The Scary Way Diabetes Affects Thinking Skills and Brain Function

Agnewing body of research is finding that diabetes can take as devastating a toll on the brain as it takes on the body. People with type 2 diabetes demonstrate a decline in cognitive skills and ability to perform daily activities over the course of many years. They are also linked with an impaired ability to regulate blood flow in the brain, due in part to inflammation, which is a common component of type 2 diabetes.

Normally, the brain distributes blood as needed to areas of increased neural activity. In diabetes individuals, however, the process becomes impaired. Normally, the brain distributes blood as needed to areas of increased neural activity. In diabetes individuals, however, the process becomes impaired.

“We have shown that people with diabetes have abnormal blood flow regulation in the brain, namely impaired ability to increase blood flow and deliver sugar and oxygen to the brain during episodes of increased mental activity,” the study’s lead author, Dr. Vera Novak, said. “The study, conducted at Rush University Medical School, told The Huffington Post in an interview ‘further alters blood flow regulation in diabetes and contributes to mental and functional decline.’”

For the study, the researchers recruited 65 men and women with an average age of 60, half of whom had Type 2 diabetes and half of whom did not. The participants were given a series of memory and thinking tests at the outset of the study and again two years later. They also received brain scans to measure brain volume and blood flow and blood tests to measure inflammation and blood sugar control.

“Those with the highest levels of blood flow regulation impairment at the outset of the study had more difficultly performing daily activities (such as cooking and handwriting) two years after,” the study found.

Here are some of the key findings:

• After two years, the people with diabetes showed greater declines in gray matter as compared to participants who remained without diabetes to regulate blood flow in the brain of the healthyeasier people.

• Blood flow regulation decreased by an average of 65 percent in the participants with diabetes.

• Among participants with diabetes, scores on thinking and memory tests decreased by an average of 12 percent, from 46 to 42 points, while test scores of the participants without diabetes stayed the same at 50 percent.

• Higher levels of inflammation were correlated with greater difficulties with blood flow regulation.

• Those with the highest levels of blood flow regulation impairment at the outset of the study had more difficutly performing daily activities (such as cooking and handwriting) two years after.

The study is the latest to observe a link between diabetes and cognitive decline. With a growing body of research showing an association between insulin resistance and neurodegenerative diseases, it is possible that many of the people who appear to be normal in one test may be showing early stages of diabetes-related cognitive decline.

But for now, better detection and early intervention are the most promising treatments for cognitive decline that could help prevent full-blown Alzheimer’s disease later in life.

For the study, the researchers measured blood flow in the brain, using an imaging technique called perfusion MRI. This technique provides information about blood flow to the brain and contributes to mental and functional decline. The study was the latest to observe a link between diabetes and cognitive decline. With a growing body of research showing an association between insulin resistance and neurodegenerative diseases, it is possible that many of the people who appear to be normal in one test may be showing early stages of diabetes-related cognitive decline.

But for now, better detection and early intervention are the most promising treatments for cognitive decline that could help prevent full-blown Alzheimer’s disease later in life.
FIGHT DIABETES
Continued from Front

They are likely to be car-caring and spend their hard-earned money on essentials. Family members are healthy making diabetes a greater challenge.

The health and wellness of Black Americans represents a national priority as we must take action.

Recently, a campaign that included health care, social justice, and faith organizations launched “Affordable Insulin NOW.”

A campaign demanding lower drug costs for those suffering from diabetes.

Together, we are raising our voices, amplifying each other’s stories, building on-the-ground teams, and demanding our policymakers and pharmaceutical companies work together to address this crisis.

LEARN MORE ONLINE
Visit greaterdiversity.com

OR USE YOUR SMART PHONE!

TRUMP
Biden

What We Blacks Need to Do
Part II
By James Hankins

Use a two-pronged checklist to see which candidate will better represent you. As a former boy scout, I used this one to evaluate Trump and Biden. Often called the Fundamental Principles of Scouting, the scout vow demands that the leader should follow to become an exemplary leader. I get them as you see, and the leader was the one who showed them to you. CATHOLIC. Do not drink anything during this test, or you may choke (smile).

TRUMP

Bind

Biden

The family life is endearing, and the crises. Every color (art design) and the sounds pierce through the screen in just the right manner, making it an awe-inspirng film. You feel the indomitable spirit put into the performances. Deadwyler’s angst-filled sorrow is so deep and expressive it deserves an Oscar® Award. That’s what audiences will see in this film. It deserves an Oscar® Award.

Meet Anaya Fernandes, the 18-year-old CEO and founder of Sugar Sweet Bath & Body Treats (https://www.sugarsweetbathtrts.com/), an emerging Black-owned bath and beauty self-care brand. Her company, based in Kalamazoo, Michigan, is expanding its product production in response to a brand-new retail deal with Fresh Thyme.

Anaya’s company is rising to meet increased demand by launching new lines of up-and-coming product in Fresh Thyme Market locations. This exciting announcement follows the recently increased support of Anaya’s business by local entrepreneurs, mentors, and community leaders.

“I have always dreamed of starting my own business since I was 4-5 years old,” says Anaya. “My parents have always pushed me to work hard and dream big, regardless of how young I was or how difficult it might be. I hope others see my journey as a testament to everything that I have been taught and believe in.”

Anaya’s business has experienced steady growth and has received several accolades since its inception four years ago. As of 2022, the brand has also begun offering its products for wholesale and private label customers.

The company’s CEO, Anaya Fernandes, “I graduated from Portage Northern High School this year on May 27th. I am excited about my new partnership with Fresh Thyme. This new retail partnership was made possible with the help of Tesoro Baskets and LLC Startup, which is a company that helps other businesses that want to cross over into retail.”

“I am hoping that through my journey I can encourage other youths to pursue their goals and never give in,” she said.

To learn more about the company or its full line of products, please visit the official website at SugarSweetBathTrts.com. 

B & B Floor Cleaning Service

182 Lutwold Road • Fayetteville, NC 28306
Call 910-884-8625 • Email: hallumruss@gmail.com

FRSTBLY

FRSTBLY

FRSTBLY

FRSTBLY

FRSTBLY

FRSTBLY

FRSTBLY

FRSTBLY

FRSTBLY

FRSTBLY

FRSTBLY

FRSTBLY

FRSTBLY

FRSTBLY

FRSTBLY

FRSTBLY

FRSTBLY

FRSTBLY

FRSTBLY

FRSTBLY

FRSTBLY

FRSTBLY

FRSTBLY

FRSTBLY

FRSTBLY

FRSTBLY

FRSTBLY

FRSTBLY

FRSTBLY

FRSTBLY

FRSTBLY

FRSTBLY

FRSTBLY

FRSTBLY

FRSTBLY
Michael Jordan Health Clinics Will Provide Care and Easy Access in Underserved Areas

**Committed to saving you more**

Learn more at foodlion.com/save

---

**Health & Wellness**

More Resources and News online at GreaterDiversity.com

---

WILMINGTON, N.C. – In February 2021, Novant Health announced a generous $10 million gift from Michael Jordan to the Novant Health Foundation to open two medical clinics in underserved areas of Wilmington. One of Novant Health’s top priorities is to improve health outcomes in southeastern North Carolina and provide access to affordable care for all.

This project celebrated an important milestone on Oct. 11 with the groundbreaking for the first clinic at 1440 S. 15th St., on the corner of 15th and Greenfield Streets. Beyond providing convenient access to quality healthcare, these clinics have another purpose — to bridge the divide to help recruit and bridge the divide. That goal is critical if we’re going to deliver equitable health,” Brown said.

The Greenfield Street clinic is scheduled to open in 2022. Design work is in progress for a second clinic at 3009 Princess Place Drive at the corner of Princess Place Drive and North 30th Street. That clinic is scheduled to open in 2023.

Novant Health accepts Medicare, Medicaid, private insurance and self-pay. It also has a financial assistance policy to cover expenses for individuals earning 300% of federal poverty level.

---

**Diversity in medical team could inspire others to practice medicine**

Novant Health accepts Medicare, Medicaid, private insurance and self-pay. It also has a financial assistance policy to cover expenses for individuals earning 300% of federal poverty level.
Four Shaw University Students Named Innovation Fellows by Stanford University

RALEIGH, N.C. – Four Shaw University students participated and completed training as University Innovation Fellows (UIF) program. The UIF program housed at Stanford University that empowers student leaders to increase campus engagement with innovation, entrepreneurship, creativity and design thinking. Shaw students Louichard Benjamin, Exercise Science; Benjamin Fasihuddin, co-director of the Center for the Study of Race and Justice; Janell Odom, Biology, 2024; and Tamara Wood, Sociology with a concentration in Criminal Justice, 2024, completed the program during the fall 2022 semester.

"Higher education needs student leaders engaged from the get-go," said Homera Fasihuddin, co-director of the University Innovation Fellows program. The University Innovation Fellows program empowers students to become agents of change at their schools. Fellows work to ensure that all students gain the attitudes, skills and knowledge required to navigate a complex economy and industry. During the fellowship, the students will be asked to become agents of change.

“We need student leaders to have a voice in an organization or a concept or an industry that impacts people,” said Dr. Paulette Dillard, Faculty and Director of the Center for Teaching and Learning at Shaw University. ""This is a global movement to teach girls self-love, empowerment, and Legendary Leadership for Girls, published by Authority Publishing, is a new book by author Karol V. Brown released in September 2022. This book is non-fiction and is aimed at girls' empowerment and self-love.

Black Author’s Harriet Tubman Book to Teach Girls About Self-Love

Events & Announcements
More Resources and News online at GreaterDiversity.com

NAACP
ReFocus, ReSet, ReVive

79TH ANNUAL
State Conference
HIGHLIGHTS

Convening with the Fayetteville Branch

State Conference President,
Ms. Deborah Maxwell

Keynote Speaker,
Mr. Frank Smith, PhD
Founding Member of
SNCC & Director of the
African American Civil
War Memorial Museum,
Washington, DC
disparate resources. However, awareness of minority farmers' pandemic. The American Journal of Clinical Endocrinologists and representatives have begun to help manage the symptoms of diabetes.

Dr. Mohamed Kazi, an endocrinologist at Advocate Christ Medical Center in Oak Lawn, IL, shares the warning signs of Type 2 diabetes:

• Increase in urination, especially during the night
• Fatigue
• Increased thirst
• Electrolyte-optimization (ED)

Heads up: With lifestyle modifications, Type 2 diabetes can be controlled with a healthy diet, four diet exercise regimes, says Dr. Kazi.

He recommends adhering to the American Diabetes Association guidelines to assess your Type 2 diabetes risk and test whether you are at risk for developing diabetes.

Sleep: If someone with diabetes takes the November sleep, it has been shown to decrease their blood sugar levels. Insomnia is common among people of recent age people approximately seven hours of sleep a night to help manage their blood sugar.

Therapy: Poor diabetes management heightens one’s risk for depression and anxiety due to their blood sugar levels. It is important for the individual feeling this way to receive cognitive behavioral therapy.

Target smoking: People who smoke are at a higher risk to have heart disease, diabetes, and depression. Smoking cessation courses and nicotine replacement therapy should be considered.

Do you know the Warning Signs of Diabetes?

How long have you been living with diabetes? Could you improve your life with better management? This list of warning signs could be key to managing your diabetes.

1. Fatigue
2. Increase in urination, especially during the night
3. Thirst
4. Excessive hunger
5. Unintentional weight loss
6. Wound that won’t heal
7. Blurred vision
8. Skin infections that don’t heal
9. Tingling, numbness, or pain in the hands or feet
10. Burning in the chest
11. Coughing that doesn’t go away

If you have signs of diabetes, you should see your healthcare provider even if you don’t feel any other symptoms.

What is diabetes? Diabetes is a chronic disease that affects the way your body uses sugar in the blood.

There are two types of diabetes: Type 1 and Type 2. Type 1 diabetes is an autoimmune disease that affects people's ability to use insulin due to an autoimmune reaction. Type 2 diabetes is a chronic disease that affects people's ability to maintain a healthy blood sugar level that becomes more common when people develop high blood sugar levels during their pregnancy, but it typically resolves after delivery. However, if a woman has gestational diabetes, she is at higher risk for developing Type 2 diabetes later in life.

If you have Type 2 diabetes, the condition can lead to high blood pressure, kidney disease, heart disease, stroke, and other health issues.

The team at Roc Nation have partnered with Black hair Care, hair loss, and general wellness, womens, health organizations, and others.

The album will be available in retail stores, The album's release has been highly anticipated, and many fans have been eagerly waiting for its release. The album will feature collaborations with other artists and producers, including Tamar Braxton, Yung Joc, and more.

The eight-track list includes:

1. The Glory by Tamar Braxton & Rejoice
2. Let Go by T.D. Jakes
3. Mirror by Jason Nelson & Jessica Reedy
4. No Love by Braxton & Sheila E
5. Determined to Win by T.D. Jakes & Bettina Penn
6. Never Wanna Leave This Place by Maranda Curtis
7. Lift It Up by Alvin Garrett
8. Place by Maranda Curtis

The first album under the upcoming project, "Mirror by Jason Nelson & Jessica Reedy," was released on September 22, 2022, in Atlanta. The album combines gospel, inspirational, secular, and R&B music.

The team behind the album has been working on it for months, and the final product has been well-received by fans.

Voting: Voting is crucial for making an impact, but there is no national law that guarantees voting rights. The 2010 U.S. Census reported a 65.2% voting rate among Black Americans in the U.S., a significant drop from the 1960s when the Black voting rate was over 90%. The drop in voting rates has contributed to the decline in political representation.

As the Organizing Director at Advance Carolina, she was responsible for organizing events and mobilizing resources. However, the project did not get the desired results, and it was decided to close the project due to funding to recover from the pandemic.

The NBSM is now accepting applications for the 2023 National Black Music Spotlight and will hold the event on November 18-20, 2023, at the DoubleTree by Hilton Hotel Washington DC-Urbana.

“Supporters, volunteers, and others are encouraged to sign up for GD’s free news reports at GreaterDiversity.com and register to post in The NBSM zone. This helps ensure that your voice is heard.”

Voting: By making an impact, CeCe Winans is inspiring others to do the same. Her passion for music and her commitment to community outreach have inspired many, and her legacy will continue to live on through the music she has created and the impact she has made.

CeCe Winans Announces New Book ‘Believe For It: Passing on Faith to the Next Generation’

What better way to add to a legacy other than passing the torch to the next generation? The ministry and music heritage of CeCe Winans has spanned over two decades, and she has grown stronger with time. To know CeCe Winans is to know that she understands that to be a musician, one knows that better than he developed his passion for music.

Winans, a multi-award-winning singer known for her powerful voice and her ability to connect with her listeners, has been a global force in shaping the music industry. With Roc Nation (https://www.rocnation.com/), the world’s leading entertainment company, for the distribution of the album, Finally Loosed. The final album single, “Miracle,” was released on an unexpected, yet purposeful drive to inspire people to navigate the stresses of daily life.

The team at Roc Nation have partnered with Black hair Care, hair loss, and general wellness, womens, health organizations, and others.

The album will be available in retail stores, The album's release has been highly anticipated, and many fans have been eagerly waiting for its release. The album will feature collaborations with other artists and producers, including Tamar Braxton, Yung Joc, and more.

The eight-track list includes:

1. The Glory by Tamar Braxton & Rejoice
2. Let Go by T.D. Jakes
3. Mirror by Jason Nelson & Jessica Reedy
4. No Love by Braxton & Sheila E
5. Determined to Win by T.D. Jakes & Bettina Penn
6. Never Wanna Leave This Place by Maranda Curtis
7. Lift It Up by Alvin Garrett
8. Place by Maranda Curtis

The first album under the upcoming project, "Mirror by Jason Nelson & Jessica Reedy," was released on September 22, 2022, in Atlanta. The album combines gospel, inspirational, secular, and R&B music.

The team behind the album has been working on it for months, and the final product has been well-received by fans.

Voting: Voting is crucial for making an impact, but there is no national law that guarantees voting rights. The 2010 U.S. Census reported a 65.2% voting rate among Black Americans in the U.S., a significant drop from the 1960s when the Black voting rate was over 90%. The drop in voting rates has contributed to the decline in political representation.

As the Organizing Director at Advance Carolina, she was responsible for organizing events and mobilizing resources. However, the project did not get the desired results, and it was decided to close the project due to funding to recover from the pandemic.
MORGEN

Morgan Contracting Co., Inc. soliciting material, assignment, and subcontractor bids for the following work: Dynamic Bypass Piping Aggregates, Concrete, Plumbing/Drainage, Concrete Paving and/or Construction, Concrete Driveways, Photography, Earthwork, Land Clearing, Excavation, Aggregate Processing, Grading, Graveling, Surfacing, and Hauling Road Base. For additional information contact: Gregs Morgan at (910) 243-6297 or email: gregs.morgan@bhcs.org. This solicitation is for a Utility Phase 10 project in Raleigh, NC. Bids must be received by 3:00 PM EST on November 10, 2022. Bids must be submitted to the County Administration Office, 11375 in order to ensure equal opportunity.

ADVERTISEMENTS FOR BIDS

FOR BIDS

City of Wilmington

FOR BIDS

The City of Wilmington is requesting sealed bids for the following work: Dynamic Bypass Piping Aggregates, Concrete, Plumbing/Drainage, Concrete Driveways, Photography, Earthwork, Land Clearing, Excavation, Aggregate Processing, Grading, Graveling, Surfacing, and Hauling Road Base. For additional information contact: Gregs Morgan at (910) 243-6297 or email: gregs.morgan@bhcs.org. This solicitation is for a Utility Phase 10 project in Raleigh, NC. Bids must be received by 3:00 PM EST on November 10, 2022. Bids must be submitted to the County Administration Office, 11375 in order to ensure equal opportunity.

FOR BIDS

City of Wilmington

FOR BIDS

City of Wilmington is requesting sealed bids for the following work: Dynamic Bypass Piping Aggregates, Concrete, Plumbing/Drainage, Concrete Driveways, Photography, Earthwork, Land Clearing, Excavation, Aggregate Processing, Grading, Graveling, Surfacing, and Hauling Road Base. For additional information contact: Gregs Morgan at (910) 243-6297 or email: gregs.morgan@bhcs.org. This solicitation is for a Utility Phase 10 project in Raleigh, NC. Bids must be received by 3:00 PM EST on November 10, 2022. Bids must be submitted to the County Administration Office, 11375 in order to ensure equal opportunity.
INVITATION TO BID

Project: Jordan Lake Water Reclamation and reuse Project No: 2 South RTP

The County of Wake, North Carolina, hereby invites offers for the construction of the Jordan Lake Water Reclamation and reuse Project No: 2 South RTP. The Project Manager/Engineer is AECOM Technical Services, Inc., Suite 200, 20 Commercial Drive, Raleigh, NC 27607.

Bidders must be licensed to do business in the State of North Carolina, legally authorized to perform contracts in the jurisdictions in which the Project is located, be financially able to perform the Project and agree to comply with all provisions of the Request for Proposal and Project Specifications.

The Invitation to Bid (ITB) documents, including the Project Specifications, can be obtained online at https://www.greaterdiversity.com or by calling 910-877-8218, extension 10.

Pre-Bid Meeting: Anaqua-panoramic pre-bid meeting will be held on Wednesday, November 30, 2022, at 10:00 AM, in the ATC-Room 104, Orange County Convention Center, Orlando, FL.

Request for Proposals (RFP) for Public Transportation Services for Piedmont Authority for Mobility (PAM) - (Transportation RFP 2022-01)

Notice is hereby given that the Piedmont Authority for Regional Transportation (PAM) is soliciting proposals from qualified firms having experience in the field to provide Transportation Services to the public and to the transportation impaired in the Piedmont Triad region.

Bidders will be required to provide bid security in the form of a Bid Bond of a percentage of the bid cost, not to exceed 10%. The bid bond must be conditioned upon the successful bidder participating in the PAM Program and in accordance with the terms and conditions of the Request for Proposal.

Bidders will be required to provide bid security in the form of a Bid Bond of a percentage of the bid cost, not to exceed 10%. The bid bond must be conditioned upon the successful bidder participating in the PAM Program and in accordance with the terms and conditions of the Request for Proposal.

The RFP will be available for 10 days following the date of this notice. The RFP is available for download in the lower left-hand corner with the RFP number "102022-01-01-001." Please fax bids by 12:00 PM EST on January 13, 2023.

Amendment #5: The pre-bid meeting date and time have been moved to November 30, 2022, at 10:00 AM. The interested bidders in the PAM Transportation RFP should be prepared to answer specific questions about the RFP.

ADVERTISMENT FOR BIDS

Project: The Greater Triangle Wastewater Reclamation District

The Greater Triangle Wastewater Reclamation District is requesting proposals from qualified consulting firms to provide pre-construction, design, and construction management services for the Jordan Lake State Recreation Area (JLSRA) Phase 1 Revised Construction Project. The Pre-Bid Meeting will be held on Thursday, December 15, 2022, in the Wake County Government Complex, Suite 200, 337 S. Salisbury St., Raleigh, NC 27601.

The Project consists of the following items:
- Fencing, concrete, CMU & brick, structural engineering, and drainage
- Structural scaffolding (if needed)
- Electrical work required

The Pre-Bid Meeting will be held on Thursday, December 15, 2022, in the Wake County Government Complex, Suite 200, 337 S. Salisbury St., Raleigh, NC 27601.

The Project consists of the following items:
- Fencing, concrete, CMU & brick, structural engineering, and drainage
- Structural scaffolding (if needed)
- Electrical work required

All interested parties are encouraged to attend the Pre-Bid Meeting and submit a completed proposal. For more information, please contact Mr. Matthew C. Miles, P.E., Director, Office of the Engineer, at 919-461-1320 or jerome.williams@cravenk12.org.

The RFP will be available for 30 days following the date of this notice. The RFP is available for download at www.greaterdiversity.com or by calling 910-877-8218, extension 10. Please fax bids by 12:00 PM EST on January 13, 2023.

Amendment #5: The pre-bid meeting date and time have been moved to November 30, 2022, at 10:00 AM. The interested bidders in the PAM Transportation RFP should be prepared to answer specific questions about the RFP.
REQUEST FOR BID PROPOSALS

Wake Technical Community College is currently seeking bid proposals for the following project:

WTCC NCAC-A249
MECHANICAL EQUIPMENT AND APPLIANCES
GROUP 5: BUILDING 55 IMPROVEMENTS

The request to purchase electrical and control circuits for the handling systems building includes a new boiler with baseboard heating, adding a large capacity chiller, and electrical work associated with the new chiller systems. In addition, electrical work shall include new and existing HVAC equipment to be connected to the new building.

A pre-bid conference will be held at 2:00 PM EST on November 15, 2022. Due to health safety concerns, only one person from each company will be allowed to attend the pre-bid meeting. An alternative to this meeting will be held virtually on Microsoft Teams. Please call Uchenna Nwosu at 910.272.3537 to register for either the pre-bid conference or the virtual meeting. Following the pre-bid conference, this meeting additional time may be scheduled to facilitate visits to the site.

Sealed proposals will be received up to 2:30 PM EST for Single Prime Bids on Tuesday, November 22, 2022. An alternative to this meeting will be held virtually on Microsoft Teams at 2:00 PM EST. 

Submittal Address:
Pucker Layhid Hall
Suite 220
Attn: Wendall Coggins
913 First Avenue, Rd.
(Physical Address)
Pocher LeMay Hall, Suite 220
1355,,543656788# to attend.
Raleigh, NC 27603-5996

RFP Number: Z1105-11

Detailed information concerning bids and included submittal may be obtained by visiting the State of NC Interactive Purchasing System at https://www.wps.state.nc.us.

Wake Technical Community College encourages participation by MBE firms and supports efforts to ensure and promote opportunities for minority contracting.

ADVERTISMENT FOR BIDS

R.M. Kern Construction requests bids for the Sangassoo Community College Technology & Allied Health Project, Bid Number: Building 55, Project Cost: $8,200,000, due at 10 AM on Friday, November 11, 2022. Bids are due no later than 2:00 PM on Friday, November 11, 2022. For additional information, please call Uchenna Nwosu at 910.272.3537.

ADVERTISMENT FOR BIDS

R.M. Kern Construction requests bids and studies for the building 55 project of the NC AT University Road Center Sound & Acoustical Treatment project #12000443 due at 10 AM on Tuesday, November 15, 2022. Bids are due no later than 2:00 PM on Tuesday, November 15, 2022. For additional information, please call Uchenna Nwosu at 910.272.3537.

INVITATION TO BID

Wake Technical Community College is currently seeking bid proposals for the following project:

WTCC NCAC-A249
MECHANICAL EQUIPMENT AND APPLIANCES
GROUP 5: BUILDING 55 IMPROVEMENTS

The request to purchase electrical and control circuits for the handling systems building includes a new boiler with baseboard heating, adding a large capacity chiller, and electrical work associated with the new chiller systems. In addition, electrical work shall include new and existing HVAC equipment to be connected to the new building.

A pre-bid conference will be held at 2:00 PM EST on November 15, 2022. Due to health safety concerns, only one person from each company will be allowed to attend the pre-bid meeting. An alternative to this meeting will be held virtually on Microsoft Teams. Please call Uchenna Nwosu at 910.272.3537 to register for either the pre-bid conference or the virtual meeting. Following the pre-bid conference, this meeting additional time may be scheduled to facilitate visits to the site.

Sealed proposals will be received up to 2:30 PM EST for Single Prime Bids on Tuesday, November 22, 2022. An alternative to this meeting will be held virtually on Microsoft Teams at 2:00 PM EST. 

Submittal Address:
Pucker Layhid Hall
Suite 220
Attn: Wendall Coggins
913 First Avenue, Rd.
(Physical Address)
Pocher LeMay Hall, Suite 220
1355,,543656788# to attend.
Raleigh, NC 27603-5996

RFP Number: Z1105-11

Detailed information concerning bids and included submittal may be obtained by visiting the State of NC Interactive Purchasing System at https://www.wps.state.nc.us.

Wake Technical Community College encourages participation by MBE firms and supports efforts to ensure and promote opportunities for minority contracting.

ADVERTISMENT FOR BIDS

R.M. Kern Construction requests bids for the Sangassoo Community College Technology & Allied Health Project, Bid Number: Building 55, Project Cost: $8,200,000, due at 10 AM on Friday, November 11, 2022. Bids are due no later than 2:00 PM on Friday, November 11, 2022. For additional information, please call Uchenna Nwosu at 910.272.3537.

ADVERTISMENT FOR BIDS

R.M. Kern Construction requests bids and studies for the building 55 project of the NC AT University Road Center Sound & Acoustical Treatment project #12000443 due at 10 AM on Tuesday, November 15, 2022. Bids are due no later than 2:00 PM on Tuesday, November 15, 2022. For additional information, please call Uchenna Nwosu at 910.272.3537.