Learn Your Numbers

By Roger Caldwell, NNPA Newswire

As a stroke survivor, I consider myself to be a miracle. One of my goals in life is to educate Americans (particularly African Americans) about the potential for strokes and how to protect themselves.

Although there are no major warning signs that accompanies this disease, factors, diseases, and health issues can lead to a stroke. The National Stroke Association states that 80% of strokes can be prevented, and nearly 85% of all strokes that occur show no warning signs.

Learn Your Numbers

**Blood Pressure:**

Blood pressure is a measure of how much force the heart puts on the walls of your arteries with each heartbeat. It is expressed as two numbers. The top number, or systolic pressure, is the pressure in your arteries when your heart contracts and pumps blood. The bottom number, or diastolic pressure, is the pressure in your arteries between heartbeats.

- **Healthy blood pressure:** Less than 120/80 mm Hg
- **Stage 1 hypertension:** 120-139/80-89 mm Hg
- **Stage 2 hypertension:** 140-159/90-99 mm Hg
- **Emergency blood pressure:** Over 180/110 mm Hg

**FAST**

FAST stands for Face, Arms, Speech, Time.

- **Face:** Look for signs of facial drooping or weakness.
- **Arms:** Ask the person to raise both arms and check if there is weakness.
- **Speech:** Ask the person to repeat a simple sentence and watch for slurred speech.
- **Time:** If any of these symptoms are present, call 911 immediately.

**Hypertension:**

Hypertension, also known as high blood pressure, is a condition in which the force of the blood against the walls of your arteries is too high. High blood pressure can cause heart disease, stroke, and kidney disease.

- **Healthy blood pressure:** Less than 120/80 mm Hg
- **Stage 1 hypertension:** 120-139/80-89 mm Hg
- **Stage 2 hypertension:** 140-159/90-99 mm Hg
- **Emergency blood pressure:** Over 180/110 mm Hg

**Silent Killer:**

Hypertension is often called the “Silent Killer” because it can occur without any symptoms for many years. When it is severe, it can lead to medical emergencies such as heart attack, stroke, or kidney failure.

**Preventive Care:**

- **Diet:** A diet rich in fruits and vegetables, low in saturated fats and sodium, can help lower blood pressure.
- **Exercise:** Regular physical activity can help lower blood pressure.
- **Weight Management:** Maintaining a healthy weight can help lower blood pressure.
- **Stop Smoking:** Smoking increases your risk of high blood pressure and stroke.

**At Your Fingertips:**

- **Systolic Pressure:** The top number (e.g., 120 mm Hg)
- **Diastolic Pressure:** The bottom number (e.g., 80 mm Hg)

**Blood Pressure: Sign of the Times:**

When a nurse takes your blood pressure, he/she measures the force of blood that’s being pumped against the walls of your blood vessels. If your blood pressure is high, this means the pressure of blood flowing in your arteries is higher than normal. This causes your heart to work harder, which can eventually lead to heart failure, stroke, or a heart attack.

- **Normal blood pressure:** 120/80 mm Hg
- **Prehypertension:** 120-139/80-89 mm Hg
- **Stage 1 hypertension:** 140-159/90-99 mm Hg
- **Stage 2 hypertension:** 160/100 mm Hg or higher
- **Emergency blood pressure:** Over 180/110 mm Hg

**Learn More:**

Visit the American Heart Association’s website at heart.org to learn more about high blood pressure and how to lower your risk.

**Fast Facts About Hypertension:**

- Hypertension affects 75 million Americans.
- Approximately 70% of African Americans have hypertension.
- African Americans are more likely to have high blood pressure at a younger age.
- African Americans are more likely to have high blood pressure for a longer period of time.
- African Americans are more likely to have complications from hypertension, such as heart disease and stroke.

**References:**


By Roger Caldwell, NNPA Newswire

As a stroke survivor, I consider myself to be a miracle. One of my goals in life is to educate Americans (particularly African Americans) about the potential for strokes and how to protect themselves. I was not taking care of myself and not taking the necessary steps to correct my health issues. This is an issue that is affecting our communities today, says Roger Caldwell in his book, “The Journey of a Stroke Survivor.”

“The renewed focus on social justice is needed in the workplace and beyond is crucial,” Gross said. “This is an issue that we need to address as a society.”

**REFERENCES**


By Roger Caldwell, NNPA Newswire

As a stroke survivor, I consider myself to be a miracle. One of my goals in life is to educate Americans (particularly African Americans) about the potential for strokes and how to protect themselves.

Although there are no major warning signs that accompanies this disease, factors, diseases, and health issues can lead to a stroke. The National Stroke Association states that 80% of strokes can be prevented, and nearly 85% of all strokes that occur show no warning signs.
By Jim Winson and Dr. Benjamin F. Chavis Jr.

This far, 2022 has been a year of multiple socioeconomic and political challenges for all African Americans. Yet for African-American and other communities of color, this year represents both challenges and opportunities that are best capitalized on in a business ownership perspective. In particular, for Black-owned media businesses there is a growing sense of resilience even in the face of continued predictable racial disparities and societal injustices.

As communications and media industry in America especially should be one of the leading industries that adopts the “good business” sense to embrace the values and benefits of Diversity, Equity and Inclusion (DEI). This is not about charity or benevolence. Diversity is directly good for business.

The National Newspaper Publishers Association (NNPA) and the National Association of Black Owned Broadcasters (NABOB) are working together to offer an array of solutions and communications and advertising technologies that must be committed to diversity in the C-Suites to the decision-making managers. But more needs to be done to increase and to enhance the ownership of media businesses by African-Americans and other communities of color.

Economic equity immediately requires equal access to investment capital, technical advancement and communications infrastructure, and inclusion in major networks and affiliations. As increased changes in the media demographics of the nation continue to accelerate in the United States, media must be more representative of the growing diversity of the nation.

It is noteworthy, therefore, that one of the recently announced major media mergers has Standard General, a minority-owned firm, pending regulatory reviews and approvals by the Department of Justice and the Federal Communications Commission, acquiring TEGNA, a company owning 46 television stations around the country. See Kim, a successful Asian American business leader, who serves as Standard General’s founding and managing partner, emphasized “We open to exploring new partnership models to get diverse viewpoints and perspectives on the air and make sure people have the resources to do it.”

We agree with this sentiment and model of leadership. Ownership of American media businesses will continue to be seen as a strategic forecast for the future. For diversity’s sake, We intend to support that positive economic and social consequence of diversifying American media.

The Leadership Conference on Civil and Human Rights has pointed out, “Access to the media by the broadest sector of society is crucial to ensuring that diverse viewpoints are presented to the American people, but racial and gender disparities in media ownership dating back to the beginning of the civil rights era continue to persist.” Again, overcoming these disparities should be a national mediaindustry priority.

“At a time when more people, Black and White, use the thrust of the media, diversity is more important than ever,”日前 Leadership Conference argues, “thus becomes more important than ever for the functioning of our democracy. Diversity in ownership is part of that solution.” We agree with the Leadership Conference on Civil and Human Rights’ position on how to do it.

I started teaching my son about racism when I was five years old. That helped prepare me for my public school. I wanted him to treat all people with respect and know that the only person greater than him was, GOD. He needed to know the real truth about what happened to our people and the good and why many still treat us as 2nd class citizens. It is up to us, as father to tell him we are not inferior. Sometimes he would tell me stories that were hard to believe. As he grew older, he began to realize that what had happened was happening in this country. The land of the free and all men created equal depends on what their definition of free and MAN was. At one point, we Blacks were counted as 3/5 of a man. To teach children, read, read, and become part of the solutions. Do not hesitate to do some books because if your library card is FREE. I told my son, “there are many that can speak, sing, dance, rap, write, act, run, teach, coach, coordinate, dress, cook and serve but you do not have one of CREDIT READ.” If we don’t learn our history and respond to our treatment, it will happen again. TRUMP followers are taking over school boards, banning any books that talk about yesterday or today’s racism which is rampant. When the history books they approve make you feel warm, cozy and proud, your child will not last that is not history but PROPAGANDA. In 1971, Martin Gaye, spoke an album titled “What’s Going On”. Those songs are very relevant today over fifty (50) years later. Take a listen to those songs with your children. They may ask you was Marvin Gaye also a prophet, (smile) ARE YOU REGISTERED and WILL YOU STUDY THE CANDIDATES AND VOTE IN THE NEXT ELECTION? If you don’t know who to vote for, find someone who trust, raise your hand, and ask them that questions. Not knowing the answers is a verbal sin but not searching for the answer is a mortal sin. James Jerome Hawkins, Retired United States (Ex-) teacher-former construction manager at Youth Build—volunteer with Habitat—Army veteran—coach—Real Estate Broker—Former NAACP local president—reporter—writer and author.
Day 1: Just Been Diagnosed with High Blood Pressure

**High blood pressure or high blood pressure can kill African Americans more than any other ethnicity. In this condition, the pressure that your blood exerts on the arteries is too high and can lead to other health problems. The good news is that once you’ve been diagnosed, your doctor will advise you about all the changes you can make, live well with high blood pressure. Many of these changes to your lifestyle are easily managed and implemented.**

1. Your Diet Will Be Different

Even if you’re diet isn’t that bad right now, you’re eating what’s best for your current condition. Doctors recommend cutting down on salty and highly processed foods. High-sodium foods, fatty foods, fruits, vegetables, lean proteins, and healthy fats are your best bet. People who are currently managing their blood pressure condition could talk into the DASHHeart Program, to slightly Hypertension diet.

2. You’ll Need To Take Your Medication Faithfully

The exact medications you will take will depend on your symptoms and other conditions you may have. But if you keep to these medications, you are likely to include daily. If you stop taking any of the medications you take, your body gets rid of water and sodium, ACE inhibitors and Antihypertensive drug, and calcium channel blockers that help your heart and blood vessels.

3. The Right Exercise Program Is Essential

Physicians recommend a low to moderate key in being healthy and medically. This is especially true if your weight is a factor in the condition. Depending on your fitness level, it's best to find the exercise that you enjoy and repeat it for you can stick to it. Some options include walking, hiking, taking brisk walks, and yoga.

4. You May Need To Monitor Your Blood Pressure At Home

Once you’ve been diagnosed, you will need to monitor your blood pressure. Doing this can allow you to track your trends with your readings and give you useful data to pass to your doctor if your pressure isn’t in the normal range.

5. Changing Symptoms May Occur

Though you may follow your medical regimen properly and take your prescribed medication, new or worsening symptoms can be a sign of any type. Sometimes the medication you’re taking might not be effective, so your doctor will have to change it. In other cases, prolonged high blood pressure can damage organs such as your heart, kidneys, and brain, so make sure to tell your doctor if anything is different.

6. Your Doctor Might Keep Carrying Out Tests

As mentioned above, high blood pressure can affect other organs too. To make sure you’re not developing hypertension or another kidney disease, your doctor may recommend additional blood tests to make sure you’re still healthy. If there’s a problem, you’ll be able to tackle them early.

7. Any Differences In Your Status Are Important

It’s important to note that your medical regimen can change if your health status changes. You should inform your doctor if you’re dealing with. However, she will depend on your status. That’s why it’s a good idea to have regular doctor’s visits.

**FAST Veteran Tiffany Neal Promoted to Director**

(FAYETTVILLE, N.C.) – City of Fayetteville leaders are pleased to announce Tiffany Neal has been named as the new Fayetteville Area System of Transit (FAST) Director. Neal most recently served as root in September when she was named the fast female transit director.

“During her career with the city, Tiffany has demonstrated a smart, attentive and passionate leadership,” said in under the leadership as we transition to electronic ticket services, and payment options that better

**State Awards $30M in Grants to Expand Internet Access in 11 N.C. Counties**

MORE THAN 13,000 households across North Carolina are set to receive high-speed internet thanks to a grants, Governor Cooper said. The Department of Information Technology’s (CDOT) program aims to remove barriers to Connect to the world.”

**REACH Continued from Front**

Jerome talks young people, if you did to the registered to vote and be a part of the legislative process within our governmental system.

He is the Executive Director and a non-profit founded of 15-year-old Alphonzo J. Howard, the second youngest president of the St. Paul Minnesota, NAACP and National NAACP. He works on promoting voting registration and political empowerment and make a change in the political system. That’s what Jerome is working on now the inner city, young people who don’t have or were never allowed to vote.

This summer, as ambassador of the National Voting Rights Foundation, Jerome is working with a multi-racial coalition of the NAACP, HRCUs, and others to demand income minority communities. He cover many of these student-led events and yet others as if they are members of the same young leaders they.

Next stop for Jerome is college. This fall, he will attend Temple University, where he will major in Political science with a minor in music. He says he’s excited about the future. He’s excited about total GREAT grant funding in August.

“We are excited to continue getting these GREAT grants awarded quickly as possible and connect North Carolinians across the state to high-speed internet,” said NCDIT Secretary and Chief Information Officer Jan Visser. “Our team is committed to getting more grants out the door to get more people connected.”

NCDIT will share additional details about applications and individual grant awards once they have been approved and all awards have been made.

For more information about the NCDIT grants, visit Broadband and Digital Equity, please visit www.nctobroadband.com.

State Awards $30M in Grants to Expand Internet Access in 11 N.C. Counties
Health & Wellness
More Resources and News online at GreaterDiversity.com

Community Health Worker Goes Where She's Needed, Including Home Visits

When families face big obstacles, community health care workers are there

Jasmine Swain assists pediatric patients and their families at a specialty pediatric clinic in Wilmington, North Carolina. But what she does for their diets goes way beyond addressing their physical health.

Swain, a community health worker at Novant Health Nunnelee Pediatric Multispecialty Care Clinic, said her job description is simple. “I’m here to connect patients to the resources they need to help them thrive,” she said.

What does that look like?

A bit more than it sounds. She helps families drill down on complex challenges that can be connected to the child’s health issues, advocates with schools and other institutions and sometimes makes home visits so she can assess what’s really going on.

Multiple specialties are housed in Nunnelee’s two clinics, locations for pediatric patients who need special treatment and interventions. Those include pulmonary, GI, endocrinology/ diabetes, cardiology, neurology, urology, pre- and post-surgical care, hematology and the pediatric infusion program, among others. Swain could be involved in helping patients in any of those departments.

Doctors and team members notify a patient to Swain if they think the patient could benefit from the extra help she offers. Some triggers that may get Swain involved:

- Uncontrolled diabetes.
- Need for advocacy at school.
- Body mass index (BMI) greater than the 95th percentile.
- Diagnosis of a developmental delay.
- Involvement with the Department of Social Services (DSS).
- Family barriers related to social determinants of health—things like food insecurity, housing insecurity, transportation, financial struggles.
- Language barrier.
- Grandparents serving as caregivers.

Swain came to Nunnelee via a rural health year, which pays her salary for a year. The clinic plans to keep her on once the pilot program ends; she’s not sure what that difference will be.

She previously worked in a normal health facility for five years and also worked with a family with a special needs child for four years. “It’s just always been in my world to be there for others,” Swain said.

“If made sense with this job,” she said. “I do see getting to go out into the community and help people.”

Nurse Vanessa Van Gilder manages the clinic where Swain works. “Jasmine and other community health workers take care of things that aren’t in the realm of healthcare but affect people’s health,” Van Gilder explained. “If those simple, basic things—housing, food, transportation—aren’t there, then your health won’t be a priority.”

Not long ago, doctors at Nunnelee had a young patient struggling with his weight and behavioral issues. He and his mom were missing appointments, and the staff worried about the care the boy was getting at home. They called Swain.

“When Jasmine got involved, she discovered the mom couldn’t read well,” Van Gilder said. “There’s so much verbal information given to parents, so we provide written information they can refer to after an appointment. Written information provides a way for them to go back and re-read that memory. It’s easier to struggle with reading, then that information isn’t lost.”

It was a real ah moment,” she continued. “It wasn’t until Jasmine went into the home and started talking with mom that she realized mom had trouble reading. She’d been missing appointments and was worried about her son’s medicine. Jasmine put it all together and was able to help her take better care of her child.”

Swain’s discovery helped the staff understand, “OK, with this parent, we have to do things a little differently,” Van Gilder added. “We have to simplify what’s complex. Maybe we need to check in more frequently, and give her a call and see how things are going and not just wait until the next appointment.”

It’s all about achieving health equity. Swain’s involvement—and home visits—helped solve a problem. “This mom is able to take better care of her child,” Van Gilder said.

Another parent of a patient has three children. Her teenaged son struggles with his weight, is prehypertensive, has PTSD and is undergoing testing for autism.

“That last school, his middle school, wasn’t supportive at all,” the mom said. (Healthcare Headlines is not naming the patient to protect the child’s identity.)

“She kind of treated him like a bad kid. So, when Jasmine offered her help, I said yes,” the mother said. “I needed the school board to take it serio...
13-Year-Old Girl Becomes Youngest Person Accepted into Medical School

From BlackDoctor.org

Getting into medical school one of the utmost dream of many kids and teens alike. Alena Analeigh Wicker attended Quinlan High school, she was able to meet her goals and make her dreams a reality. “Statistics would have said I would never have made it. A little Black girl adopted from Fontana, California. I’ve worked so hard to reach my goals and make my dreams come true,” she said.

She received an early acceptance to the University of Alabama, Birmingham’s Heersink School of Medicine, which she attributes to her early success in high school, her passion for biology and Math, and her active lifestyle. Wicker grew up loving to build things and previously had dreams of becoming a rocket scientist for NASA. However, after a trip to Jordan with The Brown STEM Foundation, she fell in love with medicine and realized that wasn’t the route she wanted to go.

“It actually took one class in engineering, for me to see that this is kind of where I wanted to go,” she told 12 News. “I think viral immunology really came from my passion for volunteering and going out there and engaging with the world.”

Her goal? “I want from healthcare to really show these underrepresented communities that we can help, that we can find cures for these viruses,” she added.

CDC Releases Updated Maps of America’s High Levels of Inactivity

25% of U.S. Adults Are Not Active Enough to Protect Their Health

The overall goal of the Active People, Healthy NationSM initiative is to help 27 states decrease prevalence of physical inactivity by 2027 to improve overall health and quality of life and to reduce healthcare costs.

The maps also show that:
• Two states (Alaska and Montana) and Guam had a physical inactivity prevalence of 30% or higher among non-Hispanic Asian adults.
• 27 states had a physical inactivity prevalence of 30% or higher among non-Hispanic Black adults.
• 25 states and the District of Columbia had a physical inactivity prevalence of 30% or higher among non-Hispanic Black adults.
• 49 of 52 jurisdictions had sufficient data to be included in these results.

INACTIVITY
Continued on pg. 7

When you’re little, the world is just a little bit bigger. It’s a place with room for infinite possibilities, where imagination is the only thing that stands between you and your dreams. At the North Carolina Education Lottery, we believe that’s why it should be. Which is why we’re proud to have provided more than 12,000 students with free Tuition last year. The more support our students have at the start, the further they can go to make their dreams a reality.
Events & Announcements
More Resources and News online at GreaterDiversity.com

The McDonald’s 16th Annual Inspiration Celebration Gospel Tour Returns to Live, In-Person Concerts in Five U.S. Cities

John Legend Announces Highly Anticipated 8th Studio Album, ‘Legend’ Out September 9th Via Republic Records

Stream the Third Single Off The LP, “All She Wanna Do” Featuring Saweetie & More

The McDonald’s Inspiration Celebration Gospel Tour is one of the many company initiatives that feed and foster the community and inspire excellence. For more information on the 2022 Inspiration Celebration Gospel Tour, including tour stops and how to garner free tickets, visit us online at www.blackandpositivelygolden.com or on Instagram at WeAreGolden.

For more information visit WeAreGolden.br.com


dividend for years to come. "It’s that kind of music that’s going to be around for a long time," she says. "It’s the kind of thing that people are going to remember and recite for a long time."

The PACT Act is a historic new law that will help VA deliver for millions of Veterans, survivors and family members who fought incredible battles to make this day possible, and thank you to President Biden for keeping our nation’s promises to those who served. We at VA will stop at nothing to make sure every Veteran and every survivor gets the PACT Act-related care and benefits they deserve. •

Know What You Go Back to School
Whether in the classroom, playground or hallways at school, COVID-19 vaccines and boosters protect you. Everyone ages 6 months and older can get a safe and effective COVID-19 vaccine.

Use Your Smartphone!
Study Links Family Structure to High Blood Pressure in African American Men

In a study of African American men, researchers from the National Heart, Lung, and Blood Institute of the National Institutes of Health found that boys who grew up in two-parent homes were less likely to have high blood pressure as adults compared to those raised by a single parent. This is the first study of an African American population to document an association between childhood family living arrangements and blood pressure.

"Family structure is among a slew of environmental influences that, along with our genes, help determine our health as adults," said Dan Kamar, M.D., Ph.D., scientific director of the Parental Health, Equity, and Inclusion Master Research Genomic Institute (NHGRI). "This study makes important observations about life home that may affect susceptibility to complex diseases.

INACTIVITY

Contemporary family living situations may contribute to the obesity epidemic. "The risk of adult obesity increases in conjunction with the number of years a family lives together outside of marriage, with or without children. According to the most recent data, 22% of American adults aged 18 years and older are estimated to be obese," said the report. "Inactivity is considered a risk factor for obesity, and obesity is itself an important risk factor for cardiovascular disease and other chronic conditions. The National Cancer Institute reports that in addition to being less likely to have high blood pressure, individuals who are more active are also less likely to have high cholesterol, diabetes, and some types of cancer. "

What more can be done?

CDC is working with communities and partners across the country to promote the Active People, Healthy NationSM initiative, to make it easier, safer, and more appealing to be active where they live, learn, work, and play.

The overall goal of the initiative is to help 27 million Americans become more physically active by 2027 to improve overall health and quality of life and to reduce healthcare costs. The initiative helps communities take advantage of proven strategies to make physical activity safe and enjoyable for people of all ages and abilities. Building active and walkable communities may also help support local economies and create more cohesive communities.

The latest Active People, Healthy NationSM Guidelines for Americans, 2nd edition, recommend that adults participate in a minimum of 150 minutes of moderate-intensity physical activity each week.

ZIP CODE

"Those of us with our bases and cultural preferences, which makes it very hard for us to understand the proposition of others," Gross added. "It’s time to talk about this."

He also serves as Diversity, Equity, and Inclusion Master Faculty for the University of Maryland, Baltimore County. Center for Innovation and Business Management, Adjunct Faculty for the Community College of Baltimore County. G roth holds a B.A. degree in Organizational Management from the University Through the Open Learning Program, a M.A. degree in Adult Education from St. Bonaventure University, and a Doctor of Education, featured in the Washington Post, the WashingtonTimes, Newspaper, and other print, radio, and television outlets. For more information visit GigaCrossTalk.com and Facebook.com/@gigacrosstalk.

About Your Book

What’s Your Zip Code

It’s time to talk about this. It’s time to understand the proposition of others. It’s time to discuss the issues that affect us all. It’s time to make a difference. It’s time to be heard.

The Living Word

Psalm 131:3-4

New International Version

How good and pleasant it is
when God’s people live together in unity! It is like the dew of Hermon
thousands of years, running down on the beard of Aaron, down on the
collar of his robe. As it is as
when the dew of Hermon
fell on Mount Zion.

For them the Lord blesses his
family, even for evermore.
ATTENTION MINORITY/HUB CONTRACTORS:

Barnhill Contracting Company is accepting pre-qualification bids from Certified Female Contractors for the following project: H&M Contractors Supplies for the following projects:

- 10:0459 Library Expansion at NCCU Campus

Packaging/Construction

Prequalification forms can be downloaded from the following website:

https://mbhaynes.exavault.com/login

Contact: James Spivey at (252) 335-9503.

ATTENTION BIDS

BID REQUEST

Barnhill Contracting Company is requesting bids from any interested contractors for the following project:

- T.C. Boyle Stadium Improvements Marshall, NC (Main Coat) Milling, Resurfacing & Shoulder Reconstruction

Pre-qualification forms can be submitted in one of the following ways:

- Hand delivery
- Mailed
- Fax

Questions must be directed to the Barnhill Plan Room at (252) 335-9503.

ATTENTION BIDS

ATTENTION BIDS

BID REQUEST FOR RIDS

H&M Contractors are requesting bids from Certified Female Contractors for the following project:

- Bar Construction Co., Inc.

Proposal forms can be submitted in one of the following ways:

- Hand delivery
- Mailed
- Fax

Questions must be directed to the Barnhill Plan Room at (252) 335-9503.

ATTENTION BIDS

BID REQUEST FOR RIDS

H&M Contractors are requesting bids from Certified Female Contractors for the following projects:

- Bar Construction Co., Inc.

Proposal forms can be submitted in one of the following ways:

- Hand delivery
- Mailed
- Fax

Questions must be directed to the Barnhill Plan Room at (252) 335-9503.

ATTENTION BIDS

BID REQUEST FOR RIDS

H&M Contractors are requesting bids from Certified Female Contractors for the following projects:

- Bar Construction Co., Inc.

Proposal forms can be submitted in one of the following ways:

- Hand delivery
- Mailed
- Fax

Questions must be directed to the Barnhill Plan Room at (252) 335-9503.

ATTENTION BIDS

BID REQUEST FOR RIDS

H&M Contractors are requesting bids from Certified Female Contractors for the following project:

- Bar Construction Co., Inc.

Proposal forms can be submitted in one of the following ways:

- Hand delivery
- Mailed
- Fax

Questions must be directed to the Barnhill Plan Room at (252) 335-9503.

ATTENTION BIDS

BID REQUEST FOR RIDS

H&M Contractors are requesting bids from Certified Female Contractors for the following project:

- Bar Construction Co., Inc.

Proposal forms can be submitted in one of the following ways:

- Hand delivery
- Mailed
- Fax

Questions must be directed to the Barnhill Plan Room at (252) 335-9503.

ATTENTION BIDS

BID REQUEST FOR RIDS

H&M Contractors are requesting bids from Certified Female Contractors for the following project:

- Bar Construction Co., Inc.

Proposal forms can be submitted in one of the following ways:

- Hand delivery
- Mailed
- Fax

Questions must be directed to the Barnhill Plan Room at (252) 335-9503.

ATTENTION BIDS

BID REQUEST FOR RIDS

H&M Contractors are requesting bids from Certified Female Contractors for the following projects:

- Bar Construction Co., Inc.

Proposal forms can be submitted in one of the following ways:

- Hand delivery
- Mailed
- Fax

Questions must be directed to the Barnhill Plan Room at (252) 335-9503.

ATTENTION BIDS

BID REQUEST FOR RIDS

H&M Contractors are requesting bids from Certified Female Contractors for the following project:

- Bar Construction Co., Inc.

Proposal forms can be submitted in one of the following ways:

- Hand delivery
- Mailed
- Fax

Questions must be directed to the Barnhill Plan Room at (252) 335-9503.

ATTENTION BIDS

BID REQUEST FOR RIDS

H&M Contractors are requesting bids from Certified Female Contractors for the following projects:

- Bar Construction Co., Inc.

Proposal forms can be submitted in one of the following ways:

- Hand delivery
- Mailed
- Fax

Questions must be directed to the Barnhill Plan Room at (252) 335-9503.

ATTENTION BIDS

BID REQUEST FOR RIDS

H&M Contractors are requesting bids from Certified Female Contractors for the following projects:

- Bar Construction Co., Inc.

Proposal forms can be submitted in one of the following ways:

- Hand delivery
- Mailed
- Fax

Questions must be directed to the Barnhill Plan Room at (252) 335-9503.

ATTENTION BIDS

BID REQUEST FOR RIDS

H&M Contractors are requesting bids from Certified Female Contractors for the following projects:

- Bar Construction Co., Inc.

Proposal forms can be submitted in one of the following ways:

- Hand delivery
- Mailed
- Fax

Questions must be directed to the Barnhill Plan Room at (252) 335-9503.

ATTENTION BIDS

BID REQUEST FOR RIDS

H&M Contractors are requesting bids from Certified Female Contractors for the following projects:

- Bar Construction Co., Inc.

Proposal forms can be submitted in one of the following ways:

- Hand delivery
- Mailed
- Fax

Questions must be directed to the Barnhill Plan Room at (252) 335-9503.
NOTICE TO BIDDERS
Sealed proposals will be received by Wake County Procurement Services, in Suite 320, Raleigh, NC 27604, no later than 2:00 PM on Tuesday, September 20, 2022, at which time and then publicly opened and read aloud.

Sealed proposals will be submitted in accordance with the terms and conditions set forth in the solicitation documents.

The solicitation documents may be obtained from the Raleigh Office of the Department of Transportation, 1151 SE Cary Parkway, Raleigh, NC 27604, or email Stacie Gado at Suite 320, Raleigh, NC 27604, or email Stacie Gado at staciag@wakegov.com.

Aw ard date: September 27, 2022.

The university of North Carolina at Chapel Hill

REQUEST FOR QUALIFICATIONS
ENGINEERING SERVICES FOR BUILDING CONSTRUCTION AND PREPARE TO THE COUNTY

MECKLENBURG COUNTY, NORTH CAROLINA

Mecklenburg County requests a Statement of Qualifications from firms interested in providing Building and Engineering Services for upcoming projects.

The firm(s) selected will be an independent third party and inspection agent for Mecklenburg County during the construction of the projects. The firm(s) will be selected to provide inspection and testing services for the projects.

The firm(s) selected will be knowledgeable and experienced in providing these services in accordance with ASTM, NC State Building Code, and Mecklenburg County Code Enforcement standards.

A copy of the complete RFP may be obtained by sending an e-mail request to the contact person named below. No phone calls will be permitted.

All questions should be directed to:

Shane L. Ford, Director of Facilities, 3200 Freedom Drive, Suite 6000, Charlotte, NC 28208.

EMAIL: ADP@meckco.gov

SUBMITTALS MUST BE RECEIVED BY THE COUNTY FACILITIES MANAGEMENT DEPARTMENT, 3200 Freedom Drive, Suite 6000, Charlotte, NC 28208.

MINORITY AND WOMEN-OWNED BUSINESSES are encouraged to submit proposals for this effort.

All questions should be directed to:

Shane L. Ford, Director of Facilities, 3200 Freedom Drive, Suite 6000, Charlotte, NC 28208.

EMAIL: ADP@meckco.gov

SUBMITTALS MUST BE RECEIVED BY THE COUNTY FACILITIES MANAGEMENT DEPARTMENT, 3200 Freedom Drive, Suite 6000, Charlotte, NC 28208.

MINORITY AND WOMEN-OWNED BUSINESSES are encouraged to submit proposals for this effort.

All questions should be directed to:

Shane L. Ford, Director of Facilities, 3200 Freedom Drive, Suite 6000, Charlotte, NC 28208.
RE-BID INVITATION FOR BIDS TITLED: Greater Diversity - 1430 E. 16th Street, Wilmington, NC (Bus Stop) Project Description: The work for the Employment St. Bathhouse Redevelopment Project will include the demolition of existing facilities with construction consisting of a new multi-story building for training, office, and community center purposes. Bids will be held open and read.

RE-BID INVITATION FOR BIDS SOLICITATION NO.: RFY22.04 F W DODGE: Candujar@carolinasagc.org

RE-BID INVITATION FOR BIDS SOLICITATION NO.: RFY22.04 HOUSING AUTHORITY OF THE CITY OF WILMINGTON, NORTH CAROLINA

RE-BID INVITATION FOR BIDS SOLICITATION NO.: RFY22.04 HOUSING AUTHORITY OF THE CITY OF WILMINGTON, NORTH CAROLINA

RE-BID INVITATION FOR BIDS SOLICITATION NO.: RFY22.04 HILLER BROOM COMPANY

RE-BID INVITATION FOR BIDS SOLICITATION NO.: RFY22.04 GLOVER PLAZA

ADVERTISMENT FOR BIDS TITLED: Greater Diversity - 1430 E. 16th Street, Wilmington, NC (Bus Stop) Project Description: The work for the Employment St. Bathhouse Redevelopment Project will include the demolition of existing facilities with construction consisting of a new multi-story building for training, office, and community center purposes. Bids will be held open and read.

ADVERTISMENT FOR BIDS TITLED: Greater Diversity - 1430 E. 16th Street, Wilmington, NC (Bus Stop) Project Description: The work for the Employment St. Bathhouse Redevelopment Project will include the demolition of existing facilities with construction consisting of a new multi-story building for training, office, and community center purposes. Bids will be held open and read.

INTERNATIONAL Paper offers a competitive benefit package including family medical and dental, paid time off, 401K retirement savings, and more. postage. Check out opportunities, programs, services, or contact HR at 800-272-5337. Visit www.gloverplaza.com for more information. Equal Opportunity Employer: Minorities/ Females/Individuals with Disabilities/Veterans.