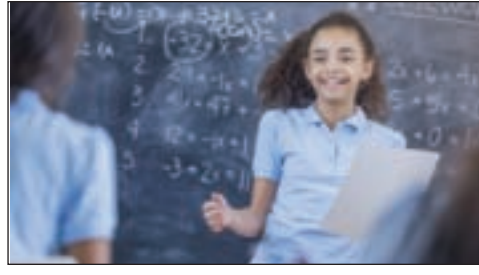




SPORTS

Hillside wrestling and Riverside wrestler end season on high note.



COMMUNITY FOCUS

Tips for students to prepare for the SAT.

The Triangle Tribune

THE TRIANGLE'S CHOICE FOR THE BLACK VOICE SINCE 1998

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« 52 WEEKS OF BLACK BRILLANCE »

NCCU kicks off Black History Month honoring Black architects

By Quiana Shepard
N.C. CENTRAL COMMUNICATIONS
DURHAM - The James E. Shepard Memorial Library at North Carolina Central University, in collaboration with Hayti Promise Community Development Corporation and Preservation Durham, is launching Black History Month by elevating the stories of Black architects, builders and craftsmen who helped shape North Carolina's historic landscape through the

traveling exhibit, "We Built This: Profiles of Black Architects and Builders in North Carolina." The free exhibit will be on display Feb. 1 through March 31, in the James E. Shepard Memorial Library at 209 Eagle Campus Drive. An opening ceremony is Feb. 3, 2 p.m., on the library's first floor. Produced by Preservation North Carolina, and appearing in Durham for the first time, "We Built This" highlights African Ameri-

cans who designed and constructed many of the state's most treasured historic sites. Spanning more than three centuries, the exhibit features over two dozen personal profiles and explores pivotal eras and themes, including slavery and Reconstruction; the founding of historically Black colleges and universities and Black churches; Jim Crow and segregation; and the rise of Black civic leaders, politicians and professionals.

"The NCCU James E. Shepard Memorial Library is proud to host the 'We Built This' exhibition, a virtual encyclopedia of African American architects and builders whose work has shaped North Carolina's towns, churches, businesses, HBCU campuses and neighborhoods for generations," said André Vann, university archivist and public history instructor. "Through the design



NCCU

"We Built This: Profiles of Black Architects and Builders in North Carolina" exhibit at NCCU.

Please see NCCU/2A



COURTESY

'Make it Make Sense': Durham demands answers on Hayti project

By Kylie Marsh

Kylie.marsh@triangletribune.com

DURHAM - What will become of the \$10 million reserved for investment into historic Hayti? Although the Hayti Promise Community Development Corporation was awarded the amount in American Rescue Plan Act funding almost three years ago, the needle has not moved, and community members are left wondering where the money is. Durham residents concerned about possible gentrification, a

lack of transparency and government overreach into nonprofit organizations, spoke at the Durham City Council meeting last week to demand answers. Two items on the Jan. 20 agenda dealt with the Hayti Promise CDC: first, to remove the St. Joseph's Historic Foundation as a fiscal agent for the CDC; and second was a change in funding, up from \$3.25 mil to \$6.76 million, to the CDC. Joshua Gunn, of the city's Office of Economic and Workforce Development, said the St. Jo-

seph's Historic Foundation requested in October to be removed. The role of a fiscal agent was assigned because Hayti Promise CDC was a relatively "new" organization as a nonprofit, which had not established itself as financially reliable. Angel Iset-Dozier said before the council that her intellectual work was done to lay the roadmap for the Hayti Reborn project, which was established in 2023. She also said the CDC was

Please see DURHAM/2A

What I saw in Durham County courts and why it haunts me

By Jacob Chin
SPECIAL TO THE TRIBUNE

For a parent, nothing is more terrifying than the thought of your child being ripped from your arms. This is why, for nearly a decade — as a public defender and now as a clinical teacher at Harvard Law School — I represented parents threatened with family separation by Child Protective Services. I have become accustomed to the racism, classism and trauma that pervade family court. I've seen evidence ignored, parents intimidated, and I have watched them weep as their families were legally erased. I'm prepared each time I enter dependency court proceedings to observe injustice. But after a recent trip to Durham, I was shaken by what I witnessed.

I was invited to Durham for a convening hosted by Movement for Family Power to work on strategies to keep families safe. That plan was disrupted when one of our colleagues, Amanda Wallace, was served with a no-contact order by Durham County on behalf of Maggie Clapp, director of Social Services. County attorneys alleged Wallace was terrorizing the director of a powerful government agency. They claimed using chalk and the language of impacted families would constitute trauma, and DSS needed protection from a Black woman. They admitted there was never violence yet still claimed to "fear" her.

Durham County pulled us away from the work of building safety and back into the grasp of the court system. While we waited for Wallace's case, I walked down the hallway to a surreal scene in dependency court.

Judge Dorretta Walker was on the bench. She and attorneys spoke about children being removed from their homes as though this life-altering trauma were routine paperwork. Walker minimized the complexity of broken systems, repeating in a dismissive tone that her written judicial order would simply read: "Fix it."

CPS workers testified from the public gallery without approaching the bench. It was unclear whether they were sworn in or accountable to inquiry or cross-examination. These unchecked contributions carried real weight over children's lives. I was shocked by the disconnect between the courtroom's lack of humanity and the traumatic consequences being inflicted.

Eventually, Wallace's case was called. Court officers restricted how many community members could enter the room. Observers were falsely accused of using their phones. Once the hearing began, nobody was allowed to enter or leave, not even to use the bathroom. The racial dynamics were glaring. Wallace was represented by two women of color from Southern Coalition for Social Justice. Durham County was represented by two white men pursuing the order on behalf of Clapp, a white woman.

Presiding over the case was Judge James Hill, a white man who declared he believed in First Amendment free speech while simultaneously issuing a no-contact order from the bench based on Clapp's testimony that she feared Wallace's activism because she had called her a "kidnapper of Black children" in public forums.

But the truth is stark: under Clapp's leadership, Durham County continues to remove Black children from their parents under the guise of child welfare and protection. Wallace's activism is speech and dissent, challenging an institution resisting accountability for harms it inflicts.

What I witnessed in Durham is not isolated. It is part of a broader pattern at the center of a federal lawsuit

Please see WHAT/2A

Mentoring program helps young girls 'Sparkle' with confidence

By Freda Freeman

CORRESPONDENT

Lakithia Chapman, of Clayton, wants her daughter, Lydia, to stand with confidence in herself and her abilities. This is why she enrolled her in Sparkle Mentoring, a 501(c)(3) nonprofit program to help girls ages 10 to 18 build self-esteem. "The reason I wanted her to connect was for self-esteem, not that hers was low, but from what I know of young girls having challenges with image and

esteem issues. Young girls around that age start to get interested in guys, and, to appeal to them, some, not all, start to shrink to be more attractive," Chapman said. Lydia, who's called Abby, had been homeschooled until now that she's turned 13 and entered eighth grade. She's been in the Sparkle Mentoring program for about a year. Chapman wants Abby to widen her circle and be around youth her age, but she doesn't

want her to become a shrinking violet to fit in or be accepted. "Abby is academically gifted, and I want her to be bold and proud about that. I do not want her to shy away from that to be embraced by guys. I don't want her covering from her own strength. I wanted her to be mentored in a group where academic success is embraced, encouraged and celebrated, along with building self-esteem," Chapman said.

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NCCU kicks off BHM with architects' exhibit

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and construction of both public and private spaces, the exhibit honors their skill, creativity and lasting impact."

Among the notable figures featured is W. Edward (Willie) Jenkins, who designed NCCU's LeRoy T. Walker Physical Education and Recreation Complex, Albert L. Turner Law Build-

ing and the contemporary White Rock Baptist Church in 1977. The exhibit also highlights master furniture maker Thomas Day, the grandfather of Annie Day Shepard, wife of Dr. James E. Shepard, as well as architect Phil Freelon, who served as architect of record for the stabilization of the Shepard House, and as lead designer of the Bio-

manufacturing Research Institute and Technology Enterprise Building and the annex to the B.N. Duke Auditorium.

Group tours are welcome by appointment. Contact Vann at 919-530-6254 or avann@nccu.edu. For more information about the exhibit, visit www.presnc.org/experience/we-built-this/.

What I saw in Durham County courts haunts me

Continued from page 1A

brought on behalf of Civil Rights Corps, which challenges Durham County's exclusion of civil rights observers from dependency court hearings — proceedings that should never be hidden from public view where children's futures are decided.

The attempt to silence Wallace is inseparable from the concerns raised in that lawsuit. They reveal a court system that treats dissent as danger and transparency as a threat. Courts cannot claim to protect children while operating in secrecy or punishing those who bear witness.

What I saw in Durham demands public examination and judicial accountability, and collective action to ensure courts exist to protect families and constitutional rights, not to silence dissent or normalize harm.

Jacob Chin is the assistant director of the Family Practice and a clinical instructor at the Harvard Legal Aid Bureau. The views expressed in this article are his own and do not represent the views of his employer.



Sparkle Mentoring staff and members.

Mentoring program helps Black girls 'Sparkle'

Continued from page 1A

Stacey Rodgers, of Raleigh, initially started Sparkle Mentoring in 2008 when her daughter was 14. Rodgers wanted her daughter and nieces to have a safe place to talk openly and honestly with a trusted adult and get true answers to their questions.

"I see a lot of young girls who are afraid or hesitant about sharing their true feelings because they are afraid of what their peers are going to think about them. Sometimes they won't say anything for fear of being made fun of. I don't want them to dim their personality or who they are to please others," Rodgers said.

With several starts and

stops over the years due to family obligations, Rodgers has revamped the program. Sparkle Mentoring, which runs from September to May, offers group and individual mentoring, financial literacy, self-esteem, mental health, educational workshop and parental support. Rodgers often brings in speakers from various professions to talk to the girls. Other activities include making vision boards, attending a self-esteem camp during the summer, and participating in community service events.

Rodgers finds it personally rewarding to witness young girls become less self-conscious and more self-confident.

"It's rewarding to know

there is a young lady who feels more confident about herself, and she's not afraid to advocate for herself. It's rewarding seeing the change in their personality, communication or behavior, and helping them feel positive about themselves knowing that with the right support and tools, the sky's the limit," she said.

Rodgers hopes to increase membership, form community partnerships and establish a scholarship for graduating seniors. Plans are also in the works to hold a fundraiser gala and a community talent show. For more information, call 984-302-5204 or email sparklementoring@gmail.com.

Durham residents demand answers on Hayti project

Continued from page 1A

fraudulently formed, and this is why St. Joseph's asked to be removed as fiscal agent.

Iset-Dozier called the agenda items a "shell game." She asked for a halt on decision-making and an independent review of the handling of funds.

During discussion, council members asked for clarification about the city's relationship in the contract between the CDC and St. Joseph's. Tim Flora, city director of finance, said the installation of the Historic Foundation was "not a requirement," but the result of the city's "risk assessment" as a requirement for the Department of the Treasury since the contract dealt with ARPA funds.

Hayti was proudly named after the independent nation of Haiti, which was established following the first successful slave rebellion of the colonial period.

The name paralleled the historic heyday of Hayti, which was a self-sufficient Black community. Today, residents are still waiting for answers regarding

when the community will receive the prosperity that other parts of the Bull City have received.

Jen Wickman, speaking as her nickname "Jen Trifier" — a play on the word "gentrifier" — spoke in satirical support of the vote, which she characterized as "moving the money around" with acronyms to obscure the actual motions from the citizens, and, most importantly, the residents of the Fayetteville Street Corridor.

Her comments implied the fear among residents that the corridor will be used for market-rate housing with a suspicion that there will be absolutely no allotments for affordable units — leading to further displacement of the residents.

Anita Scott-Neville is director of Hayti Reborn. She asked the council to "make it make sense," and asked that there be clarity on how the community can benefit from the contract.

CJ Broderick Jr., Greater Durham Black Chamber of Commerce president and CEO, spoke on behalf of the approximate 300 members of the organiza-

tion, asking the council to vote "No" on the contract amendments until further clarity is given to the public.

What really raised the temperature was commentary from council member Carl Rist. "I am sick and tired of the innuendo," Rist said.

He said the item on the agenda was about the contract and not about impact analysis of the CDC. He also said that a full list of expenditures from the CDC was previously provided.

"If you're tired, imagine how the people on the corridor feel. If you're tired, they're tired," council member Shanetta Burris said. While she did receive a list of expenditures, Burris said there was no information about dates. "We just want context as to how these funds are being utilized and an actual plan to move forward. That's it," she said.

No vote was taken, and the issue was referred back to staff to answer questions so council members could get a better understanding of what the implications of a contract amendment would be.

Trump drops court appeal stopping schools from teaching about DEI

By Alvin Buyinza

WORD IN BLACK

The Trump administration withdrew its appeal of a federal court ruling that blocked the government from cutting federal funds from schools and colleges that promoted diversity, equity, and inclusion initiatives.

The recent move upholds a Maryland federal judge's August 2025 ruling that found the White House's move violated the First Amendment and would have caused "millions of educators to reasonably fear that their lawful, and even beneficial, speech might cause them or their schools to be punished."

The Trump administration did not respond to Word In Black's request for comment.

Randi Weingarten, president of the American Federation of Teachers, one of the groups that sued the administration, said the White House's withdrawal, which effectively ends the case, is a victory for kids.

The Trump administration "attempted to rewrite and redefine opportunity to eliminate diversity, equity and inclusion and threatened schools and districts with penalties if they failed to comply," Weingarten said in a statement.

"It took a union to stand



in the stead of kids and educators who feared retribution from the government."

In a "Dear Colleague" letter sent last February, the Department of Education threatened to pull hundreds of millions of dollars in federal funding from schools that violated the administration's ban on diversity, equity, and inclusion policies, such as teaching American history lessons that acknowledge systemic racism. The administration later required schools to certify they would refrain from teaching about DEI.

In response, a coalition of organizations, including the AFT, the American Sociological Association and an Oregon school district, sued the administration,

accusing it of attempting to restrict schools from teaching about race and race-related topics.

Skye Perryman, president and CEO of Democracy Forward, the organization that represented the coalition in court, said in a statement that the federal court ruling struck a blow against the Trump administration's "unlawful crusade against civil rights."

"Today's dismissal confirms what the data shows: government attorneys are having an increasingly difficult time defending the lawlessness of the president and his cabinet," she said in a statement. "And, when people show up and resist, they win. This is a welcome relief and a meaningful win for public education."

BUSINESS BRIEFS

GRANT

City of Raleigh's Building Up-fit Grant is seeking new small business owners. Learn more by emailing Carl.BrooksII@raleighnc.gov. Deadline: Feb. 1.

TAXES

Black Chamber of Raleigh and Innovative Tax & Accounting are sponsoring a tax class Feb. 3, 6 p.m., The Platinum Event Center, 916 Rock Quarry Road, Suite 109.

CERTIFICATION

A virtual seminar on HUB certification is Feb. 4, noon to 1 p.m. Register at www.gdbcc.org.

MARKET

Lunar New Year Market is Feb. 7, 11 a.m. to 4 p.m., Raleigh Iron Works, 2200 Atlantic Avenue.

ADVOCACY DAY

Black Business Advocacy



COURTESY

Pointe at Midtown apartments.

Day will be highlighted at the Durham County Commissioners meeting Feb. 9, 7 p.m., 200 E. Main St., Second Floor. Register: www.gdbcc.org.

SOLD!

The Pointe at Midtown apartment community in North Hills has been sold for an undisclosed price.

OPENINGS:

* Hops & Flower, a one-stop destination combining deli, coffee, taproom, wellness and cannabis, opened at 2014 Hillsborough Road. Visit hopwsandflower.com.

Send business briefs to info@triangletribune.com.



Friends of Durham: Education is Key

By Kylie Marsh

kylie.marsh@triangletribune.com

DURHAM - David Smith is a Durham native and commercial real estate appraiser. At 68 years old, he's one of the last remaining original members that formed the Friends of Durham "about 40 years ago."

This year, Friends of Durham PAC focuses on education, affordable housing, public safety, employment and economic growth, seeing all the issues as deeply interwoven.

Smith said he's not opposed to the existence of private and charter schools but fears it tips the scale in an inequitable way. "There are a lot more at-need kids there," Smith said about public schools, "because the public schools take everybody, and the charter schools and the private schools get to pick."

He said Durham Public School administrators get a negative reputation.

"I've always sort of fantasized, if I win the lottery and I've got a billion dollars, what would I do with it? And I think I would start a lot of scholarships to not only Durham Tech, but all kinds of technical schools to get these children, locals

to good jobs," Smith said.

Public safety is another top concern. Smith said Friends of Durham "certainly did not like" the movement to defund police that took place in the earlier part of this decade. "You really need to support the police. We feel they have a tough job," he said. "Yeah, there have been some bad things that have happened that the police have done but not here. Our police have been pretty good."

Smith sees a connection between education, public safety and economic growth. He says Durham's amenities like the Durham Performing Arts Center, North Carolina Central University, Duke University, Durham Technical Community College and unique small businesses and local restaurants attract not only newcomers but employers.

"We've always been fairly diverse," Smith said. "You haven't had the problems that other towns have had," adding that the city is more LGBTQIA+ friendly than other Triangle towns. The Friends once partnered with the Durham Committee on the Affairs of Black People to create a Memorandum of Understanding

to reduce Black-white racial tensions.

"We really are emphasizing jobs, and we see eye to eye; and we frequently will support the same candidates," Smith said about the DCABP.

Affordable housing is at the top of many voters' lists of priorities, as is with the Friends.

"We're not just interested in affordable housing for the people at the bottom tier, we're concerned a lot about the missing middle," Smith said, where policemen and teachers are also struggling to find places to live, causing a squeeze on the essential talent the city can retain.

Having served on about 10 citizen commissions in the city, Smith maintains that getting involved in local government is essential for community members.

"I've always thought and said that local government really impacts you more directly than the federal government," Smith said. "They're more likely to raise taxes, and they influence the police, not the people in Washington; so, in zoning and things like that, it's really more important at the local level."



How North Carolina erased medical debt for 2.5 million people

By Alex Olgin
WUNC

After a routine trip to her mailbox, Dawn Daly-Mack almost threw away an important letter that she thought was junk mail. "I opened it up and it said, 'Your medical bill has been paid,'" said Daly-Mack, 60, who lives in Gaston, in northeastern North Carolina. "I didn't believe it."

The letter turned out to be legitimate. Daly-Mack is one of about 2.5 million North Carolinians whose medical debt was erased under a new statewide agreement with hospitals. The hospital wiped away her \$459 debt, dating back to a 2014 emergency room visit for a sinus infection.

"I was the only breadwinner in the family," said Daly-Mack, who was caring for her disabled husband and two teenagers at the time. "I was not able to pay the bill." She was also working then as a nurse at the very same hospital trying to collect from her.

All of the state's 99 hospitals agreed to stop collecting certain debts dating back to 2014. They also pledged going forward to automatically discount care for patients who qualify for financial assistance — without requiring them to apply. For a family of four, that means an annual income of less than \$96,000 qualifies.

"I'm excited for the people of North Carolina,"

said Allison Sesso, CEO of Undue Medical Debt, a charity that uses donor money to buy and erase medical debt. "It pairs not just medical debt relief going backwards, but it fixes the upstream problems."

Hospitals worked with Sesso's team to identify who qualified for the relief and sent them letters.

For Kody Kinsley, the former secretary of health in North Carolina, the issue was personal. "My second year of college, my father had a massive stroke," Kinsley said. His mom was very anxious about how to pay for his care: "A key thought in her mind was, 'We don't have health insurance. Oh my God. We're gonna end up in debt.'"

Luckily, Kinsley figured out how to get a discount from the hospital.

Years later as health secretary, Kinsley heard similar stories from all over the state. Even after 675,000 people gained Medicaid coverage through the new expansion in 2023, people would tell him about the old medical debt they still carried. "They had a forward path, but they were still wrestling with that backward," he said.

Kinsley crafted a plan to address that and prevent some patients from accumulating new debt. The state tied additional Medicaid dollars for hospitals to debt relief dating back to 2014 — the earliest date

the state could have expanded the health insurance program. Hospitals also agreed to shift the burden of applying for financial assistance away from patients and automatically apply discounts.

"People can walk in the front door of a hospital in an [emergency] situation and not feel like they're taking both their health and their financial well-being at risk in that moment," Kinsley said.

Heather Howard, director of Princeton University's State Health and Value Strategies program, is encouraged to see the flurry of actions but worries about how uneven the help is across the country. "Your ZIP code is going to determine the protections you have," she said.

Howard thinks to make a dent in this problem, federal rules are necessary. Especially as President Trump's health care policies are expected to lead to 14 million more people without insurance. "We shouldn't be talking about a static problem," Howard said. "This problem is going to grow."

The looming Medicaid cuts and more people without health insurance mean hospitals are bracing for more unpaid care. The North Carolina Healthcare Association, which represents hospitals, says those cuts could make "sustaining these efforts more challenging."

Black Blood, American Freedom

How the Civil Rights Movement protected all races

By Stacy M. Brown

BLACK PRESS USA

They called it Shared Chains. An Asian American man spoke a truth this country has long tried to drown.

"I always tell people," he said quietly, "the day the Latino, African American, Asian and other communities realize they share the same oppressor is the day we start winning. Because if it wasn't for the Civil Rights Movement, there would not be 22 million Asian Americans in this country. Your success, your prosperity, your civil rights that you enjoy right now were paid for with Black blood."

There it was. The truth this nation despises most. The truth is that America's freedom has always been underwritten by the suffering of Black people. That the Constitution itself, written in the ink of ideals and the sweat of enslaved hands, was never worth the paper it was printed on until Black Americans forced it to be.

The Civil Rights Act of 1964 outlawed segregation and discrimination, dragging America closer to its own promises. But that act was not born from goodwill. It was born from the anguish of a people beaten, jailed and humiliated, who still believed enough in justice to demand it from those who denied them humanity. And when the world began to change, it changed because of them.

When President Lyndon Johnson signed the Immigration and Nationality Act of 1965, ending the



racist quota system that favored white Europeans, he called it "a triumph for liberty." But the liberty he spoke of was a harvest planted by Black hands and watered with their blood.

Latino farmworkers marched because Black people had marched before them. Asian Americans found a home because the Civil Rights Movement forced open the nation's gates. Women, people with disabilities, immigrants from the corners of the globe, all walked through doors built by those who had been shackled.

The Chicano movement, born of frustration and hunger, drew its rhythm from the same drumbeat that sounded in Montgomery and Selma. The Civil Rights Act, meant to crush Jim Crow, became the armor for others — Asian Americans who had been told they did not belong, now shielded by laws created from Black suffering.

"If it weren't for the Civil Rights Movement, there wouldn't have been a farmworkers' movement," said Vanessa Saplad, a Texas-based registered nurse whose family emigrated

from Colombia. "It showed our people that protest could bring power, that dignity wasn't something you begged for; it was something you stood up and claimed."

And yet, this country forgets. It forgets with a stubbornness that borders on sin. It forgets who gave it its conscience. It forgets that every movement for equality in this land began with the Black demand to be seen as human. It forgets, and in its forgetting, it repeats.

"We watched Black folks march for equality, and it gave us language for our own struggles for fair housing, for fair wages, for belonging," said Peter De Cruz Villareal, a farm worker of Filipino descent. "Their fight taught us how to stand tall, even when the system calls you invisible."

But through every betrayal, Black Americans remain this country's most honest mirror. When others look away, they stand and face the fire. They always have. They did in Montgomery, where a woman sat down so a nation could rise. They did in Selma, where blood mingled with river water to baptize a new generation of freedom fighters.

52 Weeks of Black Brilliance

Our history is at risk of being erased — but The Tribune ensures our voices endure.

Every week in 2026, we're shining a light on the creators, thinkers, builders, and visionaries who move our culture forward. Fifty-two stories. Fifty-two sparks. A yearlong celebration of black brilliance.

TRIANGLE TRIBUNE
The Voice of the Black Community



BRITANNICA

Little Rock Nine students being escorted by federal troops.

‘Little Rock Nine’ student recalls Christian classmate’s kindness

By David Smith
BAPTIST PRESS

(This story was first published on Jan. 21, 1997.)

LITTLE ROCK, Ark. - In 1957, the country watched as nine Black teenagers, accompanied by armed federal troops deployed by President Dwight Eisenhower, crossed a historic racial barrier to attend Little Rock Central High School.

The Army troops were ordered to protect the students from physical harm. But guns couldn't shelter the youths from heckling, taunting and racial epithets.

Almost 40 years later, however, one of the "Little Rock Nine," Elizabeth Eckford, still vividly recalls two classmates who extended a Christlike attitude amid the hatred she endured during her senior year.

"There were two people in my speech class who treated me like an ordinary person, who were always friendly and cordial to me," Eckford told National Public Radio last year. "This was unique because, of the people who were not actively harassing us, the rest of them ignored us. Ken Reinhardt and Ann Williams in that class are very memorable to me, very meaningful to me."

Reinhardt is now a bank-

ing executive in Louisville, Kentucky, a longtime member of St. Matthews Baptist Church and a trustee of Kentucky Baptist Homes for Children. Reinhardt's first recollection of his senior year was looking out a third-floor window as a mob jeered the Black students. A boy beside him turned away from the window, voicing disgust that Blacks were entering Little Rock Central.

Reinhardt decided to speak to the students whenever he saw them. One day he talked to Jefferson Thomas, a shy Black student who was eating alone in the cafeteria. The next day, Reinhardt was shoved to the ground by an angry white student who yelled a racial slur at him. On the last day of school, one white student in gym class punched Reinhardt in the face. No teacher or student came to his defense.

The treatment was the same the Black students faced daily from many of the school's 1,500 students, Reinhardt reminded in an interview. "The National Guardsmen followed the black students every day. But every day they were body-slammed into the lockers. The guardsmen wouldn't do anything."

Eckford still lives in Little Rock. She could not be reached for an interview. One acquaintance said she

prefers to stay out of the limelight and doesn't like to discuss what she went through 40 years ago.

She still has emotional scars from her senior year in high school, Reinhardt said, explaining she suffers from post-traumatic disorder, a condition common to soldiers who have gone through combat.

Reinhardt said the reason he responded as he did was because he was raised in a Christian home. "I didn't grow up in a home with prejudice," he said, his voice cracking. "I never heard racial epithets or anything like that in my home. It was not anything we discussed. The value of people was a given."

Ironically, Reinhardt faced a similar situation in the 1970s in Louisville. The school district decided to bus some white children to an inner-city school to create a more even racial balance. Reinhardt's fifth-grade daughter was one of the children selected to be bussed.

"We had a lot of discussion over whether we should fight it," he said. "But we decided it was best to let it happen. It was a difficult school environment for everybody. But (the white students) were not ostracized. It was not the kind of situation," he said, like Little Rock Central in 1957.

A streaming platform where Black kids see themselves

By Megan Sayles
AFRO STAFF WRITER

Amid rising censorship of school curricula, Black Education Station is ensuring young people have access to safe, culturally-relevant educational content. The streaming platform curates shows created by Black educators and experts that cover fundamental topics like addition and subtraction, entrepreneurship, nutrition and African and Black history.

Through its programming, BES strives to create a space where Black children can take pride in their identities and realize their potential.

"Black Education Station is a streaming service dedicated to the education and the empowerment of young Black children ages 0 to 10," BES CEO Hotep Benzo said. "Imagine if 'PBS KIDS' and Martin Luther King Jr. had a baby, that's Black Education Station."

Benzo, a former teacher, is somewhat new to the CEO seat at BES. He got the tap on the shoulder to take over the position a few months ago, but his connection to the platform stretches back years. Benzo was first brought on as an education consultant and later became one of BES's core creators with his show, "Black Lion and Cubs," an anime series that quickly became a staple on the platform. The show equips viewers with empowering lessons on confidence, self-esteem and cultural pride through the adventures of a father and his two "cubs."

Benzo said he was initially hesitant to take over as CEO. He worried about stepping into a leadership



role at a time when public media and equity, diversity and inclusion efforts are facing political attacks and funding cuts. But, he said after talking it over with his wife and a few colleagues, he knew he couldn't let a temporary presidential administration stop him from seizing the opportunity.

"Not only does Black Education Station vet and curate its own content, there are also no commercials," he said. "This is not a network that is corporately funded. There are no investors. Decision-making is not swayed by corporations."

The platform intentionally avoids relying on corporate dollars or government funding, protecting its content from censorship or outside influence. "We can be clear that we're not going to allow any administration or anyone in politics to play politics with our children," Benzo continued.

That mission helped draw Candice Avery, BES director of community relations, to the organization. As a mother and education consultant, she said the need for culturally-relevant and affirming media for Black youth was clear to her.

"Representation and access to truth are critical to

development. At a time when so many aspects of Black history and identity are being removed or rewritten, BES provides a vital space where Black youth can see themselves fully as intelligent, creative and capable beings," she said. "The platform allows us to preserve our stories and amplify voices that might otherwise be silenced. More than that, it gives our children permission to dream without limitation and to take pride in their culture and heritage."

Families interested in accessing the platform can subscribe directly at <https://www.blackeducationstation.com/>. BES is available on streaming devices Roku and Apple TV and can also be downloaded from major app stores.

Avery said being a part of BES, and watching families embrace it, has been an honor. She's excited to see how the platform will continue to shape the next generation of Black youth.

"I believe Black Education Station is more than entertainment, it's empowerment through storytelling," she said. "Every show, every character and every message is intentional. It's about creating a legacy of learning that affirms who we are and who we're becoming."

RECIPE



A convenient homecooked solution without the slow cooker

FAMILY FEATURES

Walking in the door to the smell of homemade chili is sure to warm you up from the inside-out, but if you forgot to set up the slow cooker before heading out the door in the morning, don't fret. A hearty bowl of beans, beef and stewed goodness can still await.

For a quick and easy version of the comfort food classic, consider this quick homecooked chili that's made in a skillet and ready in half an hour. Just brown ground beef with a chopped onion, stir in beans, tomato sauce, cubed sweet potato and a few simple seasonings, and you're well on your way to a winter warmup. Find more easy ways to

feed your family by visiting Culinary.net.

Quick Homecooked Chili
Recipe adapted from *Allrecipes*
Prep time: 10 minutes
Cook time: 20 minutes
Servings: 6

1 pound ground beef
1 onion, chopped
1 can (15 ounces) tomato sauce
1 can (15 ounces) kidney beans
1 can (14 1/2 ounces) stewed tomatoes
1 can (10 ounces) diced tomatoes with green chilies
1 sweet potato, cubed water (optional)
1 teaspoon chili powder
1 pinch garlic powder
salt, to taste

pepper, to taste
sour cream (optional)
sliced avocado (optional)

In large saucepan over medium heat, cook ground beef and onion until meat is browned and onion is tender, 5-7 minutes.

Stir in tomato sauce, kidney beans, stewed tomatoes with juices, diced tomatoes with green chilies and cubed sweet potato. Add water to reach desired consistency.

Season with chili powder and garlic powder. Add salt and pepper, to taste.

Bring to boil, then reduce heat to low. Cover and simmer 15 minutes.

Serve with sour cream and sliced avocado, if desired.

AROUND THE TRIANGLE

RALEIGH BOUTIQUE SALE

February winter boutique sale is Feb. 6-7, 10 a.m. to 5 p.m., Dress For Success, 1812 Tillery Place, Suite 105.

MARKET

People's Farmers' Market is Feb. 7, 1-5 p.m., Black Farmers Hub, 1409 Cross Street.

CELEBRATION

Celebrate Black History Month Feb. 7, 11 a.m. to 2 p.m., Chavis Community Center, 505 MLK Jr. Boulevard.

STEM FAIR

Community 5K STEM and Health Fair is Feb. 7, 10 a.m. to 2 p.m., 5915 Oak Forest Road. Email: raleighfirebirds@gmail.com.

GIRL TALK

Daughter & Mother workshop is Feb. 7, 9-11 a.m., Poe Center for Health Education, 224 Sunnybrook Road. Tickets: [\[health.org\]\(http://health.org\).](http://www.poe-</p>
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STOMP FEST

The Carolina Stomp Fest is Feb. 7, 5 p.m., Sanderson High School, 5500 Dixon Drive. Visit: stepshow4u@yahoo.com.

DURHAM MEETING

Durham Committee on the Affairs of Black People's annual meeting is Feb. 1, 3-5 p.m., St. Joseph Church, 2521 Fayetteville St. Open to the public.

VALENTINE'S

Cupid's Arrow Valentine's Market is Feb. 1, noon to 3 p.m., Durham Central Park, 501 Foster St.

HBCU SHOWCASE

Emily K Center's Bull City in Black HBCU Showcase is Feb. 7, noon to 3 p.m., 904 W. Chapel Hill St. Register: www.emilyk.org/hbcu.

MARKET

Annual Love Market is Feb. 7, 2-6 p.m., Durty Bull

Brewery, 206 Broadway St., Suite 104. Free for the public.

CPR

Hands-only CPR training is Feb. 9, 1-3:30 p.m., Durham Main Library, 300 N. Roxboro St. No registration needed.

CHAPEL HILL EXHIBIT

"Making the Ground Talk and Other Stories" photography exhibit by Brian Palmer runs Feb. 5 to May 20. Opening reception is Feb. 5, 6:30 p.m., Stone Center, 150 South St.

MISC. REAL ID

Beginning Feb. 1, airline passengers without a REAL ID will pay a \$45 fee for ID verification for a 10-day travel period.

BLOOD

Red Cross has a severe blood shortage. Visit RedCrossBlood.org/Heart.

The Tribune is now on Snapchat and Tik Tok.
Give us a follow!



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Triangle Tribune



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Point-shaving program targeted HBCUs

By Edward G. Robinson
THE AFRO

A federal investigation into point-shaving and sports bribery has resulted in indictments and arrests for 26 people accused of "fixing" NCAA Division I basketball games. The accused reportedly coerced, convinced and allegedly paid players to throw games in an effort to impact gambling bets.

Authorities announced the details of this investigation on Jan. 15 at a press conference that revealed disturbing news none of us wanted to hear about collegiate sports.

And the news hit close to home.

The two-year investigation focused on individuals who targeted university basketball players around the country, including an unnamed player, Person No. 13, in the indictment.

According to authorities, Person 13 played for Coppin State University, an HBCU in Baltimore.

A 70-page indictment explained the nature of this elaborate scheme that authorities say included the arrests of 15 former NCAA men's Division I basketball players, who were members of their teams as recently as the 2024 season.

United States Attorney David Metcalf said a unit based out of the FBI's Philadelphia Field Office conducted the investigation. And the indictment lays out sordid details of cajoling and convincing, where impressionable student-athletes were misled for the promise of money.

The document tells us that the fixers traveled to campuses far and wide to mostly low level Division I programs to speak with players directly, though they also communicated through social media and text messages. They made offers hard to refuse, ranging from \$10,000 to \$30,000.

We learned from the indictment that the fixers targeted student-athletes whose financial rewards were significant windfalls, considering their limited resources or Name Image Likeness compensation packages were paltry in comparison to the bribes.

Here's how the indictment says it went down at Coppin State:

Person No. 13 was contacted by Jalen Smith, of Charlotte, and Antonio Blankney, of Kissimmee, Florida, during the 2024 season and agreed to "underperform" and "influence" an upcoming men's basketball game against South Carolina State.

On March 4, 2024, Coppin State hosted SCSU in Baltimore and the Bulldogs were favored by nine-point spread to win the game. With the scheme set, Person No. 13 tried to impact the outcome of the game. He struggled to do so early.

At halftime of the game, with the score tied, he received a text pleading with him to underperform in the second half. Person No. 13 later explained in a text that S.C. State was playing so poorly it was difficult to ensure Coppin State would lose the game by more than the point spread.

Coppin State responded to these charges with a statement from University President Anthony Jenkins, who sent the following response to the AFRO on Jan. 21:

"Neither the university, nor current student-athletes, nor staff are subjects of the indictment. The indictment focuses on a single former player who is no longer associated with the team or enrolled at Coppin State University. Behavior of this nature falls below the high standards we set for our students at Coppin and will not be tolerated. We remain committed to fostering a culture of integrity, accountability, and excellence across campus."

The Triangle Tribune Sports

February 1-7, 2026 | 6A

Hillside and Riverside wrestlers make history



COURTESY

Hillside High School's wrestling team finished third at the Stallion Stampede Tournament at Southeast Alamance High School. It was the Hornets second top-5 finish this season, and their highest placement in almost 20 years.

- * Theon Baker, third place, 126 pounds
- * Jonas Wilson, first place, 165 pounds
- * Deyari El-Amin, first place, 190 pounds
- * Amauri Crews, third place, 215 pounds
- * Tacari Crews, first place, 285 pounds



DPS

Riverside High School senior Stephanie Diaz, the first Durham female State Champion, says thank you.

"I am so incredibly proud to have been a part of this team for the past four years. As we celebrate senior night, I can't help but sit and wonder, what if I never joined wrestling? Where would I be right now? The truth is, I'm so thankful I was crazy enough to step onto the mat as a freshman and stick with it all the way to my senior year. Wrestling has shaped me in ways I never expected. I've grown not only as an athlete, but as a

Please see **RIVERSIDE/7A**

HBCU FOOTBALL

South Carolina State gets its parade

By Bonitta Best
editor@triangletribune.com

The 2026 MEAC/SWAC Challenge has been set. Howard will square off against Alabama A&M on Aug. 29 at 7:30 p.m. on ABC.

The game will be new Howard head coach Ted White's debut. The Bison lost to Alabama State in the 2022 Challenge. The MEAC leads the series 12-7.

Super Bowl Bound

Several former HBCU players and coaches are headed to Santa Clara, California, for Super Bowl LX.

- * New England RB Terrell Jennings, Florida A&M
- * New England defensive coordinator Terrell Williams, N.C. A&T
- * New England LB coach Zak Kuhr, Edward Waters

* New England defensive assistant Milton Patterson, six HBCU teams

- * Seattle offensive assistant Quinshon Odom, Shaw
- * Seattle assistant head coach Leslie Frazier, Alcorn State alumnus

LEGACY BOWL

The four head coaches are set and ready to go at the 2026 All-state HBCU Legacy Bowl Feb. 21 in New Orleans.

Team Gaither (MEAC and CIAA) will be coached by South Carolina State coach Chennis Berry and Johnson C. Smith coach Maurice Flowers.

Team Robinson (SWAC and SIAC) will be run by Prairie View A&M coach Tremaine Jackson and former Albany State coach Quinn Gray Sr. The coaches were named before Gray left for Flor-



COURTESY

Coach Chennis Berry and his wife, Ramille.

ida A&M. The all-star game will broadcast on NFL Network. And speaking of, more additions to the roster:

- * S.C. State QB William Atkins
- IV
- * Alabama State S Deontre Morris

Please see **SOUTH/7A**

Courage sign Swedish striker from AC Milan

STAFF REPORTS

CARY — The North Carolina Courage have acquired Swedish international star Evelyn Ijeh via permanent transfer from Italian club AC Milan for an agreed-upon fee and signed the forward to a guaranteed contract through the 2029 NWSL season. She will join the team upon receipt of a P-1 visa and an International Transfer Certificate.

Ijeh has been one of the top attacking players in Italy since joining Milan in January 2024, finishing third in the Golden Boot race in the 2024-25 season with 12 goals in 29 games. So far in the 2025/26 season, Ijeh has four goals in just over 800 minutes.

"I'm very excited to join the North Carolina Courage and begin this new chapter of my career. The Courage is a club with a strong identity, high standards and a history of competing at the

highest level, and I'm grateful for the opportunity to be part of such an ambitious environment," she said. "I'm looking forward to contributing both on and off the field, continuing to grow as a player, and working alongside the staff and my new teammates."

Ijeh's father, Peter Ijeh, played for the Nigerian national team and had a lengthy professional career in Sweden, including a two-year stint with IFK Göteborg, where Evelyn began her professional career.

"We are delighted to welcome Evelyn to the Courage. A player that we came incredibly close to signing in the summer who remained one of our priorities for this offseason," Courage Chief Soccer Officer Ceri Bowley said. "Evelyn is a dynamic attacking player who brings pace, physicality and a real presence in the final third. She fits our game

Please see **COURAGE/7A**

Internship unexpectedly takes sports medicine major to bowl game

By Mark Lawton
N.C. CENTRAL COMMUNICATIONS

DURHAM - Sanaya Brewington planned to visit Puerta Vallarta over New Year's Eve. Instead, she found herself on the sidelines of the Sun Bowl football game in El Paso, Texas.

"It was a surprise to me," said Brewington, a senior in sports medicine who will graduate in May.

Brewington grew up in Bel Air, Maryland, about an hour drive northeast from Baltimore. She practiced gymnastics as a child and took part in cheerleading and track in high school.

"I just enjoy the sports environment," she said. The oldest of three siblings and 20 grandchildren, she chose to assert her independence by leaving Maryland for college. She toured North Carolina Central University during The Ultimate

Homecoming Experience 2021. "It kind of felt like home when I got here," Brewington said. "Everyone I met was very welcoming."

Earlier this year, NCCU sports medicine program director Mijon Knight told her that Duke University wanted to collaborate. In July, she started a six-month internship with the Blue Devils football team. S

he enjoyed the internship, although it had its challenges. She had to leave Maryland early during her summer break to start the internship. She also had to arrive on Duke's campus at 4 a.m. or 5 a.m., and during the school year at 6 a.m. or 7 a.m.

"In my field, I think it's a great idea to get any kind of experience, whether it's an internship, a job or volunteer," she said. Knight agrees.

"Having various opportunities for internships gives students the ability to see what they like

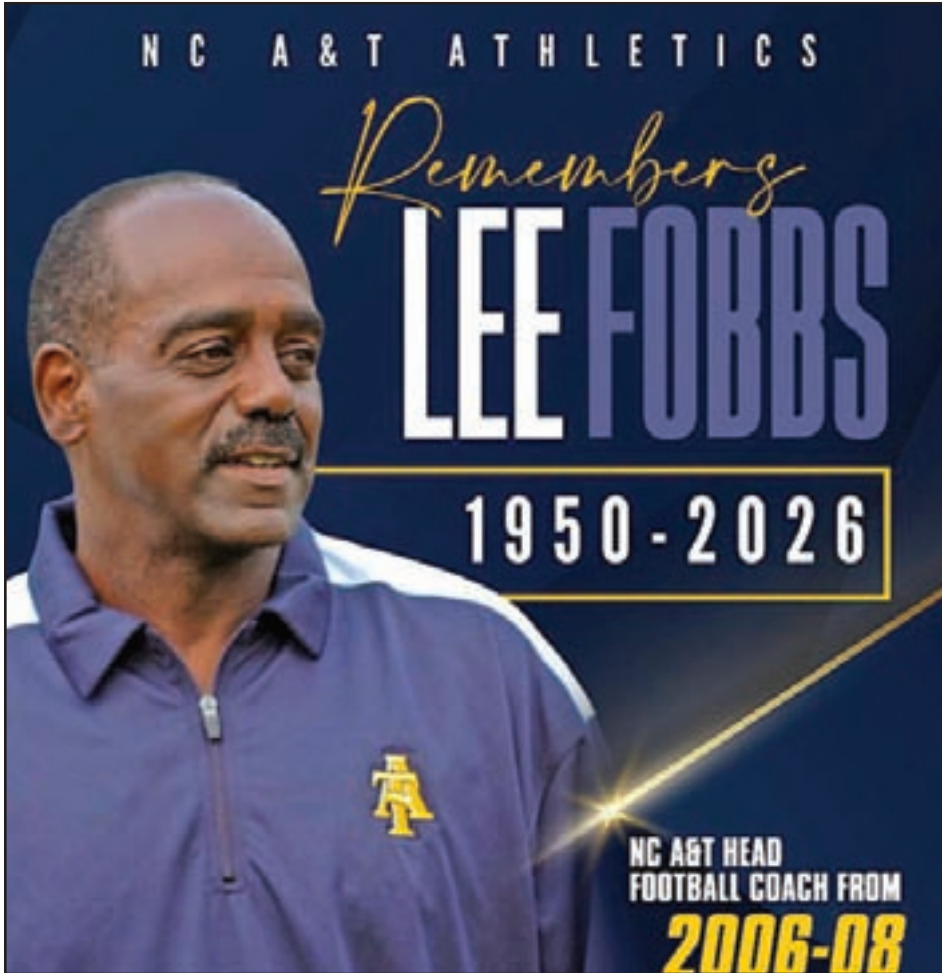
Please see **NCCU/7A**



Brewington



The championship football team.



South Carolina State gets its Celebration parade

Continued from page 6A
ris
* Texas Southern DE Michael Akins
* Alabama State OL Jeremiah Frazier
* Prairie View A&M QB Cameron Peters
* Morgan State OL Trevon Branch
* Fayetteville State TE Caden Davis
* Howard DL Noah Miles

* Florida A&M QB Jett Peddy
* Alabama State RB Marcus Harris
* Albany State LB Abraham Clinkscales
* Alabama State QB James Hayes
* Virginia State RB Ri'jon Hammond
* Tennessee State OL Veguer Jean Jumeau Jr.
* Virginia State QB Savan Briggs

Kyle Hayes, Tennessee State
* Aurora RB AnTonio "TJ" Ramsey, Alabama State
* Jackson State RB Travis Terrell Jr., Purdue
* Arkansas-Pine Bluff CB Zach Williams, Alabama State
* Maine/Hampton DB Corey Wilson, Virginia Union
* Tennessee State WR Devaughn Slaughter, Kenesaw State
* Carson-Newman RB Jeremiah Treadaway, Tennessee State

Transfer Portal
The list keeps growing...
* Jackson State OL Brian Williams Jr.

Goodbye. Hello.
* Houston QB Zeon Chriss to Southern
* Virginia-Lynchburg FS

Hillside and Riverside wrestlers make history

Continued from page 6A

person, learning how to push through pain, doubt, and the obstacles life threw my way.
I will forever be grateful for the seniors who came before me and paved the way, and for the ones coming up now who will continue what we started. This sport has given me memories, strength, and a family I'll carry with me long after the season ends. Now, all that's left is to wait and see what regionals and states still have in store for me. I am beyond grateful for this opportunity, for this team, and for everything I leave behind on that mat." - NAs Support

Internship takes NCCU student to bowl game

Continued from page 6A

and what they don't," Knight said. "There are so many avenues a (sports medicine) student could aspire to. Physical therapy. Athletic training. Occupational therapy. Sports medicine physician."
Once Duke got invited to the Sun Bowl, Brewington canceled her trip to Mexico and instead helped pack up Duke's equipment and assist athletic trainers with athletes who needed last-minute treatment.
The team and support staff arrived in El Paso a week early. There were various activities leading up to the game including visiting a steakhouse on a ranch, exploring tanks and shooting blanks at Fort Bliss army base, eating barbecue and Mexican food.
On the afternoon of New Year's Eve, she assisted in setting up on the sidelines, making sure the defense players stayed well hydrated and assisting athletic trainers with rehab. Duke defeated Arizona State 42-39.
Brewington continues to work with the football team and is earning college credit hours. Now an experienced intern, opportunities to structure her internship have expanded.
"I get opportunities to work with doctors, sit in on surgeries and facilitate my own rehab with athletes," she said.
"My big, big goal is to go overseas and work with sports or with the Olympics."

NC Courage sign Swedish striker, hires new coach

Continued from page 6A

model well: aggressive in transition, committed in the press and dangerous attacking space behind the defense. We believe this is an important signing for both the present and the future, and we're excited to see her make an impact in our environment."
Third head coach
The Courage hired Mak Lind as the third head coach in club history. Lind joins the team from Swedish side BK Häcken Women, where guided the club to the 2025 Damallsvenskan title, finishing atop the table with a 21-1-4 record and a +68 goal differential.
"Mak brings a proven track record of building competitive, modern teams and developing players within a clear footballing identity. His experience in Europe and his

attention to detail align 2017 and are entering the strongly with our long- 10th year (ninth NWSL sea-

term vision, and we're excited to welcome him to the club as we continue to raise our standards on and off the pitch,"



New head coach Mak Lind.

Bowley said. The Courage have claimed an NWSL-best seven league trophies, winning two NWSL Championships, three NWSL Shield Awards and a pair of Challenge Cups. The club relocated to North Carolina



Swedish international star Evelyn Ijeh, yellow suit.

son) as the Courage in from Western New York in 2026.

KEMET™ FINANCIAL LITERACY FOR KIDS ACTIVITY SHEET

Hi Everybody! While I was visiting high schools in Indiana, I discovered that by the year 2028 it will be mandatory for all Indiana high school students to take a financial literacy course and pass in order to graduate! Let's take a closer look at why financial literacy in ALL schools is so important.

WHAT IS FINANCIAL LITERACY?
Financial literacy is the ability to use financial information to make informed decisions. The goal is to help children to make responsible decisions, prepare for unexpected life events, develop healthy spending and money management habits, and to understand how the economy works.

POP UP FACT
90% of a child's brain is developed by age 5 and therefore a good time to introduce financial literacy concepts.

KEY TERMS FOR KIDS TO KNOW
Savings – money you keep to use later for something important or fun
Investing – using your money to help it grow by putting it into something, like a business or project, that can make more money for you over time
Debt – money you owe to someone else because they let you borrow it
Budget – a plan for how you spend and save your money so you don't run out
Taxes – money that people pay to the government so they can help pay for schools, parks, and other things everyone uses.
Credit – a way to borrow money that you promise to pay back later, often used to buy things now and pay for them over time

POP UP FACT
94% of paper money in the United States have viruses or bacteria on it.

AGE APPROPRIATE FINANCIAL LITERACY TASKS AND GOALS FOR KIDS:

- Ages 2-5: learning to count coins and dollar bills.
- Ages 3+: use a clear jar for savings.
- Age 4+: read money themed books such as, "The Berenstain Bears' Trouble with Money."
- Age 5+: Start an allowance. The dollar amount should vary with the age and amount of responsibility given the individual.
- Age 16: Kids can sign up for a student checking account, with parents co-signature.

POP UP FACTS
Money is made in factories called mints. The United States dollar is the most used currency in the world.

KNOWLEDGE IS WEALTH!
Author Teri Williams, "I Got Bank! What My Granddad Taught Me about Money."
I Got Bank! increases financial awareness while sharing the lives of two African American boys growing up in the city.

TELL THE TRUTH!
Print the letter T on the line if the statement is True or F if the statement is False.

- By 2028, Indiana high schools will have mandatory financial literacy courses.
- Debt is the amount of money that you invest into stocks and bonds.
- The government requires that you pay taxes on money that you earn during the years.
- Money is made in factories called mints.
- Parents must co-sign when establishing a child's checking account if they are age 19 or 20.

ONE MINUTE MADNESS!
In one minute or less, unscramble the words. The first letter of the word is in bold.

deBlugntg vsSiang conAout allAncewo eCidri ko8ic nntbeevstm

MATCH ME!!
Match the word to the correct definition.

- Savings: is a plan for how you spend and save your money so you don't run out.
- Budget: is money you owe to someone else because they let you borrow it.
- Credit: is money you keep to use later for something important or fun.
- Debt: is a way to borrow money that you promise to pay back later.

KEMET
KEY TERMS: SAVINGS, INVESTING, DEBT, BUDGET, TAXES, CREDIT
TELL THE TRUTH
ONE MINUTE MADNESS
MATCH ME
MONEY

FINANCIAL LITERACY FOR KIDS. 2/1/26. #240 WWW.JOEYOUNG.ORG KEMET ACTIVITY SHEETS © 2026 BY JOE YOUNG

GRADUATION DAY!



Congratulations to the 2025-26 winter graduates of Hillside High School.

COURTESY

Raleigh living legends to be honored at Cultural Center

STAFF REPORTS

Several of Raleigh's Black living legends will be honored Feb. 8 at the Green African American Cultural Center.

"Living Legends: C.A.R.V.E. into Black Raleigh" will feature a panel discussion with special guests:

- * Paul Baker - art/education/community
- * James T. Roberson Jr - religion/education/community/veteran
- * Frances Lonnelle Williams - education/community

- * Rozalyn Blair-Sanders - education/community
- * Sergeant Patricia Harris - veteran/community
- * Sergeant Elree Smith - veteran/community

These living legends - visionaries, trailblazers and community champions - have shaped the cultural, social and economic landscape of the Black community. The panel discussion will spotlight the individuals who have not only witnessed history but made history.

Through conversation, storytelling and shared wisdom, these icons will re-

flect on their journeys, the challenges they've overcome and the legacy they continue to build. The forum runs 3 to 5 p.m.

Discussion Themes:

- * Roots and Rise: The origin stories of Raleigh's community leaders
- * Breaking Barriers: How they created opportunities where none existed
- * Building the Future: Their hopes, advice and continued vision for the next generation
- * Legacy and Love: Honoring their commitment, sacrifice and leadership

SCHOOL NEWS

SAT prep tips for college-bound students

STATEPOINT

While every college admissions department evaluates applicants a bit differently, standardized test scores are a big piece of the equation at most schools. This means you'll want to be as prepared as possible for your upcoming SAT. Here's how to get ready for this crucial exam:

* **Get equipped:** A user-friendly calculator can save you precious time when every second counts, so gear up with a calculator like the fx-9750GIII from Casio. Its natural textbook display and intuitive icon menu make it easy to use. The perfect companion for both the classroom and test day, it features graph plotting, probability distribution, vector arithmetic and spreadsheets, and has programming capabilities. It is also approved for the SAT, PSAT, ACT and AP tests, and includes an exam mode setting to lock specific functionality for testing purposes.

* **Practice:** Familiarizing yourself with the types of test questions you'll encounter on the SAT is essential. When it comes to the Math section of the



exam, you can lean on free online resources, like the sample exams found on casioeducation.com, to get prepared. The added bonus is that working through these sample questions will help you get comfortable with the calculator you'll be using on test day. SAT prep courses are also a great option. Once out of reach for many families, today, a number of educational organizations offer them for free, leveling the playing field for all students. Be sure to leverage this resource to maximize your test readiness.

* **Read, a lot:** From novels to biographies to the newspaper, read everything you can get your hands on. It's

one of the best ways to build your vocabulary and hone your reading comprehension. Building these skills can improve your chances of acing the Reading and Writing section of the SAT. Though there are many SAT vocabulary word lists out there, encountering these words in real contexts can be a more effective way to absorb definitions and usages than trying to memorize them.

The SAT can cause a lot of stress and anxiety, but it doesn't have to. With the right tools and preparation strategies, you can walk into the SAT with confidence and achieve your best score possible.

Honoring Martin Luther King Jr. with service



COURTESY

More than 220 Langley Federal Credit Union employees and family members volunteered at 15 nonprofit organizations on Martin Luther King Jr. Day.

Volunteers completed a variety of service projects across the Hampton Roads region of Virginia, as well as in Raleigh. Since 2020, Langley has observed MLK Jr. Day as a Day of Service. With branches and offices closed, Langley encourages employees to give their time and talents to support the nonprofit community.

MOVERS AND SHAKERS



COURTESY

Nicholas "Nick" Yates

CHAPEL HILL

The Chapel Hill Town Council has appointed Nicholas "Nick" Yates as its next town attorney. Yates began his duties Jan. 22.

Yates has extensive experience in local and state government. He was deputy town attorney and senior assistant town attorney at town of Cary since 2021. Prior to that, he spent four years as an assistant attorney general with the North Carolina Department of Justice.

Yates earned a Bachelor of Business Administration from Georgia and a Juris Doctor from Wake Forest.

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

BOOK

NYPD detective's memoir of survival, betrayal and justice

And Then Came The Blues
My Story of Survival on Both Sides of the Badge
By Katrina Brownlee
Akashic Books, \$28.95

At 22 years old, Katrina Brownlee, five months pregnant, was shot 10 times by her fiancé, a New York City correctional officer who had terrorized her for years.

Despite desperate 911 calls in the months leading up to the shooting, police officers failed to protect her, instead shielding her abuser. This betrayal by the system inspired Brownlee to become the kind of law enforcement officer she never found when she needed one most. She served in the New York Po-

lice Department for 20 years, rising to first grade detective.

Brownlee shares her harrowing, ultimately inspiring story in "And Then Came the Blues: My Story of Survival on Both Sides of the Badge."

The memoir traces her extraordinary journey from her troubled childhood marked by transgenerational trauma and nearly losing her life to becoming one of New York City's most decorated detectives, serving in undercover operations and the elite mayoral protection detail.

More than a personal story, Brownlee's memoir exposes the deep failures in how domestic violence cases are handled and offers a powerful call for

reform. After surviving unimaginable abuse and institutional neglect, she became a beacon of hope, dedicating her life to mentoring at-risk girls and fighting for victims' rights through her nonprofit, Young Ladies of Our Future, and advocacy platform Can't Be Silenced.

"At any step along the way, I might have given up and decided, the world owes me, not the other way around," writes Brownlee in the gripping memoir. "But I knew if I could protect even a few people from the pain I had suffered, I would be a better person for it."

Her courageous voice has been spotlighted in "The New York Times" and CBS's "48 Hours." Now she reveals the full scope of her journey in her own words, raw and unvarnished.

Read us online!
triangletribunenewspaper.com