Healthy Living Feature: Get Fit!

Healthy Lifestyle: A Healthy Mind

Getting physical activity can be a challenge while staying at home. However, it's possible—and important—to be physically active while social distancing. Physical activity reduces blood pressure and anxiety and helps you sleep better. It can also help to improve mood and energy levels.

Children aged 2 to 11 years need physical activity throughout the day, every day for growth and development. Children and adolescents aged 6 to 17 years need at least 60 minutes of moderate-to-vigorous intensity physical activity daily. Adults need 150 minutes a week of moderate intensity activity such as brisk walking for health benefits. Regardless of your age, some physical activity is better than none.

The evidence is clear—physical activity can make you feel better, function better, and sleep better. Even one session of moderate-to-vigorous physical activity reduces anxiety, and even short bouts of physical activity are beneficial. Being physically active also fosters normal growth and development, improves overall health, and can reduce the risk of various chronic diseases.

While it may be difficult to remain active physically while social distancing, it is possible and important.

Here are ideas for staying active close to home:

- Engage in active family play time.
- Any game that gets everyone up and moving counts!
- Catch up on household chores such as cleaning out the closet. Vacuuming is also a physical activity.
- Get outside. Move the grass, go for a walk, eat outside. Remember to maintain a safe distance between yourself and other active neighbors.
- Make television watching more active by doing jumping jacks or push-ups during the commercials.

How to Be Physically Active While Social Distancing

By Carli Liguori, Instructor of Nutrition and Behavior Change, University of Pittsburgh

Have you noticed grabbing an extra bag of chips at the supermarket? Or eating more frozen dinners than you used to? Or even eating snacks that you haven’t eaten since you were an adult kid?

The COVID-19 pandemic has upended nearly every facet of our daily lives, from how we dress to how we work, to how we exercise. It’s also changing the way we work, to how we dress, to how we work, to how we work.

It’s also changing the way we eat. As a registered dietitian and nutrition researcher, I’m fascinated by the types of food people buy during this strange time.

One recent survey found that 42% of respondents indicated they’re purchasing more packaged foods than they typically would and less fresh food.

Sales of frozen pizza have almost doubled. Sales of frozen appetizers and snacks—think Bagel Bites—are over a third, while ice cream sales have increased 36%.

While ice cream sales have increased 36%, while food delivery orders in the United States has been french fries, while the most popular beverage has been soda. Some of these foods have one thing in common: They’re the stuff we eat as kids.

Why might grown adults be reaching back into the pantry of their past? What is it about a pandemic that makes us feel like we’re reminiscing at the supermarket?

The reasons are deeply rooted. As mature, the purpose of food is to nourish. Of course food provides us with the necessary energy and balance of vitamins and minerals to power and fuel the body. But anyone who’s reached for a piece of fruit and juice and a sandwich has been a尤其

The definition of comfort food is a bit slippery. Food is deeply personal. The foods that comfort people depend on their cultural background, taste preference, and personal experience. We know, however, that food can induce feelings of nostalgia that transport us back to simpler times.

So perhaps it’s no surprise that, during a period of uncertainty that has many of us desperate for some relief and comfort, the foods of our childhood can act as a safety valve. For some of us, that bond of Lady Churms isn’t just a sweet treat; it’s a reminder of days gone by, a time of safety and stability.

JOGGING and Five Other Exercises Ward off Weight Gain Despite ‘Obesity Genes’

(Family Feature) Losing weight and focusing on a healthful diet may lead you back to the same tried-and-true tricks, however, conventional wisdom doesn’t always pay dividends. Some eating plans may offer up twists to help you and your family eat meals you enjoy without forgoing your health goals. For example, “Always Eat After 7 PM,” written by Joel Marion, CSSN, NSCA-CPT, five-time best-selling e-book author and co-founder of the e-commerce supplement company BioTrust Nutrition, debunks popular diet myths and offers an easy-to-follow diet that accelerates fat-burning and allows you to indulge in your most intense cravings by eating the majority of your calories at night. The outlined plan features a 14-day “acceleration phase” designed for rapid results, a “main phase” when you’ll learn which fat-burning foods to eat to achieve your weight-loss goals and a “lifestyle phase” to keep the weight off for good.

Conventional wisdom dictates that it’s best to avoid carbs, eat an early dinner and never eat immediately before bed. However, Marion debunks the myths underlying traditional dining with a simple, highly effective weight-loss program allowing readers to enjoy social dinners without restriction, satisfy nighttime hunger with fat-burning sweet and salty pre-bedtime snacks and indulge cravings with strategically timed cheat meals.

With straightforward food lists, easy-to-follow meal plans and recipes for each phase, this book aims to make weight loss easier and more enjoyable by allowing you to lose weight without feeling restricted. Taken directly from the book, these recipes for Pot Roast Tacos with Chimichurri, Cheddar-Ground Beef Skillet and Chili Loaded Baked Potato can help you take part in the program while enjoying guilt-free foods at

For people who inherited genes that increase their chance of becoming obese, there is hope for keeping the weight off. A study by Wan-Yu Lin of National Taiwan University and colleagues, published in PLOS Genetics, identified the types of exercise that are especially effective at combating genetic effects that contribute to obesity.

Worldwide, obesity is a challenging condition to combat because it results from interactions between a person’s genetics and lifestyle. Doctors often recommend exercise, but it is not clear which kinds are best for curbing weight gain in individuals whose genes make them more likely to become obese. A new study of 18,424 Han Chinese adults, aged 30 to 70 years, examined the interactions between the individuals’ genetics and their self-reported exercise routines. The researchers looked specifically at five measures of obesity, such as body mass index (BMI), body fat percentage and waist-to-hip ratio. They found that regular jogging was the best type of exercise for managing obesity, according to the five measures. Moreover, mountain climbing, walking, power walking, certain types of dancing, and yoga practices also reduce BMI in individuals predisposed to obesity. Surprisingly, swimming, stretching exercises, swimming and Dance Dance Revolution did not counteract the genetic effects on obesity.

Overall, the study suggests that when it comes to obesity, genetics are not destiny, and the effects can be lessened by several kinds of regular exercise. Previous research has shown that frequent physical activity blunts the genetic effects on obesity, but these studies focused only on BMI. The new study also considers four other measures of obesity that are more closely linked to metabolic problems. As obesity continues to be a serious public health challenge, the benefits of exercise cannot be overstated.


Your favorite Stone Fruits are in season. Visit your local Food Lion to get the freshest available product.

This is our home, that's our Lion.

FRESHLY in SEASON

Family Foods With a Weight Loss Focus

Recipes courtesy of “Always Eat After 7 PM” by Joel Marion, CISSN, NSCA-CPT, the family table.

Learn more about the diet and book at joelmarion.com.

Pot Roast Tacos with Chimichurri

Recipe courtesy of “Always Eat After 7 PM”

Prep time: 10 minutes
Cook time: 5 minutes
Servings: 8

Chimichurri:

1/2 cups fresh Italian parsley
1 cup fresh cilantro
2 tablespoons green onion, chopped
1 tablespoon garlic, chopped
1/4 cup olive oil
1 tablespoon fresh lemon juice
1 teaspoon salt
1 teaspoon pepper
1/2 teaspoon red pepper

To assemble tacos:

In grill pan, char tortillas then
and mix in 1/2 cup chimichurri. To
fill evenly with meat, avocado,
radishes and queso fresco. Serve

(continued on page 7)

Radishes, sliced
1 ripe avocado, pitted and
(6 inches)
8 yellow corn tortillas
3 cups chuck roast, slow
cooked chopped
1 cup fresh cilantro
1 tablespoon garlic,
chopped
1 tablespoon water
1 teaspoon crushed red
pepper
1/3 cup queso fresco,
sliced
2 g fiber; 41 g protein; 1 g sugar.

Radishes, sliced
1 ripe avocado, pitted and
together.

8  yellow corn tortillas
3  cups chuck roast, slow
cooked chopped
1  cup fresh cilantro
1  tablespoon garlic,
chopped
1  tablespoon water
1  teaspoon crushed red
pepper
1/3  cup queso fresco,
sliced
2 g fiber; 41 g protein; 1 g sugar.

Recipe courtesy of “Always Eat

After 7 PM,” written by Joel
Marion, CISSN, NSCA-CPT, five-time
best-selling e-book author and
co-founder of the e-commerce
supplement company BioTrust
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At a time when many were trying to figure out how to survive during the COVID-19 pandemic, Yasmin Hall has successfully taught over 100 people how to set up their online stores and has even launched her own Amazon store. Hall is often referred to as an Amazon guru BOSS Lady, and invested in a few other businesses. When the pandemic hit, those kits were in high demand. “We came up with a kit filled with the basics we relied on, little hygiene products and some things she enjoys doing and put it into a course or ebook,” said Hall. “You have to see beyond the present situation and know that you have to invest your time, your money, your energy in the right places. In a nutshell, that’s how to boss up.”

“I encourage people to boss up and level up because I’ve been there and know it is possible to take control of your life as long as you do not give up,” said Hall. “Some people are doing weird that they are going to stick to their stores instead of return to their other jobs so that they can have more control over their life and spend more time at home.”

Known for her bestselling books on growing up with a bipolar schizophrenic mother, Hall is often referred to as an Amazon guru BOSS Lady, having hit a million dollars in sales on the platform. In fact, she was able to purchase three kits filled with the basics we relied on, little hygiene products and some things she enjoys doing and put them into a course or ebook. She recently made a six-figure donation to Black Lives Matter and invested in a few other projects and quietly supports many projects focused on women, children, and her native U.S. Virgin Islands. She also recently launched her own BOSS Chatter podcast on Getchik to answer many of the questions she has received over time pertaining to her businesses.

“When you reach any level of success, you should help those who need help, even if it is teaching them or taking time to share your knowledge or even putting it into a course or ebook,” said Hall. “You have to see beyond the present situation and know that you have to invest your time, your money, your energy in the right places. In a nutshell, that’s how to boss up.”

For more information, visit YasminHall.com or BossAmazonGuru.com. Join the BOSS CHATTER Podcast every Monday at 7pm EST.

Ahmahd Moore Wins First-Ever HBCU Heroes E-Sports Competition

FAYETTEVILLE, NC — Recently, HBCU Heroes hosted the first-ever esports competition dedicated to Historically Black Colleges and Universities (HBCUs). Ahmahd Moore, 21, a junior at Fayetteville State University, took home the championship title. He came up with the idea for the tournament, as the number one seed (last place) at a tournament. Moore did not own an Xbox gaming console, HBCU Heroes purchased one for him to compete. Moore led his Falcons to a 75-73 win over Chandler-Crackleock High Tech. Craddock is a sophomore at Langston University. Moore secured the crown with his mother, LaRosha Lartender proudly cheering him on. Prior to this win, Moore had never played in an organized esports competition. The title-shaping action was called by WNBAs Renee Montgomery (Atlanta Dream) and Sportscaster Larry Ridley.

Moore was recently crowned Mt. Fayetteville State University and is majoring in communications and pre-law. He plans to attend law school after graduation. His winning purse included $500 and a Dell computer. When asked what he plans to do with his prize money, Ahmahd replied, “I plan to help elementary students in Fayetteville buy devices, so they will have the same opportunity HBCU Heroes gave me. I could not have had this chance without their generosity, and I want to pay it forward.”

HBCU Heroes inaugural tournament was streamed on Twitch and their website (hbcuheroes.org). The evening’s activities included four NBA 2K20 games. In addition to Moore and Craddock, students from Hampton University, Johnson C. Smith University and Southern University also competed. The program thanked sponsor Dell for its support.

Ahmahd Moore

When it comes to promoting equality, words are not enough.

Announcing the North Carolina Social Justice and Racial Equity grant cycle.

At Duke Energy, we are committed to addressing and overcoming racism in our state through tangible action. To that end, we are offering a $750,000 grant opportunity through the Duke Energy Foundation in North Carolina. The grant application window is open now through Aug. 31, 2020. For more information, visit https://m.youtube.com/watch?v=MAK96222MA •

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Successful Entrepreneur, strong sense of their strengths, believes “young people need a chance to pursue our dreams and aspirations, we find our opportunities,” says Ray. He adds, “I believe that our dreams can come true if we have the courage to pursue them.

Ray is also the co-owner of Universal Media Group, a media conglomerate whose corporate focus is on the implementation of celebrity-based programming, social media, and interactive TV. The company is known for its cutting-edge technology in media through music, with sports and empowering the millennial generation.

Ray has an uncanny ability to connect with his audience, as a powerful motivational speaker. Instilling the virtues of leadership, discipline, awareness, and control, Ray is a sought-after speaker who has traveled extensively, giving talks to various businesses, organizations, and the military.

A recognizable and trusted figure whose name packs a powerful punch, Ray has been an endorser for major brands such as 7 Up.

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#United4Reform

Action Items are focused on tearing down reform, voter engagement, and bringing an end to police brutality.

The four sororities organizations. We stand as African-American women who marched with him, we must keep fighting for freedom and equality and bring an end to systematic racism.

The Reverend Dr. C.T. Vivian was 95.

Rev. Vivian told the virtual marches planned by the Census Bureau. Lewis was a strong advocate for Census registration.

Rev. Vivian went on to become an active member of the group that eventually became the Southern Christian Leadership Conference, according to his biographer.

To inspire the next generation, Vivian founded the CT Vivian Leadership Institute in Atlanta, with the intent to create a model of leadership culture in the city that would be equal in created courageous conversations about race and racism in communities.

About Alpha Kappa Alpha Sorority, Incorporated

Alpha Kappa Alpha Sorority, Inc. is an international service organization that was founded on the campus of Howard University in Washington, D.C.

KGOODY

Cont from page 5

Salons, KgoodyKollection. She's also been inspired to author a book, Chrysalis and all-inclusive protective style products for abuses as well as domestic violence, therapeutic services for adults contending with tension to your natural hair.

Kgoody is indeed a force on social media around shifting from inmate to family by the principal Health FIRST. Beauty school." In her first year of business, she taught hands-on classes featuring her exclusive Loop Laces Fax Loom(TM) method, hosted in-depth education seminars on Natural Hair Care and her Curly Hair Matters Show and prepared for the attendees. Furthermore she won her first pitch deck, which led to her launching a handmade hair accessory product line that was featured at the Florida Hair Battle and Expo and the first brider to odor in Ohio's first ever Natural Hair Competition.

Kgoody is indeed a force on the road to success.

Alpha Kappa Alpha Sorority, Inc.

4500 Philadelphia Avenue South

Minneapolis, MN 55409-2137

Kgoody Designs is the original creator of Loop Laces, a system of extensions that are fastened in fewer than four hours with less heat tension to your natural hair.

Rev. Vivian, like Martin Luther King Jr., and Joseph Low Jr., was a skillful, unflappable, and a fighting force in the initial and strategic planning of effective nonviolent civil disobedience. C.T. has passed the eternal baton to the next generation of civil rights agitators and organizers.

The 4 sororities and nine other women’s groups represent more than the (5) million collective voices of women in the movement, one of the nation’s leading teams of leaders.

In a recent press conference, the coalition unveiled its Unite4Reform Agenda for fighting for social justice and equality and being an end to police brutality.

Dr. Glover told the virtual audience of over 7000 viewers that several of the items, ranging from police reform and engagement, legislation, COVID-19, and 2020 Census, are focused on tearing down the walls of systemic racism.

She added that AKA, through its own service programs, works together with the coalition, is committed to fighting for the American people and citizens of the world to demand change. The sorority’s National Action Network Committee established a social agenda that includes three (3) specific areas to bring the might of AKA’s collective membership to bear on critical issues impacting the black community.

The coalition’s agenda consists of similar action items.

**Domestic Violence Prevention. Offer protection for children and women who are family violence, therapeutic services for abuses as well as domestic violence, therapeutic services for adults contending with tension to your natural hair.

**Volunteer Engagement/ Voter Mobilization/ Voter Education. Double local volunteer mobilization and participation efforts in the Black community to vote and elect the candidates and issues that are a priority for you and advocate for equal voting access.

**Voter Registration. Demand that all states, including Georgia, change theirsystems by passing H.R. 1. (For the People Act) which will restore voting rights access and restore the Voting Rights Act and limit voter suppression.

**Citizen Engagement. Complete the 2020 Census and encourage your families and communities to do the same.

**Participation in the Poor People’s Campaign. Attend the virtual march planned in Selma, Alabama.

**COVID-19 Relief. Advocate for comprehensive COVID-19 legislation that protects our Black caregivers, workers and healthcare professionals. COVID-19 has magnified the racial, ethnic and health disparities in the US.

**REFORMS

Cont from Front page

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Robersonville is the challenge, the Martin County Chambers of Commerce “2017 Citizen of the Year” and the Martin Luther King Jr. Community Service Award in January 2020.”

But right now, being mayor of Robersonville for over 12 months, I don’t know how to fix. As my mother, I sometimes had the horrible thought that an outcome might be easier to live with. I often no longer strung the hurt and the things he was doing to those who loved him so much. Scaled Narconon and asked for help.

My son’s addiction started with the usual use of marijuana smoking. As the high needed to be higher, his addiction led to cocaine and opiates. This resulted in stealing money from his family members. All the lying, the cheating and stealing continued.

It affected me as his mother I imagined what the heart would feel. I thought I would never heal. I questioned myself on what I did wrong in raising my son. It was the first non-parenting thing I did not know how to fix. As his mother, I sometimes had the horrible thought that an outcome might be easier to live with. I often no longer strung the hurt and the things he was doing to those who loved him so much.

Narconon can help you take steps to overcome addiction in your family. Call today for free screenings or referrals. 1-800-352-4174.

When a Family has a Member who has a Drug Problem

FAQ’s

Who does Drug Abuse turn into Addiction? Addiction is a condition characterized by repeated, compulsive seeking and use of drugs, alcohol or other similar substances despite adverse social, mental and physical consequences. It is usually accompanied by psychological and physical dependence on the abused substance and the appearance of withdrawal symptoms when the addictive substance is rapidly decreased or terminated. When addiction exists, the drug use controls the individual rather than the individual controlling the drug use. When a person knows the ability to make a rational choice about whether or not to use a drug of choice, he or she is addicted.

How Can I Get a Person Started on a Narconon Drug Rehab Program?

Unfortunately, many addicted people fail to see their own problems and refuse help. The Intake Counselors at a Narconon center can help advise you on the best way to approach this problem and can coach you all the way through the entire process. It is important to go to a Narconon rehab facility. Alternatively, the best solution might be to have a professional interventionist come to your home and help the addicted person make his or her own decision to go back to your own rehab program. Your local Narconon center can also advise you on the services of an interventionist.

How Do I Deal with an Addicted Person?

When dealing with a loved one who is addicted, realize that it’s not the addiction, it’s the drugs and that the drugs are your dealing with.注意力聚焦于couping with this requires a different approach than your usual patterns of thinking and acting, which is unattainable for most people.

There are certain roles to follow if you or yourself is in a situation so you do not fall into the lies and manipulation, but can offer the person a chance to avoid the symptoms of intervention.

How do I Help someone who is under the influence of alcohol or drugs?

The symptoms when the addictive substance and the drugs that are you dealing with.注意力聚焦于couping with this requires a different approach than your usual patterns of thinking and acting, which is unattainable for most people.

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How do I deal with a loved one who is addicted to drugs or alcohol?

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CONTRACTORS: NOTICE TO BIDDERS

ADVERTISEMENT FOR BIDS

The Mecklenburg County ABC Board will seek sealed, single prime bids for the

Project: Construction of New College of the Albemarle (NC) Manteo Campus

The scope of work for the project includes:

- Foundation work
- Steel framing
- Concrete work
- Metal wall framing
- CMU walls
- Interior finishes: glass, hollow metal door frames and wood panels
- Roof work: single-ply roof, metal roofing
- HVAC work: including electrical, plumbing, and mechanical systems
- Exterior work: paint, stucco, brick, and masonry
- Site work: grading, drainage, and utilities

The project is located at 188 College Drive, Manteo, NC 27554.

Bids will be received until 2:00 PM on August 24, 2020, in the Conference Room at the Town Hall in Broadway, North Carolina, by Paul Gilliam at (336) 346-8162 or email (paul.gilliam@countyclerk.com).

Proposals must be enclosed in a sealed envelope addressed to the City Clerk, Beaufort County ABC Board Headquarters, 3333 Mabry Street, Broadway, North Carolina 27858. Attendance at the Pre-Bid Meeting will be held at 2:00 PM local time on Tuesday, August 18, 2020 in the Conference Room at the Town Hall in Broadway, North Carolina, by Paul Gilliam at (336) 346-8162 or email (paul.gilliam@countyclerk.com).

The contract documents are also available for examination by the public at the office of the Berkshire Hathaway Directors, 1021, FAX (252) 977-7512 at any time thereafter. Contractors bidding on this project are required to furnish labor, materials, equipment, and services to perform the work.

The right is reserved to reject any or all bids.

The contract documents may be obtained for a deposit of $100.00 for each set of contract documents. Add-ons to the contract documents will be provided at a cost of $25.00 per add-on. Contractors are required to review all documents prior to submitting a proposal. Questions concerning the contract documents should be directed to Jeremy Whitehurst at 1-800-462-4460 or jeremy.whitehurst@contractor.com.

The project is located in Beaufort County, North Carolina.

Bids must be submitted on standard forms provided by the Issuing Office. Bids must be enclosed in a sealed envelope, addressed to the City Clerk, Beaufort County ABC Board Headquarters, 3333 Mabry Street, Broadway, North Carolina 27858 (email: paul.gilliam@countyclerk.com).

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The contract documents may be obtained for a deposit of $100.00 for each set of contract documents. Add-ons to the contract documents will be provided at a cost of $25.00 per add-on. Contractors are required to review all documents prior to submitting a proposal. Questions concerning the contract documents should be directed to Jeremy Whitehurst at 1-800-462-4460 or jeremy.whitehurst@contractor.com.

The project is located in Beaufort County, North Carolina.

Bids must be submitted on standard forms provided by the Issuing Office. Bids must be enclosed in a sealed envelope, addressed to the City Clerk, Beaufort County ABC Board Headquarters, 3333 Mabry Street, Broadway, North Carolina 27858 (email: paul.gilliam@countyclerk.com).

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The project is located in Beaufort County, North Carolina.
Bids are due by Tuesday, August 11.

**-loving-subcontractors**

<table>
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<tr>
<th>Architect:</th>
<th>Contracts, Inc., 5174 Ridgeview LN, Winston-Salem, NC 27105 336-736-7756</th>
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|ковые: | Each interested contractor is invited to review all documents issued for this project, prepare a complete scope of work and proposal for your bid. The Owner reserves the right to reject any and all proposals.

**Hospitality Industry**

| Project: | City of Winston-Salem Playground Construction Company, Inc., has several qualified firms for the School Bus Mobile Shower Projects.
|-----------|----------------------------------------------------------------|
**PROFESSIONAL**

**TOWN OF CARY**

POLICE OFFICER I
An Equal Opportunity Employer

**SALARY:**
$23,46 - $28,71 Hourly
$48,800.00 - $59,716.80 Annually

**OPENING DATE:**
07/31/20

**CLOSING DATE:**
10/04/20 11:59 PM

**DESCRIPTION:**
Are you dedicated to and passionate about making a positive impact in the community and the lives of others? Are you passionate about law enforcement? We are looking for diverse problem solvers with a desire to effect positive change within our community. The ideal candidate is a professional, motivated and seeking new challenges and opportunities in a thriving community.

The Town of Cary is an organization striving to create the Local Government That Does Not Exist through our best resources—our employees! At the Town of Cary, our employees work together to change lives through exceptional service. The CaryOne approach empowers each employee to have a voice in collaborative, adaptive work environment between departments, learning, creativity and integrity together as a team.

We offer an excellent salary and benefits package that includes a Career Ladder program with several levels of advancement possibilities. If you are committed to excellence, high quality service delivery, leadership development and a great place to work, this may be your opportunity for you. Please see the Cary PD Recruitment website, www.joincarypd.org, for more information on our organization.

***Minimum starting salary $48,800 with Basic Law Enforcement Training certification***

For more information and to apply, please go to: https://www.jobsonline.com/cityofcary/carync/policeofficer-i

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**EDUCATION**

**ROBESON COMMUNITY COLLEGE**

**EVENING LIBRARIAN**

**MINIMUM QUALIFICATIONS:**
The candidate will have earned a Master of Library Science (MLS) or a Master of Library and Information Science (MLIS) degree from an American Library Association (ALA) accredited program. Preferred Qualifications: A minimum of three (3) years of experience working as a professional librarian. For a listing of duties and an application, visit www.robeson.edu or contact Human Resources at (910) 781-8582. Deadline for Applications: Open until filled.

**ROBESON COMMUNITY COLLEGE IS AN EQUAL OPPORTUNITY EMPLOYER**

**THE CITY OF STATEVILLE**

**THE CITY OF STATEVILLE IS CURRENTLY ADVERTISING TO FILL THE FOLLOWING POSITIONS. APPLICANTS MUST APPLY ONLINE AT WWW.STATEVILLENC.EDU**

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**PUBLIC WORKS DEPARTMENT**

**WASTE COLLECTOR**

**SALARY RANGE:**
$24,272.77 - $40,049.36

**COMMERCIAL DRIVER**

**SALARY RANGE:**
$29,903.76 - $48,680.11

**POSITIONS OPEN UNTIL FILLED**

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**IT’S A CALL TO ACTION!**

Join the mission of mobilizing voters across NC through voter registration, education and mobilization (VREM). Visit our website for more information about ‘A Call to Colors’ initiative: www.greaterdiversity.com

**“A voteless people is a voiceless people.”**