The State of Minority-Owned Businesses:

Robert F. Smith	SALUTES CEO

When Americans look back at the Biden administration’s first year in office, they are still working hard in our workplaces and our communities to make a better place for opportunity, to power our society with people like you in power to do the things we are not powered to do now. You stand a mile high on the rocks of voting rights, and labor.
Dr. Eli Joseph earned a bachelor’s degree at the age of 20, a master’s degree at age 21, and a doctorate degree while teaching at an Ivy League institution by the age of 24. As a TEDx speaker, he has always had a chip on his shoulder, and that chip has been a驱动力 to overcome his failures and rejections.

Dr. Joseph faced many rejections along the way. He comments, “We’ve been around that highlights our successes throughout our careers. Well recently, I created a rejection resume which highlights all of my failures.” He published a single-page document, formatted a resume that highlights all his major failures through rejections (rejections from institutions), work experience (rejections from firms), and awards (rejections from organizations).

The book uses his chapter by chapter to tell the story of his failures. He shares his story about not really proving them wrong. And thanks to the God of my life, I’ve been able to make it, and I truly grateful for that.”

During the 2021 season, Bryce Young has passed for 43 touchdowns with just four interceptions, and he enjoys a 175.5 passer rating. People a lot of times have told me that I was going to be able to make it,” Young exclaimed.

Dr. Eli Joseph’s rejection resume is a testament to his resilience and drive. He encourages others to learn from his experiences and use them as a source of motivation to achieve their goals.
Scientists now know that having uncontrolled high blood pressure in middle age also raises your risk for dementia later in life. Keeping your blood pressure controlled is important for maintaining brain health in childhood and adulthood.

Heart disease, stroke, and vascular dementia are four times more common in people with diabetes. By managing your blood pressure, you’re also helping to prevent diabetes, which can be particularly dangerous for people with diabetes.

Healthy Blood Pressure Range

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Blood Pressure Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;60 years</td>
<td>120/80 – 130/80 mmHg</td>
</tr>
<tr>
<td>60-79 years</td>
<td>130/80 – 150/90 mmHg</td>
</tr>
<tr>
<td>≥80 years</td>
<td>140/90 mmHg</td>
</tr>
</tbody>
</table>

If you’re over 60 and have diabetes or other risk factors for heart disease, your blood pressure goal may be lower. Consult with your healthcare provider to determine what’s best for you.

High Blood Pressure

High blood pressure raises your risk for heart disease and stroke. It also raises your risk for kidney disease, vision problems such as stroke, and vascular dementia.

Different blood pressure measures have different benefits and disadvantages. Direct office measurement, which is most accurate, can identify blood pressure problems that may be missed by other methods. For more information, see How to Measure Blood Pressure.

It’s important to get your blood pressure checked regularly, even if it seems healthy. This can help you identify a problem early, when it can be treated before it becomes a major health concern. Factors to consider when monitoring your blood pressure include:

- Your age
- Your gender
- Your race
- Your family history
- Your overall health

If you have hypertension, your healthcare provider may recommend the following:

- Lifestyle changes (diet, exercise, weight loss, stress management, and regular checkups)
- Medications to lower your blood pressure

Healthy Lifestyle Changes

- Lose weight
- Eat a heart-healthy diet
- Exercise regularly
- Stop smoking
- Control your alcohol intake
- Stay up-to-date with your screenings

For more information, see the Healthy Lifestyle Guide.

About the U.S. Highbush Blueberry Council

The U.S. Highbush Blueberry Council is an agriculture promotion group that represents U.S. highbush blueberry growers and packers in North and South America who market their highbush blueberries in the United States and overseas, and works to promote the growth and well-being of the entire blueberry industry. The Council’s mission is to provide blueberries that are grown, harvested, packed, and shipped in clean and healthy environments. Learn more at BlueberryCouncil.org.

Control Your Blood Pressure

If your blood pressure is high, take steps to control your blood pressure. Monitor your blood pressure at home, and work with your healthcare team to manage it. One way to manage your blood pressure is to take your medicines as prescribed. Learn more ways to manage blood pressure.

A Healthy Plate with Fish and Vegetables On It

- A healthy plate includes a variety of foods such as fish, fruits, vegetables, whole grains, and low-fat milk products.
- Eat a variety of healthy foods, like salmon, which is rich in omega-3 fatty acids, to help protect your heart.

Blood Pressure and Heart Health

High blood pressure puts too much stress on your heart and blood vessels, which can lead to heart disease and stroke. Learning more about the connection between heart disease and stroke can help you keep healthy.

Heart disease, stroke, and vascular dementia are four times more common in people with diabetes. By managing your blood pressure, you’re also helping to prevent diabetes, which can be particularly dangerous for people with diabetes.

Food Lion Catering

Visit foodlion.com/catering or stop by the deli at your local store.

Place your order by filling out the order form online or in-store.

Pick up your order from the deli at a time that works for you.

Steps to a Healthy Brain and Heart

- Keep your blood pressure under control.
- Eat a healthy, heart-healthy diet.
- Exercise regularly.
- Manage your weight.
- Don’t smoke.
- Stay up-to-date with your health screenings.

Family Meals Ready When You Are

- Try new recipes and meal ideas.
- Plan your meals in advance.
- Use leftovers to make new dishes.

FOLSON, CALIFORNIA

Visit foodlion.com/catering or stop by the deli at your local store.
Students at the state's Historically Black Colleges and Universities (HBCUs) will have the opportunity to learn and work during paid summer internships within the N.C. Department of Natural and Cultural Resources.

The program will expose, engage and educate students through real-world experience within divisions of NCDNCR that fall under one of the department’s six educational mission areas: natural resources; economic development; historical and cultural resources; and networking opportunities.

These internships will be on-site and some will be virtual. The program is a partnership with the state’s other public and minority Institution of Higher Education.

Rising junior and senior HBCU undergraduate students may apply. Interested candidates should submit an application, resume, letter of recommendation, and letter of interest to HBCUNet@ncr.gov.

HEART Continued from page 48

Eat a healthy diet. Monitor limit alcohol. Eat plenty of fruits, vegetables, whole grains and low-fat dairy, and include seafood rich in omega-3 fatty acids.

Limit foods with added sugars and saturated fats. Lower alcohol intake, dairy and red meat. Reduce sodium and sodium intake in your diet. Drink less sugar.

Monitor blood pressure, which can lead to stroke and increase the risk of some kinds of heart disease.

Get diabetes under control. Monitor heart disease and stroke risk factors. High blood pressure, blood sugar, and cholesterol levels can increase the risk of heart disease and stroke.

Don’t smoke. Smoking damages blood vessels and makes blood more likely to clot, which can lead to heart disease and stroke.

Get physical activity. Regular physical activity can lower blood pressure and cholesterol levels. Physical activity can also help you maintain a healthy weight, which can reduce the risk of heart disease and stroke.

Get screen time activity. Regular physical activity can help you maintain a healthy weight, which can reduce the risk of heart disease and stroke.

Get regular check-ups. Regular check-ups can help you monitor your health and identify any problems early.
African American Woman Buys Back the Block in Historic College Park

The Wellness Spot & College Park’s brand-new, cutting-edge sanctuary. It’s one of a full block of businesses bought by Multi-business owner, Bridgitta Bridges-Lee. She’s developed a one-of-a-kind wellness center which caters to clientele with high quality, offers various fitness classes and luxurious spa services. The Wellness Spot has a lively workroom studio on the upper level and a diverse course on the lower level. A hidden away with a welcoming deck, beautiful garden, and weather-resistant patio. When you arrive in Atlanta, The Wellness Spot, located near the airport, is the ideal spot to rest, relax, and unwind. Her message to others is, “Let Atlanta be a black business owner for almost 20 years, she realizes that it’s time to help others.

Bridgitta Bridges-Lee is committed to the elevation and success of Black Entrepreneurs. The Wellness Spot is committed to helping Black company owners progress and succeed. The Wellness Spot makes an effort to make clients of color feel comfortable and appreciated in their area. They support Black causes, highlight groups, and invest in Black-owned businesses in the predominantly Black community in Southeast Atlanta. Valaurie Bridges-Lee’s keys to success are perseverance, prayer, and patience. She has had her share of failures, which is her motivation to succeed.

African American Woman Buys Back the Block in Historic College Park

Valaurie Bridges-Lee

In the summer of 1967, Martin Luther King Jr. sponsored the hottest popular event in American life. His march on Washington, D.C., for the “March on Washington for Jobs and Freedom.” In that same vein, Poitier’s career, to me, was his role as an actor who played an escaped slave in the 1963 film “The Longest Day.” Poitier was a “revolution of values,” the way the late poet John Brown’s death song went, “Oh Lord, I’m feeling so sad, my heart is breaking.” The book is a “guide to living in a world where we’re all struggling with our own identity.”

This MUST-READ offers to-the-point, applicable information to live happily and comfortably.

Clarissa Burd, LEADER FOR SOCIAL CHANGE, WOMEN’S ADVOCATE

“Confidence lost. The Self-Esteem Regime (organism) is an organized way of doing things that is the perfect tool for doing just that. It offers case studies, affirmations, clarification calls, and exercises to find oneself again and forge a path to empowering and enlightening self-confidence. This book is written as a manual, but more as a mission and an empowerment of identity to people everywhere living in happy, healthy, successful lives.”

“Book empowers women of all ages and backgrounds to improve their self-esteem for a lifetime of awareness, peace, and confidence.”

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Clarissa Burd

A book empowers women of all ages and backgrounds to improve their self-esteem for a lifetime of awareness, peace, and confidence.

Black Female Named America’s Top Private Investigator

Women are changing the face of private investigation and 36 FBI trainee investigations. They’re not yet feeling the results of women in steppingstones. Her regime- nerates a wealth of research in all cases, and affirmations—neither complicated nor demanding, although it builds a model of self-esteem, strength, and resilience—qualities needed for self-esteem and overall confidence.

She’s a best-selling author, speaker, and presenter with the American Association of Detectives. In the December issue of PI Magazine, she’s honored by a place in the top rank of private investigators.

For more information, visit her website at Clarissaburd.com or call (225) 705-1946.

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When the Omicron variant started emerging around the fall of 2021, the New Black Student Movement (NBSM) was responding to this reality with both HBCU and BSU student organizations, alumni associations, Divine, faith-based, and nonpartisan students and individuals in an existing and unique VOTER REGISTRATION, EDUCATION, ORGANIZATION, mobilization, campaign, and GET OUT THE VOTE (GOTV) model.

The establishment of student NAACP chapters at HBCU throughout the nation and on predominantly white campuses with Black Student Unions (BSU) is part of the desired institutionalization process to pursue 100% Black voter participation in the future. Ultimately, it is to develop student abilities to use and political economic resources to address issues in local NAACP and faith-based communities of which they are apart. Corporations are expected to provide financial support for this paradigm as proof of the development of voter suppression and investment in HBCU and BSU students.

Recent data indicates that current student activism trends across the country are well-developed to address voter suppression legislation, rampant and significant unjustifiable law enforcement killing of Blacks, and anti-protest legislation that has been back through the Black Codes and Convict Leasing penalties. The context in which current student engagement are best addressed by reference the "Reconstruction" that concept considers the First Reconstruction era immediately following the Civil War and the Old Civil Rights Movement, Second Reconstruction era.

To appreciate the value of leadership, student or otherwise, it is important to know the differences in leadership and that are essential to leadership. William’s leadership as chief that because his ability to define and express clearly the future of the NBSM. His understanding comes from the many discussions that students and staff have had on the mission, identity, and complexity of the NBSM. He knows the actions necessary to build models for this initiative and is a part of the forward plans needed for this initiative to succeed. He has demonstrated his understanding of the need to bring awareness to the web.

The students and staff advisors answer the question why we need a New Black Student Movement by pointing to the construction and the fact that the after the First and Second Reconstruction era, efforts promoting economic inequality, mass incarceration, voter suppression, and the ongoing challenges that America seems to have continued to have since the 1960s. The NBSM is perfectly matched with the many discussions that have been had with HBCU and BSU students.

Additionally, Evans, a computer science major observed in an interview for this article, “The NAACP was founded that establishment of new Black Student Movement, first, and the NBSM is perfectly matched with it to pursue strategic, sustainable, committed, and motivated achievement.”

The Fayetteville native spoke of civic engagement responsible being installed through his parents and grandmother as “They just kind of knew it; and I feel as though many youth of today, don’t. My family instilled that in me and my choice to come to an HBCU, FBCU, was largely because of that sense of community and responsibility that exists here. That the national organization that has been in existence since 1909, the NAACP has been most recognized for defending the rights of African Americans. The NBSM focuses on establishing campus chapters at each of the institutions, with administrative oversight and community chapters’ involvement. That fact that student volunteers at this stage, with a focused eye toward work-study compensation as soon as possible and a requirement that there be twenty-five active student members to establish a chapter on each campus. The immediate major focus of these chapters is voter registration, education, and mobilization, and get-out-the-vote (VREM/GOTV).

I just love the more seasoned and more experienced alumna here. It just goes to show that it pushes the narrative forward of what it means and the significance of an HBCU. The fact that alumni continue to try and help out even after they are long ones of the powerful things about an HBCU, and one of the reasons why we as people should want to go to an HBCU.”

The National requirement for establishing campus chapters will be one that each HBCU will help fund the start of new established chapters and those who will be establishing chapters. It’s part of the process of moving forward. It isn’t viewed as a daunting process and even more reason for alumni using membership support from different entities.

I appreciate the opportunity to coexist. From my perspective, this isn’t something light. You all are doing a great deal, not only for the Black state but for African Americans across North Carolina and even beyond continues. We must get back out of the original and continuing efforts for which the NAACP was created...not only as organizations but as a people.”

During the NBMS, he continually reminds everyone that scars of valued members, not starting a new organization but an initiative that is building a voter engagement model to be adopted and replicated by student leaders and communities organizations nationwide. A link to the model is posted on www.greaterdiversity.com.

The NBMS focuses on establishing campus chapters at each of the institutions, with administrative oversight and community chapters’ involvement. That fact that student volunteers at this stage, with a focused eye toward work-study compensation as soon as possible and a requirement that there be twenty-five active student members to establish a chapter on each campus. The immediate major focus of these chapters is voter registration, education, and mobilization, and get-out-the-vote (VREM/GOTV).

“Faith is taking the first step even when you don’t see the whole staircase.”

Martin Luther King Jr.
ATTENTION: DBE/WBE/MES

Barnhill Contracting Company will host a Pre-Bid Meeting for the North Hampton Courthouse Design-Build project on February 2, 2022. We are most interested in the participation of DBE/WBE/MES who will be bidding on this project.

Project:

New North Hampton Courthouse Design-Build Project

Bid Date:

February 8, 2022 @ 2:00 pm

Description:

The project consists of the construction of a new North Hampton Courthouse located in North Hampton, NC. The building includes county court rooms, assembly areas, court filing space, and storage areas. Construction trades include a selected contractor to design and build the building, andincludes interior finishes, brick, precast concrete, commercial doors and windows, HVAC, electrical, plumbing, lighting, sprinkler systems, masonry, and steel fabrication.

M/I/B/W/DBE: M/I/B/W/DBE participation is encouraged. Elements of the work which will be subcontracted for minority participation.

All interested parties are encouraged to attend the pre-bid meeting. Contact Lee Ivey at (910) 861-8923 or by email at livey@barnhillcontractors.com

City of Laurinburg Design-Build project

The City of Laurinburg is seeking DBE/WBE participation in the following Project:

City of Laurinburg Design-Build project

City of Laurinburg Design-Build project

Invitation to Bid

BARLEY, SWINTON & COMPANY, INC.

Attention: DBE/WBE/MES

City of Laurinburg Design-Build project

J. A. Christensen Construction Company

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INVITATION FOR BIDS
Fredrick Stateville Schools (SSS) will receive sealed, single prime, lump sum sealed bids for the exterior canopies at the Fredrick High School (HSS) on March 17, 2022, at Facilities and Planning of the Career Academy and Technical School, 350 Old Maxlike Road, Troutman, NC at 16th, 2022. All bidders must be registered in our office (160 Thatcher Rd., Greensboro, NC. 336 274 2477)

H.M. Kern Corporation requests bids from the West Carolina Southern Campus, ADA Accessibility Upgrade project to renovate the 4th floor of the Hunt Club House and the building will be at 4:30 PM – 6:00 PM. Please register at: https://monteithco.docsend.com/

INVITATION FOR BIDS
Mecklenburg County Asset and Facility Management will receive sealed, single prime, lump sum sealed bids for the construction of: DowntownCharlotte Financial Center. This bid will be held at 320 Church Street, Charlotte, NC. Bids will be open at 2:00 PM EST, Thursday, February 24th, 2022, at which time sealed bids will be opened in the presence of all bidders or representatives. The Housing Authority of the City of Wilmington has decided to postpone the bid opening.

APPLICATION FOR BIDS
Harmes Construction Company, Inc. is seeking qualified small minority subcontractors and suppliers to construct the phase I of the Charlotte—Lancaster County Greenway Trail Project: The H. E. WADDELL trail, or by calling our office at 661-1887 between the hours of 8 am – 5 pm, Monday - Friday. The project scope of work is to maintain, replace, and construct new or existing sidewalks, bike lanes, and greenways on the existing trail systems between the existing academic buildings.

APPLICATION FOR BIDS
H.M. Kern Corporation requests bids from the RCCC North Campus HVAC UPGRADE project to renovate HVAC on the 2nd floor of the Ph II READY HALL LAB (Ph II) and to complete Phase 1A of the Apartment Building.

APPLICATION FOR BIDS
H.M. Kern Corporation requests bids from the RCCC North Campus HVAC UPGRADE project to renovate HVAC on the 2nd floor of the Ph II READY HALL LAB (Ph II) and to complete Phase 1A of the Apartment Building.

APPLICATION FOR BIDS
H.M. Kern Corporation requests bids from the RCCC North Campus HVAC UPGRADE project to renovate HVAC on the 2nd floor of the Ph II READY HALL LAB (Ph II) and to complete Phase 1A of the Apartment Building.

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APPLICATION FOR BIDS
H.M. Kern Corporation requests bids from the RCCC North Campus HVAC UPGRADE project to renovate HVAC on the 2nd floor of the Ph II READY HALL LAB (Ph II) and to complete Phase 1A of the Apartment Building.
International Paper, a major pulp and paper producer is seeking its next generation of top operators for the Riegelwood Mill. We are looking for dependable women and men with excellent problem-solving, communication and teamwork skills to fill our challenging positions. Our mill needs hourly production workers (Utility - Hire In) at an average post probationary rate of $16.51. Competitive pay and benefits with the opportunity to advance to wages in excess of $35.25/hour. International Paper offers a competitive benefit package including family medical and dental, life insurance, short-term disability, paid holidays and vacation time, retirement and 401K savings plan.


Job duties may include but not limited to any of the following: Provide cleanup using industrial water hose, shovel, chip fork, wheelbarrow. Clean out tanks, boilers and deaerators. Move bags of chemicals, coiled rope, hoses, etc, (weight up to 50 pounds). Operate powered sweeper, lift trucks, other powered machines. Assist machine crews when needed. Assist operators in opening and closing valves. Train to double set-up in lines of progression for sickness, vacation, and other employee absences. Perform all duties as requested by supervision.

All jobs will work a rotating 12 HOUR shift schedule. Every 28-day cycle will be as follows:

4 straight days of “day” shift (6:00 a.m. - 6:00 p.m.) 7 days off
4 straight days of “night” shift (6:00 p.m. - 6:00 a.m.) 3 days off
3 straight days of “day” shift (6:00 a.m. - 6:00 p.m.) 1 day off
3 straight days of “night” shift (6:00 p.m. - 6:00 a.m.) 3 days off
Will be required to change shifts and work off days if necessary.

JOB REQUIREMENTS

• Minimum high school graduate, GED or equivalent work experience
• Must be:
  • At least 18 years of age
  • Eligible for employment in the U.S.
• Must be willing to meet the following requirements:
  • Undergo a drug screen for illicit use of drugs as a condition of employment
  • Submit to periodic drug screens as a condition of employment
  • Work any shift and/or a rotating shift schedule
  • Work overtime on a regular basis and with last minute notification
  • Work holidays and/or weekends on a regular basis
  • Wear required safety equipment
  • Operate or work in industrial conditions (may be warm/hot, dusty/dirty, around hazardous chemicals, noise, heavy machinery or elevated working surfaces (with proper safety training and safety protection)
• Successful completion of Probationary period after NHI Orientation

"Equal Opportunity Employer: Minorities/ Females/Individuals with Disabilities/Veterans.”

Infinite Possibilities

Visit cdc.gov/bloodpressure for tips and resources.

Your future is waiting to be written.