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Record-level of Criminal Exonerations

By Freddie Allen
NNPA Senior Washington Correspondent

WASHINGTON (NNPA) — Black criminal defendants accounted for roughly 46 percent of the 125 known exonerations in 2014, the highest annual number of exonerations recorded since 1989, according to a national registry that tracks wrongful convictions.

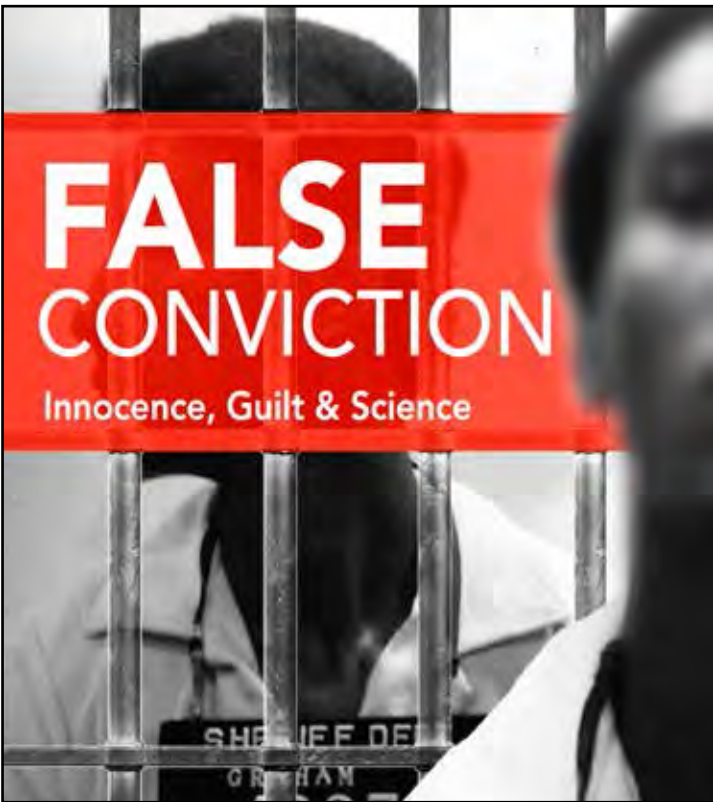
According to a recent report by The National Registry of Exonerations, the next highest total for exonerations was 88 recorded in 2012 and 87 in 2013. Researchers said that prosecutors have increasingly taken a harder look at flawed cases, which contributed to jump in exonerations.

The powerful role that prosecutors play in the criminal justice system has increasingly drawn sharp public criticism following grand jury proceedings involving the highly publicized deaths of unarmed Black men at the hands of White police officers.

In the chokehold death of Eric Garner in Staten Island, N.Y. and shooting deaths of John Crawford in Beavercreek, Ohio and the teenager Michael Brown in Ferguson, Mo., grand juries chose not to indict police officers.

Attorney General Eric Holder has called for reform in sentencing practices and urged federal prosecutors to exercise greater discretion in non-violent drug cases.

Researchers with the exonerations registry reported 716 exonerations of Black criminal defendants, compared to 624



From Pulitzer Prize-winning journalist Jim Dwyer, in collaboration with the Innocence Project and the New York Hall of Science, comes "False Conviction: a collection of gripping true stories about innocent people convicted for crimes they did not commit."

Download interactive edition:
<https://itunes.apple.com/gb/book/false-conviction/id780517691>

Whites through February 6, 2015. That includes 330 exonerations for homicides, 167 for sexual assaults and another 179 for other crimes including drug crimes.

Blacks accounted for roughly 46 percent of the known exonerations in 2014. The number of Black criminal defendants exonerated in 2013 accounted for 47 percent of known cases, compared to 40 percent for Whites.

In a press release about the report, Samuel Gross, a law

professor at the University of Michigan and the editor of the National Registry of Exonerations, said that the big story is that more prosecutors are working hard to identify and investigate claims of innocence.

The report credited the rise of conviction integrity units (CIU), "long-term operations that work to prevent, to identify and to remedy false convictions" for contributing to an increase in criminal exonerations.

"There were 49 CIU exonerations in 2014, including 10

murder exonerations in Brooklyn, and 29 of the 33 Harris County (Texas) drug-crime exonerations," stated the report.

Gross said that many more innocent defendants were exonerated after pleading guilty to crimes they did not commit.

The report said that 47 of the 125 defendants (38 percent) who were exonerated in 2014 were cleared of criminal convictions to which they had pled guilty, also a record. In fact, in 58 of the 125 known exonerations from last year, no crime occurred, according to the report, and that number is likely to grow.

"The states with the most exonerations in 2014 are Texas (39), New York (17), Illinois (7), Michigan (7), Ohio (6), North Carolina (4), Louisiana (3), Maryland (3), Oregon (3), Pennsylvania (3), and Tennessee (3)," stated the report. "The states with the most recorded exonerations are not necessarily those where most false convictions have occurred."

In Harris County, Texas defendants often pled guilty to drug crimes before evidenced was tested. When lab tests revealed that the evidence was not an illegal substance, the convictions were overturned. More than 90 percent of the drug-crime exonerations in 2014 were no-crime cases, including all 33 drug-crime exonerations in Harris County, the report said.

"Judging from known exonerations in 2014," said Gross. "The legal system is increasingly willing to act on innocence claims that have often been ignored." •

Criminal Investigation Into Bobbi Kristina Case: Sources Say Her and Nick Gordon Had Violent Past



ATLANTA, GA — TMZ is reporting that a criminal investigation has been launched to find out what happened to Bobbi Kristina Brown, the daughter of Bobby Brown and the late Whitney Houston. She apparently has some injuries to her body that police are investigating.

Words such as "cover up" and "foul play" have been thrown around in the media, and sources say that her boyfriend, Nick Gordon, is the target because the two have had domestic violence issues in the past.

Blood stains?

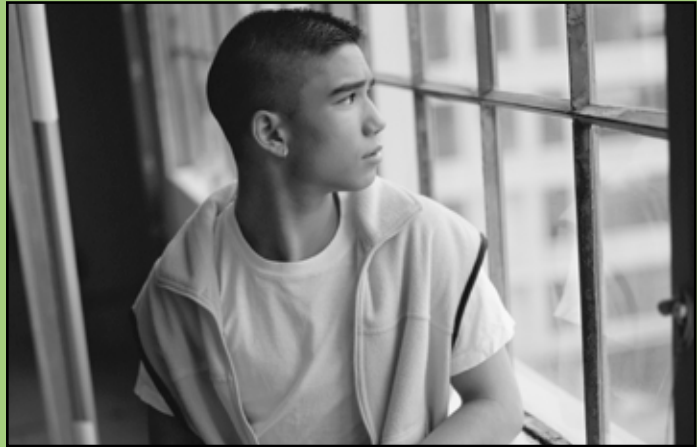
One source says Gordon allegedly attempted to remove blood stains, but this has not been confirmed by the police.

According to some close friends, the violence was triggered by Nick's jealousy over Bobbi Kristina's fame. He apparently felt he too was Whitney Houston's child since he was adopted by her, and could not understand why people only focused on Bobbi.

One source said the couple recently turned down a reality TV show deal because Nick wasn't offered the same deal as Bobbi Kristina.

Kristina continued on page 5

Stress Caused by Racism Linked to Mental Health Issues in Latino Teens



Latino adolescents who experience discrimination-related stress are more likely to experience anxiety, depression, and issues with sleep, according to research led by NYU's Steinhardt School of Culture, Education, and Human Development. These mental health outcomes were more pronounced among Latino teens born in the U.S. to immigrant parents, as opposed to foreign-born teens.

The longitudinal study, which appears online in the journal Child Development, suggests that first-generation immigrants and second-generation immigrants are affected differently by discrimination-related stress.

Latinos are the largest and fastest growing ethnic minority in the U.S., making up 15 percent of the population. Research has shown that many young Latinos face discrimination in their daily lives.

"Discrimination has been linked to a variety of mental health symptoms," said Selcuk Sirin, associate professor of applied psychology at NYU Steinhardt and the study's lead author. "Adolescence may be a particularly vulnerable time for discrimination, as forming one's cultural, ethnic, and racial identities is central during this developmental period."

Sirin and his colleagues surveyed 173 Latino teens in New York City high schools during the teens' 10th, 11th, and 12th grade years. Both foreign-born (first-generation) immigrants and U.S.-born (second-generation) immigrants were included.

Stress continued on page 5

Study: Bad Middle Managers Are Just a Reflection of Their Bosses

Keeping middle managers happy with their supervisors is the key to retaining the lower-level workers they manage and avoiding expensive turnover costs, according to a Vanderbilt University study. "Middle managers' treatment of employees reflects how bosses treat them," says Ray Friedman, Brownlee O. Currey Professor of Management at Vanderbilt Owen Graduate School of Management. Previous studies have found that high employee turnover lowers customer satisfaction. It's also been previously established that the level of satisfaction with a supervisor is a reliable predictor of turnover intentions.

The authors believe that role modeling is at the heart of the matter.

"If an organization wishes to address issues related to line employees' work attitudes, it should address behavior and work attitudes from the top down," Friedman said. "The focus should not just be on employees and their managers, but also on the signals being sent by senior managers every day as they interact with their middle-level manager subordinates."

In a study of 1,527 full-



Ray Friedman, Brownlee O. Currey Professor of Management at Vanderbilt Owen Graduate School of Management.

time employees at 94 hotels in the United States and Canada, Friedman and colleagues Ying Chen, assistant professor at the School of Labor and Employment Relations at the University of Illinois at Urbana-Champaign, and Tony Simons,

associate professor at Cornell University School of Hotel Administration, found that "middle managers' satisfaction with their senior managers was related positively to line employees' satisfaction with middle managers." •

So when middle managers don't have good working relationships with their bosses, the effects are felt down the line with the employees the middle managers oversee, leading to some lower-level employees quitting.

"Despite the lack of direct contact between senior managers and line employees, senior managers can have a significant influence on those line employees," Friedman said.

The effect is even stronger for women managers, the study suggests.

"While the trickle-down effect is general, there may be subgroups especially influenced by the trickle-down dynamic and we have identified women middle managers as a group that is especially affected by the trickle-down effect," Friedman said.

Although they theorize that the results of the study will apply to industries other than the hotel business, the study authors call for further studies to confirm that belief.

"The Gendered Trickle-down Effect: How Mid-level Managers' Supervision Affects Line Employee's Turnover Intentions" was published in September by Career Development International. •

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Responding to Voter Suppression The Third Reconstruction



By Peter Gear

Educate, organize and mobilize

For more than a year I've tried to keep our readers informed on the nationwide efforts to disenfranchise Blacks and other voters. Many leading thinkers in the Black community have declared that the latest attack on Black voting rights signals the beginning of the Third Era of Reconstruction. Our reconstruction goal is to help build a network of individuals and organizations committed to a non-racial, equal opportunity America characterized by political, economic, and social justice.

The concept of a Third Reconstruction is being well received and individuals and

organizations that are committed to democracy and equal opportunity are joining efforts to create the reality. It is important for all like minded people to join us as we continue to fight for the "American Dream".

I'm involved with numerous efforts and discussions to address the massive threat that voter ID requirements represent to Blacks and other citizens. Although our efforts to convene the Voter Empowerment Summit this past January had to be postponed, we have a task team that is working on details to convene a gathering to address the needed community response to the unconscionable efforts by Republican lawmakers to destroy the dream of Martin Luther King of our full unfettered right to vote.

Weekly we post our articles on several Facebook pages and recently one of our readers responded to our post on www.facebook.com/thirdreconstruction as follows: "Voting for African Americans is not a choice, but is imperative. Too many of our ancestors could not and did not vote, so we have a duty and an obligation to vote

despite all the obstacles that are put forth to decrease this important right. Voting is an equal opportunity to exercise our voice." I believe that this sentiment is the sentiment of the vast majority of those that are fighting voter suppression.

Another of our readers commented: "They (Republicans) are coming up with excuses as to the reason you can't VOTE in 2016. Make SURE your address on your identification and your address on your voters card MATCH. You will not be allowed to vote, if both addresses don't match. Get it done now, while you have plenty of time before the major elections in 2016. Pass the word."

Yet another of our readers commented: "Selma was a film made for the entertainment of its viewing audience. It did not capture the depth or magnitude of the atrocities and brutality African Americans endured in order to establish that they were entitled to the same rights as other citizens living in America. However,

what is more offensive for me is how those rights are taken for granted, the plight for educational and financial parity and other assumed rights and advantages have been so devalued and unappreciated by folks under fifty and particularly our youth."

Join the growing numbers of people that are committing themselves to fighting efforts to suppress our right to vote by getting involved individually or through your community based organizations. If you're not involved you and yours are more threatened.

Lastly, several of us continue to work as a leadership team that is developing a strategy to get community participation in efforts to prepare for our voting challenges in November, 2016 and our standing efforts to bring about social and economic justice. I'm pleased to report that our efforts are growing stronger every day. On Friday past, February 6, 2015, we had another major entity joining our struggle in a more dynamic

way. Once additional details are finalized, I'll be able to share more details of these developments with our readers.

GDN covers news that is vital to unrepresented and underserved communities. We need your financial support to help us remain viable.

Peter Gear, Esq. writes for Greater Diversity News and www.thethirdreconstruction.com with a primary focus on political and economic justice. To support our efforts, to unite our politics and economics, please "Like" and follow us at www.facebook.com/ThirdReconstruction. Please "Share" our articles and post your ideas and comments on Facebook or at our websites www.GreaterDiversity.com and www.thethirdreconstruction.com. Comments can also be sent to pgear@thethirdreconstruction.com. Finally, please ask all of your Facebook "Friends" to follow our above-referenced recommendations. •

WHAT BLACKS NEED TO DO A November 8, 2016 Rematch is Scheduled for Tuesday Morning!

By James J. Hankins

A November 8, 2016 Rematch is Scheduled for Tuesday Morning!

THE PROBLEMS:

Our opposition is still mostly lifelong extreme conservatives, but some of our former progressive people have become so comfortable with their new "temporary" friends, jobs and salaries that they have become ice cold.

Many of us progressive took our defeat in the 2014 mid-term election just as hard as losing a close family member. We experienced denial, anger, bargaining, depression then acceptance commonly known as the five stages of grief.

I went through anger, depression and bargaining. I stopped reading, listening to and watching anything that had to do with politics for about seven weeks. I did not write about or discuss the elections. I foolishly hoped that only the people who did not take the time to vote would suffer at the hands of the people they allowed to be elected.

#NOTE: In his forth (4th) week of a six year term, North Carolina United States

Senator Thom Tillis made an un-intelligent, arrogant and un-sanitary statement about government safety regulations. He said the people who prepare and serve our food in restaurants should not be required to wash their hands after using the bathroom. That decision should be left to the business owner not government regulators. We, taxpayers, pay him \$174,000 plus benefits a year for his "wisdom".

THE SOLUTIONS:

We assemble at church to say good-bye to our loved one, the choir sings the final song, the minister gives the eulogy and benediction, we go to the grave site; wipe our tears for the last time, then to a fellowship hall to share a celebratory family meal with friends.

The fifth stage of grief is acceptance which will allow us go on with our lives. Some people take a long time to reach this stage, so we must be patient and accept their timeline. If we try too hard to rush them, we may lose them. Their personalities play a small part, but their occupations are a large factor in deciding when they step back into the movement.

It took me, a retired

teacher, seven weeks dwelling on the negative before I got back involved in the movement. My son, a sixth year social studies teacher, had to have a lesson plan ready the very next day.

Most of us are now ready to fight again for the civil rights we gained during our second (2nd) Reconstruction in the 1960s. The issues are still equal rights, equal pay, equal protection and voting rights.

Will you please join me and other freedom fighters in going back to work?

To be successful in this our third (3rd) Reconstruction, we must make the best use of one hour (60 minutes). Please spend only five minutes discussing the problem and fifty-five minutes working on solutions.

Psalms 30:5 "Weeping may endure for a night, but joy comes in the morning."

James J. Hankins is a retired vocational education teacher, past president of the New Hanover County NAACP, A&T State University alumni, member of friends of Abraham Galloway and author of the book "What We Blacks Need To Do". To comment or order a copy of his book, please e-mail him at jhan606@gmail.com •



Purchase the book online from bendib.com Khalil Bendib is a Berkeley based award winning cartoonist published in 1,700 small and mid-sized newspapers as well as The Black Commentator.

Wilmington, NC

Shiloh Missionary Baptist Church,
719 Walnut Street,
Wilmington, NC

St. Philip AME Church
815 North 8th Street

Shaw University
224 N. Front Street

5th Avenue Baptist Church
817 North 5th Street

Community Boys Club
910 Nixon Street

First Baptist Church
520 North 5th Street

National Food
Redcross Street

St. Stephens
501 Redcross Street

Coin Laundry
Princess Street

Ephesus SDA
1002 Castle Street

Thompson's Barber Shop
1403 Dawson Street

Smitty's
17th Street

Ebenazer Church
2929 Princess Place Drive

Macedonia MB Church
3701 Princess Place Drive

Enoch Chapel Baptist Church
7011 Market Street

African-American Cultural Center
UNCW, Room 211

John T. Hoggard High School
4305 Shipyard Boulevard

Chestnut St Presbyterian Church
714 Chestnut Street

Warriors of Christ
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324 Person Street

Gillespie St Barber Shop
110 Gillespie Street

US Flea Market Mall
504 North McPherson Road

Workforce Development
410 Ray Avenue

U.S. Post Office
301 Green Street

WIDU Radio Station
Rowan Street

Amtrak Train Station
472 Hay Street

Human Relations
433 Hay Street

Medical Art Center
101 Robeson Street

Robeson Barber Shop
101 Robeson Street

Cape Fear Valley Hospital
Owens Drive

Veteran's administration
200 Ramsey Street

Fayetteville Technical Community
College:
2201 Hull Road

Library & Student Center

John Wesley Church
816 Cumberland

Midway
4521 Bragg Boulevard

Mt. Olive Baptist Church
118 Johnson Street

Smith Recreation Center
1520 Slater Avenue

Lewis Chapel Church
5422 Raelord Road

Food Lion
(14 Stores)

Winn-Dixie
Yadkin Road

A & H Cleaners/Washer
1912 Murchison Road

Unique Hair Salon
2112 Murchison Road

Fayetteville State University
Library & Administration Building

St. John Free Will Baptist
966 Bunco Road

Medicap
1431 Ramsey Street

True Victory
1305 Hillsboro Street

Smith Chapel
519 Boundry Lane

St. Luke AME Church
522 Hillsboro Street

Friendship Missionary
400 Campbell Avenue

True Vines Ministries
5315 Morganton Road

Parks Chapel FWB
2503 Murchison Road

Church of God
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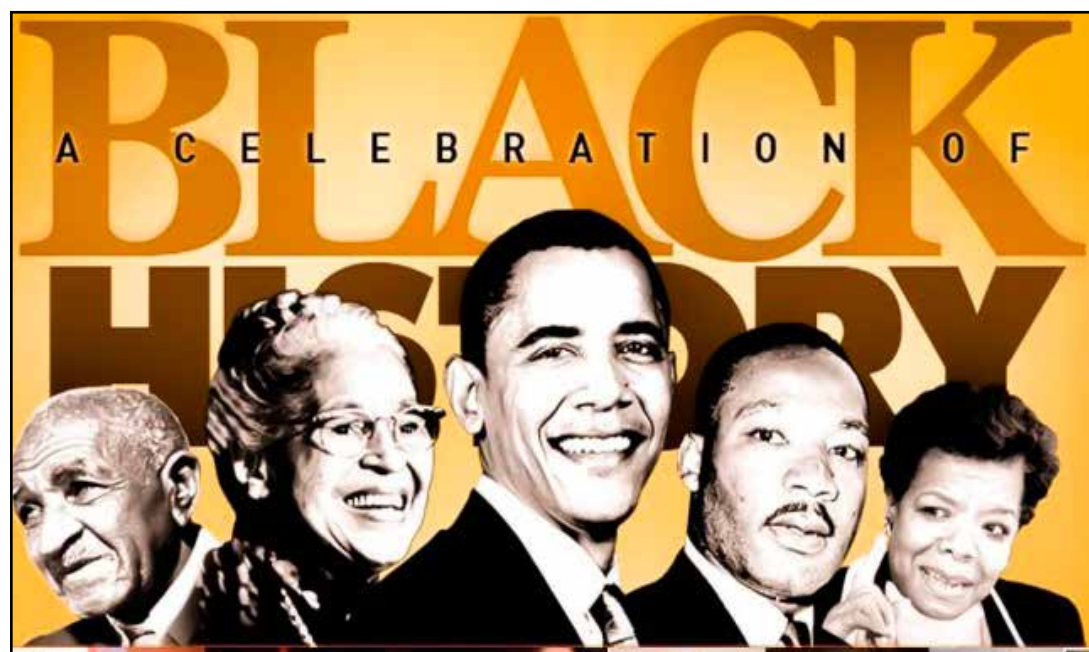
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Summer Academy for Minority Teen Girls at Princeton University Gears Up for Fifth Year

Photo caption: At the Well 2014 Academy Scholars

NEW YORK -- For the fifth straight year, the At the Well Young Women's Leadership Academy will be held on the campus of Princeton University in Princeton, New Jersey. The Academy is one of the only summer institutes for minority teen girls to be held on an Ivy League campus. The At the Well Academy is geared towards building leadership skills for minority girls entering the eleventh or twelfth grades of high school. This year's Academy is scheduled for July 26 – August 7, 2015 at The Friend Center, Princeton University, Princeton, NJ 08544. In 2014, more than seventy scholars attended the competitive program.

The Academy offers dynamic speakers, standardized test-taking strategies, critical reading courses, college essay writing classes, tutoring, group activities, and field trips. Each

year, special guests provide dynamic presentations. The 2014 roster of speakers included marketing guru Terrie Williams, Image Activist Michaela Angela Davis, and husband and wife actors, Boris Kodjoe and Nicole Ari Parker.

The Academy provides on-campus housing at Princeton University that allows the students to experience college life in an Ivy League setting. The curriculum has been developed to encourage critical thinking and problem-solving skills along with increasing leadership confidence. Facilitators include business leaders, entrepreneurs, and Princeton University staff who teach select classes.

Admission is competitive and teens must possess a 3.0 G.P.A., and offer an essay as well as academic recommendations. Scholarships are available and need-based financial aid is available on a first-come basis.

Academy continued on page 7



The Harlem Book Fair Presents its 17th Year of Award-Winning Authors



QBR Wheatley Awards, Friday, July 17, 2015

The Harlem Book Fair, Saturday, July 18, 2015

HARLEM, NY -- The Harlem Book Fair (www.harlembookfair.com) has selected 'Reading the World' (#readingtheworld) as the theme for its 17th year celebration of Black writing and authors. Attended by over 20,000 readers and viewed by millions on C-Span's BookTV, the Harlem Book Fair stands as the nation's flagship African American literary event.

The Harlem Book Fair (HBF), the nation's largest and most-respected African American book festival, is supported by Columbia University, the Schomburg Center for Research in Black Culture and the New York Public Library, Barnes & Noble, the national bookseller, and First Book, the social enterprise that distributes new books and educational resources to educators and program leaders serving children in need.

This annual award, named for the first published African-American female writer, is given for literary work that 'transcends culture, boundary, and perception'. The program blends awards presentations into an entertaining evening of music, letters, and stellar performances. The presentation of the QBR Wheatley Book Awards will open the Harlem Book Fair on the evening of July 17th.

Wheatley Legacy proposed nominees include Toni Morrison, Nikki Giovanni and Edward P. Jones. Prizes in eight writing categories will be awarded – Debut Fiction and Non-fiction, Best Fiction and

Best Non-Fiction, Best Poetry, and Best Children's and Young Adult Book. The Wheatley Book Award presentations will take place on the campus of Columbia University in New York City. The Wheatley Awards are open to industry professionals, independent authors and publishers, media, readers and the general public. To reserve seating for the QBR Wheatley Book Awards, visit the Harlem Book Fair website or EventBrite.com.

The Harlem Book Fair, an all-day indoor and outdoor festival, will take place on Saturday, July 18 from 10 a.m. to 6:00 p.m. The outdoor festival takes place on West 135th Street from Lenox Avenue (6th Avenue) to Frederick Douglass, Jr. Boulevard (8th Avenue) in Harlem, New York.

The HBF will host five indoor venues, the Schomburg Center's Hughes Auditorium, where our Author Talks are broadcast on C-Span's BookTV; the Countee Cullen library, which hosts author discussions, and author and publishing-related workshops and seminars; the luminous gallery space of Harlem Hospital, which hosts Authors Readings and discussions; our single author readings, presented at the Barnes & Noble Reading Stations; and the outdoor HBF Author MainStage, which features Spoken Word poets, dance, music and other performances.

The Harlem Book Fair invites publishers, independent authors, book vendors, and artists to exhibit, promote and sell their work to its receptive audience. Applications are available online at www.harlembookfair.com. The Harlem Book Fair is a family event that is free and open to all. •

February 11 - February 17, 2015

7⁹⁹ LB MVP
Value Pack **Boneless Ribeye Steak**
Without MVP Card \$11.99 LB

6⁹⁹ EA MVP
16 Oz. - 26-30 Ct. **Food Lion Jumbo Raw Shrimp**
Without MVP Card \$10.99 EA

9⁹⁹ EA MVP
16 Oz. - 26-30 Ct. **Food Lion Cooked Shrimp**
Without MVP Card \$13.99 EA

2 \$5 MVP
1 Lb. Container **Strawberries**
Without MVP Card \$2.99 EA

2⁹⁹ EA MVP
6 Ct. **Select Varieties Cupcakes**
Without MVP Card \$3.79 EA

8⁹⁹ EA MVP
9.5-14 Oz. **Russell Stover Heart Chocolates**
Without MVP Card \$9.99 EA

19⁹⁵ EA
Premium Dozen Rose Bouquet
Great Value Every Day

1²⁹ LB MVP
Value Pack **Chicken Drumsticks or Thighs**
Without MVP Card Regular Retail

2⁹⁹ LB MVP
Whole Fresh **Pork Tenderloin**
Without MVP Card \$5.49 LB

2 \$5 MVP
Cantaloupe
Without MVP Card \$3.49 EA

2 \$7 MVP
26 Ct. Packs or 60-75 Oz. Liquid - Select Varieties **Purax Laundry Detergent**
44-51 Oz. Liquid Softener - Select Varieties **Downy Fabric Softener**
Without MVP Card Regular Retail

7⁹⁹ EA MVP
13 Lb. - Select Varieties **Purina Kit & Kaboodle Cat Food**
Without MVP Card \$9.29 EA

BUY 1 GET 1 FREE
11-16 Oz. - Select Varieties **Keebler Chips Deluxe or Sandies Cookies**
Without MVP Card Regular Retail **Limit 2 Free**

2 \$4 MVP
9.3-16.4 Oz. - Select Varieties **Eggo Waffles or Pancakes**
Without MVP Card \$2.99 EA

2 \$4 MVP
8 Oz. - Select Varieties **Food Lion Chunk or my essentials Shredded Cheese**
Without MVP Card Regular Retail

1⁵⁹ EA MVP
16 Oz. - Select Varieties **Kraft Salad Dressing**
Without MVP Card \$2.29 EA

BUY 1 GET 1 FREE
7-10.5 Oz. - Select Varieties **Cheetos or Fritos Corn Chips**
Without MVP Card \$3.49 EA **Limit 2 Free**

2 \$6 MVP
59 Oz. - Select Varieties **Tropicana Pure Premium Orange Juice**
Without MVP Card \$3.59 EA

Health & Wellness

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Obesity Follows Growth of Big Box Retailers and Restaurants, Georgia State Economist Finds



Big-box retailers Costco, Sam's Club, BJ's Wholesale and Walmart, along with full-service and fast-food restaurants, are key contributors to the nation's obesity epidemic, according to research by a health economist in the Andrew Young School of Policy Studies at Georgia State University.

Americans now live near an abundance of cheap and readily available food from a variety of sources, report Georgia State health econo-

mist Charles Courtemanche and his colleagues in a new study. A closer look reveals little difference among the sources themselves.

"People are doing a lot of eating," said Courtemanche, an assistant professor in the Andrew Young School of Policy Studies. "But as economists, we know people's preferences don't change overnight, so the steady rise since 1980 must involve their incentives to eat."

This question led Cour-

temanche and his colleagues to build a comprehensive economic model of body weight and 27 state-level variables they categorized as general economic conditions (unemployment and income) and labor supply, as well as the monetary or time costs associated with calorie intake (food prices, retail presence), physical activity (gasoline prices, fitness centers) and smoking. Titled "Can Changing Economic Factors Explain the Rise in Obesity?" their research was published by the National Bureau of Economic Research last week.

"Changes in variables related to calorie intake collectively explain 37 percent of the rise in body mass index (BMI) rates and 43 percent of the rise in obesity," Courtemanche said. "And our data show that the pervasive presence of supercenters, warehouse clubs and restaurants are responsible for most of these gains."

Fitness centers and rising gas prices were found to work against the rise in BMI. The research suggests these effects are not the same

for everyone. "The greatest rise in weight is concentrated among people already at risk for obesity," Courtemanche said. "And their response to the variables related to calorie intake can help us understand why BMI rates are changing."

The shrinking proportion of blue-collar workers and rise in food stamp benefits also contribute to the nation's rising obesity, the data suggest this effect is not due

to differences in on-the-job physical activity.

"The best explanation for the difference between these workers, outside of physical movement, is time flexibility," Courtemanche said. "White-collar workers have the flexibility to graze all day at their desks, and they can take lunch out. It all points to caloric intake."

The new report builds on additional new research by Courtemanche that suggests

that an individual's level of patience, also known as time preference, predicts how susceptible he or she may be to weight gain. The Economic Journal will publish "Impatience, Incentives, and Obesity" this month.

Download the new NBER study at <http://goo.gl/XU8NdV> and "Impatience, Incentives, and Obesity" at <http://onlinelibrary.wiley.com/doi/10.1111/ecoj.12124/abstract>. •

What's Next in Diets: Chili Peppers?

Researchers at the University of Wyoming discover that adding capsaicin from chili peppers to a diet can help to prevent weight gain in mice on high-fat diet

WASHINGTON, D.C., -- Don't go chomping on a handful of chili peppers just yet, but there may be help for hopeful dieters in those fiery little Native American fruits. A large percentage of the world's population -- fully one third, by the World Health Organization's estimates -- is currently overweight or obese. This staggering statistics has made finding ways to address obesity a top priority for many scientists around the globe, and now a group of researchers at the University of Wyoming has found promise in the potential of capsaicin -- the chief ingredient in chili peppers -- as a diet-based supplement.

The temptation to eat fatty foods is often so strong that, for many, it can override or overpower any dietary restrictions. As a solution to this problem, a group of researchers at the University of Wyoming developed a novel approach to stimulate energy metabolism--without the need to restrict calorie intake. During the Biophysical Society's 59th Annual Meeting in Baltimore, Md., Feb. 7-11, 2015, the researchers from the laboratory of Dr. Baskaran Thyagarajan, University of Wyoming will describe how dietary capsaicin may stimulate thermogenesis and energy burning by activating its receptors, which are expressed in white and brown fat cells. This may help to prevent and manage obesity and other related health complications such as Type 2 diabetes, high blood pressure, and cardiovascular diseases -- though this effect has not yet been demonstrated in carefully-controlled clinical trials.

"Obesity is caused by an imbalance between calorie intake and energy dissipation," explained Vivek Krishnan, a graduate student working in Baskaran Thyagarajan's laboratory at the University of Wyoming's School of Pharmacy -- a research group known as "Baskilab."

"In our bodies, white fat cells store energy and brown fat cells serve as thermogenic (heat produced by burning fat) machinery to burn stored fat. Eating calorie-rich food and a lack of physical activity cause an imbalance in metabolism that leads to obesity."



While pursuing a strategy for obesity management, our group's laboratory data revealed that "dietary capsaicin -- a chief 'agonist' (initiator of a response) of transient receptor potential vanilloid 1 (TRPV1) channel protein -- suppresses high-fat-diet-induced obesity," Krishnan said.

Baskilab has found that high-fat-diet obesity and dietary capsaicin -- 0.01 percent of capsaicin in the total high fat diet -- prevented high-fat-diet-induced weight gain in trials with wild type mice, but not in mice that genetically lacked TRPV1.

Further, dietary capsaicin didn't modify food or water intake in these mice, "although it did significantly increase the metabolic activity and energy expenditure in wild type mice fed a high-fat diet, "but not for mice that genetically lack TRPV1" Krishnan noted.

So, Baskilab's overarching hypothesis is that dietary capsaicin induces browning of white adipose tissue and stimulates thermogenesis to counteract obesity. "The main goal of our work is to expand the knowledge of the mechanism by which capsaicin antagonizes obesity, as well as to advance the proof of principle of the anti-obesity potential of dietary capsaicin. Next, we'll focus on our longer-term goal of developing TRPV1 agonists as new drug molecules to prevent

and treat obesity," said researchers from Baskilab.

Developing a natural dietary supplement as a strategy to combat obesity can be easily advanced to human clinical trials, according to the researchers. "We envision a nanoparticle-based sustained-release formulation of capsaicin, which is currently under development in our laboratory," added researchers from Baskilab. "In turn, this will advance a novel dietary supplement-based approach to prevent and treat one of the life-threatening diseases, obesity and its associated complications -- in humans."

The group's strategy to counteract obesity is expected to form a major focus of future healthcare priorities for both the National Institutes of Health and Department of Defense.

Baskilab has already submitted a patent application for the drug delivery aspect of the discovery.

The poster #B399, "Dietary capsaicin and exercise: analysis of a two-pronged approach to counteract obesity" by Vivek Krishnan, Kevin Fettel and Baskaran Thyagarajan, will be in a poster session beginning at 1:45 p.m. on Sunday, February 8, 2015 in Hall C of the Baltimore Convention Center. ABSTRACT: <http://tinyurl.com/kjq6tpp>. •

When a Broken Heart Becomes a Real Medical Condition

It feels like a heart attack, but does no lasting damage



MAYWOOD, Ill. -- On Valentine's Day, people who have been unlucky in love will be said to suffer from a "broken heart."

Broken heart also refers to an actual medical condition that feels like a heart attack. Broken heart syndrome occurs during highly stressful or emotional times, such as divorce, the death of a spouse, a serious medical diagnosis or significant financial problems, said Loyola University Health System cardiologist Sara Sirna, MD.

Broken heart syndrome also is known as stress-induced cardiomyopathy, Takosubo's cardiomyopathy or transient apical ballooning syndrome. The underlying cause is not

known but is thought to be secondary to the release of adrenalin and other stress hormones that have a deleterious effect on the heart.

Symptoms typically include chest pain and difficulty breathing, and can easily be mistaken for a heart attack. Broken heart syndrome typically occurs in patients older than 50 and is more common in women, although it also can occur in younger women and men.

"Like a heart attack, broken heart syndrome can be very alarming to patients," Dr. Sirna said. "But unlike a heart attack, broken heart syndrome usually is reversible, with no long-lasting effects on the heart muscle. Most affected in-

dividuals regain cardiac function within a short period of time."

It's often difficult to tell the difference between broken heart syndrome and a heart attack. Thus, if you experience symptoms such as chest pain and difficulty breathing, don't assume you're having broken heart syndrome -- call 911, Dr. Sirna said.

Dr. Sirna is a professor in the Division of Cardiology of Loyola University Chicago Stritch School of Medicine. Her specialties include women's health, preventive cardiology and clinical cardiology. Dr. Sirna is a Fellow of the American College of Cardiology. •



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Public Startups Boom Under JOBS Act, Study Shows

BUFFALO, N.Y. -- The JOBS Act is doing its job and getting more startups to go public, according to a new study from the University at Buffalo School of Management. Forthcoming in the Journal of Financial Economics, the study found that the Jumpstart Our Business Startups (JOBS) Act increased initial public offer-

ings (IPOs) by 21 per year since it was passed in April 2012 — a 25 percent increase over 2001-2011 levels. Three-quarters of the new offerings came from the biotechnology/pharmaceutical industry. Study co-author Michael Dam-

bras, PhD, assistant professor of accounting and law in the UB School of Management, says businesses that are heavily invested in product research and development — like those in the biotechnology/pharmaceutical industry — have the most to gain from the JOBS Act. “Because the JOBS Act allows firms to communicate with prospective investors before disclosing required firm-specific information publicly, compa-

nies can defer releasing costly research information to competitors,” says Dambras. “For example, without the JOBS Act, a pharmaceutical company would have to immediately reveal details about drugs they’re working on when going public, allowing rivals to counter with generic options.”

A downloadable photo of Dambras is available here: <http://www.buffalo.edu/news/releases/2015/01/024.html>.

An IPO is the first sale of stock by a private company to the public. The JOBS Act streamlines the process for emerging growth companies — those with less than \$1 billion in annual revenue — by exempting them from certain accounting and disclosure requirements and allowing them to communicate with prospective investors prior to a public filing of their registration statement.

The study analyzed three samples of data to determine how the JOBS Act has affected IPO activity: an international sample of IPOs from January 2001 to March 2014, a hand-collected sample of U.S. IPOs in the two years before and after the JOBS Act, and a domestic sample of IPOs from January 2001 to March 2014.

Dambra cautions, however, that the recent bull market may have also had an impact on the boom in IPOs and suggests that additional research is warranted. “While we control for market



conditions in our tests, we cannot be certain that our results would hold in a bear market,” says Dambras.

Dambra collaborated on the project with Laura Casares Field, PhD, associate professor of finance and Moore Faculty Fellow in Finance, and Matthew T. Gustafson, PhD, assistant professor of finance, both from the Penn State Smeal College of Business.

The UB School of Management is recognized for its em-

phasis on real-world learning, community and economic impact, and the global perspective of its faculty, students and alumni. The school also has been ranked by Bloomberg Businessweek, the Financial Times, Forbes and U.S. News & World Report for the quality of its programs and the return on investment it provides its graduates. For more information about the UB School of Management, visit <http://mgt.buffalo.edu>. •



Andrea Harris (center) received an award acknowledging her 30 years of service in minority business development from the Carolinas-Virginia Minority Supplier Development Council on Jan. 28. She was honored by industry colleagues, from left: Rosalind Fuse-Hall, Joset Wright-Lacy, Eric Watson and Robert Brown. Details: Rosalind Fuse-Hall, president of Bennett College; Joset Wright-Lacy, president of the National Minority Supplier Development Council; Eric Watson, president of the Carolinas-Virginia Minority Supplier Development Council; Robert "Bob" Brown, CEO of B&C Associates.

Kristina

continued from front

One source said that the two have a terrible relationship, and that her family and friends have long worried about how Nick treated her for years. They suspected that there was emotionally abusive or even physical abuse.

Meanwhile, Bobbi Kristina remains unconscious in a coma and the public still has no idea what happened.

Bobbi Kristina Brown's Family Saying Their Goodbyes — Planning to Pull Her Off Life Support

The late Whitney Houston with her daughter, Bobbi Kristina

Atlanta, GA — The family of Bobbi Kristina Brown are reportedly visiting her in the hospital to say their final goodbyes, as the 21-year old daughter of the late Whitney Houston is not expected to pull through. She remains in a medically-induced coma, and since her hospitalization, the family has kept a bedside vigil for her.

But doctors have said that they've done all they can to save her life. Saying goodbye

One source told Fox411: “It’s now a matter of when the family wants to let go and accept that she’s pretty much not going to make it. They’ve left it up to the family as to how long they want to keep her alive.”

“Everyone is coming to the hospital to say goodbye,” a family member told People.com.

Her father Bobby Brown has reportedly spent the weekend at his daughter’s bedside is especially devastated by the news. One family member told People.com, “Bobby has been crying non-stop since yesterday.”

What in the world happened?

It has not yet been revealed to the public what happened. All we know is that Bobbi Kristina was discovered face down in a bathtub in her home by her longtime boyfriend, Nick Gordon.

It’s also known that she recently texted a family friend that she felt “anguish” over the 2012 death of her mother, who was found dead in a Beverly Hills hotel room bathtub.

“I was ALLLLL my mother lived for,” she wrote in a text. “She was and is my everything ma’am.”

The anniversary of her mother’s untimely death is coming up on February 11th.

Why is she in a medically-induced coma?

Doctors say they believe Bobbi Kristina was submerged in the bath tub for up to five minutes before she was found. This causes se-

vere damage and swelling to the brain, and so when she arrived to the hospital, she was immediately put into a medically induced coma to reduce swelling on her brain. •

Stress

continued from front

Each year, the survey measured the level of stress the teens experienced related to discrimination, as well as three aspects of their mental health: anxiety, depression, and issues with sleep.

Overall, the teens’ mental health significantly improved over time. Anxiety decreased from 10th to 12th grade, while depression and sleep issues decreased from 10th to 11th grade, and then increased slightly from 11th to 12th grade.

Discrimination-related stress was significantly related to an increase in symptoms of anxiety and depression. While there was no difference in the amount of discrimination-related stress between U.S.- and foreign-born immigrants, the researchers observed a more detrimental effect among Latino teens born in the U.S.

“The finding may shed light on the ‘immigrant paradox,’ where second-generation immigrants fare worse than first-generation immigrants in a number of contexts, including mental health,” said Sirin. “This may be because foreign-born immigrants are more in touch with aspects of Latino culture that serve a protective role, or because discrimination becomes more noticeable for later generations.”

The researchers concluded that the pattern of improving mental health over time demonstrates the psychological strength and resilience among Latino immigrants. However, those working with Latino immigrants should consider the damaging effects of discrimination on mental health, especially for U.S.-born youth.

In addition to Sirin, NYU study authors include Jessica Cressen, Taveeshi Gupta, Sammy Ahmed, and Alfredo Navoa. Lauren Rogers-Sirin of the College of Staten Island, City University of New York also contributed to the research. The study was funded by the Spencer Foundation and NYU.

Located in the heart of Greenwich Village, NYU’s Steinhardt School of Culture, Education, and Human Development prepares students for careers in the arts, education, health, media, and psychology. Since its founding in 1890, the Steinhardt School’s mission has been to expand human capacity through public service, global collaboration, research, scholarship, and practice. •

CUSTOM AA NEWSPAPER READERSHIP STUDY

by EPMG & Scarborough



African-Americans are

117%

more likely to own a Domestic Subcompact vehicle than the average car owner.



33%

of African-Americans have spent \$500+ on online purchases in the last 12 months.



\$200+

In the last 7 days, African-Americans are more likely to have spent \$200+ on groceries



Events & Announcements

More event details online at GreaterDiversity.com

Black History Month Programs From the N.C. Department of Cultural Resources

RALEIGH, N.C. -- African American History in North Carolina is wide and deep. Examples of technological innovations, artistic excellence and uncommon courage can be found in programming at state historic sites and history museums. Other sites present aspects of African American history all year. The following listing highlights Black History Month programming and ongoing opportunities.

Through Feb. 12. Fort Fisher State Historic Site, Kure Beach. Freedom Coming, Freedom for All. In observance of the 1863 signing of the Emancipation Proclamation and the 1865 passage of the 13th Amendment to the U. S. Constitution, a traveling exhibit of informational panels outlining the struggle of enslaved people in North Carolina and the nation. In addition to the panels, the artifacts of U.S. Colored Troops Pvt. Luke Martin are displayed. The 1861 Springfield rifle and a captured Confederate officer's sword were loaned by his son, 97-year-old Luke P. Martin, Jr., recently deceased. Free.

Feb. 17. N.C. Maritime Museum, Southport. Rosenwald Schools. Donnie Joyner discusses the African - American struggles, triumphs, and their dedication to education in the Lower Cape Fear from the 1920s to the 1970s. Built in Southport, during school budget year 1921-22, County Training School #1 was the first public high school for African - Americans students in Brunswick County. Destroyed by fire before the building could be occupied in January 1922, the community raised funds and built another named County Training School #2. Program at the Southport Community Building. 7 p.m. Free.

Feb. 18. N.C. Maritime Museum, Beaufort. Pea Island Lifesavers. Pack a lunch for the Brown Bag Gam during your lunch hour and enjoy the movie "Rescue Men, The Story of the Pea Island Lifesavers." This documentary feature, inspired by the book "Fire on the Beach, Recovering the Lost Story of Richard Etheridge and the Pea Island Lifesavers", chronicles the true story of the only all African-American crew serving in the U.S. Life Saving Service, the predecessor to the U.S. Coast Guard. Film by Neal Hutcheson and Walt Wolfram. Noon. Free.

Feb. 19. Tryon Palace, New Bern. Songs and Stories: A Survey of Jazz Greats Mary Lou Williams and Dr. Billy Taylor, Jr. Jazz and blues historian Jacqueline B. Atkinson will provide you with a glimpse into the lives and artistic creations of Mary Lou Williams and Dr. Billy Taylor, Jr. In addition, jazz and blues vocalist Willie E. Atkinson, along with his transitional jazz trio, will perform jazz and blues tunes that made the artform such a popular genre throughout the world. 7 p.m. Free.

Throughout February. Historic Edenton, Edenton. Harriet Jacobs Walking Tour. Tuesdays through Saturdays only. Hear the amazing tale of Harriet Jacobs, a woman born into slavery in Edenton, who escaped to become a well-known abolitionist and author. As documented in her 1861 autobiography, "Incidents in the Life of a Slave Girl," this walking tour shares her story and takes you through downtown Edenton to see many of the sites mentioned in her book. Tours include entry into St. Paul's Church and the 1767 Chowan County Courthouse. 3 p.m. Fee.

All Year. Somerset Place, Creswell. A representative state historic site that offers a comprehensive and realistic view of 19th-century life on a large North Carolina plantation. Originally, this unusual plantation included more than 100,000 densely wooded, mainly swampy acres. During its 80 years as an active plantation (1785-1865), hundreds of acres were converted into high yielding fields of rice, corn, oats, wheat, beans, peas, and flax; sophisticated sawmills turned out thousands of feet of lumber. By 1865, Somerset Place was one of the upper South's largest plantations. Free.

Feb. 14. N.C. Museum of History, Raleigh. Justice Theater Project: Voices That Challenge. Using dance, spoken word, and music, the Justice Theater Project presents Voices That Challenge, an original work about the voices and leadership of Operation Breadbasket. It features Baba Chuck Davis and is a collaboration with the JTP; Museum of History; Panoramic Dance Project at N.C. State University; N.C. Central University; Longleaf School of the Arts in Raleigh; and L. D. Burris. 7 p.m. Free.

Feb. 14 and 28. N.C. Museum of History, Raleigh. African American History Tours. Explore the lives and accomplishments of African American North Carolinians from the colonial period to the civil rights era. 1:30 p.m. Free.

Feb. 21. State Capitol, Raleigh. With All Our Rights: Meet North Carolina's First African American Legislators. Step back in time to and "meet" a few members of North Carolina's 1868 first black caucus at the Capitol during this one of a kind living history program. Visitors will encounter actors portraying such notable figures as Abraham Galloway and James Henry Harris and hear about the lives and work of these pioneering legislators. •

Civil Rights Leaders Upset Over Non-Voting Rights Act Hearing

By James Wright
Special to the NNPA from the
Afro-American Newspaper

Rep. Bob Goodlatte (R-Va.), chairman of the House Judiciary Committee, he sparked controversy on Jan. 14 saying that, "The Voting Rights Amendment Act" — which would restore the pre-clearance requirement by the Justice Department for states mainly in the South — "is not necessary." He has decided not to hold a hearing on the bill that would restore key elements of the Voting Rights Act of 1965 and this has outraged African-American and civil rights leaders.

Goodlatte said the watered down Voting Rights Act (VRA) that is presently in effect protects voters from discrimination but Rep. George Butterfield (D-N.C.), chairman of the Congressional Black Caucus, disagrees. "I am deeply troubled that Goodlatte doesn't think it is necessary to restore the Voting Rights Act," Butterfield said. "We began this Congress very hopeful to build upon the bipartisan work of Reps. Jim Sensenbrenner (R-Wis.) and Jim Clyburn (D-S.C.). If this is indeed the position of the entire Republican Conference, then they have clearly drawn a line in the sand — one in which they are on the wrong side of."

The Voting Rights Act of 1965 was signed into law by President Lyndon B. Johnson, a Democrat. It has been renewed with amendments by Presidents Richard Nixon, Gerald Ford, Ronald Reagan, George H.W. Bush, and George W. Bush — all Republicans. However, the Supreme Court gutted Section 4B and 5 of the VRA that required states and local jurisdictions with a history of racial discrimination in voting to approve election law and practices with the Justice Department.



The court's conservative majority said the VRA was outdated and that Congress should update it to reflect the changes that have taken place.

Wade Henderson, president and CEO of The Leadership Conference on Civil and Human Rights, also disagrees with Goodlatte's decision. "Chairman Goodlatte has paid no attention to the rampant voting discrimination still happening throughout the country, most recently in the 2014 midterm elections," Henderson said. "The now-weakened [VRA] lacks the ability to protect voters from discrimination before they are denied the right to vote. The remedies that the chairman says still exist are costly and time consuming to pursue through the courts and decisions in these cases often come long after voters have been excluded from elections that they have every right to participate in."

Hilary Shelton, Washington NAACP bureau chief, said his group met with Goodlatte last year to discuss legislation to restore the VRA to its original form. "We made it clear that we supported hearings on the VRA and we have bipartisan support on this," Shelton said. Shelton said that representatives of the Virginia

NAACP, including those who live in Roanoke, a major city in Goodlatte's district, met with him, too.

One of the arguments anti-VRA advocates make is the election and re-election of President Obama in 2008 and 2012, respectively. They say that minorities cannot be considered disenfranchised when the country, still majority White, elected an African-American to its top political position.

However, Kathleen Collier-Gonzalez, senior attorney and director of the voter protection for the Advancement Project, counters that view. "The measure of success is not the re-election of an African-American president," she said. "You still have very serious problems in terms of people who don't having 'acceptable' voting identification, and states reducing the early voting period and eliminating Sunday voting. As a matter of fact, I think there is a backlash because of our first African-American president."

Shelton said it was because of the VRA that Obama became president and it should be preserved as a tool to help people become more involved in politics.

Collier-Gonzalez said

government identification as the only acceptable form for citizens to be able to vote is similar to the poll taxes that some Southern states in the pre-Civil Rights era levied against its citizens with the subtle purpose of disenfranchising Blacks. She notes that many young people, seniors, and low-income citizens don't have government identifications that are acceptable to voter registrars.

Butterfield is urging the House Republican leadership to override Goodlatte's decision.

"I call on Speaker [John] Boehner, Majority Leader [Kevin] McCarthy and Majority Whip Steve Scalise to reverse this decision and make restoring the VRA a priority," the representative said. "The weakening of the VRA left millions of Americans vulnerable to discriminatory state laws. To do nothing sends a terrible message, not only to minorities, but to anyone who believes the right to vote is essential to our democracy and way of life."

— See more at: <http://afro.com/civil-rights-leaders-upset-over-non-voting-rights-act-hearing/#sthash.5Z2xjY0P.dpuf> •

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Rape's Other Victims

By Jazelle Hunt
Washington Correspondent

WASHINGTON (NNPA) – The first time Tiffany Perry learned about her conception, she was too innocent to fully understand the gentle explanation her mother was offering, too young to process such a heavy and complicated behavior.

What she distinctly remembers is watching “Oprah” with her mom a few years later, as a 10-year-old. It was the television episode in which Oprah revealed to the world that she was a rape survivor.

“When [Oprah] said herself, and started crying... my mom just fell apart,” the 39-year-old Jersey City, N.J. native recounted. “I tried to console her, but she was inconsolable. It was just so intense.”

At 15 years old, Perry’s mother was raped by her foster mother’s 21-year-old married son. His wife had invited Perry’s mother into their home to babysit their child and to escape her foster mother’s wrath.

Her foster brother raped her repeatedly for two weeks, sometimes at knifepoint. Despite being a virgin at the time and under the care of the state, few people bothered to inquire about the details of the pregnancy. Plus, the fact that he had threatened to kill her, kept Perry’s mother silent.

“Maybe, as a Black person, they just saw this as another teenage pregnancy, and nobody really asked any questions,” Perry said, trying to explain the unexplainable. “I can’t say with certainty... but I’m thinking that if she was White in a foster home and her belly started to grow, then maybe a flag would’ve went up somewhere and somebody would’ve investigated more as to why this foster child is pregnant.”

In subsequent years, freed by the Oprah episode, Perry’s mother became more forthcoming.

“As I grew up, she told me more details of the attack. It was like she had been carrying this around the whole time.” But opening that door triggered another set of emotions in Perry.

“I went through different feelings of inadequacy, feeling like I had to overcompensate because I was a child of a rape. Even now, when I say the word ‘inadequate,’ I get choked up,” she said, her voice trembling with emotion.

“My mom was awesome, she never talked down to me... my mom always praised me, always gave me love,” Perry said. “But I felt like... I owed it to her to be perfect so she doesn’t feel like keeping me was a mistake.”

And there was the question of what she would say when asked about her father. Perry chose to say that he was dead, that he had left, or that she didn’t know him, depending on the questioner. But even while denying his existence, there was also a deep craving to know about this man, wherever he was.

Wanted to know her roots More than anything else, she did not want her mother to feel badly.

“I didn’t rape her, but



Tiffany Perry, a child of rape, says that there are no services targeted to people conceived through sexual assault. (Photo by Tiffany Perry)

when I was younger, I used to feel like it was my fault,” she recalled. “The dreams that she probably could have fulfilled – if she had stayed that innocent virgin who wanted to be a lawyer – she wasn’t going to be able to fulfill those because I was here.”

Instead of pursuing her dreams, Perry’s mother had to shift her focus, looking after the needs of an infant rather than look forward to a career as an attorney.

“Sometimes she was a little more paranoid than I would think is regular,” Perry said. “When I was growing up my mom was so strict, or smothering, when it came down to me, particularly.”

Once, her mother sent her to the corner store for a few items. There, she ran into a family friend, an older man. He offered to buy her something – she chose cookies – and they parted ways.

She thought nothing of it – until her mother went into a rage.

“She flew off the handle. She beat me with an extension cord. And she told me, ‘Don’t ever accept anything from a man, they can’t be trusted, you don’t know their intentions.’ I’m six. I don’t have a clue what she is talking about.”

“She cried. When I got older and reminded her about the incident, she explained to me that she didn’t trust anybody, she didn’t trust any man. And she wanted me to be extra careful. She wanted to put that fear in me.”

It instilled both fear and confusion, blurring the lines of what was acceptable with the boys and men in her world.

“It’s just assumed whenever a woman gets raped, she never gets pregnant, or if she does get pregnant, the child is automatically aborted or adopted,” she said. “There’s this group of people who’ve been conceived by rape and nobody ever discusses us. I want to talk about it because we exist. I exist.”

Unresolved trauma Philadelphia-based author, activist, and scholar Ewuare Osayande wasn’t born of this violence, but also grew up in its shadow.

His mother spent her

childhood at the mercy of a sexually abusive stepfather. The oldest of eight children, she was the only one who was not his blood-relative. The abuse was the family’s open secret. She grew up to date, marry, and divorce abusive men.

Justice Department data show that Black women are more likely than their White counterparts to be assaulted, sexually and otherwise by strangers and by family members.

“It was never the case where my mother cowered in the face of her abuse. She didn’t hold her tongue, she always spoke her mind,” Osayande said.

Today, Osayande is the creator of Project ONUS: Redefining Black Manhood, a series of anti-sexist workshops for Black men. It took time and life experiences before he was able to connect the dots and realize how his mother’s abuse – some he had witnessed, some he had not – had affected his own development.

“That processing has been life-long,” he explained. “I’m a divorcee. In that relationship, I found myself becoming like the men I swore for years I would never be. It never got to the point where I became physically abusive, but certainly emotionally abusive.”

As the son of a rape and abuse survivor, and as a formerly abusive person, he also realized he had to address his own internal conflicts and beliefs.

“It’s been a very real, clear determination on my part to make sense of the life I’ve experienced as a Black man, in a gendered way,” he explained. “It’s been my desire to become an effective ally in that struggle, in that engagement in the world in which Black women exist, and experience.”

Secondary survivors need help

In the sea of services for survivors, most resources geared toward family and friends coach them on how to best support the survivor in their life. Although crisis centers and hotlines are equipped to aid and counsel family and friends of survivors, few resources address the challenges these relatives face.

Well Conferences, Inc., to create the Academy. According to Glass, “The U. S. Department of Education statistics state African Americans account for about 13% of the entire college enrollment. The low performance of African American students on standardized tests is alarming. Our preparatory program addresses these issues head-on.”

At the Well Young Women’s Leadership Academy is a

program of At the Well Conferences, Inc., a 501 (c)(3) non-profit organization empowering teens since 2009. “The Academy seeks to empower young women locally to become effective leaders globally. By promoting excellence in education, these young women will transform their communities,” states Glass.

For more information, go to www.atthewellconferences.org •

The book, I Will Survive: The African American Guide to Healing from Sexual Assault and Abuse, cites a study that draws parallels between the emotions of boyfriends and husbands of women who have been sexually assaulted, and the wives and girlfriends of war veterans.

“Not surprisingly, past or recent sexual trauma can present unique challenges for the survivor’s partner,” writes Lori Robinson, author of the book. “You are a victim too. Some experts call you the secondary victim. After all you are experiencing many of the same emotions sexual assault victims feel.”

Tiffany Perry’s breaking point came about 20 years ago. A probation officer contacted her out of the blue, looking

for her father. He had given her name and birthdate as his next-of-kin. She learned that not only did he know about her, but he knew where she lived. To this day, the two live less than an hour apart. She has never contacted him, but has learned a bit about his life via a cousin and aunt on Facebook.

Perry’s mother remains her primary source of support.

“When I went to go look for support groups for children of rape victims or children conceived out of rape, they’re pretty much nonexistent,” Perry says. “[Rape] is so common we don’t even cringe when we hear about it. Rape is inhumane, and people are not treating it like it’s inhumane. They just treat it like ‘Well, it happens.’” •

The Living Word

1 Corinthians 13:4-8
(NIV)

New International
Version

4: Love is patient, love is kind. It does not envy, it does not boast, it is not proud.

5: It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs.

6: Love does not delight in evil but rejoices with the truth.

7: It always protects, always trusts, always hopes, always perseveres. •

Let Not Your Heart Be Troubled



By Lyndia Grant
Special to the NNPA from
The Washington Informer

My favorite topic when I’m invited to speak at health fairs is “Let Not Your Heart Be Troubled.” It is a message about how to have a healthy mind, body & spirit. During the month of February, I thought it wise to take a look back in Black History, to discuss one of my favorite topics, health; and in particular, diabetes.

This column explains how and why this disease – which is caused when your body produces higher levels of glucose (sugar) than normal – is so prevalent among Black Americans, based on statistics from the National Institutes of Health (NIH).

NIH’s website presents the proposition that African Americans have a ‘thrifty’ genotype that would have been advantageous for hunter-gatherer populations, especially child-bearing women, because it would allow them to fatten more quickly during times of abundance. Fatter individuals carrying the thrifty genes would thus better survive times of food scarcity.

Today, however, most of us really don’t experience food scarcity, we have an abundance; we eat too many carbo-

hydrates and sweets, with little or no exercise.

Statistics shows that diabetes mellitus is one of the most serious health challenges facing the United States. Among African Americans, 2.8 million have diabetes, and on average, African Americans are twice as likely to have diabetes as White Americans of similar age. Further NIH reports that approximately 13 percent of all African Americans have diabetes; that African Americans with diabetes are more likely to develop diabetes complications and experience greater disability from the complications than white Americans with diabetes. Death rates for people with diabetes are 27 percent higher for African Americans compared with whites.

A 2012 NIH survey showed that the prevalence of diabetes among those ages 40 to 74 years old was highest among African Americans at 13.2 percent, compared to Whites at 7.6 percent for whites.

Regular exercise is a protective factor against type 2-diabetes, the most common of insulin resistant diabetes, and conversely, lack of physical activity is a risk factor for developing diabetes and is suspected of being a contributing factor to the high rates of diabetes in African Americans.

In the National Health and Nutrition Examination Survey III, referred to as NHANES, 50 percent of African American men and 67 percent of African American women reported that they participated in little or no leisure time physical activity.

In furthering the causes of this diabetes educational prevention campaign, the first order of business for me was to change my lifestyle.

My mother was buried on December 30, 2000. Following her death (though it took a few months), the first order of business was to begin a regular exercise routine. Walking became my exercise of choice — two to four miles, three to four days each week.

It has been my dream to take my radio show into syndication, and as that dream becomes a reality my first stop is in Baltimore, Maryland, where Dr. Sherita Hill-Golden heads up the diabetes inpatient care for Johns Hopkins. She will be my first guest on Friday, February 13 on Spirit 1340 – WYCB, on Radio One. Tune in, it could save your life and your family members too!

If you are reading this article, and you’re at risk for Type 2 Diabetes, consider making a major lifestyle change, too. It’s very simple: 1-Change your diet, eliminate most of the carbohydrates from your diet; 2-Exercise regularly for the rest of your life, and 3-Get rid of the extra pounds, work toward maintaining your ideal body weight.

Will you begin today? You don’t have to get Diabetes; it can be prevented, let not your heart be troubled because your body is indeed your temple.

Lyndia Grant is an author, inspirational and motivational speaker, radio talk show host and columnist; visit her new website at www.lyndiagrants.com and, call 202-263-4621. Tune in Fridays at 6 p.m. to the radio talk show, 1340 AM, WYCB, a Radio One Station; Address 1250 Connecticut Avenue, NW, Suite 200, Washington, DC 20036. •

Academy

continued from page 3

The deadline to submit an application is March 31, 2015.

The academic achievement gap between minority teen students and their white counterparts along with the lack of female senior leadership in corporate America prompted Jacqueline B. Glass, CEO and Founder of At the

Well Conferences, Inc., to create the Academy. According to Glass, “The U. S. Department of Education statistics state African Americans account for about 13% of the entire college enrollment. The low performance of African American students on standardized tests is alarming. Our preparatory program addresses these issues head-on.”

At the Well Young Women’s Leadership Academy is a

program of At the Well Conferences, Inc., a 501 (c)(3) non-profit organization empowering teens since 2009. “The Academy seeks to empower young women locally to become effective leaders globally. By promoting excellence in education, these young women will transform their communities,” states Glass.

For more information, go to www.atthewellconferences.org •



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Local: 910-762-1337, Fax: 910-763-6304

CORRECTIONS & CANCELLATIONS

Please check your ad the first day it runs to see that all of the information is correct. This will ensure that your ad is exactly what you want readers to see. *Greater Diversity News* will only assume responsibility for the first day. We must limit our financial responsibility to the charge for space. For changes, corrections or cancellations, call your sales representative or a Classifieds advisor at 1-800-462-0738. Deadline for cancellations is Monday by 5:00 p.m. the week of publication.

DEADLINE & RATES

Wednesday 12:00 Noon, \$2.50 Per Line
(Average 36 Characters Per Line)

ATTENTION

DBE/WBE/MBE
SUBCONTRACTORS

Smith-Rowe, LLC, 639 Old US 52 South, Mount Airy, NC 27030 will be bidding the following project on February 25, 2015 at the North Carolina Department of Transportation Division 9 Letting:

Contract ID

DI00084

County

Forsyth

Description

Replace Bridge No. 116 Over Salem Creek on SR 2991

We are interested in your quotations for construction surveying, grading, asphalt, shoulder berm gutter, guardrail, work zone signs, thermoplastic pavement marking lines, temporary silt fence, seeding & mulching, vertical concrete barrier rail, and hauling. A pre-bid conference will be held on Wednesday, February 18, 2015, at 10:00 A.M. to discuss the proposed project. Please call 336/789-8221 if you plan to attend this meeting. You may call in your quote to our Mount Airy office at 336/789-8221, fax to 336/789-6807, or email Frank Fulp at frank@smithrowe.com.

ADVERTISEMENT FOR BIDS

JIMMY R. LYNCH & SONS, INC., AN EQUAL EMPLOYMENT OPPORTUNITY CONTRACTOR, IS SOLICITING BIDS FOR M/W/ DBE PARTICIPATION FOR THE FOLLOWING PROJECT:

WE WOULD APPRECIATE A QUOTATION FROM YOUR FIRM FOR ANY AND ALL WORK AND/OR MATERIALS ON THE FOLLOWING PROJECT:

(1) Rowan County – Gildan Yarns Access Road
Bids: 2-27-15 @ 3:00 PM

Materials, Asphalt Paving & Surface Restoration, Crushed Aggregate Base Course, Seeding, Mulching, Interior & Exterior Piping & Valves, Water, Sewer, Pavement Marking, Pavement Removal, Earthwork, Milling, Bituminous Pavement, Electrical, Switchgear, Instrumentation & all Mechanical & Electrical Appurtenances, Pump Station, Hauling, Clearing & Grubbing, Erosion Control, Traffic Control Signs, Precast Concrete Structures Work, Subgrade prep., Roadway and Curb & Gutter & Gutter Replacement, Sitework Grading, Drainage, Landscaping, Metals, Wood & Plastics, Thermal & Moisture Protection, Finishes, Painting, Underdrains, Roadway Base Prep, Storm-water Management Installation, Streambank restoration, Culvert Installation, Demolition & Other Incidental Items Necessary For Construction to complete the project.

**** If you need plans, specs., equip., credit lines, secure loans, joint payments, insurance or quick payments — call Daniel or Mo @ J.R.L. (J.R.L. will furnish bonds for all projects & will help you obtain the proper certification, (if you are not certified.)**

Please Submit Quote the Day Prior to Bid Opening

Phone: 336-368-4047
Fax: 336-368-4613

BID REQUEST

BARNHILL CONTRACTING
COMPANY

ATTENTION: MBES & WBES

Barnhill Contracting Company is requesting bids from any interested firms for the following projects: **NCDOT Contracts: #DA00224 Currituck County, NC; #DA00230 Gates County; #DA00231 Hyde/Tyrrell/ Washington Counties.** Pre-Bid Meeting is on Friday, February 13, 2015 at 10:00 AM in our Elizabeth City Office at 1304 US 17 South, Elizabeth City, NC. These projects bid on February 25, 2015 and include opportunities on hauling, milling asphalt pavement. Plans can be viewed in our office at the address listed above or on the NCDOT website: <http://www.ncdot.gov/doh/operations/division1/BidRequests.html>. Please contact James Spivey at (252)335-9503.

AN EQUAL OPPORTUNITY
EMPLOYER

ADVERTISEMENT FOR BID:

Sealed proposals will be received by Beverly-Grant/Barnhill, A Joint Venture for the **Asheville Middle School project** on the following date and times for the following packages: **March 12th, 2015 @ 2:00 PM: BP1140-Foodservice Equipment.** Bids will be received and opened publicly at the Asheville City Board of Education Board Room located at 85 Mountain St., Asheville, NC 28801. **Bids will not be accepted from bidders that are not pre-qualified.** Prequalification forms are due February 13, 2015. No facsimile or email submissions are permitted. Sealed bids are to be **hand delivered** to the bid opening location noted above, or mailed. Sealed Bids can be delivered before **1:00 PM on the day of the bid listed above** to Asheville City Board of Education, Attn: AMS BID-Cynthia Grady, 85 Mountain Street, Asheville, NC 28801. Beverly-Grant/Barnhill will receive, open and read publicly all bids received. **PREBID Meeting & Site Visit** will be held on February 27th, 2015 at 2:00 pm at the New Asheville Middle School construction site at 197 South French Broad Avenue, Asheville, NC. In accordance with General Statute GS 133-3, Specifications may list one or more preferred brands as an alternate to the base bid in limited circumstances. Specifications containing a preferred brand alternate under this section must identify the performance standards that support the preference. Performance standards for the preference must be approved in advance by the owner in an open meeting conducted on the same day/ time/location as the PREBID meeting. The following items are being considered for this project: Turnkey procurement and installation of dishwasher system, walk-in cooler/freezers, cooking & serving line equipment, custom stainless steel tables, and bulk storage shelving, within a new 5,000 sf kitchen space. A copy of pertinent sections of the performance standards may be obtained by contacting Beverly-Grant/Barnhill. Bid Documents can be viewed, downloaded or purchased through Beverly-Grant/Barnhill's online plan room by visiting our website, www.barnhillcontracting.com, and clicking on the Upcoming Bids tab under the Commercial Building tab.

Digital Bid documents will be available for review at Barnhill Contracting Company's Raleigh office located at 4325 Pleasant Valley Road, Raleigh, NC 27612, and Beverly-Grant's Asheville office located at 64 Peachtree Road, Suite 201, Asheville, NC 28803 during normal business hours.

All Bidders are strongly encouraged to include opportunities for Minority Business participation wherever possible in their respective Bid submission. Minority Business participation is a part of this contract and must comply with all requirements set forth in the Bid Documents.

The Construction Manager and Owner reserve the right to add pre-qualified bidders. The Construction Manager and Owner reserve the right to reject any and all bids. Should you require additional direction, please call Layton Lomax at 919-441-1833.

ADVERTISEMENT FOR BIDS

Baker Mechanical, Inc. Seeking Minority prices for work relating to HVAC.

Contact: John Williams
P.O. Box 2284
Wilson, NC 27894-2284
Telephone: (252) 291- 4460
Fax No.: (252) 291- 7204

ADVERTISEMENT FOR BIDS

Sealed proposals will be received by the State Construction Office in Raleigh NC, in the Main Conference Room, Office of State Construction, 301 N. Wilmington St., Suite 450, Raleigh NC 27601 up to **3:00 PM, on Tuesday, March 10, 2015** and immediately thereafter publicly opened and read for the furnishing of labor, material and equipment entering into the construction of:

**The Caswell Building:
Life Safety & Waterproofing**
200 West Jones Street,
Raleigh NC 27603

The scope-of work includes life safety improvements to the existing 6-story building. This includes (but is not limited to): construction of 2-hour rated exit passageways, new fire-rated doors, new accessibility and exit signage, replacements and modifications of existing steel pipe guardrails and handrails, new exterior ramp constructions, toilet room modifications for accessibility, modifications to the existing loading dock, carpet replacements, and partial ceiling grid replacements. There are also interior finish repairs and exterior brick repointing activities.

Bids will be received for single prime contract. All proposals shall be lump sum.

A **mandatory** Pre-Bid Conference is scheduled for Monday, February 16, 2015 at 2:00 PM in Conference Room 536 of the Caswell Building. General Contractors interested in bidding this project **MUST** attend. Those failing to attend the Pre-Bid Conference will not be allowed to bid the project.

Following the Pre-Bid Conference will be a Public Meeting for Proposed Alternate Bids for Preferred Brand Products. In accordance with GS133-3, Section 64.(C) and State Construction procedures, the following preferred brand items are being considered as Alternates by the owner for this project:

Alternate #1: provide Best Lock Cylinders to match the owner's existing door hardware.

Complete plans, specifications and contract documents will be open for inspection in the offices of Swanson+Stewart Architects, 1612 Mason Road, Durham, NC, 27712, and in the plan rooms of the Associated General Contractors, Carolinas Branch, Raleigh, in the local North Carolina offices of McGraw-Hill Dodge Corporation, in the Eastern Regional Office of Reed Construction Data in Norcross, GA, Hispanic Contractors Association of the Carolinas (HCAC) in Winston-Salem, Charlotte and Raleigh Areas (877-227-1680), and the NCIMED Plan & Resource Center, 114 West Parrish Street, 6th Floor, Durham, NC 27701 (919-956-8889 or 919-287-3036).

Complete plans, specifications, and contract documents for this project can also be obtained from Eric Ramse: AccentImaging, Inc., 919-782-3332x3001, eramse@accentimaging.com, beginning on February 9, 2015 for a deposit of \$75.00. Full or partial sets of plans and specifications can be purchased at Accent Imaging, Inc., 8121 Brownleigh Drive, Raleigh, NC, 27617, www.accentimaging.com. Partial sets can be purchased at the contractor's expense and will not be refunded. Make checks payable to Swanson+Stewart Architects and send checks to Accent Imaging. Plans and specifications are also available electronically from Accent Imaging.

The State reserves the unqualified right to reject any and all proposals. The plan deposit will be refunded to all bidders and non-bidders, provided the plans are returned bound, in order, and in good condition no later than 10 days following the bid.

Signed:

Alan Eaton
Project Manager
N.C. Office of State Construction
301 N. Wilmington St.,
Suite 450
Raleigh NC 27601
919.807.4129

ADVERTISEMENT FOR BID

L.M McLamb & Son Const. Co., Inc. is soliciting bids from Certified DBE/ MBE/WBE/HUB firms for the following projects:

**Water Street and Riverfront Park Improvements
New Hanover County
Bids 2/26/2015**

Proposals should be received in our office by 12:00 2/23/2015. For plans or questions about projects contact Jessica Powell at ph: 910-287-6688 fx: 910-287-4636, jessicapowell@lmmclamb.com

ADVERTISEMENT FOR BIDS

City of Wilson
P. O. Box 10
Wilson, NC 27894-0010

City of Wilson Bid Number 2014-18

Separate, sealed BIDS for the construction of the following work items to be furnished and installed in and for the City of Wilson, N.C. will be received by the City of Wilson at the **City of Wilson's Wiggins Mill Water Plant** – Downstairs Conference Room, 3110 Forest Hills Road, Wilson, N.C. until 2:00 P.M. (EST), Wednesday, March 4, 2015, and then at said office publicly opened and read aloud.

Construction of approximately 5,300 linear feet of 30", 24", 20" and 8" diameter water main with appurtenances, sedimentation-erosion control and other appurtenances for a complete and operating system, along Forest Hills Road, and US Hwy 301S, in the City of Wilson, NC.

A Pre-Bid informational meeting for this project will be held at the City of Wilson's Wiggins Mill Water Plant – Downstairs Conference Room, 3110 Forest Hills Road, Wilson, N.C. at 11:00 AM (EST) on Wednesday, February 18, 2015. **Attendance at this meeting is MANDATORY for all prospective Bidders.** Bidders not represented at this meeting will not be allowed to bid on this work.

The Contract Documents may be examined at the following locations:

City Operation Center, City Engineer's Office, 1800 Herring Avenue, Wilson, NC
Herring-Sutton & Associates, P.A.,
2201 Nash Street NW, Wilson, NC

Copies of the Contract Documents may be obtained at the office of Herring-Sutton & Associates, P.A., Engineers, located at 2201 Nash Street NW, Wilson, NC 27896, (252-291-8887) upon payment of \$300.00 for each set.

Any BIDDER upon returning the Contract Documents in good condition, and within seven (7) days after the BID opening, will be refunded the full payment. Deposits on BIDDER Contract Documents not returned within this period will be forfeited. Non-bidders will not receive any payment refund.

Performance and Payment Bonds in the amount of 100% of the Contract price will be required. Bid Bond, cash or certified check in the amount of 5% of the BID amount is required with BID.

Owner reserves the right to reject any and all bids and to waive informalities.

Small, female, and minority-owned businesses are encouraged to submit bids for the project.

Bidders must make positive efforts to utilize businesses owned by minorities and women. The using agencies have developed a goal of ten percent (10%) for participation of women-owned and minority -owned business enterprises in contracts awarded pursuant to NCGS 143-128. Bidders must comply with the using agencies' requirements for WBE/MBE documentation.

s/ Bruce Rose

Bruce Rose, Mayor
City of Wilson, NC

February 12, 2015
Date

ADVERTISEMENT FOR BIDS

Yates Construction Co. Inc. is seeking certified MBE/WBE quotations on the following project:

**Project:
City of Greensboro – Contract 2013-1080 Lovett Street Water and Sewer Line Replacement and Holts Chapel Road Sewer Outfall**

**Bid Date:
February 19, 2015 @ 3:00 PM**

**** Quotes must be submitted to our office no later than 4 hours before bid on February 19th to be considered. Please fax bids to 336-548-1903 Attn: Leslie Gaines ****

Interested parties may contact Bob Yates at (336) 548-9621 or lgaines@yatesconstruction.com for further information. Plans and specifications can be reviews at our office located at 9220 NC Hwy 65 in Stokesdale.

ADVERTISEMENT FOR BIDS

Union County Public Schools is requesting General Contractors properly licensed in the State of North Carolina to submit bids for the following project in accordance with the Instructions to Bidders. NCGS Chapter 87 shall govern submittal, opening, and award of bids.

Prospect Elementary School Renovations, Monroe, NC.

Owner: Union County Board of Education; Owner's Representative: Mr. David D. Pope, AIA, (704) 296-3160 ext. 6752, david.pope@ucps.k12.nc.us.

Project consists of selective renovation of school campus. Work includes replacement of vinyl flooring, carpet, and associated wall base. Work also includes selected wall prep, infill and painting. Owner will demolish majority of existing floor finishes and base except where noted.

Bids will be received for General Construction.

Owner will receive sealed lump sum bids until: March 17, 2015, at 10:00 AM, local time, delivered to Union County Public Schools Facilities Dept., 201 Venus St, Monroe, NC 28110. Owner reserves the right to reject any and all bids and to waive informalities and irregularities.

Submit bid security with each bid in the amount of 5 percent of the bid amount. No bids may be withdrawn for a period of 60 days after opening of bids.

A Mandatory pre-bid meeting for all bidders will be held at Prospect Elementary School, 3005 Ruben Road, Monroe NC, 28112, on March 6, 2015 at 9:00 AM, local time. Prospective prime bidders are required to attend.

Bidding documents will be available after February 23, 2015 by contacting Penny Helms, UCPS Purchasing and Contract Coordinator (704) 296-3160 ext. 6759 or penny.helms@ucps.k12.nc.us.

The Union County Board of Education has adopted a Minority Participation Policy compliant with the North Carolina State Minority recommendations. Minority Business Enterprises are encouraged to participate.

ATTENTION: DBES - WBES

Barnhill Contracting Company will be bidding on **NCDOT WBS 3604.3.13 (DD00114) and WBS 4C.042063 (DD00135) in Halifax County, N.C. on Tuesday, February 24, 2015.** These projects include opportunities on, but are not limited to stone hauls, asphalt surface treatment, full depth reclamation, concrete sidewalk, curb & gutter, concrete driveways, seeding, and traffic control signage.

Barnhill Contracting Company will have a Pre-Bid Meeting on Wednesday, February 18, 2015 at 9:00 a.m. at our Rocky Mount, N.C. office. Complete plans and specifications and contract documents will be open for inspection by appointment at our Rocky Mount, N.C. office, NCDOT Division 4 Office, Wilson, N.C. or https://connect.ncdot.gov/letting/Pages/Letting-Details.aspx?let_type=4.

If you have any interest in these projects, we would appreciate your quote on the items that you may be interested in performing no later than 12:00 Noon on Monday, February 23, 2015. We will accept quotes on any portion of these projects, large or small. Please contact Shannon K. Douglas in our Rocky Mount office at (252) 823-1021, FAX (252) 977-7512 at any time (collect calls will be accepted). We would appreciate hearing from you at your earliest convenience.

All firms or persons interested in bidding on any portion of these projects or supplying materials for any portion of these projects, please contact us.

Attn: Mr. Scott G. Fisher
AN EQUAL OPPORTUNITY
EMPLOYER



Greater Diversity Classifieds

ADVERTISEMENT FOR BIDS

Sealed Single Prime **Base Bids** will be received (not opened) by Davie County Schools, at the Central Davie Education Center in the Board Room, 220 Campbell Road, Mocksville, NC 27028, on March 31, 2015 until 2:00pm and sealed **Bid Alternates** will be received until 4:00pm at which time Base Bids and Bid Alternates will be opened and read publicly for the construction of the following Project:

New Davie County High School Mocksville, NC

Bids will be received from pre-qualified firms only, shall be Single-Prime only and will include general construction, plumbing, HVAC, electrical, and all work indicated by the Bidding Documents.

Bid Alternates submitted without a corresponding Base Bid will not be considered, and shall be returned, unopened, to the bidder prior to opening.

Bids will be evaluated based on the sum of the Base Bid and corresponding Bid Alternates for all accepted alternates. Failure to submit a Bid Alternate for an accepted alternate will result in rejection of the Base Bid.

Bidding Documents may be examined after February 20, 2015 in the office of Walter Robbs Callahan & Pierce Architects, PA, 530 North Trade Street, Suite 301, Winston-Salem, North Carolina 27101 (336)-725-1371.

Qualified General Contractors may obtain one hard copy of the Bidding Documents from the Architect upon deposit of \$400.00.

Consisting of approximately 329,000 SF of new construction, the main building is one story with a three story classroom wing. Refer to Davie County Schools' website at www.davie.k12.nc.us for a more detailed advertisement and building description.

Mandatory Pre-Bid on March 10, 2015 at 2:00pm at Central Davie Education Center in the Board Room, 220 Campbell Road, Mocksville, NC 27028. As part of the pre-bid, an open meeting will be held for all interested bidders and vendors to identify preferred brand alternates and their performance standards that the owner will consider for approval on this project.

No Bidder may withdraw its Bid within 60 days after the scheduled closing time for the receipt of bids.

The Owner reserves the right to reject any or all Bids, and to waive immaterial irregularities.

Designer:
Walter Robbs Callahan & Pierce Architects, PA
530 North Trade Street
Suite 301
Winston Salem, NC 27101

Davie County
Board of Education
Dr. Darrin Hartness
Superintendent

INVITATION TO BID FEBRUARY 19, 2015

Project:
NCDOT Onslow County
Contract ID: DC00081
WBS Element: 45333.3.FR4

Work Description:
Grading, Drainage, Widening, Guardrail, Signals, Pavement Markings & markers to Install Offset Left Turn Lane US 17 Bus NB & SB

Bid Date:
2/19/15
2:00 PM

Estimator:
Jeff Davidson,
(P) 910-577-5659
(F) 910-577-6464

Plans and specifications may be viewed at the following address and at https://connect.ncdot.gov/letting/Pages/Letting-Details.aspx?let_type=3

Barnhill Contracting Company
102 Elizabeth Street
Suite D
Jacksonville, NC 28540

RE-ADVERTISEMENT FOR BIDS

Belfast-Patetown Sanitary District
Owner

P.O. Box 1583
Address

Goldsboro, NC 27533

Separate sealed BIDS for the construction of 2014 Water System Improvements Contract No. 142 – Elevated Storage Tank No. 17 will be received by the Engineer at Wayne Water Districts' (Board Room), 3600 Commercial Drive, Goldsboro, NC 27534 until 2:00 PM, March 10, 2015, and then at said office publicly opened and read aloud.

The CONTRACT DOCUMENTS may be examined at the following locations:

Wayne Water Districts' Office,
3600 Commercial Drive,
Goldsboro, NC 27534

McDavid Associates, Inc.,
109 East Walnut Street,
P.O. Box 1776,
Goldsboro, NC 27533-1776

iSqFt Plan Room
Online at www.isqft.com

McGraw-Hill Construction Dodge,
3315 Central Avenue,
Hot Springs, AR 71913

Copies of the CONTRACT DOCUMENTS may be obtained at the office of McDavid Associates, Inc., located at 109 East Walnut Street, P.O. Box 1776, Goldsboro, NC 27533-1776 upon a non-refundable payment of \$125.00 for each set.

The OWNER reserves the right to reject any and all BIDS.

BIDDER shall be properly licensed under Chapter 87, General Statutes of North Carolina.

Small, minority, women's, and disadvantaged businesses and labor surplus area firms are encouraged to submit BIDS.

This PROJECT is subject to the good faith efforts and goals for participation by minority businesses required by G.S. 143-128.2. The OWNER has adopted a verifiable ten percent (10%) goal for participation by minority businesses in the total value of the WORK.

BIDDERS shall, within the time frames specified in the BID documents, submit all required affidavits and documentation demonstrating that the BIDDER made the required good faith effort in compliance with G.S. 143-128.2. Failure to file all required affidavits and documentation within the required time frames is grounds for rejection of the BID.

Prospective BIDDERS who have been found guilty of discrimination within the last two (2) years are debarred from bidding.

Fred Newcomb
Chairman
Belfast-Patetown Sanitary District

February 12, 2015
Date

INVITATIONS TO BID FEBRUARY 25, 2015 11:00 AM

Project:
NCDOT Lenoir County DB00217
WBS: 2CR.20541.10

Work Description:
Resurfacing and shoulder reconstruction in Castle Oaks Subdivision

Estimator:
Ryan Holton,
(P) 252-527-8021
(F) 252-527-4739

Plans and specifications can be viewed at the following:

Barnhill Contracting Company, 604 East New Bern Road, Kinston, NC 28502

https://connect.ncdot.gov/letting/Pages/Letting-List.aspx?let_type=2

ADVERTISEMENT FOR BIDS

Union County Public Schools is requesting General Contractors properly licensed in the State of North Carolina to submit bids for the following project in accordance with the Instructions to Bidders. NCGS Chapter 87 shall govern submittal, opening, and award of bids.

Parkwood High School- Track Replacement, Monroe, NC.

Owner: Union County Board of Education; Owner's Representative: Mr. David D. Pope, AIA, (704) 296-3160 ext. 6752, david.pope@ucps.k12.nc.us.

Architect: Ramsey Burgin Smith Architects, Inc. Salisbury, NC (704)633-3121).

Project consists of demolition of existing running track, installation of new stone base, new asphalt paving with rubberized track surface. New storm drainage and selected grading are also included.

Bids will be received for General Construction.

Owner will receive sealed lump sum bids until: March 5, 2015, at 10:00AM, local time, delivered to Union County Public Schools Facilities Dept., 201 Venus St, Monroe, NC 28110. Owner reserves the right to reject any and all bids and to waive informalities and irregularities.

Submit bid security with each bid in the amount of 5 percent of the bid amount. No bids may be withdrawn for a period of 60 days after opening of bids.

A Mandatory pre-bid meeting for all bidders will be held at Parkwood High School, 3220 Parkwood School, Monroe NC, 28112, on February 25, 2015 at 2:00 PM, local time. Prospective prime bidders are required to attend.

Bidding documents will be available on the architect's website (www.rbsarch.com) under *current bidding projects* on February 17, 2015.

The Union County Board of Education has adopted a Minority Participation Policy compliant with the North Carolina State Minority recommendations. Minority Business Enterprises are encouraged to participate.

ATTENTION MINORITY/HUB CONTRACTORS:

Barnhill/D.A. Everett, A Joint Venture, the Construction Manager at Risk for the **UNC Hill Hall Renovation and Expansion project** will be conducting the following MWBE Informational Session. You are encouraged to attend the following session to learn more about project participation opportunities available to you. There will be multiple 1st tier contractors for the demolition/abatement, mechanical and electrical packages available to discuss partnering opportunities for this project.

Informational Session will be held on Thursday, February 19, 2014 at 5:30 PM at the UNCCH Kenan Stadium, Blue Zone, Upper Club. Plan to park in the Ram's Head Parking Lot, on the right, just past Stadium Drive. If possible, park on Level 3 of Ram's Head Parking Deck. As you depart the deck toward Kenan Stadium, this will put you on the same level as the entrance to the Loudermilk Center for Excellence where the Upper Club is located.

The seminar will help to: Learn about the project and the scope of the bid packages; Inform and train Minority/HUB contractors in preparation for bidding this project; Assist in registration on the State of North Carolina Vendor link; Stimulate opportunities for Networking with other firms.

The targeted bid date is May 2015.

This project consists of the interior renovations to the existing Recital Hall and Administration and classroom areas. In addition, new Mechanical, Electrical, Fire Protection system upgrades, as well as some structural renovations to the existing building to accommodate the new renovations and expansion. Get registered in Barnhill/D.A. Everett, A Joint Ventures database for this project. Prequalification forms will be available at the meeting. Barnhill/D.A. Everett, A Joint Venture is dedicated to ensuring Historically Underutilized Business & Minority Business participation in this project and would like to show our support of your business through our MWBE Informational Session.

NOTICE TO BIDDERS

Informal Sealed bids, subject to the conditions herein, will be received until **2:00 p.m., February 25, 2015**, in the conference room of the Wilmington International Airport, 1740 Airport Boulevard, Suite 12, Wilmington, North Carolina, and then opened and publicly read for furnishing all labor and materials and performing all work connected with: **Airfield Lighting Vault Modifications**, as indicated on the plans and specifications dated February 2015.

Bidders must hold a valid North Carolina Electrical Contractor's license, appropriate for the type and value of the work being performed, and must be prequalified by the North Carolina Department of Transportation (NCDOT) Office of Contractual Services as a "Prequalified Bidder" ("Prime Contractor") at the time of the bid under the work code 008060.

The project shall consist of furnishing all labor, materials, and equipment and performing all work required to satisfactorily complete the rehabilitation of the Airfield Lighting Vault including replacement of regulators and installation of a new digital airfield lighting control system in the vault and Air Traffic Control Tower. A new control panel with touchscreen monitor will be installed in the ATCT to interface to the new digital control system. The project will also replace the Vault Power Circuitry, Control Circuitry, and associated components for the new regulators; the ATCT airfield lighting/signage control equipment and associated components; and install new fiber optic cables between the vault & ATCT patch panels. The HVAC system in the vault will also be replaced with a new system.

Bid Forms, Plans, Specifications, and Contract Documents are on file at the Wilmington International Airport Manager's Office; and Talbert & Bright, Inc., 4810 Shelley Drive, Wilmington, North Carolina; and may be obtained from Talbert & Bright, Inc., 4810 Shelley Drive, Wilmington, North Carolina, 28405, Telephone (910) 763-5350, Fax (910) 762-6281, between the hours of 8:00 a.m. and 5:00 p.m., Monday through Friday, upon non-refundable payment of one hundred dollars (\$100.00). All plans will be sent UPS Ground. For faster service, please fax a copy of your request, including a copy of your check with the Contractor's name and contact person, mailing and shipping address, phone and fax numbers, e-mail address, and project name for which you are requesting documents.

Each bid must be accompanied by a Bid Bond, a deposit of cash or by a certified check payable to New Hanover County Airport Authority, and drawn on some bank or trust company authorized to do business in the State of North Carolina, for an amount equal to 5% of the total base bid, as a guarantee that if the bid is accepted, the required Contract will be executed and the required Performance Bond and Payment Bond furnished within ten (10) days after receipt of written notice of formal award of Contract.

IMPORTANT NOTICE TO BIDDERS: *Each bidder for this project shall be registered as a prequalified bidder with the NCDOT at the time of the bid opening. The proposed Contract for this project is subject to the Disadvantaged Business Enterprise Program Bid Conditions contained in Appendix "C" and to the Federal Requirements contained in Appendix "D" of the Contract Documents.*

Prospective bidders should read the instructions for preparing bids in Section 20 of the project specifications carefully before submitting their bids.

Envelopes containing proposals must be sealed, addressed to Whitney Prease, Facilities Director, Wilmington International Airport, 1740 Airport Boulevard, Suite 12, Wilmington, NC 28405, and marked on the envelope as follows:

"PROPOSAL FOR AIRFIELD LIGHTING VAULT MODIFICATIONS"

SPECIAL NOTE: The New Hanover County Airport Authority, in accordance with Title VI of the Civil Rights Act of 1964, Stat. 252, 42 U.S.C. 2000D-4 and Title 49 Code of Federal Regulations, Department of Transportation, Subtitle A, Office of the Secretary, Part 21, Nondiscrimination in Federally assisted programs of the Department of Transportation issued pursuant to such act, hereby notifies all bidders that it will affirmatively ensure that in any contract entered into pursuant to this Advertisement, Disadvantaged Business Enterprises will be afforded full opportunity to submit bids in response to this invitation and will not be discriminated against on the grounds of race, color, or national origin in consideration for an award.

The New Hanover County Airport Authority hereby notifies all bidders that in regard to any contract entered into pursuant to this advertisement, that the bidder shall make good faith efforts, as defined in Appendix A of 49 CFR Part 26, Regulations of the Office of the Secretary of Transportation, to subcontract **12%** of the dollar value of the contract to **Disadvantaged Business Enterprises (DBE)**. Only firms certified as DBE's by the NCDOT Unified Certification Program at the time of the bid may be applied toward the goal. The apparent successful competitor will be required to submit (along with the bid) information concerning the DBE firms who will participate in this contact. The information will include the name and address of each DBE, a description of the work to be performed by each named firm, and the dollar value of the contract. If the bidder fails to achieve the contract goal stated herein, the bidder will be required to provide documentation demonstrating that it made good faith efforts in attempting to do so. A bid that fails to meet these requirements will be considered non-responsive.

The bidder must supply all the information required in Section 20, Appendix "B", and Appendix "C" of the specifications within the time limits therein specified.

All proposals shall be prepared on the basis of the Minimum Wage Rates as established by the Secretary of Labor and as included in Equal Employment Opportunity Requirements of the specifications.

It is the intent of the New Hanover County Airport Authority to award the work, however, the award of this contract is contingent upon the availability of funds. New Hanover County Airport Authority reserves the right to reject any and all bids, to waive informalities, and to re-advertise this solicitation at the Authority's sole discretion. Nothing herein shall be construed as a commitment on the part of the authority to award a contract. The authority reserves the right to reject all bids and abandon the solicitation at its sole discretion.

The Airport Authority reserves the right to reject any or all proposals.

John O. Perritt, III, Chairman
New Hanover County Airport Authority

INVITATION TO BID FEBRUARY 19, 2015

Project:
NCDOT Brunswick County
Contract ID: DC00094
WBS Element: 3CR.20101.171

Work Description:
Milling, Pavement Interlayer & Resurfacing, Etc. SR 1406 (Bell Swamp Rd) & SR 1472 (Village Rd)

Bid Date:
2/19/15
2:00 PM

Estimator:
Michael Griggs,
(P) 910-675-2554
(F) 910-675-3709

Plans and specifications may be viewed at the following address and at https://connect.ncdot.gov/letting/Pages/Letting-Details.aspx?let_type=3

Barnhill Contracting Company
4901 N. College Road
Castle Hayne, NC 28429

NOTICE MBE/DBE/WBE SUBCONTRACTORS

T. A. Loving Company, P.O. Box 919, Goldsboro, NC 27533-0919, Telephone 919-734-8400, Fax 919-731-7538 is bidding the **Water Street and Riverfront Park Improvements in City of Wilmington, NC**. The scope of work includes but not limited to demolition of portions of Water Street from Market to Princess Streets, underground utilities installation, approximately 160 linear feet sheetpile repairs, new concrete bridging slabs, a new park at the foot of Market Street, streetscaping along portions of Water Street. Requests sub-bids on all items of work by February 26, 2015 at 2 p.m. in our Goldsboro, NC office. Plans are on file at the Office of the Purchasing Manager, 305 Chestnut Street, 5th Floor, Wilmington, NC; At Digital Print & Imaging, Inc. in Wilmington, NC; and in T. A. Loving Company's office at 400 Patetown Road, Goldsboro, NC. Contact is Mark Beach. T. A. Loving Company is an EEO/Affirmative Action Employer, All Minorities, M/F, Vets.



ADVERTISEMENT FOR BIDS

The Caldwell County Public Schools intends to contract for **HVAC EQUIPMENT REPLACEMENT-MEDIA CENTER & A WING CLASSROOMS at HIBRITEN HIGH SCHOOL** for the **CALDWELL COUNTY SCHOOLS**. HIBRITEN HIGH SCHOOL is located at 550 East Blvd., Lenoir, NC. Proposals will be received until 3:00 PM, Thursday, February 26, 2015 at the Caldwell County Schools Administration Building Conference Room located at 1914 Hickory Boulevard, Lenoir, NC 28645.

A **Mandatory** Pre-Bid meeting will be held at 3:30 PM, Thursday, February 12, 2015 at the Hibriten High School site located at 550 East Blvd., Lenoir, NC 28645.

For inquiries about this project or to obtain plans for this project, please contact Brittain Engineering, Inc. located at 56 3rd Street, Hickory, NC or call 828-328-1813.

ADVERTISEMENT FOR BIDS

Yates Construction Co. Inc. is seeking certified MBE/WBE quotations on the following project:

Project:
City of Greensboro – Contract 2014-002 General Stormwater Improvements Re-Bid

Bid Date:
February 19, 2015 @ 2:00 PM

**** Quotes must be submitted to our office no later than 4 hours before bid on February 19th to be considered. Please fax bids to 336-548-1903 Attn: Leslie Gaines ****

Interested parties may contact Bob Yates at (336) 548-9621 or lgaines@yatesconstruction.com for further information. Plans and specifications can be reviewed at our office located at 9220 NC Hwy 65 in Stokesdale.

INVITATION TO BID

New Hanover County Schools invites single prime contractors to bid on construction of the **partial roof replacement of Sunset Park Elementary School**, at 613 Alabama Avenue, Wilmington, North Carolina. Sealed single prime Bids will be received by the Office of Facility Planning and Construction in the New Hanover County Schools Administration Building, Conference Room 101, 6410 Carolina Beach Road Wilmington, North Carolina 28412, at 2:00 p.m. on March 10, 2015. All Bids will be opened and read aloud starting at 2:00 p.m. This project will be bid and awarded in accordance with G.S143-128 and G.S. 143-129.

The project consists of: removal and replacement of the existing low sloped, built up roof system and precast concrete fascia. The project is currently proposed as one contract with four phases to facilitate school schedules:

Phase I- NTP: June 15, 2015. Substantial Completion: July 17, 2015

Phase II-NTP: July 17, 2015. Substantial Completion: September 25, 2015

Phase III-NTP: September 28, 2015. Substantial Completion: October 16, 2015

Phase IV-NTP: October 16, 2015. Substantial Completion: November 14, 2015

Contractors without sufficient forces to meet the required schedule should not bid this project. A thorough review of contractors' resources and workload will be completed prior to award of the contract. The Owner reserves all rights with respect to award.

A **mandatory** Pre-Bid Conference will be held on February 18, 2015 at the Sunset Park Elementary School Media Center at 10:00 a.m. The Design Consultant and a representative from New Hanover County Schools will be available at that time to answer questions concerning the project. Questions after that time shall be submitted in writing to the Design Consultant at REI Engineers, 704 Cromwell Drive, Suite A, Greenville North Carolina 27858, 252.752.1992, kburch@reiengineers.com or to Eddie Anderson, Director of Facility Planning and Construction, New Hanover County Schools 6410 Carolina Beach Road Wilmington, North Carolina 28412. Complete plans and specifications may be obtained from REI Engineers, 704 Cromwell Drive, Suite A, Greenville North Carolina 27858 (Phone: 252.752.1992) during normal office hours beginning February 15, 2015. A refundable plan deposit in the amount of \$50.00 is required for a full set of Contract Documents. Partial sets will not be available. Plan deposit check shall be made payable to New Hanover County Schools and mailed or delivered to REI Engineers, 704 Cromwell Drive, Suite A, Greenville North Carolina 27858, attention Kevin Burch. The deposit will be refunded upon return of the Contract Documents in good condition within thirty (30) days. Contract documents are also available for review at New Hanover County Schools Office of Facility Planning and Construction and online at reiengineers.com. Online versions are password protected. Please call REI Engineers @ 252-752-1992 for access.

Charlotte/Raleigh: AGC www.carolinasplanroom.com
Hispanic Contractors Association (<http://www.hcacarolinas.org/>)

Bid Security in the amount of five percent (5%) of the Proposal must accompany each Proposal in accordance with the Instruction to Bidders. No Bid may be withdrawn for a period of forty five (45) days after the opening thereof.

The successful Bidder will be required to furnish a 100% Performance Bond and a 100% Labor and Material Payment Bond.

New Hanover County Schools has a verifiable ten percent (10%) goal for participation by minority businesses in the total value of the work. Bidders are required on school construction and renovation projects covered by N.C. Gen. Stat. 143-128 to make a "good faith effort" to meet this goal. Bidders shall identify on the Bid Form the minority businesses that will be used on the project. Bidders shall submit along with the Bid Affidavit A, Listing of Good Faith Effort pursuant to subsection (f) of G.S. 143-128.2 and the total dollar value of the bid that will be performed by the minority businesses. A Bidder that performs 100% of the work under the Contract with its own workforce must submit Affidavit B, Intent to Perform Contract with Own Forces in lieu of the aforementioned affidavit otherwise required under this subsection.

The New Hanover County Schools reserves the right to reject any and all Bids, waive informalities and irregularities in bidding and to accept Bids which are considered to be in the best interest of the School System.

ADVERTISEMENT FOR BIDS

**GEORGE WATTS
ELEMENTARY SCHOOL
LIFE SAFETY UPGRADES
DURHAM PUBLIC SCHOOLS/
DURHAM COUNTY**

Sealed bids from licensed contractors will be received by Durham Public Schools, Durham, North Carolina on **Tuesday, March 3, 2015** for furnishing of labor, material and equipment for the **Life Safety Upgrades at George Watts Elementary School**, 700 Watts Street, Durham, North Carolina, 27701. Bids will be received up to **3:00 PM** from Single Prime bidders at which time and place all bids will be publicly opened and read aloud. Deliver bids to **Durham Public Schools, Construction and Capital Planning Office located at 2011 Hamlin Road, Durham, North Carolina 27704**.

- No bid may be withdrawn after the scheduled closing time for the receipt of bids for a period of sixty (60) days.
- Bid security required is 5% of the bid in cash, certified check, or Bid Bond.
- Performance and Payment Bonds in the amount of 100% of the contract amount will be required.
- Durham Public Schools reserves the right to reject any and all bids and to waive informalities or irregularities.

Minority Business Participation: Bidders shall note that compliance with County of Durham M/WBE policies and the North Carolina Statute 143-128.2 (c) are required for this project.

Project scope: Base bid includes expanding horn/strobe and strobe coverage of the existing Mircom fire alarm system. A fire alarm alternate is included for additional smoke detection coverage in corridors, storage rooms and other unoccupied rooms. An additional alternate is included for intercom upgrades including retrofitting existing head end equipment with a new network card and expanded exterior speaker coverage.

Pre-Bid Conference: Scheduled for **Wednesday, February 18, 2015 at 10:00 am** at George Watts Elementary School, 700 Watts Street, Durham, North Carolina, 27701. Inspection of the site shall be scheduled immediately after the Pre-Bid Conference. The project Engineer or Engineer's representative will be available to answer questions. **It is mandatory that prime bidders attend the entire Pre-Bid Conference and visit the site prior to bidding.** All participants are required to sign in at the Main Office.

Statement of Qualifications: Each proposal shall be accompanied by a statement of qualifications that demonstrates experience in at least five (5) projects of similar scope within the past three (3) years with references.

Bidders may obtain a hard copy of the plans and specifications at their own expense from Accent Imaging, 8121 Brownleigh Drive, Raleigh, NC 27617, (919) 782-3332 or www.accentimaging.com. Spring Stoops McCullen Engineering will also place drawings and specifications on Sharefile.

Plans and specifications are available at the following plan rooms:

- McGraw-Hill Construction Dodge Plan Rooms – www.construction.com/dodge
- Carolinas AGC, Inc. Plan Rooms – www.cagc.org
- Construction Market Data offices in Cary, NC – www.cmdgroup.com
- Hispanic Contractors Association of the Carolinas – www.hcacarolinas.org
- NC Institute of Minority Economic Development, 114 W. Parrish Street, Durham www.ncimed.org
- City of Durham, Dept. of Equal Opportunity/Equity Assurance, 302 Pettigrew Street, Durham <http://durhamnc.gov/ich/as/eoea/Pages/Home.aspx>

Signed:
Jon Long, Executive Director
Construction & Capital Planning
Durham Public Schools,
Durham, North Carolina

INVITATION TO BID
MWBE/SDBE SUBCONTRACTORS

Bar Construction Co., Inc. is soliciting HVAC quotations for the following project: **Southeast Guilford High School – Athletics and Performing Arts Addition and Renovations. Bids are due at 2:00 pm on 2/19/2015.** Interested subcontractors should contact Greg Tillman at 611-A Industrial Ave, Greensboro, NC 27406, (336)-274-2477, or gtillman@barconstruction.com.

ATTENTION: DBES - WBES

Barnhill Contracting Company will be bidding on **The South Rocky Mount Community Center Ring Road Improvements in Rocky Mount, N.C. on Tuesday, February 24, 2015**. This project includes opportunities on, but is not limited to hauling of dirt, stone, asphalt, and demolition materials, clearing and grubbing, concrete work, storm drainage structures, erosion control items, and seeding and mulching.

Barnhill Contracting Company will have a Pre-Bid Meeting on Tuesday, February 17, 2015 at 9:00 a.m. at our Rocky Mount, N.C. office. Complete plans and specifications and contract documents will be open for inspection by appointment at our Rocky Mount, N.C. office, at the City of Rocky Mount Purchasing Division, Rocky Mount, N.C., Dodge Plan Room, Raleigh, N.C., Associated General Contractors, Raleigh, N.C. or <http://www.rockymountnc.gov/purchasing.html>.

If you have any interest in this project, we would appreciate your quote on the items that you may be interested in performing no later than 12:00 Noon on Monday, February 23, 2015. We will accept quotes on any portion of this project, large or small. Please contact Shannon K. Douglas in our Rocky Mount office at (252) 823-1021, FAX (252) 977-7512 at any time (collect calls will be accepted). We would appreciate hearing from you at your earliest convenience.

All firms or persons interested in bidding on any portion of this project or supplying materials for any portion of this project, please contact us.

Attn: Mr. Scott G. Fisher
AN EQUAL OPPORTUNITY
EMPLOYER

ADVERTISEMENT FOR BIDS

City of Raleigh-Critical Public Safety Facility (Pavement Markings, Traffic Control, Fiber Optics)-Raleigh, NC-T & H Electrical Corporation will break-down or combine elements of work into economically feasible units to facilitate minority participation. T & H will provide assistance with bonding or insurance. T & H will provide quick pay agreements & policies to enable minority contractors & suppliers to meet cash-flow demands. Documents for this job can be viewed at our office. Quotes should be submitted to T & H Electrical by 3:00 pm on February 24, 2015. Please contact David Farmer with T & H Electrical at (252)291-7132. Equal Opportunity Employer

ADVERTISEMENT FOR BIDS

Sealed proposals will be received until **3:00 P.M. on Tuesday, March 10, 2015** in the conference room of the East Carolina University Facilities Engineering and Architectural Services, 1001 East Fourth Street, Greenville, NC 27858, at which time and place bids will be opened and read for the construction of: **East Carolina University, Aycock Basement Renovations and Exterior Accessibility Improvements, SCO #: 14-11182-01A.**

Open Meeting for Preferred Brand Alternates; **Tuesday, February 17, 2015 at 3:00 p.m.** at ECU's Facilities Engineering and Architectural Services Conference Room.

Pre-Bid Meeting; **Tuesday, February 17, 2015 at 3:30 p.m.** at ECU's Facilities Engineering and Architectural Services Conference Room.

In accordance with GS133-3 and SCO procedures the following items are being considered by the owner for this project:

- Proprietary Door Hardware – Best Locksets**
- Proprietary Door Hardware – LCN Closers**
- Proprietary Door Hardware – Von Duprin Panic Exit Devices**
- Proprietary Solid Core Doors – VT Industries**
- Proprietary Irrigation System – Rain Bird**

Complete plans and specifications for this project can be obtained at *MHAWorks*, 409 Evans Street, Suite C, Greenville, NC 27858, **during normal office hours**. Plans will be available in the plan rooms of Construction Market Data-Raleigh, NC; McGraw-Hill Dodge-Raleigh, NC; Institute of Minority Economic Development Center-Durham, NC; and I-Square Foot Digital Plan Room/Carolinas AGC..

Plan Deposit: **\$150.00 per set.**

East Carolina encourages participation by MWBE firms and supports UNC system's policy of ensuring and promoting opportunities for minority businesses.

The State of North Carolina reserves the unqualified right to reject any and all proposals.

Signed:
Mr. Bill Chatfield
Facilities Engineering and Architectural Services
East Carolina University
Greenville, NC

NOTICE TO SUBCONTRACTOR
BIDDER PRE-QUALIFICATION REQUEST
for the
WCPSS – Oakview Elementary School Project

Balfour Beatty Construction is seeking to pre-qualify principal trade and specialty contractors to submit bids for the furnishing of labor, material, and equipment for the Wake County Schools projects, **E43 Oakview Elementary School**. Balfour Beatty Construction has been selected as the Construction Manager at Risk for this project and will receive bids from and contract with the principal and specialty contractors for the execution of the work. Historically Underutilized Businesses are encouraged to participate, however the firm must be certified by the Office for Historically Underutilized Businesses (HUB Office) through the Statewide Uniform Certification (SWUC) program. You may begin the certification process at the following website: <http://www.doa.nc.gov/hub/>

Similar project experience will be considered during prequalification. Anticipated Bid Dates will start in second quarter of 2015. Submittals for prequalification forms may be hand delivered, mailed, or submitted electronically. Deadline for prequalification is 10 days prior to Bid Date. The CM and Owner reserve the right to reject any and all Pre-qualifications. Contracting method will be through Competitive Public Bid in accordance with Chapter 143 of the NC General Statutes. For further information or questions, please contact **Dan Smith at 919-255-0285**, or by email at dansmith@balfourbeattyus.com.

Prequalification documents can be accessed through the following link <https://bbcus.egnYTE.com/fl/2rxKlcNueA>

Mailed or hand delivered submittals shall go to the following address: Dan Smith, Balfour Beatty Construction, 5420 Wade Park Blvd Suite 200, Raleigh, NC 27607.

Project specific bid packages with preliminary budgets can be found below for the Oakview Elementary School Project:

Oakview Elementary School (E43) Preliminary Bid Package Values		
Bid Package Description	Package	Budget
Daily Cleaning	E43-BP-01A	100K
Final Cleaning	E43-BP-01B	30K
Grading	E43-BP-02A	2.02M
Site Utilities	E43-BP-02B	1.1M
Asphalt Paving	E43-BP-02C	950K
Site Concrete	E43-BP-02D	190k
Fencing	E43-BP-02E	80K
Landscaping	E43-BP-02F	325K
Turnkey Site	E43-BP-02G	
Concrete	E43-BP-03A	830K
Masonry	E43-BP-04A	1.6M
Steel Fabrication	E43-BP-05A	1.3M
Steel Erection	E43-BP-05B	440K
Turnkey Steel	E43-BP-05C	
Casework	E43-BP-06A	330K
Waterproofing	E43-BP-07A	45K
Air Membrane	E43-BP-07B	165K
Roofing	E43-BP-07C	880K
Doors, Frames, & Hardware		
Materials Only	E43-BP-08A	270K
Doors, Frames, & Hardware		
Installation	E43-BP-08B	50K
Doors, Frames, & Hardware		
Turn-Key Package	E43-BP-08C	
Overhead Doors; Loading Dock		
Equipment	E43-BP-08D	10K
Aluminum/Glass	E43-BP-08C	565K
Drywall	E43-BP-09A	900K
Tile	E43-BP-09B	75K
Acoustical Work	E43-BP-09C	190K
Resilient & Carpet	E43-BP-09E	300K
Painting	E43-BP-09F	145K
Specialties - Toilet Accessories,		
Toilet Partitions, Fire Extinguishers		
Cabinets, Flag Poles, Appliances,		
Curtains & tracks	E43-BP-10A	200K
Toilet Partitions	E43-BP-10B	50K
Signage	E43-BP-10C	20K
Operable Partitions	E43-BP-10D	60K
Canopies	E43-BP-10E	75K
Food Service Equipment	E43-BP-11A	200K
Window Treatment	E43-BP-12A	17K
Elevators	E43-BP-14A	80K
Plumbing	E43-BP-15A	870K
Fire Protection	E43-BP-15B	245K
HVAC	E43-BP-15C	1.45M
Turnkey Plumbing		
& HVAC Combination	E43-BP-15D	
HVAC Controls	E43-BP-15E	270K
Test & Balance	E43-BP-15F	30K
Electrical	E43-BP-16A	1.2M
Fire Alarm	E43-BP-16B	140K
Telecommunications	E43-BP-16C	250K
Security	E43-BP-16D	100K
Turnkey Electrical Package	E43-BP-16E	



Greater Diversity Classifieds

ADVERTISEMENT FOR BIDS

Sealed proposals will be received until **2:00 pm on Tuesday March 10, 2015**, at Onslow County Schools Offices, 200 Broadhurst Road, Jacksonville, NC 28540, for the construction of the **Dixon Middle School Phase 1 – Foundation Package Sneads Ferry, NC** at which time and place bids will be opened and read.

A Pre-Bid Meeting will be held at **10:00 am on February 26, 2014** at the existing Dixon Middle School Media Center: **200 Dixon School Road Holly Ridge, NC 28445**

Complete plans and specifications for this project can be obtained from Smith Sinnett Architecture, 4600 Lake Boone Trail, Suite 205, Raleigh, NC 27607. (919) 781-8582 during normal office hours after **February 16, 2015** from the Smith Sinnett Architecture website, www.smithsinnett.com

Onslow County Schools and Board of Commissioners reserves the unqualified right to reject any and all proposals.

Signed: Steve Myers, Assistant Superintendent of Auxiliary Services – Onslow County Schools

NOTICE TO CONTRACTORS

BIDDER PRE-QUALIFICATION REQUEST: Barnhill/D.A. Everett, a Joint Venture has been selected as the Construction Manager @ Risk by The State of North Carolina, through the University of North Carolina at Chapel Hill and is seeking to pre-qualify construction trade and specialty contractors to submit bids for furnishing labor, materials, equipment, and tools for the **UNC Hill Hall project** located in Chapel Hill, NC. **PROJECT DESCRIPTION:** Hill Hall was originally constructed in 1907 and currently serves as the main office and classroom space for the University's Department of Music. The work consists of an interior rehabilitation and preservation of the historic Rotunda and renovation of the Auditorium to include new finishes and acoustical upgrades as well as supporting offices and ancillary spaces. ADA compliant restrooms will also be added. This work also includes installation of an HVAC system to the building. Principal trade and specialty contractors are solicited for the following **Bid Packages:** BP100-General Trades; BP105-Final Cleaning; BP240-Demolition & Abatement; BP390-Concrete; BP400-Masonry; BP500-Steel; BP640-Finish Carpentry/Casework; BP740-Roofing; BP800-Doors/Frames/Hardware; BP840-Storefront, Glass, and Glazing; BP925-Metal Studs, Drywall, Plaster Repair; BP-930 Ceramic Tile/Slate; BP-960 Rubber/Resilient Flooring, Carpet, and Base; BP965-Wood Flooring; BP-980 Acoustical Ceilings; BP-985 Acoustical Treatments; BP-990 Painting; BP-1005 Division 10 Specialties; BP-1010 Signage; BP-1110 Theatre and Stage Equipment; BP-1112 Performance Sound Systems; BP-1235 Fixed Audience Seating; BP-1250 Window Treatment/Blackout Shades; BP-1400 Wheelchair Lift; BP-2100 Fire Protection Piping and Systems; BP-2200 Plumbing Systems; BP-2300 HVAC Systems; BP-2600 Electrical Systems; BP-3400 Turnkey Sitework. Additional Packages may be added and/or deleted at the discretion of the Construction Manager. Historically underutilized business participation is encouraged. **Interested contractors should submit their completed prequalification submittals, by March 13, 2015, to Kelsie Williamson at Barnhill Contracting Company PO Box 31765 Raleigh, NC 27622 (4325 Pleasant Valley Road, NC 27612). PREQUALIFICATION FORMS CAN BE OBTAINED** from our online plan room by visiting our website, www.barnhillcontracting.com and clicking on the Upcoming Bids tab under the Commercial Building tab or by contacting Kelsie Williamson at kwilliamson@barnhillcontracting.com or call 919-781-7210. **Please note: Plans will not be issued to any contractor until prequalification form is submitted and approved by Barnhill Contracting Company. Target bid date: May 2015.**

INVITATION TO BID MWBE/SDBE SUBCONTRACTORS

Bar Construction Co., Inc. is soliciting quotations for the following project: **Guilford Technical Community College – Cameron Campus Monumental Sign. Bids are due at 3:00 pm on 02/19/2015.** Interested subcontractors should contact Mike Schultz at 611-A Industrial Ave, Greensboro, NC 27406, (336)-274-2477, or mschultz@barconstruction.com.

INVITATION TO BID MWBE/SDBE SUBCONTRACTORS

Bar Construction Co., Inc. is soliciting quotations for the following project: **The University of North Carolina at Chapel Hill – Woollen Gymnasium Volleyball Locker Suite Renovations. Bids are due at 3:00 pm on 02/26/2015.** Interested subcontractors should contact Mike Schultz at 611-A Industrial Ave, Greensboro, NC 27406, (336)-274-2477, or mschultz@barconstruction.com.

CONSTRUCTION

DEVERE CONSTRUCTION COMPANY

DeVere Construction Company, Inc. is a Raleigh-based heavy civil construction company and is currently **accepting applications for experienced heavy equipment operators including finish dozer, motor grader and track hoe** for our various road projects in the Charlotte metro and Mecklenburg County areas. The successful applicants will be motivated, have reliable transportation and have a general knowledge of equipment preventative maintenance.

Competitive wage and benefits are offered. A pre-employment drug screen must be successfully passed and Devere subscribes to E-Verify.

Please fax resume with last five (5) years work experience and pay history with current contact number to 919-363-6575 or email to lortiz@deverecc.us. An electronic application is also available online at www.deverecc.us

DeVere is an equal opportunity employer – women and minorities are encouraged to apply.

EDUCATION

WILSON COMMUNITY COLLEGE

STUDENT DEVELOPMENT/ RECRUITMENT COUNSELOR (Full Time)

Hiring Range: \$41,237 - \$46,000

Based on experience

Under the supervision of the Director of Admissions/Student Activities, serves as primary recruitment counselor and also performs professional testing, academic counseling and placement services to students at the College.

Minimum Qualifications:

Master's degree in Counseling or Adult Education with testing courses. Three to five years of experience in recruitment, placement testing, student advising, and retention.

EOE/ADA

SOUTH PIEDMONT COMMUNITY COLLEGE

Enrollment Services Recruiter Enrollment Services

SPCC is seeking applications for an Enrollment Services Recruiter for the Division of Student Services. This is a 12-month, full-time position located on the L.L. Polk Campus in Polkton, North Carolina, with travel in both Anson and Union counties. Minimum Requirements: Bachelor's Degree, Evidence of customer service experience, Experience in recruiting, marketing, counseling or volunteering, and effective written and oral communication skills.

Please see job description at <http://www.spcc.edu/faculty-and-staff/jobs/> for complete details.

Position is open until filled, with a preferred start date of March 2, 2015.

For an SPCC application, contact us at:

South Piedmont Community College
Human Resources Office
PO Box 126
Polkton, NC 28135
704-272-5471

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The City of Greenville is seeking qualified applicants for the following position Police Officer:

Police Officer (Certified & Trainee Positions) - Performs all functions of law enforcement work as associated with a Police Officer as established by the North Carolina Criminal Justice Training and Standards Council. Those who are currently enrolled in BLET and will graduate by June 1, 2015 are eligible to apply.

Starting annual salary for N.C. Certified Officer: \$40,872.

Starting annual salary for trainee with BLET and probationary certification: \$35,089.

Application Deadline: 03-01-2015.

For more information and instructions on how to apply, please visit www.greenvillenc.gov and click on employment.

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