Justice Clarence Thomas and the Conservative Supreme Court have Fanned the Flames of Racial Tolerance in America

Former President Donald Trump’s Make America Great Again cry energized an already combative crowd, but even that stood as a dog whistle until now.

By Stacy M. Brown
NPNA Newswire Senior National Correspondent
9/6/2022

The Supreme Court not only abolished abortion rights in America on June 24, it also blocked any decision but also ended any efforts made by the American people in the United States. Former President Donald Trump’s Make America Great Again cry proved an easy battle between the two, but even that stood as a dog whistle until now.

After the high court’s ruling, the MAGA crowd felt more emboldened.

“President Trump, once of all the Mafia patriarchs in America, and all the now-inexorable forces for white power in the Supreme Court,” June 24, 2022. Hans Ruprecht Mary Miller

“You women better wake up if you want to help to change America around. You do the work. You better wake up, and don’t be afraid.

Have confidence in yourself. The ability that you have. It is your intuition and the principles and the convictions of what you are fighting for in America, in terms of opening up this country, to make it a country where you can really feel that they can participate in it and not have that small, tight foot that continues to manipulate everybody of us.”

Shirley Chisholm, CBS - 1971

First Black woman elected to Congress

I am encouraging Black parents to purchase NAACP membership ship for their children that are 25 and younger. It is also a good idea to lobby for yourself if you’re not already a member. The NAACP represents a cause worth fighting for.

Many parents and community members are debating the idea. The responses have been quite varied and thoughtful. Their reply is often, “why should I support the NAACP?” It is essential to understand the desired objectives when parents purchase their child’s NAACP membership. The response I give is that the purchase is not for the support of the NAACP, however, that would be inappropriate. Any reasonable recommendation addresses several vital facts that are important for your child to know and that I believe the NAACP an organization, is singularly suited to uphold.

Overall, our children have a limited experience with Jim Crow, institutional segregation, and their attendant discrimination. Acquiring NAACP chapters demonstrate and reinforce their understanding the Black experience in America. It suggests the Youth and College Division of the NAACP to engage our children the essence of informed leadership, activism, and a commitment to providing them opportunities to contribute to the evolution of our democracy.

A brief review of the NAACP’s history shows a variety of issues that students can learn from as they mature into adult leadership. Activism is a standing goal of students, and they promoted it on campus all over America. Voter education, registration, and mobilization are essential. The students of today are activists and represent invaluable support in defense of voting rights and our threatened democracy.

Some of the discussions, with this support from their superiors, will allow the NAACP to be a strong body in the NAACP membership. The responses have been quite varied and insightful. The first response that I give is that NAACP membership. The response I give is that NAACP membership.

Continued on page 3

African Americans and Other White House Staffers Call ‘Blaxit’ Story Fake News

Despite a recent report alleging an exodus of Black staff members from the Harris Administration, a spate of high-level African American staffers refuted a Politico story about a so-called “Blaxit” at the White House.

The widely shared story claimed at least 21 Black staff members have resigned from the White House, including top aides planning to leave soon.

Political said some who remain described a work environment with little support from their superiors and fewer chances for promotion.

However, African American officials told the Black Press that the report amounts to “fake news.”

“We have too many former and current staff Politics about those possible expectations. Politicians in general thrive on the negative hype of a so-called ‘Blaxit’ at the White House. The press has used this narrative for a while and investors who have women in power in public: the court recognized them as U.S.

Continued on page 3

High-Intensity Workouts May Help Ease Arthritis

By Stephen Feller

“Hard” physical training twice a week can help arthritis patients experience less pain and inflammation, as well as a modest drop in BMI, according to a new study.

Arthritis is a chronic illness causing inflammation of the joints that over time leads to weakness and loss of movement.

Doctors have long recommended that people at risk for arthritis engage physically fit and active, and many studies show that high-intensity workouts can increase endurance, however no studies had done on the effect of such workouts with arthritis patients.

“Previously, studies have shown that the intense-intensity work-out sessions can help improve endurance without inducing pain or inflammation or damaging joints,” said Ana B. Viamonte Mendez, M.D. of the K.C. Johnson Centre for Exercise in Medicine at New York University College of Science and Technology. “This study is especially important for people with arthritis.”

The study enrolled 19 women between the ages of 18 and 35 with a body mass index (BMI) greater than 25 and were on a spin-bike program during a 12 month period. The participants increased their minutes by 70 percent of maximum intensity before doing 4 repetitions of 34 minute high-intensity interval training at 80 to 90 percent of maximum pulse. The break between each 2-3 minute interval was 3 minutes, with the participants resting at 70 percent of maximum pulse during that time.

The women were studied a 12.2 percent increase in heart rate recovery, as well as a 1.2 percent drop in BMI, a 1 percent increase in body fat and a 1.8 percent decrease in waist circumference. There also was no detected or reported increase in arthritis activity or pain. Rather, we saw a tendency for those to be lower fat, at least as measured by the waist circumference. There also was a 1.2 percent decrease in BMI, 1 minute high-intensity intervals restored the patients’ experience less pain and weakness and loss of.

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We Cannot Drop Our Guard
We are all guilty of rushing through the years that we can
of life, I guess.
I know that I did not pay attention
to not pay attention to all of their statistical
Information.
In a recent report in The
York Times, it stated that there are
about 68,000 COVID-19
cases announced each day. Yet
that only captures a portion of our
culture. It is false to believe you.

Meditations are care for 40
of wellness and new systems of safety have
been implemented. Before now, while I knew
about the CDC (Centers for Disease Control) and
vaccinated people are more
likely to die from COVID-19.
Does that scare you?
It is a colorless disease. It has
hit all of us, no matter our skin
color.

For example, in large-scale
studies/ surveys, it is still not known who
are using your body fat stores as energy. You also
reduce leptin hormone resistance when fasting.
Leptin hormone is your

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Elaborate Donald Trump's
uncontrolled
fear factor

Here’s Why Regular Fasting Might Work For You

By Dr. Tony Hampton
CHICAGO CRUSADER
— The warm temperatures and increased physical activity that come with summer can mean many people will be
in fuel for unconditional love.

That’s because fasting can
result in decreased hunger.

3. Helps to reduce type 2
diabetes and improve blood glucose control.

4. Helps to reverse type 2
diabetes and improve blood glucose control.

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The pandemic spurred a new phenomenon: "the Great Resignation." Armed with a new sense of values and the realization that they do not have to actually go into an office environment to perform assigned tasks, American workers have continued switch jobs — or leave the traditional workforce entirely.

According to some reports, the pandemic experience has contributed to changing perceptions about what matters to employees — including what they want from their jobs — leading to a disconnect between upper management and frontline workers.

Unlike many older professionals, that may simply complain to co-workers, look for a new job and then submit their letter of resignation, GenZ and younger Millennials are speaking up about what they want from their jobs — leading to a disconnect between upper management and frontline workers.

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"This new generation is not going to stay in a job they can't deal with," said Dr. Ximena Hartsock, founder of BuildWithUs.

This D.C.-based company identifies, trains, and manages tech-related apprentices.

"And, they have always been presented with a 'buyer's market,' in terms of jobs which has led to job-hopping, which is likely to go away and put pressure on employers to lead with an employee-centric and value-driven culture," Hartsock insisted.

"This new generation is putting pressure on employers to make the workplace more empathetic. Perhaps the Great Resignation will transition to the Great Enlightenmenit."

Mark Pierce, CEO of Cloud Peak Law Group, said he believes that employees aren't feeling valued or that their working location puts them at a disadvantage. He said that's a primary contributor to the Great Resignation.

"Whether employees are working in-person, fully remote, or hybrid, it's important to ensure that everyone feels welcome and valued in their role," Pierce stated.

He noted that focusing on company culture and giving employees autonomy are solutions.

"It can be easier to focus on employees who work in the same way that you as a leader do most often. If you're in the office a lot, you'll likely be more in touch with employees who work in-office frequently, and vice versa if you work remotely," Pierce observed.

He added that micro-management becomes amplified when performed remotely, making it even more bothersome for employees than when they worked in the office where employers did so in person.

"Giving employees autonomy shows you as a leader trust them to do their work without needing to intervene," Pierce insisted.

"It also frees you to focus on the most important tasks at hand, rather than simply monitoring employees."

A Pew Research Center survey found that low pay, a lack of opportunities for advancement, and feeling disrespected at work are the top reasons Americans quit their jobs each year.

Released in March 2022, the survey also found that those who quit and acquire employed elsewhere are more likely than not to say their current job has better pay, more opportunities for advancement, and more work-life balance and flexibility.

A few factors are driving the Great Resignation, but one that stands out is that most workplaces simply aren't doing as much as they could to support the health and wellness of their employees," advised Logan Mallory, vice president at Motivosity.

"This company helps employees remain engaged remotely and in the office."

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Can’t Swim? Top 4 Reasons Why You Need To Learn!

By Kyle Yeldell

(Daily Nutrition News) – Drinking water immediately after waking up is a popular ritual in Japan. Scientists agree that it’s very beneficial to our health. For our readers we publish below a description of use of water. For curing various kinds of diseases

1. Drink 4 to 6 glasses of water immediately after waking, even before brushing teeth.
2. Now you can brush your teeth, but don’t eat anything for another 5 minutes.
3. After 45 minutes you can eat normally.
4. After eating breakfast, lunch and dinner do not drink or eat anything for another 2 hours.
5. Those unable from sickness or age to drink 4 glasses of water can gradually increase the content little by little each day.
6. People who practice this routine will cure above mentioned diseases and enjoy the full benefit of healthy life.

Because swimming is an aerobic exercise, it serves to strengthen the heart, not only helping it to become larger, but making it more efficient in pumping—which leads to better blood flow throughout your body.

How to Get Started:

Whether you’re 10-year-old or approaching 90, learning how to swim can be an exhilarating endeavor—especially if you never learned. Despite its daunting qualities, swimming is an important skill that is worth the effort to learn. If you’re ready to get started and learn to swim, experts recommend getting a swim coach or joining a masters swimming group in your area. Don’t be intimidated by the name ‘masters’ just means over age 20.

Masters swimming accommodates all levels, from beginners to advanced, and you don’t have to want to compete to join. This type of group supports recreational swimming for fitness and is a great way to learn technique—which is everything in swimming. Masters swimming accommodates all levels, from beginners to advanced, and you don’t have to want to compete to join. This type of group supports recreational swimming for fitness, and a great way to learn technique—which is everything in swimming.

Getting the rhythm of the stroking and the breath can be overwhelming at first. Coaches break it down and simplify it, slowly, practicing one part at a time.

Gradual Learning:

For those afraid of the water or simply nervous about the process and what it takes to learn, know that it is okay to take things slowly. Begin by literally getting your feet wet and gradually increase the amount of your body put into the water. Allow yourself eventually to stand in the water completely and move away from the edge of the pool. To calm your nerves, stay in the shallow part of a pool or simply nervous about the technique— which is everything in swimming.

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

Drinking Water on Empty Stomach Immediately After Waking Up

Drinking water has been found to be very successful in the Japanese medical society, treating numerous diseases, including: Epilepsy, bronchitis, asthma, diabetes, vomiting, acne and kidney diseases, diabetes, menstrual disorders, meningitis, arthritis, headache, heart beating fast, all eye diseases, prematurity etc.
Meet James A. Samuel, Jr., a father of two, and a fighter pilot turned tech innovator who has developed a cloud-based app called ANJEL Tech that enables students to alert their parents faster in the event of a school shooting. During an emergency, the app discreetly turns any smartphone into a personal body cam that sends out automatic notifications to their loved ones with live video streaming, audio, and the EMMJ’s exact GPS location.

School shootings in America occur at a horrific rate, with 27 occurring so far this year! James says that he came up with the idea to create the app to keep his own children safe in America, given the increasing threats they face in society. Now, he continues, “Every day, the administration works to ensure that it meets the President’s goals on one-to-one approach every issue with an eye towards equity,” Baker stated.

“Every day, this administration revises in priority to ensure dignity, fairness, and safety. ANJEL Tech turns any smartphone into your own personal body cam. It’s secure, mobile, cloud-based, and was made by people of color who are passionate about creating tech-based safety solutions for their community and others.”

“It was promoted within my first year and now manages the Democratic Party’s TechTeam, one of the most integral parts of our operations. My leadership and ideas are clearly welcomed and recognized by senior leadership, and I remain committed to this team and our work each day.”

According to Fact Sheet, the overall diversity of White House staff remains approximately the same as it was almost a year ago. As of May 27, 2022, approximately 44 percent of current White House political appointees identify as racially and ethnically diverse, surpassing the 39.3 percent share of the national population who are part of diverse communities, according to the 2019 U.S. Census data.

Of the White House’s senior staff, approximately 57 percent are female, and 15 percent come from racially and ethnically diverse communities.

Currently, approximately 14 percent of White House staff identify as Black or African American, which aligns with the U.S. Census national population.

In addition, approximately 15 percent of Black staff have received promotions to more senior roles, which is greater than the rate for non-diverse staff.

Of the Black staff members who have departed the White House since the start of the Administration, approximately 36 percent have advanced to new roles at agencies within the federal government.
ast year President Biden signed into law a National Holiday recognizing Juneteenth. We all need to understand this year was just the first year we could celebrate the national Holiday as COVID-19 restrictions have been lifted due to shots in arms. As we have for years African Americans celebrated Juneteenth. Like many things that African Americans have long held as important in our community that we have just honored as our sacred remembrance, honoring and celebrating of our Black History. We know and have known that our history has always been denied, hidden or just ignored. American history has always been His (story) leaving out African Americans, Native Americans, and any other group determined to be non important to the majority (White American story). This has always left the American story lacking and we need to continue to teach the value of the richness of African American’s contributions to our community to survive, to America’s strengths, and to the world at large.

This year as we Educate, Honor, Commemorate and Celebrate the importance of Juneteenth’s (June 19, 1865) significance of the emancipation of slaves in states in rebellion against the Union. Juneteenth is the federal holiday in the United States that highlights the commemoration and marks the anniversary of the announcement of General Order No. 3 by Union Army general Gordon Granger on June 19, 1865, proclaiming freedom for enslaved people in Texas. Also called Emancipation Day we need to recognize the valiant Negro Troops who fought as Union Soldiers to secure this freedom. When some 2,000 Union troops arrived in Galveston Bay, Texas on June 19, 1865. The Army announced that the more than 250,000 enslaved people were free. On “Freedom’s Eve,” or the eve of January 1, 1863, which was the first Watch Night services took place. A tradition continues in African American Churches and private homes all across the country awaiting the news that the Emancipation Proclamation had taken effect. Last we not forget the slave road that we trod, bitter that chastening rod, until we reached that day we could say free at last.

We know we have much more work to do. We understand that the two things we had marched for during the pandemic was the George Floyd Justice Act and the John Lewis Voting Rights Act. These two matters were denied because of the false claims that we shouldn’t have a carve out to avoid overturning the filibuster to pass those two critical pieces of legislation to protect Black Lives and address the attack on African Americans access and right to vote. My charge and challenge to you is to ensure you are registered to vote, make sure you vote for all offices (local, state, and national) and encourage others to vote. If you can take someone who has transportation needs to the election polls. Try to utilize the early vote which provides same day registration and ability to cast your vote. Last, don’t fall prey to the negative ads that are thrown against African American candidates, study their records yourself, and when they come to your community go listen to them yourself. Remember we have a lot of work that remains to be done. Examine candidates who have an interest in supporting the advancement of the African American community’s needs through fair employment opportunities, healthcare access, investments in our communities, environmental justice and affordable housing. •

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- Don’t give in to pressure and share your personal or financial information. Take a moment to step back, think, and verify.

You can report scam calls to our office at www.ncdoj.gov (nrsdo) or 1-866-8-RO-ROBO.
Scott LaPierre

"Husbands, Love Your Wives," and Other Wise Advice for Lasting Relationships

VANCOUVER, WA - The problems experienced by couples today date all the way back to The Fall (Genesis 3). Pastor Scott LaPierre explained in a recent interview about his new book, Your Marriage God’s Way, he addresses relationship roles and lessons drawn directly from scripture.

"There are ways that men and women are fundamentally different, and God expects fundamentally different things from husbands versus wives and fathers versus mothers," LaPierre said. "If we’re going to have the fullest, most joyful Christ-centered relationship," LaPierre explained in a recent interview, "we need to experience marriage as God intends it."

In Your Marriage God’s Way, LaPierre carefully examined the principles for building a strong, biblical relationship — one in which your relationship with Christ brings guidance and Message into your relationship with your spouse.

"God is the author of marriage. He designed the roles and responsibilities for husbands and wives," LaPierre wrote in his book. "He knows what couples need us to become healthy, joyful, Christ-centered, relationship-builders. He provided the principles in the Bible."

LaPierre gives readers the tools to:

- Understand the unique roles and responsibilities of husbands and wives;
- Recognize and resolve conflicts with a heart of hope and compassion;
- Follow God’s holy command to love and cherish your spouse unconditionally.

A companion workbook is also available (LaPierre’s Your Marriage God’s Way Workbook) to help couples apply biblical principles to their own marriage.

The workbook includes help:

- Understand the unique roles God has given each person;
- Identify ways to better help, encourage, and support each other;
- Make serving God the focal point of the marriage.

"Let’s journey together, with the Bible as our guide, to experience the blessings of a Christ-centered relationship," LaPierre writes. "Whether you’re at the beginning of your journey or you’ve been on the road together for years, Your Marriage God’s Way will provide the helpful and encouraging insights you need to experience marriage as God intends it.”

About the Author

Scott LaPierre is the senior pastor of Woodland Christian Church in Woodland, WA, an author, and conference speaker. He holds an MA in Biblical Studies from Liberty University. Scott and his wife, Katie, have nine children, and they are passionate homeschooling advocates. Scott is a former school teacher and army officer.

To learn more about Pastor Scott LaPierre, please visit his book page (LaPierre’s Your Marriage God’s Way) or follow him on Twitter (jla Петр).
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For changes, corrections, and/or additional information, contact the City of Hendersonville at 828-522-2634. Addenda will be
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installation of the Morrow City Hall elevator. This notice is the Construction Manager.

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Tuesday: 9:00 a.m. - 4:00 p.m.
Friday: 9:00 a.m. - 3:00 p.m.

Please check your ad first a day or two to see if all information is correct. This will ensure that your ad
will be advertised as intended according to the information provided to you in the
advertisement. For more details, please contact us at 800-849-4486.

DEADLINE & RATES
8:00 a.m. - 5:00 p.m., Monday through Friday

ADVERTISING FOR BIDS

No. 21-003

Ms. Karen Mattingly, at 9121 Anson Way, Suite 200, Rocky Mount, NC 27804. If you have any
questions or comments, you will be welcome to stop by our office at 9121 Anson Way, Suite 200, Rocky
Mount, NC 27804. If you have any questions or comments, you will be welcome to stop by our office at
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welcome to stop by our office at 9121 Anson Way, Suite 200, Rocky Mount, NC 27804.

For changes, corrections, and/or additional information, contact the City of Hendersonville at 828-522-2634. Addenda will be
posted at: https://www.hendersonvillenc.gov/rfp-q

Notice to Bidders

The United States, the State of North Carolina, and the City of Hendersonville, North Carolina, desire to advertise for bids for the construction and
installation of the Morrow City Hall elevator. This notice is the Construction Manager.

No. 21-003

The Owner reserves the right to reject any and/or all submittals, to waive any nonconformity,
NOTICE TO BIDDERS

Sealed proposals will be received by the County of Wake in the Purchasing Department, Room 510, Wake County Justice Center, 316 McDowell Street, Raleigh, NC 27603, until 2:00 P.M., Thursday, May 26, 2022, and immediately thereafter in the Justice Center, 316 McDowell Street, Raleigh, NC 27603, for the construction of Caddy Road Public Safety Building, 7816 Caddy Road, Raleigh, NC (Bid No. 22-040). Complete plans and specifications for this project will be available starting on June 27th, 2022 and can be obtained from ADW Architects Sharefile Site at the link below:

https://www.sharefile.com/s/sh-f5bc-1d4f-06c1-8f7b

Notice to bidders

Incomplete proposals, or proposals not complying with Title VI of the Civil Rights Act of 1968 as amended, Section 504 of the Rehabilitation Act of 1973, or the Uniform State Facilities Priming Act (USFPA), and Contract Work Hours and Safety Act will be rejected.

This Town of Seaboard is committed to and supports the principles of equal opportunity and is a minority- and women-owned business. The Town of Seaboard is an equal opportunity并无歧视雇主. Declaración de igualdad y no discriminación en su solicitud. Por favor, póngase en contacto con el ADW Architects en el teléfono 910.508.3755 para obtener más información.

The Owner reserves the right to reject or accept any and all proposals.
WILKIE CONSTRUCTION CO., INC.

Isorrhema Community College, Spendale, NC
Renovation Project

Bid Date: July 18, 2022 @ 1:00 p.m.

Contact: Brannon Harrison – 828-754-6431
phillips@wilkie-constr.com

Scope includes interior demolition, light gauge steel framing, plumbing, HVAC, electrical, and exterior signage.

Please contact our office 828-754-6431 for a more detailed description of this project.

BID DATES

June 30, 2022 - July 6, 2022

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