



SPORTS  
MEAC championship comes down to final weekend



COMMUNITY FOCUS  
Alanah K. Robinson is Miss Rogers-Herr Middle School

# The Triangle Tribune

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"Serving Raleigh, Durham and Chapel Hill"

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## Wake County District Court Judge Ashleigh Parker

Judge Ashleigh Parker held a book signing last weekend for her inaugural devotional, "From Broken to Brazen," at Mon Christian Gifts in Crabtree Valley Mall. The devotional details healing from heartbreak, loss and rejection.



MARIAH BISHOP



INSTAGRAM

The Autonomous Brown Beret Party of North Carolina.

## Durham grassroots group protects Latino small business owners

By Kylie Marsh  
kylie.marsh@triangletribune.com  
DURHAM - A grassroots organization has mobilized to provide security to small business owners following a deadly food truck shooting. The Autonomous Brown Beret

Party of North Carolina is a grassroots organization focused on uplifting the Indigenous and Latino community through political education, mutual aid and self-defense. A man identifying himself as Cuauhtémoc (a Nahuatl word meaning "Eagle") told The Trib-

une that the organization began in 2022, and the street vendor protection program launched on Indigenous People's Day this year. "From reading the article, to Indigenous People's Day, I was

Please see **DURHAM/2A**

## A historic 20 acres faces change and a watchful Hayti community

By Aaron Sánchez-Guerra  
WJNC  
Brenda Bradshaw thought she'd die before anything would ever be done about Fayette Place. The vacant, city-owned lot on Merrick Street brushing up against the Durham Freeway in the heart of her native Hayti has been an eyesore for 30 years, she said. For all that time, it's been a sad reminder of what was built and demolished there twice in history — single-family homes and

businesses during "urban renewal" of the 1950s and then, the Fayetteville Street public housing complex — and the years since of unfulfilled proposals for its 20 acres. "We are finally going to get our neighborhood back," Bradshaw, 79, said. "It's sad that they too so long to do something." On Nov. 3, the Durham City Council unanimously supported the Durham Housing Authority's and Development Ventures, Inc.'s plan to fund the first

phase of redevelopment for Fayette Place with a \$44 million tax-exempt bond. The new housing development is slated to bring 252 affordable garden-style rental units for families earning 30% to 80% of the area median income — though its exact affordability hasn't yet been defined by city officials. The project will be named The Villages of Hayti. The city previously awarded the devel-

Please see **HAYTI/2A**

## Trump is hollowing out America's only agency for minority business

By Dedrick Asante-Muhammad and Eric Morrisette  
OTHERWORDS.ORG

As the Trump administration races to dismantle the Minority Business Development Agency, we can't help but remember the words of the president who helped launch it.

"To foster the economic status and pride of members of our minority groups, we must seek to involve them more fully in our private enterprise system," he said. "To do this, we need to remove commercial obstacles that have too often stood in their way — obstacles such as the unavailability of credit, insurance and technical assistance."

These weren't the words of a leftist or liberal. They were spoken by Republican President Richard Nixon.

But today, Republican President Trump is dismantling the agency, hollowing out the small staff that remained after earlier rounds of downsizing — just 23 career employees — to none. Now only two political appointees remain.

The MBDA was a rare glimmer of bipartisan progress during the civil rights era and remains the only federal agency devoted to expanding opportunity for entrepreneurs who've historically been locked out of capital markets. Its dismantling is both a moral failure and an economic crisis.

At its height, the MBDA oversaw a nationwide network of business centers, technical assistance hubs and capital readiness programs serving tens of thousands of enterprises. The agency is responsible for supporting more than 12 million minority-owned businesses.

And "minority" here is broader than many realize; it includes not only businesses owned by people of color but also by rural people, veterans and women.

Through a network of more than 130 centers and partners, the MBDA provided hands-on technical assistance to help businesses navigate growth and scale successfully. No free money. No direct loans. Just guidance to help these businesses help themselves.

By any measure, the MBDA was delivering results. During Morrisette's tenure leading the agency, the MBDA helped businesses secure \$3.2 billion in contracts and \$1.6 billion in capital, creating and retaining more than 23,000 jobs.

The MBDA's clients range from a Black-owned cybersecurity startup in Atlanta to a Latina-led food manufacturer in Texas, a Native American construction cooperative in Oklahoma, a veteran-owned logistics firm in Ohio and a white Appalachian entrepreneur rebuilding a small-town sawmill. The MBDA recognizes that inclusive economic development requires tools that reach across racial lines, while still honoring the agency's original civil rights mission.

The casualties of the MBDA's dismantling aren't bureaucrats, they're business owners, workers and America's competitiveness.

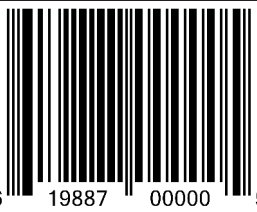
For African American entrepreneurs, the MBDA has long been one of the few federal lifelines amid systemic

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# Durham group protects Latino small businesses

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disgusted, disappointed and disheartened to hear about it,” Cuauhtémoc said, “because our community is very vulnerable right now.”

The organization was inspired by the historical Brown Berets of the 1960s, which mobilized Chicano youth in Chicago, Texas, California and Washington state against police brutality, rights and protections for migrant workers, educational reform and self-determination.

A man shot a woman who was working at a Latino food truck parked at the 700 block of South Alston Avenue in late October. After hearing the news, the Autonomous Brown Beret Party mobilized to provide support and protection for vulnerable communities.

“Trust is really important for the street vendor,” Cuauhtémoc said. “We just make sure they feel safe

and that they know we’re there.”

A few such incidents have occurred in Durham, leading to tension between the Latino and Black communities; but the Brown Berets seek to bridge that gap, using political education for healing and understanding of common causes. The organization supports movement towards a future where all oppressed people, including the disabled and queer communities for example, are free.

“The Gestapo, known as ICE,” Cuauhtémoc said, “it’s getting to a point where they are just targeting people based off of their color or the language that they speak.”

Cuauhtémoc said the Brown Berets was modeled after the Black Panther Party for Self Defense – another grassroots organization originated in California for the self-determination and self-defense of the Black

community.

“The elders during that time knew that the alternative was socialism, or Marxism,” Cuauhtémoc said. “Today, there are many different Brown Berets organizations, but our focus is the brown community; we stand with all oppressed peoples of the world.”

That focus, he said, includes political education about the impact of white supremacy on contemporary society. Similar to the Black Panther Party, the organization also has a 10-point program.

“We do highlight that the white supremacist agenda is ongoing, and we do educate people and tell them that we are under class warfare.”

He clarified that, although there are plenty of Brown Berets organizations in the country, the “autonomous” emphasis in their name highlights being the first group in North Carolina.

# Trump is hollowing out agency for businesses

Continued from page 1A

exclusion from wealth creation. But the erosion of the MBDA weakens America’s entire small-business ecosystem. In 2022, the most recent year of available data, Black-owned businesses added \$212 billion in revenue to the U.S. economy and paid more than \$61 billion in total wages.

Cutting the MBDA is economic sabotage, and part of a broader dismantling of civil rights and economic scaffolding.

Our economy is strongest when capital flows not just to those who’ve always had it, but to those ready to create something new. Letting the MBDA die would betray that promise. Defending and expanding it would affirm that economic opportunity belongs to every American.

*Dedrick Asante-Muhammad is the president and CEO of the Joint Center for Political and Economic Studies. Eric Morrisette is a senior fellow at the Joint Center and a former acting undersecretary of commerce for the Minority Business Development Agency.*



Brenda Bradsher, 79, stands outside of her lifelong home in Hayti.

# Historic 20 acres faces change and watchful Hayti

Continued from page 1A

opment contracts to real estate firms’ Harmony Housing Affordable Development, Gilbane Development Company and F7 International Development.

“Durham Community Partners has made community engagement a cornerstone of The Villages at Hayti project. Efforts have included a series of public meetings and breakout sessions focused on resident experience, home-ownership, community programming, preserving history, and economic participation,” reads a description on Gilbane Development Company’s website.

City officials previously said in a City Council meeting that the total cost of the full development will be up to \$90 million. “It makes you think, maybe, life is worth living,” Bradsher said. “Finally, it’s finally going to happen.”

Since it was reconstructed as a public housing complex in 1967, it was sold to developers, then

bought back by the Durham Housing Authority and remained bare since it was demolished around 16 years ago.

Henry McKoy, director emeritus of the neighborhood organization Hayti Reborn and former director of the North Carolina Central School of Business, said Fayette Place is about righting a historic wrong.

McKoy said that by some estimates, around 4,000 homes and 500 businesses were lost during the period of urban renewal, when white government officials demolished parts of Hayti to build the Durham Freeway.

“The Hayti community still resonates from a pain of what was lost,” McKoy said. “Fayette Place, in particular, because it is such a large swath of land. It also was a representation of promises not kept.”

There was formerly a promise that houses torn down would be rebuilt, and the city replaced it with a public housing complex instead, he said.

“There was a lot of things that that would not have

even been part of this project if the community had not raised their voices and had not engaged,” McKoy said.

Like McKoy, Hayti leader and community advocate Anita Scott Neville of Hayti Reborn said this is good news in the short term, but she remains cautious of the city’s promises.

One issue that Neville and McKoy point out is that residents won’t be able to own property in the Villages of Hayti. The city’s contract with the out-of-town developers includes a 99-year lease.

“Fayette Place is the last official parcel of land historically known as Hayti,” Neville said. “The vanguard about preservation is to make sure that while there is development, there is also preservation, and that there is legacy building, and that for those who currently live and do business on these sites, that the redevelopment is not pushing them out.”

Construction of the first phase will be completed in 2027.



ICE officials at the Home Depot in Cary on Tuesday.

# NC Republican leaders back immigration enforcement as Democrats oppose

By Colin Campbell  
WUNC

As Border Patrol agents descend on the Triangle, the state’s top Republican leaders are supportive of the immigration enforcement action.

Governor Josh Stein, meanwhile, says the federal agents should “stop targeting people simply going about their lives because of the color of their skin,” and other Democrats have also criticized the action.

Senate leader Phil Berger said in an emailed statement to WUNC that “Republicans in the General Assembly have made it a top priority to crack down on illegal immigration in our state and look forward to working with President Trump’s administration to continue those efforts.” The statement did not elaborate further.

House Speaker Destin Hall tied the Charlotte activity to past actions by Mecklenburg County Sheriff Garry McFadden, who had previously declined to cooperate with detainer

requests from Immigration and Customs Enforcement. The legislature has since passed multiple laws requiring sheriffs to follow the requests.

Stein, in a social media post, called on Raleigh residents to respond peacefully but record any incidents they witness.

“Once again, I call on federal agents to target violent criminals, not neighbors walking down the street, going to church, or putting up Christmas decorations,” Stein said. “Stop targeting people simply going about their lives because of the color of their skin, as you are doing in Charlotte. To the people of Raleigh: remain peaceful, and if you see something wrong, record it and report it to local law enforcement. Let’s keep each other safe.”

Speaking after an economic development announcement Tuesday in Johnston County, Stein said federal officials are offering virtually no information to the state government. Customs and Border Patrol has not

shared information with their state counterparts about where they’re going, how long they’ll be in the state, who they’ve arrested or what criminal records those people might have, Stein said.

Senator Minority Leader Sydney Batch, a Wake County Democrat, issued a lengthy statement Sunday night condemning the immigration enforcement tactics.

“The federal government’s unconstitutional actions are not only an insult to our Constitution, they are an affront to our values,” she said. “North Carolina has always stood against federal overreach and fought for civil rights. We will not allow our communities to be used as battlegrounds by a federal administration hellbent on cruelty.”

The raids being carried out in our state violate our commitment to due process, the rule of law, and our deeply held belief in the value of every North Carolinian life.”

# How child care programs can support healthy eating habits

By Liz Bell  
EDUCATIONNC

As the government shutdown enters its second month, families that receive Supplemental Nutrition Assistance Program benefits are missing full payments, and others are experiencing temporary Head Start program closures.

During disruptions to food access and federal funding, child care programs are adapting to meet families’ needs, while being concerned for their own stability. “We are trying to be a bridge,” said Kimberly Shaw, owner of A Safe Place Child Enrich-

ment Center, a child care program in Raleigh with three locations that emphasize nutrition, exercise and nature-based learning.

Shaw’s program is part of a statewide project, Farm to Early Care and Education, which is built around the idea that child care programs can act as links between families and healthy food, while teaching both children and families about the importance of nutrition throughout life.

The effort is housed at the Center for Environmental Farming Systems, a partnership between N.C. State University, North Carolina A&T State University and the state Department

of Agriculture. Funding, training, and awareness are needed to help programs reach children with high-quality food at a crucial period of learning and development, said Shironda Brown, interim director of Farm to ECE.

Since 2016, the effort has provided early childhood educators and local support personnel in 29 counties with professional development. The statewide team’s sole funding source is the U.S. Department of Agriculture, but local Smart Start partnerships and N.C. State Extension agents also work on

Please see **CHILDCARE/3A**

## BUSINESS BRIEFS

**FAIR**  
A Community Resource and Small Business Fair is Nov. 29, 10 a.m. to 2 p.m., 1425 Promise Beacon Circle, Raleigh. Open to the public.

**MARKET**  
Handcrafted DURM’s annual Holiday Market is

Nov. 29, 2 to 6 p.m., Durty Bull Brewery, 206 Broadway St., Suite 104, Durham.

**LUNCHEON**  
Give It To The People’s Workforce In Action Business Luncheon is Dec. 5, 11 a.m. to 1:30 p.m., 1121 Slater Road, Durham. Reg-

ister: [www.eventbrite.com](http://www.eventbrite.com).

**OPENINGS:**  
\* Honey Baked Ham’s new Cary location at 1203 Parkside Main St., is now open.

*Send business briefs to [info@triangletribune.com](mailto:info@triangletribune.com).*





Students and staff crunch into vegetables to celebrate NC Crunch Day as part of Farm to School and Early Care and Education Month.

# How child care programs can support healthy habits

**Continued from page 2A**  
the ground to support providers in their efforts.

A planned extension of the USDA's Local Food for Schools Cooperative Agreement Program would have provided funding for fresh fruits and vegetables at child care programs serving low-income families for the first time. But the program was canceled in March 2025 under the Trump administration.

The Farm to ECE effort is seeking grant funding, Brown said, with a goal to reach all 100 counties with training on gardening, cooking with and for children, local food procurement and community engagement.

This will not only bolster the health of children and their families, Brown said, but of local food systems — especially in rural parts

of the state.

At Shaw's program in Raleigh, a coffee bar greets parents during drop-off with coffee and creamer — as well as grab-and-go apples and bananas. "We're trying to feed people, because I made a connection: If the children are hungry, the parents are too," Shaw said.

For the last 20 years, Shaw has led her staff on a journey to incorporate fresh, local food into the fabric of her program. It all starts with a belief, Shaw said, that providers can play an important role in the health of children and families.

Her own background sparked a desire to want better health outcomes for other children.

"I always knew that because of my childhood and our limitations, that I had

the ability to at least make a difference in the lives of children. We have them about 10 hours a day — that would be a huge way to make an impact," Shaw said.

The Farm to ECE website has a variety of resources for both local support personnel and child care owners, directors, and teachers on food purchasing, integrating nutrition into common early childhood curriculum, and how to cook with and for young children.

The state Department of Health and Human Services website has tools for incorporating and getting reimbursed for local foods for participants of the Child and Adult Care Food Program, a federal program that helps child care providers pay for healthy food for eligible children.

# The trend of workplace violence is impacting nurses

By Mackenzie Thomas  
UNC MEDIA HUB

For Mel, a North Carolina nurse, getting ready for work was like getting ready for war. That's what she told co-workers when she worked in the emergency room, she said. Headed into a shift, she wondered, "who's gonna fight today?"

In North Carolina, more than 48% of nurses said they witnessed violence at work, while more than 27% of respondents reported they were victims of it in a 2022 survey from the North Carolina Nurses Association. "The problem is getting worse," according to a press release from the association.

That's why North Carolina passed the Hospital Violence Protection Act, part of a bill in 2023 to require improved safety measures to protect health care workers in hospital settings and to increase criminal penalties for assaulting medical and emergency personnel.

A patient was charged with felony assault causing physical injury to emergency personnel and for resisting a public officer in connection with an incident at First Health in January, according to court records. ER nurse Crystal Thompson said the patient put her in a choke hold and broke her leg. The defendant's next hearing is Nov. 17.

The hospital had already established its own police department with fully sworn officers who have jurisdiction across the entire system to improve safety for its staff, said Emily Sloan, director of public relations for First-Health.

Sloan said violence against health care workers is a "critical issue" and the incident in January "highlights a growing concern seen across the country." Mel, who requested her last name be withheld to protect her identity, worked in



a North Carolina ER for five of the roughly 12 years she's been a nurse, having witnessed and experienced her fair share of violent incidents.

She was spat on by a patient brought in by EMS, forcing her and other co-workers to put on protective gear. She experienced a hospital lockdown after a patient's upset family member threatened to shoot her and her co-workers. She had a pregnant co-worker go into pre-term labor because she was punched in the stomach by an angry patient.

The hospital she was working at did nothing in response, Mel said. "Nothing happened at the hospital that I was working at," Mel said. "The patients were given the excuse of, 'Oh, they have psych issues.'"

But the "nail in the coffin" for Mel was a violent psych patient who came into the ER one night. When a male co-worker tried explaining to the patient that they were going to restrain and sedate her, she punched one of Mel's female co-workers in the face.

"We all kind of like backed up, and then the patient actually ended up running out of the emergency room," Mel said. "The police had to be called. They found her in the parking lot, and then they got her."

Experiencing that made

her realize she couldn't work in the ER anymore, Mel said.

Before the bill passed, hospitals were left to determine the level of security themselves, said Bonnie Meadows, president of the North Carolina Nurses Association, and a nurse with over 20 years of experience.

"Everybody pretty much did whatever they wanted to do. They did their own risk assessment as far as, what do we actually need?" Meadows said. "That bill said, we need the police. And I know just in my 21 years of health care that they may have had their own security, but having police presence is totally different."

Security officers were reported by health care workers as often having limited capabilities when it comes to handling violent patients, according to a 2022 study from the National Institutes of Health. Some reported that security officers were "not physically able" to manage the patients, and one paramedic was quoted saying security "has no jurisdiction as far as arresting powers."

Along with round-the-clock police presence, the bill also calls for hospitals to conduct security risk assessments and violence prevention training, as well as to report assaults against health care workers to the state.



# Hidden plastic in your daily life is harming your health

STATEPOINT

Plastics are no longer just an environmental issue, they are a direct threat to human health. Found in homes, workplaces and schools, scientists are increasingly finding plastics inside our bodies.

Microplastics and toxic chemicals have been detected in human blood, feces, lungs, breast milk, placentas, stomachs and even brains, and babies are exposed before they are born. Nanoplastics are particularly concerning because they are small enough to enter individual cells and tissues, raising red flags about long-term health effects.

With the Plastic House Challenge, Greenpeace USA asks participants a series of questions about items in three rooms of their homes — kitchens, bathrooms and bedrooms — to identify hidden sources of plastic exposure in their daily life. The survey aims to raise awareness about the risks of plastic pollution while empowering consumers to demand accountability and action from corporations and government.

Plastics are made with over 16,000 chemicals, at least 26% of which are highly hazardous to human and environmental health. Many remain untested, and each major type of plastic can contain more than 400 chemicals of concern. Advocates say that contrary to popular belief, recycling is not a safe solution to the problem of excessive production, as less than 5% is recycled, and the process can actually increase concentrations of toxic chemicals.

Plastics release or contain substances linked to:

- \* Hormone disruption (endocrine disorders)
- \* Cancers
- \* Reproductive issues (infertility, premature birth, early puberty)
- \* Neurological disorders and learning disabilities
- \* Immune dysfunction and chronic inflammation
- \* Obesity, diabetes and metabolic disease
- \* Respiratory diseases
- \* Cardiovascular problems
- \* Digestion disorders

While all people are exposed, communities living near petrochemical and plastic production facilities — often low-income and marginalized — bear a disproportionate burden. Numerous studies show that residents of these "fence-line" communities face higher rates of premature birth, low birth weight, childhood cancers, respiratory and heart disease, mental health disorders and other chronic illnesses.

Humans encounter plastic chemicals and particles daily through three main routes:

- \* **Ingestion:** Packaging leaches chemicals into food and beverages. Over 12,200 chemicals are used in food-contact materials; at least 600 are toxic, while another 3,500 lack public toxicity data. Migration of chemicals into food is so common that U.S. law de-

finest them as "indirect food additives."

- \* **Inhalation:** Microplastics are released into household air from carpets, clothing, bedding, toys, packaging films and dust. Indoor air can contain 60 times more microplastics than outdoor air and people spend up to 90% of their lives indoors. Families are estimated to inhale 2,000 to 7,000 microplastics daily, and a person may inhale the equivalent of the Eiffel Tower in plastic over a lifetime.
- \* **Skin absorption:** Personal care products, cosmetics and fragrances often contain or are packaged in plastics with hazardous chemicals such as phthalates, PFAS and parabens. These are absorbed directly through the skin.

Despite the scale of human exposure, Greenpeace USA policy analysts say that transparency is lacking; 25% of plastic chemicals lack public identity data, 50% lack information on their function, 56% lack data on their presence in plastics, and 66% lack hazard information. With just 6% of plastic chemicals regulated internationally and U.S. food packaging regulations covering only a fraction of chemicals in use, the public is left largely unprotected.

Learn more about the Plastic House Challenge by visiting <https://www.greenpeace.org/usa/plastic-house-challenge/>.

# East Durham community gets needed affordable housing



By Kylie Marsh  
kylie.marsh@triangletribune.com

**DURHAM** - Community members gathered last weekend for a ribbon-cutting ceremony at the newly-built Hardee Street Apartment complex in East Durham.

The 132-unit complex is a much-needed facility that provides housing to individuals earning 60% or less of area median income, a metric standard developed by the U.S. Department of Housing and Urban Development. The project is a joint effort between affordable housing developer DHIC and Self-Help Credit Union.

Resident Cory Williams is a child nutritionist who works for Durham Public Schools. Originally from New York, he's lived in Durham for seven years.

"I've been looking for a place like this," he said. "Not only can I save money living here, but I can also help my family."

Before moving to Hardee Street, he was living with his mother-in-law, confined to just one room.

"You have to be cautious not to step on toes, but now I'm fortunate to have my own place," he said. Williams told attendees at the ceremony that when he looks at his unit, he feels important.

Hardee Street Apartments were a long time coming. The site, on which the complex was built, was originally Greater Joy Baptist Church. Self-Help purchased the property in 2015, hoping to develop it into a charter school. Self-Help joined with DHIC in 2022 to develop more affordable housing that Durham desperately needs.

Durham Mayor Leo Williams called the apartments a "values investment," as there's "plenty of market-rate housing in Durham."

"I've always said Durham is resource rich, but we operate in fragmented ways," he said. "We're gonna make that history."

Kayla Rosenberg-Strampe of DHIC added: "Safe, decent, and affordable housing provides economic stability for individuals

and families. We recognize that access to stable and affordable housing allows our residents to spend money on things like transportation, food, health care, and, ideally, savings," she said.

Ten percent of the units are reserved for individuals making less than 30% of area median income, approximately \$34,000 for a family of four. Rosenberg-Strampe said the complex's opening also was able to provide housing for 15 homeless families.

Former City Council member DeDreauna Freeman said she was a big proponent of putting free high-speed internet and free cable in the apartment complex.

"It's really not just about a ribbon cutting or buildings," she said. "The pieces that all got us to this point are the families and the people that live in this community."

Other partners were Duke University, the Oak Foundation, the city of Durham, and CAHEC.



## BIDS



### ADVERTISEMENT FOR BIDS

The City of Hendersonville has the following out for bid: RFQ # for Brush/Leaf Grinding. Visit the following link for full details: <https://www.hendersonvillenc.gov/rfp-q-bid/request-quote-267555001-brushleaf-grinding>

## LEGAL NOTICES

The Town of Zebulon is seeking proposals for a Single Prime Contract for the full construction, to include all labor, materials, and equipment, for Little River Park - Phase 1. Sealed bids will be received until 2:00 PM EST on Thursday, December 18, 2025 at which point they will be opened and read aloud in the Executive Conference Room on the second floor of the Zebulon Municipal Complex (1003 N. Arendell Ave, Zebulon, NC 27597).

A mandatory pre-bid conference will take place on Thursday, December 4, 2025 at 11:00 AM EST at Little River Park's gravel parking lot off Water Plant Road and on the east side of Litter River (1800 W. Gannon Ave, Zebulon, NC 27597).

Full electronic plans and bid specifications may be obtained by containing the design consultant, Benesch, at (984) 231-6226 or [jcpung@benesch.com](mailto:jcpung@benesch.com). The Town of Zebulon is seeking proposals for a Single Prime Contract for the full construction, to include all labor, materials, and equipment, for Little River Park - Phase 1. Sealed bids will be received until 2:00 PM EST on Thursday, December 18, 2025 at which point they will be opened and read aloud in the Executive Conference Room on the second floor of the Zebulon Municipal Complex (1003 N. Arendell Ave, Zebulon, NC 27597).

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## MISCELLANEOUS



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COURTESY

## Baptists helping town overcome reputation as KKK birthplace

By Ken Walker

BAPTIST PRESS

(This story was first published on Jan. 2, 1997.)

PULASKI, Tenn. — Many in Pulaski, Tennessee, regret its historical identity as the birthplace of the Ku Klux Klan in 1865. Besides, said the pastor of First Baptist Church, the town of 8,000 has a more positive side to its history: This is where two African Americans helped form the first Southern Baptist church for white residents in the 1890s.

"In my opinion that deserves more attention," said Ron Galyon, pastor of the predominantly white First Baptist. (Pulaski's other First Baptist is a primarily Black congregation).

"Within the context of 100 years ago in the South, two Black men overcame the prejudice against them to help whites. And the Tennessee Baptist Convention saw their concern as legitimate. What I read into that is they were treated with respect and dignity. It shows that something else was taking place here."

The pioneers were Baptists Jerome Gentry and David Howard, who later pastored several churches

in the south-central Tennessee region. Gentry wrote a letter in 1895 to the Tennessee Baptist and Reflector, which ultimately led to a tent revival from which came the white Baptist congregation.

A century later, the church is returning the favor. It celebrated its centennial last August with a four-day celebration. Guests included two of Howard's nieces and a member of one of the churches he pastored.

During its homecoming, First Baptist took a love offering for Temple of Praise, the newest African American Baptist church in the community. It also made mission fund donations to its fellow First Baptist and the Boys and Girls Club, with more than \$3,000 going to the three groups.

Earlier last summer, First Baptist established an outreach to the Boys and Girls Club, which encompasses most African American youth.

For youth pastor Lewis Thomas, another highlight is the tutoring program that has since developed. Half a dozen youth group members go to the Boys and Girls Club regularly to help children with home-

work, he said.

So do several students from nearby Martin Methodist College. The youth pastor spoke to the campus ministry organization last September and challenged them to get involved.

The town has taken "proactive" measures to discourage KKK rallies in Pulaski, Galyon said, as well as holding a "unity celebration" each January on the weekend of the Martin Luther King holiday.

Several years ago, its racial reconciliation program earned it an All-American City award, one of just 10 in the nation. And while Pulaski isn't a racial utopia, Galyon said, positive steps to heal old wounds have occurred.

However, First Baptist didn't set out to cross racial barriers at the Boys and Girls Club, he added, just help children. Still, some members have been deeply touched.

"I know some look at poor Black children in a different way because of being involved. Some boys and girls over there see people who care for them, and people here see children who need their help."



KYLIE MARSH

Participants listen to speakers at a STEM event at Durham Technical Community College.

## Triangle girls get hands-on STEM experience from American Heart Association

By Kylie Marsh

Kylie.marsh@triangletribune.com

DURHAM — Girls from the Triangle and beyond flocked to Durham Technical Community College last week, eager to get hands-on experience in STEM.

"STEM goes Red," an initiative by the American Heart Association, joined local middle school girls with STEM experts at Durham Tech to learn about the industry, education and future careers.

The day was filled with a variety of sessions, including Q&As with professionals in health technology fields, getting hands-on experience coding robots, becoming familiar with computer parts, and even creating their own hand sanitizer.

Alicyn Lee is an eighth grader at Lucas Middle School in Durham and heard about the program at school.

"I really love mathematics and science, and I like working hands on, so I just wanted to come to campus and explore different things and different job fields," she said.

Ekko Sheppard, a seventh grader at Reedy Creek Middle School, said his grand-

mother does career and technical education.

"Not only are there a lot of cool people here, but the administration here are really nice, and they can help you figure out something you might want to do when you're here," he said. Sheppard was surprised that girls are underrepresented in STEM fields and aspires to be a graphics designer.

"I find it kind of surprising because we use technology every day," he said.

Cassie Kelly is also a seventh grader at Reedy Creek. She was one of four students selected to attend the program.

"I can communicate with girls better than I can with other genders," she said.

Kelly was inspired by learning about the field, saying she hadn't known about them before.

Despite not wanting to pursue a career in STEM, she would recommend more students attend the program.

"I did expect more girls of color to be here," she said. "I think a lot of girls of color aren't really invited or interested in doing this stuff."

The program was an initiative by Maureen O'Keefe,

director of development of Red for Women, an initiative by the American Heart Association to engage with women in the United States.

Their goal is to "inspire the next generation of women leaders in STEM."

"Go Red is focused specifically on growing awareness so women know, growing funds to develop drugs that are specific to women or be involved in more clinical trials," O'Keefe said, adding that women comprise less than half of all cardiovascular research subjects.

"We wanted to inspire young women to have STEM careers," O'Keefe said. "If women are more involved in STEM careers, then there will be more awareness, and perhaps more research."

Cardiovascular disease presents itself differently in women than in men. "We know that women will have a better outcome if they work with a woman physician," O'Keefe said.

Durham Tech offers many programs in health and informational sciences, providing career pathways to employment and hands-on experience to students.

## AROUND THE TRIANGLE

### KNIGHTDALE BAZAAR

Fall Market & Bazaar is Nov. 28, 10 a.m. to 10 p.m., ACE Center, 7027 Knightdale Boulevard.

### RALEIGH 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/.

### MARKET

The final Black Farmers' Market of the year is Nov. 23, 1-4 p.m., SE Raleigh YMCA, 1436 Rock Quarry Road.

### MEETING

Ligon Middle School Renovation District 4 community meeting is Nov. 24, 6-8 p.m., SE Raleigh YMCA, 1436 Rock Quarry Road. Register: www.toshibarice.org/ligon.

### 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.

### OPEN HOUSES:

\* Southeast Raleigh Assembly's open house for members is Dec. 1, 3-5 p.m., 1425 Promise Beacon Circle, Suite 214. RSVP by Nov. 24 to: maryann@serpromise.org.

\* The Women's Center's Open House and Media Day is Dec. 2, 11 a.m. to 1 p.m., 2200 New Bern Avenue.

### DURHAM MARKET

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

### TOUR

Roy Wood Jr. brings his stand-up comedy tour Nov. 29, 7:30 p.m., the Carolina Theatre, Morris Street. Tickets: tickets.carolina-theatre.org.

### RECORDS

Holiday Record Fair is Nov. 29, noon to 5 p.m., Motorco Music Hall, 723 Rigsbee Ave.

### NAACP

NAACP Durham Branch

Annual Freedom Fund Luncheon is Nov. 30, 2 p.m., Durham Hilton, 3800 Hillsborough Road. Tickets: www.durham-naacp.org.

### BREAKFAST

Siegal Pancake Breakfast is Nov. 30, 9 a.m., Beth El Synagogue, 1004 Watts St. RSVP on website.

### ROUNDTABLE

The next Community Luncheon Roundtable is Dec. 4, noon, Elizabeth Street UMC Fellowship Hall. Open to the public.

### CHAPEL HILL CRAFT SHOW

Christmas Holiday Shoppe Craft Show is Dec. 6, 9 a.m. to 3 p.m., St. Thomas More Catholic Church, 940 Carmichael St. Visit: www.stmchapelhill.org.

### MISC.

### THANKSGIVING GIVEAWAYS

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

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

## Documentary filmmaker Dawn Porter honored with 2026 Full Frame tribute

STAFF REPORTS

DURHAM — Dawn Porter, whose documentary films frequently center trailblazers, leaders and activists, will be honored with the Full Frame Tribute in 2026.

The tribute celebrates filmmakers whose body of work exemplifies exceptional storytelling and impact.

"Many of the people that I've been able to work with in telling their stories have done really extraordinary things," Porter said. "Most are ordinary people who decide to make a sacrifice or do something really hard for the benefit of others. I'm curious about those people — about the better part of humanity. I'm really interested in people who see a problem or an injustice and try to fix it."

A former lawyer turned filmmaker, Porter made her directorial debut with "Gideon's Army," which followed three young Southern public defenders and opened the 2013 Full Frame Documentary Film Festival. Porter has since directed more than a dozen acclaimed documentaries, including "Trapped," which screened at Full Frame in 2016 and examined abortion clinic regulation in the South; "John Lewis: Good Trouble," chronicling the life



COURTESY

Dawn Porter

and legacy of the civil rights leader and U.S. representative; and "The Sing Sing Chronicles," which won an Emmy Award for Best Documentary. Her feature "Luther: Never Too Much" was Full Frame's Closing Night Film in 2024.

Porter has won numerous other awards for her work, including a second Emmy, a Peabody Award, the Independent Spirit Award, the Ridenhour Prize and the American Bar Association's Silver Gavel Award.

"I am drawn to documentary for the ways the form highlights the experiences of everyday people. Whether unveiling acts of greatness or seemingly small decisions, Dawn Porter's films capture the essence of the people at the center of the story.

They are vivid accounts of who we are witnessing on screen, not only what they have achieved," Full Frame Festival co-Director Sadie Tillery said.

In honor of Porter's contributions, a curated selection of her films will be showcased at the 28th Annual Full Frame Documentary Film Festival, April 16-19, 2026, in downtown Durham.

Porter will attend and take part in discussions around the screenings. Specific titles and guests will be announced closer to the festival.

"I really am grateful. I'm thrilled," Porter said. "I'm just really honored to be part of the stellar legacy of Full Frame."

A pass presale for the film festival began on November 18.

Coming Soon...  
52 Weeks of Black Brilliance



MEAC  
football  
finale  
should be  
on ESPN  
network

ESPN folks are idiots!  
They were geniuses a couple of months ago after deciding to move the South Carolina State-North Carolina Central football game up a day for a primetime broadcast.

Many believed the winner would win the conference championship.

The winner still can, but no one, except the Delaware State folks, predicted the road to the Cricket Celebration Bowl in Atlanta would go through Dover, Delaware.

The matchup should be on an ESPN network. If you think the SCSU - NCCU game was a classic, just wait till this weekend.

BONITTA

BEST

At the MEAC Football Media Day in July, host LeSean McCoy spilled some beans on how DeSean Jackson and Michael Vick were all humble in public but were talking trash in chat rooms that they were going to win the MEAC.

Well, only one of them backed it up.

Delaware State, which was picked to finish last, opened the season with a loss at in-state rival Delaware, but the game revealed so much more.

The Hornets' defense showed talent and potential, while running back Marquis Gillis showcased the good things to come with 123 yards.

Delaware State's three-game win streak didn't silence the doubters, however, since one team was a CIAA member and another was winless. The Hornets' next two losses to Sacred Heart and Monmouth only proved they were pretenders all along. Right?

The mark of a well-coached team is it gets better as the season progresses despite any drama on or off the field.

Jackson admitted the transfer portal was a help and a hindrance with egos and clashing personalities, and yet the staff managed to keep it all together on the field to get to this moment.

"We all fell in love with the grind, we fell in love with the potential," said the future MEAC coach of the year. "... There is a lot of talent here. They just needed love and encouragement."

SCSU coach Chennis Berry can empathize with the Hornets' lack of respect from the media. Bulldog fans weren't too keen on his hiring two years ago.

It didn't matter that he went 27-7 at Benedict in three seasons and earned two playoff berths. This was the storied South Carolina State program with 18 MEAC championships by legendary coaches Willie Jeffries and Buddy Pough.

One critic harped that Berry was 0-2 in those playoff appearances, so how was he going to win in the bigger, stronger MEAC.

The Bulldogs now have 19 conference championships.

Another common thread between the two teams is they went through Durham to get to this point.

Delaware State spoiled NCCU's conference opener with a 35-26 win, and S.C. State spoiled its home finale, 34-27.

Who would have thunk it?

These first-year coaches coming in and winning divisions and championships is sending folks out the door. Tremaine Jackson has Prairie View in the SWAC Championship Game in his first year, which opened up the Southern job.

Berry won the MEAC in his first year and Jackson has DSU relevant again, no matter the outcome this weekend.

Somewhere, an athletics director is checking his budget sheet.

The  
Triangle Tribune  
Sports

November 23-29, 2025 | 6A

CIAA

Welcome Back Home!

Durham County Memorial Stadium was rockin' last weekend at the 2025 CIAA Football Championship. The championship returned to the Bull City after a 10-year absence. Johnson C. Smith and Virginia Union fans showed up in droves to cheer on their team.



CIAA

HBCU FOOTBALL

MEAC championship down to final week

By Bonitta Best

editor@triangletribune.com

After putting on a performance for the ages, the NCAA rewarded Johnson C. Smith with a No. 2 seed in Super Region One. The Golden Bulls host Frostburg State (9-2) November 22. It is the first meeting between the two teams.

Virginia Union is the No. 3 seed and hosts California (Pa.). Fayetteville State was hoping to be a third CIAA team but just missed the cut.

Over in the SIAC, Albany State is the No. 1 seed in Super Region Two. The Golden Rams host No. 8 Valdosta State, which advanced to the DII championship last season under new Prairie View A&M coach Tremaine Jackson.

ASU's athletics director is Johnson C. Smith alumna and former St. Augustine's associate AD Kristene Kelly.

Number 5-seed Benedict travels to No. 4-seed Wingate. And Kentucky State's historic season continues as the No. 6



Delaware State and first-year coach Sean Jackson are one game away from Atlanta.

seed. The Thorobreds travel to Newberry College.

All games will be streamed on www.ncaa.com.

Delaware State (8-3 overall, 4-0) vs. S. C. State (8-3, 4-0)

The MEAC championship is down to the final weekend.

The Bulldogs travel to the

Hornets this weekend to defend their title and the right to a second straight trip to the Cricket

Please see **MEAC/7A**

COLLEGE CORNER

Shaw men's basketball off to a 2-0 start

N.C. Central

Basketball got in the win column with a hard-fought 66-53 win over UNC Asheville last week but couldn't make it two in a row. A slow third quarter saw the College of Charleston score 12 straight points to build a 16-point lead enroute to a 75-60 win. Aniya Finger and Aysia Hinton scored 12 points apiece.

The team has two tough road games at Wake Forest and Old Dominion before hosting UNC Greensboro Nov. 26 at 11 a.m.

Basketball also received a commitment. South Gardner High 6-foot-1 guard/forward Chloe Crawford is coming to Eagleland.

And in volleyball, NCCU ended the conference season at .500 (7-7) and will play Delaware State in the MEAC Tournament quarterfinals.

Shaw (0-2)

The Bears travel to Morris College this week looking for their first win after losses to Shepherd University

and East Stroudsburg in the Bowie State Tip-Off Classic. D'Ayza Atkinson combined for 36 points in the two games. Shaw hosts its home opener Nov. 25 against Virginia-Lynchburg.

In soccer, Virginia State dethroned Shaw in the USCAA Championship. The Trojans, playing in their first championship match, won 1-0.

In volleyball, the Bears meet No. 2-seed Virginia Union in the CIAA Tournament.

N.C. A&T

The Aggies have two wins in basketball and they're both over Division II teams: Shaw and Winston-Salem State. It'll be interesting to see if it bites them when selection time come.

Guard Jordan Brown has signed with XPAND Sports. Kudos!

SWAC

Since the women always get dissed by ESPN during the regular season,

Please see **SHAW/7A**







Shaw football earned the top team GPA award.

# MEAC championship down to final weekend

Continued from page 6A

Celebration Bowl.  
S.C. State defeated North Carolina Central in a game for the ages on ESPN2. Delaware State will be its second straight road trip. "They (players) know what's at stake. We've got to go and accomplish the mission," SCSU coach Chennis Berry said. The Hornets, picked to finish last in the league - which they won't let anyone forget - easily handled Howard to set up the finale. "This is a very confident team," DSU coach DeSean Jackson said. "We know about this S.C. State team. We'll be well prepared and ready to play at a high level." Both teams are ranked in the top three in scoring, both averaging over 30 points a game, but the Hornets have the edge in scoring defense, leading the conference in allowing 24.5 points per game versus the Bulldogs' next-to-last 27.2 ppg. Despite being held under 100 yards rushing by Howard, Delaware

State's two-headed monster, Marquis Gillis and James Jones, will keep the Bulldogs' defense busy. "They are a disciplined and physical football team," Berry said. "We're playing confident football. Good football right now." The game will be streamed on ESPN+. N.C. Central (7-4, 2-2) vs. Morgan State (4-7, 1-3) Coach Trei Oliver says he's looking forward to playing one more game. "We have the opportunity to finish 8-4. Many teams would love to have an eight-win season," he said. "We lost to some good teams, but I will never, ever accept losing." The Eagles travel to a Bears team that snapped a three-game losing streak with a win over Norfolk State. Morgan's three losses were by six points or less. "Their quarterback is like (former Philadelphia Eagles) Randall Cunningham - running all over the field," Oliver said. "We want to go out the way we came in" (with a win.)

Shaw The Bears earned the 2024-25 Freddie Vaughn Academic Award for having the highest GPA in the conference at 3.28. CAA North Carolina A&T closes out its first season under head coach Shawn Gibbs at Elon. The Aggies (2-9 overall, 2-5) hope to end a three-game losing streak. Hampton has one last shot to win a conference game. The Pirates (2-9, 0-7) travel to Rhode Island. Coach of the Week Actually, it's defensive coordinator of the week. Barry Tripp devised the perfect game plan to subdue a high-powered Virginia Union offense with one touchdown in the second half. Vacancies The list is sure to keep growing. \* Savannah State \* Winston-Salem State \* Southern \* Langston



Jordan Brown

# Shaw men's basketball off to fast 2-0 start


Continued from page 6A


fans can watch 60 of their basketball games on the SWAC TV app. MEN N.C. Central The Eagles (2-2) had little trouble with Toccoa Falls, overpowering the other Eagles 123-67 Tuesday night. Gage Lattimore led the team with 21 points, while teammate Jonathan Dunn went a perfect 8-for-8 from the field for 20 points. The men have a tough


two-game road trip at Dayton this weekend and USC Upstate next Tuesday. For those stuffed with turkey after Thanksgiving, NCCU hosts Carolina U Nov. 29 at 2 p.m. That'll be ugly. Shaw Basketball is off to a 2-0 start after wins over Clinton College and Mount Olive. Dreveon Scott and Avery Huggins scored 27 points and 24 points, respectively, in the explosive 93-89 win over UMO. The team travels to Charlotte Nov. 23 before host-


ing Paine College Tuesday at 8 p.m. SWAC The men's basketball ESPN schedule is four games on ESPN+: \* Jan. 10 - Jackson State at Alabama State \* Jan. 24 - Jackson State at Bethune-Cookman \* Feb. 9 - Alabama State at Southern \* Feb. 16 - Bethune at Jackson State The remaining games will be streamed on SWAC TV.


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## THANKSGIVING CELEBRATION ACTIVITY SHEET



Hi Everyone!

It's November and Thanksgiving is a popular holiday in America that occurs during this month. People all over the country come together with family and friends to make it a memorable and happy celebration. But how many of us know the real story of Thanksgiving? For Black Americans today, it's time spent with family and friends being thankful for ones blessings. Let's see what else you can learn from this activity sheet.

### THANKSGIVING TRUE OR FALSE

Put a **T** for True or **F** for False beside the statement about Thanksgiving.

\_\_\_\_\_ The Pilgrims and the Native Americans came together for a peaceful feast on Thanksgiving.

\_\_\_\_\_ The war against the Pequot people resulted in the massacre of 700 Native Americans.



\_\_\_\_\_ On Thanksgiving many white Americans inappropriately dress up as Indians.

\_\_\_\_\_ Black Americans usually eat spaghetti and meatballs on Thanksgiving.

\_\_\_\_\_ Governor John Winthrop declared "Thanksgiving" after the massacre of the Pequot people by the colonists.

### THANKSGIVING SERMON

On November 30, 1876, Reverend Benjamin W. Arnett of Urbana Ohio's St. Paul A.M.E. Church provided a stirring sermon that addressed the importance of Thanksgiving but also called on America to treat its free Black citizens with fairness and dignity. Reverend Arnett was an active civil rights leader and a member of the Pennsylvania State Equal Rights League. He was also a member of the National Convention of Colored Men, and in 1872 he became the first Black man to serve as a foreman for an all-white jury.




### THANKSGIVING ON THE PLANTATION

Fill in the blank with the correct word or words.

[ cornmeal cakes, celebrate, escape, wild game, pone cakes]

The slaves were allowed to \_\_\_\_\_ Thanksgiving. The field slaves would catch \_\_\_\_\_ for their family and friends. The women prepared \_\_\_\_\_ or \_\_\_\_\_ to go with the wild game.

The slaves oftentimes used the Thanksgiving holiday as an opportunity to \_\_\_\_\_.




### ONE MINUTE FOOD MADNESS


In one minute or less, circle the 10 foods that most Black people today enjoy eating on Thanksgiving.

|                  |           |          |          |
|------------------|-----------|----------|----------|
| Mac and Cheese   | Rice      | Ham      | Cereal   |
| Sweet Potato Pie | Spaghetti | Combread |          |
| Stuffing         | Oatmeal   | Turkey   | Corn     |
| Collard Greens   | Bacon     | Yams     | Porridge |
| Red Velvet Cake  |           |          |          |

### A TALE OF TWO PLYMOUTHS



In Plymouth, Massachusetts there are two public commemorations on Thanksgiving. The first is an official parade, with folks dressed like pilgrims marching to Plymouth Rock. The second is standing on top of Coles Hill with indigenous people and supporters and fasting in observance of what they called a "national day of mourning" in remembrance of the destruction of Indian culture and peoples. These two events represent two very different visions of American history.



## HAPPY THANKSGIVING TO ALL!

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THANKSGIVING CELEBRATION, WEEK OF NOVEMBER 23, 2025, #230 WWW.JOEYOUNG.ORG KEMET ACTIVITY SHEETS © 2025 BY JOE YOUNG

#### ONE MINUTE FOOD MADNESS ANSWER KEY

|                  |                |                 |
|------------------|----------------|-----------------|
| Mac and Cheese   | Rice           | Ham             |
| Sweet Potato Pie | Combread       | Stuffing        |
| Yams             | Collard Greens | Red Velvet Cake |

#### TRUE OR FALSE ANSWER KEY

|   |   |   |   |   |   |
|---|---|---|---|---|---|
| T | T | F | T | F | T |
|---|---|---|---|---|---|

#### ON THE PLANTATION ANSWER KEY

|                  |                |                 |
|------------------|----------------|-----------------|
| Mac and Cheese   | Rice           | Ham             |
| Sweet Potato Pie | Combread       | Stuffing        |
| Yams             | Collard Greens | Red Velvet Cake |

#### TRUE OR FALSE ANSWER KEY

|   |   |   |   |   |   |
|---|---|---|---|---|---|
| T | T | F | T | F | T |
|---|---|---|---|---|---|



HBCU NEWS



**N.C. CENTRAL**  
Five NCCU alumni have established the American Veterans Endowed Scholarship to support students from military families. They are retired Captain Dimitrus Culbreath '84, retired Lieutenant Colonel Barry Davis '84, retired Colonel Dallis Barnes '83, retired Colonel Walter Thomas II '87 and retired Lieutenant Colonel Wilbert Bryant '86. The scholarship will provide ongoing financial assistance to Eagles who exemplify the values of leadership, integrity and service. The endowment, which will be fully funded at \$25,000 over five years, recognizes the strength, resilience and dedication of students connected to the U.S. Armed Forces and ensures that financial barriers do not hinder their academic success. "The idea was born from

a conversation between the five of us, all NCCU alumni and military veterans," said Bryant, who served 20 years in the U.S. Army. "We realized that while we took different paths after NCCU, our shared experiences, both at the university and in service, shaped us profoundly. We wanted to honor that bond and pay it forward to the next generation of Eagles with military connections." Culbreath, who served 30 years as a director and regulatory compliance officer in the United States Public Health Service, said, "It is always better to give someone the opportunity to improve themselves and their surroundings than to turn your back on someone in need." Barnes, who served 33 years in the U.S. Army, said, "Hard work, dedication and pillars of support are the cornerstones

of tomorrow for our youth." "Perseverance is key. I am the eighth of nine siblings, from enlisted to commissioned officer, the first to enlist in the military and first-generation college graduate," said Davis, who served 33 years of enlisted and commissioned service in the U.S. Army. "The endowment scholarship is an excellent opportunity to support our university and its student body while paying homage to the honorable service and sacrifice of all military veterans," said Thomas II, who served 27 years in the U.S. Army. The American Veterans Endowed Scholarship stands as a testament to the enduring bond between military service and the NCCU community. For more information, visit [www.nccu.edu/giving](http://www.nccu.edu/giving).

COURTESY

SCHOOL NEWS



DPS

Alanah K. Robinson

**DURHAM COUNTY**  
Last month Rogers-Herr Middle School hosted its second Miss RHMS Pageant. Seven talented young ladies from grades six to eight showcased their leadership, creativity and confidence. The event raised over \$1,000 to invest in students' futures. This year's Miss Rogers-Herr Middle School 2026 is Alanah K. Robinson, an 11-

year-old sixth grader, author, singer-songwriter and public speaker. Alanah is the author of "Alanah's 4th Grade Guide to Success," available on Amazon and Kindle Books, which motivates students to stay focused, believe in themselves and reach their goals. With her uplifting message, "Be Yourself; Don't Let Anyone Change You," Alanah uses her platform

to inspire other youth to embrace their individuality and shine with confidence. She has shared her message through book signings at Durham County Public Library. As Miss RHMS 2026, Alanah will represent her school and community while being mentored by the reigning Miss Black North Carolina USA 2025, Shyquell Allison.



# Create your own winter containers for Christmas

By Melinda Myers  
*SPECIAL TO THE TRIBUNE*

Add a bit of seasonal beauty to your front steps, window boxes and other outdoor spaces with winter containers. Fill them with greenery, berries, cones, baubles and more. You'll find many of these items in your own backyard and more at your favorite garden retailer. Collect a few evergreen stems, interesting seed-heads and pods, colorful stems, and fruit and berry covered branches from your landscape. Plants you enjoy in the winter garden are good candidates to include. Many native plants make excellent additions to winter containers. Include berry-laden stems of plants like winterberry, dried flowers of smooth hydrangea, colorful stems of red twig dogwood, branches of paper bark birches and fruit from native crabapples, hawthorns and roses. Collect a few evergreen cones and harvest some stems topped with seed-heads and pods from gardens and native plantings. Add some airy texture and motion to your winter containers with native and ornamental grasses. Leave them in their natural state or add some paint and glitter for a bit of bling. Do not include invasive plants like phragmites, tea-

sel and oriental bitter-sweet. These will drop seeds in your landscape and soon become a problem in your gardens and surrounding natural spaces. Convert one or two of your summer or fall containers into a winter display or start with an empty planter. Make sure the container you select can tolerate winter weather. Concrete, iron, metal, wood and fiberglass containers are best suited for year-round use. Even plastic pots will last for a few years when left outside and kept safe from damage by snow shovels and snow blowers. Make sure the pot has drainage holes to prevent waterlogged soil and water from overflowing the pot. Fill the container, up to an inch below the rim, with a well-drained potting mix, sand or topsoil. The soil helps hold the greenery, twigs and other materials in place and adds weight to keep the pot upright throughout the winter. Add a rock to the bottom of lightweight containers to prevent them from blowing over in the wind. Use a mix of evergreens to provide a variety of textures, various shades of green and a backdrop for the items. Pine, spruce, arborvitae, boxwood and junipers may be growing in your landscape and most of these are available at

garden centers. Spruce tips make it easy to create vertical accents in your containers. Select fresh greenery with pliable branches and firmly attached needles. Secure the stems by placing them at least four inches into the soil. Next, add the other materials you purchased or collected from your landscape. Create vertical interest with colorful and fruit-laden stems and branches. Tuck in seed-heads, pods, cones and colorful branches for added interest throughout the arrangement. Depending on your style, add artificial materials such as ribbon and outdoor ornaments. It's your opportunity to be creative. Water thoroughly to remove air pockets and lock your ingredients in place. Keep the soil moist until the potting mix freezes to extend the beauty of your winter arrangement. If possible, set your planter in a sheltered location out of drying winter winds and sunlight to keep it looking good even longer. Once your container is complete, it's time to relax and enjoy your favorite winter activities and celebrations. *Melinda Myers has written more than 20 gardening books, including Small Space Gardening.*

RECIPE OF THE WEEK



# How to naturally sweeten your Thanksgiving feast

FAMILY FEATURES

During this season of Thanksgiving, people are focused on family, friends and, of course, food. This honey-roasted turkey breast recipe is the perfect main dish when gathering your loved ones for a comforting meal you can feel good about. The secret ingredient is Busy Bee Raw Honey, sourced entirely in the United States, tested for safety, quality and three times for purity. Each bottle comes with a peel-away back label and Real Honey Code so you can trace your honey's journey from flower to hive to your holiday table. So, welcome your guests, raise a toast and feast on all that's made possible by honeybees, including this show-stopping honey-roasted turkey. Discover more festive recipe ideas and where to find this traceable raw

honey by visiting BusyBeeHoney.com.  
**Honey Roasted Turkey Breast**  
*Servings: 8*  
1 full turkey breast (6-7 pounds), bone-in, skin on, fully thawed  
kosher salt  
freshly ground black pepper  
**Glaze:**  
½-cup Busy Bee Raw Honey  
½-cup orange juice  
2 teaspoons Dijon mustard  
3 tablespoons apple cider vinegar  
1 teaspoon kosher salt  
1 teaspoon freshly ground black pepper  
3 sprigs fresh thyme  
1 clove garlic, peeled and crushed  
Preheat oven to 500 F. Season turkey liberally on both sides with salt and

pepper; let sit at room temperature one hour in large roasting pan with roasting rack. To make glaze: In medium saucepan over high heat, combine honey, orange juice, mustard, vinegar, salt, pepper, thyme and garlic. Bring to boil, then reduce heat to medium and simmer 15 minutes or until reduced by two-thirds. Remove from heat and set aside. Place roasting pan in center of oven and reduce temperature to 350 F. After 45 minutes, brush on layer of glaze. Cook 10 minutes. Brush on another layer of glaze. Cook 10 minutes. Brush on one more layer of glaze, cooking until internal temperature of turkey registers 165 F. Remove from oven and let rest 30 minutes. Cut meat from bone, slice and drizzle with remaining glaze before serving.

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