The fountain of youth may simply be a healthy diet and rest. This thread, accordingly, led to a new international research presented at the European Society of Cardiology (ESC) Congress 2022.

A staggering 90 percent of people fail to achieve a good night’s sleep, according to new research at the congress, and as a result, sleep-related cardiovascular disease could be prevented if everyone was a good sleeper.

“SLEEP is a privilege,” Dr. Joyce Marion, The First Lady of telomeres, the ends of chromosomes linked to aging, spread to the research panel of heart and vascular experts. “It is critical to understand that everyone experiences sleep differently and that environmental factors also play a role in sleep patterns,” Dr. Marion said in a telephone interview. “For example, some people report routinely getting seven to eight hours of sleep, while others require more or less. And a lack of sleep can lead to the development of heart disease and stroke, according to a study of 56 men published in the Journal of the American Heart Association.

A study from the University of California, San Francisco found that 90 percent of people have difficulty falling asleep, and half have trouble staying asleep. Researchers estimated that more than 100 women who have been diagnosed with heart disease and stroke. The study found that suboptimal sleep was associated with higher likelihood of heart disease and stroke. The authors estimated that between 7.5 million and 14.5 million individuals in Europe have suboptimal sleep, which may account for 5 to 10 percent of cases of heart disease. The study also found that people who sleep less than six hours per night are at increased risk for heart disease and stroke.

The National Sleep Foundation recommends that adults get seven to nine hours of sleep per night, while children and teenagers need even more. However, many people do not get enough sleep, which can lead to a variety of health problems, including heart disease.

In a study published in Circulation, researchers found that people who sleep less than seven hours per night are at increased risk for heart disease and stroke. The study included more than 40,000 adults from the United States and Europe and found that people who slept less than seven hours per night were more likely to develop heart disease and stroke than those who slept seven to eight hours per night.

The researchers also found that individuals who slept less than seven hours per night were more likely to have high blood pressure, high cholesterol, and diabetes, all of which are risk factors for heart disease and stroke. The study was supported by the National Heart, Lung, and Blood Institute of the National Institutes of Health.

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By Khalil Abdullah

Community leaders in Mississippi are pressing the case for fair political representation at county and local levels. The efforts are aimed at state’s redistricting process, which remains in the hands of a GOP-dominated legislature and advocates for marginalized voters of color.

While the challenges remain formidable, many say there is a growing groundswell of engagement with implications for the rest of the nation.

“Republican legislators who are responsible for proposing for the redistricting process are the same that tweak the election code to make it harder,” said the NAACP Legal Defense Fund’s Amir Badat. “They convened the committee, appointed its members, and adopted the maps.”

Badat continued, “Almost all of their work that went into producing these maps happened behind closed doors, without the involvement of Mississippi’s Black legislative processes.”

And you might predict, that the maps came out this way in a very unfair and unequal process, the buck stops there.”

BAD at the joint redistricting advocates redlines Mississippi — “We’re seeing the same thing happening today,” Badat said. “We need to be paying attention to Mississippi.”

“Winning Special Council Amir Badat with the NAACP Legal Defense Fund on why the ramifications of Mississippi’s redistricting fight aren’t limited to its state alone.”

“Mississippi has historically been almost a paradigm of what happens in other parts of the country,” he said, pointing to the Mississippi Plan of the late 1800s, when white supremacists embarked on a campaign of “intimidation, violence, and a plan that used the gerrymander to try to suppress the Black vote and Black civic participation in Reconstruction.”

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Long-Delayed Gordon Road Widening Set to Take Homes & Properties in New Hanover County

Law Firm Offers Guidance to Those in Path of Top-Priority Project via Live Seminar on October 6

WILMINGTON, NC – After more than a decade of discussions and negotiations, and after being ranked a top-priority project to accommodate the vast growth New Hanover County is experiencing, the widening of Gordon Road will finally proceed. Impacted property owners can attend a free live seminar on October 6, 7-9 pm (more here www.nc-eminent-domain.com/latest-projects/gordon-road-widening/), at the Hampton Inn Wilmington University Area/Smith Creek Station to learn about their rights and help them understand the process of acquisition required under the project.

The NCDOT has set aside 6,7-9 pm (more here www.nc-eminent-domain.com/latest-projects/gordon-road-widening/) for continuous growth in traffic volumes in the Wilmington area, it will also have a significant impact on local property owners. Although impacts are still being calculated, many homes and surrounding natural resources are expected to be heavily impacted. For some homeowners, this could bring traffic closer to their doors and drastically reduce the value of their properties. With the start of construction, the Gordon Road widening is expected to lead to the relocation of 5 homes.

For business and commercial property owners, it could mean losing parking, signage, and even access as traffic flow is altered. These factors combined could greatly reduce their ability to do business.

The NCDOT has set aside more than $16 million to compensate owners affected by the project, but the offers from the state officials may amount to less than what one property owner is worth. Home and property owners affected by the project are invited to attend a seminar with no obligation whatsoever to learn more about their rights.

Seminar Details
- Live Seminar hosted by Stan Abrams, attorney for the NC Eminent Domain Law Firm.
- Seminar on October 6, 7-9 pm
- Seminar Location: Hampton Inn Wilmington University Area/Smith Creek Station
- Address: 124 Old Eastwood Road, Wilmington, NC 28401
- Phone: (910) 795-8999

This seminar is hosted by the NC Eminent Domain Law Firm, “Second Check.”

Under North Carolina law, property owners whose land or businesses are targeted for acquisition receive an offer from the state. If the owner chooses not to accept the offer and takes no further steps, the state will still acquire the land and deposit the amount of the original offer with the County Clerk for the owner.

LEARN MORE ONLINE: Visit greaterdiversity.com

Target Expands Deal with Best-Selling Black Doll Company Founded by an 8-Year-Old Girl and Her Mom

The Best-Selling Dolls Are Now Available in Target Locations Across 40 US States Direct Launching on Target.com last year, Orijin Bees (http://orijinbees.com/?utm-GDVYJPtS/ptragH 1ZInN3t55ypp23) will expand their partnership by now offering a selection of their best-selling dolls in Target stores across 40 US states, showcasing not only the variety of beautiful skin tones we have in our Black and Brown skin but also the array of curly hair patterns and textures.

Bestsellers from the Baby Bee Doll Collection including Positively Puff and Sugar Puff will be available in Target stores in 40 states across the nation. Selected for Oprah's Favorite Things this past holiday season, the company strives to improve racial equality through play was founded by mother-daughter duo Melissa and Esi Orijin after Esi struggled with her confidence and Esi Orijin after Esi Orijin after being the only Black girl in her class. This new deal with Target is an achievement for the brand, which continues to grow its representation in their toy boxes.

“We are so excited that Target continues to join us in the journey to diversify the toy aisle. First, the virtually affordable, ethnically diverse toy line to empower girls like Esi to find self-love and self-worth,“ says Melissa Orijin. Orijin Bees, also written ORI JIN B EES, stands for Our Representation is Just Inclusion Normalized, Beautifully Empowering Every Soul. The Orijin Bees Baby Bee doll collection was created to sell self-love during pretend play, helping young girls build the confidence to know their worth and, ultimately, become leaders of the future. The Orijin Bees Baby Bee collection is available to shop at Target.com and select Target stores. For more information on the entire line of toys, please visit OrijinBees.com.

Also, be sure to follow the brand on Instagram @OrijinBees.

ROyal-PURSASTEAGE 9.22.22

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How Novant Health is Bringing More Care to Southeastern North Carolina

By Shelbourn Stevens, Senior VP and President of Novant Health New Hanover Regional Medical Center and Coastal Market

By logging into their MyChart account, patients can have a scheduled telehealth visit on demand. This 24/7 telecare provides another option and alternative to an emergency room visit after hours for routine, non-emergent issues. If you can’t get to the comfort of a patient’s home. Expanding access to advanced cardiac, surgical and orthopedic care

Novant Health broke ground earlier this year on a new medical office building being constructed on the campus of Novant Health Brunswick Medical Center. The new building will expand access to heart and vascular care, including cardiac rehabilitation, family medicine, orthopedics and sports medicine; surgical care and infusion services. Patientließed, some OB-GYN services will be offered there.

We’re also expanding our inpatient neurology services with a dedicated 10-bed neurosciences inpatient unit on our 17th Street campus. Opening this fall, it will house our comprehensive stroke center as well as advanced services for aneurysms and other neurological needs. Novant Health New Hanover Regional Medical Center is a new community hospital with an orthopedic focus, well underway, too.

Investing in Wilmington’s future

Michael Jordan’s recent $10 million donation to open two new medical facilities and new community hospital in Wilmington, through a partnership with Novant Health has sparked a lot of excitement. Patients at the clinics will receive comprehensive primary care, leading behavioral health and social support services, ensuring that the patient’s health and well-being will be top priority. We are committed to ensuring that the region has the next-level medical facilities and healthcare services it needs – now, and for generations to come.

To Our Valued Patients and Members of The Wilmington Community:

Few questions weigh on one’s mind as heavily as the question, “What if?” We often imagine what a different decision or action could have changed the course of what came next. Sometimes the outcome we imagine is better. Sometimes it’s not.

Over the past few months, we have heard people ask, “What if Novant Health had not bought New Hanover Regional Medical Center?” What would the situation look like? We have been through a particularly tough period, for both our patients and our teams. Some of you have care to our hospital and have not received the remarkable patient experience that is our hallmark. For that experience, we truly apologize. Every patient – and every patient’s experience – matters to us.

We celebrate when we get it right. And we work diligently to correct it when we get it wrong.

We heard your concerns and are pleased to report that thanks to our strong partnership with Novant Health, we are well on our way to correcting issues as we continuously improve and get stronger. Over the past few months, we have increased staffing, allowing us to better respond to the needs of our patients and guardians. Patients have access to increased access to hospital beds and reduce wait times in our emergency room.

We appreciated the way our physicians, nurses and entire health care team serve with sacrifice and appreciate their dedication every day to deliver advanced care to patients – just as they always have.

When New Hanover Regional Medical Center united with Novant Health in February 2023, we knew our organizations shared enthusiasm for our collective future, as well as a unified reason to improve the health care in our coastal region.

So back to the original question: “What if Novant Health had not bought New Hanover Regional Medical Center?” The answer to that question surely had more to do with what would have happened if Decades of collaboration and shared enthusiasm for our unified mission to improve the health of the region we love.

At Novant Health, we’re excited about the ways we’re investing in the long-term health and well-being of the entire Wilmington community. We are committed to ensuring that the region has the next-level medical facilities and healthcare services it needs – now, and for generations to come.

family meals ready when you are

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.

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family meals ready when you are
Students from 33 states and 5 countries join the Fisk family this Fall

NASHVILLE, TENNESSEE

Fisk University, one of the nation’s elite private historically black colleges and universities (HBCU), has experienced a remarkable enrollment increase over the past four years. In 2017, the total student body was 630 students and this fall, Fisk enrolled 1,050 students with an incoming class of just under 400 students. These students arrive from 33 states and five countries to join the Fisk family and to become part of the next generation of executive leaders across every sector of society. Many are first generation students, whose trajectory will define families and communities across the country. In an increasingly minority/majority world, this is the future, and the future looks bright.

Over the last four years, test scores for the incoming classes have increased from the 54th percentile in terms of national test averages. This is particularly noteworthy considering how average national ACT scores have declined consistently in recent years. Last year, Fisk was noted as the number one institution in the country by Forbes for academic stewardship, which reflected the incredible efficacy of the institution in producing stellar outcomes despite minimal resources. It is perhaps this fact, more than anything, that has allowed Fisk to be an institution or rather a family where not everything is taken for granted but where everyone will fight for your dreams.

Incoming freshman, Jeremiah Armstead from Long Beach, California embodies this spirit. After being homeless for most of his high school years, Jeremiah is now poised for an exciting future at Fisk: “The support I have now in Nashville is outstanding and for a young college student with a story such as myself, I wouldn’t get through most obstacles without outstanding support.” Jeremiah, like every incoming Fisk student was recruited through a highly personalized process that reflects the deep connections forged by this generation of students.

To reinforce student outcomes, Fisk has solidified a series of unique corporate partnerships including with Cravath, Swaine & Moore, HCA Healthcare, The Los Angeles Lakers, Google, Marsh McLennan, Asurion, Equinix, Angeles Lakers, Google, Marsh McLennan, Asurion, Equinix, and Ryan Specialty Group. Many of these partnerships provide reverse engineered course work that directly prepares students to excel at the highest level upon graduation. Some of these courses include coding, big data analytics, and risk management. Fisk has been delivering outcomes on par with the top institutions in the country and this return-on-investment model is inspiring students to reach higher. In the words of Morgan Price, a member of the first ever HBCU women’s gymnastics program, “I had many options, but Fisk had it all. The academics are very strong, the partnerships with Meharry are intriguing, and most of all Gymnastics! I wanted to go to an HBCU that had super strong academics. Fisk also really cares a lot about leadership, organizations, and internships. All these things excite me because they will help me succeed after college.”

More than 5% of the incoming students are Pell grant eligible, which makes any private school daunting financially. Despite Fisk’s dedication to affordability and a disproportionately high scholarship ratio, this two-year journey remains a tall order for many students and families.

“This year we turned away too many students whose future should have begun at Fisk, but the financials simply did not compute,” said Sheila Smith, Associate Vice President for Enrollment Management.

With student debt at the forefront of everyone’s mind, students at Fisk are betting on themselves and investing in their future.

In many instances, higher education becomes an arms race and it is very difficult for small institutions to compete on the facilities, technology and scholarship front while still operating a sustainable small business. Fisk University has been able to accomplish this with almost no endowment spend-out. Every dollar at Fisk will continue to excite me because they will help in their respective student organizations.

To remain current with relevant local, state, and national news and our student engagement coverage, including the “New Black Student Movement (The NBSM)” and NAACP membership, sign up for our email alerts at www.greaterdiversity.com.

For more information visit MySpot.nc.gov.
Do you work in health care, education, the military, government, or other public service? You may be eligible to get your federal student loans forgiven...

The U.S. Department of Education is offering a temporary Public Service Loan Forgiveness program to forgive the remaining balance on federal direct student loans for millions of public sector employees who have made 120 months of qualifying payments.

Public service employers include federal, state, local and tribal governments, as well as certain non-profit organizations that provide certain public services.

The current deadline to take advantage of the PSLF waiver is October 31, 2022.

For a step-by-step guide on how to apply for loan forgiveness under the PSLF waiver, visit ForgiveStudentDebt.org.

Disparities Continued from page 2

Despite the court involvement, particularly for Black youth, found that in 2020, 32% of felony cases involving youth were white, with 27% Black, far higher than the share of cases diverted involving Black youth (40%).

To address this disparity, the report aimed to report the glaring disparity between Black and white youth in every major offense category.

The report, highlighting racism and violence that diverts youth from the court system yields better outcomes for young people’s futures and public safety,” Mr. McLain noted.

“Yet diversion remains another key way to reduce the youth of color, and unequal treatment in diversion is a key driver for even larger disparities in confinement later in the process,”

Released on Aug. 30, the report, “Diversion: A Hidden Key To Combatting Racial and Ethnic Disparities in Juvenile Justice,” contained a research showing how education, criminal and public safety outcomes are better for youth who are diverted away from juvenile courts.

It provided a primer on disparities and its impact on racial equity—specifically, the report revealed that:

• Compared to youth similarly involved in court, youth diverted from court have a far lower likelihood of subsequent arrest.

• And they are also less likely to be incarcerated, commit violence, have higher school completion rates and college enrollment and earn higher incomes in adulthood.

More information and resources are available online at greaterdiversity.com.

REDISTRICTING Continued from page 2

According to data from the U.S. Census Bureau, the population in North Carolina increased by about 12% from 2010 to 2020.

But that was before the gutting of the Voting Rights Act in 2013. Since then, the state has seen a significant decrease in the number of districts that are considered “safe” for Democrats.

Now, with the upcoming 2022 election cycle, there is a growing concern among Democratic lawmakers that the state’s redistricting efforts could be used to gerrymander districts in favor of Republicans.

As a result, many lawmakers are calling for a more transparent and inclusive process to be put in place to ensure fair representation for all North Carolinians.

In response, legislation has been introduced in the state legislature to create a bipartisan commission to redraw the state’s congressional districts.

The commission would be made up of equal numbers of Democrats and Republicans, and would be charged with creating a district map that is fair and representative of the state’s population.

If passed, the legislation would go into effect in time for the 2024 election cycle, providing an opportunity for the state to ensure that all North Carolinians have a voice in their government.

COMMUNITY NEWS - WILMINGTON NC

On Saturday, Sept 17th Gregory Congregational Church located on N. 5th Street in Wilmington, NC celebrated its 152nd anniversary. Established in the 1860s, the church has been the cornerstone of faith and a stalwart advocate for education and social justice in the city. Gregory Normal Institute was a co-located school which operated out of the umbrella of the church from 1869 until 1921. A new historical marker was presented during Saturday’s ceremony courtesy of the Historical Wilmington Foundation Inc.

The highlight of the ceremony was a living history interpretation of former slave, writer and abolitionist Frederick Douglass. Additionally, Log Cabin and Booker T. Washington came to Wilmington in the mid 1800s to support their leaders during reconstruction. Douglass and Washington drew large audiences when they spoke at Thalian Hall in downtown Wilmington. Picture were kept in Santa’s entrance, Jessie Jones - Historian and WSmithSunset, Nathan M. Richardson - Dr. Frederick Douglass and the New Orleans African American Arts & Cultural Complex, Executive Director of Historical Wilmington Foundation Inc., Dr. Doug Jones - GCC Trustee and Event Organizer and Kevin Sissors - Wilmington City Councilman were on hand to witness this moment.

Our thanks to Wilmington Historical Society, GCI Community News, J. Allison Community News, NCVDI, the Black Historical Association of New York, and Carolina. The renewal of the historical marker is a big step towards ensuring that future generations are educated about the historical significance of the church and its role in the community.

MONDAY, SEPTEMBER 26, 2022

Visit greaterdiversity.com to learn more about the Office of Multicultural Affairs’ SMART OR USE YOUR SMART PHONE!

Platinum-Selling Gospel Jazz Music Mogul Ben Tankard Launching SMOOTH LIFE TV NETWORK

NASHVILLE, TENNESSEE

Legendary artist and music mogul Ben Tankard, whose resume that includes fifteen gold and six platinum-selling albums, multiple #1 Billboard Smooth Jazz Radio hits, seven Stellar Awards, a Stellar Music Hall of Fame induction. He has numerous Dove, Grammy, Soul Train, NAACP Image Award nominations. Tankard is an artist, a reality TV Dad, pitch, NBA motivational speaker, and founder of a thriving church near Nashville, TN. From music to ministry to media, Tankard’s powerful brand has collaborated and partnered in businesses with partners in Shell Aviation, Walmart, Dr. Drew Jones Ministries, and CNN Network. He has built a global iconic brand and continues further by launching a TV Network.

Tankard and his wife and business partner, Brandon Marceal are launching SMOOTH LIFE TV NETWORK (https://smoothlifetv.com). From relaxing music and meditation to movies, mind, meditation, and money matters, Smooth Life TV Network (SmoothLifetv.com) is the one-stop shop for all things tankard and his family. The Nude Channel will be a visual and audible channel for a peace and fulfilling lifestyle.

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Middle School Teacher Turned Self-Made Millionaire Helping Black Authors Become Six-Figure Storytellers

Jasmine Womack, an Atlanta-area mom and former middle school teacher, has earned over a million dollars on writing and selling books. Recognized in December 2021 by the popular company Kajabi, she’s now holding down her teaching career, and she shows others how to do the same so they can share their skills and earn thousands and thousands from self- publishing. Jasmine admits her path to success was met with some obstacles she had to overcome in her personal and professional life. She’s a first-generation student, her teaching career, she desired a better future for her children. She learned to navigate and build and book and build a six-figure business, but she couldn’t get her publishing company to have the materials for the book. And I still am, all these years later, having been disconnected from the people who I knew that my father, still fulfilling my legacy and creating something. Womack said that she encourages the people she knows that their books and programs are not just about doing them something but creating a space for themselves and their families and the children they have in the future. She went on to say that it’s not about showing people how to create their bookable books and programs but shifting what matters to improving civic engagement for the people. It’s about total transformation and leaving a mark.

Kim & Clyde (in 3 yr. place).

By Dr. Stephanie Myers and Dr. Georgia Dunston

During recent informal discussions with GenZ and Z-veterans, we learned that a large number of GenZers feel passionate about voting, other GenZs say that they are not interested in voting, and are not sure if they are going to vote in the upcoming elections. In today’s fractured world, it is easy to see how the election of certain individuals matters—whether they have power over important issues, or if they will make decisions that are influenced by their political beliefs. The system that we have in place does not seem to understand that the candidates we vote for play a significant role in our lives. Therefore, we believe that it is important for everyone to understand the purpose of voting and to support their endeavors.

Your Vote Affects the Quality of Everyday Living

DISTRICT ATTORNEYS: Vote to elect District Attorneys who will fight for justice and equity. We also encourage voters to ask your organizations, friends, and family if they are registered to vote. To remain current with events, sign up for GDN’s “Student Movement” (The New Black Nation). You can learn more about how the election of certain individuals matters—whether they have power over important issues, or if they will make decisions that are influenced by their political beliefs.

DISTRICT ATTORNEYS:

Black women in the USA to own $1.5 million within a year. "I went full time into writing, Speaking, and selling books. I clicked into my Kajabi portal and generated nearly $1.5 million in sales. I used my Kajabi portal to start a 6-figure business, and I have a six-figure business. And I have always been a six-figure business." Recall Womack who had a $125,000 within a year. I had crossed the million-dollar mark, according to Jasmine. Kajabi helped her to start her own platform and published her Non-Fiction Book in the 90 Days Of Less wasted.

"I want to use my platform to show others how to do the same so they can share their skills and earn thousands and thousands from self-publishing. Jasmine admits her path to success was met with some obstacles she had to overcome in her personal and professional life. She’s a first-generation student, her teaching career, she desired a better future for her children. She learned to navigate and build and book and build a six-figure business, but she couldn’t get her publishing company to have the materials for the book. And I still am, all these years later, having been disconnected from the people who I knew that my father, still fulfilling my legacy and creating something. Womack said that she encourages the people she knows that their books and programs are not just about doing them something but creating a space for themselves and their families and the children they have in the future. She went on to say that it’s not about showing people how to create their bookable books and programs but shifting what matters to improving civic engagement for the people. It’s about total transformation and leaving a mark.

What is the Living Word?

New International Version (NIrV) 1: I do not write these things to you because you do not believe me, but because you do not love your brother. This verse reminds us of the importance of loving each other. It is a call to action for us to love our neighbors and show love to everyone, especially those who may not share our beliefs or values. This verse serves as a reminder to us to love one another, even when it is difficult. It challenges us to practice kindness, empathy, and understanding. It encourages us to be open-minded and to listen to others, even when we disagree with them. It is a call to love our neighbors and to show love to everyone, especially those who may not share our beliefs or values.

The Living Word 1 John 2:1

Sisters Who Help Formerly Incarcerated Women And Veterans Who Are Homeless And For Men

Meet Clyde Brady and Korea Mear's journey from California to learning about the Prison Reform Project through a presentation. Their 501(C)3 non-profit organization is a movement that primarily aims to help women and veterans who were previously incarcerated.

Everyday Living

For the former Atlanta-area mom and former middle school teacher, she desired a better future for her children. She learned to navigate and build and book and build a six-figure business, but she couldn’t get her publishing company to have the materials for the book. And I still am, all these years later, having been disconnected from the people who I knew that my father, still fulfilling my legacy and creating something. Womack said that she encourages the people she knows that their books and programs are not just about doing them something but creating a space for themselves and their families and the children they have in the future. She went on to say that it’s not about showing people how to create their bookable books and programs but shifting what matters to improving civic engagement for the people. It’s about total transformation and leaving a mark.

Aims to Help These Individuals and more!

LEARN MORE ONLINE: Visit greaterdiversity.com

Your Vote Affects the Quality of Everyday Living

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DISTRICT ATTORNEYS:

The Living Word 1 John 2:1
ADVERTISEMENT FOR BIDS

LANDFILL GAS COLLECTION SYSTEM EXPANSION SOUTH WAKE LANDFILL

State of North Carolina

Wake County

The City of Wake Forest

Due on the second floor, Room 200, 301 S. Miami Ave., Raleigh, N.C. 27601, not later than 5:00 p.m. on Wednesday, October 12, 2022. Notice is hereby given that sealed bids will be publicly opened and read aloud on Thursday, October 13, 2022, at 4:30 p.m., for the construction of certain improvements to the Wake County Landfill Gas Collection System at the South Wake Landfill in Wake Forest, Wake County, North Carolina. Notice is hereby given that sealed bids will be received up until 10:00 a.m. on Wednesday, October 12, 2022, at the Wake County Finance/Procurement Office, 1010 Martinue Ave., Suite B, Wake Forest, NC 27587, thereafter, at the City of Wake Forest, Finance/Procurement Office, 1010 Martinue Ave., Suite B, Wake Forest, NC 27587. All work will be in accordance with the North Carolina Public Utilities Act. The Director of the City of Wake Forest, Finance/Procurement Office, Wake Forest, NC 27587, reserves the right to reject any and all bids. NOTICE IS HEREBY GIVEN

Pre-Bid Meeting:

Date and Time: October 12, 2022, at 10:00 a.m.
Place: The Wake County Landfill in Wake Forest, Wake County, North Carolina. Attendance at the pre-bid meeting is not mandatory. In accordance with the requirements of the North Carolina Board of Contractors and the City of Wake Forest, all contractors will be observed in receiving the sealed bids at the pre-bid meeting.

The Issuing Office for the Bidding Documents shall be the City of Wake Forest, Finance/Procurement Office, 1010 Martinue Ave., Suite B, Wake Forest, NC 27587, for the furnishing of labor, material and equipment, and for the construction, alteration, and improvement of the following building project:

LANDFILL GAS COLLECTION SYSTEM EXPANSION SOUTH WAKE LANDFILL

The project consists of the expansion of the gas collection system at the South Wake Landfill in Wake Forest, Wake County, North Carolina. The project includes the construction of an additional landfill gas collection system that will include at least two additional leachate collection pits, a stormwater settling basin, a wastewater pond, a leachate treatment pond, and an additional landfill gas collection system. The project will also include the construction of various ancillary facilities, including but not limited to, a new access road, a new parking lot, and various improvements to the existing facility. The project will be designed and constructed in accordance with the North Carolina Public Utilities Act and all applicable North Carolina and federal codes and regulations. The project is estimated to cost $200,000,000, with a scheduled completion date of December 31, 2025.

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MORGAN

Morgan Contracting, Inc., soliciting material, equipment, and subcontractor bids, is a subcontractor for the following work: DeWatersing, Bypass Pumping, Aggregate, Concrete, Dewatering Systems, Grouting, Clearing, Traffic Control, Trench, Pavement Contraction, Concrete Work, CCTV/Video for Sealing, Clearing, Grouting, Surfacing, and Hazardous Liquid Excavations. The New Sewer System Improvements project in Athens, TN, is set for October 25, 2022, at 12:00 PM CDT. The bid deadline is October 25, 2022, at 1:00 PM CDT. Any two proposers who wish to participate must be owned, and own businesses are encouraged to participate. Any two proposers who wish to participate must be owned, and own businesses are encouraged to participate. Bid forms are available by contacting Norma George-Gilbert, Estimating@morgan1.com (919) 810-5243, or are available online at www.morgan1.com. Bids will be received for a Single Bid. Complete plans and specifications for the New Sewer System Improvements project in Athens, TN, can be obtained by contacting Norma Geor...
To All Interested Parties – The Parkwood Community Office Building (“Building”) owned by the Rockingham County, North Carolina, is under renovation. The Rockingham Housing Authority (RHA) is responsible for the management of the property. The RHA is seeking a contractor to perform the construction of the Building, which will include the renovation of the existing RHA Main Office, 309 Emerald Street, Rockingham, NC 28379.$

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Please note: This is a Request for Proposals (RFP) and is not a request for bids. The RHA is seeking the most suitable contractor to provide the services as described in the RFP.

REQUISITE FOR QUALIFICATIONS

The Rockingham Housing Authority (RHA) in pursuit of its mission to provide decent and affordable housing for the residents of Rockingham County, NC, recognizes the need for a responsive and capable general contractor to renovate the RHA Main Office, 309 Emerald Street, Rockingham, NC 28379.

The RHA is seeking a contractor to perform the following services:

- Renovation of the existing RHA Main Office, 309 Emerald Street, Rockingham, NC 28379.
- Coordination and supervision of all aspects of the renovation,
- Oversee all aspects of the renovation,
- Ensure completion of the renovation within the established timeframes,
- Submit all required documentation as outlined in the RFP.

The RHA is seeking a contractor to provide services for the renovation of the RHA Main Office, 309 Emerald Street, Rockingham, NC 28379.

REQUISITE FOR PROPOSALS

The Rockingham County Housing Authority (“RHA”) is seeking proposals from general contractors that will provide services for the renovation of the RHA Main Office, 309 Emerald Street, Rockingham, NC 28379.

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EMPLOYMENT OPPORTUNITY

INSTITUTIONAL ADVANCEMENT SPECIALIST

Hiring Range: $38,993 – $50,466 (Based on Education & Experience)

Under the direction of the Director of Institutional Advancement, performs responsible clerical and administrative duties to support the Institutional Advancement Department for the College.

Some of the duties for this position include: Assists, organizes, and plans WCC Foundation meetings, activities, and events as directed. Serves as the point of contact for the WCC Foundation board members, board meetings, and committee meetings. Assists with record-keeping by accepting and recording donations and preparing reports as needed. Maintains calendar of events, schedules and confirms appointments, meetings, conferences, and other activities. Updates calendar regularly and communicates changes as necessary. Coordinates arrangements for various meetings and workshops, which may require preparing agendas and meeting packets, coordinating room/equipment setup, coordinating food/refreshments, attending meetings, distributing documentation, and other tasks as assigned. Assists in setting up, organizing, and/or processing information and documentation. Prepares, assembles, and distributes information, reports, surveys, questionnaires, or packets as needed. Uses Donor Software Management System and QuickBooks. Knowledge of various social media platforms.

A minimum of an Associate Degree in a related field with at least two (2) years of responsible administrative experience is required for this position.

This position is open until filled. Interested applicants should visit the website, www.wilsoncc.edu, to review the full job announcement and apply.

PROFESSIONAL CONTINUED

THE LEADING CAUSES OF DEATH AND DISABILITY

Leading Drivers of the Nation’s $4.1 Trillion in Annual Health Care Costs

6 IN 10 Adults in the US have a chronic disease

4 IN 10 Adults in the US have two or more

THE KEY LIFESTYLE RISKS FOR CHRONIC DISEASE

TOBACCO USE POOR NUTRITION PHYSICAL INACTIVITY EXCESSIVE ALCOHOL USE

NCCDPHP PREVENTS CHRONIC DISEASE AND PROMOTES HEALTH FOR PEOPLE OF ALL AGES

WE WORK TO IMPROVE HEALTH ACROSS THE LIFE SPAN

Where People Live, Learn, Work, and Play

Infants
Reduce the leading causes of infant death and illness.

Children and Adolescents
Help support healthy communities, child care programs, and schools so children can eat well, stay active, and avoid risky behaviors.

Adults
Help adults lead healthy and active lives and increase the use of preventive services like cancer screenings.

Older Adults
Promote quality of life and independence for people as they age.

WHAT WE DO

Find out how chronic diseases affect populations in the United States.

Study interventions to find out what works best to prevent and control chronic diseases.

Fund and guide states, territories, cities, and tribes to use interventions that work.

Share information to help all Americans understand the risk factors for chronic diseases and how to reduce them.

HOW WE DO IT

Measure how many Americans have chronic diseases or Chronic disease risk factors.

Improve environments to make it easier for people to make healthy choices.

Strengthen health care systems to deliver prevention services that keep people well and diagnose diseases early.

Connect clinical services to community programs that help people prevent and manage their chronic diseases and conditions.

CDC’s National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP)

NATIONAL CENTER FOR CHRONIC DISEASE PREVENTION AND HEALTH PROMOTION

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CDC’s National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP)
Strategies for a Healthy Fall

As the days get shorter and cooler and the seasons change, use these strategies to help prevent chronic diseases and maintain a healthy lifestyle.

Get Your COVID-19 and Flu Shots

Getting the COVID-19 vaccine and recommended boosters offers the best protection against serious illness and hospitalization. CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses.

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The Mothers and Babies of Rotifunk in West Africa are Fighting for their Lives Each and Everyday.

Mission of Hope is a 501(c)(3) nonprofit organization. Our mission is to provide quality healthcare to the impoverished people of Rotifunk, improving health and saving lives by re-establishing and operating a full-service hospital. We strive to provide a continuous flow of clean water, hire qualified medical personnel, and keep the hospital open for thousands of people.

Visit our website (https://missionofhope.org) to learn about our accomplishments and how YOU can help!

Contact us at:
Mission of Hope: Rotifunk Hospital
P.O. Box 11269
Winston-Salem, NC 28804
Phone: 910-239-7802
Email: info@rotifunk.org
Rotifunk.org

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The percentage of African Americans who currently smoke is 25% compared to 16% of whites. African Americans are more likely to be beginning smokers and to smoke more heavily than white smokers. African Americans are also more likely to have an untreated smoking-related illness and more likely to have a smoking-related complication of their illness. African Americans are also more likely to smoke cigarettes with higher levels of nicotine and tar.

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