will be interesting to see if the NCAA committee punishes them for being cowards. Wouldn't be the first time a committee held a grudge, eh CIAA!



BONITTA
BEST

The Triangle Tribune Sports

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HAIL TO THE CHAMPS!



COURTESY

Neal Middle School defeated Shephard Middle for the Durham Public Schools Middle School Football Championship.

South East Raleigh Wrestling Club



CITY OF RALEIGH

Looking for a new sport to try?

Whether you are new to wrestling or ready to sharpen your skills, the South East Raleigh Wrestling Club welcomes athletes of all experience levels for ages 6 to 14.

Learn new skills, build strength, and train with the best wrestlers and coaches in the city at the Ralph Campbell Neighborhood Center. Competition in local tournaments is optional but highly encouraged.

Registration includes a team uniform and a Team USA Wrestling card.

HBCU FOOTBALL



Deja vu for CIAA, SIAC championships

By Bonitta Best
editor@triangletribune.com

The Division II championship games are set.

Two-time defending champion Virginia Union and Johnson C. Smith will face off for the second time Nov. 15 in the CIAA Football Championship at Durham County Memorial Stadium and streamed on HBCU GO.

The Panthers defeated rival Virginia State to finish

undefeated in the conference for the first time since 1986. Their only loss was to SIAC opponent Edward Waters College.

The Golden Bulls are in their first title game since 1972. JCSU needed a fourth-quarter rally to defeat Livingstone, getting revenge on the two teams that kept it out of the championship last season. Smith's one

Please see **CIAA/7A**

COLLEGE CORNER



Dawn Thornton is a fashion diva on the court.

AAMU coach Dawn Thornton gets extension

North Carolina Central has partnered with Teamworks Influence to launch the Eagle Exchange and increase Name, Image and Likeness opportunities for student-athletes.

The Exchange will allow student-athletes to connect with businesses, donors and fans through its platform for free. Learn more at nccueaglepride.com.

WOMEN

N.C. Central

The Eagles (0-2) have two more home games before hitting the road to Wake Forest Nov. 20. UNC Asheville was earlier this week, and the College of Charleston comes to town Nov. 18 at 5 p.m. Aniya Finger scored a team-high 19 points in the UNC Wilmington loss.

Senior Day is Nov. 15 as volleyball closes out the regular season. First-year coach Jonathan Paulk has a respectable 6-7 conference record. A win against the Bulldogs will put NCCU at .500 for the first time since 2021's 9-5 campaign.

Shaw

The Bears opened their basketball season Nov. 12 at N.C. A&T State. They travel to Bowie State this weekend for the Bowie State Tip-Off Classic and will play East Stroudsburg and Shepherd.

In soccer, the ladies (7-4-3) ended the regular season with four straight wins and one cancellation. The USCAA Championships is this weekend in Pittsburgh. Shaw is the defend-

Please see **AAMU/7A**

AAMU coach Thornton gets contract extension

Continued from page 6A
ing two-time champion.
In volleyball, the Bears defeated Johnson C. Smith to end coach Jai Lynn Hunt's first year at 12-10 overall, 10-6 CIAA. The tournament begins Nov. 21.

Alabama A&M
After leading Alabama A&M to its most successful season in program history, basketball coach Dawn Thornton received a three-year extension.
Thornton led the Bulldogs to a 21-11 overall record, 14-4 SWAC and a trip to the WNIT. The 20 wins are the most since AAMU reclassified to Division I in 1999.

"Coach Dawn Thornton has brought a new era of excellence to AAMU women's basketball," athletic director Paul A. Bryant said. "Her commitment to developing student-athletes both on and off the court, her strategic acumen and her passion for HBCU athletics have made an immediate impact."

MEN
N.C. Central
The Eagles (1-3) got in the win column with a 77-61 victory over Division II Bluefield State Wednesday night. Gage Lattimore went 12-of-17 from the field to score 38 points. Khouri Carvey recorded a double-double of 21 points and 10 rebounds.
The team heads down 15-501 for a matchup at North Carolina this weekend before hosting Toccoa Falls Nov. 18 at 7:30 p.m.

Shaw
Students get an early look at the team Nov. 14 against Clinton College. The second game of the Shaw U Invitational against Mid-Atlantic Christian University has been postponed. Mount Olive comes to Spaulding Nov. 17 at 6 p.m. before the Bears hit the road to Barton College Nov. 19.
In soccer, the men's season concluded with a 4-8-2 record.

CIAA, SIAC teams meet again in championship

Continued from page 6A
loss was to VUU.

The SIAC Football Championship also will feature a rematch between Albany State and Benedict College. ASU inked its trip two weeks ago, while the Tigers needed two overtimes to defeat Savannah State. Albany State will host the championship game on Nov. 15.

N.C. Central (7-3 overall, 2-1) vs. South Carolina State (7-3, 3-0)
This matchup was moved to Friday because of its projected significance.
The Bulldogs and Delaware State are tied for first place. The Eagles have to win their remaining games and hope the Hornets lose their last two.
A South Carolina State win over NCCU sets up a monster showdown against Delaware State next Saturday in Columbia.
NCCU coach Trei Oliver believes his team has a chance at postseason play if the MEAC falls through.
"I will put our record up against any FCS school," he said on the MEAC teleconference.
Running back Walter Mosley is "day to day," but NCCU won't miss a beat. "I'm quite comfortable with Arthur Rodgers and Aleni Mageo in the game."

The Eagles travel to Morgan State next Saturday for the season finale.

Winston-Salem State
Coach Robert Massey resigned on Sunday. His last day is Dec. 31.
"Athletics is about more than competition; it's about helping young people discover who they can become," he said. "I am proud of the student-athletes I've been able to coach and the culture we built together. WSSU will always have a special place in my heart."
Massey will support the transition process through December.

CAA
North Carolina A&T (2-8 overall, 2-4) closes out its home schedule this weekend against Monmouth. The theme is "Senior Day/Gold Out." The Aggies travel to Elon next Saturday for the season finale.
Hampton (2-8, 0-6) hosts William & Mary for Senior Day before hitting the road at Rhode Island.

Team of the Week
Johnson C. Smith overcame a disappointing end to the 2024 season to rebound and earn a coveted spot in the championship game.

SWAC
The conference suspended 27 players (nine from Bethune-Cookman and 18 from Grambling) for a halftime brawl at last weekend's game. Three players were given two-game suspensions, which ends their season. B-CU also was fined \$25,000 and GSU \$40,000.
"The conference office has and will continue to enforce a zero-tolerance policy for all acts deemed to be unsportsmanlike and contrary to the high standard of good sportsmanship we expect from all individuals associated with the athletics programs within our league," Commissioner Charles McClelland said.

SIAC
The SIAC announced its postseason awards.
* Most Valuable Player: Fabian Duncan, Allen
* Offensive Player of the Year: Isaiah Knowles, Albany State
* Defensive Player of the Year: Domonique Davis II, Central State
* Freshman of the Year: Xzavier Jackson, Clark Atlanta
* Newcomer of the Year: Xzavier Jackson, CAU
* Coach of the Year: Felton Huggins Jr., Kentucky State

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UMOJA KARAMU CELEBRATION ACTIVITY SHEET



Hi Everyone, Did you know that **Umoja Karamu** (pronounced You-mo-ja Care-a-moo) is the "other" Thanksgiving in the Black culture? It means "unity feast" and is always celebrated on the fourth Sunday in November. Just like Thanksgiving, Umoja Karamu is when families and friends gather to give thanks and remember their heritage.

UMOJA KARAMU CELEBRATION




This celebration is all about the unity of the black race while highlighting events and periods that helped shape the Black American family. It is becoming an alternative holiday for many Black American families who want to distance themselves from the traditional Thanksgiving. It was created in 1971 by Dr. Edward Sims Jr. in hopes that this symbolic ceremony would draw black people closer by celebrating their common history and cultural heritage.

MEANING OF THE COLORS

The celebration is based on five periods of Black American life, each represented by a color to be used in the ceremony.

COLOR	PERIOD	REPRESENTS
BLACK	Prior to Slavery	Black families in Africa before slavery
WHITE	In Slavery	Scattering of black families during slavery
RED	Emancipation	Blacks' liberation from slavery
GREEN	Liberation Struggle	Civil rights and equality struggle
GOLD / ORANGE	Future	Hope for the Future




ORDER OF THE CELEBRATION

1. **Prayer** - starts the celebration
2. **Libation** - liquid is poured in honor of the family's ancestors
3. **Period Presentation** - elders share advice/encouragement, read narratives, play music, pass the foods that represent the five different colors
4. **Feast** - after the food is enjoyed, unused food is given to the poor/homeless






MATCH THE COLOR TO THE TIME PERIOD

A. BLACK	_____	Liberation from Slavery
B. WHITE	_____	Civil Rights Struggle
C. RED	_____	Hope for the Future
D. GREEN	_____	Africans Before Slavery
E. GOLD	_____	African Americans During Slavery




FOOD OF MANY COLORS!

Each color is represented by a specific food. Write the correct color next to the celebrated food.



Black-eyed peas _____
Tomatoes _____
Rice _____
Collard Greens _____
Sweet Potatoes/Corn _____



ANSWER KEY
TELL THE TRUTH
ONE MINUTE MADNESS!
African American
Karamu
Shaw Trade
Gordon Mendenhall
WHAT'S IN A JOKE?
Gordon Mendenhall
Author
Editor

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What it takes to lead: Investing in African American youth

By Sage Abrams
SPECIAL TO THE TRIBUNE

In communities across North Carolina, efforts to uplift and empower Black youth are shaping our next generation of leaders. Young Black professionals throughout the Triangle need support and mentorship, and many local organizations are working to accommodate this need.

Local Organizations' Support of Black Youth

There are several organizations whose mission is to uplift young Black leaders, one example being 100 Black Men of Triangle East. This Raleigh-based organization aims to support young leaders through programs like mentoring, education, health and wellness, and economic empowerment.

Bryan Kasongo says his experience has been both fun and informative. "Being a part of 100 Black Men of Triangle East helped me in terms of pub-

lic speaking and being more social," he stated. "They give scholarships and help those who need mentorship from older Black men."

HBCUs across the Triangle

Historically Black Colleges and Universities have been around since the early 19th century. According to the National Museum of African American History, Shaw University in Raleigh was the first Black college organized after the civil war and founded in 1865.

There are many benefits of HBCUs, like academic excellence, a diverse perspective and a culturally enriching environment. HBCUs are praised for their academic achievements and social activism, being a major force in producing science, technology, engineering and math graduates. North Carolina contains 10 HBCUs, the second-highest number of all 50 states.

A lack of community support

In 2023, the Substance Abuse and Mental Health Services Administration reported that 13.3% of African American adolescents experienced major depressive episodes, compared to the 18.1% of overall adolescents. A lack of community is detrimental to Black youth and these numbers show us exactly why. Isolation can harm the mental health of students without a strong support system.

The efforts of these organizations and HBCUs are helping to improve the well-being of individuals, as well as promote diversity within our community as a whole. By fostering mentorship, education and community engagement, they are not only supporting today's Black youth but also cultivating the leaders who will shape a more empowered and inclusive Triangle tomorrow.

Sage Abrams is a senior at Holly Springs High School.



Rissi Palmer releases new song and music video

STAFF REPORTS

NASHVILLE, Tenn. - One of the most impactful and socially conscious voices in contemporary music, Rissi Palmer has released her new song, "Old Black Southern Woman," available now through Invasion Merch on all digital streaming platforms.

The deeply personal track, written by Palmer and Kyshona Armstrong and produced by Shannon Sanders, marks the first single from Palmer's upcoming PERSPECTIVES EP, set to release in early 2026.

"Old Black Southern Woman" reflects Palmer's poignant thoughts on the wisdom, strength and resilience of Black Southern women, and her own personal journey.

In reflecting on the song's themes, Palmer shares: "As I get older, I think about what a privilege it is to get old. My

mother died at 38 and never got to see her only child grow up, meet her grandchildren or see herself evolve. I often think about what kind of woman she would have been.

"I also thought about the village of wise women who have loved me, raised me and mentored me, including my incredible mother and grandmothers. All this has greatly changed and influenced my life, and this song is a promise of who I want to be — for my mothers, my daughters, my village and myself."

The song's striking message is accompanied by a powerful music video, directed by Caleb Childers, who previously worked with Palmer on her "Summerville" video.

The visual for "Old Black Southern Woman" celebrates the rich heritage of Black Southern women, weaving together genera-

tions of wisdom, love and strength.

"From the beginning, Caleb and I both knew this video wasn't about me. It was about honoring the women who shaped me, and the roots that shaped so many of us," Palmer said. "It was very important to me to bridge generations in this piece, which is why I wanted my daughters to be part of it."

Palmer is a Grammy-nominated singer-songwriter whose work in country and Americana music has earned her recognition as a trailblazer for underrepresented voices.

A passionate advocate for diversity and inclusion, Palmer was recently honored by the Academy of Country Music with the 2025 ACM Lift Every Voice Award for her efforts in amplifying underrepresented voices in country music.

Dress up your holiday gatherings with a few succulents

By Melinda Myers
SPECIAL TO THE TRIBUNE

Add a bit of life to your holiday gatherings with the help of succulents. You and your guests will enjoy the easy-care beauty of succulents. Their subtle colors and dramatic form make them great gifts and decorations now and throughout the year.

Small-scale succulents provide a multitude of opportunities for incorporating them into your holiday celebrations. Just select containers that complement, but don't overpower their charm.

Create a succulent garden to use as a centerpiece for the table. A shallow container filled with a variety of succulents with different shapes and colors is sure to capture everyone's attention. Set the container on a saucer to protect the table and add a complementary table runner for even greater impact.

Consider using succulents as party favors for guests to take home and enjoy for years to come. But first, use them to decorate the table by making them into place cards for your guests. Simply add a name to the decorative pot.

Or display them all together in a tray, terra cotta saucer or other shallow container to use as a centerpiece throughout the evening. When the party is over, each guest can pick their own plant to take home.

Add a unique flare to the table by placing cocktail glasses filled with succulents next to each guest's place setting. This makes a unique table decoration and party favor for guests to take home as a reminder



of your fun gathering. Use a few planted cocktail glasses to decorate the beverage table or bar.

Grow these plants in a cacti and succulent potting mix. These fast-draining mixes help reduce the risk of overwatering. Further reduce this risk by using containers with drainage holes that are only slightly larger than the succulents root system. Growing them in too large of a container for the plant size will retain moisture longer that can lead to root rot, decline and even the death of your plants.

After the party, continue to provide proper care so your centerpiece will be ready for your next event. Move the succulent planter to a cool, draft-free location near an unobstructed south-, west- or east-facing window. If light is limited, consider adding artificial lights.

Water thoroughly but only when the top few inches of soil are dry and just often enough to keep the plants from shriveling. These winter-growing conditions often encourage a spring display of colorful and unique flowers.

Share these directions with your guest and if possible, the name of the succulent.

This helps your guest keep the plants alive to enjoy for years to come.

With a trip to your favorite garden center and your imagination, you can create fun holiday décor and party favors. You and your guests will enjoy their beauty throughout the holidays and beyond.

Melinda Myers is a columnist and contributing editor for Birds & Blooms magazine, and her website is www.MelindaMyers.com.



Exhibit: Human Landscapes: Mystery of the Mark

By Nya Amason

N.C. CENTRAL COMMUNICATIONS

DURHAM - The North Carolina Central Art Museum presents "Eric Kelly III: Human Landscapes; Mystery of The Mark," the artist's first solo museum exhibition in over 40 years and a celebrated return to Durham, the city where his artistic journey began. The exhibit runs through Jan. 4, 2026.

Featuring over 50 paintings and works on paper spanning the 1980s to the 2020s, the exhibition showcases Kelly's signature blend of realism and abstract expressionism, defined by bold lines, vivid colors and emotive forms. Central to his work is the

human figure and the pursuit of capturing universal emotions.

"My art is not to be seen. It is to be felt, heard and remembered," Kelly said. "Color is not just pigment, it is prophecy. Sound is not just vibration, it is vision. My work is my answer to injustice and my offering to world peace."

Kelly's art draws inspiration from his travels and personal experiences, from Durham's historic Hayti district to the streets of Los Angeles, transforming portraits into powerful expressions of the human spirit, a signature aesthetic he calls "The Eric Kelly III Style."

The NCCU alumnus began his artistic path in

high school under the mentorship of Sandra Dowd.

After founding a successful advertising agency, Kelly Worldwide, he retired at 45 to devote fully to painting.

The exhibition explores identity, memory and emotion, featuring everything from pencil sketches to vibrant acrylics. It coincides with two new publications: a critical anthology on Kelly's work and "Human Landscapes," authored by the artist, offering personal insight into his legacy.

The NCCU Art Museum is at 580 East Lawson St., across from the Farrington Newton Communications Building on campus. Admission is free.

Have a news tip?
Email: info@triangletribune.com