Patients affected by functional disability in the U.S. are especially relevant for arthritis patients and physicians in the early stages of rheumatoid arthritis, as the study’s implications for additional vigilance by patients and physicians in the early stages of rheumatoid arthritis are especially relevant since May is National Arthritis Awareness Month. More than 50 million U.S. adults have some form of arthritis. About 1.5 million Americans have been diagnosed with rheumatoid arthritis, which is an autoimmune disease that most commonly affects the joints but also has an impact on other body systems. Rheumatoid arthritis significantly affects quality of life and well-being, and is one of the most common chronic conditions associated with functional disability in the U.S. The study is the first to quantitatively compare trends in prevalence of functional disability in rheumatoid arthritis patients, with trends noted for patients’ ages and genders, as well as the length of time that disabilities were reported and the duration of the disease after diagnosis.

RHEUMATOID

Healthier Living: Patients Affected by Disabilities
Well in Advance of Diagnosis

Patients diagnosed with rheumatoid arthritis often are affected by functional disability a year or two before the disease is diagnosed, according to new Mayo Clinic research. The results of the study, to be published in June in Mayo Clinic Proceedings, suggest that study activities such as eating, dressing and walking are affected early in the course of the disease, and that most rheumatoid arthritis patients are affected by functional disability issues. “This is a new finding and a finding that is intriguing,” says Elena Myasoedova, M.D., Ph.D., a Mayo Clinic rheumatologist and the study’s primary author. “It may reflect an accumulation of symptoms between the time of first onset and the time required for providers to recognize these patients.”

 Also notable is that persistent excess in functional disability continued even after the disease is diagnosed, according to new Mayo Clinic findings that are quite intriguing,” says Elena Myasoedova, M.D., Ph.D., a Mayo Clinic rheumatologist and the study’s primary author. “It may reflect an accumulation of symptoms between the time of first onset and the time required for providers to recognize these patients.”

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RHEUMATOID

Alpha Advocacy
In Action Alert:
Voter Engagement Strategies

The 2020 elections are fast approaching and pose a critical impact on the future of our communities. This is all about the Urgency of NOW and Alpha Advocacy in Action!

Over the past few months, the Alpha Phi Alpha Fraternity, Inc. has been deeply involved and engaged in voter registration, voter education and voter engagement activities under our national program, “A Voteless People Is A Hopeless People” as well as our “First of All, We Vote” initiative.

Last year, we launched our VOTER OPERATION I.C.E. 2018 that addressed voter engagement activities that focused on how our communities should Inform, Collaborate, and Execute in anticipation of the midterm elections. Continue to follow our official social media platforms for more on this engagement.

VOTER OPERATION I.C.E. 2018

Collaborate

Partner & Communicate with your local Civil Rights, Divine 9 Chapters and Faith-Based Organizations

Joint Programming

Information Sharing

Combining Resources

Execute

Create excitement using social media to engage voters: Target all College Campuses to register and engage new voters Create Newsletters, Announcements for encouraging voting Get Out The Vote G.O.T.V. “Soul’s to the Polls” (where available).

About our early voting sites.

https://www.unitecam.org/verify-your-registration

First Vote

Alert Cont. on page 6
Editorials & Politics

Norstedt’s Congressional Bill Ensures U.S. Government Includes Black and- Owned Media in Advertising Contracts

The legislation, which is co-sponsored by California Democratic Congresswoman Barbara Lee and Wisconsin Democratic Congresswoman Gwen Moore, also requires that each agency provide protection of their spending for the upcoming fiscal year.

“We further thank Congressional Black Caucus (CBC) Chair, Congresswoman Barbara Lee, and the members of the CBC for their resolute support of the American Press,” said Norton.

Norton also sent letters to all 12 House subcommittees requesting that they direct each agency under their jurisdiction to include the minority-owned media in their fiscal year 2023 budget projections.

“In the largest advertising in the United States, the federal government has an obligation to ensure fair access for minority- and women-owned media companies, said Norton, who earlier this month was ranked as the most effective House Democrat for the Center for Effective Government, which found that only five percent of the $4.3 billion available for minority businesses, “Our bill would ensure that federal agencies are striving to reach minority and women, often get their news from outlets that serve more specific communities,” Norton said. “And that’s why it’s important that these contracts comply.

She said that African American, women, and other minority-owned businesses should always have a seat at the table when it comes to government advertising contracts.

In 2016, Norton led members of Congress in requesting a GAO report on their advertising contracts.

In 2017, the GAO examined spending on advertising contracts with minority-owned businesses by federal agencies — the Department of Defense, the Department of Health and Human Services, the Department of the Treasury, the Department of Housing and Urban Development, and the National Aeronautics and Space Administration — and found that GAO’s five percent of any $3.3 billion available for advertising contracts went to minority businesses, Norton said.

LEARN MORE ONLINE: Visit http://greaterdiversity.com/blacksandwomen ownednewsmediaadvertising contracts/+

By Stacy M. Brown, NNPA Correspondent

Congresswoman Eleanor Holmes Norton (D-D.C.) forecast a major win for minority-owned media businesses.

“For too long, millions of dollars have not been spent with Black, other minority- and women-owned newspapers and media companies,” said Norton.

Chavis also thanked Representative Barbara Lee (D-CA) and Gwen Moore (D-DC) for co-sponsoring “this game-changing legislation.

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LEARN MORE ONLINE: Visit http://greaterdiversity.com/blacksandwomen ownednewsmediaadvertising contracts/+
Exercise helps prevent the degradation of cartilage caused by osteoarthritis, according to a new study from Queen Mary University of London.

The researchers show for the first time how mechanical forces experienced by cells in joints during exercise can prevent cartilage degradation by suppressing the action of inflammatory molecules which cause osteoarthritis.

The study, published in the journal Osteoarthritis and Cartilage, demonstrates the benefits of exercise on the structure and function of cartilage and how this is done in tiny hair-like structures called primary cilia found on living cells.

During exercise the cartilage in joints such as the hip and knee is squashed. This mechanical distortion is detected by the living cells in the cartilage which then block the action of inflammatory molecules associated with conditions such as arthritis.

The researchers show that this anti-inflammatory effect of physical activity is caused by activation of a particular protein, called HDAC6, which triggers changes in the proteins that form primary cilia.

Pharmaceutical drugs that block HDAC6 activation prevented the anti-inflammatory effects of physical activity, while other drug treatments were able to mimic the benefits of exercise.

Changes in length of the primary cilium, which are only a few 1000th of a millimetre, provided a biomarker of the level of inflammation. Cilias got longer during inflammation, but treatments that prevented this elongation successfully prevented inflammation.

Mr. Su Fu, PhD student at Queen Mary University of London and study author, said: “These findings will help in the search for treatments for arthritis which affects over three million people in the UK causing stiff and painful joints.

The researchers suggest the results may lead to a whole new therapeutic approach known as mechanomedicine, in which drugs simulate the effect of mechanical forces to prevent the damaging effects of inflammation and treat conditions such as arthritis.”

The Uniformed Services University of the Health Sciences looked at 215 people, 20 percent of whom popped their knuckles regularly. Of the knuckle crackers, 18.1 percent had arthritis in their hands, compared with 21.5 percent of participants who did not crack their knuckles.

The study showed that the chances of having arthritis are around the same whether or not you crack your joints. However, arthritis is not the only concern. Joint popping may not cause arthritis, but there may be risks. At least one study has linked chronic joint popping with inflammation and weakened grip on the hands.

In 1999, researchers investigated 200 participants over the age of 45 years, 74 of whom cracked their knuckles, while 226 did not.

Rates of arthritis were similar in both groups, but those who cracked their joints showed a higher rate of inflammation of the hands and a weaker grip.

Cracking knuckles may impact the overall health and strength of hands, including a weaker grip and soft tissue damage.

One way to take care of joint health is to maintain an appropriate body weight. This can help reduce pressure on the joints.

Regular, low-impact exercise can help keep joints healthy and minimize the risk of injury, while strengthening muscles to better support the joints and act as a shock absorber.

The researchers hope that these findings will help in preventing cartilage damage caused by arthritis.
**Shaw University**

**Officially Named**

**Dillard as 19th President**

By Stacy M. Brown, NNPA Correspondent

Dr. Paulette R. Dillard said she’s thankful and committed to intentional leadership of Shaw University as “we continue to grow as an institutional leader in the Raleigh community and state.”

Dr. Dillard earned her Ph.D. in Biology at Georgia State University in Atlanta, Georgia. Her doctoral advisor was Dr. Darrell Hurst, a renowned nutritional and fitness expert who helped Shaw University’s Center for Cancer Research and Health Development.

“...We want you to become the product that HBCUs set out to create, and that is what comes in,” said Dr. Dillard.

Dillard earned her Ph.D. in Biology at Georgia State University in Atlanta. Hurst, an accomplished senior leadership position at GlaxoSmithKline, Guest Professor of Science at Shaw University’s Center for Cancer Research and Health Development. Of my parents, I was trained to be a doctor, but I was really science...I wanted to stay in science and work to labs so that what I majored in and that's what I do today,” said Dillard. However, as she evolved in Science, Dillard said she found herself consistently being a role model for young women in roles and, in her personal life, a role model for a teacher and youth director.

“I decided that I wanted to teach and I had a desire to use myself as a role model for young people to show that you could attend an HBCU like many others did in my time before and still go on to have a career of your dreams,” she said. In 1971 at the age of 25 years it was time to go back, Dillard said. “I decided that as we continue to grow as we continue to grow as we continue to grow in the Raleigh community and state and also in academia.”

“Shaw University is the best university in the country. On this campus, you are a part of something big. We believe that every individual who comes here, we have a moral obligation to make sure that we address your needs as students, as workers, as a person and not just your academic needs. And I continue to say if you are the individual that you are and you're not making use of the cookie-cutter college student program, then we're not doing our job...we want you to become the individual that you want to become the product that HBCUs set out to create in every person that comes in.”

What causes gout? Gout is a medical condition caused by an increase in uric acid in the body. The body makes uric acid and breaks down purines, which are chemicals and waste products such as anchovies, sardines, muscle wastes, and tea and coffee. About 20% of uric acid is excreted into the urine. The other 80% is stored in the bones and cartilage. Uric acid is converted into urate (also known as monosodium urate) and can build up in joints, fluid, and tissues within the body. Hyperuricemia does not always cause gout because people without symptoms of hyperuricemia do not need to be treated.

What are the signs and symptoms of gout? If gout starts suddenly and can last for days. These flares are followed by long periods of remission—weeks, months, or years—without symptoms. Repeated bouts of gout can lead to gout arthritis, a worsening form of arthritis.

What does the following make it more likely that you will develop hyperuricemia which causes gout? Risk factors:

- Being obese. Having health conditions, including:
  - Diabetes
  - Hyperlipidemia (high blood
  - Hyperglycemia (high blood
  - Hypertension (high blood
  - Insulin resistance.
  - Metabolic syndrome.

Abnormal uric acid in the blood.

Gout is a medical condition caused by a build-up of uric acid crystals (monosodium urate) in joints. This can cause swelling and pain.

How is gout treated? Gout can be treated and managed with medication and self-management strategies.

How do I lower my uric acid? The following make it more likely that you will develop hyperuricemia which causes gout: Risk factors:

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Joe’s Gourmet has proudly announced a partnership with Inland Seafood and the launch of a new product line now available in the seafood section in over 1,200 Food Lion locations. Based in Atlanta, the veteran-owned company is creating a major buzz nationwide. Together with Inland Seafood, a Georgia-based company that already operates an extensive distribution network in the U.S. Southeast, Joe’s Gourmet is now offering a co-branded and fully Sustainable Breaded Catfish featuring Joe’s Gourmet Fish Fry.

“Here at Joe’s Gourmet, we take great pride in offering a delicious and all in one seafood breading mix that beats all the other breading mixes,” said Joe Dowell, the company’s founder. “We are simply offering the best fried Catfish you will ever taste, and our growing number of customers are backing this claim with full confidence in our products,” he added.

Joe’s Gourmet has also been recently featured on ABC’s Shark Tank where they were offered a deal by Daymond John. In addition, the Joe’s Gourmet products use a blend of herbs and spices to bring out the best in seafood without overpowering it with salt. Moreover, this tasty blend does not absorb oil and as a result, it gives a unique and delicious crispy crunch on the market’s best sustainable catfish. “It’s the best of both worlds,” said Joe, while talking about the company’s recent partnership with Inland. “We bring a niche market of passionate fans while Inland brings marketing, manufacturing and distribution expertise. Working with their team is a dream come true for our company,” he added.

Joe’s Gourmet is a family operated business started by Joseph Dowell III after his parents gifted him their life savings. Together, the Dowell Family is pushing this business towards success. For more information, please send an email at maranda@joesgourmet.com. Or to place an order online, please visit the company website at www.joesgourmet.com.

Joe’s Gourmet

Baltimore, MD — DemiRe, a fashion collection created by Demi Carpenter of Baltimore, Maryland, is for women who are aware of the latest fashion trends and are unafraid to embrace their individuality.

A Battle with Depression

Black Family-Owned Business Introduces Fried Catfish Brand to 1,200 Grocery Stores Nationwide

Family owners of Joe’s Gourmet

A Battle with Depression Inspires 20-Year Old Entrepreneur to Launch a Successful Black-Owned Fashion Brand

BATTLE Cont. on pg. 6

At NHARM and NRARC Physicians Group, we’re leading our community to outstanding health by looking deeper and working harder to find innovative ways to deliver great care. We’re bringing health screenings to area neighborhoods, offering free exercise and nutrition programs, and volunteering with community partners throughout our region. And we’re just getting started.

Join us at NHARM.org. Together, we can make healthier happen.

Healthier, Together

New Hanover Regional Medical Center

Let’s make healthier happen.

More Resources and News online at GreaterDiversity.com

Business News & Resources

GreaterDiversity.com

Week of May 24 - June 5, 2019

Page 5
Encourage and assist the post and share The Divine efforts in prior to 1776 but during the Jim
stolen from black Americans more in wealth was effectively trillion in current dollars.
The hours worked by enslaved African Americans, officially sanctioned racial oppression African Americans, officially sanctioned racial oppression. The net worth of black families less than 15% of that of white families, according to the Federal Reserve.
Congress responds by making historians reckoning with this question to some degree for two decades. Members of the House have introduced the Commission to Study Reparation Proposals for African Americans in any Congress since 1989. The passed by Congress and signed by the President.

The Congressional Black Caucus during a January 2019 swearing-in ceremony

In 1865, the federal government paid $800 to each black soldier who fought in the Civil War, and in 2018, President Donald Trump signed into law a bill creating a commission to study the feasibility of reparations for African Americans.

The commission was established in response to a 2019 law passed by Congress that directed the Department of Justice to conduct a study on the feasibility of reparations for African Americans. The commission is chaired by Representative Karen Bass, a Democrat from California, and includes members from both parties.

“Finally, a commission to study reparations for African Americans! This is a historic moment,” Bass said at the launch of the commission in January 2020.

The commission’s mandate is to produce a report with recommendations on the feasibility of reparations for African Americans, but it is not clear how much the government will do to implement any recommendations.

The debate over reparations has been ongoing for decades, with some arguing that the government should provide some form of compensation for the harm caused by slavery and segregation. Opponents argue that reparations would be too expensive and would not solve the root causes of racial inequality.

The commission’s work is expected to take several years, and it is not yet clear what specific recommendations it will make. However, the establishment of the commission is seen as a significant step forward in the ongoing debate over reparations.

The commission is the latest in a series of efforts to address the legacy of slavery and segregation in the United States. In 1988, Congress passed the Civil Rights Act of 1990, which established a commission to study the impact of slavery and segregation on black Americans. The commission’s report, issued in 1996, called for the government to consider reparations for African Americans.

In recent years, the issue of reparations has gained renewed attention, with some lawmakers and activists calling for the government to provide more direct forms of compensation for the harm caused by slavery and segregation.
I'm just happy for her because for her and for our family but to be a lot of new beginnings country before so it's going thankful and is happy with the million in scholarship offers during her time at Yale and even graduate school.

Through the Lord’s unscalable love and grace, it is consummated, because his compassion fails not. Yes, it is great your faithfulness. You have declared it. I have no one to praise but you. I can’t help but pray that you will bless me with another child. The Lord is my helper, I will not be afraid. I can face tomorrow, because you are with me. I am going to take a stand, no matter what the risk.

We are hoping to stand up for the rights of incarcerated persons,” Bradford said. “We are hoping to stand up for the rights of incarcerated persons, and to be a voice for those who are not heard by society.”

Volunteer

In her free time, Jillian has volunteered to assist children in Birmingham, tutoring, teaching English, and volunteering at Bradford Elementary School.

Volunteer

Jillian’s high school in the last two years to get accepted into Yale, was a rising junior when he committed himself to the decision to get into the University of Alabama at Tuscaloosa. Jillian is a rising junior at the University of Alabama and is a rising junior at the University of Georgia and Washington State University.

Jillian’s mother said she is thankful and is happy with the opportunity to be a volunteer at the school. “This is a lot of fun for her and she has a lot of fun volunteering,” she said.

Jillian’s father said he is proud of her because she worked hard to get into United States and made it to be a volunteer at the school.

“The desire to reach for the stars is ambitious. ‘The desire to reach for the stars is ambitious. ’— Maya Angelou

“Nevertheless, he was cleansed from all sin. ‘Nevertheless, he was cleansed from all sin. ’— 1 John 1:9

Chanda Temple of Gripped in Grace By Pastor Dale Haynes

LIFE Cont. from front page were the house of the owner who is at hand. ‘were the house of the owner who is at hand. ’— Matthew 21:43

Resources

If you think, you know anyone who relies on Obamacare, ask them what they think, especially to those who don’t have health insurance, and see what happens. Meanwhile, the Affordable Care Act will be under attack again.

In the case of the state of California and the case of the state of California, there are millions of us — and we are trying to make the affordable care a reality. The Affordable Care Act levels the playing field for over 20 million of us.

The Living Word Galatians 2:20

20: I am crucified with Christ; nevertheless I live; yet not I, but Christ liveth in me, and the life which I now live is the flesh I live by the faith of the Son of God, who love me, and gave himself for me. •

By Olivia Alperstein

I’m just happy for her because for her and for our family but to be a lot of new beginnings country before so it’s going thankful and is happy with the million in scholarship offers during her time at Yale and even graduate school.

In a statement posted on her Facebook page, Jillian Rights of Orange County, was sentenced to 11 years in prison for 11 counts of murder, including having at least 3.5 GPA. For more information, please visit www.collegechoicefoundation.org.

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**ADVERTISEMENT FOR BIDS**

**BILLING ADDRESS**

City of Sanford, NC
P.O. Box 3729, Sanford, NC 27331, or by phone: (910) 791-8700.

**INVITATION TO BID**

Bids are being solicited from qualified construction contractors for the purposes of construction of theFacebook.com/LakeJamesStatePark (Specifications are available for review at Lake James State Park, 1600 Lakeview Drive, Lake Lure, NC 28746.)

**ADVERTISMENT FOR PROPOSALS**

**REQUEST FOR PROPOSALS**

**PROJECT NAME:** OFFICE BUILDING

**DESCRIPTION:**

The City of Sanford, NC is seeking the services of a qualified architect for the development of the City of Sanford Office Building located at 314 E. Main Street, Sanford, NC 27330. The City of Sanford Office Building will house various departments of the City of Sanford, including but not limited to, the City Manager’s Office, Finance Department, Human Resources Department, and Public Works Department.

**QUALIFICATIONS**

Prospective Proposers who have the personnel, experience, qualifications, and equipment necessary to undertake the work shall be considered for award of this proposal.

**ADVERTISMENT FOR PROPOSALS**

**REQUEST FOR PROPOSALS**

**PROJECT NAME:** WATERLINE EXTENSION

**DESCRIPTION:**

The Request for Proposals (RFP) is being solicited to determine the interest of qualified contractors in providing services for the construction of the waterline extension project on US Highway 321 North and Lake James Road. The project will consist of the replacement of existing water main, installation of new water main, and any related ancillary work.

**QUALIFICATIONS**

Prospective Proposers who have the personnel, experience, qualifications, and equipment necessary to undertake the work shall be considered for award of this proposal.

**ADVERTISMENT FOR PROPOSALS**

**PROJECT NAME:** FIRE TRAINING FACILITY

**DESCRIPTION:**

The City of Sanford, NC is seeking the services of a qualified architect for the development of the Fire Training Facility located at 300 W. Main Street, Sanford, NC 27330. The Fire Training Facility will house various training rooms and facilities for the training of firefighters and emergency personnel.

**QUALIFICATIONS**

Prospective Proposers who have the personnel, experience, qualifications, and equipment necessary to undertake the work shall be considered for award of this proposal.

**ADVERTISMENT FOR PROPOSALS**

**PROJECT NAME:** WATERTANK PAINTING

**DESCRIPTION:**

The Request for Proposal (RFP) is being solicited to determine the interest of qualified contractors in providing services for the painting of various water tanks located throughout the City of Sanford, NC. The project will consist of the painting of the tanks, including the removal of old paint and the application of new paint.

**QUALIFICATIONS**

Prospective Proposers who have the personnel, experience, qualifications, and equipment necessary to undertake the work shall be considered for award of this proposal.

**ADVERTISMENT FOR PROPOSALS**

**PROJECT NAME:** BED, LINEN, DEEP CLEANING, LINEN & CLOTHING SERVICES

**DESCRIPTION:**

The City of Sanford, NC is seeking the services of a qualified contractor for the provision of bed, linen, deep cleaning, linen & clothing services for the City of Sanford, NC. The project will consist of the provision of bed, linen, deep cleaning, linen & clothing services to various locations within the City of Sanford, NC.

**QUALIFICATIONS**

Prospective Proposers who have the personnel, experience, qualifications, and equipment necessary to undertake the work shall be considered for award of this proposal.

**ADVERTISMENT FOR PROPOSALS**

**PROJECT NAME:** HOSPITALS LINAC VSTU 3

**DESCRIPTION:**

The Request for Proposal (RFP) is being solicited to determine the interest of qualified contractors in providing services for the installation of a new Linac Vault 3 at the Hospitals in the City of Sanford, NC. The project will consist of the installation of the new Linac Vault 3, which will serve as a replacement for the existing Linac Vault 3.

**QUALIFICATIONS**

Prospective Proposers who have the personnel, experience, qualifications, and equipment necessary to undertake the work shall be considered for award of this proposal.

**ADVERTISMENT FOR PROPOSALS**

**PROJECT NAME:** WATER TANK PAINTING

**DESCRIPTION:**

The Request for Proposal (RFP) is being solicited to determine the interest of qualified contractors in providing services for the painting of various water tanks located throughout the City of Sanford, NC. The project will consist of the painting of the tanks, including the removal of old paint and the application of new paint.

**QUALIFICATIONS**

Prospective Proposers who have the personnel, experience, qualifications, and equipment necessary to undertake the work shall be considered for award of this proposal.

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**DESCRIPTION:**

The Request for Proposal (RFP) is being solicited to determine the interest of qualified contractors in providing services for the painting of various water tanks located throughout the City of Sanford, NC. The project will consist of the painting of the tanks, including the removal of old paint and the application of new paint.

**QUALIFICATIONS**

Prospective Proposers who have the personnel, experience, qualifications, and equipment necessary to undertake the work shall be considered for award of this proposal.

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